

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.
- 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.**

### **Practical 1 - Scones**

#### Ingredients

250g Self raising flour  
40g Butter  
125ml Milk  
25g sugar for sweet scones

#### **OR**

50g cheese for savoury scones

#### **Optional flavours –**

- Lemon zest + 25g sugar
- Vanilla extract + 25g sugar
- 50g Dried fruit + 25g sugar
- 25g Sugar
- 50g cheese

**Remember to weigh all ingredients at home, bring your black apron and a suitable container to transport home.**

#### **Mise en place**

**Weigh all ingredients accurately at home.**

#### **TBQ – RAG your learning**

**What are the functional and chemical properties of the ingredients?**

**What raising agents are being used?**

**How DO the raising agents work?**

**What happens when you combine the ingredients?**

**What happens when you bake the ingredients?**

**Evaluate your scones using your knowledge and sensory evaluation**

### **Practical 2 – Buttermilk pancakes**

#### Ingredients

175g Self-raising flour  
1/2 tsp Bicarbonate of soda  
15g Caster sugar  
100ml Buttermilk  
200ml Semi-skimmed milk  
1 Eggs  
45g Butter

**Remember to weigh all ingredients at home, bring your black apron and a suitable container to transport home.**

#### **Mise en place**

**Weigh all ingredients accurately at home**

#### **TBQ – RAG your learning**

**What are the functional and chemical properties of the ingredients?**

**What raising agents are being used?**

**How Do the raising agents work?**

**What happens when you combine the ingredients?**

**What happens during cooking?**

**Evaluate your pancakes using your knowledge and sensory evaluation**

### **Practical 3 – Yeast dough**

#### Ingredients

250g Strong/bread flour - white, wholemeal or seeded

5g Salt

1(7g) sachet of quick acting dried yeast

15ml oil

5g Sugar

#### Optional

Egg, milk, poppy seeds, pumpkin seeds for topping/  
glazing

**Remember to weigh all ingredients at home, bring your black apron and a suitable container to transport home.**

#### Mise en place

**Weigh all ingredients accurately at home.**

#### TBQ – RAG your learning

**What are the functional and chemical properties of the ingredients?**

**What raising agents are being used?**

**How Do the raising agents work?**

**What happens when you combine the ingredients?**

**What happens during cooking?**

**Evaluate your Yeast Dough using your knowledge and sensory evaluation**

### **Practical 4 – Meringue**

#### Ingredients

2 Eggs

100g Caster sugar

1 tsp cornflour- **optional** add for soft marshmallow meringue.

**Remember to weigh all ingredients at home, bring your black apron and a suitable container to transport home.**

#### Mise en place

**Weigh all ingredients accurately at home.**

#### TBQ – RAG your learning

**Complete the questions as written above.**

**What you do not complete in class finish for homework, submit on Monday.**

### **Practical 5 – Choux buns**

#### Ingredients

50g butter

75g plain flour

2 large eggs or 3 small

#### Filling options -

Sweet – 100ml whipping cream + 1 tsp vanilla extract + 25g icing sugar + chocolate for topping

#### **OR**

Savoury - 100g cream cheese mixed with either:

2 slices of ham, 1 tomato, 1 Spring onion / Chives

**Remember to weigh all ingredients at home, bring your black apron, and a suitable container to transport home.**

#### Mise en place

**Weigh all ingredients accurately at home.**

#### TBQ – RAG your learning

**Complete the questions as written above.**

**What you do not complete in class finish for homework, submit on Monday.**

### **Practical 6 – Swiss roll**

3 Eggs

75g Caster sugar

75g Plain flour

#### **Filling**

50g Jam – of your choice

**Remember to weigh all ingredients at home, bring your black apron and a suitable container to transport home.**

#### Mise en place

**Weigh all ingredients accurately at home.**

#### TBQ – RAG your learning

**Complete the questions as written above.**

**What you do not complete in class finish for homework, submit on Monday.**