



# FOOD NEWSLETTER

Recipes, news, ideas and thoughts on food!

FANTASTIC  
FOCACCIA  
BREAD



TINNED FOOD,  
WHY DOES IT  
LAST SO LONG?



GROW VEG  
FROM YOUR  
OLD SCRAPS



MASHED POTATO LEFT OVER IDEAS



# Fantastic Focaccia Recipe

A really quick and easy recipe for this Italian sharing bread. Perfect as a side, for mopping up sauces, extreme sandwiches or just as a snack.

## Makes a 25cm x 20cm slab

315g plain flour

1 1/2 tsp salt

7g yeast (sachet)

1tsp sugar or honey

235ml warm water

3 table spoons of flavoured oil



## Method

- Infuse olive oil with garlic and fresh herbs by cooking on a very low heat. This simple step makes the bread unbelievably delicious. You can also use extra virgin olive oil on its own, store bought infused oil or even the oil from jarred peppers!
- Mix yeast with warm water and honey or sugar. This wakes up the yeast so that it is ready to help the dough rise.
- In a separate bowl, add your remaining ingredients and stir together with a fork or wooden spoon. knead the dough 10 to 15 times (no more kneading is necessary). The dough should be nice and soft and not too wet. If it is, add a little more flour.
- Place the dough into an oiled bowl, making sure to coat the top of the dough with oil as well. Cover with a damp tea towel or cling film.
- Let the dough rise until doubled in size (about 1 hour). Add the dough to a 25cm x 20cm sheet pan or baking dish lightly floured or oiled, and stretch it to fit. add dimples to the top of the dough with your fingers.
- top with the remaining garlic herb oil. You can even top it with slices of tomato, onions or olives, what ever you've got lying around! Let the bread rise for another 20 minutes, and then bake until golden brown.



# CANNED FOOD

## History

The canning process dates back to the late 18th century in France when the Emperor Napoleon Bonaparte, concerned about keeping his armies fed, offered a cash prize to whomever could develop a reliable method of food preservation.

French chef, Nicolas Appert found and perfected a revolutionary bottling technique. Appert found that by enclosing provisions within a sealed bottle and boiling it, the food would keep indefinitely. Within several months of the initial publication of his findings, others began using Appert's process with tin cans instead of bottles



## QUICK PICKLED RED ONION

**Canning food requires a little bit of research and preparation but is possible to do from home. Why not try this easy method of preserving (pickling) red onions in the mean time!**



- 1 red onion, really thinly sliced
- 1/2 cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons salt
- 1 cup hot or warm water

Slice the red onions as thin as you can. I use a mandoline. Stuff all the red onions in the jar of your choice. A bowl will work too.

In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt.

Pour this pickling mixture over your sliced onions, making sure they are immersed in the liquid, and let them set for an hour.

After an hour, cover and store in the fridge for up to three weeks.

# RE-GROW YOUR FOOD SCRAPS



Most herbs will propagate through cuttings—snip at a node (where sections of the plant merge), and place the cut portion in a jar of water on a windowsill. Replace the water every one or two days until roots emerge, then transplant to a container or the ground.



If you're only using the green part of the onions, retain the white part with a small amount of pale green and place it in water on a sunny windowsill. Refresh the water regularly and use green portions as they grow, or transplant into a pot with soil for more extended use.



Carefully cut the outer skin (containing the seeds) off the berry, or extract seeds using tweezers. Place the skin or seeds in a container with soil, cover with soil, place in a sunny spot and water regularly until sprouts emerge. Transplant the sprouts to a strawberry pot or outside garden in springtime.



Simply plant the seeds from your store-bought tomato into a small pot, keep well-watered on a windowsill, and wait for a new plant to emerge. Once the plant reaches several inches tall, transplant it to a larger pot—or outside once the threat of frost has passed.



Remove roughly 2 inches from the base of a bunch of celery and place in a shallow bowl with water, spraying the top daily to keep it moist. Replace with fresh water every couple of days until a new root system emerges, then transplant into the ground.

# Left Over Mashed Potato

If you find yourself with a little bit too much mashed potato, why not save it and create a new meal the next time you cook!

## Mashed Potato Bites

- 2 cups mashed potatoes
- 2 eggs
- 1 cup flour
- 2 cups breadcrumbs
- 1 tsp parmesan
- 1 tsp Italian herbs
- salt and black pepper
- oil to fry



Take 3 bowls and fill one with beaten egg, one with flour and one with breadcrumbs, herbs and parmesan.

Take your chilled mashed potato and mix with any optional extras such as grated cheese, left over veg or cooked meats and roll into balls.

Dip each potato ball into the flour, then the egg and finally roll in the bread crumbs. When they are all coated, fry in oil until golden brown and piping hot inside.

## Colcannon

- Left over mash
- Left over green vegetables or sautéed veg such as leeks and spring onion.
- butter to taste
- salt and pepper to taste

This meal from originating from Ireland is great with sausage and mash. You could even top your favourite pie with this upgraded mashed potato!

Simply mix your left over mashed potato with sautéed spring greens or left over vegetables, butter, salt and pepper and heat it up in the microwave or on the hob.



## Dutchess Potatoes

- around 800gs of mashed potato
- 2 eggs (beaten)
- 60ml (¼ cup) cream
- 2 tbsp grated parmesan cheese
- ¼ tsp ground nutmeg
- 1 egg yolk, for glazing



If you are feeling fancy, How about making these impressive piped potatoes! All you need to do is mix together all of the ingredients and warm together in a sauce pan.

Place into a piping bag and pipe onto a greased baking tray and brush on your egg yolk for a lovely glaze. Alternatively you could skip the piping and make a lovely texture by using a fork. Place in the oven for 15-20 minutes.

This recipe would also work well without the cream, eggs and parmesan as baked mash is also delicious on its own.