

Hartismere Star Bakers  
Group 8Q/FD

WEEK 1 (Red) WEDS PERIODS 1 AND 2

Thankyou for making sure your child is prepared for the practical lessons this year. Please see attached plan for the rest of the school year. Any changes to the plan will be communicated to the student via email and Google classroom.

Please make sure they weigh out ingredients at home if possible as it saves time in the lesson, and that they bring ingredients in a named container. Please email me at [esm@hartismere.com](mailto:esm@hartismere.com)

Date	Name of recipe	Ingredients needed	link
17/4/24	Cheese potato and apple pasties	150 g butter 250g plain flour 1 medium potato 1 eating apple 175g strong cheese	<a href="https://www.bbcgoodfood.com/recipes/cheese-apple-potato-pasties">https://www.bbcgoodfood.com/recipes/cheese-apple-potato-pasties</a>
1/5/24	Samosas	1 tbsp vegetable oil* 1 onion, finely chopped 2 garlic cloves, crushed 1 potato (about 150g) finely diced 1 carrot (about 100g) finely diced 100g frozen peas 2 tsp curry powder or your own spices according to taste* 100ml vegetable stock For the pastry 225g plain flour 2 tsp sea salt* 2 tbsp vegetable oil*	<a href="https://www.bbcgoodfood.com/recipes/vegetable-samosas">https://www.bbcgoodfood.com/recipes/vegetable-samosas</a>
15/5/24	Sausage rolls	For the Quick Flaky Pastry 75g block butter 110g plain flour A pinch of salt* Cold water to mix For the filling: 225g good quality pork sausagemeat ½ medium or 1 small onion, finely chopped 1 teaspoon sage* 1 egg, beaten, to glaze	<a href="https://www.deliaonline.com/cookery-school/techniques/sausage-rolls">https://www.deliaonline.com/cookery-school/techniques/sausage-rolls</a>

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5/6/24	Rainbow meringues	<p>Ingredients</p> <p>2 large eggs whites</p> <p>110g white caster sugar</p> <p><b>Plus two of the following flavours:</b></p> <p>Lemon meringues</p> <p>very finely grated zest 1 lemon</p> <p>yellow food colouring paste*</p> <p>Orange meringues</p> <p>very finely grated zest 1 orange</p> <p>orange food colouring paste*</p> <p>green food colouring paste*</p>	<p><a href="https://www.bbcgoodfood.com/recipes/rainbow-rippled-meringues">https://www.bbcgoodfood.com/recipes/rainbow-rippled-meringues</a></p>
19/6/24	Strawberry shortcakes	<p>100g unsalted butter, softened</p> <p>40g sugar, plus 1 tbsp extra</p> <p>150g plain flour, plus extra for dusting</p> <p>300g strawberries, hulled and halved</p> <p>6 tbsp golden syrup or maple syrup</p> <p>1/2 vanilla pod or vanilla essence</p> <p>300ml double or whipping cream</p>	<p><a href="https://realfood.tesco.com/recipes/strawberry-and-cream-shortcakes.html">https://realfood.tesco.com/recipes/strawberry-and-cream-shortcakes.html</a></p>

You will notice that some ingredients are starred. These ingredients are provided by school, so pupils do not need to purchase them but may use them.

Thank You  
Mrs Smith