

**YEAR 8 INGREDIENT  
SHEET FOR  
STUDENTS\_2020-21**



**1) Meat Ragu**

250g minced beef or  
vegetarian mince  
1 onion  
1 garlic clove  
1 teaspoon mixed herbs  
1 large can chopped  
tomatoes  
1 stock cube  
2 teaspoons tomato puree  
1 tablespoon oil  
50g dried pasta

**Container to take home in**

**2) Pizza**

150g strong plain flour  
1 heaped tsp dried yeast  
1 tsp sugar

**Dough ingredients above  
from school 50p**

Also:

20g margarine or butter  
75g grated cheddar  
cheese/mozzarella  
½ teaspoon oregano or  
mixed herbs

**3 tablespoons tomato  
puree or a small tin of  
chopped tomatoes or  
passata**

Choice of toppings:  
mushrooms, ham, pepper  
other.

**Container to take home in**

**3) Pasta and Cheese  
Sauce**

150g pasta shapes  
100g cheddar cheese  
1 tomato (optional)  
25g soft margarine  
25g plain flour  
250ml semi skimmed milk

**Possible adaptations:**

50g cooked ham, peas,  
sweetcorn, broccoli,  
tomatoes, and different  
cheeses

**OVEN PROOF DISH or 20p  
foil container from school**

**Technical Challenge  
4a) Cheese and tomato  
quiche**

100g plain flour  
50 g butter or margarine  
125ml milk  
2 eggs  
50g cheese cheddar /red  
Leicester  
1 tomato  
2 slices ham

**Container to take home in**

**OR**

**4b) Apple puff pastry  
roses**

1 apple  
1 packet puff pastry  
1 lemon  
Cinnamon  
Apricot jam

Please provide a container to take your products home in and **mark it with your name.**

The order of dishes may change.

A Foil container is available from school for 20p

**Thank you**