**Home-made versus ready meals and take-away food.**

**We will be making dishes that can be compared against those bought ready made in a supermarket or from a takeaway. Always feel free to omit and add ingredients as you see fit.**

**Week commencing 1st May - theory**

**Week commencing 8th May**

**Pasta Bolognaise**

400g dried pasta – penne, twirls etc

2 tbsp oil

2 rashers of streaky bacon

1 onion

1 carrot

1 stick celery

1 clove garlic

225g minced beef, turkey, lamb or quorn

1 tin chopped tomatoes

2 tbsp tomato puree

1 stock cube

**Week commencing 15th May**

**Lasagne**

1 pkt pasta sheets

2 tbsp oil

300g minced beef or lamb

1 onion

1 carrot

1 clove garlic

1 tin chopped tomatoes

2 tbsp tomato puree

1 stock cube

50g butter/margarine

50g plain flour

1 pt milk

75g grated cheese

Oven proof dish.

**Week commencing 22nd May**

**Clazone Pizza**

350g strong plain flour

1 tso salt

15g dried fast acting yeast

250g ricotta cheese (any soft cheese will work)

75g smoked ham

100g mozzarella cheese

3 tomatoes

Salt and pepper

**HALF TERM**

Week commencing 5th June – theory lesson.

**Week commencing 12th 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.

**Week commencing 19th June**

**Creamy Chicken Curry**

2 chicken breasts (this can be more if required)

2 cloves of garlic

1 small piece of ginger

1 chilli (optional)

1 handful coriander

1 small pot natural yoghurt

1 tbsp curry powder or paste

1 tsp turmeric (school will provide)

1 tin chopped tomatoes

1 small pot of double cream

1 chicken stock cube

**Week commencing 26th June**

**Sweet and Sour**

**Ingredients**:

1 tablespoon oil

1 onion

2 – 3 chicken breasts (or other meat **without bones**)

1 can pineapple pieces in own juice

1 tablespoon vinegar

1 tablespoon soy sauce (available in school)

1 tablespoon tomato puree

1 tablespoon cornfour

2 sticks celery

1 carrot

1 pepper

Salt and pepper.

Something to take home in.

Week commencing 3rd July

Students will make a dish of their choice that could compete with a ready meal or take away dish.

Week commencing 10th July

Students can make a dish of their choice. Please ensure they bring the recipe in for the dish they are making.