

Week commencing - 24th February

NEW TOPIC – SUGAR AND SYRUP

Sticky Toffee Pudding

100g dates

200ml hot water

1 tsp bicarbonate of soda

75g butter

125g caster sugar

2 eggs

150g Self raising flour

Ingredients for Toffee Sauce

75g butter

150g brown sugar

4 floz double cream

Dish/Tin

Week commencing 9th March

This week only the Wednesday group can cook as it is the Senior Citizens concert this week on the Tuesday.

Red Velvet Cookies

175g salted butter

200g soft brown sugar

100g caster sugar

1 large egg

2 tsp vanilla essence/extract

1 tbsp red food colouring gel. (20p to use schools)

225g plain flour

25g cocoa powder

Half tsp bicarbonate soda

150g white chocolate chips

For the drizzle

2 tbsp soft cheese

6 tbsp icing sugar

Week commencing 9th March

NEW TOPIC – WHY WE COOK FOOD

Baked Chicken Breast with a pea Risotto.

Chicken breast	3 or 4 or however many people in family
Bacon slices	1 per chicken breast
Sage	6-8 leaves
Butter	1x 25g and 1 x 50g
Arborio rice	200g
Onion	1
Vegetable stock cube	2
Frozen peas	50g
Turmeric	1 tsp (school can provide)
Crème fraiche	50g

Week commencing 16th March

Caramelised onion quiche with Cheddar Cheese and bacon

25g butter

2 large onions

3 rashers of smoked bacon or packet of pancetta

300g double cream

3 eggs

140g cheddar cheese

1 pinch nutmeg – school can provide

Spring of fresh thyme

For pastry

300g plain flour

150g margarine/butter

Quiche Dish

Week commencing 23rd March

HOT CROSS BUNS

300ml full-fat milk

50g butter

500g strong bread flour

1 tsp salt

75g caster sugar

1 tbsp sunflower oil

7g sachet fast-action or easy-blend yeast

1 egg

75g sultana

50g mixed peel

zest 1 orange

1 tsp ground cinnamon

For the cross

- 75g plain flour, plus extra for dusting

For the glaze

- 3 tbsp apricot jam

Students will be introduced to some practice coursework after the Easter holidays. The theme will be FOOD THAT COULD BE SERVED ON A VALENTINES MENU. Over the holidays they are expected to gather a few ideas and begin to trial making them over the next few weeks.

EASTER HOLIDAYS

Week commencing 13th April

Students are to make their own recipes based on valentine's menu

Week commencing 20th April

Students are to make their own recipes based on valentine's menu

Week commencing 27th April

Students are to make their own recipes based on valentine's menu

Week commencing 4th May

Theory lessons – no cooking

Week commencing 11th May

Students are to make their own recipes based on valentine's menu

Week commencing 18th May

Cook final dish for assessment based on Valentines theme, looking at presentation

Over the half term holidays student are expected to look at the upcoming weeks and get themselves some recipes for the following topics.

HALF TERM

Week commencing 1st June

Prepare a dish suitable for a family on a limited budget.

Week commencing 8th June

Make a dish that embraces current dietary requirements

Week commencing 15th June

Make a dish that celebrates food currently in season.

Week commencing 22nd June

Make a dish that celebrates international cuisine

Week commencing 29th June

Make a dish of your own choice

Week commencing 6th July

Year 9 only tbc