

Recipe home sheet yr 9

Student ingredient sheet yr. 9 2020-21

1) BREAD

250g strong flour } 50p school
2 teaspoons yeast
1 teaspoon sugar
25g margarine

2) SPICY TOMATO SOUP & SODA BREAD

1 onion
1 carrot
1 potato
1 tin chopped tomatoes
1 vegetable stock cube
½ teaspoon chilli flakes
1 tablespoon tomato puree

SODA BREAD

170g self-raising wholemeal flour
170g plain flour
½ tsp salt
½ tsp **bicarbonate of soda 5p**
290ml buttermilk

3) VEGETABLE SAMOSA

1 pack filo pastry 1 onion
1 potato finely 50g frozen peas or small tin
1 carrot finely **2 tsp curry powder 5p school**
1 garlic clove 1 vegetable stock cube

4) CHICKEN CURRY

TIKKA MASALA PASTE

The paste 50p school:

2 garlic cloves
Small piece root ginger
1 small red chilli
1 tsp ground cumin
1 tsp ground coriander
½ tsp turmeric
½ tsp paprika
½ tsp garam masala
2 cardamom pods
1 tablespoon oil

CHAPPATTI (optional)

50g plain flour
1.2 tsp salt
1 dessert spoon vegetable oil
25g butter

CURRY SAUCE

1 tablespoon oil
20g butter
1 onion
1 ½ tablespoons tikka masala paste
1 red pepper (chopped or sliced)
4 chicken thighs (with bones)
400g cans chopped tomatoes
2 tbsp tomato purée
1 tbsp mango chutney (Optional)
150ml natural yogurt
salt
Chopped coriander leaves. Optional

PLEASE REMEMBER TO BRING IN A SUITABLE CONTAINER WITH YOUR NAME ON IT TO TAKE YOUR DISHES HOME IN

SOME INGREDIENTS CAN BE BOUGHT FROM SCHOOL *in different font*

FOIL CONTAINERS ARE 20 PENCE

5) CHOCOLATE ORANGE PUDDING

100g butter melted
250g self-raising flour
140g caster sugar
50g cocoa
1 tsp **baking powder 5p**
zest and juice 1 orange
3 eggs
150ml milk
100g milk chocolate

For the sauce

200g light muscovado sugar
25g cocoa

6) **CORNISH PASTY**

220g butter or hard baking fat
350g plain flour

225g lean braising steak **or**

225g minced beef

½ onion

50g swede

1 small potato

1 egg

Black pepper

8) **CHRISTMAS COOK**

SAUSAGE ROLLS

225g plain flour

½ tsp fine salt

250g unsalted butter

1 egg

1 pkt sausage meat

9) **Meatballs**

100g minced beef

½ small onion

1 teaspoon mixed herbs/oregano

Tomato sauce

1 tin tomatoes

1 tablespoon tomato puree

1 onion

1 clove garlic

Mixed herbs or fresh basil

10) **CHICKEN KIEV**

2 chicken breasts

2 cloves garlic

4 slices of bread

2 tsp Dried parsley

40g butter Or 80g soft cheese

4 tbsp oil

Herbs ,paprika, garlic salt optional

7) **FRESH PASTA**

140g plain flour or '00' flour

2 medium eggs,

Choose a sauce

PESTO

50g basil

30g Pine nuts

30g Parmesan

100ml olive oil

1 cloves garlic

OR

RED PEPPER SAUCE

1 red pepper

1 desrt spoon olive oil

1 garlic clove

½ onion

40ml vegetable stock

Pinch sugar

11) **FISH CAKES**

1 can of tuna or salmon or

2 smoked mackerel fillets

20g butter/margarine

250g potatoes

1 tablespoon parsley/dill

4 slices of bread

50 g flour

1 egg

OR

FISH FINGERS

1 x 5ml spoon mixed herbs

3 x 15ml breadcrumbs

1 salmon fillet, skinned

1 x 15ml spoon plain flour

2 x 15ml spoon, low fat plain yogurt

Tartare sauce

4 tablespoons mayonnaise

1 **tablespoon chopped capers**

1 **tablespoon chopped**

gherkins 15p

1 small shallot finely chopped

Squeeze of lemon juice

OR

Hollandaise sauce

60g butter

1 egg yolk

½ tsp white wine vinegar

lemon juice

cayenne pepper

12) **RISOTTO**

150g risotto rice
1 chicken stock cube
1 x 5ml spoon grated parmesan
Black pepper
1 onion
4 rashers lean sweet cure back bacon
50g mushrooms
100g green beans
1 x 5ml spoon oil

13) **LATTICE FRUIT PIE**

250g plain flour
125g butter
Cold water
3 Bramley apples
100g blackberries
75g sugar
1 egg

14) **PANNA COTTA**

3 **gelatine leaves**
250ml milk
250ml double cream
1 vanilla pod, split lengthways, 25g/1oz sugar

Raspberry coulis (optional)

200g raspberries
½ small lemon, juiced
1 tbsp icing sugar

30p for plastic moulds & gelatine powder

15) **CHELSEA BUNS**

(LESSON 1)

250g strong plain flour
2 rounded teaspoons yeast } 50p

25g margarine
150ml milk
1 egg
1 teaspoon sugar

Filling

(LESSON 2)

75g dried fruit or choc chips.
25g sugar
25g margarine

Glaze – provided by school

16) **SWISS ROLL**

3 eggs
75g caster sugar
75g self raising flour
2-3 tablespoons jam
Extra sugar for rolling up

17) **MERINGUE NESTS**

140g caster sugar
3 eggs
150mls double cream or crème fraiche
Seasonal fruit to decorate

18) **CHOUX PASTRY PROFITEROLES/ECLAIRS**

50g butter
100g plain flour
3 eggs
Small tub of double cream
1 bar chocolate
