

Recipe feature

Lamb Moussaka

Serves: 2 • Time to cook: 90 minutes



Ingredients

1 large aubergine
1 garlic clove
1 small onion
70g (2½ oz) hard cheese, eg Cheddar
15g (½ oz) hard cheese, eg Parmesan
225g (8 oz) lean lamb mince
1x 5ml spoon (1tsp) dried parsley
1x 5ml spoon (1tsp) dried mint
1x 5ml spoon (1tsp) ground cinnamon
2x 15ml spoon (2tbsp) tomato purée
Black pepper
15g (½ oz) margarine
15g (½ oz) plain flour
100ml (3½ floz) milk
2 eggs

Equipment

Knife, chopping board, large metal spoon, garlic crusher, grater, large non-stick frying pan with lid, measuring spoons, small saucepan, mixing spoon, measuring jug, 2x medium bowls, electric whisk, 2x individual ovenproof dishes, metal spoon and oven gloves.

Top tips

- If short on time, the cheesy soufflé sauce can be replaced with crumbled feta cheese
- Serve with a tomato salsa and salad leaves
- Mixing the cheesy soufflé sauce gently will help reduce the loss of air.

Method

- 1 Prepare the ingredients:
 - cut the aubergine into half, spoon out the centre flesh – if a soft cooked shell is preferred, microwave the empty shells for 1-2 minutes (dependant upon microwave power rating)
 - roughly chop the aubergine flesh
 - peel and crush the garlic
 - peel and finely chop the onion
 - grate the hard cheeses.
2. Dry-fry the mince with the garlic and onion for 5 - 7 minutes, stirring occasionally until the mince has browned and any juices run clear.
3. Add the parsley, mint, cinnamon, tomato purée, black pepper and the reserved aubergine flesh and stir well.
4. Reduce the heat, cover with a lid and simmer for 10 - 15 minutes, stirring occasionally.
5. Make the cheesy soufflé sauce:
 - Melt the margarine in a small saucepan, add the flour and

mix until a yellowish paste is formed (called a roux)

- Gradually add the milk to the roux, mixing continuously to prevent any lumps from forming
 - Stir in the hard cheese, eg Cheddar and set aside to cool.
6. Preheat the oven to 180°C or Gas Mark 4.
 8. Separate the egg whites from the yolks and place into different bowls.
 9. Whisk the egg whites until a thick and creamy foam is formed (it should almost double in volume).
 10. Beat the egg yolks into the cooled roux mixture and gently fold in the egg whites with a metal spoon.
 11. Place the aubergine shells upright in individual ovenproof baking dishes.
 12. Spoon half of the mince mixture into each aubergine and top with the cheesy soufflé sauce.
 13. Sprinkle over the hard cheese, eg Parmesan.
 14. Bake in the oven for 20 minutes or until the cheese is golden brown.

Diary dates of agricultural shows

Six million people visit agricultural and country shows in the UK annually which is approximately 10% of the population. Agricultural shows are held across the country every year in order to showcase equipment, animals, sports and recreation associated with agriculture. Why not head out and explore a farm or an agricultural event this summer to meet local people involved in the UK food industry and perhaps sample the local produce?

9 June **Open Farm Sunday,**
www.farmsunday.org

22 - 25 July **Royal Welsh Show,**
Llanelwedd, Wales

Keep in touch

Do you want to receive the latest information and regular updates about nutrition, education and the food and drink industry? Meat and education provide regular communications through the newsletters and bi-monthly email updates. Why not ensure you are on the mailing list for both of these?

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

Acknowledgements

Produced on behalf of



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BPEX and EBLEX are divisions of the Agriculture and Horticulture Development Board.

Newsletter

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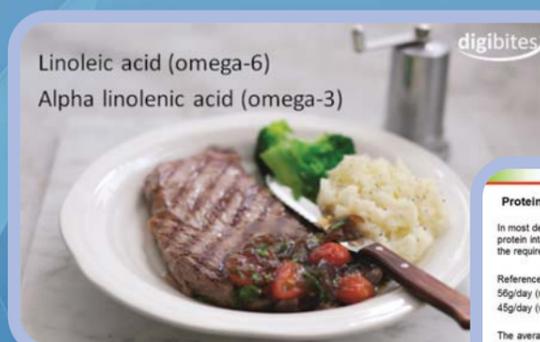
For Food Technology, Home Economics and Catering teachers

New A-level support for teachers and students

Three new resources for A-level students have been created and are now available from the Meat and Education website.

These comprehensive resources cover:

- Nutrition and red meat
- Manufacturing with red meat
- Marketing and new product development with red meat.



Linoleic acid (omega-6)
Alpha linolenic acid (omega-3)

Protein requirements

In most developed countries, the average protein intakes for all age groups are above the requirements.

Reference Nutrient Intake (RNI) for adults:
56g/day (men)
45g/day (women)

The average daily intake of protein in the UK is 87g for men and 65g for women which is more than sufficient (NDNS 2009/10).



The resources are provided as PowerPoint presentations, designed in a tutorial format to allow students to explore topics at their own pace. At the end of the tutorial is a short ten question quiz for students to test their knowledge. In addition, extension activities are available for students to complete. To support learning as students' progress through the presentations, glossaries of key words are also available.

To maintain student attention, links to short video clips, hosted on the Meat and Education website, are embedded throughout each of the tutorials. The videos show experts in the fields of nutrition, food manufacture, farming and marketing presenting key information. Alternatively, the video clips can be used as a stand-alone resource. The length of the videos has been kept deliberately short

in order to enable these to be used in a variety of ways within the classroom.

To access the new A-level resources, visit the Resources/Interactives section of the website at: www.meatandeducation.com
To view or download the Digi Bite clips, visit the Resources/Digi Bites section of the website at: www.meatandeducation.com

Recipe feature



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

On the horizon

We are delighted to announce that a number of divisions of the Agriculture and Horticulture Development Board (AHDB) will be hosting an A-level food technology conference for teachers and students. This has been launched due to the feedback from teachers who attended the Meat and Education conferences in 2012.

The conference will include a number of sessions with experts presenting on the following topics:

- Nutrition updates
- Technical processes in food technology
- Farming and food production
- Career case studies.

The conference is planned for 9 November 2013 in London. To indicate your interest, as well as that of your sixth form students, in attending the conference please email meat@nutrition.org.uk

In addition to this event, recipes using advanced skills will also be available soon from the Meat and Education website for A-level students and teachers to access. Watch this space!

We would love to hear from you. If you have any comments or suggestions for the Meat and Education programme, please get in touch by emailing: meat@nutrition.org.uk

Outstanding teachers awarded



On 8 March 2013, two Food Technology teachers were awarded the Design and Technology Association Excellence Award recognising their outstanding contribution to Design and Technology: food.

The Design and Technology Association Annual Excellence Awards were instigated in 1999 by the Design and Technology Association Trustees. The awards seek to provide professional recognition to individuals for their contribution to Design and Technology.

(Left to right) Mike Ive OBE, D&T Association Trustee, Nicola Wilde, Education and Health Manager, Jane Everett, Food consultant and Dick Powell, co-founder and Design Director Seymourpowell.



The two prestigious awards, sponsored by Meat and Education, were presented by Dick Powell, co-founder and Design Director of Seymourpowell to:

- Jane Everett, Food consultant
- Judith Hughes, Wakeman School, Shropshire.

Both teachers were nominated for consistently displaying outstanding capability in food technology education over a period of time, which included extra curricular activities, as well as timetabled lessons. To find out more, visit: www.data.org.uk

(Left to right) Mike Ive OBE, D&T Association Trustee, Nicola Wilde, Education and Health Manager, Judith Hughes, Food Technology teacher at Wakeman School and Dick Powell, co-founder and Design Director of Seymourpowell.

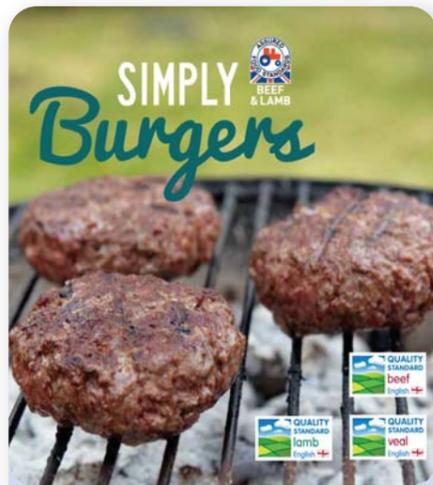
Make it with Mince returns for 2013

The Make it with Mince Challenge, the Red Tractor beef and lamb cooking competition for pupils aged 11 - 16 years, is back! Now in its eighth year, the competition that's judged by celebrity chef James Martin, is now open for registrations and entries.

The competition is simple - students are asked to create an original and balanced dish for two using Red Tractor beef or lamb mince for under £10.

For shortlisted candidates, six regional heats in November will give them the chance to cook their recipe for James Martin and his panel of judges.

And that's not all - one national winner will enjoy a once in a lifetime trip to London to spend the day with James and go behind the scenes at some of the capital's top restaurants! For information on how to register for the competition visit: www.simplybeefandlamb.co.uk/mincechallenge



Simply burgers

A new recipe booklet is now available to help people discover how to make the perfect burger, from mincing the meat to creating tasty relishes. Eleven delicious beef, lamb and veal recipes have been included for you to try. The booklet also features creative ideas on incorporating vegetables into the dishes.

To download the booklet, go to: www.simplybeefandlamb.co.uk

Career prospects

Continuing the theme of careers from the last Meat and Education newsletter, a selection of Digi Bite career videos have been made available to view on the website. These have been developed in association with the refreshment of the Digi Bite section. A number of experts from a range of disciplines explain their careers paths and the key skills required in their roles. To view the videos, visit the Resources/Digi Bites section at: www.meatandeducation.com



Name: Myrddin Davies

Occupation: Sheep farmer

Myrddin began working at a butcher's shop at 14 years of age, studied Agriculture with Business Studies at university and began working on his father's sheep farm in North Wales. "It's hard work and definitely not your typical 9 - 5 job but I think it's more rewarding and there's always the challenge of trying to improve and produce better lamb. Sheep farming is not for the faint-hearted, you have to be determined, you have to be willing to put the hours in but the rewards are there."

Food assurance and provenance



Red Tractor Food Assurance provides clear on-pack labelling, showing that the supply chain is being independently audited from farm to fork for compliance. Consumers can be reassured that the meat or meat product is from an independently inspected source and that it is traceable right back to the farm. The scheme covers food safety, animal welfare, environmental protection and an assurance of origin.



£12billion worth of food carries the Red Tractor logo on its packaging every year. Red Tractor products are available in supermarkets, restaurants and cafes, schools and hospitals across the UK. Now more than ever, consumers want to know how their food has been produced and where it is from. The Red Tractor logo ensures consumers

can have confidence that they are purchasing a product that has been responsibly produced by people who are dedicated to producing quality food. It also tells consumers that they can be sure of the provenance of the food product they are buying.

Red Tractor Week, from 16-22 September 2013, is designed to raise awareness of what the logo represents to consumers. The week will be supported by the food industry, well-known food brands, leading supermarkets and restaurant chains.

To find out how you can be involved, visit: www.redtractor.org.uk or email marketing@redtractor.org.uk You can also find Red Tractor on Facebook and Twitter @redtractorfood

Marvellous meal makeovers poster

This edition of the Meat and Education newsletter unfolds to reveal a teaching resource that illustrates six different transferrable changes which could be incorporated into many different meals and dishes to create Marvellous meal makeovers.



The poster could be used to encourage students to consider the benefits of modifying their own freshly produced food with one or two changes. An electronic copy of the poster is available from the resources section of the website: www.meatandeducation.com

