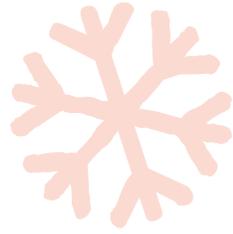


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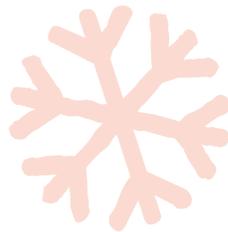


# MAKING EVERY MOUTHFUL COUNT



FROM THE *Kitchen*

CHRISTMAS 2020





# LOOKING AHEAD

So here it is our final From the Kitchen of the year for 2020!

I am incredibly proud of what we've achieved this year in our schools and in the wider community raising the profile of the necessity and right for us all to eat well. The Education Board launched in February bringing all sectors together with the ambition to take action around the prominent issues of physical and mental health and sustainability through food and nutrition. The year may have taken a different path than the one we anticipated and indeed soon after the launch we found ourselves dealing with the immediate

impact of COVID-19 and lockdown. However it struck me that the vision of the Education Board could not be more on point during these times.

I'm truly pleased to see children's nutrition being escalated higher and higher on the national and political agenda. Making it the centre of conversations; delivering positive, fun food messages; practical solutions and disrupting the negativity around historic food messaging is how we empower young people for the future. May it long continue into 2021 and beyond into future thinking and our future generations – the time for change is well and truly upon is.

But first, may we all take the time to enjoy a restful and happy festive period – my heartfelt good wishes to you all.

*Deborah*

Deborah Homshaw  
CH&CO Education MD



# MAKING EVERY MOUTHFUL COUNT *this Christmas*

**Cranberry**

Today you'll generally find them on the Christmas dinner table as a sauce to accompany turkey, however they were first used as garlands for the tree in those parts of the world where they are readily available.

GOOD FOR Christmas  
Love the Food that loves you back♥

**Brussels sprouts**

Why Sprouts? Not only does Christmas fall in the middle of sprout season, but the modern roast dinner was invented around the same time that sprouts were first imported to the UK on a large scale.

GOOD FOR Christmas  
Love the Food that loves you back♥

**Carrots**

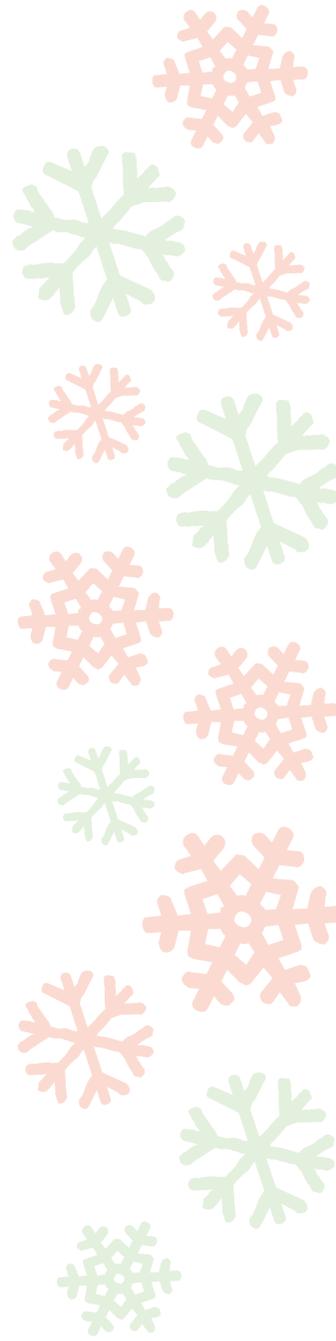
In a recent poll of the most popular Christmas dinner items, carrots appeared at number 3. That's good news as 95% of the carrots in our supermarkets are homegrown.

GOOD FOR Christmas  
Love the Food that loves you back♥

**Parsnips**

They're an iconic root veg at Christmas, but did you know that parsnips are harvested in winter because they taste better? Once parsnips experience frost, they become sweeter and tastier.

GOOD FOR Christmas  
Love the Food that loves you back♥





## Why the President hated broccoli

Although often perceived as a Christmas staple, Brussels sprouts can divide a table between those who like and dislike them. But, as our nutritionist Amanda Ursell explains there's more to our choice than simple fussiness the answer could lie in our genes...

On March 22nd, 1990, the President of America, George Bush was giving a press conference when a journalist asked him if it were true that he had taken broccoli off the menu of his Presidential jet Airforce 1.

"I do not like broccoli" the President responded. "I haven't liked it since I was a kid and my Mum made me eat broccoli and I'm President of the United States and I'm not going to eat any more broccoli."

You may be thinking, "Yes!! Me too!!" or "Why the fuss about broccoli?" Either way, nobody is right or wrong because the preference lies in our genes. Around a quarter of us are so-called 'super-tasters' making us incredibly sensitive to the bitter tasting compounds in broccoli, watercress, cabbage and... Brussels sprouts. Another quarter of us cannot detect it at all and wolf these vegetables down with glee. The rest are somewhere in between and tend to eat them without a fuss.

The good news is that if, like President Bush, you simply can't stand broccoli, there are a rainbow of other tasty vegetables and fruit to tuck into, which are all bursting with goodness.





Our Seasonal Vegetable this month is Brussels sprouts and our chefs have put together a delicious recipe for you to try at home.

## SHREDDED BRUSSELS SPROUT & GOATS CHEESE SALAD

## Recipe

### INGREDIENTS

- 2kg Brussel sprouts shredded
- 250g dried cranberries
- 100g goats cheese
- 4 quince small diced
- 6 shallots sliced
- 51ml olive oil

### Dressing

- 85ml olive oil
- 85ml balsamic vinegar
- 34ml maple syrup
- 6ml dijon mustard
- Salt & pepper

### METHOD

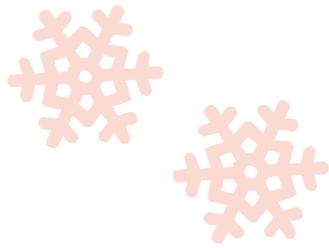
1. Thinly slice Brussels sprouts, add to mixing bowl with dried cranberries, goats cheese crumbled and chopped diced pears then set aside.
2. Heat oil in frying pan over medium heat. Add half of the amount of sliced shallots, fry until golden brown 1-2 mins then scoop out of the pan onto blue paper to drain. Repeat with remaining shallots, sprinkle with salt and pepper then leave to cool.
3. Add ingredients for the maple balsamic vinaigrette together in a mixing bowl and whisk until combined, then pour over salad ingredients and toss to coat.
4. Add the fried shallots to combine and toss then serve into salad bowl.

# Brussels Sprouts

PACK IN PLENTY OF VITAMINS ALONG WITH FIBRE AND A GROUP OF FASCINATING SUPER-NUTRIENTS CALLED GLUCOSINOLATES (PRONOUNCED 'GLU-CO-SIN-O-LATES'), WHICH SCIENTISTS THINK MAY HELP TO KEEP CELLS IN OUR BODY HEALTHY. IF YOU STRUGGLE WITH THE FLAVOUR OF SPROUTS, TRYING THEM ROASTED AS THIS SLOW WAY OF COOKING HELP TO BRING OUT SOME OF THEIR NATURAL SWEETNESS.

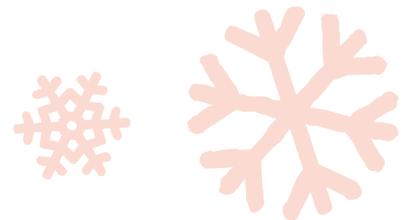
Radish, cauliflower, and turnips may not seem to have much in common but are all related, like cousins in the same family, with Brussels sprouts. They are known as 'cruciferous' vegetables because the flowers on their petals all grow in the shape of a cross.





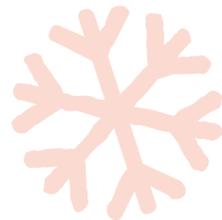
*Click here* →

to see the festive treat our guest chef is making as well as an ingenious way to use up any left over fondant icing to help you have a Zero Waste Christmas.



## I DID YOU *know*

You can make some of our delicious meals yourself at home. We've used our festive food focus as our inspiration. Why not give it a try tonight?



## *Inquisitive, inclusive and motivated*

As a proud member of the CH&CO family, we spend our days challenging the perception of school dining. We are **inquisitive**, **inclusive** and **motivated** to affect change within schools across the country.

## *Our focus isn't school food, it's just great food!*

**Every single child has the right to eat well and learn about food.** And it really is as simple as that!



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