

## **YEAR 9 Cooking Schedule - Class:9A3/FT**

3rd September 2025 - 13th February 2026

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.

<b>Date</b>	<b>Ingredients Required</b>
12th September 2025	<b><u>Simple Vegetable Soup</u></b> <ul style="list-style-type: none"><li>● 1 onion</li><li>● 1 medium potato</li><li>● 1 carrot</li><li>● 1 Vegetable stock cube</li><li>● 300ml Water (provided)</li><li>● Clean apron</li><li>● Suitable container, with a secure lid, to bring home the soup</li></ul>
22nd September 2025  (This will be demonstrated to the students, step by step, whilst they are doing)	<b><u>Easy Bread Rolls</u></b> <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>● Clean apron</li></ul>
26th September 2025  (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 or a tin of butter beans (vegetarian option)</li><li>● 1 x onion</li><li>● 1 x vegetable <b>choose</b> from: 6 mushrooms, ½ pepper, few broccoli florets, 6 babycorns, ½ courgette</li><li>● 2 tbsp curry paste (<b>not sauce</b>)</li><li>● 1 x mini bounty</li><li>● 2 tbsp oil or spray oil</li><li>● Suitable container, with a secure lid, to bring home the soup</li><li>● Clean apron</li><li>● Carrier bag to place dirty apron in (raw meat cook)</li></ul>

<p>6th October 2025</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</p>	<p><b><u>Flatbread</u></b></p> <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 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>● Clean apron</li> </ul>
<p>20th October 2025</p>	<p><b><u>Sardine Dip and Crudités</u></b></p> <ul style="list-style-type: none"> <li>● 120g can of sardines in oil</li> <li>● 1 Lemon</li> <li>● 1 small shallot</li> <li>● Handful of parsley</li> <li>● Pinch of smoked paprika, cayenne pepper and onion granules.</li> <li>● ¼ Cucumber or 1 Carrot</li> </ul> <p><b>THIS IS PURELY FOR INFORMATION ONLY, WE WILL PROVIDE ALL OF THE INGREDIENTS FOR THIS COOK, YOUR CHILD DOES NOT NEED TO BRING ANY INGREDIENTS, ONLY A CLEAN APRON FOR THIS WEEK ONLY.</b></p>
<p>24th October 2025</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</p>	<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>● 1 large chicken breast or Mushroom/pepper/cauliflower equivalent (VEGETARIAN OPTION)</li> <li>● 1 egg</li> <li>● Tablespoon of plain flour</li> <li>● Clean apron</li> <li>● Container to take the nuggets home in</li> <li>● Carrier bag to place dirty apron in (raw meat cook)</li> </ul>
<p>10th November 2025</p>	<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> <li>● Clean apron</li> <li>● Container to take the rosti home in</li> </ul>

<p>28th November 2025</p>	<p><b><u>Savoury Tarts</u></b></p> <ul style="list-style-type: none"> <li>● 100g plain flour</li> <li>● 50g cold butter or baking block (for dairy free)</li> <li>● 1 eggs</li> <li>● 30ml milk</li> <li>● 2 x savoury ingredients of your choice for the filling from the following: 25g hard grated cheese, 2 slices of ham/cooked bacon/chicken, 1 spring onions, 3 sun dried tomatoes, 6 olives, handful of sweetcorn.</li> <li>● Container to take home 6 mini tartlets</li> <li>● Clean apron</li> </ul>
<p>12th December 2025</p>	<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 or 1 courgette <b><u>or</u></b> 1 leek (Vegetarian option)</li> <li>● 3 large raw sausages or raw vegetarian sausages. (Vegetarian option)</li> <li>● Container to take home 12 stuffing balls</li> <li>● Clean apron</li> </ul>
<p>19th January 2026</p> <p><b><u>Assessment Cook</u></b></p>	<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>● Clean apron</li> </ul>
<p>23rd January 2026</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</p>	<p><b><u>Prosciutto and Pesto Fish Gratin</u></b></p> <ul style="list-style-type: none"> <li>● 1 White Fish Fillet</li> <li>● 2 Slices Prosciutto</li> <li>● 100g Crème Fraîche</li> <li>● 2 tbsp Basil Pesto</li> <li>● 15g Grated Parmesan</li> <li>● Sprinkle of Pine Nuts</li> <li>● Part Baked Roll, to Serve</li> <li>● Clean apron</li> </ul> <p><b>THIS IS PURELY FOR INFORMATION ONLY, WE WILL PROVIDE ALL OF THE INGREDIENTS FOR THIS COOK, YOUR CHILD DOES NOT NEED TO BRING ANY INGREDIENTS, ONLY A CLEAN APRON FOR THIS WEEK ONLY.</b></p>

6th February 2026

**Dirty Mash**

- 2 Large/3 Medium Potatoes
- 1 Small/Medium Leek
- 60g Hard Cheese (Cheddar/Red Leicester etc)
- 20g Butter
- 40ml Milk
- 1 Salad Tomato or 5 Cherry Tomatoes
- 4 Slices Streaky Bacon or 2 slices of Back Bacon
- Optional seasoning - Dried Herbs, Chilli flakes etc
- 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).
- Clean apron

To reheat at home, place in a preheated oven (180°C/gas mark 4) for 20-30 minutes until the topping is golden brown.