

Year 6 Recipes (please bring a container to take your cooking home safely)

Ingredients can be weighed out at home or at school.

Muffins

- 1 egg
- 60 ml oil
- 75ml milk
- 125 sugar (omit if making savoury)
- 200g SR flour
- Muffin cases and container
- (choice of - Lemon, 50g cocoa powder,
- Blueberries, apple, orange. For cheese and onion muffins, use 100g cheddar cheese and 2 spring onions)

Fruit Crumble

- 150 SR flour
- 50g butter
- 75g sugar
- 2 foil trays with lids
- 2-3 Cooking Apples/plums etc (preferably picked/foraged)

Focaccia bread

- 250g strong white bread flour
- 1 sachets dried easy blend yeast
- 4 tbsp olive oil
- 2 garlic cloves
- Fresh rosemary

Tomato soup

- 2 tins tomatoes
- 1 medium onion
- 1 small carrot
- 1 celery stick
- 2 squirts of tomato purée (about 2 tsp)
- Stock cube (chicken or vegetable)
- Container with a secure lid

Savoury Rice

- 1 onion
- Red pepper
- Handful of mushrooms (optional)
- Tomato
- 50g peas or sweetcorn
- Vegetable or chicken stock cube
- 1 teaspoon curry powder
- 150g long grain rice

Rosemary chicken

- 3 sprigs of fresh rosemary
- sea salt and freshly ground black pepper
- 2 x 150g chicken breasts
- olive oil
- 1 lemon

Year 8 Recipes (please bring a container to take your cooking home safely)

Ingredients can be weighed out at home or at school.

Pizza

- 200g strong white flour
- Sachet of dried yeast
- Tomato puree
- 200g strong mature cheddar cheese
- Toppings of your choice

Chow Mien

- 150g dried noodles
- Clove of garlic
- Small piece fresh ginger
- 2 spring onions
- 4 mushrooms
- 4 broccoli florets
- 50g bean sprouts
- Soy sauce

Curry – Indian or Thai

- **All MEAT and DAIRY products MUST be kept in the fridge at school.**
- Meat –eg Chicken, beef, lamb, prawns, meat substitute quorn
- Onion
- 1 x Red, green or yellow pepper
- 1 x handful green beans
- 1 x sweet potato
- Indian Curry
- Tin of chopped tomatoes
- Small pot of cream/yogurt or coconut milk.
- 1/4 jar of Indian curry paste eg Korma (mild), Tikka (medium)
- Thai Curry
- 400 ml Tin of coconut milk 1/4 jar of Thai curry paste

Cottage pie

- 1 Onion
- 1 Carrot
- 1 celery
- Pack of beef mince (quorn mince)
- Tin of chopped tomatoes
- Tomato puree
- Beef stock cube
- 4 large potatoes
- 50g butter
- Casserole dish or foil trays with lids

Chilli

- 450g minced beef or lamb (veggie – red pepper and courgette)
- 1 tin plum tomatoes
- 2tblsp tomato puree
- 1 clove garlic 1 onion
- 1 red pepper
- Handful of mushrooms (optional)
- 1 -2 tsp chilli powder (to your taste)
- 1 tin kidney beans

Spag bol

- Pack of beef mince (veggie – red and green pepper)
- Onion
- Carrot 1-2 celery sticks
- Tin of chopped tomatoes
- Tomato puree
- 2 cloves of garlic
- Mixed herbs