

Year 9 Food

Top tips:

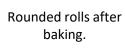
Follow the method carefully – Add ingredients in correct order - Watch the temperature of your water - Knead the dough for the correct time - Don't be too rough with the dough - Make sure to follow oven instructions carefully

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.







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

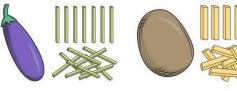
Method: The steps in a recipe to make

the dish



JULIENNE

BATTONET



Weights and Measures

Weighing solids using grams (g) using scales

Measuring liquids using millilitres (MI) measuring jug and scales for accuracy Smaller sizes **Teaspoon (Tsp)**, Tablespoon (TBSP) measuring spoons

JANUARY

cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, icory, jerusalen kohlrabi, leeks, parsnips, potatoes, salsify, shallots

rtichoke, kale, kohlrabi, eks, parsnips, potatoe

FEBRUARY

guliflower kale leeks urple sprouting bro alsify, spinach,

MARCH

APRIL jersey royal new potatoes lettuce, purple sprouting broccoli, radishes, rocket,



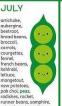






ourgettes, fennel, french

SEASONAL VEG IN THE UI



AUGUST etroot, broad beans occoli, carrots, rgettes, cucumber nel, french beans, angetout, marrow shrooms, pak choi ans, spring onions,





RHURARR



























+ apricots, kiwi fruit,

SEPTEMBER **AUGUST** OCTOBER





neapple, pomegran satsumas, tangerin

JULY

















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

fruits, vegetables and honev