

FOOD NEWSLETTER

SUMMER EDITION - JULY 2022



CAPRESE SALAD



BBQ MISO GLAZED RIBS



VEGAN BURGER



HOMEMADE BBQ SAUCE



STUFFED FOCACCIA

Academic year 2021/22

It was such a joy to get back to doing practical work in class.

The students have all worked really hard and we are sure you have loved tasting the end products!

This year the students made a range of dishes from fruit crumbles, curries, bolognaise, savoury rice, cakes to pastry work.

It is great to see the boys cooking and reluctantly wash up!

We would encourage you all to get the boys to help out in the kitchen over the summer so they can keep up the good work.

CAPRESE SALAD

Ingredients

3 large tomatoes - sliced

8oz of mozzarella - sliced

Handful of fresh basil leaves

2tbsp olive oil

1 tbsp balsamic glaze

Salt & pepper

Method

Arrange alternating slices of mozzarella and tomato on a plate

Scatter basil leaves on top

Add salt & pepper

Drizzle with the olive oil and balsamic glaze

BBQ MISO GLAZED RIBS

Ingredients

4 racks of baby back ribs
1 litre carton pineapple juice

GLAZE

4 tbsp white miso paste
4 tbsp clear honey
4 tbsp soy sauce

Method

Heat oven to 180C/fan 160C/gas 4.

Place ribs, flesh side down, in a single layer in a large roasting tray.

Pour the juice over the ribs.

Cook tightly with foil then cook in the oven for 3 hours.

Take the ribs out of oven and scoop 200ml of the cooking liquid into a small pan.

Add the rest of the glaze ingredients to the pan, simmer and reduce until it looks glossy and sticky.

Turn the ribs flesh side up and baste with half the glaze. Push the coals to one side so the ribs are over indirect heat.

BBQ for 10-15 minutes, adding more glaze halfway through.

VEGAN BURGER

Ingredients

400g sweet potatoes
1 onion
olive oil
250g cooked brown rice
20g breadcrumbs
1/2tsp salt
1/2tsp black pepper
1/2tsp ground cumin
1/2tsp garlic powder
1/2tsp smoked paprika
2tbsp flour
400g tin of black beans

Method

Preheat oven to 200C.

Peel sweet potatoes and cut into small cubes. Place on a lined baking tray and bake for 30 minutes.

Peel and finely chop the onion. Fry in a little oil at a medium heat until onion is soft (10-15 minutes). Transfer onion to a large bowl and wipe out frying pan.

Drain and rinse black beans.

Put the baked sweet potato in a food processor, along with the rice, breadcrumbs, salt, pepper, cumin, garlic powder, smoked paprika, flour and black beans. Whizz until a thick paste is formed. Scrape all the contents into the bowl with the onions and mix everything together with a spoon.

Divide mixture into six and use your hands to mould them into patty/burger shapes.

Add a little oil to the frying pan and put it on a medium/high heat. Place burgers in hot pan and cook for 3 minutes on each side until golden brown.



SUMMER FOODS

WORDSEARCH

Summer Foods

T	C	O	T	T	O	N	C	A	N	D	Y	E	K
S	W	T	T	H	C	O	P	M	H	I	K	R	E
E	O	S	C	O	P	O	P	S	I	C	L	E	S
I	S	G	O	T	S	I	R	R	T	B	W	E	A
R	A	R	I	D	I	W	N	N	O	I	E	H	T
R	N	I	S	O	C	I	O	S	N	K	A	D	A
E	D	L	R	G	E	K	L	S	D	M	I	I	C
B	W	L	E	S	D	I	E	S	B	C	F	C	O
W	I	I	P	C	T	O	M	U	T	S	R	E	O
A	C	N	P	P	E	R	R	R	P	R	U	C	K
R	H	G	E	O	A	G	E	R	E	H	I	R	O
T	E	R	P	C	E	R	T	O	I	E	T	E	U
S	S	R	N	R	G	E	A	C	N	N	P	A	T
L	T	N	S	T	O	P	W	I	I	R	G	M	S

COTTON CANDY
WATERMELON
HAMBURGERS
COOKOUT
STRAWBERRIES
HOTDOGS
ICE CREAM
SANDWICHES
PEPPERS
KIWI
POPSICLES
FRUIT
CORN
GRILLING
ICED TEA

HOMEMADE BBQ SAUCE

Ingredients

- 2 large onions chopped**
- 3tbsp groundnut oil**
- 400ml passata**
- 3 x 400g tins of chopped tomatoes**
- 200ml white wine vinegar**
- 4tbsp dark brown sugar**
- 2tsp sea salt**
- 15 twists of a grinder black peppercorns**
- 1tbsp smoked paprika**
- 2tbsp mild chilli powder**
- 6 cloves, ground**
- 1tbsp black treacle**
- 200ml orange juice**
- 4tbsp dijon mustard**

Method

Cook the onions in the oil until softened and golden. Add the remaining ingredients and bring to the boil. Reduce to the lowest heat and simmer, uncovered, for 2 hours.

Blend with a stick blender until smooth. Store in sterilised jars in the fridge for 2-3 weeks.

AFTER SCHOOL CLASSES

We are happy to announce that we will be starting our after school workshops in the Autumn term.

These have been a great success in the past with students making some fantastic Halloween creations and Christmas delights.

For any student who wishes to further their cooking skills.

**Please email Miss Smith to sign up
csmith@beechencliff.org**



STUFFED FOCACCIA

Ingredients

Olive oil

2 springs of rosemary, rough chopped
sea salt flakes

BIGA

1/2tsp fast action yeast
150g strong white bread flour

FOCACCIA

500g strong white bread flour, plus more for dusting
7g fast-action yeast
2tsp fine salt

FILLING

500g spinach
250g block cooking mozzarella, grated
200g from a jar of roasted red peppers, drained and sliced
100g from a jar of artichoke hearts, drained and sliced
8 kalamata olives, pitted and quartered
2 cloves of garlic, finely chopped

Method

Mix the 'biga' ingredients together in a bowl with 200ml of warm water to form a smooth paste.

Cover with clingfilm and leave in the fridge overnight.

Put the focaccia ingredients in a bowl. Add the biga, 4tbsp olive oil, 275ml water and mix.

Tip onto a lightly floured surface and knead until smooth.

Put in a oiled bowl, cover and leave for 1 hour.

Cook the spinach in boiling, salted water for 1 minute then drain and rinse under cold water.

Squeeze through a clean tea towel to remove excess liquid.

Roughly chop and cool.

STUFFED FOCACCIA

Tip the dough onto a floured work surface, kneading briefly.

Cut into 2 equal pieces.

Roll and stretch one piece onto a lightly oiled baking sheet, so it is 1 cm thick.

Sprinkle the mozzarella over the dough, leaving a 1cm border.

Add the spinach, pepper, artichoke, olives and season.

Scatter the chopped garlic.

Roll out the remaining piece of dough to a similar size and place on top of the filling.

Seal all the way round, pulling the bottom layer over the top to stop any leaks while its cooking.

Cover with oiled clingfilm and leave for 30 minutes.

Preheat oven to 200C/180C fan/gas 6

Using oiled fingers, dimple the top of the bread lightly.

Drizzle over 3tbsp olive oil, the rosemary and a large pinch of salt flakes.

Bake for 30-35 minutes until risen and golden - it should spring back when you press it.

Cool for 20 minutes.

Food Quiz

- 1. Which fast food restaurant's logo features four yellow squares on a blue background?**
- 2. What type of pastry are profiteroles made with?**
- 3. What is Roquefort cheese made from?**
- 4. Are Jaffa Cakes legally a cake or a biscuit?**
- 5. What is Eleven's favourite food in Stranger Things?**
- 6. What is the most expensive spice in the world by weight?**
- 7. Grenadine comes from which fruit?**
- 8. What kind of cake did Great British Bake Off star Iain famously throw in the bin back in 2014?**
- 9. What drink is nicknamed 'the green fairy'?**
- 10. Which chocolate's slogan is: "the lighter way to enjoy chocolate"?**
- 11. Where was Tabasco invented?**
- 12. What is the main ingredient in sauerkraut?**
- 13. What is added to a croque monsieur to make it a croque madame?**
- 14. Which celebrity released a cookbook called 'From Crook to Cook' in 2018?**
- 15. What are the two main ingredients in Cullen Skink?**

Food Quiz Answers

- 1. Greggs**
- 2. Choux pastry**
- 3. Ewe's milk**
- 4. A cake. In 1991, a court ruled that Jaffa Cakes were not biscuits but cakes, meaning that a lower rate of VAT applies to them**
- 5. Eggos**
- 6. Saffron**
- 7. Pomegranate**
- 8. Baked Alaska**
- 9. Absinthe**
- 10. Maltesers**
- 11. Avery Island, Louisiana. It's still produced there today**
- 12. Cabbage**
- 13. An egg**
- 14. Snoop Dogg**
- 15. Smoked haddock and potatoes**

**WE HOPE YOU
ALL HAVE A
FANTASTIC
SUMMER!**

