

# FOOD & NUTRITION NEWSLETTER

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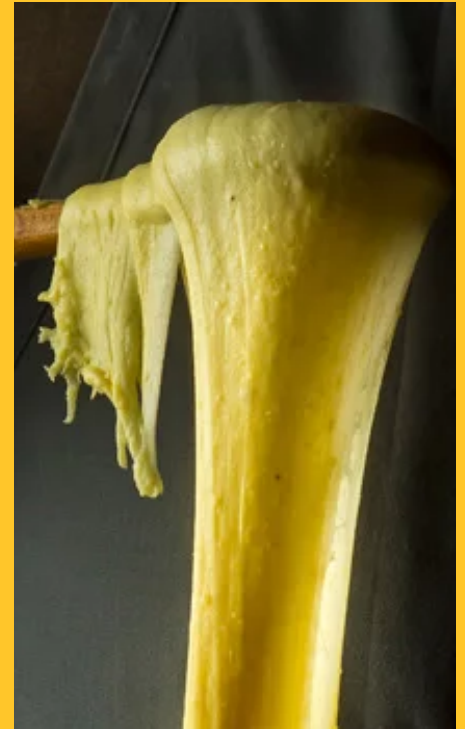
**TRY THIS GLUTEN FREE CLOUD BREAD...**



**GRIDDLE SCONES WITH HONEY**



**ALIGOT-CHEESY MASH**



**MEXICAN HOT CHOCOLATE**



**EASY EGG FRIED RICE**



**MAKE YOUR OWN MUSHY PEAS!**



# GF CLOUD BREAD

required equipment: mixer

- 4 large eggs, separated
- 1/2 teaspoon cream of tartar
- 55g low-fat cream cheese
- 1 teaspoon Italian herb seasoning
- 1/2 teaspoon sea salt
- 1/4 - 1/2 teaspoon garlic powder

Preheat the oven to 150 degrees C and Line two large baking sheets with parchment paper.

Separate the egg whites and egg yolks. Place the whites in a stand mixer with a whip attachment. Add the cream of tartar and beat on high until the froth turns into firm meringue peaks. Move to a separate bowl.

Place the cream cheese in the empty stand mixing bowl. Beat on high to soften. Then add the egg yolks one at a time to incorporate.

Scrape the bowl and beat until the mixture is completely smooth. Then beat in the Italian seasoning, salt, and garlic powder.

Gently fold the firm meringue into the yolk mixture. Try to deflate the meringue as little as possible, so the mixture is still firm and foamy. Spoon 1/4 cup portions of the foam onto the baking sheets and spread into even 4-inch circles, 3/4 inch high. Make sure to leave space around each circle.

Bake in a fan oven for 15-18 minutes, or in a conventional oven for up to 30 minutes. The bread should be golden on the outside and firm. The center should not jiggle when shaken. Cool for several minutes on the baking sheets, then move and serve!

prep time: 10 minutes  
cook time: 15 minutes  
Total time: 25 MINUTES



# GRIDDLE SCONES WITH HONEY



## Ingredients

200g self-raising flour

½ tsp ground cardamom (about 10 pods, ground)

25g butter

25g light muscovado sugar

1 egg

milk

butter and a honeycomb or jar of honey, to serve

## Method

### STEP 1

Put the flour and cardamom in a bowl and rub in the butter. Add sugar. Beat the egg in a measuring jug, then pour in milk to make it up to 100ml/3½fl oz. Pour into the bowl gradually, stirring first with a knife then with your hands, to make a soft, not sticky, dough. Knead until smooth on a floured work surface.

### STEP 2

Divide the dough into three and roll into circles the thickness of a £1 coin. Cut each into quarters. Heat a heavy-bottomed frying pan to medium hot. Cook the scones in batches for a couple of mins each side, until golden brown. Serve, spread with butter and drizzled with honey.

ENJOY!





# ALIGOT (CHEESEY MASH)



- 675g Yukon Gold potatoes, peeled and cut into 1-inch chunks
- 2 medium cloves garlic, 1 whole and 1 minced, divided
- 2 sprigs thyme
- 115g unsalted butter, cut into tablespoon-size pieces
- 235ml double cream, plus more if needed
- 300g mixed Alpine cheeses, such as Swiss, Gruyère, Comté, and/or Fontina, grated

In a large saucepan, cover potatoes and 1 whole clove garlic with cold water by at least 2 inches. Add thyme. Season water with salt until water is salty like tears. Bring water to a boil over high heat, then reduce heat to medium-low and simmer until a knife easily pierces potatoes with no resistance, about 20 minutes. Drain potatoes in a colander; discard thyme.

Mash the potatoes as finely as you can. Stir in the butter and minced garlic.

return to a low heat and add the cream, stirring to stop it sticking to the bottom.

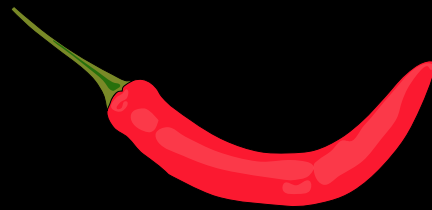
In small batches, add the grated cheese, using the heat of the pan to melt it into the potatoes.

Season with salt. The aligot should be thick, with a very slow-flowing viscosity, like cooling lava; if too thick, work in additional cream in small amounts until it is loose enough.

Transfer to a warmed serving dish and serve right away. Aligot is traditionally served with sausages and meats, but you can also serve it with roasted vegetables or on a bed of polenta. Leftover aligot can be refrigerated in a sealed container. To reheat, add to a saucepan with a small amount of cream. Bring cream to a simmer before stirring it in, then continue to cook, adding more cream as necessary, until aligot is heated through and consistency is correct.

**BON APPÉTIT**

# MEXICAN HOT CHOCOLATE



- 500ml whole milk
- 2 cinnamon sticks
- 2 tbsp dark cocoa powder
- ½ tsp vanilla extract
- ¼ tsp chilli powder
- 2 tbsp brown sugar

## STEP 1

Pour the milk into a medium saucepan, add the cinnamon sticks and stir frequently over a medium heat (don't let it boil) until the milk is fragrant, about 5 mins.

## STEP 2

Remove and discard the cinnamon sticks, then add the cocoa, vanilla, chilli powder and sugar. Remove from the heat and whisk until the mixture is smooth and frothy – this will only take a couple of minutes. Divide between two mugs and garnish with fresh cinnamon sticks.



# EGG FRIED RICE



## INGREDIENTS

- 3 tbsp cooking oil
- 4 eggs, beaten with pinch of salt
- 4 cups cold jasmine rice
- 2 tbsp soy sauce
- pinch of salt
- 4 green onions, sliced

## INSTRUCTIONS

Heat a wok or a skillet over high heat; add 1 tbsp cooking oil and swirl to coat. Pour beaten eggs into the wok and scramble.

When the eggs are cooked 3/4 way, add remaining 2 tbsp cooking oil and cold jasmine rice. Breakdown rice and mix it with eggs.

Add soy sauce around the edge of the wok, so it will burn slightly for the smoky umami flavor. Add salt to your taste and mix everything well. Reduce heat to low if you need to.

Turn off the heat, stir in green onions. Garnish with sesame seeds if you'd like to! Enjoy with any other dishes you decided to serve with!





# MUSHY PEAS!

SERVES 4



## Ingredients

- 225g dried split marrowfat peas
- 1/2tsp baking soda
- 830ml boiling water
- 1 pinch sugar
- salt & pepper
- butter

## Method

Put the peas in a bowl, add baking soda, pour on the boiling water and soak overnight.

Next day drain and barely cover the peas with water, bring to a boil and simmer until tender and soft approx 15-20 minutes, drain.

Add salt pepper pinch of sugar and the butter, stir and serve.

\*Marrowfat peas are green mature peas that have been allowed to dry out naturally in the field, rather than being harvested while still young like the normal garden pea. They are starchy, and are used to make mushy peas





BEECHEN CLIFF

Design & Technology



**THANKS FOR  
READING AND GOOD  
LUCK WITH YOUR  
COOKING!**