



FOOD NEWSLETTER

Recipes, news, ideas and thoughts on food!

CRUNCHY SAMOSA
PIE RECIPE FROM
CHEF, SARA



GRIDDLE PAN
WAFFLE
RECIPE



2 SPICY SNACK
RECIPES TO
TRY OUT!



PICK UP SOME SAFE
NEW KNIFE SKILLS



BATH SPORTS STARS SHARE
SOME QUICK AND TASTY MEALS!



Sara, from 'Live Learn Cook' shares her Crunchy Samosa Pie recipe!

"Live Learn Cook work in the community and schools to deliver creative and inspiring food activities for foodies of all ages.

Our aim is to encourage confidence to create healthy meals that all members of the family will enjoy".



LIVE
LEARN
COOK



Ingredients

- 350g Quorn mince or pieces (or 400g minced pork)
- 2 tbsp light olive oil or spray oil
- 1 large onion, finely diced
- 2 garlic cloves, finely chopped
- 1 green chilli, finely chopped (or a teaspoon chilli flakes)
- ½ tbsp cumin seeds
- 2 cardamom pods, gently crushed
- 1 tbsp medium Madras curry powder
- 1 tbsp plain flour
- ½ tsp sea salt
- 400ml chicken stock
- 350g potatoes, peeled and diced into 1 cm cubes
- 150g frozen peas
- 5-6 sheets of filo pastry
- 1 tsp nigella seeds

Method

- 1.** If using pork mince, spread it out on a baking tray covered in baking paper and place in a hot oven for 20 minutes until golden brown. Remove, drain off the fat and place to one side. Reduce the heat in the oven to 180C/ gas mark 4
- 2.** Pre-heat oven to 180°C if you have not done so already.
- 3.** Heat the oil in a large non-stick pan over a high heat. Add the onion and cook for 5 minutes until softened.
- 4.** Add the garlic, chilli and cardamom pods and cumin seeds and cook for a further 5 minutes.
- 5.** Stir in the curry powder, flour and salt and cook, stirring for 1 minute. Pour in the chicken stock, add the pork or Quorn mince and cubed potatoes and bring to a simmer. Cook for 20 minutes, or until the potatoes are cooked and the sauce has thickened.
- 6.** Turn off the heat, stir in the peas and transfer to a 20x30 heat proof dish or roasting tin.
- 7.** Cut each sheet of filo in half, brush one piece with oil then sprinkle with a few nigella seeds and gently scrunch it up. Place the pastry 'ball' over the base then repeat with the remaining pastry.
- 8.** Bake the pie on the middle shelf of the oven for 30 minutes or until the filo is brown and crispy and the filling is bubbling.



Jamie Oliver's Griddle pan waffles

Serves 4

- 100g unsalted butter, plus 1 teaspoon for griddling
- 2 large free-range eggs
- 300ml semi-skimmed milk
- 225g self-raising flour
- 2 teaspoons baking powder
- ¼ of a teaspoon of salt



1. Melt the 100g of butter and leave it to cool.
2. Crack the eggs into a bowl, add the milk and whisk to combine.
3. Sift in the flour, baking powder and salt, then whisk until fully combined.

4. Add the cooled melted butter and gradually stir it through the mixture. It's important not to mix any more after this or your waffles may be tough.

5. Place your griddle pan over a high heat, with the extra teaspoon of butter. As soon as it's melted, pour in the waffle batter and spread it around to fill the pan.

6. Lower the heat to medium-low and cook the waffle for around 6 minutes, or until lightly golden on the bottom. Flip over and continue to cook for around 6 minutes, until golden and cooked through. (It can be tricky to flip a whole waffle, but be bold and go for it – if it breaks, don't worry, you can rock the rustic look).

7. Give the waffle an extra couple of minutes on each side to crisp up. Then serve with your choice of topping. I like mine with bacon, egg and maple syrup, but berries and yoghurt is just as good – whatever you like, really. You could also make smaller waffles, if you prefer – in which case cook two in the pan at a time.

What to have with griddle-pan waffles? The options are endless, but here are some of our fave combos: Avocado, lime, chilli, cherry tomato and coriander, Smoked salmon, cream cheese, chives and lemon, Pomegranate seeds, melted chocolate, yoghurt and chopped nuts, Blueberries, honey, yoghurt and lemon

The process in photographs



Serving Suggestions!



Padron Peppers with Feta cheese



- 150g Padron peppers
- 10g Feta cheese
- 1 tablespoon olive oil
- drizzle of extra virgin olive oil
- sprinkle of sea salt

STEP 1 Pierce each pepper a couple of times with a fork and add oil to a frying pan on a high heat.

STEP 2 Place Padron peppers into the frying pan carefully and fry until all sides of the peppers have blistered. You may turn down the heat if it is spitting or cooking too quickly.

STEP 3 Once cooked (charred and soft), remove peppers from frying pan and place into a serving dish, blot any excess oil with kitchen paper.

STEP 4 Crumble Feta cheese, drizzle extra virgin olive oil and sprinkle a little rock salt on top of the peppers and serve. Enjoy!

What Do They Taste Like?

When cooked, these peppers have an intense flavour—piquant, sweet, and a little nutty. Their flavour is addictive. Similar to shishito peppers, not every Padrón will give you some heat. They range from **500 to 2,000 Scoville heat units**. If you happen to bite into one that's on the upper end of the Scoville scale, it'll rank about half as hot as a jalapeño. This gamble is part of their appeal. They aren't the best peppers for eating raw; when they're cooked, they taste completely different, and all their best attributes are on display.

Padron History

Any chilli that's named after a location and that has its own festival, most definitely has a rich history. According to legend, these peppers made their way to Spain from South America **via Spanish monks** in the 16th century, who began growing them inside the walls of their monastery in the village of Herbón.

Padron Roulette

Though normally mild in flavour they can throw up the odd surprise. A popular Spanish saying about them is **"unos pican, otros no"** translated as "some are hot and some are not". This is because around 90% of these peppers are mild, though the naughty 10% may just set your mouth alight.



Jalepeno Poppers- Serves 6



- 250 grams of cream cheese
- 30g grated cheddar cheese
- 1 teaspoon of oregano
- ½ teaspoon of sweet paprika
- 50g of sliced pickled jalapeños chopped into small pieces, adjust quantity by taste
- a pinch of salt and cracked pepper
- 2 eggs
- 65g of flour
- 150g of Panko bread crumbs
- 675g of neutral oil

METHOD

Step 1 Place cheese, oregano, paprika, jalapeños, salt and pepper in a bowl and mix well.

Step 2 Take a heaped teaspoon and using your hands, roll into a shape similar to that of a small jalapeño. Roll in flour, dip in egg and roll in panko crumbs, making sure all areas are covered – this is important, otherwise the melted cheese will start to ooze out into the oil when frying. Place poppers in the freezer for 10 minutes.

Step 3 While you're waiting for the poppers to firm up, place oil in a pot and leave for a few minutes on a medium/high heat. Oil is ready once it's reached 190°C, if you don't have a thermometer, test if it's ready by placing the edge of a popper in the oil, if it sizzles straight away it's ready. **You must be really careful when using hot oil as it can cause serious burns if it touches your skin. Get a parent to help you do this stage.**

Step 4 Gently lower 3 - 4 poppers into the oil at a time using a long spoon or metal tongs, they will take around 30 seconds to cook, once golden brown remove from oil and place on a paper towel to soak up excess oil.

The poppers are best served soon after cooking so the cheese is still all gooey, but be careful, they will be both hot in flavour and hot to eat! **Enjoy!**

Fun Fact

Patrick Bertoletti holds the Major League jalapeño eating record at 275 pickled jalapeños in 8 minutes on 1 May 2011, and 191 pickled jalapeños in 6.5 minutes on 16 September 2007.

Beat the heat

Most people gulp down water to cool their mouths down after a jalapeño has been a bit too hot for them, but water won't help with the burning. Milk is your best choice to help cool down your mouth. It contains the protein casein that actually breaks down the bond capsaicin form on nerve receptors. It literally takes the burn right off your nerves.

Upgrade your knife skills

You've probably seen the terms julienne, mince and dice in recipes and maybe you know what they mean, or maybe you turn a blind eye and start hacking away. But mastering the different types of cuts isn't just a fancy way to show off your culinary skills, it can drastically change the taste of food. Why? Using proper cutting techniques can help ensure food cooks more evenly and maximising flavour. For example: crushed or minced garlic will have a different taste than garlic that has been crushed or pureed. To help you get your cooking at it's best, here are some of the most commonly used knife cuts:



Claw grip



Bridge hold

Stay Safe!

Knives can be really dangerous if not used correctly. Make sure you have mastered the claw grip and bridge hold before moving onto the next techniques. Always start slowly and think about where your fingers are, making sure they are out of the way of the blade. Maybe you could offer to chop the vegetables for your family to get some practice in.

Chop!

Chopping is probably the most used and "informal," if you will, of the techniques. It refers to cutting food into small, irregular pieces. Most recipes will specify what size pieces are required, with coarse being 2cm and fine under 1cm being common. If no number is given, go with 1.5cm pieces.



Dice!

This is where things start to get a little more precise. Unlike a chop, a dice refers to cutting food into small uniform or dice-like pieces. With dicing comes some waste, since you'll need to cut the vegetable or fruit into a block shape, but the extra pieces can be reused for stock or other dishes. Once you have your block formed, slice the blocks into strips in the desired thickness and then cut again into smaller pieces to create cubes.



Mince

Mincing refers to cutting food into very small or fine pieces--smaller than those that would result from a fine chop or dice. Mincing should give ingredients a soft, almost paste-like texture and is commonly recommended in recipes for garlic, herbs or ginger in order to release their flavorful oils or liquids, distributing them evenly throughout a dish.



Julienne

To julienne is to cut a food into long ultra-thin strips that resemble matchsticks. Julienne is also known as 'shoe string' and is the method used to create crazy delicious shoestring fries.



Chiffonade

This method is used to shred leafy greens or herbs into ribbon-like strips to use as a garnish or in cooking. To chiffonade, stack the leaves you plan on cutting and roll them up tightly, then thinly slice the roll.



Tom de Glanville- Former Beechen Cliff Pupil shares a recipe!

De Glanville has played for England from Under-18s level. In 2019, De Glanville was selected to play for the England national under-20 rugby union team at the World Rugby Under 20 Championship.

Toms BBQ Marinade

In the Ratio **3:2:1**

- **3 parts**- Soy sauce
- **2 parts**- Sesame oil
- **1 part**- Honey

You may want to add the following for extra punch and flavour...Garlic/ Ginger/ Coriander/ Chilli chopped up finely

Add all ingredients to bowl and add chicken/fish/meat. Leave to marinade for at least an hour, Then chuck on the BBQ.



De Glanville attended school at Beechen Cliff School in Bath and joined Bath Rugby academy. After attaining 3 As at A-level, he then moved to the University of Leeds to study biology. In 2019,

He captained Bath at the Premiership 7s. Later in the year, he signed his first senior contract to play for the Bath Rugby senior team. He made his Premiership Rugby debut against Exeter Chiefs in September 2019.

Gabriel Hamer-Webb- Former *Beechen Cliff* Pupil shares a recipe!

Hamer-Webb signed a senior Academy contract with Bath Rugby ahead of the 2019/20 season after joined the Bath Rugby pathway at the age of 14. The winger was one of the stand out performers for both Beechen Cliff and Bath Rugby U18s in the 2019/20 season, helping them to their most successful seasons to date.



- 625g packet fresh tortellini, any flavour
- 500g beef fillet (scotch or eye fillet), cut into palm-sized pieces
- 1 large onion chopped
- 1 tablespoon minced garlic (or 4 garlic cloves, minced)
- 1 large red bell pepper (capsicum) seeded, washed and roughly chopped
- 1 large carrot peeled, washed and chopped
- 500g lean ground beef mince
- 420g tomato sauce (Passata or crushed tomatoes)
- 2 tablespoons tomato paste
- 1 stock cube
- Salt and pepper to season
- 1/4 cup chopped parsley
- 1/2 cup freshly grated parmesan cheese to serve

Cook pasta in a large pot of boiling, salted water until just tender. Drain and return to pot.

While pasta is boiling: fry the beef fillet in batches until browned and cooked to your liking over medium-high heat.

Remove from pan and keep warm. In the same pan, fry the onion, peppers (capsicum) and carrot on medium heat until onion is softened. Sauté the garlic until fragrant (30 seconds).

Brown the ground beef while breaking it up with the end of a wooden spoon. Add the tomato sauce, tomato paste and vegetable stock powder.

Bring to a simmer until sauce begins to thicken and veggies are softened. Add the cooked beef fillets into the sauce. Reduce heat and allow to simmer for a further 5 - 10 minutes.

Season with salt and pepper to your tastes. Top with half of the parsley. Take off the heat and pour the meat mixture into the same pan as the tortellini. Mix until combined. Sprinkle with cheese and remaining parsley to serve.

Rugby Players' Diets

Basic elements- Rugby players need a high-energy diet. This has four basic elements:

Proteins – essential for building muscle, maintaining the body and transporting nutrients around the body, proteins can be obtained from dairy foods, fish, poultry, eggs and red meat.

Carbohydrates – these provide the body with energy and protect the muscles from deterioration. You get them from pastas, breads, dairy products and fruit and vegetables.

Fats – unsaturated fats provide fuel for the body and protect the vital organs. You can get them from fish, nuts and various oils like canola, sunflower and soybean.

Liquids – it is vital that you remain properly hydrated throughout the day. Water is best and should be taken at intervals rather than all at once.



What an adult rugby player's diet looks like from www.canterbury.com

A sample diet for an ADULT rugby player

As a rough guide (for an adult), during the season and when you are in training you should aim to take in about 1.5 to 2 grams of protein and 7 grams of carbohydrate for each kilogram of body weight. You should reduce your carbohydrate intake by about half during the off-season or non-training days to avoid unwanted weight gains. You need to spread your meals evenly and take in plenty of fluids.

Breakfast (7.00 – 9.00)

Large bowl of cereal with milk (preferably skimmed), fruit juice, yoghurt, two slices of wholegrain toast, tea or coffee.

Elevenes (10.30 – 11.30)

Three or four oatcakes with cottage cheese or a wholegrain sandwich made with lean chicken or tuna, piece of fruit and/or fruit juice.

Lunch (12.30 – 13.30)

Large potato or pasta with green vegetables and mixed beans and lean meat or fish like salmon, fruit juice.

Mid-afternoon (4.00)

Fresh fruit and fruit juice

Early evening (about 45 -60 minutes prior to training)

Carbohydrates from pasta, rice or oatcakes, fruit juice

Dinner (around 45 – 60 minutes after training)

Boiled potatoes, rice or pasta, fresh vegetables, lean meat (chicken, beef or fish), piece of fruit, fruit juice.

Bedtime

A small protein snack (snack bar or nuts) with fruit juice.

Points to remember

*Every player is different so the sample diet above will not be for everyone. You'll have your own personal likes and dislikes and you'll have to adjust quantities to suit your needs. It is important to remember that you need to load up on carbohydrates before games or training sessions but reduce intake when you are not in serious training. Proteins are essential post-exercise to help your body recover and regular fluids are a must. AND, most importantly, you should get **professional** advice before starting on any diet regime.*