**Year 8- JLi Tuesday p5**

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| **Week starting** | **Dish** | **Ingredients**  |
| 22/9 | Cutting skills | 1 onion School will provide for each pupil: 1 clove garlic |
| 12/10 | Chicken kebabs | **(not frozen)** 1 raw chicken breast **OR** Quorn **Choose 1 below:****Kebab**3 tbsp yoghurt½ chilli**OR****Piri piri**1 clove of garlic School will provide for each pupil: dried herbs and spices |
| 17/11 | Chicken curry | 1 small onion1 raw chicken breast **OR** Quorn **(not frozen)**1 can chopped tomatoes Optional: ½ chilliSchool will provide for each pupil: ½ tsp ground cumin, ½ tsp ground coriander, ½ tsp ground turmeric, ½ tsp ground garam masala, 1 clove garlic |
| 1/12 | Bolognaise (PAIRS) | **Person A**1 onion 2 tbsp tomato puree1 stock cube**Person B**250g minced beef **(not frozen) OR** Quorn1 can chopped tomatoes1 carrot School will provide for each pair:freshparsley and 1 garlic clove, ¼ tsp cater sugar, 1 tsp dried oregano |
| 15/12 | Gingerbread(PAIRS) | **Person A** 40g softened butter25g caster sugar**Person B**1 egg 125g plain flourSchool will provide for each pair: 2 tbsp golden syrup and ¼ tsp bicarbonate of soda, ¼ tsp ground ginger, ¼ tsp ground cinnamon |
| 9/2 | Burgers | 1 onion 250g minced beef **OR** Quorn **(not frozen)**2 slices white bread for breadcrumbs 2 burger buns **Optional:** 2 slices of cheeseSchool will provide for each pupil: ½ egg |
| 2/3 | Cottage/shepherd’s pie(PAIRS) | **Person A** 2 tbsp tomato puree400g potatoes 50g butter 50g peas**Person B**250g pack of lamb **OR** beef mince **OR** Quorn **(not frozen)**1 stock cube1 onion 1 carrot**Bring a small ovenproof dish to bake your cottage/Shepard's pie in. Also a container that will fit the ovenproof dish in to take home. A large container, an old circle chocolate box e.g. Celebrations container or something similar will fit best.**School will provide for each pupil: a dash of Worcestershire sauce, 2 tbsp milk. |
| 27/4 | Pizza(PAIRS) | **Person A** 250g pizza/bread mix 2 topping of your choice**Person B**Tomato puree or sauce of your choice 100g cheddar cheese 1 topping of your choice  |
| 18/5 | Fajitas | 1 onion1/2 pepper**(not frozen)** 1 raw chicken breast **OR** Quorn **OR** extra vegetables 2 medium wraps**Optional:** 2 tbsp grated CheddarSchool will provide for each pupil: 1 clove garlic |
| 8/6 | Brownies(PAIRS) | **Person A** 150g unsalted butter300g light brown muscovado sugar150g plain flour**Person B**75g cocoa powder4 large eggs100g milk chocolate chunks or barSchool will provide for each pupil: ½ tsp bicarbonate of soda, 1 tsp vanilla essence, pinch of salt |
| 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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