

Year 8 Recipes: Module 2

<p>1. <u>Oven Baked Risotto</u></p> <ul style="list-style-type: none"> • 1 onion • 6 rashers of bacon • 300g Arborio/long grain rice • 2 vegetable/chicken stock cubes • 100g peas • 1 packet of cherry tomatoes • 25g butter <p>Optional:</p> <ul style="list-style-type: none"> • 50g parmesan cheese <p>* large ovenproof dish</p>	<p>2. <u>Frittata</u></p> <ul style="list-style-type: none"> • 3 eggs • 4 spring onions • 25g grated cheese <p>Optional:</p> <ul style="list-style-type: none"> • 2 large cooked potatoes <p>* This can be eaten in lesson or taken home</p>
<p>3. <u>Lasagne</u></p> <ul style="list-style-type: none"> • 500g mince beef • 1 onion • 1 beef stock cube • 1 tin of chopped tomatoes • ½ tube of tomato puree • 50g butter • 50g flour • 1 pint of milk • 8 lasagne sheets • 150g grated cheese <p>* large ovenproof dish</p>	<p>4. <u>Chow Mein</u></p> <ul style="list-style-type: none"> • 1 chicken breast/1 pork loin chop/150g cooked prawns • 1 onion or 4 spring onions • 1 pepper • 1 carrot • 2 nests of egg noodles <u>or</u> 'straight to wok' noodles • ¼ bottle of tomato ketchup • 3 tbsp. soy sauce <p>Optional:</p> <ul style="list-style-type: none"> • 2 tbsp. honey <p>* large container with lid</p>
<p>5. <u>Quesadillas</u></p> <ul style="list-style-type: none"> • 1 tin of beans – taco beans, mixed beans, kidney beans, chickpeas, butter beans etc... • 1 onion • 2 chicken breasts • ½ tube of tomato puree • 150g grated cheese • 4 tortilla wraps <p>Optional:</p> <ul style="list-style-type: none"> • 1 chilli <p>* large container with lid</p>	<p>6. <u>Fruit Cobbler</u></p> <ul style="list-style-type: none"> • 700g cooking apples • 100g caster sugar (for apples) • 1 lemon • 100g self-raising flour • 50g caster sugar (for cobbler) • 50g butter • 1 egg • 4 tbsp. milk (I will supply this) <p>Optional:</p> <ul style="list-style-type: none"> • 200g soft fruit – plums, peaches, raspberries, blackberries etc... • 2 tsp. cinnamon <p>* large ovenproof dish</p>

The above recipes can be adapted to suit different dietary requirements, for example: meat-free, different cuts and types of meat.