

From The Kitchen

Let's Get Cooking!

Week 2

Welcome to Week 2!



Hello students!

We hope you're keeping well and **enjoyed our first edition** of From The Kitchen! Our nutritionist Amanda Ursell has popped together a little sneaky peak **podcast** to get you excited for this week's culinary journey. **Click the link to find out more: <https://youtu.be/79MW1h3UMA>**

We have created some **simple dishes** you may like to try cooking together with your parents or carer at home. We've given you a suggestion for **both breakfast and lunch every day**, although you can easily make the lunchtime meal for dinner instead! These meals taste great and are packed full of the kinds of ingredients that help you **feel energised** throughout the day.

If you can't find some of the ingredients we mention in the cupboard or fridge, don't worry! We've given you other options you can substitute in. These are ideas and you can play around to make them work for you- get creative! Everyday we have '**Nutrition and other Nuggets**' which includes some great facts on one of the ingredients featured in the day's recipes that you may wish to tell your family all about at the dinner table when you tuck in.

Our chefs have been cooking up a storm this week for '**chefs table**'. Our chefs have been championing the banana! You'll find a **zero-waste banana skin curry**, and everyone's favourite a bonkers **banana cake**. Looking for a side with that banana curry? Check out our **super simple spring onion bhaji** recipe. Don't forget to send in your food photos for a chance at be crowned '**home chef of the week**'.

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 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.

MONDAY

Breakfast

Fruity Yoghurt

Serves 1

- ✓ **High protein**
- ✓ **High calcium**

You Will Need

- 25g dried apricots
- 50g other dried fruits ,for example, chopped fig, dried apple, raisins, prunes
- Pinch of cinnamon (optional)
- 100ml water
- 150g Greek yoghurt (or other yoghurt if you prefer)
- 50g of your favourite berry

How You Make It

1. Put all the dried fruit, cinnamon and water in a small pan and simmer gently for 15 minutes.
2. Either cool and leave overnight in the fridge or serve warm right away. Whichever you choose, serve the fruit topped with the yoghurt.



Lunch

Spanish Style Baked Omelette

Serves 1

- ✓ **High protein**
- ✓ **2 of your 5 a day**

You Will Need

- A small leftover potato, cooked, peeled and sliced (or an uncooked one)
- 1 teaspoon oil
- Quarter of an onion or a spring onion
- Vegetable of your choice ,for example, half a pepper, a tomato or some mushrooms, chopped
- Pinch of mixed dried herbs
- 80g frozen peas or sweetcorn
- 2 eggs
- 25g grated cheese

How You Make It

1. If the potato is not already cooked, cook in boiling water for 10 minutes, drain, cool and slice.
2. Heat the oil in a small frying pan and add the potato, onion and other vegetables you are using plus the herbs.
3. Cook for 5 minutes and stir in the peas and cook for another minute.
4. Whisk the eggs in a bowl or mug and pour over the vegetables in the pan. Cover the pan with a lid and cook for 5 minutes or a little longer if not yet set.
5. Slide omelette onto a plate, sprinkle over the cheese and serve. You can boost this meal up by serving with a roll, some bread, a warm pitta or some rice if you like.



Nutrition Nuggets

Peas

Did you know?



Peas are a pulse vegetable, related to lentils. They were first cultivated around 8,000B.C. in south-western Asia and the eastern Mediterranean region along with wheat and barley.

Peas were one of the first vegetables in the 1920's to be frozen, to help keep them 'fresh'.

The UK and America produce most of the green garden peas in the world. Russia and China claim the top spots for the farming of dry peas, which are used in soups and stews, 'pease' pudding and can be ground into flour and put ,for example, in vegan 'sausages'.

Today the freezing process is a slick operation. Farmers plant the pea seeds between March and May. Three months from planting they are harvested by a machine that removes the husk and returns it to the field where it acts as a fertiliser. Peas are collected separately and quickly taken for processing on the farm.

Chefs Table

Simple

Smashing Spring Onion Bhaji

Ingredients

- 100g spring onions – swap this for onions or cauliflower
- 1 onion
- 75g any flour you have in your store cupboard (I used self raising)
- 50ml tap water
- 1tbsp curry powder
- 10 mint leaves – swap this for coriander or leave it out altogether
- Season to taste
- 100ml oil for frying

Method

1. Slice your spring onions, onion & mint finely.
2. Mix flour, curry powder & water together to create a batter.
3. Add your spring onions & mint to the batter mix.
4. Fry in your oil until golden brown on each side. (about 2 minutes on each side)
5. Put onto a baking tray & cook for 5 minutes until cooked through.
6. Enjoy with your favourite curry.

“Who doesn't love a bhaji for a snack or to go with your favourite curry? Grab an adult & have fun before dinner time by getting your hands dirty & adding some extra spice to your curry night.” **Guy Adams, Development Chef**



TUESDAY

Breakfast

Porridge with a Fruity Twist

Serves 1

- ✓ **High phosphorous**
- ✓ **High calcium**
- ✓ **High iodine**

You Will Need

- 40g porridge oats
- 300ml milk (or a milk alternative)
- Banana, peeled and sliced (or 30g dried fruit, some frozen defrosted berries or chopped canned peaches for example)

How You Make It

1. Put the oats in a small saucepan and add the milk.
2. Stir for about 5 minutes over a low heat until the oats begin to absorb the milk and start to thicken.
3. Pour into a bowl and top with the fruit of your choice and serve.



Lunch

Veggie Pasta

Serves 2

- ✓ **High protein**
- ✓ **High iron**
- ✓ **3 your 5 a day**

You Will Need

- 50g pasta shapes or spaghetti
- 1 teaspoon oil
- 1 carrot, grated
- ¼ onion, peeled and chopped
- Tomato, chopped or 100g canned tomatoes
- Garlic clove peeled and chopped
- 100g canned lentils, rinsed and drained – (swap for canned beans of your choice)
- Dash of chilli sauce like Tabasco or dash of Worcestershire sauce or pinch of dried herbs or some chopped fresh basil
- Small chunk of hard cheese like cheddar or Parmesan, grated

How You Make It

1. Boil a litre of water in a pan, add a pinch of salt and add the pasta.
2. Cook for about 10 minutes then drain. In Italy pasta is eaten 'al dente', which means it still has a bit of 'bite' and isn't soft.
3. While pasta is cooking, put the oil in a small pan and when hot, add the carrot and onion (and tomato if using a fresh one) and gently cook, stirring regularly, for around 8 minutes until softened.
4. Stir in garlic and cook for another minute. Add the lentils and heat for another 3 – 4 minutes until hot.
5. Stir in the drained pasta, turn out into a bowl, top with the grated cheese and serve.

Nutrition Nuggets

Figs

Did you know?



Along with olives and grapes, fruit pips from figs can be traced back to 7,800B.C. in early Neolithic sites in the Mediterranean area. They were brought to England in the sixteenth century.

Fresh figs are a beautiful purple colour inside its soft, green skin and make a sweet and delicious snack.

Fig trees love to grow in warm climates so it's not surprising that Spain, Italy, Turkey and Greece are the main producers in Europe

Dried figs are especially good for bone-building calcium, potassium, which is important for helping blood pressure control and iron, a mineral we need for energy. When levels of iron intake dip over long periods of time, it can leave us feeling tired and finding it harder to concentrate.

In traditional medicine, figs are used to rub on gums when you have toothache, while in Western herbalism, fig concoctions were given to people to dislodge mucus in the throat when they had a cold.

WEDNESDAY

Breakfast

Baked Bean Crumpets

Serves 1

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

What You Will Need

- 1 crumpet
- 200g baked beans
- 40g feta cheese (or other cheese of your choice for example, grated cheddar)

How You Make It

1. Toast the crumpet and warm the beans through in a small pan or in a bowl in a microwave oven.
2. Serve the beans on the crumpet, don't worry, they will spill over the crumpet a bit. Sprinkle over the feta cheese over the beans and put under a grill so that the cheese melts slightly (optional, you can just serve without grilling), and serve.



Lunch

Mediterranean Chicken Sandwich

Serves 1

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

You Will Need

- 2 slices of bread (wholemeal if possible) or a bread roll or a pitta bread
- Spoonful of hummus – (try making the hummus recipe from last week)
- 1 Teaspoon of pesto
- 50g cooked chicken (you can use canned, drained chickpeas if you prefer)
- 1 tomato, sliced
- 30g salad leaves
- Fresh basil leaves if you have some

How You Make It

1. Spread one side of the bread or roll with the hummus.
2. Mix the pesto with the chicken and pile onto the hummus and top with slices of tomato and salad leaves.
3. Top with the other slice of bread or roll top and serve.



Nutrition Nuggets

Baked Beans

Did you know?



The world's biggest baked bean factory is in Wigan in England where they make three million cans everyday.

First known as 'Boston Beans', the original recipes comes from New England in America where the recipe for mixing haricot beans with spices and molasses, which is a type of treacle, was first created.

We buy 2.5 millions cans of Heinz baked beans alone every day in the UK.

A 200g serving, which you find in a small tin, gives us 10g of protein, making it a 'high protein' food.

The beans come from the USA dried. They are then rehydrated and cooked with the famous sauce and steam cooked inside the can.

Chefs Table

Zero Waste

Banana Skin Thai Curry with Parathas

Serves 4

"We love this recipe: it's a simple curry that packs a punch in no time at all! It's also great fun getting your hands stuck in making the bread. By practising zero waste cooking we are championing the ingredients available to us." Guy Adams, Development Chef

You will need

For the porridge paratha

- 100g leftover cooled porridge – (you can swap for water)
- 1tbsp oil
- 1tbsp sea salt
- 100g strong flour – (I used wholemeal as had in my cupboard)

For the banana curry

- 5 banana skins (finely shredded)
- 400g chickpeas – (or any beans in your cupboard)
- 50g green beans – (swap for onions, leek or any vegetable you have)
- 1tbsp thai curry paste or any curry paste you may have
- 2 spring onions
- 1tsp sugar
- 100ml coconut milk or swap for chopped tomatoes
- Salt & pepper to taste

How you make it

1. To make the porridge paratha add all ingredients to a bowl & mix together with your hands.
2. Break into 10 pieces, roll out.
3. Fry in a frying pan with a touch of oil for 90 seconds on each side.
4. To make the banana curry, fry off banana skins, chickpeas & green beans.
5. Add the curry paste & coconut milk & season with salt & pepper.
6. Serve the curry with the paratha.

Video Alert!

Check out our chefs in action creating this zero-waste curry! <https://youtu.be/OxZjoWcgoJY>

THURSDAY

Breakfast

Sweet Potato Hash with poached eggs

Serves 1

- ✓ **High vitamin C**
- ✓ **1 of your 5 a day**

You Will Need

- ½ sweet potato, peeled and chopped – (swap for squash or potato)
- 1 teaspoon olive oil (or butter / spread)
- Spring onion, finely chopped
- 2 teaspoons vinegar
- 2 eggs

How You Make It

1. Peel the potato and cook in boiling water until soft. Drain and mash with the oil and spring onion.
2. While potato is cooking, put a small pan of water on to boil with the vinegar.
3. Swirl the water round with a wooden spoon and crack in the two eggs.
4. Allow to cook for 3 to 4 minutes and remove with a slotted spoon
5. Shake and serve on top of the sweet potato mash.



Lunch

Chilli Bean and Avocado wrap

Serves 2

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

What You Need

- 50g canned red kidney beans, drained – (swap for any canned beans)
- ½ red onion, finely diced (you can use ordinary or spring onions)
- 1 tomato, diced
- 1 carrot, grated
- 15g plain natural yoghurt or mayonnaise
- Chilli sauce like Tabasco
- 1 avocado, peeled, stone removed and chopped (you can use hummus instead)
- Salad leaves
- 2 tortilla wraps

How You Make It

1. Put the beans in a bowl and crush with the back of a fork until broken up.
2. Stir in the onion, tomato, carrot and yoghurt with a dash of chilli sauce.
3. Gently mix in the avocado.
4. Lay the salad leaves on the wrap, spoon the avocado mix on top. Fold the wrap up and serve.



Nutrition Nugget

Tomatoes

Did you know?



It is easiest for our bodies to absorb lycopene when we eat tomatoes that are cooked and combined with a little oil. This means that pasta sauces are a particularly good way of boosting lycopene in our bodies.

Tomato plants were being cultivated by the Aztecs and Incas way back as early as 700A.D. and were taken to Spain by the missionaries and conquistadors in the 1500's who arrived on the shores of South America.

The tomato is a familiar part of delicious dishes throughout Spain and Italy.

If you ask a botanist, they will tell you that tomatoes are technically a fruit; we tend to think of them as vegetables.

When we look at tomatoes we see their beautiful, bright red colour. This is down to the vibrant pigment called 'lycopene', which helps to protect it from sun damage.

FRIDAY

Breakfast

Breakfast Oat bars

Serves 6

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

What You Need

- 150g oats
- 40g dried apricots, chopped up
- 25g seeds like pumpkin seeds
- 1 egg, beaten
- 2 tablespoons sunflower or olive oil
- 1 banana
- 35g runny honey
- 25g blueberries

How You Make It

1. Heat oven to 180oc fan/ 160oc/gas 4. Line a 20cm-baking tray with baking paper.
2. Mix the oats, dried apricots, seeds, banana and egg in a bowl.
3. Put the oil and honey in a small non-stick pan and keep stirring until everything combines. Remove from heat.
4. Added the oat mix and mix well. Spoon into the baking tray and cook for 20 minutes. Cool sprinkle blueberries and then cut into six servings. Have one for breakfast glass of milk or dairy alternative.



Lunch

Fish Cakes with Tartare Sauce

Serves 2

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

What You Need

For the fishcakes

- 150g potatoes, peeled and cut into quarters
- 1 tablespoon milk
- 150g canned mackerel or salmon, drained (swap for any whitefish)
- 1 teaspoon wholegrain mustard or mayonnaise
- 50g sweetcorn (canned or frozen and defrosted) you can use peas instead
- 1 tablespoon flour
- Salad leaves
- 1 Vegetable oil

For the tartare sauce

- 2 tablespoon plain yoghurt
- A little chopped parsley / dill / coriander or spring onion
- Squeeze lemon juice
- 1 tablespoon of flour

How You Make It

1. Boil a pan of water and add salt. Boil the potato in the water for about 20 minutes until they are cooked.
2. Drain and mash with a splash of milk
3. Put the fish into a bowl and break up with a fork. Add the mustard and stir until well combined. Then mix in the sweetcorn and a squeeze of lemon juice.
4. Stir this fish mix into mashed potatoes with the herbs or spring onion.
5. Divide the mix into two and form into a fish cake Put the flour on a plate and lightly place each fish cake down on the plate on both sides.
6. Heat a non-stick frying pan with a tablespoon of oil. Once hot, add the two fish cakes and cook for 4 minutes on each side.
7. Mix the ingredients for the tartare sauce together and serve with the fish cakes. Drizzle some lemon juice over the fish cakes and tuck in!

Nutrition Nugget

Mackerel

Did you know?



Fish store their excess energy as oils. Some tuck this extra energy in their livers like cod and plaice. Other fish like mackerel store it in their flesh. This means that their flesh is white and quite light; fish like cod and plaice fall into this group.

Oily fish are also the only really good food for vitamin D, which we need to be able to absorb bone-building calcium. A 150g serving gives us 75 per cent of the 10 micrograms of vitamin D, we need each day.

Because mackerel have a high oil content, they go off quickly and in the past, were allowed to be sold, unlike other fish, on a Sunday.

They are the fashionistas of the fish world with their brilliant green-blue backs with dark curving lines, metallic looking sides and white stomachs.

Mackerel can be found swimming in big shoals in the North Atlantic and Mediterranean waters.

Chefs Table

Indulgent

Bonkers Banana Cake



Ingredients (makes 10 portions):

- 250g self raising flour
- 15g baking powder
- 100g butter or margarine
- 3 eggs
- 250g brown sugar – caster sugar works
- 125g yoghurt – I only had strawberry yoghurt (adds another flavour)
- 1g salt
- 3 bananas
- Top with a butter cream – cream together 100g icing sugar & butter until pale

Method

1. Pre heated oven to 170oc or gas mark 4.
2. Cream together butter & sugar
3. Whisk in eggs
4. Whisk in bananas
5. Fold in yoghurt, flour, baking powder & salt & put into loaf tin.
6. Bake for 50 minutes or until skewer comes out clean.

“We love this recipe it’s so simple to make & it’s a great excuse for us at home to create our favourite curry at the moment using the skins & making dessert at the same time.” **Guy Adams Development Chef.**

We'd love to see your 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'