

Year 7 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
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Boiled Egg and Toast

1 x large egg
1 x slice of bread
1 X small carton of juice apple or orange

Coleslaw

Half a small white cabbage
1 large carrot (2 small)
1 onion or 4—6 spring onions

Your choice of flavourings (BRING IN A SMALL AMOUNT) for example...

Apple, tuna, peppers, sweet corn, ham, pineapple, cheese, boiled egg, nuts, seeds, dried fruit, herbs, tomato.

Dressing

4 tbsps mayonnaise or crème fraiche.

A SECURE CONTAINER to take it home.

Fruit Salad

A selection of colourful fruits 6 at the most.
For example; apple, pear, grapes, kiwi, satsu-ma, mango, pineapple, blueberries, strawberries, papaya.

A small carton of orange juice or a tin of fruit in natural juice (to stop the fruit from going brown).

A SECURE CONTAINER to take it home.

Shortbread

150g plain flour
100g margarine or butter
50g caster sugar

Plus an oven proof dish/plate/tin to cook it in.
(OR 20p in school)

Enchilada

1 red onion
1 pepper (green/yellow/red) or 2 x half of two colours
1 chilli if liked
1 clove of garlic*
½ tsp ground coriander*
½ tsp ground cumin*

Extra vegetables can be added e.g. mushrooms, sweetcorn.

Protein Choice

1 chicken breast (Not frozen) OR
200G minced beef OR
200G QUORN alternative OR
1 x 400G tin mixed beans

1 x 400g tin of chopped tomatoes or Passata.
3 x tortilla wraps
50g cheese for a topping.
An ovenproof dish (OR 20p in school)

Guacamole

1 ripe avocado
1 tomato

OR

Salsa

2-3 tomatoes

(Some onion and chilli if desired will be used from the enchilada recipe for either eth Salsa or Guacamole)
Lime juice*

A very small container with lid.

Pizza

250g strong bread flour
1 level teaspoon salt*
1 x 5g sachet easy blend yeast*

Topping

Tomato base—your choice

Combine any of the following to make a paste
4 tablespoons tomato puree OR tomato pasta sauce OR 1 tin of chopped tomatoes

100 –150g Cheese (any type) for example cheddar, mozzarella, goats cheese, blue cheese

Plus

Your choice from the following

2 or 3 slices of cooked meats: salami, ham, chorizo, pepperoni, chicken.
Small tin tuna, anchovies, salmon.
2 or 3 vegetables or fruits: peppers, mushrooms, sweetcorn, spinach, olives, pineapple, herbs, chilli, onions.

Baking sheet/tin on which to cook it on. You will carry it home on this. (Or 20p in school)

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.