

2026-2027 Food and Nutrition

KS3 Recipe Ingredients List

Ingredients must be weighed out prior to the lesson.

You must bring the required ingredients AND equipment stated below.

Year 7

Year 8

Year 9

Practical 1 <u>Rainbow Pasta Salad</u> Labelled airtight container. - A selection of salad suitable vegetables, preferably one of each colour. - 50g of dried pasta (e.g. fusilli or penne) - 2 tbsp mayo or salad dressing	Practical 1 <u>Veggie Fajitas</u> Labelled airtight container. Required ingredients - 1 red onion, 1 yellow & 1 red pepper - 75g grated cheese - 2 large tortilla wraps - 1 garlic clove, 1 tbsp oil, 1 tsp paprika, 1 tsp dried oregano, ½ tsp salt Optional ingredients: - 1 tsp mild chilli powder - 4 mushrooms	Practical 1 <u>Sweet and Sour Chicken</u> Labelled airtight container. - 250g chicken breast - 1 red pepper - 1 can of pineapple - 1 tbsp. Olive oil - 1 tbsp. Vinegar - 1 tbsp. Cornflour - 2 tbsp. Sugar - 2 tbsp. Tomato ketchup - 1 tsp ground ginger - Salt and pepper
Practical 2 <u>Smartie Cookies</u> Labelled airtight container. - 60g self raising flour - 60g caster sugar - 30g hard butter or margarine - 1 packet Smarties	Practical 2 <u>Biscoff Cheesecake</u> Labelled airtight container. - 150g digestive biscuits - 75g margarine - 180g Philadelphia cream cheese - 50g caster sugar - 142ml double cream - 1 tbsp Biscoff spread OR 1 tbsp cocoa powder - Optional Decorations	Practical 2 <u>Mac and Cheese</u> Large piece of foil. - 125g macaroni - 20g butter - 20g plain flour - 300ml milk - 125g cheddar, grated - 25g parmesan finely grated
Practical 3 <u>Cheese Straws</u> Labelled airtight container. - 125g plain flour - Pinch salt - 75g real butter (cold) - 50g cheddar cheese - 1 tbsp parmesan cheese - 1 egg (we will use half) Optional: 1 tsp seeds (sunflower, flax, poppy, onion...)	Practical 3 <u>Veggie Pizza</u> Labelled airtight container. - One packet pizza base mix - 2 tbsp pizza sauce / tomato puree - 2 of your favourite vegetables (onion, pepper, mushroom, broccoli, sweetcorn, courgette, tomato, spring onion) - 100g grated cheese	Practical 3 <u>Bread Rolls</u> Labelled airtight container. - 250g strong bread flour - 1 tsp salt - 7g (1 packet) fast action yeast - 30g butter or margarine
Practical 4 <u>Chocolate Orange Cupcakes</u> Labelled airtight container. 12 cupcake cases. - 1 egg - 60g caster sugar - 60g soft butter or margarine - 60g self raising flour - 1 hard skinned orange - 25g cocoa powder - 1 bar of chocolate orange or one packet chocolate buttons	Practical 4 <u>Mini Jam Doughnut Muffins</u> Large piece of foil. - 125g self raising flour - 70g caster sugar - ½ tsp bicarb of soda - 45ml vegetable oil - 100ml milk - 1 egg - 1 tsp vanilla extract - 6 teaspoons strawberry or raspberry jam Topping: 25g butter, 40g caster sugar, 1 tsp cinnamon	Practical 4 <u>Brownies or Blondies</u> Large piece of foil. - 150g butter - 150g dark chocolate/white chocolate - 200g caster sugar - 2 large eggs - 125g plain flour & 25g cocoa powder / 150g plain flour - Pinch of salt - 100g choc chips / white choc chips - 1 tsp vanilla extract

PLEASE REMEMBER TO LABEL ALL OF YOUR INGREDIENTS AND CONTAINER SO THEY DO NOT GET MUDDLED UP OR TAKEN HOME BY OTHER STUDENTS.