



Food Preparation and Nutrition Practical's at BBG Academy



Equipment and Ingredients

Students will need to bring the following basic equipment each week to their Food lesson, a clean, dry:

- ✓ apron,
- ✓ dishcloth,
- ✓ tea towel
- ✓ and a suitable container to transport their finished product home. Suitable container examples below:



Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day.

Students will access the recipe through the website as part of their homework. In addition, from time to time students will need an ovenproof dish or a heatproof container, which for health and safety reasons will need to fit into a second container for transport home which must not be glass. The second container will require a firm fitting lid, foil/cling film is not adequate as food can easily leak if knocked. Sizes will need to be checked at home to ensure that the hotter container used in the oven fits into the second container.

As part of their learning, students will need to bring ingredients each week, that they have weighed accurately at home and they are encouraged to take part in buying ingredients.

Any special dietary requirements that need alternative ingredients can be discussed with staff. Recipes can be adapted so that practical is always completed.

Students are required to collect their food and equipment on the day of cooking, at the end of the day. This is the students' responsibility and a health and safety requirement. It is the student's responsibility to check the website if they have been absent or in isolation. Planner comments will be given for not bringing ingredients to practical lessons. If access to the internet is difficult students can use homework club to find the ingredients required.

Please note that due to PD lessons, examinations, school activities and unscheduled school closure the plan below could change and students should make a note in their planner where possible. Always use the recipe list for the date shown on the plan.

Year 7

Rotation 1 – ingredients list in table below all rotation dates

Week beginning 31st August

Week beginning 7th September

Week beginning 14th September

Week beginning 21st September

Week beginning 28th September

Week beginning 5th October

Week beginning 12th October

Week beginning 2nd November Week
beginning 9th November

No practical
Fruit Crumble
Cheese Scones
Victoria Sandwich Cake

Stir Fry
Swiss Roll
Gingerbread
Wholemeal Bread Rolls
Pizza

Rotation 2 – ingredients list in table below all rotation dates

Week beginning 16th November
Week beginning 23rd November
Week beginning 30th November
Week beginning 7th December
Week beginning 14th December
Week beginning 4th January
Week beginning 11th January
Week beginning 18th January

No practical
Fruit Crumble
Cheese Scones
Victoria Sponge Cake
Stir Fry
Swiss Roll
Wholemeal Bread Rolls
Pizza

Rotation 3 – ingredients list in table below all rotation dates

Week beginning 25th January
Week beginning 1st February
Week beginning 8th February
Week beginning 22nd February
Week beginning 1st March
Week beginning 8th March
Week beginning 15th March
Week beginning 22nd March

No practical
Fruit Crumble
Cheese Scones
Victoria Sponge Cake
Stir Fry
Swiss Roll
Wholemeal Bread Rolls
No practical

Week beginning 12th April

Pizza

Rotation 4 – ingredients list in table below all rotation dates

Week beginning 19th April
 Week beginning 26th April
 Week beginning 3rd May
 Week beginning 10th May
 Week beginning 17th May
 Week beginning 24th May
 Week beginning 31st May
 Week beginning 7th June
 Week beginning 14th June

No practical
 Fruit Crumble
 Cheese Scones
 Victoria Sponge Cake
 Stir Fry
 Swiss Roll
 Wholemeal Bread Rolls
 Pizza
 No practical

Rotation 1

WB 31 st August	WB 7 th Sept	WB 14 th Sept	WB 21 st Sept
No Practical	<p><u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar Suitable container to take product home in Medium sized ovenproof dish</p>	<p><u>Cheese Scones</u> 225g self-raising flour pinch of salt pinch cayenne pepper 1 tsp baking powder 55g butter 120g mature cheddar 90-100ml milk Suitable container to take product home in</p>	<p><u>Victoria Sandwich Cake</u> 150g self-raising flour 150g Caster Sugar 150g Soft Margarine 3 Eggs 2 tablespoons jam Suitable container to take product home in</p>
WB 28 th Sept	WB 5 th Oct	WB 12 th Oct	WB 2 nd Nov
<p><u>Stir Fry</u> 1 x medium/large chicken breast/quorn chicken or 100g tofu 1 tsp of chilli powder- optional 1 glove garlic, crushed 1/2 green pepper, sliced 1/2 yellow pepper, sliced 2-3 mushrooms, sliced 1x10ml spoon soy sauce 1x 25-50g ready to fry noodles- optional Suitable container to take product home in</p>	<p><u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp red jam 1 tbsp caster sugar for rolling Suitable container to take product home in</p>	<p><u>Gingerbread</u> 100g self-raising flour ½ tsp baking powder pinch of salt 1 ½ tsp ground ginger 25g butter/margarine 25g soft brown sugar small tin black treacle Suitable container to take product home in</p>	<p><u>Wholemeal Bread Rolls</u> 400g wholemeal bread flour ½ teaspoon salt 1 teaspoon sugar 7g sachet of yeast 50g butter or margarine 125ml milk Suitable container to take product home in</p>

WB 9 th Nov			
<u>Pizza</u> 250g strong plain bread flour 7g sachet yeast ½tsp salt 1tsp sugar 227g tin chopped tomatoes 1tsp mixed herbs/oregano/basil 150g grated cheese 8 slices of pepperoni or 2 slices of boiled ham(optional) Large container required or pizza box			

Rotation 2

WB 16 th Nov	WB 23 rd Nov	WB 30 th Nov	WB 7 th Dec
No Practical	<u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar Suitable container to take product home in	<u>Cheese Scones</u> 225g self-raising flour pinch of salt pinch cayenne pepper 1 tsp baking powder 55g butter Suitable container to take product home in	<u>Victoria Sandwich Cake</u> 150g self-raising flour 150g Caster Sugar 150g Soft Margarine 3 Eggs 2 tablespoons jam Suitable container to take product home in
WB 14 th Dec	WB 4 th Jan	WB 11 th Jan	WB 18 th Jan
<u>Stir Fry</u> 1 x medium/large chicken breast/quorn chicken or 100g tofu 1 tsp of chilli powder- optional ½ red onion, sliced 1/2 green pepper, sliced 1/2 yellow pepper, sliced	<u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp red jam 1 tbsp caster sugar for rolling Suitable container to take product home in	<u>Wholemeal Bread Rolls</u> 400g wholemeal bread flour ½ teaspoon salt 1 teaspoon sugar 7g sachet of yeast 50g butter or margarine Suitable container to take product home in	<u>Pizza</u> 250g strong plain bread flour 7g sachet yeast ½tsp salt 1tsp sugar 227g tin chopped slices of boiled ham(optional) Large container required or pizza box

2-3 mushrooms, sliced 1x10ml spoon soy sauce 1x 25-50g ready to fry noodles- optional Suitable container to take product home in			

Rotation 3

WB 25 th Jan	WB 1 st Feb	WB 8 th Feb	WB 22 nd Feb
No Practical	<u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar Specialist equipment needed: Medium sized	<u>Cheese Scones</u> 225g self-raising flour pinch of salt pinch cayenne pepper 1 tsp baking powder 55g butter 120g mature cheddar 90-100ml milk Suitable container to take product home in	<u>Victoria Sandwich Cake</u> 150g self-raising flour 150g Caster Sugar 150g Soft Margarine 3 Eggs 2 tablespoons jam Suitable container to take product home in
WB 1 st March	WB 8 th March	WB 15 th March	WB 22 nd March
<u>Stir Fry</u> 1 x medium/large chicken breast/quorn chicken or 100g tofu 1 tsp of chilli powder- optional 1x10ml spoon oil- From school ½ red onion, sliced 1/2 green pepper, sliced 1/2 yellow pepper, sliced 2-3 mushrooms, sliced 1x10ml spoon soy sauce 1x 25-50g ready to fry noodles- optional Suitable container to take product home in	<u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp red jam 1 tbsp caster sugar for rolling Suitable container to take product home in	<u>Wholemeal Bread Rolls</u> 400g wholemeal bread flour ½ teaspoon salt 1 teaspoon sugar 7g sachet of yeast 50g butter or margarine Suitable container to take product home in	<u>No Practical</u>

WB 12 th April			
<u>Pizza</u> 250g strong plain bread flour 7g sachet yeast ½tsp salt 1tsp sugar 227g tin chopped tomatoes 1tsp mixed herbs/oregano/basil 150g grated cheese 8 slices of pepperoni or 2 slices of boiled ham(optional) Large container required or pizza box			

Rotation 4

WB 19 th April	WB 26 th April	WB 3 rd May – NOT Mrs Woottons group	WB 10 th May
No Practical	<u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar Specialist equipment needed: Medium sized	<u>Cheese Scones</u> 225g self-raising flour pinch of salt pinch cayenne pepper 1 tsp baking powder 55g butter 120g mature cheddar 90-100ml milk Suitable container to take product home in	<u>Victoria Sandwich Cake</u> 150g self-raising flour 150g Caster Sugar 150g Soft Margarine 3 Eggs 2 tablespoons jam Suitable container to take product home in
WB 17 th May	WB 24 th May – NOT Mrs Woottons group	WB 31 st May	WB 7 th June
<u>Stir Fry</u> 1 x medium/large chicken breast/quorn chicken or 100g tofu 1 tsp of chilli powder- optional 1 glove garlic, crushed 1x10ml spoon oil- From	<u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp red jam 1 tbsp caster sugar for rolling Suitable container to take product home in	<u>Wholemeal Bread Rolls</u> 400g wholemeal bread flour ½ teaspoon salt 1 teaspoon sugar 7g sachet of yeast 50g butter or margarine 125ml milk Suitable container to take product home in	<u>Pizza</u> 250g strong plain bread flour 7g sachet yeast ½tsp salt 1tsp sugar 227g tin chopped tomatoes 150g grated cheese Suitable container to take product home in

school

½ red onion, sliced

Suitable container to take
product home in

1/2 green pepper, sliced 1/2 yellow pepper, sliced 2-3 mushrooms, sliced 1x10ml spoon soy sauce 1x 25-50g ready to fry noodles- optional Suitable container to take product home in			8 slices of pepperoni or 2 slices of boiled ham(optional) Large container required or pizza box
WB 14 th June			
<u>No Practical</u>			

Important Notice: In September all practical's will take place at home as a weekly homework, this is due to year group bubbles not being taught in the Food room. The practical dates and lists below are what is needed to make each product at home, with a photo as evidence it is complete. Recipes can be altered to accommodate dietary needs, this can be discussed in lesson or via email.

If and when the practical situation changes we will notify you as soon as possible. Once they do resume this document will be changed with further instructions explaining what students need to bring into school alongside ingredients.

Year 8

Rotation 1 – ingredients list in table below all rotation dates

Week beginning 31 st August	No practical
Week beginning 7 th September	Lemon Drizzle Cake
Week beginning 14 th September	Savoury Rice
Week beginning 21 st September	Bakewell Tart
Week beginning 28 th September	Quiche
Week beginning 5 th October	Iced Muffins
Week beginning 12 th October	Bolognaise Sauce
Week beginning 2 nd November	Chicken Tikka Masala
Week beginning 9 th November	Chocolate Loaf

Rotation 2 – ingredients list in table below all rotation dates

Week beginning 16 th November	No practical
Week beginning 23 rd November	Lemon Drizzle Cake
Week beginning 30 th November	Savoury Rice
Week beginning 7 th December	Bakewell Tart
Week beginning 14 th December	Quiche
Week beginning 4 th January	Iced Muffins
Week beginning 11 th January	Bolognaise Sauce
Week beginning 18 th January	Chicken Tikka Masala

Rotation 3 – ingredients list in table below all rotation dates

Week beginning 25 th January	No practical
Week beginning 1 st February	Lemon Drizzle Cake
Week beginning 8 th February	Savoury Rice
Week beginning 22 nd February	Bakewell Tart
Week beginning 1 st March	Quiche
Week beginning 8 th March	Iced Muffins
Week beginning 15 th March	Bolognaise Sauce
Week beginning 22 nd March	No practical
Week beginning 12 th April	Chicken Tikka Masala

Rotation 4 – ingredients list in table below all rotation dates

Week beginning 19 th April	No practical
Week beginning 26 th April	Lemon Drizzle Cake
Week beginning 3 rd May	Savoury Rice
Week beginning 10 th May	Bakewell Tart
Week beginning 17 th May	Quiche
Week beginning 24 th May	Iced Muffins
Week beginning 31 st May	Bolognaise Sauce
Week beginning 7 th June	Chicken Tikka Masala
Week beginning 14 th June	No practical

Rotation 1

WB 31 st August	WB 7 th Sept	WB 14 th Sept	WB 21 st Sept
No Practical	<u>Lemon Drizzle Cake</u> 175g soft margarine 175g caster sugar* 3 eggs 175g SR flour 1 lemon 75g caster sugar* (*2 quantities of caster sugar are needed) Suitable container to take product home in	<u>Savoury Rice</u> 1 tablespoon oil 100g long grain rice 1 onion 1 pepper 5 mushrooms 1 medium carrot 50g frozen peas 50g sweetcorn 1 stock cube 1 tsp mixed herbs Suitable container to take product home in	<u>Bakewell Tart</u> 175g plain flour 75g butter* 2 tbsp. red jam 125g butter* 125g caster sugar 125g ground almonds 1 egg 50g flaked almonds Suitable container to take product home in
WB 28 th Sept	WB 5 th Oct	WB 12 th Oct	WB 2 nd Nov
<u>Quiche Lorraine</u> 200g plain flour 50g block margarine/butter 50g lard/white fat 2 eggs	<u>Iced Muffins</u> 3 eggs 150g caster sugar 150g soft margarine* 150g Self-raising flour	<u>Bolognaise Sauce</u> 250g minced beef/lamb/chicken 500g passata 1 small tin of tomato puree(142g)	<u>Chicken Tikka Masala</u> 2 chicken breasts 2 tbsp. tikka masala paste or powder Small pot yogurt or sour cream

200ml milk 75g cheese 2 slices of lean bacon ½ medium onion 1 tbsp. oil Specialist equipment needed: Flan dish Suitable container to take product home in	400g icing sugar 200g margarine* 12 muffin cases (*2 quantities of margarine are needed) Suitable container to take product home in	1 onion 1 glove of garlic 1 beef stock cube (other flavours can be used) 1 tsp dried basil/fresh basil leaves mushrooms, ½ pepper. Suitable container to take product home in	Small can chopped tomatoes Small piece fresh ginger 2 cloves garlic 3 tbsp. oil 1 medium onion small bunch coriander Suitable container to take product home in
WB 9 th Nov			
<u>Chocolate Loaf</u> 175g soft margarine 175g caster sugar 3 eggs 175g SR flour 100g chocolate chips 100g cooking chocolate Suitable container to take product home in			

Rotation 2

WB 16 th Nov	WB 23 rd Nov	WB 30 th Nov	WB 7 th Dec
No Practical	<u>Lemon Drizzle Cake</u> 175g soft margarine 175g caster sugar* 3 eggs 175g SR flour 1 lemon 75g caster sugar* (*2 quantities of caster sugar are needed) Suitable container to take product home in	<u>Savoury Rice</u> 1 tablespoon oil 100g long grain rice 1 onion 1 pepper 5 mushrooms 1 medium carrot 50g frozen peas 50g sweetcorn 1 stock cube 1 tsp mixed herbs Suitable container to take product home in	<u>Bakewell Tart</u> 175g plain flour 75g butter* 2 tbsp. red jam 125g butter* 125g caster sugar 125g ground almonds 1 egg 50g flaked almonds (* 2 quantities of butter are needed) Specialist equipment needed: Flan dish 20cm Suitable container to take product home in
WB 14 th Dec	WB 4 th Jan	WB 11 th Jan	WB 18 th Jan
<u>Quiche Lorraine</u> 200g plain flour 50g block	<u>Iced Muffins</u> 3 eggs 150g caster sugar	<u>Bolognaise Sauce</u> 250g minced beef/lamb/chicken	<u>Chicken Tikka Masala</u> 2 chicken breasts 2 tbsp. tikka masala

margarine/butter 50g lard/white fat 2 eggs	150g soft margarine* 150g Self-raising flour	500g passata 1 small tin of tomato puree(142g)	paste or powder Small pot yogurt or sour cream
200ml milk 75g cheese 2 slices of lean bacon ½ medium onion 1 tbsp. oil Specialist equipment needed: Flan dish	400g icing sugar 200g margarine* 12 muffin cases (*2 quantities of margarine are needed) Suitable container to take product home in	1 onion 1 glove of garlic 1 beef stock cube (other flavours can be used) 1 tsp dried basil/fresh basil leaves 2 tablespoons of oil mushrooms, ½ pepper. Suitable container to take product home in	Small can chopped tomatoes Small piece fresh ginger 2 cloves garlic 3 tbsp. oil 1 medium onion small bunch coriander Suitable container to take product home in

Rotation 3

WB 25 th Jan	WB 1 st Feb	WB 8 th Feb	WB 22 nd Feb
No Practical	<p><u>Lemon Drizzle Cake</u> 175g soft margarine 175g caster sugar* 3 eggs 175g SR flour 1 lemon 75g caster sugar*</p> <p>(*2 quantities of caster sugar are needed) Suitable container to take product home in</p>	<p><u>Savoury Rice</u> 1 tablespoon oil 100g long grain rice 1 onion 1 pepper 5 mushrooms 1 medium carrot 50g frozen peas 50g sweetcorn 1 stock cube</p> <p>1 tsp mixed herbs Suitable container to take product home in</p>	<p><u>Bakewell Tart</u> 175g plain flour 75g butter* 2 tbsp. red jam 125g butter* 125g caster sugar 125g ground almonds 1 egg 50g flaked almonds</p> <p>(* 2 quantities of butter are needed) Specialist equipment needed: Flan dish 20cm Suitable container to take product home in</p>
WB 1 st March	WB 8 th March	WB 15 th March	WB 22 nd March
<p><u>Quiche Lorraine</u> 200g plain flour 50g block margarine/butter 50g lard/white fat 2 eggs 200ml milk 75g cheese 2 slices of lean bacon ½ medium onion 1 tbsp. oil Specialist equipment needed: Flan dish Suitable container to take product home in</p>	<p><u>Iced Muffins</u> 3 eggs 150g caster sugar 150g soft margarine* 150g Self-raising flour</p> <p>400g icing sugar 200g margarine* 12 muffin cases</p> <p>(*2 quantities of margarine are needed) Suitable container to take product home in</p>	<p><u>Bolognese Sauce</u> 250g minced beef/lamb/chicken 500g passata 1 small tin of tomato puree(142g) 1 onion 1 glove of garlic 1 beef stock cube (other flavours can be used) 1 tsp dried basil/fresh basil leaves</p> <p>2 tablespoons of oil Optional extras; 100g mushrooms, ½ pepper. Suitable container to take product home in</p>	<u>No Practical</u>

WB 12 th April			
<u>Chicken Tikka Masala</u> 2 chicken breasts 2 tbsp. tikka masala paste or powder Small pot yogurt or sour cream Small can chopped tomatoes Small piece fresh ginger 2 cloves garlic 3 tbsp. oil 1 medium onion small bunch coriander Suitable container to take product home in			

Rotation 4

WB 19 th April	WB 26 th April	WB 3 rd May	WB 10 th May
No Practical	<u>Lemon Drizzle Cake</u> 175g soft margarine 175g caster sugar* 3 eggs 175g SR flour 1 lemon 75g caster sugar* (*2 quantities of caster sugar are needed) Suitable container to take product home in	<u>Savoury Rice</u> 1 tablespoon oil 100g long grain rice 1 onion 1 pepper 5 mushrooms 1 medium carrot 50g frozen peas 50g sweetcorn 1 stock cube 1 tsp mixed herbs Suitable container to take product home in	<u>Bakewell Tart</u> 175g plain flour 75g butter* 2 tbsp. red jam 125g butter* 125g caster sugar 125g ground almonds 1 egg 50g flaked almonds (* 2 quantities of butter are needed) Specialist equipment needed: Flan dish 20cm Suitable container to take product home in
WB 17 th May	WB 24 th May	WB 31 st May	WB 7 th June
<u>Quiche Lorraine</u> 200g plain flour 50g block margarine/butter 50g lard/white fat 2 eggs 200ml milk 75g cheese 2 slices of lean bacon ½ medium onion 1 tbsp. oil	<u>Iced Muffins</u> 3 eggs 150g caster sugar 150g soft margarine* 150g Self-raising flour 400g icing sugar 200g margarine* 12 muffin cases (*2 quantities of	<u>Bolognese Sauce</u> 250g minced beef/lamb/chicken 500g passata 1 small tin of tomato puree(142g) 1 onion 1 glove of garlic 1 beef stock cube (other flavours can be used) 1 tsp dried basil/fresh	<u>Chicken Tikka Masala</u> 2 chicken breasts 2 tbsp. tikka masala paste or powder Small pot yogurt or sour cream Small can chopped tomatoes Small piece fresh ginger 2 cloves garlic 3 tbsp. oil

<p>Specialist equipment needed: Flan dish Suitable container to take product home in</p>	<p>margarine are needed) Suitable container to take product home in</p>	<p>basil leaves 2 tablespoons of oil</p> <p>Optional extras; 100g mushrooms, ½ pepper. Suitable container to take product home in</p>	<p>small bunch coriander 1 medium onion Suitable container to take product home in</p>
<p>WB 14th June</p>			
<p><u>No Practical</u></p>			

Year 9

Important Notice: In September all practical's will take place at home as a homework every other week, this is due to year group bubbles not being taught in the Food room. The practical dates and lists below are what is needed to make each product at home, with a photo as evidence it is complete. Recipes can be altered to accommodate dietary needs, this can be discussed in lesson or via email.

If and when the practical situation changes we will notify you as soon as possible. Once they do resume this document will be changed with further instructions explaining what students need to bring into school alongside ingredients.

Students will be completing a practical once every two weeks.

Week beginning 31 st August	No practical
Week beginning 7 th September	Courgette, onion and cheese muffins
Week beginning 14 th September	No practical
Week beginning 21 st September	Roasted vegetable and pasta medley
Week beginning 28 th September	No practical
Week beginning 5 th October	Jambalaya
Week beginning 12 th October	No practical
Week beginning 2 nd November	Cottage Pie
Week beginning 9 th November	No practical
Week beginning 16 th November	Bread rolls
Week beginning 23 rd November	No practical
Week beginning 30 th November	Ricotta and spinach lasagne
Week beginning 7 th December	Cheese and vegetable pasties
Week beginning 14 th December	No practical
Week beginning 4 th January	No practical
Week beginning 11 th January	Decorated Swiss roll
Week beginning 18 th January	No practical
Week beginning 25 th January	Fishcakes
Week beginning 1 st February	No practical
Week beginning 8 th February	Chelsea buns
Week beginning 22 nd February	No practical
Week beginning 1 st March Week beginning 8 th March	Cheese and herb scone round No practical

Week beginning 15 th March	Small quiches
Week beginning 22 nd March	No practical
Week beginning 12 th April	Savoury plait
Week beginning 19 th April	No practical
Week beginning 26 th April	Chicken and leek pie
Week beginning 3 rd May	No practical
Week beginning 10 th May	Fruit pie
Week beginning 17 th May	No practical
Week beginning 24 th May	Lemon flan
Week beginning 31 st May	No practical
Week beginning 7 st June	Chocolate cake
Week beginning 14 th June	No practical

WB 31 st August	WB 7 th Sept	WB 14 th Sept	WB 21 st Sept
<u>No Practical</u>	<u>Courgette, onion and cheese muffins</u> 225g self-raising flour (wholemeal if possible) 50ml oil 175ml semi-skimmed milk 1 egg 100g cheddar cheese 1 small courgette (skin left on) 1 small onion black pepper 12 muffins cases Specialist equipment needed: Muffin tray	<u>No Practical</u>	<u>Roasted Vegetable and Pasta Medley</u> 1 red pepper 1 medium courgette 1 onion 1 sweet potato or parsnip 2 tbsp oil 100g penne or other shape 50g unsalted butter 50g plain flour 500ml milk ½ tsp dried mustard (supplied) 100g mature cheddar cheese Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish
WB 28 th Sept	WB 5 th Oct	WB 12 th Oct	WB 2 nd Nov
<u>No practical</u>	<u>Jambalaya</u> 1 or 2 chicken breasts or 200g Quorn 50g chorizo sausage (optional) 2 cloves garlic 150g long grain rice 1 pepper 1 large onion 1 stick celery	<u>No Practical</u>	<u>Cottage pie</u> 250g minced beef or lamb 1 medium onion 1 medium carrot 1 glove garlic 1 stick of celery 200g can chopped tomatoes 1 tbsp. tomato puree

	<p>1 tbsp oil 1 tsp dried thyme 1 tsp paprika 1 tsp tabasco sauce 1 chicken stock cube 400g can chopped tomatoes</p> <p>Specialist equipment needed: Saucepan</p>		<p>1 tsp dried mixed herbs ground black pepper 300g old potatoes suitable for mashing 1 medium sized leek 1 tbsp. olive oil 10g butter 2 tbsp. milk 50g grated cheddar cheese</p> <p>Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish</p>
WB 9 th Nov	WB 16 th Nov	WB 23 rd Nov	WB 30 th Nov
<u>No Practical</u>	<p><u>Bread rolls</u> 450g strong plain flour ½ tsp salt 7g sachet of yeast 1 tsp sugar 1 egg</p> <p>Extra ingredient options: sun dried tomatoes, herbs, spices.</p>	<u>No Practical</u>	<p><u>Ricotta and Spinach Lasagne</u> 1 tbsp. oil 1 medium onion 1 clove garlic 1 aubergine 1 pepper 1 courgette 400g chopped tomatoes 1 tsp mixed herbs 150g spinach 1 egg 200g ricotta cheese black pepper and nutmeg 25g butter or vegetable spread 25g plain flour 300ml milk 70g grated cheese 8-10 sheets of dried lasagne sheets</p> <p>Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish</p>
WB 7 th Dec	WB 14 th Dec	WB 4 th Jan	WB 11 th Jan
<u>Cheese and vegetable pasties</u> 200g plain flour	<u>No practical</u>	<u>No Practical</u>	<u>Decorated Swiss roll</u> 3 eggs 75g caster sugar 75g plain flour

<p>100g block vegetable fat or butter 1 tsp mixed herbs 1 egg 1 small onion 1 stalk celery 1 small potato 1 small carrot 25g butter or vegetable oil 50g strong cheddar cheese black pepper Specialist equipment needed: Baking tray</p>			<p>2 tbsp. red jam 1 tbsp. caster sugar for rolling Specialist equipment needed: Baking tray and greaseproof paper</p>
WB 18 th Jan	WB 25 th Jan	WB 1 st Feb	WB 8 th Feb
<u>No Practical</u>	<p><u>Fishcakes</u> 350g potatoes 200g canned tuna or cooked fish (e.g. haddock) 25g butter or vegetable fat spread 1 egg small bunch parsley 200g dried breadcumbs pinch of pepper Specialist equipment needed: Baking tray</p>	<u>No Practical</u>	<p><u>Chelsea buns</u> 450g strong plain flour 1 x 7g sachet of yeast 50g caster sugar 50g butter or vegetable fat spread 2 eggs 250ml milk Filling: 1 level tsp mixed spice 100g dried mixed fruit 25g butter 2 tsp Demerara sugar Glaze: 2 tbsp. milk 2 tbsp. sugar Specialist equipment needed: Baking tray</p>
WB 22 nd Feb	WB 1 st March	WB 8 th March	WB 15 th March
<u>No practical</u>	<p><u>Cheese and herb scone round</u> 225g SR flour ½ tsp baking powder ¼ tsp cayenne pepper 50g cheddar cheese 1 tsp mixed dried herbs 25g pumpkin seeds or sunflower seeds (optional) 50g butter 150ml milk Specialist equipment needed: Baking tray</p>	<u>No Practical</u>	<p><u>Small Quiches</u> 200g plain flour 50g lard/Trex 50g butter/hard margarine 2 egg 125ml milk 50g cheese 6 cherry tomatoes ½ tsp mixed dried herbs Large container to transport home safely Specialist equipment needed: Muffin tray</p>

WB 22 nd March	WB 12 th April	WB 19 th April	WB 26 th April
<u>No Practical</u>	<u>Calzone/pizza</u> 300g strong plain bread flour 1 sachet dried yeast Meat/protein topping of your choice ½ pepper ½ onion 4 mushrooms 50g grated cheese Suitable container to take product home in	<u>No Practical</u>	<u>Chicken and Leek Pie</u> 2 medium chicken breasts 1 large leek 50g butter / 2tbsp olive oil 1.5kg potatoes 50ml milk <u>Roux sauce</u> 25g butter/hard margarine 25g plain flour 250ml milk Specialist equipment needed: Ovenproof dish suitable for a casserole or lasagne – deep enough to hold potato topping
WB 3 rd May	WB 10 th May	WB 17 th May	WB 24 th May
<u>No Practical</u>	<u>Fruit Pie</u> 750g eating/cooking apples 50g sugar 300g plain flour 75g lard/Trex 75g butter/hard margarine Specialist equipment needed: Flan dish Suitable container to take product home in	<u>No Practical</u>	<u>Lemon Flan</u> 300ml double cream 397g can condensed milk (not light or evaporated) 3 medium or 2 large lemons 250g digestive biscuits 125g butter or block margarine Specialist equipment needed: Flan dish Suitable container to take product home in
WB 31 st May	WB 7 th June	WB 14 th June	
<u>No Practical</u>	<u>Chocolate cake</u> 50g cocoa powder 3 eggs 2 tablespoons milk 175g self-raising flour 1 rounded tsp baking powder 100g soft margarine or butter 300g caster sugar	<u>No Practical</u>	

	<p>FILLING</p> <p>150g plain chocolate – Bournville works best</p> <p>150ml double cream – not extra thick</p> <p>1 small bar of white chocolate</p> <p>3 tablespoons of jam</p>		
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