

Product	Date:	Ingredients required (Provided with Parent Pay payment £10):		Extras you could add;
<b>Focaccia Bread (decorative)</b>	18th December 2024	200g Strong Plain Flour 1tsp Quick Action Yeast Half teaspoon Salt Half teaspoon Sugar 30 ml olive oil 2 cloves garlic – herbs to decorate		Container – (we can supply a plastic bag) For top decoration; Tomatoes, Peppers (different colours), Olives, red onion, fresh herbs; basil, parsley..  Research online for ideas
<b>Vegetable stir fry</b>	15th January 2025	<b>Sauce:</b> 2 Tbsp: Tomato ketchup 4 Tbsp: Chicken Stock 1 Tbsp: Soy sauce 1 Tbsp: vinegar 2 Tbsp: Caster sugar	<b>Main Veg:</b> 1/2 small onion 1 carrot 1/2 small pepper 1 clove of garlic 2 additional Noodles	<b>Sealed Container</b> <b>Extra options:</b> any extra vegetables that you like for example.....sweetcorn, beansprouts, mangetout, broccoli, spring onions, mushrooms, tomatoes.....  You could even add a chicken breast (diced)
<b>Indian Chicken curry</b>	29th January 2025	1 chicken thigh ½ tsp salt 1 Tbsp cooking oil 1/2 onion 1 clove crushed garlic 2cm fresh ginger root 1 tsp curry powder ½ Tsp ground cumin, turmeric, coriander	½ tsp cayenne pepper 200g ( ½ tin) chopped tomatoes 1 tbsp plain yogurt 1 tsp garam masala 1 tbsp lemon juice  150g Rice	<b>Sealed Container</b> Veg option: Could swap chicken for sweet potato, please let use know.  Extra that could be added; Sweet potato, raisins,  Could research different rice recipes...

Please pay a one-off payment for all the recipes on Parent pay (£10) and this will mean that you only need to bring a container plus any suggested extras. If not paid, you will be expected to bring all the ingredients for the date shown and bring them to E7 between 8.30-8.40am.

Remember, your homework is to research these recipes and familiarise yourself with them so you can plan your extras to make it your own dish.

**PLEASE TURN OVER FOR THE REST OF THE PROJECT RECIPES:**



Product	Date:	Ingredients required (Provided with Parent Pay payment £10):		Extras you could add;
<b>Polish apple pancakes (Racuchy)</b>	12th February 2025	1 apple, peeled and diced into small pieces 1 egg, 1 tbsp of sugar 1 tsp of baking powder 100g Plain flour 60ml milk (measuring spoon) 1 tbsp lemon juice ½ tsp of vanilla extract icing sugar for dusting		Container – (we can supply a plastic bag)  Fruit swap (if you don't like apples try); Pear banana or raisins. Or you could go savory with sweetcorn  Research online for ideas
<b>Chicken Paella</b>	5th March 2025	100g chicken thigh ½ onion, ¼ pepper, tbsp parsley ¼ tsp smoked paprika, ½ tsp thyme 100g washed paella rice, 200g chopped tomatoes, ½ tsp turmeric, ½ garlic clove 200ml chicken stock, tbsp of peas, ½ lemon.		<b>Container</b> You could add fish, prawns, chorizo for example.
<b>Pizza Wheels</b>	19th March 2025	Base: 250g Strong Bread Flour ½ tsp salt 1 tsp sugar 7g Packet of yeast 100ml Warm water	Topping; 25g tomato purée 1 tomato 50g Cheddar cheese mixed dried herbs 1/4 onion	Container – (we can supply a plastic bag) Topping extras of your own; pre-cooked meats e.g. Ham, olives, mushrooms, pineapple, sweetcorn.....

**Extra Homework for extra house points:** Research the dish - which country are they from? Why is the dish significant? What other dishes is the country known for? You can email this to your teacher or write it up and hand it to your teacher but don't forget to add your name!

**PLEASE BRING A SUITABLE CONTAINER AND PUT YOUR NAME ON IT, so we can ensure these make it home.** Included is a list of 'Extras you could add;' - this is so you can change certain ingredients to suit likes or what you already have in at home.

**FOOD MUST BE COLLECTED AT THE END OF THE SCHOOL DAY. Any food not collected will be removed in line with food hygiene regulations.**

Please also be aware that nuts cannot be used within the food room, due to food allergies.

