Year 9 Ingredients lists

All ingredients in red text can be provided by school

Recipes and dates can be found on google classroom and the Gillotts website.

1. Calzone

250g packet bread mix **or** 250g bread flour, 7g yeast packet
120ml warm water
50g hard cheese
1 tsp mixed herbs
½ tin chopped tomatoes
½ onion
3 mushrooms
3 tsp tomato puree
Optional fillings: sweetcorn, pepperoni, ham, peppers

Container to take home in

2. Spicy chicken Paella

1 onion
1 garlic clove
½ red pepper
1 chicken breast **or** quorn
50g peas
1 stock cube
2 tsp curry powder
150g long grain rice
550mls water

Container to take home in

3. Enchiladas

400g tin chopped tomatoes
1 red chilli
2 tbsp olive oil
1 onion
2 garlic cloves
1 tsp ground cumin
300g minced beef or quorn
1 tsp dried oregano
1 tsp sugar
8 flour tortilla wraps
200g mature cheddar
Salt and black pepper

Oven proof Container to take home in (small tin foil tray or ceramic dish)

4a. Curry - Spinach, potato and chickpea

(Choose this curry or chicken curry, 4b)

1 onion
1 garlic clove
1 large potato or sweet potato
1 tsp olive oil
2 tbsp curry paste
300ml water
1 400g tin chopped tomatoes
1 400g tin chickpeas
3 handfuls of fresh spinach or greens

Container to take home in

4b. Chicken curry

6 spring onions
3 garlic cloves
2 tbsp olive oil
½ tin (200g) chopped tomatoes
2 tbsp curry powder
1 tsp ground ginger
400g boneless skinless chicken thighs
100ml greek style natural yoghurt
Salt and pepper

Container to take home in

5. Ravioli

200g '00' pasta flour **or** plain flour
2 eggs
Filling:
½ tub flavoured cream cheese
Optional: fresh herbs, cooked meats, pepper

Container to take home in

6. Lasagne

500g lean minced beef **or** quorn
1 onion
1 pepper
100g mushrooms
400g tin chopped tomatoes
2 tbsp tomato puree
2 garlic cloves
1 tsp mixed herbs
6-8 sheets of lasagne pasta
1 pt milk
50 g plain flour
50g butter
100g hard cheese

Large ovenproof dish, Container to take home in

7. Key lime pie

Biscuit base:
50g butter
120g digestive biscuits

Topping:
2 eggs
1 tin (400g) condensed milk
2 limes
50g caster sugar

Fan dish or round foil tray

Large container to carry home in

8. Swiss roll

75g self raising flour
75g caster sugar
3 eggs (plus a spare for breakages!)
½ tsp vanilla essence
5 tbsp jam, lemon curd or chocolate spread

Presentation: this will be decided by the students before the lesson.

Large container to carry home in