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Our Ref: LD/CS/cc/GCSE Food Prep

17th December 2018

Dear Parents/Carers

GCSE Food Preparation and Nutrition Spring term 1 practical schedule

Attached is a list of dishes that your child will be cooking as part of their GCSE Food Preparation and Nutrition course for the first part of the Spring term.

Pupils are encouraged to adapt or amend the recipe, as this, amongst others factors can improve their practical grade. Pupils will be given a list of the ingredients needed the week before their practical lesson, allowing time to purchase ingredients required or any alternatives.

If you have any queries, please do get in contact with your child's Head of House who will pass any queries on to your child's Food Preparation and Nutrition teacher (Miss Carr).

Yours Sincerely

Mrs L Draycott
Headteacher

Food Preparation and Nutrition Spring 1 Practical schedule:**ALL Pupils will always need to bring a container to take their food home in.**

Week Beginning	Dish	Ingredients
07/01/2018	Ginger Biscuits	125g margarine or butter 125g demerara or dark brown soft sugar 1 egg (room temperature) 1 tablespoon golden syrup 180g self-raising flour 1 teaspoon ground ginger or mixed spice or all spice or cinnamon
14/01/2018	All in one chocolate orange cake	112g self-raising flour 25g cocoa powder ½ tsp baking powder 112g butter or veg fat spread 87g caster sugar 2 eggs 1 tbsp milk 1 orange 1 cake tin
21/01/2018	Puff Pastry Cheese twists	1 pack of ready rolled puff pastry 150g cheese (any hard cheese is fine) 1 tsp paprika or spice of your choice 1 tsp dried herb of your choice 1 egg
28/01/2018	Caramelised onion and cheese tart	1 tbsp oil 2 onions Peeled and finely diced 1 pack ready rolled Filo pastry 50g butter 75g cheese (any cheese of your choice) 1 tsp dried herbs of your choice
04/02/2018	Chelsea Buns	225g strong plain flour 1 teaspoon dried yeast 25g caster sugar 25g butter 1 egg 125ml warm milk ½ teaspoon mixed spice 50g mixed dried fruit 1 teaspoon Demerara sugar
11/02/2018	Cheese and Meat or Cheese and Veg Pasties	200g plain flour 100g butter 1 teaspoon mixed dried herbs 1 egg (for glazing) 50g grated cheddar cheese (optional) 50g cooked meat filling of your choice You must prepare the following at home: finely dice 1 small onion, 1 celery stalk, 1 small carrot and 1 small potato and cook on a low to medium heat until golden brown and soft – you will need to bring this in to lesson