

Year 9 Ingredients List

9SB

<u>1 Mediterranean Tart</u> 340g pack of puff pastry 3 tomatoes (4-6 cherry tomatoes) 200g Feta or Greek Style cheese 8 green olives Fresh Basil leaves 30 ml olive oil to serve <i>(optional)</i> Milk for glazing edges (filling ingredients are flexible) Container to take food home. DATE: 14th sept	<u>2 Spicy Chicken Paella</u> 1 onion 3 mushrooms ½ red pepper 1 chicken breast 50g peas 1 stock cube 2 tsp curry Powder 150g long Grain Rice Container to take food home DATE: 23rd sept	<u>3 Vegetable Quesadillas</u> 4 flour, or corn tortillas 1 red onion 1 red pepper 1 chilli 125g cheddar cheese (grated) 1 pack of cooked ham Container to take food home DATE: 28th sept
<u>4 Calzone</u> 250g bread mix 5ml (1 tsp) dried mixed herbs 4 tbsp tomato purée 100g hard cheese (grated) Other Ingredients of choice: pepperoni, ham— No raw meat. Red onion, Spring onion, Mushroom, Red or Green peppers. Please can ingredients like onions etc.. arrive at class pre-chopped. Container to take food home. DATE: 7th oct	<u>5 Lasagne</u> Ragu 250g minced beef 1 jar of bolognese sauce 1tbsp of tomato puree Ready to cook (dried) lasagne pasta sheets Bechamel sauce 25g butter 25g plain flour 250ml milk 100g cheddar cheese Bring in an oven proof dish DATE: 12th oct	<u>6 Spinach Potato and Chickpea curry</u> 1 onion 1 clove garlic 1 large potato or sweet potato 1 x 5ml spoon oil 2 x 15ml spoons curry paste 300ml water 1 can chopped tomatoes (400g) 1 can chickpeas (410g), drained 3 handfuls of fresh spinach <i>(could be replaced with fresh green beans)</i> Container to take food home. DATE: 21st oct
<u>7 Sausage Rolls (over 2 lessons)</u> 200g Plain white flour 100g Block butter (not spreadable) Egg to glaze Small pack of sausages (skinless, if possible) Flavouring of choice (optional) Container to take food home Pastry making: 13th nov Sausage Rolls: 16th nov	<u>8 Lemon Drizzle Cakes</u> 125g margarine 125g caster sugar 2 eggs 125g self-raising flour 1 lemon 12 muffin cases Lemon drizzle sauce (pre-made at home) 75g caster sugar 1 lemon (zested & juiced) Container to take food home. DATE: 25th nov	<u>9 Brownies</u> 100g sunflower margarine 100g plain dark chocolate (NOT MILK CHOCOLATE) <i>(Dark Smart Price works well).</i> 2 medium eggs 200g granulated sugar 75g plain flour 1 teaspoon vanilla essence Container to take cakes home. *Oven proof dish DATE: 27th nov

10 Adapted Puff Pastry Swirls 1 x ready made puff pastry (roll) Adapted flavouring options Cranberry and Brie 1 pack of brie 1 jar of cranberry sauce Spinach & Feta 1tsp minced/chopped garlic 1 bag of spinach 1 pack feta cheese Cinnamon 3 tbsp ground cinnamon 1tbsp caster sugar DATE: 30th nov		
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