

CH
& CO

LEARNING FROM HOME

In this edition

AMANDA'S LUNCHES WEEK SEVEN

SEASONAL INGREDIENT RHUBARB

SUPERMARKET SWAPS SHEPHERD'S PIE

SUNDAY SPECIAL SCONES

PLUS RECIPES & MUCH MORE...

FROM THE *Kitchen*

WEEK SEVEN

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 and had a restful half term. 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 rhubarb, our Consultant Nutritionist, Amanda brings you Week Seven the final week of her nutritionally based lunch plan.

Our Head of Food Owen shows us how to make delicious sweet and savoury scones on a Sunday to enjoy during the week.



Happy Cooking and Happy Eating.

Kitchen Team

Your Kitchen Team



AMANDA'S LUNCHES

FOR TWO PUPILS FOR **UNDER £10**

WEEK SEVEN

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

OMELETTE WITH WARM PITTA

Peel two **carrots** and cut into carrot 'sticks', set to one side. Cut a quarter of the onion up into small pieces and set aside. Crack three **eggs** into a bowl and beat with a little black pepper (optional). Heat a small frying pan and drizzle with a little oil. Add the onion and cook gently for 5 mins. Then, pour in eggs and cook for a minute or until egg has just set on the top. Flip over and cook for another minute. Slide out onto a chopping board. In a small bowl, mix 2 tbsps of yoghurt with a squeeze of lemon juice. Spread over the omelette and then roll it up and cut into two. Arrange each half on a plate and serve with a **pitta bread** each, which you have warmed under the grill or in the toaster and cut into strips. Serve along with the carrot sticks. Have an **apple** each chopped into a 100g bowl of **yoghurt** with a **Butter Brioche** to follow.

Tuesday

TOMATO 'POMODORO' PASTA

Peel and chop half the remaining **onion**. Heat two tsps of oil in a small pan. Add the onion and cook gently, stirring regularly, for 6 mins until softened (add a clove of crushed garlic if you have one a few minutes before it finishes cooking). Pour in the can of **tomatoes**, stir well and add some ground black pepper (optional). Allow to simmer. Meanwhile, weigh out 80g of dry **pasta** each and cook. Drain and mix into the tomato sauce. Divide between two bowls, topped with 30g each of grated **cheddar** (also **dairy**). Have a **banana** each to follow and a slice of **Fruit Loaf** each.

Wednesday

CHEESE AND CARROT PITTA POCKETS

Grate 80g of **cheddar** (also counts as **dairy**), and two **carrots** and the remaining **onion**, finely chopped. Mix together in a bowl and divide the mix into two. Warm two **pittas** under a grill or toaster and cut in half across the middle. Open these 'pockets', fill with the mix and serve. Meanwhile, chop up two **pears** and a **banana** and mix together. Divide between two bowls and serve with a **Butter Brioche** each to follow.

Thursday

HEARTY VEGGIE SOUP

Cook 60g of **pasta** each. Drain and put back in the pan with the can of **chunky vegetable soup**. Heat the soup through well and divide between two bowls. Follow with 100g bowl of **yoghurt** each followed by a slice **Fruit Loaf** each and an **apple** each.

Friday

EGG 'FRITATTA' MUFFINS

Set the oven to 190°C and lightly oil a muffin tray or place six muffin cases closely together. Finely chop a **carrot** and the **courgette**. Heat two tsps of oil in a pan and cook the vegetables gently for 8 mins. Beat three **eggs**, add the vegetables and 40g grated **cheddar**. Divide between the muffin cases, sprinkle with 20g more grated **cheddar** and bake for 15-20 mins. Cut the **pitta** into triangles and place on a baking tray. 5 mins before the muffins have finished cooking, place in the oven so they become crispy. Remove the pittas and muffins and serve with a **pear** and **Brioche** each.

Shopping List

Pack of Butter Brioche x 8 £1.10

Fruit loaf 388g £0.75

Bananas x 5 £0.69

Apples x 6 £0.79

Pear mini x 5 £0.57

Wholemeal pittas x 6 £0.35

Pasta wholemeal x 500g £0.55

Can of tomatoes x 400g £0.28

Cheddar cheese x 400g £2.00

Carrots (loose) x 500g £0.21

Courgette x 160g £0.36

Onions x 1 (160g) £0.14

Low fat yoghurt x 500g £0.45

Chunky veg soup 500ml £0.45

Eggs x 6 £0.90

Total: £9.82

WHAT YOU WILL HAVE REMAINING:

100g carrots

4 slices Fruit Loaf

2 Butter Brioche

60g yoghurt

200g cheddar

2 apples, 1 banana, 1 pear

ROASTED RHUBARB WITH VANILLA & ORANGE Serves 6

Recipe

INGREDIENTS

450g rhubarb

Few strips orange zest

1tsp vanilla mixed with
75ml water

45g golden caster sugar

METHOD

1. Heat oven to 200°C. Cut the rhubarb stalks in half lengthwise, then into finger-length pieces. Put in a shallow ovenproof dish, then pour over the vanilla water. Tuck the orange zest among the spears then sprinkle with sugar.
2. Cover tightly with foil and roast for 20 mins, until the rhubarb is tender.
3. Pour the juice into a pan to reduce the sauce until syrupy.
4. Served in a yoghurt pot, with mascarpone and shortbread or in a homemade scone.



Rhubarb

RHUBARB GROWS ENORMOUS LEAVES, WHICH CAN BE UP TO 60CM ACROSS, BUT IT IS NOT THE LEAVES OF THIS PLANT WE EAT, BUT THE STALKS OF THE LEAVES.

Originally from Asia, rhubarb likes growing in the UK and is generally harvested in March, April and May. The flavour of rhubarb stems differs between varieties, but is usually tart and acidic, which means that it goes well in puddings, sweetened with other fruits or with a crumble topping. Rhubarb stems can be made into jams and compotes and even be used to make wine. Like other vegetables and fruits, rhubarb adds fibre to our diet and an 80g serving counts towards one of our five a day. To help keep sugar levels down, you can cook rhubarb and then use a little intense sweetener such as stevia, to make it tasty while controlling intakes of added sugars.



SAVE
£4.72
PER FAMILY

SUPERMARKET

SHEPHERD'S PIE

READY MEAL Vs HOMEMADE

Swaps

SUPERMARKET SHEPHERD'S PIE

£2.25 per 400g pie
£9.00 per family of four

Per serving: 382kcal, 16g protein, 17g fat, 9g sat fat, 40g carbs, 5.1g sugars, 4.2g fibre, 1.5g salt

HOMEMADE SHEPHERD'S PIE

££1.18 per serving
£4.72 per family of four

Per serving: 391kcal, 21g protein, 12g fat, 4g sat fat, 47g carbs, 8g fibre, 1.8g salt

WHAT YOU NEED

2 tpsps sunflower or other vegetable oil 1p
1 large onion, peeled and finely diced 17p
2 large carrots, peeled and finely diced 8p
2 sticks celery, finely diced 9p
1 clove garlic, peeled and finely chopped 3p
280g lean, minced lamb (or veg mince) £3.08
1 tablespoon Worcestershire Sauce 16p
1 x beef or veg stock cube 16p
1 tablespoon flour or cornflour 1p
800g potatoes, peeled quartered 30p
Pinch salt
60ml semi skimmed or whole milk 3p
320g cabbage, sliced 60p

VERDICT:

The homemade version costs £4.72 per family and saves £1.07 per person. Meanwhile, it gives you 25 per cent more protein, 30 per cent less fat and half the saturated fat. It also boosts your fibre by doubling the amount found in the ready meal version, while the salt is still under 2g per serving. All of this, and you get 486g in weight versus a 400g in the ready meal. Finally, our homemade version gives you two of your five a day compared with none in the shop bought Shepherd's Pie and it is officially 'rich in' vitamins A, C, B6, folate and B12 as well as the mineral zinc.

WHAT TO DO

1. Spray around 20 sprays of olive oil into a large saucepan, heat and add the diced onion, carrot and celery. Stir carefully over a medium heat for 6 – 8 minutes until softened. In the last minute, add the garlic.
2. Stir in the minced lamb or vegetable alternative like soya mince and cook gently for about 4 minutes, stirring all the time, until the meat is lightly browned.
3. Add the Worcestershire sauce and keep stirring for a few minutes. Stir in the stock and bring to the boil, then cover and simmer for 30 minutes.
4. While simmering, add the potatoes to a pan of boiling and lightly salted water. Cook until tender, about 20 minutes and then drain. Mash with the milk and add pepper to season.
5. Mix the flour or cornflour with a little water until it is a smooth paste and stir into the mince. Keep stirring until the 'sauce' thickens a little. Tip the mince into a medium size oven-proof bowl. Spread the mashed potatoes across the top of the mince and bake in the oven at 160°C for 20 minutes.
6. Just before serving the Shepherd's Pie, you can, if you choose 'finish' it by putting under a hot grill, to get a little extra colour to the top. Cook the cabbage in a little boiling water in a pan with a tightly fitting lid for 3-4 minutes and drain. Serve with the Shepherd's Pie.



SUNDAY SPECIAL

SCONES

Recipe

INGREDIENTS

Ingredients

450g self-raising flour

2 level tsp baking powder

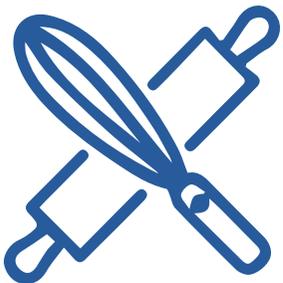
50g caster sugar

100g butter, softened, cut into pieces

2 free-range eggs

150ml milk

60g sultanas



METHOD

1. Preheat the oven to 220C. Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.
2. Crack the eggs and stir in with the milk into the flour to mix to a soft, sticky dough.
3. Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle about 2cm/3/4in thick.
4. Cut into as many rounds or other shapes as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little milk.
5. Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool.
6. To serve, split the scones and serve with strawberry jam or roasted rhubarb and clotted cream.

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





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

Next week is our final edition and we'll be bringing you a supermarket swap of spaghetti and meatballs as well as a homemade houmous from Owen and the mini chefs.

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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