

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 | | 10 September |
| Italian Pasta (Italian) | Tin chopped tomatoes Vegetables of choice Container with a lid | 17 September |
| Falafel burger with hummus (Greek) | 1 onion 400g/tin chickpeas Container with a lid | 24 September |
| Sweet and sour chicken (Chinese) | Chicken breasts Tin of pineapple Container with a lid | 1 October |
| Curry (Indian) | 2 skinless chicken breasts 1 onion 1 tin chopped tomatoes Container with a lid | 8 October |
| Chicken Kiev (Russian) | Chicken breast 2 slices of bread Container with a lid | 15 October |
| Key lime pie (American) | 225g digestive biscuits 225g cream cheese Tin of condensed milk 3 limes Container with a lid | 29 October |
| Lasagne or meatballs (Italian) | Minced beef 1 onion 50g cheeses for lasagne Oven proof dish | 5 November |

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| | Foil for covering | |
| Toad in the hole and gravy (British) | Pack of sausages Container with a lid | 12 November |
| Sushi (Japanese) | Container with a lid | 19 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 | 26 November |
| Macaroons (French) | 125g ground almonds Container with a lid | 3 December |
| Individual Dish | Ingredients as required Container with a lid | 10 December |
| Theory | | 17 December |
| Theory | | 7 January |
| Gingerbread | Container with a lid | 14 January |
| Hollandaise/mayonnaise Eggs-periment | Container with a lid | 21 January |
| Homemade soup and breadsticks/croutons | Vegetables of choice Container with a lid/flask | 28 January |
| Creamy cardamom chicken with chilli flatbreads | Chicken breasts Container with a lid | 25 February |
| Red fruit filo baskets | Pack of filo pastry Red fruit of choice Container with a lid | 4 March |

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| Manchester tarts | 1 banana Container with a lid | 11 March |
| Hot Cross buns | Container with a lid | 18 March |
| Holiday biscuits | Decorations e.g. sugar strands Container with a lid | 25 March |
| Iced buns | Container with a lid | 1 April |

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