

Year 7 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. Vegetable crudites and salsa</u></p> <p>200g vegetables for crudites (pepper,cucumber,carrot etc) 25g margarine/butter Small tin of tomatoes (200g) 1 small onion 2 cloves of garlic Mixed herbs or fresh herbs</p> <p>Container for crudites and container for salsa</p>	<p><u>2. Pancakes</u></p> <p>100g plain flour Large pinch of salt 1 egg 250ml milk 1 tablespoon melted butter</p> <p>Container to take home in</p>
<p><u>3.Bread rolls</u></p> <p>200g strong bread flour 1 x 7g packet of fast acting yeast ¼ tsp salt 1 tsp sugar Optional: 1 egg to glaze</p> <p>Container to take home in</p>	<p><u>4.Macaroni Cheese</u></p> <p>100g macaroni pasta 100g cheddar cheese 1 tomato 25g margarine/butter 25g plain flour 250ml semi skimmed milk Black pepper</p> <p>Oven proof Container to take home in (small tin foil tray or ceramic dish)</p>
<p><u>5. Jam tarts</u></p> <p>150g plain flour 75g hard, cold butter 1/2 tsp sugar Jam or lemon curd for the filling</p> <p>Container to take home in</p>	<p><u>6. Stir fry</u></p> <p>100g noodles (fresh or dried) 1 garlic clove ½ red chilli 1 cm fresh ginger ½ red onion ½ pepper 3 mushrooms 1 pack of choi or bean sprouts 1 tbsp oil 1 tbsp soy sauce</p> <p><u>Vegetables can be changed to what you prefer</u> Container to take home in</p>
<p><u>7. Goujons</u></p> <p>3 slices of bread (wholemeal if possible) 1tsp herbs 1 tsp grated parmesan - optional Black pepper 1 tbsp plain flour 2 egg 250g fish (salmon or cod) or chicken fillet or quorn</p> <p>Container to take home in</p>	<p><u>8. Fruit Muffins</u></p> <p>250g self raising flour 2 tbsp baking powder 100g caster sugar 230ml semi skimmed milk 1 egg 60ml oil 150g canned fruit, drained or dried, fresh fruit (banana, blueberries, raspberries etc) 12 muffin cases</p> <p>Large container to carry home 12 muffins</p>