

## Year 8 Practical Cookery – Ingredients Summary

Chicken Jalfrezi*	Bolognese*	Sweet and Sour Chicken*	Mini Frittatas	Raspberry Buns	Cheesecake
<b>Bring in:</b> <ul style="list-style-type: none"> <li>1 or 2 chicken breast fillets</li> <li>1 tin chopped tomatoes</li> <li>2 fresh tomatoes</li> <li>2 garlic cloves (optional)</li> <li>1 onion</li> <li>1 green pepper</li> <li>1 tbsp tomato puree</li> </ul>	<b>Bring in:</b> <ul style="list-style-type: none"> <li>Up to 450g minced beef</li> <li>2 garlic cloves (optional)</li> <li>1 onion</li> <li>1 tin chopped tomatoes</li> <li>2 tbsp tomato puree</li> <li>Choose 2 vegetables: e.g: mushrooms, carrot, celery, bell pepper</li> <li>1 beef stock cube</li> </ul>	<b>Bring in:</b> <ul style="list-style-type: none"> <li>1 or 2 chicken breast fillets</li> <li>1 onion</li> <li>1 red or green pepper</li> <li>1 tin of pineapple chunks</li> <li>1 tbsp tomato puree</li> </ul>	<b>Bring in:</b> <ul style="list-style-type: none"> <li>50ml milk</li> <li>50g cheese</li> <li>3 eggs</li> <li>5 paper muffin cases</li> <li>Choose at least 2 from: mushrooms, half a bell pepper, small onion, spring onion, cooked meats</li> </ul>	<b>Bring in:</b> <ul style="list-style-type: none"> <li>225g self-raising flour</li> <li>100g butter</li> <li>100g caster sugar</li> <li>1 large egg</li> <li>0.5 jar of jam</li> </ul>	<b>Bring in:</b> <ul style="list-style-type: none"> <li>150ml double cream</li> <li>100g digestive biscuits</li> <li>75g cream cheese</li> <li>50g butter or margarine</li> <li>25g caster sugar</li> <li>1 small pot of yoghurt or mousse (to flavour)</li> <li>Decoration: fruit or other ingredients to compliment yoghurt flavour</li> <li>1 serving plate (at least 15cm diameter)</li> </ul>
<b>School provides:</b> <ul style="list-style-type: none"> <li>2 tbsp curry powder</li> <li>Oil</li> </ul>	<b>School provides:</b> <ul style="list-style-type: none"> <li>1 tsp mixed herbs</li> <li>Oil</li> <li>Salt and pepper</li> </ul>	<b>School provides:</b> <ul style="list-style-type: none"> <li>1 tbsp vinegar</li> <li>1 tbsp soya sauce</li> <li>1 tbsp cornflour</li> <li>1 tbsp sugar</li> <li>Oil</li> </ul>	<b>School provides:</b> <ul style="list-style-type: none"> <li>Salt and pepper</li> <li>Mixed herbs</li> <li>Muffin cases (spares for students who cannot bring them in)</li> </ul>	<b>School provides:</b> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<b>School provides:</b> <ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Bring in:</b> Each week a suitably sized container is required to take food home.					

- \* Please feel free to modify the quantities within these indicated recipes to suit the needs of your family
- 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