



Saint Joseph's

CATHOLIC SCHOOL

September 2017

year 8

Dear Parent/Carer

Over the coming year in Food Technology, your child will be given the opportunity to undertake several practical lessons. In order to ensure that these sessions run smoothly for all pupils, I would like to share with you our guidelines and expectations:

- Pupils will need to return the cut off overleaf and should keep the remainder of the letter to ensure they know what ingredients are needed for each practical.
- Pupils will be told which practical they will be completing and reminded of the ingredients they need to bring at least one week prior to the session.
- Ingredients must be dropped off in a named bag prior to morning registration on the day of the practical, ideally:
In a named suitably sized container with a non-breakable cooking dish suitable to take the food home (or foil dish)
- Due to the size constraints of the kitchen, pupils will cook in rotated groups, if your child misses their practical lesson, they will not be able to switch to another group.
- If your child is cooking a hot dish during period 6, will not be able to take it home until the following day, unless they bring a suitable insulated container.
- Due to storage limitations, any food, containers or ingredients that are left in the room or fridge and not claimed by the end of the week after the practical, will be disposed of.
- When your child brings home food please make sure it is put in the fridge as soon as possible and if it is to be eaten hot please make sure you re-heat it thoroughly before eating ideally using a temperature probe to ensure the food is at a safe temperature to eat. Alternatively food should be reheated until piping hot to ensure the bacteria risk is minimised.

We will be doing some taste testing of different foods and it would be very useful to know if your son/daughter has any food allergy's which would require medication if he/she accidentally ingested it.

Should you have any questions or concerns, please do not hesitate to contact me directly via ssi@sjcs.org.uk / 01722 355380.

Yours sincerely

Mr Sibley
Food Technology

Please detail any known allergies

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Pupils NameClass..... Form

Parent/Guardian's signature Date

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Year 8 Ingredients List

Fajitas- 1 small red onion; 250g chicken fillets; ½red pepper; ½green pepper; 1 clove garlic; Fajita seasoning mix
Plastic box with lid.

Sausage rolls, 3 Cumberland sausages or 200g sausage meat, 1 apple, 250g ready made puff pastry. 1 egg for glazing, 1 lemon

Mini Quiches- Shortcrust pastry to be made at home in advance- **Shortcrust Pastry-** 100g plain flour (**wheat-gluten**), 50g margarine (**milk**), pinch of salt & pepper. Approx. 2 tbsp cold water. **Filling-** 1 egg, 3 tablespoons semi skimmed milk, 25g cheddar **cheese (milk)**. **Optional:** 2 rashers of streaky bacon (**sulphur dioxide**), rinds and fat cut off, cut into squares and cooked. Do this at home please DO NOT BRING UNCOOKED BACON
OR 2 spring onion Large plastic box with lid to take quiches home in.

Macaroni cheese- 300ml milk; 15g butter or margarine (**milk**); 15g plain flour (**Wheat-gluten**); 50g cheese (**milk**) grated. School will provide pasta for this
Plastic container to take sauce home in.

Bolognese 1 small red onion, 1 clove of garlic, 1 carrot, 1 stick of **celery**, 1 tbsp mixed herbs, Olive oil, (will be provided by school) 200-250g (small packet) lean beef mince or Quorn(approx.), 1 x 200g tin chopped tomatoes, 1 tablespoon tomato purée, 1 fresh bay leaf(optional), 1 **beef stock cube**. Plastic container to take sauce home in.

Chicken and leek stroganoff 50g long grain rice, 1 small leek,2 mushrooms, 1 chicken breast, 1 tablespoon olive oil, A knob of butter, 120ml chicken stock, Black pepper, Fresh parsley, 150ml double cream, ½ lemon Plastic container to take sauce home in.

Thai veg curry. Box 1. 25g rolled oats, soaked in 200ml cold water in advance (**at home**) **Box 2.** 2 carrots, washed or peeled and sliced (**at home**) 1 parsnip, washed or peeled and cut into 1cm cubes (**at home**) 1 small sweet potato, peeled and chopped into 1cm cubes (**at home**) **in addition.** ¼ tsp Marmite (**school can provide**) 2 kaffir lime leaves (dried or fresh) optional 6 spears purple sprouting broccoli, or 6 florets of broccoli 50g frozen peas (**leave at home and add when reheating**) 1½ tbsp. creamed coconut, grated 1 tsp of sunflower oil (**school to provide**) 1 lime, cut into 6 wedges (**leave at home and add when reheated**) **For the Curry paste Box 3 (Prepare at home in a separate box with lid, refrigerate and bring to school)** 1 green pepper, washed deseeded and diced, ½ small pack coriander, washed and roughly cut up, 1 garlic clove, peeled (no need to crush), 2 cm piece of ginger, peeled and sliced, 2 spring onions, washed and sliced, 1 green chilli washed and sliced, Plus 1 lime

Which ingredients can cause a problem?

Cereals containing gluten Peanuts

Nuts Milk Soya

Mustard Lupin Eggs

Fish Crustaceans Molluscs

Sesame seeds Celery Sulphur dioxide

Please detail any known allergies

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Allergy Advice- Please check the ingredients on the packaging.