

Year 7 Ingredients Lists for Food Technology

Hot Chocolate

150ml milk**
1 teaspoon cocoa powder**
1 teaspoon sugar**
**provided by school

Fruit crumble

150g plain flour**
75g block margarine**
75g sugar**
Pinch cinnamon**
50g rolled oats **
2 large cooking apples
Handful sultanas (optional)
Ovenproof dish
** provided by school

Fairy Cakes

50g self raising flour
50g caster sugar
50g soft margarine
1 egg
Healthy ingredient of your choice for flavour eg.. 15g blueberries , 15g raspberries, 1 lemon etc

Cous-Cous Salad

100g cous cous
175ml water**
1 stock cube**
1 tomato
1 spring onion
1/2 cucumber
1/2 pepper
4 dried apricots
Handful parsley
1 tblspn low fat dressing
**
Container with lid

Croque Monsieur

30g hard cheese
1 slice ham
1 tomato
2 slices wholemeal bread**
** provided by school

Fruit Salad

Your choice or 4—5 **fresh** fruits
Eg. Melon, mango, Pineapple, kiwi, small bunch grapes, banana, apple, pear, orange, blueberries, strawberries etc
Fruit juice**
Leak-proof container/lid
** provided by school

Stir Fry

1 portion straight to wok noodles
1 tablespoon oil**
1 tablespoon soy sauce**
Selection of 4—5 vegetables eg.
Carrot, spring onion, beansprouts,
Peppers, mushrooms, cabbage,
Mange-tout, baby sweetcorn, water chestnuts, bamboo shoots etc
** provided by school

Rock Cakes

200g self raising flour
75g butter or margarine
75g sugar
75g mixed dried fruit
1 egg
12 cake cases
Pinch cinnamon**
**provided by school

Abbey Biscuits

75g plain flour

75g margarine

62g caster sugar

50g rolled oats

1/2 tablespoon milk**

1/2 teaspoon syrup**

1/2 teaspoon bicarb/soda**

** these items provided by school

Deli Wraps

2 tortilla wraps

1 handful lettuce

15ml natural yoghurt

Seasoning/herbs**

Your choice of filling:

Cooked meat, salad, cheese, egg, tuna, fruit, cooked beans etc.

** school will provide these items

Container to take them home in

Spanish Omelette

1 small onion

1 med potato

2 eggs

75ml milk

1 clove garlic

50g peas (frozen will be fine)

1 tblspn oil**

Salt/pepper**

Ovenproof /foil dish

**items provided by school

Muffins

125g Self raising flour

70g caster sugar

42 ml sunflower oil

1 egg

100ml milk

75g blueberries/raspberries

6 muffin cases

1/2 teaspoon vanilla extract**

1/2 teaspoon bicarb/soda**

** items provided by school

Savoury Muffins

125g self raising flour

2 slices bacon/ham

42 ml sunflower oil

1 egg

50ml milk

50ml natural yoghurt

2 spring onions

6 muffin cases

1 teaspoon bicarb/soda**

** item provided by school

Tomato Soup

1 tin tomatoes

1 onion

1 carrot

1 potato

1 stock cube

Seasoning**

500ml water**

Herbs**

Large leakproof

Container

** items provided by school

Egg Fried Rice

100g rice

50g peas

2 eggs

2 spring onions

Soy sauce

Oil

(2 portions)

Ginger biscuits

175g plain flour

50g butter or margarine

85g light brown sugar

2 tablespoons golden/maple syrup

1 teaspoon ground ginger***

1/2 teaspoon bicarbonate of soda***

1/2 egg***

*** Items provided by school