

Year 9 – Practical Recipes 2022-2023



<p>Practical 1:</p> <p>Ratatouille</p> <p>1 onion 1 aubergine 1-2 courgettes 1 red or green pepper 1 tin chopped tomatoes 1-2 tbs tomato puree 1 vegetable stock cube ½ tsp mixed dried herbs 1 clove garlic (if wanted)</p>	<p>Practical 2:</p> <p>Pasta bake</p> <p>30g plain flour 30g butter 300ml milk 50g cheese 150g pasta Any other veg/protein Container to put it in</p>
<p>Practical 3:</p> <p>Chicken fajitas</p> <p>½ lime 1 clove garlic ½ chilli Small bunch of coriander 1 chicken breast ½ onion ½ pepper 1 tomato 25g cheddar cheese + 2 tortillas</p>	<p>Practical 4:</p> <p>Meat Balls with Ragu Sauce</p> <p>250-500g minced beef or pack sausages 1 small egg ½ onion (chopped) 1 clove of garlic (crushed) ½ tsp. dried herbs salt and pepper 2 slices of bread 1 tsp. Tomato puree 1 tbsp. flour 2 tbsp. oil ½ an onion 400g tin chopped tomatoes ½ tsp. dried herbs 1 clove garlic (crushed)</p>

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Practical 5:

Jalousie

1 x pack of puff pastry
2 eating apples
150g raspberries
50g sugar
Extra sugar for sprinkling

Practical 6:

Cheese and tomato Pizza OR Focaccia

125g strong bread flour
1 sachet dried yeast
2 tbs tomato puree
50g cheese
Focaccia
250g strong bread flour
1 sachet dried yeast
1 red onion
Sprig rosemary
Sea salt
Olive oil

Practical 7:

Flatbread and hummus

200g plain/ wholemeal flour
or self-raising flour
200g plain yoghurt
¼ tsp salt
Hummus
1 x 400g can chickpeas (don't
drain)
1 tbsp tahini paste
1 fast garlic clove
3 tbsp 0% fat Greek yogurt

Practical 8:

Sweet and sour chicken

300 – 500g chicken pieces or
breast
1 onion
1 medium can pineapple
pieces
1 tablespoon oil
½ level teaspoon ground
ginger
1 level tablespoon cornflour
1 level tablespoon sugar
1 tablespoon vinegar
1 tablespoon soy sauce
1 level tablespoon tomato
puree

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Practical 9:

Lemon and courgette cake

*1 large courgette
150g caster sugar
200g self-raising flour
125ml vegetable oil
1 egg, 1 lemon, 50g icing sugar, 1 tsp vanilla extract*

Practical 10:

Chocolate Brownies

*175g/6oz unsalted butter, diced
100g/3½oz cocoa powder
3 free-range eggs
250g/4½oz caster sugar (you could use half and half with 125g/4½oz soft light brown sugar)
1 tsp vanilla bean paste or extract
pinch salt*