

Year 11 Food Preparation and Nutrition

Week commencing 1st November 2021 – No cooking (guest Chef will be coming on Friday for both groups to enjoy who will give tips on high level skilled work specifically looking at Pasta)

Week commencing 8th November

Students can make the Goats cheese pasta that was demonstrated by the Chef lecturer or make filled pasta dish of their choice.

Goats cheese Tortellini

200g strong flour

2 eggs

Goats cheese (200g)

Pine nuts (25g) optional

Chives – available at school

300g mushrooms

1 pot of double cream

White wine (available at school)

Week commencing 15th November

Chicken Ceasar Salad (this week we will be working on portioning up a whole chicken as this is classed as a very high level skill)

1 chicken (whole)

4 thick slices crusty white bread

3 tbsp olive oil

1 large cos or romaine lettuce, leaves separated

For the dressing

- 1 garlic clove
- 2 anchovies from a tin (school can provide)
- medium block parmesan or Grano Padano cheese for grating and shaving (you won't use it all)

Homemade mayonnaise

- 2 eggs
- 1 tsp mustard
- 250ml sunflower oil
- 2 tsp white wine vinegar or lemon juice

(alternatively if you prefer you can bring 4 – 5 tbsp of olive oil)

Week commencing 22nd November

Mock exam week – students can use this time to revise for the food exam

Week commencing 29th November

Chocolate profiteroles / eclairs

1tsp caster sugar

50g butter

60g plain flour

2 eggs

1 carton of double cream

225g plain chocolate.

(students can make toppings of choice, could make a caramel or use a variety of chocolate if they wish.)

From now on until after February half term students should pick their own dishes to practice. These dishes will become recipe trialing for their practical exam. Each week when they make something they will evaluate it using sensory analysis. They can try as many different ideas as they wish but by after Christmas it will be good to have decided on the two they are doing so we can use the rest of the time to perfect them.

I aim to start the practical exam weeks commencing 21st and 28th February. Your child will be informed of their date.

If anybody has any questions regarding the coursework please feel free to email me waringh@settlebeck.org