

8th December 2025

Dear Parent / Carer,

Re: Year 9 Food Ingredients List (0039-25MLE)

In Year 9, pupils will be completing 12 food lessons in DT, 8 of these lessons will be practical based. To help reduce missing ingredients this year and support parents / carers with the preparation for these lessons, on the final page is the list of ingredients your child will need to bring for each practical.

These ingredients lists will also be listed on Class charts as a homework task the week before they are needed, and your child will be sent home with the ingredients list on a separate piece of paper to refer to as well.

It is very important that these ingredients are brought into school every week to help pupils access the curriculum. If, however, there are any issues with supplying these ingredients due to financial difficulty or other concerns please fill out the forms link below:

[Food Ingredients Online Form](#)

All ingredients will require a large sized container to take the food home with pupils.

If you have any questions or concerns, please contact myself, Miss Leighton - Head of DT – mleighton@longfield.nalp.org.uk or ring 01325 380815 / 01325 380816.

Yours sincerely,

A handwritten signature in black ink, appearing to be "Mrs M Leighton", with a long horizontal line extending to the right.

Mrs M Leighton

Head of DT

Headteacher: Angela Sweeten

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Bolognese:

1 onion
1 clove garlic
1 carrot
1 celery stick
250g lean minced beef
1 can chopped tomatoes (400g)
1 x 15ml spoon tomato purée

Stir Fry:

100g noodles
1 clove garlic
1cm fresh ginger
½ red onion
1 bok choy or beansprouts
1/2 pepper
3 mushrooms
1x10ml spoon soy sauce

Focaccia:

225g Strong Flour
1 sachet of quick yeast
2 tablespoons vegetable oil
Fresh Rosemary/ Fresh Garlic/ Cheese

Chocolate mousse:

200g dark chocolate
3 eggs
50g caster sugar
100ml Elmlea double cream

Patatas Bravas:

1 small onion
1 clove garlic
400g tin tomatoes
½ teaspoon crushed, dried chillies (*school can provide*)
Pinch cayenne pepper (*school can provide*)
Pinch smoked paprika (*school can provide*)
500g new potatoes
100g Chorizo sausage

Spring Rolls:

1 carrot
1 onion
1 red pepper
1 clove of garlic
1 piece ginger
150g of bean sprouts
1tbsp soy sauce (*school can provide*)
4 sheets of filo pastry
Optional 4 tbsp. sweetcorn or peas

Star baker - Main

Pupil choice – this list will be produced by pupils a week before the session.

Star baker - Dessert

Pupil choice – this list will be produced by pupils two weeks before the session.