

Year 9 Independent Study: Practical Lessons

You will need to organise ingredients, a container and a spare carrier bag to take leftover ingredients home. You may also like to bring your own apron and hand towel (optional).

Please also bring baking paper or foil to any lessons involving oven bakes.

Baking dishes and containers are not provided by the school.

Activity	Recipe & Equipment
Knife Skills	3 large carrots (or 6 smaller ones) 3 apples Container to take home in
Cheese & Onion Pasty	<u>Pastry:</u> 125g chilled butter 250g plain flour 3 tbsp cold water Pinch salt Beaten egg for sealing/glazing <u>Filling:</u> 175-200g grated cheese 1 small onion, finely sliced Or 4 spring onions, finely sliced Tbsp wholegrain mustard (optional) Salt & Pepper Baking Parchment/Foil for baking Cling film for chilling Container to take it home in
Scones	<u>Plain Scones:</u> 125g self-raising flour 1 tsp baking powder 20g butter 50g caster sugar 1 free-range egg 50ml milk <u>Cheese Scones:</u> 125g self raising flour 1x5ml spoon mustard powder 20g butter or margarine 40g hard cheese 60ml semi-skimmed milk Herbs or dried fruit can alter the flavour. Baking Parchment/Foil for baking Container to take it home in

Strawberry Cream Tarts	<p><u>Pastry:</u> 225g plain flour 110g butter or hard margarine 80g caster sugar 1 large egg</p> <p><u>Filling:</u> 200g strawberries 300ml double cream Container to take it home in Own tartlet tins (optional)</p>
Puff – croissants or sausage rolls	<p><u>Pastry:</u> 125g strong plain flour 1/2 tsp fine sea salt 125g cold butter 75ml cold water</p> <p>Or ready made puff pastry (lower level assessment)</p> <p><u>Filling:</u> Chocolate spread (optional for croissants) Or sausage meat (sausage rolls only) Baking Parchment/Foil for baking Container to take home in</p>
Empanadas	<p><u>Savoury:</u> 2 tbs red pepper, diced 2 tbs sweetcorn 25g cheese, grated tbs finely chopped onion 1/8 chorizo sausage, finely chopped ½ chilli, deseeded & chopped ½ egg, beaten 230g flaky/rough puff pastry (made in previous lesson)</p> <p><u>Sweet:</u> 100g cream cheese ½-1 lime, zest ½ lime, juice 2 tbs white chocolate, grated 1 egg, beaten 230g ready-rolled pastry Baking Parchment/Foil for baking Container to take home in</p>

Stuffed Peppers	4 peppers 100g rice 1 tablespoon oil 1 onion 100g minced beef 1 tablespoon tomato puree 1 clove garlic 50g mushrooms Baking Parchment/Foil for baking Container to take home in
Chicken Kiev	2 skinless, boneless chicken fillets 75g dried breadcrumbs 20g parmesan , grated (optional) 1 large egg , beaten 25g plain flour pinch paprika (optional) For the garlic butter: 1 garlic cloves, crushed 1 tbsp finely chopped parsley 75g butter, softened juice ½ lemon Foil/baking parchment Container to take home in Own baking tray (optional)
Sticky Ribs	500g pack of pork spare ribs 3 spring onions 1 chilli 2 garlic cloves 2 tablespoons brown sugar 2 tablespoons soy sauce (preferably dark) 2 tablespoons honey 2 tablespoons Dijon mustard 1 teaspoon ground allspice Foil/baking parchment Container to take home in Own baking tray (optional)
Sweet n' Sour Chicken	2 tablespoons oil 2 onions 250g chicken breast 1 can pineapple pieces 2 tablespoons sugar 2 tablespoons vinegar 1 tablespoon soy sauce 1 tablespoon tomato puree or ketchup 1 tablespoon corn flour TUPPERWARE CONTAINER

Tomato Baked Meatballs	250g lean mince beef/pork/turkey/Quorn (egg required for Quorn) 1 tablespoon oil (not needed if using meat) 1 slice bread 1 medium onion (red or plain) 1 large 400g tin tomatoes/ Passata 1 stock cube 50-100 ml water 1 clove garlic 1 carrot grated or 1 red pepper TUPPERWARE CONTAINER		
Chicken Tikka Masala	<u>MARINADE</u> 150g yoghurt 1 tablespoon lemon juice 3 tsp cumin 1-2 tsps cayenne pepper, chilli or paprika 1 tsp ginger 1 tsp salt 2 chicken breasts <u>SAUCE</u> 25g butter 1 garlic clove or tsp easy garlic 1/2 tinned tomatoes 100ml cream TUPPERWARE CONTAINER		
Fresh Pasta	1 ½ eggs (or 1 large egg and teaspoon oil) 100g '00' / durum pasta flour Pinch of salt		
Canelloni additions:	White Sauce: 25g butter 25g plain flour 300ml milk 70g soft cheese ½ tsp nutmeg (grated) 70g parmesan cheese (grated)	Tomato Sauce: Tin of tomatoes Dash balsamic Teaspoon herbs Pinch sauce and pepper	Spinach & Ricotta Filling 500g spinach (fresh) 70g parmesan cheese (grated) 250g ricotta Pinch grated numeg
Baking dish and foil			

Victoria Sponge	120g butter/marg 120g caster sugar 2 medium eggs 120g flour ½ tsp baking powder Jam for the filling Container to take it home in Own cake tins (optional) <i>*Should pupils wish to make more, pupils can double the ingredients if they are able to bring in their own cake tins</i>

****Please remind pupil to place certain ingredients in fridge at the start of the school day to prevent spoilage/contamination.***

****Pupils are informed of H&S risks when cooking food earlier in the day. It is the responsibility of the pupil to return to the food room at break or lunchtime to place dish in the fridge when cool, to prevent bacteria forming.***