

A kitchen scene featuring various ingredients. In the foreground, there's a white bowl filled with butter cubes, a white bowl with sugar and a wooden spoon, and two brown eggs, one of which is cracked. In the background, there's a glass jar of honey and more wooden spoons.

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 LUNCHES WEEK SIX
OWEN'S TASTY HALF TERM TREATS**

FROM THE *Kitchen*

WEEK SIX

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 BAKING



We hope you are all keeping safe and well. We're delighted to bring you our half term tasty treats special this week so you can enjoy some time baking at home.

We've also included week six of Amanda's nutritionally based lunch plan to make sure that none of your ingredients from Week 5 go to waste.

Happy baking and happy eating.

Kitchen Team

Your Kitchen Team





AMANDA'S LUNCHESES

FOR TWO PUPILS FOR **UNDER £10**

WEEK
SIX

From our Nutritionist Amanda Ursell

Each day, the lunches have been structured around the five pillars of a healthy packed lunch which involves the colour annotated food group below. The 'treat' snacks are based on the 'school friendly' style ones, allowed in packed lunches at school.



Serving of protein-rich food for growth and development



A serving of carbohydrate, preferably wholegrain, for energy



Serving of calcium-rich food to support growing bones



A serving of vegetables and fruit towards your five a day



And a drink for hydration

I've put a 'treat' food in each day as well, although I know not everyone will see a hot cross bun as a treat to begin with! This is partly about normalising the lower sugar options and using them to replace the higher sugar, fat and salt options of cakes, biscuits, ready-made puddings, crisps and other savoury snacks.

Monday

TUNA PASTA

Cook 160g of **pasta** according to pack instructions. Drain, rinse under cold water, drain again and put in a bowl. Stir in one tablespoon of olive oil and put to one side. Open a can of **tuna** put into a bowl. Cut a third of the **cucumber** into small cubes and mix with the tuna. Stir into the pasta with some black pepper (optional) and a dash of lemon juice. Divide between two bowls and serve. Open the can of **peaches** and put into a bowl. Top each bowl with 125g of the **yoghurt**. Divide between two bowls and serve, followed with 1 slice of **fruit loaf** each.

Tuesday

BAKED BEANS ON TOAST

Open the can of **baked beans** (also counts as **vegetable**) and heat through. Toast four slices of **wholemeal bread** and serve the beans divided between the slices. Serve some **cucumber** batons on the side. Make a banana smoothie using 400ml of **milk** and two **bananas** (serve bananas and milk separately if you prefer). Have a **Hot Cross Bun** to follow.

Wednesday

CHICKEN AND TOMATO WRAP

Grill the two **chicken drumsticks** under a medium grill, turning regularly. Once cooked, allow to cool, remove the skin, pull off the meat and chop. Mix with two chopped **tomatoes**. In a cup whisk a tablespoon of olive oil with some lemon juice and black pepper to season (optional). Mix into the chicken and tomato and use to fill two **wraps**. Follow with a slice of **fruit loaf**, a 200ml glass of **milk** and an **apple** each.

Thursday

BEAN AND PASTA SOUP

Cook 100g **pasta** according to pack instructions. Drain and put back in the saucepan with the can of **bean soup**. Heat through and serve. Divide the remaining 250g of **yoghurt** between two bowls and chop a **banana** into each (or eat separately if you prefer). Have a **Hot Cross bun** each to follow.

Friday

TUNA SANDWICH

Open a can of **tuna** and mix with a chunk of diced **cucumber**. Add a tablespoon of salad cream or olive oil and a little dash of lemon plus some black pepper (optional). Mix and use to make a tuna sandwich using two slices of **bread** per sandwich. Follow with a 200ml glass of **milk** an **apple** and a **Digestive biscuits** each.

Shopping List

- 2.27l semi-skimmed milk £1.10
- Wholemeal loaf 1 x 400g loaf 45p
- Peaches x 400g can 33p
- Bananas x 5 small 80p
- Tuna 3 x 140g cans 200p
- Pasta shapes 500g 55p
- Yoghurt natural x 500g 45p
- Cucumber x 1 43p
- Soup Three Bean x 400g 50p
- Chicken thighs x 2 and chicken drumsticks x 2 £1.00
- Apples x 6 mini 85p
- Hot Cross Buns x 6 £1.00

Total: £9.46

DON'T WORRY NOTHING WILL BE WASTED WE'LL USE THESE EXTRAS IN NEXT WEEKS MENU:

- 1.76ml semi-skimmed milk
- Hot Cross Buns x 2
- 1 x 140g can tuna
- 1 x banana
- 2 x apples
- 2 x tortilla wraps
- 2 chicken thighs
- 12 slices wholemeal bread
- 2 slices fruit loaf
- 240g pasta



OWEN'S TASTY HALF TERM TREATS

DARK CHOCOLATE BROWNIE

Makes 8

Recipe

INGREDIENTS

125g dark chocolate

125g butter or margarine

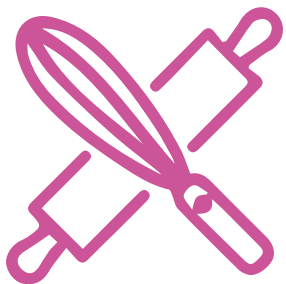
3 eggs

275g caster sugar

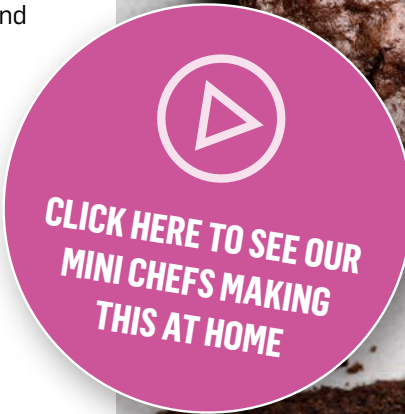
225g self-raising flour

METHOD

1. Pre heat the oven to 160°C.
2. Melt chocolate and butter together in a bowl over simmering hot water.
3. Whisk eggs and caster sugar until light and fluffy.
4. Fold the two mixtures together then sieve the flour into the mixer and fold in.
5. Pour into a lined baking tray 15cm x 20cm.
6. Bake until set, remove from oven, cover with a clean cloth over the brownie and pat down. Then remove the cloth and allow to cool.



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



HALF TERM IS THE PERFECT TIME TO PERFECT YOUR BAKING SKILLS.

Owen and his mini chefs are baking up some delicious brownies this week and we've also included a selection of tasty treat videos so you can choose your favourite to make at home.

Happy Baking



FLAPJACKS



CARROT AND BANANA MUFFINS



CHOCOLATE CHIP SHORTBREAD