



Barr Beacon School
www.barrbeaconschool.co.uk

Our Ref: LD/RH/cc/GCSE Food Preparation & Nutrition practical schedule

11th February 2020

Dear Parents/Carers

GCSE Food Preparation and Nutrition Spring 2 Practical Schedule


Attached is a list of dishes that your child will be cooking as part of their Hospitality and Catering course for the second part of the spring term.

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 your child is currently eligible for free school meals, then the ingredients will be provided for them.

If you have any further questions, please contact your child's Head of House.

Yours Sincerely


Ms L Draycott
Headteacher



Barr Beacon School
Old Hall Lane
Aldridge
Walsall
WS9 0RF
West Midlands



MATRIX
ACADEMY
TRUST

0121 366 6600



@barrbeaconsch



postbox@barrbeaconschool.co.uk





GCSE Food Preparation and Nutrition Spring 2 Practical Schedule

Barr Beacon School
www.barrbeaconschool.co.uk

ALL PUPILS WILL NEED TO BRING A CONTAINER TO EACH PRACTICAL LESSON

Week Beginning	Dish	Ingredients
24 th February 2020	Gingerbread Men	<p>Makes 7-12 Gingerbread Men depending on the size of the cutters</p> <p>175g plain flour 88g light soft brown sugar 50g unsalted butter or margarine 3 tsp ground ginger 2 tbsp golden syrup $\frac{1}{2}$ egg $\frac{3}{4}$ tsp ground cinnamon</p> <p>Tip: crack the egg and mix until the yolk and white are fully mixed together. Pour half of the mixed egg into an empty water bottle or container with a tightly fitted lid.</p>
2 nd March 2020	Chicken in parcel	<p>Serves 2</p> <p>2 skinless chicken breasts or 4 skinless and boneless chicken thighs 1 red pepper 175g pack baby corn 1 lemon 1 red or white onion 2 tablespoons vegetable oil $\frac{1}{2}$ bunch fresh herbs Pinch of salt Pinch of pepper</p> <p>Optional (choose one of the following): 1 small head of broccoli 1 carrot (medium slice) 1 courgette (medium slice) 100g cherry tomatoes/plum tomatoes/baby tomatoes</p>





Barr Beacon School

www.barrbeaconschool.co.uk

9 th March 2020	Chunky Tomato soup with Garlic Croutons	<p>Serves 4</p> <p>1kg chopped tomatoes 2 garlic cloves (thin dice) 1 onion (medium dice) 1 carrot (medium dice) 1 meat or vegetable stock cube 1 tbsp vegetable or olive oil 1 tbsp dried mixed herbs 100g salted or unsalted butter or margarine 10g white sugar ½ stick French loaf ½ tbsp garlic granules or 3 cloves fresh garlic (crushed) Pinch salt Pinch pepper</p> <p>Optional: 15g chorizo</p> <p><i>You will need 2 separate containers, one big enough for the soup and one for the croutons</i></p>
16 th March 2020	Stuffed Peppers (stuffed with rice, mince)	<p>Serves 2</p> <p>2 whole sweet peppers 250g minced meat (beef/lamb/pork/chicken/Quorn) 140g/1 pouch cooked rice 3 tbsp tomato puree/tomato paste 1 tbsp olive or vegetable oil 1 onion (finely diced) 1 garlic clove (thinly diced) 1 tbsp dried mixed herbs Pinch salt Pinch pepper</p> <p>Optional: 125g mozzarella cheese 100g grated hard cheese</p>



Barr Beacon School
Old Hall Lane
Aldridge
Walsall
WS9 0RF
West Midlands



MATRIX
ACADEMY
TRUST

0121 366 6600

@barrbeaconsch

postbox@barrbeaconschool.co.uk





Barr Beacon School
www.barrbeaconschool.co.uk

23 rd March 2020	Savoury Bread	<p><i>Makes 1 loaf</i> 500g strong white flour or plain flour (plus extra for dusting) 300ml water (to be provided) 3 tbsp olive oil 7g sachet fast action yeast 2 tsp salt Additional ingredients optional: 1 ½ tsp garlic granules 200g sundried tomatoes 100g pitted olives 4 rashers cooked bacon</p>
-----------------------------	---------------	--

Tsp = Teaspoon
Tbsp = Tablespoon



Barr Beacon School
Old Hall Lane
Aldridge
Walsall
WS9 0RF
West Midlands



MATRIX
ACADEMY
TRUST

0121 366 6600

@barrbeaconsch

postbox@barrbeaconschool.co.uk

