

Recipe feature

Thai pork bites

Serves: 2 • Time to cook: 30 minutes



Ingredients

- 1 garlic clove
- 2.5cm (1") fresh ginger
- 1x 15ml (1tbsp) fresh coriander
- 2 spring onions
- ½ lime
- 225g (8oz) lean pork mince
- 1x 15ml (1tbsp) soy sauce
- 1x 15ml (1tbsp) sherry
- 1x 5ml (1tsp) honey
- 1x 15ml (1tbsp) sweet chilli sauce

Equipment

Vegetable knife, chopping board, garlic press, grater, measuring spoons, zester, juice squeezer, measuring scales, large mixing bowl, mixing spoon, baking tray, oven gloves and small mixing bowl.

Top tips

- Try adding small pieces of vegetables such as grated carrot or courgette to the pattie mixture.
- Serve the patties with the dipping sauce, a cucumber and spring onion salad and toasted pitta breads.
- Try adding apple juice instead of sherry.

Method

- 1 Preheat the oven to 180°C or Gas mark 4.
- 2 Prepare the ingredients:
 - peel and crush the garlic
 - peel and grate the ginger
 - chop the coriander
 - finely slice the spring onions
 - zest and juice the lime.
- 3 Mix the pork mince, garlic, ginger, coriander, spring onions, lime zest and juice together in a large bowl.
- 4 Divide the mixture into 8 equal portions.
- 5 Shape each portion into a pattie (roll into a ball and flatten slightly).
- 6 Place the patties onto the baking tray.
- 7 Bake in the oven for 15 minutes, until the juices run clear.
- 8 Mix the soy sauce, sherry, honey and sweet chilli sauce together in a small bowl to make the dipping sauce.

Give a fork about your pork

Jimmy Doherty, a rare breed pig farmer, supports Red Tractor Pork in a new campaign about what the Red Tractor Pork logo represents when purchasing pork, bacon, sausages and ham. Three videos have been produced, featuring Jimmy talking about the values of the Red Tractor Pig Assurance Scheme. It shows the benefits of the scheme, how it covers the feed to fork supply chain and looks at the range of pork cuts available. Three pork recipes have also been produced. To find out more, go to: www.lovepork.co.uk



Keep in touch

To keep abreast of topical news updates in the areas of education, nutrition and food production, why not sign up for our bi-monthly email update and/or attend a conference? Just visit the website for further details. Why not tell a friend or colleague about the programme and get them connected? If you would like to provide comments or feedback on any aspects of the Meat and Education programme, please email:

meat@nutrition.org.uk

Sign up to the email now by submitting your contact details at: www.meatandeducation.com

Acknowledgements

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Newsletter

Meat and EDUCATION.com

For Food Technology, Home Economics and Catering teachers

What's cooking?



Mince is a versatile ingredient which can be incorporated into a variety of tasty and nutritious meals. An array of new resources is available on the Meat and Education website providing interesting details about mince.

The six new recipes include:

- Lamb tagine
- The ultimate beefburger
- Sweet and sour meatballs
- Tortilla lasagne
- Shepherd's pie
- Spaghetti Bolognese.

In addition, there are seven interactive whiteboard activities which explore costing, healthy eating and modifying a recipe. These short activities could be used as starter or plenary activities.

To view the resources, go to: www.meatandeducation.com



Recipe feature



Check out the **NEW** recipe on the back page. For more recipe ideas, visit: www.meatandeducation.com

A video podcast explores the food chain, showing how mince is produced, by interviewing a variety of experts, including a beef farmer, a fifth generation Master Butcher, a nutrition scientist and a home economist. Together, these experts provide information on farming, butchery, storage and nutritional qualities of red meat, as well as tips on using meat. The 20 minute video can be shown in its entirety or in sections, viewed at different times to support your lessons.

Six new recipe videos are also available to view online or download. These aim to provide students with inspirational ideas for using mince. The short video clips showcase Year 9 and 10 students demonstrating a range of skills and techniques cooking with mince.

New module: All about me



All about me is a new module in the *All about meat* section of the website. The module outlines why healthy eating is important for young people, provides information on the Government's 8 tips for healthy eating and suggests ideas on how to achieve these. A series of worksheets have been created to help students reflect on the information provided. The PowerPoint presentation can be printed into a booklet, along with the 8 downloadable worksheets, to provide challenging activities for non-cook students to work through unaided during lessons. This resource could also be useful for cover lessons with Key Stage 3 and 4 classes. To access this resource, go to the *All about meat* section at: www.meatandeducation.com

Digi Bites – now showing



Digi Bites are short video clips which provide bite-sized bursts of

information by experts. A collection of new Digi Bites will shortly be available to view or download. These video clips have been specifically designed to be succinct in order to be easily integrated into the classroom to support starter or plenary activities or as additional tasks for students. A variety of topics will be addressed, such as nutrition, food labelling, satiety, farming, marketing and new product development. The new Digi Bites will be available in March. To view or download the Digi Bites, visit: www.meatandeducation.com

Independent learning for A-level students

Due to the success of the first A-level interactive PowerPoint presentation, *Meat in a green world*, we are delighted to announce the series is being continued. Resources on three new topics are being developed, including:

- Nutrition and red meat
- Manufacturing with red meat
- New product development with red meat.

The PowerPoint presentations provide detailed information with links to video clips of experts. These can be used independently to investigate a variety of topics before undertaking a multiple choice quiz based on the information. In addition, glossaries are available to develop subject specific vocabulary and three additional long-answer questions are available as extension activities. To download the activities, visit the Resources section at: www.meatandeducation.com

Healthy Eating Week 3-7 June 2013



The British Nutrition Foundation will be hosting its first National Healthy Eating Week for all schools throughout the UK in 2013. The week, 3-7 June 2013, will encourage schools to participate and run healthy eating and drinking activities, combined with learning about farming and cooking. Registered schools will be able to access free new resources, as well as take part in a number of events. To find out more, go to: www.foodfactoflife.org.uk

Conference update 2013

A half-day conference will be held for secondary school food teachers on Saturday 22 June 2013 in Birmingham.

Registration will be opening soon at: www.meatandeducation.com

In addition, an A-level student and teacher conference is planned for November 2013 and a secondary school food teacher half-day conference is planned for March 2014.

To indicate your interest in attending a conference, email: meat@nutrition.org.uk

Meat: the business

Stay tuned for this new resource, *Meat: the business*, which will provide information on the farming, processing and retailing aspects of red meat production through a fantastic new video. This is an opportunity for young people to listen to experts in a variety of fields and follow the food chain for red meat from the farm to the plate. A teachers' guide and supporting worksheets will also be available, helping to draw out the key teaching points and provide suggestions for extension activities. The video podcast is due to be released in April 2013.

Make it with mince competition results



Keaton Leyland Jones from a Lymington school has beaten off strong competition to be named Red Tractor Beef and Lamb Make it with Mince Challenge National Champion 2012.

Hundreds of entries were received for this year's competition and 50 talented youngsters were selected to represent their regions at six cook-off events judged by TV chef, James Martin.

Keaton wowed the judges with his innovative Spiced Beef Tartlets with Chorizo and scored points for originality, nutritional value and presentation. Keaton wins a 'money-can't-buy' trip to London with an exclusive, behind the scenes visit to 'Saturday Kitchen' to watch an episode filmed live. He will also find out what it is

like to be a chef in the kitchen as James takes him on a tour of two of the capital's most prestigious restaurants during a lunch and dinner service.

Speaking about Keaton's achievement, James Martin said, "He has been outstanding and has done exceptionally well in what proved to be a very competitive year, so much so that we had to have a second and third place... unprecedented. Keaton's recipe was creative and tasted fantastic. It is so inspiring to meet such talented young cooks. I hope Keaton's success will encourage more young people to get cooking and try out new and different recipes."



Feeding the future – Careers in the red meat industry

A new DVD has been produced by Hybu Cig Cymru-Meat Promotion Wales, in association with Careers Wales, presenting 10 real life case studies encompassing a wide range of careers, which include a farmer, a lab' technician and a retail butcher. The bilingual DVD and its accompanying web-based chapters depict a set of



success stories to inspire a new generation of young people to join those who are currently putting Welsh food on the world stage. To obtain a copy of the DVD or view the individual story strands online, visit: www.hccmpw.org.uk

Conference podcasts

Meat and Education would like to express its thanks to the teachers who attended the conferences last year in Bristol, Liverpool and London. The conference presentations are now available on the Meat and Education website. These can be used both for teacher CPD and with students in the classroom. The recordings can be played whole or in short sections. The podcasts and PowerPoint presentations are available to view online or download at: www.meatandeducation.com



Start your career in...

Would you like to inspire students to consider their career options in the food industry? The poster inside this issue of the Meat and Education Newsletter provides a focus on the wide range of careers that are available. The poster highlights different employment opportunities and the skills which may be required. The poster could help students with their own career choices or be useful in promoting the subjects Food Technology, Home Economics or Catering within your school. To download an electronic copy of the poster, visit the Resources section at: www.meatandeducation.com

