

YEAR 8 FOOD INGREDIENTS

Cheese and Herb Scones

Date:.....

225g Self raising flour
½ tsp baking powder*
¼ tsp cayenne pepper*
50g cheddar cheese (not pre-grated)
½ tsp mixed dried herbs
50g butter or margarine
150ml Milk

Container to take home in

Risotto

Date:.....

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

Container to take home in

Bolognese

Date:.....

1 Onion
1 Carrot
1 Stick of Celery
1 Clove of Garlic
400g Minced Beef or Veggie Mince
1 Can of Chopped Tomatoes or passata
4 Mushrooms
Pinch of Salt and Pepper*
2 Tbsp Tomato Puree
1 Beef or Vegetable stock cube
1 Tbsp Dried Herbs

Container to take home in

Macaroni Cheese

Date:.....

175g Pasta
50g Butter or Margarine
50g Plain Flour
500ml Milk
100g Cheese (not pre-grated)
1 Tomato

Ovenproof dish

Potato Topped Beef

Date:.....

500g Mince (beef, lamb, soya etc)
1 medium onion
1 stock cube
1 can baked beans
500g potatoes
30g butter
30g Cheese (not pre-grated)
Salt and pepper*

Oven proof dish

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