**Practical Cookery Year 7**

**Week 5 Cheesecake – 20cm flan dish**

150g digestive biscuits

75 g butter or margarine

200 g cream cheese (like Philadelphia)

Rind and juice of half a lemon

50 g caster sugar

170 ml double cream – real cream please, substitutes don’t whip properly

If you want to make a chocolate cheesecake, bring 100g of chocolate and omit the lemon

**Decorate with chocolate or fresh fruit**

**Week 6 Chinese Chicken Stir Fry**

2 chicken breasts

2 cloves of garlic

2.5cm root ginger

2 x 15ml spoon soft brown sugar

2 x 15ml spoon soy sauce

200ml pineapple or orange juice

Selection of vegetables

Peanuts or Cashew nuts (optional)

(Spices will be available at school to add to this recipe)

**Week 7 Marbled Pear Tray Bake**

100g caster sugar100g butter or soft baking spread

2 eggs100g self-raising flour 1 x 15ml spoon cocoa powder1 x 5ml spoon baking powder

1 pear

**Week 8 Scone Based Pizza**

150 g Self Raising Flour

½ level teaspoon salt

25 g hard margarine or butter

1 egg

2 tablespoons of milk

1 tin of chopped tomatoes

100 g cheese and whatever topping you like

**Week 4 Hash Browns**

* 4 medium [floury potatoes](https://www.bbc.co.uk/food/floury_potato), peeled (like Maris Piper or King Edwards)
* 1 medium [onion](https://www.bbc.co.uk/food/onion)
* 1 [egg](https://www.bbc.co.uk/food/egg), beaten
* salt and [pepper](https://www.bbc.co.uk/food/pepper) (school)
* [vegetable oil](https://www.bbc.co.uk/food/vegetable_oil), for frying (school)

If you like, bring an extra egg or some bacon and eat these in the lesson.

**Week 1**

**Lemonade**

All ingredients provided in school

**Week 2 Coleslaw or fruit salad**

½ cabbage

1 medium carrot

1 onion

1 apple

1-2 tablespoons of mayonnaise

Optional: spring onions, peppers…..

Or

At least 5 fruits of your choice

Apple, orange, banana, plumbs, grapes…..

200ml of apple/orange juice

**Week 3 Yummy Healthy Cookies**

* 100g [butter](https://www.bbcgoodfood.com/glossary/butter-glossary) at room temperature
* 1 [egg](https://www.bbcgoodfood.com/glossary/egg-glossary)
* [1 ripe banana](https://www.bbcgoodfood.com/glossary/banana-glossary)
* 1 tsp [vanilla extract](https://www.bbcgoodfood.com/glossary/vanilla-glossary)
* 100g [light soft brown sugar](https://www.bbcgoodfood.com/glossary/sugar-glossary)
* 1 orange
* 100g [wholemeal flour](https://www.bbcgoodfood.com/glossary/flour-glossary) (or plain if you only have that)
* ¼ tsp salt (school)
* 1 tsp [baking powder](https://www.bbcgoodfood.com/glossary/baking-powder-glossary)
* 100g [rolled oats](https://www.bbcgoodfood.com/glossary/oats-glossary)
* *25g*[*desiccated coconut*](https://www.bbcgoodfood.com/glossary/coconut-glossary) *- optional*
* *50g*[*chopped walnut*](https://www.bbcgoodfood.com/glossary/walnut-glossary)*s - optional*
* *75g sultanas or chocolate chips - optional*

**\*If you need an alternative to any of these recipes or ingredients please talk to me\***

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