



20<sup>th</sup> February 2017

Dear Parents and Guardians,

This term, during Food and Nutrition sessions on a **Tuesday**, your child will be involved in cooking several different dishes. Over the next five weeks, we will be making the following:

| Date                      | Product               | Ingredients:  |
|---------------------------|-----------------------|---|
| 28 <sup>th</sup> February | Chocolate biscuits    | 70 g butter<br>70 g caster sugar<br>1 egg yolk<br>130 g self-raising flour<br>15 g cocoa powder<br>15 squares chocolate (milk, white or plain)<br>2 round cutters, approx 4cm and 5cm (1 smaller than the other)  |
| 7 <sup>th</sup> March     | Puff pastry pinwheels | 1 x packet of ready-made puff pastry<br>1 egg<br>Choose from the following fillings. You could bring in a savoury and a sweet filling:<br><u>Savoury Ideas</u><br>Pesto, cheese, diced ham, bacon, tomato paste, herbs, chopped olives, sundried tomatoes, feta cheese, tomato, onion, bolognaise sauce etc.<br><u>Sweet ideas</u><br>Chocolate, Jam, desiccated coconut, apple, sultanas, cinnamon, butter, dried fruit etc. |
| 14 <sup>th</sup> March    | Chilli con carne      | 1 onion<br>1 clove garlic<br>1 green pepper<br>Approx. 250g minced beef<br>1 x tin chopped tomatoes<br>1 x tin kidney beans<br>1 x teaspoon tomato puree<br>1 x teaspoon chilli powder<br>1 x teaspoon ground cumin   |
| 21 <sup>st</sup> March    | Jam roly poly         | softened butter, for greasing<br>200g/7oz self-raising flour, plus extra for dusting<br>100g/3½oz shredded suet<br>1 tbsp caster sugar<br>good pinch salt<br>150ml/5fl oz semi-skimmed milk or water<br>6–7 tbsp raspberry or strawberry jam  |



|                        |           |   |
|------------------------|-----------|---|
| 28 <sup>th</sup> March | Carbonara | 250g tagliatelle<br>75g mushrooms<br>1 clove of garlic<br>1 tablespoon olive oil<br>30g parmesan cheese , plus extra to serve<br>1 large free-range egg yolk<br>80 g crème fraîche<br>50 g cooked ham |
|------------------------|-----------|---|

**Please could you provide your child with the ingredients in a named carrier bag, which should be brought to room 8 before registration. Additionally, your child will also need a suitable named container to carry their product home.**

I am very much looking forward to teaching these lessons. If you have any questions about the ingredients or the activities, please contact me by email.

Yours sincerely,

Mrs. E. Wrigley  
Food and Nutrition teacher  
[emma.wrigley@iesmail.com](mailto:emma.wrigley@iesmail.com)