










Year 9 Ingredients lists  Year 9 Recipe book 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	2. Pasta Dish  Chicken Arrabatia and pasta
250g packet bread mix or 250g bread flour, 7g yeast 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	1 onion 1 clove garlic 1 chicken breast or tofu 1 tsp oil 1 tin tomatoes 1 tbsp tomato puree 1 chilli mixed herbs, paprika or chilli flakes for more heat! 200g pasta 1 stock cube Container to take home in
3. Enchiladas - serves 4, can be scaled down  Enchilladas recipe	4. Group work - cooking methods - potatoes
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)	<ul style="list-style-type: none"> ● Rostis ● Baked chips/wedges ● Mashed potato  Oven baked chips recipe  Potato rostis recipe  Mashed potato recipe All ingredients supplied by school
5. Ready steady cook - group work	6a. Curry - Spinach, potato and chickpea (Choose this curry or 6b, 6c choice)  Spinach, potato and chickpea curry recipe
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 ready peeled and diced 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

6b. Thai green Chicken curry <input type="checkbox"/> Thai green chicken curry recipe	6c. chicken and spinach curry <input type="checkbox"/> chicken and spinach curry
<p>1 x 10ml spoon oil 3 spring onions 1 clove of garlic 80g sugar snap peas 1 small chicken breast 2 x 15ml Thai green curry paste 200ml coconut milk (reduced fat) 1/2 lime Small bunch of coriander</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</p> <p>Container to take home in</p>
7. Ravioli <input type="checkbox"/> Ravioli recipe	8. Chocolate mousse <input type="checkbox"/> Chocolate mousse
<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>100g milk or dark cooking chocolate 2 eggs, separated 150ml double cream 1 tbsp orange juice and zest if wanted</p> <p>Container to take home in - 4 small dishes or 1 larger one</p>
9. Key lime pie <input type="checkbox"/> Key lime pie recipe	10. Swiss roll <input type="checkbox"/> Swiss roll recipe
<p>Biscuit base: 50g butter 120g digestive biscuits</p> <p>Topping: 2 eggs 1 tin (400g) condensed milk 2 limes 50g caster sugar</p> <p>Fan dish or round foil tray</p>	<p>75g caster sugar 3 eggs 75g self raising flour Drop of vanilla essence</p> <p>(50g SR flour, 25g cocoa powder for chocolate swiss roll)</p> <p>Filling 100g jam, lemon curd or chocolate spread.</p> <p>Caster sugar to sprinkle on top</p> <p>large container to carry home in</p>
Christmas practical <input type="checkbox"/> Chocolate puff pastry Christmas tree	
<p>2 x 320g ready rolled puff pastry sheets 4 tbsp chocolate spread 1 egg Icing sugar to dust</p> <p>large container to carry home in</p>	