

Recipe feature

Open Steak Sandwiches

Serves: 4 • Time to prepare: 20 minutes

Time to cook: (based on a 2cm/¾ inch thick steak) **Medium:** 4 minutes on each side
Well done: 6 minutes on each side

Ingredients

1 small lemon
50g/2oz good, vintage hard cheese, eg Cheddar
50g/2oz pea shoots or rocket leaves
Freshly milled black pepper
30ml/2tbsp rapeseed or olive oil
4 thick slices fresh granary or ciabatta bread

60ml/4tbsp onion chutney or pickle
2 lean rump, sirloin or rib-eye steaks

Equipment

Vegetable knife, chopping board, lemon juicer, grater, large mixing bowl, pastry brush, griddle or large non-stick frying pan, fish slice, large plate, table knife.

Method

- Prepare the vegetables:
 - Cut the lemon in half and juice
 - Grate the cheese.
- Put the pea shoots or rocket in a large bowl, season with freshly milled black pepper and add the lemon juice. Stir, cover and set aside.
- Heat a griddle pan over a high heat. Brush the bread slices with half the oil on both sides then griddle for 1 minute on each side. Transfer to a large plate, spread with the chutney and sprinkle with the cheese. Reduce the heat under the pan.
- Season the steaks, brush with the remaining oil on both sides and

cook according to your preference. Transfer to a warm plate and leave to rest for a few minutes.

- Slice the steaks on the diagonal, arrange on top of the bread and top with the pea shoots or rocket leaves.

Top Tips

- It is important to leave a steak to rest for a few minutes, once cooked. This allows the juices, which have been driven to the centre of the meat during cooking, to be redistributed throughout the meat and be reabsorbed. As a result, the steak will lose less juice when it is cut and will be far more tender and juicy to eat.

Skills and commodities used to make this recipe



To find out more information about My Cooking Counts and to register, go to: www.meatandeducation.com

Keep in touch

Meat and Education distributes both this termly *Meat: Education Insight* and bimonthly email updates to help provide teachers with topical news items and highlight interesting resources. Sign up to the email or newsletter by submitting your contact details at: www.meatandeducation.com

You can also follow Meat and Education on Twitter: @MeatEdu

Acknowledgements

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AHDB Beef and Lamb and AHDB Pork are divisions of the Agriculture and Horticulture Development Board (AHDB).

Meat: Education Insight

Meat and EDUCATION.com

For Food Technology, Home Economics and Catering teachers

My Cooking Counts

Have you registered for this fantastic resource yet?
Over 500 teachers have!



This free and innovative online website enables students to record their own recipes, assess their food skills and track/record the main ingredients they use.

Teachers can upload and share recipes as well as monitoring and tracking student's progress, cooking achievements and repertoire. It is a great way to evidence the brilliant work you are doing in the classroom – ideal for student progress, reports to SLT and confirmation for inspections.

Teachers' comments include: "My Cooking Counts is really easy to use and the students love the fact that they can now upload photos of their dishes using their mobile phones" and "My Cooking Counts has helped me keep track of my students' progress and has been a great tool for evidencing all that we are doing with the students".

To register for My Cooking Counts, go to: www.meatandeducation.com



Food4Life – LMC's new education website launched!

The Food4Life website has been totally updated and redesigned to support food teaching in Northern Ireland. The website has been developed by the Livestock and Meat Commission (LMC) for Northern Ireland.

The new website comprises three main learning areas for Key Stage 3, Key Stage 4 and A Level teachers and their students. Within each module you will find resources, such as PowerPoint presentations, worksheets and activities, which are relevant to the Northern Ireland curriculum and GCSE Home Economics.

There is also a wide variety of beef and lamb recipes to download, along with the opportunity for teachers in Northern Ireland to order multiple copies of resources and also book cookery demonstrations!

For more information, go to: www.food4life.org.uk

Recipe feature



Check out the **NEW** recipe on the back page. For more beef recipe ideas, visit www.simplybeefandlamb.co.uk

Gourmet Burger Builder
– a new interactive activity!

The Gourmet Burger Builder challenges students to create their own Gourmet Burger using beef or lamb mince and a variety of vegetables, fruits, cheeses, spices and herbs along with breads and toppings.

The activity goes through the stages of ingredient selection, mixing, dividing and shaping, cooking and then on to assembly. A detailed personalised step-by-step recipe is produced so that students can make their own beef or lamb burger in the classroom or at home. Students can also upload their Gourmet Burger to social media and My Cooking Counts.



Support resources, including a teacher's guide, six themed lessons (available as PowerPoint presentations) and structured worksheets are also available to support the use of this resource in the classroom. To use Gourmet Burger Builder, go to: www.meatandeducation.com

50 Minute lesson packs

Twelve *50 Minute lesson packs* are now available on the Meat and Education website – helping the busy, time-poor teacher. Each pack contains a red meat recipe suitable for a 50/60 minute lesson, teacher's notes, two activities and an Excel recipe costing spreadsheet. The activities can be used to support the lesson, as homework or self-study.

To download the *50 Minute lesson packs*, go to: www.meatandeducation.com



Teacher survey – help to improve Meat and Education's service to you

The Meat and Education programme aims to support both the practical needs of teachers and the development of valuable life skills in students. In order to continue with this aim and ensure that the resources produced are effective, suitable for the classroom, up to date and valuable for teachers, Meat and Education is hosting an online teacher survey. Your feedback is important for the success of the programme in the future, with

suggestions being used to plan new resources and CPD events.

As a thank you, a £50 voucher will be given to four teachers chosen at random from those who participated.

To take part in the survey, which finishes on Friday 18 March 2016 at 5pm, go to: www.surveymonkey.co.uk/r/meat2016

HCC Welsh lamb roadshow on tour to teach the nation



Millions of people in Wales and England were involved in Hybu Cig Cymru – Meat Promotion Wales' (HCC) two season, multi-media promotion of PGI Welsh Lamb and PGI Welsh Beef in the months following their launch in July last year.

The campaigns to back Welsh red meat products and stimulate consumer demand included a touring mobile billboard, a PR and social media blitz and television advertisements which were aired across the UK's satellite and cable channels.

A touring trailer, staffed by expert cooks, visited Waitrose, Tesco, Sainsbury's and Asda stores to promote Welsh Lamb, Welsh Beef and their PGI status.

Shoppers were encouraged to look for the yellow and blue PGI logo, which



means that consumers can be assured that the meat is fully traceable from farm to fork and guarantees that the animals have been born and reared in Wales, on the packaging of meat products sold at the supermarkets and during their next visit to an independent butcher's shop.

Information and inspiration were also provided in the form of cooking demonstrations and recipe leaflets. The campaigns really seemed to have caught the imagination of the industry, shoppers and the passing public.



Food Teacher Professional Portfolio

Registering to take part in the *Food Teacher Professional Portfolio* programme provides you with a way to audit, map, plan and evidence your professional development – whether you are just starting your teaching career or training to become a teacher, an HLTA, a food supply teacher or have been practicing for some time.

All Meat and Education training courses will be linked to the new food teaching PHE guidelines, with certificates provided for the new portfolio programme.

To find out more and register, go to: www.foodteacher.org.uk

BNF Healthy Eating Week 2016

Registration for BNF Healthy Eating Week 2016 is now open! The aim of the week is to promote healthy eating and drinking, being active, food provenance and cooking in schools. Printed resources will be sent to all registered schools, who will also have access to downloadable resources, live cook-a-longs and brand-new health challenges. AHDB Beef and Lamb is delighted to be supporting the Week. To register your school, go to: <http://bit.ly/1V57N9t>

Healthy Eating Week
13-17 June 2016

Using your senses

There are five senses used when tasting food and drink: sight, smell, taste, hearing and touch. The senses help to develop food preferences (likes and dislikes) and evaluate foods either through preference or discrimination tests.

The learning resource included in this edition is designed to help students understand the five senses, how the olfactory system works and also how

we taste. The learning resource also provides some suggestions of descriptive vocabulary that students could use when carrying out sensory evaluation. Further teacher and student support can be found in the Downloads section of the website – <http://bit.ly/1hFMUpd>. There is also a recording of an eSeminar focusing on *Using your senses* which can be found here: <http://bit.ly/1nGOidu>



Using your senses – classroom activities and tasks

Taste and flavour

1. Hold your nose!

When eating food, the odour combines with the taste to give flavour. The texture, or mouthfeel, of a food may also help us recognise what it is. An experiment to test the difference between taste and flavour involves eating a pear. You could also try a piece of cheese, cooked bacon or cooked sausage.

- Wash the pear and cut into bite-sized pieces
- Give each student two pieces of pear
- Ask the students to hold their noses tightly, close their eyes and eat a piece of pear. *Ask them if they can tell what the item is?*
- Ask the students to release their noses and then continue to chew? *Can they now tell what the item is?*
- Repeat with the second sample.



2. Blue jelly!

Size, shape, and colour all play an important part in helping to determine the first reaction to a food. Colour, in particular, gives us an indication of what flavour a food might be, eg a red jelly is most likely to be strawberry flavour. Test your students' sense of flavour through eating blue jelly:

- Prepare a jelly using a 12g individual sachet, or four leaves of gelatine, and

one pint (570ml) of boiling water. Vegetarian jelly can also be used successfully. Add a few drops of blue liquid food colouring

- Divide the jelly mixture into five jugs and add a few drops of a different liquid flavouring, ideally colourless, into each jug
- Pour a small amount of jelly into sample pots or plastic cups and set
- Once set, ask your students to identify the flavour of the jelly.

This activity is great as an open day or transition activity.

3. Taste sensations

We can detect five basic tastes. Provide a variety of ingredients for your students to try and see if they can identify each basic taste:

- Bitter – tonic water
- Salty – table salt
- Sour – sliced lime
- Sweet – caster sugar
- Umami – Parmesan cheese, umami paste mixed with low-fat mayonnaise, yeast extract on toast, cooked sausages.



Odour experiments

There are a number of easy experiments through which the students learn about the sense of smell (olfaction) and how the olfactory system works.

1. Smell detective – how many smells can you smell?

Collect a range of natural food flavourings such as raspberry, caramel, custard, strawberry, rhubarb, coconut, rose, violet, cherry, banana, lemon, orange. Place a couple of drops of the flavouring in about 20ml of water, task a student to smell the mixture and ask them to identify the flavouring. Then add one more flavour – can the student correctly identify the additional flavouring by the aroma? What if you mix three, four or more smells together?

2. Smell cards

A bit like 'scratch and sniff' cards. Collect a number of dried herbs and spices that have a strong smell and glue them to pieces of card. These cards could be used for memory or matching type games or as a starter at the beginning of a lesson to identify the flavourings to be used in a recipe.

Sensory evaluation tests

Students should be taught how to set up tasting panels for preference testing. There are a number of resources available on the Meat and Education website to support this, including templates for preference and discrimination tests – <http://bit.ly/1PwHRSm>

