

Year 10 Hospitality and Catering Schedule- Autumn Term 2024

You must remember to bring:

- Your chef jacket (clean)
- Your apron (clean)
- A hair tie if you have long hair

And remember:

- You must not wear nail varnish or false nails
- Your shoes must be non-slip and preferably not canvas
- If you have an upset tummy or suspect food poisoning or have been sick recently you should not cook- but do let your teacher know in advance.

Afterwards:

- Remember to collect your food from your food room at the end of p6. If you have an after-school club, you can collect it after it finishes.
- Take your jacket and apron home and wash them ready for next week.
- Store your food in the fridge at home (unless your teacher tells you otherwise) and eat within 24 hours.
- When re-heating food, make sure it is piping hot (steaming). Only ever reheat food once.

Date	Recipe name	What is it?	Skills	Completed (date)
Wk. 9 th September	Vegetable Biryani	A simple vegetable curry of aromatic and spiced rice and tender braised vegetables, full of fresh Indian flavours. It is quick to make and cooks in a single pot.	Dicing Making a cartouche Braising Garnishing Presenting	
Wk. 16 th September	French Apple Tart	A beautifully presented fruit tart, using a sweet, short pastry (pate sucre) and glazed with a sweet apricot jam	Slicing Dicing Stewing Baking Pastry making (pate sucre) Baking blind	
Wk. 23 rd September	Panna Cotta	Panna cotta (Italian for "cooked cream") is an Italian dessert of sweetened cream thickened with gelatin and set in a mould. The cream may be aromatized with coffee, vanilla, or other flavorings.	Infusing/ heating Using setting agent (gelatin) Straining Portioning	
Wk. 30 th September	Lasagna	An Italian dish made of stacked layers of lasagna sheets alternating with fillings such as ragù, vegetables, cheese, seasonings and spices. The dish is topped with grated cheese, which becomes melted after baking.	Dicing (brunoise) Roux sauce Reduction sauce Layering Gratinating Baking	

Wk. 7 th October	Pork fillet with espagnole	A complete dish, with accompaniments and a classic espagnole sauce (brown)	Mirepoix vegetables Bouquet Garni Removing sinew Searing	
Wk. 14 th October	Gyoza	Using leftovers from the previous week	Brunoise vegetables. Mince pork fillet Marinading Making a dough Portioning Rolling out Crimping Shaping Pan frying Steaming	
Wk. 21 st October	CURRICULUM IMMERSION DAYS- NO PRACTICAL LESSONS. Introduction to the online food safety course			
HALF TERM				
Wk. 4 th November	Sticky Toffee Pudding	An unctuous cake made with dates using the melting method- served with a sticky sweet sauce	Melting Combining Beating Sieving Baking	
Wk. 11 th November	Calzone	A folded version of a pizza- like a giant pizza pocket that looks like a Cornish pasty	Making a yeasted dough Kneading Folding Crimping Glazing Slicing/ grating/ dicing	
Wk. 18 th November	Fresh Pasta	A paste (or pasta) is made with strong flour and egg yolk (or oil) and can then be cut into strips, boiled and then served with a variety of sauces, or filled, sealed and cooked.	Combining Kneading Using the pasta machine Shaping (filling)	
Wk. 25 th November	Chicken Breast with Tarragon Velouté	A butterflied chicken breast served with seasonal vegetables and a velvety smooth herby sauce	Butterflying chicken breasts Pan frying (shallow) Roux (velouté) Steaming or roasting (vegetables)	
Wk. 2 nd December	ASSESSMENT			
Wk. 9 th December	Gingerbread	A crunchy spiced biscuit commonly eaten at Christmas- decorated with royal icing	Making a dough Rolling out Cutting out Baking Decoration (icing)	
Wk. 16 th December	Cinnamon Wreath	A sweet, enriched bread shaped into a festive and decorative wreath shape- ideal for sharing	Enriched dough Coating Weighing and measuring Greasing and lining Shaping Glazing	
CHRISTMAS BREAK				