

# Year 9 Ingredient Sheet

**PLEASE REMEMBER YOU WILL NEED A CONTAINER OR DISH TO TAKE YOUR COOKED FOOD HOME,**

**ALTERNATIVE INGREDIENTS TO LIST CAN BE USED. We do have vegetarian alternatives.**

**NO NUTS OR NUT BASED PRODUCTS CAN BE USED.**

<p style="text-align: center;"><b>Practical 1</b> <b><u>Knife skills</u></b></p> <p>1 green pepper 1 yellow pepper 1 red pepper 2 onions 3 carrots (medium) Handful of mushrooms 2 garlic cloves <b><u>A container to take the cut vegetables home.</u></b> Please see the recipe for the stir fry at the bottom of the sheet to cook at home for homework.</p>	<p style="text-align: center;"><b>Practical 2</b> <b><u>Puff Pastry</u></b></p> <p>250g butter(not soft butter) 250g plain flour Pinch of salt Enough cold water to bind together</p> <p><b><u>Pastry needs to go into the freezer and brought out the night before cooking.</u></b></p>	<p style="text-align: center;"><b>Practical 3</b> <b><u>Own Choice Dish</u></b></p> <p><b><u>Puff Pastry made in Practical 1 - remember to bring it in defrosted</u></b></p> <p><b>Your choice of ingredients with the pastry. Please bring in a container to take your finished dish home in</b></p> <p><b><u>No nuts or Nutella</u></b></p>
<p style="text-align: center;"><b>Practical 4</b> <b><u>Vegetarian Chilli</u></b></p> <p>250g Quorn mince (Beef mince if preferred) 1 Onion 1 Red Pepper 1 Yellow or Green pepper 1 Clove Garlic 1 x 15ml Oil 2 tsp Chilli Powder 400g Can Chopped Tomatoes 410g Can Kidney Beans drained 4 Tbsp Tomato Puree <b><u>Container to take it home in</u></b></p>	<p style="text-align: center;"><b>Practical 5</b> <b><u>Vanilla Cheesecake</u></b></p> <p>250g Digestive Biscuits 100g Butter 2 tsp Vanilla Extract 400g Soft Cheese 80g Icing Sugar 200ml Double Cream (not Elmlea cream) Decorations of own choice <b><u>No nuts or Nutella</u></b> <b><u>Deep Cake Tin</u></b> <b><u>Needs to be refrigerated the cheesecake and will last for up to 3 days.</u></b></p>	<p style="text-align: center;"><b>Practical 6</b> <b><u>Chicken Roulade</u></b></p> <p>2 Chicken Breasts Slices of parma or thin ham Small handful Spinach leaves 25g Pine Kernels (optional) Food Freezer Bag with name on</p> <p><b><u>Container to take it home in</u></b></p> <p><b><u>Can be reheated once. Microwave 3 minutes in the clingfilm or takeout of cling film and put into the oven for 15/20 min.</u></b></p>
<p style="text-align: center;"><b>Practical 7</b> <b><u>Custard</u></b></p> <p>280ml Double Cream 50g Golden Caster Sugar 1 tsp Vanilla Extract 140 ml Milk 1 tbs Cornflour or 15g 2 Egg Yolks - separated at home 1 Readymade Pastry Case or make your own Toppings Optional Fruit/ Chocolate to drizzle/ cinnamon</p> <p><b><u>Container to take it home in</u></b> <b><u>Refrigerate the custard tart</u></b></p>	<p style="text-align: center;"><b>Practical 8</b> <b><u>Pasta Bake</u></b></p> <p>1 Pepper 2 Garlic Cloves 250g Mushrooms 1 Carton Passata 2 tsp Mixed Herbs 1 Large Courgette 250g Penne Pasta 150g Cheddar Cheese -grated Optional - <b><u>cooked meat</u></b> <b><u>You can adapt the recipe to suit your taste.</u></b></p> <p><b><u>Container to take it home in</u></b> <b><u>Please put it into+ the fridge when taken home.</u></b></p>	<p style="text-align: center;"><b>Practical 9</b> <b><u>Pizza</u></b></p> <p>200g plain flour, plus extra to dust 1 x 7g sachet fast action dried yeast 1/2 tsp fine sea salt 1/2 tsp caster sugar 1 tbsp olive oil, plus extra to drizzle 50g plain flour for rolling out. Tomato puree Cheese of your own choice Toppings of your own choice</p> <p><b><u>Container to take it home in</u></b></p>
<p style="text-align: center;"><b>Practical 10</b> <b><u>Chocolate Mousse</u></b></p> <p><b><u>Container to take it home in</u></b> 150g Dark Chocolate 4 egg whites - <b><u>separated at home</u></b> 2 tbsp Golden Caster Sugar Own Choice for decorations <b><u>4 small plastic cups or yoghurt pots (OPTIONAL)</u></b> <b><u>Will need to be refrigerated the mousse for up to 3 days</u></b></p>	<p><b>Recipe for the stir fry for practical 1 homework to be completed.</b> <b><u>Noodles, peas and soy sauce is extra.</u></b></p> <p>Heat the oil in a wok. Put into the wok the garlic and onions. Stir fry for about a minute then add carrots, mushrooms and peppers and cook for 5 minutes. Add the</p>	<p>noodles and peas and drizzle over a tablespoon of water. Cover the pan and let everything steam for 4 minutes until the carrots are just tender. Add the soy sauce, but that is up to you how much you like in there. serve.</p>