

# **FOOD NEWSLETTER**

## **AUTUMN 2022 EDITION**

### **PUMPKIN TORTELLINI**



### **SAAG ALOO 'SHEPHERDS PIE'**



### **FISH PIE WITH CHEESE MASH**



### **TOFFEE APPLE MUFFINS**



# PUMPKIN TORTELLINI

## Ingredients

### Pasta dough:

500g pasta flour

4 eggs

1tsp powdered saffron

1 egg for brushing

### Roast pumpkin and pumpkin puree:

1 pumpkin

100g butter

1 garlic clove

5 springs of sage

olive oil

salt

sugar to taste

## Method

To make the pasta, blitz the eggs and saffron in a food processor until smooth. Sieve the flour into the bowl of an electric mixer, then pass the egg mix through a sieve onto the flour.

Mix on medium speed for 8 minutes, stopping halfway to scrape the bowl. Turn out and gently knead to bring together. Wrap in clingfilm and store in fridge overnight.

For the roast pumpkin, first prepare the pumpkin. Peel, deseed and cut into 1cm diced pieces. Keep any off-cuts for the puree.


Preheat the oven 200oC.

Place diced pumpkin in a baking tray with 25g butter, a drizzle of olive oil, clove of garlic, 3 sprigs of sage, then season with salt and sugar. Cover and roast for 15-20 minutes until tender.

For the puree, cook the remaining pumpkin off-cuts in salted boiling water for 5 minutes or until tender. When soft, drain, resserve some of the cooking water and set aside.

While the pumpkin is cooking, heat 50g butter with the remaining sage until it turns a nut-brown colour - immediately pass through a sieve into a cold pan to stop the cooking process and avoid burning.

When the pumpkin is cooked, blitz in a blender on full power, add the sage beurre noisette and season. Pass the purée through a fine sieve and cool



**Roll the pasta dough through a pasta machine, starting from the widest setting, and gradually going down the settings until the arrow is between 0 and 1. Repeat the rolling process on the last setting to ensure there is a consistent finish to the thickness of the dough. The pasta should be dry, but with no cracks and slightly elastic. Place 1 teaspoon of the diced pumpkin in the middle of the pasta sheets, 10cm apart. There should be some diced pumpkin leftover for the garnish**

**Cut the pasta out between the mounds of filling. Carefully fold the pasta over, corner-to-corner to seal the filling, pressing to remove any trapped air bubbles**

**Cut the triangles into semi circles with a 7cm round cutter. Brush one corner with beaten egg and seal to the other corner by wrapping around your little finger to create the classic tortellini shape**

**Dip in melted clarified butter and arrange on greaseproof paper until ready to serve.**

**When ready, cook the tortellini in gently simmering water for 4 minutes**

**In a frying pan heat a little oil and fry the remaining roast pumpkin over a high heat, until just starting to colour. Add the butter and cook to a nice nut brown colour. Just before serving add the chestnuts, Parmesan and sage**

**Warm the purée and spoon a circle onto a warmed plate, top with tortellini, then the roast pumpkin, sage and chestnuts**

# AUTUMN QUIZ



## Questions:

1. What is Autumn known as in the United States?
2. The full moon closest to the Autumn equinox is traditionally known as what?
3. Complete the title of this famous song, sung by Ella Fitzgerald and Louis Armstrong, Frank Sinatra and Billie Holiday: Autumn in...
4. Which famous poet wrote the poem 'To Autumn'?
5. Oktoberfest, the world's largest beer festival, takes place every autumn in which German city?
6. What is the name of the pigment that trees stop producing in autumn, which causes the leaves to turn red, orange and yellow?
7. Squirrels are starting to bury acorns. What is the bird that does the same?
8. What language gave us the term autumn?
9. Are pumpkins a fruit or vegetable?
10. The Anglo-Saxons had their own name for October, meaning 'The fullness of winter' what was that name?
11. What is the short-term heat in autumn called?
12. How many varieties of Apples are there?
13. What were the first Jack o' lanterns made from?
14. Where does the word pumpkin come from?
15. The term \_\_\_\_\_ comes from the Latin meaning 'equal night'

## **Answers:**

- 1. Fall**
  - 2. Harvest moon**
  - 3. New York**
  - 4. John Keats**
  - 5. Munich**
  - 6. Chlorophyll**
  - 7. Jay**
  - 8. French**
  - 9. Fruit**
  - 10. Winterfylleth**
  - 11. Indian summer**
  - 12. Over 8000**
  - 13. Turnips**
  - 14. From the Greek word 'pepon' which mean large melon**
  - 15. Equinox**
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# SAAG ALOO 'SHEPHERDS PIE'

## Ingredients

### For the rajma masala base

- 2 tbsp ghee (or coconut oil)
- 1 onion, finely chopped
- 4 garlic cloves, finely chopped
- 5cm/2in piece of ginger, peeled and finely chopped
- 1 green chilli, finely chopped
- ½ tsp ground turmeric
- ½ tsp chilli powder
- 1 tsp garam masala
- 1 tsp cumin seeds
- 2 x 400g tins pinto or borlotti beans
- 1 x 400g tin chopped tomatoes

### For the saag aloo topping

- 1kg/2lb 4 oz small new or red skin potatoes (large ones cut in half)
- 500g/1lb 2oz cauliflower, broken into small florets, stalk and leaves roughly chopped
- 50g/1¾oz ghee (or unsalted butter)
- 1 tsp cumin seeds
- 1 tbsp black mustard seeds
- 1 tsp ground turmeric
- 200g/7oz baby spinach, washed
- salt, to season

## Method

**1.** To make the rajma masala base, heat the ghee or coconut oil in a large pan. Add the onion and cook for 10 minutes over a medium heat, or until soft and sweet. Add the garlic, ginger and chilli and cook for another 5 minutes. Add the spices to the pan and stir for a couple of minutes until it all smells fragrant. Stir in the tinned beans and their liquid, the tomatoes and 400ml/14fl oz water. Simmer for 25 minutes until the tomatoes are broken and you have a thick, gravy.

**2.** Meanwhile, preheat the oven to 200C/180C Fan/Gas 6. Meanwhile, put the potatoes into a large pan, leaving enough space to add the cauliflower later. Cover with boiling water, add half a tablespoon of salt and bring to the boil. Cook for 15 minutes, or until the potatoes are almost cooked, then add the cauliflower and cook for a further 6 minutes. Drain well.

**3.** Put the empty pan back on the heat, add 1 tablespoon of ghee, then add the cumin seeds, mustard seeds and turmeric. Cook for 1 minute, then add 100ml/3½fl oz water, the potatoes, cauliflower and half of the spinach. Stir to wilt the spinach and use the back of a spoon to crush the potatoes a little. Stir the rest of the spinach into the topping.

**4.** Spoon the rajma masala mixture into a large baking dish. Top with the potato, cauliflower and spinach mixture. Melt the remaining ghee and drizzle over the top of the pie. Bake for 30-40 minutes, or until the filling is bubbling and the top is brown and crunchy in places. Serve immediately.

# **THINGS TO DO WITH YOUR PUMPKIN INSIDES!**

## **Pumpkin Face Mask**

**Turns out, pumpkin guts make a great face mask! All you have to do is separate the seeds and mash or blend the guts together with some honey until you find your desired consistency.**

**“Pumpkin contains enzymes and Vitamin A, and honey is a humectant that draws moisture into the skin,” Elle Feldman, co-owner and lead esthetician at Good Skin Day says. “You could also mix pumpkin with full-fat Greek yogurt, which would be less sticky [than honey].”**

## **Body Scrub**

**This one is similar to the face mask, but it’s for all-over body use. Blend raw pumpkin or the homemade puree mentioned above with coarse sugar, honey and almond or coconut oil. Then, start exfoliating!**

## **Make pumpkin slime.**

**Grab your pumpkin’s insides and mix them with clear school glue and liquid starch to create the perfect gooey plaything.**

- 1 pumpkin**
- 2 regular size bottles of clear school glue**
- 1-2 cups of liquid starch**

**Pour the 2 bottles of clear school glue and 1 cup of liquid starch into the bowl and mix everything together for about 15 minutes. Depending on the moisture of your pumpkin guts you may need to add more liquid starch.**

**If it sticks to your hands after 15 minutes of mixing add in a tablespoon of liquid starch and mix, repeating this process until it no longer sticks to your hands. Then have fun and play!**

# FISH PIE WITH CHEESE MASH

## Ingredients

### For the filling

- 400ml/14fl oz whole milk
- 1 small onion, thickly sliced
- 2 bay leaves
- 500g/1lb 2oz thick white fish fillets, preferably cod or haddock skinned
- 40g/1½oz butter
- 40g/1½oz plain flour
- 150g/5½oz frozen peas
- 200g/7oz large raw prawns, peeled
- sea salt and freshly ground black pepper

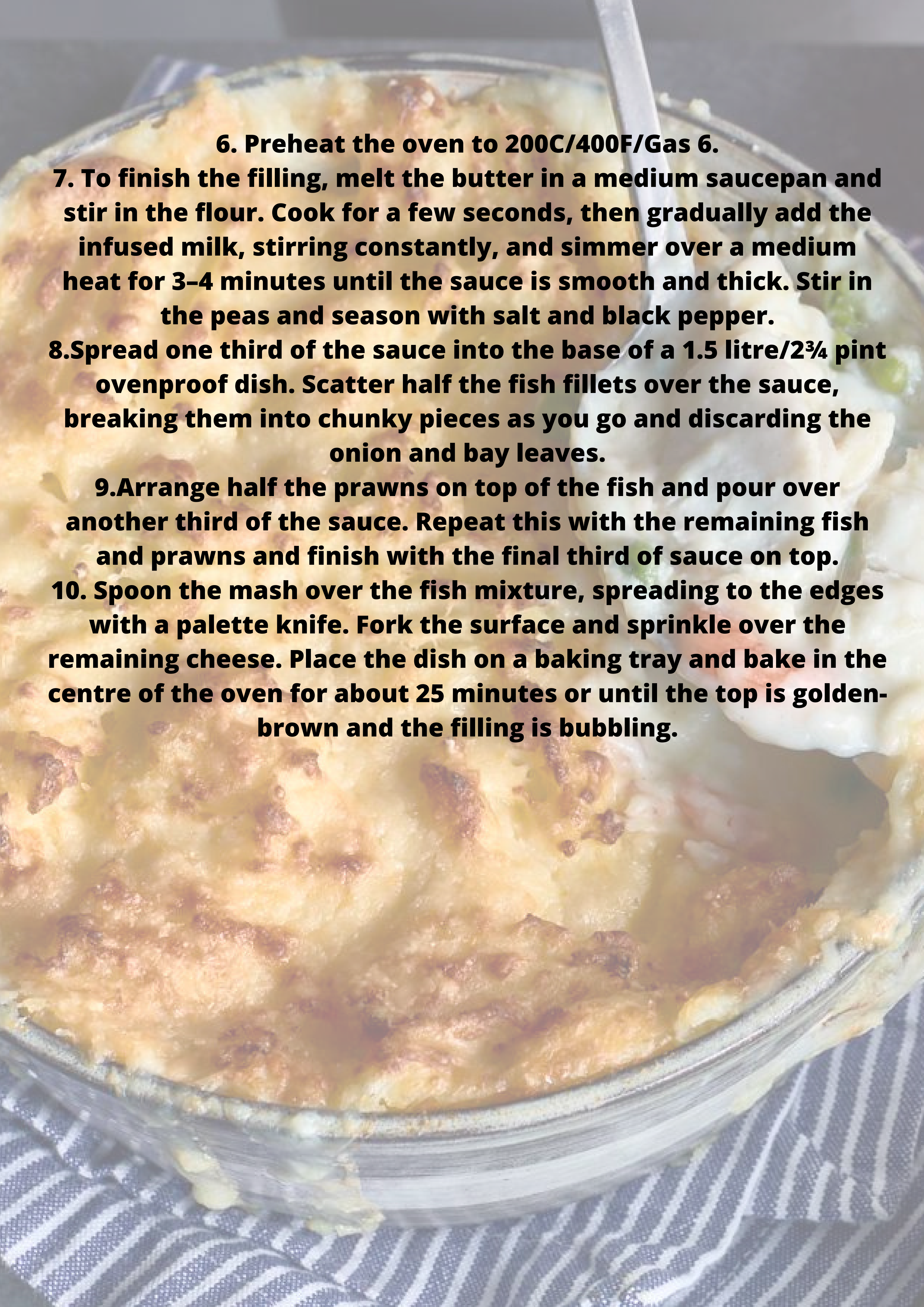
### For the topping

- 800g/1lb 12oz medium potatoes, peeled and cut into quarters
- 40g/1½oz butter, cubed
- 3 tbsp milk
- 100g/3½oz mature Cheddar cheese, grated

## Method

- 1.To make the filling, pour the milk into a large lidded pan and add the sliced onion and bay leaves. Season with salt and black pepper.
- 2.Place the fish fillets in the pan and bring to a very gentle simmer, cover and cook for two minutes.
- 3.Remove the pan from the heat and leave to stand and infuse for 20 minutes. Drain the fish through a colander into a bowl, then pour the milk into a jug.
- 4.Meanwhile, make the mash for the topping. Half fill a large saucepan with cold water. Add the potatoes and bring to the boil. Reduce the heat and simmer for 15 minutes or until the potatoes are soft.
- 5.Drain the potatoes and return them to the pan. Mash with the butter, milk and three-quarters of the grated cheese. Season to taste with salt and black pepper.



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- 6. Preheat the oven to 200C/400F/Gas 6.**
- 7. To finish the filling, melt the butter in a medium saucepan and stir in the flour. Cook for a few seconds, then gradually add the infused milk, stirring constantly, and simmer over a medium heat for 3–4 minutes until the sauce is smooth and thick. Stir in the peas and season with salt and black pepper.**
- 8. Spread one third of the sauce into the base of a 1.5 litre/2¾ pint ovenproof dish. Scatter half the fish fillets over the sauce, breaking them into chunky pieces as you go and discarding the onion and bay leaves.**
- 9. Arrange half the prawns on top of the fish and pour over another third of the sauce. Repeat this with the remaining fish and prawns and finish with the final third of sauce on top.**
- 10. Spoon the mash over the fish mixture, spreading to the edges with a palette knife. Fork the surface and sprinkle over the remaining cheese. Place the dish on a baking tray and bake in the centre of the oven for about 25 minutes or until the top is golden-brown and the filling is bubbling.**

# TOFFEE APPLE MUFFINS

## Ingredients

- 2 free-range eggs, lightly beaten
- 80g/2¾oz caster sugar
- 240ml/8½fl oz milk
- 100g/3½oz butter, melted
- 300g/10½oz plain flour
- 2 tsp baking powder
- ½ tsp salt
- pinch cinnamon
- 2 eating apples, peeled, cored, finely chopped
- 200g/7oz shop-bought toffee pieces

## Method

1. Preheat the oven to 190C/380F/Gas 5 and line a 12-hole muffin tin with paper cases.
2. Mix the eggs, sugar, milk and melted butter in a large bowl. Sift the flour, baking powder, salt and cinnamon into the bowl. Stir well to combine.
3. Add the chopped apple and lightly mix.
4. Using half of the mixture, quarter-fill each of the muffin cases with the mixture and top with a few pieces of toffee. Cover with the remaining filling so the cases are half full.
5. Bake for 30-35 minutes until well risen and golden. Transfer to a wire rack to cool. Serve warm or cold.



# **HALLOWEEN COOKING CLASS**

**Join Miss Roberts and Miss Smith after school where you will be cooking Halloween treats, both sweet and savoury to take home with you.**

**20th October 3:15-4:30**

**Cost - £3.00**