

Year 9 Practical Cookery – Ingredients Summary

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Butterfly Cakes	Spicy Potato Wedges	Sweet Potato and Lentil Soup	Spaghetti Bolognese	Bakewell Tart
<p>Bring in:</p> <ul style="list-style-type: none"> • 1 ½ eggs • 75g self-raising flour • 75g soft margarine • 75g caster sugar • 6 paper cases 	<p>Bring in:</p> <ul style="list-style-type: none"> • 2 medium potatoes • 2 large tomatoes • 13g butter • ¼ onion • ½ fresh chilli 	<p>Bring in:</p> <ul style="list-style-type: none"> • 1 large OR 2 medium size sweet potatoes • ½ onion 	<p>Bring in:</p> <ul style="list-style-type: none"> • 450g minced beef • 1 onion • 2 garlic cloves (optional) • 1 can chopped tomatoes • 2 extra vegetables, e.g: 6 mushrooms, 1 carrot, 1 stick celery <p><i>Feel free to adjust the quantities in this recipe to suit your family size</i></p>	<p>Bring in:</p> <p>Pastry:</p> <ul style="list-style-type: none"> • 75g plain flour • 40g margarine <p>Filling:</p> <ul style="list-style-type: none"> • 50g plain flour • 50g margarine • 1 egg
<p>School provides:</p> <ul style="list-style-type: none"> • ½ tsp baking powder • ½ tsp vanilla essence 	<p>School provides:</p> <ul style="list-style-type: none"> • ½ tsp tomato puree • ¼ tsp cajun spice • ¼ tsp paprika • ¼ tsp chilli powder • 10ml oil 	<p>School provides:</p> <ul style="list-style-type: none"> • 5ml fresh chilli • 50g lentils • 50ml coconut milk • 10ml oil • 1 vegetable stock cube 	<p>School provides:</p> <ul style="list-style-type: none"> • 1 tsp mixed herbs • 2 tbsp tomato puree • 1 beef stock cube • 2 tbsp oil • Salt and pepper 	<p>School provides:</p> <ul style="list-style-type: none"> • 50g caster sugar • ¼ tsp baking powder • ¼ tsp orange/vanilla extract • Jam/marmalade • Icing sugar
<p>Bring in: Each week a container is required to take food home.</p>				

- **Ingredients must be stored safely and correctly at the start of the school day**

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Savoury Flat Bread	Quiche	Chelsea Buns	Swiss Roll	Bread Rolls
Bring in: <ul style="list-style-type: none"> • 150ml passata • 100g self-raising white flour • 40g margarine • 100ml milk • 75g hard cheese • 1 rasher bacon or slice of cooked ham (optional) • 2 mushrooms • ½ pepper • ½ onion • 1 tomato 	Bring in: <p>Pastry</p> <ul style="list-style-type: none"> • 100g plain flour • 50g margarine <p>Filling</p> <ul style="list-style-type: none"> • 1 egg • 75ml milk • 25g cheddar cheese • 1 slice cooked ham • ½ onion 	Bring in: <ul style="list-style-type: none"> • 250g strong white flour • 40g butter • 125ml milk • 75g currants 	Bring in: <ul style="list-style-type: none"> • 3 eggs • 75g caster sugar • 75g self-raising flour • Strawberry jam 	Bring in: <ul style="list-style-type: none"> • 350g strong white flour • 1 egg
School provides: <ul style="list-style-type: none"> • 50g self-raising wholemeal flour • Cayenne pepper (pinch) • ½ tsp dried basil • 30ml oil 	School provides: <ul style="list-style-type: none"> • Salt and pepper • 2 drops lemon juice • 25ml cream • 1 tbsp oil 	School provides: <ul style="list-style-type: none"> • ½ tsp salt • 7g fast action dried yeast • 25g mixed peel • 25g demerara sugar • 1 tsp mixed spices or cinnamon 	School provides: <ul style="list-style-type: none"> • N/A 	School provides: <ul style="list-style-type: none"> • ½ tsp salt • ¼ tsp sugar • ½ sachet dried yeast
Bring in: Each week a container is required to take food home.				

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