

Year 8 – Practical Recipes 2022-2023



Practical 1:

Stuffed Peppers

2 large peppers (red, yellow, orange or green)
 3 tbs olive oil/ veg oil
 1 onion
 1-3 garlic cloves
 450g tomatoes (or use a tin of tomatoes)
 2tbs tomato puree
 50g mushrooms (optional)
 50g pine nuts (optional)
 50g black olives (optional)
 1 tbs. fresh or dried herbs
 50g parmesan / cheddar cheese (cheese of choice)

Practical 2:

Breakfast Bar

200g Oats
 100g Margarine/Butter
 75g Sugar
 4 X 15ml Spoons Of Golden Syrup Or Honey
 75g Dried Fruit

Practical 3:

Thai Green Curry

2 X 5ml Oil
 3 Spring Onions
 1 Clove Of Garlic
 80g Sugar Snap Peas
 1 Small Chicken Breast
 2 X 15ml Green Curry Paste
 200ml Coconut Milk (Reduced Fat)
 ½ Lime
 Small Bunch Of Coriander

Practical 4:

Cheese Scones

225g Self-Raising Flour
 55g Margarine
 125ml Milk
 1 Tsp Mustard Powder
 50g Grated Cheese

 For Healthier Scones Try –
 Wholemeal, ½ White, ½ Brown Flour,
 Or All Wholemeal

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<p>Practical 5:</p> <p>Penne Fiorentina</p> <p>½ Pepper, Any Colour ½ Onion 1 Clove Garlic 1 X 15ml Oil 1 X 400g Can Chopped Tomatoes Fresh Basil Or 1x 5ml Spoon Dried Basil 100g Spinach 150g Penne Pasta 50g Mozzarella</p>	<p>Practical 6:</p> <p>Pancakes</p> <p>125g Self Raising Flour 150ml Milk 1 X 15ml Caster Sugar 1 Egg 100g Fruit Eg: Banana</p>
<p>Practical 7:</p> <p>Mini Carrot Cakes</p> <p>70ml Oil 1/2 Carrots 100g Sugar 100g SR Flour 1 Tsp Cinnamon 1 Egg 65g Sultanas Or Other Dried</p>	<p>Practical 8:</p> <p>Rock Buns</p> <p>225g Self Raising Flour 100g Margarine 50g Sugar 100g Dried Fruit 1 Egg</p>
<p>Practical 9:</p> <p>Shortbread</p> <p>100g Plain Flour 50g Cornflour 50g Caster Sugar 100g Butter Or Margarine</p>	<p>Practical 10:</p> <p>Shaped Bread Rolls</p> <p>250g Strong Bread Flour 1 Sachet Dried Yeast</p>