

The image shows a collection of kitchen ingredients on a light-colored surface. In the foreground, there are two brown eggs, one of which is cracked open. Next to them is a small white bowl filled with white granulated sugar, with a wooden spoon resting inside. To the left, another white bowl contains several chunks of yellow butter. In the background, there is a larger white bowl, a wooden rolling pin, and a glass jar containing a golden liquid, likely honey or oil.

CH
&CO

HALF TERM SPECIAL

From the Kitchen is brought to you by the team at CH&CO Education. It is written, filmed and developed by our development chefs, consultant nutritionist and head of food to make sure every child we cater for can have access to our expertise even when they're at home.

In this edition

**AMANDA'S PLANT POWER SIDES
OWEN'S TASTY TREATS**

FROM THE *Kitchen*

HALF TERM SPECIAL

First things first...

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.



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.

LET'S GET MAKING



This half term we're bringing you some delicious and seasonal goodies, a plant power side swap from Amanda and a selection of Tasty Treats from Owen and the Mini Chefs so you can enjoy making this at home.

Happy holidays and happy eating.



Kitchen Team

Your Kitchen Team

PLANT POWER

BRINGING YOU SIMPLE,
SEASONAL, PLANT BASED
SIDES YOU CAN TRY AT HOME

on the side

Colcannon is a favourite Irish recipe made of potatoes, dairy and kale. Colcannon is often seen as a side dish on Irish tables on Halloween nights.

Kale is a beautiful, dark green leafy vegetable boasting some of the highest levels of the yellow super nutrient lutein, known in the plant kingdom. Overpowered and therefore not visible, by the green chlorophyll present in its leaves, lutein plays a vital role in the health of our eyes. Kale also gives us the energy boosting mineral iron and vitamin E, which is important for healthy skin.

INGREDIENTS

2 large potatoes,
peeled and quartered

4oz curly kale,
chopped and stems removed
(about 1/2 bunch)

2 spring onions,
roughly chopped (1/2 cup)

2oz (1/4 cup) unsalted butter

1 spring onion,
finely chopped (1/4 cup)

Freshly ground black pepper,
to taste

METHOD

1. Lightly salt a pot of hot water and simmer the potatoes until soft in the middle when pierced with a sharp knife.
2. In a different pot, blanch the curly kale in boiling water for 1 minute.
3. Drain the kale and reserve.
4. Place the spring onions and the blanched kale into a blender until roughly mixed.
5. Drain the potatoes and add the butter.
6. Mash the potatoes and butter until smooth and creamy.
7. Add the kale and spring onion mixture and stir well.
8. Add the 1/4 cup of finely chopped spring onions and season with salt and pepper to taste.



OWEN'S TASTY TREATS

PUMPKIN CUPCAKES

Makes 12

Recipe

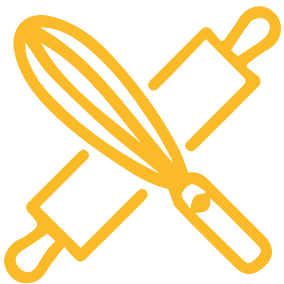
INGREDIENTS

175ml sunflower oil
175g light soft brown sugar
3 free range eggs
200g grated Pumpkin
100g sultanas
1 zest of orange
2 tsp mixed spice
1 tsp vanilla extract
225g plain flour
1tsp bicarbonate of soda
(baking soda)

Allergens: gluten, eggs

METHOD

1. Preheat the oven to 180°C, place cases into cupcake moulds.
2. Pour oil into to bowl, add sugar eggs and vanilla then beat together.
3. Stir in grated pumpkin, sultanas grated orange zest, mixed spice flour and bicarbonate of soda.
4. Spoon mixture into cases and bake for 25 mins until firm and springy to the touch.



**WE LOVE THIS RECIPE,
IT'S SO SIMPLE**



**CLICK HERE TO SEE OUR
MINI CHEFS MAKING
THIS AT HOME**





OWEN'S EXTRA TASTY TREATS

PUMPKIN & SUNFLOWER SEED COOKIES *Recipe*

Makes 25

INGREDIENTS

115g unsalted butter, melted and cooled

100g light soft brown sugar

50g caster sugar

125g mashed cooked Pumpkin (steamed or roasted)

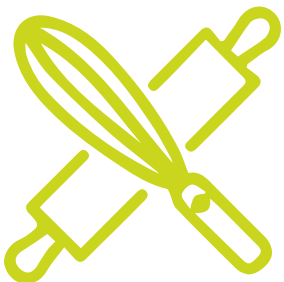
1 tsp vanilla extract

225g plain flour

1/2 tsp bicarbonate of soda (baking soda)

75g sunflower and pumpkin seeds, toasted

Allergens:
gluten (wheat), milk



METHOD

1. Preheat the oven to 180°C and line four baking sheets with baking parchment.
2. In a large bowl, whisk the melted butter and sugars together well then whisk in the vanilla and mashed sweet potato. Add the flour, bicarbonate of soda and salt, and stir to create a dough, then stir in the toasted sunflower seeds.
3. Roll heaped tablespoons of the dough into balls, place them onto the prepared baking sheets and press down gently with the heel of your hand.
4. Bake for 10 minutes. They will be pale, but don't overbake them. Leave to cool for a few minutes on the baking sheets then transfer to a wire rack to cool completely.

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