

YEAR 10 RECIPE SHEET

30 th September ORANGE WEEK FRIDAY	3 RD October GREEN WEEK MONDAY	14 th October ORANGE WEEK FRIDAY	17 th October GREEN WEEK MONDAY	4 th November ORANGE WEEK FRIDAY	7 th November GREEN WEEK ORANGE WEEK
<p><u>Meat balls & tomato sauce</u> <i>Ingredients – serves 2</i> 250g beef mince/ keema 80g cheese (optional) 2 garlic cloves ½tsp dried chilli flakes 2tbs tomato puree 1 egg 1 onion 20g fresh basil leaves 1 stock cube made up to 200ml 1 x 400g can chopped tomatoes</p>	<p><u>Victoria sponge</u> <u>Ingredients</u> 200g self raising flour 200g soft butter 200g caster sugar 4 eggs Jam NB: Can flavour the sponge if you like with orange, lemon for example NB:</p>	<p><u>Quiche</u> <u>Ingredients</u> 120g plain flour 30g butter or block margarine 30g White Vegetable fat (Trex) or 20p to buy from your teacher 2-3 tablespoons cold water 1-2 vegetables chopped small 1 cooked protein (ham, chicken, tuna etc) 2 eggs 125ml semi-skimmed milk 50g cheese, e.g. Mozzarella, Gruyere, Cheddar, Stilton Black pepper</p>	<p><u>quick flaky pastry</u> <u>Sausage rolls</u> <u>Ingredients</u> 75g BLOCK butter FROZEN 110g plain flour a SMALL amount of water to help bind together. 200g sausage meat / sausages</p>	<p><u>Chelsea buns</u> <u>Ingredients For the dough</u> 450g strong white flour , plus extra for dusting 2 x 7g sachets fast-action yeast 50g golden caster sugar 150ml warm milk 1 egg , beaten 50g unsalted butter , melted, plus extra for greasing oil , for greasing <u>For the filling</u> 25g softened butter , plus extra for greasing 100g currants 50g sultanas , roughly chopped</p>	<p><u>Cauliflower cheese</u> <u>Ingredients</u> large cauliflower (leaves cut off), can also bring broccoli or mixture. broken into pieces 250ml milk 25g flour 25g butter 100g strong cheddar, grated 2-3 tbs breadcrumbs (optional)</p>