

Year 7 Recipes

Fruit and Nut Triangles

- 200g oat biscuits e.g.: Hob Nobs
- 75g butter
- 2 tbsp. cocoa
- 3 tbsp. golden syrup
- Choose 2 or 3 of the following.
- 50g dried fruit or nuts

Savoury Scones

- 200g self raising flour
- 50g butter
- 125ml milk
- 75g grated cheese
- Optional: chilli powder, dried herbs, olives, garlic, sundried tomatoes

Sweet Scones

- 200g self raising flour
- 50g butter
- 125ml milk
- 50g caster sugar
- Optional: 75g dried fruit

Flapjack

- 125g butter
- 175g oats
- 75g dried fruit
- 2tbsp golden syrup
- 75g brown sugar

Stuffed Vegetables

- 3 flat mushrooms OR 2 pepper OR 2 large tomatoes
- 1 vegetable stock cube
- 2 tbsp. cream cheese
- 75g cous cous
- 1 slice bread
- 3 spring onions
- 1 small tin sweetcorn
- 50g cheese

Fairy Cakes

- 120g butter
- 120g caster sugar
- 120g self raising flour
- 2 eggs
- Optional: 75g dried fruit or chocolate chips

Cheese and Onion Quiche

- 300g flour
- 150g butter
- 3 eggs
- 200ml double cream
- 1 onion
- 150g grated cheese

Year 8 Recipes

Spaghetti Bolognese

- 250g minced beef/alternative
- 1 onion
- 1 tin of chopped tomatoes
- 2 tbsp. tomato puree
- 1 beef stock cube
- Optional: basil, mushrooms, pepper

Chilli Con Carne

- 250g minced beef/alternative
- 1 onion
- 1 chilli/chilli powder
- 1 tin of chopped tomatoes
- 2 tbsp. tomato puree
- 1 beef stock cube
- 1 tin of kidney beans

Oven Baked Risotto

- 1 onion
- 6 rashers of bacon
- 200g Arborio/risotto rice
- 2 vegetable stock cubes
- 100g peas
- Half a packet of cherry tomatoes
- 20g butter
- 50g parmesan/cheddar chees

Pizza

- 400g strong bread flour
- 7g/1 sachet yeast
- 1 tsp. sugar
- 1 tsp. salt
- Half tube of tomato puree or BBQ sauce
- 150g grated cheese
- Optional: toppings of your choice—pepperoni, sweetcorn, pepper, ham, pineapple

Fruit and Cinnamon Soda

Bread

- 50g oats
- 15g butter
- 200g plain flour
- 50g caster sugar
- 2 tsp mixed spice
- 1 tsp bicarbonate soda
- 150g dried fruit—raisins, currants, cherries, mixed peel
- 280ml buttermilk/soured cream

Muffins

- 200g self raising flour
- 100g caster sugar
- 1 egg
- 120ml milk
- 4 tbsp. vegetable oil
- Optional: 100g cherries, chocolate chips, banana, blueberries

Year 9 Recipes

Sweet and Sour

- 2 tbsp. vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 2 tbsp. tomato ketchup/puree
- 1 small tin of pineapple in juice
- 250g chicken breast/thighs, prawns, alternatives
- 1 carrot
- 1 pepper

Thai Curry

- 3 tbsp. Thai red/green curry paste
- 1 can of coconut milk
- 1 tsp. fish sauce (optional)
- 25g fresh ginger
- 250g chicken breast/thighs, prawns, alternatives
- 1 onion
- 50g mange tout/sugar snap peas
- 1 courgette

Indian Curry

- 2 tbsp. Indian curry powder
- 1 tsp. mango chutney
- 200ml double cream
- 1 small tin of pineapple in juice
- 25g fresh ginger
- 250g chicken breast/thighs, prawns, alternatives
- 1 onion
- 1 pepper

Spring Rolls

- 1 packet of filo pastry sheets
- 100g beansprouts
- 1 carrot
- 1 bunch of spring onions
- 2 pak choi
- Optional: 150g prawns/cooked chicken
- 3 tbsp. soy sauce
- 1 egg

Samosas

- 1 packet of filo pastry sheets
- 300g potatoes
- 1 onion
- 50g peas
- 2-3 tsp curry powder
- 1 egg

Swiss Roll

- 3 eggs
- 75g caster sugar
- 75g self raising flour
- Half a jar of lemon curd/jam/chocolate spread