

## Year 7S4 Ingredients List (Mrs Buxton)

For all of the food practical dates could you please provide your child with a named container with your child's full name and class on it. It should be large enough to contain their food to transport home. An apron to cook in if possible.

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](mailto:nbuxton@anthonygell.co.uk) .

### Tuesday 9<sup>th</sup> November

#### Fruit Salad

Choose 3 – 5 different sorts of fruit. You will need equal amounts of fruits. A sensible amount is roughly a handful of each.

Small carton of fruit juice

Named water tight container to take it home in.

### Tuesday 23<sup>rd</sup> November

#### Oat Cookies

100g margarine

75g sugar

½ tbsp. golden syrup

100g plain flour

50g oats

50g chocolate

**Container to take their food home in**

### Tuesday 30<sup>th</sup> November

#### Pitta Pizza

2 Pitta breads or alternatives i.e. baguette or ciabatta

50g tomato puree or pizza topping sauce

40g cheese (cheddar, mozzarella etc)

Plus your choice of topping: tomato, peppers, olives, mushrooms, sweet corn, ham, pepperoni etc)

**Container to take their food home in**

### Tuesday 16<sup>th</sup> November

#### Couscous Salad

1 veg stock cube

100g couscous

Choose a few of the below to bring.

1 medium tomato

1 spring onion

¼ cucumber

½ red pepper

small tin sweetcorn

50g feta cheese

Optional

For a dressing - you can decide on this yourself but some ideas below

- ½ Lemon and 1 tbsp. olive oil
- 1 tsp harissa 1 tbsp. olive oil
- Mint leaves

**Container to take their food home in.**

Year 7S4 Ingredients List (Mrs Buxton)

**Tuesday 7<sup>th</sup> December – Pasta bake**

150g dried pasta shapes (not lasagne or spaghetti)

half an onion

400g tin chopped tomatoes

100g grated cheese

salt and pepper

mixed herbs

2/3 vegetables such as mushrooms, onions, peppers, olives, sweetcorn etc.

Optional Extras

1 tbsp Tomato puree

2 cloves garlic

Stock cube

1 tbsp. olive oil

**Container to take their food home in**

**Tuesday 21<sup>st</sup> December – Sponge Cake or fairy cakes**

110g SR Flour

110g Sugar (caster sugar is best) OR Light brown Sugar which will give a caramel taste

110g Margarine/Butter

2 large eggs

Optional Flavouring e.g. 1 tsp vanilla

0.5 tsp baking powder

For fairy cakes – 12 cases

**Optional decoration and or fillings, i.e. jam, lemon curd, biscoff.**

**Please note depending on how quickly your child works there may not be time for much decoration in school. This may need to be done as home if you wish.**

**Tuesday 14<sup>th</sup> December Scones**

225g self-raising flour

pinch of salt

55g butter

100ml milk

1 tsp baking powder

For sweet scones

25g caster sugar

Fruit – i.e. raisins, cherries

For cheese scones

120g cheddar cheese

Optional extras

Pinch cayenne pepper

Pinch of mustard powder

Few tablespoons of hard cheese

**Container to take their food home in**

## Year 7N2 Ingredients List (Mrs Buxton)

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### Tuesday 9<sup>th</sup> November

#### Fruit Salad

Choose 3 – 5 different sorts of fruit. You will need equal amounts of fruits. A sensible amount is roughly a handful of each.

Small carton of fruit juice

Named water tight container to take it home in.

### Tuesday 23<sup>rd</sup> November

#### Oat Cookies

100g margarine

75g sugar

½ tbsp. golden syrup

100g plain flour

50g oats

50g chocolate

**Container to take their food home in**

### Thursday 2<sup>nd</sup> December

#### Pitta Pizza

2 Pitta breads or alternatives i.e. baguette or ciabatta

50g tomato puree or pizza topping sauce

40g cheese (cheddar, mozzarella etc)

Plus your choice of topping: tomato, peppers, olives, mushrooms, sweet corn, ham, pepperoni etc)

**Container to take their food home in**

### Monday 15<sup>th</sup> November

#### Couscous Salad

1 veg stock cube

100g couscous

Choose a few of the below to bring.

1 medium tomato

1 spring onion

¼ cucumber

½ red pepper

small tin sweetcorn

50g feta cheese

Optional

For a dressing - you can decide on this yourself but some ideas below

- ½ Lemon and 1 tbsp. olive oil
- 1 tsp harissa 1 tbsp. olive oil
- Mint leaves

**Container to take their food home in.**

Year 7N2 Ingredients List (Mrs Buxton)

**Tuesday 7<sup>th</sup> December – Pasta bake**

150g dried pasta shapes (not lasagne or spaghetti)

half an onion

400g tin chopped tomatoes

100g grated cheese

salt and pepper

mixed herbs

2/3 vegetables such as mushrooms, onions, peppers, olives, sweetcorn etc.

Optional Extras

1 tbsp Tomato puree

2 cloves garlic

Stock cube

1 tbsp. olive oil

**Container to take their food home in**

**Tuesday 21<sup>st</sup> December – Sponge Cake or fairy cakes**

110g SR Flour

110g Sugar (caster sugar is best) OR Light brown Sugar which will give a caramel taste

110g Margarine/Butter

2 large eggs

Optional Flavouring e.g. 1 tsp vanilla

0.5 tsp baking powder

For fairy cakes – 12 cases

**Optional decoration and or fillings, i.e. jam, lemon curd, biscoff.**

**Please note depending on how quickly your child works there may not be time for much decoration in school. This may need to be done as home if you wish.**

**Thursday 16<sup>th</sup> December Scones**

225g self-raising flour

pinch of salt

55g butter

100ml milk

1 tsp baking powder

For sweet scones

25g caster sugar

Fruit – i.e. raisins, cherries

For cheese scones

120g cheddar cheese

Optional extras

Pinch cayenne pepper

Pinch of mustard powder

Few tablespoons of hard cheese

**Container to take their food home in**

## 8S4 Ingredients List (Mrs Buxton)

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### **Friday 12<sup>th</sup> November – Fruity Muffins**

160 ml Sunflower Oil  
150 ml Whole Milk (Semi is also fine)  
1 large Egg  
1 tsp Vanilla Extract  
300 g Self Raising Flour  
200 g Caster Sugar  
150 g Chocolate bar or chips  
150 g Raspberries or other suitable fruit  
12 muffin cases

**Container large enough to take their food home in**

### **Friday 26<sup>th</sup> November – Cheese Straws**

190g plain flour  
Pinch salt  
110g butter, diced  
75g mature cheddar cheese  
25g parmesan cheese (or a similar vegetarian hard cheese OR you can put extra mature in if not able to get)  
1 egg, yolks only

### **Monday 16<sup>th</sup> November – Bread**

School to provide ingredients  
225g strong plain flour  
1tsp yeast  
½ tsp salt  
1tsp milk powder  
140ml warm water out of tap  
1tbsp oil

### **Monday 30<sup>th</sup> November – Fruit Crumble**

For the filling  
600g cooking apples or 3 medium apples or alternative fruit such as blackberries  
2 tbsp caster sugar  
For the crumble  
175g plain flour  
110g butter  
110g caster sugar or brown  
**Oven proof dish with lid or bring foil it it doesn't have one.**

### **Friday 10<sup>th</sup> December – Shortbread**

100 g Unsalted Butter/Stork  
50 g Caster Sugar (plus extra)  
150 g Plain Flour (plus extra)

#### **Optional extras**

If you have any cookies cutter you particularly like i.e. Christmas ones  
Chocolate  
Decoration

**Container to take food home in**

**Monday 14<sup>th</sup> December – Burger and Chips**

**Beef**

250g beef mince  
1 tbsp ketchup  
Small onion - grated  
Salt and Pepper  
60g breadcrumbs

**Chips**

1 potato  
1 tbsp. olive oil  
Salt and Pepper

**Vegan Burger**

Tin of green lentils  
Small tin of sweetcorn (150g)  
Veg stock cube  
60g breadcrumbs  
1 tsp smoked paprika  
1 tsp cumin

**Container to take food home in**

## 9S2 Ingredients List (Mrs Buxton)

For all of the food practical dates could you please provide your child with a named container with your child's full name and class on it. It should be large enough to contain their food to transport home. An apron to cook in if possible.

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 your earliest convenience [nbuxton@anthonygell.co.uk](mailto:nbuxton@anthonygell.co.uk) .

<p><b><u>Tuesday 2<sup>nd</sup> November – Jam Tarts</u></b></p> <p>School will provide ingredients for this with jam. If you wish to bring an alternative, i.e. mincemeat, lemon curd, your own jam you are welcome to.</p> <p><b>Container to take food home in.</b> Apron if you have one.</p>	<p><b><u>Thursday 11<sup>th</sup> November – Decorative Focaccia Bread</u></b></p> <p>School will provide the bread ingredients. Students will need to bring</p> <p>120ml olive oil</p> <p>Toppings they would like for their bread – pepper, onion, tomatoes etc.</p> <p>Large container to take food home in. Apron if you have one.</p>
<p><b><u>Tuesday 16<sup>th</sup> November - Quiche</u></b></p> <p>150g plain flour pinch of salt (school) 75g butter/margarine cubed 1 tsp cold water per 25g of flour 75-100ml milk 2 eggs 30-50g cheese</p> <p>Choice of filling: Ham, onion, mushrooms, broccoli, mixed peppers, bacon, asparagus etc.</p> <p>Container to take food home in. Apron if you have one.</p>	<p><b><u>Thursday 25<sup>th</sup> November – Swiss Roll</u></b></p> <p><b>For the Swiss roll</b></p> <p>3 large eggs 75g caster sugar 75g self-raising flour</p> <p><b>For the filling</b></p> <p>75g jam/lemon curd</p> <p>Container to take food home in. Apron if you have one.</p>
<p><b><u>Tuesday 30<sup>th</sup> November – Cheese and Onion Pasty</u></b></p> <p>400g plain flour 200g margarine Cold water 150g of cheese 1 onion</p> <p>Container to take food home in. Apron if you have one.</p> <p>Please note because of timings this may have to be prepared in school and baked at home.</p>	<p><b><u>Thursday 9<sup>th</sup> December – Stained Glass Window Biscuits</u></b></p> <p>80g dark soft brown sugar 45g golden syrup 50g unsalted butter 1 ½ tsp ground ginger 175g plain flour, plus extra to dust ½ tsp bicarbonate of soda ½ egg, lightly beaten Boiled sweets</p> <p>Decoration May have to decorate at home depending on time.</p> <p>125g Icing sugar</p> <p>Container to take food home in. Apron if you have one.</p>

**Tuesday 14<sup>th</sup> December**

**AGS Bake Off Competition**

**Students choose one of the dishes they have made this term or last year to develop.**

**During this lesson** students will be making their own product for their 'afternoon tea'. This should be a cake or pastry. It should be a development on a practical they have produced this year or last year. I.e. - Swiss Roll - could be developed into a lemon Swiss roll by adding lemon curd and lemon icing on top by adding lemon juice to icing sugar. Or cupcakes that they did last year by taking out 2 tbsp. of flour and adding cocoa powder. Please see below or on the previous page for the ingredients lists which your child should choose 1 of, along with possible adaptations. Please keep in mind that the lesson is 1 hour long and should be able to be completed and cleaned up within that lesson. If you have any questions please contact me.

**Cupcakes**

110g caster sugar

110g margarine

2 large eggs

110g S.R Flour (to turn into chocolate take away 2 tbsp. of flour and add 2 tbsp. coco powder)

1 tsp vanilla or other flavouring (could add lemon zest)

12 cases

Decoration

Container to take food home in

**Cookies**

60g butter, softened

50g light brown soft sugar

60g caster sugar

1/2 egg, lightly beaten

1/2 tsp vanilla extract

110g self-raising flour

Pinch of salt (school)

100g chocolate – this could be swapped for Biscoff/Oreo biscuits crushed, mini eggs etc..

Container to take them home in.