

Year 8 Practical Cookery – Ingredients Summary

Page 1 of 2

Chicken Jalfrezi	Spaghetti Bolognese	Chilli Con Carne	Sweet and Sour Chicken
Bring in: <ul style="list-style-type: none"> • 2 chicken fillet breasts • 1 onion • 1 pepper • 2 garlic cloves (optional) • 5 fresh tomatoes 	Bring in: <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 	Bring in: <ul style="list-style-type: none"> • 450g minced beef • 1 onion • 1 pepper • 1 can chopped tomatoes • 1 can red kidney beans / kidney beans in chilli sauce / baked beans • 2 garlic cloves (optional) 	Bring in: <ul style="list-style-type: none"> • 2 chicken fillet breasts • 1 onion • 1 pepper • 1 can pineapple chunks
School provides: <ul style="list-style-type: none"> • 3 tbsp curry powder • 1 tbsp tomato puree • Oil 	School provides: <ul style="list-style-type: none"> • 1 tsp mixed herbs • 2 tbsp tomato puree • 1 beef stock cube • Oil • Salt and pepper 	School provides: <ul style="list-style-type: none"> • 1 tsp chilli powder • 1 tsp paprika • 2 tbsp tomato puree • Oil 	School provides: <ul style="list-style-type: none"> • 1 tbsp vinegar • 1 tbsp soya sauce • 1 tbsp tomato puree • 1 tbsp cornflour • 1 tbsp sugar • Oil
Bring in: Each week a container is required to take food home.			

- **Ingredients must be stored safely and correctly at the start of the school day**
- **Students have been encouraged to cook the practical dishes for their family. Please feel free to modify the quantities of recipes on this page to suit the needs of your family**

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Page 2 of 2

Quiche	Bakewell Tart
<p>Bring in: 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 	<p>Bring in: 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"> • Salt and pepper • 2 drops lemon juice • 25ml cream • 1 tbsp oil 	<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**
- **Please do not modify the quantities of the Quiche and Bakewell Tart recipes as students will be using 15cm flan rings**