



THE ALL NEW FOOD DIARY OF THE PRIORY AND THE GARTH



“Recipes to ensure pupils are getting their five a day!”

“A new and varied menu plan”

“Tweaked recipes with fresh ingredients”

“The food at school is delicious!”

Recipes to try at home, straight from The Priory School kitchen!



Our first edition includes:

3-2-1
Shortbread!

Much more coming soon!

Here is the story of how it all started...

The Priory School Kitchen has a new Head Cook.

Helen Swanson joined the kitchen team for The Priory and Garth Schools in November. She came to us from her previous role as a lecturer for 16 years at Peterborough Regional College training their Hospitality and Catering students. During the past 5 months, Helen and the fantastic catering team in The Priory Kitchen have introduced many exciting and healthy options for pupils and staff alike.

Daran Bland, Executive Head, says, “The delightful smell of home-made bread now wafts through the school building each day. Pupils are enjoying, and experimenting with new dishes such as Mushroom and Butter Bean Fricassee, Herby Quorn Pasta, Savoury Root Vegetable Crumble and Pork Goulash!”

“In addition to the new and varied menu plan, Helen has created an interesting salad bar, which now includes a variety of salad and vegetable items, pulses and grains. Helen is adept at “sneaking” veg into meals and recipes to ensure pupils are getting their five a day!”

Helen Swanson, Head Cook, said, “With the children’s needs in mind we have purposefully changed the menu gradually. We kept some original recipes, tweaking them slightly, and all dishes are now created each day using fresh ingredients. We have added an exciting new salad bar, and freshly made sauces and pastries. The pastries are going down well with the pupils, as is the fresh bread. The pupils and staff have been really enjoying the basil wheels and feta and tomato breads too!”

With general food allergies on the rise, Helen is keen to introduce a Gluten Free range to the menu. Having already had success with her Gluten Free Banana Loaf, which is proving a favourite with everyone!

Helen added, “The pupils have been quite forth coming with feedback about the new menu so we thought it would be a nice idea to send some recipes home to cook themselves.”

Introducing our recipes...





3-2-1 Shortbread!

To make enough mixture for 10 shortbreads, all you need is:

3oz plain flour
2oz butter
1oz caster sugar

To make 20 shortbreads just double it!

The pupils have enjoyed shortbread at school this week. Here is our easy recipe for you to try at home!

It's called 3-2-1 shortbread because the ratio works if you want to make enough for 15 people or 150!

Method

- Preheat the oven to a medium heat (160 -180 C or Gas mark 4).
- Cream the sugar and butter/margarine together until light and creamy.
- Add the flour until the mixture comes together into a smooth paste.
- Flatten the mixture and chill in the fridge (it's easier to handle when cold).
- Roll out to the thickness you like (at least the thickness of a pound coin).
- Cut out your shortbreads. We use cutters (if they stick, place the cutter in a little flour after each use) or you could use a knife to cut similar sized portions.
- Place on a greased baking tray.
- Cook until light and golden brown (at least 12 minutes but depends on size and thickness).
- The shortbreads will firm up as they cool.
- Once cooled, sprinkle a little sugar over them and serve.

These shortbreads store well in a tin (if they last that long!)

HAPPY BAKING!



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MORE RECIPES ADDED EACH WEEK!

