

Year 8 Ingredients List

Recipe	Ingredients required *Ingredients that are available from school if needed	Extra information
Burgers	250g minced beef 1 egg Seasoning 1 bread roll Slice of cheese Some salad – e.g. 1 lettuce leaf, 2-3 slices of tomato	We will make 2-3 burgers patties, but only 1 will be cooked in school. A suitable container to take raw burger patties home.
Bolognese	250g Minced beef or Quorn mince 1 x onion 1 x Garlic clove* 1 x tin chopped tomatoes 1 tbsp. tomato puree 4/5 mushrooms 1 x pepper Beef stock cube or stock pot	Securely lidded container to transport home
Bread rolls	250g Strong flour 7g dried easy blend yeast* 5g/1 teaspoon of sugar	Use strong wholemeal or strong white flour. You may want to add some extra seeds to your dough. Container
Pizza – own design	250g Strong flour 7g dried easy blend yeast 5g/1 teaspoon of sugar 3-4 tablespoons tomato puree/passata /pizza topping Pack of mozzarella cheese 50g Cheddar cheese Toppings of your choice, e.g ham, pineapple, fresh tomato, pepper, onion	A large enough container to take it home in. You may bring a pizza tray to cook it on as this may be an easier option to carry home.
Chicken /Quorn Nuggets	50g breadcrumbs (2 slices of bread) 1x5ml spoon mixed herbs* 1x15ml spoon parmesan 2 chicken breasts or 200g thighs (or Quorn pieces) 1x15ml spoon plain flour 1 egg	Grate a dry slice of bread or put in a processor to get your breadcrumbs. You can buy them, but this is a cheaper option. (We can food process bread in school if needed). Container
Melting Moments	100g Margarine or soft butter 75g Caster sugar – granulated will be fine 125g Self-raising flour 2.5 ml Vanilla essence Porridge oats or crushed cornflakes* Glaze cherries to decorate - optional	You can make chocolate moments by using 100g flour and 25g cocoa - you cannot use drinking chocolate. Container

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Cheese or Plain Scones	250g self-raising flour 40g butter or margarine 150ml semi-skimmed milk 50g hard cheese, grated 1x5ml spoon mustard powder*	You can make plain or sweet scones. Leave out the cheese, add a tablespoon of sugar and 30g dried fruit. Container
Chickpea & spinach curry	1 medium onion, diced 2 garlic cloves, crushed 1 400g can chopped tomatoes 1 400g tin chickpeas, drained 100 g spinach 10 g coriander Half tsp each of ground coriander, paprika, cumin, turmeric and cayenne or buy a spice bag from school for 15p* A pinch of sea salt and black pepper	Suitable container to transport it home safely Spice bag available from school for 15p

Any ingredient marked with an* is available from school.

Please send pupils with reusable containers where possible.