

YEAR 9 Cooking Schedule - Class:9B1/FT

23rd February 2026 - 17th July 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 jcole@5acreshighschool.co.uk to discuss the assistance available.

Date	Ingredients Required
2nd March 2026 (This will be demonstrated to the students, step by step, whilst they are doing)	<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
16th March 2026	<u>Easy Bread Rolls</u> <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
20th March 2026 (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 choose 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)

<p>13th April 2026</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</p>	<p><u>Flatbread</u></p> <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
<p>27th April 2026</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>1st May 2026</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>15th May 2026</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>5th June 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>15th June 2026</p> <p>(This will be demonstrated to the students, step by step, whilst they are doing)</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>
<p>29th June 2026</p>	<p><u>Dirty Mash</u></p> <ul style="list-style-type: none"> ● 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 <p>To reheat at home, place in a preheated oven (180°C/gas mark 4) for 20-30 minutes until the topping is golden brown.</p>