

Year 8 Shopping List

Lesson		
1	Health and Safety Equipment	No ingredients needed A 60p contribution will be asked for to provide oil, salt, pepper etc throughout the year.
2	Risotto Or Savoury Rice	150g mushrooms, 1 onion, 2 cloves garlic, 250g risotto rice, Stock cube, 15ml spoon parmesan, grated, 10ml spoon thyme OR 1 onion, 3 mushrooms, 1/2 pepper, 1 tomato, 150g long grain rice, Stock cube, 50g peas, 10ml spoon curry powder
3	Spaghetti Bolognese Or Veggie Lasagne	1 onion, 1 clove garlic, 1 carrot, 1 celery stick, 250g minced beef, 400g canned chopped tomatoes, 15ml spoon tomato puree, 5ml spoon mixed herbs, 150g spaghetti OR 1 onion, 1 garlic clove, 1 carrot, 2 celery sticks, 100g green lentils, 10ml spoon oil, 400g canned chopped tomatoes, 5ml spoon mixed herbs, 15ml spoon tomato puree, 200ml creme fraiche, 25g parmesan, grated, 50ml semi-skimmed milk, 6 lasagne sheets
4	Sweet and Sour Or Beef with Green Peppers	1 chicken breast, 1 onion, 1 can pineapple chunks in juice, 2 tbsp sugar, 2 tbsp vinegar, 1 tbsp soy sauce, 1 tbsp tomato puree, 1 tbsp cornflour OR 150g Lean strips/cubes of beef, 1 onion, 1 pepper, 1 tbsp cornflour, 1 tbsp soy sauce, 1 stock cube, 1 tbsp brown sugar
5	Chicken Fajitas Or Veggie Fajitas	1/2 lime, 1/2 chilli, 1 clove garlic, 15ml spoon coriander, 1 chicken breast (optional), 1/2 onion, 1/2 pepper, 2 tortillas, 1 tomato, 3 mushrooms, 25g Cheddar cheese, 15ml spoon guacamole (or salsa), optional
6	Pizza	350g strong bread flour (plus 25g–50g extra for kneading), 1 sachet 'quick acting' yeast, 25g marg/butter, 1 - 2 tablespoons tomato puree thinned down to ketchup consistency with water or pizza topping, 100g grated cheese, other suitable toppings
7	Chicken Tikka Masala Or Veg Jalfreezi	1 lemon, 2 tsp garam masala, stock cube, can chopped tomatoes, 1 tsp turmeric, 2 garlic cloves, 1cm ginger, 1 onion, 2 tbsp yoghurt, 2 tbsp tandoori paste, 1 chicken breast OR 2 red onion, jalfreezi curry paste, stock cube, 1 cauliflower floret, 1 can passata, 1 pepper, 1 can chickpeas, 100g yoghurt, 1 chilli
8	Thai Green Curry Or Pad Thai	1 garlic clove, 3 spring onions, 80g sugarsnap peas, 1 chicken breast, 2 tbsp thai curry paste, 200ml coconut milk, lime, pinch coriander OR 100g noodles, 2 eggs, 2 garlic cloves, 200g prawns, 100g bean sprouts, 2 spring onions, 3tbsp fish sauce, 1 tbsp ketchup, lime, 1tbsp brown sugar
9	Paella	1 onion, 1 clove of garlic, 1 pepper 2 tbsp peas, 2 sticks celery, 1 tsp tumeric or smoked paprika, 150-200g long grain or risotto rice, 1 chicken breast, 100g prawns, 1 chorizo sausage (or bacon), 1 stock cube OR 25g butter, 1 onion, 150g risotto rice, 1 tsp ground turmeric, 1 tsp ground cumin, 1/2 tsp chilli powder, 3 garlic cloves, 1 chilli, 1 pepper, 75g baby corn cobs, 1 large tomato, 1 stock cube, 75g unsalted cashew nuts, 25g frozen peas, 2 tbs chopped parsley
10	Chickpea Burgers Or Fish Cakes	400g can chickpeas, 1 lemon, 1 tsp ground cumin, Small bunch coriander, 1 egg, 100g fresh breadcrumbs, 1 onion, 4 small wholemeal buns, 1 large tomato, 1/2 cucumber OR 350g potatoes, 200g fish fillet or tinned fish, 25g butter, 1 egg, Small bunch parsley, 200g dried breadcrumbs or stale bread grated



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11	Chicken Goujons or Fish Fingers	100g dried breadcrumbs, 1tbsp cayenne pepper, 2 fillets chicken breast, 100g flour, 50g vegetable oil, 1 egg OR 1 x 5ml spoon mixed herbs, 3 x 15ml breadcrumbs, 1 salmon fillet or haddock fillet, skinned 50g plain flour 2 x 15ml spoon, low fat plain yogurt
12	Koftas or Vegetable Kebabs	1 small onion, ½ red chilli, 200g lamb mince, 1 clove of garlic, Fresh herbs: parsley, mint and coriander, 1 x 5ml cumin OR 1 courgette 1 yellow pepper 8 cherry tomatoes 8 button mushrooms For the marinade 2 x 5ml spoons of soy sauce 2 x 5ml spoons oil 2 x 5ml spoons honey ½ x 5ml spoon of mixed herbs Try using other vegetables such as aubergine, red onion or red pepper.
13	Cheese and Vegetable Frittatas	4 large free-range eggs, 50ml milk or cream, 50-75g grated cheddar, 1 tbsp chopped fresh herbs such as parsley or chives (optional) 10 cherry tomatoes, 1 red pepper, chopped 2 tbsp frozen peas
14	Samosas or Spring Rolls	1 potato, ½ onion, 50g peas, 2 tsp curry powder, 1 packet filo pastry, 50g margarine or butter OR Filo or Samosa pastry, large handful of beansprouts, 1 small onion, 1 carrot, small can of bamboo shoots, Chinese seasoning or paste
15	Chicken Kiev Or Stuffed Peppers	6 garlic cloves, 1 egg, small bunch flat-leaf parsley, 85g breadcrumbs, 2 chicken breasts, 250g soft cheese, herbs OR 2 Red or Green Peppers, 200g Cherry Tomatoes, 1 Clove Garlic, 1 Red Onion, 1 Slice of bread, Fresh Herbs, 1 Ball Mozzarella
16	Calzone	For the dough: 225g plain strong flour, 90ml milk, 1tsp dried yeast, For the filling: 150g mozzarella, 150g cherry tomatoes Optional: Extra fillings eg mushrooms, salami, peppers
17	Scone Challenge Preparation	Pupils will not need ingredients this lesson as it will be a group planning task.
18	Scone Challenge	Pupils will have organised the ingredients in the previous lesson
19	Apple Pie	300g plain flour, plus extra for dusting, 150g cold butter or block margarine, a splash of milk for the filling, 2 large Bramley cooking apple, 3 tablespoons Demerara or muscovado sugar, ½ teaspoon ground ginger, a handful of sultanas or raisins
20	Free Choice	Pupils can choose any previous dish that they have made throughout the year or they can research their own recipe. This should be achievable within an hour lesson.

