**YEAR 7**

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| ***Practical*** | **Ingredients** | **Challenge!** |
| Fruit fusion  ***PLASTIC TUB WITH LID*** | 125 ml Fresh Fruit Juice/ 1 Orange/ 1 Apple/ 3 fruits of your choice—one of which can be tinned | Try to have as many colours as possible!! |
| Coleslaw  ***PLASTIC TUB WITH LID*** | ¼ white cabbage/1 medium apple/ 1 carrot/2 x 15ml spoons of low fat  mayonnaise | Use crème fraise and add other fruit and vegetables such as tinned sweet corn or dried sultanas |
| Scones  ***PLASTIC TUB WITH LID*** | 225g self raising flour/ 50g butter or margarine/ 150ml milk plus optional ingredients | Change the shape! |
| Pizza  ***BAKING TRAY/FOIL*** | Base -200g Strong Plain flour/ 1/2 sachet dried yeast Topping - Tomato Puree/ 75g Grated cheese plus optional toppings | Create a stuffed crust – need extra 50g Grated Cheese! |

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| ***Practical*** | **Ingredients** | **Challenge!** |
| Fruit crumble  ***OVENPROOF DISH & TEA TOWEL*** | 100G Plain flour/50g Butter/50g Oats/25g Sugar/2 Eating apples/50g sultanas | Change the fruit & add other flavourings to the crumble |
| Enchiladas  ***OVENPROOF DISH & TEA TOWEL*** | 4 flour tortillas/1 Onion/1 pepper/50g mushrooms/Small tin of tomatoes/ 8 baby sweet corn cobs/75g Cheese, grated  Chicken as an option | Add meat – chicken!  Change the vegetables |
| Tomato Bacon Pasta  ***TUB WITH A TIGHT FITTING LID*** | 150g Pasta/ 1 Onion/ 454g Tin Tomatoes  4 Rashers Bacon/ Garlic/Mixed Herbs | Add more vegetables  Create an ‘au gratin’ |
| Blueberry Muffins  ***TUB WITH A TIGHT FITTING LID*** | **Blueberry Muffins**  250g Self Raising flour/100g Sugar/250ml Milk/ 1 egg/ 90ml Oil/ 150g Blueberries | Change the fruit or decorate with icing! |

**Year 8**

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| Practical | Ingredients |
| **Marble Pear Tray Bake**  ***(Container with a lid)*** | 100g caster sugar/100g soft margarine/2 eggs/100g self-raising flour/25g Cocoa powder/ 1 x 5ml spoon baking powder/1 pear/ 25g Butter/ 50g Brown Sugar |
| **Quiche**  ***(Flan dish)*** | 250g Plain Flour/125g Margarine/2 Eggs/100g Cheese, grated/75g Ham/75 ml Milk***(if a large flan dish, egg, cheese and milk are advised)*** |
| **Anzac Biscuits**  ***(Container with lid)*** | 50g plain white flour/40g rolled oats/50g caster sugar/40g desiccated coconut/20ml spoon golden syrup/50g margarine/½ x 5ml spoon bicarbonate soda |
| **Bread *(Container with lid)*** | 500g Strong Plain Flour/1 sachet dried yeast/25g Sugar/1 Egg (for glazing)/Optional Ingredients |
| **Pasties *(Container with lid)*** | 250g Plain flour / 125g Butter/ 1 Onion/ 150g Grated Cheese / 1 Egg |
| **Own development of one of the products already made** | |

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| Practical | Ingredients |
| **Cheesecake**  ***(Flan dish)*** | 250g Cream Cheese/150g Biscuits/125 ml Double Cream/50g Butter/25g Icing Sugar/ Toppings – Fresh fruits /Flavourings |
| **Chilli Cobbler**  ***(Oven proof dish)*** | **Chilli con Carne -**250g Mince beef/1 onion, chopped/1 tin chopped tomatoes/1 tin kidney beans1 tsp Chilli powder  **Cobbler -**250g self raising flour/75g Cheese, grated/1 egg/100 ml Milk |
| **Black Forest Gateau**  ***(Deep container with lid)*** | **Sponge-** 125g Self Raising Flour/150g Caster Sugar/25g Cocoa Powder/150g Soft Margarine 3 Eggs  **Filling-** 250ml Double Cream/Fresh Cherries or Cherry Pie Filling/2 tbsp Icing Sugar |
| **Lasagne**  ***(Oven proof dish)*** | 250g Mince beef, lean/1 onion, diced/1 beef stock cube/50g Mushrooms/454g tin chopped tomatoes/2 tbsp tomato puree/250g Ricotta/250g Mascarpone ***OR*** 500g Soft Cheese/Lasagne sheets - fresh or dried/100g Cheese, grated |
| **Fruit Pie*(Flan dish)*** | 300g Plain flour / 150g Butter / 2- 3 Baking Apples/ 75g Sugar / 1 Egg |
| **Own development of product already made** | |