

Year 8

Food and Nutrition



Developing Skills Recipe Book

For the duration of this rotation you will require an air tight plastic container to take your practical outcomes home in. This and any other equipment will be reminded with each recipe.

Your first homework is to bring a container ready for next lesson

Please consult your class teacher for the dates of each practical

Egg Fried Rice-

Container Needed. Ingredients-

- ½ [onion](#), finely sliced
- 1 pepper, finely sliced
- 100g mangetout, sugar snaps or frozen peas
- 2 free-range [eggs](#)
- 5 tbsp [soy sauce](#), plus extra to serve
- 200g/7oz [basmati rice](#) or a **microwave rice bag**

Curry-

Container needed.

Indian Style Curry Ingredients

- 2 chicken breasts (raw)
- 1 medium onion
- 1 clove garlic
- 1 level tsp ground ginger
- 2-3 tsp curry powder
- 1 heaped teaspoon tomato puree.
- 200ml hot water or passata.

Group Soup

You will be working in small groups to make a seasonal vegetable soup and will need to bring the following –

- One container suitable to carry hot liquids
- £1 contribution towards the ingredients.

Jam Tarts

Container needed. Ingredients

- 100g plain flour
- 25g margarine
- 25g lard/white fat
- Jam or lemon curd.

White Sauce Recipe

Oven proof dish required

- 25g plain flour
- 25g margarine
- 250ml milk
- Salt and pepper
- Optional 50g parsley/cheese/breadcrumbs.
- 150g pasta or cauliflower

Fudge/Fruit Bread

Container requires

- 250g Strong Plain Flour
- ½ tsp Salt
- 1 tsp Sugar
- 1 sachet (7g) Easy Blend Yeast
- 25g Margarine
- 25g Sugar

Optional **one** of the following:

2 fudge bars (chopped into pieces), 75g raisins, 1tbsp cinnamon, 75g chocolate chips.