



<p><b><u>Practical 1: Swiss Roll</u></b></p> <p>3 eggs 75g plain flour 75g caster sugar 2 tbsp strawberry jam</p>	<p><b><u>Practical 6: Focaccia</u></b></p> <p>200g Strong bread flour ¼ tsp Salt 40ml Olive Oil 1 sachet fast action yeast (School to provide) 1 tbsp Fresh rosemary sprigs 1 tsp Coarse sea salt</p>
<p><b><u>Practical 2: Quiche**</u></b></p> <p>1 packet of shortcrust pastry 40g cheese 1 egg 70ml milk Salt and pepper Filling Options: ¼ onion/¼ pepper/25g ham/25g bacon/1 tomato</p>	<p><b><u>Practical 7: Curry**</u></b></p> <p>1 Chicken Breast 1 tbsp curry paste or powder 1 onion 1 pepper Mushrooms (optional) 1 tin of coconut milk or 1 tin of chopped tomatoes</p>
<p><b><u>Practical 3: Chilli Noodles</u></b></p> <p>1 dried noodle nest ½ red onion 1 garlic clove 1 carrot ½ yellow pepper Pinch chilli flakes 50g frozen peas Ginger 10ml soy sauce Optional: cooked fillet of fish</p>	<p><b><u>Prac 8: Sausage Rolls</u></b></p> <p>½ pack of pastry 4 sausages of your choice Chosen flavourings and extras from your lesson 1 beaten egg to glaze</p>
<p><b><u>Practical 4: Spaghetti Bolognese**</u></b></p> <p>1 onion 1 garlic clove 1 pepper 50g mushrooms 250g minced beef or quorn 400g tin chopped tomatoes 1 tbsp tomato puree 1 beef stock cube 1tsp mixed herbs</p>	<p><b><u>Practical 9: Street Food</u></b></p> <p>See planning sheets</p>
<p><b><u>Practical 5: Pizza</u></b></p> <p>1 pkt Pizza Base Mix 3tbsp passata sauce 50g cheese Selection of toppings</p>	

**Things to remember:**

Please bring in a suitable container that won't spill in your bag

Put all ingredients in the fridge first thing in the morning

On Friday at 3pm all food left in the fridges will be thrown away and containers will be washed

If you have any issues with bringing your ingredients, please speak to your food teacher a few days before your lesson

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