

Year 9 Practical Cookery – Ingredients Summary

Cupcakes	Spicy Potato Wedges	Sweet Potato and Lentil Soup	Savoury Flat Bread	Bread Rolls	Chelsea Buns
Bring in: <ul style="list-style-type: none"> • 2 eggs • 75g self-raising flour • 75g soft margarine • 75g caster sugar • 6 paper cupcake cases 	Bring in: <ul style="list-style-type: none"> • 2 medium potatoes • 2 large tomatoes • 1 tbsp tomato puree • 15g butter • 0.25 onion • 0.5 fresh chilli 	Bring in: <ul style="list-style-type: none"> • 1 large or 2 medium sized sweet potatoes • 0.5 onion • 1 vegetable stock cube • 1 small chilli (0.5 tsp) 	Bring in: <ul style="list-style-type: none"> • 150ml passata • 100g self-raising white flour • 100ml milk • 75g hard cheese • 40g butter • 0.5 onion • 1 large tomato 	Bring in: <ul style="list-style-type: none"> • 350g strong white flour • 1 egg 	Bring in: <ul style="list-style-type: none"> • 350g plain flour • 180ml milk • 90g unsalted butter (45g + 45g) • 75g currants • 50g granulated sugar • 1 large egg
School provides: <ul style="list-style-type: none"> • 0.5 tsp baking powder • 0.5 tsp vanilla essence • Cupcake cases (spares for students who cannot bring them in) 	School provides: <ul style="list-style-type: none"> • 0.25 tsp Cajun spice • 0.25 tsp paprika • 0.25 tsp chilli powder • 2 tsp oil 	School provides: <ul style="list-style-type: none"> • 50g lentils • 50ml coconut milk • 2 tsp oil • Salt and pepper 	School provides: <ul style="list-style-type: none"> • 50g self-raising wholemeal flour • Cayenne pepper (pinch) • 0.5 tsp dried basil • 1 tbsp oil 	School provides: <ul style="list-style-type: none"> • 0.5 tsp salt • 0.25 tsp sugar • 0.5 sachet dried yeast 	School provides: <ul style="list-style-type: none"> • 30g demerara sugar • 25g mixed peel • 7g sachet dried yeast • 1 tsp cinnamon • 0.5 tsp salt
Bring in: 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

Swiss Roll	Carrot Cakes	Chilli Con Carne*	Cookies	Jam Sponge Tart	Brownie
Bring in: <ul style="list-style-type: none"> • 3 eggs • 100g caster sugar (75g + 25g) • 75g plain flour • Strawberry jam 	Bring in: <ul style="list-style-type: none"> • 125g carrots • 100g self-raising flour • 100g caster sugar • 75g butter • 60g sultanas (optional) • 1 egg • 6 muffin cases 	Bring in: <ul style="list-style-type: none"> • Up to 450g minced beef • 1 onion • 1 pepper • 1 can chopped tomatoes • 2 cloves garlic (optional) • 2 tbsp tomato puree • 1 can red kidney beans / or kidney beans in chilli sauce / or baked beans 	Bring in: <ul style="list-style-type: none"> • 150g self-raising flour • 100g caster sugar • 100g butter • Extras: e.g.chocolate chips, raisins, cranberries 	Bring in: <ul style="list-style-type: none"> • 150g plain flour (100g + 50g) • 100g butter (50g + 50g) • 50g caster sugar • 1 egg • Jam 	Bring in: <ul style="list-style-type: none"> • 300g soft brown sugar • 150g flour • 150g butter • 60g cocoa • 2 medium eggs
School provides: <ul style="list-style-type: none"> • Extra sugar for rolling 	School provides: <ul style="list-style-type: none"> • 1 tsp baking powder • 1 tsp cinnamon • Muffin cases (spares for students who cannot bring them in) 	School provides: <ul style="list-style-type: none"> • 1 tsp chilli powder • 1 tsp paprika • 2 tbsp oil 	School provides: <ul style="list-style-type: none"> • 1 tbsp golden syrup 	School provides: <ul style="list-style-type: none"> • 0.25 tsp baking powder • 0.25 tsp vanilla extract • Icing sugar 	School provides: <ul style="list-style-type: none"> • N/A
Bring in: Each week a suitably sized container is required to take food home.					

Chicken Goujons	Standard Muffins	Chocolate Muffins	Orange or Lemon Muffins	Cherry and Coconut Muffins	Citrus Shortbread
Bring in: <ul style="list-style-type: none"> • 80g breadcrumbs • 2 chicken breasts • 1 egg 	Bring in: <ul style="list-style-type: none"> • 280g plain flour • 185ml milk • 125g sugar (115g + 10g) • 2 medium eggs • 8 muffin cases • Mix-ins: e.g. <ul style="list-style-type: none"> ○ 150g chocolate or fudge chunks ○ 150g blueberries + lemon rind ○ 100g marshmallows ○ 150g strawberries • Fillings (optional): e.g. <ul style="list-style-type: none"> ○ Jam ○ Chocolate spread ○ Lemon curd 	Bring in: <ul style="list-style-type: none"> • 225g plain flour • 185ml milk • 125g soft light brown sugar (115g + 10g) • 55g cocoa powder • 2 medium eggs • 8 muffin cases • Mix-ins: e.g. <ul style="list-style-type: none"> ○ 150g chocolate chunks or fudge ○ 150g blueberries + lemon rind ○ 100g marshmallows ○ 150g strawberries • Fillings (optional): e.g. <ul style="list-style-type: none"> ○ Jam ○ Chocolate spread 	As per standard or chocolate muffins, except: <p><u>Orange Muffins</u></p> <ul style="list-style-type: none"> • 2 oranges (for juice and rind) • Enough milk to top up orange juice to 185ml • 2 tsp orange extract (optional) <p><u>Lemon Muffins</u></p> <ul style="list-style-type: none"> • 2 lemons (for juice and rind) • Enough milk to top up lemon juice to 185ml • 2 tsp lemon extract (optional) 	Bring in: <ul style="list-style-type: none"> • 280g plain flour • 185ml coconut milk • 125g sugar (115g + 10g) • 125g glacé cherries (plus 8 for on top) • 40g desiccated coconut • 2 medium eggs • 8 muffin cases 	Bring in: <ul style="list-style-type: none"> • 150g plain flour • 100g unsalted butter • 50g caster sugar • 1 lemon or 1 orange • 100g chocolate (any type)
School provides: <ul style="list-style-type: none"> • 2 tbsp flour • Salt • Pepper • Cajun seasoning • Garlic granules 	School provides: <ul style="list-style-type: none"> • 6 tbsp oil • 3 tsp baking powder • 1 tsp vanilla extract • Pinch of salt • Muffin cases (spares for students who cannot bring them in) 	School provides: <ul style="list-style-type: none"> • 6 tbsp oil • 3 tsp baking powder • Pinch of salt • Muffin cases (spares for students who cannot bring them in) 		School provides: <ul style="list-style-type: none"> • 6 tbsp oil • 3 tsp baking powder • 1 tsp vanilla extract • Pinch of salt • Muffin cases (spares for students who cannot bring them in) 	School provides: <ul style="list-style-type: none"> • N/A
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