

Year 7 – Practical Recipes 2022-2023



<p style="text-align: center;">Practical 1:</p> <p>Fruit Salad</p> <p><i>4/5 Fruits Of Choice: 1 Apple, banana, orange, stoned fruit e.g.: plum or peach, 200 ml fruit juice</i></p>	<p style="text-align: center;">Practical 2:</p> <p>Vegetable Couscous Salad</p> <p><i>1 vegetable stock cube 100g couscous 1 medium tomato 1 spring onion ½ cucumber ½ yellow pepper</i></p>
<p style="text-align: center;">Practical 3:</p> <p>Pizza Toast</p> <p><i>2 slices of bread ½ yellow pepper 1 spring onion 1 mushroom</i></p> <p><i>OR 3 other fruits / vegetables E.g.: tomato, pineapple</i></p> <p><i>50g hard cheese e.g. cheddar 30ml / 2 tbsp. pizza sauce/pasta sauce/pesto or watered down tomato puree</i></p> <p><i>Optional - 5ml spoon of mixed herbs/spice</i></p> <p><i>Optional – 50g cooked protein e.g. ham, chicken, tuna, tofu</i></p>	<p style="text-align: center;">Practical 4:</p> <p>Fruit Muffins</p> <p><i>200g self-raising flour 100ml milk 90g caster 1 egg 60ml oil 1 tsp vanilla extract 75g frozen fruit</i></p>

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Practical 5:

Fougasse

*250g strong bread flour
1 sachet dried yeast*

Practical 6:

Chicken Goujons

*200g of Fish or 1 chicken breast
60g cornflakes (pre crushed)
50g plain flour
1 egg
1 tsp of mixed herbs*

Practical 7:

Sausage Rolls

*½ pack puff pastry
Pack of Sausage meat*

Practical 8:

Shortbread

*100g plain flour
50g cornflour
50g caster sugar
100g butter or margarine*