Dear Parent/Guardian

Over the next few weeks your child will be studying Food Technology. Therefore, it is necessary for them to bring the appropriate ingredients for the relevant practical nearly every week and this being part of the **National Curriculum** should stimulate discussions about food at home. There are two themes in Year 9 ‘Pastry’ and Raising Agents’. Please find below a list of the ingredients which will be required to help your child with their practical each week. Please bear in mind that the ingredients listed are for a basic recipe and your child may wish to develop/change the recipe. Alternatives can be arranged but the practical lessons are planned so your child acquires the important food skills needed. If there are any problems in providing ingredients, we can help if we have ***prior*** notice ie. at least 24hrs. It is your child’s **homework** to **prepare** and **bring** the necessary ingredients for their practical.

We would appreciate it if the ingredients are weighed out at home to save time in the lesson and storage in the food rooms. This needs to be in a container/bag with your child’s name on please. However, we do understand that this is sometimes difficult, and so we give your child the opportunity at 8.30am to come and weigh them out on the day of the practical. We also ask your child to provide a suitable container to take home the products they have made. We suggest a plastic tub with a tight-fitting lid which is about 30cm x 20cm and 10cm in depth with their name on or where needed an oven proof dish.

Your child will be cooking the following as stated below but is dependant when they have the double lesson ie: Thursday or Friday.

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| Week | Product | Ingredients |
| **1** | **Savoury Swirls**  *(Container with tight fitting lid)* | **For the pastry:-**250g Plain Flour/ 125g Margarine or butter  **For the filling:** 400g Sausages/ 1 Pepper/1 Egg/ 2 tbsp tomato purée |
| **2** | **Jam Roly Poly**  *(Container with tight fitting lid)* | **For the pastry:** 200g self raising flour/ 50g Margarine or butter/ 50g Suet/ 150 ml Milk/ Vanilla Essence/ 50g Caster Sugar  **For the filling:** Own choice ofJam |
| **3** | **Savoury Pie**  *(Ovenproof Pie Dish)* | **For the pastry**: 300g Plain flour/ 150g Margarine or butter  **For the filling**: 300g Mince Beef/ 1 Onion/ 2 tbsp Gravy granules |
| **4** | **Fruit Tartlets**  *(Flan dish)* | **For the pastry:** 200g Plain Flour/ 30g Icing Sugar/ 100g Margarine or butter/1 Egg Yolk  **Crème pâtissière:** 200 ml Milk, 2 Egg Yolks, 10g Plain flour/40g Caster Sugar  **Toppings:** Fruit of your choice/ 2 tbsp Apricot Jam |
| **5** | **Pasties**  *(Container with tight fitting lid)* | **For the pastry:** 300g Plain flour / 150g Butter / 1 Egg  **For the filling:** 1 Onion/ 1 tin Potatoes// 2 tbsp Gravy Granules/ 200g Lean Mince beef |

Please note where the reheating of food is necessary, you must ensure that when it is served it should be at least 72-75°C in the middle for two minutes, and, food should only be reheated ***once***. If you do not wish to eat your entire product in one serving, please divide it into portions and heat as recommended above. It is also advised that all food products are placed in the refrigerator prior to eating and/ or reheating.

Thank you for your co-operation in this matter but if there are any problems or you like to discuss anything regarding the above planned lessons, please do not hesitate to contact me at college.

Yours sincerely

A Robinson

A Robinson (Mrs)

Leader of Food Preparation & Nutrition