



D&T Food – Mrs Bullions

Cooking dates Year 10 Summer Term

18th June – Fruit fusion and Fruit Flapjacks

Fruit Fusion

- 1 clementine/tangerine
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit
- 1 banana
- 1 apple
- 2 x 15ml spoons of orange juice

Fruit Flapjacks

- 75g dried apricots
- 150g oats
- 50g sugar
- 50g butter or margarine
- 2 x 15ml spoons of golden syrup

2nd July – Pizza Toast

- ½ yellow pepper
- 1 spring onion
- 1 mushroom
- 30g hard cheese eg cheddar, edam, gruyere
- 2 slices of bread (or a bagel, or baguette)
- 2 x 15ml spoons of pizza sauce
- Pinch of mixed herbs

Basic Bread

- 250g strong bread flour
- ½ teaspoon salt
- 1tsp dried yeast
- 150ml warm water (from school)
- 1 tablespoon oil (vegetable or sunflower)

16th July

Own bread recipe/design

As basic bread recipe, with added ingredients of your choice – or alternative flour.