Year 7 Recipes 7DT

Date: 11/11/2026 Yellow **9/11/2026 Violet** **8. Cereal Bar** **Ingredients** **150g oats** **100g brown sugar** **65g self-raising flour** **100g butter** **65ml golden syrup** **Optional extras** **50g mixed seeds, nuts or dried fruit** Named container	**Date: 18/11/2026 Yellow** **16/11/2026 Violet** **9. Jam tarts** **Ingredients** **110g plain flour** **55g block Butter** **40ml of cold water** **½ jar of Jam** Named container	**Date: 25/11/2026 Yellow** **23/11/2026 Violet** **10. Fairy Cakes** **Ingredients** **100g Self-raising flour** **100g Margarine** **100g Caster sugar** **2 Eggs** **12 Paper cake cases** **Variations:-** **Queen cakes – add 50g sultanas** **Cherry cakes – add 50g cherries**	**Date: 30/11/2026 Yellow** **26/11/2026 Violet** **11. Fairy Cake Icing** **Ingredients** **Glace: 100g Icing sugar** **Buttercream: 150g Butter** **And 300g Icing sugar** Named container
Date: Group 1 -07/12/2026 & **Group 2 - 9/12/2026 Yellow** **Group 1 - 03/12/2026 &** **Group 2 7/12/20206 Violet** **12. Muffins** **Ingredients** **250g self raising flour** **1 teaspoon of baking powder** **100g caster sugar** **230ml milk** **1 egg** **60ml oil** Named container		***Welcome to Food Preparation and Nutrition at Lockyer's school. Please bring your ingredients in a named bag and put them in the food storage cupboards in your classroom OR in a named container in the fridge.***	***If providing ingredients is a problem at any time, please see your teacher ASAP. The more notice we have the more we will be able to help. It may be necessary to rearrange a practical lesson due to unforeseen circumstances; you will be notified of any changes as soon as possible.*** ***Many thanks, Mrs Siallagan***