

# From The Kitchen

Let's Get Cooking!

Week 5

# Welcome to Week 5!



## Hello students!

We hope you're keeping well and have been getting in the kitchen to try some of our wonderful recipes

**Supermarket swaps** are back by popular demand! This week we are looking at two classics, fish pie & chicken tikka curry- see how much you could save from making these at home!

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! Everyday 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 **chilli dogs** perfect for a lazy dinner, and a **delicious peach crumble** for dessert. Not forgetting our lovely **chicken goujons** recipe perfect for using up cereal.

**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.

# Supermarket Swaps

# Fish Pie

Serves 4



**Speed:** 60 minutes

**Cost:** £3.27. Supermarket version £6.50

**Saves:** £3.23

## What You Need:

- 225ml milk
- 1 bay leaf
- ½ onion, chopped
- 1 ½ tablespoons cornflour
- ½ teaspoon Dijon mustard
- 1 chopped dill (optional)
- 250g mixed frozen seafood mix, defrosted
- 50g frozen peas
- 200g potatoes, peeled
- 1-tablespoon vegetable oil
- 10g cheddar
- 160g broccoli

## What do we do:

1. Heat oven to 200° C /Gas 6.
2. Put the potatoes in a pan of boiling water seasoned with a little pinch of salt. Cook for 20 minutes.
3. Pour milk into a saucepan, add the bay leaves and onion and bring to a simmer.
4. Mix the cornflour and 1 ½ tablespoons cold water to form a paste. Stir into milk and simmer for 3-4 minutes until thickened slightly.
5. Season with black pepper, add the mustard and dill and cook for another 2 minutes.
6. Remove the bay leaf. Stir in the fish mix, prawns and peas and pour into a small ovenproof dish.
7. Drain the potatoes and mash with a little milk. Spread over the fish and sprinkle with the cheese. Bake for 30 minutes.
8. Just before the Fish Pie is ready, lightly cook the broccoli by either steaming or boiling in a small amount of water. Drain and serve with the pie.

# Chicken Tikka with rice

**Speed:** 50 minutes

**Cost:** £2.02. Supermarket ready meal £8.00

**Saves:** £5.98

## What You Need (serves 2):

- 1 onion peeled and chopped
- 2 cloves garlic
- Thumb-sized piece of fresh ginger (or 1 teaspoon ground ginger)
- 1 tablespoon olive oil or vegetable oil
- 2 breasts, skin removed and cut into chunks
- 1 tablespoon tikka spice powder
- ½ teaspoon cayenne pepper
- 400g can tomatoes
- Water
- 160g frozen spinach
- 2 tablespoons plain natural yoghurt
- ½ small bunch of coriander, chopped (optional)
- 140g basmati or long grain rice

## What do we do:

1. Blend the onion, garlic and ginger until it makes a smooth paste.
2. Heat half of the oil in a small saucepan over a medium heat and cook the onion paste for 15 minutes. Transfer to a bowl and wash pan.
3. Add the remaining oil to the pan along with the chicken and fry for 5-7 minutes, or until lightly brown. Stir in the tikka spice and cayenne and fry for a further minute. Add the onion mixture and the tomatoes. Fill the can with water and add this as well.
4. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 minutes. Stir in the spinach and cook for a further 10 minutes.
5. While cooking, put rice on to cook according to pack instructions.
6. Remove the chicken from the heat, season, then stir in the yoghurt and coriander. Serve with the rice.



**MONDAY**

# Breakfast

## Hash Brown & Beans

Serves 1



✓ 3 of your 5 a day

### You Will Need

- ¼ sweet potato (about 50g) or a standard potato if preferred
- 1 carrot
- 1 teaspoon melted butter or spread
- Large pinch smoked paprika (optional)
- 1 dessertspoon olive or vegetable oil
- Seasoning
- Baked beans 100g – 200g serving

### How You Make It

1. Peel the potato if using a sweet potato. If using a standard potato, scrub the skin hard and do the same with the carrot. Whichever potato you use, place whole in a small pan of boiling water. After 5 minutes, add the whole carrot. After a further 5 minutes, drain both the potato and carrot and cool.
2. Once cool enough to hold, grate the potato and carrot on a coarse grater.
3. Stir in the melted butter or spread with some black pepper and shape into a hash brown.
4. Heat the oil in a non-stick frying pan. Add the hash brown and cook gently for 4 – 5 minutes each side until golden brown.
5. While hash brown is cooking, heat the baked beans in a small pan or in a bowl in a microwave oven.
6. Serve the hash browns with the baked beans.

# Lunch

# Chicken Burger

Serves 1



✓ **2 of your 5 a day**

## You Will Need

- 100g chicken mince (or turkey / beef / Quorn or soya mince instead)
- Small piece fresh chilli finely chopped / pinch dried chilli or dash of chilli sauce (optional)
- Small clove garlic peeled and chopped (optional)
- Small spring onion chopped or small piece of standard onion, peeled and chopped
- 1 carrot, washed and finely grated
- Black pepper
- Vegetable oil
- Bread roll
- Mayonnaise
- Ketchup
- Cucumber and tomato slices

## How You Make It

1. Mix together the chicken, chilli, garlic and onion in a bowl along with the carrot and a pinch of black pepper and mix well. You can add some chopped fresh coriander if you would like to. Form into a burger shape and put in the fridge on a plate.
2. Pre-heat a grill to medium hot or heat the oven to 180oc / 350oF / Gas 4. Transfer the burger onto a heat proof tray and either grill either side for 6 minutes or cook in the oven for 15 – 20 minutes until the juices of the burger are clear.
3. Toast the cut sides of the burger bun. Spread with the mayonnaise, add some cucumber and then the burger. Top with slices of tomato and the other part of the bun and serve.

# Nutrition Nuggets

## Chicken

Did you know?

The meat from legs of birds allowed to live and run outside is darker than leg meat of intensively reared hens. This is because their muscles are better developed. Their bones are stronger as well.

Remains found in Chinese sites indicate that the keeping of hens may go back to the second millennium BC but this practice took a long time to move westwards.

Romans bred them for their meat and Celtic tribes probably raised hens in Britain in the first century B.C.

A breed called the French poulet de Bresse is considered by chefs to be the 'aristocrat' of modern poultry. They have a tag on their leg to identify them and boast of their status.

# Chefs Table

## Simple

# Crispy coated shreddies chicken goujons

Serves 4

## Ingredients

### For the goujons

- 600g chicken fillet – swap this for cauliflower
- 200g shreddies – any cereal will work
- 125g flour
- 2 eggs
- Splash of milk

### For BBQ sauce

- 150ml tomato ketchup
- 10ml soy sauce
- 30g brown sugar
- 30g honey

### For Bang Bang sauce

- 125ml sweet chilli
- 30g sriracha
- 30g Korean paste
- 15g sugar
- 5ml vinegar
- 100ml water

“We all love crispy chicken strips, so I’ve designed a healthier option. These are full of flavour & I’ve also given you a couple of our favourite sauce recipes for you to try.” *Guy Adams, Development Chef*

## Method

1. Crush your shreddies.
2. Slice your chicken into strips.
3. Dip chicken in flour – egg/milk – crushed shreddies & onto a baking tray.
4. Cook in oven for 15 minutes or until cooked.
5. To make bbq sauce add all ingredients & cook until sugar dissolved.
6. To make bang bang sauce add all ingredients & simmer in a pan until the sauce reduces by half.
7. Serve with sauce of choice or as a fajita (see pictures.)



**TUESDAY**

# Breakfast

## Apple & cinnamon Porridge

Serves 1

✓ 1 your 5 a day

### You Will Need

- 1 apple, washed and grated with skin on
- 40g oats
- 300ml milk or fortified dairy alternative like soya milk
- Pinch ground cinnamon (optional)
- 1 teaspoon seeds like pumpkin or sunflower (optional)

### How You Make It

1. Place all the ingredients in a small pan.
2. Stir regularly and once the porridge starts 'bubbling', turn heat right down and simmer for 10 minutes.
3. Serve sprinkled with the seeds if using them and a little extra milk



# Lunch

## Cheese & herb muffins

Serves 2

✓ **2 your 5 a day**

### You Will Need

- 75g self-raising flour
- ½ teaspoon baking powder
- 75g cheddar cheese, grated
- 50g baby spinach leaves
- 10g butter or spread
- 50ml milk
- 1 egg
- Handful freshly chopped chives (spring onion or handful of onion finely diced)
- Black pepper
- Vegetable / fruit sticks (carrot, cucumber, peppers, sliced apple)
- 2 warmed pitta

### How You Make It

1. Preheat oven to 180oc / 350oF / Gas 4.
2. Mix the flour, baking powder and 3/4 of the cheddar.
3. Put the spinach in a bowl, cover and microwave for 3 minutes. Stir in the butter, milk, egg and chives. Season with some black pepper.
4. Spoon into four paper muffin cases, dividing mix up evenly between them and put in a muffin tin if you have one. Otherwise, pack tightly together on a baking tray. Bake for 18 – 20 minutes.
5. Remove muffins and serve with the vegetable / fruit sticks and a warm pitta cut into strips.



# Nutrition Nuggets

## Cinnamon

Did you know?



Cinnamon is a spice that comes from the bark of the cinnamon tree, which first grew naturally in Sri Lanka. This spice was once more valuable than gold.

It is used in everything from curries to cakes to sweet buns and drinks as well as being used in the perfume industry.

The outer bark of young trees is stripped off and the inner bark is dried in long 'quills'.

Ground cinnamon is brown in colour and has a delicate smell and a warm, sweet flavour.

**WEDNESDAY**

# Breakfast

## Fruit Burritos

Serves 1

✓ **1 of your 5 a day**

### What You Will Need

- 1 banana
- 1 tablespoon seeds (such as pumpkin, sunflower or nuts if not allergic to them)
- 1 tortilla wrap
- 1 tablespoon yoghurt

### How You Make It

1. Mash the banana and stir in seeds.
2. Spread the banana on the wrap, top with the yoghurt and spread around.
3. Roll up the wrap and serve.

# Lunch

## Vegetable Biryani

Serves 2

✓ **2 of your 5 a day**

### You Will Need

- Half a carrot and half a potato, scrubbed and diced into small pieces
- 160g frozen peas
- 1 teaspoon tomato purée
- 1 teaspoon curry powder
- Pinch of paprika
- 140g basmati or long grain rice
- Small onion, finely chopped
- 2 tablespoons of seeds of choice
- ½ teaspoon red chilli powder or a dash or chilli sauce

### How You Make It

1. Pre-heat the oven at 160° C / 325oF / Gas 3 and cook rice according to pack instructions.
2. Cook the carrot, potato and frozen peas in a pan of boiling water for 3-4 minutes or until tender. Drain and return to the pan.
3. Stir in the tomato purée, curry powder and paprika and mix well.
4. Spoon half the rice into the bottom of a small ovenproof dish. Spread the vegetable mixture over the rice. Place the rest of the rice on top, spreading it evenly.
5. Sprinkle over the chopped onions, seeds (or nuts like cashew nuts if not allergic) and red chili powder (or chili sauce).
6. Cover with foil and put in oven for 15 minutes. Remove from the oven and serve.

# Nutrition Nuggets

## Basmati Rice

Did you know?



In some countries rice is seen as divine and is cooked in the simplest way

Descended from a wild grass and probably first cultivated in the foothills of the Himalayas, there is evidence that it was also grown for food over 8,000 years ago in the Yangtze Valley

Rice is now grown for food in over 110 countries around the world.

Rice is a staple food for almost half the world's human population.

Rice contains two types of starch, 'amylopectin' and 'amylose'. The higher the proportion of amylose, the more slowly rice seems to raise blood sugar levels after eating.

**Chefs Table**  
Get Creative

# Chilli Dogs

Serves 6

## You will need

- 500g mince beef – swap out for mixed beans or lentils
- 6 sausages
- 6 hot dog buns or folded flat breads that I had
- 1 large onion
- 5 teaspoons smoked paprika
- 4 teaspoons ground cumin
- 2 teaspoons garlic powder
- 30g tomato puree
- 1 tin chopped tomatoes
- 1 tin kidney beans
- 1 teaspoons sugar
- 50ml water



“Put a hot dog together with chilli con carne & you create something amazing as a chilli dog. Why not put two family favourites together & spice up your dinner one night?” *Guy Adams, Development Chef*

## How you make it

1. Dice your onion & add it to oiled saucepan.
2. Add spices, tomato puree & sugar.
3. Add kidney beans, water & chopped tomatoes & cook for 90 minutes on low heat.
4. Cook sausages on the tray for 20 minutes at 180 degrees.
5. Build your chilli dogs & top it off with grated cheese & sour cream (if you have it.)

**THURSDAY**

# Breakfast

## Egg in the Middle

Serves 1

✓ 2 of your 5 a day

### You Will Need

- 200g frozen or canned ratatouille mix
- 1 egg
- 1 teaspoon vinegar
- Slice or chunk of bread

### How You Make It

1. If using frozen ratatouille, defrost and then heat in a small non-stick frying pan or in the microwave oven according to pack instructions. If using canned ratatouille, heat in the small frying pan.
2. Once ratatouille is heated through, stir in the vinegar and then create a 'nest' in the middle of the ratatouille with the back of a spoon. Crack the egg into the nest and cover the pan.
3. Cook for 4 minutes and then serve with a slice of bread.
4. Then use in the same way as the frozen or canned ratatouille.)



# Lunch

## Hearty Lentil Soup

Serves 2

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

### What You Need

- 1 tablespoon of olive oil or vegetable oil
- 1 small onion
- 1 carrot
- 1 clove garlic
- 400g can of tomatoes
- 150g brown lentils
- 600ml water
- Black pepper
- Fresh basil (optional)
- Lemon juice fresh or from a squeezey lemon (optional)
- 2 slices of toast cut into small squares

### How You Make It

1. Heat the oil in a pan and gently cook the onion and carrot for 5 – 8 minutes until onion is tender. Stir occasionally to avoid sticking.
2. Add the garlic and then stir in the tomatoes. Bring to the boil and then lower the heat so that tomatoes are simmering.
3. Stir in the lentils and some black pepper. Partially cover with a lid and simmer for 30 minutes until lentils are tender.
4. Puree the soup with a hand blender or an upright blender. Return to the pan, add a squeeze of lemon (optional) and serve in bowls topped with the toast 'croutons'.



# Nutrition Nuggets

## Garlic

Did you know?



Today scientists have found more than 200 compounds in garlic, including 20 germ killers and plant compounds that seem, as Dioscorides realised, appear to help reduce build-ups of blockages in the arteries.

Cultivated in Egypt 2,000 years ago, garlic is now known and used in cooking all over the world.

Botanists, scientists who study plants, think that the garlic we know and use today probably evolved from wild garlic of central Asia.

The scientific name for garlic is *Allium sativum* and it is related to onions, leeks and chives

The ancient Greek doctor called Dioscorides reported that garlic could 'clear the arteries' while the French doctor Louis Pasteur said in 1858 that it could kill bacteria.

**FRIDAY**

# Breakfast

## Overnight mango oats

Serves 1

✓ 1 of your 5 a day

### What You Need

- 40g oats
- 40ml milk
- 40g yoghurt
- 80g fresh or canned mango, chopped or fresh or canned peaches / pineapple / prunes or other fruit of your choice

### How You Make It

1. Spoon the oats into a clean jar (you can use an empty jam jar, which has been washed or just use a bowl if you prefer).
2. Pour over the milk. Follow with a layer of yoghurt and then fruit, then yoghurt and finally fruit.
3. Leave in the fridge overnight and serve in the morning.



# Lunch

## Homemade fish goujons & chips

Serves 2

✓ **2 of your 5 a day**

### What You Need

- 1 large sweet potato (or a standard potato, scrubbed) peeled and cut into thick chips
- 100g a cup of breadcrumbs
- 75g of flour
- Ground black pepper (optional)
- 1 egg
- 1 tablespoon vegetable oil
- 200g firm white fish fillet, cut into fingers
- 160g frozen peas to make 'crushed peas'

### How You Make It

1. Heat oven to 190oc / 375oF /gas 5. Brush a baking tray with oil. Lay on the sweet potato chips on the tray and brush them with oil. Bake for 30 35- minutes.
2. Mix breadcrumbs and flour with the pepper and spread out on a large plate.
3. Beat the egg and oil in another shallow bowl.
4. Dunk the fish fish in the egg and then roll in the crumbs until coated evenly. Place on another baking tray (brushed with oil). Bake for 20 minutes in the same oven as the chips. When you put the fish fingers in, take the chips out, turn them over with tongs and put back to finish baking.
5. Cook the peas according to pack instructions and drain. You can crush them with the back of a fork in a bowl if you would like to.
6. Serve the fish fingers and chips with some ketchup.

# Nutrition Nugget

## Mangos

Did you know?



The beautiful orange colour of mango flesh comes from the pigment beta carotene and an 80g serving gives you all your vitamin C for the day if you are under 10 years of age and at least 75 per cent once you are 11 years and older.

Mangoes originated in the foothills of the Himalayas of India and Myanmar (formerly Burma) and have been grown for human food for some 4,000 years.

This beautiful, fragrant fruit plays an important part in Hindu culture and religion.

Known scientifically as *Mangifera indica*, mangoes can be eaten fresh, dried or canned. They can be made into pickles and chutneys.

# Chefs Table

## Indulgent

# Peach Crumble

## Ingredients:

- 1 can tin peaches (240g drained weight) – swap for any fresh or tin fruit you have
- 90g oats
- 90g plain flour
- 100g caster sugar
- 100g butter or margarine



“My mum used to make a rhubarb crumble from the rhubarb we had in the garden, but I had some tinned peaches in the cupboard so thought I would re create some of my favourite memories.” *Guy Adams, Development Chef*

## Method:

1. Open the peaches & keep quatre of the syrup & put into your baking dish.
2. To make crumble put all dry ingredients in a bowl & mix together with your hands until crumble consistency (takes about 5 mins rubbing between your fingers.)
3. Top crumble mixture onto fruit.
4. Bake in oven for 35 minutes or until golden brown.
5. Serve with a scoop of ice cream, custard or even our frozen yoghurt recipe from last week

## **Keep sending your recipes and creations in!**

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