**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 yoghurt  ½ chilli  **OR**  **Piri piri**  1 clove of garlic  School will provide for each pupil: dried herbs and spices |
| 17/11 | Chicken curry | 1 small onion  1 raw chicken breast **OR** Quorn **(not frozen)**  1 can chopped tomatoes  Optional: ½ chilli  School 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 puree  1 stock cube  **Person B**  250g minced beef **(not frozen) OR** Quorn  1 can chopped tomatoes  1 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 butter  25g caster sugar  **Person B**  1 egg  125g plain flour  School 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 cheese  School will provide for each pupil: ½ egg |
| 2/3 | Cottage/shepherd’s pie  (PAIRS) | **Person A**  2 tbsp tomato puree  400g potatoes  50g butter  50g peas  **Person B**  250g pack of lamb **OR** beef mince **OR** Quorn **(not frozen)**  1 stock cube  1 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 onion  1/2 pepper  **(not frozen)** 1 raw chicken breast **OR** Quorn **OR** extra vegetables  2 medium wraps  **Optional:** 2 tbsp grated Cheddar  School will provide for each pupil: 1 clove garlic |
| 8/6 | Brownies  (PAIRS) | **Person A**  150g unsalted butter  300g light brown muscovado sugar  150g plain flour  **Person B**  75g cocoa powder  4 large eggs  100g milk chocolate chunks or bar  School 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. | | |