

## Year 7 Food ingredients Autumn term 2

These are the ingredients which will be needed to cook this half term in Food Tec. Please check the group you are in (A or B) and bring in the correct ingredients needed for the week you are cooking in.

Week Commencing	Group	Ingredients
4/11/19 <b>Pizza</b>	A	<ul style="list-style-type: none"> <li>- 1 pepper</li> <li>- 1 spring onion</li> <li>- 1 mushroom</li> <li>- 60g hard cheese, e.g. Cheddar, Edam, Gruyere</li> <li>- 2 x 15ml spoons tomato paste <b>OR</b> pizza sauce</li> <li>- slices bread (or a bagel or a piece of French stick sliced in half) <b>OR</b> pitta bread <b>OR</b> small pizza base</li> <li>- 1x big container</li> </ul>
11/11/19 <b>Pizza</b>	B	<ul style="list-style-type: none"> <li>- 1 pepper</li> <li>- 1 spring onion</li> <li>- 1 mushroom</li> <li>- 60g hard cheese, e.g. Cheddar, Edam, Gruyere</li> <li>- 2 x 15ml spoons tomato paste <b>OR</b> pizza sauce</li> <li>- slices bread (or a bagel or a piece of French stick sliced in half) <b>OR</b> pitta bread <b>OR</b> small pizza base</li> <li>- 1x big container</li> </ul>
18/11/19 <b>Yorkshire Pudding</b>	A	<ul style="list-style-type: none"> <li>- 50g Strong flour</li> <li>- 1 egg</li> <li>- 100ml Milk</li> <li>- <b>EXTRA:</b> 4-8 cocktail sausages (NO raw meat!)</li> <li>- 1x big container</li> </ul>
25/11/19 <b>Yorkshire Pudding</b>	B	<ul style="list-style-type: none"> <li>- 50g Strong flour</li> <li>- 1 egg</li> <li>- 100ml Milk</li> <li>- <b>EXTRA:</b> 4-8 cocktail sausages (NO raw meat!)</li> <li>- 1x big container</li> </ul>
2/12/19 <b>Minced Pies</b>	A	<ul style="list-style-type: none"> <li>- 130 g plain flour</li> <li>- 60 g butter</li> <li>- 1 egg</li> <li>- 50 g Minced pie filling (in jar) OR jam</li> <li>- <b>BRING</b> a tub/container</li> </ul>
9/12/19 <b>Minced Pies</b>	B	<ul style="list-style-type: none"> <li>- 130 g plain flour</li> <li>- 60 g butter</li> <li>- 1 egg</li> <li>- 50 g Minced pie filling (in jar) OR jam</li> <li>- <b>BRING</b> a tub/container</li> </ul>
16/12/19	A + B	Re-try a recipe of your choice. Decide with your partner which recipe you both liked doing together and arrange who is bringing which ingredients.