

Dear Parents/Carers

8A4 + 8B2 have already started their food preparation and nutrition unit of work and completed practical 1. Below are the dates and basic information regarding ingredients and tasks.

Students are required to bring in ingredients for the practical food lessons. The recipe and ingredients list will be posted on Bromcom one week before the practical lesson and will also be explained to students during their Food lesson prior to the practical. **Students will also need to bring in a suitable, named container to take the food home in.** All students will be expected to take part in practical lessons.

If, due to personal circumstances, a student is unable to bring ingredients in please contact finance@kingsschoolhove.org.uk to discuss how the school can support. If your child has been diagnosed with a severe food allergy that the school is not aware of, please contact the main office. We understand that parents of children with food allergies may be concerned about foods other children may bring into the classroom, potentially risking an allergic reaction if the foods are shared. We would like to reassure you that all our recipes have been designed to avoid foods which may cause an allergic reaction.

To ensure that we keep all our students safe, it is important that students only bring in ingredients published on the recipes we provide and nothing that is not listed on the recipe. As part of Food Preparation & Nutrition students will be taught about food safety and hygiene. Students with long hair will need to tie it back. As per our uniform policy, students are not permitted to wear nail varnish, false nails or jewellery on their hands or wrists during practical sessions. If you have any questions regarding food lessons or anything contained in this letter, please do not hesitate to contact me.

Kind regards,

Mrs Angus

- 2nd practical: Chilli Con Carne/ Sin Carne Wed 3rd June

Chilli Con Carne/ sin Carne

[Easy Vegan Chilli Sin Carne - Wallflower Kitchen](#)

Ingredients

- 1tbsp Oil
- 100ml Water
- 1 large Onion
- 2 Garlic Cloves
- 200 - 500g of Beef or Turkey mince OR a vegetarian alternative
- 1 can of chopped tomatoes.
- 1 can of Kidney Beans (in chilli or water).
- 1 Beef Stock (or alternative)
- 1 tsp of: Paprika, cocoa powder, chilli powder, oregano (optional)



BRING IN A CONTAINER TO TAKE THE COOKED MEAL HOME



Method:

1. Finely chop the onion and garlic.
2. Gently heat the oil (**a 3 or 4 heat**) in the saucepan and add the onion and garlic. Stir until soft but **do not burn!**
3. Once the onion is soft increase the heat and add the mince.
4. Cook the mince for about 5 minutes, breaking up the meat as you go, until **browned**.
5. Reduce the heat and stir the tinned tomatoes, 100ml of water, tomato puree, cocoa, chilli and oregano
6. Crumble over the stock cube and **stir well**.
7. Add the red kidney beans and simmer for **10-15 minutes** – you may need to use a sieve!
8. While the chilli is cooking **wash your chopping board and equipment** and wipe **down your work surface**.
9. Once your chilli is cooked turn off the heat and **pour the chilli into your container**.

Equipment

- Chopping board
- Sharp Knife
- Large Saucepan
- Wooden Spoon
- Measuring Jug
- Can opener
- [Table Spoon](#)

- 3rd practical fajitas Wed 17th June

Home preparation

Ingredients

- 3 tbsp of Oil (school provides)
- 100g - 400g Chicken breast, Quorn Chicken, fish, Soy Curls or any vegan alternatives (think about the quantity you want to make, when you are going to eat it + how you will take it home?)
- 1 onion
- 2 peppers red, green or yellow for colour and flavour.



Optional extras:

- Any veg you like-
- 4 Mushroom,
- 1 clove of garlic,
- fresh herbs – coriander
- 1 tsp chilli flakes
- 1 Fajita seasoning pack or **make your own!**
- **Wraps, lettuce, sour cream, salsa. You decide how your will serve it**

'Fajitas'



Please bring a sealed & named container!



[Fajita seasoning recipe | BBC Good Food video link](#)

- ½ tbsp [chilli powder](#)
- 2 tbsp [sweet smoked paprika](#)
- 1 tbsp [ground cumin](#)
- 1 tbsp garlic powder
- ½ tsp ground coriander
- 1 heaped tsp [dried oregano](#)

- 4th practical: Fair trade cookies Wed 1st July

Fairtrade Chocolate Chip Cookies Recipe

Method

Ingredients

120g butter (softened)
75g light brown sugar (Fairtrade if possible)
75g golden caster sugar (Fairtrade if possible)
1 medium egg
pinch of salt
1 tsp of vanilla extract
180g plain flour
½ tsp of bicarbonate of soda
150g dark chocolate, chopped into chunks (Fairtrade if possible)



Please remember
a container to take
them home!!

1. Cream the butter and sugars together with a plastic spoon
2. Add and beat in the egg and vanilla.
3. Gradually mix in the flour, bicarbonate of soda and chocolate (salt?)
4. Switch on oven to 160C (gas 5)
5. Line ONE baking tray with greaseproof paper.
6. Scoop 6 tablespoons of the mixture onto the baking tray. *Leave space between the scoops as they will spread as they bake. Cook 6 in your first batch
7. Bake for 10-12 mins until the edges are firm at the edges but are still soft in the middle.
8. Leave for 2 mins to become firm. Transfer to a cooling rack. Make your final batch of cookies