

Ingredients List for Year 11
 ** Vegetarian/Vegan alternative to meat (Quorn) **

Date:	Day:	Dish	Ingredients	Equipment
15/09/14	Week A Monday	Graffiti Cheese Cake with glucose syrup	Food colouring of your choice, 100g digestive biscuits, 75g butter, 75g caster sugar, 250ml double cream, 250g cream cheese, 1 fruit topping, grease proof paper.	Cake tin
23/09/14	Week B Tuesday	Meaty Madras with coriander dumplings	2 chicken breast , 2 onions, 2 cloves of garlic, Tea spoon of ginger, 2 tbsp Madras curry paste, Can chopped tomatoes, 2 vegetable stock cubes (150ml), 100g Spinach, 75g Low fat spread, 175g Self raising flour, 3 tbsp Fresh coriander	Box to take product home
24/09/14	Week B Wednesday	Sticky Toffee Pudding	250ml/9fl oz hot water,1 teaspoon bicarbonate of soda,60g/2¼ oz butter, softened,60g/2¼ oz caster sugar,2 free-range eggs,150g/5oz self-raising flour cake tin For the toffee sauce:200g/7oz butter, 400g/14oz brown sugar, vanilla pod/essence, 250ml/9fl oz double cream	Cake tin and box
29/09/14	Week A Monday	Malaysian curry with rice	75g rice, 2 chicken breast, 150g potatoes, tin Coconut milk, 2 tbsp curry paste, 1 mango 6 spring onions, 2 tbsp crème fraiche	Box to take product home
07/10/14	Week B Tuesday	Spinach & Ricotta Ravioli	250g of Ricotta cheese,250g bag fresh spinach, Pinch of salt,4 average table spoons of grated parmesan,1 teaspoon of grated basil leaves For the pasta: 400g flour, 4 eggs,1 egg, 60g butter	Box to take product home
08/10/14	Week B Wednesday	Sweet and savoury scones	200g (8oz) self-raising flour, 50g (2oz) caster sugar, 50g (2oz) margarine, ¼ teaspoon salt, 100g (4oz) sultanas / chopped glacier cherries, 1 medium egg, 75ml (5 tablespoons) milk, 150g cheese, 1onion/tomato Optional Jam and whipped cream for the filling.	Plastic box
13/10/14	Week A Monday	Cherry Pie	Cherry pie filling, 50ml milk, 2 tbsp sugar, 500g plain flour, 200g butter, double cream	Pie dish
21/10/14	Week B Tuesday	Pasties	350g self raising flour, 75g butter, 75g lard, 1 egg, 1potato, onion, beef stock cube, 250g mince (or Quorn)	Tub to carry home in.
22/10/14	Week B Wednesday			
			October half term	
03/11/14	Week A Monday	Chicken and Leek Pie Own pastry	1 tbsp butter, 1 large onion, 3 leeks, 2 large potatoes, 2 tbsp plain flour , plus extra for dusting, 300ml chicken (3 stock cubes), 100ml pot double cream, 200g cooked ham 225g plain flour, 100g butter 1 egg (for glaze)	Oven proof dish
11/11/14	Week B Tuesday	Lasagne with home made pasta sheets	2 Pints milk, 100g butter, 100g plain flour, 500g spinach, 3 tbsp pesto, 500g cherry/vine tomatoes, Handful of basil, 175g cheese, Mozzarella balls, 4 eggs, 400g plain flour.	Lasagne dish
12/11/14	Week B Wednesday	Thai Fish Cakes	75g rice, 50g fresh bread, 500g tinned tuna, 1 lemon, 1 egg, 2 spring onions, ½ tsp ground coriander, 15g coriander leaves, 1 tsp fish sauce / soya sauce, 2 tea spoons sweet chilli sauce.	Tub to take product home in
17/11/14	Week A Monday	Chicken stroganoff	4 chicken breast ,1 large onion,1 garlic clove, 100g mushrooms,50g butter, 1 chicken oxo (150ml),Salt and pepper,5 tbsp double cream,1 tsp paprika	Tub to take product home in
25/11/14	Week B Tuesday	Home made burgers and homemade bun.	Bread Rolls: 2 tbsp dried yeast, 300ml water, 500g unbleached white flour, pinch salt, 3-5 tbsp oil, red onion, black olives/vine tomatoes. Burgers: 250g minced beef, 4 spring onions, 1 egg, 2 garlic cloves, 1 tsp mixed herbs.	Tub to take product home in.

26/11/14	Week B Wednesday	Bake well Tarts	500g plain flour, 200g butter , 2 egg, 100g butter, 100g sugar, 100g flour, 4 table spoons jam, 50g icing sugar, Glacier cherries optional	Oven proof dish
01/12/14	Week A Monday	Chocolate Yule Log	2 large eggs, 1/2 cup caster sugar, 3 heaped tablespoons flour, pinch of salt $\frac{1}{2}$ tablespoon chocolate powder, $\frac{1}{4}$ teaspoon vanilla extract, 1 tablespoon warm water Optional: Jam, 100g Butter, Icing sugar.	Deep Flat Baking Tray. & Grease Proof Paper
09/12/14	Week B Tuesday	Mince Pies	350g self raising flour, 75g butter or 75g lard, 1 small jar of mince meat	Tub to carry them home.
			No Practical	
			Christmas Break	
05/01/15	Week A Monday	Pineapple Pudding	200g self raising flour, 200g margarine, 200g caster sugar, glacier cherries, small tin pineapple rings.	Cake Tin
13/01/15	Week B Tuesday	Potato Gratin	20g butter, bacon, 1 onion, 2 garlic cloves, 25g mushrooms, 750g potatoes, 175ml double cream, 1 table spoon parsley, 100g grated cheese.	Oven Proof Dish
14/01/15	Week B Wednesday		Exam practice, one of your chosen dishes and an accompaniment	
19/01/15	Week A Monday		Exam practice, one chosen dish	
27/01/15	Week B Tuesday		Exam practice one dish with one accompaniment.	
28/01/15	Week B Wednesday		February half term	

All students have discussed and decided on what they intend to produce for their exam in March. Students must practice these products to enable them to change recipes and develop ideas. If there are any problems with recipes please contact me.