

One In A Million Free School - Yr10
Food tech lessons ingredients and money for Term 1

Wk commencing 3rd September

Theory lesson. Introduction to Hospitality and Catering. Grades/targets and expectations this year. Demonstration by teacher on how to make French Onion Soup Bring ingredients for next weeks practical.

Week commencing 10th September

All students making French Onion Soup in pairs. Please bring 60p each. 4 Medium Onions
2 cloves of garlic, 50g grated cheese
A container that will hold soup and an apron.

Wk commencing 17th September

All Students making quiche **individually**. Please bring 80p each. 2 eggs, 100mls milk, 100g strong cheese, $\frac{1}{2}$ onion. **Optional extra ingredients** tinned tuna/salmon, $\frac{1}{2}$ coloured pepper of choice, 5 cherry tomatoes, 2 tbsp sweetcorn, 4-5 mushrooms, ham
Apron and a container. If you have your own pie dish it will be 60p

Wk commencing 24th September

All students making flaky pastry. Please bring 60p, Apron
No container needed this pastry will be frozen

Wk commencing 1st October

All students making Chicken and Mushroom Pie. Please bring 1-2 chicken breasts, 1 chicken stock cube, 100ml single cream, 50g Mushrooms, 1 egg **Optional extra Ingredients 1 leek, 1 onion, 2 rashers of bacon**. Apron and container. Bring 30p
Apron and Container
If you have a 6inch pie dish bring it. If not its 20p for foils

Wk commencing 8th October

All students making Rough Puff pastry. Please bring 60p, Apron
No container needed this pastry will be frozen

Wk commencing 15th October

Assessment week. Students will conduct a written test on this terms work, knowledge and understanding. **This will be in the Tuesdays lesson.**

On Wednesday students will cook as usual making Apple Pie. Please bring 1 egg
750g cooking apples, **Optional extra Ingredient, Blackberries**
Bring 20p, 6-8inch pie dish, Apron, Container to take home
If wanting circle foils 20p each

End of term

Wk commencing 5th November

Theory lesson. Grades and how to move forward this term. Nutrition programme and how to use it.