

YR10 Practical Lessons

- The recipes are a guide.
- If there is something you wish to adapt and alter then please do.
- If you are unsure about a recipe please speak to your teacher before the lesson
- The recipes are chosen to match the skills and theme being studied as well as fitting in with our lesson times.
- You are encouraged to source your own recipe however check the skills and theme are similar for each week
- Don't forget to put high risk food items in the fridge when you get into school.
- Please remember to not put plastic bags inside the fridge.
- Please remember a suitable container to bring your food home in

Food & Catering Practical lessons

Week	Date	Theme	Recipes	Skills
1:	10/09	Sauce/Roux	Pasta Bake	Make a sauce Set a mixture - Heating (coagulation) Using the oven Dry heat and fat based methods using the hob
2:	17/09	Starter/Side dish Bread	Focaccia	Use of raising Agents Making and shaping a dough Weigh and measure Preparation of ingredients and equipment Using the oven
3:	24/09	Students Own Choice No 1	Recipe suitable to be served at a Café/Restaurant	Knife skills Test for readiness Judge and manipulate sensory properties
4:	1/10	Desert Pastry Choux	Profiteroles Cream Puffs Choux Pastry Swans	Weigh and measure Preparation of ingredients and equipment Using the hob
5:	8/10	Side Dish Potato	Potatoes Dauphinoise	Prepare vegetables Weigh and measure Test for readiness Using the oven
6:	15/10	Main Meal Meat	Cottage or Shepherd's Pie	Knife skills Using the oven Dry heat and fat based methods using the hob
OCTOBER HALF TERM				

OCTOBER HALF TERM				
1:	29/10	Desert Halloween	Cookies	Fondant decoration Preparation of ingredients and equipment
2:	5/11	Main Meal Meat (Chicken)	Chicken Kiev Stuffed Peppers (V)	Jointing chicken Knife skills Using the oven Test for readiness, Temperature of chicken
3:	12/11	Desert Fruit	Pineapple Upside-down cake	Creaming Method Weigh and measure Preparation of ingredients and equipment Using equipment electric hand whisk
4:	19/11	Students Own Choice No 2	Recipe suitable to be served at a Café/Restaurant	Knife skills Test for readiness Judge and manipulate sensory properties
5:	26/11	Appetisers for a party	Arancini Won ton Pizza pin wheel Pate	Knife skills Select and adjust a Cooking process Weigh and measure Preparation of ingredients and equipment Using the oven
6:	3/12	Desert Deconstruct- Variations	Cheese cake	Set a mixture - removal of heat (gelation) Weigh and measure Preparation of ingredients and equipment
7:	10/12	Main Meal Christmas	Mini roast dinner	Knife skills Prepare vegetables Using the oven Test for readiness Temperature of meat
8:	17/12	Desert Christmas	Mince pie	Using the oven Weigh and measure Preparation of ingredients and equipment
CHRISTMAS HOLIDAYS				

CHRISTMAS HOLIDAYS

Week	Date	Theme	Recipes	Skills
1:	7/01	Desert Pastry: Short crust	Bakewell Tart	Using the oven Weigh and measure Preparation of ingredients and equipment
2:	14/01	Fish/Sauce	Fish Goujons and Mayonnaise Or Chicken Goujons Halloumi or Courgette (V)	Make a sauce Dry heat and fat based methods using the hob Using the oven Using equipment food processor
3:	21/01	Fruit	Fruit Muffins	Creaming method Weigh and measure Preparation of ingredients and equipment Using the oven Using equipment electric hand whisk
4:	28/01	Students Own Choice No 2	Recipe suitable to be served at a Café/Restaurant	Knife skills Test for readiness Judge and manipulate sensory properties
5:	4/02	Standard component	Lemon Meringue Pie	Using the oven Weigh and measure Preparation of ingredients and equipment Set a mixture - Heating (coagulation) Using equipment electric hand whisk
6:	11/02	Pasta	Making fresh pasta Ravioli	Select and adjust a Cooking process Binding and shaping dough Test for readiness Judge and manipulate sensory properties

FEBRUARY HALF TERM

FEBRUARY HALF TERM				
1:	25/02	Students Own Choice No 3	Recipe suitable to be served at a Café/Restaurant	Knife skills Test for readiness Judge and manipulate sensory properties
2:	3/03	Pastry	Savoury Pie Beef Chicken Homity (V)	Prepare combine and shape pastry Knife skills Using the oven Prepare meat and vegetables
3:	10/03	Pasta	Lasagne Roasted Vegetable Lasagne	Select and adjust a Cooking process Preparation of ingredients and equipment Using the oven Roux sauce
4:	17/03	Curry	Chicken tikka masala Vegetable Curry (V)	Making the fresh curry paste or Marinate the meat Knife skills Dry heat and fat based methods using the hob
5:	24/03	Easter	Hot Cross Buns	Prepare combine and shape dough Weigh and measure Preparation of ingredients and equipment Using the oven
EASTER HOLIDAYS				
1:	21/04	Desert	Chocolate Brownie	Melting Method Using the oven Weigh and measure Preparation of ingredients and equipment Using equipment electric hand whisk
2:	28/04	Food Presentation and Garnishes	Ingredients provided by the school	Use food plating, styling, and garnishing techniques when serving food
3:	5/05	Students Own Choice No 4	Recipe suitable to be served at a Café/Restaurant	Knife skills Test for readiness Judge and manipulate sensory properties

4:	12/05	Biscuits	ANZAC biscuits	Melting Method Using the oven Weigh and measure Preparation of ingredients and equipment
5:	19/05	Meat	Chicken and leek stroganoff	Knife skills Test for readiness Judge and manipulate sensory properties
MAY HALF TERM				
1:	2/06	No Cooking Exam Preparation		
2:	9/06	No Cooking Exam Preparation		
3:	16/06	No Cooking Exam Preparation		
4:	23/06	No Cooking Exam Preparation		
5:	30/06	No Cooking Exam Preparation		
6:	7/07	No Cooking Exam Preparation		
7:	14/07	No Cooking Exam Preparation		

Skills

Basic roux, Making a sauce, Thickening a sauce, Macedoine and julienne cut knife skills, knife cuts, hob control, design and development skills, pastry making, rolling and lining pastry, fine pastry making skills, ,making puff pastry, Brunoise knife rolling forming shapes, egg based sauce, forming a choux paste, piping pastry and cream, weighing, creaming, piping, shaping forming, colouring, rolling design, whisking egg whites, folding in, using a food processor, portion control, poaching fish, preparing fish, stewing, bread making, cooking meat, fine knife skills, presentation, boning meat, peeling, chopping, sautéing, measuring, rubbing in, poaching, grilling, brine, cooking pasta, Bridge cutting

Other ideas:

Catering for events (open evening etc)