

COOK PROJECT

TVU Summer School 2006



PROJECT REPORT 2006
Produced by Pip Collings
Public Health Dietitian



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Acknowledgements

The project organisers are very grateful for the support and enthusiasm of head chef Les Bradford. A big thank you to Slough Estates for the use of their beautiful facilities and for providing their facilities for the presentation dinner. Also thanks to Aramark and their staff for their continued support for the project.

Thank you also to Number 43 Wentworth Avenue for use of their lovely kitchen and work room for the Cook course in-brief.

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Introduction

The Cook Projects were developed in response to extensive consultation by Thames Valley University in to the requirements of the local teenage community in Slough. Practical cooking skills were found to be severely lacking, and there was an interest amongst members of this population in learning how to cook.

The courses were designed and delivered by Pip Collings (Public Health Dietitian) and Steve Scuffell (Chef). Recruitment and administration was via the Thames Valley Universtiy Summer School Programme.

Aims

1. To improve the cooking skills of teenagers in Slough
1. To promote healthy eating and improve the diets of teenagers in Slough
1. To generate interest in the catering profession

Objectives

Participants will be trained:

1. To handle knives and other kitchen equipment
1. To prepare raw foods
1. To cook and present meals
1. To prepare and serve a presentation dinner
1. To be familiar with the Balance of Good Health
1. To understand how to preserve nutrients during cooking

Partners

Pip Collings	Public Health Dietitian,
Steve Scuffell	Chef, Craft Guild of Chefs
Rupinder Dhaliwal	TVU Summer School co-ordinator
David Mullins	Slough Estates
Les Bradfield	Head chef, Aramark
Sarah Evans	Restaurant manager, Aramark
Maureen Kiffin	Sure Start manager

Methods

Advanced

Nine young people aged between 14 and 18 were recruited to the ADVANCED course. Slough Estates very generously provided their beautiful kitchens for the project. Five training sessions were run, see timetable below for details. The following Friday the advanced students returned to join the BASIC course to prepare and serve the presentation dinner. The dinner was served to two guests per student plus special guests, including the Mayor of Slough. This was held in the Slough Estates restaurant. A total of 49 people attended the dinner.

TIMETABLE FOR ADVANCED COOK PROJECT 7th – 11th AUGUST 2006

	Monday	Tuesday	Wednesday	Thursday	Friday
3.00	Health & Safety in the kitchen Bread demonstration	Soup demonstration	Fish/vegetarian demonstration	Chicken /vegetarian demonstration	Dessert demonstration
4.00	Coffee break				
4.10		Healthy eating resources evaluation	Nutrition talk by Pip Collings – balanced diet	Nutrition talk by Pip Collings - Nutrient losses	Course evaluation
4.20	Bread preparation Clean up	Soup Preparation Clean up	Fish/vegetarian Preparation Clean up	Chicken /vegetarian t preparation Clean up Pasta demonstration	Dessert Preparation
5.20	Eat				
5.50	Clean up				
6.00	End				

Presentation dinner Friday 18th August

3 – 7.30 preparation time. 7.30 – 9.30 dinner for 49 guests. 9.30 Certificate presentation by the Mayor

Along side the practical tuition, the students were also taught about healthy eating.

Session 1. Resource evaluation

The students were asked to assess two different healthy eating leaflets and express a preference. The winning leaflet will be purchased by Slough Borough Council and distributed to all Slough secondary students to promote healthy eating.

Session 2. Healthy Eating

Introduced the students to the concept of a balanced diet using the Balance of Good Health

Session 3. Nutrient losses and fats

Explained how nutrients are lost during cooking and how to preserve them.

We also covered different fats and their health properties.



Three main causes of nutrient losses

1. Leaching – vitamins dissolve in the cooking water and are thrown away
2. Heat – prolonged heating destroys vitamins
3. Oxidation – leaving chopped vegetables in the air for prolonged periods leads to vitamin losses through oxidation.

Basic

Ten young people aged between 13 and 16 were recruited to the BASIC course. Four training sessions were run, following a similar format to the ADVANCED timetable. On the fifth and final day, the students prepared a presentation dinner with the ADVANCED students. The healthy eating and nutrient losses talks were also delivered to this group.

TIMETABLE FOR BASIC COOK PROJECT 14th – 18th AUGUST 2006

	Monday	Tuesday	Wednesday	Thursday
3.00	Health & Safety in the kitchen Bread demonstration	Soup demonstration	Fish/vegetarian demonstration	Chicken /vegetarian demonstration
4.00	Coffee break			
4.10		Healthy eating resources evaluation	Nutrition talk by Pip Collings – balanced diet	Nutrition talk by Pip Collings - Nutrient losses
4.20	Bread preparation Clean up	Soup Preparation Clean up	Fish/vegetarian Preparation Clean up	Chicken /vegetarian t preparation Clean up Pasta demonstration
5.20	Eat			
5.50	Clean up			
6.00	End			

Presentation dinner Friday 18th August

3 – 7.30 preparation time. 7.30 – 9.30 dinner for 49 guests. 9.30 Certificate presentation by the Mayor

Cook course in-brief

This year the course proved very popular and we were oversubscribed. It was decided to run an additional short course for those students who were unable to access the ADVANCED and BASIC courses.

This was run at Number 43 Wentworth Avenue, Britwell. Six young people aged between 11 and 15 were recruited to the IN-BRIEF course. This course was focused on cold food preparation with the final aim of producing finger food for 150 people at the Slough Summer School showcase on 25th August.

The students were taught how to prepare a variety of dishes including wraps, tartlettes, dips and crudite. On the final day the students were taught about healthy eating and food labelling. They then were transported to TVU where they helped with the final preparation of the food and served it to the guests and students at the showcase. This course ran for 2 hours a day Monday to Friday with the showcase on Friday from 2.00 – 4.00pm.

Advanced course



Basic course



Presentation dinner



In-Brief



Evaluation

	Advanced	Basic	In-Brief
Enjoyed course	100%	90%	100%
Improved confidence in cooking?	100%	80%	50%
Could cook dishes at home?	100%	100%	83%
Are you interested in the BASIC course next year?	NA	NA	50%
Would like work experience?	100%	NA	NA
Would like a career in catering?	78%	50%	NA
Knew at least 3 of the 5 food groups	66%	100%	100%
Correctly labelled Balance of Good Health	44%	100%	100%
Identified 3 main causes of nutrient losses in cooking	66%	100%	NA
Comments	<p>It was great – so much fun!</p> <p>It was great fun, I enjoyed it! Met new people and learnt new ways to cook good, better and healthier food! Thanx!</p> <p>It was very useful and really fun! I can't wait to show off my new skills</p> <p>Very good – informative</p> <p>It was very informative and helped me learn new techniques</p>	<p>Would like more puddings</p> <p>The course is cool!</p> <p>It was enjoyable</p> <p>I enjoyed it and learnt how to cook new stuff</p> <p>It was good – all the food was provided and I really enjoyed it!</p> <p>I enjoyed the course and found it really rewarding</p>	<p>It was fun making stuff and working with Pip and Steve</p> <p>The course was OK, but I can't say much because I wasn't here most days</p> <p>Very good and enjoyable</p> <p>Should teach the nutrition throughout the course rather than in a big chunk at the end</p> <p>Learnt quite a lot of tips and am more aware of the equipment used in cooking</p> <p>It was alright – could have done harder foods</p>

Discussion

This year, the timetables were amended from previous years in order to give the students time to become familiar with the kitchen and gain confidence. This improved the learning experience for the students who were then able to fully benefit from the course. The project was very successful at achieving its stated aims and was enjoyed by students and tutors. The main reason for its success was the energy and commitment of the chefs who provided excellent tuition for all the students.

The students learned very quickly and the chefs were surprised and impressed at how much they achieved in the very short time they had in the kitchens. Student's who expressed an interest in the catering trade have been offered work experience in a top London hotel.

An additional and unforeseen benefit of the course was the effect it had on the kitchen staff at Slough Estates. The chefs were very pleased to have the stimulation of working with the tutors, and were also given up to date information on healthy eating during the education sessions. Healthy eating was stressed throughout the course and it is hoped that this will help to influence the practice in the workplace. Parents reported that some of the students were returning from the course full of enthusiasm for cooking talking endlessly on what they had achieved that day on the course.

Conclusion

Practical, skills-based projects are a good method of engaging with teenagers and encouraging healthy eating amongst this age group. Knowledge and skills increased significantly during the course.

British Heart Foundation Fund Raising Event

As a follow up to the Cook Project, some of the more capable students were invited to take part in a fund raising event at the Crown Moran Hotel in London. Steve Scuffell, the course tutor is head chef at this 4 star hotel and kindly arranged for the students to spend the day in his kitchens working alongside his professional chefs.

Aims

1. To improve the cooking skills of teenagers in Slough
1. To promote healthy eating and improve the diets of teenagers in Slough
1. To generate interest in the catering profession

Objectives

To provide work experience in a professional kitchen
To create a menu for a buffet dinner at the Crown Moran Diners Club
To raise money for the British Heart Foundation

Methods

During the Cook project, students from the advanced course and a particularly able student from the Cook Course in Brief, were invited to take part in work experience at the Crown Moran Hotel.

On 23rd September 2006, a planning morning took place at TVU, for which the students were asked to bring menu ideas and a cooked dish. Students were briefed to produce dishes that were heart healthy – ie rich in fruit and vegetables, low in saturated fat and salt. The Public Health Dietitian checked all the dishes to ensure they met this criteria. From this day, the menu was devised for the fund raising event.

On 23rd November 2006, the students were transported to the Crown Moran Hotel using TVU minibus. At the Hotel, they worked alongside Steve Scuffell and his chefs to prepare a hot buffet meal for the Diners Club.

A percentage of the ticket money was donated to the British Heart Foundation.



Results

The students produced a selection of salads, starters and main courses for the diners club. These were very well received by the diners. Despite an a la carte menu being available, all the diners chose the buffet.

Discussion

This was an excellent experience for the students who were able to get first hand experience of a real working kitchen. The students were also able to serve the customers with the dishes they had prepared which helped to give them an insight into front of house service as well as allowing interaction with the diners.

Forty five pounds was raised for the British Heart Foundation.

Conclusion

For minimal organisation, the students were given an excellent working experience and were able to produce a number of delicious dishes. All the students enjoyed their day, and have gained a good insight into the catering trade. By holding the event for the British Health Foundation, the links between diet and health were emphasised.

Recipes from the courses

SOUPS & BREADS

▼Minestrone Soup

1 Large carrot
1 Leek
3 Sticks of celery
1 Onion
1 Courgette
200 grams White cabbage
2 Tomatoes
50 grams peas
50 grams spaghetti
2 Cloves garlic
100 grams Tomato puree
1 litre Vegetable stock
Little olive oil

Cut all the vegetables into equal sizes and chop the garlic
Gently cook all the vegetables (except the peas and tomatoes) in olive oil and garlic.
Add the tomato puree and stock and cook for 15 minutes.
Add the spaghetti and peas.
Cook for a further 10 minutes.
Season & serve.

▼Carrot and coriander soup

250 grams Carrots
1 Bunch coriander
1 Onion (chopped)
1 Stick celery (chopped)
150 grams Potato
Juice of 2 oranges
³/₄ litres Vegetable stock

Cook the celery and onion until soft, add the chopped carrots.
Add the stock and orange juice, then the potatoes.
Cook for 20 minutes then add the coriander
Pass the soup through a food processor
Strain and serve

▼White Bread Rolls

'Farina 00' Flour	2.5kg	1.25kg	500g
Strong flour	2.5kg	1.25kg	500g
Yeast	200g	100g	40g
Sugar	100g	50g	20g
Salt	160g	80g	32g
Water	1500ml	750ml	300ml
Milk	1500ml	750ml	300ml

Direct dough method. All ingredients in bowl and mix on speed 1 for 8 – 10 minutes.
The quantities are approximate for a 5 kg recipe

Mould rolls

Prove until double in size (approx 2 hours)

Bake at 210°C – 230°C for 10 – 12 minutes

▼Soda Bread

250g Self Raising Flour
250g Wholemeal Flour
450ml Buttermilk
1 heaped tsp bicarbonate of soda
Salt to taste

Mix together - DO NOT OVERMIX.

When formed into a dough make into a round.

Put an X on top and sprinkle with flour.

Bake straight away at 165°C for 35 mins

STARTERS

▼Stuffed tomatoes

150 grms of tabouleh
4 large tomatoes
50 grms mixed baby salad leaves
Olive oil
Balsamic vinegar

Take out the eyes and cross the tomatoes. Plunge in boiling water for 10 seconds. Then remove and plunge in cold water “now you can peel the tomatoes”.

Skin the tomatoes and remove the pips by taking a layer from the top of the tomato.

Fill the tomato with the tabouleh and serve on the mixed baby leaf salad with a drizzle of olive oil and balsamic vinegar.

▼Tabouleh with Lemon Dressing

200gm Couscous (soaked in _ litre boiling water)
1 bunch mint
1 bunch coriander
 $\frac{1}{2}$ cucumber chopped
2 tomatoes peeled and chopped
 $\frac{1}{2}$ red onion chopped
 $\frac{1}{2}$ clove of garlic chopped
lemon juice
olive oil

Mix all ingredients in a bowl and leave for one hour to bring out the taste.

▼Oriental vegetables parcels

8 wonton wrappers
50 grms diced peppers
50 grms diced courgettes
50 grms aubergines
50 grms mushrooms
 $\frac{1}{2}$ chopped onion
1 tsp chopped garlic
50 grms bean shoots
1 carrot
2 spring onions
1 tsp soya sauce
1 tsp sesame oil
1 tsp corn oil

Cooked the diced vegetables with the garlic and onion until soft. Season as required.

Place a spoonful of vegetables onto the centre of a wonton wrapper cover with another one and seal the edges.

Steam for 10 mins

Cut the carrots and spring onions into very fine strips and place in iced cold water until they curl. Add to the raw bean shoots and add the soya and sesame oil.

Use the cold salad as a base for the cooked wonton.

Fillet of trout with a salmon mousse on a bed of spiced rice salad

1 trout 300 grms
100 grms fresh salmon
1 bunch coriander
1 egg white
Lemon juice
50 grms of rice cooked in turmeric
15 grms diced peppers
15 grms diced onion
1/2 bunch coriander
A little curry paste
A little low fat mayonnaise

Fillet the trout and remove all the bones. Place in a greased mould skin side out.

Blend together the salmon, egg white, coriander and lemon juice to make a mousse. Season to your taste.

Pipe the mousse into the centre of the trout. Cover with cling film and steam for 12 mins.

Mix all the ingredients together for the rice salad and chill.

To serve place the rice in the centre of the plate and top with trout.

MAIN DISHES

▼Calzone of summer vegetables

500 grms strong flour
20 grms yeast
10 grms salt
300 ml water
40 ml olive oil

Mix all the above ingredients to form dough, and then knead for 10 mins until the dough has a little shine.

Roll into circles as for a pizza. You can now fill this with whatever vegetables you wish. Spinach is always a good base and some kind of tomato is also good.

When you have chosen your vegetables place the half of the pizza fold over and seal the edges.

Bake at 170 C for 15 mins

▼Rosti potato

1 large potato grated
1 egg
mixed together and chilled:
2 tomatoes chopped
1 tsp chopped coriander
Juice of one lime
Little chopped red onion
“chilli oil if required”

Peel and grate the potato ‘do not put it into water’. Press the grated potato into a mould and cook in a little corn oil on both sides until it’s cooked.

Put the goats cheese on top of the potato and place in a hot oven for 4 mins until the cheese just begins to go soft.

Poach the eggs in the boiling water for 1½ mins and then place on the potato.

Drizzle the salsa around the potato and serve.

Grilled supreme of chicken with new potatoes, sugar snap peas and cherry tomatoes

2 chicken breasts
200 grms cooked new potatoes
200 grms sugar snap peas
½ punnet cherry tomatoes
Olive oil
Balsamic vinegar

Season the chicken breasts and grill gently for 20 mins turning often.

In a pan heat a little olive oil and gently warm the potatoes, add the sugar snap’s and finally the tomatoes.

Serve the chicken breast on the warm salad.

▼Jaloff rice

150 grms long grain rice
1 tin chopped tomato
1 diced pepper
1 diced onion
1 diced courgette
1 diced aubergine
1 chopped cloves of garlic
1 tbsp tomato puree
Chopped fresh herbs
Corn oil
250 ml vegetable stock

Cook the garlic and onion. Add the rice, stock, tomato puree and chopped tomatoes, cover and cook in the oven for 20 mins.

In the meantime roast all the vegetables in a little olive oil.

To serve add the herbs to the rice and place the roasted vegetables on top.

N/B Can be used with chicken or fish also.

DESSERTS

▼Summer fruit trifle

Four small round rings of sponge or bread
20 grms of mixed berries
100 mls of custard
100 mls crème fraiche
25 grms jelly crystals
50 mls fruit syrup

Make a jelly from the crystal and allow to cool.

Sit the sponge in a mould and soak with some fruit syrup. Top with the mixed berries and allow to set.

Add some more fruits and the custard to the mould.

Finally top the trifle with crème fraiche and allow to set.

Garnish with fresh berries and a little fruit syrup.

▼Summer fruit soufflé

2 egg whites
2 egg yolks
40 grms sugar
15 grms corn flour
150 ml milk
Vanilla
20 ml cream
15 grms butter
50 grms mixed berries (lightly cooked)

Boil the milk; add the corn flour, yolks and sugar. Mix together and stir until the mixture thickens.
Add butter and cream and allow to cool.

Whisk the egg whites until stiff peaks, and then add the fruits and whites to the thick mixture.

Place into soufflé mould and flatten to a smooth

Bake in a water bath at 170 C for 12 minutes.

PROCEDURES

Bone out a chicken

1. Remove the legs making sure you take out the oysters
2. Remove wish bone
3. Run knife down back bone and remove the chicken breasts
4. To bone out the legs – run a knife around the inside of the leg bone and then under the bone to remove the flesh from the bone.

Remove the skin from the leg, fill the boned chicken leg with mushroom risotto
Wrap in cling film and gently poach in chicken stock for 15 minutes

Serve with a vegetable dish and a carbohydrate eg potato or pasta

Chicken breast

Open the supreme and fill with fresh basil leaves
Roast with garlic cloves and rosemary for 15 minutes
Skin side down (do not use any oil or fat as the skin will produce enough fat)
Serve on a panace of steamed vegetables with pesto mashed potato

Preparation of a salmon

Check the salmon for freshness
Scale the salmon over a sink and wash the fish

Fillet the salmon from head to tail with a large catering knife

Remove pin bones from the fish and portion

Recipes from BHF Event

VEGETABLE PASTA

Tony Rose

Ingredients

Tri Color Pasta
Curettes
Red Onions
Peppers / Red/Green/Yellow
Sweet corn
Basil Infused Olive Oil
Garnish - Coriander Leaves / Parsley

Method

1. Cook Pasta (do not over cook)
2. Dice Vegetables, into small pieces
3. Once the pasta is cooked, leave to cool slightly, then toss in Basil Infused Olive Oil
4. Once Cold toss in the diced vegetables.
5. Garnish with either Coriander or Parsley

CHICKEN DRUMSTICKS WITH LEMON AND GINGER COATING

Tony Rose

Ingredients

8 x 75g skinned chicken drumsticks
60g wholemeal flour
Finley grated rind of one small lemon
 $\frac{1}{4}$ teaspoon ground ginger
 $\frac{1}{4}$ teaspoon ground cumin
Lemon slices to garnish

Method

1. Preheat oven to 190C 375F Gas mark 5
2. Rinse the chicken drumsticks, but do not pat dry
3. Put the flour into a large polythene bag. Add lemon rind, ginger, cumin and seasoning
4. Shake well to mix
5. Put chicken into the bag, seal and shake so that the drumsticks are coated in the seasoned flour
6. Arrange drumsticks on a non-stick baking sheet and cook in the oven for 20-25 minutes
7. Check they are cooked by piercing with a skewer in the thickest part; making sure that the juices run clear
8. Garnish with the lemon slices and serve with salad

VEGETABLE KEBABS WITH SWEET CHILLI GLAZE

Tony Rose

Ingredients

Sweet potato
Red peppers
Fresh cherry tomatoes

Glaze

2 teaspoons fresh chopped chilli in sunflower oil (eg Bart's or Schwarz)
Zest of $\frac{1}{2}$ lime
5 tablespoons of lemon infused oil

Method

1. Assemble kebabs
2. Drizzle glaze over kebabs
3. Roast at 190C/Gas Mark 5 until cooked through

SMOKED HADDOCK KEDGEREE

Tony Rose

Ingredients

110g haddock
70ml Natural unsweetened yoghurt
1 teaspoon yoghurt
170g hot cooked rice
Salt and pepper to taste
2 standard eggs – hard boiled
Parsley for garnish

Method

1. Place haddock in shallow pan of water
2. Bring to the boil and poach gently for 2 minutes
3. Drain fish and flake, removing any skin
4. Mix with yoghurt, lemon juice, rice and seasonings and transfer to serving dish
5. Finely chop eggs and sprinkle over the haddock mixture
6. Garnish with finely chopped parsley

CHICKPEA SALAD

Talia Alkubaisi

Ingredients

400g dried chickpeas
1 cup of flat leaf parsley
6 egg tomatoes
150g small black olives
150g rocket leaves
4 hard boiled eggs

Method

1. Drain the chickpeas then place in a large saucepan cover with cold water and bring to the boil over a medium heat.
2. Reduce the heat to low and simmer chickpeas for 40 mins or till tender then drain well and transfer to a large bowl.
3. For dressing whisk together vinegar oil and garlic in a small bowl then season to taste with sea salt and freshly ground black pepper.
4. Pour dressing over warm chickpeas combine well then set aside to cool.
5. Add parsley tomatoes and olives to chickpea mixture and toss to combine.
6. Transfer to a large bowl and mix through rocket leaves and hard boiled eggs.

LAMB KOFTAS WITH CUCUMBER AND MINT YOGHURT

Talia Alkubaisi

Ingredients

2 tbsp cumin seeds
1 tsp coriander seeds
2 tbsp pine nuts
small bunch fresh coriander
1 red chilli
2 tsp ground turmeric
pich ground cinnamon
300g lean minced lamb
2 limes
1 mini cucumber
100g Greek yoghurt
2 tbsp fresh mint
1 lemon

Method

1. Heat a small heavy based frying pan. add the cumin, coriander and pine nuts and cook until lightly toasted.
2. Tip into a mini blender and add the coriander chilli and tumeric and cinamon.
3. Blend to a fine paste.
4. Tip into a bowl and add the minced lamb lime rind and juice.
5. Season to taste and mix well.
6. divide the lamb mixture into 4 equal portions and roll these into narrow cylinders about 20cm/8 in long.
7. Thread a long metal skewer gently through the middle of each one and gently squeeze the meat around the skewer.
8. Arrange on a plate cover loosely with cling film and leave to rest for about 10 mins to firm up.
9. Preheat the oven to 200°C.

10. Heat a large ovenproof griddle pan until smoking hot and cook the lamb koftas for a min or two.
11. Transfer to the oven and cook for another 10 mins.

TOMATO CONFIT, OLIVE AND ANCHOVY TARTS

Talia Alkubaisi

Ingredients

1 tbsp olive oil
 1 onion
 3 cloves of garlic
 6 anchovy fillets
 3 sprigs of thyme leaves
 185g small black olives
 180g butter
 240g plain flour
 200g small cherry tomatoes

KING PRAWN PASTA

Sarah Hussain

Ingredients

40g King Prawns/ Large prawns (frozen)
 140g Egg tagliatelli
 5/6 Mushrooms
 Large (400g) Chopped tomatoes tin
 1 fresh tomato
 1 tsp. Olive oil
 1 tsp. Sugar
 Lemon juice
 2 tsp. Tomato purée
 1tsp. dried mixed herbs
 Seasoning – salt & pepper
 Parmesan cheese - optional

Method

1. Seed and dice fresh tomatoes. Slice mushrooms.
2. Boil tagliatelli (pasta) according to instructions (simmer in boiling water until al dente)
3. In the meantime, warm olive oil in wok, then add chopped the fresh tomatoes. Add 2 tsp. of tomato purée. Also add herbs, sugar and lemon juice. Reduce to make a sauce.
4. Once tagliatelli is cooked, drain
5. Add the sliced mushrooms and prawns to the sauce and allow to cook.
6. Then add the tagliatelli to the sauce and mix together and add seasoning to taste. Take off heat after a minute.
7. Garnish with pepper and parmesan cheese (optional)

MEDITERRANEAN RICE SALAD

Sarah Hussain

Ingredients

Rice
Red and green pepper
Tinned Sweet corn
Red onion

Dressing

Lemon juice
Extra virgin olive oil
Salt & pepper
(Tabasco) Pepper sauce
(The salad doesn't turn out spicy)

Method

1. (Prepare work area...) boil rice according to its instructions (simmer in boiling water for...) Keep an eye on the rice.
2. In the meantime, Chop all vegetables into even sizes (cubes)
3. Once the rice is cooked, drain.
4. Heat a small amount of oil (1tsp) in wok and add vegetables and then the rice. Stir fry for a no more than a minute.
5. Take salad out of wok (into a salad bowl).
6. Mix all dressing ingredients in a bowl and add dressing to salad.
7. Allow salad to cool and then serve.

CHUNK LOAF

Memory Chingoshu

Ingredients for loaf

Soya mince
Onions
Carrots
Peas
Spices - Paprika, curry
Mixed herbs – Coriander, Parsley
Plain flour
Vegetable oil
Eggs
Salt

Ingredients for Sauce

1 pt Whole tomatoes
1 small Onion; chopped
1 Hot or bell pepper;
chopped
1 cup Sugar; or less
 $\frac{1}{4}$ teaspoon; Salt
Cornstarch; if needed

Method for loaf

1. Soak Soya mince in boiling w
2. Cut all the vegetables e.g. oni
3. Grate the carrots.
4. Drain water from the Soya mince and put them in a bowl,
5. Mix Soya minces with all vegetables.
6. Add the spices, eggs and the vegetable oil.
7. Add a little be of flour at a time to make it thick

Method for Sauce

1. Cook tomatoes, onion and pepper until tender.
2. Add Sugar, using less if a less sweet sauce is referred.
3. Cook until thick, adding cornstarch if Sauce does not become thick enough on its own.

CABBAGE SALAD

Memory Chingoshu

Ingredients

Cabbage
Carrots
Parsley
Cucumber

Method

1. Shred the cabbage.
2. Cut the cucumber into small dices.
3. Grate the carrots
4. Mix all this together and add parsley
5. Add mayonnaise and mix together

MEATBALLS

Alec Donnelly

Ingredients

4 eggs
2 cups dry bread crumbs
 $\frac{1}{2}$ cup finely chopped onions
1 tablespoon salt
2 teaspoons Worcestershire sauce
 $\frac{1}{2}$ teaspoon white pepper
4 pounds lean ground beef

Method

1. In a large bowl, beat eggs. Add the next five ingredients. Add beef; mix well. Shape into 1-in balls, about 12 dozen.
2. Place in single layers in ungreased 15-in X 10-in X 1-in baking pans.
3. Bake at 400°F for 10-15 mins or until no longer pink, turning often; drain. Cool. Place about 30 meatballs each into freezer containers. May be frozen for up to 3 months.
4. Yield: 5 batches (about 30 meatballs per batch).

PITTA TRIANGLES

Alec Donnelly

Ingredients

2 whole-wheat pita breads
1 $\frac{1}{2}$ teaspoons olive oil
Parsley
1 clove of garlic

Method

Mix the garlic, olive oil, parsley and salt in a small bowl. Preheat a grill pan or skillet over a medium-high flame. Brush both sides of each pita with the mixture. Heat 1 pita at a time in the grill pan or skillet, for about 2 minutes on each side, until it is nicely marked. Cut each pita into 6 wedges. Sprinkle with salt, to taste, and serve.

WALDORF SALAD

Alec Donnelly

Ingredients

2 cups coarsely chopped apples, about 2 medium apples

1 cup chopped celery

$\frac{1}{2}$ cup mayonnaise, or to taste

$\frac{1}{3}$ cup coarsely chopped walnuts

mixed salad greens or lettuce

Method

Toss all ingredients together in a serving bowl.

Serve Waldorf salad on mixed salad greens.