

Ingredients/Equipment

Class 5

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
Italian Pasta (Italian)	Tin chopped tomatoes Vegetables of choice Container with a lid	21 September
Falafel burger with hummus (Greek)	1 onion 400g/tin chickpeas Container with a lid	28 September
Sweet and sour chicken (Chinese)	Chicken breasts Tin of pineapple Container with a lid	5 October
Curry (Indian)	2 skinless chicken breasts 1 onion 1 tin chopped tomatoes Container with a lid	12 October
Chicken Kiev (Russian)	Chicken breast 2 slices of bread Container with a lid	19 October
Key lime pie (American)	225g digestive biscuits Tin of condensed milk 3 limes Container with a lid	2 November
Lasagne or meatballs (Italian)	Minced beef 1 onion 50g cheeses for lasagne Oven proof dish Foil for covering	9 November

Toad in the hole and gravy (British)	Pack of sausages Container with a lid	16 November
Sushi (Japanese)	Container with a lid	23 November
Chilli con carne/burritos/nachos (guacamole/salsa) (Mexican)	1 pepper 1 onion 1 pack minced beef Tin of kidney beans Container with a lid	30 November
Macarons (French)	125g ground almonds Container with a lid	7 December
Individual Dish	Ingredients as required Container with a lid	14 December
Gingerbread	Container with a lid	18 January
Hollandaise/mayonnaise Eggs-periment	Container with a lid	23 January
Homemade soup and breadsticks/croutons	Vegetables of choice Container with a lid/flask	1 February
Creamy cardamom chicken with chilli flatbreads	Chicken breasts Container with a lid	8 February
Red fruit filo baskets	Pack of filo pastry Red fruit of choice Container with a lid	22 February
Manchester tarts	1 banana Container with a lid	1 March
Hot Cross buns	Container with a lid	8 March

Holiday biscuits	Decorations e.g. sugar strands Container with a lid	15 March
Iced buns	Container with a lid	22 March

The summer term will be spent completing research and practice coursework.