

Y9



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Our Ref: LD/CS/cc/Autumn term practical schedule

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
Headteacher



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	Jambalaya	1 tbsp olive oil 2 chicken thighs, boneless and skinless 75g smoked sausage (or a vegetarian alternative) 1 small onion, medium diced 1 celery stick, medium slice 1 garlic clove 1 red pepper 200g tin chopped tomatoes ½ tsp cayenne pepper, or to taste 150g basmati rice 1 stock cube 1tsp salt and 1 tsp black pepper handful fresh parsley, finely chopped, (optional)
02/11/2018	Fishcakes	350g mashed potatoes (can use smash) 200g canned Tuna or cooked fish (e.g haddock) 25g butter 1 egg Small bunch of fresh herbs (optional) 200g dried breadcrumbs 1 teaspoon herbs or spices of your choice 1 tsp salt 1 tsp pepper 20g flour
19/11/2018	Cous Cous Salad	This recipe will make 2 portions 100g couscous 1 stock cube 2 spring onions 1 red pepper ½ cucumber 50g feta cheese, cubed or cheese of your choice 2 tbsp pesto or dressing of your choice 2 tbsp toasted pine nut (optional)

26/11/2018	Stir Fry	<p>2 nests of medium egg noodles 2 tea spoons cornflour 2 tablespoons soy sauce 1 tablespoon of honey 250g pork/chicken/beef/quorn – cut into strips 1 small piece of ginger 2 garlic cloves 1 sweet pepper 1 carrot</p>
03/12/2018	Mac and Cheese	<p>110g cooked macaroni pasta or any other shape 30g butter 30g plain flour 250ml milk 130g grated cheese (Hard cheese is best, and this can be a mixture) 1 tsp salt 1 tsp pepper Optional ingredients: Sweetcorn Cooked bacon Cooked chicken Cooked sweet peppers</p>
10/12/2018	Ginger Christmas Biscuits	<p>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</p>
17/12/2018	Caramelised onion and cheese tart	<p>1 tbsp oil 2 onions peeled and finely sliced 1 pack ready rolled Filo pastry 50g butter 75g cheese (any cheese of your choice) 1 tsp dried herbs of your choice</p>