



Barr Beacon School

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Our Ref: LD/LC/cc/Food practical schedule term 2

1st February 2019

Dear Parents /Carers

GCSE Food Preparation and Nutrition Spring term 2 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 further questions, please do get in contact with your child's Head of House who can pass any queries on to your child's Food Preparation and Nutrition teacher (Miss Carr).

Yours Sincerely

Ms 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
25/02/2019	Apple Tart	1 pack of ready rolled puff pastry 100g butter 100g caster sugar 6 apples
04/03/2019	Carrot Cake	125g self-raising flour 1 teaspoon ground cinnamon 200g caster sugar 175ml vegetable oil 2 eggs 175g grated carrots 60g chopped walnuts (Optional)
11/03/2019 (You will have a practical in both lessons this week)	Jointing a chicken (in your lesson on Monday you will portion a chicken. You will marinade and cook the legs, wings and thighs. In your next lesson of that week you will use the chicken breasts to make a chicken and bacon pasta bake)	For Mondays lesson you will need: 1 small whole chicken Seasoning and marinades of your choice 1 food bag 1 container For your Tuesday or Wednesday lesson you will need: 1 tbsp olive oil 2 slices of bacon (uncooked) – this is optional 1 small onion 1 carrot 1 garlic clove 1x 200g tin chopped tomatoes ½ tsp cayenne pepper, or to taste 75g pasta 1 chicken or vegetable stock cube Fresh parsley (optional) 30g grated cheese 1 oven proof dish You will prepare and assemble the dish in lesson, you will need to cook it in the oven when you get home. 180°C for 35-45 minutes



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18/03/2019	Burgers	1 small onion 500g beef or lamb or chicken or turkey or Quorn mince 1 egg 2 tsp of a spice of your choice (I like to add cumin and 1 crushed garlic clove)
25/03/2019	Lasagne	1 tablespoon olive oil 1x 500g pack of mince (beef, lamb, chicken, turkey or Quorn) 1 onion, 4 mushrooms, diced 1 pepper (any colour) 2 cloves garlic 1x400g tin of chopped tomatoes 1 tablespoon of dried herbs of your choice 1x Jar of white sauce for Lasagne or a homemade white sauce (this is the same sauce you made for your mac and cheese) 6-8 fresh or dried lasagne pasta sheets 50g grated cheese
01/04/2019	Sweet and Sour Chicken	1 tablespoon oil 2 skinless chicken breast fillets, cut into chunks 1 small onion 1 garlic clove 1 red pepper 1 small tin pineapples pieces in juice 6 tablespoons tomato ketchup 1 tablespoon any type of vinegar 2 tablespoons sugar

