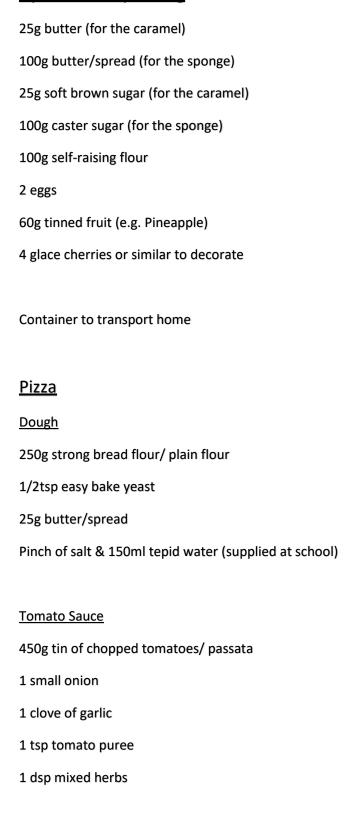
Year 8 Food Technology Ingredients

Upside down pudding



Your choice of toppings and container to transport home

Pasta Dish

Spaghetti Bolognaise

1 small onion
250g minced beef/ Quorr
1 clove of garlic

- 1 tbsp tomato puree
- 1 tbsp mixed herbs
- 1 tin of chopped tomatoes
- 1 stock cube

200g dried spaghetti

Seasoning, Worcestershire sauce and oil- supplied by school

Container to transport home

Carbonara

100g bacon lardons/pancetta

2 eggs

1 clove of garlic

50g grated parmesan

Oil or butter

1 tbsp chopped fresh parsley as a garnish (optional)

Salt and pepper

200g dried spaghetti

Container to transport home

Lasagne Meat sauce 250g minced beef/ Quorn 1 small onion 1 clove of garlic Carrot and celery (optional) 1 tbsp mixed herbs 1 tbsp tomato puree 1 tin of chopped tomatoes 6 dried lasagne sheets Seasoning & oil- supplied by school Cheese sauce 400ml milk 15g butter 15g plain flour

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

150g cheddar cheese

25g parmesan/cheddar for topping