

LEITHS ACADEMY

LEITHS INTRODUCTORY CERTIFICATE WITH CTH LEVEL 3

Lesson	Subjects	Demonstrations	Recipes cooked
Lesson 0 - Menu Planning FINAL DRAFT MARKED by LEITHS			
Lesson 1 - introduction ordering	Introduction to Leiths	Curriculum, Time plans. Hygiene and dress code. Food Presentation, seasoning, knife skills and knife care dem. Course objectives. Menu Planning exercise	
Lesson 2 - Knife Skills, 'rubbing in' technique	Knife skills Rubbing in	Chopping skills, slicing, dicing Leeks, onions Cheese scones	52 Vichyssoise, served hot 1/2 quantity each 622 Cheese scones full quantity each
Lesson 3 - Egg Cookery, quick lunches/supper	Egg cookery, quick lunches, supper	149 Scrambled eggs 154 Omelettes 116 Mayonnaise	154 Omelette Filling of choice if desired, serve when ready Crudités 1 carrot, 1 stick celery, ½ red pepper 116 Mayonnaise (1 yolk) 193 Hummus ½ per 2
Lesson 4 - Bistro salads	Bistro salads		145 BLT salad with soft boiled eggs 1/2 each 623 Gingerbread 1/2 each
Lesson 5 - Shortcrust pastry.	Shortcrust pastry	478 rich shortcrust pastry, rolling, chilling	XR Individual Apple tarts see recipe sheet 642 Apricot glaze 1/2 each 36 Broad bean, pea, feta mint salad 1/2 per 2
Lesson 6 - Kitchen supper	Kitchen supper	Browning mince	403 Ragù sauce 1/2 each Spaghetti 85-100g each 636 Shortbread

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Lesson 7 - Early holiday supper for children	Early holiday supper for children	Victoria Sandwich	174 Macaroni cheese 1/2 each 624 Victoria Sponge (2 or 3 egg qty to suit sandwich tins) 82 sautéed courgettes with shallots and garlic 1/2 each
Lesson 8 - Steaming/Egg cookery	Steaming/Egg cookery	Talk on steaming, making crème Anglaise ensure students use whole milk	549 Steamed treacle sponge 1 – 2 egg qty depending on bowl size 132 Crème Anglaise 150ml each or full if preferred 157 Oeuf en cocotte with spinach 1/2 each
Lesson 9 - Sugar syrups and caramel, Asian flavours and ingredients, healthy eating	Sugar syrups and caramel, Asian flavours and ingredients Healthy eating	Caramel Stir-fry Asian leaves cooked by teacher to share if short of time	141 Spiced caramel sauce 150ml each (save for wk 10) 184 Chilli and ginger chicken noodles 61 Stir-fry Asian leaves 1/2 per 4
Lesson 10 - Choux pastry - savoury	Choux pastry - savoury	Choux pastry - show panade	518 Choux pastry 2 egg qty 520 Leak and mushroom gougère Full/1/2 as desired 532 Spiced citrus fruit salad 1 orange each 1 grapefruit ¼ pineapple per 2
Lesson 11 - Roasting chicken gravy making, stock making	Roasting chicken gravy making, stock making	Making gravy	324 English Roast chicken (cook stuffing separately), sausages, bacon rolls, gravy per 2 129 bread sauce 1/2 per 2 74 roast potatoes 1/2 per 2 40 roast parsnips (or hot raw beetroot or other seasonal vegetables if preferred) 1/2 per 2
Lesson 12 - Simple but Stylish	Simple but Stylish	Plated service	374 Duck breast with ginger, honey and lime 1 breast 1/2 sauce each 71 Rosti potatoes 1/2 each 33 Mange tout, sugar snap peas or cavolo nero a portion 570 Chocolate Mousse 1/2 each

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Lesson 13 - Yeast cookery, simple fish poaching	Yeast cookery simple fish poaching	Kneading technique	602 White loaf/buns (full each) XR for easy blend available or 608 Rosemary focaccia (full each) XR for easy blend available 320 Smoked haddock chowder (1/2 each) 85 Tomato salad (2 toms) 125 French dressing of choice
Lesson 14 - Jointing a chicken/ Methods of cooking/ Presentation/ Chicken stock	Jointing a chicken Methods of cooking Presentation Chicken stock	Knife skills Jointing a chicken into 8 Making stock (see separate stock notes)	343 Mustard baked chicken full each. Name and freeze 1 chicken breast for next week carrot batons (2 large carrots each) 96 Chicken stock group responsibility XR Turkey bonbons 1/2 per 2
Lesson 15 - Revision of yeast cookery	Revision of yeast cookery	Revise the main points for consideration	608 Rosemary focaccia (full each) or 602-4 White loaf/buns (full each) 353 Jerk chicken salad with corn and black beans (1/2 per 2) Use defrosted chicken breast from last week? 127 Avocado sauce 1/2 per 2 (use bought mayo) 451 Gather spices for curry or tagine for next week if necessary
Lesson 16 - Method of cooking – stewing/ Browning meat – revision / Cooking rice/ Clafoutis	Method of cooking – stewing Browning meat – revision Cooking rice or couscous Flat bread Clafoutis-sweet batter	131 Raita enough for class to share if time is short	451 Lamb and lentil curry 1/4 each XR Spiced rice per 2 XR Coriander and onion seed naan per 2 OR 451 Moroccan lamb tagine 1/4 each 200 Herbed couscous 1/2 per 2 XR Simple flat bread per 2 562 Individual blueberry clafoutis 1/2 each

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Lesson 17 - Rough Puff pastry.	Rough Puff pastry	Rough Puff pastry	500 Rough Puff pastry (full each) Make either 502 Lebanese cheese parcels (1/2 each) or 514 Pork and fennel sausage rolls (1/2 each) CTH required 14 caramelised onion confit 1/2 per 2 Using pastry trimmings for 502 Eccles cakes one qty if filling for the class or 'palmiers'
Lesson 18 - Revision of rich shortcrust pastry.	Revision of rich shortcrust pastry	Revise key points for pastry making (lesson 5) Demonstrate how to use a food processor to slice/grate	484 Leek and Gruyère tart XR Leek and Gruyère tart for 15 cm flan ring 60 Sweet dill slaw 1/4 per 2 101 Vegetable stock use leek carrots and celeriac to make stock for risotto for next week
Lesson 19 - Cooking by absorption – creative leftovers	Cooking by Absorption – creative leftovers		188 Parmesan risotto ½ each 125 French dressing using store cupboard ingredients Mixed salad leaves handout for varieties XR Parmesan crisps 558 Crème Brulee 1/2 each vanilla or cinnamon Save and freeze approx 2 - 3 tablespoons of risotto for Arancini
Lesson 20 - Filleting and skinning a flat fish (CTH assessment 1 schedule as required).	Filleting and skinning a flat fish Method of cooking – deep fat frying Revision of Mayonnaise and Paner Fish stock	Filleting and skinning a flat fish, paner to create Goujons Deep fat frying Using a food processor or mandolin for slicing	279 Goujons with tartare sauce Plaice (or sole) to fillet and skin 73 Vegetables crisps 1 small parsnip 118 Tartare Sauce 1 yolk each use hand held mixers XR French beans tempura per 2 XR Arancini use reserved risotto

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Lesson 21 - Methods of cooking - frying (CTH assessment 2 schedule as required).	Methods of cooking - frying	Hollandaise sauce Swiss Meringue stages to Pavlova	112/411 Sirloin steak with griddle marks - medium rare 120 Béarnaise sauce (1 steak ½ sauce NB make full reduction just in case of splitting) 579 Pavlova 1/2 each 70 Sauté potatoes 1/2 each
Lesson 22 - Preparation of round fish	Preparation of round fish	Teacher to dem gutting and filleting group activity - gut if necessary and fillet a fish	300 Trout/Sea Bass en papillote with leek, carrot and tarragon 76 Sweet potato roasted with bay and orange 1/2 per 2 122 Fish beurre blanc 1/2 each use fish stock from lesson 20
Lesson 23 - Whisking method - cakes	Whisking method - cakes	Whisked sponge Decorations: Piped chocolate shapes Caramel shards/drizzle shapes Praline if nuts allowed	628 Whisked sponge full each or 631 Genoise 591 Lemon/ citrus curd full (jam jar for leftovers) 645 Citrus crème au beurre mousseline 1/2 each 612 Crostini and bruschetta for those needing extra for lunch/supper
Lesson 24 - Revising Roasting	Revising Roasting	Preparation of BEN (Best end of neck) for English trimmed – discuss French trimmed	436 Rack of Lamb with mustard and herb crust 3-4 bone each 75 Boulangère potatoes ½ per 2 47 Roasted cauliflower ½ per 2
Lesson 25 - Shellfish	Shellfish	204 raw prawn preparation 235 Mussel preparation 248 squid preparation	Plates to share 207 Za'atar crusted prawns with bulghar wheat and herb salad enough for class 237 Moules marinière enough for class and / or XR Thai mussels enough for class 250 Pan –fried squid with chickpea, tomato, olive and chilli salad enough for class Keep spare za'atar mix for week 26
Lesson 26 - Shellfish part 2	Shellfish and stock		XR Prawn pilaf 1/2 each 207 Za'atar crusted prawns XR Crispy fried leeks per 2 enough for garnish

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Lesson 27 - Pasta	Pasta	Making pasta Pesto if not made in lesson 6	168 fresh pasta 1 egg qty each 180 Tortellini of ricotta and lemon with sage butter 1/2 filling 127 Tomato and basil salsa 1/2 each XR Parsley oil per 2 XR Garlic foam per 2
Lesson 28 - Leiths Mock exam or CTH final exam (schedule as required)			
Lesson 29 - Baking fish	Baking fish		289 Cod steaks baked with lemon potatoes and olives. Skin on cod steak/loin/fillet ½ rest 117 Aioli 1 yolk qty Seasonal vegetables – a nice variety for students to mix and match and to cook as they wish - roasting, steaming, en papillote etc store cupboard ingredients to add as extra flavours as available XR Cod skin crackling per 2 XR Gremolata per 2
Lesson 30 - Roasting meat revision, Gelatine			465 Pork loin chops with potatoes and red onions 1 chop ½ rest 461 Herb roasted pork tenderloin ½ each 17 Sautéed carrots with cumin 1-2 carrots each XR Glazed onions per 2 XR White chocolate mousse (with raspberries if available)
Lesson 31 - Ice cream	Ice cream Revision of: Sugar syrup whipping egg whites crème Anglaise roux based sauce	XR Raspberry Mousse based ice-cream full qty for class to use in week 32 Use leftover soufflé mixture to show Twice baked soufflé	590 Selection of ice creams served in plates to share lesson week 32 162 Cheese soufflé 1-2 egg qty depending on soufflé dishes available

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Lesson 32 - Plated pudding - Raspberries 3 ways	Plated Pudding	Discuss planning a party, catering quantities, menu ideas Revision skills	<p>574 Baked cheesecake with garnishes XR for 15cm flan ring recipe</p> <p>136 Raspberry coulis 1/2 each</p> <p>584 Raspberry jelly using raspberry drink/ juice set as cubes</p> <p>575 Swiss meringue pink swirl 'mini gems'</p> <p>580 Meringue cuite Grissini - use plain / freeze-dried raspberries nuts</p> <p>Quenelles of raspberry ice-cream made in week 31</p>
Lesson 33 - Canapé Party schedule are required	Canapé Party		<p>Selection of canapés prepared as a team. Look at different styles: skewers/bowls/spoons/themes. Select a student's canapé party menu and see how 'on paper' translates to real food</p> <p>Making pastry for canapé bases...? Line and freeze/bake blind and freeze the pastry case for the Lemon Meringue pie for week 35</p>
Lesson 34 - Revision of key skills - family classics - savoury.	Revision of key skills - family classics		<p>288/ 70 Fish pie with saffron mash (½ each) may need more mashed potato depending on size of dish H/boiled egg can be omitted from fish pie, serve 1 egg separately</p> <p>XR Courgetti (spiralised courgette) 1-2 courgettes depending on size</p>
Lesson 35 - Revision of key skills - family classic - sweet	organisation and timing		<p>487 Lemon meringue pie qty to fit available flan ring</p> <p>567 Lemon syllabub 1/2 each</p> <p>638 Orange tuiles 1/2 per 2</p> <p>short order eggs if lunch / supper required</p>
Lesson 36 - Jointing a chicken – revision	Jointing a chicken – revision	jointing	<p>342 Chicken cooked in cider with caramelized onions and apples full each - use 1 leg to bone out</p> <p>60 wilted spinach or other seasonal veg of choice</p> <p>XR Herb stuffed chicken leg</p>

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Lesson 37 - WINE Y12 & 13 schedule as required			
Lesson 38 - Salmon noisettes	Salmon noisettes	Noisette preparation	<p>313 Salmon noisette with crushed new potatoes and peas 1 salmon 1/2 rest each</p> <p>116 Lemon mayonnaise 1 egg yolk, juice and zest to taste each</p> <p>XR Balsamic roasted beetroot with garlic and thyme 1/2 each</p> <p>XR Pickled cucumber 1/2 each</p>
Lesson 39 - Practical EXAM info Chocolate profiteroles or éclairs	Release of Practical exam		<p>518/ 521 Chocolate profiteroles 2 egg choux cook as profiteroles or éclairs</p> <p>134 crème pâtissière per 2 flavour of choice and whipped cream as required</p>
Lesson 40 - Practical exam			