

CH
& CO

MAKING EVERY MOUTHFUL COUNT



FROM THE *Kitchen*

21 SEPTEMBER 2020



THE TERM AHEAD

In CH&CO Education we haven't lost our focus on intrinsically nutritious food and this term we're looking to make every mouthful count for every child.

I also want to continue to reassure everyone that at this time and for the foreseeable future everything that we do has safety first at its core.

Our four pillars of **feeling good, enjoyment, society** and **sustainability** remain in the forefront of every meal, we serve every day and my dedicated team will ensure these core values will continue to be reflected throughout our kitchens and dining rooms.

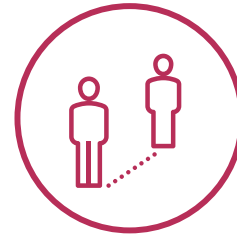
Deborah

Deborah Homshaw
CH&CO Education MD

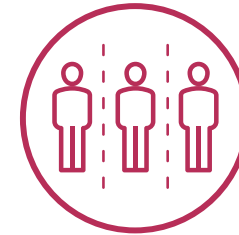


Safety first

In an ever changing landscape, we are constantly reviewing and adapting safety measures within your school environment.



Limiting the people in our dining rooms



Practising physical distancing



Working to introduce flexible timings for lunch



Introducing new menus and products



Introducing extra cleaning procedures



Washing hands after every interaction



Ensuring our teams have access to PPE



Applying the Government's 5 Covid-19 Steps



THANK-YOU
FOR HELPING US
ALL TO STAY SAFE



FOREST bathing

Our Nutritionist Amanda Ursell highlights the role that nature can play in taking some time to relax and recharge.

Forest Bathing sounds like a woke-craze, but as Japanese scientists have discovered, simply walking in a forest (no swimming costumes needed!), can lower stress levels while improving memory, concentration and immunity.

While few of us have a forest on our doorstep, simply walking in a local park can have a positive effect on our health. So too can taking a moment to stop and listen to birds singing or peering closely at a tree you normally rush past.

Even noticing weeds can help! Look carefully and you can see how these tenacious little plants can grow in the most unlikely places. Forcing their way through the cracks in a pavement; prising their way through a slit in a wall or muscling their way in between flowers in a window box.

So why not find time to slow down a bit? To listen to your own breathing and have a bit of 'me time' while looking at nature? It may be just what you need to help you to relax and recharge your mood a little, before dealing with your next task of the day.

POTATO & BROCCOLI CROQUETTES

Serves 12

Recipe

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

Potatoes

ALTHOUGH WE TEND TO THINK OF POTATOES AS A 'STARCHY CARBOHYDRATE', WHICH PUTS THEM IN THE SAME CATEGORY AS BREAD, PASTA AND RICE, POTATOES ARE BOTANICALLY A VEGETABLE AND ARE RELATED TO TOMATOES AND PEPPERS...BUT ODDLY, NOT TO SWEET POTATOES.

INGREDIENTS

400g floury potatoes, large ones cut in half

150g broccoli, broken into florets

1 egg yolk

40g mature cheddar, grated

60g fresh breadcrumbs

For the crust

20g plain flour

2 medium eggs, beaten

100g fresh breadcrumbs

¼ tsp mixed dried herbs

4 tbsp olive oil

METHOD

1. Put the potatoes in a medium saucepan and just cover with cold water. Bring to the boil and simmer for 14-16 mins until completely cooked through. Drain and mash well, then put back in the saucepan over a low heat and cook for 1-2 mins, stirring constantly – this will remove excess moisture.
2. Meanwhile, bring a small saucepan of water to the boil, add the broccoli and simmer for 6-7 mins until tender. Drain really well and pat dry with kitchen paper (it's important to do this thoroughly as excess water will make the croquettes a little wet). Finely chop the broccoli, then add to the mashed potato with the egg yolk, cheese and breadcrumbs. Divide the mixture into 12 equal balls and roll each one into a short sausage shape. Chill for 10 mins in the freezer.
3. Mix the bread crumbs and herbs and put the flour, beaten eggs in three separate bowls. Roll the croquettes in the flour, dip in the beaten egg, then roll in the sesame seeds.
4. Heat the oil in a large, non-stick frying pan and fry the croquettes on a low-medium heat for 4-5 mins, turning frequently for an even, golden colour. Drain on kitchen paper and serve with a dip of your choice.



Click here →

To see how we're making some Supermarket Swaps



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!

I DID YOU *know*

You can make some of our delicious meals yourself at home. In our video Coco and Freddie show us how to make a delicious curry. Why not give it a try tonight?



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