

Pizza Toast

Ingredients:

- Half a yellow pepper
- 1 spring onion
- 1 mushroom
- 30g+ of cheese (e.g. Cheddar)
- 2 slices of bread
(or a bagel, piece of French stick)
- 2 tbsp of tomato puree (school)
- 0.5 tsp mixed herbs (school)












Skills:

- Slicing
- Grilling
- Grating

Equipment Needed:

- Blue tray
- Timer
- Sharp knife
- Round bladed knife
- Measuring spoons (0.5 tsp, 1 tbsp)
- Grill pan and rack
- Safety mat
- Brown chopping board
- Green chopping board
- White chopping board
- Grater
- Colander and plate
- Small bowl (for peelings)
- Container (to take food home in)

Method and Time Plan:

0	Personal and kitchen hygiene. Collect equipment and ingredients	 10
1	Wash the pepper, spring onion and mushroom. Cut the pepper into thin slices	 10
2	Cut the spring onion into thin slices	 5
3	Cut the mushroom into thin slices	 5
4	Grate the cheese over a white chopping board	 5
5	Prepare (cut) your bread if necessary	 2
6	Toast the underside of your bread under the grill. This will not take long, watch carefully to avoid burning. Use oven gloves when touching the grill pan. Leave grill door open.	 2
7	Flip the bread over – and place it onto your white chopping board. Spread the tomato puree onto the untoasted side of the bread. Arrange your vegetables on top of the puree.	 5
8	Add the grated cheese and herbs (optional). Put pizza bread onto the grill rack.	 5
9	Cook under the grill. This will not take long, watch carefully to avoid burning.	 2
10	Allow to cool slightly before serving	
11	Safely store your finished practical. Wash and tidy up	 10