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&CO

# EASTER 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*

FROM THE *Kitchen*

AT EASTER

**AMANDA LOOKS AT CHOCOLATE  
DELICIOUS DISHES FOR YOUR EASTER MEAL  
BAKING WITH OWEN AND THE MINI CHEFS**

# 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 back and we're delighted to bring you our Easter special edition so you can enjoy some time cooking and baking at home this holiday.



Happy Cooking and Happy Easter.

*Kitchen Team*

Your Kitchen Team





# Chocolate

**Our Nutritionist Amanda Ursell looks at our favourite Easter treat, chocolate.**

Say the word 'chocolate' and most of us think 'delicious', which is hardly surprising when you consider how totally unique a food it is. For starters, milk chocolate is the only food that melts at body temperature... and therefore starts to do so, in our mouths, giving that familiar, creamy, soft consistency as soon as we start eating it.

The chocolate we look forward to tucking into in our Easter Eggs however is miles away from the chocolatey experiences of Mayan Indian people living in South America, who were first to cultivate cocoa plants thousands of years ago. Mixing hot water with crushed cocoa pods, and flavours like cinnamon, they called it the 'Food of the Gods'.

Fast forward to Spanish explorer Christopher Columbus who brought cocoa beans to Europe in 1502 where it became commonly known as 'chocolate' from the Aztec word 'xocolatl' meaning 'bitter water'.

Grown in evergreen rain forests, the world now produces over four and a half million tons of cocoa beans a year, most of which, come from Africa. After cleaning, roasting and shelling, the remaining 'hibs' are ground into an intense cocoa liquor, which is used in cocoa powder. In turn, manufacturers add ingredients like sugar for dark chocolate and milk to make the chocolate that is moulded into your Easter Eggs.

Cocoa beans are naturally packed with fascinating super nutrients. Scientists think, when eaten in dark chocolate, these may have some health benefits... if we stick with small amounts.

And that's the important part; like other favourite treat foods, its' fine to eat 'a bit' of chocolate, now and then, especially in an Easter treat. The key is to think about balance and see it as just that, a delicious treat that you enjoy from time to time.

**“MAYAN INDIAN PEOPLE LIVING IN SOUTH AMERICA WERE FIRST TO CULTIVATE COCOA PLANTS THOUSANDS OF YEARS AGO. MIXING HOT WATER WITH CRUSHED COCOA PODS, AND FLAVOURS LIKE CINNAMON, THEY CALLED IT THE 'FOOD OF THE GODS'.”**



# OWEN'S EASTER SIDE DISHES

## CAULIFLOWER CHEESE Serves 4

## Recipe

### INGREDIENTS

1 Cauliflower, broken into large florets

Cauliflower, leaves sliced

3 tbsp butter or margarine

1 garlic clove, finely chopped

1 tsp English mustard powder

3 tbsp plain flour

500ml whole milk

200g mature cheddar, grated



### METHOD

1. Heat the oven to 200°C. Pan fry the cauliflower leaves until just soft, then set aside.
2. Wash the cauliflower thoroughly and place in a large saucepan of salted water. Bring to the boil and cook for 3–5 minutes, until the cauliflower is almost tender, but still fairly firm. Tip into a colander and leave to drain.
3. Meanwhile, melt the butter in a saucepan. Add the garlic and English mustard powder, cook for 1 minute, then stir in the plain flour.
4. Cook for another minute, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in 150g of the mature cheddar.
5. Tip the cauliflower florets into a large ovenproof dish, scatter over the cauliflower leaves and top with cheese sauce and the rest of the cheddar cheese and bake for 25-30 minutes until crisp and golden.



With many of us staying at home this Easter Sunday why not try out a three course meal? Choose your favourite roast meat, fish or vegetarian alternative alongside some of Owens delicious dishes. Make a carrot soup to start and even a tasty baking treat for dessert.

## Happy Cooking



CARROT SOUP



ROAST POTATOES



PARSNIPS



# OWEN'S TASTY EASTER TREATS

**EASTER CUPCAKES** Makes 12

*Recipe*

## INGREDIENTS

### The cakes

110g unsalted butter, softened

110g golden caster sugar (or normal caster sugar)

110g self raising flour

2 large eggs

½ tsp vanilla paste or extract

### Buttercream

150g unsalted butter, softened

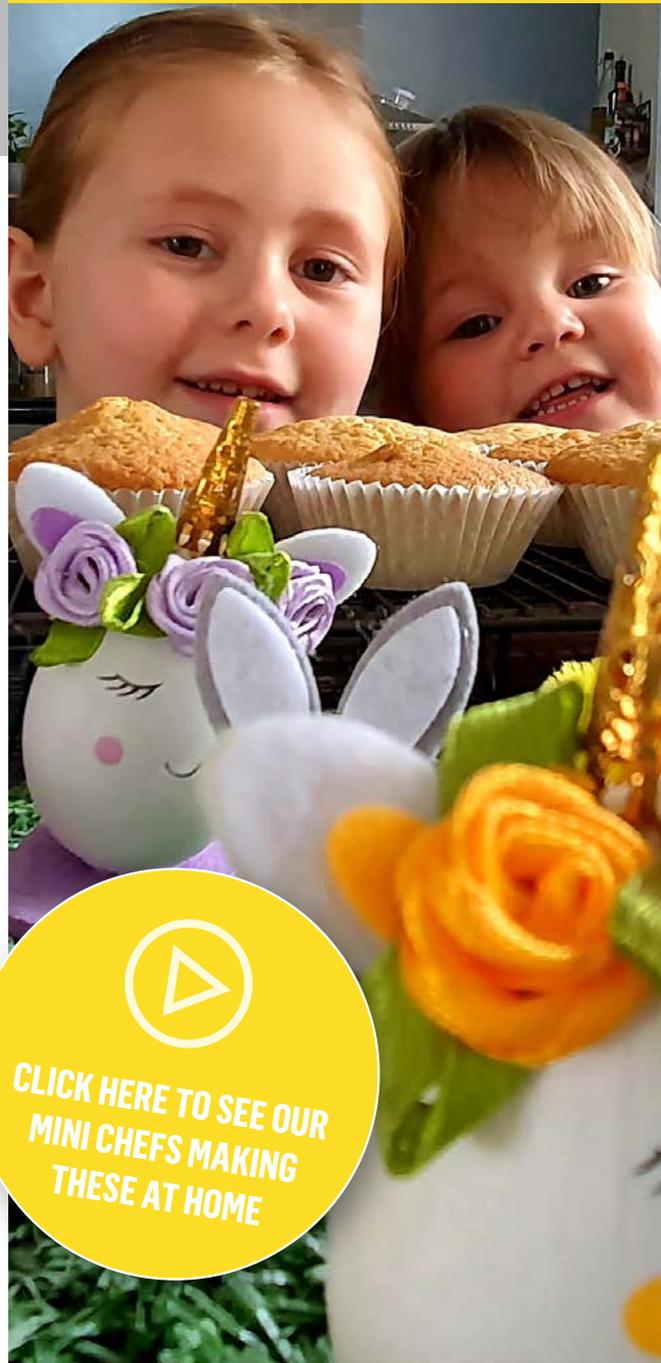
300g icing sugar

1 tsp vanilla paste or extract

3 tbsp milk

## METHOD

1. Heat oven to 180°C and fill a 12 cupcake tray with cases.
2. Using an electric whisk beat 110g softened butter and 110g golden caster sugar together until pale and fluffy then whisk in 2 large eggs, one at a time, scraping down the sides of the bowl after each addition.
3. Add ½ tsp vanilla extract, 110g self-raising flour, whisk until just combined then spoon the mixture into the cupcake cases.
4. Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
5. To make the buttercream, whisk 150g softened butter until super soft then add 300g icing sugar, 1 tsp vanilla extract.
6. Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in 3 tbsp milk.
7. Spoon or pipe the butter cream onto the cooled cupcakes and decorate with easter sweets and sprinkles.



[CLICK HERE TO SEE OUR MINI CHEFS MAKING THESE AT HOME](#)

**THE EASTER BREAK IS THE PERFECT TIME TO PERFECT YOUR BAKING SKILLS.**

Owen and his mini chefs are baking up some delicious Easter Cupcakes and icing them for us so why not try this at home too? We've also included a selection of our tasty treat videos so you can choose your favourite, or why not try them all?

## Happy Baking



**BUTTERCREAM ICING**



**BROWNIES**



**FLAPJACKS**

