

Year 9 2017-18 Recipes

<p><u>Jam Tart</u> 150 g plain flour pinch of salt 75g fat (made up of half butter or hard margarine and half lard or white fat) Cold water to mix – about 6 teaspoons Jam or lemon curd X9 teaspoons Container: Sealed box to take home.</p>	<p><u>Sausage roll</u> ½ block of readymade puff pastry approx 250g 250g sausage meat or sausages Container: large box-with leak proof lid or cling film. How to reheat: Preheat oven. Cook for 30-40 min so 180/Gas 4. Serve when piping hot in the centre.</p>
<p><u>Burger</u> 500g minced meat , beans or cooked vegetables 1 onion chopped finely Salt and pepper <u>If adding</u> 2 tsp sauce 2 table spoons chopped <u>fresh</u> herbs 1 tablespoon <u>dried</u> herbs) Container: Sealed box. How to reheat: Heat in oven and ensure the core temperature is piping hot or 72°.</p>	<p><u>Pasta bake</u> 100g Cooked pasta. The pasta will need to be cooked <u>at home</u>. <u>White Sauce: at school</u> and you will need: 25g butter/margarine 25g Plain flour 300mls milk 50g Grated cheese - optional Salt and pepper to taste <u>Ideas for added ingredients</u> choose 2 – 3 added ingredients: 1 large tin of tuna 100g Cooked bacon 100g ham ½ Onion 75g frozen or tinned peas or sweetcorn 100g mushrooms <u>Toppings:</u> 25g grated cheese Breadcrumbs – mixed with cheese, 12g of each 1 packet plain crisps. Oven proof dish to cook in. Large bag to carry home. How to reheat: Preheat oven to 180/Gas 4. Cook for 30-40 minutes. Serve when piping hot in the centre.</p>
<p><u>Vegetable Stir-fry</u> 2 cloves of garlic – peel and crush a thumb-sized piece of fresh ginger – chop or grate 1 red onion – slice (horizontal cuts only) 1 large red/green/yellow pepper – slice in long pieces 2 carrots – peel and slice in long pieces 2 heads of bok choy <u>or</u> ¼ white cabbage - slice 2 tablespoons of vegetable oil 2 tablespoons soy sauce <u>Optional extras:</u> 6 spring onions Handful of Mangetout or Sugarsnap peas or mushrooms 2 handfuls of beansprouts Container: Leak-proof box How to reheat: Heat in a saucepan or microwave until piping hot. Stir well. Serve with cooked noodles.</p>	<p><u>Vegetable and couscous stuffed peppers</u> 2 large peppers <u>Couscous filling:</u> 1 red/yellow/green pepper, deseeded and chopped into small cube 2 courgettes, sliced and cubed 1 large red or regular onion, diced 100g couscous 1 stock cube & 175ml water to make vegetable stock 8 cherry or 2 large vine tomatoes – chopped into small cubes Ground black pepper <u>Optional</u> 50g Cheese – feta, mozzarella Fresh herbs/olives Dried fruit – apricots, sultanas Container: leak-proof box How to reheat: Heat in an oven or microwave until piping hot.</p>