

GCSE FOOD PREPARATION AND NUTRITION

Group 10x Summer 2025

The next practical lessons will be focusing on the 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 line through it will be available in school for students to use although they can bring their own if preferred.

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. **Ingredients can be tweaked for different dietary needs e.g. allergies. If you need any help or wish to discuss please contact me at the address below.**

Please email me if you have any problems or queries esm@hartismere.com

Date	Dish	Ingredients needed	
13/5/25	Lemon curd and elderflower cake	170g soft baking spread or butter 170g caster sugar 200g self raising flour 1 tsp baking powder 4 small eggs or 3 large eggs 2 lemons To decorate: 2 dessert spoons elderflower cordial 2 dessert spoons lemon curd 50g icing sugar	
3/6/25	Chicken ballotine	2 whole chicken legs 50g mushrooms 3 good quality chipolatas 100g pancetta or 10 rashers of streaky bacon 4 fresh sage leaves 50g butter	
17/6/25	Chilli ginger beef*	*200g stir fry beef strips/rump steak/chicken breast/pork loin . Must be quick cook meat stewing beef not suitable 2 spring onions 1 clove garlic ½ red chilli 2.5cm piece of ginger 1 whole lime 400g uncut vegetables(eg bean sprouts, peppers, sweetcorn, mushrooms, broccoli, green cabbage, carrots, pak choi) 150g of dried or "ready to wok" noodles 2 teaspoons soy sauce	
1/7/25	Rainbow meringues	2 large eggs whites 110g white caster sugar Plus two of the following flavours: Lemon meringues very finely grated zest 1 lemon yellow food colouring paste* Orange meringues very finely grated zest 1 orange orange food colouring paste* green food colouring paste*	https://www.bbcgoodfood.com/recipes/rainbow-rippled-meringues

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

Thank You

Mrs Smith