

Year 8 Practical Products and Ingredients

The focus of year 8 practical work is 'International cuisine'. We will be making a range of products that originate from different countries from around the world.

Unless notified otherwise my practical lessons will be:

Week A = _____

Week B = _____

Ingredients needed		Date / Notes
1. Stir Fry		
100g noodles 1 or 2 chicken breasts (or alternative meat/ protein source) 1 clove garlic ½ red chilli (optional) 1cm fresh ginger (optional) Choice of vegetables e.g; 3 mushrooms, ½ red onion, 3 spring onions, ½ yellow pepper, 1 pak choi, 1 carrot, bean sprouts, water chestnuts, sugar snap peas, baby corn (or you may wish to buy a pack of pre-prepared stir-fry vegetables) 2-3 tbsp spoon soy sauce or chosen stir fry sauce.		
2. Chilli Con Carne or Bolognese		
Chilli Con Carne 250g minced beef (lean/extra lean is best) 1 small onion 1 tin chopped tomatoes 1tbsp tomato puree 1-2 cloves garlic 1 tin kidney beans 1 fresh chilli or 1tsp chilli powder <u>Optional Extras</u> 75g chorizo sausage 1tbsp sweet chilli sauce Extra vegetables (e.g. mushrooms, peppers, carrot, courgette, baby corn)	Bolognese 250g minced beef (lean/extra lean is best) 1 small onion 1 tin chopped tomatoes 1tbsp tomato puree 1-2 cloves garlic 1tsp dried basil/mixed herbs <u>Optional Extras</u> 1tsp lemon juice and 1 tsp sugar Olives Extra vegetables (e.g. mushrooms, pepper, carrot, celery) 1 tbsp Worcestershire sauce	<i>Due to time restrictions, we will not be able to make the pasta/rice to serve with these dishes at school.</i>
3. Savoury Rice		
1 onion 3 mushrooms ½ red pepper 1 tomato 150g long grain rice or basmati rice 1 x 5 ml spoon vegetable stock powder or cube 50g peas 1 x 10ml spoon curry powder (or turmeric to give it colour without the curry flavour)		<i>How could you present your savoury rice?</i> <i>You may want to add meat to this dish as well.</i>

4. Curry		
Chicken curry 2 chicken breasts (any meat/ meat free alternatives) 1 onion 1-2 cloves garlic 1tbsp curry powder or paste 1 pepper <u>Choose one for the sauce:</u> <ul style="list-style-type: none"> • Tin of coconut milk • Tinned tomatoes • 250ml natural yogurt + 1tbsp tomato puree • Vegetable stock dissolved in 250ml boiling water + 1tbsp plain flour 	Spinach, potato and chickpea curry 1 onion 1 clove garlic 1 large potato 1 x 5ml spoon oil 2 x 15ml spoons curry paste 300ml water 1 can chopped tomatoes (400g) 1 can chickpeas (410g), drained 3 handfuls of fresh spinach	<i>For more skill, could you have a go at creating your own curry paste at home and marinade your meat before bringing it in to school?</i> <i>You may also want to prepare some or all of your vegetables at home for this practical.</i>
5. Pizza		
300g strong plain bread flour 1tsp dried, fast action yeast *1tbsp oil *150ml warm water *pinch salt and sugar Tomato purée / BBQ sauce / Pizza topping sauce 150g (approx.) grated cheese (Your choice of pizza toppings)		<i>Bread flour and yeast will be available to buy from school on the day for 30p if preferred.</i> <i>Could you stuff the crust or invent your own new style pizza?</i>
6. Sausage Rolls		
1 pack of readymade puff pastry 6-8 Sausages or 450g Sausage meat <u>OR</u> 300g grated cheese and ½ an onion finely diced An egg or a splash of milk for glazing <i>Optional extra's to flavour your rolls; Cheese, tomato purée, olives, sun dried tomatoes, herbs, spices, chorizo sausage, caramelised onion</i>		<i>Increase your skill level:</i> <i>-Try making your own rough puff pastry at home</i> <i>-Flavour your own sausage meat/pork mince for the filling</i>
7. Final Development Dish		
<p>This will be a project that is carried out over a number of lessons. Students are asked to research a country of their choice as homework and use this research to design and make a product inspired by the research done on the country.</p> <p>Students may wish to choose one of the recipes used in school to make their final dish or choose one of their own. Students MUST choose an appropriate recipe to successfully complete the practical work in a 1 hour and 40 minute session.</p>		