

# KS4 SOW and Skills

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## Year 10

### TERM 1

#### **Vegetable soup**

Seasonal cooking

Pureeing

Chopping skills

#### **Sausage / cheese rolls**

Rolling out

Glazing

Seasoning

#### **Chicken fajitas**

Portion control

#### **Chicken goujons salad**

Baking/healthy eating

#### **Salmon and pak choi quiche**

Fish prep.

Pastry

#### **Tarte Au citron**

Pate sucre

Egg separation

### **Profiteroles**

Choux pastry

Piping

Bain marie

### **Coffee eclairs**

Re-visiting choux pastry

Piping

Bain marie

Flavour variations and recipe design

### **Macaroni cheese w grilled brocolli**

Al dente pasta

roux sauce

grilling and blanching – cooking methods

### **Normandy Apple tart**

Caramel making

Presentation

Precise knife work

### **Black forest gateau**

Decoration skill

Baking

Piping

Creaming method

## **TERM 2**

### **Iced Biscuits**

Dough making

Decoration

### **Lasagna with bechemal suace**

Pasta making

Ragu-meat prep.

Roux sauce

### **Sandwiches**

(bread and chicken and mayonnaise)

Bread making

Meat preparation

Separating eggs

Emulsifying sauces

### **Whole meal scones**

Healthy living

Portion control

Rubbing in method

### **Meringue**

Piping

Egg separating – 3 bowl method

### **Vol au vents**

Glazing

Rolling out

### **Chelsea buns**

Complex yeast doughs

Baking science

Kneading, proving and shaping

### **Ploughmans**

Balanced diet

Recipe design

### **Welsh rarebit**

Grilling

Roux sauce

Seasoning and flavouring

### **Biscuits with caramel and peanut brittle**

Working with sugar - wet and dry caramel

Dough making

Portion control

## **Term 3**

### **WJEC Task 1 Controlled Assessment –**

#### **Afternoon tea brief (15 hours)**

Investigating and planning the task  
Primary and Secondary Research  
Recipe trials  
Practical Exam  
Evaluation

#### **Ravioli**

Pasta making and shaping  
Types of Flour  
Recipe design

#### **Lasagne**

Pasta making  
Roux based sauce – béchamel  
High skill plus dishes

# Year 11

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## **TERM 1**

### **Pesto pasta**

Pasta making

Pesto sauce

### **Baked parpadelle**

Milk infusion

Convenience products

### **Chilli bean bake with sour cream mash**

Rice/high risk alternatives

Flavour combinations and dish design

### **Tarte tatin**

Decoration and dexterity

Rolling out and shaping

Glazing

### **Aubergine Tempura**

Shallow frying

Batter

Culture and international foods

### **Malaysian spiced noodles w/ tofu**

Culture and international foods

Protein alternative - vegan/vegetarian. Special dietary needs.

Shallow frying

### **Chicken nuggets**

Animal Welfare  
Processed meats  
Cooking Methods

### **Tartlets with Meringue**

Short crust Pastry

Egg separating

Piping

### **Pavlova**

International dishes  
Food Provenance  
Meringue making  
Seasonal fruit

### **Pizza**

Rolling out

Designing

Shaping

## **Term 2**

### **WJEC Task 2 Controlled Assessment – International trials and brief (30 hours)**

- Investigating and planning the task
- Primary and Secondary Research
- Recipe trials
- Practical Exam
- Evaluation

## **Term 3**

Revision  
GCSE practice and Real Exams