

Year 8 Shopping List

Lesson Week beginning	Year 8	Jan-July 2020. Please send ingredients from Lesson 2.
Lesson 1	Theory / Demo lesson No ingredients needed.	Focus: Functional and Chemical properties of food <u>Knowledge</u> – Food Science: Raising agent: Yeast- Fermentation, Gluten formation in Pizza dough-coagulation, Shortening: Pastry <u>Demo Practical skills</u> – Pizza Dough: Kneading, shaping, and proving. Pastry: Rubbing in
Lesson 2	Pizza <u>Knowledge:</u> - Dough making -Yeast - Proving & shaping - Recapping oven skills - Italian dish - Breaking down dish into macronutrients - Recapping dextrinization - Recap Gluten	Ingredients 360g strong bread flour, (yeast, sugar and salt supplied by school), 25g butter, 1 - 2 tablespoons tomato puree thinned down to ketchup consistency with water or pizza-topping sauce, 100g grated cheese & choose other suitable toppings to suit your own preferences e.g.; mushrooms, onions, sliced tomatoes, peppers, ham and pineapple, pepperoni, bacon etc.. Suitable labelled Container to take food home in
Lesson 3	Mini Quiche <u>Knowledge:</u> - Portion control - Coagulation recap - Shortening recap - Shaping pastry - Gluten recap - Recap Eatwell Guide - ingredients	Ingredients 100g plain flour + extra for dusting, 50g unsalted butter or block margarine, ½ small onion, 1 egg , 50g cheese, 100ml milk & choose another suitable filling e.g.; 2 slices cooked ham, 50g finely chopped mushrooms, ¼ diced red or green pepper etc... Suitable labelled Container to take home in
Lesson 4	Theory / Demo lesson No ingredients needed.	Focus: Nutrients: Macronutrients <u>Knowledge</u> –Protein, Carbohydrate, fat: classification, function and excess <u>Demo Practical skills</u> – Coating and shaping <u>Practical Evaluation of previous practical:</u> Sensory aspects, practical skills, adaptations etc....
Lesson 5	Chicken Goujons <u>Knowledge:</u> - Using temperature probe to ensure chicken is cooked - Recapping Food hygiene & temperatures -Coagulation of egg to bind coating	Ingredients 100g dried breadcrumbs, 1 tablespoon cayenne pepper, 2 filets chicken breast, 100g plain flour, 50g vegetable oil, 1egg Suitable labelled container to take cooked food home in
Lesson 6	Chicken Kiev Or Stuffed Pepper <u>Knowledge:</u> - Using temperature probe to ensure chicken is cooked - Recapping Food hygiene & temperatures - Oven skills - Using egg as binding agent	Ingredients Chicken Kiev: 1 egg, small bunch flat-leaf parsley, 85g breadcrumbs, 2 chicken breasts, 250g soft cheese with garlic (or plain soft cheese with 2 garlic cloves), herbs OR Stuffed Pepper: 2 red or green peppers, 200g cherry tomatoes, 1 clove of garlic, 1 red onion, 1 slice of bread, fresh herbs, 1 ball of mozzarella Container to take food home in

Lesson 7	Theory / Demo lesson No ingredients needed	Focus: Nutrients - Micronutrients <u>Knowledge</u> – Micronutrients: Vitamins & Minerals- Function, source and deficiency <u>Design</u> – Adaptation of flavour of your Frittatas and Savoury Scone <u>Practical Evaluation:</u> Evaluation of previous practical - Sensory aspects, practical skills and adaptations...
Lesson 8	Cheese and vegetable Frittatas <u>Knowledge:</u> - Coagulation - Oven recap - Dicing - chopping skills	Ingredients 4 large free-range eggs, 50ml milk/cream, 50-75g grated cheddar, 10 cherry tomatoes, 1 red pepper, chopped, 2 tablespoon frozen peas, Optional:1 tablespoon chopped fresh herbs (e.g.; parsley or chives) Suitable labelled container to take cooked food home in
Lesson 9	Savoury Scones <u>Knowledge:</u> - Rubbing in method recap - Shaping - Portioning - Baking - Malliard reaction	Ingredients 200g self-raising flour, 40g butter (salted preferably) , 100ml milk + some milk for brushing the tops + own choice of 2 to 3 savoury flavourings for the scones; e.g.; 150g Cheese, 5 rashers of streaky bacon (cooked), 3 tomatoes, 1/2 red pepper, half an onion, 2 slices of ham Suitable labelled container to take cooked food home in
Lesson 10	Free choice	Masterchef Competition: Design and create Time plan for a seasonal, nutritional lunch
Lesson 11	Free choice	Masterchef Competition: Seasonal, nutritional lunch Practical
Lesson 12	Apple pie <u>Knowledge:</u> - Shortening recap - Shaping Stewing	Ingredients 300g plain flour, plus extra for dusting, 150g cold butter or block margarine, a splash of milk for the filling, 2 large Bramley cooking apples, 3 tablespoons Brown sugar, ½ teaspoon ground ginger, a handful of sultanas or raisins Suitable ovenproof dish to cook in and take home

