

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 • 2 tbsp tomato puree | Bring in: <ul style="list-style-type: none"> • Half a yellow pepper • 1 spring onion • 1 mushroom • 40g+ of cheese (e.g. Cheddar) • 2 slices of bread (or a bagel, piece of French stick) • 2 tbsp of tomato puree | Bring in: <ul style="list-style-type: none"> • 115g self-raising flour • 70g butter or margarine • 50g caster sugar • 2 ripe bananas • 1 bag chocolate buttons • 5 muffin cases | Bring in: <ul style="list-style-type: none"> • 230g self-raising flour • 150ml milk • 50g sultanas (optional) • 50g unsalted butter • 30g 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"> • 1 tbsp of oil • 1 tsp mixed herbs • Salt and pepper | School provides: <ul style="list-style-type: none"> • 0.5 tsp mixed herbs | School provides: <ul style="list-style-type: none"> • Muffin cases (spares for students who cannot bring them in) | School provides: <ul style="list-style-type: none"> • 1 tsp baking powder • Pinch of salt | School provides: <ul style="list-style-type: none"> • N/A |
| Bring in: Each week a suitably sized container is required to take food home. | | | | |

- Ingredients must be stored safely and correctly at the start of the school day
- The dates of each recipe will be communicated weekly to students