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| **Year 10** | | |
| **Thursday lessons** | **Dish** | **Ingredients** |
| 11/9 | Couscous salad & coleslaw | ¼ pepper  1 onion  ¼ cucumber  1 large carrot  1 stock cube  100g couscous  School will provide for each pupil: 2 tbsp olive oil, 1 tsp lemon juice from the bottle, 1 tbsp mayonnaise, ¼ white cabbage, 3tbsp yoghurt |
| 2/10 | Dough balls | 250g bread mix |
| 9/10 | Naan bread | 150g white bread mix  13g butter  75g natural yoghurt  School will provide for each pupil: ¼ tsp baking powder, 1 tsp caster sugar, 1 tbsp nigella seeds |
| 15/10 | Pitta bread | 250g bread mix |
| 23/10 | Tortillas | **No ingredients needed, please bring a container to take it away.**  School will provide for each pupil: 125g plain flour, 1 tbsp vegetable oil, ¼ tsp salt |
| 6/11 | Iced buns | 250g bread mix  200g Icing sugar  75ml milk  13g butter  School will provide for each pupil: ½ tsp ground cinnamon, 30g dried fruit, 25g caster sugar |
| 13/11 | Chicken portioning | 1 whole raw chicken (not pre frozen OR frozen)  **Sections will be frozen in school and used in the next few lessons.** |
| 20/11 | Wings & wedges | 1 potato  Sauce of your choice: BBQ, hot sauce, sweet chilli to coat your wings.  School will provide for each pupil: 1 tbsp vegetable oil, seasonings |
| 27/11 | Leg- Jerk chicken & chips | 1 potato  School will provide for the group: spring onions, ginger, garlic, onion, chillies, dried thyme, lime juice, soy sauce, vegetable oil, ground allspice, salt. |
| 4/12 | Breast- Kyiv or cordon bleu | **Kyiv**  50g butter  1 clove of garlic  1 egg  50g plain flour  3 slices white bread  **OR**  **Cordon bleu**  2 slices of ham  30g cheese  1 egg  50g plain flour  3 slices white bread |
| 15/1 | Meringues | 2 eggs  115g caster sugar |
| 22/1 | Choux pastry | 50g butter  40g plain flour  2 eggs  School will provide for each pupil: a pinch of salt, 35g strong plain flour  **These will be frozen and completed the following week.** |
| 5/2 | Profiteroles | **Partner A**  100g dark chocolate  100g milk chocolate  **Partner B**  300ml double cream  School will provide for each pair: 1 tsp caster sugar and ½ tsp vanilla essence |
| 12/2 | American pancakes | 100g self raising flour  1 egg  150ml milk  Add a topping if you wish- Maple syrup, lemon & sugar, golden syrup, chocolate chips, fruit  School will provide for each pupil: 1 tbsp vegetable oil |
| 26/2 | Fresh pasta shapes in groups | **No ingredients needed, please bring a container to take it away.**  School will provide for each group: 100g oo pasta flour, 2 eggs, 2tsp olive oil, ½ onion, 1 garlic clove, 1 tin of chopped tomatoes, 1 tsp cater sugar, 1 tsp dried basil, 1 tsp dried oregano. |
| 5/3 | Fresh pasta (Ricotta and spinach ravioli) in groups | **No ingredients needed, please bring a container to take it away.**  School will provide for each group: 100g oo pasta flour, 2 eggs, 2tsp olive oil, 100g spinach leaves, ½ lemon, 1 garlic clove, nutmeg, 125g ricotta cheese, 25g butter, 6 sage leaves, 20g parmesan cheese. |
| 19/3 | Hot cross buns/ teacakes | 200g white bread mix  1 egg  75ml milk  25g butter  School will provide for each pupil: ½ tsp mixed spice, 37g golden caster sugar, ¼ tsp ground cinnamon, ¼ tsp ground nutmeg, 30g dried fruit, 30g plain flour, 15g cater sugar |
| 23/4 | Short crust pastry | 150g plain flour  75g hard butter  1 egg  This will be frozen and completed the following week. |
| 30/4 | Crème patisserie fruit tart | 3 eggs  300ml milk  A selection of fruit of your choice eg. Strawberries, grapes, raspberries, blueberries  School will provide for each pupil:50g caster sugar, 3 tbsp corn flour, 1 tsp vanilla essence, 15g butter, 3 tbsp apricot jam, a squeeze of lemon juice from the bottle.  **A large container, an old circle chocolate box e.g. Celebrations container or something similar will fit best.** |
| 7/5 | Mille-feuille | 300ml double cream  School will provide for each pupil: ½ pack ready rolled puff pastry cooked, 1 tsp vanilla essence, food colouring, 125g icing sugar, 3 tbsp strawberry jam |
| 14/5 | Filleting fish  (fish goujons) | 1 egg  50g plain flour  3 slices white bread for breadcrumbs    School will provide for each pupil: 1 whole fish gutted and descaled |
| 4/6 | Tiramisu in pairs (mock) | **Partner A**  280ml double cream  100g sponge fingers  **Partner B**  125g mascarpone  25g dark chocolate  School will provide for each pair: 2 tbsp cocoa powder, 3 tbsp caster sugar, 2 tbsp decaf coffee granules |
| 1. Make sure you bring a suitable container each time to take home your finished product. 2. Please put food that is underlined in a suitable size container with your name and class. Drop off chilled ingredients on the morning of your lesson before 8:40am to your food room. 3. If there are any issues with getting your ingredients either email your teacher or come and see your teacher before 8:40am the morning of your lesson by the latest. 4. Items can be adapted to suit dietary needs. | | |