



FOOD NEWSLETTER

Recipes, news, ideas and thoughts on food!

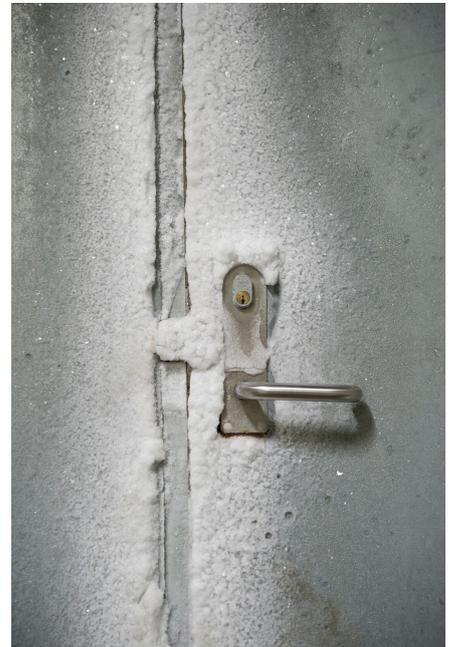
RECIPE: EGGS
IN MARINARA
SAUCE

Chilli & Ginger
Aubergine stir fry
recipe from Noya

LOOK INSIDE
A GLOBAL
SEED VAULT



NOYA'S
KITCHEN



MEALS IN MOVIES- HOW TO RECREATE THE CLASSICS



Eggs in Marinara Sauce

An Italian take on the Middle Eastern / North African dish **Shakshuka**. Shakshuka has become a popular meal in the west in recent times as a filling and nutritious breakfast, consisting mainly of tomatoes, spices and eggs baked in the sauce.

This recipe for eggs in marinara sauce is an equally tasty version but with less ingredients and can be enjoyed at any time of the day.



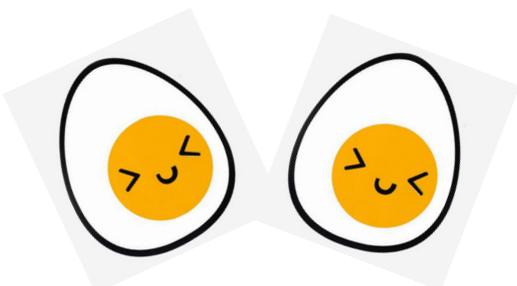
INGREDIENTS

Makes two servings

- 1 tin of chopped tomatoes
- 1 large clove of garlic
- extra virgin olive oil
- mixed herbs or oregano
- salt and pepper
- two large eggs
- chilli flakes *optional

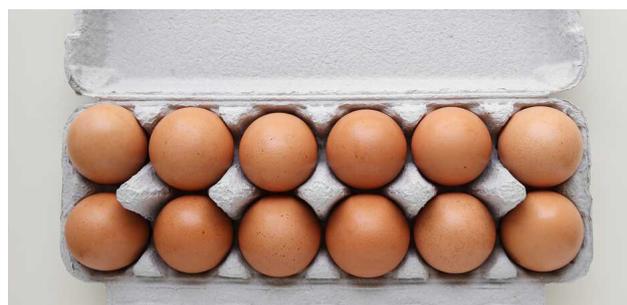
Desired equipment

- Medium sized pan with preferably a glass lid or an oven proof skillet/ frying pan
- Blender or stick blender



METHOD

- Make your tomato sauce by combining the chopped tomatoes, minced garlic, olive oil and herbs into a blender and pulse until combined, seasoning as required. **Alternatively** you could follow your own recipe for your favourite tomato sauce, or cook the sauce to break down the chunks if you do not own a blender.
- Warm your sauce on the hob and gently crack your eggs on top . Season with salt and place a lid on the pan if you have one. If not, and you are using an oven proof pan, place this into the oven at 180 degrees. Remember, the handle will be hot when you remove from the oven so be sure to get someone to help you and use oven gloves.
- When the eggs are firm to the touch, and the yolk still looks runny, it is ready. Have some chunky bread near by to dip into the sauce and enjoy!



NOYAS KITCHEN RECIPES

Chilli & Ginger Aubergine stir fry - Cà Tím Nướng

serves 2 people

Ingredients

- 1 medium aubergine
- 1 small red onion, finely sliced
- 1 clove of garlic, finely chopped
- 1 inch of ginger, skin peeled with a teaspoon and then julienned

Sauce

- 1 tablespoon dark brown sugar
- 3 tablespoons light soya sauce
- 2 tablespoons rice vinegar
- 3 tablespoons water
- 1 teaspoon dried chilli flakes (as much or little as you like)
- ½ teaspoon corn flour
- Vegetable or sunflower oil for frying

Preparation

Cut the aubergine in half and then lengthways into 2cm thick sticks. Pan fry the aubergine sticks with vegetable oil in 2 batches (so they don't go watery) in non-stick frying pan until golden and cooked through on all sides. This does use quite a lot of oil! Put the first batch on a plate while you fry the second batch.

If you prefer using less oil use a steamer and steam the aubergine sticks for about 5 minutes until cooked. I think the frying method is tastier though :).

Mix the sauce ingredients together: light soya sauce, sugar, chilli flakes, rice vinegar, corn flour and water in a small bowl. Mix well and set aside.

Cooking

If using the steamed method above, add 1-2 tablespoons of vegetable oil in a hot frying pan before adding the steamed aubergine pieces to be browned off for a few minutes.

Move the aubergine to the side of the frying pan. Using medium-high heat, add 1 teaspoon of vegetable oil and add the ginger, frying until translucent. Then add the onion frying until fragrant, and then the garlic. Fry for a few seconds and mix all the ingredients together.

Give the prepared sauce a good mix, then pour all over the aubergine. Stir and then wait until the sauce has thickened with a shiny gloss and has coated all the ingredients. This can happen very quickly!

Place onto a serving dish, topped with spring onion, coriander, sesame seeds and peanut (all optional). Drizzle with a tiny bit of sesame seed oil. Serve with Jasmine rice.

Enjoy x

Beechen Cliff would love to see your photos if you made this! Send them in to Iroberts@beechencliff.org.uk



Svalbard Global Seed Vault



so what is it?

It is a long-term seed storage facility, built to stand the test of time – and the challenge of natural or man-made disasters. The Seed Vault represents the world's largest collection of crop diversity. You can find it on the Norwegian island of Spitsbergen in the remote Arctic Svalbard archipelago.



The Storage

The Seed Vault has the capacity to store 4.5 million varieties of crops. Each variety will contain on average 500 seeds, so a maximum of 2.5 billion seeds may be stored in the Vault.

The Purpose

It was the recognition of the vulnerability of the world's genebanks that sparked the idea of establishing a global seed vault to serve as a backup storage facility. The purpose of the Vault is to store duplicates (backups) of seed samples from the world's crop collections.



Permafrost and thick rock ensure that the seed samples will remain frozen even without power. The Vault is the ultimate insurance policy for the world's food supply, offering options for future generations to overcome the challenges of climate change and population growth. It will secure, for centuries, millions of seeds representing every important crop variety available in the world today. It is the final back up.

[Take a tour of the seed vault here!](https://tour.croptrust.org)

tour.croptrust.org



Bogtrotter's Cake

In case you've forgotten, Bruce Bogtrotter was the little boy that stole a piece of chocolate cake from the Trunchbull in Matilda. As punishment, he then had to consume an entire cake in front of the whole school!

INGREDIENTS

Cake

- 2 x 20cm cake tins lined with parchment/ greaseproof paper
- 450g plain chocolate
- 350g butter
- 450g caster sugar
- 8 tbsp flour
- 6 eggs, **separated**
- 1 tsp vanilla essence
- 1 tsp salt

Icing

- 250g plain chocolate
- 250g double cream
- Maldon sea salt



INSTRUCTIONS

- Preheat oven to 180 degrees.
- Melt the chocolate and butter in a heatproof bowl over a pan of simmering water. (make sure the bowl doesn't touch the water)
- Let the chocolate/ butter mixture cool down to a warm temperature, add the sugar, flour, vanilla, salt, egg yolks and whisk together.
- Beat egg whites separately and stir in carefully. Divide the batter into the two large tins. Cook both cakes for approximately 35 minutes. Insert a skewer to check for readiness. If the skewer comes out clean it is ready. Leave to cool.
- For the icing, melt chocolate and combine with cream. Stack and ice cakes as desired. Top with a light dusting of salt if you'd like!

Serves 1-20



Lembas Bread

Lembas bread is a special food made by the elves of Middle Earth. While it isn't technically a "hobbit food" it was given to hobbits (and other non-elves) on certain occasions.



5 Servings

- 155g of flour
- 1/2 tablespoon of baking powder
- 1/4 teaspoon of salt
- 4 tablespoons of cold butter
- 37 grams of brown sugar
- 1/2 teaspoon of cinnamon
- 1 teaspoon maple syrup/honey
- 80 grams of milk/heavy cream (or more, if necessary)
- 1/2 teaspoon of vanilla

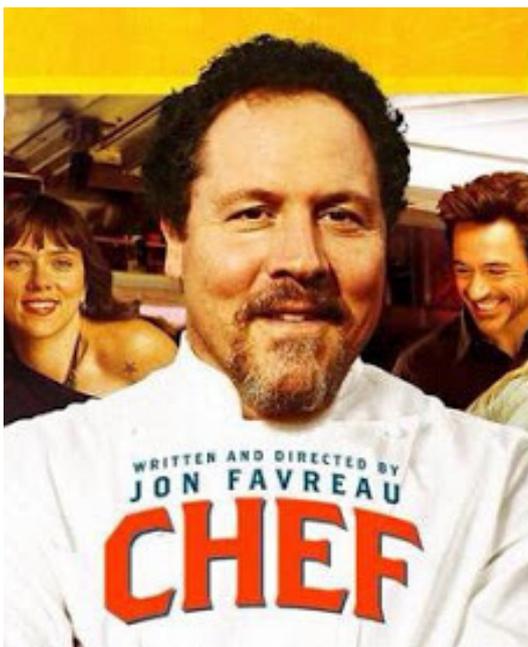
- 1)** Preheat oven to 220 degrees Celcius (425 degrees Fahrenheit).
- 2)** Mix the flour, baking powder and salt into a large bowl.
- 3)** Add the butter and mix with a fork or a pastry cutter until the mixture resembles fine breadcrumbs.
- 4)** Add the sugar and cinnamon, and mix them thoroughly into the mixture.
- 5)** Add the milk/cream and vanilla and stir them in with a fork until a nice, thick dough forms.
- 6)** Roll the dough out about 1/2 in thickness. Use flour to help it not stick to the surface.
- 7)** Cut out 3-inch squares and transfer the dough to a lined baking tray.
- 8)** Criss-cross (DO NOT cut all the way) each square from corner-to-corner with a knife.
- 9)** Bake for about 12 minutes or more (depending on the thickness of the bread) until it is set and lightly golden.

Grilled Cheese from film, Chef

Sometimes the simplest meals are the greatest. In the film, we watch the main character make a grilled cheese sandwich for his son. If you watch this clip, you'll see how much care went into something so basic, and the incredible outcome from giving the food a little bit of attention! If you haven't watched this film I would highly recommend it to anyone that loves food.

Ingredients

- 2 bread slices
- salted butter
- olive oil
- A mix of grated cheeses or very finely sliced, such as gruyere, Parmesan, yellow or white cheddar.



Method

Grate your cheeses in a small bowl, if you only have cheddar, it will still be great.

Take your bread slices and butter one side of each. You want the butter to cover the whole slice evenly.

Set a pan to medium heat. When it's hot enough, drizzle some olive oil on the pan.

Set both bread slices on the pan, buttered sides down. On the unbuttered sides, quickly place an even amount of grated cheese on each bread slices. Quickly turn the heat to low

Swirl the slices around the pan, placing a light pressure so the bottom sides receive an even, golden brown colour.

Once the cheeses are almost completely melted, place one slice on top of the other slice to assemble the sandwich. Continue to swirl the sandwich around the pan.

Shortly before taking it out, flip the sandwich on the other side, still swirling it around the pan.

Take out your grilled cheese and place it on a cutting board or on the plate. Slice your grilled cheese in half crosswise or diagonally. There should be a crunch when you cut into it.

watch the short clip on youtube by searching, *'chef grilled cheese scene'*