

Year 7 and 8 Recipes – February - Summer

Week commencing 24th February

Students make their own pastry dish

Week commencing 2nd March

Theory work - PROTEINS

Week commencing 9th March

Cornflake Chicken

1 packet of chicken fillets or 2 – 3 chicken breasts

50g plain flour (seasoned)

2 eggs

Half box of cornflakes

Potato Wedges

1 – 2 medium potatoes

2 tbsp oil

2 garlic cloves

Week commencing 16th March

Pasta Bolognese

1 onion

1 clove garlic

1 carrot

1 celery stick

Mushrooms (optional)

1 pepper (optional)

1 tbsp oil

250g – 300g minced beef

1 400g chopped tomatoes

150g pasta shapes

Half tsp mixed herbs

Something to take home in.

Week commencing 23rd March

HOT CROSS BUNS

300ml full-fat milk

50g butter

500g strong bread flour

1 tsp salt

75g caster sugar

1 tbsp sunflower oil

7g sachet fast-action or easy-blend yeast

1 egg

75g sultana

50g mixed peel

zest 1 orange

1 tsp ground cinnamon

For the cross

- 75g plain flour, plus extra for dusting

For the glaze

- 3 tbsp apricot jam

EASTER HOLIDAYS

Week commencing 13th April

Tuna Pasta Bake

1 small tin Tuna

1 onion

1 tin of sweetcorn

4 small pieces of broccoli (optional)

1 tbsp oil

250g pasta shapes

500ml / 1pt milk

50g flour

50g margarine

50g plain flour

75g cheese

Salt and pepper

Oven proof dish

OR FISH DISH OF YOUR CHOICE

Week commencing 20th April

Lentil and Bacon Soup

1 tbsp	Vegetable Oil
2 rashers	Smoked Bacon
1	Onion
450 grams	Carrots
100 grams	Red Lentils
1	Stock cube
1 tbsp	Tomato Puree
1 tsp	Medium Curry Paste (school can provide)

Coriander and yoghurt can be added at home when serving please bring container to take food home in.

Week commencing 27th April

Fruit Crumble – using nuts

For the filling;

4 cooking apples or fruit of your choice

50g demerera sugar

For the topping;

50g plain or wholemeal flour

50g sunflower seeds

50g porridge oats

50g hazelnuts or any chopped nuts

50g demerera sugar

50g butter

Oven proof dish

Week commencing 4th May

Theory Lesson – Vegetarianism

Week commencing 11th May

Make vegetarian dish of choice (ensuring contains an element of protein)

Week commencing 18th May

Theory lesson – food from different countries and religions – project

HALF TERM

Week commencing 1st June – food from **England**

Victoria Sponge Cake

200g margarine

200g caster sugar

200g self raising flour

4 eggs

1 tsp vanilla essence

2 tbsp jam

1 tbsp icing sugar (optional)

Or

Scones

400g plain or wholemeal flour

300ml milk

60g sugar

150g butter or margarine

100g currants/sultanas

2 eggs

Week commencing 8th June – India

Prawn and Pepper Pilaff

1 medium onion

1 clove garlic

1 red or yellow pepper

2 tbsp oil

15g butter

1 tsp mild curry powder (school can provide)

200g basmati rice

50g creamed coconut

1 tsp salt (school can provide)

100g peas

200g peeled prawns (these can be added at home later)

OR

Creamy Chicken Curry

3 – 4 chicken breasts or packet of diced chicken

2 garlic cloves

1 tbsp oil

450g pot of natural yoghurt

1 chilli

150ml double cream

1 tin chopped tomatoes

2 tbsp tomato puree

1 chicken stock cube

Cumin, ginger, coriander, paprika, cinnamon and turmeric will be provided by school.

Week commencing 15th June – Cheesecake America

1 pkt digestive biscuits

75g butter

2 tubs cream cheese

1 large double cream

100g caster sugar

1 tsp vanilla essence

(toppings/fillings of your choice) examples could include; oreo biscuits, strawberries, raspberries, cherries, Toblerone.

Please send in an appropriate dish or tin.

Week commencing 22nd June – Lemon Tart - France

Tart au Citron

pastry

150g butter

275g plain flour

1tsp grated lemon rind

2tbsp sugar

Up to 3tbsp chilled water

Icing sugar for dusting

Filling

4 medium eggs

100g (3½oz) caster sugar

150ml carton double cream

Finely zested rind and juice of 3 lemons

Quiche or tart dish

Week commencing 29th June

Spaghetti alla Carbonara

375g dried spaghetti

200g streaky bacon or ham

1 onion

2 cloves of garlic

1 tbsp oil

3 eggs

3 tbsp single cream

40g grated parmesan

40g butter

1 level tablespoon chopped parsley (school will provide)

Something to take it home in.

Or

Cheese and tomato Tart

1 packet of ready make puff pastry

1tbsp milk

1 onion

1 courgette

3 tbsp olive oil

225g cherry tomatoes

225g mozzarella cheese

Week commencing 6th July

Students can make the dish of their choice. This can be from something we have made in school or can be their own recipe.