

Year 7 Practical Cookery – Ingredients Summary

Tomato Pasta Sauce	Pizza Toast	Banana and Chocolate Muffins	Scones	Shortbread
Bring in: <ul style="list-style-type: none"> • 400g tin of tomatoes • 1 onion • 1 or 2 garlic cloves 	Bring in: <ul style="list-style-type: none"> • Half a yellow pepper • 1 spring onion • 1 mushroom • 30g+ of cheese (e.g. Cheddar) • 2 slices of bread (or a bagel, piece of French stick) 	Bring in: <ul style="list-style-type: none"> • 115g self-raising flour • 50g caster sugar • 70g butter or margarine • 2 ripe bananas • 1 bag chocolate buttons • 5 muffin cases (<i>or use cases provided by school</i>) 	Bring in: <ul style="list-style-type: none"> • 115g self-raising flour • 75ml milk • 25g sultanas (optional) • 25g unsalted butter • 15g caster sugar 	Bring in: <ul style="list-style-type: none"> • 150g plain flour • 100g unsalted butter • 50g caster sugar • Pinch of sugar for topping
School provides: <ul style="list-style-type: none"> • 2 tbsp tomato puree • 1 tbsp of oil • 1 tsp mixed herbs • Salt and pepper 	School provides: <ul style="list-style-type: none"> • 2 tbsp of tomato puree • 0.5 tsp mixed herbs 	School provides: <ul style="list-style-type: none"> • Muffin cases 	School provides: <ul style="list-style-type: none"> • 0.5 tsp baking powder • Pinch of salt 	School provides: <ul style="list-style-type: none"> • N/A
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**