

### Year 8 Cookery and Nutrition Ingredients list

Students will be required to bring the following ingredients to complete their practical cookery activity. Seasonings, stocks, herbs, spices, oils and all cooking trays and equipment will be provided. In addition students will also need to bring a suitable Plastic container / large biscuit type tin to transport their cookery safely home in. Students will be reminded each week during their cookery class of the following week's Cookery information. Aprons will be provided however students may bring their own clean, freshly laundered apron if they prefer.

DATE	DAY	GROUP	WEEK	TOPIC
Tue 15 <sup>th</sup> Feb 22	Tue am Tue pm	8L 8R	1	THEORY INDUCTION WEEK No ingredients required thank you
Tue 1 <sup>st</sup> March 22	Tue pm Tue pm	8L 8R	2	<u>Frittata</u> 1 large onion, 2 courgettes  1 x 15ml spoon oil (this will be provided) , 2-3 cloves of garlic (optional)  4 eggs, 1 x 15ml spoon fresh herbs, or 1 x 5ml spoon dried herbs, or 2 x 15ml spoons pesto  4 Small potatoes
Tue 8 <sup>th</sup> March 22	Tue am Tue pm	8L 8R	3	THEORY No ingredients required thank you
Tue 15 <sup>th</sup> March 22	Tue am Tue pm	8L 8R	4	<u>Fruit Scones / Bonnag</u> 1 large eating apple or pear (optional) 250g self raising flour, 40g butter or baking fat/block 1 x 5ml spoon ground ginger, cinnamon or mixed spice(this will be provided) 25g sugar , 125ml semi-skimmed milk  Or any biscuit or dessert dish – students to use any family recipe or a BBC GOOD FOOD Recipe
Tue 22 <sup>nd</sup> March 22	Tue am	8L 8R	5	THEORY No ingredients required thank you

DATE	DAY	GROUP	WEEK	TOPIC
Tue 29 <sup>th</sup> March 22	Tue am Tue pm	8L 8R	6	<p><b><u>Pasta Florentine</u></b></p> <p>½ red pepper, 1 small onion, 1 clove of garlic 175g penne pasta, 1 x 15ml spoon oil (this will be provided) 1 x 400g cans chopped tomatoes A few fresh basil leaves or 1 x 5ml spoon dried basil 100g baby spinach, Black pepper (this will be provided) 50g mozzarella, 20g parmesan cheese</p> <p>Or any pasta dish – students to use any family recipe or a BBC GOOD FOOD Recipe</p>
Tue 5 <sup>th</sup> April 22	Tue am Tue pm	8L 8R	7	<p><b>THEORY</b> <b>No ingredients required thank you</b></p> <p><b>8L P3 &amp; P4 STUDENTS WILL COMPLETE THIS LESSON IN ANOTHER CLASSROOM YET TO BE ADVISED AS YR 11 PRACTICAL ASSESSMENT WILL BE COMPLETED IN DT1</b></p>
Tue 26 <sup>th</sup> April	Tue am Tue pm	8L 8R	8	<p><b><u>Lemon Drizzle Cake</u></b></p> <p>170 g Butter or Margarine, 170g Caster sugar, 3 Eggs, 170g Self Raising Flour</p> <p>Finely grated zest of 2 lemons</p> <p><b>For the drizzle topping</b></p> <p>Juice of 2 lemons, 65g Caster sugar</p> <p>Or any Sponge based recipe – students to use any family recipe or a BBC GOOD FOOD Recipe</p>
Tue 3 <sup>rd</sup> May 22	Tue am Tue pm	8L 8R	9	<p><b>THEORY</b> <b>No ingredients required thank you</b></p>
Tue 10 <sup>th</sup> May 22	Tue am Tue pm	8L 8R	10	<p><b>STUDENTS LAST WEEK IN THIS D&amp;T COOKERY ROTATION – Thank you for all your help and support in the provision of the required cookery ingredients. Any concerns please contact us 😊</b></p> <p>Students own choice week – To produce a sweet or savoury item in agreement with parent or guardian.</p> <p>Choice week – students to use any family recipe or a BBC GOOD FOOD Recipe</p>

