

## **Year 8 Food Ingredients**

Below are the list of ingredients for the practical lessons. If there are any ingredients you are unable to get please let your teacher know before the lesson.

### **Week beginning 11th September**

#### **Vegetable Risotto**

1/2 an onion

1 tbsp. of oil

100g long rice

1 stock cube

3 of the following vegetables: mushrooms, broccoli, pepper, peas, sweetcorn, courgette, carrots

**Named, sealable plastic container to carry the vegetable risotto home in.**

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### **Week beginning 18th September**

#### **Cheesecake**

100g digestive biscuits

50g butter/margarine

200g cream cheese (Philadelphia or Mascarpone)

115g caster sugar

Fruit for the topping

**Dish to make cheesecake in. Container to take cheesecake home in.**

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### **Week beginning 25th September**

#### **Mini Carrot Cakes**

125g carrot

75g of butter

100g plain flour

80g caster sugar

1tsp. cinnamon

1tsp. Baking powder

1 egg

65g sultanas

12 muffin cases

**Named, sealable plastic container to carry the mini carrot muffins home in.**

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### **Week beginning 2nd October**

#### **Sweet and sour chicken**

1 chicken breast

1/2 tbsp. of butter  
1/2 an onion  
1/2 a pepper  
1 carrot  
1/4 can of pineapple  
1 tbsp. of tomato puree  
1 tsp. of sugar  
1/2 tbsp. soy sauce  
1 stock cube

**Named, sealable plastic container to carry the sweet and sour chicken home in.**

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### **Week beginning 9th October**

#### **Fruit Scones**

2 apple or 2 pear  
250g self raising flour  
40g butter  
30g sugar  
2tsp cinnamon  
130ml milk

**Named, sealable plastic container to carry the fruit scones home in.**

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### **Week beginning 15th October**

#### **Tuna Pasta Bake**

250g pasta  
1 can of tuna  
1 can of sweetcorn  
2 tomatoes  
25g cheddar cheese  
25g butter  
25g plain flour  
250ml milk

**A dish to bake the tuna pasta bake in and a named, sealable plastic container to carry the pasta bake home in.**

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### **Week beginning 30th October**

#### **Pizza**

200g of strong flour  
1 tsp. of yeast

1 tsp. of sugar  
1/2 tsp. of salt  
15ml of oil  
1 tbsp. of tomato puree  
2 tbsp. of passata  
25g of cheese  
Toppings e.g. ham, pineapple, pepper, mushrooms, pepperoni

**Named, sealable plastic container to carry the pizza home in.**

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### **Week beginning 6th November**

#### **Frittata**

3 eggs  
40ml milk  
50g cheese  
1 tsp mixed herbs  
80g sweetcorn  
80g peas  
6 muffin cases

**Named, sealable plastic container to carry the frittatas home in.**

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### **Week beginning 13th November**

#### **Turkey Burgers**

1/2 onion  
125g turkey mince  
1/2 tsp mixed herbs  
1/2 tsp worcestershire sauce

**Named, sealable plastic container to carry the turkey burgers home in.**

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### **Week beginning 20th November**

#### **Fish Cakes or Veggie cakes**

100g potato  
50g tomato  
1/2 tin of tuna (optional)  
2 slices of bread  
1 egg  
12g cheese  
Veggie cakes: Remove tuna and bring 2 spring onions and 50g frozen or tinned peas or 50g sweetcorn frozen or tinned.

**Named, sealable plastic container to carry the fish/veggie cakes home in.**

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**Week beginning 27th November**

**Apple Tarts**

110g plain flour  
40g sugar  
60g butter  
1 apple  
25g butter  
15g sugar  
½ lemon

**Named, sealable plastic container to carry the apple tarts home in.**

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**Week Beginning 4th December**

**Bread Rolls**

500g strong white bread flour  
7g Fast action yeast  
We will supply all other ingredients.

**Named, sealable plastic container to carry the Bread Rolls home in.**

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**Week Beginning 11th December**

**Mince Meat / Jam Celebration pastry**

1 x ready rolled puff pastry  
150g Mincemeat or Jam

**Named, sealable plastic container to carry the pastry home in.**

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