

# Course Curriculum

Week 6

Foundation Term

Monday	Tuesday	Wednesday	Thursday	Friday
Pavlova Chocolate Mousse Pan fried sirloin steak Maitred'hotelbutter	Roast pork Apple and sage sauce Roast potatoes (using oil) Roast parsnips French beans Carrot batons	<u>Make sauce pizzaiola for pizzas</u> Pork Marsala Kale	<u>Prepare dough, assemble, cook and serve pizzas.</u> Chocolate Profiteroles	<u>Thai mussels</u> Caramel oranges <u>Asian spiced fruit salad</u>
Lunch	Lunch	Lunch	Lunch	Lunch
<b>SYRUPS</b> Sugar syrup Raspberry and passion fruit compote Caramel chips <u>Caramel oranges</u> Covering a cake with marzipan Royal icing Covering a cake with fondant	<b>BREAD</b> <u>Introduction to yeast and flour</u> White bread Rosemary focaccia Soda bread Shortbread Chocolate brownies Chewy Double Chocolate cookies	<b>FISH AND SHELLFISH</b> Cullen skink Hot-smoked trout with roasted beetroot and watercress Clams with beer and sweet paprika with pan fried sea bream fillet Za'atarcrusted prawns with bulgharwheat and herb salad Tempura prawns MoulesMarinières	<b>ICE CREAMS</b> Lemon curd ice cream Coffee ice cream Languesdu chat Hot chocolate sauce <b>METHODS OF SETTING</b> Orange and passion fruit jelly Perry jelly Roasted or poached pears with Chantilly cream Agar agar	<b>BEN TISH</b> <b>Spanishand Moorish Food</b> Visiting chef demonstrates: Date, Walnut and blue cheese croquettes Ibericopork , quince, cumin, sweet vinegar and marjoram Salt hake brandadewith piquillo, thyme and orange oil Semolina, lemon syrup and pistachio cake

# Course Curriculum

Week 5

Intermediate

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make flaky pastry and prepare fillings such as onions, garlic, courgettes, red peppers, spinach, mushroom...</p> <p>Cold lemon soufflé</p> <p>Biscotti</p>	<p>Open tart using flaky pastry and creative ingredients <i>(Ideally small pastries prebaked)</i></p> <p>Serve cold lemon soufflé</p>	<p>Sole Bonne femme with flaky pastry fleurons</p> <p>Spinach</p>	<p>Pate suceeMake, line 24cm and bake blind</p> <p>Lemon tart filling - make only</p> <p>Twice baked goats cheese &amp; thyme soufflés</p>	<p><b>Cheese soufflé</b></p> <p>Duck breasts with a dried cherry sauce</p> <p><i>Accompaniments of students choice using Cauliflower, potatoes, sweet potatoes..</i></p> <p>Lemon tart –assemble and bake</p>
Lunch	Lunch	Lunch	Lunch	Lunch
<p><b>WINE</b></p> <p><b>Richard Bampfield (Master of Wine)</b></p> <p>Chardonnay/Pinot Noir</p> <p>10.30am and 2.00pm</p>	<p><b>ASSESSMENTS</b></p> <p><b>(Dem room)</b></p> <p>A chance to discuss your progress with your teacher</p> <p><b>12.00 –2.00 pm</b></p> <p><b>COME AND MEET...</b></p> <p>Leiths Alumni working in different areas of the food industry</p>	<p><b>SOUFFLES</b></p> <p>Twice baked individual goats cheese and thyme soufflés</p> <p>Seville orange soufflé</p> <p>Hot Chocolate soufflé</p> <p>Arnold Bennetsoufflé omelette</p>	<p><b>MEAT PREPARATION</b></p> <p>Sage and fig stuffed lamb</p> <p>Butterflied leg of lamb with star anise (to be tunnel boned then butterflied)</p> <p>Ricotta and herb stuffed chicken</p> <p>Braised veal shank with white wine and gremolata</p>	<p><b>FISH</b></p> <p>Billingsgate Market</p> <p>(Visiting Guest Dem)</p>

# Course Curriculum

Week 5

Advanced Term

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Scallops, lime, radish and coriander Water bath slow cooked egg with asparagus, Parmesan, truffle oil</p>	<p><b>CHOCOLATE &amp; PETITS FOURS DAY</b> <b>Chocolate</b> Tempering chocolate Truffles (<i>Vanilla or raspberry and mint oil available</i>) covered in tempered chocolate or cocoa</p>	<p><b>VINEYARD VISIT</b> <b>Bus departs school at 8.00am, prompt!</b> 10.00am Plumpton College 2.15 pm RidgeView Estates Richard Bampffield (<b>Master of Wine</b>)</p>	<p>Make rabbit ravioli filling Slow roast tomatoes and red peppers Gnocchi (<i>finish and serve individual portion</i>)</p>	<p>Rabbit ravioli Creative red mullet (<i>courgettes, aubergines, olives, thyme, and rattepotatoes, risotto rice, couscous, fennel, wine, Pernod, capers, preserved lemons, d. cream</i>)</p>
Lunch			Lunch	Lunch
<p><b>RESTAURANT PRACTICE</b> <b>CHRIS BARBER</b> Interactive session, Q&amp;A and advice on starting a food business.</p>	<p><b>Petit Fours</b> Marshmallows Pate de fruit –passion fruit Fondant fancies Nougat Macaroons Raspberry &amp; Pistachio ganache</p>		<p><b>SHELLFISH</b> Dressed crab Tempura soft-shelled crab with fried chillies Grilled lobster, Red beurre blanc Langoustine bisque Black Tea &amp; Wasabi Crayfish Scallops with nettle cream (<i>show live and frozen scallops</i>) Razor clams Rockefeller Oysters (Pacific &amp; Native)</p>	<p><b>MICHELIN STARRED GUEST CHEF</b> <b>Atul Kochhar</b> demonstrates: ChemeenManga Charu <i>Prawn and Green Mango Curry</i> Chutney niMurgi <i>Chicken cooked in tangy herb paste</i> Aloo GoshtSalan <i>Lamb with potatoes</i> JhalMuri <i>Seasoned puff rice</i></p>