

Year 7 Ingredients List

7L

<u>1 Fruit Salad</u> Approx. 4 pieces of fruit (e.g. Apple, banana, pear, 5-6 strawberries, 5-6 grapes) 1 small tin of mandarins in either fruit juice, or syrup. Container to take food home Date: 14TH SEPT	<u>2 Vegetable Stir Fry</u> 1 x Onion 1 x Bok chol or ¼ cabbage 1 x Yellow/red/green pepper 6 x Mushrooms (or any other suitable vegetables) 20ml Soy sauce Container to take food home <i>*Prepared at home, prior to the lesson:</i> 1 x Red chilli (chopped) 2 x Garlic cloves (chopped) 1 x Fresh ginger (chopped) Date: 21ST SEPT	<u>3 Tomato Râgu and pasta</u> 1 onion 1 clove garlic 1 x 15ml spoon oil 1 x 400g canned chopped tomatoes ½ teaspoon mixed herbs 150g pasta – any kind you like Container to take food home Date: 24TH SEPT
<u>4 Dough balls with garlic butter</u> <u>For the dough balls-</u> Pizza mix sachet 145g <u>For the garlic butter-</u> Pre-made garlic butter (or Boursin) Container to take food home (a small baking dish could be placed in the oven to heat at home) DATE: 5TH OCT	<u>5 Macaroni cheese</u> 100g macaroni 100g Cheddar cheese (grated at home) 25g soft margarine 25g plain flour 250ml semi-skimmed milk Container to take food home (a small baking dish could be placed in the oven to heat at home) Date: 8TH OCT	<u>6 Thai Green Curry</u> 3 spring onions 1 clove of garlic 80g sugar snap peas 1 green pepper 2 x 15ml green curry paste 200mls coconut milk ½ lime Small bunch of coriander Container to take food home Date: 19TH OCT
<u>7 Creamy Ham and Cheese Jambons</u> 1 Pack of puff pastry (ready to roll) Filling: 1 x Red onion (finely diced) (or bunch of spring onions) 100ml Crème fraiche or cream cheese 4 slices of cooked ham(chopped) 100g Grated Cheddar Cheese Nutmeg (optional) (due to time constraints, please can you bring in your filling already mixed together) Container to take food home Date: 9TH NOV	<u>8 Cheese Straws</u> 190g plain white flour 115g block butter 75g cheddar cheese (grated) 25g parmesan cheese (grated) 2 x eggs (we will separate to use yolks only) Container to take food home Date: (make pastry): 10TH NOV Bring home date: 12TH NOV	<u>9 Fairy Cakes Basic Cake mixture:</u> 100g Self raising flour 100g Caster sugar 100g Soft margarine 2 x Eggs <i>What choice of fillings to add?:</i> Add 30g cocoa powder & change flour to 70g Small bag of chocolate chips 12 x small paper cases Container to take food home Date: 23RD NOV

10 Adapted Scones

225g White self-raising flour
50g Margarine or butter
125ml milk
Pinch of salt

**Choose either sweet or
savoury**

Savoury

50g Grated cheddar Cheese

Sweet

15g Caster sugar
20g Dried fruit

Container to take food home

Date: 26TH NOV

11 Adapted Biscuit Recipe

100g plain flour
75g margarine
20g sugar

Flavouring of your
choice e.g chocolate
chips

***Container to take
food home***

DATE: 7TH DEC