

Year 8 SOW

1. Bread Roll and shapes

Shaping, kneading and proving.
Ambition – The Oliver Watkins Way

2. Pizza base

Rolling out, Yeast science, Shaping, Kneading, Proving,

2. Pizza Topping

Dexterity/Presentation
Chopping skills

3. Chocolate Cake

All in one method, Kitchen safety
Chocolate melting – Bain Marie and Microwave
Microwaves – Uses and functions
Raising agents

4. Mac and Cheese/Tomato Pasta

Al dente, Roux based sauces, grilling

5. Apple/Fruit Crumble

Fruit chopping
Seasonal produce – Environmental impact
Rubbing in method
Corn flour/Arrowroot - Thickeners

6. Vegetable stir fry

Chopping skills - julienne
Rice cooking
Healthy fast food
Vegetarianism, Animal welfare, consumer choices

7. Burgers and wedges

Independence
Healthy eating guidelines
Cooking Methods

8. Fruit Jam Tart

Pastry making, shaping and baking
Portion control, Presentation
Jam making and pectin

9. Vegetable Curry

Rice cooking, Spices and herbs
Flavour balancing, eat well plate.

10. Muffins

Lower fat baking, evolution of culture,
recipe design, sensory analysis, counter pointing

Bread Rolls

300g strong plain flour
1 sachet or 7g dried yeast
4 tbsp oil * or butter
200ml warm water *
1 tsp of salt *

Pizza

Ingredients for bread base:

200g strong plain flour
7g of fast acting yeast
15ml oil or 15g butter
120ml warm water

Ingredients for tomato base/topping:

Tomato base:

3-4 tbsp tomato puree
or
100ml Passata
100g cheese

Own selection of meat and vegetables
Container to take pizza home in.

Chocolate Cake

115g plain flour, 175g caster sugar
45g cocoa powder, 1 tsp baking powder
½ tsp bicarbonate of soda
1 free-range egg, 125ml milk
65ml vegetable oil, 1 tsp vanilla extract
125ml boiling water (provided by school)

For the sauce;

30g/1¼oz cocoa powder,
55g/2oz caster sugar

Macaroni and cheese

100g macaroni/pasta shells/twists /penne
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper
If liked add chopped parsley or basil.

Stir fry:

Half an onion
1 carrot
2 other vegetables for example broccoli,
pepper, mange tout, courgette.
2cm of ginger, 1 clove of garlic
Handfull of bean sprouts
2 table spoons of soy sauce
75g of rice

Apple crumble

2 Cooking Apples (500g)
100g Plain Flour
50g Margarine
50g Oats
25g Sugar

Pasta with Tomato sauce

1 tsp oil
1 onion, finely chopped
1 garlic clove, finely chopped
1 tin of chopped tomatoes
2 tbsp tomato purée
a pinch of mixed dried herbs
pepper to taste
100g pasta
Oven proof dish to it home in

Vegetable curry

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, crushed
2 1/2 tablespoons curry powder
2 tablespoons tomato purée
1 (400g) tin chopped tomatoes
1 vegetable stock cube
Pinch of sugar *
285g frozen mixed vegetables
340ml (12 fl oz) water
salt and pepper to taste
Chopped fresh coriander to garnish

Healthy Burger and Wedges

250g Beef / Lamb / Chicken mince or Use chickpea burger recipe for vegetarians
1 small onion
1 egg
3 tablespoons of Breadcrumbs
1 Medium/Large potato
Optional extras – chilli, herbs, garlic
Bring 1 roll if you wish to eat one after the lesson – bring a slice of cheese, tomato, lettuce or ketchup for that true take away taste!
Please weigh ingredients at home there is no time during a lesson.
Please remember a container to take food home in.

Chicken Nuggets

3 skinless, boneless chicken breast fillets
125g dried breadcrumbs
1 teaspoon Italian dried herbs
1 teaspoon dried thyme
50g grated Parmesan cheese
1 teaspoon salt
1 egg