**Year 8 Cooking for Others – Vegetarian/Vegan Curry**

**This was the recipe cooked in class – remember you can adapt and cook any curry as long as it fits in the category**

**Ingredients**

1 clove (school provides)

1 clove of garlic

1 black peppercorn (school provides)

1 cardamom pod (school provides)

1 x 10ml spoon oil (school provides)

200g Quorn chunks/mince

1/2 small cauliflower

1/2 green chilli1/2 x 5ml spoon turmeric (school provides)

1/2 x 5 ml spoon ground cumin (school provides)

1/2 x 5ml spoon chilli powder (school provides)

4 x 15ml spoons plain yogurt

pinch black pepper (school provides)

1 x 15ml spoon coriander (school provides)

Suitable container to take your end product home in.

**Quick and Crunchy Stir-Fry**

**Ingredients:**

100g noodles

1 x chicken breast fillet (or 3-4 thigh fillets)

1 clove garlic

½ red chilli

1cm fresh ginger

½ red onion

3 mushrooms

1/2 yellow pepper

1 pak choi

1 x 10ml spoon oil (school will provide)

1 x 10ml spoon soy sauce (school provides)

Suitable container to take end product home

**Food Investigation**

A science experiment to investigate the effect of different substances that could be used to prevent enzymic browning from taking place. For this food science investigation, no ingredients are required as the school will provide all the necessary ingredients.

Our final product is a seasonal bake – the ingredient lists will be sent home as the recipe differs depending on the time of year.