

CH
& CO

LEARNING FROM HOME

In this edition

AMANDA'S LUNCHES WEEK ONE
SEASONAL INGREDIENT CAULIFLOWER
SUPERMARKET SWAPS SAUSAGE & MASH
SUNDAY SPECIAL

PLUS RECIPES & MUCH MORE...

FROM THE *Kitchen*

13 JANUARY 2021

LET'S GET COOKING



We hope you are all keeping safe and well. Now that we've made the change from learning in school to learning from home we wanted to bring you a selection of easy to make **recipes, cooking tips and nutritional information** to help you plan ahead and make the most of every mouthful.

This week we're looking at our seasonal vegetable **cauliflower**, our Consultant Nutritionist, Amanda has put together a nutritionally based weekly lunch plan that costs £5 per child per week and we've also got our Sunday specials from our Head of Food, Owen and our Development Chef, Guy.

We're always delighted to see what you have been cooking, so if you would like to send us your pictures, you can email these to: educonference@chandcogroup.com



Happy Cooking and Happy Eating,

Kitchen Team

Your Kitchen Team

But 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.



AMANDA'S LUNCHESES

FOR TWO PUPILS FOR **UNDER £10**

WEEK ONE

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 fruit scone 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 'MAYO' SANDWICH

Make up two **wholemeal bread** sandwiches, first by spreading each slice of bread with a little salad cream (you can make a 'Double-Decker' version, using four slices of bread for older children). Open and drain the **tuna**, put half in a bowl, covered with clingfilm, in the fridge and mix the other half with a chunk of diced cucumber and 1 – 2 tablespoons salad cream to bind the ingredients. Use to fill the sandwiches. Serve 160g of **natural yoghurt** divided between two bowls and top or mix in a chopped mini **pear** to each. Follow with a **Hot Cross Bun** and have lunch with a **glass of water**.

Tuesday

CHEESEY PITTA POCKETS

Warm **2 wholemeal pitta** and cut both in half forming four pockets. Mix **80g cheddar** (cheddar is also **dairy** so kills two birds with one stone) with a grated **carrot** and use to stuff the pockets. Follow with a **mini apple and fruit scone** each. Have with a **glass of water**.

Wednesday

EGG SARNIES

Boil **two eggs** until hard. Cool, peel and chop up in a bowl. Stir in 1 – 2

tablespoons of salad cream to make an egg mayonnaise. Use to make two rounds of sandwiches with the **wholemeal bread**. Serve with some **cucumber sticks** on the side. Divide 160g of **natural yoghurt** between two bowls. Open the peaches, cut them up into pieces and use to top the yoghurt. Serve a **Hot Cross Bun** each to follow. Have with a **glass of water**.

Thursday

TUNA AND CUCUMBER PITTA

Warm **2 x pitta** and cut in half to create pockets. Mix the other half of the **canned tuna** with 1 – 2 tablespoons of salad cream and mix with diced **cucumber**. Eat along with some **carrots**, which have been peeled and cut into batons on the side. Divide the remaining **yoghurt** between two bowls and mix in a chopped **pear** to each. Follow with a **fruit scone**. Have a **glass of water**.

Friday

CHEESE SANDWICH

Spread 4 slices of **wholemeal bread** lightly with salad cream. Grate 80g of **cheddar** and divide between two slices of the bread. Top with slices of cucumber and top and make into sandwiches. Serve with a **sliced apple** each and followed with a **Hot Crossed Bun**. Have a **glass of water** for hydration.

Shopping List

(Based on current Sainsbury's prices)

- 800g wholemeal loaf medium sliced **55p**
 - Cheddar 230g **£1.50**
 - Wholemeal pitta wraps x 8 **45p**
 - Eggs x 6 Woodland Freerange **90p**
 - Yoghurt, plain, 500g Mary Ann's **45p**
 - Tuna 160g canned in sunflower oil **£1.05**
 - Scones x 6 **£1.00**
 - Hot Cross Buns x6 **85p**
 - Salad cream. 440g Hubbard's Foodstore **59p**
 - Pear mini x 5 **60p**
 - Apples Mini x 6 **85p**
 - Peaches, canned. 411g **33p**
 - Carrots Imperfect x 1kg **40p**
 - Cucumber x 1 whole **43p**
- Total = £9.95**

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

- 8 slices of wholemeal bread
- 4 x wholemeal pitta
- 4 eggs
- 70g cheddar
- 700g carrots
- 1 pear
- 2 apples

WE HAVE INCLUDED ONE
CAULIFLOWER DISH AND ONE
DISH WHERE YOU CAN ENJOY
CAULIFLOWER ON THE SIDE.

Cauliflower

CAULIFLOWERS MAY SEEM LIKE A TYPICALLY BRITISH VEGETABLE, BUT THEY ARE BELIEVED TO HAVE ORIGINATED IN ITALY AT THE END OF 1400'S. THEY HAVE A SINGLE STEM WITH A ROUND HEAD OF TIGHTLY PACKED, UNDER-DEVELOPED WHITE FLOWER BUDS, WHICH IS THE PART WE EAT.

HARISSA CAULIFLOWER STEAK WITH WARM TABBOULEH Serves 5

Recipe

INGREDIENTS

- 1 large cauliflower
- 3 tbsp harissa paste
- 2 lemons zest & juice
- 90ml rapeseed oil



CLICK HERE TO WATCH OUR
DEVELOPMENT CHEF, GUY,
COOK UP ANOTHER
DELICIOUS RECIPE

METHOD

1. Preheat the oven to 200°C. Line a gastro tray with parchment paper.
2. Remove the leaves from the cauliflower, and trim the stem, leaving the core intact. Cut the cauliflower into 5 thick slices and lay all the cauliflower slices on the lined gastro tray.
3. Mix together the harissa paste, lemon zest, juice and rapeseed oil. Spread the mixture all over the cauliflower slices and season.
4. Roast for 25–30 minutes, turning halfway, until deep golden brown and caramelised
5. Serve with Tabbouleh .

Related to other so-called 'brassica' vegetables like broccoli and Brussels sprouts, cauliflowers give us vitamin C, which we need for our immune systems, fibre for our digestion and some fascinating super-nutrients.

Great in curries and stir-fries, cauliflower is also delicious served in a cheese sauce as 'cauliflower cheese' and can even be stuffed and roasted.



SAVE
£1.13
PER PERSON AND
7g FAT

| SUPERMARKET

SAUSAGE AND MASH * READY MEAL Vs HOMEMADE

Swaps

* If you don't eat pork why not replace with meat free sausages.

SAINSBURY'S SAUSAGE AND MASH READY MEALS FOR FOUR PEOPLE

WHAT YOU NEED

4x 400g packs Sainsbury's sausage and mash ready meal
Total Cost Per Serving: £2.00
Total Cost Per Four Servings: £8.00

Per serving: 468kcal, 19g protein, 22g fat, 9g saturated fat, 46g carbohydrate, 6.7g sugars, 5g fibre, 2.3g salt

HOMEMADE SAUSAGE AND MASH WITH BROCCOLI FOR FOUR PEOPLE

WHAT YOU NEED

Pack of eight Sainsbury's pork sausages 454g, £2.00
Bag of Sainsbury's potatoes, 2.5kg bag, £1.50
Bag of Sainsbury's frozen broccoli, 1kg, £1.00
Total Cost Per Serving: 87p
Total Cost Per Four servings: £3.48
Spare Ingredients: 1.25kg potatoes, 870g broccoli.

Per serving: 524kcal, 27g protein, 15g fat, 5g sat fat, 87g carbs, 8g sugars, 11g fibre, 2.0g salt

WHAT TO DO

Weigh out roughly 315g of potatoes per person. Peel, cut into quarters and cook in a pan of water, very lightly salted for approximately 20 minutes. While cooking, grill the sausages according to pack instructions. Cook the broccoli from frozen in briskly boiling water for 4 minutes and drain. After 20 minutes, check that the potatoes are cooked through, drain and mash with some milk and black pepper until smooth. Start with around 20ml of milk per person and add more if necessary. Serve the mash with the sausages and broccoli.

NUTRITIONAL ADVANTAGES:

The homemade version has the immediate advantage of having the added broccoli, which counts as one of your five a day of fruits and vegetables. In addition, it provides **8g** more protein, with the homemade version giving both men and women half their protein needs for the whole day. It has **7g** less fat and **4g** less saturated fat per serving as well as **6g** more fibre compared with the shop bought ready meal, which is over a third of your fibre needs for the day. Finally, the home-made version of this meal has slightly less salt and you are left with potatoes and broccoli for future meals.

I SUNDAY SPECIAL

CHOCOLATE CHIP SHORTBREAD

Makes 30-36

Recipe

INGREDIENTS

400g plain flour

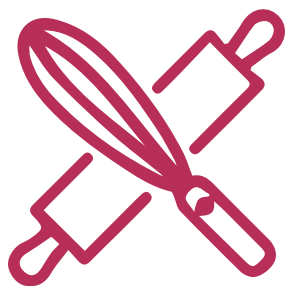
250g butter

125g caster sugar

60g chocolate chips

METHOD

1. Preheat oven to 180°C.
2. Mix flour, butter, caster sugar, chocolate chips into a dough.
3. Once the dough has formed roll into a sausage around the thickness of a rolling pin, wrap in cling film and chill for 20 mins in the fridge or until required.
4. When required remove from the fridge and cut the number of shortbreads required to a thickness of 5mm & place into to lined baking sheet and bake for 12 mins.
5. Rewrap the dough and put back into the fridge ready for next time.



BRINGING YOU SOME TASTY TREATS YOU CAN PREPARE OVER THE WEEKEND TO USE DURING THE WEEK.



**WATCH OUR
MINI CHEFS AS THEY
SHOW US HOW
IT'S DONE**



WE HOPE YOU HAVE ENJOYED OUR FIRST LEARNING FROM HOME EDITION OF THIS TERM

Next week's edition will include the second week of Amanda's packed lunches so make sure you keep your left-over ingredients from this week, so you have them ready for next week's menu.

Owen will be bringing us his Sunday special as well as a selection of recipes that focus on seasonal produce. Don't forget we love to see the items that you have made whilst you're at

home so please do email your pictures so we can feature them in our future editions.

From our kitchen to yours.

Kitchen Team

Your Kitchen Team

Email your pictures to:
EDuConference@chandcogroup.com

Inquisitive, inclusive and motivated

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 learning from home.**

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!



CH&CO

550 Thames Valley Park, Reading, Berkshire, RG6 1PT

T: 03330 141 777 www.chandcogroup.com