

CH
& CO

LEARNING FROM HOME

In this edition

AMANDA'S LUNCHEAS WEEK THREE

SEASONAL INGREDIENT PARSNIPS

SUPERMARKET SWAPS ROAST POTATOES

SUNDAY SPECIAL CAULIFLOWER CHEESE

PLUS RECIPES & MUCH MORE...

FROM THE *Kitchen*

WEEK THREE

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 COOKING



We hope you are all keeping safe and well. We're delighted to bring you a further 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 parsnip, our Consultant Nutritionist, Amanda brings you week three of her nutritionally based lunch plan that costs £5 per child per week.

We've also got new Sunday specials from our Head of Food, Owen.

Happy Cooking and Happy Eating,



Kitchen Team

Your Kitchen Team



AMANDA'S LUNCHES

FOR TWO PUPILS FOR **UNDER £10**

WEEK
THREE

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

HUMMUS AND TOMATO WITH PITTA

Divide the **hummus** between two plates and warm two **pittas** under the grill or in the toaster and cut into strips to serve with the hummus. Using up two **tomatoes** from last week, finely chop and mix in with hummus or serve on the side. Have a slice of **fruit scone**, a **banana** each and 150ml **milk** (also **hydration**).

Tuesday

TUNA PASTA SALAD

Cook 80g of **pasta** per child, drain and cool. Mix the contents of half of the can of **tuna** with 2tbs canned **sweetcorn** and 1 – 2 tablespoons salad cream. Put the rest of both the tuna and sweetcorn in small bowls in the fridge, covered with clingfilm or in a plastic container with a lid in the fridge. Once the pasta is cooked, drain and mix in the tuna a sweetcorn. Follow with an **apple** each from last week and a **fruit scone** along with a 150ml drink of **milk** (also **hydration**).

Wednesday

CHEESE AND SWEETCORN PITTA POCKETS

Grate 40g of **cheddar** (also **calcium**) for each child and mix with the remaining **sweetcorn**. Use to fill two **pittas**, which have each been cut in half. Peel and cut up two **oranges** from last week and mix in with 125g of **natural yogurt** (each) to follow, then a **fruit scone** each and a drink of **water**.

Thursday

BEANY COUS COUS

Prepare 100g of **cous cous** left from last week according to pack instructions. Open and drain a 300g can of **mixed beans** and mix in with the cooled cous cous along with a chunk of diced **cucumber**. Have **banana** each and a **fruit scone** with a 150ml drink of **milk** (also **hydration**).

Friday

RED PESTO PASTA

Cook 80g of **pasta** per child, drain and mix with a tablespoon of red pesto sauce and a tablespoon of grated **cheddar**. Portion out 125g of **natural yoghurt** in a bowl and top with the remaining half the can of the canned **peaches** in each, plus a **banana** each. Follow with a **fruit scone** each.

Shopping List

(Based on current Morrisons prices)

- Hummus x 200g £1.25
- Wholegrain pitta x 8 45p
- Tuna x 145g 63p
- Sweetcorn x 326g 40p
- Can mixed beans 300g 60p
- Cheddar 250g £1.90
- Red pesto 190g £1.00
- Milk 1.31l 91p
- Canned peaches 240g 33p
- Fruit scones x 10 50p
- Yoghurt x 500ml 45p
- 1 cucumber 50p
- Bananas Little Kitchen x 6 £1.00

Total: £9.52

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

- 4 pitta
- 110g cheddar
- 580g cous cous
- 320g pasta
- ¼ cucumber
- Half jar 95g red pesto sauce



Parsnips

YOU CAN ENJOY PARSNIPS BOILED, ROASTED AND MASHED WITH OTHER ROOT VEGETABLES LIKE SWEDE TO ADD VARIETY.

ROASTED PARSNIPS WITH GARLIC & THYME Serves 4

Recipe

INGREDIENTS

- 600g parsnips
- 4 tbsp sunflower oil
- Salt and pepper to taste
- 3 sprigs of thyme plus extra for garnish
- 4 garlic cloves, lightly crushed
- 3 tablespoons runny honey

METHOD

1. Preheat your oven to 220°C. Peel and slice parsnips lengthways (keep the peeling to turn into crisp) and place in a shallow roasting tray and drizzle with the sunflower oil, add salt and pepper, leaves of the thyme and the garlic.
2. Toss everything together, so the parsnips are well coated, then arrange on the tray.
3. Place the parsnips in the preheated oven and roast for 20 minutes.
4. After 20 minutes remove from the oven, turn all the parsnips over, then drizzle with the honey. Return to the oven for a further 10 minutes or until the parsnips are golden and crispy and just starting to go brown at the edges.
5. Remove from the oven and serve scattered with a little more thyme for garnish.



Wild parsnips grow naturally throughout southern Europe and were cultivated by the Romans. It was not until the Middle Ages however that their thicker, juicier cultivated relatives became popular in the UK.

Parsnips have twice the fibre compared with potatoes but around the same amount of energy and vitamin C, a vital nutrient for your immune system.





SAVE
16.5p
PER PORTION AND
46 kcal

| SUPERMARKET

AUNT BESSIE'S ROAST
POTATOES VS HOMEMADE

Swaps

AUNT BESSIE'S ROAST POTATOES

WHAT YOU NEED

1x 800g pack Aunt Bessie's Roast Potatoes

Total Cost Per Serving (2x potatoes): 26p

Total Cost Per Eight Servings (1x bag): £2.10

Per serving: 125kcal, 2.5g protein, 2.4g fat, 0.3g sat fat, 22g carbs, 0.1g sugars, 3g fibre, 2.5g protein, 0.4g salt

HOMEMADE ROAST POTATOES

WHAT YOU NEED

1x 2.5kg bag white potatoes (95p)

200ml sunflower oil spray (£1.50)

Total Cost Per Serving (2x potatoes): 10p

Total Cost Per 25 Servings (1x bag potatoes): £2.45

Per serving: 79kcal, 1.8g protein, 0.5g fat, 0.1g sat fat, 16g carbs, 0.8g sugars, 1.6g fibre, 0.2g salt

VERDICT:

The home-made roast potatoes save you 16.5p per serving. In practice, you could make the amount, of roast potatoes you need from the 2.5kg bag and use those left for other meals, making them into boiled or mashed potatoes for instance as well.

The home-made potatoes also score better nutritionally. They have 46 fewer calories, 1.9g less fat and half the salt compared with the shop bought version of roast potatoes.



SUNDAY SPECIAL

CAULIFLOWER CHEESE Serves 4

Recipe

INGREDIENTS

1 Cauliflower, broken into large florets

Cauliflower, leaves sliced

3 tbsp butter or margarine

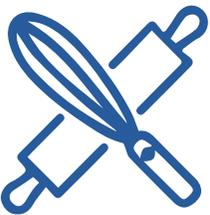
1 garlic clove, finely chopped

1 tsp English mustard powder

3 tbsp plain flour

500ml whole milk

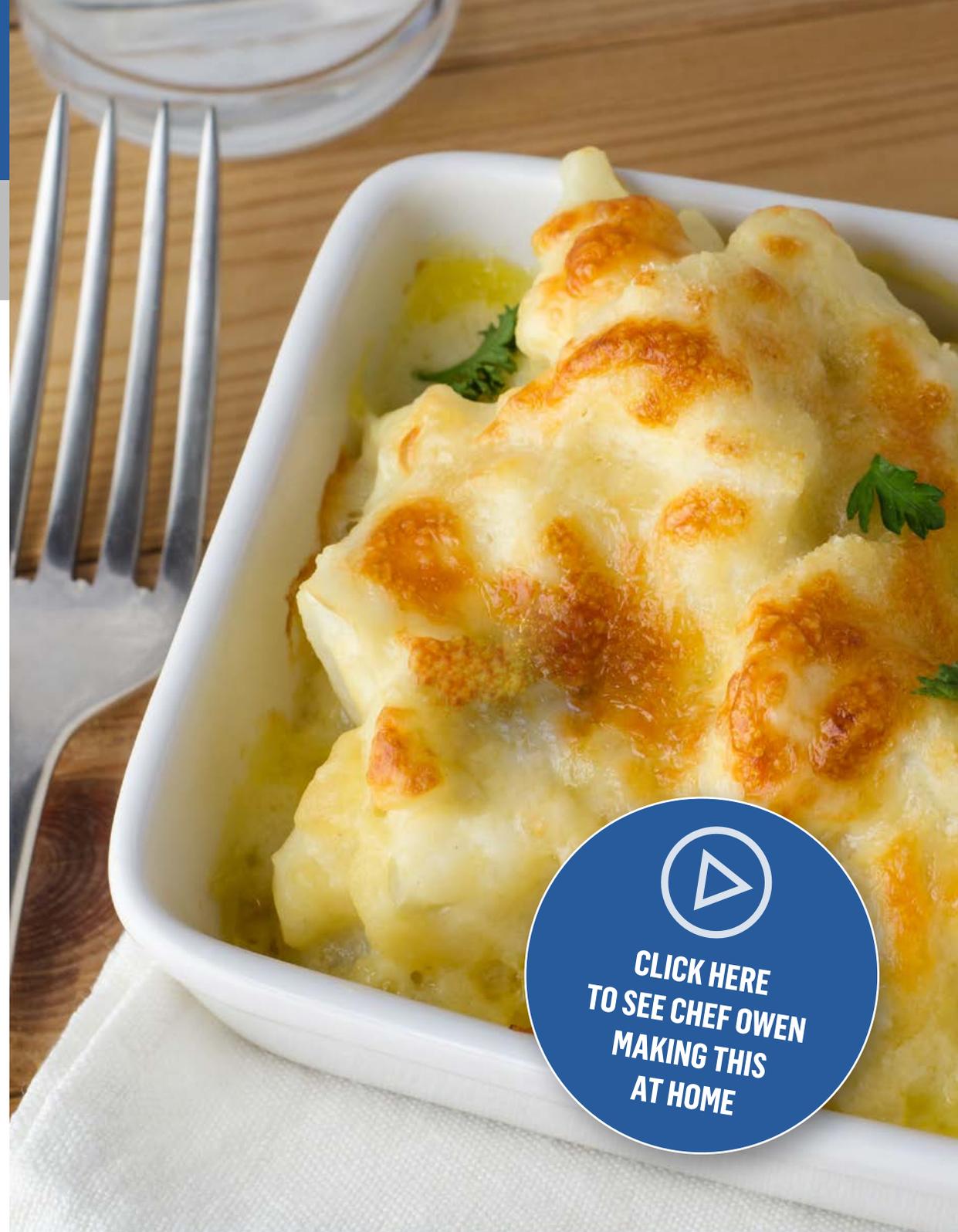
200g mature cheddar, grated



METHOD

1. Heat the oven to 200°C. Pan fry the cauliflower leaves until just soft, then set aside.
2. Wash the cauliflower thoroughly and place in a large saucepan of salted water. Bring to the boil and cook for 3–5 minutes, until the cauliflower is almost tender, but still fairly firm. Tip into a colander and leave to drain.
3. Meanwhile, melt the butter in a saucepan. Add the garlic and English mustard powder, cook for 1 minute, then stir in the plain flour.
4. Cook for another minute, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in 150g of the mature cheddar.
5. Tip the cauliflower florets into a large ovenproof dish, scatter over the cauliflower leaves and top with cheese sauce and the rest of the cheddar cheese and bake for 25-30 minutes until crisp and golden.

BRINGING YOU DELICIOUS DISHES YOU CAN PREPARE OVER THE WEEKEND TO USE DURING THE WEEK.





WE HOPE YOU HAVE ENJOYED THIS WEEK'S LEARNING FROM HOME EDITION

In next week's edition we will be continuing with 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 a delicious muffin recipe as his Sunday special as well as a selection of recipes that focus on our seasonal vegetable, carrots.

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.

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!



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