





## Subject: Hospitality and Catering      Phase: Upper School (Year 10 and 11)

Welcome to the Hospitality and Catering Super Curriculum. Below, you will find a whole host of exciting things to do to develop your understanding and boost your knowledge of working in a kitchen. We hope you enjoy doing this work. You might want to create a workbook, journal or presentation of the things you do. You will earn reward points if you can show your tutor.

<b>READ</b> 	<b>WATCH</b> 
<p>The Flavour Bible: The Essential Guide to Culinary Creativity. (Andrew Dornenburg &amp; Karen Page, 2008)</p> <p>How Baking Works (Paula Figoni, 2010)</p> <p>Kitchen Confidential: Adventures in the Culinary Underbelly (Anthony Bourdain, 2013)</p> <p>Salt, Fat, Acid, Heat (Samin Nosrat, 2017)</p> <p>Bon Appetit (culinary magazine)</p>	<p><a href="https://www.youtube.com/@bonappetit">https://www.youtube.com/@bonappetit</a></p> <ul style="list-style-type: none"> <li>- Bon Appetit is a leading American food magazine, where you can also watch videos on recipes, culinary ideas, restaurant recommendations and check the latest food cultures.</li> </ul> <p><a href="https://www.youtube.com/playlist?list=PL87398570A6DD45C0">https://www.youtube.com/playlist?list=PL87398570A6DD45C0</a></p> <ul style="list-style-type: none"> <li>- Andrew Zimmern travels the world in search for weird and wonderful foods.</li> </ul> <p><a href="https://www.youtube.com/@tastecadets">https://www.youtube.com/@tastecadets</a></p> <ul style="list-style-type: none"> <li>- Exploring cultures through food.</li> </ul>

<b>LISTEN</b> 	<b>DO</b> 
<p><u>Gastropod</u> Food with a side of science and history.</p> <p><u>Homecooking</u> From Samin Nosrat (Salt, Fat, Acid, Heat), a podcast about what to cook!</p>	<p>When aspiring to be a chef, the best thing to do is cook as much as possible. Play with new ingredients, and make recipes that are new to you. Try different flavours. Experiment!</p> <p>It's always good to follow accounts on social media and online to see what chefs are making and to gain inspiration for your next cook-up!</p> <p>Cheffing is all about pushing boundaries. It's a form of art which can be appreciated by those you share the experience with!</p>