

From The Kitchen

Let's Get Cooking!

Week 7

Welcome to Week 7!



Hello Students,

We hope that you all had a bit of a break over half-term and enjoyed all the sunny weather we have been getting.

Over the coming weeks we are planning some **new and exciting** things for From The Kitchen! One being our chefs starting our series of **'Show Me Chef'** vlogs. This will give you the opportunity to learn a new skill each week from how to **safely use a knife to chop and peel in the kitchen** to discovering **how to knead dough**, what the instruction to 'sauté' means in a recipe and how do it and even how to melt chocolate successfully.

Our chefs will demonstrate the kind of skills that will set you up for life when it comes to having fun and making some simple and delicious dishes in the kitchen.

And you can actively help to **support British farmers** by tuning in to which vegetables come into season each particular week and **learning some tasty ways** of preparing them. **British farmers need our support right now** as many of the usual people they sell their produce to, like your school, restaurants and work canteens, are no longer able to buy them as their kitchens are shut. Next week we'll start with **cucumber** followed by a variety of seasonal salad vegetables.

For this week, we have five new breakfast and lunch ideas. Give them a try and do take some photographs and we can share them on From The Kitchen!

And let us know how you get on with our weekly Quiz!

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 you when using them.
- 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

Give our food & nutrition quiz a go with
your family

<https://youtu.be/ItVdqyYXOlq>

MONDAY

Breakfast

Banana Crunch

Serves 1

- ✓ **1 of your five a day**
- ✓ **High calcium**

You Will Need

- 75g natural yoghurt
- 1 tablespoon breakfast cereal flakes
- 1 banana, peeled and sliced
- Sprinkle of seeds (optional)
- Teaspoon of chopped dried fruit / sultanas / raisins (optional)

How You Make It

1. Mix all the ingredients in a bowl.
2. Transfer into a glass, top with a few extra crumbled cereal flakes and serve.



Lunch

Quick Bean Hummus

Serves 1

✓ 1 of your 5 a day

You Will Need

- 200g broad beans
- 40ml water
- 1 ½ tablespoons lemon juice
- Small clove garlic, peeled and pressed
- Pinch of salt & black pepper
- Dash cayenne pepper or paprika (optional)
- Slices of bread / toast / warmed pitta
- Some slices of cucumber / carrots / peppers

How You Make It

1. Blend the beans with the garlic, lemon, pepper and cayenne pepper (or paprika) if using.
2. Gradually pour in the water until the mix is a smooth consistency. At this point, you can add a tablespoon of olive oil if you want to.
3. Serve the Bean Hummus with a two slices of bread and some chopped vegetables of your choice.



Chefs Table

Simple

Flatbreads

Serves 8

Ingredients

- 500g strong flour
- 10g instant yeast (use self-rising flour if you have no yeast)
- 2.5g sea salt (use table salt)
- 366ml warm water (swap with warm milk for a richer dough)

" We love this recipe its so simple yet very tasty. Why not add in grated garlic or some chopping herbs to the mix to flavour your flatbread."
Owen Hurley, Senior Development Chef

Video Alert!

Check out our chefs in action:

<https://www.youtube.com/watch?v=KgPOEBRDm7g>

Method

1. Place yeast, salt, flour & water into a bowl & mix once mixed knead until smooth in a stand mixer for 5 minutes on low speed, 15 minutes if kneading by hand.
2. Cover dough & leave until double in size (around 2 hours.)
3. Remove dough from bowl and place onto a floured work surface. Lightly pat into a flat shape about 1 inch thick. Use a knife to cut dough into 8 pieces & roll.
4. Let dough round rest for 5 minutes.
5. Spray pan olive oil & place over medium-high heat. Lay bread into hot pan & cook until bread begins to puff up and bottom has brown spots and blisters, about 3 minutes. Flip, cook 2 more minutes.
6. To serve, place on a plate or board enjoy with a curry or tagine.

TUESDAY

Breakfast

Eggs on toast

Serves 1

✓ 1 your 5 a day

You Will Need

- 1 – 2 eggs
- 2 slices of bread
- Small glass of fruit juice

How You Make It

1. Heat a frying pan and brush lightly with a little oil.
2. Once hot, crack in the eggs and cook them until the white has turned opaque.
3. Toast the bread and put on a plate. Serve the eggs on top and have a glass of fruit juice on the side. If you prefer, have a glass of milk.



Lunch

Speedy Mediterranean Pasta

Serves 2

✓ **1 your 5 a day**

You Will Need

- 200g canned tomatoes
- 1 onion, peeled and chopped
- 1 clove garlic, peeled and diced
- Fresh basil, chopped (optional)
- Pinch dried rosemary
- 75ml stock
- 160g dried pasta
- Grated cheese like Parmesan or cheddar

How You Make It

1. Place the tomatoes, onion, garlic and herbs in a small pan and simmer, without a lid, for 15 minutes.
2. Cook the pasta, following the instructions on the pack.
3. Either use the sauce as it is or blend slightly. Stir the pasta into the sauce and then serve in bowls and sprinkle over the grated cheese.



WEDNESDAY

Breakfast

Fruity Breakfast Scones

Serves 1



✓ **High protein**

What You Will Need

- 100g wholemeal flour (or white plain flour)
- 1 teaspoon baking powder
- 25g butter or margarine spread
- Pinch salt
- 100g chopped dried fruit like apricots or sultanas or raisins
- 150g plain yoghurt
- 1 glass of milk

How You Make It

1. Turn the oven on to 190oc/ gas 5.
2. Sift the flour and baking powder together in a bowl.
3. Add the spread and 'rub' it into the flour with your fingertips until the mix looks like breadcrumbs.
4. Stir in the salt and dried fruit and then the yoghurt and mix into a soft dough.
5. Sprinkle some flour on a chopping board or clean kitchen surface and roll out or shape the dough with your hands and cut out eight scones. Put on a baking sheet and bake for 20 minutes until golden brown. Serve two scones each with a glass of milk to drink with them.

Lunch

Quick Chicken Noodle Soup

Serves 1

You Will Need

- 80g ramen noodles
- 450ml chicken or vegetable stock made using stock cube
- 50g cooked chicken or firm tofu if you prefer cut into cubes
- 80g sweetcorn or peas (frozen or canned)
- Sesame oil (optional)

How You Make It

1. Put the noodles in a pan and pour over the stock. Bring to the boil and simmer until cooked, following the pack instructions.
2. Transfer the noodles to a bowl and leave the stock in the pan to continue to simmer.
3. Add the chicken or tofu and simmer for 5 minutes to heat it through.
4. Meanwhile, if the sweetcorn or peas are frozen, cook according to pack instructions, drain and add to the stock. If canned, drain and add right away.
5. Pour stock over the noodles and serve.



THURSDAY

Breakfast

Sunrise Smoothie

Serves 2

✓ **1 of your 5 a day**

You Will Need

- 1 orange, peeled and cut into segments (or 150g canned, drained fruit of choice like pineapple or peaches)
- 1 banana
- 150ml milk or dairy alternative
- 150g natural yoghurt or dairy alternative 'yoghurt'

How You Make It

1. Put the orange or alternative fruit in a jug (or blender) and blend until smooth.
2. Pour into two glasses and serve.



Lunch

Easy Risotto

Serves 2

✓ 1 of your 5 a day

What You Need

- 1 teaspoon vegetable oil
- 1 onion, peeled and diced
- Small or half larger pepper or a diced carrot
- 75g canned or frozen, defrosted sweetcorn
- 150g brown or risotto rice
- 450ml hot stock
- 75g seeds of choice

How You Make It

1. Heat the oil in a pan. Add the onion and pepper or carrot if using. Cook for about 5 minutes, until softened. Stir in the sweet corn and rice and keep stirring for 1 minute.
2. Stir in the stock and bring to the boil.
3. Reduce the heat and allow to simmer very gently, for 30 – 40 minutes, until the rice is tender. Check regularly and stir to avoid the rice from sticking. Add extra stock if needed.
4. Just before serving, stir in your chosen seeds and serve.



FRIDAY

Breakfast

Apple Muffins

Serves 1



✓ **1 of your 5 a day**

What You Need

- 125g wholemeal flour (if you can't find wholegrain, just use 200g white flour in total)
- 75g plain white flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon cinnamon
- 50g chopped dates or other dried fruit of your choice like raisins, sultanas, chopped dried apricots
- 1 egg, lightly beaten
- 3 tablespoons brown sugar (or white is fine too as an alternative)
- 2 tablespoons vegetable oil
- 250ml milk
- 1 large apple or 2 small apples, grated

How You Make It

1. Put oven on to 190oc / gas 5.
2. Mix flour, baking powder, bicarbonate of soda and cinnamon in a bowl.
3. Stir in the dates or other dried fruits and put to one side.
4. In another bowl, beat the egg with sugar and oil and then stir in the milk and apple.
5. Pour the flour into the mixture and stir just enough to bring the mix together.
6. Spoon into 12 muffin cases and bake for 20 minutes. They should be just firm to touch once ready. Serve with a glass of milk.

Lunch

Zingy Salmon Pasta Salad

Serves 2

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

What You Need

- 200g canned salmon or other canned fish like tuna or mackerel
- 120g pasta
- 75g canned, or frozen peas
- 2 teaspoons red pesto
- Juice of half a lemon

How You Make It

1. Drain the salmon or other fish, and put onto a chopping board and rough chop. Pop into a bowl and set aside.
2. Cook your peas as per packet instructions and drain. Mix in with the salmon.
3. Add pesto and lemon juice and mix.
4. Cook for pasta as per the packet instructions.
5. Drain the cooked pasta and add in your salmon mix.



Nutrition Nuggets

Nutrition Nuggets

Pitta Bread

Did you know?

You can make your own pitta at home or buy both white and wholegrain versions from the shops.

Pitta bread is widely eaten in the Middle East and is the Israeli name for the Arab bread called khubz 'adi, which means 'ordinary bread'.

As well as splitting lengthways and filling, you can toast whole to warm pitta up and then slice diagonally and use to eat with hummus and dips.

Unlike tortilla wraps, pitta bread contains some yeast and is a 'slightly leavened flat-bread'. This allows it to puff up once in the oven, creating a 'pocket' once you slice it open so that you can pile in fillings of your choice.

Nutrition Nuggets

Oranges

Did you know?

While bitter oranges are used to make marmalade, sweet oranges are delicious eaten peeled as a snack or pudding, added to salads or mixed with cereals for breakfast.

This fragrant fruit seems to have first been used for its rind, which was used to perfume rooms.

Oranges are thought to have first grown wild in South West China and North West India but now most cultivated oranges come from Brazil and America.

Oranges are the most popular type of citrus fruit, ahead of others such as grapefruit and lemons.

Nutrition Nuggets

Parmesan Cheese

Did you know?

Special controls surround the making of Parmigiano Reggiano cheese and the name can only be awarded to Parmesan cheese that is genuinely produced in this area of Italy.

Its special 'tastiness' comes from glutamate, which food scientists say stimulates a fifth taste in our mouths when we eat it known as 'umami'. Umami is in addition to sweet, sour, salty and bitter tastes that we are familiar with. Anchovies, some seaweeds and sun-dried tomatoes also contain glutamate.

This name comes from the towns of Parma and Reggio Emilia, which used to have their own separate cheeses. They were then combined into the current name in 1955.

Parmesan is the English name for the Italian hard cheese 'grana Parmigiano Reggiano'.

Next Week...

#SeasonalVeg

British vegetables need all our help and that's why we are supporting VegPower UK.

British farmers need all our support right now as many of the usual people they sell their produce to, like your **school, restaurants and hotels are no longer able to buy them.**

From next week we'll start to provide you with fabulous facts and recipes about that weeks given seasonal vegetable. Up first is the **cucumber** followed by a variety of seasonal salad vegetables including mushrooms, courgettes & tomatoes. Make sure you get involved using #seasonalveg & @VegPowerUK on your social media platforms.

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'