

## **YEAR 7 Cooking Schedule - Class:7A3/FT**

19th February 2024 - 22nd July 2024

Please ensure that all containers, ingredient bags and chilled ingredients are labeled with the name and class number of your child to enable us to place them in the correct storage area/fridge. If possible, avoid sending your child to school with whole packets/tins of food as we struggle to find space to store these - please only bring in the quantity stated where possible.

Please ensure that your child also brings a clean apron for the dates that they are cooking along with a bag to take it home in to avoid cross contamination in their school bag..

Should your child be a pupil premium student and you require assistance with the provision of an apron and ingredients, please email [vwatts@5acreshighschool.co.uk](mailto:vwatts@5acreshighschool.co.uk) to discuss the assistance available.

| Date                                                                                                    | Ingredients Required                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| 6th March 2024<br><br>(This will be demonstrated to the students, step by step, whilst they are making) | <b><u>Salsa</u></b> <ul style="list-style-type: none"><li>• 1 salad tomatoes</li><li>• 1 spring onion</li><li>• 1 clove of garlic</li><li>• 1 lime</li><li>• 15ml olive oil (spray olive oil can be used)</li><li>• Container to take the salsa home in</li><li>• Apron</li></ul>                                                                                                                                                                                                                  |
| 20th March 2024                                                                                         | <b><u>Pizza Toasts:</u></b> <ul style="list-style-type: none"><li>• 2 x Panini Breads or 1 Small French Stick</li><li>• Tube of tomato puree</li><li>• 60g hard cheese (ungrated)</li><li>• 2 x ingredients from the following choice: spring onion, cherry tomatoes, ½ courgette, 4 x baby corn, 4 x mushrooms, 2 x pineapple rings, ½ pepper</li><li>• 2 slices of ham/few slices of pepperoni (optional)</li><li>• Container large enough to take home 4 pizza toasts</li><li>• Apron</li></ul> |

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| 17th April 2024 | <p><b><u>Vegetable/Fruit Couscous</u></b></p> <ul style="list-style-type: none"> <li>• 100g uncooked couscous (small grain)</li> <li>• 2 x unchopped ingredients from the following choice: 1 spring onion, 1 carrot, 5 cherry tomatoes, 3 baby corn, small handful of raisins, 1 satsuma, small section of cucumber, 4 mushrooms, ¼ pepper</li> <li>• 50g hard cheese - cheddar/feta/halloumi</li> <li>• 1 small lemon/lime</li> <li>• Handful of fresh herbs/Salt/pepper/chilli flakes/olive oil(optional)</li> <li>• Named container (please avoid chinese/curry containers as they are not large enough to make the couscous in).</li> <li>• Apron</li> </ul> |
| 1st May 2024    | <p><b><u>Cheese, Potato and Herb Omelette</u></b></p> <ul style="list-style-type: none"> <li>• 1 Medium Sized Potato</li> <li>• Half an onion</li> <li>• 20g hard cheese, not grated</li> <li>• 3 medium eggs</li> <li>• Optional seasoning – salt, pepper, mixed herbs</li> <li>• Apron</li> <li>• Named container</li> </ul>                                                                                                                                                                                                                                                                                                                                    |
| 15th May 2024   | <p><b><u>Fruit Crumble</u></b></p> <ul style="list-style-type: none"> <li>• 100g plain flour (for extra fibre use wholemeal)</li> <li>• 50g oats</li> <li>• 25g sugar</li> <li>• 2 eating apples(not cooking apples)/Pears</li> <li>• 50g butter or baking block</li> <li>• Oven proof dish or silver foil container (these can be purchased for 25p from Mrs. Watts during the lesson - please ensure your child has the correct money).</li> <li>• Apron</li> </ul> <p>This is a bake at home dish. To cook, place in a preheated oven (190 degrees C/gas mark 5) for 25-30 minutes until the topping is golden brown.</p>                                      |

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| <p>5th June 2024</p> <p><b><u>ASSESSMENT COOK</u></b></p>                                                     | <p><b><u>Cheese and Potato Pie</u></b></p> <ul style="list-style-type: none"> <li>• 2 Large Potatoes.</li> <li>• 60g Hard Cheese (eg cheddar)</li> <li>• 10g Butter</li> <li>• 50mls Milk</li> <li>• 1 salad tomato/5 cherry tomatoes</li> <li>• Optional seasoning, dried herbs/chilli flakes/salt/pepper</li> <li>• Oven proof dish or silver foil container (these can be purchased for 25p from Mrs. Watts during the lesson - please ensure your child has the correct money).</li> <li>• Apron</li> </ul> <p>This is a bake at home dish. To cook, place in a preheated oven (190 degrees C/gas mark 5) for 25-30 minutes until the topping is golden brown.</p>                                                                                                                                      |
| <p>19th June 2024</p>                                                                                         | <p><b><u>Sausage Rolls</u></b></p> <ul style="list-style-type: none"> <li>• 1 block of puff pastry (<b>not ready rolled</b>)</li> <li>• 24 mini cooked cocktail sausages</li> <li>• 1 egg</li> <li>• Chilli flakes/dried herbs/black pepper – optional</li> <li>• Named container to fit 24 mini sausage rolls</li> <li>• Apron</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p>3rd July 2024</p> <p>(This will be demonstrated to the students, step by step, whilst they are making)</p> | <p><b><u>Fork Biscuits</u></b></p> <ul style="list-style-type: none"> <li>• 100g butter (softened)</li> <li>• 50g caster sugar</li> <li>• 150g self raising flour</li> <li>• Container to take home 12-15 biscuits</li> <li>• Apron</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>17th July 2024</p>                                                                                         | <p><b><u>Fruit or Savoury Puff Pastries</u></b></p> <p>Fruit Ingredients:</p> <ul style="list-style-type: none"> <li>• 1 small pot of cream cheese</li> <li>• 30g icing sugar</li> <li>• 1 x fruit ingredients from the list below:<br/>Raspberries, blueberries, blackberries, redcurrants</li> </ul> <p>Savoury Ingredients:</p> <ul style="list-style-type: none"> <li>• Large handful of grated cheese (can be grated as school) or small pot/jar of pesto</li> <li>• 1 x savoury option below:<br/>6 cherry tomatoes, 3 spring onions, handful of sweetcorn, 12 olives, 4-6 mushrooms</li> <li>• Apron</li> <li>• Container: Please ensure that your child has a container/containers large enough to fit 3 Danish pastries inside.</li> </ul> <p><b>We will provide the pastry for this cook.</b></p> |

