

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
Theory		7 September
Italian Pasta (Italian)	Tin chopped tomatoes Vegetables of choice Container with a lid	14 September
Falafel burger with hummus (Greek)	1 onion 400g/tin chickpeas Container with a lid	21 September
Sweet and sour chicken (Chinese)	Chicken breasts Tin of pineapple Container with a lid	28 September
Curry (Indian)	2 skinless chicken breasts 1 onion 1 tin chopped tomatoes Container with a lid	5 October
Chicken Kiev (Russian)	Chicken breast 2 slices of bread Container with a lid	12 October
Key lime pie (American)	225g digestive biscuits Tin of condensed milk 3 limes Container with a lid	19 October

Meatballs (Italian)	Minced beef 1 onion 50g cheeses for lasagne Oven proof dish Foil for covering	2 November
Toad in the hole and gravy (British)	Pack of sausages Container with a lid	9 November
Sushi (Japanese)	Container with a lid	16 November
Chilli con carne/burritos/nachos (guacamole/salsa) (Mexican)	1 pepper 1 onion 1 pack minced beef Tin of kidney beans Tin Chopped Tomatoes Container with a lid	23 November
Choux Pastry	100g Chocolate Small pot of cream Container	30 November
Individual Dish	Ingredients as required Container with a lid	7 December
Xmas Log		14 December
Theory		4 January
Gingerbread	Container with a lid	11 January
Hollandaise/mayonnaise Eggs-periment	Container with a lid	18 January
Homemade soup and breadsticks/croutons	Vegetables of choice Container with a lid/flask	25 January

Iced Buns	Container with a lid	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	Container with a lid	1 March
Hot Cross buns	Container with a lid	8 March
Final Dish Planning		15 March
A dish of choice to challenge and showcase skills	Ingredients as required	22 March

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