

<p>Year 7 Ingredients listsYear 7 Recipe book All ingredients in red text can be provided by school</p>	<p><i>Recipes and dates can be found on google classroom and the Gillotts website.</i></p>
<p>1. Knife skills</p>	<p>2. Vegetable crudites and salsa vegetable crudites and salsa recipe</p>
<p>Pulis will learn how to use a knife precisely and safely</p> <p>2 carrots 1 onion</p> <p><i>Small food bag to carry home in</i></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><i>Container for crudites and container for salsa</i></p>
<p>3. Pancakes Pancakes recipe</p>	<p>4. Bread rolls Bread roll recipe</p>
<p>100g plain flour Large pinch of salt 1 egg 250ml milk 1 tablespoon melted butter</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 Container to take home in</p>
<p>5. Macaroni Cheese Macaroni Cheese recipe</p>	<p>6. Jam tarts Jam Tarts Recipe</p>
<p>100g macaroni pasta 100g cheddar cheese 1 tomato 25g margarine/butter 25g plain flour 250ml semi skimmed milk Black pepper Oven proof Container to take home in (small tin foil tray or ceramic dish)</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>7. Stir fry vegetable stir fry recipe</p>	<p>8. Goujons chicken or fish goujons recipe</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 choy or bean sprouts or any greens 1 tbsp oil 1 tbsp soy sauce Container to take home in</p>	<p>3 slices of bread (wholemeal if possible) 1tsp herbs 1 tsp grated parmesan - optional Black pepper 1 tbsp plain flour 2 eggs 250g fish (salmon or cod) or chicken fillet or quorn</p> <p>Container to take home in</p>
<p>9. Fruit Muffins Fruit Muffins recipe</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>	