**Ingredients/Equipment**

**Class 4 Summer 2023**

Please remember that High Risk ingredients (Cheese or meats etc.) should be stored in the fridge at the beginning of the school day. Container should ideally be a 3l size to be able to fit most of the items we make and have the students name on it.

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| Practical | What to Bring | Date |
| Planning and Theory due to GCSE exams in food room | No ingredients required | Wed 17th Apr (A) |
| Own Dish | Ingredients as per plan  Container with a lid | Tue 25th Apr (B) |
| Retro Pudding – Cornflake tart | Jam of choice  20 cm low round baking tin if available  Container with a lid | Wed 3rd May (A) |
| Retro Pudding – Nut Free Bakewell Tart | Container with a lid | Tue 9th May (B) |
| Macaroni or Cauliflower or Broccoli Cheese.  Thickening of a sauce - Gelatinisation | Slice of bread  100g Hard Cheese  Choose Cauliflower or Broccoli. We have Macaroni  Container to transport home in | Wed 17th May (A) |
| Mini Quiche (Coagulation) | 2 eggs  Small amount of Ham and/or onion and or pepper/ mushroom etc  50g Cheese  Container with a lid | Tue 23rd May (B) |
| HALF TERM | HALF TERM | HALF TERM |
| Crunchie Bar | 100g Chocolate  Container with a lid | Wed 7th June (A) |
| Carbohydrate sports snacks | Container with a lid | Tue 13th June (B) |
| Vegan Brownie | 100g Dark/Plain chocolate  Container with a lid | Wed 21st June (A) |

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| Gluten Free Cup Cakes | Container with a lid | Tue 27th June (B) |
| Own Dish. | Ingredients as per plan from previous lesson.  Container with a lid | Wed 5th July (A) |
| Mini Apple Tarts | 2 large cooking apples or 3 dessert apples  Container with a lid | Tue 11th July (B) |
| Independent choice from school recipes.  To be discussed in class. | Container with a lid | Wed 19th July (A) |
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