

YEAR 9 FOOD INGREDIENTS

Jambalaya

Date:.....

1 chicken breast or 100g quorn pieces
50g Chorizo sausage (optional)
1 clove garlic
150g long grain rice
½ pepper
½ onion
1 stick of celery (optional)
1tbsp oil
1tsp dried herbs
1tsp paprika*
1tsp tabasco sauce*
1 stock cube
400g chopped tomatoes

Container to take home in

OR

Risotto

Date:.....

1 tin tuna
1 clove garlic
150g arborio/risotto rice
165g sweetcorn (small tin)
½ onion
1 stick of celery (optional)
1tbsp oil
1tsp dried herbs
1 stock cube

Container to take home in

OR

Paella

Date:.....

1 chicken breast or 100g quorn pieces
100g prawns (optional)
1 clove garlic
150g long grain rice
½ pepper
½ onion
1tbsp oil
½ tsp paprika*
1tsp mild chilli powder*
1 stock cube
3 fresh tomatoes

Container to take home in

Mini Quiches

Date:.....

100g Plain Flour (plus extra for rolling)
50g or butter (not margarine)
1 egg
100ml milk
½ small onion
20g cheese

Container to take home in

Introduction of Rotary Club Competiton.

Date:.....

No practical

Own Choice practical

Date:.....

Showcase skills from year 7, 8 and 9

Own Choice practical

Date:.....

Own choice practical for competition.

*** Can be provided by school if they are not in the cupboard at home.**