

Year 7 Food Technology Ingredients

Vegetable soup

Base vegetables – celery stick, small onion, carrot, garlic

Flavour vegetables – personal selection (eg. Tomato and red pepper, carrot, potato and leek, spinach, mushroom, sweet potato, parsnip etc)

Vegetable stock cube

Herbs/spices – fresh or dried (eg. Basil, coriander, chilli flakes, nutmeg, ginger)

Flavour liquids (optional) – (eg. Tinned tomatoes, coconut milk, cream)

Container to transport liquids home

Vegetable stir-fry

Up to 5 vegetables suitable for stir-frying – be creative and colourful!

Straight to wok noodles or cooked rice

Sauce sachet

Container to transport home

Curried Vegetable Pie

1 onion

2 garlic cloves

1 green chilli

Feel free to substitute and adapt your own choice of vegetables according to taste

2 carrots

1 courgette

1 parsnip or 1 small potato or sweet potato

100g cauliflower/broccoli florets

75g frozen peas

Fresh coriander (optional)

½ Tin of coconut milk (optional but does add a lovely taste and texture)

1 stock cube

1tbsp of curry powder (garam masala can be supplied by the school, but please bring your own if preferred)

1tsp ground turmeric (supplied by the school)

1tsp ground cumin (supplied by the school)

Vegetable oil (supplied by the school)

Shortcrust Pastry

225g plain flour

100g butter, diced

Pinch of salt (supplied by school)

2-3tbsp water (supplied by school)

Ovenproof dish to transport home (this will be cooked at home)