



Atlantic Academy Portland

an Aspirations Academy

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Dear Parent/Carer

Re: Year 7 Food Technology

Your child will be studying Food Technology for this unit of Design and Technology and will be required to bring ingredients and a container for their practical sessions.

Please use the accompanied recipe book to ensure your child brings the required ingredients for the following sessions;

- Lesson 2 Pepparkakor
- Lesson 4 Fruit Fusion
- Lesson 6 Pasta Salad

Please note, although your child will be kept informed/reminded of the specific dates these lessons will take place, it is ultimately their responsibility to ensure they bring all the required ingredients for each practical session.

I do hope you enjoy their gastronomic delicacies!

Yours faithfully

Mr O'Regan
DT Lead Practitioner Atlantic Academy



ASPIRATIONS

The Aspirations Academies Trust
Company Registration Number: 07867577
Chief Executive: Steve Kenning

Atlantic Academy

Year 7 Recipe Book



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Company Registration Number: 07867577
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Pepparkakor



Ingredients

Serves: 1 (one tray of 9 per student)

- 63g butter
- 75g caster sugar
- 1 egg (between four)
- 1 teaspoon golden syrup
- 1 large orange
- 125g plain flour
- 1/2 teaspoon bicarbonate of soda
- 1/2 teaspoons ground cinnamon
- 1/2 teaspoons ground ginger
- 1/2 teaspoons ground cloves

Method

- Preheat oven to 200 C / Gas mark 6. Line baking trays with parchment.
- In a large bowl, cream the butter and sugar. Stir in egg, golden syrup, orange juice and orange zest. Sift together flour, bicarbonate of soda, cinnamon, ginger and cloves; stir into the creamed mixture until combined.
- Roll dough out to .25cm thickness, and cut into shapes with biscuit cutters. Place on baking trays and bake for 8 to 10 minutes in the preheated oven. Cool biscuits on wire racks.



Fruit Fusion

(alternative fruits can be used if preferred)



Ingredients

1 clementine

6 red grapes

6 green grapes

1 kiwi fruit

1 banana

1 apple

Small carton of fruit juice

A suitable container

Method

- Slice, chop and layer ingredients as shown in demonstration.
- Pour over fruit juice.



Pasta Salad

(alternative protein and salad can be used if preferred)



Ingredients

100g pasta shapes

1 carrot

100g cooked sliced chicken

1 baby gem lettuce

1 tomato

$\frac{1}{4}$ cucumber

2 x 15ml spoons low fat dressing

A suitable container

Method

- Slice, chop and layer ingredients as shown in demonstration.
- Drizzle with salad dressing just before serving.

