

## **YEAR 9 Cooking Schedule - Class:9A3/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
28th 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>• ½ Iceberg lettuce or white cabbage</li><li>• Container to bring sliced/diced vegetables home in</li><li>• Apron</li></ul> <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>
8th March 2024  (This will be demonstrated to the students, step by step, whilst they are doing)	<b><u>Flatbread</u></b> <ul style="list-style-type: none"><li>• 100g self raising flour</li><li>• 2 tbsp greek yoghurt (full or reduced/fat free is ok)</li><li>• Spray oil / 2 tbsp olive oil for frying</li><li>• Mixed salt/pepper/herbs/chilli flakes/paprika/garlic powder (optional for flavouring)</li><li>• Container large enough to take home 2-3 flatbreads</li><li>• Apron</li></ul>
13th March 2024  (This will be demonstrated to the students, step by step, whilst they are doing)	<b><u>Royal Navy Chicken Curry</u></b> <ul style="list-style-type: none"><li>• 1 x chicken breast</li><li>• 1 x onion</li><li>• 1 x vegetable choice from: 6 mushrooms, ½ pepper, few broccoli florets, 6 babycorns, ½ courgette</li><li>• 2 tbsp curry paste (not sauce)</li><li>• 1 x mini bounty</li><li>• 2 tbsp oil or spray oil</li><li>• Container with secure lid to take home the curry</li><li>• Apron</li><li>• Carrier bag to place dirty apron in (raw meat cook)</li></ul>

10th April 2024	<p><b><u>Chicken Nuggets</u></b></p> <ul style="list-style-type: none"> <li>• 50g breadcrumbs</li> <li>• Dried mixed herbs/chilli flakes</li> <li>• 2 chicken breasts or myco-protein (quorn) fillets</li> <li>• 1 egg</li> <li>• Tablespoon of plain flour</li> <li>• Apron</li> <li>• Container to take the nuggets home in</li> </ul>
24th April 2024	<p><b><u>Easy Bread Rolls</u></b></p> <ul style="list-style-type: none"> <li>• 250g strong bread flour</li> <li>• 1 x 7g sachet of easy bake yeast</li> <li>• ½ tsp salt</li> <li>• 150ml warm water (<b>provided</b>)</li> <li>• 20ml milk for glazing</li> <li>• Handful of porridge oats (<b>optional</b>)</li> <li>• Container to take home 7 small bread rolls</li> <li>• Apron</li> </ul>
8th May 2024	<p><b><u>Savoury Tarts</u></b></p> <ul style="list-style-type: none"> <li>• 200g plain flour</li> <li>• 100g cold butter or baking block (for dairy free)</li> <li>• 2 eggs</li> <li>• 75ml milk</li> <li>• 2 x savoury ingredients of your choice for the filling from the following: 50g hard grated cheese, 2 slices of ham/cooked bacon/chicken, 2 spring onions, 6 sun dried tomatoes, 12 olives, handful of sweetcorn.</li> <li>• Container to take home 10-12 mini tartlets</li> <li>• Apron</li> </ul>
22nd May 2024  <b><u>Assessment Cook</u></b>	<p><b><u>Jam Swiss Roll</u></b></p> <ul style="list-style-type: none"> <li>• 75g self raising flour</li> <li>• 3 eggs</li> <li>• 75g caster sugar</li> <li>• 30g additional sugar for rolling</li> <li>• ½ jar of jam/lemon curd</li> <li>• Container large enough to hold a swiss roll</li> <li>• Apron</li> </ul>

12th June 2024	<p><b><u>Stuffing Balls</u></b></p> <ul style="list-style-type: none"> <li>• 1 Packet of stuffing mix</li> <li>• 12 Slices of <b><u>STREAKY</u></b> Bacon</li> <li>• 3 Large Sausages</li> </ul>
26th June 2024	<p><b><u>Rosti</u></b></p> <ul style="list-style-type: none"> <li>• 2 Potatoes</li> <li>• 1 Egg</li> <li>• 1 Tsp Plain Flour</li> <li>• 1 Carrot</li> <li>• Dried mixed herbs/chilli flakes for seasoning</li> </ul>
10th July 2024	<p><b><u>Dirty Mash</u></b></p> <ul style="list-style-type: none"> <li>• 2 Large/3 Medium Potatoes</li> <li>• 1 Small/Medium Leek</li> <li>• 60g Hard Cheese (Cheddar/Red Leicester etc)</li> <li>• 20g Butter</li> <li>• 40ml Milk</li> <li>• 1 Salad Tomato or 5 Cherry Tomatoes</li> <li>• 4 Slices Streaky Bacon or 2 slices of Back Bacon</li> <li>• Optional seasoning - Dried Herbs, Chilli flakes etc</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>To reheat at home, place in a preheated oven (180 degrees C/gas mark 4) for 20-30 minutes until the topping is golden brown.</p>

