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| **Year 9** |
|  **Tuesday lessons** | **Dish** | **Ingredients**  |
| 16/9 | Knife skills | 1onion½ pepper |
| 23/9 | Knife skills | 2 carrots  |
| 30/9 | Couscous salad  | 1 stock cube of your choice100g couscousSchool will provide for the group: parsley, spring onions, feta cheese, tomatoes, cucumber, mixed beans, red onions, pomegranate seeds, sundried tomatoes, peppers, carrot, mixed olives, lemon juice, olive oil, salt and pepper. |
| 7/10 | Onion bhajis  | 2 onions School will provide for each pupil:100g gram flour, ½ tsp baking powder, ½ tsp chilli powder, ½ tsp turmeric, vegetable oil |
| 13/10 | Bruschetta | 1 small French stick or ciabatta roll1 red onion 3 tomatoes School will provide for each pupil: ½ tsp olive oil, 2 basil leaves |
| 21/10 | Caesar salad | 2 slices bread1 small baby gem lettuce1 garlic clove1 chicken breast **OR** Quorn chicken40g [Parmesan **OR**](http://www.bbcgoodfood.com/glossary/parmesan) hard Italian cheese School will provide for each pupil: 2 tbsp olive oil, 3 tbsp mayonnaise,1 tsp white wine vinegar, 2 [anchovy,](http://www.bbcgoodfood.com/glossary/anchovy) from a tin |
| 4/11 | Red onion chutney  | 2 red onionsSchool will provide for each pupil: ½ tbsp vegetable oil, pinch of chilli flakes, ¼ tsp allspice, 85g light brown sugar, 85ml red wine vinegar, 30ml balsamic vinegar.  |
| 11/11 | Vegetable Ramen | 1 stock cube of your choice1 nest dried egg noodles 1 egg1/2 chilli1 garlic clove**Choose 2 vegetables from the following list:**50g baby spinach4 tbsp tinned sweetcorn50g mushrooms 2 spring onions 1 red onion 100g tinned bamboo shootsSchool will provide for each pupil: 2 tbsp soy sauce, ½ tsp Worcestershire sauce, ginger, ¼ tsp Chinese five spice, pinch of chilli powder, ½ tsp sugar, root ginger. |
| 18/11 | Chow Mein | 1 pepper1 carrot 3 spring onions1 chicken breast **OR** Quorn chicken **OR** a selection of vegetables1 nest dried egg noodles2 garlic clovesSchool will provide for each pupil: root ginger, vegetable oil, 2 tbsp oyster sauce, 2 tbsp reduced-salt soy sauce, 3 tbsp tomato ketchup, 25g beansprouts |
| 25/11 | Curry & rice  | 1 onion1 chicken breast **OR** Quorn chicken **OR** vegetables1 tin chopped tomatoes1 clove of garlicSchool will provide for each pupil: vegetable oil, ½ chilli, ½ tsp ground cumin, ½ tsp ground coriander, ½ tsp ground turmeric, ½ tsp garam masala, 75g long grain rice |
| 2/12 | Kebab & couscous | 1 stock cube of your choice100g couscous3 tbsp low-fat natural yoghurt½ fresh chilli1 chicken breast **OR** Quorn chickenSchool will provide for each pupil: 4 tsp fresh coriander, 2 tsp lemon/lime juice, 1 tsp garam masala, 1/2 tsp chilli powder, 2 tbsp olive oil |
| 9/12 | Cinnamon swirls  | 1 ready rolled puff pastry 25g butter 1 eggSchool will provide for each pupil: 1½ tbsp ground cinnamon, 3 tbsp caster sugar |
| 2/1 | Mac & cheese(PAIRS) | **Person A** 500ml whole milk50g butter**Person B**100g cheese175g dried pastaSchool will provide for each pair: 1 tsp English mustard powder, 50g plain flour |
| 20/1 | Focaccia | 250g bread mixOptional: olives, sundried tomatoes, roasted peppersSchool will provide for each pupil: 1 tbsp olive oil, fresh rosemary, rock salt |
| 3/2 | Tear and share  | 250g bread mix50g cheeseOptional: handful of olives, handful of sundried tomatoes, 3 spring onions, ¼ onion. School will provide for each pupil: 1 tbsp tomato puree |
| 10/2 | Bread rolls  | 250g bread mixSchool will provide for each pupil: ½ egg |
| 3/3 | Ratatouille | No ingredients needed, please bring a container to take it away.School will provide for each pupil: 1/3 aubergine, ¼ courgette, ¼ yellow pepper, ¼ red pepper, ½ onion, 1 garlic clove, 1 tbsp vegetable oil, 1 tbsp tomato puree, ½ can of chopped tomatoes, 3 basil leaves, 2 slices of baguette.  |
| 10/3 | Shortcrust pastry | 150g plain flour75g hard butter1 egg**This will be frozen and completed the following week.** |
| 1/3 | Fruit crumble tart | 120g plain flour80g hard butter40g caster sugar1 tin of fruit of your choice**A large container, an old circle chocolate box e.g. Celebrations container or something similar will fit best.** |
| 28/4 | Lasagne (PAIRS) | **Person A** 250g beef mince **OR** Quorn mince 1 onion100g pasta sheets50g butter**Person B**500ml milk100g cheddar cheese400g tin of chopped tomatoes1 carrot**Bring a small ovenproof dish in each to bake your lasagne in. Also a container that will fit the ovenproof dish in to take home.**  School will provide for each pair: 1 stick of celery, 1 clove of garlic, 1 tbsp vegetable oil, 1 tsp mustard powder, 1 tbsp dried Italian herbs, 50g plain flour, 2 tbsp tomato puree. |
| 12/5 | Rough puff pastry | 150g plain flour30g+30g+25g hard butter **(weigh and wrap individually with your name on each one-put the 2x30g into the freezer when you get to school and the 25g in the fridge)**School will provide: ½ tsp of lemon juice from the bottleThis will be frozen and completed the following week. |
| 19/5 | Fruit turnovers | 1 tin of fruit of your choice School will provide for each pupil: ½ egg, 1 tbsp caster sugar |
| 2/6 | Chicken portioning | 1 whole raw chicken (not pre frozen **OR** frozen)**This can be roasted in class if there is time or taken home raw to use at home.**  |
| 16/6 | Shortbread | 150g soft butter70g caster sugar ​225g plain flour School will provide for each pupil: 40g rice flour  |
| 7/7 | Pannacotta and coulis | **No ingredients needed, please bring a container to take it away.**School will provide for each pupil: 1 ½ gelatine leaves, 120ml milk, 120ml double cream, ¼ tsp vanilla bean paste, 14g cater sugar, 150g frozen mixed berries, 50g cater sugar.  |
| 1. Make sure you bring a suitable container each time to take home your finished product.
2. Please put food that is underlined in a suitable size container with your name and class. Drop off chilled ingredients on the morning of your lesson before 8:40am to your food room.
3. If there are any issues with getting your ingredients either email your teacher or come and see your teacher before 8:40am the morning of your lesson by the latest.
4. Items can be adapted to suit dietary needs.
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