

# Create your own dish to reflect your chosen culture or celebration

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

Mrs Mee



# Designing your own dish

## Recipe card - Mrs Mee's Mexican soup

Ingredients	Method
<ul style="list-style-type: none"><li>- 200g mediteranean vegetables (peppers, onions, courgettes)</li><li>- 400g chopped tomatoes</li><li>- 400g can of black beans</li><li>- Spices: garlic clove, 2 tsp chilli powder, 1 tsp ground coriander, 1 tsp ground cumin, 1 tbsp cornflour</li><li>- Vegetable oil</li><li>- Cheese</li></ul>	<ol style="list-style-type: none"><li>1. Heat oil in a pan</li><li>2. Add fresh ingredients and fry lightly until they soften</li><li>3. Add the tinned tomatoes and beans with their liquid.</li><li>4. Add half a can of water and the cornflour</li><li>5. Add the spices stir and simmer for 15 minutes</li><li>6. Add a dollop of creme fraiche, grated cheese and serve</li></ol>
<b>Equipment</b> Saucepan, chopping board, measuring scales, measuring jug, knife, large spoon to stir, can opener, bowl to serve, teaspoon, tablespoon, grater	



# How to evaluate your food product

