



THE

SUTHERS
SCHOOL

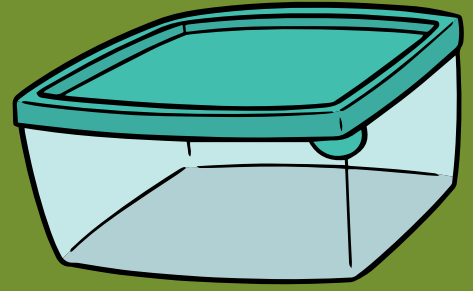
Year 7 and 8 Ingredients Book Food Technology

**21st February - 1st April
2022**

**Please make
sure any
allergies have
been reported
to the school
administration
office**



Routines



Students will need a large plastic container (labelled with their name) each week with their ingredients. Students will be given a sticker to put in their planners every week with a list of the ingredients for the following week.

Please email Mrs Gollin if you need support with buying the ingredients at least 48 hours before the practical cgollin@suthersschool.co.uk as help may be available.



If students arrive to school without their ingredients a break time detention (C2) will be issued and appropriate theory work set in another classroom.

Any ingredients, cooked food or containers need to be collected AT THE END OF THE DAY on the same day as the practical. Any food not collected will be kept for 24 hours and then disposed of.

The following recipes are based on eating sustainably to promote and support climate change. They are meat free and seasonal food is used where possible.

Week commencing
21st February 2022 - 1st week back
after half term

Theory Lesson

****No ingredients needed for
this week the school will
provide****



**Week commencing 31st February
2022 (2nd week after half term)**

Seasonal Vegetable Stir Fry Serves 2

Ingredients needed for the practical

- 1 large carrot
- 1 parsnip
- 100g small button mushrooms
- 100g brussel sprouts or savoy cabbage
- 1 medium onion (or 2 small onions)
- 1 small pack of instant noodles
- **Small clove of garlic (school to provide)**
- **2 tablespoons soy sauce (school to provide)**
- **2 tablespoons rice wine vinegar (school to provide)**
- **1/2 teaspoon Chinese 5 spice (school to provide)**
- **Sprinkle of chilli flakes to taste (school to provide)**
- **Salt and pepper to taste (school to provide)**



**Please donate £2 if
you can to contribute
towards the smaller
food items provided
by school via
Parentpay**



Week commencing 7th March 2022

Bubble and Squeak

Ingredients needed for the practical

- 4 large potatoes
- 3 medium carrots (2 large)
- 1 large onion (2 medium)
- 200g Savoy cabbage or a large handful of brussel sprouts
- 20g of butter (school to provide)
- Salt and pepper (school to provide)



**Week commencing
14th March 2022**

****No ingredients needed****

Theory Lesson





**Week commencing 21st March
2022**

Tomato and Basil Sauce with Wholemeal Pasta -

Ingredients needed for the practical

- 1 carton of passata
- 2 celery stalks
- 1 large carrot
- 1 medium/ large onion
- 2 cloves garlic (**school to provide**)
- Half a bag of dried wholemeal pasta (any type penne, fusilli, spaghetti)
- **Dried basil and oregano (school to provide)**
- **Salt and pepper to taste (school to provide)**





**Week commencing 28th March
2022**

Macaroni Cheese

Ingredients needed for the practical

- 200g macaroni pasta
- 570ml milk
- 50g plain flour (school to provide)
- 1 medium/ large onion
- 2 cloves garlic
- 200g cheese (mature cheese preferable)
- **Salt and pepper to taste (school to provide)**

