

YEAR 9 Recipe sheet

1. Chicken Chow Mein-

2 raw chicken breasts
1 clove garlic
1 small carrot
1 medium red pepper
1 onion
2 tsp soy sauce (got in school)
1 tsp cornflour (got in school)
1 chicken stock cube
125ml water (got in school)
100g dried egg noodles/1 packet 'Straight to Wok' noodles

2. Cheesecake -

1 x 8 inch loose-bottomed cake tin

250g digestive biscuits
100g butter or margarine
Few drops vanilla essence
2 x 250g tubs of soft cheese (Philadelphia type)
100g icing sugar
1x 284ml pot of double cream
200g soft fruit eg strawberries/ raspberries or blueberries

Options for free choice

Calzone Pizza-

Baking tray/foil

1x Pizza base mix
1x 200g tin chopped tomatoes
120g Mozzarella cheese (grated)
Fillings of your choice:
Vegetables e.g.
(mushroom, onion, peppers)
Cooked meat e.g.
(Salami, pepperoni, ham)

Fishcakes-

350g potatoes
1 can tuna or salmon
25g butter or margarine
1 egg
Small bunch of parsley or dried parsley
200g dried breadcrumbs or slices of bread

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.

Once they have completed these 2 dishes, they will get to cook 2 free choice dishes on 2 more dates.