



Barr Beacon School
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Our Ref: LD/RH/cc/Hospitality & Catering Yr9 practical

11th February 2020

Dear Parents/Carers

WJEC Level 1/2 Hospitality and Catering 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



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Hospitality and Catering Spring 2 Practical Schedule

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

Week Beginning	Dish	Ingredients
24 th February 2020	Gingerbread Men	175g plain flour 88g light soft brown sugar 50g unsalted butter or margarine 3 tsp ground ginger 2 tbsp golden syrup ½ egg ¾ tsp ground cinnamon <i>Tip: crack the egg and mix until the yolk and white are fully mixed together. Pour half the mixed egg into an empty water bottle or container with a tightly fitted lid</i>
2 nd March 2020	Meat (Spicy Chicken) or Veg (Spicy Vegetable) Pasties Pasty filling to be made at home and brought to lesson.	<u>Spicy Chicken mixture:</u> 3 spring onions (thinly sliced) 2 rashers streaky bacon (chopped) 1 large potato (peeled and cut into small cubes) 1 red chilli (seeds removed and finely chopped) 1 ready cooked chicken breast (shredded) <u>Spicy Vegetable mixture:</u> 3 spring onions (thinly sliced) 2 tbsp vegetable oil 2 garlic cloves (finely sliced) 1 large potato (peeled and cut into small cubes) 1 courgette (cut into small cubes) 70g green peas 1 tsp ground turmeric 1 tsp ground ginger 1 tsp curry powder 1 red chilli (Seeds removed and finely chopped) ½ tsp ground paprika





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		<u>For the Shortcrust pastry</u> 225g plain flour 100g unsalted or salted butter or margarine Pinch of salt
9 th March 2020	Cheese Twists	<i>Makes 6-8 cheese twists</i> 1 pack of ready rolled puff pastry 300g cream cheese 120g grated cheddar cheese 60g Red Leicester cheese 1 egg
16 th March 2020	Lasagne The meat sauce will be cooked in lesson and the lasagne assembled in lesson. Cooking will need to take place at home.	500g minced meat (beef/lamb/pork/chicken/Quorn) 1x approx. 300g tin chopped tomato 1 tbsp tomato puree/tomato paste 1 carrot (peeled and medium dice) 1 onion (peeled and medium dice) 1 sweet pepper (any colour, seeds removed and medium dice) 2 garlic cloves (thinly sliced) 1 vegetable or meat stock cube 6 uncooked or cooked lasagne sheets 1x jar of white sauce for lasagne 30g grated hard cheese or 1 ball mozzarella
23 rd March 2020	Savoury Bread	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





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Tsp = Teaspoon
Tbsp = Tablespoon

Notes

Spicy Chicken Pasty filling method:

1. Fry the bacon over a medium heat for a few minutes until it starts to release its fat. Add the potato, turn up the heat and fry for 5 minutes, stirring occasionally until the bacon is crisp and the potato just underdone. Add the chilli and cook for a further minute. Season generously with black pepper and salt to taste.
2. Tip the bacon and potato mixture into a bowl, add the shredded chicken and spring onions and stir.

Spicy Vegetable Pasty filling method:

1. Add 2 tbsp of oil to your saucepan and place over a medium heat. When the oil is warm, add the potato and courgette and cook until both are just underdone. Add the peas and cook for a further minute. Add the garlic, ground ginger, ground turmeric, curry powder, chilli and paprika to the saucepan. Stir and cook for approx. 2 minutes. If the mixture is too thick, add some water to loosen the mixture. Pour the mixture into a mixing bowl, add the spring onions and mix together.