

# FOOD NEWSLETTER

News, recipes and thoughts on food!

Issue 1

Miss Allen's Family Favourites



Miss Wilson - foraging for Garlic & baking



Mrs Lythe's Celebration cakes



Pupil's work



# Miss Allen's Family Favourites

Hi Netherwood students,

Missing you all very much and hoping to see you soon!!

For our first newsletter addition we (my little chef and myself) decided to make one of our favourites - Shepherd's Pie, following the Netherwood recipe which you can find on the home learning tab in year 9 and 10 recipe folder.

You can't beat traditional home cooking. We used the vegetable water to make our gravy (extra nutrients, less water waste) and sprinkled a generous amount of cheese on top then baked for half an hour - it was delicious, clean plates all round.



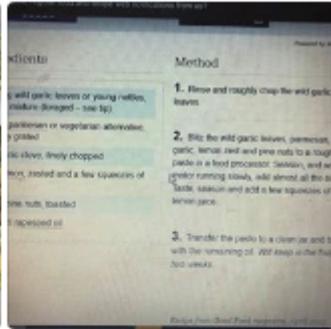
Keep sending your photos in everyone, it's great seeing what you've been up to, you might even make it into our next newsletter.

Bye for now, take care!

# Miss Wilson's News

Miss Wilson has been using some of the extra time at home to cook things she never normally has time to try.

Over the last few weeks wild garlic has been all over - you are allowed to forage it if it is for you to eat. I used it to make a pesto sauce, it was very lovely and very green! I served it with pasta and meatballs.





I also put some in a mushroom and wild garlic omelette - very tasty!

I have been doing lots of baking - very unlike me! I do not normally like it but have found it quite calming and therapeutic. Lots of it I have given away - surprise packages on neighbours front steps. However, I have eaten some too and now need to stop and get myself back to healthy eating.

We had a safe, socially distanced street party for VE day! It was much fun! Did your street/house do anything? Again I baked! Below are some of the bakes I made, a cheesecake topped cake - with fruit in the pattern of a union jack, they were very popular. I also had a go at red, white and blue buttercream topped buns - not amazing results, think I'll leave the fancy baking to Mrs Lythe!



I also made a couple of tray bakes for families to share. A traditional Bakewell tart and our fab fruity flap jack recipe which I topped with drizzled chocolate and fudge pieces - no wonder I have put weight on!



I had a go at sour dough starter as promised, this is a simple mixture that is left, fed, looked after and basically makes its own yeast/raising agent, very trendy at the moment! I failed (I threw it away because after 8 days it looked and smelt very funny! I think I threw it away too early! So, I am starting again, below is the link I am following. I will succeed!

<https://www.bbcgoodfood.com/recipes/sourdough-starter>

So instead I had a go at another bread that I have been wanting to try - a favourite of ours - Tiger bread.

I enjoyed making it properly, it took around 3½ hours, a lovely soft dough mixture. I made it using my fabulous Kenwood chef, my Grandma gave it to me when I was doing my cooking exams at school. It is 70 years old and works perfectly! I left it to rise in my conservatory for an hour - look how it was trying to escape from the bowl! The topping is a strange mixture but certainly looked and tasted like the Tiger bread we are used to.

Here is the link if you want to have a go:-

<https://www.bbcgoodfood.com/recipes/tiger-bread>

Here are pictures of the result:-

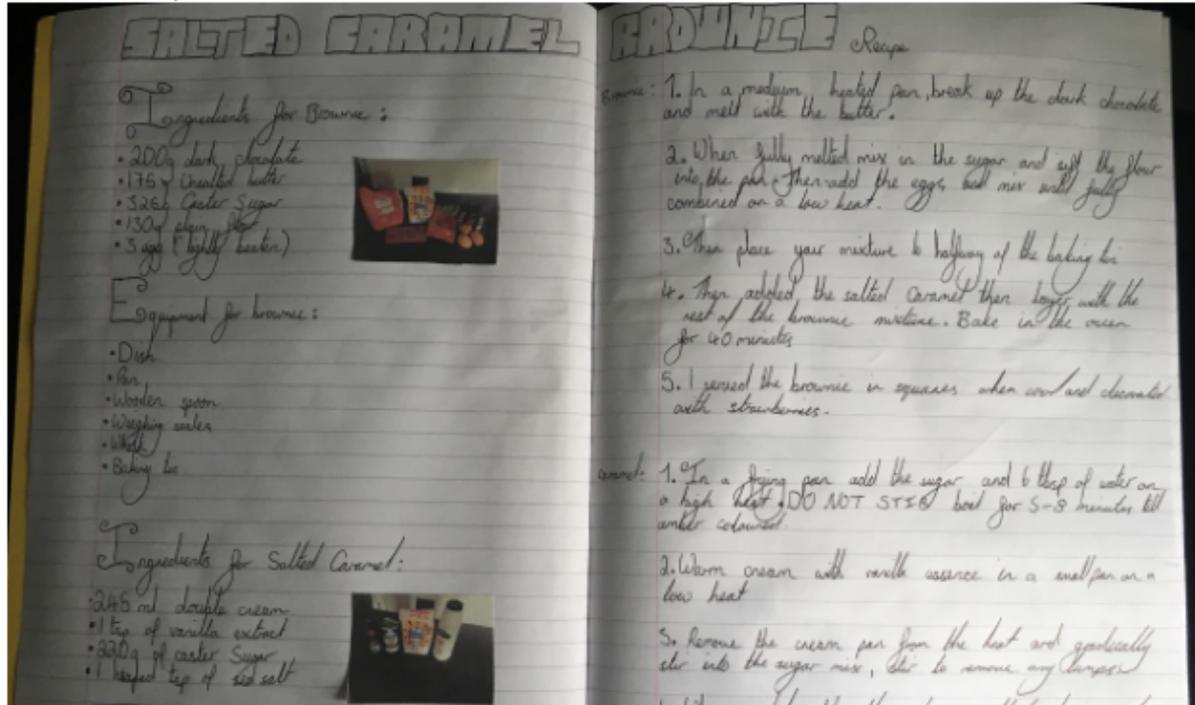


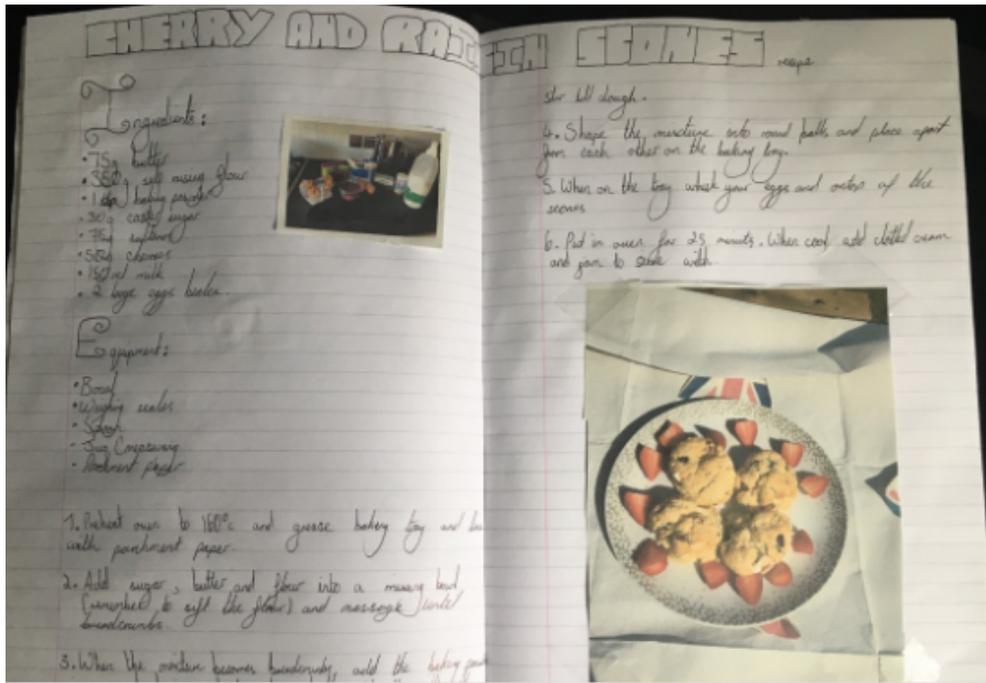
# Student Work Showcase

Cameron Cocking - Wow! Look at the detail! Lots of cooking and great record of step by step to making! You have all the confidence and makings of a chef or a cooking teacher - maybe we should time my retirement for you :)

Well done Cameron!!

Here are the pictures from the salted caramel brownie:





Aiden Tarasiuk in Year 7, has made a fabulous burger meal for his family!  
Restaurant standard, Well done Aidan!



Jessica Ainsworth in Year 7 - over the last few weeks Jessica has been sending me loads of pictures of her cooking, she has definitely been treating her family! Jessica has also been sending me theory work she has completed.



I think a mixture of brownies and dancing is the future! Well done Jessica!

## Jacob Thewlis - Roasted Red Pepper Humous

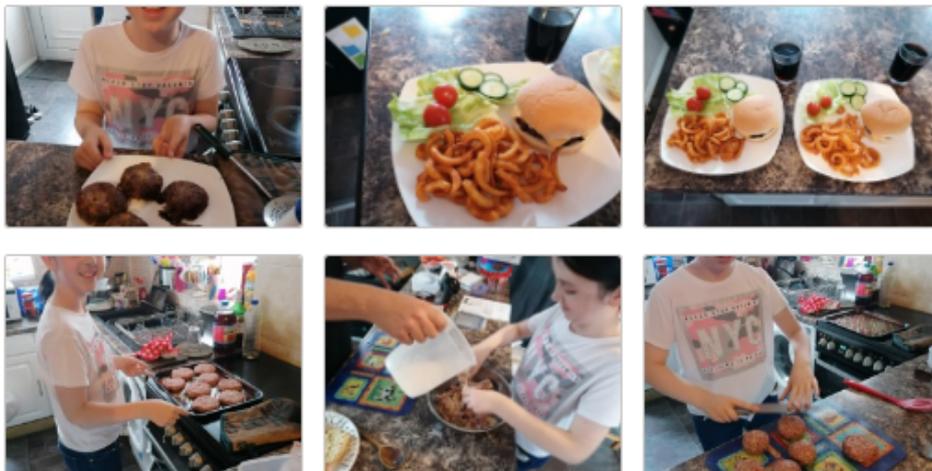
Jacob looks to be very much enjoying some of his time at home cooking delicious dishes. He was the first winner of the store cupboard challenge and still keeps cooking! This humous looks so appetising and much healthier than my baking! Well done and keep cooking Jacob!



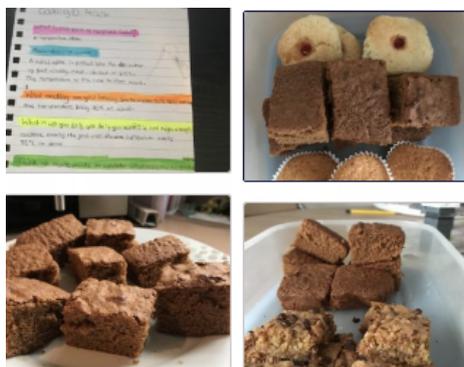
**Madison Shaw** in Year 10 has been practising some of the Y10 recipes in the home learning folder - here is her version of the pineapple upside down cake! I hope you had some yummy custard with it! She has also been completing some of her written work for Unit 2, well done! I hope your brother isn't annoying you too much!



**Lily Fenwick** - look at this, a great meal served by Lily in year 7! We have some lucky and well fed families.



**Freya Picken** - another baker - Freya completed these dishes before her family ran out of flour - it has been a nightmare getting some of the basic ingredients like flour and yeast.



Lovely food all of you! Missing you all so much! Please keep in touch and keep sending your lovely food pictures in.

Our guest chef this week - Mr Utley, he has been making lots of dishes in lock down!



A Nando's fakeaway, a replica of Ikea's famous meatballs, a loaf of bread out of the Netherwood recipe book, crunchy chocolate chip cookies and scrumptious looking Mickey waffles!

Challenge any Netherwood staff to beat this!

# Mrs Lythe's Bakes

Hi Netherwood bakers

It's lovely to see so many of you keeping busy baking and cooking while you are at home. I too have been filling some of my time baking, I have made Chelsea buns, profiteroles and Rocky road using our school recipes.

Also, as my daughters and myself are trying to eat healthy and lose weight I had to try to make a less fattening cake for one of their birthdays! I decided to make an Angel Cake, which is made with no fat and only uses egg yolks, the mixture is a bit like meringue! I have also been making mini Victoria sponges and lemon drizzle for some elderly neighbours.

My favourite things to make are celebration/birthday cakes - here are some I've made recently:-



# Website and Social Media Links

Hi everybody, just wanted to send some links to some great things you can look at on your phone, laptop or tablet all linked to our fabulous subject. Let's keep cooking in these difficult times.

Martyn Hollingworth at Barnsley College is going to keep sharing video cooks with us - his first is Sour dough - I am definitely going to have a go at this!

<https://gopro.com/v/Xlea58q2GdDZN>

A great website for recipes, video recipes and fun challenges

<https://noshbooks.com/category/recipes/>

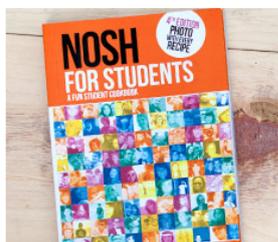


RECIPES VIDEOS REVIEWS OUR BOOKS THE FAMILY

SEARCH for Recipes Here



## RECIPES



[https://www.youtube.com/watch?v=xNtqFm1Tq94&list=PLXVI8Mt9AJ\\_qII4FVE41vterGuB87YZT1&index=50&fbclid=IwAR3ZRcjaQLmluWKjwOcaFhrD2-EqJxydDOoazTZygyW86Ssw1qRX2XD\\_JCo](https://www.youtube.com/watch?v=xNtqFm1Tq94&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=50&fbclid=IwAR3ZRcjaQLmluWKjwOcaFhrD2-EqJxydDOoazTZygyW86Ssw1qRX2XD_JCo)

Joe Mann is an excellent cooking and is sharing lots of videos which are really good on YouTube.

<https://www.youtube.com/channel/UCivzRn-igfCCj9uGBEE-BPA?fbclid=IwAR3hbm8u2c-z63w-drsOrADwYEgt->



## GCSE Food Preparation and Nutrition

50 videos • 3,517 views • Last updated on 26 Mar 2020

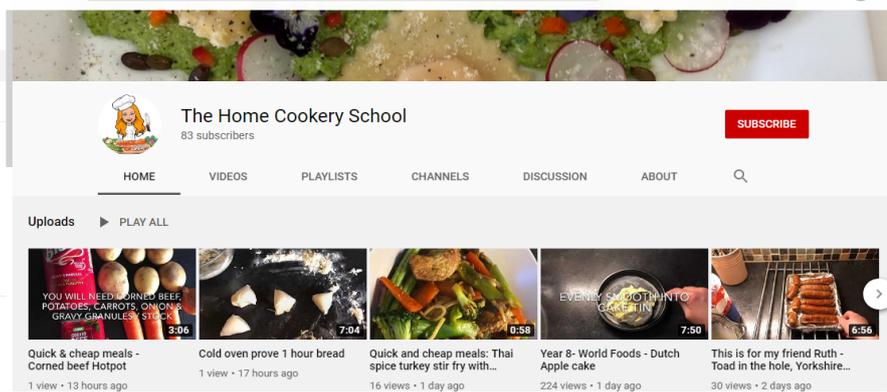


GCSE Food Preparation & Nutrition:

Instilling a love of cooking that will open the door to one of the great expressions of human creativity!

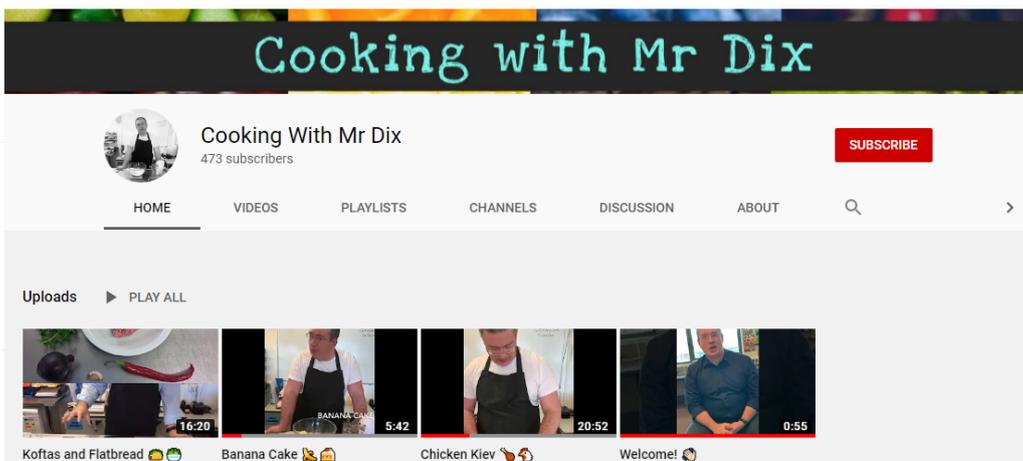
-  Fun Kitchen investigates how raising agents work for AQA  
Fun Kitchen - Award-Winning Cookery for Schools  
9:32
-  Fun Kitchen investigates different flours for bread making for AQA  
Fun Kitchen - Award-Winning Cookery for Schools  
6:48
-  Fun Kitchen investigates heat transfer and sauce making for AQA  
Fun Kitchen - Award-Winning Cookery for Schools  
9:04
-  Eight guidelines for healthy eating | Design Technology - Food Preparation and Nutrition  
BBC Teach  
3:30
-  Hydration | Design and Technology - Food Preparation and Nutrition  
BBC Teach  
3:21

[https://www.youtube.com/channel/UCivzRn-igfCCj9uGBEE-BPA?fbclid=IwAR0rs36dBEB2BvJ2edSG4i\\_X5Te7W3aYZAO5LR-8ySLEsuhghTmhucUuPkA](https://www.youtube.com/channel/UCivzRn-igfCCj9uGBEE-BPA?fbclid=IwAR0rs36dBEB2BvJ2edSG4i_X5Te7W3aYZAO5LR-8ySLEsuhghTmhucUuPkA)

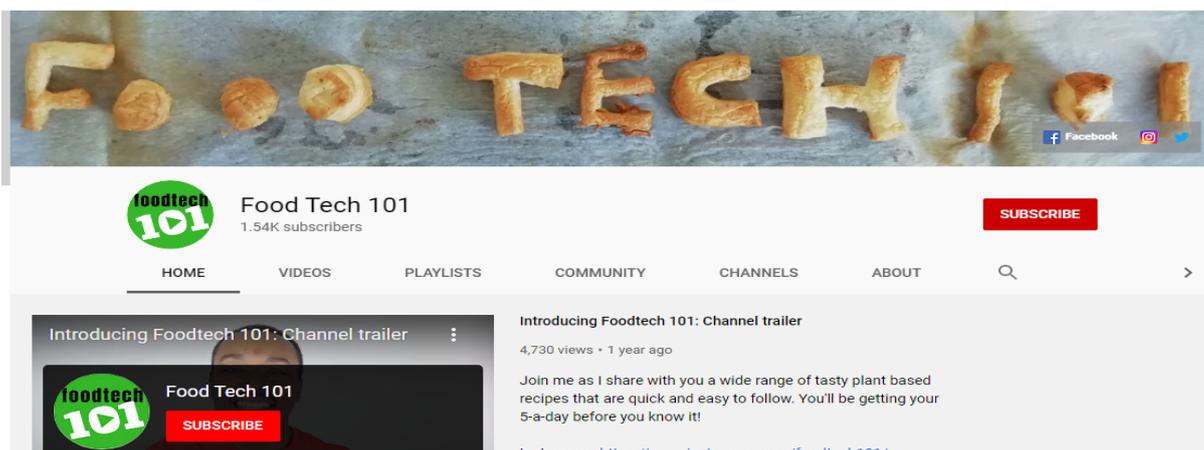


Mrs James kitchen is another fab cooking teacher sharing her recipes in video format on You tube. Mr Dix - A hospitality and catering teacher who is posting lots of great cooking videos on You tube

[https://www.youtube.com/channel/UCkPz9LbmlFjiBJ4ywYeoncw?view\\_as=subscriber&fbclid=IwAR0a7A5gF6nQ2FiLpApeZC3PSEhmXtDX6BXWeDxfYXgpNiJKPEFQ6I7qqm4](https://www.youtube.com/channel/UCkPz9LbmlFjiBJ4ywYeoncw?view_as=subscriber&fbclid=IwAR0a7A5gF6nQ2FiLpApeZC3PSEhmXtDX6BXWeDxfYXgpNiJKPEFQ6I7qqm4)



<https://www.youtube.com/channel/UC2Y0zGV-In99Ss40qEXwplw>



and finally.....



When we all need a cheer up and help coping at this very challenging time..... my answer is always Food and cooking !

Current advice is to only shop for essential items and to go to the shops as few times as possible, I didn't go out panic buying - I really didn't need to.... I am a food hoarder !  
At times like this it comes in handy.

**Challenge - Here is the challenge I have set for myself and for those of you who would also like to participate: at least once a week, post a recipe utilising ingredients you find in your kitchen and/or cupboard (that includes your freezer). Nothing that you purchased at the supermarket intending to use in a couple of days or in a specific recipe, but something that's just... "sitting there waiting."**

**Make your dish, then tell us about it! If it's a good one and you feel it's worth of posting and sharing with others, please do so!**

**They will be judged and every 2 weeks the winning picture / idea will receive a fruit and vegetable box delivered to their door.**