

# Year 9 Ingredients

Cooking lessons generally are organised for double lesson on some occasions a single lesson may be used. It is vital students are organised for cooking lessons.

## Practical Dates

	Practical	Date
1.		
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## **Quiche**

Short Crust Pastry

250g Plain Flour

125g Hard or Block Margarine (Avoid soft/spreadable)

Filling

2 Eggs

250ml milk

Salt and Pepper\*

100g Cheese e.g. Cheddar, blue cheese, goats cheese, parmesan, Gruyere.

Flavourings

Tomato, couple slices ham, small tin of tuna, sweet corn, spring onion, peppers, mushrooms, broccoli (pre cooked), cooked salmon, peas, leek etc.

A flan dish or low sided oven proof dish.

Approx size 20—23cm diameter, height 4cm.

Or foil dish.

## **Rough Puff Pastry**

250g Strong Bread Flour or Plain flour if unavailable.

125g Hard or Block Margarine (*Avoid soft/spreadable*)

Lemon juice\*

Salt\*

## **Fruit Pin Wheels**

Please use fresh fruit as the bulk ingredient.

Fruit 2 large eating apples

Can be mixed with pear, berries, blueberries, plums, nectarine, peach.

Dried Fruits approx 75g e.g raisins, sultanas, apricots, coconut, apple etc.

1tsp cinnamon/nutmeg

Will make approx 8 pinwheels.

## **Lasagne**

2tbsps Oil\*

1 onion

400g/500g Minced beef

1 carrot

1 x 400g can tomatoes

Garlic 2 cloves

2 pinches dried oregano/italian seasoning\*

1 beef/vegetable stock cube\*

2 tbsps tomato puree

6 sheets of lasagne sheets

1 tbsp worcestershire sauce\*

Salt and pepper\*

For the sauce

25g butter 25g flour

1 pint milk

100g cheddar cheese

An oven proof dish which should hold 2.5 litres approx.

IF VEGETARIAN EITHER SWAP MINCE FOR QUORN OR TINNED LENTILS OR SELECT A VARIETY OF VEGETABLES WHICH CAN BE ROASTED E.G PEPPERS, COUR-JETTES.

Please note this dish will be cooked and assembled ready to bake at home.

Oven temp Gas 6/200°C bake for 30—35 mins until golden and piping hot.

### **Curry and Naan Bread**

Students will have a choice of which curry to make with Naan Bread.

#### **Naan Bread**

250g plain flour  
2 tsp sugar\*  
½ tsp salt\*  
½ tsp baking powder\*  
110 ml milk

### **Pukka Yellow Curry OR**

#### **Paste**

1 onion  
Piece of ginger fresh (thumb size)  
2 cloves garlic\*  
1 pepper  
1 chicken stock cube\*  
1- 2 fresh chillies optional (depending on preferred heat)  
1 level tsp ground turmeric\*  
1 tsp curry powder\*  
1 tbsp tomato puree  
A little vegetable oil

#### **Main**

1 tin of chickpeas  
200ml water  
Either 4- 8 chicken drumsticks or 2 chicken breast if you prefer a boneless curry.

### **Thai Green Curry OR**

2 tps. spoon oil\*  
3 spring onions  
1 clove of garlic\*  
80g sugar snap peas  
1 or 2 chicken breast  
2 x tbsp. Thai green curry paste  
200ml coconut milk (½ tin)  
½ lime

Small bunch of coriander

### **Spinach Potato and Chickpea curry**

1 onion  
1 clove garlic\*  
1 large potato  
1 tbsp. oil\*  
2 tbsp. curry paste  
300ml water\*  
1 can chopped tomatoes (400g)  
1 can chickpeas (410g), drained  
3 handfuls of fresh spinach

### ***Please note;***

**\* = available in school.**

#### **Tips**

- Large labelled containers.
- Ingredients can be left in the food room at the beginning of the school day before registration.
- Items are collected at the end of the school day.
- Foil and cling film is available to wrap food products.
- Uncollected food items will be labelled and stored in the fridge overnight if possible frozen.
- Uncollected containers will be stored for the rotation and if not collected /reused.