

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

1. Vegetable crudités and salsa

200g vegetables for crudités (eg 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

2. Bread

200g Strong bread flour
1 x 7g packet of fast acting yeast
¼ teaspoon salt
1 teaspoon sugar

Optional: 1 egg to glaze

CONTAINER TO TAKE HOME IN

3. Macaroni cheese

100g macaroni pasta
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper

**BAKING DISH OR SMALL FOIL TRAY
CONTAINER TO TAKE HOME IN**

4. Jam tarts - Shortcrust pastry

150g plain flour
75g hard, cold butter
½ teaspoon sugar

Plus jam or lemon curd for the filling

CONTAINER TO TAKE HOME IN

5. Chicken stir fry

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 choy or bean sprouts
1 tbsp. oil
1 tbsp. soy sauce

CONTAINER TO TAKE THEM HOME

6. 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

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7. 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

8. 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

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

Ingredients in red text can be provided for you by school along with cling film and greaseproof paper where needed.

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

1. Focaccia bread

250g strong plain bread flour
1 sachet quick acting yeast
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp sugar
30 ml olive oil
5 cloves garlic
Optional: rosemary, thyme, chillies

CONTAINER TO TAKE HOME

2 Toad in the hole

70g plain flour
Pinch of salt
2 eggs
100ml milk
4 tbsp oil
12 cocktail sausages or 6 chipolatas

CONTAINER TO TAKE HOME

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

**Ragu sauce - made at home (frozen)
brought in for the following 2 lessons:
pasta and pizza topping**

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

4. Fresh pasta

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

CONTAINER TO TAKE HOME

5. Pizza (using remainder of ragu sauce)

250g Strong Bread Flour
1 x 7g sachet of Fast Acting Yeast
 $\frac{1}{4}$ tsp salt and 1 tsp sugar

Basic Topping

80g Hard Cheese (grated)
5ml (1 tsp) Dried Mixed Herbs

(students to add other ingredients of own choice
– no raw meat)

**CONTAINER TO TAKE HOME – large
and flat**

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6.Chocolate Brownies

135g margarine/butter
150g plain dark cooking chocolate (NOT MILK)
2 medium eggs
100g caster sugar
75g dark Muscovado sugar
100g plain flour
1 teaspoon vanilla essence
Pinch of salt.

CONTAINER TO TAKE HOME

7 Pineapple upside down cakes

4 Pineapple Rings
4 Glace Cherries
50g Butter
50g Caster Sugar
1 Egg
75g Self-Raising Flour
4 tbsp brown sugar

4 ramekins

CONTAINER TO TAKE HOME

8. Chicken Fajitas

2 chicken breasts finely sliced
1 red onion, finely sliced
1 red pepper, sliced
1 red chilli, chopped
1 tbsp oil
6-8 flour tortillas
1 lime, juiced

Marinade ingredients:

1 tsp paprika
1 tsp ground coriander
½ tsp ground cumin
Pinch of salt and pepper
2 cloves garlic
4 drops tabasco

Tomato Salsa to serve with:

3 ripe tomatoes, finely chopped
1 handful chopped coriander
½ red onion, chopped
1 garlic clove, grated
Juice of 1-2 limes
1 tsp olive oil
Sea salt and pepper

CONTAINER TO TAKE HOME

5ml spoon = 1 teaspoon (tsp)
10ml spoon = 1 dessertspoon (dsp)
15ml spoon = 1 tablespoon (tbsp)

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

1 Calzone

250g packet bread mix (or 250g bread flour, 7g yeast)

120ml warm water

50 g hard cheese grated

1 tsp dried mixed herbs

½ tin chopped tomatoes

½ onion, finely chopped

3 mushrooms

3 tsp tomato puree

Optional fillings:

Fresh basil, sweetcorn, peppers, cooked meats

CONTAINER TO TAKE FOOD HOME

2 Spicy Chicken Paella

1 onion, 1 garlic clove

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)

CONTAINER TO TAKE FOOD HOME

3. Beef, tomato & chilli enchiladas

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

OVEN PROOF DISH OR FOIL CONTAINER

4a -Spinach Potato and Chickpea curry (choice of this or chicken curry, 4b)

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)

CONTAINER TO TAKE FOOD HOME

5 ml spoon = 1 teaspoon (1tsp)

10 ml spoon = 1 dessert spoon (1dsp)

15ml spoon = 1 tablespoon (1tbsp)

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

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

5. 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

6. 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
50g margarine, 100g cheese

Large ovenproof dish or foil tray

CONTAINER TO TAKE HOME IN

7. Key lime Pie

Biscuit base

50g butter
120g digestive biscuits

Topping

2 eggs
1 tin (397- 405g) condensed milk
2 limes
50g caster sugar

Flan dish or 4 ramekin dishes

CONTAINER TO TAKE HOME IN

8. Patterned swiss rolls

75g self raising flour
75g caster sugar
3 eggs
Coloured food gel dyes
½ tsp vanilla essence
3 -4tbsp. jam

CONTAINER LARGE ENOUGH FOR A SWISS ROLL

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