

## Ingredients/Equipment

### Class 3

Please remember that High Risk ingredients (Cheese or meats etc.) must be stored in the fridge at the beginning of the school day.

Practical	What to Bring	Date
An introduction to Food Safety and Kitchen Hygiene		7 September
Cheese Straws	50g cheese Container with lid to take home	14 September
Tomato sauce and pasta	1 tin chopped tomatoes 1 Onion Other vegetables/meat to flavour 100g dried pasta Container to take home	21 September
Scone based pizza	Cheese Any other topping ingredients Foil to wrap pizza in	28 September
Savoury rice	2-3 vegetables (A handful of each e.g. mushroom, pepper, tomatoes, peas) Container with a lid to take home	5 October
Fruit crumble	Approx 400g fruit for crumble (e.g. cooking apples) Oven proof dish	12 October
Savoury Chelsea buns	Flavouring ingredients (cheese/tomato/vegetables) Container to take home	19 October

Cheese cake	200g cream cheese 125ml double or whipping cream 1 lemon 18-20cm flan dish or cake tin	2 November
Savoury Pancakes	Container to take home (Or can be eaten during the lesson) Fillings – which ever you prefer – cheese, ham, onion, pineapple, other vegetables	9 November
Either Bolognese, Shepherd's Pie, Lasagne or Chilli	200g Minced meat or vegetarian alternative 1 Onion 1 Tin chopped tomatoes 25g Tomato Puree 1 Stock cube Mixed herbs Optional: Carrot, pepper, celery, mushrooms. Either: Potatoes, milk and butter for mashing of 250ml milk, 25g butter and 25g flour or lasagne sheets for lasagne Oven proof dish	16 November
Curry	200g Chicken or vegetarian alternative 1 Onion 1 Clove garlic 1 Tin coconut milk or 1 tin chopped tomatoes Container with a lid to take home	23 November
Apple Cake	1 apple (Eating apple not a cooking apple) 20cm Cake Tin Container to take home	30 November
Planning for final dish		7 December

Final Dish	Ingredients you have planned Container to take home.	14 December
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