

Year 8 Ingredients list 8L

<u>1 Coronation Pasta Salad</u> 150g penne pasta 2 tbsp mayonnaise 2 tbsp medium curry paste 150 pot of natural yoghurt ½ lemon – for the juice 2 tbsp of mango chutney 25g sultanas (optional) ½ cucumber 6 baby tomatoes, halved Half a red pepper Bunch of fresh coriander Container to take food home Date: 16TH SEPT	<u>2 Chicken and Veg Cous cous</u> 1tbsp vegetable oil 1 clove garlic 1 small onion ½ red or green chilli 1 red pepper 2 boneless chicken fillets 100g packet of dried couscous Stock cube – chicken / vegetable Container to take food home Date: 23RD SEPT	<u>3 Beef, tomato & chilli enchiladas</u> 200g tin of tomatoes 1 red chilli 15ml olive oil 1 large onion 1 garlic cloves 5ml ground cumin 150g minced beef 30ml dried oregano 5 ml caster sugar 5 flour tortillas 100g mature cheddar, grated Container to take food home to bake (oven proof dish) Date: 2ND OCT
<u>4 Pizza – toppings of own choice</u> 250g Bread Mix / Pizza Base Mix <u>Basic Topping</u> 80g hard Cheese (grated) 5ml (1 tsp) Dried Mixed Herbs Small tin of chopped tomatoes mixed with 2 tbsp tomato purée to make a tomato base <i>(students to add other ingredients of own choice – no raw meat). If choosing onions or peppers etc.. Please may these ingredients be chopped prior to the lesson.</i> Container to take food home Date: 7TH OCT	<u>5 Spaghetti Carbonara</u> 20g butter 2 rashers bacon (snipped into pieces) 175g spaghetti 2 eggs 40g grated parmesan cheese 75ml single cream Container Date: 17TH OCT	<u>6 Chicken Curry</u> 1 onion 1 garlic clove 1 piece of ginger 1 tub of Pataks korma paste 1tbsp tomato puree/paste 1 tinned tomatoes-200g 1 chicken stock cube 1 tin of coconut milk-200g 1 bag of spinach Chicken breast x1 Container DATE: 21ST OCT
<u>6 Cheese & Onion Scrunch Pie</u> (Over 2 days) Filling (pre-made at home) 150g cream cheese 100g Cheddar cheese (grated) 1 x red onion Pastry 200g plain flour 100g block butter 1 egg for glazing Container to take food home. (for an approx. 15cm diameter pie) Pastry making: 11TH NOV Shape and cook: 18TH NOV	<u>7 Mini Carrot Cake Muffins</u> 75ml vegetable oil 125g carrots (pre-grated) 100g brown sugar / ½ white & ½ brown 1 large eggs 100g plain flour / ½ plain & ½ wholemeal 1 x 5ml cinnamon / 1 tsp cinnamon & 1 tsp mixed spice 1 x 5ml baking powder 75g sultanas / or any dried mixed fruits 12 x paper muffin cases Container to take food home Date: 20TH NOV	<u>8 Choc Chip Cookies</u> 75g softened margarine 100g soft brown sugar 1 medium egg 100g self-raising flour 25g cocoa powder 50g chocolate chips Container Date: 25TH NOV

<u>9 Adapted Muffins</u> 1 medium eggs 65ml vegetable oil 125ml semi-skimmed milk 125g golden caster sugar 200g self raising flour (or same quantity plain flour and 3 tsp baking powder) 1 tsp salt Choice of flavouring: 50g choc chips, blueberries or dried fruit such as sultanas or dried cherries X12 muffin cases CONTAINER DATE: 2ND DEC	<u>10 Adapted Shortbread</u> 150g plain flour plus extra for dusting 100g butter, chilled and cubed 50g caster sugar plus 1 tbsp for sprinkling Adapt with lemon, sultanas, chocolate chips or caraway seeds. CONTAINER DATE: 9TH DEC	
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