

## GCSE FOOD PREPARATION AND NUTRITION

Group 10B and 10x- please make sure you note down the right dates for your practical in your planner

The next practical lessons will be focusing on making desserts with a focus on practical skills and techniques needed for the GCSE.

The exact dates are in the table below. I have included what ingredients are needed; please note that anything with a star next to will be available in school for students to use. I have included a link to the recipe and video if there is one. I would expect students to watch them prior to the lesson in order to prepare fully. Sometimes I tweak the ingredients to reduce the amount of ingredients and potential waste.

They should make sure they weigh and measure at home where possible and bring ingredients in a named container

I have no problems with ingredients being swapped to suit families and individuals, suitable modifications will be discussed in class

Please email me if you have any problems or queries [esm@hartismere.com](mailto:esm@hartismere.com)

10x	10b		
		Chocolate mousse	150G Dark chocolate– not MILK! 25g butter 3 large eggs– Fresh 2 tbsp caster sugar
11/2	12/2	Lemon curd roulade	3 eggs 85g golden caster sugar plus 1 tbsp 85g plain flour,sifted 1 tsp baking powder,sifted 1 tsp vanilla extract For the curd 2 lemons, zest and juice 100g caster sugar 50g butter 2 eggs, beaten
4/3	5/3	Fruit crumble and custard	100g plain flour 50g butter or baking fat/block 50g oats-optional 25g caster sugar 250g approx of fresh/frozen fruit Custard: 250ml milk 2 egg yolks 35g caster sugar <del>3 tsp cornflour</del> <del>3 tsp plain flour</del> <del>few drops vanilla essence</del>

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18/3	19/3	Cheesecake	200g digestive biscuits 100g butter 3 sheets of leaf gelatine 200g- 280g full-fat soft cream cheese 100g caster sugar 2 lemons 300g berries e.g. raspberries, strawberries. Frozen /tinned is cheaper and would be suitable 300ml carton whipping or double cream 1 medium egg white a loose-bottomed 24cm round cake tin, at least 5cm deep,if you have one, otherwise school will provide
1/4	2/4	Assessed practical	

If this schedule changes I will speak to students in class and notify them through Google classroom.

Thank You

Mrs Smith