

From The Kitchen

Let's Get Cooking!

Week 4

Welcome to Week 4!



Hello students!

We hope you're keeping well and we that hope you have been enjoying all the information in From The Kitchen! Development chef, Guy Adams, has popped together a little sneaky peak **podcast** to get you excited for this week's culinary journey. **Click the link to find out more:** <https://youtu.be/oCJ1Og2onxA>

An exciting new edition to this week's From The Kitchen is our quiz. Amanda Ursell has popped together two quizzes for you to try-grab your family and give them a go!

If you can't find some of the ingredients we mention in the cupboard or fridge, don't worry! We've given you other options you can substitute in. These are ideas and you can play around to make them work for you, get creative! Every day we have '**Nutrition and other Nuggets**' which includes some great facts on one of the ingredients featured in the day's recipes that you may wish to tell your family all about at the dinner table when you tuck in.

What have our chefs been cooking up this week in 'chefs table'? Well, we have **zero-waste broccoli stalk pancakes**, perfect for lunch, and a **delicious banoffee cheesecake** for dessert. Not forgetting our **vegetable & beef quesadilla** recipe, why not have a Mexican theme evening and get the sombreros out! Lastly, we have had some wonderful pictures in from everyone cooking along at home, make sure not to miss them in this week's edition.

Happy Cooking and Happy Eating,

Your Kitchen Team

But first...



Health & Safety

Kitchen Hygiene

- Always wash your hands before you start to make any recipe.
- Wash all fruit and vegetables before using them.
- Use hot, soapy water to clean chopping boards after each use.
- Keep raw and cooked foods separately when getting your ingredients organised.
- Keep the kitchen clean in the area you are using to prepare and cook your food. You'll need a clean cloth to clear and clean as you go along.
- Wash your hands again after cracking eggs and using raw meat or fish.

Kitchen Safety

Always ask an adult to help you in the kitchen.

- This is especially important when using sharp knives and the oven and saucepans on the top of the oven, which is called the hob. This may be electric or gas; either way, it is vital that you ask an adult to help you when you start cooking.
- Always use oven gloves when helping to put things in and taking them out of the oven.
- If helping to move or handle hot items on the hob, protect your hands by using oven gloves or a tea towel.
- Take extra care when handling sharp knives or a grater; for example when cutting vegetables and fruits. Ask an adult for help.
- Ask an adult to show you how to safely use power tools like blenders, food processors, mixers and microwaves and make sure they are there to help when using them with you.
- If you chop chilli peppers or use chilli flakes, always wash your hands straight after. If you touch your eyes or mouth and haven't washed your hands, it will be very painful.

QUIZ TIME



GRAB YOUR FAMILY & JOIN IN

Too easy? Give our next level quiz a try and see how many you can get right

<https://youtu.be/m-28iUiSNtQ>

Give our food & nutrition quiz a go with your family

<https://youtu.be/cYPiT0nmxlo>

MONDAY

Breakfast

Homemade Apple Muesli

Serves 1

- ✓ **High fibre**
- ✓ **High calcium**

You Will Need

- 40g porridge oats
- 1 teaspoon of your favourite seeds
- 1 - 2 teaspoons dried fruits like sultanas, raisins, chopped dates or dried apricots
- 1 apple or pear, grated or chopped
- Pinch of cinnamon (optional)
- Approximately 150ml milk or dairy alternative of your choice

How You Make It

1. Mix together the oats, seeds and fruit and cinnamon if using.
2. Stir in the apple or pear and serve with milk.



Lunch

Sweet Potato Mash, Chilli and Fried Egg

Serves 1

- ✓ **High protein**
- ✓ **1 of your 5 a day**

You Will Need

- 1 sweet potato or standard potato, peeled and chopped
- Clove of garlic (optional)
- 1 small green chilli, chopped or dash chilli sauce (both are optional)
- 1 egg
- A spring onion chopped
- Fresh parsley (optional)
- Olive oil (or spread or butter)

How You Make It

1. Boil sweet potato for 15 minutes or until just cooked in a pan of boiling water.
2. Gently heat half a teaspoon of oil in a very small pan. Add the garlic as the oil is heating. As soon as the garlic starts to go golden brown, remove immediately from the heat and set aside.
3. When potatoes are cooked, drain. Put back in pan with a lid on to steam them dry.
4. Brush a frying pan with oil and fry the chilli and eggs then set aside.
5. While the egg is cooking, mash the sweet potatoes and stir in the garlic and chilli (both optional) along with the spring onion and parsley. Now top with the fried egg. Roughly cut up the egg and serve.

Nutrition Nuggets

Apples

Did you know?

There are between 7,000 to 8,000 varieties of apples grown around the world today but all originally came from the tiny, sour, wild crab apple.

The Romans considered apples to be a luxury fruit, placing it above figs in their pecking order of desirable foods to feast on.

Apples float when you put them in water (making apple bobbing possible), because 25 per cent of their volume is air.

In the 2nd century B.C. writer Cato the Elder described in his book 'De Agricultura', how to take cuttings of apple trees and then graft them on to other trees to produce apples, which looked and tasted consistently good. This art died out along with the Roman Empire but was used again in the 1600's when tasty new varieties of apples were developed, including the now familiar 'Pippins'.

Chefs Table

Simple

Beef & Vegetable Quesadilla

Serves 4

Ingredients

- 300g beef – (swap for kidney beans)
- 200g sweetcorn
- 300g sugar snap peas
- 1 red pepper
- 2 spring onions
- 200g grated cheese
- 100g sour cream
- 1tsp cumin
- 2tsp smoked paprika
- 2tsp jerk spice
- 4 tortilla wraps
- Season to taste

“I love making this recipe, it's great fun to do with everyone and you can really mix up the ingredients to suit. Pop a sombrero on and have a family Mexican night!” **Guy Adams, Development Chef**

Video Alert!

Check out our chefs in action creating this zero-waste curry! https://youtu.be/-O-NGj8G_qo

Method

1. Slice all vegetables finely.
2. Fry your beef in a frying pan until golden & add spices.
3. Add all vegetables & cook for 8 minutes until soft & tender.
4. Lay 4 tortillas out & build.
5. Pan fry each side for 90 seconds & enjoy.

TUESDAY

Breakfast

Grilled Bananas

Serves 1

✓ 1 your 5 a day

You Will Need

- 1 banana
- Splash of orange or apple juice
- Pinch ground cinnamon (optional)
- Big spoonful of yoghurt

How You Make It

1. Peel banana and lay on a piece of foil on the grilling tray. Sprinkle over about a tablespoon of fruit juice and sprinkle over the cinnamon.
2. Put under a hot grill and grill for about 5 minutes, turning halfway through. Alternatively, you can just bake the banana in its skin at 180oc/ gas 4 for 10 minutes until skin is blackened.
3. Serve the banana with a big spoonful of yoghurt.



Lunch

Half & Half Burgers

Serves 2

- ✓ **High protein**
- ✓ **High iron**
- ✓ **2 your 5 a day**

You Will Need

- 100g canned black beans (you can use any other canned beans or lentils)
- 100g minced beef (or Quorn mince)
- 1 small egg, beaten lightly
- Black pepper (optional)
- Dash Worcestershire Sauce (optional)
- 1 tablespoon flour
- Oil
- 2 rolls, wholemeal if possible
- Light mayonnaise
- Tomato ketchup
- Lettuce, few leaves
- 1 tomato, sliced
- Slices of onion (optional)

How You Make It

1. Drain and rinse the beans and crush with a fork in a bowl. Stir in the mince, egg, some black pepper and the Worcestershire Sauce if using.
2. Split mix into two and shape each half into a burger. Dust lightly with flour.
3. Heat a non-stick pan and brush with oil. Place in the burgers and cook gently, turning once. They should be cooked through in 10 minutes. You can grill or bake them if you prefer.
4. While cooking, slice open the rolls and spread one side of each roll with mayonnaise and one side with ketchup. Lay lettuce on the bottom part of the roll.
5. Once cooked, lay the burgers on the lettuce, top with slices of tomato and onion, place on the second part of the roll and serve.

Nutrition Nuggets

Bananas

Did you know?



Wild species of bananas probably evolved in South-East Asia from India to New Guinea in prehistoric times and like cultivated versions today, belonged to the *Musa* genus.

Banana is the most popular fruit in the world and Africa produces about 50 per cent of this supply.

The brown specks you see in a banana when you slice it are remains of the plants ovules.

Banana plants grow from 2m to 9m tall and banana fruits (officially known as a 'finger'), vary in size from 6cm to 35cm - longer than a typical school ruler and can be green, yellow or red in colour.

Half of the bananas grown in the world are eaten as a fresh fruit and the other half are boiled, baked, roasted or fried.

WEDNESDAY

Breakfast

Boiled Egg & Toast

Serves 1

✓ **High protein**

What You Will Need

- 1 or 2 eggs
- 1 or 2 slices of wholemeal bread
- A glass of orange juice

How You Make It

1. Add the eggs to a boiling pan of water and boil for your preferred length of time.
2. About 4 minutes for a soft egg and 5 – 6 minutes if you prefer your boiled eggs hard.
3. Toast the bread, cut into 'soldiers' and serve with the eggs, along with a 150ml glass of juice.



Lunch

Quick Pesto Pasta

Serves 1

- ✓ **High protein**
- ✓ **High Fibre**
- ✓ **1 of your 5 a day**

You Will Need

- 60g – 80g brown pasta depending on preferred portion size
- 2 teaspoons green or red pesto sauce
- 1 tomato, diced
- Chunk of cucumber, diced
- 2 black olives (optional), chopped
- 40g feta cheese (or other cheese like cheddar that you have in the fridge)
- Squeeze lemon juice
- Black pepper (optional)

How You Make It

1. Cook pasta according to pack instructions, drain, stir in the pesto and allow to cool.
2. Stir in the tomatoes, cucumber and olives.
3. Crumble the feta (or grated cheddar) on top, squeeze over the lemon juice, grind over the black pepper and serve.



Nutrition Nuggets

Pesto

Did you know?



The home of pesto is Genoa, a town in Northern Italy, which is where it was first made.

Recipes vary but the official Genoa tourism organisation say that the genuine recipe is: 70g of basil leaves (Basilico Genovese, which are no more than two months old), 45 – 60g Parmesan cheese, 20 – 40g Sardinian pecorino cheese, 60 – 80ml extra virgin olive oil from Liguria, 10g of sea salt, 30g of pine kernels (from the city of Pisa) and one to two cloves of garlic.

People from Genoa would not dream of eating anything but fresh pesto, made in their own kitchen.

Basil came to British shores from Southern Europe in the 16th century, grows best in warm climates and dies with even a touch of frost.

Not only are the Genoese fussy about their ingredients for pesto...they are fussy about how it is made as well. They must be crushed in a marble mortar with a pestle made from olive tree wood and this mortar must be gently rolled so that you tear but don't crush the basil leaves!

Chefs Table

Zero Waste

Broccoli stalk Japanese Pancakes with Zingy Chilli Mayo

Serves 4

"This recipe is a great simple snack in the afternoon or a side dish to a south Asian curry for dinner. Using left over broccoli stalks, you will be practising zero waste cooking which has a positive effect on our planet. I halved this recipe and made for my son for his lunch " *Guy Adams, Development Chef*

You will need

For the Japanese pancakes:

- 3 spring onions
- 300g broccoli including stalks (I only had 150g so added 150g grated cabbage to mine)
- 75g Plain flour (self-raising works just as well)
- 1 teaspoon sesame seeds (gives our pancakes a great nutty flavour but leave out if not available)
- 1 teaspoon fresh ginger, grated (dried works also)
- 4 Eggs
- 2 tablespoons soy sauce
- Pinch Salt & pepper
- 1 tablespoon vegetable oil, frying

For the zingy chilli sauce:

- 100g Mayonnaise (we recommend reduced fat)
- 2 tablespoons Sriracha sauce (or any hot sauce)
- 1 tablespoon Soy sauce



How you make it

1. To make the pancakes finely grate your broccoli stalk & cabbage, spring & ginger. Add to mixing bowl.
2. In a mixing bowl whisk all ingredients.
3. Heat a little oil in a non-stick frying pan, grab an adult to help you.
4. Add a large spoonful onto your frying pan, spread out & leave for 90 seconds & start to roll up.
5. To make the sauce mix all ingredients together.
6. To serve; place pancakes on your favourite plate, drizzle your sauce, sprinkle your garnish and tuck in!

THURSDAY

Breakfast

Cereal Start

Serves 1

✓ **1 of your 5 a day**

You Will Need

- 2 Oatibix (or wheat biscuits or other wholegrain cereals like fruit and fibre)
- 1 banana or fruit of your choice (frozen, dried or canned is fine)
- Milk or milk alternative to serve

How You Make It

1. Pour the cereal you are using into a bowl. Top with the fruit, pour over the milk and serve.



Lunch

Chicken Buffalo Bake

Serves 2

- ✓ **High fibre**
- ✓ **3 of your 5 a day**

What You Need

- 1 small chicken breast or 200g canned beans, drained
- 100g tomato passata or canned chopped tomatoes
- Pinch of mixed dried herbs
- Splash of Tabasco or other chilli sauce (optional)
- 50g mozzarella cheese (or 30g grated cheddar)
- 60g – 70g brown rice (or quinoa or cous cous)
- Salad leaves

How You Make It

1. Put oven on to 180oc.
2. Put a piece of foil on a baking tray and place the chicken on the foil. Or crush the beans with the back of a fork and put in small oven-proof dish.
3. Spoon the passata or tomatoes over the chicken (or beans) and sprinkle with the herbs and chilli sauce (optional). Lay on the mozzarella (torn into pieces) or sprinkle over the grated cheddar. Wrap up and bake for 15mintues.
4. While cooking, prepare rice (quinoa or cous cous) according to pack instructions.
5. Remove chicken (or beans) from the oven and unwrap. Pile the rice (quinoa or cous cous) on a plate and top with the chicken (or beans). Serve with a green salad or some of your favourite vegetables if you prefer.

Nutrition Nugget

Mozzarella Cheese

Did you know?



Dating back to the 15th century, mozzarella is now usually made with cow's milk and this version often has the extra name of 'fiordilatte' so that you can tell the difference between this and Buffalo mozzarella when buying it.

Bone is a living tissue, which is constantly changing and growing when you are young. While you are growing, you deposit more minerals than you remove to allow bones to grow in size and strength.

Mozzarella melts really well, making it a popular cheese in pasta dishes and on the top of pizzas.

Bursting with calcium and good for phosphorous and protein, these are all vital bone-building nutrients for the 206 bones in your body.

Originally just known as 'mozza', mozzarella is a soft, fresh Italian cheese that was originally made from buffalo milk.

FRIDAY

Breakfast

Cheese on Toast

Serves 1

- ✓ **High fibre**
- ✓ **1 of your 5 a day**

What You Need

- 2 slices of bread, wholemeal if you have it
- 40g of grated cheddar style cheese (vegetarian version is fine if you prefer)
- Chopped chives or chopped spring onion (optional)
- Dash of Worcestershire Sauce
- Sliced apple or tomato

How You Make It

1. Toast the bread, spread with the peanut butter and serve with slices of apple or tomato. If using cheese, stir the chives or spring onion into the cheese and sprinkle over the toast.
2. Put under a hot grill and once the cheese is bubbling and slightly golden brown, serve, topped with a dash of Worcestershire sauce (optional) and slices of tomato.



Lunch

Prawn Stir Fry

Serves 2

- ✓ **High protein**
- ✓ **1 of your 5 a day**

What You Need

- 60g – 80g noodles or pasta, wholegrain if possible
- 1 teaspoon oil
- Spring onion (or quarter of a standard onion), chopped
- Clove of garlic, peeled and crushed
- 160g mixed sliced vegetables (white or red cabbage, carrots, peppers) or 160g fresh or frozen stir-fry vegetable mix
- 100g frozen prawns (you can swap for chicken or canned tuna) or firm tofu, cut into cubes
- 1 teaspoon soy sauce
- Dash chilli sauce (optional)

How You Make It

1. Cook noodles or pasta according to instructions.
2. While cooking, heat the oil in a non-stick frying pan and add the onion. Cook for 2 minutes and then add the garlic. Next, stir in the soy sauce and vegetables and cook on a high heat, stirring regularly for 2 minutes.
3. Add the prawns, cook for another 2 minutes, mixing it up as it cooks.
4. Drain the noodles or pasta, mix in the vegetables and prawns and serve.



Nutrition Nugget

Prawns

Did you know?



In the ocean, prawns are a dullish grey or green colour but when cooked they seem to turn pink. This is because all the grey and green pigments break down on heating leaving the red 'astaxanthin' pigment in their shells intact. Astaxanthin is related to the orange beta carotene pigment in carrots and the red lycopene pigment in tomatoes.

They give us lots of protein (weight for weight, more than eggs) and are packed with vitamin E, which we need for healthy skin.

When prawns, which are known as shrimps in America, arrive on our plates they can be one of many species and come from many different parts of the world.

Once caught, prawns are frozen almost immediately on the boat and often travel halfway around the world before they make it into our meals.

Prawns can be used in everything from salads and curries to stir-fries and prawn cocktails.

Chefs Table

Indulgent

Banoffee Cheesecake



For the biscuit base

- 200g digestive biscuit – I only had chocolate hobnobs, so swap for any biscuit
- 100g unsalted butter melted

For the cheesecake mix

- 130ml double cream whipped
- 230g soft cheese – swap this for a low fat yoghurt
- 300g condensed milk – boiled for 2 hours to turn into a caramel or buy the caramel version
- 2 bananas
- 100g chocolate melted (dark or milk chocolate)
- 50g icing sugar
- Granola to top the cheesecake (optional) – I had a chia seed granola

Method

1. Melt the butter & mix through crushed biscuit & put in base of glass.
2. Top with sliced banana (about a half of banana in each glass.)
3. Whisk double cream & icing sugar into soft peaks – split into half.
4. Beat together cream cheese, icing sugar & caramel & beat into half the double cream.
5. Mix chocolate into the other half of double cream.
6. Layer your cheesecake, top with your favourite topping & leave in the fridge to set for about 2 hours.

“My favourite dessert as a child was banoffee pie, but why not take it to another level & turn it into a cheesecake for a Friday night treat.”
Guy Adams, Development Chef

Over to you!

Time to check out your creations



Cauliflower Cheese- Westminster Under School



Brownies- Clifton Hall



Scrambled Eggs - Grace Dieu Manor School



Rainbow Cake- Clifton Hill



Banana & Chocolate loaf

Granola with Blueberries



Ingredients
Granola - 4 large spoons
Blueberries - As many as you like
Milk - Enough to soak

Method
Take a mason jar.
Add Granola (any granola Chocolate, Nutty, Alpine) with enough milk.
Add blueberries and Soak overnight in the fridge.
Ready to eat in the morning. . .

P.s: you can add honey or cinnamon to add flavour.

Breakfast granola- Habs Girls



Banana & Brazil nut loaf-Clifton Hill



**Chocolate Chunk shortbread-
Clifton Hall**



Chocolate Tart- Portsmouth Grammar School



**Mexican Tacos stuffed
pasta shells- Greenfield
School**



**Minted Lime Chicken curry- Greenfield
School**



Homemade pizzas- Homefield School

Keep sending your recipes and creations!

Ask your parent or guardian to send in your food pictures & recipes to EduConference@chandcogroup.com and remember to copy in your school & teacher for a chance to be crowned 'home cook of the week'