

To accomplish practical lessons. Please ensure you have everything you need ready to go, this will be part of your homework.

- **A clean black apron, hair band** (if required) and a **suitable container** to transport your food home.
- Always come with all ingredients weighed and measured.
- Bring your ingredient to B10 before tutor line up
- **Mise en place** (prepare in advance) - Look at the recipe these are the ingredients you will prepare at home in advance. Ingredients must not exceed 1-2 portions in total; weighed, drained, cut, and cooked ready to go as per recipe.
  - Chop vegetables small and even sized to cook quickly.
  - Cook any optional protein you wish to add to the recipe you will be making in class (homework).
  - Only bring what you are going to use so no ingredients are left over to store or waste.

Should there be any problems or concerns in providing ingredients for the practical lessons, please get in touch with Ms Green - [dgreen@johnmadejskiacademy.co.uk](mailto:dgreen@johnmadejskiacademy.co.uk)

**Recipes are designed to swap ingredients with what you have at home to ensure there is no additional expense to food shop. You can adapt each recipe to suit your needs, please ask if you are unsure. **Allergen Alert – Reminder we have a no nut policy****

### **Practical 1 – Fruit salad**

#### **Ingredients**

- 1 Orange or any orange citrus fruit
- 1 Banana
- 1 handful Grapes
- 1 Apple
- Optional toppings
  - Yogurt – Greek, natural or fruit flavored, Oats, Granola or muesli – **NO NUTS**
  - Flavoring – cinnamon, honey, seeds (pumpkin, chia seeds)

### **Mise en place – Fruit salad**

**Remember to bring your apron, hair band (if required) and suitable container to transfer food home.**

**Only bring ingredients you will be using to ensure there is no leftovers to be stored or wasted.**

### **Practical 2 - Crumble OR Scones**

#### **Crumble ingredients.**

- 100g Plain flour
- 50g Butter or baking block
- 50g Sugar
- Fruit of choice – tinned or 200g frozen
- Optional - 50g Oats

#### **OR**

#### **Scone ingredients**

- 250g Self raising flour
- 40g Butter
- 125ml Milk
- 25g sugar for sweet scones or
- 50g cheese for savoury scones

**Remember to weigh all ingredients at home and to bring an oven proof dish and your black**

### **Mise en place - Crumble**

#### **Weigh all ingredients.**

- Prepare any fruit you like in a crumble,
  - Blackberries – fresh, tinned or frozen
  - Frozen berries
  - Rhubarb – tinned
  - Cherries - tinned or frozen
  - Apple or Pear - tinned or frozen

**Canned fruit - open, drain the juice and cut fruit so it is ready to go.**

#### **OR**

### **Mise en place – Scones**

#### **Weigh all ingredients**

- Optional flavours –
  - Lemon, vanilla extract, 50g dried fruit, 25g sugar or
  - 50g cheese

### **Practical 3 - Pizza toast**

#### Ingredients

1-2 slices bread (or a bagel or baguette)  
50g any cheese – **(grated)** e.g cheddar, mozzarella  
50g Tomato base sauce / tomato puree and ½ x 5ml  
spoon mixed herbs – mixed at home or use schools.  
½ whole onion to prepare in class  
Additional favourite vegetable toppings

Optional - **cooked** protein

**Remember to bring your black apron, hair band and suitable container to take it home. Only bring enough ingredients that you will be using.**

### **Mise en place - Pizza toast**

**Prepare** just enough vegetables you like at home to go on your pizza, this could be.

Yellow, red, orange or green pepper – sliced thinly  
Mushroom – slice thinly  
Tomato – sliced thinly / diced  
Pineapple – chopped  
Sweetcorn – frozen or tinned must be drained  
Olives, Jalapeño or Chilli  
Optional choice of protein – **must be cooked** ready to go Chicken, Pepperoni, Salami, Sausage, Quorn, Tofu

### **Practical 4 - Goujons**

#### Ingredients

1 portion of protein  
100g Breadcrumbs  
30g Plain flour  
1 Egg  
Favourite seasoning

**Remember to weigh all ingredients at home and bring your container and black apron. For allergens / need to adapt the recipe speak to Ms Green to change the ingredients to suit you**

### **Mise en place - Goujons**

1 portion of raw protein this could be -  
Chicken breast, Fish fillet, Quorn, Tofu or Halloumi  
Favourite seasoning –  
Piri Piri, BBQ, Cajun, Jerk, Chilli, Curry, Garlic, Curry,  
Herbs - Mixed herbs, **whatever you like.**

Readymade breadcrumbs - these can be shop brought or homemade, by drying out bread and blending/grating.

### **Practical 5 - Fruit Muffins**

#### Ingredients

255g Self raising flour  
100g Sugar  
200ml Milk\*  
90ml Oil\*  
1 Egg  
100g Soft fruits/Dried/Canned fruit  
12 Muffin cases

**\*Oil and milk can be stored in the same bottle**

**Remember to weigh all ingredients at home and bring your container and black apron.**

### **Mise en place – Fruit Muffins**

**Remember to weigh all ingredients at home and to bring muffin cases and a container.**

100g favourite canned, frozen or dried fruit - **chopped small and evenly.** Peaches, Apples, Pears, Cherries, Strawberries, Raspberries, Pineapple, Raisins / Sultanas  
Soft fruits – banana, strawberries, raspberries, blueberries

#### Flavour options

Ginger, cinnamon, mixed spice, Vanilla, lemon, orange or 40g cocoa powder (to replace 40g of flour)

**If you are bringing tinned fruit, make sure you have opened, drained and weighed.**

### **Practical 6 – Kofta / Meatballs**

#### Ingredients

1 small Onion – **chopped small (pea size)**  
1 clove of Garlic – **chopped small / grated**  
Optional - 1/2 Red chilli – **chopped small (pea size)**  
200g choice of protein  
Seasoning – Cumin, Coriander, Chilli, Sumac, Paprika  
All spice, Cinnamon, salt and pepper.  
Small kebab sticks - optional  
**Remember to chop the vegetables small and bring your container and apron.**

### **Mise en place – Kofta / Meatballs**

**Remember to chop all the vegetables at home.**

200g protein – **Raw**  
Mince; Lamb, Chicken, Turkey, Beef, Pork, Quorn, Tofu or Mixed beans.  
Favourite spices / seasoning anything you like  
Cumin, Coriander, Chilli, Sumac, Paprika, All spice,  
Cinnamon,  
Herbs – Mixed herbs, Parsley, Basil, Mint, Oregano  
**If you want them shaped as a kebab, remember to bring small skewer sticks.**