

Design your own dish to reflect a culture or celebration

Design and technology - Cooking and nutrition: celebrating culture and seasonality

Mrs Mee



Develop a design specification for your dish

Final task

We are going to write a short sentence to specify the following, reflect back to your findings from lesson 1.

Needs	
Wants	
Preferences	
Values	
Culture or celebration	



Recipe card - Vegetable soup

Ingredients

- 200g vegetables
 - Onions
 - Carrots
 - Celery
 - Frozen peas
- (Or you can select and use alternative vegetables)
- 300g potatoes
 - Vegetable stock cube
 - 1 tbsp vegetable oil
 - Creme fraiche (or alternative)
 - Fresh herbs

Method

1. Heat oil in a pan
2. Add potatoes and vegetables and fry until softened
3. Cover with vegetable stock and simmer for 10 - 15 minutes until vegetables are tender
4. Then season with a choice of fresh herbs
5. Add a dollop of creme fraiche and serve



Recipe card - Vegetable soup

Equipment

1. Saucepan
2. Measuring jug
3. Chopping board
4. Peeler
5. Knife
6. Bowl or bowls to serve
7. Tablespoon
8. Soup serving spoon
9. Plate to serve on
10. Weighing scales
11. Cooking hob



Recipe card - Healthy Pancakes

Ingredients	Method
<ul style="list-style-type: none">- 1 small bag of plain flour (<i>You can replace for gluten free if allergic to cereals containing gluten</i>)- 2 medium eggs- 1 carton or bottle of milk (<i>You can replace for dairy alternative if dairy intolerant</i>)- Oil (Olive oil, Frylight or Vegetable oil)- Select filling - savoury - spinach and grated cheese <u>or</u> sweet - Bananas, blueberries and honey	<ol style="list-style-type: none">1. Crack your two eggs into your measuring jug (make a note of the volume)2. Pour eggs into the bowl3. Measure flour to the same volume, add to bowl4. Measure the milk to the same volume, add to bowl and whisk until the batter is smooth5. Add a drizzle of oil to your frying pan and pre heat
Equipment	<ol style="list-style-type: none">6. Pour the mixture into the frying pan and cook on both side until golden brown
Frying pan, spatula, whisk, jug, bowl, glass, knife, grater, plate to serve	<ol style="list-style-type: none">7. Prepare filling and serve



Recipe card - Baking bread

Ingredients

- 500g strong white bread flour
- 300ml warm water
- 2 tbsp salt
- 2 tbsp caster sugar
- 7g sachet of fast acting yeast
- Oil

Equipment and materials

Mixing bowl, spoon to mix, scales, measuring jug, tablespoon, baking tray, oven, cling film, greaseproof paper.



Recipe card - Baking bread

Method

1. Measure flour and add to large mixing bowl
2. Add the yeast, salt and sugar and mix
3. Measure 300ml warm water and add to the bowl
4. Mix all together to form a soft, sticky bread dough
5. Then you will need to knead your dough for 10 minutes
6. Prove the bread by putting your dough in a oiled bowl and leave for 45 minutes to rise (you are waiting for it to double in size)
7. Line your baking tray with greaseproof paper
8. Give the dough another knead to try and remove any air
9. Split your dough into 8 parts and roll into balls
10. Place them on the tray cover with cling film and leave somewhere warm for 30 - 60 minutes
11. Place in preheated oven 200C for 10 -15 minutes until golden brown
12. Remove and allow to cool



Designing your own dish

Recipe card -

Ingredients	Method
Equipment	

