

Mrs Buxton 10C Ingredients List – Half Term 2

For all of the food practical dates could you please provide your child with a named container and apron.

We want all pupils to take part in practical activities, we do not want any child to be at a disadvantage so if there are any issues with providing ingredients please don't hesitate to contact me at nbuxton@anthonygell.co.uk.

Tuesday 2nd November P3

Baked Meatballs with spaghetti

190g linguine or spaghetti
15ml balsamic vinegar
1 red or white onion
400g chopped tomatoes
2 tbsp tomato puree
30g breadcrumbs
40g cheddar cheese
250g British beef mince or veggie mince
1 tsp dried oregano

Container to take home in

Optional extras

80g spinach

Chili flakes

Tuesday 16th November P3

Fish and Chips (if vegetarian speak to your teacher)

200g firm white skinned fish fillet, i.e. basa
3 tablespoons plain flour
1/4 tsp cayenne pepper
1 egg, beaten
40g breadcrumbs

Chips

2 medium potatoes or 1 large
Olive oil
Seasoning – salt and pepper

Container to take home in

OPTIONAL CHALLENGE TASK

Tartare sauce

15g capers
45ml mayonnaise
5g chopped dil
¼ lemon juice
Black pepper

Friday 12th November P5

Indian-Style Vegetable Pakora Chaat Curry

60g gram flour (school will provide)
1 red onion
400g canned chickpeas
32g tomato puree
2 tbsp curry powder
1 vegetable stock cube
1 chilli
2 carrots
10g coriander
1 aubergine

Container to take home in

Optional - Extras – to serve with

- 15g tamarind paste
- 1 lemon
- 80g natural yoghurt
- 10g Mint fresh

Thursday 25th November P1

and Friday 26th November P5

Chocolate Cheesecake – To be competed over 2 lessons. One to make the cheesecake, the other to decorate. This is the basic recipe but students may adapt – i.e. chocolate orange cheesecake

Biscuit Base

300 g Digestives
150 g Unsalted Butter/Stork

Cheesecake Filling

500-600 g Cream Cheese (full fat)
300 ml Double Cream
75 g Icing Sugar
300 g Chocolate can adapt this to Terry's Chocolate Orange

Decoration

If you want to pipe rosettes –
150 ml Double Cream
2 tbsp Icing Sugar
Any other decoration you wish.

Tuesday 30th November P3

Risotto –Either Sundried Tomato/Mushroom or alternative

Ingredients

70g grated Italian hard cheese or mature cheddar or a combination of both.

160g Arborio rice

30ml Chinese rice wine (school can provide if you don't have it)

15ml white wine vinegar (school can provide if you don't have it)

2 garlic cloves

Stock cube

1 leek or 1 onion

Container to take home in

For mushroom risotto

250g mushrooms, any will do but perhaps try chestnut or portabella if you are able to.

OR

For sundried tomato risotto

2 tbsp. tomato puree

Handful sundried tomatoes

Challenge - OPTIONAL EXTRA

Bunch asparagus

1 tbsp. balsamic vinegar

Thursday 9th December P1 and Friday 10th December P5

Yule Log Christmas Competition

To be completed over 2 lessons

For the cake

3 eggs

85g golden caster sugar

85g plain flour (minus 2 tbsp)

2 tbsp cocoa powder

½ tsp baking powder

50g butter, plus extra for the tin

For the filling & icing – How you choose to decorate is your choice.

140g dark chocolate , broken into squares

1 tbsp golden syrup

284ml pot double cream

200g icing sugar, sifted

2-3 extra strong mints, crushed (optional)

Tuesday 14th December P3

Spanish Chicken With Patatas Bravas & Aioli

1 red onion

1 tbsp tomato puree

5g parsley (if you can get it)

2 tsp ground coriander

2 bell peppers

2 tsp smoked paprika

1/2 tsp dried chilli flakes or more

2 British chicken breasts

2 medium white potatoes

1 tomato

Container to take home in

OPTIONAL CHALLENGE

Aioli

50 ml mayonnaise

1 garlic clove