

From The Kitchen

Let's Get Cooking!

Week 9

Welcome to Week 9!



Hello Students,

We hope you're doing well and have managed to get outside to enjoy some of the lovely weather we have been receiving.

In this week's edition we are focusing on the seasonal vegetable, the courgette. We have some amazing recipes for you to try at home. From courgette fritters, perfect with a poached egg for a late breakfast or light lunch; to a super scrummy courgette and lemon cake.

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 another 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.

Courgette

Nutrition Nuggets

Courgette

Did you know?

While we tend to know of this vegetable as a courgette, in Italy they are called 'zucchini.'. When Italian people emigrated to America and they took zucchini plants, and the name for this vegetable, with them.

A delicious mix of tomatoes, aubergine, sweet peppers and courgette, ratatouille is a 'summery dish' and can be eaten hot or cold.

They have a mild taste and work well with the flavours from a wide range of herbs including parsley, chives and basil. Courgettes are tasty poached or baked. You can stuff them, cut into small sticks and gently cook with garlic in olive oil; use them in a tray of roasted vegetables or in a classic French dish known as 'ratatouille', which was first created in the town of Nice in the south of the country.

The oldest remains of the marrow and squash family have been traced back to between 7,000 – 5,000BC in Mexico, where they were a part of the local, staple diet, which also included corn and beans.

Courgettes grow well in cooler countries and this explains why British farmers have, plenty to sell at this time of the year. Unlike their close relatives, pumpkin and squash; courgettes have no tough outer skin to contend with and are easy to cook and eat.

In Italy, the flower from the courgette plant, which grows at the end of the vegetable, is stuffed and then deep fried as a special delicacy.

Courgettes are 'baby' marrows and if they were not cut when young at between 12 – 25cm in length (that's around half to a whole long ruler), they would go on to grow into full-size marrows. Belonging to the same family as marrows, squashes and pumpkins, like these vegetables, courgettes also grow on the ground and have long, trailing stems.

Light meal

Courgette fritters

Serves 2

✓ **1 of your five a day**

You Will Need

- 2 Courgettes
- 2 tablespoons flour (any you have will work)
- 1 teaspoon Cumin
- Flat leaf Parsley
- 25g parmesan, grated
- 1 tablespoon olive oil

How You Make It

1. To make the fritters grate the courgette finely.
2. Once grated mix all other ingredients together & beat until all combined.
3. Take a tablespoon of mixture and fry off in the oil until golden brown & cooked all the way through. Repeat until you have used all the mixture.
4. Serve with a little salad or a poached egg on top

Drink

Courgette, apple, mint & lemon juice

Serves 4

You Will Need

- 2 Courgettes
- 4 apples
- 1/2 lemon, juiced
- Handful of mint

How You Make It

1. Chop your courgettes and apples in half and put through your juicer with your mint.
2. Once juiced add in your lemon juice.
3. Pop some ice in your glasses and serve.

Courgette and lemon drizzle cake

You Will Need

- 115g butter or margarine
- 190g caster sugar (115g for your cake & 75g for your lemon syrup)
- 115g Self-Raising Flour
- 2 lemons
- 1 courgette, grated

How You Make It

1. Preheat oven to 180°C & line a tray with baking parchment.
2. Cream your butter & sugar together then fold in the zest of lemons & the rest of the ingredients together.
3. Spread evenly in your baking tray & bake at 180°C for 20-25 mins.
4. Meanwhile, mix juice of 2 the lemons & 150g caster sugar together over a low heat.
5. Prick the cake, once you have allowed time for it to cool, with a skewer & pour over drizzle.
6. Cut into equal portions and serve.

Breakfast & Lunch

Breakfast

Homemade Apple Muesli

Serves 1

- ✓ **High fibre**
- ✓ **High calcium**

You Will Need

- 40g porridge oats
- 1 teaspoon of your favourite seeds
- 1 - 2 teaspoons dried fruits like sultanas, raisins, chopped dates or dried apricots
- 1 apple or pear, grated or chopped
- Pinch of cinnamon (optional)
- Approximately 150ml milk or dairy alternative of your choice

How You Make It

1. Mix together the oats, seeds and fruit and cinnamon if using.
2. Stir in the apple or pear and serve with milk.



Breakfast

Boiled Egg & Toast

Serves 1

✓ **High protein**

What You Will Need

- 1 or 2 eggs
- 1 or 2 slices of wholemeal bread
- A glass of orange juice

How You Make It

1. Add the eggs to a boiling pan of water and boil for your preferred length of time.
2. About 4 minutes for a soft egg and 5 – 6 minutes if you prefer your boiled eggs hard.
3. Toast the bread, cut into 'soldiers' and serve with the eggs, along with a 150ml glass of juice.



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

Hearty Lentil Soup

Serves 2

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

What You Need

- 1 tablespoon of olive oil or vegetable oil
- 1 small onion
- 1 carrot
- 1 clove garlic
- 400g can of tomatoes
- 150g brown lentils
- 600ml water
- Black pepper
- Fresh basil (optional)
- Lemon juice fresh or from a squeezey lemon (optional)
- 2 slices of toast cut into small squares

How You Make It

1. Heat the oil in a pan and gently cook the onion and carrot for 5 – 8 minutes until onion is tender. Stir occasionally to avoid sticking.
2. Add the garlic and then stir in the tomatoes. Bring to the boil and then lower the heat so that tomatoes are simmering.
3. Stir in the lentils and some black pepper. Partially cover with a lid and simmer for 30 minutes until lentils are tender.
4. Puree the soup with a hand blender or an upright blender. Return to the pan, add a squeeze of lemon (optional) and serve in bowls topped with the toast 'croutons'.



Lunch

Cheese & herb muffins

Serves 2

✓ **2 your 5 a day**

You Will Need

- 75g self-raising flour
- ½ teaspoon baking powder
- 75g cheddar cheese, grated
- 50g baby spinach leaves
- 10g butter or spread
- 50ml milk
- 1 egg
- Handful freshly chopped chives (spring onion or handful of onion finely diced)
- Black pepper
- Vegetable / fruit sticks (carrot, cucumber, peppers, sliced apple)
- 2 warmed pitta

How You Make It

1. Preheat oven to 180oc / 350oF / Gas 4.
2. Mix the flour, baking powder and 3/4 of the cheddar.
3. Put the spinach in a bowl, cover and microwave for 3 minutes. Stir in the butter, milk, egg and chives. Season with some black pepper.
4. Spoon into four paper muffin cases, dividing mix up evenly between them and put in a muffin tin if you have one. Otherwise, pack tightly together on a baking tray. Bake for 18 – 20 minutes.
5. Remove muffins and serve with the vegetable / fruit sticks and a warm pitta cut into strips.



Lunch

Quick Pesto Pasta

Serves 1

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

You Will Need

- 60g – 80g brown pasta depending on preferred portion size
- 2 teaspoons green or red pesto sauce
- 1 tomato, diced
- Chunk of cucumber, diced
- 2 black olives (optional), chopped
- 40g feta cheese (or other cheese like cheddar that you have in the fridge)
- Squeeze lemon juice
- Black pepper (optional)

How You Make It

1. Cook pasta according to pack instructions, drain, stir in the pesto and allow to cool.
2. Stir in the tomatoes, cucumber and olives.
3. Crumble the feta (or grated cheddar) on top, squeeze over the lemon juice, grind over the black pepper and serve.



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'