



Year 9 Food

Top tips:

Follow the method carefully – Add ingredients in correct order - Watch the temperature of your water – Knead the dough for the correct time – Don't be too rough with the dough – Make sure to follow oven instructions carefully



To create round rolls, first divide the bread dough into several equal sized balls that are no larger than 2 inches in diameter.



Using a circular motion with the palm of your hand, gently roll the dough on a floured surface to create a ball shape.



The ball shape can also be created by rolling the dough between the palms of both hands using the same circular motion. The dough balls will enlarge during the final rising period.



Rounded rolls after baking.

Keywords

Cross Contamination: The transfer of bacteria from one item to another e.g. Bacteria from raw meat

Hygiene: Cleanliness of a Kitchen and person to prevent food poisoning

Binary fission: Multiplication of germs in the danger zone

Safety: Rules to be followed when working in a Kitchen to avoid an accident

Method: The steps in a recipe to make the dish



JULIENNE

BATTONET

Weights and Measures

Weighing solids using **grams (g)** using scales

Measuring liquids using **millilitres (ml)** measuring jug and scales for accuracy

Smaller sizes **Teaspoon (Tsp), Tablespoon (TBSP)** measuring spoons

SEASONAL VEG IN THE UK

JANUARY beetroot, brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, turnips	FEBRUARY brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, salsify, shallots, swede, turnips	MARCH cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede	APRIL asparagus, broccoli, Jersey royal new potatoes, lettuce, purple sprouting broccoli, rocket, radishes, rocket, samphire, spinach, spring onions	MAY asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions	JUNE artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrot, courgettes, fennel, french beans, kohlrabi, lettuce, mushrooms, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips
JULY artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, radishes, lettuce, mangeltout, marrow, mushrooms, pak choi, peas, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips	AUGUST artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, kale, kohlrabi, leeks, lettuce, mangeltout, marrow, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips	SEPTEMBER artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, kale, kohlrabi, leeks, lettuce, mangeltout, marrow, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips	OCTOBER artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, fennel, kale, kohlrabi, leeks, lettuce, marrow, mushrooms, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes, turnips	NOVEMBER artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, turnips	DECEMBER beetroot, brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, salsify, shallots, swede, turnips

SEASONAL FRUIT IN THE UK

JANUARY Apples, Rhubarb	FEBRUARY Rhubarb	MARCH Rhubarb	APRIL Rhubarb	MAY Rhubarb	JUNE Bilberries, Blueberries, Cherries, Gooseberries, Greeningages, Strawberries
+ blood oranges, clementines, kiwi fruit, lemons, mangoes, passionfruit, pears, pineapple, pomegranate	+ bananas, blood oranges, clementines, kiwi fruit, lemons, mangoes, passionfruit, pomegranate	+ bananas, blood oranges, kiwi fruit, lemons, oranges, passionfruit, pineapple	+ bananas, blood oranges, kiwi fruit, lemons, oranges, passionfruit, pineapple	+ bananas, kiwi fruit	+ apricots, kiwi fruit, peaches
JULY Bilberries, Blueberries, Cherries, Gooseberries, Greeningages, Strawberries	AUGUST Bilberries, Blueberries, Cherries, Damsons, Greeningages, Loganberries, Plums, Raspberries, Redcurrants, Strawberries	SEPTEMBER Apples, Bilberries, Blackberries, Damsons, Elderberries, Medlars, Pears, Plums, Raspberries, Redcurrants	OCTOBER Apples, Bilberries, Blackberries, Elderberries, Medlar, Pears, Quince	NOVEMBER Apples, Pears, Quince	DECEMBER Apples, Pears
+ apricots, kiwi fruit, melons, peaches	+ apricots, figs, melons, nectarines, peaches	+ figs, grapes, melons, nectarines, peaches	+ figs, grapes	+ clementines, cranberries, passionfruit, pomegranate, satsumas	+ clementines, cranberries, passionfruit, pomegranate, satsumas, tangierines

SUCROSE

is often called table sugar. Made up from glucose and fructose, it is extracted from sugar cane or sugar beet and is naturally present in most fruits and vegetables

GLUCOSE & FRUCTOSE

are found in fruits, vegetables and honey

LACTOSE

is commonly called milk sugar because it is found in milk and dairy products