

Year 7 Ingredients List

7PM

<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: 24th 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: 29th 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: 8th oct
<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: 13TH 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: 22ND 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: 6TH NOV
<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: 17TH 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): 20TH NOV Bring home date: 26TH 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: 1ST DEC

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: 11TH DEC