

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 Calzone recipe 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. Nandos spicy rice Nando's spicy rice Recipe 1 tablespoon olive oil 1 small onion 1 small red pepper ½ teaspoon chilli flakes 1 teaspoon turmeric 1 teaspoon smoked paprika 300g long grain rice stock cube - chicken or vegetable Salt and pepper to taste 100g frozen peas Optional: cooked peri peri chicken or similar Container to take home in
3. Enchiladas Enchiladas recipe 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)	4. Group work - cooking methods - potatoes <ul style="list-style-type: none"> • Rostis • Baked chips/wedges • Mashed potato All ingredients supplied by school
5. Ready steady cook - group work	6a. Curry - Spinach, potato and chickpea Spinach, potato and chickpea curry recipe (Choose this curry or 6b, 6c choice)
Students will work in teams to create a main meal using the ingredients supplied All ingredients supplied by school	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 Flat bread recipe if chosen: Flatbread recipe

<p>6b. Chicken curry Simple chicken curry recipe</p>	<p>6c. chicken and spinach curry chicken and spinach curry</p>
<p>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</p> <p>Container to take home in</p>	<p>Vegetable oil 1 onion 3 chicken breasts, cubed 1 tin chopped tomatoes 1 tin chickpeas 1 tin full fat coconut milk 3 heaped tsps hot curry powder Salt and pepper 1 onion, finely diced 2 red romano peppers 1 large clove garlic 1 bag ready washed spinach Container to take home in</p>
<p>7. Ravioli Ravioli recipe</p>	<p>8. Lasagne Lasagne recipe</p>
<p>200g '00' pasta flour or plain flour 2 eggs</p> <p>Filling: ½ tub flavoured cream cheese</p> <p>Optional: fresh herbs, cooked meats, pepper</p> <p>Container to take home in</p>	<p>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</p>
<p>9. Key lime pie Key lime pie recipe</p>	<p>10. Food styling practice - desserts</p>
<p>Biscuit base: 50g butter 120g digestive biscuits</p> <p>Topping: 2 eggs 1 tin (400g) condensed milk 2 limes 50g caster sugar Fan dish or round foil tray</p>	<p>All ingredients supplied by school</p>
<p>11. Show stopper Swiss roll Patterned Swiss roll recipe</p>	
<p>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</p> <p>Presentation: this will be decided by the students before the lesson. large container to carry home in</p>	