



FROM THE KITCHEN

DECEMBER 2022

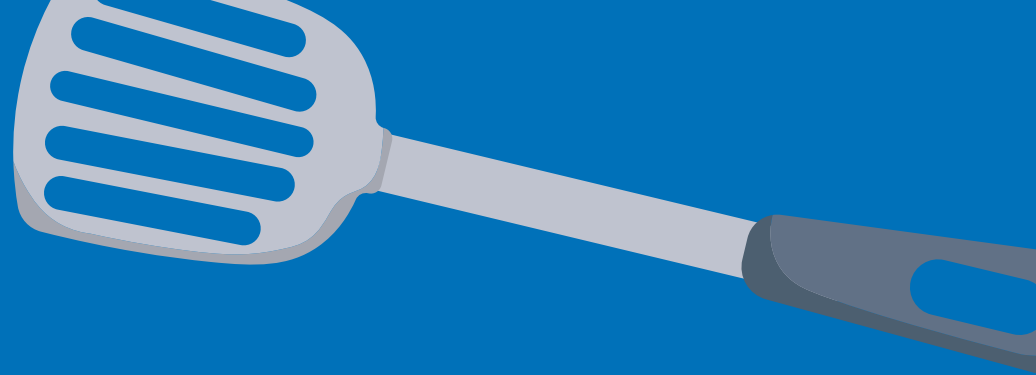


INTRODUCTION



Christmas trees are appearing, lights are slowly, but surely, starting to twinkle, and the season's excitement is building in our pupils. As we fast approach the festive holidays, we are excited about sharing our time with loved ones near and far. We look forward to experiencing once again the festive spirit and joy that this season brings. It is a time to say thank you for all that we have enjoyed in the past year, and we start this by saying to our young customers, their families and our clients, a very big and heartfelt thank you for your unswerving support and partnerships.

Our fantastic catering teams across the country have worked tirelessly under the ongoing economic and supply chain challenges, continuing their agile menu management and innovative solutions. We have enjoyed specialist pop ups in some schools with our development chef team bringing sushi and smoothies to many hundreds of children - making food fun and

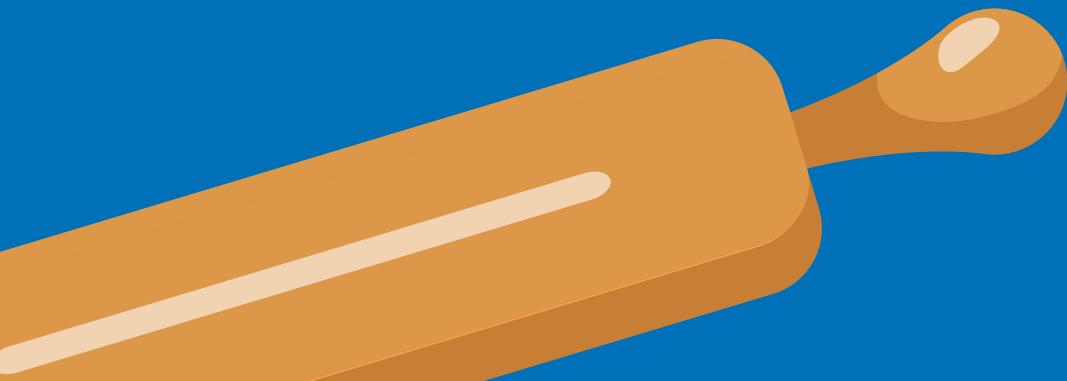


inspiring children to try and enjoy varying tastes. As we look to 2023, we continue to challenge the future of food. We will be diving into the Future 50 food items and focusing even further on sustainability and the environment, the health and wellbeing of our young people and how we can continue to expand our innovation in school food. Our message is always very clear – we need to cook, educate and encourage our children to love the food that loves them back. We are on a mission to change future lives and people's interaction with food, and we never forget that we must strive to make every mouthful count.

Finally for 2022, from the teams across the country, the operations and chef support teams and myself, we wish you all a restful and enjoyable festive holiday season with your friends and families.

Deborah

Deborah Homshaw
CH&CO Education MD



FIRST THINGS FIRST...

HYGIENE

As you organise your ingredients, ensure you keep raw and cooked foods separate.

SAFETY

Always ask an adult to help you in the kitchen. This is especially important when using sharp knives, the oven or hob. Always use oven gloves when moving or handling hot items and take extra care using sharp items.



CHRISTMAS SIDES

ROASTED POTATOES 4 PORTIONS

INGREDIENTS

1.25kg
POTATOES

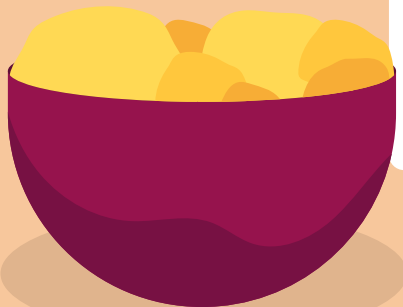
100g
SUNFLOWER SEEDS

SPRINKLE OF SEA SALT

METHOD

Preheat your oven to 180 degrees or gas mark 6

1. Peel your potatoes.
2. Dice your potatoes into quarters or halves if they are smaller.
3. Bring a pan of water to the boil & add the salt and potatoes for 10 minutes.
4. Strain the potatoes & give them a bash to crush them slightly. Sprinkle on the sunflower seeds.
5. Put oil onto a roasting tray & heat for 10 minutes.
6. Carefully put your potatoes onto the roasting tray & put in the oven at 180 degrees or gas mark 6 for 20 minutes.
7. Turn potatoes & cook for another 20 minutes & then serve.



ROASTED PARSNIPS WITH GARLIC, THYME & HONEY SERVES 4

INGREDIENTS

600g
PARSNIPS

4 tbs
SUNFLOWER OIL

3 sprigs
OF THYME PLUS
EXTRA FOR GARNISH

4 garlic cloves
LIGHTLY CRUSHED

3 tablespoons
OF RUNNY HONEY

METHOD

Preheat your oven to 200 degrees or gas mark 7

1. Peel & slice parsnips lengthways & place in a shallow roasting tray & drizzle with the sunflower oil, add salt and pepper, leaves of the thyme & 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 & 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 & crispy & just starting to go brown at the edges.
5. Remove from the oven & serve scattered with a little more thyme for garnish.

CHEF'S SECRET: Pimp your parsnips by adding parmesan, cumin seeds, coriander, sage, rosemary or

CHRISTMAS SIDES

CAULIFLOWER CHEESE 4 PORTIONS

INGREDIENTS

1

CAULIFLOWER BROKEN
INTO LARGE FLORETS

Sliced

CAULIFLOWER LEAVES

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

Preheat your oven to 180 degrees or gas mark 6

1. 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 & leave to drain.
3. Meanwhile, melt the butter in a saucepan. Add the garlic & 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 minutes, whisking all the time until thickened. Take off the heat, then stir in 150g of the
5. Tip the cauliflower florets into a large ovenproof dish, scatter over the cauliflower leaves & top with cheese sauce & the rest of the cheddar cheese. Bake for 25–30 minutes until crisp and

PAN FRIED BRUSSELS SPROUTS & SUNFLOWER SEEDS SERVES 4

INGREDIENTS

2kg

BRUSSELS SPROUTS
SHREDDED

200g

TOASTED SUNFLOWER
SEEDS

50g

GARLIC-SLICED

1

LARGE RED ONION –
SLICED

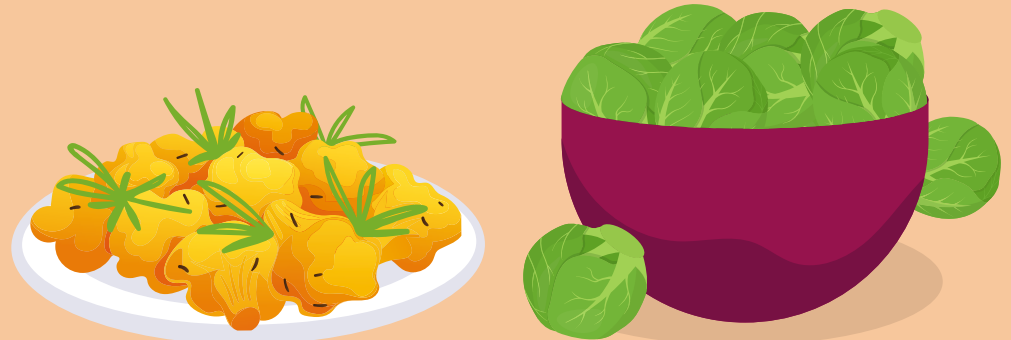
50ml

SUNFLOWER OIL

METHOD

1. Heat the oil in a frying pan. Fry the red onions for 1–2 minutes, until golden brown & slightly caramelised.
2. Add the sprouts & garlic & continue frying until the sprouts are cooked but still green in colour.
3. Take off the hob, mix in the sunflower seeds, season & serve.

CHEF'S SECRET: Try adding cooked shredded bacon, pumpkin seeds, fried red onions, parmesan or lemon.



NUTRITION

WITH AMANDA URSELL

SATSUMAS

Beautifully bright in colour, and sweet and tangy to taste, satsumas are also easy to peel, making them a perfect Christmas treat. Not only this, but if you have two, they are also bursting with **vitamin C**, which helps our immune systems to work normally. Our immune systems are important, to help protect us from common winter bugs.



BRUSSELS SPROUTS

You either love them or hate them, and the reason for either reaction lies in your genes! Some of us are 'super-tasters', which means we can quickly detect the special plant nutrient in sprouts, that make them taste awful! The rest of us don't have this gene and find sprouts totally fine. If you are a super-taster, don't stress, just tuck into the other vegetables on offer, instead.



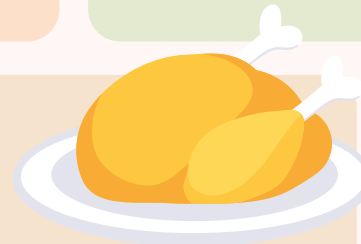
CARROTS

Packed with the beautifully vibrant super nutrient called 'beta carotene', our bodies cleverly turn it into **vitamin A**, if stores of this vital vitamin are running low. We need vitamin A for our eyesight, and along with vitamin C in satsumas, it is important for our immune systems, too.



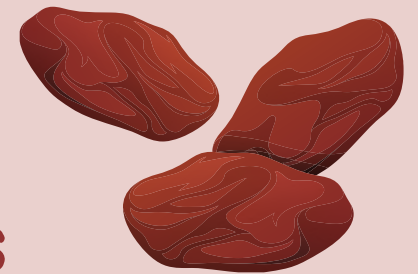
TURKEY

Whether it is our brains or bones, our skin, or stomachs, or even our hair, nails, or teeth, all contain protein, which our bodies need to grow and repair themselves. This means we need to eat protein in our daily meals, to help to keep us healthy. **Turkey is full of protein**, but if you prefer, you can get it too, from **lentils, red kidney beans, chickpeas and other delicious plant-based foods, like tofu.**



DATES

Dates often turn up at Christmas, and if you usually pass them by, it's worth stopping to give them a try. Deliciously sweet, they also manage to **pack in fibre**, which is great for our digestion, along with iron to help keep our energy levels up.



SPOT THE DIFFERENCE

These festive pictures aren't the same. Can you spot what the differences are?



HINT

There are 9 differences to spot!

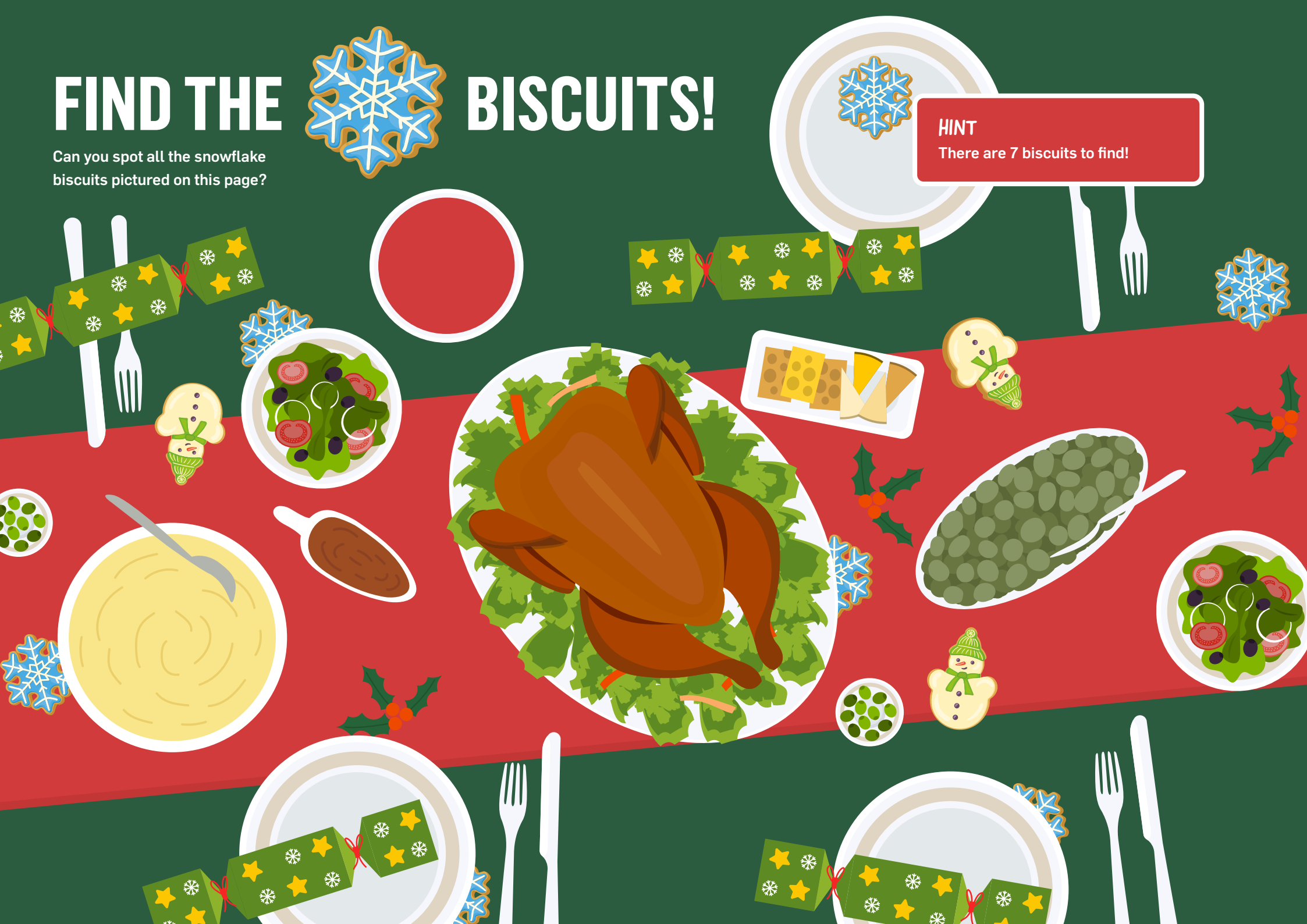
Can you spot all the snowflake biscuits pictured on this page?



BISCUITS!

HINT

There are 7 biscuits to find!



RUBY & KENZIE'S

Gingerbread

Ruby & Kenzie

INGREDIENTS

75g

UNSALTED BUTTER

100g

GOLDEN SYRUP

100g

SOFT BROWN SUGAR

2 tsp

BICARBONATE OF SODA

1 tbsp

GROUND GINGER

1 tbsp

GROUND CINNAMON

225g

PLAIN FLOUR

METHOD

Heat the oven to 190C/170C fan

1. MAKE BUTTERY SYRUP

Heat the butter, syrup and sugar together in a small pan until melted, stirring occasionally. Set aside to cool slightly.

2. MAKE THE DOUGH

Sieve the bicarbonate of soda, ginger, cinnamon and flour in a large bowl. Pour in the buttery syrup mixture and stir to combine, then use your hands to bring together to form a dough. The dough will be soft at this point. Wrap the dough in cling film and put in the fridge to firm up.

3. ROLL THE DOUGH

Put the dough on a sheet of baking parchment, shape into a rectangle and lay another sheet of parchment on top of it. Roll the dough out to a thickness of 1 cm. Transfer to a baking sheet to keep it flat, leaving the parchment in place, then chill in the fridge for 1 hour.

4. TIME TO CUT OUT SHAPES

Line a large baking sheet with more baking parchment. Remove the dough from the fridge and cut out shapes using a cookie cutter.

5. BAKE FOR 10-12 MINS

Place the shapes, spread apart, on the lined baking sheet and bake for 10-12 minutes (depending on the size of the cutters you use, they might need a few minutes more or less cooking in the oven). Leave to cool completely on the baking sheet. Then decorate your cookies using sprinkles and icing.



Ruby & Kenzie



Watch us make
gingerbread!



