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| **Year 9** | | |
| **Tuesday lessons** | **Dish** | **Ingredients** |
| 16/9 | Knife skills | 1onion  ½ pepper |
| 23/9 | Knife skills | 2 carrots |
| 30/9 | Couscous salad | 1 stock cube of your choice  100g couscous  School 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 roll  1 red onion  3 tomatoes  School will provide for each pupil: ½ tsp olive oil, 2 basil leaves |
| 21/10 | Caesar salad | 2 slices bread  1 small baby gem lettuce  1 garlic clove  1 chicken breast **OR** Quorn chicken  40g [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 onions  School 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 choice  1 nest dried egg noodles  1 egg  1/2 chilli  1 garlic clove  **Choose 2 vegetables from the following list:**  50g baby spinach  4 tbsp tinned sweetcorn  50g mushrooms  2 spring onions  1 red onion  100g tinned bamboo shoots  School 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 pepper  1 carrot  3 spring onions  1 chicken breast **OR** Quorn chicken **OR** a selection of vegetables  1 nest dried egg noodles  2 garlic cloves  School 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 onion  1 chicken breast **OR** Quorn chicken **OR** vegetables  1 tin chopped tomatoes  1 clove of garlic  School 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 choice  100g couscous  3 tbsp low-fat natural yoghurt  ½ fresh chilli  1 chicken breast **OR** Quorn chicken  School 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 egg  School will provide for each pupil: 1½ tbsp ground cinnamon, 3 tbsp caster sugar |
| 2/1 | Mac & cheese  (PAIRS) | **Person A**  500ml whole milk  50g butter  **Person B**  100g cheese  175g dried pasta  School will provide for each pair: 1 tsp English mustard powder, 50g plain flour |
| 20/1 | Focaccia | 250g bread mix  Optional: olives, sundried tomatoes, roasted peppers  School will provide for each pupil: 1 tbsp olive oil, fresh rosemary, rock salt |
| 3/2 | Tear and share | 250g bread mix  50g cheese  Optional: 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 mix  School 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 flour  75g hard butter  1 egg  **This will be frozen and completed the following week.** |
| 1/3 | Fruit crumble tart | 120g plain flour  80g hard butter  40g caster sugar  1 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 onion  100g pasta sheets  50g butter  **Person B**  500ml milk  100g cheddar cheese  400g tin of chopped tomatoes  1 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 flour  30g+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 bottle  This 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 butter  70g 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. | | |