

From The Kitchen

Let's Get Cooking!
Half-term edition
Week 6

Welcome to Week 5!



Hello students!

We hope you're keep well and are looking forward to the half-term break. It will indeed be a slightly unusual holiday for many, but we hope to make the week fun & interactive through food.

With the lovely weather in full swing, this week we have some great recipes you'll be able to create for your families both inside and out! We have a **brilliant BBQ** meal jam-packed with fun recipes easily adapted to suit any budget. From **roasted whole cauliflowers** to **BBQ bananas** & even an **old-fashioned pink lemonade**, our BBQ ideas will have you sorted. Plus we know that finding great ideas for lunch can be tough, so we have put together a great **picnic** for you to enjoy in the holidays, including **simple sausage rolls**, **get creative coleslaw** and a **fabulous fruit fizz cooler**.

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!

Making another appearance in From The Kitchen, we have our **quiz**. Amanda Ursell has popped together **two quizzes** for you to try-grab your family and give them a go!

We have also introduced this week '**show me chef**' where our chefs show you how to do basic kitchen skills to grow your confidence in the kitchen. This week we are looking at how to **chop an onion** & **how to spatchcock a chicken**. Make sure you grab an adult to help you: they may even learn something new too!

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/Am4D ufXgV0>

BBQ

**We've created some great
dishes to get you cooking
outdoors**

Tandoori style spatchcock chicken

Serves 6-10

What you need:

- 1 large whole chicken – (**show me chef alert** click the link to learn how to spatchcock; <https://youtu.be/FVieVjEgsv4>)
- 4 teaspoons curry powder – swap this for your favourite spice
- 250ml yoghurt
- Sprinkle of sea salt

Video Alert: Check out our chefs cooking up this delicious chicken

[//youtu.be/chBqDac-42Y](https://youtu.be/chBqDac-42Y)

*"This has got to be one of my favourite things to cook at the moment. There is no better thing than putting a whole chicken on the table & sharing it with the family with your favourite sauces & salads for a healthy & nutritious dinner." **Guy Adams, Development Chef***

What do we do:

1. Mix curry powder with yoghurt & salt. (If cooking in the oven heat to 180 degrees.)
2. Spatchcock the chicken by cutting out the backbone.
3. Marinate the chicken for 4 hours in the fridge (overnight is better.)
4. Place on the BBQ for 45 minutes & flip halfway through to get crispy skin. (in the oven cook for 45 minutes also
5. Cut the chicken on a board into 10 pieces & serve.
6. Enjoy with your favourite salad & sauces.

Tandoori style roasted cauliflower

Serves 4-6

"There is no better way of cooking than outside, especially in the summer. Try something a bit different with a whole roasted cauliflower marinated in yoghurt for a delicious dinner. Don't worry if you don't have a BBQ: this recipe works in the oven too." Guy Adams, Development Chef

What You Need:

- 1 whole cauliflower (leave the leaves on adds great texture)
- 4 teaspoons curry powder – swap this for your favourite spice
- 250ml yoghurt
- Sprinkle of sea salt



What do we do:

1. Mix curry powder with yoghurt & salt. (If cooking in the oven heat to 180 degrees.)
2. Marinate cauliflower in yoghurt mix for 4 hours (overnight is better.)
3. Put on a BBQ & cover with lid for 45 minutes. (in the oven cook for 45 minutes also)
4. Cut into quarters or into 6 & serve with your favourite salads.

BBQ Banana Split

Serves 6

"If you want to cook a fun & tasty dessert, why not give this one a try? Simple, delicious & great fun to make & cook. Simply put your bananas on the BBQ in tin foil & serve with a scoop of your favourite ice cream or frozen yoghurt." **Guy Adams, Development Chef**

What You Need:

- 6 bananas
- 50g butter
- 50g brown sugar (any sugar would work)
- 1 teaspoon vanilla
- 25g mixed seeds
- 60g chocolate chips
- 6 scoops of your favourite ice cream



What do we do:

1. Beat butter, sugar & vanilla together.
2. On the inside of banana slice the skin open & rub in butter mix, seeds & chocolate chips.
3. Wrap tightly in tin foil.
4. Cook on low heat BBQ for 15 minutes.
5. Place banana onto a plate & top with a scoop of your favourite ice cream

Old fashioned pink Lemonade

Serves 6

"Have a go at making this super easy homemade lemonade. Its super refreshing and if you add a spoonful of our raspberry puree, you'll have a delicious pink lemonade."

What You Need:

- 5 lemons
- 2 tablespoons caster sugar (top tip- add an extra tablespoon here if not adding raspberry puree)
- 200ml water
- 500ml soda
- Raspberry puree (top tip: add 1 teaspoon to anyone's drink who would like pink lemonade)
- Ice- use as much as you like here

What do we do:

1. Cut all your lemons in half and squeeze the juice into a saucepan.
2. Add in your sugar and water, cook on a medium heat until the liquid starts to reduce and thicken slightly.
3. Pour into a container and leave to cool.
4. In your jug add your ice, lemon syrup and soda water and stir. Add a couple of lemon halves for extra flavour.
5. Pour into your favourite glasses and add 1 teaspoon of your raspberry to switch up to a pink lemonade.



Raspberry Puree

- 200g raspberries- try any fruit here. I had raspberries, but tinned peaches or frozen berries would work well
- 50g icing sugar- use caster if for don't have any



1. Pop your fruit and sugar into a saucepan and place on a medium heat.
2. Stir until all the sugar has dissolved and fruit has begun to break down, then remove from heat.
3. Pour mixture into blender and pulse 3 times(use the end of a rolling pin if you don't have a blender.)
4. Pour mixture into a container and chill.

BBQ

Did you know?

We started using the word in English in the 17th century and at that time we used it to describe a wooden framework that we either stored things on...or slept on and it had nothing to do with cooking at all!

In 2018 the UK tied for equal first place with Germany as Europe's leading BBQ nations, hosting approximately 135 million BBQ's each!

The word 'barbecue' comes from the Spanish word *barbacoa* and this in turn seems to have been adapted from a similar word in the Arawak language originally spoken in South America. It was used to describe the structure on which meat could be either dried in the sun or roasted over a fire.

Eventually, in the 20th century it was back to square one and once again referred to the structure we cook on outside (the barbecue), although today we also use the word to describe a way of cooking (barbecuing) and even an event, as in: 'Hey why not come to our barbecue?'

You don't need an expensive barbecue to give it a go. These days you can buy BBQ coals in aluminum trays from supermarkets and garage forecourts and dispose of them after using.

PICNIC

**Pop down a rug and sit
back & relax**

Get creative coleslaw

Serves 4



"A great simple recipe to add to any bbq or picnic, this is a base to start from, but why not add a bit of a difference by adding some chilli or a bit of soy sauce & seed to make an Asian slaw." Guy Adams, Development Chef

What you need:

- 3 tablespoons light mayonnaise – swap out for yoghurt
- ½ white cabbage – I only had a Chinese cabbage in my fridge so used that
- 2 carrots
- 2 spring onions
- Squeeze of lemon juice
- Sprinkle of sea salt

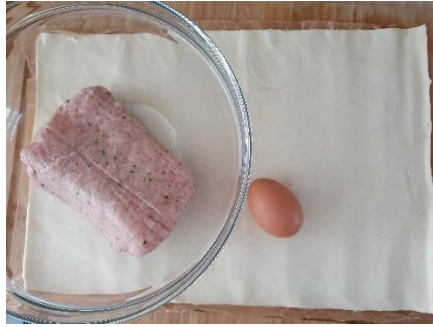


What do we do:

1. Finely shred cabbage & spring onion.
2. Finely grate carrots.
3. Mix with lemon juice, mayonnaise & salt. Serve and enjoy!

Sausage Roll

Serves 8



What you need:

- 375g ready rolled puff pastry – any pastry will work
- 375g sausage meat
- 1 egg
- Seeds for topping– swap these for chilli flakes or leave off

What do we do:

1. Roll out pastry & split sausage meat into 2.
2. Brush pastry with egg & put 2 lines of sausage meat.
3. Fold pastry over sausage meat & cut in half to make 2 sausage rolls.
4. Fold the pastry to seal or press with a fork.
5. Bake in oven for 25 minutes until golden brown at 200 degrees.

“You can’t have a picnic without a sausage roll, so why not take your favourite treat & give it a go at making it yourself?”
Guy Adams, Development Chef

Veggie Scotch Egg

Serves 4



What you need:

- 6 eggs (2 for rolling in scotch eggs)
- 1 tin chickpeas drained
- ½ onion
- 3 cloves garlic
- 1 courgette
- 3 teaspoons curry powder
- 100g breadcrumb
- Sprinkle of sea salt

"This is a great addition to any picnic, packed lunch or just a snack. Why not give it a go & see if you can create the magic of the runny egg." Guy Adams, Development Chef

What do we do:

1. Boil eggs for 4 mins 30 seconds & put into ice water.
2. Finely chop onion & garlic & fry off with courgette & curry powder.
3. Crush chickpeas with a rolling pin or blender & add to mix.
4. Leave to cool in a bowl & divide into 4.
5. Wrap each egg in divided mix & roll in egg then breadcrumbs & place on baking tray.
6. Bake in oven for 15 minutes & serve.

Fruit Fizz

Serves 4



What you need:

- 500ml fruit juice- I used an apple & mango but use your favourite
- 400ml soda water
- 100ml lemonade
- Ice- use as much as you like here

What do we do:

1. Pop your ice, and all liquids into a jug and mix.
2. Grab your favourite glasses, drop a couple of ice cubes in and pour your drinks and enjoy!

"This drink is great in the hot weather, sitting in the garden after a long day of schoolwork. Why not make a big batch and serve it up alongside our picnic?." Guy Adams, Development Chef



Jammy Dodger

Serves 4



What you need:

- 225g unsalted butter
- 125g icing sugar
- 1 teaspoon vanilla
- 2 egg yolks
- 300g plain flour
- 150g jam or lemon curd

What do we do:

1. Beat butter & sugar together until pale.
2. Beat in vanilla, egg yolks & flour until a dough & chill in clingfilm for 1 hour.
3. Unwrap dough & roll out the dough into a pound coin thickness (don't forget to dust your surface with icing sugar or flour.)
4. Stamp out 24 circles, with 12 cut a small hole in the middle (I used an oil bottle lid.)
5. Bake in the oven for 15 mins at 160 degrees or golden brown & leave to cool.
6. Spoon jam onto whole biscuit & top with hole biscuit & serve.



"This was one of my favourite biscuits as a child, now we have re-created it to take along on a picnic or just to have as a treat occasionally at home. Best bit about it, it's fun to make & the results are delicious."

Guy Adams, Development Chef

Potato & Pea Salad

Serves 4



What you need:

- 2 tablespoons low fat yoghurt – swap for low fat mayonnaise
- 3 potatoes – swap this for 6 tinned potatoes
- 180g peas (frozen or tinned)
- 2 spring onions
- 10g pumpkin seeds – this is optional
- Sprinkle of sea salt

What do we do:

1. Cut potatoes into chunky pieces & boil for 20 minutes or until cooked.
2. Cool down with cold water with peas (if frozen, will defrost them.)
3. Finely slice spring onions.
4. Mix with yoghurt & pumpkin seeds & serve.



"Make this simple potato salad & freshen it up to summer by adding the peas & the seeds for a little crunch. Great served with our spatchcock chicken or our veggie scotch egg recipes." **Guy Adams,**
Development Chef



PICNIC

Did you know?

Originally, picnics were intended to be an occasion on which everyone who came along to the outdoor 'party', brought and shared food.

Probably the earliest picnics in England were medieval hunting feasts, enjoyed in the 14th century, at which it's likely that people tucked into hams and pastries as well as other cooked meats.

In the 1930's, 'The Teddy Bears' picnic caught the public's imagination. The melody (the tune), for this little song, was written by American composer John Walter Bratton, in 1907 with the words (the lyrics), added by Irish songwriter Jimmy Kennedy in 1932.

Picnicking really took off in popularity during the Victorian period in the UK and Impressionist painters like Claude Monet and Pierre-Auguste Renoir in France loved to paint scenes of beautiful picnics with people enjoying eating out of doors in the sunshine.

SHOW ME CHEF

SHOW ME CHEF

This week we are showcasing how to chop an onion & how to spatchcock a chicken. Click on the links below and have a go this week

How to spatchcock a chicken: <https://youtu.be/FVieVjEgsv4>

How to chop an onion: <https://youtu.be/6MOSvPvOBD8>

From The Kitchen

Recipe favourites

Breakfast

French Toast

Serves 1

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

You Will Need

- 1 egg
- 100ml milk
- A Dash of vanilla extract (optional) or a pinch of ground cinnamon or mixed spice (optional)
- 2 slices wholemeal bread (white is OK if you don't have wholemeal)
- 1 tsp vegetable oil
- Frozen berries defrosted (or some canned fruit or a banana)

How You Make It

1. Whisk the egg with a fork in a bowl with the vanilla extract or spices if using, pour onto a dinner size plate.
2. Brush a frying pan with a little vegetable oil and heat. Get help from a grown up with this.
3. Lay the first slice of bread in the egg on the plate, turn over and coat the other side and then put in the pan.
4. Do the same with the other slice of bread.
5. Cook for 1 – 2 minutes each side and turn the bread over to cook the other side as well.
6. Remove from the frying pan, put on a plate to serve topped with some of your favourite fruit.



Breakfast

Fruity Breakfast Wrap

Serves 1

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

What You Will Need

- 1 tortilla wrap, wholegrain or white
- Spoonful of yoghurt
- Serving of your favourite fruit (about 80g, fresh, frozen or canned)

How You Make It

1. Warm the wrap in the oven (or use it not warmed, either way is fine).
2. Spread the wrap with the yoghurt and then pile on your favourite fruit. If it is apple or pear, you can try grating it or chopping finely. If it is frozen berries, spread them over the wrap.
If it is canned peaches for example, drain them and chop them and spread over.
If dried apricots for instance, chop up and scatter across.
3. Now fold the wrap up, put on a plate and serve.



Breakfast

Overnight Oats

Serves 1

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

You Will Need

- 40g porridge oats
- 150ml milk (you can use a milk alternative if you wish)
- Handful of seeds – chose your favourite
- Dash of vanilla extract or pinch cinnamon (both optional)
- Fruit of your choice (30g dried fruit is fine or a piece of fresh fruit like apple or about 80g of frozen or canned fruit)

How You Make It

1. Stir all the ingredients together in a bowl (except for the fruit if using fresh, frozen or canned).
2. Put in the fridge overnight.
3. In the morning (stir in the fresh fruit if using) and serve.



Lunch

Vegetable Soup

Serves 2

- ✓ **High protein**
- ✓ **High calcium**
- ✓ **High iron**
- ✓ **Low salt**
- ✓ **2 of your 5 a day**

What You Need

- Small onion, peeled and chopped
- Stick of celery, chopped
- 1 carrot, washed thoroughly and chopped (peel if you prefer)
- A clove of garlic, peeled and chopped
- Pinch dried mixed herbs
- Sweet potato or standard potato, peeled and chopped
- 250ml stock
- 250ml water
- 400g can of lentils or canned beans you have in the cupboard
- 400g can tinned tomatoes or 2 chopped tomatoes
- Chunk of cabbage shredded or a handful of green beans (frozen or canned is fine)
- 2 pitta bread

How You Make It

1. Add two teaspoons oil to a big saucepan on a medium heat and once hot add the onions, celery and carrot and cook gently, stirring regularly for about 8 minutes.
2. Stir in the garlic and herbs and cook for another minute.
3. Add the potatoes, stock, lentils (or beans) and tomatoes and cook for 20 minutes. Stir in the cabbage or green beans and cook for 3 minutes.
4. Heat up the pitta in a toaster or under a grill (or just serve unheated if you prefer), cut into strips and enjoy with your soup.



Lunch

Mediterranean Chicken Sandwich

Serves 1

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

You Will Need

- 2 slices of bread (wholemeal if possible) or a bread roll or a pitta bread
- Spoonful of hummus – (try making the hummus recipe from last week)
- 1 Teaspoon of pesto
- 50g cooked chicken (you can use canned, drained chickpeas if you prefer)
- 1 tomato, sliced
- 30g salad leaves
- Fresh basil leaves if you have some

How You Make It

1. Spread one side of the bread or roll with the hummus.
2. Mix the pesto with the chicken and pile onto the hummus and top with slices of tomato and salad leaves.
3. Top with the other slice of bread or roll top and serve.



Lunch

Fish Cakes with Tartare Sauce

Serves 2

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

What You Need

For the fishcakes

- 150g potatoes, peeled and cut into quarters
- 1 tablespoon milk
- 150g canned mackerel or salmon, drained (swap for any whitefish)
- 1 teaspoon wholegrain mustard or mayonnaise
- 50g sweetcorn (canned or frozen and defrosted) you can use peas instead
- 1 tablespoon flour
- Salad leaves
- 1 Vegetable oil

For the tartare sauce

- 2 tablespoon plain yoghurt
- A little chopped parsley / dill / coriander or spring onion
- Squeeze lemon juice
- 1 tablespoon of flour

How You Make It

1. Boil a pan of water and add salt. Boil the potato in the water for about 20 minutes until they are cooked.
2. Drain and mash with a splash of milk
3. Put the fish into a bowl and break up with a fork. Add the mustard and stir until well combined. Then mix in the sweetcorn and a squeeze of lemon juice.
4. Stir this fish mix into mashed potatoes with the herbs or spring onion.
5. Divide the mix into two and form into a fish cake Put the flour on a plate and lightly place each fish cake down on the plate on both sides.
6. Heat a non-stick frying pan with a tablespoon of oil. Once hot, add the two fish cakes and cook for 4 minutes on each side.
7. Mix the ingredients for the tartare sauce together and serve with the fish cakes. Drizzle some lemon juice over the fish cakes and tuck in!

Keep sending your recipes and creations in!

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'