

June 2020 | Issue 5

# FOOD NEWSLETTER

Recipes, news, ideas and thoughts on food!

**TREATS TO  
COOL YOU  
DOWN!**



**RECIPES FOR  
DIPS. PERFECT  
FOR BBQS**



**BLAST OFF!  
WHAT TO EAT  
IN SPACE...**



**REGIONAL FOOD! HAVE A GO AT CREATING A MEAL FROM  
YOUR REGION OR YOUR FAMILIES HERITAGE.**



# Frozen Berry Yogurt

## Serves 4

- 250g frozen mixed berry
- 250g 0%-fat Greek yogurt
- 1 tbsp honey or agave syrup

Blend berries, yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture. Scoop into bowls and serve.

# Cheat's Ginger Beer

## Serves 6

- 100g ginger, scrubbed and roughly chopped
- 1 lemon, chopped
- 100g light muscovado sugar
- 1-litre bottle chilled lemonade or sparkling water, to serve

**1** Put the ginger and lemon in a bowl, pour over 300ml water and blitz with a hand blender until very smooth. Strain through a sieve into a bowl, then press the pulp to remove as much liquid as you can. Add the sugar to the bowl and blitz again.

**2.** Decant into a bottle. Chill until ready to use. Add the lemonade or sparkling water to dilute before serving.

# Raspberry Cordial

## Makes 700ml

- 500g raspberry
- 500g caster sugar
- 3 tbsp red wine vinegar



**1.** Put the raspberries in a pan with the sugar and vinegar. Mash over a low heat for 10 mins until smooth and syrupy. Rub through a sieve into a clean pan. Be careful as it will be very hot!

**2.** Tip the seeds from the sieve into a bowl and stir in 300ml water, then sieve again to remove the last of the pulp from seeds. Pour the liquid into the pan with the sieved pulp, stir well and boil for 1 min. Pour into small sterilised bottles and seal. The cordial will keep unopened for a few months. Once opened, store in the fridge.

# Smoothie Ice Lollies

**Serves: 6 large: Prep time: 5 minutes : Freeze time: 6 hours (overnight)**

- 1 banana
- 180g strawberries, green removed
- 150ml whole milk
- Squeeze of honey

**1.** Place everything in a blender and blitz until smooth.

**2.** Give the blender a few heavy taps to remove as many air bubbles as possible.

**3.** Pour into moulds, add a stick and freeze.

# Dips & Sauces

## Hummus

- **1 tin of chickpeas, drained and rinsed**
- **1 large garlic clove**
- **1 TBSP spoon of extra virgin olive oil**
- **1TBSP tahini, or smooth peanut butter**
- **1 tsp salt**
- **1 large lemon (juice of)**
- **1/2 tsp ground cumin**



1. Put all ingredients into a blender and blitz until it is really smooth. The Mixture will probably be a little dry or might struggle to combine in the blender, to fix this, add water slowly until desired smooth texture is achieved.

2. Taste and adjust, you may want more salt/ garlic/ lemon juice as these really bring out the flavour in your hummus. You could even add extras such as chilli, beetroot or fresh herbs to customise it, see what you have lying around!

3. Top with extra virgin olive oil. paprika and chopped parsley for an authentic finish.



## Tomato Salsa

- **6 ripe tomatoes**
- **1 big bunch of fresh washed coriander**
- **1 red onion**
- **2 fresh jalapeño or green chillies**
- **1 large clove of garlic**
- **1-2 limes**
- **extra virgin olive oil**

**1.** Finely chop the tomatoes and coriander (stalks and all) and place into a large bowl.

**2.** Peel and finely chop the onion, deseed and finely chop the chillies, then scrape into the bowl.

**3.** Peel and finely grate in the garlic. Squeeze in the juice from 1 lime, add 2 tablespoons of extra virgin olive oil, and mix well.

**4.** Season to taste with sea salt, black pepper and more lime juice, if needed. Serve straightaway or cover and set aside for a few hours to let all those flavours develop.

# Mayonaise

- 2 free-range egg yolks
- 1 heaped teaspoon Dijon mustard
- 500 ml mixed oils
- 1-2 tablespoons white wine vinegar
- ½ lemon
- sea salt



1. Whisk the egg yolks in a bowl, then add the mustard and whisk together. Gradually add about half the oil, very slowly at first, whisking continuously for around 3 to 5 minutes, or until thickened.
2. Once you've added about half the oil, whisk in 1 tablespoon of vinegar – this will loosen the mixture slightly and give it a paler colour. Continue to gradually add the remaining oil, whisking continuously.
3. Season with a pinch of salt, a squeeze of lemon juice and a little more vinegar, if needed. Store in a sterilised jar in the fridge for up to one week.



# Garlic cream cheese

- 100g light soft cheese
- 50g fat-free bio yogurt
- 1 crushed garlic clove
- handful of snipped chives
- a dash of lemon juice
- fresh ground pepper

1. mix 100g light soft cheese with 50g fat-free bio-yogurt. Stir in the crushed garlic, chives, a little lemon juice and ground pepper. Adjust to your taste if needed.

# tzatziki

- 350g/12oz Greek-style yoghurt
- 1 cucumber
- 2 tbsp lemon juice
- 2 garlic cloves, minced finely
- dash of extra virgin olive oil
- paprika, for sprinkling



1. Cut the cucumber in half long ways. De seed by using a tea spoon to scoop the seeds out.
2. chop the cucumber into more manageable sizes for grating and grate on the 'normal' cheese side to achieve small strips of cucumber. Mix in a bowl with the other ingredients and top with a sprinkle of paprika.

# Regional Food Favourites!

Depending on where you are from, you are likely to have a meal, snack, bake or cake that your region is known for!

Why not have a go at creating a **famous local dish**, or if you are struggling perhaps you could find out where your family has come from. Eg, maybe your grandparents come from Ireland...Soda bread and Irish stew anyone? Maybe you have family in the Middle East...why not ask for a recipe or try a simple flat bread recipe! Below are some examples of regional delights to get you inspired.

## Cornwall- Stargazy Pie

This pie originated from a village in Cornwall and its origins can be traced back to the 16th century. Legend has it a local fisherman braved the stormy seas to save the villagers, who relied on fish as their main source of food, from starvation.

The fish that Tom Bawcock caught were cooked in one enormous pie. The heads were left poking out to reassure the hungry villagers there was fish in the pie.



## Birmingham- Balti Curry



An area in the Midlands known as the “Balti Triangle” hosts over fifty Balti restaurants of this delicious South Asian cuisine.

A consequence of Pakistani and Kashmiri communities who brought Balti curry recipes to Birmingham in the 1970s, it is thought to be named after the metal dish that the curry is cooked in. The word “balde” is Portuguese for bucket or pail and traveled to the Indian subcontinent via the Portuguese traders of the 16th century.

# Yorkshire- Yorkshire Pudding



Cooks in the north of England devised a way to make a filling first course from low-cost eggs, flour, and milk that could be eaten with gravy to save on the more expensive meat of the main course.

Initially called "dripping pudding" because it used the dripping fat from a roast for flavor, it later became known as the Yorkshire Pudding.

# Wales- Welsh Cakes

Popular since the late 19th century, Welsh cakes are made from flour, sultanas, raisins, and/or currants and sometimes spices such as cinnamon and nutmeg.

In Wales the cakes are known as bakestones because they were traditionally cooked on a thick cast iron griddle placed over a fire or cooker.



# Liverpool- Scouse



Scouse is a type of lamb or beef stew. The word comes from lobscouse, a stew commonly eaten by sailors throughout northern Europe, which became popular in seaports such as Liverpool.

This is essentially a peasant dish, so the meat would traditionally be the cheapest cuts of mutton - bony, fatty, scraggy. These days it gets made with lean lamb or beef, but some claim that the scraggy mutton gives the best flavour.

# UK'S must try REGIONAL DELICACIES



Premier Inn

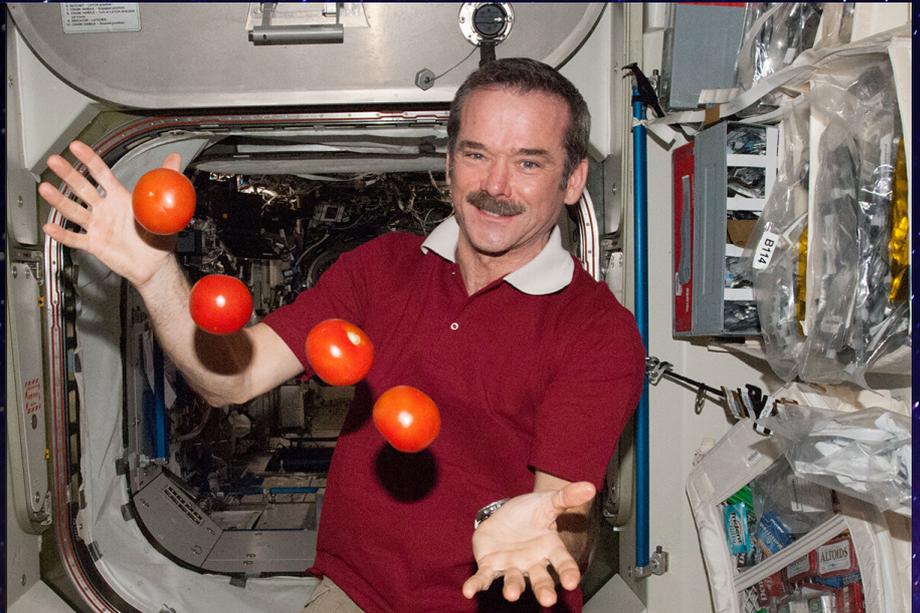
Have a think about any meals that you might want to make. If you do make one, we would love to see photos and hear where the dish is from!  
Please email [roberts@beechencliff.org.uk](mailto:roberts@beechencliff.org.uk)



Astronauts eat **three meals a day**: breakfast, lunch and dinner. Nutritionists ensure the food astronauts eat provides them with a balanced supply of vitamins and minerals. Calorie requirements differ for astronauts. For instance, a small woman would require only about 1,900 calories a day, while a large man would require about 3,200 calories.

An astronaut can choose from many types of foods such as fruits, nuts, peanut butter, chicken, beef, seafood, candy, brownies, etc. Available drinks include coffee, tea, orange juice, fruit punches and lemonade.

Chris Austin Hadfield OC OOnt MSC CD (right) is a Canadian retired astronaut, engineer, and former Royal Canadian Air Force fighter pilot. The first Canadian to walk in space, Hadfield has flown two Space Shuttle missions and served as commander of the International Space Station.



### Great food - in space!

To make sure astronauts are happy while they are in space, especially if they are going to spend a long time in space, scientists invest a lot of effort in working out ways to make their favourite dishes suitable for zero gravity eating.

The International Space station (the ISS) has been home to astronauts of lots of nationalities, and sometimes they have brought foods from their home countries.

In 2008, Gregory Chamitoff brought Jewish bagels with him to the ISS. The picture here shows some Japanese dishes, with noodles in the packet on the left.

## The first space foods

The first meals eaten in space were soft, gloopy foods a lot like baby food, packed in tubes like toothpaste. The astronaut squeezed these meals into their mouths!

The first meal an American astronaut ate was apple-sauce. The first Russian astronauts, or cosmonauts as they are known, ate tubes of Borscht, which is a type of Russian vegetable soup. The tube shown here is a tube of Borscht. This early space food was not very good to eat, and astronauts didn't really enjoy it.



Photograph from the film 'The Martian'- a must see!

## What will astronauts eat in the future?

Scientists believe that in the future, astronauts will be able to grow their own food. Longer missions, to Mars, or long stays on space stations in the future will require astronauts to be gardeners too!

Astronauts will grow peanuts, spinach, cabbage, lettuce, rice and other vegetables. NASA imagine the crews growing crops that can be turned into bread, pasta, salads, and even soyamilk shakes.

Plants have already been grown in space. These experiments were carried out so scientists could check that it was possible!