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| **YR 9 INGREDIENTS LIST 2018-19** |

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

**Date of practical……………………………………….**

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| **LASAGNE** | |
| Meat Sauce | |
| AMOUNT | INGREDIENT |
| 2 tbsp | Oil for frying |
| 150g | Minced beef |
| 1 | Clove of garlic |
| 1 | Onion |
| 1/2 | Beef oxo cube |
| 1/2 jar or I tin | Passata or tinned tomatoes |
| 1 tbsp | Tomato puree |
| 1 | Pepper |
| 1pack | Lasagne sheets |
| 100g | Mushrooms(optional) |
| Extras: | |
| Bechamel Sauce | |
| 25g | Butter |
| 25g | Plain flour |
| 300ml | Milk |
| 75g | Grated cheese |

**Date of practical……………………………………….**

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| **BREAD ROLLS AND PIZZA** | |
| AMOUNT | INGREDIENT |
| 550g | Strong Bread Flour |
| 1.5 tsp | Salt |
| 7g | Fast action yeast |
| 2 tbsp | Oil |
| 1 tsp | Sugar |
| 300ml | Warm water (school) |
| **Extra flavours** – add olives, sundried tomatoes, herbs, garlic, | |
| Pizza Toppings | |
| 3 tbsp | Tomato Puree or 4 fresh tomatoes |
| 100g | Grated Cheese |
| 75-100g Extras – pepperoni, mushrooms, ham, pineapple, tuna, sweetcorn, peppers etc | |
| **You will need to bring a baking sheet to bake your pizza on and carry home** | |

**Date of practical……………………………………….**

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| **GREEN THAI CHICKEN CURRY** | |
| AMOUNT | INGREDIENT |
| 200G1 | Chicken Breast |
| 1can | Coconut milk |
| 2 tbsp | Oil |
| 200g | Oriental mushrooms |
| 100g | Mange tout, green beans or pepper |
| 1 handful | Fresh thai basil or basil |
| 1tbsp | Fish sauce |
| 2-3 | Kaffir lime leaves |
| 1 tsp | sugar |
| ½ | Chicken stock cube |
| 2 tbsp | Green Thai Curry Paste |
| Noodles, rice or courgetti | |
| If you want to make your own paste then please see teacher for a recipe or source your own | |

Any problems with ingredients please contact the school on 812221 (ex303)