





<p>Recipe 1 You will need a container to take home your food</p> <p>Cous Cous Salad 1 stock cube 200g couscous 2 spring onions ½pepper ¼ cucumber 2 medium tomatoes 1 tbspn raisins</p> <p>Challenge – Add a cooked protein to your dish; ham, chicken, tuna, beans etc or bring in more vegetables</p>	<p>Recipe 2 You will need a container to take this home.</p> <p>Bread using yeast 250g strong white flour 1 x level 5tspn salt 1 sachet of quick acting dried yeast 150ml warm water 1 x tbspn oil</p> <p>Challenge Why not bring brown or wholemeal flour</p>	<p>Recipe 3 You will need a container to take home your food</p> <p>Savoury rice 1 onion 3 mushrooms ½ red pepper 1 tomato 1 tbspn oil 150g long grain rice 550ml water, boiling 1 stock cube 50g peas 1 tbspn curry powder</p> <p>Challenge – Add a cooked protein to your dish; ham, chicken, tuna, beans etc or bring in more vegetables</p>	<p>Recipe 4 You will need a container to take home your food</p> <p>Basic beef burger recipe 200g lean beef mince/keema 1 red onion ½ small egg Black pepper Flour, for dusting</p> <p>Challenge – Change the beef for chicken or lamb. Add some extra vegetables or flavours Rosemary goes with lamb, Sage, tarragon or thyme go with chicken. Add curry powder or chillies to the beef.</p>	<p>Recipe 5 You will need a container to take this home.</p> <p>Chicken curry 2x chicken breast or boneless thighs 1 x stock cube 4 x fresh tomatoes (large) 1 tablespoon tomato puree 1 table spoon curry powder 1 x onion</p> <p>Challenge – Add some vegetables to your scurry; 3 mushrooms, ½ pepper or make your own curry powder</p>
<p>Recipe 6 You will need a container to take home your food</p> <p>Chicken kebabs 1 garlic clove 1 lemon 2 chicken breast or 4 boneless chicken thighs 100ml Greek yogurt 1 x dessert spoon ground turmeric 1 x teaspoon English mustard powder Black pepper 10-12 small cherry tomatoes ½ yellow pepper ½ green pepper</p> <p>Challenge Change the foods in bold for other herbs and spices</p>	<p>Recipe 7 100g macaroni or any other pasta 100g Cheddar cheese 1 tomato 25g butter or soft spread 25g plain flour 250ml semi-skimmed milk Black pepper</p> <p>Challenge Add a cooked protein like tuna, ham, bacon, sausage. Add some vegetables; mushrooms, onion, peppers</p>	<p>Recipe 8 – You will need a container to take this home.</p> <p>Bread based pizza 250g strong bread flour teaspoon salt packet dried yeast 2 x table spoon tomato puree 1x vegetable 1 X cooked protein 100g grated cheese 1 x tablespoon oil</p> <p>Challenge Why not bring brown or wholemeal bread flour</p> <p>Add more vegetables, mushrooms, tomatoes, peppers, chillies, sweetcorn,</p>	<p>Recipe 9 You will need a container to take this home.</p> <p>Fairy Cakes 100g self raising flour 100g caster sugar 100g soft butter or margarine 2 eggs</p> <p>Challenge Replace 20g flour with cocoa powder for chocolate buns. Add 25g dried fruit Add teaspoon of either cinnamon, mixed specie or ginger.</p>	<p>Week commencing</p> <p> 19th September to 17th October</p> <p> 9^h January to 13th February</p> <p> 17th April 22nd May</p> <p> SMITHILLS SCHOOL</p>

Year 8 – Recipes 2022/2023

Instructions

1. You will need a container with your name and form to take home your food.
2. You will have 2 weeks to complete your homework. This will be based on a the topic of the half term during your theory block of lessons and form the basis of an assessment at the end of the school year.
3. You need to weigh out your ingredients BEFORE the lesson.
4. This sheet will be added onto find my homework/ teams and be displayed outside the food room.
5. If you are off it is **YOUR** responsibility to find out which lesson we are up to.
6. You can contact me by email anytime for help or assistance:
j.scrivens@smithillsschool.net