

Headteacher: Mr D. Whales | Chair of Governors: Mr A. Brown

20th September 2024

Dear Parents & Carers,

Re: Hospitality & Catering Year 10

Welcome to Year 10 at Ken Stimpson Academy. We are moving to double lessons for year 10, which will enable us to cook more complex, higher skilled dishes in preparation for year 11. In the summer term, we will carry out a smaller version of the external portfolio assessment with a 'mock' practical session making 2 dishes.

This term, we are going to be cooking dishes from around the world, increasing our skills and learning new techniques. All recipes will be available on class charts at least a week before the cooking date. It is our expectation that learners bring their ingredients from home each time we cook, with a suitable, named container to carry the finished dish home in. To help families with the cost of ingredients, we are asking you to make a one-off voluntary contribution of £5.00 to cover the cost of all sundries this year, for example baking paper, foil, oil, seasonings and ingredients for challenge activities where school will provide ingredients. Each recipe details ingredients school can provide, these are the items also covered by the sundries payment. This contribution should be paid via Parent Pay to the account <https://www.parentpay.com/> you will then see a link to Year 10 Food Contribution.

Should your child be unable to cook, please would you notify us by letter or email – L.Cooper@Kenstimpson.org.uk Practical cooking is a timetabled lesson, and we hope that all learners will participate in each one. Recipes will be added to class charts with the date we will cook. Your child will be asked to watch a short video as homework prior to each practical lesson and write a short paragraph about the content; they will be learning skills to support and enhance their practical cooking such as rolling out pastry or how to use an electric whisk.

In accordance with the school rules, may we remind you that all long hair must be tied back, for food hygiene reasons we cannot permit students to handle food with false nails or nail varnish.

Please complete the slip on the bottom of this letter, before the first practical lesson with any intolerances, allergies or dietary requirements that your child has, so that we can make cooking a safe and enjoyable experience for your child. We must stress that like any other food production area, we are unable to eliminate the risk of cross-contamination. However, with the information you provide, we can provide your child with an individual workspace in the food room.

| Recipe | Skills |
|--|---|
| Egg Mayo Design Challenge | Using only one egg, 1 tbsp Mayonnaise and a selection of vegetables, herbs and spices, create and present an appealing plate. |
| Bombay Potatoes | Knife skills, blends of spices and sauces. Peeling, chopping, boiling and simmering. Season, fry and garnish. |
| Thai Green Curry with Sticky Rice | Cooking with meat, use of the correct chopping board, use of the hob. Dice, chop, snip, fry, mix & season. Boil, simmer and drain. Present. |
| Danish Pastries | Using bought puff pastry. Rolling out and shaping pastry. Creating artistic shaped bakes. Accurate oven control, temperature and timing. |
| Lamb Koftas with Homemade Pitta Bread | Cooking with meat, using the correct coloured chopping boards. Shaping and grilling. Cooking with yeast, kneading, shaping and baking. |
| Salt N Pepper Chicken with Egg Fried Rice | Cooking with meat, using the correct chopping board, use of the hob. Juice, Slice, mix & stir, Marinate, grate and Stir fry. |
| Homemade Rough Puff Pastry into Sausage Plait | Rubbing in method, laminating pastry. Shaping, rolling out and advanced knife skills in creating the plait. |
| Cucumber Cuts | Practicing the Bridge hold and Claw Grip using sharp knives. Learning to slice, cut and dice, Brunoise and Julienne skills on cucumber. |

If you have any questions, please do not hesitate to contact me,

Kind regards,

Lynn Cooper.

Teacher of Hospitality & Catering

E: L.Cooper@kenstimpson.org.uk

(Please see next page)

Name of student: _____

Food Group:

I/we agree to make a payment of £5.00 for sundries

Food allergies/Intolerances

| | |
|---------------------------|-------------|
| Cereals containing gluten | Milk |
| Lactose | Molluscs |
| Eggs | Mustard |
| Fish | Nuts |
| Lupin | Peanuts |
| Crustaceans | Sesame seed |
| Celery | Soya |

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|---|
| Other, including Religion, ethical diet need. Please detail below |
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