

## Year 8 Food Ingredients

**Date:**

**Croque Monsieur (container to take home)**

- 100g hard cheese, e.g. Cheddar, Edam, Gruyere, Red Leicester
- 2 tomatoes
- 4 slices of bread, pr
- 2 slice ham
- Optional – mustard,



**Date:**

**Cheesecake (dish to layer and take home)**

- \*150g digestives
- \*75g Margarine
- \*200g cream cheese – similar to PHILADELPHIA
- \*200ml Whipping / double cream
- \*50g sugar
- \*2 tablespoons of lemon juice
- \* (OPTIONAL) 1 Fruit /
- Chocolate sauce /
- strawberry sauce/
- flake to decorate the top



**Date:**

**Macaroni Cheese ( oven proof dish)**

- 100g macaroni
- 100g Cheddar cheese
- 1 tomato
- 25g soft margarine
- 25g plain flour
- 250ml semi-skimmed milk
- Black pepper**
- **Optional – e.g.** Peppers,
- mushrooms,
- ham, pepperoni,
- sweetcorn, cooked chicken,
- cooked bacon, tinned tuna



**Date:**

**Fruit Crumble (oven proof dish or foil dish)**

- 2 Bramley Cooking Apples or
- 6 eating apples Or 500g Rhubarb or
- 500g Plums or 4 pears (*you can mix and match the fruit*) and 50 g Sugar
- Crumble :- 150 g Plain flour,,
- 75g Margarine ,
- 50g Sugar
- Optional - 25g rolled oats,
- bran flakes, Weetabix



**Date:**

**Bolognaise (container with a sealed lid)**

**Ingredients:**

- 1 onion
- 1-2 clove garlic
- 250g **minced** beef / lamb / Quorn
- 1 tin chopped tomatoes
- Tomato puree
- OPTIONAL
- 1 pepper
- 4-5 mushrooms
- 1 celery stick
- Kidney beans



**Date:**

**Jam tarts (plastic box with a lid)**

- 250g plain flour
- 125g butter
- Jam – strawberry, raspberry, or lemon curd



**Date:**

**Cupcakes (large box with lid to fit 8 decorated cakes)**

- 100g self raising flour
- 100g sugar
- 100g margarine
- 2 eggs
- 12 cake cases



**Date:**

**Bread based pizza (pizza box or box)**

**Base**

- 250g strong bread flour or plain flour
- 7g dried yeast (1 sachet)
- 1 tablespoon oil

**Toppings**

- Tomato puree or pizza sauce
- 100g grated cheese
- 2 toppings of your choice ( mushrooms, cooked chicken, tuna, onion, tomato, sweetcorn, olives etc.)



**Date:**

**Chocolate Brownies (box with lid)**

- 92g butter
- 92g dark chocolate
- 42g plain flour
- 20g cocoa powder
- 50 chocolate chips (optional)
- 2 eggs
- 137g sugar



**Buttercream:**  
200g icing sugar  
75g butter, softened

**Glaze icing:**  
200g icing sugar

It is your choice what you want to put on top of your cupcakes to decorate them with.