**Ingredients/Equipment**

**Class 4 Summer 2023**

 Please remember that High Risk ingredients (Cheese or meats etc.) should be stored in the fridge at the beginning of the school day. Container should ideally be a 3l size to be able to fit most of the items we make and have the students name on it.

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|  Practical   |  What to Bring  |  Date |
|  Planning and Theory due to GCSE exams in food room  | No ingredients required   | Wed 17th Apr (A)   |
|  Own Dish  | Ingredients as per planContainer with a lid  |  Tue 25th Apr (B) |
| Retro Pudding – Cornflake tart | Jam of choice20 cm low round baking tin if availableContainer with a lid |  Wed 3rd May (A) |
|  Retro Pudding – Nut Free Bakewell Tart |  Container with a lid  |   Tue 9th May (B) |
|  Macaroni or Cauliflower or Broccoli Cheese.Thickening of a sauce - Gelatinisation | Slice of bread100g Hard CheeseChoose Cauliflower or Broccoli. We have MacaroniContainer to transport home in  |  Wed 17th May (A) |
| Mini Quiche (Coagulation) |  2 eggsSmall amount of Ham and/or onion and or pepper/ mushroom etc50g CheeseContainer with a lid   |   Tue 23rd May (B)  |
| HALF TERM | HALF TERM | HALF TERM |
| Crunchie Bar |  100g ChocolateContainer with a lid  |  Wed 7th June (A) |
| Carbohydrate sports snacks | Container with a lid  |  Tue 13th June (B) |
|  Vegan Brownie  |  100g Dark/Plain chocolateContainer with a lid  |  Wed 21st June (A) |

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| Gluten Free Cup Cakes |    Container with a lid |   Tue 27th June (B) |
| Own Dish. | Ingredients as per plan from previous lesson.Container with a lid  |  Wed 5th July (A) |
| Mini Apple Tarts |  2 large cooking apples or 3 dessert applesContainer with a lid  |   Tue 11th July (B) |
| Independent choice from school recipes.To be discussed in class. | Container with a lid  | Wed 19th July (A) |
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