

A kitchen scene featuring various ingredients. In the foreground, there's a white bowl filled with chunks of yellow butter. Next to it is a white bowl containing white granulated sugar, with a wooden spoon resting inside. Two brown eggs are visible; one is cracked open, showing the yolk. A wooden muddler and a small wooden spoon are also scattered on the light-colored surface. In the background, a glass jar of honey and more eggs are partially visible.

CH
&CO

HALF TERM SPECIAL

From the Kitchen is brought to you by the team at CH&CO Education. It is written, filmed and developed by our development chefs, consultant nutritionist and head of food to make sure every child we cater for can have access to our expertise even when they're at home.

In this edition

**CHILDREN'S MENTAL HEALTH WEEK
CELEBRATING PLANT POWER DAY
OWEN'S HALF TERM HIDDEN GEMS**

FROM THE *Kitchen*

FEBRUARY 2022

First things first...

HYGIENE

Always wash your hands before you start to make any recipe.

Wash all fruit and vegetables before using them.

Use hot, soapy water to clean chopping boards after each use.

Keep raw and cooked foods separately when getting your ingredients organised.

Keep the kitchen clean in the area you are using to prepare and cook your food. You'll need a clean cloth to clear and clean as you go along.

Wash your hands again after cracking eggs and using raw meat or fish.



SAFETY

Always ask an adult to help you in the kitchen.

This is especially important when using sharp knives and the oven and saucepans on the top of the oven, which is called the hob. This may be electric or gas; either way, it is vital that you ask an adult to help you when you start cooking.

Always use oven gloves when helping to put things in and taking them out of the oven.

If helping to move or handle hot items on the hob, protect your hands by using oven gloves or a tea towel.

Take extra care when handling sharp knives or a grater; for example when cutting vegetables and fruits. Ask an adult for help.

Ask an adult to show you how to safely use power tools like blenders, food processors, mixers and microwaves and make sure they are there to help when using them with you.

If you chop chilli peppers or use chilli flakes, always wash your hands straight after. If you touch your eyes or mouth and haven't washed your hands, it will be very painful.

LET'S GET COOKING



We hope you are all keeping safe and well. We're delighted to bring you our half term special this week so you can enjoy some time cooking and baking at home. We've also included some top tips from our Nutritionist Amanda on how to use food to boost your mood.

Happy baking and happy eating.

Litchen Team

Your Kitchen Team





FRUITS AND VEG' HELP US FEEL GOOD

Tucking into vegetables and fruits can help us to feel good! You may have thought it was chocolate and sweets that lifted your mood but a great big study of over 12,000 people in Australia discovered that the more fruit and veg' people enjoyed, the happier and more satisfied they were with their lives.

EATING TOGETHER HELPS INCREASE HAPPINESS

Having meals together with other people also helps to put a smile on our faces. Scientists proved this in Thailand when they studied almost 40,000 people over eight years and showed that sharing meals contributed to increasing happiness.

COOKING FOR OTHERS

Planning and preparing foods or drinks for another person can help us feel good too, with both the person offering it and the person receiving it experiencing this mood-lifting benefit. Give it a try (ask for help if you need it in the kitchen) and see if it raises a smile.

CRUNCHY FOODS TO HELP US COPE

Did you know, chewing is a 'stress-coping' behaviour in both animals and humans? If you find yourself feeling a bit stressed, reaching for something you can crunch like carrot sticks or an apple may just help.

GREAT MOOD FOODS

Clever scientists from lots of different countries have pinpointed foods that feed our brains and help us to feel good. Oily fish like mackerel, sardines and salmon, wholegrain carbohydrates like wholemeal bread, brown pasta and rice along with vegetables and fruits are all packed with special nutrients that they say help boost our mood.

CHILDREN'S
MENTAL
HEALTH WEEK
2022

Feel good
with food

To mark mental health week our Consultant Nutritionist Amanda has given us her top tips of how to use food to help boost our mood.





WITH **PLANT POWER DAY** COMING UP NEXT MONTH
WE'VE INCLUDED THIS DELICIOUS PLANT-BASED DISH
FOR YOU TO TRY AT HOME



BUTTERNUT SQUASH AND BROCCOLI CHOW MEIN WITH TOASTED SOY SEEDS

Serves 5

Recipe

INGREDIENTS

500g dried egg noodles
(or rice or soba noodles)

2 large carrots

5 spring onions

500g butternut squash (grated)

250g cabbage leaves, sliced pepper,
broccoli florets and mushrooms

2 teaspoons vegetable or
sunflower oil

2 garlic cloves, finely chopped

250g shredded tofu

For the sauce

50ml soy sauce
(low-salt version if possible)

25ml honey

25ml tomato ketchup

lemon, juice only

For the soy seeds

25g pumpkin seeds

25g sunflower seeds

10ml kecap manis (sweet soy sauce)

METHOD

1. Place the dried noodles in a heatproof bowl and add boiling water from the kettle. They will take approximately five minutes to cook. When the noodles are cooked, drain them in a sieve and rinse the noodles under cold water.
2. Peel and grate the carrot and prepare the other vegetables
3. In a bowl mix together the soy, honey, ketchup and lemon juice. Have a taste – it should be tangy but sweet. You can add a little more of the ingredients as needed.
4. Heat a large frying pan or wok and add the oil. Add the garlic and stir-fry for a few seconds, then add the grated carrots, spring onions and pumpkin as well as any other raw veg you want to add.
5. Stir-fry for two minutes on a high heat before adding the sauce and a splash of water. You may need extra honey, lemon or soy sauce.
6. For the soy seed, place pumpkin, sunflower seed and kecap manis (sweet soy sauce) into a baking tray, stir until coated and then roast in the oven until crispy.
7. Add the cooked noodles to the stir-fried ingredients. Stir the chow mein for a couple of minutes over a high heat to finish the dish. Serve in a bowl topped with the soy seeds.



OWEN'S HALF TERM HIDDEN GEMS

COURGETTE & LIME CAKE

Makes one 21cm cake

Recipe

**HAVE YOU EVER
LOOKED IN THE FRIDGE
AND WONDERED WHAT
TO DO WITH THAT
EXTRA COURGETTE
OR CARROT?**

**This half term we're
bringing you some hidden
gems – baking recipes you
can make at home with
some surprising and often
wasted hidden gems.**



INGREDIENTS

For the cake

3 medium eggs
Zest of two limes or lemons
125ml vegetable oil
150g caster sugar
225g self-raising flour
1/2 teaspoon bicarbonate of soda
1/2 teaspoon baking powder
250g courgette, finely grated

For the icing

400g cream cheese
175g icing sugar
2 tablespoons lime juice
1 tablespoon lime zest

METHOD

1. Preheat the oven to 180 C. Grease and line two 21cm sandwich tins.
2. Beat together the eggs, oil and sugar in a large bowl until creamy. Sift in the flour, bicarbonate of soda and baking powder, plus half the lime zest, and beat well. Stir in the grated courgettes until well combined. Divide the mixture into the cake tins.
3. Bake in the middle of the oven for 25 to 30 minutes.
4. Remove the cakes from the oven and turn out onto a wire rack. Carefully peel off the paper lining and leave to cool.
5. For the icing, beat the cream cheese in a bowl until smooth. Sift in the icing sugar and stir in the lime juice.
6. Use a pallet knife to level one of the cakes if necessary. Use 2/3 of the icing to sandwich the two cakes together, with the levelled one on the bottom, and use the remaining icing to cover the top of the cake. Sprinkle with the remaining lime zest.



**CLICK HERE TO SEE OUR
MINI CHEFS MAKING
THIS AT HOME**

