

Year 9 Ingredient List

These recipes are not necessarily in the order that we will make them

<p><u>Potato Farls</u> To prepare a dish using the hob and learn how to use a frying pan</p>	
<p>Ingredients 250g peeled and cooked potatoes 25g butter 25 g plain flour Salt & Pepper (provided in school) Spray oil (provided in school) Equipment: a named container to take your dish home in Extension - How to serve your farls - For breakfast - top with crisp bacon. Or serve instead of fried bread. Top them with smoked salmon (or fried mushrooms) and a soft poached egg. Tea time - served simply, with just butter and salt or jam. Lunch or supper serve with smoked fish, grated beetroot salad and horseradish just plain with butter and melted cheese,</p>	
<p><u>Chicken Goujons</u> To understand the correct rules to follow when preparing and cooking raw chicken</p>	<p><u>Kentucky -Style Chicken</u> To understand the correct rules to follow when preparing and cooking raw chicken</p>
<p>Ingredients</p> <ul style="list-style-type: none"> • 2 boneless raw chicken breasts • 2 eggs • Salt & pepper (provided by school) • 4 slices of bread • 60g of parmesan cheese <p>Equipment: a named container to take them home in Extension Idea: any additional healthy ingredients. Add tsp paprika, chilli powder, mixed herbs or coriander to breadcrumb mixture Make a salsa using 1 tomato, ¼ cucumber, 75g sweetcorn, few sprigs of coriander.</p>	<p>Ingredients</p> <ul style="list-style-type: none"> • 500g chicken breasts • 3 egg whites • 3 tbsp self-raising flour • 100g cornflakes • 1 sachet powdered tomato soup • 2 tsp mixed herbs • 1 tsp paprika • 1 tsp garlic powder (provided by school) • Cooking oil spray • Salt & pepper (provided by school) <p>Equipment: a named container to take your chicken home in Extension Ideas: Make a salsa using 1 tomato, ¼ cucumber, 75g sweetcorn, few sprigs of coriander.</p>
<p><u>Fresh Bread pizza base – 1</u> To learn how to make a fresh bread dough to form the base for a pizza</p>	<p><u>Fresh Bread pizza topping 2</u> To be able to make a fresh tomato sauce and roll out fresh dough</p>
<p>Ingredients -</p> <ul style="list-style-type: none"> • 200g strong bread flour (provided by school) • 1 pinch salt (provided by school) • ½ pkt dried yeast (provided by school) • 1 tsp olive oil (provided by school) • Just under 150ml/5flox water (provided by school) <p>Equipment: a named bag / container to put your dough / pizza base in the fridge</p>	<p>Ingredients -</p> <p>Tomato topping 1 small tin chopped tomatoes, 1 tbsp tomato puree 1 small onion, 1 clove garlic, 1 teaspoon mixed herbs</p> <p>Choose 3 toppings from the list Olives/Pineapple/tomato/peppers/Onions/Sweetcorn/mush room Ham/Pepperoni/ Sausage /Chicken /Chorizocooked meats only 200g cheese Equipment: a named container to take your pizza home Extension Ideas: choose different toppings from the list above or healthy alternatives or try making Calzone Pizza</p>

<p>Strawberry Cheesecake Pots To learn how to use a whisk and accurately measure</p>	<p>Lamb Kofta Kebabs To refresh using the grill and make a dressing accompaniment</p>
<p>Ingredients –</p> <ul style="list-style-type: none"> • 125g digestive biscuits (approx. 8 biscuits) • 50g butter • 150ml double cream • 300g extra light soft cheese • 50g icing sugar • 200g strawberries or other fruit <p>Equipment: 6 plastic cups to make your cheesecake in. Also a container / bag to carry them home in</p> <p>Extension Ideas: use different fruit to decorate. Add lemon/orange zest to creamed mixture. Make a whole cheesecake</p>	<p>Ingredients</p> <p>1 small onion 1 clove of garlic 200g lamb mince 2 sprigs of fresh parsley, mint or coriander (2tbsp 2 x 15ml spoon) 1 x 5ml tsp. cumin (provided in school) Salt & Pepper to taste (provided in school) Chilli flakes pinch (optional) Pitta bread /flat bread/wrap to serve (optional)</p> <p>Dressing A – Optional</p> <p>1 -2 tbsp (15ml spoon) natural yoghurt ¼ cucumber Salt & Pepper to taste (provided in school)</p> <p>Dressing B – Optional</p> <p>1 -2 tbsp (15ml spoon) natural yoghurt Small bunch of fresh mint leaves ¼ tsp toasted cumin seeds 1 tbsp lemon juice (1/2 lemon) Salt & Pepper to taste (provided in school)</p> <p>Equipment: a named container to take your dish home in and a small pot for your dressing</p> <p>Extension Idea: any additional healthy ingredients. Make or try different dressing.</p>
	<p>Chilli Con Carne To make a dish using mince or equivalent to refresh skills and onion chopping</p>
	<p>Ingredients</p> <p>250g Beef Mince 1 large onion 1 garlic clove 1 green pepper 400g canned red kidney beans 400g canned tomatoes A beef stock cube * 2.5ml chilli powder provided in school *150 ml water provided in school</p> <p>Equipment: a named container to take your dish home</p> <p>Presentation Idea / Extension - At home serve with tacos / tortilla or rice for a different dish. Serve with accompaniments such as cheese, soured cream, guacamole and salsa and a healthy salad</p> <p>Tomato salsa 4 spring onions, thinly sliced, 125 g diced ripe tomatoes, 1 medium fresh green chilli, seeded and chopped, or to taste 2 tbsp tomato passata, 2 garlic cloves, chopped, ½ tsp ground cumin, lemon juice to taste, combine all the ingredients</p> <p>Also make guacamole Mash and chop 2 avocados peeled remove stone, stir 1 small chopped red onion and 1 finely chopped garlic, 1 finely chopped tomato and juice of 1 lime add salt and freshly ground black pepper to taste</p>

Thai Green Chicken Curry To refresh chopping skills. To learn how to prepare a healthy dish using a wok and the hob	Chicken, Spinach, potato and chickpea curry To refresh chopping skills. To learn how to prepare a healthy dish using a wok and the hob
<p>Ingredients</p> <p>3 spring onions 1 clove of garlic 80g sugar snap peas 1 small chicken breast 2 x 15ml Thai green curry paste 200ml full cream milk / coconut milk 1/2 lime Small bunch of coriander 1 x 10ml spoon oil * (provided in school)</p> <p>Equipment: a named container to take your dish home in</p> <p>Extension ideas: Use a range of different vegetables such as broccoli, spinach or courgette Use frozen vegetables like pea's runner beans or soy beans</p> <p>At home serve with boiled rice or a mix of white, brown and wild rice's</p>	<p>Ingredients</p> <p>200g Chicken breast (2) 1 large onion, 1 - 2 cloves garlic 2 x 15ml spoons curry paste 1 chicken / vegetable stock cube, 1 large potato 1 x 400g can chopped tomatoes 410g chickpeas, canned (drained) 3 handfuls of fresh spinach Provided by school 1 x 15ml spoon oil 300ml water</p> <p>Equipment: a named container to take your dish home in</p> <p>Extension ideas: Use a range of different vegetables such as broccoli, spinach or courgette Use frozen vegetables like pea's runner beans or soy beans</p> <p>At home serve with boiled rice or a mix of white, brown and wild rice's</p>