

Year 8 Cereal Foods 2017-18 Recipes

<p>Extra Recipem</p>	<p>Extra Recipe</p>
<p>Cereal Foods Project Brownies-Celebration Recipes 100g butter 40g cocoa 50g plain chocolate 2 large eggs 225g light brown sugar 50g Self Raising flour Optional :75g seasonal fruit-fresh or frozen e.g. raspberries, blueberries Baking tin: Bring a square 17.5cms (or similar size) cake tin to make your flapjack Container: plastic box or foil to cover your cake tin</p>	<p>Cereal Foods Project Flapjack 200g butter / margarine 200g caster sugar 2 tbsps. golden syrup 300g porridge oats Optional: dried fruit: apricots, sultanas, seeds (no nuts) Baking tin: Bring a square 17.5cms (or similar size) cake tin to make your flapjack Container: plastic box or foil to cover your cake tin</p>
<p>Cereal Foods Project Savoury Snack Pot—bring your own ingredient ideas <u>Prepare at School</u> 1/2 red/yellow/green pepper, deseeded and chopped into small cube 1 courgette, sliced and cubed 2 spring onions-sliced 100g couscous or rice or quinoa or noodles 1 stock cube Optional: 50g Cheese e.g. diced feta, chopped mozzarella 50g cooked chicken or prawns or cooked Quorn pieces Dried fruit – apricots, sultanas Seeds(no nuts) Dressing or flavouring for your pot e.g. sweet chilli sauce, fresh herbs, pesto (nut free) Container: a tall plastic cup e.g. clear pot noodle sized pot.</p>	<p>Cereal Foods Project Pizza <u>From home</u> <u>Additional ingredients: your choice from your design-all must be ready to eat</u> 50g grated cheese 2 x 15ml tablespoon tomato puree 50g of each topping: _____ <u>Bread ingredients</u> 225g strong plain flour ½ level tsp salt 1 tblsp vegetable 1 pkt.(7g) fast acting yeast (usually in sachets) <u>From school</u> 150ml tepid water (mix 50ml of boiling water with 100ml of cold water) Container: Box to fit your 30cm pizza-or cut up into pieces. (or bring large piece of foil)</p>
<p>Cereal Foods Project Savoury Bread <u>From home</u> <u>Additional ingredients: your choice-all must be ready to eat</u> 50g grated cheese 2 x 15ml tablespoon tomato puree <u>Bread ingredients</u> 225g strong plain flour ½ level tsp salt 1 tbsp. vegetable oil 1 pkt.(7g) fast acting yeast (usually in sachets) <u>From school</u> 150ml tepid water (mix 50ml of boiling water with 100ml of cold water) Container: Box to fit 6 bread rolls or a large loaf</p>	<p>Cereal Foods Project Bread Ingredients <u>From home</u> 225g strong plain flour ½ level tsp salt 1 x 15ml tblsp vegetable oil 1 pkt.(7g)fast acting yeast <u>From school</u> 150ml tepid water (mix 50ml of boiling water with 100ml of cold water) Container: Box to take 6 bread rolls home</p>