

Year 7 Ingredients Lists: recipes can be found on Google Classroom

<p>1. <u>Vegetable crudités and salsa</u> 200g vegetables for crudités (carrots, celery, cucumber, pepper) 25g margarine or butter Small tin of tomatoes 1 onion 2 cloves garlic Mixed herbs or fresh herbs Container for crudité and separate container for salsa</p> <p>DATE:</p>	<p>2. <u>Bread</u> 200g Bread mix Or 200g Strong bread flour 1 x 7g packet of fast acting yeast ½ teaspoon salt ½ teaspoon sugar 300ml warm water</p> <p>CONTAINER TO TAKE HOME IN</p> <p>DATE:</p>
<p>3. <u>Macaroni cheese</u> 100g macaroni 100g Cheddar cheese 1 tomato 25g soft margarine 25g plain flour 250ml semi-skimmed milk Black pepper</p> <p>Baking dish or small foil tray Container to take home in</p> <p>DATE:</p>	<p>4. <u>Jam tarts - Shortcrust pastry</u></p> <p>150g plain flour 75g hard margarine or hard butter ½ teaspoon sugar</p> <p>Plus jam or lemon curd for the filling</p> <p>CONTAINER TO TAKE HOME IN</p> <p>DATE:</p>
<p>5. <u>Chicken stir fry</u> 100g noodles 1 chicken breast 1 garlic clove ½ red chilli 1 cm fresh ginger ½ red onion, ½ yellow pepper 3 mushrooms 1 pack choi or bean sprouts 1 tbsp. oil 1 tbsp. soy sauce</p> <p>Container to take them home</p> <p>DATE:</p>	<p>6. <u>Pizza pin wheels</u> 200g Self raising flour 50g Hard Butter/margarine 125mls Milk 2tbsp. Tomato Puree/ pizza topping 1 small onion 50g Cheddar Cheese 1tbsp Chopped parsley, basil or coriander <u>Optional toppings</u> Pineapple slices, ham, sweetcorn, pepper, chorizo sausage, pepperoni</p> <p>CONTAINER TO TAKE HOME IN</p> <p>DATE:</p>

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7. Fish or Chicken Goujons

3 slices of bread preferably wholemeal
1 x 5ml spoon mixed herbs
1 x 5ml spoon grated Parmesan
few twists black pepper
1 x 15ml spoon flour
1 egg, small
250g Fish fillet salmon, cod (no skin) **OR**
chicken breast

**CONTAINER TO TAKE HOME IN
DATE:**

8. Thai green curry

1 x 10ml spoon oil
3 spring onions
1 clove of garlic
80g sugar snap peas or frozen peas
1 small chicken breast
2 x 15ml spoons Thai green curry paste
200ml coconut milk (reduced fat)
1/2 lime
Small bunch of coriander

CONTAINER TO TAKE HOME IN

DATE:

9. Fruit Muffins

250g self raising flour
2 x 15ml spoons baking
powder
100g caster sugar
230 ml semi-skimmed milk
1 egg
60ml oil
150g canned fruit, drained
OR dried fruit, fresh banana

12 MUFFIN CASES

**CONTAINER TO TAKE HOME IN
DATE:**

10. Sweet mini pancakes

- 135g plain flour
- 1 tsp baking powder
- ½ tsp salt
- 2 tbsp caster sugar
- 130ml milk
- 1 large egg
- 2 tbsp butter or olive oil, plus extra for cooking

CONTAINER TO TAKE HOME IN

DATE:

Seasonal recipes will be added if time allows – recipes will be put on Google Classroom.

5 ml spoon = 1 teaspoon (1tsp)

10 ml spoon = 1 dessert spoon (1dsp)

15ml spoon = 1 tablespoon (1tbsp)

Year 8 Ingredients Lists: recipes can be found on Google Classroom

1 Pitta bread

- 250g strong white flour plus extra for dusting
- 1 x 7g sachet instant yeast
- 20g/ $\frac{2}{3}$ oz nigella seeds or black onion seeds (OPTIONAL)
- 1 tsp salt
- 160ml water
- 2 tsp olive oil plus extra for kneading

Container

DATE:

2 Lamb Koftas

- 1 small onion
- 1/2 red chilli
- 200g lamb mince
- 1 clove of garlic
- 1 sprig of parsley, mint and coriander
- 1 x 5ml spoon cumin

Container to take home in

DATE:

3 Bolognese

- 1 onion
- 1 clove garlic
- 1 carrot
- 1 celery stick
- 1 x 15ml oil
- 250g minced beef
- 400g canned chopped tomatoes
- 1 x 15ml spoon tomato puree

- 1 x 5ml spoon mixed herbs, Black pepper

Container to take home in

DATE:

4. Chilli con Carne

- 1 onion
- 1 clove garlic
- 1 green pepper
- 1x10ml spoon oil
- 250g minced beef
- 1x10ml spoon plain flour
- 1 stock cube
- 1 tin red kidney beans
- 1 x15ml spoon tomato puree
- 1x 5ml spoon chilli powder

Container

DATE:

5. Ragu sauce

- 1 tin tomatoes
- 1 onion
- 1 carrot and/or courgette (optional)
- 1 garlic clove
- $\frac{1}{2}$ tsp sugar
- 2 tbsp cooking oil
- Salt and pepper

Container

DATE:

6. Fresh pasta

- 200g '00' Italian flour or Plain flour
- 2 eggs
- 2 tbsp. oil

Containers for sauce and pasta

DATE:

Year 8 Ingredients Lists: recipes can be found on Google Classroom

<p><u>7. Pizza (using remainder of ragu sauce)</u></p> <p>250g Bread Mix / Pizza Base Mix or – 250g Strong Bread Flour 1 x 7g sachet of Fast Acting Yeast ½ tsp salt and 1 tsp sugar</p> <p>Basic Topping 80g Hard Cheese (grated) 5ml (1 tsp) Dried Mixed Herbs</p> <p>(students to add other ingredients of own choice – no raw meat)</p> <p>Container to carry home in – large and flat</p> <p>DATE:</p>	<p><u>8. Mini quiches</u></p> <p>200 g Plain Flour (wholemeal OR White) 100 g hard margarine or butter ½ tsp salt 1 medium onion ½ x 15ml spoon vegetable oil 100g reduced-fat or normal Cheddar cheese 2 medium eggs 150ml semi-skimmed milk Pinch dried mixed herbs Pinch paprika OR cayenne pepper (optional) Black pepper</p> <p>CONTAINER TO CARRY HOME IN</p> <p>DATE:</p>
<p><u>9. Brownies</u></p> <p>200g sunflower margarine 225g plain dark chocolate (NOT MILK) 3 medium eggs 150g caster sugar 100g dark Muscovado sugar 150g plain flour 1 teaspoon vanilla essence Pinch of salt.</p> <p>Container to take cakes home</p> <p>DATE:</p>	<p><u>10. Pineapple upside down cakes</u></p> <p>4 Pineapple Rings. 4 Glace Cherries. 50g Butter 50g Caster Sugar 1 Egg 75g Self-Raising Flour 4 tbsp brown sugar</p> <p>4 ramekins if possible</p> <p>CONTAINER TO TAKE HOME IN</p> <p>DATE:</p>

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Year 9 Ingredients Lists: recipes can be found on Google Classroom

<p><u>1 Cottage Pie</u></p> <p>1 onion 250g lean minced beef or Quorn Stock cube 50ml milk 1 tsp Worcestershire sauce 1 tbsp. plain flour 1 tbsp. tomato puree 150g peas or sweetcorn 3 medium potatoes</p> <p>Oven proof dish to cook in Container to take food home.</p> <p>DATE:</p>	<p><u>2 Spicy Chicken Paella</u></p> <p>1 onion 3 mushrooms ½ red pepper 1 chicken breast 50g peas 1 stock cube 2 tsp Curry Powder 150g Long Grain Rice 550mls water (ingredients are flexible)</p> <p>Container to take food home</p> <p>DATE:</p>
<p><u>3. Beef, tomato & chilli enchiladas</u></p> <p>400g tin of tomatoes 1 red chilli, split, deseeded and finely chopped 30ml olive oil 1 large onion 2 garlic cloves 5ml ground cumin 300g minced beef 30ml fresh oregano or 5ml dried 5 ml caster sugar 8 flour tortillas 200g mature cheddar, grated Salt and freshly ground black pepper</p> <p>oven proof dish or foil container</p> <p>DATE:</p>	<p><u>4a -Spinach Potato and Chickpea curry</u> (choice of this or chicken curry, 4b)</p> <p>1 onion 1 clove garlic 1 large potato or sweet potato 1 x 5ml spoon oil 2 x 15ml spoons curry paste 300ml water 1 can chopped tomatoes (400g) 1 can chickpeas (410g), drained 3 handfuls of fresh spinach (could be replaced with fresh green beans)</p> <p>Container to take food home.</p> <p>DATE:</p>

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10 ml spoon = 1 dessert spoon (1dsp)
15ml spoon = 1 tablespoon (1tbsp)

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2nd Choice 4b - Simple chicken Curry

6 spring onions
 3 garlic cloves
 2 tbsp vegetable oil
 200g tin chopped tomatoes
 2 tbsp curry powder
 1 tsp ground ginger
 400g boneless skinless chicken thigh
 100ml Greek-style natural yoghurt, plus extra to serve
 salt and pepper

CONTAINER TO TAKE HOME IN

DATE:

5 Burgers

400g lean minced beef, lamb or turkey
 1 red onion
 1 egg
 Black pepper
 Optional: garlic, chilli, herbs, mushrooms

**Bring in a homemade bread roll!
 Relish, salad to dress 1 burger bun**

CONTAINER TO TAKE HOME IN

DATE:

6. Ravioli

200g 00 pasta flour **OR** plain flour
 2 eggs

Filling

1 tub Flavoured Cream cheese
Optional: any cooked meats, pepper

Container to take home in

DATE:

7. Lasagne

500g lean minced beef
 1 onion, 1 pepper, 100g mushrooms
 1 large tin chopped tomatoes
 2 tbsp. tomato puree, 2 cloves garlic
 Mixed herbs
 6-8 sheets of lasagne pasta
 1 pt milk, 50g plain flour
 50 g margarine, 100 g cheese
Large oven proof dish

Container to take home in

DATE:

8. Viennese whirls

125g very soft butter
 25g icing sugar
 125g plain flour
 25g cornflour
 1/4tsp vanilla extract
For the filling
 50g soft butter
 100g icing sugar
 1/4tsp vanilla extract
 40g seedless raspberry jam

CONTAINER TO TAKE HOME IN

DATE:

9. Profiteroles

25g butter cut into cubes
 30g strong plain flour
 1/2 tsp sugar
 1 egg, well beaten

CONTAINER TO TAKE HOME IN DATE:

(double cream and cooking chocolate needed at home to complete)

10. Patterned swiss rolls

75 g self raising flour
 75g caster sugar
 3 eggs
 2-3 tbsp. jam

Container large enough for a swiss roll DATE: