**Year 7 and 8 Recipes – January – Easter**

**Week commencing 1st January**

School will provide ingredients

**Week commencing 8th January**

**Theory lesson**

**Week commencing 15th January**

***Cornish Pasty***

250g Plain flour

125g block margarine or 60g mar and 60g lard

pinch salt

150g  lean minced beef

1 small  potato,

1 onion

1 carrot

salt and pepper to taste.

**Week commencing 22nd January**

**Sausage rolls**

|  |  |
| --- | --- |
| 225 g plain flour |  |
| Pinch of salt |  |
| 150 g (5 oz) lard and margarine mix. |  |
|  |  |

1 pkt of sausages

1 egg

**Or**

**Eccles cakes**

225 g plain flour

Pinch of salt

150g butter

100g raisins

1 tsp mixed spice

25g butter

50g caster sugar

**Week commencing 29th January**

**Spring Rolls**

* 1 tbsp oil
* 2 garlic cloves
* Small knob of fresh ginger
* 1 red chilli
* 300g bag mixed stir-fry vegetables
* 2 tbsp soy sauce
* 1 tbsp rice wine vinegar (school will provide)
* 1 packet of filo pastry
* 50g salted butter, melted

**Week commencing 5th February**

**Choux Buns**

**1 tsp caster sugar**

**50g butter**

**60g plain flour**

**2 eggs**

**Medium pot of double cream**

**225g plain chocolate**

**HALF TERM**

**Week commencing 19th February**

Students design own pastry dish aimed at teenage market. Theory Lesson

**Week commencing 26th February**

Students make their own pastry dish aimed at the teenage market

**Week commencing 4th March**

Theory work, no cooking –FATS & PROTEINS

**Week commencing 11th 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 18th March**

**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 margarine or butter

50g plain flour

75g cheese

Salt and pepper

Oven proof dish

**OR FISH DISH OF YOUR CHOICE**

Week commencing 25th March

**HOT CROSS BUNS**

300ml full-fat [milk](https://www.bbcgoodfood.com/glossary/milk)

50g [butter](https://www.bbcgoodfood.com/glossary/butter)

500g strong bread flour

1 tsp salt

75g caster sugar

1 tbsp [sunflower oil](https://www.bbcgoodfood.com/glossary/sunflower-oil)

7g sachet fast-action or easy-blend [yeast](https://www.bbcgoodfood.com/glossary/yeast)

1 egg

75g sultana

50g mixed peel

zest 1 [orange](https://www.bbcgoodfood.com/glossary/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 15th April**

**Pasta Bolognaise**

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 22ND April**

**Theory lesson**

**Week commencing 29th 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 6th May**

**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 13th May***

***Design own vegetarian dish celebrating protein***

***Week commencing 20th may***

***Make own vegetarian dish***

***HALF TERM***

**Week commencing 3RD 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

HALF TERM HOLIDAYS

**Week commencing 10th June** **– Italy**

**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 17th June

**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 24th 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 1st July – 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 8th July

Students make dish of choice from a country of their choice.