

YEAR 9 Food & Nutrition – Global Cuisine

Practical information and Ingredients:

- ✓ Practical lessons for **Year 9 BLUE** will be on **Fridays period 1**
- ✓ Information will be shared with pupils on Teams
- ✓ Pupils are required to bring a named home-container with lid to take dish back home in or eat at lunch time – remember your own fork if eating at school
- ✓ Recipe suggestions are attached for general information on Method – **please note these recipes will be modified to suit our specific needs in class and are a loose guide to give pupils insight!**

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| <p style="text-align: center;">Week 1 – N/A</p> <p>No Ingredients needed</p> <p style="text-align: center;">Week 2 – Knife Skills & Apple Swan</p> <ul style="list-style-type: none"> ✓ 2 carrots ✓ 2 apples <p style="text-align: center;">Week 3 – Lemon Flan</p> <ul style="list-style-type: none"> ✓ Working in pairs – recipe ingredients to be shared ✓ 300ml double cream ✓ 397g tin condensed milk ✓ 3 medium lemons ✓ 250g digestive biscuits ✓ 110g butter <p style="text-align: center;">Week 4 – Chicken Goujons</p> <ul style="list-style-type: none"> ✓ 50g breadcrumbs (dried or fresh) ✓ 1 chicken breasts or 100g thighs ✓ Alternative myco-protein pieces or vegetarian option as meat alternative ✓ 1x15ml spoon plain flour ✓ 1 egg ✓ 1x5ml spoon mixed herbs (optional) ✓ 1x15ml spoon parmesan (optional) <p style="text-align: center;">Week 5 – Katsu Curry Sauce</p> <ul style="list-style-type: none"> ✓ 2 tbsp of vegetable oil ✓ 1 onion, finely chopped ✓ 1 garlic clove, crushed ✓ 2.5cm piece of ginger, peeled and grated ✓ 1 teaspoon of turmeric ✓ 2 heaped tablespoons of mild curry powder ✓ 1 tablespoon of plain flour ✓ 300ml chicken or vegetable stock (stock cube) ✓ 100ml coconut milk ✓ 1 teaspoon of light soy sauce ✓ 1 teaspoon of sugar, to taste | <p style="text-align: center;">Week 6 – N/A</p> <p>No Ingredients needed</p> <p style="text-align: center;">Week 7 – Making Pasta Sheets</p> <ul style="list-style-type: none"> ✓ 200g 00 flour ✓ 3 eggs <p style="text-align: center;">Week 8 – Spinach & Cheese Ravioli</p> <ul style="list-style-type: none"> ✓ 200g fresh spinach ✓ 150g cream cheese, cottage, feta or ricotta ✓ 1tsp garlic ✓ 1 tsp olive oil or vegetable oil ✓ Salt and pepper <p style="text-align: center;">Week 9 - Tapas</p> <ul style="list-style-type: none"> ✓ Pupils own choice <p style="text-align: center;">Week 10 – Welsh Cakes</p> <ul style="list-style-type: none"> ✓ 55g butter, chilled, cut into cubes ✓ 110g self-raising flour ✓ 45g caster sugar ✓ 1 small egg, beaten ✓ handful of sultanas (optional) <p style="text-align: center;">Week 11 – Bread and Butter Pudding</p> <ul style="list-style-type: none"> ✓ 15g butter, plus extra for greasing ✓ 5 thin sliced bread ✓ 30g sultanas ✓ 1 tsp cinnamon powder ✓ 200ml milk ✓ 30ml double cream ✓ 1 egg ✓ 15g granulated sugar ✓ nutmeg, grated (optional) <p style="text-align: center;">Week 12 – Pupil Choice</p> <ul style="list-style-type: none"> ✓ Choice one of previous recipes to make again – you can modify it |
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