

## **YEAR 8 Cooking Schedule - Class:8B3/FT**

19th February 2024 - 22nd July 2024

Please ensure that all containers, ingredient bags and chilled ingredients are labelled 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
20th February 2024  (This will be demonstrated to the students, step by step, whilst they are doing)	<b><u>Knife Skills</u></b> <ul style="list-style-type: none"><li>• 1 Onion</li><li>• 2 Wide Carrots</li><li>• Container to bring sliced/diced vegetables home in</li><li>• Apron</li></ul> <p><b>We will provide ingredients for this lesson, please send students in with an apron and a bag/container to bring home chopped vegetables.</b></p> <p>Completed already</p>
5th March 2024	<b><u>Savoury Rice</u></b> <ul style="list-style-type: none"><li>• 1 onion</li><li>• 100g easy cook long grain white rice</li><li>• 1 vegetable or chicken stock cube</li><li>• 1 dessert spoon of curry powder</li><li>• 50g peas</li><li>• 50g sweetcorn</li><li>• 1 other vegetable to chop ie 2 mushrooms, ½ red pepper</li><li>• 550ml boiling water (<b>provided</b>)</li><li>• Apron</li><li>• Container to take home a large portion of rice</li><li>• </li></ul>
19th March 2024	<b><u>Jam Tarts</u></b> <ul style="list-style-type: none"><li>• 200g plain flour</li><li>• 100g COLD butter (not soft margarine)</li><li>• 200g jam/lemon curd</li><li>• Apron</li><li>• Container large enough to take home 12 tarts</li></ul>

<p>15th April 2024</p> <p>(This will be demonstrated to the students, step by step, whilst they are making)</p>	<p><b><u>Chocolate Fudgy Cookies</u></b></p> <ul style="list-style-type: none"> <li>• 30g cocoa powder</li> <li>• 100g caster sugar</li> <li>• 30ml vegetable oil</li> <li>• 1 large eggs</li> <li>• 90g plain flour</li> <li>• ½ tsp baking powder</li> <li>• 20g icing sugar</li> <li>• Apron</li> <li>• Container large enough to take home 12 large biscuits.</li> </ul>
<p>30th April 2024</p>	<p><b><u>Cauliflower Cheese/Mac and Cheese</u></b></p> <ul style="list-style-type: none"> <li>• ½ cauliflower or 75g macaroni/pasta shapes</li> <li>• 250ml milk</li> <li>• 25g butter</li> <li>• 2 tbsp plain flour</li> <li>• 50g strong cheddar cheese</li> <li>• 2 tbsp bread crumbs if you have them</li> <li>• Apron</li> <li>• An ovenproof dish is required for this recipe. This dish is a 'cook at home' dish. Please place in a hot oven (180 degrees C) for 20-30 mins until bubbling and golden brown.</li> </ul> <p>Lidded tin foil containers are available to purchase from school for 25p each. Students will require 2 -please ensure students have the correct change. A carrier bag may also be required for your child to carry the dish home in.</p>
<p>14th May 2024</p>	<p><b><u>Bolognaise</u></b></p> <ul style="list-style-type: none"> <li>• 250g mince meat/soya mince/quorn</li> <li>• 2 slices of bacon</li> <li>• 1 tin of tomatoes</li> <li>• 1 small onion</li> <li>• 1 clove of garlic (or garlic powder)</li> <li>• Tube of tomato puree (1 tablespoon required)</li> <li>• Worcestershire sauce</li> <li>• Mixed herbs</li> <li>• Beef oxo cube</li> <li>• Container with secure lid to take home the bolognaise</li> <li>• Apron</li> <li>• Carrier bag to place dirty apron in (raw meat cook)</li> </ul> <p>Quorn and vegetable stock cube can be used for the vegetarian option along with omitting the worcestershire sauce.</p>

4th June 2024	<p><b><u>Mayo and Wedges</u></b></p> <ul style="list-style-type: none"> <li>• 1 Large/2 Medium Potatoes</li> <li>• 1 Egg</li> <li>• 100ml Sunflower/Vegetable oil</li> <li>• Apron</li> <li>• Container to put Mayonnaise in to bring home</li> <li>• Container to put wedges in to bring home</li> </ul>
<p>18th June 2024</p> <p><b><u>ASSESSMENT COOK</u></b></p>	<p><b><u>Egg on Toast with Tomato Rose</u></b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• Margarine to put on the bread (when toasted)</li> <li>• 1 egg</li> <li>• 1 firm salad tomato</li> <li>• Apron</li> </ul> <p>Providing there is time in the lesson, students are able to eat their meal should they wish.</p>
<p>2nd July 2024</p> <p>(This will be demonstrated to the students, step by step, whilst they are making)</p>	<p><b><u>Butter</u></b></p> <ul style="list-style-type: none"> <li>• 300ml double cream - <b>NOT ELMLEA</b>, this does not work</li> <li>• Apron</li> </ul> <p>Students will be making butter this week from double cream. The butter and buttermilk will be used next lesson to make scones. (Items will be frozen at school).</p>
16th July 2024	<p><b><u>Scones</u></b></p> <ul style="list-style-type: none"> <li>• 225g self raising flour</li> <li>• 55g COLD butter</li> <li>• 25g caster sugar</li> <li>• 150ml milk</li> <li>• Apron</li> <li>• Container to take home 10 scones</li> </ul>

