**Recipe 1**
You will need a jam Jar/ container to layer up your salad.
**Layered salad**
¼ Lettuce
1 Tomatoes
¼ Cucumber
2 tbspn sweetcorn
½ Pepper – any colour
2 Raddish
½ Onion – any type; red, white spring
1 egg
**Challenge –**
Add a cooked protein to your dish; ham, chicken, tuna, beans etc

**Recipe 2**
You will need a container to take home your fruit salad.
**Fruit Salad**
1 Apple
1 Orange
1 Banana
1 Pear
½ Pineapple
150 - 200ml pure orange/apple juice (not cordial)
**Challenge –**
Can you bring a different type of fruit? Kumquat, kiwi, lychee, plum, mango etc

**Recipe 3**
You will need a container to take home your food.
**Pizza Toast**
½ yellow pepper
1 spring onion
1 mushroom
30g cheddar cheese
2 slices bread (2 x teaspoons tomato pizza sauce
½ x tea spoon mixed herbs
**Challenge -**
Bring a bagel or a piece of French stick sliced in half
Change the vegetables.

**Recipe 4**
You will need a container to take home your food.
**Tomato Sauce**
1 onion
1 400g tin tomatoes
1 tspn oregano
1 tspn oil

**Challenge-**
Add some vegetables to make your sauce healthier; carrots, mushrooms, peppers etc

**Recipe 5**
You will need a container to take this home.
**Chilli**
1 tin tomatoes
400g tin beans; baked or kidney
250g mince/keema
½ onion
1 tspn chilli powder.
**Challenge –**
Try a different type of beans in your dish, add vegetable or use a fresh chilli.

**Recipe 6**
You will need a container to take this home.
**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

**Challenge –**
Add some vegetables to your scurry; 3 mushrooms, ½ pepper or make your own curry powder

**Recipe 7**
You will need a container to take this home.
**Scones**
250g self raising flour
40g Butter or Block margarine
125ml milk
25g sugar

**Challenge -**
Add 75g currants, raisins, cherries or other dried fruit. **Or** add 75g cheese and no sugar.

**Recipe 8**
You will need a container to take this home.
**Scone based pizza**
150g self raising flour
25g butter
1 egg
50ml milk semi-skimmed
2 tbspn tomato puree
50g cheese
**Challenge-**
Add some cooked protein; ham, chicken, tuna and or some vegetables; mushroom, pepper, sweetcorn, onion

**Recipe 9**
You will need a container to take this home.
**Marble pear tray bake**
100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 x tablespoon coca powder
1 x teaspoon baking powder
½ pear (fresh or tinned)

**Week commencing**

31st October 2022 to 16th December 2022

27th February 2023 to 31st March 2022

5th June 2023 – 14th July 2023

SMITHILLS SCHOOL

**Year 7 – 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**

**Recipe 1**
Various v egetables to practice cutting skills.
**Dippy Divers**
½ Carrot
½ Cucumber (small)
¼ Peppers
1 Tbspn Mayonnaise
1 clov e garlic
**Challenge -**
Alter the flav our by bringing in a flav our of your choice; curry powder, mango chutney, herbs, harrisa paste, chipotle paste etc
**NEEDED FOR:**

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**Layered salad**
¼ Lettuce
1 Tomatoes
¼ Cucumber
2 tbspn sweetcorn
½ Pepper – any colour
2 Raddish
½ Onion – any type; red, white spring
1 egg
**Challenge –**
Add a cooked protein to your dish; ham, chicken, tuna, beans etc
**NEEDED FOR:**

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**Fruit Salad**
1 Apple
1 Orange
1 Banana
1 Pear
½ Pineapple
150 - 200ml pure orange/apple juice (not cordial)
**Challenge –**
Can you bring a different type of fruit?
Kumquat, kiwi, lychee, plum, mango etc
**NEEDED FOR:**

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**NEEDED FOR:**

**Recipe 4**
ThiYOU WILL NEED A CONTAINER TO TAKE THIS HOME

**Tomato Sauce**
1 onion
1 400g tin tomatoes
1 tspn oregano
1 tspn oil

**Challenge-**
Add some v egetables to make your sauce healthier; carrots, mushrooms, peppers etc
**NEEDED FOR:**

**Recipe 4**
ThiYOU WILL NEED A CONTAINER TO TAKE THIS HOME

**Tomato Sauce**
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**Challenge-**
Add some v egetables to make your sauce healthier; carrots, mushrooms, peppers etc
**NEEDED FOR:**

**Recipe 5**
You will need a container to take this home.
**Chilli**
1 portion tomato sauce
200g tin beans; baked or kidney
100g mince/keema
½ onion
1 tspn chilli powder.
**Challenge –**
Try a different type of beans in your dish, add v egetable or use a fresh chilli
**NEEDED FOR:.**

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**NEEDED FOR:.**

**Recipe 6**
You will need a container to take this home.
**Bolognaise sauce**
1 400g tin tomatoes
1 onion
1 tpn oregano
100g mince/keema
**Challenge –**
Add some v egetables to your sauce;½ carrot, ½ stick celery, 3 or 4 mushrooms, ½ pepper
**NEEDED FOR:**

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**Recipe 7**
You will need a container to take this home.
**Scones**
250g self raising flour
40g Butter or Block margarine
125ml milk
25g sugar

**Challenge -**
Add 75g currants, raisins, cherries or other dried fruit.
**Or** add 75g cheese and no sugar.
**NEEDED FOR:**

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**Scones**
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**Challenge -**
Add 75g currants, raisins, cherries or other dried fruit.
**Or** add 75g cheese and no sugar.
**NEEDED FOR:**

**Recipe 7**
You will need a container to take this home.
**Scones**
250g self raising flour
40g Butter or Block margarine
125ml milk
25g sugar

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**Scone based pizza**
150g self raising flour
25g butter
1 egg
50ml milk semi-skimmed
2 tbspn tomato puree
50g cheese
**Challenge-**
Add some cooked protein; ham, chicken, tuna and or some v egetables; mushroom, pepper, sweetcorn, onion
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**Recipe 9**
You will need a container to take this home.
**Marble pear tray bake**
100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 x tablespoon coca powder
1 x teaspoon baking powder
½ pear (fresh or tinned)
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