

HCCS FOOD NEWSLETTER

recipes, ideas, news and thoughts on food.

HOW TO MAKE
HIDDEN VEGETABLE
MEATBALLS.

CHALLENGE RECIPE:
ICED FINGERS.

TINNED FOOD.
WHY DOES IT
LAST SO
LONG?

GROW
VEGETABLES
FROM OLD
SCRAPS.



MASHED POTATO LEFTOVER IDEAS.



HIDDEN VEGETABLE MEATBALLS IN TOMATO SAUCE.



Ingredients for hidden vegetable meatballs.

250g of minced beef, lamb, pork or chicken.

½ an onion, **grated.**

1 egg (egg is optional, many recipes call for eggs, but I think they make the mixture too wet).

30g breadcrumbs.

1 clove of garlic, **grated.**

50g of cheddar or parmesan cheese, **grated.** (optional)

Two vegetables of your choice e.g carrot, mushroom or courgette, **grated or blended.**

Ingredients for sauce:

1 tin of chopped tomatoes.

2 tbsps of tomato puree.

1/2 an onion and 1 clove of garlic, **grated or finely chopped.**

1 pinch each of sugar and salt.

Fresh basil leaves and a small ball of mozzarella, **optional.**

Method

Pre-heat your oven to 180 degrees.

Place 1 tbsp of oil in your saucepan and place on medium heat.

Add the onion and garlic for your sauce and fry for 3 minutes. Next add your tomato puree, a pinch of salt, a pinch of sugar and the tinned tomatoes and stir. Leave on medium heat to simmer.

Add your minced beef, onion, garlic, cheddar cheese, vegetables, breadcrumbs, egg, salt, pepper and herbs and spices to your large bowl.

Mix all ingredients thoroughly with a metal spoon and then bind with your hands.

Roll and shape your meatball mix into small balls and place onto a baking tray.

Bake your meatballs and sauce in the oven for 18-20 minutes or until fully cooked.

Whilst your sauce and meatballs are cooking, wash and dry your dishes and tidy up.

Once the meatballs are cooked, remove from the oven and place into your oven-proof dish.

Pour your tomato sauce over the meatballs.

If using, tear your mozzarella into small pieces and sprinkle over the top of your meatballs.

Scatter your basil leaves over the mozzarella.

For an equivalent vegetarian/vegan recipe please follow this link:

<https://www.bbcgoodfood.com/recipes/herby-chickpea-balls-tomato-sauce>

CANNED FOOD.

The canning process dates back to the late 18th century in France when the Emperor Napoleon Bonaparte, concerned about keeping his armies fed, offered a cash prize to whomever could develop a reliable method of food preservation.

French chef, Nicolas Appert found and perfected a revolutionary bottling technique. Appert found that by enclosing provisions within a sealed bottle and boiling it, the food would keep indefinitely. Within several months of the initial publication of his findings, others began using Appert's process with tin cans instead of bottles. This was the beginning of the canning process.

While canning is not the absolute healthiest method of food preservation (e.g. freezing preserves more nutrients), it does have many benefits such as a long shelf life and it is generally cheaper than fresh food and very convenient. Many canned foods have been incredibly helpful during the Covid-19 pandemic.



QUICK PICKLED RED ONION.

Canning food requires a little bit of research and preparation but is possible to do from home. Why not try this easy method of preserving (pickling) red onions in the meantime.

- 1 red onion, really thinly sliced
- 1/2 cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons salt
- 1 cup hot or warm water



Method.

1. Slice the red onions as thin as you can. I use a mandolin. Stuff all the red onions in the jar of your choice. A bowl will work too.
2. In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt.
3. Pour this pickling mixture over your sliced onions, making sure they are immersed in the liquid, and let them set for an hour.
4. After an hour, cover and store in the fridge for up to three weeks.

RE-GROW YOUR SCRAPS.

Most herbs will propagate through cuttings—snip at a node (where sections of the plant merge), and place the cut portion in a jar of water on a windowsill. Replace the water every one or two days until roots emerge, then transplant to a container or the ground.



If you're only using the green part of the onions, retain the white part with a small amount of pale green and place it in water on a sunny windowsill. Refresh the water regularly and use green portions as they grow, or transplant into a pot with soil for more extended use.



Carefully cut the outer skin (containing the seeds) off the berry, or extract seeds using tweezers. Place the skin or seeds in a container with soil, cover with soil, place in a sunny spot and water regularly until sprouts emerge. Transplant the sprouts to a strawberry pot or outside garden in springtime.



Simply plant the seeds from your store-bought tomato into a small pot, keep well-watered on a windowsill, and wait for a new plant to emerge. Once the plant reaches several inches tall, transplant it to a larger pot-or outside once the threat of frost has passed



WHAT'S IN SEASON IN MAY?

There are many very good reasons to 'eat the seasons' including: reducing the energy (and associated CO2 emissions) needed to grow and transport the food we eat; to avoid paying a premium for food that is scarcer or has travelled a long way; to support the local economy and to reconnect with nature's cycles and the passing of time. However, the most important reason is flavour! Seasonal food is fresher and so tends to be tastier and more nutritious.

This May, enjoy plenty of the following crops: asparagus, broccoli, carrots, jersey royal new potatoes, lettuce & salad leaves, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles



HCCS COOKING AT HOME.



Ms Bailey has been busy baking with her daughters and has made a delicious banana cake (see photo). Ms Bailey also recommends the following Mary Berry recipe for delicious Brownies

<https://thehappyfoodie.co.uk/recipes/chocolate-brownies>



Emma Smart in year 10 has been busy cooking meals for her family and baking. Please see her wonderful cooking below.



Jess Green has been busy in her kitchen making the WW2 Woolton pie recipe from our first edition and also a glazed lemon cake.



THE CHALLENGE RECIPE: ICED FINGERS.

Ingredients for the bread fingers

- 500g strong bread flour
- 7g sachet dried yeast
- 50g butter, softened
- 50g caster sugar
- 1 medium egg, lightly beaten
- 100ml whole or semi skimmed milk
- ½ tbsp oil, for greasing

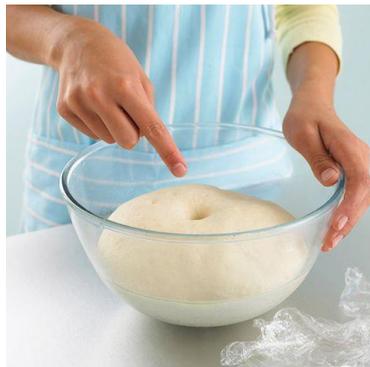
Ingredients for the icing

- 250g icing sugar
- 2tbsp of cold water
- Food colouring of your choice
- Sprinkles and decorations of your choice



Method

1. Sift the flour into a bowl with the yeast and 1 tsp salt. Make a well in the centre and add the butter, sugar, beaten egg and milk. Stir with a wooden spoon, gradually adding 175ml tepid water until you have a soft, sticky dough.
2. Turn onto a lightly floured surface and knead well for 10 mins. Cover loosely with lightly oiled clingfilm and leave in a warm place for 1 hr or until the dough has doubled in size.
3. Knock the dough back and divide into 14 pieces. Roll each into a finger about 12-14cm long. Transfer to 2 large baking sheets greased lightly with oil, spaced well apart. Cover with oiled clingfilm and leave in a warm place for 30 mins or until doubled in size.
4. Preheat the oven to gas 6, 200°C, fan 180°C. Bake for 8-10 mins until lightly golden. Leave on the trays to cool completely.
5. Sift the icing sugar into a large bowl and stir in 2 tbsp water. Add a little more water if necessary, a drop at a time, until the icing is thick but a little runny. Divide among 3 bowls. Set one bowl aside for the white icing, then colour the remaining two bowls yellow and pink.
6. Spoon the icing over the fingers, mixing up the colours as you like. Decorate with the swirls and hundred and thousands. Set aside until set.



LEFTOVER MASHED POTATO IDEAS.

If you find yourself with a little bit too much mashed potato, why not save it and create a new meal.

Mashed Potato Bites

- 2 cups mashed potatoes
- 2 eggs
- 1 cup flour
- 2 cups breadcrumbs
- 1 tsp parmesan
- 1 tsp Italian herbs
- salt and black pepper
- oil to fry



Take 3 bowls and fill one with beaten egg, one with flour and one with breadcrumbs, herbs and parmesan.

Take your chilled mashed potato and mix with any optional extras such as grated cheese, left over veg or cooked meats and roll into balls.

Dip each potato ball into the flour, then the egg and finally roll in the breadcrumbs. When they are all coated, fry in oil until golden brown and piping hot inside.

Colcannon

- Left over mash
- Left over green vegetables or sautéed veg such as leeks and spring onion.
- butter to taste
- salt and pepper to taste



This meal originating from Ireland is great with sausage and mash. You could even top your favourite pie with this upgraded mashed potato!

Simply mix your left over mashed potato with sautéed spring greens or left over vegetables, butter, salt and pepper and heat it up in the microwave or on the hob. Around

Duchess Potatoes

Around 800gs of mashed potato, 2 eggs (beaten), 60ml (¼ cup) cream, 2 tbsp grated parmesan cheese, ¼ tsp ground nutmeg and 1 egg yolk, for glazing

If you are feeling fancy, How about making these impressive piped potatoes! All you need to do is mix together all of the ingredients and warm together in a sauce pan. Place into a piping bag and pipe onto a greased baking tray and brush on your egg yolk for a lovely glaze. Alternatively you could skip the piping and make a lovely texture by using a fork. Place in the oven for 15-20 minutes.

This recipe would also work well without the cream, eggs and parmesan as baked mash is also delicious on its own.



STORECUPBOARD THAI FISHCAKES.

Ingredients.

- 450g tinned or frozen skinless and boneless salmon (you can also use tinned tuna)
- 2 tbsp Thai fish sauce
- 1 level tbsp Thai red curry paste
- 1 tsp finely grated lime zest (optional)
- 1 tbsp finely chopped coriander (optional and you can also substitute dried).
- 1 medium egg white
- 1 tsp caster sugar
- 2 spring onions, thinly sliced
- 2 tbsp vegetable oil



Method

1. Put the salmon or tuna into a food processor, along with the fish sauce, curry paste, lime zest, coriander, egg white and sugar. Whiz until you have a smooth, mousse-like paste.
2. Put mixture in a bowl and stir in the spring onions. Lightly wet your hands and form the mixture into 16 patties about 3cm (1in) across (you can freeze them at this stage; simply defrost thoroughly before frying).
3. Heat a large nonstick frying pan. Add 1 tbsp of oil and cook half the fishcakes for 5 minutes until golden, then carefully turn them over and cook for 3-5 minutes more, until cooked through. Serve with rice, steamed greens and chilli sauce, if you like.

Tip - if your mixture feels too wet, add a little flour.

IN OUR NEXT ISSUE:

What is in season in June?

Healthy seasonal risotto.

How to make easy flat breads. Perfect for a BBQ.

What have HCCS students and staff been cooking at home?

Challenge Recipe: Jerk Chicken with rice and peas, including how to portion a chicken.

If any staff or students have any comments, questions or if you would like to contribute to the HCCS Food Newsletter with a recipe, photos of what you are cooking at home, a food story or food review please contact Ms Davis on deleasa.davis2@hccs.info