

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

Meatballs (Italian)	Minced beef 1 onion 50g cheeses for lasagne Oven proof dish Foil for covering	5 November
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 Tin Chopped Tomatoes Container with a lid	26 November
Choux Pastry	100g Chocolate Small pot of cream Container	3 December
Individual Dish	Ingredients as required Container with a lid	10 December
Xmas Log		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
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.