



THE

SUTHERS
SCHOOL

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

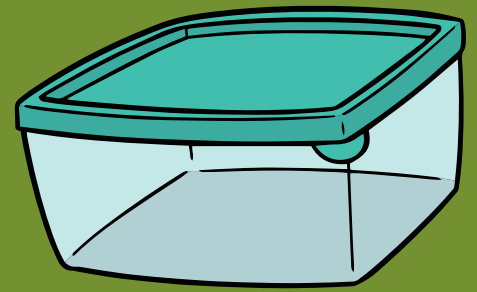
Year 9 Ingredients Book Food Technology

21st February - 1st
April 2022

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

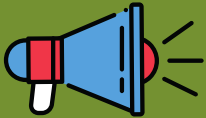


Routines



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 lesson.

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 of the practical. Any food not collected will be kept for 24 hours and then disposed of due to the volume of food and number of students cooking.

These recipes are based on eating sustainably to promote and support climate change. They are meat free and seasonal where possible.

Week 1
(week commencing 21st
February)

Theory week - no
ingredients needed



Week 2 (week commencing 28th February)



Traditional Vegetable Cuts and Caramelised Onion Dip

Ingredients needed for the practical

- 3 carrots
- 1 pepper (any colour)
- 1/2 cucumber

For the dip

- 1 medium onion
- 2 cloves garlic
- Small pot unsweetened Greek yoghurt
- Smoked paprika (school to provide)
- Olive oil (school to provide)
- Salt and pepper (school to provide)



**Week 3 (week commencing 7th
March 2022)**

Seasonal Fruit Crumble

Ingredients needed for the practical
PLEASE DO NOT PRE-WEIGH ANY
OF THE INGREDIENTS

- 3 medium apples (any type)
- 115g plain flour (please do not pre-weigh)
- 55g butter OR margarine (not a reduced fat alternative as it contains water and will not produce a crumbly texture)
- 37g caster sugar
- 20g of porridge oats
- An oven proof dish to bake the crumble.

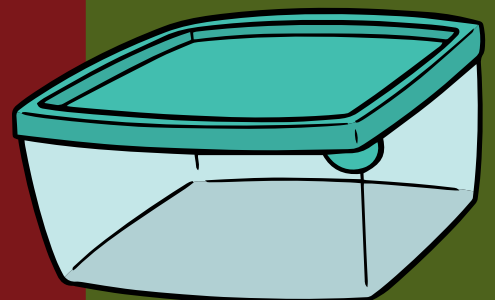


Week 4 (14th March 2022) - Theory Lesson

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

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you can to contribute
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**Please remember to bring a
labelled container and
labelled plastic bag and drop
off before form time no later
than 8.25am to the Suthers
teaching kitchen.**

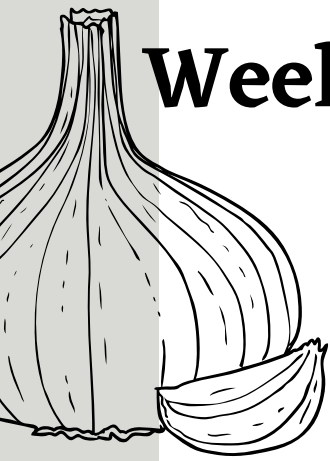


Week 5 (week commencing 21st March 2022)

Seasonal Celery Soup

- A bunch of celery stalks (at least 5 large stalks)
- 1 large onion
- 2 large or 3 medium potatoes
- 2 cloves garlic
- **2 vegetable stock cubes (school to provide)**
- **2 bay leaves (school to provide)**
- **100ml milk (school to provide)**
- **Salt and pepper to taste (school to provide)**





**Week 6 (week commencing 28th
March 2022)**

Basic White Bread Rolls and Garlic Dough Balls

Ingredients needed for the practical

**PLEASE DO NOT WEIGH THE INGREDIENTS AT
HOME AS STUDENTS WILL BE LEARNING HOW TO
WEIGH AND MEASURE DURING CLASS**

- 500g strong white bread flour
- 2 cloves garlic
- 7g yeast (school to provide)
- 1 1/2 tsp salt (school to provide)
- Vegetable oil (school to provide)
- Butter (school to provide)

