

## Year 9 Ingredients List September 2022 (page 1)

<p>Date: _____</p> <p><b>Mini Cheese flans</b></p> <p>100g Plain Flour 50g Butter/Margarine (from a Block) 75ml Milk 1 Egg 50g Hard Cheese, grated 1 Onion, 1 Pepper Optional : A few pieces of cooked Ham or Bacon</p> <p><b>Cake tin/Plastic container</b></p>	<p>Date: _____</p> <p><b>Seasonal Practical</b></p> <p>Students will design in class and bring recipe list home. This should be a dish that represents a seasonal celebration e.g. Christmas.</p> <p><b>Suitable container</b></p>
<p>Date: _____</p> <p><b>Calzone</b></p> <p>250g Strong White Bread Flour 1 tbsp Vegetable Oil 1 sachet (7g) Dried Yeast 3 tbsp Tomato puree 1 small Onion 75g Grated Cheese Other fillings of your choice e.g. mushroom, pepper, etc</p> <p><b>Cake tin/Plastic container</b></p>	<p>Date: _____</p> <p><b>Chicken Fajitas</b></p> <p>2 small Chicken Breasts or vegetarian alternative e.g. Quorn pieces/Beans 1 Lime, 1 Clove Garlic, 1 Green Chilli 1 Onion, 1 Green pepper, 2 Tomatoes 25g Cheddar Cheese 4 Tortilla wraps 15ml spoon Guacamole or Salsa (optional)</p> <p><b>Plastic container</b></p>
<p>Date: _____</p> <p><b>Lamb Koftas</b></p> <p>200 - 250g Minced Lamb/Turkey 1 small Onion 1 clove Garlic or 1 tsp. Garlic puree <math>\frac{1}{2}</math> x tsp Chilli powder 1 tsp Cumin 1 tsp Coriander 4 Pitta breads or Tortilla wraps</p> <p>Raita (optional): 250ml Natural Yogurt <math>\frac{1}{2}</math> Cucumber Handful of Mint leaves</p> <p><b>Plastic container</b></p>	<p>Date: _____</p> <p><b>Build a Burger</b></p> <p>200g Minced Beef or Pork or Lamb or Turkey or a vegetarian option 1 Small Onion 1 Egg Seasoning Optional extras - from your 'build a burger' lesson</p> <p><b>Plastic container</b></p>

## Year 9 Ingredients List September 2022 (page 2)

<p>Date: _____</p> <p><b>Zesty Cheesecake</b></p> <p>150g Digestive biscuits 75g Butter/Margarine 225g Cream cheese 125ml Double cream 50g Icing or Caster Sugar 1 Lemon or 1 Orange or 1 Lime</p> <p><b>Flan Dish</b></p>	<p>Date: _____</p> <p><b>Sweet and Sour Chicken</b></p> <p>2 tbsp. Vegetable oil 1 Onion 2 Chicken Breasts or Quorn pieces 1 Small Tin Pineapple pieces 1 tbsp. Cornflour 1 tbsp. Tomato Puree 1 tbsp. Sugar 1 tbsp. Worcestershire Sauce</p> <p><b>Plastic container</b></p>
<p>Date: _____</p> <p><b>Baked Southern Spiced Chicken</b></p> <p>2 Chicken thighs or drumsticks <u>or</u> 200g Quorn pieces 200g Breadcrumbs 2 Eggs 2 tablespoons Plain Flour</p> <p>Optional Flavourings: Sumac, Ras el hanout, Asafoetida, Chilli flakes, smoked paprika, or herbs and spices of your choice.</p> <p><b>Cake tin/Plastic container</b></p>	<p>Date: _____</p> <p><b>Practical Exam (Skill Development)</b></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><b>Suitable container</b></p>
<p>Date: _____</p> <p><b>Special Diets 1</b></p> <p>Date: _____</p> <p><b>Special Diets 2</b></p> <p>Students will design both dishes in class and bring recipe lists home.</p> <p><b>Suitable container</b></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>