

## Year 8 Food Technology Ingredients

### Autumn Half Term 2

#### W/B 8<sup>th</sup> November 2021 - Sweet or Savoury Scones

- 250g Self Raising Flour
- 40g Butter
- 150ml Milk
- 30g Sugar (if making sweet dough)
- 75g flavouring of your choice e.g. grated cheese, currants, choc chips.
- Plastic container

#### W/B 15<sup>th</sup> November 2021 - Pizza

- 150g Self Raising Flour
- 25g Butter
- 1 Egg
- 50ml Milk
- 50 ml Passata tomato sauce/puree
- 75g Mozzarella cheese (grated) or other cheese
- Toppings of your choice ready chopped e.g. ham, chicken, bacon, pineapple, sweetcorn, tomato, onion, olives.
- If you wish to flavour the base with extra cheese, herbs or sundried tomato you may do so.
- Container

### W/B 22<sup>nd</sup> November 2021 - Carrot and orange cakes

- 85g Sugar
- 100g Self Raising Flour
- $\frac{1}{2}$  tsp Bicarbonate of Soda
- 1 tsp Mixed spice
- The zest of 1 orange
- 1 egg
- 1 carrot
- 25g Raisins (optional)
- Plastic container
- Bun or muffin cases (school can provide these)

This is a cake made from oil instead of butter. The school will provide the vegetable oil.

### W/B 29<sup>th</sup> November 2021 - Swiss Roll

- 75g Caster Sugar
- 75g Self Raising Flour
- 3 Eggs
- Jar of jam or any other filling of your choice. **Chocolate spread must not contain nuts. No Nutella.**
- Plastic container

### W/B 6<sup>th</sup> December 2021 - Upside Down Cake

- 2 eggs
- 75g Caster sugar
- 75g Self Raising flour
- 75g Margarine
- 1 tin of fruit in juice e.g. pineapple rings, peach, plum.
- 4 glace cherries
- 25g brown sugar
- Small cake tin 6 - 8 inch lined with baking paper
- Plastic Container