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FOOD NEWSLETTER

Recipes, news, ideas and thoughts on food!

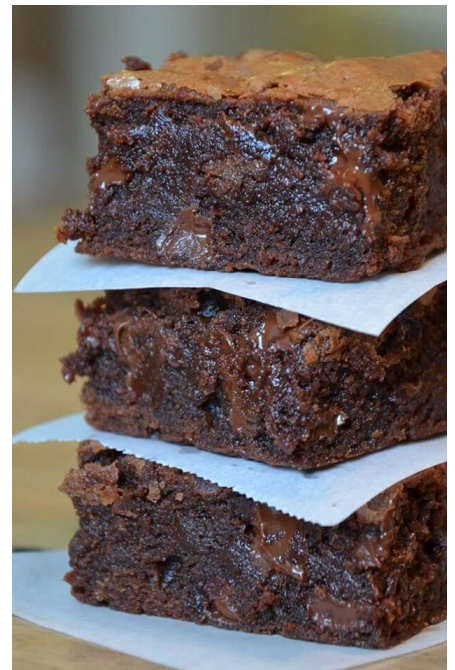
COLOURFUL
CAJUN NACHOS
RECIPE



FRESH PASTA-
EASIER THAN
YOU THINK!



RECIPE FOR
A GREAT
BROWNIE



FOOD MYTHS- TRUE OF FALSE

POACHED EGGS!



Cajun Nacho Recipe



Ingredients

- 2 tbsp oil
- 1 tbsp Cajun spice mix
- 8 plain tortillas
- a good chunk of cheese
- extra toppings of your choice

Method

1. **Heat** oven to 180C/160C fan/gas 4. **Mix** the oil with the Cajun spice mix.
2. **Brush** the spiced oil over tortillas, **stacking** the tortillas on top of each other as you go.
3. **Cut** the stack into **8 wedges**.
4. **Separate** the wedges and evenly spread out on baking sheets and bake for **6-7 mins until golden and crisp**.
5. **Tip** tortilla chips onto a baking tray and **grate cheese** over the chips. Add extra toppings **if you'd like**, such as chopped spring onions, diced tomatoes, salsas, jalapeno etc. (look at the picture opposite for ideas).
6. Place the tray **under a preheated grill** and **watch** for a minute or two as the **cheese melts**. Remove from the grill and top with sour cream/ guacamole after the cheese has melted (if you have these ingredients).



Pasta Dough Recipe

Ingredients

- 1 large egg
- 100g Tipo 00 flour (found in big supermarkets and delis)
- Half a tablespoon of water

This makes 1 portion! Scale up appropriately

1. Put your flour into a mixing bowl with your egg/s and water straight in and mix it all together with a fork until you cannot stir it anymore.
2. Remove the crumbly dough from the bowl and squish it together with your hands- it will start to come together more- stick with it. Once it is a lump of dough, knead it on a clean work surface to activate the gluten! Without gluten in your pasta, it will fall apart and be mushy. Kneading gives it a good structure and springiness to it. keep kneading for around 5 minutes!
3. Once it is a nice smooth ball, wrap it in clingfilm or an airtight Tupperware box with barely any space around it, and put it in the fridge for 30 minutes to rest.
4. Bring a large pot of salted water to the boil. Once it has rested, divide your dough into more manageable sizes. If you did 4x the recipe, cut into 4 portions.
5. Flour the work surface and rolling pin and flatten the dough. You want the pasta to be very thin as it swells up a little bit when boiled in water. 1 or 2mm is a good thickness.
6. Cut into strips, dust with flour to stop the strands sticking together. Cook in the boiling salted water for about 2/3 minutes. Check it is ready by letting a bit of pasta cool down and then eating it.
7. Drain and mix with your favourite sauce!

Chocolate Brownie

Ingredients

- 140g softened butter
- 190g caster sugar
- 2 large eggs
- 40g cocoa powder
- 50g self raising flour
- 50g plain chocolate chips
(or chocolate cut up)



1. Pre-heat the oven to 180°C / 160°C Fan / 350°F and grease and line a 15 x 10 cm baking tin (small) with baking paper.
2. Measure all the ingredients into a bowl. We used a small bowl to weigh everything out in turn and then added them into the mixing bowl.
3. Mix everything together until it looks evenly blended.
4. Spoon the mixture into the prepared tin, using a spatula spread the mixture gently into the corners and level the top.
5. Bake in the oven for 40-45 minutes. It's cooked when the top of the brownies have a nice crust or you can stick a skewer in the middle and it should come out clean. If it starts to look a bit brown on top, cover loosely with foil for the last 10 minutes. Once they're cooked, leave the brownies to cool in the tin then cut into 12 squares (or fewer if you want bigger pieces.)

Food Myths, *True or False?*

- 1.** Olive oil in boiling water stops the pasta from sticking together when cooking.
- 2.** Eating celery burns more calories than you gain by eating it.
- 3.** White chocolate isn't actually chocolate.
- 4.** Honey is actually just bee vomit.
- 5.** Should you really feed a cold and starve a fever?
- 6.** Using margarine over butter will save calories, making it a healthier choice.
- 7.** A gone off egg will float when put in water, a healthy egg falls to the bottom.
- 8.** If you have diabetes you can't eat sweet food anymore.

The results are in...

1. false. Oil and water do not mix! To prevent pasta from sticking, use a larger pan of water and mix the sauce with the drained pasta when it is still hot.

2. True. A stick of celery contains 6 calories and takes 1/2 a calorie to eat...but your body doesn't stop there. Your body will use a further 13 calories digesting it!

3. True. White chocolate is not true chocolate. In order to qualify as chocolate, a product must contain cocoa solids. And white chocolate does no such thing.

4. It's complicated... Bees keep nectar they collect from plants in a separate 'honey stomach'. The worker bee then flies home and regurgitates it into the mouth of a house bee, who then prepares it and stores it in the hive for later consumption! Yummy!

5. false. Starving is never the correct answer. When you eat a good-for-you, well-balanced diet, many other things fall in place that keep your body working well. Foods that are rich in nutrients help fight infections and may help prevent illness. They're delicious, too!

6. false. Not always. Butter is rich in cholesterol-raising saturated fat. But margarine is typically rich in trans fats, which raise cholesterol, too. They are both high in calories, but they work in differently.

7. True. If you want to test the freshness of an egg, see if it floats in water. If it floats it is bad! On a side note, clear egg whites are from older, but safe eggs; pinkish egg whites mean that the egg is spoiled and a cloudy egg white means it is VERY fresh.

8. False. Diabetics have to be careful about what they choose to eat as they monitor their blood sugar levels. People with diabetes try to make healthier diet choices to combat this, but this doesn't mean they can't enjoy themselves, especially at easter! For more info visit www.diabetes.org.uk

Poached eggs!

Lots of people enjoy a poached egg, especially with a cooked breakfast in the morning or on-top of avocado on toast...They can also be a *headache* for some as they can be tricky get right! If you haven't learn the right technique, or it is your first time cooking eggs this way, look below for all of the top tips!



Method

Add 2 teaspoons of white vinegar to a large pan of hot water and bring to a simmer over a medium heat on the hob.

Meanwhile, crack 1 very fresh cold large egg into a small cup or ramekin. Use the handle of a spatula or spoon to quickly stir the water in one direction until it's all smoothly spinning around, like a whirlpool.

Whilst the water is still spinning, slide the egg in (be careful for splashes), and keep adding eggs in the same way until you have the amount you want to cook.

Let them sit and don't touch them for about 3/4 minutes whilst the outside firms up.

Using a slotted spoon, gently scoop the egg up from underneath and prod it with a finger (make sure your hands are clean) to see if it is cooked enough. Use your intuition. If it is cooked place it on a piece of kitchen towel or clean tea towel to absorb the excess water. Put your poached egg on whatever you'd like, and a couple of twists of black pepper. **Enjoy!**