

Year 8 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.
<p><u>1. Burgers (choose either recipe)</u></p> <p>400g lean minced beef, lamb, pork or turkey 1 red onion 1 egg Black pepper Flour for dusting Optional: chilli, garlic, herbs to flavour</p> <p><u>1.Spicy bean burgers</u> 1 slice of bread ½ onion 1 green chilli 400g tin red kidney beans 1 tsp ground chilli powder 1 tsp dried mixed herbs</p> <p>Make your own bread rolls to serve - Yr 7 recipe Container to take home in</p>	<p><u>2. Toad in the hole</u></p> <p>70g plain flour Pinch of salt 2 eggs 100ml milk 4 tbsps oil 12 cocktail sausages or 6 chipolatas or quorn sausages</p> <p>Container to take home in</p>
<p><u>3. Bolognese</u></p> <p>1 onion 1 clove garlic 1 celery stick 1 carrot 1 tbsp oil 250g minced beef or quorn 400g tin chopped tomatoes 1 tbsp tomato puree 1 tsp mixed herbs Black pepper Fresh basil</p> <p>Container to take home in</p>	<p><u>Ragu Tomato sauce - made at home (frozen in 2 batches)</u></p> <p><u>Please bring this in for your pasta practical and pizza practical</u></p> <p>200g tin tomatoes ½ onion ½ carrot 1 garlic clove ¼ tsp sugar 1 tbsp oil Salt and pepper Freeze in freezer bags</p>
<p><u>4. Fresh pasta - served with ragu sauce brought from home</u></p> <p>100g '00' pasta flour or plain flour 1 egg 1 tbsp oil</p>	<p><u>5. Pizza (using remainder of ragu sauce)</u></p> <p>250g strong bread flour 1x 7g sachet fast acting yeast ¼ tsp salt 1 tsp sugar 80g hard cheese grated Toppings of your choice: ham, pepperoni, pepper, mushrooms Homemade ragu sauce for the tomato topping.</p> <p>Large Container to take home in</p>
<p><u>6. Chocolate Brownies</u></p> <p>135g margarine/butter 150g plain dark cooking chocolate 2 eggs 100g caster sugar 75g muscovado sugar 100g plain flour 1 tsp vanilla essence Pinch of salt Container to take home in</p>	<p><u>7. Pineapple upside down cakes</u></p> <p>4 pineapple rings 4 glace cherries 50g butter 50g caster sugar 1 egg 75g self raising flour 4 tbsps brown sugar 4 RAMEKINS if possible</p> <p>Container to take home in</p>