Year 7 Ingredients lists Year 7 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. Knife skills	**2. Vegetable crudites and salsa** vegetable crudites and salsa rec
Pupils will learn how to use a knife precisely and safely 2 carrots 1 onion ***Small food bag to carry home in***	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 ***Container for crudites and container for salsa***
3. Pancakes Pancakes recipe	**4. Bread rolls** Bread roll recipe
100g plain flour Large pinch of salt 1 egg 250ml milk 1 tablespoon melted butter	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***
5. Macaroni Cheese Macaroni Cheese recipe	**6. Jam tarts** Jam Tarts Recipe
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)***	150g plain flour 75g hard, cold butter 1/2 tsp sugar Jam or lemon curd for the filling ***Container to take home in***
7. Stir fry vegetable stir fry recipe	**8. Goujons** chicken or fish goujons recipe
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 or any greens 1 tbsp oil 1 tbsp soy sauce ***Container to take home in***	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 ***Container to take home in***
9. Fruit Muffins Fruit Muffins recipe	**10. Seasonal recipe**
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 ***Large container to carry home 12 muffins***	This will be posted on google classroom depending on the time of year but will be based on: **Rotation 1 groups = a christmas recipe** **Rotation 2 groups = an easter recipe**