

From The Kitchen

Let's Get Cooking!

Week 8

Welcome to Week 8!



Hello Students,

We hope you're doing well and we are happy to have welcomed some of you back into your school dining rooms over the last couple of weeks.

In this week's edition we are focusing on the seasonal vegetable, the cucumber. We have some amazing recipes for you to try at home; from a **chop-up salad** to even a **cucumber loaf cake**, all using the cucumber as a key ingredient.

You can actively help to **support British farmers** by tuning into seasonal vegetables 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.

Also this week, we have three of our favourite breakfast and lunch ideas. Give them a try and do take some photographs and we can share them on From The Kitchen!

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.

Cucumber

Nutrition Nuggets

Cucumber

Did you know?

We usually eat cucumbers raw and most often with their skin on. You can slice, chop or grate cucumbers for salads, sandwiches and serving with dips. They are added to yoghurt to make 'raita', which is served with curry to help dampen down the hot effects of the spices.

A 100g chunk of cucumber gives you 96g of water, so although it's a food, it helps to hydrate you when you eat it. Cucumbers have a little vitamin C and if you leave the peel on, some super nutrient pigments called carotenes.

Cucumbers wended their way from the foothills of the Himalayan mountains where they are believed to have originated from into India. From there, they wended their way through kitchens in ancient Egypt and Greece before the Romans brought them to our shores. Cucumbers belong to the same family as melons and marrows, gherkins and pumpkins and like a warm climate to grow in, which is why they do well in greenhouses.

Light meal

Chop-up Salad

Serves 4

✓ **3 of your five a day**

You Will Need

- 1 cucumber, cut lengthways and sliced
- 1 red onion, cut in half and sliced
- 2 carrots, grated
- 4 tomatoes, cut in half and sliced
- 250g sweetcorn, rinsed and drained
- 2 tablespoons olive oil
- Pinch of salt & pepper

How You Make It

1. Chop up all your vegetables and place in a large bowl.
2. Pour over your oil, salt & pepper over your vegetables and toss.
3. Serve on your favourite plate for everyone to tuck in!

Main meal

Banana Skin Curry with Zingy Cucumber Riata

Serves 4

You Will Need

For the porridge paratha

- 100g leftover cooled porridge – (you can swap for water)
- 1tbsp oil
- 1tbsp sea salt
- 100g strong flour – (I used wholemeal as had in my cupboard)

For the banana curry

- 5 banana skins (finely shredded)
- 400g chickpeas – (or any beans in your cupboard)
- 50g green beans – (swap for onions, leek or any vegetable you have)
- 1tbsp curry paste, any paste you may have
- 2 spring onions
- 1tsp sugar
- 100ml coconut milk or swap for chopped tomatoes
- Salt & pepper to taste

For the cucumber riata

- 50g Greek yoghurt, or natural will work well as well
- 10g mint, chopped or blended
- Half a cucumber, diced
- Pinch of salt

How you make it

1. To make the porridge paratha add all ingredients to a bowl & mix together with your hands.
2. Break into 10 pieces, roll out.
3. Fry in a frying pan with a touch of oil for 90 seconds on each side.
4. To make the banana curry, fry off banana skins, chickpeas & green beans.
5. Add the curry paste & coconut milk & season with salt & pepper.
6. To make the riata, mix all your ingredients in a bowl and set aside.
7. Serve the curry with the paratha.

Refreshing Cucumber Cooler

Serves 4

You Will Need

- 2 cucumbers
- 600ml soda water
- 4 limes, juiced
- Handful of mint

How You Make It

1. Chop 1 ½ of your cucumber and place it in a blender along with the mint and bend. Pass through a sieve to remove any lumps and place in your serving jug.
2. Add your ice, lime juice and soda to the cucumber mixture and mix.
3. With your leftover cucumber, use a peeler to make cucumber ribbons to decorate your glass.
4. Pop some ice in your glasses and serve.

Cucumber & Strawberry Loaf Cake

You Will Need

- 120g butter
- 200g sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 250g self raising flour
- 1 teaspoon baking powder
- Pinch of salt
- 250g cucumber, grated and well drained
- 80g strawberries, sliced

How You Make It

1. Pre-heat oven to 170 degrees and line your loaf tin with baking paper.
2. In a mixing bowl add your sugar and butter and beat until fluffy and pale in colour.
3. Add one egg at a time to your mixture and beat in. In a separate bowl add together your flour, baking powder & salt.
4. Gradually add your flour to your egg mixture until all combined.
5. Stir in your cucumber and half your sliced strawberries.
6. Pour into your loaf tin and add the remaining strawberry slices to the top of your mixture.
7. Bake for 1 hour or until an inserted knife comes out clean. Allow to cool and serve.

Breakfast & Lunch

Breakfast

Baked Bean Crumpets

Serves 1

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

What You Will Need

- 1 crumpet
- 200g baked beans
- 40g feta cheese (or other cheese of your choice for example, grated cheddar)

How You Make It

1. Toast the crumpet and warm the beans through in a small pan or in a bowl in a microwave oven.
2. Serve the beans on the crumpet, don't worry, they will spill over the crumpet a bit. Sprinkle over the feta cheese over the beans and put under a grill so that the cheese melts slightly (optional, you can just serve without grilling), and serve.



Breakfast

Speedy Scrambled Eggs

Serves 1

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

You Will Need

- 1 large mushroom or 80g small mushrooms
- 1 tsp oil
- Dash Worcester Sauce (optional)
- 2 eggs
- Pinch of black pepper
- 1 slice toast

How You Make It

1. Cut or tear the mushrooms and put in a small pan with a teaspoon of oil and the Worcestershire sauce or a little water. Put on a tight fitting lid and cook on a medium heat for 5 minutes, shaking the pan from time to time to help the mushrooms to stop sticking.
2. Meanwhile, crack the eggs into a bowl and whisk with a little black pepper if you like it. Cook on a medium heat for 30 seconds in the microwave and then for 15 second bursts (or in a pan on the hob, stirring until it is cooked how you like it).
3. Serve the scrambled eggs on the toast with the mushrooms on the side.



Breakfast

Cheese on Toast

Serves 1

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

What You Need

- 2 slices of bread, wholemeal if you have it
- 40g of grated cheddar style cheese (vegetarian version is fine if you prefer)
- Chopped chives or chopped spring onion (optional)
- Dash of Worcestershire sauce
- Sliced apple or tomato

How You Make It

1. Toast the bread, spread with the peanut butter and serve with slices of apple or tomato. If using cheese, stir the chives or spring onion into the cheese and sprinkle over the toast.
2. Put under a hot grill and once the cheese is bubbling and slightly golden brown, serve, topped with a dash of Worcestershire sauce (optional) and slices of tomato.



Lunch

Chilli Bean and Avocado Wrap

Serves 2

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

What You Need

- 50g canned red kidney beans, drained – (swap for any canned beans)
- ½ red onion, finely diced (you can use ordinary or spring onions)
- 1 tomato, diced
- 1 carrot, grated
- 15g plain natural yoghurt or mayonnaise
- Chilli sauce like Tabasco
- 1 avocado, peeled, stone removed and chopped (you can use hummus instead)
- Salad leaves
- 2 tortilla wraps

How You Make It

1. Put the beans in a bowl and crush with the back of a fork until broken up.
2. Stir in the onion, tomato, carrot and yoghurt with a dash of chilli sauce.
3. Gently mix in the avocado.
4. Lay the salad leaves on the wrap, spoon the avocado mix on top. Fold the wrap up and serve.



Lunch

Half & Half Burgers

Serves 2

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

You Will Need

- 100g canned black beans (you can use any other canned beans or lentils)
- 100g minced beef (or Quorn mince)
- 1 small egg, beaten lightly
- Black pepper (optional)
- Dash Worcestershire Sauce (optional)
- 1 tablespoon flour
- Oil
- 2 rolls, wholemeal if possible
- Light mayonnaise
- Tomato ketchup
- Lettuce, few leaves
- 1 tomato, sliced
- Slices of onion (optional)

How You Make It

1. Drain and rinse the beans and crush with a fork in a bowl. Stir in the mince, egg, some black pepper and the Worcestershire Sauce if using.
2. Split mix into two and shape each half into a burger. Dust lightly with flour.
3. Heat a non-stick pan and brush with oil. Place in the burgers and cook gently, turning once. They should be cooked through in 10 minutes. You can grill or bake them if you prefer.
4. While cooking, slice open the rolls and spread one side of each roll with mayonnaise and one side with ketchup. Lay lettuce on the bottom part of the roll.
5. Once cooked, lay the burgers on the lettuce, top with slices of tomato and onion, place on the second part of the roll and serve.

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.

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'