

KS4 Y11 2025 Autumn term ingredient list - Dear Parents/Guardians: Students need to bring the ingredients from home (clearly labelled with pupil's name) on the day of the lesson in a suitable (named) container and bring to the food technology room before registration to store safely. They must remember to collect their food at the end of the day. **Please ensure they bring a suitable container in which the food can go home safely. If your child is allergic to ANY food, please ensure you have advised school. You can contact me at clare.vincent@consilium-at.com to discuss any issues.**

1. Fruit Pie and Custard

Fruit Pie

350g plain flour
175g hard block margarine
About 6 tbsp cold water
1kg apples
Juice of 1 small lemon
85g granulated sugar
1½ tbsp cornflour (available from school)

For the glaze

1tbsp milk (available from school)
1tbsp granulated sugar
You will also need a pie dish approx 20 - 22cm by 4cm deep (a similar size casserole lid will do).

Custard Sauce

290ml/½ pint milk
1 vanilla pod or ½ tsp vanilla extract (available from school)
2eggs, yolks only
1 tbsp caster sugar
1 level tsp cornflour

Cooking on_____

2.Fruit Scones, Jam & Butter Jam

Jam

500g raspberries (blackberries, redcurrants, frozen mixed summer fruits, frozen fruits of the forest are all good fresh or frozen)
(blueberries, blackcurrants, alternatives)
1/2 lemon
500g jam sugar
3 x 500g Jam jars

Butter

500ml Double cream
1 tbsp. rapeseed oil (provided by school)
Pinch of salt (provided by school)
Box to take it home in

Fruit Scones

225g Self raising flour
1 tsp baking powder (available from school)
75g sultanas (mixed fruit)
50g butter (margarine)
25g sugar
1 egg
50ml milk

Cooking on_____

3. Moussaka

2/3 Aubergines

Meat Sauce

Olive oil (available from school)
3 garlic cloves, chopped
1 onion, chopped
500g minced lamb or beef
1 tbsp (tablespoon) plain flour (available from school)
2 cans of chopped tomatoes
1 tbsp tomato puree
1 Beef stock cube + 150ml water
1 tsp dried oregano (available from school)
1 tsp cinnamon (available from school)
salt and ground black pepper

Béchamel Sauce

75g butter
75g plain flour
600ml milk
60g parmesan or cheddar cheese, grated
pinch of nutmeg (available from school)

Cooking on_____



4. Lemon Meringue

For the pastry

110g of plain flour
Pinch of salt
25g butter
25g lard

For the meringue

Grated zest and juice of 2 large lemons
3 level tablespoons of cornflour
50g golden caster sugar
3 large egg whites

For the filling

Grated zest and juice of 2 large lemons
3 level tablespoons of cornflour
50g golden caster sugar
3 large egg yolks
40g butter

Cooking on_____

5. Chicken and Mushroom Pie

For the pastry

75g butter or hard block margarine
75g lard
300g plain flour
Pinch salt
1 egg , beaten

For the filling

1 tbsp vegetable oil
4 chicken breasts, cut into cubes
8 rashers smoked streaky bacon cut into large pieces (optional)
1 onion, halved and sliced
250g pack baby button mushrooms or similar (or tin of sweetcorn)
handful thyme sprigs (optional)

2 tbsp plain flour
400ml chicken stock
200ml milk

Cooking on_____

6. Vegetable Medley

1 chicken or vegetable stock cube
60ml boiling water
1tbsp vegetable oil
150g broccoli florets (top part)
200g (approx 3 medium size carrots)
300g (approx 2) red peppers
8 baby sweetcorn

OR... Ratatouille

2 medium onions
2 Cloves of garlic
3 medium courgettes
2 red or green peppers
400g chopped tomatoes
1 tbsp olive oil
A few leaves of fresh basil
Salt and freshly milled black pepper

Cooking on_____

7. Dauphinoise Potatoes

1 clove garlic, halved
1tsp oil (available from school)
450g waxy potatoes (Desiree are good as they don't disintegrate during cooking)
grated nutmeg (available from school)
150 ml milk
150 ml double cream
grated gruyere or cheddar cheese, for sprinkling (optional)

And...Duchess Potatoes

500g floury potatoes, such as Kind Edwards or Maris Piper
25g butter
large pinch of grated nutmeg (available from school)
2 egg yolks

Cooking on_____

8. Crème Brulée

430 ml or 2 cartons double cream, 1 large (284ml) plus 1 small (142ml)
100ml full-fat milk
1 vanilla pod, vanilla essence/extract
5 large egg yolks
50g golden caster sugar, plus extra for topping

Cooking on_____



9. Cornish Pasty

Pastry

- 250g plain flour
- 65g butter/block margarine
- 60g lard
- 3tbsp water
- 1 egg beaten for glazing

Filling

- 50g swede
- 150g potato
- 50g onion
- 100g rib-eye steak/lean mince
- 1tbsp chopped fresh parsley (optional)
- Salt and pepper to season (available from school)

Cooking on_____

10. Strawberry Mousse

Sponge

- 75g caster sugar
- 75g plain flour
- 3 large eggs

Decoration

- 6 strawberries to make into fans
- Strawberries to slice for around the edges

Mousse

- 3 egg whites
- 50g caster sugar
- 200g strawberries
- 142ml whipping cream

Cooking on_____

11. Chicken Fricassee

- 2 x (275g) chicken breasts, cut into 2.5 cm pieces
- 1 onion
- 225g button mushrooms
- 2 tbsp vegetable oil (available from school)
- 200g tin sweetcorn (optional)

For the béchamel

- 50g butter
- 40g flour
- 568ml (1 pint) semi skimmed milk
- 80g cheddar cheese, grated
- 1tbsp fresh chopped parsley
- Salt and pepper to season (available from school)
- Parsley leaves to garnish

Cooking on_____

12. Canapé Challenge!

Cracker

- 150g plain flour
- 1 tsp flaky sea salt
- 1 tsp golden caster sugar
- 1 tbsp finely chopped herb, plus 1 tsp for sprinkling on top (optional)
- 80ml water mixed with 2 tbsp olive oil

Toppings

Bring your own selection of toppings, think about colour and balance, there will be a prize for the best presented canapés - Good luck!

Cooking on_____

