



Ingredients highlighted in yellow are provided by the school

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Name of dish	Ingredients		Key info	Link to specification
Bolognese	2 rashers smoked streaky bacon -optional		Large airtight box to take home in.	Knife skills, safety when using the hob and cross contamination.
	1 onion			
	1 carrot			
	1 celery stick - optional			
	1 garlic clove			
	250g beef mince (or own alternative)			
	1 x 400g tins plum tomatoes			
	½ tsp dried oregano			
	1 fresh bay leaf			
	1 tbsp tomato purée			
	1 beef stock cube			
Meatballs and tomato ragu	For the Meatballs	250g minced meat (beef, pork, lamb, turkey or combination)	For the tomato ragu	1 small onion
		1/2 small onion (use the rest in tomato sauce)		1 garlic clove
		1 clove of garlic		1 400gm can chopped tomatoes
		3/4 tsp dried herbs		1 Basil leaf or other herbs (optional)
		25 g fresh breadcrumbs		Salt and black pepper to season
		1/2 egg, beaten		2 tbsp vegetable oil
		1 tbsp seasoned plain flour to coat		
		2 tbsp vegetable oil		
Pizza	For the bread base	250g strong plain flour	For the pizza sauce and	2 tbsp vegetable oil
		1 tbsp oil		1 medium onion
		3g/1 teaspoon dried yeast		1 garlic clove
		1 teaspoon sugar		1 400gm can chopped tomatoes
		150 ml tepid water		1 Bay leaf
				Retrieval/recap knife skills, introduce shaping and using the hob.
				Retrieval/recap knife skills and making a tomato based sauce. Introduce

				1 tsp dried oregano		breadmaking, yeast and kneading.
				2 tbsp tomato puree		
				150g cheddar cheese		
				And/or 1 ball of mozzarella		
				You own choice of toppings (pepperoni, olives, sweetcorn)		
Cinnamon Rolls		500g strong white bread flour		For the filling		Retrieval kneading and shaping but with an enriched dough, adding a filling, considering portion control.
		7g sachet fast-action dried yeast		150g light brown soft sugar		
		1 tsp ground cinnamon		2 tbsp ground cinnamon		
		50g golden caster sugar		125g butter, at room temperature		
		200ml warm milk		For the icing		
		2 eggs		50g soft cheese		
		100g butter		50g icing sugar		
		2 tbsp golden syrup		¼ tsp vanilla extract		

Mini Fruit tart		80g plain flour			Makes two small tarts, with sweet custard filling. Must be hard, block butter not margarine.	Blind baking, custard/crème patissiere, portion control, knife skills
		50g butter (cold & diced)				
		40g caster sugar				
		2 eggs				
		80ml milk				
		½ tsp vanilla extract/essence				
		10g corn flour				
		Fruit for decorating				
Chicken pie with rough puff pastry	For the pastry	250g strong plain flour	For the filling	1 tbsp vegetable oil	Bring something to make your pie in. Adapt the filling to suit preference	Laminated pastry, boning a chicken thigh, roux sauce, crimping, glazing
		1 tsp fine sea salt		4 chicken thighs		
		250g butter		4 rashers smoked streaky bacon		
				1 onion, halved and sliced		
				125g mushrooms		
				handful of thyme sprigs		
				1 tbsp plain flour		
				1 chicken stock cube		
				100ml milk		

				1 egg, beaten		
Viennese topped mince pies	For the pastry	75g Caster Sugar	For the topping and filling	150g Butter or Margarine ((softened))	A tub or tin to take them home in. If you do not like mincemeat you could make apple or fruit pies.	Retrieval shortcrust pastry and introduce piping a Viennese biscuit mix.
		150g Butter or Margarine ((softened))		50g Icing Sugar		
		1 Free-range Egg Yolk		150g Self-raising Flour		
		300g Plain Flour		1 tbsp Corn Flour		
				200g Mincemeat		
				1 small Apple		
				Handful Dried Cranberries		

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Black forest gateaux	For the cake	3 free-range eggs	For the filling and decoration	50g/3½oz morello cherry jam	Bring a cake tin or something large to carry home in.	Decoration skills, whisked sponge, piping.
		125g/9oz caster sugar		425g tin pitted black cherries, drained		
		50g/3½oz plain flour		250ml/18fl oz double cream		
		30g/2¼oz cocoa powder		1 tbsp icing sugar		
		75g/5½oz butter		50g/3½oz dark chocolate, to decorate		
Lemon meringue pie	For the pastry	150g Plain Flour	For the lemon curd filling and meringue topping	Lemon curd		Shortcrust pastry and blind baking recap, making a lemon curd - thickening, whisking and piping using egg whites.
		100g Butter		Grated rind and juice of 2 lemons		
		1-2tbs caster sugar		275ml water		
		1 Egg yolk		3 tablespoons cornflour		
				50g caster sugar		
				2 large egg yolks		
				40g butter		
				Meringue topping		
				2 large egg whites		
	100g caster sugar					
Lasagne and garlic	For the	175g lasagne sheets	For the garlic	For the dough balls	Bring an ovenproof dish or	Making a white/roux sauce,
		Cheese Sauce:		250g strong white bread flour		

dough balls		375ml milk		1 tsp caster or granulated sugar	we have small foil trays as an alternative - you will make 2 small ones.	retrieval/recap - ragu sauce and knife skills, retrieval/recap of breadmaking and shaping. Making a simple garlic butter.
		25g butter		1/2 tsp fast action dried yeast		
		25g flour		1 tsp soft butter		
		½ teaspoon mustard powder		For the garlic butter		
		100g cheddar cheese		20g soft butter		
		salt and pepper		1 tablespoon olive oil		
		Meat Sauce:		1 garlic clove, crushed		
		250g lean beef mince		2 tbsp chopped parsley, or 1 tsp dried parsley		
		2 rashers bacon				
		1tsp basil				
		1 small onion				
		1 clove garlic				
		1 tin tomatoes				
		2 tablespoons tomato puree				
	1 beef OXO cube – ¼ pint boiling water					
	1 tbsp oil					
Crème brulee and shortbread	For the crème brulee	40ml whole milk	For the shortbread	100g butter	We will provide the glass ramekins for the creme brulee.	Using the oven to cook with a bain marie, cutting an accuracy with shortbread making. Blow torch/brulee/grill to caramelize sugar.
		125ml double cream		50g caster sugar		
		2 free-range egg yolks		100g plain flour		
		25g caster sugar, plus extra for topping		50g cornflour		
				pinch of salt		