

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">- 200g mediteranean vegetables (peppers, onions, courgettes)- 400g chopped tomatoes- 400g can of black beans- Spices: garlic clove, 2 tsp chilli powder, 1 tsp ground coriander, 1 tsp ground cumin, 1 tbsp cornflour- Vegetable oil- Cheese	<ol style="list-style-type: none">1. Heat oil in a pan2. Add fresh ingredients and fry lightly until they soften3. Add the tinned tomatoes and beans with their liquid.4. Add half a can of water and the cornflour5. Add the spices stir and simmer for 15 minutes6. Add a dollop of creme fraiche, grated cheese and serve
Equipment	
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

