

# Court Fields School

Food Technology

**Year 9**

Rotation 1: 9th Sept– 19th Nov

‘The science of perfect pastry’



Parents Information Booklet



## **Year 9 Rotation 1 Plans for Food Technology**

Our lessons are split into theory based lessons followed by practical lessons to develop practical cooking skills that underpin what students have learnt in their theory lessons. We aim to cook every other week where possible. The theme for this rotation is pastry skills, both savoury and sweet. Recipes can be adapted by students where necessary, please discuss this with staff first.

In this booklet, you will find:

- A schedule for the rotation
- The ingredients that the students will need to bring into school

Students will be expected to bring ingredients that are posted on class charts, a suitable container for storage and, if possible, an apron or some other suitable item of clothing to protect their school uniform when cooking.

We would be grateful if you could direct any questions that you may have via ourselves and we will do our utmost to ensure that Food Lessons are productive, active and engaging throughout next term.

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# Practical Schedule Autumn 2021

## Dates and Recipes

We will always post homework with ingredients needed onto class charts for the following week. We include the full recipe so that pupils have the opportunity to cook it again if they have enjoyed each recipe.

There are 2 inset days in the week commencing Monday 18<sup>th</sup> October **some classes may be affected by this**. Children that would like to cook may do so at home and email pictures to their food teacher

Week commencing	Product	Skill
A Band: Monday 20 <sup>th</sup> September B Band: Monday 13 <sup>th</sup> September	Quiche	Shortcrust pastry making, lining cases, rolling out, chopping, vegetable preparation, whisking, grating, presentation, recipe following.
Monday 4 <sup>th</sup> October	Sausage rolls (or vegan/ vegetarian alternative)	Puff pastry making, lamination, preparation of high risk ingredients, glazing, forming and moulding, temperature testing.
Monday 18 <sup>th</sup> October	Choux Pastry (Savoury or sweet)	Melting, boiling, whisking, combining ingredients, piping, portion sizing, sauce making, seasoning, modifying ingredients, presentation and garnishing.
Monday 8 <sup>th</sup> November	Star Bread	Enriched bread dough, kneading, proving, rolling, layering, moulding and shaping , glazing, filling.

The majority of our recipes cooked in school are supported by our YouTube videos which you can subscribe to:

Mrs Kennett's Kitchen

<https://www.youtube.com/channel/UCF76oYErCuVuSOxRik8Y8Og>

# Ingredients to provide.

Full recipes and methods will be made available on class charts.

Many of the recipes year 9 will cook can be adapted and personalised. We have made suggestions for some of the recipes but if students wish to adapt these please discuss with their food teacher.

Thank you.

## Quiche

### Ingredients:

- 200g Plain flour
- 100g butter or margarine
- 4 eggs
- 200ml milk
- 100g grated cheese
- 200g fillings– suggestions include bacon, onions, tomatoes, mushrooms, ham, students can choose.



## Sausage rolls

### Ingredients:

- 200g strong flour
- 150g hard butter (not spreadable)
- 6 sausages or 400g of sausage meat (or vegetarian alternative)
- 1 onion
- 1 clove garlic
- Herbs– thyme (optional)
- Egg for glazing



School will provide salt, pepper and lemon juice.

## Choux Pastry– Savoury OR sweet ( student choice)

### Ingredients:

- 60g strong flour
- 50g butter
- 2 eggs

School will provide:

1 tsp sugar (if making sweet)

Pinch of salt (if making savoury)



Fillings for sweet, choose one of the following:

- 300ml double cream for whipping,
- Crème Patisserie– 2 eggs, 25g caster sugar, 200ml milk, 20g plain flour, 1 tsp vanilla essence.

Topping for sweet (optional)

- chocolate fondant icing (50g dark choc, 2 tbsp. cocoa powder, 150g icing sugar)

Fillings for savoury, suggestions include:

- Goats cheese and red onion chutney
- Sundried tomatoes and mushrooms with cream cheese
- Cream cheese and ham
- Cream cheese and smoked salmon

## Star bread

### Ingredients:

- 1 sachet fast action yeast
- 3 tbsp sugar
- 180 ml milk
- 60g butter
- 290g strong white flour
- 1 egg
- 2 tbsp. icing sugar for dusting

School will provide:

- 2 tsp salt

Fillings, suggestions include:

- 100g butter, 1 tbsp. brown sugar, crystallised ginger
- 100g butter, 1 tbsp. brown sugar, zest of 1 orange, 100g dried fruit
- 3 tbsp pesto, 100g grated cheese, 50g spinach

