

Year 8 Recipe sheet

1. Bolognese Sauce -

Container with lid

200g minced meat/meat substitute
1 x tin chopped tomatoes
1 chopped onion
2 tbsp tomato puree
1 clove garlic
1 stock cube
100g mushrooms
1 tsp mixed herbs
1-2 carrots

2. Macaroni Cheese -

Ovenproof dish

75g dried macaroni (or 100g fresh macaroni)
For the cheese sauce:
25g margarine or butter
25g plain flour
300ml milk
75g Cheddar cheese, grated
1 tsp. English mustard
1 tomato thickly sliced

3. Soda Bread-

Foil to wrap

85g plain flour
85g self-raising wholemeal flour
125ml milk
½ tbsp. lemon juice
½ tsp. bicarbonate of soda

4. Chilled lemon flan -

1 x 20cm flan dish/cake tin, foil to cover

Base:

150g crushed digestive biscuits
65g margarine

Filling:

200g pot Greek yoghurt
170g tube condensed milk (not light) **Or** half can condensed milk (not light)
2 lemons
Fresh strawberries/raspberries to decorate

5. Pizza Whirls -

Baking tray, Foil/container

200g strong plain bread flour
25g extra flour for rolling out
125ml warm water
25g margarine
1 sachet easy blend dried yeast
1 teasp mixed herbs
100g tomato puree
100-150g cheddar cheese
1 small onion (finely chopped)

6. Savoury muffins -

Muffin tray

Foil/container to bring home

4 slices bacon
1/2 onion chopped,
1 garlic clove,
125g plain flour
85g Cheddar cheese, grated
1/2 tsp caster sugar
1/2 baking powder
1 egg
115ml milk
30ml oil

Your student will be cooking once a fortnight in the order that it is written on the sheet.

Please remember to bring with you a suitable container or baking tray with a lid or foil to get your product home safely with you.