

FOOD NEWSLETTER

News, recipes and thoughts on food!

Issue 3

Miss Allen's Family Favourites & Keeping fit!



Miss Wilson - Cooking & Gardening



Mrs Lythe's Cakes & bakes



Pupils bakes & work



Miss Allen's Family Favourites

Do you have fussy eaters in your house? Siblings that don't like vegetables?

Fancy doing an experiment? I bet if you close the kitchen door and made a lasagne (recipe on the Netherwood Food tab - Home Learning) you could hide multiple vegetables in the Ragu sauce and no-one would know any different! And by doing this experiment not only will you be improving someone's nutrient intake you'll be refining your knife skills - Win Win.

Shop bought Ragu sauces are often high in salt and sugars, so it's a good idea to make your own so you know exactly what's included. When the time came to wean my son I bought a miniature food processor which is great and saves lots of time when I'm batch cooking at the weekend. I peel and roughly chop my vegetables and throw them in the food processor and blitz to a smooth consistency. The more vegetables you add in the better the taste, I mix my blitzed veggies with a can of chopped tomatoes and a good squeeze of tomato puree. You could bulk make your Ragu sauce, pop it in containers, freeze and then use it as a when needed for spaghetti Bolognese, meatball sauce or even for your pizza base.

I'd love to hear how your experiment goes:

- Who did you experiment on?
- What vegetables did you use?
- Could they tell what was in the sauce?
- Did they like it?



Hello Netherwood students,

We all know that healthy eating is key to a healthy lifestyle but the other side of things is keeping active. I know exercise can be hard for many reasons, the excuse I always make for myself is TIME. Well as we all know things are running a lot slower than usual so I decided to give myself a kick up the bum and start exercising - I really don't have an excuse anymore.

I needed to do something that eased me in as I have not exercised for a very long time!! I also needed some support as I found the thought of exercising a bit daunting, so I talked to my friends and did some research. I came across the couch to 5K programme, it has been developed by the NHS and is designed for beginners to gradually build up their running ability so they can eventually run 5K without stopping. The pace of the 9 week running plan has been tried and tested by thousands of new runners. You can, however, repeat any one of the weeks until you feel physically ready to move on to the next week.

So I gave it a go, I will admit the first "run" (more walking than running) shocked me as I finished and everything hurt and I felt like jelly - this is when I knew I needed to keep going as my fitness was worse than I originally thought. I went out for my second run and I felt completely different, I felt energised, happy and very proud of myself for not giving up. My advice would be to not give up even when it gets a little challenging, keep pushing through and you'll be amazed at what you can achieve.

Why I like the Couch to 5K:

- Its only 30 minutes of exercise
- I can do it myself without anyone watching
- I have the support from the app, my coach is talking me through each step and giving me tips along the way.
- I can repeat a week if I need too. There's no pressure to move on, I can take my time.
- I can fit my runs around a busy home/work lifestyle
- It's nice to get out and have half an hour to myself.

I am on week 4 now and already I can see improvements in my fitness and overall health. I am much happier in myself and a lot less stressed. Before I started this training app did I think I'd be able to run 5k - absolutely not. Now I'm half way through doing it do I think I'll be able to success YES I absolutely know I can do it.

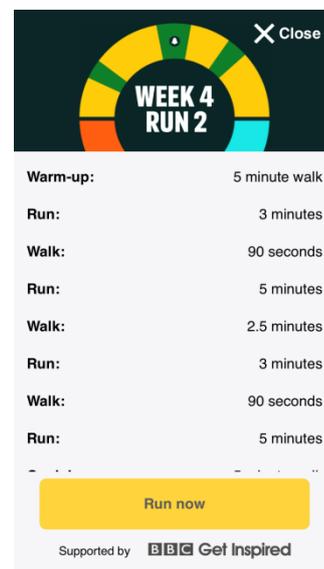
If you are interested in finding out more about this app (which is FREE to download) have a look on the website and see if it's for you.

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

If you are going to go out running make sure you are in a safe place. You run where it's good lighting and always have your phone fully charged. It's important you let someone know where you are going or even better run with a family member - Mums / Dads / any and all family members might like to get involved.

Happy Running ☺

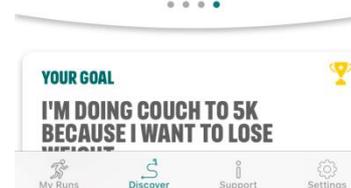
Miss Allen the next Mo Farah



BBC

For all the information and motivational tools you need to get moving. Its time to get active, get involved and Get Inspired!

Find Out More



Miss Wilson's News

Words from Miss Wilson,

Hope you are well keeping safe and well, being kind and caring and obviously cooking! I feel like I am on the Covid roller coaster - so many ups and downs!

So I don't know about you but my frantic cooking, cleaning and trying new activities has slowed right down from the beginning of lockdown! I am getting quite fed up and bored now and can't really be bothered now! I need to have a word with myself!

During my last cupboard declutter I found a beansprouter!! My favourite auntie bought me it when I was at university, over 30 years ago! She was into cooking like me. It is a layered container that allows you to sprout your own beans and turn them into beansprouts like the ones we are used to in Chinese cookery. They are very healthy and good for you because as the bean sprouts it develops all the nutrients needed to make a plant. Then we eat it and we get all the nutrients! They produce toxins as they sprout and have to be rinsed regularly.

Here are my results-



I made them into: <https://www.bbc.co.uk/food/recipes/butternutsquashandprawn88913>

Butternut squash and prawn curry with noodles

★★★★★ 7 ratings

[Rate this recipe](#)



It was lovely, all of my favourite flavours.

You can do it without a bean sprouter:



Gallery: How to Grow Bean Sprouts in a Jar

1. Rinse and pick over **beans**. Mung **beans** and lentils are the easiest and fastest to **sprout**. ...
2. Place **beans** in jar with water. Fill the glass jar with cool, clean water. ...
3. Soaking. Cover with a drainable cap and soak for 8 to 12 hours.
4. Rinse and drain.
5. Repeat. ...
6. Final step for alfalfa.
7. Wash and eat!

What are the benefits of sprouting?

Sprouts are one of the easiest foods you can grow indoors. They require barely any space—if you can fit a Mason jar on your counter, then you have enough space. You don't need any special equipment. And heck, you don't even need a sunny window! Sprouts are a veggie that everyone can (and should) grow.

Aside from the fact that sprouts are an easy, cheap, and tasty vegetable **anyone** can grow, sprouting also has some real nutritional benefits. Sprouting legumes, grains, and seeds makes them much easier to digest by breaking down the anti-nutrients that are common in those foods. If you've ever had troubles digesting a particular grain or legume, I highly recommend trying it sprouted before writing it off all together. You might be pleasantly surprised that sprouted beans or grains don't bother your body! In general, sprouting also increases the vitamin C and B content and the fiber! Sprouts rock.

There are some much posher and more expensive ones now to buy ! Look at these:



MB-LANHU Bean Sprouts Machine
Auto Household 2 Layers, Bean
Seed Cereal Sprouts Machine Large
Capacity 220V
£39¹⁷



RBH Bean Sprouts Machine, 18W
Double Layer Environmental
Protection LED Display Time
Control Large Capacity Intelligent...
£71⁶⁷



HEMFV Seed Sprouter Bean
Sprouts Machine PTC Intelligent
Temperature Control Always
Maintains A Temperature of 23-2...
£140³⁵



YUEWO Double layer Automatic
seed, Fruit and vegetable
germination Machine, Large
Capacity Bean Sprout Grower
£52²⁰

My making sour dough - my story has ended! I fed it, stirred it, left it, watched it, smelt it and then used it and baked it, ate some and fed the other to the birds! It was ok - I will not be doing it again in a hurry! The jar on my work top got on my nerves, it smelt unpleasant and took hours to get it to rise- However it did rise without any yeast so quite magical! Then tasted ok.



My gardening is keeping me sane at the moment, I have had radishes, lettuce, my first cucumber, strawberries and lots of herbs! I will update you with pics in the next issue. I truly hope that we can do some gardening together when we return to Netherwood Academy in the future.

I am missing you all like mad, please keep in touch, keep sending your work and your pictures and let us know if you need recipes or help in any way. Hope to see you soon

Miss W

Student Work Showcase

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

Mollie Illingworth Y10

Mollie has been busy in the kitchen making pizzas and ramen for her family over the half term week whilst enjoying the lovely sun



Y8 Holly Bladen

Holly has also been enjoying the gorgeous sunny weather getting lots of sunbathing in. But when the rays got too much she turned to cooking over zoom with her friend - a great way to socialise at a safe distance. She's made ginger biscuits, a chocolate cake (for her cousins birthday) and pizza. Holly you've done a brilliant job with your bread dough, kneading and shaping I'd love a slice!!





Lucas Whitaker - Year 8

Lucas made the most of the glorious weather by cooking for his family outside on the BBQ. Excellent to see you branching out and using different cooking methods. You can't beat flame grilled burgers my favourite ☺



Year 7 celebration

jamaican jerk chicken

serves 4
1/2 Syn per serving

ready in 20 minutes, plus marinating and 4 hours in the slow cooker

8 large skinless chicken thighs
1 level tbsp runny honey

for the jerk seasoning
2 onions, roughly chopped
3 red chillies, deseeded and roughly chopped
2 large garlic cloves
5cm piece fresh root ginger, peeled and finely chopped
1 tbsp fresh thyme or lemon thyme leaves, plus sprigs to serve
1/2 tsp ground allspice
100ml cider vinegar
100ml light soy sauce

We've cooked these more-ish thighs in the slow cooker for tenderness then finished them off under a hot grill to make the sauce lip-smackingly good – you could also do this on your barbecue!

Use a sharp knife to make a few slashes in each chicken thigh and arrange them in a single layer in a large non-reactive dish (glass, ceramic or plastic).

Put all the jerk seasoning ingredients into a food processor, season with freshly ground black pepper and whizz to a paste. Pour the paste over the chicken and turn to coat the thighs well, making sure you get some into the cuts. Cover and set aside for at least 3 hours so that the flavours can really get into the chicken (if possible, marinate overnight for an even deeper flavour).

Transfer the chicken and marinade to the slow cooker pot, cover and cook on high for 4 hours or until the chicken is very tender.

Preheat the grill to high.

Arrange the chicken thighs on a foil-lined tray, spoon over any marinade left in the slow cooker pot and drizzle with the honey. Grill over some more black pepper and grill until beginning to char nicely. Garnish with thyme sprigs and serve with your favourite rice and Speed veg.

Don't have a slow cooker?
Cook the thighs in an oven preheated to 180°C/350°F/gas 4 for 40-45 minutes, turning frequently.



Abigail Cocking - Year 7

These are the ingredients I used

I weighed out my pasta and placed it in a saucepan with just water (very yummy pasta)

I then chopped up the other ingredients I was adding

I diced to add some herbs to finish my recipe off

I then added all the herbs and cream to the pasta and mixed it all together

When the pasta was cooked I drained it and placed it in the bowl

This was the salad pasta when I served it up, it was delicious yum yum

Ingredients	Equipment
Pasta (100g)	weighing scales
Sauzon cream	bowls
1 onion	vegetable peeler
1 pepper	knife
1/2 cucumber	Sauce pan
Small piece of cheese	wooden spoon
Carrot	Sieve
lettuce	scissors
tomato (cherry)	
mint	

***Tip**
When the pasta was cooked I put cold water through the sieve to cool the pasta.

Faith Price - has spent a lot of time in the kitchen while lockdown has occurred. She made lots of different things!



Faith Price Year7 Art Homeschool work.



Jasmin Harvey Y8 -

Has been baking buns she has made them for elderly neighbour's, this cheered them up during lockdown.



her

Freya Malloy Y9

This week Freya has made a lovely cheesecake. She has organised her ingredients before starting, chilled her base so it was nice and firm and then whipped her filling to a lovely consistency. She has chosen to decorate her cheesecake with fresh fruit, chocolate sauce and icing sugar. It looks truly scrumptious Freya - Well done.



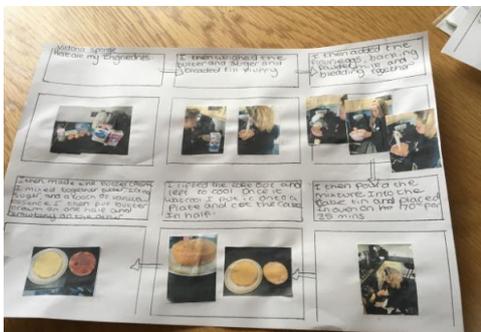
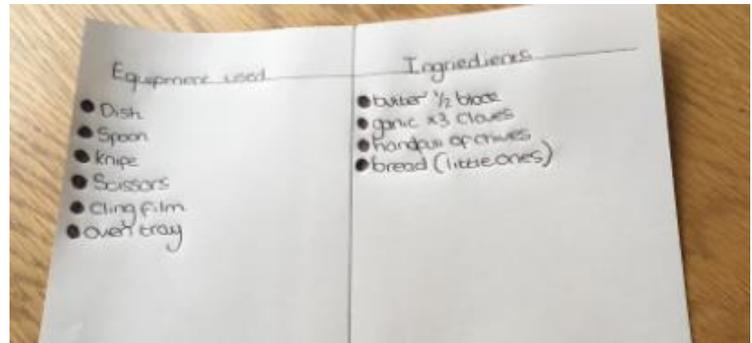
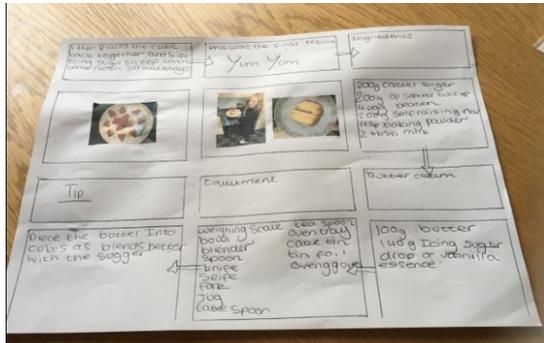
Lucas Whittaker - Y8

Its homemade curry for our weekly cooking instalment from Lucas W. Lucas has used a combination of flavours and spices to create his curry which has been served with rice and chips - When you can't decide have both!!

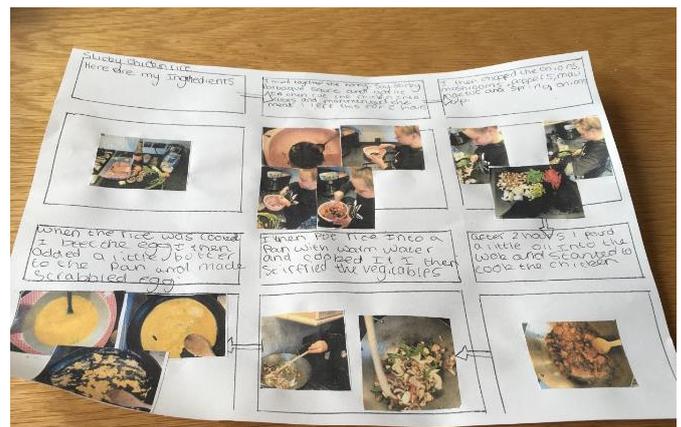
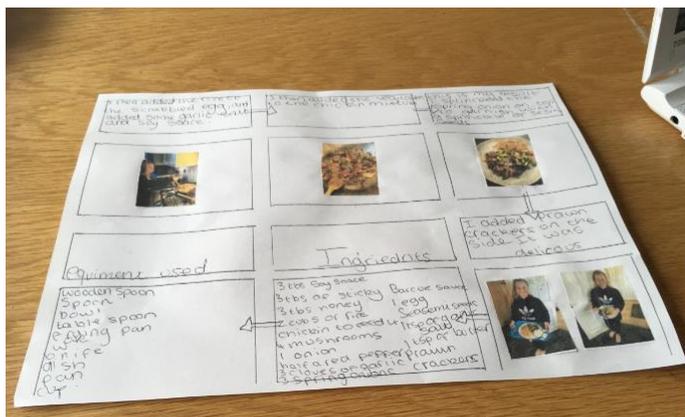


Abigail Cocking - Y7

Abi has shared her Victoria sponge and garlic bread method boards with us all this week. I'm very sure a publishing company is going to be in touch with Abi soon as she definitely has enough recipes to fill a book many even two!! Brilliant work as always - well done Abi.



Abi's been at it again, this week she's made a savoury dish of sticky chicken rice. Abi's sauce is a combination of honey, barbecue sauce, garlic and spring onions what a lovely combination! I like that you have served it with prawn crackers too for a crunchy texture.



Alex's Lockdown Bakes



Fudge



Cinnamon Swirls



Apple pies



Show stopper cake



Rock cakes



Chocolate pastries



Smartie Cookies

Every Saturday (Pre-lockdown) Alex and his Mum used to go to a café for cake and a coffee whilst his younger sister attending her dance class. Since Lockdown Alex and his Mum thought if we can't go to the cake, the cake can come to us! So they have been baking every single Saturday during lockdown.

What a beautiful array of baked products Alex and how lovely to continue something you enjoyed pre lockdown.

The winner of the store Cupboard Challenge this week is Lucas Whitaker (Y8). Lucas used the potatoes to make homemade chips and the salad ingredients to accompany his spiced chicken. Well done Lucas ☺

SW
spiced chicken

serves 4
each serving is:
1½ Slys on Extra Easy
1½ Slys on Original
2½ Slys on Green
ready in 45 minutes

100g tomato purée
2 tsp cayenne pepper
2 tsp garlic salt
1 tbsp dried mixed herbs
freshly ground black pepper
1 egg white
60g wholemeal roll,
torn into pieces
12 skinless and boneless
chicken thighs
low calorie cooking spray
small handful of freshly
chopped fresh flatleaf
parsley, to garnish
lemon wedges, to serve

Preheat your oven to 220°C/Fan 200°C/Gas 7 and line a baking sheet with non-stick baking parchment.

Mix the tomato purée, cayenne pepper, garlic salt and mixed herbs in a large bowl and season with black pepper. Whisk the egg white in a clean glass bowl until stiff peaks form, then fold into the tomato purée mixture.

Whizz the bun roll in a food processor until you have fine crumbs, then transfer to a plate.

Coat the chicken thighs in the egg mixture then roll in the breadcrumb mix to coat evenly. Arrange the pieces in a single layer on the prepared baking sheet. Spray with low calorie cooking spray and bake for 25-30 minutes or until cooked through.

Quarter with parsley and serve hot with chips (page 41), coleslaw (page 70) and lemon wedges.



Cooper Little - Year 7

Cooper has been cooking and baking all through Lock down making sure that her and her family have gluten free sweet treats to keep them going. Just look at this cake! Amazing piping skills, very well done.



Epernay Dale - Year 7

Epernay has been very busy making all sorts, this week a chicken and asparagus quiche!



George Johnson - Year 7

He has been chipping away at his food work with a mixture of cooking and written work. Well done George keep it coming.

Food

1. What is organic farming?
2. Give 1 advantage and 1 disadvantage of organic farming.
3. Where is Polyball farm?
4. How long have the Brown family been involved in farming?
5. How many portions of organic vegetables are produced by Polyball farm each year?
6. What vegetables are grown at Polyball farm?
7. How many acres of organic land does the farm have?
8. How is the fertility of the soil maintained and pests controlled?
9. Imagine you work for a large food company. Write a speech to persuade the head of the company to use organic produce in your products. Use the following plan:
What is organic farming?
The advantages and disadvantages for your company
Why you think your customers would like organic produce

Answers

1. When crops are grown without toxic pesticides or growth hormones. The soil is fed by natural mineral fertilisers only.
2. An advantage is that organic food is more nutritious. A disadvantage is it costs more.
3. Polyball farm is in the Isle of Axholme.
4. Over 120 years.
5. 26 million.
6. Broccoli, cauliflower, cabbage, curly kale, onions, beetroot, carrots and leeks.
7. 2500 acres.
8. Crop rotation and leaving fields to rest as well as using small amounts of natural chemicals to control pests.
9. Organic farming is a healthier way of producing food by not using harmful chemicals on the crops. The food is more nutritious, tastes better and is better for the environment. However it does cost between 10-40% more to farm. I think our customers would prefer to buy organic even though it costs more because it's healthier.

Alex Gosney - Year 8

This week has made chilli bean wraps with lots of amazing coloured fruit and vegetables .



Molly Stowe - Year 8

Molly has been cooking some of the most yummy looking food ! Look at these American Pancakes from our recipe folder. The presentation is fabulous, I will come to your cafe Molly!



.....and here are her Cookies -
It's safe to say Molly's cookies look even nicer than Millie's cookies. Fab golden brown colour and uniform size and shape. Just perfect!

Alex Athorne - Year 9



Alex has really excelled himself this week !

He has made an afternoon tea box , look at all these yummy products , he even made flaky pastry from scratch ! Well done Alex - that would get a distinction level award! Excellent work Alex I am very excited to see what you come up with next 😊

Lydia Andrews - Year 9

Lydia made this fabulous chocolate cheesecake from our recipe



Ben Haigh - Year 7



Mrs Lythe's Bakes

Hi Netherwood bakers

It's great to see so many of you baking and cooking whilst we are in lockdown, there are some wonderful pictures being sent to Miss Wilson and Miss Allen, well done all of you!

I decided I wanted to do something a bit different a couple of weeks ago, so I made some biscuits for my dogs!! Dexter is a black Labrador and Otis is a chocolate Labrador, they are both very, very greedy and loved the biscuits!

I have also done a couple more celebration cakes, and also a giant Millies cookie and some Rosti, which was very nice with chicken and salad and some Banana bread with walnuts.

Potato Rosti



Chocolate finger & Malteser Cake



Giant Millies Cookie



Dexter & Otis - begging for biscuits!



I thought you might like to make your dogs some of these biscuits, so here is the recipe, it is very easy and the dogs love them!! **Please, please** make sure that the peanut butter is Xylitol free, as this is poisonous to dogs. The brands on the picture are both fine.

Homemade Peanut butter dog treats

Ingredients:-

- 150g Wholemeal Flour
 - $\frac{1}{2}$ teaspoon baking powder
 - 125g peanut butter (xylitol free)
 - 75ml water
 - $\frac{1}{2}$ egg
 - 1 tablespoon honey
- (Store in an airtight tin for up to 3 days or can be frozen)

Method

Preheat the oven to 180c/160c fan and line 2 baking trays with parchment/baking paper.

In a large bowl mix together the flour, baking powder, peanut butter and water, mix well with a spoon.

Add the egg and honey and mix again.

Dust a work surface with a little plain flour and roll the dough out to about $\frac{1}{8}$ inch thick.

Use a cookie cutter to cut out the shapes and place on the lined trays. Collect up the scraps and roll out until all the dough is gone.

Bake in the oven for 12-14 minutes until golden brown.

Allow to cool for a few minutes, transfer to a wire rack.

Website and Social Media Links

<https://www.foodafactoflife.org.uk/remote-learning/activities-and-ideas-at-home/wave-8-activities-and-ideas-290620/?fbclid=IwAR3VjgFWDpkUietdpU7myVHU-32cbSg8OJHxvdk9FShpLLIE6AD1wX7zC3I>

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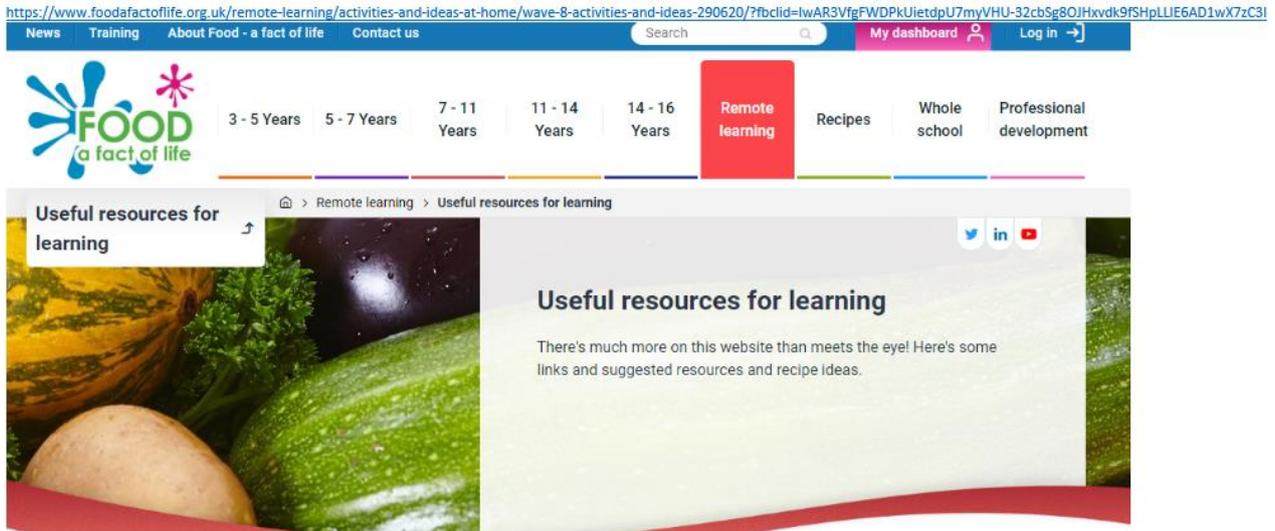
FOOD
a fact of life

3 - 5 Years 5 - 7 Years 7 - 11 Years 11 - 14 Years 14 - 16 Years **Remote learning** Recipes Whole school Professional development

Useful resources for learning

Useful resources for learning

There's much more on this website than meets the eye! Here's some links and suggested resources and recipe ideas.



And Finally -

Our first guest chef for this newsletter is Mrs Oates:-

Lockdown has reignited my love for baking, which is much to the delight of my husband, family and neighbours - as I have sent various food parcels to different people. I have spent some of my spare time the past few weeks baking a range of sweet treats. So far I have made a Victoria sponge cake, a lemon drizzle cake, banana and chocolate chip muffins, banana bread, a chocolate cake, shortbread, and flapjack. I have really enjoyed making them, and everyone has enjoyed eating them. I am really wanting to make some bread, but I am struggling to get some bread flour! Hopefully I will find some soon. Take care everyone, and keep baking!



Mrs Hedley's fabulous chocolate brownies!

<https://www.bbcgoodfood.com/recipes/best-ever-chocolate-brownies-recipe>

On top I added some melted chocolate which I drizzled and chocolate chips!! I am very naughty!

I always bake them for less time so they are gooey in the middle, so I put them in for 15-18 mins
She also made her lovely son George some shark cupcakes ! Clever lady, Mrs Hedley, are you good at everything?



Mr Grieve has also been very busy cooking - I had better watch my job ! We have so many talented chef teachers at Netherwood.

Look at these fabulous dishes: KFC Double down fakeaway, Milky bar & Biscotti truffle cheesecake, Subway Meatball marinier fakeaway and Chicken Souvlaki platte!

