**GCSE Food and Nutrition Ingredients/Equipment**

**Class 5 Spring 2025**

Please remember that High Risk ingredients (Cheese or meats etc.) should be stored in the fridge in the food room 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 |
| Iced Buns | Container with a lid | Wed 8th Jan A |
| Homemade soup and breadsticks or croutons | Vegetables of choice  Container with lid or flask | Wed 15th Jan B |
| Red Fruit Filo pastry baskets | Container with a lid | Wed 22th Jan A |
| Creamy Cardamon Chicken with Chilli flatbreads | Chicken breasts  1 onion  Small pot of double cream(150ml)  Container with a lid | Wed 29th Jan B |
| Apple strudel | 2/3 Eating apples  Container with a lid | Wed 5th Feb A |
| Manchester Tarts | Container with a lid | Wed 12th Feb B |
| Half Term | Half Term | Half Term |
| Gingerbread | Container with a lid | Wed 26th Feb A |

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| Chicken Kyiv (Ukrainian) | Chicken breast 2 slices of bread  Container with a lid | Wed 5th March B |
| Mayonnaise and other ways of cooking eggs | No ingredients needed. | Wed 12th March A |
| Own Dish to showcase skills | Ingredients as needed as per plan from previous lesson.  Container with a lid | Wed 19th March B |
| Pasteis de Nata  (Portuguese) | Container with a lid | Wed 26th March A |
| Hot X Buns | Container with a lid | Wed 2nd April B |

The summer term will be spent completing research and practice coursework. Any ingredients needed if any will be notified on a weekly basis.