

QECC TECHNOLOGY

Year 8 Food technology recipes

These are the ingredients that your son/daughter will require over the course of the next 8/9 weeks. The students will be given at least one weeks notice of the recipe required. If there are any problems, please ask your child to come and discuss them with their teacher **AT LEAST 2 DAYS** before the lesson, so that we can try and help. We will be mostly doing the recipes in this order, but changes sometimes have to be made, so beware! Recipes are in metric weights and measures, the guide below may help, but PLEASE do not mix the two as they are not compatible.

1oz = 25g

4oz = 100g

125ml = quarter of a pint

250ml = half a pint

tbsp = tablespoon = 15ml

dsp = dessertspoon = 10ml

tsp = teaspoon = 5ml

1. Pasta in cheese sauce

100g pasta
25g flour
25g margarine
250ml milk
100g cheese
medium ovenproof dish
1 tomato (Optional)

2. Chicken in tomato sauce

2 chicken breasts
1 tbsp oil
1/2 small onion
1 garlic clove
1/2 red pepper & 1/2 yellow pepper
1/2 courgette or a few mushrooms
1 can tomatoes
1 chicken stock cube
Pinch mixed herbs

Container to take product home, with a well fitting lid.

3. Vegetable chow mein

1 carrot	
1 celery stick	25g mushrooms
50g broccoli	
1/2 onion	
1 clove garlic	
100g plain noodle	
	1 tsp cornflour
	2 tbsp oil
	2cm root ginger (optional)
	1/2 green pepper (optional)
	1 stock cube / 2 tbsp soy sauce

Container to take product home, with a well fitting lid.

4. Lemon Cheesecake

150g digestive biscuits

75g butter

200-250g cream cheese

142ml double cream (small carton)

50g caster sugar

1 lemon

20cm/8" flan dish/ cheesecake tin in which to make the product.

Container in which to take the product home.

Homework tasks

These tasks reinforce your class learning. They must be completed neatly, legibly, and to the highest standard you can achieve. The work must be handed in on time. All of the homework tasks will contribute towards your national curriculum level.

- **Lesson 1:** Research different staple foods and present your findings in a poster format.
- **Lesson 2:** Research different pasta shapes
- **Lesson 3:** Research the different types of rice and the ways in which different cultures use rice in their cooking
- **Lesson 4:** Find out the different ways in which sauces can be made
- **Lesson 5:** Sketch 3 ideas that meet the specification for your product.
- **Lesson 6:** Evaluate the product you have made.
- **Lesson 7:** Complete worksheet on chilling/ design a cheesecake of your own to make next lesson.