

Year 8 Ingredients List September 2022 (page 1)

<p>Date: _____</p> <p>Rock Buns</p> <p>200g Self Raising Flour 75g Butter/Margarine (from a BLOCK) 75g Caster Sugar 75g Extra Ingredients eg: Dried Cherries, Raisins, Sultanas etc 1 Egg 3 tablespoons Water or Lemon Juice</p> <p>Cake tin/Plastic container</p>	<p>Date: _____</p> <p>Seasonal Soup</p> <p>200g Raw vegetables, such as Onions, Carrots, Leeks, Celery etc. 300g Potatoes or 200g Small Pasta Shapes 1 stock cube</p> <p>Optional: Herbs or Crème Fraiche to serve</p> <p>Plastic Container with a tight fitting lid</p>
<p>Date: _____</p> <p>Roasted Vegetable Couscous</p> <p>100g Couscous 1 Courgette 1 Red/Green Pepper 1 Onion 1 Stock Cube (chicken or vegetable) 1 tsp Garlic Puree or 1 Clove Garlic (optional) 2 tablespoons Oil</p> <p>Plastic container</p>	<p>Date: _____</p> <p>Granola Cups</p> <p>75g Butter/Margarine 25g Caster Sugar 2 tablespoons Honey or Syrup 150g Jumbo Oats 1 teaspoon Cinnamon 50g Plain Flour 50g Dried fruit e.g. Raisins 12 Small Cupcake Cases</p> <p>Cake tin/Plastic container</p>
<p>Date: _____</p> <p>Bread Rolls</p> <p>250g Strong White Bread Flour 1 tbsp Vegetable Oil 1 sachet (7g) Dried Yeast 1 Egg</p> <p>Optional : Poppy Seeds or Sesame seeds to garnish.</p> <p>Cake tin/Plastic container</p>	<p>Date: _____</p> <p>Savoury Muffins</p> <p>275g Plain Flour 1 tablespoon Baking Powder 1 Large Egg 225ml Semi-skimmed Milk 100g Grated Cheese Choose 2 extra flavourings: 2 slices Cooked Ham/Bacon, 1 Apple, 50g Sweetcorn, 2 tablespoons Dried Herbs etc 12 Large Cupcake Cases</p> <p>Cake tin/Plastic container</p>

Year 8 Ingredients List September 2022 (page 2)

<p>Date: _____</p> <p>Macaroni Cheese/Pasta Bake</p> <p>25g Butter/Margarine 25g Plain Flour 250ml Semi-skimmed Milk 100g Macaroni or small pasta shapes 75g Grated Cheddar Cheese</p> <p>Small ovenproof dish or Foil container</p>	<p>Date: _____</p> <p>Bootstrap Chilli and Potato Wedges</p> <p>400g tin Red Kidney Beans (in water) 400g tin Baked Beans 400g tin Chopped Tomatoes 1 Onion 1 Stock Cube 1 Tablespoon Oil Spices and seasoning for the Chilli will be provided by school</p> <p>2 Medium Potatoes 1 tablespoon Oil 1 tablespoon Herbs/Spices of your choice</p> <p>Plastic/Foil container with tight fitting lid</p>
<p>Date: _____</p> <p>Mashed Potato</p> <p>350g or 2 Medium Potatoes (Maris Piper or King Edwards) 15g Butter/Margarine 1 tablespoon Semi - skimmed Milk</p> <p>Food Bag with name on to go in school freezer</p>	<p>Date: _____</p> <p>Skill Development</p> <p>Students will design in class and bring recipe list home. This must be a dish that students have made before, either in school or at home.</p> <p>Suitable container</p>
<p>Date: _____</p> <p>Fish Cakes</p> <p>250g tinned fish e.g. Mackerel, Tuna, Salmon 4 Spring Onions or 1 small Onion 1 tablespoon Horseradish Sauce (optional) 2 Medium Eggs 100g Plain Flour 150g Dried Breadcrumbs</p> <p>Cake tin or Large plastic container</p>	<p>All your ingredients that need to go in the fridge should be brought over to Food Studies before 8.30am on the day you are cooking.</p> <p>Remember to label each ingredient with your name.</p> <p>Please remember to bring the correct container to each lesson to take your delicious food home in 😊.</p>