

Ingredients/Equipment

Class 6

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
Mini Quiche	Choice of 4 fillings e.g. mushrooms, pepper, cooked bacon and cheese. Container with a lid	14 September
Sausage Rolls	200g sausage meat Container with a lid	21 September
Choux Pastry buns	100g chocolate Container with a lid	28 September
Chilli Con Carne/burritos/nachos (guacamole/salsa) (Mexican)	1 pepper 1 onion Pack minced beef Tin of Kidney beans Container with a lid	5 October
Manchester Tarts	1 banana Container with a lid	12 October
Italian Pasta (Italian)	Tin Chopped tomatoes Vegetables of choice Container with a lid	2 November
Iced buns	Container with a lid	9 November
Toad in the hole and gravy (British)	Pack of sausages Container with a lid	16 November



Macaroons (French)	125g ground almonds Container with a lid	23 November
Falafel burger with hummus (Greek)	1 onion 400g/tin chickpeas Container with a lid	30 November
Hollandaise/mayonnaise Eggs-periment	Container with a lid	7 December
Yule log	100g dark chocolate Container with a lid	14 December
Coursework		21 December
Lasagne or pasta bake	200g minced beef 1 onion Vegetables of choice 1 tin chopped tomatoes Lasagne sheets or pasta Oven proof dish Foil for covering	11 January
Lemon meringue pie	50g cheese Additional toppings e.g. ham Foil to wrap in to transport home	18 January
Burger in a bun	100g minced beef 1 onion Container with a lid	25 January
Soup	Individual choice of ingredients Container with a lid/flask	1 February
Gingerbread	Container with a lid	8 February

Hot cross buns	Container with a lid	15 February
----------------	----------------------	-------------

The remainder of the year will be spent preparing evidence folders and planning for the final tasks