

FOOD NEWSLETTER

News, recipes and thoughts on food!

Issue 2

Miss Allen's Family Favourites



Miss Wilson - Greenfingers & baking



Mrs Lythe's Celebration cakes



Pupils bakes & work



Miss Allen's Family Favourites

Hi Netherwood students,

Let's talk Sunday roasts! What's your favourite? Do you have a special way to cook Yorkshire puddings or a secret ingredient which makes your roast the tastiest of the week? I'm going to share my tips with you today. I always par boil my potatoes for roasties 15-20 minutes, then place them into a roasting tin with a sprinkle of salt and pepper, finally squirt with oil and toss them around so they are covered-easy peasy! I also put the parsnips in the same tray (to reduce the washing up and save space in the oven), drizzle them with honey, roast for 25 minutes. Give them a wiggle round half way through cooking and that's it, both always come out of the oven perfect - Yummy!!



Yorkshire Puddings next - So, I use 4 eggs, 140g plain flour, 200ml milk and a sprinkle of salt and pepper, but the key to perfect puds is the fat needs to be HOT when you pour your mixture in. A jug or a bowl with a spout makes portion control easier when pouring, and my final tip would be to make your mixture up in advance and let it rest in the fridge for 30 minutes, you will get nice big, crispy top, soft bottomed Yorkshire Puddings - enjoy!



Stuck for a social distancing present idea? Problem solved

Introducing the jar mix - These would work great for any occasion father's day (21th June), birthdays or just to leave on someone's doorstep to let them know you are thinking of them. I love this idea as you will have most of the items needed around your house: Wash out your jam jars and peel of the label, scrap bits of card will make the tags, small pieces of wrapping paper that you save hoping you'll be able to use it up next time will cover the lid, ribbon could be tied around the top or even an elastic band.

Top tips

- 1) Choose a recipe with different coloured ingredients to show off the layers and plan out how you are going the layer them up to show the separation.
- 2) Make sure you pour your ingredients in slowly as you do not want them to mix as this will spoil the final appearance. You will need to do this on a level surface.
- 3) Don't forget to write a label including what fresh ingredients need adding in and how to bake your chosen recipe including temperature and baking time.
- 4) Go for a recipe that's trialled and tested, one that you are 100% sure will work. Have a look on the learning platform for baked recipes - Cookies would be a great starting point.
- 5) Accurate weighing is key to the success of baked products, double check the measurements are correct before added them to your jar.

Everyone loves a homemade personal gift so why not have a go and make someone's day. (images showing brownie mix)



Miss Wilson's News

Hi everyone, I'm keeping busy during lock down!

I have been spending a lot of my time gardening and in my greenhouse. Growing lots of plants for flowers and colour and also for eating. I have grown that many lettuces from a packet of seeds that costs £1.50 that I have given loads away and also put some on my wall for anyone to take. My strawberry patch is coming on nicely and this year I may be about to pick them before the birds eat them!



I am growing a large selection of chillies - I love spicy food! Sometimes things don't go smoothly, plants die, something eats your seedlings or you find a weird brown cup shape fungus growing! Lots of googling and research keeps me busy too. I have grown both cucumbers and gherkins from seed too - perfect for summer salads and cheese burger fake aways.



If you are new to gardening radishes are so cool to grow, they are easy and quick to germinate and within a couple of weeks of sewing them you can be eating freshly picked radishes on your salad.

I have grown 3 types of beans and this year I am experimenting with Borlotti beans, I love watching the bean plants spiralling up the canes.



I have grown some sugar snap peas this year and keep pinching the frizzy top shoots to garnish my food. I have pots of cut and come back spinach which just keeps going! Lots of different types of potatoes with some early new ones ready to harvest now. There is something very special about cooking and eating potatoes and any fruit and vegetables you have grown. A new one for me this year is Fennel and I have some growing nicely.



I always have chilli peppers, peppers, tomatoes and cucumbers in my greenhouse and below are this years.



I am trying to fill my garden with either beautiful and/or edible plants. I have nasturtiums growing anywhere I have a gap! Both the leaves and the flowers are edible and have a peppery taste and make food look very pretty!



My horseradish plant is going crazy! please be careful if you ever plant one of these it tries to take over! I love it freshly grated with beef dishes - it makes my nose twitch and feel funny - but I like it!



Pansies and violas are edible as well and can certainly pretty up boring looking food.

I have an old metal bath planted with lots of herbs I use a lot and am trying to go to the supermarket as few times as possible so fresh herbs help.



Banana bread is very trendy at the moment , I had some bananas past their best before date, I decided to make them into muffins instead of a traditional loaf shape. I also added a teaspoon of chocolate spread in the middle - not the prettiest but they tasted great ! I used Mary Berry's chocolate and banana bread recipe https://www.bbc.co.uk/food/recipes/banana_and_chocolate_74784

Chocolate chip banana bread

★★★★☆ 107 ratings

[Rate this recipe](#)



I have also been using the school brioche recipe (this is in the recipe folder) and making a cinnamon Chelsea bun , the filling is sultanas, brown sugar, cinnamon and butter.



These did not last 24 hours! I have had requests to make them again.

So Mum, Connie, is shielded as she is in her 80's. To be honest she is a bit bored and missing her shopping trips to Marks and Spencer's. I am trying to keep her busy with crafts and jigsaws mainly. Here she is showing me another one she has finished through the window.

I hope you are all looking after your grandparents and elderly neighbours and relatives, some will be feeling very lonely and isolated. 15 minutes of your time for a chat, safely of course, may make their day more bearable. See if you can help with shopping or any IT needs. Connie has been learning how to text! Make them a little food treat?



Student Work Showcase

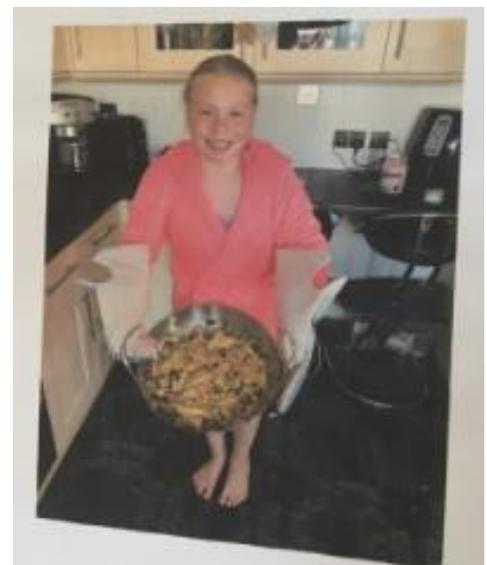
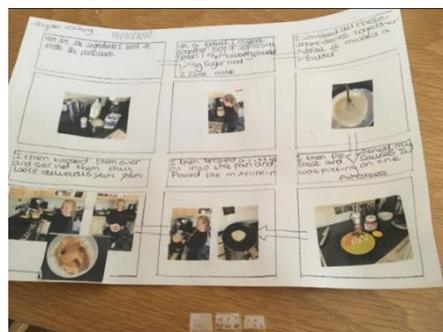
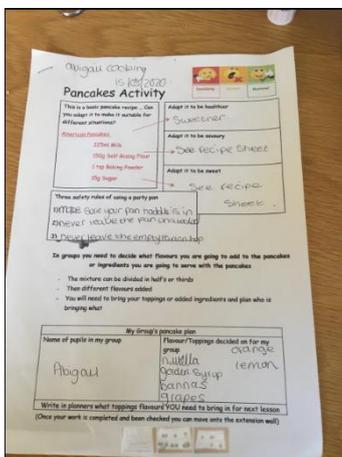
Netherwood students you are all amazing - this week I'd like to share a few top chefs.

First up we have Amy Currie Y9. Amy planned, made and served a full afternoon tea on a three tier cake stand for all her family.



Amy also participated in the Easter challenge and made this magnificent chocolate cake. So much detail! My personal favourite bit is the carrot and the sculpted chocolate nest on the top. Well done Amy this is truly outstanding baking.

My second student I'd like to mention is Abigail Cocking Y7. Abi has been sending me wonderful practical work including chicken nuggets, pizza pancakes and salted caramel brownies. She has also been busy completing some theory work including worksheets and method boards for all of the practical dishes she's made.



My third student to mention is Ayden Edbury (Y7). Ayden's been busy in the kitchen making honeycomb and lemon drizzle cake - I bet they didn't last long at home (they wouldn't in my house!!).



And last but not least I would like everyone to see Isaac Bartram's (Y8) Reeses Fudge!! Isaac this could have been bought from a shop it's that good. You should be really proud of yourself you've done a great job - I would love a copy of your recipe ☺



Mrs Lythe's Bakes

Hi Netherwood bakers

Hope you are still making lots of lovely cakes and bakes for your families and friends. This week I have made several bakes to give to neighbours and also my daughter, who works at the hospital has taken some items for her colleagues.

I have made a Lemon Drizzle loaf, shortbread biscuits and I found a lovely recipe for iced buns, they smelled and tasted amazing!! I am including the recipe and I hope some of you will give them a try!

I also made a couple of celebration cakes, one had ballet shoes on the top which I made from pink fondant icing - they were certainly a challenge!!



Lemon Drizzle Loaf



Shortbread



Iced Fingers



Iced Fingers

For the Dough:

- 500g Strong white flour
- 50g caster sugar
- 40g unsalted butter-softened
- 2 free range eggs
- 2 x 7g sachets of yeast
- 2 tsps salt

- 150ml warm milk
- 120ml water

For the icing:

- 200g icing sugar
- 5 teaspoons cold water

Method:

Preheat the oven 220C/200Cfan/Gas 7

To make the dough, place all the ingredients into a large bowl. Stir the mixture with your hands and knead inside the bowl for 4-5 minutes.

Turn onto a lightly floured surface and knead well for a further 10 minutes, until the dough is soft and elastic. Return the dough to the bowl and cover with a damp tea towel and leave to rise in a warm place for 1 hour.

Divide the dough into 12 equal pieces, roll into balls and shape into fingers about 5" long.

Place the fingers onto a greased baking tray leaving space for them to double in size, then set aside for 40 minutes.

Bake in the oven for 10 minutes and leave to cool completely.

For the icing - sift the icing sugar into a wide bowl and stir in the cold water to form a thick paste.

Dip the top of the cooled fingers into the icing, smooth with your finger, then leave to set on a wire rack.

Website and Social Media Links

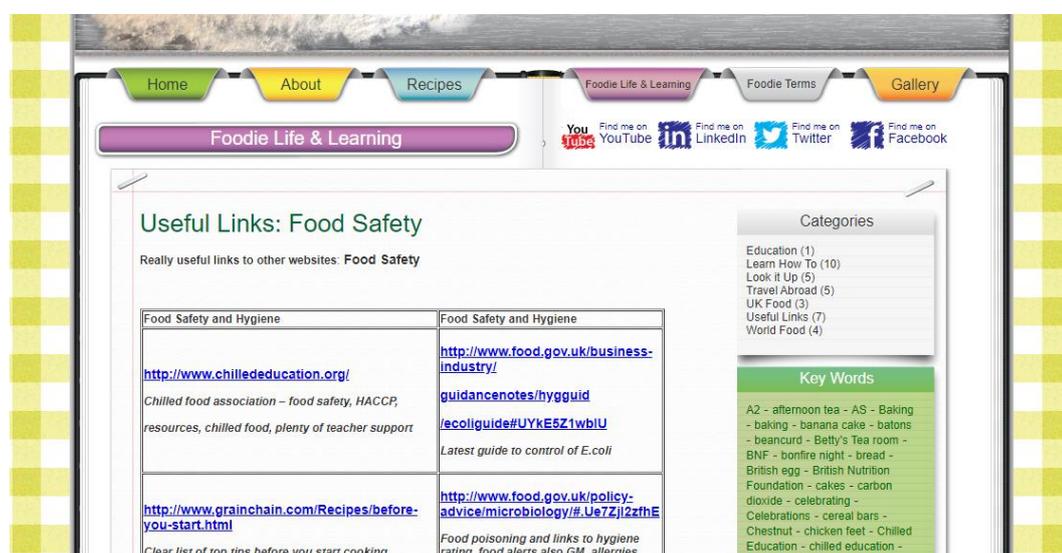
Hi everybody, just wanted to send some links to some great things you can look at on your phone, laptop or tablet all linked to our fabulous subject. Let's keep cooking in these difficult times.

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>

If you want to try new recipes or revisit some old classics, please have a look at this website. Barbara is a friend of mine and a retired Cookery teacher - her recipes always work and her knowledge is fantastic!

<https://thecookeryteacher.com/foodie-life-and-learning/article.php?ID=51>



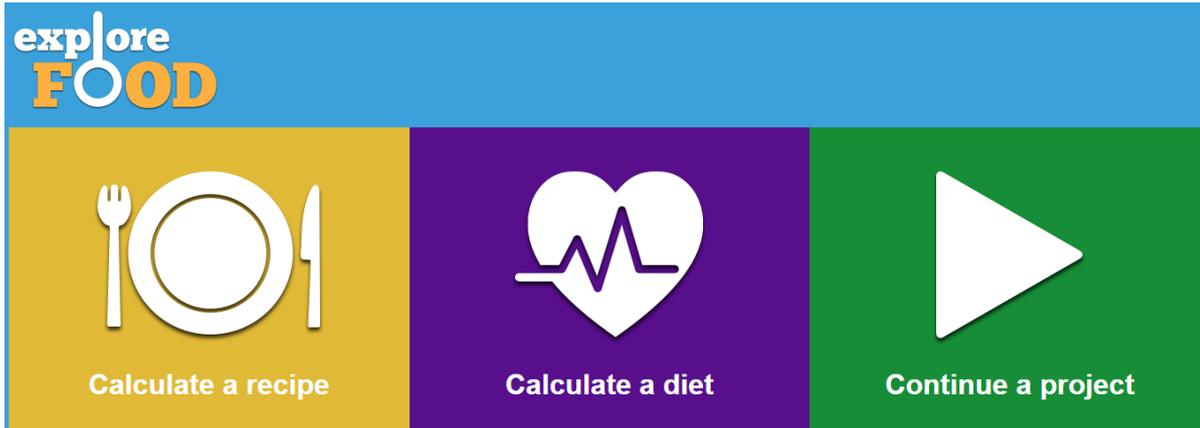
Then probably the **best resource** especially for year 7, 8 and 9. This is a new hub for learning and such a wealth of information from recipes to interactive resources such as quizzes. It supports all the most up-to-date information about healthy eating, special diets and environmental issues.

<https://www.foodafactoflife.org.uk/whole-school/remote-learning/>



There are some fabulous recipes, quizzes, kahoots, fun activities to do with your families, all centred around keeping well and healthy.

It also includes a tool to find out what nutrients foods/ meals contain which is very easy to use and informative.



Part two of things to watch and sites to visit.

<https://www.foodafactoflife.org.uk/11-14-years/activity-packs/food-life-skills/?fbclid=IwAR1Q6bI2sOtDHiy4eKtTNKr0RS5sL6f7acwdV6rrBpbC5hY7uGACJTUMGaY>

A fab cooking course to work through with recipes and power points. Great for year 9 and 10.



The following resources are designed as lesson plans to help students learn about cooking different recipes whilst considering healthy eating, food hygiene and safety and budgeting. The resources are divided into 13 modules, each with a presentation to set the scene and three recipes for students to make. Links to each of the recipes can be found below:

<https://www.deliaonline.com/cookery-school?fbclid=IwAR0n2ykZMQ4XAGcRYiPr8OBmXGvoonH7wX2 ITrvN5-119byvJ4NHbuw L4>



THE DELIA ONLINE COOKERY SCHOOL

"My ambition and dream is that anyone who wants to learn to cook can. So we've created an Online Cookery School to take somebody by the hand and lead them through it step-by-step, and it's absolutely free"

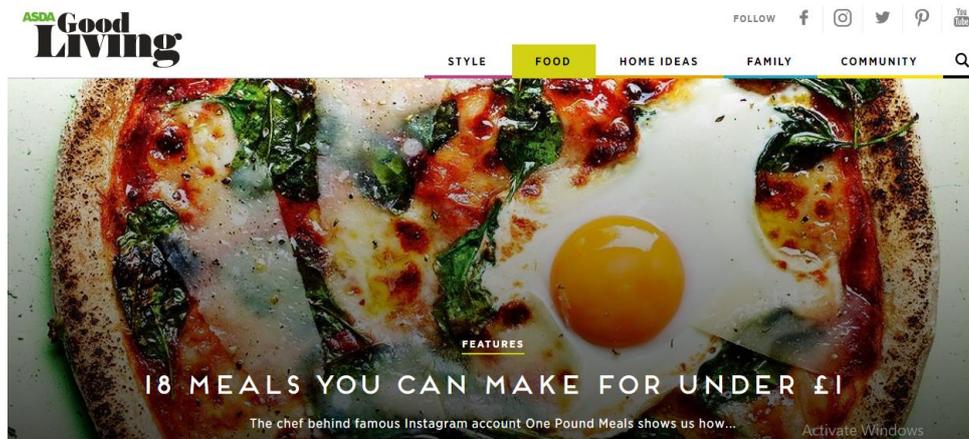
These were Delia's thoughts when our Cookery School was launched in February 2013. Seven years on, we know it has helped many of our members, and now facing such uncertainty in 2020 never before have we needed the skills and techniques required for basic, good, home-cooked food. So join us, brush up your skills, learn some new ones, and keep yourself and your family safe and well fed.

This would be great for year 10 and 11 students - a lot of these recipes are high skilled and would help you to achieve the highest marks!

The course goes through cakes, eggs, pastry, bread and rice and pasta - In my eyes Delia is the queen of cooking!

A great new news letter from Asda has come out this week with 18 meals for under £1.00

<https://www.asdagoodliving.co.uk/food/features/one-pound-meals>



Another chef I follow on instagram - he's fab! He has done some great masterclasses on pasta.



And Finally -

Our guest chef for this newsletter is Mrs Wharton, she has been making chunky bolognaise with vegetables and salad from her garden. Also, her special strawberry cheesecake with strawberry sauce with strawberries from her garden. Well done Mrs Wharton! It all looks fab! Who will be our next guest chef?

