



BEECHEN CLIFF
Design & Technology

FOOD NEWSLETTER

Recipes, news, ideas and thoughts on food!

HOW TO MAKE
QUICK & EASY
PIZZA DOUGH



WHAT'S IN
SEASON? HAVE
A FORAGE!



WHAT DID WAR
TIME RATIONS
LOOK LIKE?



HOW TO MAKE 'RUSTIC' HASH BROWNS



Pizza Dough!



As made by Jamie Oliver

**A really quick way to
make a fantastic dough
for dinner time.**

Makes 4 medium pizzas

- 500g Self raising flour
- 200ml water
- pinch of salt
- Optional extra- Tbsp xtra virgin oil



Method

preheat your oven to 200 degrees

In a bowl add your flour, salt and a table spoon of oil (adds a little bit of extra flavour)

slowly pour the water into the bowl with flour and bring together with a fork

If it looks too dry, add a little more water and if it's too wet, add flour. It should feel a little bit sticky , not gloopy, and not too dry either.

Bring it together with your hands and tip it out onto a floured surface and knead for 2 minutes until nice and smooth.

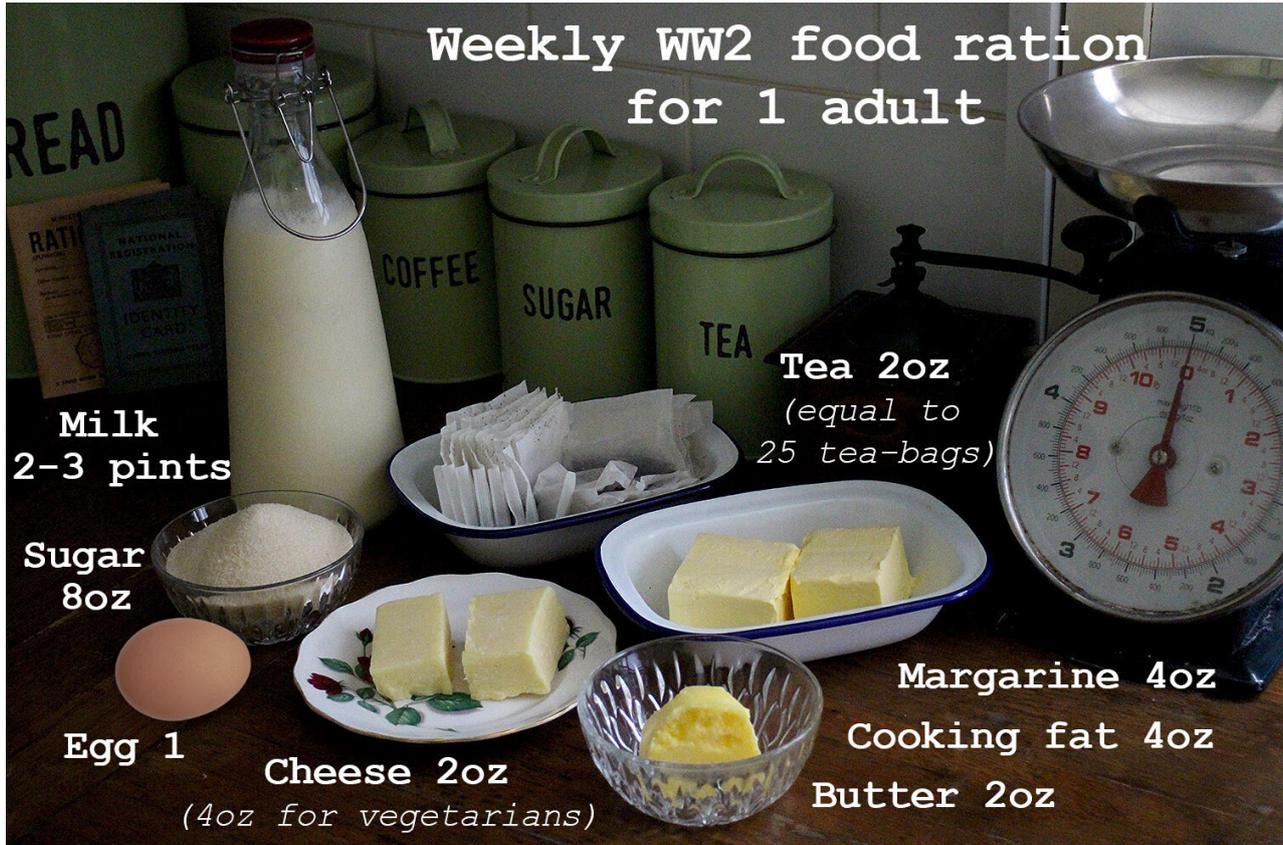
Divide the dough into four balls and flour the surface and a rolling pin

Roll into four pizza bases and place on a lightly floured tray to help it not stick. Top with your favourite pizza ingredients and bake for around ten minutes, or until your toppings are cooked and the crust looks nice and brown. Enjoy!

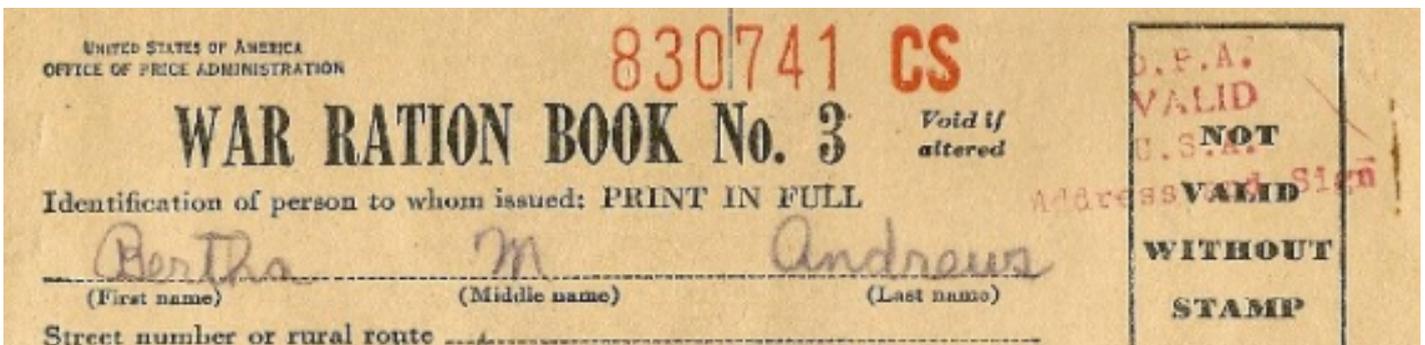
Food rations during WW2

As we are advised to stay at home as much as we can at the moment, this has meant that we cannot go to the shops as much as we used. We are also trying to ration, or think more carefully about the food we buy and cook to keep us healthy and full for the week.

Below is a typical weekly ration for one person during ww2! What would you cook?



+ 16 points per month on the points system



So although this is very extreme, it is interesting to see what people were capable of living on and might even make you feel lucky to have so much choice!

Going for a daily walk

If you are lucky enough to live near some nature or woodlands, next time you go for a walk look out for wild garlic, or Follow your nose...

Spring is the perfect times to go foraging for this versatile and pungent plant. The leaves and flowers are edible. Young leaves are delicious added to soups, sauces and pesto. Leaves appear in March and are best picked when young. The flowers emerge from April to June and can add a potent garlic punch to salads and sandwiches.



Dense clusters of green spears thrust from the woodland floor in spring: these are ramsons, better known as wild garlic and they are a sign that the woodland you are walking in is very old. If you do find some, there are lots of recipes online, pesto being a great one to try.

Safety

Seek permission before foraging. In certain areas, plant species will be protected so it is important to do some research and check with the landowner before you start gathering.

Only pick from areas that have a plentiful supply. Look for areas where you can find food in abundance and then only collect a small amount for personal use. Never completely strip an area as this could damage the species and deny another forager the chance to collect.

Leave enough for wildlife and avoid damaging habitats. Many animals rely on plants for survival, so never take more than you plan to eat as this could also deny wildlife from a valuable food source. Be mindful about wildlife habitats and avoid disturbing or damaging.

Never pick protected species or cause permanent damage. Britain's wild plants are all protected under the Wildlife and Countryside Act (1981), which makes it illegal to dig up or remove a plant.

Check the law before you forage or if in doubt, why not take part in a foraging class with an expert and learn the basics.

Homemade Hash browns Recipe

4 medium floury potatoes, peeled (like Maris Piper or King Edwards)

1 medium onion

1 egg, beaten

salt and pepper

vegetable oil, for frying

- Coarsely grate the potatoes and onion into a clean tea towel and then squeeze out the excess liquid by twisting the towel.
- Place the mix in a large bowl. Add the egg, a good couple of pinches of salt and freshly ground black pepper (you need to salt the mixture well otherwise the hash browns can be quite bland).
- Mix the ingredients well.
- Heat a good glug of oil in a heavy based frying pan and when the oil is hot (but not smoking), add spoonfuls of the potato mixture into the pan and flatten into patties about 1cm/½in thick. Flip over once browned and crispy – about 2–3 minutes each side.
- Serve hot as a breakfast or supper side dish. Especially good with bacon and eggs.

