**Year 9 Practical Cookery Ingredients List (classes with Mrs Gleghorn, room 172)**

Please bring a container each week plus foil or cling film if needed. Where possible spices or unusual ingredients will be supplied by school. Please ask for an alternative recipe rather than not bring ingredients if you don’t like the food. You can always adapt/modify ingredients to suit tastes. These dishes are developed to improve cooking techniques and encourage healthy eating, apart from a couple thrown in for the sweet tooth. Remember – it’s all about balance!

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| 1 | **Shortcrust Pastry** – ingredients provided | We will freeze the pastry ready for next week |
| 2 | **Pie, own choice** (recipe ideas given for cheese/apple pie) | **20cm pie dish**  foil |
| 3 | Mexican pockets  Ingredients  1 spring onion  ½ red, yellow or green pepper  25g cooked chicken or tofu  20g reduced fat Cheddar cheese  50g canned kidney beans, drained and rinsed  25g frozen peas  25g canned or frozen sweetcorn  ½ x 5ml spoon chipotle paste or 1 x 5ml spoon mild chilli powder  1 egg  2 large tortilla wraps or 4 mini wraps | **Container**  Fun to make, change the ingredients to suit yourself. Ideal for packed lunch or a quick meal |
| 4 | **Beef and mozzarella meatballs**  Ingredients  450g beef mince  80g Parmesan cheese  100g mozzarella cheese  3 garlic cloves  ½ x5ml spoon dried chili flakes  2 x 15ml spoons tomato puree  1 egg  ½ x 5ml spoon Worcestershire sauce  1 onion  20g fresh basil leaves  100g streaky bacon  200ml reduced salt vegetable stock  1 x 400g can chopped tomatoes | **Ovenproof Dish**  A delicious Italian dish, making a great change to Bolognese |
| 5 | **Giant Cookies**  200g butter  300g caster sugar  1 large egg  275g self-raising flour – if you don’t want to make chocolate flavoured bring 350g of self-raising flour instead of cocoa  75g cocoa powder  A bar of chocolate/Daim bar/smarties/dried fruit – your choice | **Container**  Not healthy at all, but amazingly tasty  It’s all about balance |
| 6 | **Jambalaya**  400g chicken or pork  1 onion  2 garlic cloves  5 spring onions  ½ red pepper  100g button mushrooms  1 Courgette  oil (school)  1 x 5ml spoon mild chilli powder  2 x 5ml spoon ground turmeric  225g easy cook rice  Stock cube  1 x 400g can chopped tomatoes  Ground black pepper  3 Whole cloves | **Waterproof Container**  A recipe from the southern states of America, spices are available from school  Add the vegetables you like, change or miss out the ones you don’t |
| 7 | * **STRAWBERRY MERINGUE ROULADE** * 4 eggs * 250 g caster sugar * 45 g flaked almonds (optional) * icing sugar, for dusting * **For the filling** * 300ml double cream * 200g strawberries/raspberries/fruit of choice (works well with frozen and defrosted) | **Large Container**  This is a real show stopper, excellent to celebrate a special occasion. |
| 8 | **Pizza Pinwheels**  500g Strong Bread Flour  1 teaspoon of yeast (school)  1 level teaspoon of salt (school)  1tbsp olive oil (school)  **Filling**  1 tin of tomatoes / passata or pizza base spread  200g cheese  *Optional*  Peppers  Pepperoni  Tuna  Sweetcorn  Mixed herbs/basil/garlic | **A container to take them home** (if they last that long) |
| 9 | **Lamb Keema**  1 large onion  3 garlic cloves  2 chillies (or dried chilies at school)  1 thumb sized piece of ginger  400g minced lamb (or beef, turkey….)  2 large tomatoes  2 tablespoons of natural yoghurt  2 carrots  150g frozen peas  2 tablespoons of garam masala (school)  1 tablespoon of turmeric (school)  1 pinch of cayenne pepper (school)  Squeeze of lemon juice and coriander to serve (school) | **Waterproof container**  Keema means minced meat – any meat can be used for this recipe |
| 10 | **Own Choice**  Whatever you like – show off your cooking skills | Let your imagine run riot (or get a recipe from me) |

  







    

