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| **Yr 8 INGREDIENTS LIST 2018-19** |

Please remember an airtight container to take your food products home in.

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| **MACARONI CHEESE** | **CHILLI-CON-CARNE** |
| **Date of practical** | **Date of practical** |
| AMOUNT | INGREDIENT | AMOUNT | INGREDIENT |
| 75g | Pasta shapes | 250g | Minced beef |
| 25g | Butter | 1 | Onion |
| 375ml | Milk | 2 | Cloves of garlic |
| 25g | Plain flour | 1tbsp | Oil |
| 50g | Grated cheese | 1 | Medium carrot |
|  |  | 1 | Medium Courgette |
|  |  | 1tbsp | Tomato puree |
|  |  | ½  | Beef stock cube |
|  |  | 1 | Small tin of kidney beans |
|  |  | 1 Jar | Passata or tinned tomatoes (450g) |
|  | 1 | Red or green chili |
| Possible Extras | Possible Extras |
| **CARROT CAKE** | **BEETROOT AND CHOCOLATE CAKE** |
| **Date of practical** | **Date of practical** |
| AMOUNT | INGREDIENT | AMOUNT | INGREDIENT |
| 175g | Light muscovado sugar | 200g | Self-raising flour |
| 175ml  | Sunflower oil | 50g | Cocoa Powder |
| 3 | Large Eggs | 100g | Butter |
| 140g | Grated carrot (3 med carrots) | 100ml | Milk |
| 100g | Raisins | 3 | Large eggs |
| 175g | Self-raising flour | 1tsp | Bicarb of soda |
| 1 tsp | Ground Cinnamon | 250g  | Sweet potato finely grated |
| ½ tsp  | Grated nutmeg | 1 | Large very ripe banana |
| 1 | Grated orange zest | 100g | Icing sugar |
| 100g | Icing sugar | 200g | Full-fat cream cheese |
| 200g | Full-fat cream cheese |  |  |
| Possible Extras | Possible Extras |
| **Please remember air-tight containers to take products home in.****Any problems with ingredients please call The Academy on 812221 Ext 303** |