



my home cooking project

Staple foods

- Description
- A staple food, is a food that is eaten very often or daily and is a standard diet for certain given people, supplying a large fraction of energy needed and generally including a significant proportion of the intake of other nutrients as well.



Staple food examples.

- vegetables or animal products, other common staples include cereals (such as rice, wheat, maize, millet, and sorghum), starchy tubers or root vegetables (such as potatoes, cassava, sweet potatoes, yams, or taro), meat, fish, eggs, milk, and cheese.
- Dishes that could be made from these could be a spanish omlet or you could make a dish like fish and chips or sausage and mash with vegetables.

My Family

- No special diets.
- Favourite staple foods are; egg, rice and grains, bread, meats.
- We often have healthier meals like substituting rice for things like grains ect and we always have either vegetables or salad with every meal.

Potential meals

Sushi

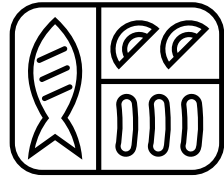
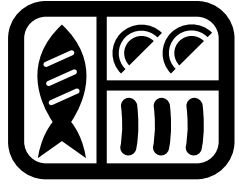
Noodle soup

Chicken pasta bake

Kababs

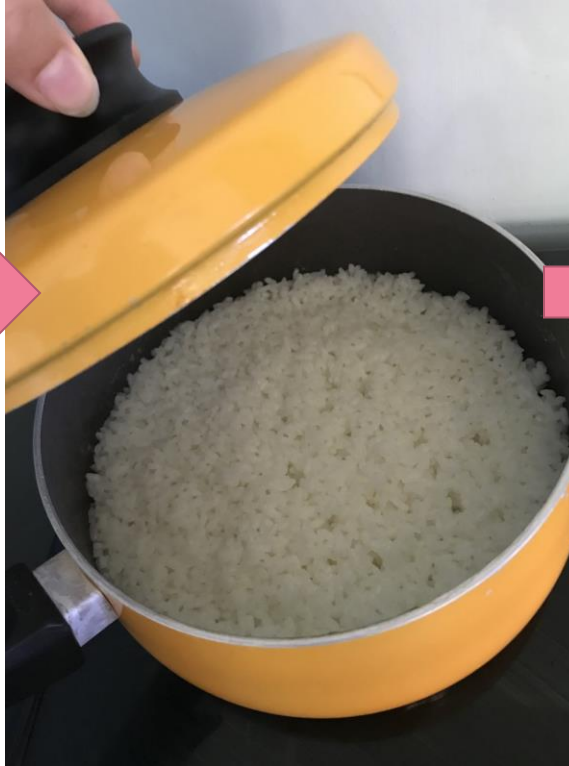
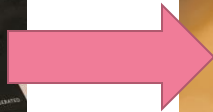
Chille con carne

Salmon and tuna loaf



Sushi:

ingredient	Cost of product	Rough unit cost for my recipe	Nutrience in this ingredient
Soy sauce	£2.50		
Smoked salmon	£3.50		
Tuna	£2.50		
Cucumber (sticks)	£0.85		
Pepper	£0.90		
300g Sushi rice	£2.00		
Ginger (pickled or unpickled)	£0.90		
25g bag nori (seaweed) sheets	£2.00		
3 tbsp mayonnaise	£2.50 (600g)		
1 tbsp rice wine vinegar	£0.80 (350ml)		
2 tbsp golden caster sugar			



First I washed and cooked my rice and prepared my other ingredience.

Then I added my rice, which had cooked for 30mins, onto the seaweed rap and added my filling of choise



I also made some different types of sushi, I made some with no seaweed:

I added some soy sauce to a small bowl and then served it.





Then I added the meat, kidney beans, pepper and spices to the

pan and let it cook until the meat was done and then added tomatoes.



I then washed the rice and put it in another pan to cook.

I also put the chilli in the oven to cook some more.

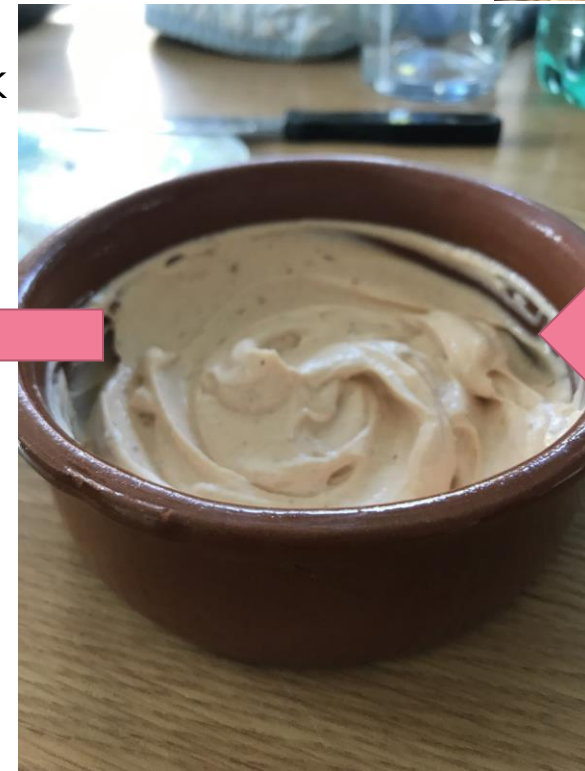


First I chopped my onions and garlic and put them in the pan with some oil on the bottom until the onions started to go translucent.



I then made a Greek yogurt and harissa sauce to go with the tortias.

I then served it.



Evaluation

- Over all, me and my family enjoyed the meals. To improve them I need to:
- For the sushi I need to practice wrapping the filling in the seaweed as some of the wraps were slightly messy.
- For the chillie con carne, next time I will add some more spice as I wasn't sure how spicy it would be.