

# Year 8 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.		
2		
3		
4		
5		

## Bread

250g Strong Bread Flour  
1 tsp yeast\*  
Pinch salt\*

***Dough made in school and frozen ready for soup lesson. Toppings for the bread can be brought into school for soup lesson.***

## Vegetable Soup

1 medium onion  
1tbsp oil\*  
1 medium potato/sweet potato

**Choose up to 3 extra vegetables of your choice.**

1 carrot  
1 leek  
1 parsnip  
1 small butternut squash  
1 tin tomatoes  
1 Pepper  
Broccoli  
1 vegetable stock cube\*

**A very secure container for soup.**

**Your choice of extra flavourings**

Chilli/Garlic/Herbs

## Mac n Cheese or Cauliflower Cheese

30g butter  
30g flour  
1 pint milk  
100g cheddar cheese

1 small cauliflower or broccoli  
Or approx 4 leeks  
Or 150g small pasta shapes e.g. penne or fusilli

## ***Optional extras for example;***

Ham/Cherry tomatoes/frozen peas/peppers/1tsp mustard\*/Herbs - chives\*/slice bread to make breadcrumbs

**An oven proof dish which should hold 2.5 litres approx.**

## Cottage Pie Twist

### **Vegetable topping**

3/4 medium potatoes sweet potato or 3/4 parsnips/carrots.  
A small amount of butter and 100ml milk to mash.  
Extras can be added such as cheese/sliced tomatoes to the topping.

### **Meat base**

400g/500g minced meat of your choice beef/pork/turkey.  
1 onion  
1 or 2 carrots  
Handful mushrooms  
2 sticks celery  
Chilli/Garlic  
1 veg or beef stock cube\*  
1tbsp tomato puree  
Splash of Worcestershire sauce\*

Vegetables in meat base can be swapped around or added to.

If vegetarian either 1 x 400g tin lentils or one pack of 300– 350g Quorn mince.

An oven proof dish which should hold 2.5 litres approx.

### Dutch Apple Cake

#### **For Cake**

100g Caster Sugar  
100g soft margarine or butter  
2 eggs  
100g self raising flour  
1 tsp baking powder  
1 tsp cinnamon

#### **For topping**

25g margarine or butter  
2 eating apples  
1 tsp demerara sugar

#### ***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.