

Year 9 Ingredients Sheet

Please bring your ingredients in a storage tin or container with a lid. Ensure your container is labelled with your name and form. If there are any problems with a particular lesson, speak to your Food Teacher or Mrs Kotowska (Technician) in advance, they may be able to help. You are responsible for the preparation and weighing of ingredients, especially if it is a homework task. **Any student that cannot take part in a practical lesson must bring a note from a parent/carer on that day.**

If the food is too hot, students will be asked to leave their product in school overnight.

Due to Health & Safety, all students are told to collect their products at the end of the school day.

F = put item in fridge at school

Date: _____

Mini Carrot Cakes

75g margarine **F**

125g carrots **grated**

100g sugar

1 egg

100g flour

½ teaspoon mixed spice

½ teaspoon baking powder

60g sultanas or raisins **NO NUTS**

6 muffin cases (not bun cases)

Container to take cakes home

Date: _____

Macaroni Cheese (serves 2)

25g plain flour

25g margarine **F**

300ml milk **F**

150g pasta shape

75g **grated** cheese (**Red**) **F**

Optional:

1/2 small cauliflower (part cooked at home)

OR 75g chopped ham **F**

2 pint ovenproof dish

Date: _____

Chilli-Con-Carne (serves 4)

500g minced beef **F**

1 can **chopped** tomatoes

1 can red kidney beans in chilli sauce

½ onion **chopped**

1 tablespoon brown sauce

1 teaspoon flour

2 pint ovenproof dish

This recipe can be doubled

Date: _____

Lasagne (serves 4)

500g minced beef/lamb/vege mince **F**

1 small onion **finely chopped**

1 **large tin chopped** tomatoes

1 clove garlic (**optional**)

1 vegetable stock cube

1 teaspoon mixed herbs

1 tablespoon tomato puree

10 sheets of lasagne

1 tablespoon oil

Topping

25g plain flour

25g margarine **F**

300ml milk **F**

100g **grated** cheese **F**

Lasagne dish or 2pint ovenproof casserole dish

Foil to cover

Cook at home:

Oven temperature 170°C / Gas 3 for approximately 45 minutes

Date: _____

Spicy Bean Goulash (serves 4)

1 tablespoon olive oil

1 medium onion **finely chopped**

½ red pepper **de-seeded and diced**

1 can of red kidney beans

1 clove of garlic **crushed**

1 small red chilli **finely chopped**

1 400g tin **chopped** tomatoes

1 tablespoon tomato puree

1 vegetable stock cube or 1 teaspoon marmite

100g **sliced** mushrooms

1 medium potato

2 teaspoon paprika

1 teaspoon mixed herbs

2 pint ovenproof dish

Date: _____

Chicken & Bacon Chow Mein (serves 2)

1 sheet of dried egg noodles
1-2 chicken breasts (**thinly sliced**) F
3 teaspoon light soy sauce
2teaspoon vinegar
2 teaspoon cooking oil + 1 tablespoon oil
1 clove fresh garlic **crushed (optional)**
2 rashers lean back bacon **finely sliced (optional)** F
50g mange-tout or frozen peas
2 spring onions or ½ onion **finely chopped**
½ teaspoon sugar
1 teaspoon sesame oil (can get from school)

2 pint container with lid

Date: _____

Sweet & Sour Chicken (serves 2)

½ onion or 3 spring onions
2 chicken breasts or 200g Quorn F
Small can pineapple chunks
1 tablespoon brown sugar
1 tablespoon tomato puree
1 tablespoon vinegar
1 tablespoon soy sauce
1 tablespoon oil
1 level tablespoon corn flour
125ml water
½ red pepper
½ green pepper

2 pint container with lid

Date: _____

Cottage Pie (serves 4)

500- 700g pre-prepared mashed potato
1 onion
1 carrot
500g lean minced beef
1 tablespoon plain flour
1 tablespoon tomato puree
1 tablespoon Worcestershire sauce
1 stock cube

2 pint ovenproof dish

Date: _____

Thai Green Chicken Curry (serves 2)

2 teaspoons cooking oil
3 spring onions
1 clove garlic
80g sugar snap peas
1-2 chicken breasts
2 dessertspoons Thai green curry paste
1 can coconut milk (reduced fat)
½ lime
Small bunch of coriander (optional)

Container with lid

Date: _____

Lemon Drizzle Cake

100g soft margarine F
175g caster sugar
175g S R flour
2 eggs
4 tablespoons milk F
1 lemon (rind)

Topping

Juice of above lemon
100g caster or granulated sugar
***Tin to cook cake provided by school**
Container to take cake home