

Year 7 Food Technology Ingredients 2021-2022

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

Pizza

- 150g Self Raising Flour
- 25g Butter
- 1 Egg
- 50ml Milk
- 50 ml Passatta 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

Mini Ginger Cakes

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| 200g/7oz self-raising flour | 2 tbsp golden syrup |
| • 200g/7oz sugar | 12 muffin cases (school can provide these) |
| • 1 tsp ground ginger | Plastic container |
| • 1 tsp bicarbonate of soda | |
| • 55g/2oz margarine, | |
| • 1 egg | |

Sausage Rolls

- 1 pack of sausage meat or 8 chipolata sausages
- 1 packet of ready rolled puff pastry
- 1 egg
- Other seasonings or flavourings to be added to the sausage rolls e.g. caramelised onion chutney, herbs, chilli flakes, bacon.
- Plastic container

Savoury Rice

- 1 or half a red or white onion **finely chopped (spring onion or leek would also be fine).**
- 3 or 4 mushrooms **diced or sliced**
- 1 red pepper **finely chopped**
- 1 tomato (optional)
- Any other vegetables of your choice peeled and chopped finely e.g. carrot, spinach, sweetcorn.
- 2 tsp of curry powder/turmeric/paprika or any other seasoning of your choice.
- 50g peas (optional)
- Any protein of your choice e.g. bacon, ham, chorizo, cooked chicken pieces.
- 1 chicken or vegetable stock cube
- 150g long grain or Basmati rice
- Large plastic container

Please try and bring in your vegetables washed, peeled and finely chopped ready to fry in the lesson.

Chocolate Crinkle Biscuits

- 30g cocoa powder
- 100g caster sugar
- 30ml vegetable oil
- 1 egg
- 90g plain flour
- $\frac{1}{2}$ tsp baking powder
- 35g icing sugar
- Plastic container