



# Year 9 Ingredient List

*A container is always required to take food home.*



*We are limited in space to store left-over containers.*

*Labelling containers allows us to return them promptly. We know they do not come cheap.*

<p><u>2<sup>nd</sup> October – 13<sup>th</sup> October</u>  <u>Victoria Sponge</u>          3 eggs          150g caster sugar          150g self-raising flour          150g margarine or soft butter          3 tablespoons strawberry or raspberry jam</p>	<p><u>6<sup>th</sup> November – 17<sup>th</sup> November</u>  <u>Fajitas</u>          ½ lime          ½ chilli          1 clove garlic          1 chicken breast (or 2 boneless thighs)          ½ onion          ½ pepper          2 tortillas          25g cheddar cheese</p>
<p><u>4<sup>th</sup> December – 15<sup>th</sup> December</u>  <u>Toad in the Hole</u>          6 cocktail sausages          50g plain flour          1 egg          100ml milk</p>	<p><u>4<sup>th</sup> January – 26<sup>th</sup> January</u>    <b>HOUSE COMPETITION</b>    <i>The school provides all the ingredients for the house competitions free of charge.</i></p>
<p><u>12<sup>th</sup> February – 1<sup>st</sup> March</u>  <u>Curry</u>          1 onion          1 apple, <i>optional</i>          1 clove garlic          250g Minced Beef, Turkey or Chickpeas          25g raisins/sultanas          1 tin of chopped tomatoes          1 tbsp tomato purée          1 tsp curry powder          2 tsp ginger</p>	<p><u>18<sup>th</sup> March – 28<sup>st</sup> March</u>  <u>Remake</u>  <i>Remake anything from the course so far.</i></p>





<p><u>29<sup>th</sup> April – 10<sup>th</sup> May</u>  <b><u>Gourmet Burger</u></b>          Competition          Research, plan and make gourmet burgers achievable within 30 minutes.</p>	<p><u>3<sup>rd</sup> June – 14<sup>th</sup> June</u>  <b><u>Pasta</u></b>          Ingredients are provided by the school.</p>
<p><u>1<sup>st</sup> July – 12<sup>th</sup> July</u>  <b><u>Themed Free-Choice</u></b>          Students will be given a theme. Within that theme, they will have a free choice of what to cook. They must come with their own recipe.</p>	



*Please check Google Classrooms weekly for changes/updates*

*A container is always required to take food home.*

*Any dietary/cultural needs may be adapted to suit the needs of the student.*

*At the start of the practical day, put the dry ingredients on the trolley, and cold ingredients in the fridge – labelled.*

*Food must be collected at the end of the school day, and is discarded at the end of the week.*

*Once home, food should be refrigerated, and eaten within 24 hours*

*Cooked foods should be re-heated to above 70° C for 2 minutes*

