

# Year 9 Ingredients List

9PM

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| <p><u>1 Mediterranean Tart</u><br/> 340g pack of puff pastry<br/> 3 tomatoes (4-6 cherry tomatoes)<br/> 200g Feta or Greek Style cheese<br/> 8 green olives<br/> Fresh Basil leaves<br/> 30 ml olive oil to serve <i>(optional)</i><br/> Milk for glazing edges</p> <p>(filling ingredients are flexible)</p> <p>Container to take food home.</p> <p>DATE:15TH SEPT</p>                                                           | <p><u>2 Spicy Chicken Paella</u><br/> 1 onion<br/> 3 mushrooms<br/> ½ red pepper<br/> 1 chicken breast<br/> 50g peas<br/> 1 stock cube<br/> 2 tsp curry Powder<br/> 150g long Grain Rice</p> <p>Container to take food home</p> <p>DATE: 22ND SEPT</p>                                                                                                 | <p><u>3 Vegetable Quesadillas</u><br/> 4 flour, or corn tortillas<br/> 1 red onion<br/> 1 red pepper<br/> 1 chilli<br/> 125g cheddar cheese <i>(grated)</i><br/> 1 pack of cooked ham</p> <p>Container to take food home</p> <p>DATE: 2ND OCT</p>                                                                                                                                                                         |
| <p><u>4 Calzone</u><br/> 250g bread mix<br/> 5ml (1 tsp) dried mixed herbs<br/> 4 tbsp tomato purée<br/> 100g hard cheese (grated)</p> <p><b>Other Ingredients of choice:</b><br/> pepperoni, ham— No raw meat.<br/> Red onion, Spring onion,<br/> Mushroom, Red or Green peppers.<br/> <b>Please can ingredients like onions etc.. arrive at class pre-chopped.</b></p> <p>Container to take food home.</p> <p>DATE: 6TH OCT</p> | <p><u>5 Lasagne</u><br/> <b>Ragu</b><br/> 250g minced beef<br/> 1 jar of bolognese sauce<br/> 1tbsp of tomato puree</p> <p>Ready to cook (dried) lasagne pasta sheets</p> <p><b>Bechamel sauce</b><br/> 25g butter<br/> 25g plain flour<br/> 250ml milk</p> <p>100g cheddar cheese</p> <p><b>Bring in an oven proof dish</b></p> <p>DATE: 13TH OCT</p> | <p><u>6 Spinach Potato and Chickpea curry</u><br/> 1 onion<br/> 1 clove garlic<br/> 1 large potato or sweet potato<br/> 1 x 5ml spoon oil<br/> 2 x 15ml spoons curry paste<br/> 300ml water<br/> 1 can chopped tomatoes (400g)<br/> 1 can chickpeas (410g), drained<br/> 3 handfuls of fresh spinach<br/> <i>(could be replaced with fresh green beans)</i></p> <p>Container to take food home.</p> <p>DATE: 20TH OCT</p> |
| <p><u>7 Sausage Rolls (over 2 lessons)</u><br/> 200g Plain white flour<br/> 100g Block butter (not spreadable)</p> <p>Egg to glaze<br/> Small pack of sausages (skinless, if possible)</p> <p>Flavouring of choice (optional)</p> <p>Container to take food home</p> <p>Pastry making: 6TH NOV<br/> Sausage Rolls: 10TH NOV</p>                                                                                                   | <p><u>8 Lemon Drizzle Cakes</u><br/> 125g margarine<br/> 125g caster sugar<br/> 2 eggs<br/> 125g self-raising flour<br/> 1 lemon</p> <p>12 muffin cases</p> <p><b>Lemon drizzle sauce (pre-made at home)</b><br/> 75g caster sugar<br/> 1 lemon (zested &amp; juiced)</p> <p>Container to take food home.</p> <p>DATE: 17TH NOV</p>                    | <p><u>9 Brownies</u><br/> 100g sunflower margarine<br/> 100g plain dark chocolate (<b>NOT MILK CHOCOLATE</b>)<br/> <i>(Dark Smart Price works well).</i><br/> 2 medium eggs<br/> 200g granulated sugar<br/> 75g plain flour<br/> 1 teaspoon vanilla essence</p> <p>Container to take cakes home.</p> <p>*Oven proof dish</p> <p>DATE: 24TH NOV</p>                                                                        |

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| <p><u>10 Adapted Puff Pastry Swirls</u><br/>1 x ready made puff pastry (roll)</p> <p><u>Adapted flavouring options</u></p> <p><b>Cranberry and Brie</b><br/>1 pack of brie<br/>1 jar of cranberry sauce</p> <p><b>Spinach &amp; Feta</b><br/>1tsp minced/chopped garlic</p> <p>1 bag of spinach</p> <p>1 pack feta cheese</p> <p><b>Cinnamon</b><br/>3 tbsp ground cinnamon<br/>1tbsp caster sugar</p> <p>DATE: 1ST DEC</p> | <p><u>11 Ginger biscuits with adapted decoration</u><br/>50g butter<br/>40g light brown sugar<br/>1/2 tbsp grated fresh ginger<br/>50g golden syrup<br/>125g self raising flour<br/>1 tbsp ground ginger<br/>½ tsp of bicarbonate of soda<br/>1 egg yolk</p> <p>Adapted decoration:<br/>50g icing sugar or 50g cocoa powder (optional)</p> <p>Container to take food home.</p> <p>DATE: 8TH DEC</p> |  |
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