



## 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

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

### **Rotation 1 – ingredients list in table below all rotation dates**

Week beginning 30 <sup>th</sup> August	No practical
Week beginning 6 <sup>th</sup> September	Fruit Crumble
Week beginning 13 <sup>th</sup> September	Cheese Scones
Week beginning 20 <sup>th</sup> September	Victoria Sandwich Cake
Week beginning 27 <sup>th</sup> September	Stir Fry
Week beginning 4 <sup>th</sup> October	Swiss Roll
Week beginning 11 <sup>th</sup> October	No practical
Week beginning 1 <sup>st</sup> November	Gingerbread
Week beginning 8 <sup>th</sup> November	Wholemeal Bread Rolls
Week beginning 15 <sup>th</sup> November	Pizza

### **Rotation 2 – ingredients list in table below all rotation dates**

Week beginning 22 <sup>nd</sup> November	No practical
Week beginning 29 <sup>th</sup> November	Fruit Crumble
Week beginning 6 <sup>th</sup> December	Cheese Scones
Week beginning 13 <sup>th</sup> December	No practical
Week beginning 3 <sup>rd</sup> January	Stir Fry
<b>(BH MON)</b>	
Week beginning 10 <sup>th</sup> January	Gingerbread
Week beginning 17 <sup>th</sup> January	Swiss Roll
Week beginning 24 <sup>th</sup> January	Wholemeal Bread Rolls
Week beginning 31 <sup>st</sup> January	Pizza

### **Rotation 3 – ingredients list in table below all rotation dates**

Week beginning 7 <sup>th</sup> February	No practical
Week beginning 14 <sup>th</sup> February	Fruit Crumble
Week beginning 28 <sup>th</sup> February	Cheese Scones
Week beginning 7 <sup>th</sup> March	Victoria Sponge Cake
Week beginning 14 <sup>th</sup> March	Stir Fry
Week beginning 21 <sup>st</sup> March	Swiss Roll
Week beginning 28 <sup>th</sup> March	Wholemeal Bread Rolls
Week beginning 4 <sup>th</sup> April	No practical

## Rotation 4 – ingredients list in table below all rotation dates

Week beginning 25 <sup>th</sup> April	No practical
Week beginning 2 <sup>nd</sup> May <b>(BH MON)</b>	Fruit Crumble
Week beginning 9 <sup>th</sup> May	Cheese Scones
Week beginning 16 <sup>th</sup> May	Victoria Sponge Cake
Week beginning 23 <sup>rd</sup> May	Stir Fry
Week beginning 30 <sup>th</sup> May <b>(BH THURS AND FRI)</b>	Swiss Roll
Week beginning 6 <sup>th</sup> June	Wholemeal Bread Rolls
Week beginning 13 <sup>th</sup> June	No practical

## Rotation 1

WB 30 <sup>th</sup> August No Practical	<b>WB 6<sup>th</sup> Sept</b> <u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar  <b>Medium sized ovenproof dish and container</b>	<b>WB 13<sup>th</sup> Sept</b> <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  <b>Container needed</b>	<b>WB 20<sup>th</sup> Sept</b> <u>Victoria Sandwich Cake</u> 150g self-raising flour 150g Caster Sugar 150g Soft Margarine 3 Eggs 2 tablespoons jam <b>Container needed</b>
<b>WB 27<sup>th</sup> Sept</b>	<b>WB 4<sup>th</sup> Oct</b>	<b>WB 11<sup>th</sup> Oct</b>	<b>WB 2<sup>nd</sup> Nov</b>
<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 1tsp fresh/ground ginger (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 <b>ready to fry</b> noodles- optional <b>Container needed</b>	<u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp fruit jam 1 tbsp caster sugar for rolling <b>Container needed</b>	<u>No practical</u>	<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 1 egg 50ml milk  <b>Container needed</b>

WB 8 <sup>th</sup> Nov	WB 15 <sup>th</sup> Nov		
Wholemeal Bread Roll	Pizza		
400g wholemeal bread Flour ½ teaspoon salt 1 teaspoon sugar 7g sachet of yeast 50g butter or margarine 125ml milk Container needed	250g strong plain bread flour 7g sachet yeast ½tsp salt 1tsp sugar 227g tin chopped Tomatoes or 3 tbsp tomato puree 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 22 <sup>nd</sup> Nov	WB 29 <sup>th</sup> Nov	WB 6 <sup>th</sup> Dec	WB 13 <sup>th</sup> Dec
No Practical	<u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar  Medium sized ovenproof dish and container	<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  Container needed	No practical
WB 3 <sup>rd</sup> Jan	WB 10 <sup>th</sup> Jan	WB 17 <sup>th</sup> Jan	WB 24 <sup>th</sup> Jan
<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 1tsp fresh/ground ginger (optional) 1x10ml spoon oil- From school ½ red onion, sliced 1/2 green pepper, sliced 1/2 yellow pepper, sliced	<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 1 egg 50ml milk  Container needed	<u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp fruit jam 1 tbsp caster sugar for rolling Container needed	<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 Container needed

2-3 mushrooms, sliced 1x10ml spoon soy sauce 1x 25-50g <b>ready to fry</b> noodles- optional <b>Container needed</b>			
<b>WB 31<sup>st</sup> Jan</b>			
<u>Pizza</u> 250g strong plain bread flour 7g sachet yeast ½tsp salt 1tsp sugar 227g tin chopped Tomatoes or 3 tbsp tomato puree 1tsp mixed herbs/oregano/basil 150g grated cheese 8 slices of pepperoni or 2 slices of boiled ham(optional) <b>Large container required or pizza box</b>			

### Rotation 3

WB 7 <sup>th</sup> Feb	WB 14 <sup>th</sup> Feb	WB 28 <sup>th</sup> Feb	WB 7 <sup>th</sup> March
No Practical	<u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar  <b>Medium sized ovenproof dish and a container</b>	<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  <b>Container needed</b>	<u>Victoria Sandwich Cake</u> 150g self-raising flour 150g Caster Sugar 150g Soft Margarine 3 Eggs 2 tablespoons jam <b>Container needed</b>
WB 14 <sup>th</sup> March	WB 21 <sup>st</sup> March	WB 18 <sup>th</sup> March	WB 4 <sup>th</sup> April
<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 1tsp fresh/ground ginger (optional)	<u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp fruit jam 1 tbsp caster sugar for rolling <b>Container needed</b>	<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 <b>Container needed</b>	<u>No Practical</u>

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 <b>ready to fry</b> noodles- optional <b>Container needed</b>			
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## Rotation 4

WB 25 <sup>th</sup> April	WB 2 <sup>nd</sup> May	WB 9 <sup>th</sup> May	WB 16 <sup>th</sup> May
No Practical	<u>Fruit Crumble</u> 1 tin of fruit pie filling 175g plain flour 125g butter/block margarine 100g caster sugar  <b>Medium sized ovenproof dish and container</b>	<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  <b>Container needed</b>	<u>Victoria Sandwich Cake</u> 150g self-raising flour 150g Caster Sugar 150g Soft Margarine 3 Eggs 2 tablespoons jam <b>Container needed</b>
WB 23 <sup>rd</sup> May	WB 30 <sup>th</sup> May	WB 6 <sup>th</sup> June	WB 13 <sup>th</sup> 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 1tsp fresh/ground ginger (optional) 1x10ml spoon oil- From school  -1/2 green pepper, sliced -1/2 yellow pepper, sliced -2-3 mushrooms, sliced -1x10ml spoon soy sauce -1x 25-50g <b>ready to fry</b> noodles- optional <b>Container needed</b>	<u>Swiss Roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp fruit jam 1 tbsp caster sugar for rolling <b>Container needed</b>	<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 <b>Container needed</b>	<u>No practical</u>

## Year 8

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

### **Rotation 1 – ingredients list in table below all rotation dates**

Week beginning 30 <sup>th</sup> August	No practical
Week beginning 6 <sup>th</sup> September	Lemon Drizzle Cake
Week beginning 13 <sup>th</sup> September	Savoury Rice
Week beginning 20 <sup>th</sup> September	Bakewell Tart
Week beginning 27 <sup>th</sup> September	Quiche
Week beginning 4 <sup>th</sup> October	Iced Muffins
Week beginning 11 <sup>th</sup> October	No practical
Week beginning 1 <sup>st</sup> November	Bolognaise sauce
Week beginning 8 <sup>th</sup> November	Chicken Tikka Masala
Week beginning 15 <sup>th</sup> November	Chocolate Loaf

### **Rotation 2 – ingredients list in table below all rotation dates**

Week beginning 22 <sup>nd</sup> November	No practical
Week beginning 29 <sup>th</sup> November	Lemon Drizzle Cake
Week beginning 6 <sup>th</sup> December	Savoury Rice
Week beginning 13 <sup>th</sup> December	No practical
Week beginning 3 <sup>rd</sup> January	Bakewell Tart
<b>(BH MON)</b>	
Week beginning 10 <sup>th</sup> January	Quiche
Week beginning 17 <sup>th</sup> January	Iced Muffins
Week beginning 24 <sup>th</sup> January	Bolognaise Sauce
Week beginning 31 <sup>st</sup> January	Chicken Tikka Masala



### Rotation 3 – ingredients list in table below all rotation dates

Week beginning 7 <sup>th</sup> February	No practical
Week beginning 14 <sup>th</sup> February	Lemon Drizzle Cake
Week beginning 28 <sup>th</sup> February	Savoury Rice
Week beginning 7 <sup>th</sup> March	Bakewell Tart
Week beginning 14 <sup>th</sup> March	Quiche
Week beginning 21 <sup>st</sup> March	Iced Muffins
Week beginning 28 <sup>th</sup> March	Bolognaise Sauce
Week beginning 4 <sup>th</sup> April	No practical

### Rotation 4 – ingredients list in table below all rotation dates

Week beginning 25 <sup>th</sup> April	No practical
Week beginning 2 <sup>nd</sup> May (BH MON)	Lemon Drizzle Cake
Week beginning 9 <sup>th</sup> May	Savoury Rice
Week beginning 16 <sup>th</sup> May	Bakewell Tart
Week beginning 23 <sup>rd</sup> May	Quiche
Week beginning 30 <sup>th</sup> May (BH THURS AND FRI)	Iced Muffins
Week beginning 6 <sup>th</sup> June	Bolognaise Sauce
Week beginning 13 <sup>th</sup> June	No practical

### Rotation 1

WB 30 <sup>th</sup> August	WB 6 <sup>th</sup> Sept	WB 13 <sup>th</sup> Sept	WB 20 <sup>th</sup> 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) <b>Container needed</b>	<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 <b>Container needed</b>	<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) <b>Specialist equipment needed: Flan dish 20cm</b>
WB 27 <sup>th</sup> Sept	WB 4 <sup>th</sup> Oct	WB 11 <sup>th</sup> Oct	WB 1 <sup>st</sup> 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>No practical</u>	<u>Bolognaise Sauce</u> 250g minced beef/lamb/chicken 500g passata 1 small tin of tomato puree(142g)

200ml milk 75g cheese 2 slices of lean bacon ½ medium onion 1 tbsp. oil <b>Specialist equipment needed: Flan dish</b>	400g icing sugar 200g margarine* 12 muffin cases  (*2 quantities of margarine are needed) <b>Container needed</b>		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 Optional extras; 100g mushrooms, ½ pepper. <b>Container needed</b>
<b>WB 8<sup>th</sup> Nov</b>	<b>WB 15<sup>th</sup> Nov</b>		
<u>Chicken Tikka Masala</u> 2 chicken breasts 2 tbsp. tikka masala paste or powder Small pot yogurt or sour cream 1 medium onion small bunch coriander <b>Container needed</b>	<u>Chocolate Loaf</u> 175g caster sugar 3 eggs 175g SR flour 100g chocolate chips 100g cooking chocolate <b>Container needed</b>		

## Rotation 2

WB 22 <sup>nd</sup> Nov No Practical	<b>WB 29<sup>th</sup> Nov</b> <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) <b>Container needed</b>	<b>WB 6<sup>th</sup> Dec</b> <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 <b>Container needed</b>	<b>WB 13<sup>th</sup> Dec</b> <u>No practical</u>
<b>WB 3<sup>rd</sup> Jan</b>	<b>WB 10<sup>th</sup> Jan</b>	<b>WB 17<sup>th</sup> Jan</b>	<b>WB 24<sup>th</sup> Jan</b>
<u>Bakewell Tart</u>  175g plain flour 75g butter* 2 tbsp. red jam 125g butter*  125g caster sugar	<u>Quiche Lorraine</u> 200g plain flour 50g margarine 50g lard 2 eggs 200ml milk 75g cheese	<u>Iced Muffins</u>  3 eggs 150g caster sugar 150g soft margarine* 150g Self-raising flour  400g icing sugar	<u>Bolognese Sauce</u>  250g minced beef/lamb/chicken 500g passata 1 small tin of tomato puree(142g)

125g ground almonds 1 egg 50g flaked almonds (* 2 quantities of butter are needed) <b>Specialist equipment needed: Flan dish 20cm</b>	2 slices of lean bacon ½ medium onion 1 tbsp. oil <b>Specialist equipment needed: Flan dish</b>	200g margarine* 12 muffin cases  (*2 quantities of margarine are needed) <b>Container needed</b>	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 Optional extras; 100g mushrooms, ½ pepper. <b>Container needed</b>
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<b>WB 31<sup>st</sup> Jan</b>			
<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 <b>Container needed</b>			

### Rotation 3

WB 7 <sup>th</sup> Feb No Practical	<b>WB 14<sup>th</sup> Feb</b> <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) <b>Container needed</b>	<b>WB 28<sup>th</sup> Feb</b> <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 <b>Container needed</b>	<b>WB 7<sup>th</sup> March</b> <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) <b>Specialist equipment needed: Flan dish 20cm</b>
<b>WB 14<sup>th</sup> March</b>	<b>WB 21<sup>st</sup> March</b>	<b>WB 28<sup>th</sup> March</b>	<b>WB 4<sup>th</sup> April</b>
<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 <b>Specialist equipment needed: Flan dish</b>	<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 margarine are needed) <b>Container needed</b>	<u>Bolognaise 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 2 tablespoons of oil Optional extras; 100g mushrooms, ½ pepper. <b>Container needed</b>	<u>No Practical</u>

## Rotation 4

WB 25 <sup>th</sup> April	WB 2 <sup>nd</sup> May	WB 9 <sup>th</sup> May	WB 16 <sup>th</sup> 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) <b>Container needed</b>	<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 <b>Container needed</b>	<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) <b>Specialist equipment needed: Flan dish 20cm</b>
WB 23 <sup>rd</sup> May	WB 30 <sup>th</sup> May	WB 31 <sup>st</sup> May	WB 6 <sup>th</sup> 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 margarine are needed)	<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	<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
<b>Specialist equipment needed: Flan dish</b>	<b>Container needed</b>	2 tablespoons of oil Optional extras; 100g mushrooms, ½ pepper. <b>Container needed</b>	small bunch coriander <b>Container needed</b>
WB 13 <sup>th</sup> June			
<u>No Practical</u>			

## Year 9

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 be completing a practical once every two weeks on most occasions.**

Week beginning 30 <sup>th</sup> August	No practical
Week beginning 6 <sup>th</sup> September	Courgette, onion and cheese muffins
Week beginning 13 <sup>th</sup> September	No practical
Week beginning 20 <sup>th</sup> September	Roasted vegetable and pasta medley
Week beginning 27 <sup>th</sup> September	No practical
Week beginning 4 <sup>th</sup> October	Jambalaya
Week beginning 11 <sup>th</sup> October	No practical
Week beginning 1 <sup>st</sup> November	Cottage Pie
Week beginning 8 <sup>th</sup> November	No practical
Week beginning 15 <sup>th</sup> November	Bread rolls
Week beginning 22 <sup>rd</sup> November	No practical
Week beginning 29 <sup>th</sup> November	Ricotta and spinach lasagne
Week beginning 6 <sup>th</sup> December	Cheese and vegetable pasties
Week beginning 13 <sup>th</sup> December	No practical
Week beginning 3 <sup>rd</sup> January (BH MON)	No practical
Week beginning 10 <sup>th</sup> January	Decorated Swiss roll
Week beginning 17 <sup>th</sup> January	No practical
Week beginning 24 <sup>th</sup> January	Fishcakes
Week beginning 31 <sup>st</sup> January	No practical
Week beginning 7 <sup>th</sup> February	Chelsea buns
Week beginning 14 <sup>th</sup> February	No practical
Week beginning 28 <sup>th</sup> February	Cheese and herb scone round
Week beginning 7 <sup>th</sup> March	No practical

Week beginning 14 <sup>th</sup> March	Small quiches
Week beginning 21 <sup>st</sup> March	No practical
Week beginning 28 <sup>th</sup> March	Savoury plait
Week beginning 4 <sup>th</sup> April	No practical
Week beginning 25 <sup>th</sup> April	Chicken and leek pie
Week beginning 2 <sup>nd</sup> May (BH MON)	No practical
Week beginning 9 <sup>th</sup> May	Fruit pie
Week beginning 16 <sup>th</sup> May	No practical
Week beginning 23 <sup>rd</sup> May	Lemon flan
Week beginning 30 <sup>th</sup> May (BH THURS + FRI)	No practical
Week beginning 6 <sup>th</sup> June	Chocolate cake
Week beginning 13 <sup>th</sup> June	No practical

WB 30 <sup>th</sup> August	WB 6 <sup>th</sup> Sept	WB 13 <sup>th</sup> Sept	WB 20 <sup>th</sup> 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	<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 <b>Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish</b>
WB 27 <sup>th</sup> Sept	WB 4 <sup>th</sup> Oct	WB 11 <sup>th</sup> Oct	WB 1 <sup>st</sup> 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>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  <b>Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish</b></p>
WB 8 <sup>th</sup> Nov	WB 15 <sup>th</sup> Nov	WB 22 <sup>nd</sup> Nov	WB 29 <sup>th</sup> 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><b>Extra ingredient options: sun dried tomatoes, herbs, spices.</b></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  <b>Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish</b></p>
WB 6 <sup>th</sup> Dec	WB 13 <sup>th</sup> Dec	WB 3 <sup>rd</sup> Jan	WB 10 <sup>th</sup> Jan
<p><u>Cheese and vegetable pasties</u>  200g plain flour</p>	<u>No practical</u>	<u>No Practical</u>	<p><u>Decorated Swiss roll</u>  3 eggs  75g caster sugar  75g plain flour</p>



<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</p>			<p>2 tbsp. red jam  1 tbsp. caster sugar for rolling</p>
WB 17 <sup>th</sup> Jan	WB 24 <sup>th</sup> Jan	WB 31 <sup>st</sup> Jan	WB 7 <sup>th</sup> 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</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</p>
WB 14 <sup>th</sup> Feb	WB28th Feb	WB 4 <sup>th</sup> March	WB 25 <sup>th</sup> 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</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</p>

WB 21 <sup>st</sup> March	WB 28 <sup>th</sup> March	WB 4 <sup>th</sup> April	WB 25 <sup>th</sup> April
<u>No Practical</u>	<u>Calzone</u> 250g strong plain flour 1 sachet of yeast ½ tsp salt 3 tbsp tomato puree 100g cheese ½ pepper ½ onion 4 mushrooms Protein topping of your choice eg pepperoni, tuna, ham	<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 (3 large) 50ml milk <u>Roux sauce</u>  25g butter/hard margarine 25g plain flour 250ml milk <b>Specialist equipment needed: Ovenproof dish suitable for a casserole or lasagne – deep enough to hold potato topping</b>
WB 2 <sup>nd</sup> May	WB 9 <sup>th</sup> May	WB 16 <sup>th</sup> May	WB 23 <sup>rd</sup> 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 <b>Specialist equipment needed: Flan dish</b>	<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 <b>Specialist equipment needed: Flan dish</b>
WB 30 <sup>th</sup> May	WB 6 <sup>th</sup> June	WB 13 <sup>th</sup> June	
<u>No Practical</u>	<u>Chocolate cake</u> 150g soft margarine 150g caster sugar 125g SR flour 3 eggs 50g cocoa powder  150g butter 300g icing sugar	<u>No Practical</u>	

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