

Y10



Barr Beacon School
Old Hall Lane
Aldridge
Walsall
WS9 0RF

0121 366 6600

postbox@barrbeaconschool.co.uk
www.barrbeaconschool.co.uk

Our ref: LD/CS/cc/Autumn term practical Year 10

12th October 2018

Dear Parents/Carers

GCSE Food Preparation and Nutrition Autumn term 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 second part of the Autumn 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 contact your child's Head of House.

Yours Sincerely

Ms L Draycott
Heateacher



Food Preparation and Nutrition Autumn 1 Practical schedule:

ALL Pupils will always need to bring a container to take their food home in.

| Week Beginning | Dish | Ingredients |
|----------------|----------------------|--|
| 05/11/2018 | Baked Scotch Eggs | 400g sausage meat 6 hardboiled eggs 7 tablespoons fine dried breadcrumbs 1 egg |
| 02/11/2018 | Filo Beef Samosas | 1 tablespoon oil 300g beef mince or quorn mince 1 onion, chopped 1 thyme sprig 1 tablespoon curry powder 1 packet filo pastry salt and pepper to taste |
| 19/11/2018 | Leek and Potato Soup | 1 knob of butter 1 large leek, chopped 2 medium potatoes 1 stock cube, either chicken or vegetable |
| 26/11/2018 | Banana Bread Loaf | 140g butter 140g caster sugar 2 large eggs 140g self-raising flour 1 tsp baking powder 2 very ripe bananas 1 loaf tin |
| 03/12/2018 | Making Ravioli | 1 egg 1/2 teaspoon salt 140g plain flour 50g semolina 75g spinach 75g ricotta 75g fresh breadcrumbs 75g Parmesan, 1 free-range egg, plus one yolk 1tsp nutmeg or dried herb 1tsp salt and black pepper 50g butter 10 sage leaves 1 stock cube |

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|------------|---------------------------|--|
| 10/12/2018 | Ginger Christmas 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 |
|------------|---------------------------|--|