

YEAR 9 Cooking Schedule - Class:9B1/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 to discuss the assistance available.

Date	Ingredients Required
15th September 2025	<u>Simple Vegetable Soup</u> <ul style="list-style-type: none">● 1 onion● 1 medium potato● 1 carrot● 1 Vegetable stock cube● 300ml Water (provided)● Clean apron● Suitable container, with a secure lid, to bring home the soup
19th September 2025 (This will be demonstrated to the students, step by step, whilst they are doing)	<u>Royal Navy Chicken Curry</u> <ul style="list-style-type: none">● 1 x chicken breast or a tin of butter beans (vegetarian option)● 1 x onion● 1 x vegetable <u>choose</u> from: 6 mushrooms, ½ pepper, few broccoli florets, 6 babycorns, ½ courgette● 2 tbsp curry paste (not sauce)● 1 x mini bounty● 2 tbsp oil or spray oil● Suitable container, with a secure lid, to bring home the soup● Clean apron● Carrier bag to place dirty apron in (raw meat cook)
29th September 2025 (This will be demonstrated to the students, step by step, whilst they are doing)	<u>Flatbread</u> <ul style="list-style-type: none">● 100g self raising flour● 2 tbsp greek yoghurt (full or reduced/fat free is ok)● Spray oil / 2 tbsp oil for frying● Mixed salt/pepper/herbs/chilli flakes/paprika/garlic powder (optional for flavouring)● Container large enough to take home 2-3 flatbreads● Clean apron

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<p>13th October 2025</p>	<p><u>Sardine Dip and Crudités</u></p> <ul style="list-style-type: none"> ● 120g can of sardines in oil ● 1 Lemon ● 1 small shallot ● Handful of parsley ● Pinch of smoked paprika, cayenne pepper and onion granules. ● ¼ Cucumber or 1 Carrot <p>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.</p>
<p>17th October 2025</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</p>	<p><u>Chicken Nuggets</u></p> <ul style="list-style-type: none"> ● 50g breadcrumbs ● Dried mixed herbs/chilli flakes ● 1 large chicken breast or Mushroom/pepper/cauliflower equivalent (VEGETARIAN OPTION) ● 1 egg ● Tablespoon of plain flour ● Clean apron ● Container to take the nuggets home in ● Carrier bag to place dirty apron in (raw meat cook)
<p>7th November 2025</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</p>	<p><u>Easy Bread Rolls</u></p> <ul style="list-style-type: none"> ● 250g strong bread flour ● 1 x 7g sachet of easy bake yeast ● ½ tsp salt ● 150ml warm water (provided) ● 20ml milk for glazing ● Handful of porridge oats (optional) ● Container to take home 7 small bread rolls ● Clean apron
<p>17th November 2025</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</p>	<p><u>Rosti</u></p> <ul style="list-style-type: none"> ● 2 Potatoes ● 1 Egg ● 1 Tsp Plain Flour ● 1 Carrot ● Dried mixed herbs/chilli flakes for seasoning ● Clean apron ● Container to take the rosti home in

<p>1st December 2025</p>	<p><u>Savoury Tarts</u></p> <ul style="list-style-type: none"> ● 100g plain flour ● 50g cold butter or baking block (for dairy free) ● 1 eggs ● 30ml milk ● 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. ● Container to take home 6 mini tartlets ● Clean apron
<p>15th December 2025</p>	<p><u>Stuffing Balls</u></p> <ul style="list-style-type: none"> ● 1 Packet of stuffing mix ● 12 Slices of <u>STREAKY</u> Bacon or 1 courgette <u>or</u> 1 leek (Vegetarian option) ● 3 large raw sausages or raw vegetarian sausages. (Vegetarian option) ● Container to take home 12 stuffing balls ● Clean apron
<p>12th January 2026</p> <p><u>Assessment Cook</u></p>	<p><u>Jam Swiss Roll</u></p> <ul style="list-style-type: none"> ● 75g self raising flour ● 3 eggs ● 75g caster sugar ● 30g additional sugar for rolling ● ½ jar of jam/lemon curd ● Container large enough to hold a swiss roll ● Clean apron
<p>26th January 2026</p>	<p><u>Prosciutto and Pesto Fish Gratin</u></p> <ul style="list-style-type: none"> ● 1 White fish Fillet ● 2 Slices Prosciutto ● 100g Crème Fraîche ● 2 tbsp Basil Pesto ● 15g Grated Parmesan ● Sprinkle of Pine Nuts ● Part Baked Roll, to Serve ● Clean apron <p>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.</p>

9th 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.