

# Year 9 Shopping List

Lesson		
1	<b>Health and Safety Equipment</b>	No ingredients needed  <b>A 1 pound contribution will be asked for in the first practical. We will then provide oil, salt, pepper etc throughout the year.</b>
2	<b>Chicken and Mushroom Pie Or Cheese and Potato Pie</b>	Ready made short crust pastry, 1 chicken breast, 6 mushrooms, 1 garlic clove, 50g butter, 1 tbsp plain flour, 300ml milk, chicken stock, 1 egg <b>OR</b> 120g butter, 200g self raising flour, 25g butter, 2 onions, 250g cheese, 2tbsp milk  <b>Dish to cook and take home in</b>
3	<b>Shepherds Pie Or Fish Pie</b>	250g minced beef or lamb, 1 onion, stock cube, 1 tsp tomato puree, mixed herbs, 4 potatoes, 25g margarine, 2tbsp milk <b>OR</b> 400g white fish, 350ml milk, 35g margarine, 35g flour, 100g cheese, 4 potatoes, 35g margarine, 75ml milk, 1 tomato or parsley  <b>Dish to cook and take home in</b>
4	<b>Mini Quiches</b>	100g plain flour, 50g margarine, ½ small onion, 1 egg, 50g cheese, 100 mls milk  Filling Variations: 2 slices cooked ham 50g finely chopped mushrooms ¼ diced red or green pepper  <b>Container to take home in</b>
5	<b>Casserole</b>	2 sausages, 2 rashers bacon, 1 onion, 1 garlic clove, tsp paprika or chilli powder, 1 can chopped tomatoes, stock cube, 2 tbsp tomato puree, 1 can butter beans/mixed beans, 1tbsp brown sugar, 1 tbsp Worcestershire sauce <b>OR</b> 1 onion, 2 garlic cloves, 1 tsp paprika, 2 carrots, 2 peppers, 1 tin chopped tomatoes, vegetable stock, 2 courgettes, lentils or mixed beans, pinch thyme  <b>Container to take home in</b>
6	<b>Sausagerolls Or Cheese and Onion Rolls</b>	1 garlic clove, handful parsley, 350g sausage meat or sausages, block puff pastry, 1 egg <b>OR</b> 250g cheese, 1 onion, 1 block puff pastry, 1 egg  <b>Container to take home in</b>
7	<b>Intro to desserts</b>	<b>No ingredients needed</b> Pre made sponge needed for next lesson – Recipe to be given out – Can be made at home or lunch time day before in school
8	<b>Cake decorating</b>	One sponge cake pre-made, 1 block white roll out icing, 6 tbsp jam, 2 tbsp icing sugar, extra decorations depending on design  <b>Tin to take home in</b>
9	<b>Cheesecake</b>	10 digestive biscuits, 75g butter, 700g soft cheese, 2 lemons, 200g castor sugar  Fruit alternatives or chocolate/banoffee allowed  <b>Dish to serve and take home in</b>
10	<b>Lemon Meringue Cupcakes</b>	100g butter, 100g sugar, 2 eggs, 100g self raising flour, 1 lemon, 75g lemon curd, 2 egg whites, 100g sugar  <b>12 cupcake cases</b>



# Year 9 Shopping List

Lesson		
11	<b>Chicken Supreme</b>	1 chicken breast, 2 rashers of bacon, 1 onion, 1 clove of garlic, 1 tsp mixed herbs, 1 medium carton of double cream A choice of 2 vegetables : mushrooms, peppers, courgettes, peas, sweetcorn etc. <b>Container to take home</b>
12	<b>Goats Cheese and Chorizo Tarts</b>	50g Button Mushrooms, 4 Cherry Tomatoes, 50g Goats Cheese, ½ 500g pack of Puff Pastry, 50g Broccoli/8 small florets, 50g Chorizo Sausage, 2 Tbsp Milk <b>Container to take home</b>
13	<b>Chilli Pepper and Bean Tortillas</b>	1/2 onion, finely chopped, 1 clove garlic, 1 pepper, 1 small red chilli, ½ x 5ml spoon ground cumin, 1 x 5ml spoon paprika, 1 x 200g (small) can chopped tomatoes, 1 x 200g (small) can red kidney beans, 1 x 15ml spoon tomato puree, Fresh coriander, , 6 tortilla wraps, 50g cheese <b>Container to take home</b>
14	<b>Spaghetti Carbonara</b>	200g dried spaghetti or pasta shapes, 2 rashers bacon, 4 eggs, 100g parmesan cheese, 8 tablespoons double cream, black pepper <b>Container to take home</b>
15	<b>Quick Lasagne or Veggie Lasagne</b>	1 onion, 1 garlic clove, 1 carrot, 2 celery sticks, <b>200g mince or 100g green lentils</b> , 400g canned chopped tomatoes, 1 x 5ml spoon mixed herbs, 15ml spoon tomato puree, 200ml creme fraiche, reduced fat, 25g parmesan, grated, 50ml semi-skimmed milk, Black pepper 6 lasagne sheets <b>Ovenproof dish or foil container to bake in and take home</b>
16	<b>Planning for Two Course Meal Mini Assessment</b>	Pupils will not need ingredients this lesson as they will be preparing for their Two Course Meal
17	<b>Two Course Meal</b>	Pupils will choose two dishes to make; either a starter and main or main and dessert. This should be achievable within the hour lesson.
18	<b>Free Choice</b>	<b>Recipes must be suitable for 1 hour lesson</b>
19	<b>Free Choice</b>	<b>Recipes must be suitable for 1 hour lesson</b>
20	<b>Free Choice</b>	<b>Recipes must be suitable for 1 hour lesson</b>