

# Newsletter

**Meat** and **EDUCATION**.com

For Food Technology and Home Economics teachers



*Piri-Piri Burger*

## Sustaining Food:

Meat and Education free mini-conferences

### Recipe feature



Check out the **NEW** recipe on the back page. For more recipes ideas visit: [www.meatandeducation.com](http://www.meatandeducation.com)

**We recognise the importance of regular, continual, professional development (CPD) for teachers. With this in mind, we are pleased to announce our regional mini conferences, Sustaining Food, in 2011.**

These half-day Saturday events will update you on a number of topics, including sustainability, topical nutrition issues, food consumption trends and new Food Technology and Home Economics teaching resources. The locations for these CPD events have been spread across England (the programme for each event is the same).

We are keen to not only provide interesting information, but also opportunities for you to meet and discuss topical issues with colleagues. The sessions are completely free to attend, with refreshments and a light lunch included too.

A certificate of attendance will be provided at the end of the day, as well as a goodie bag of free resources.

#### What are you waiting for?

Places are limited to a maximum of 50 teachers at each venue. Book your free place now by registering at: [www.meatandeducation.com](http://www.meatandeducation.com)

- 26 March 2011, Shrewsbury
- 2 July 2011, Leeds
- 12 November 2011, London

## Red meat recipes at MeatMATTERS.com

The recipe section of [www.meatandeducation.com](http://www.meatandeducation.com) is quite small and, having consulted with teachers, we are currently working on some changes to improve the content and format of the recipes.

However, if you or your pupils wish to search a larger bank of red meat recipes then visit [www.meatmatters.com](http://www.meatmatters.com). This web site has recently had a face lift, it's easy to navigate and contains useful cooking information related to different cuts of meat, as well as a large bank of carefully tried and tested recipes.

To make the search easy the recipes are divided into four different categories: Best of British, Mediterranean, Americana and Asian Fusion. Recipes range from the simple Bacon Sandwich to Thai Beef Mussaman and Quick Lamb Rogan Josh.



Thai Beef Massaman Curry

## Record-breaking 5th year for Red Tractor beef and lamb Mmmake it with Mince Young Chef Challenge



Now in its fifth year, the Red Tractor Mmmake it with Mince Young Chef Challenge has received a record-breaking number of entries in 2010.



Celebrity chef James Martin with the winning young chef from the 2010 South West heat

The Challenge, which is fronted by celebrity chef James Martin, invites students to submit their original beef or lamb mince recipes within a budget of £10. Open to all 11-16 year olds, this year over 800 students from across the country submitted their original recipes, with 130 coming from individuals entering directly, making it the biggest year for the competition yet.

The entries were whittled down to just 48 finalists who will take part in live regional cook-offs across the country and are judged by James. He will also choose a National Champion from the six Regional Champions, who will be invited to London to watch James live on Saturday Kitchen and visit top London restaurants to learn more about life as a chef and the catering industry.

The competition has been carefully designed to tie-in with Key Stage 3 and 4 Food Technology of the national curriculum and many schools are now incorporating the Red Tractor Mmmake it with Mince Challenge into coursework projects for GCSE students.

Launched by EBLEX, the competition is designed to engage, educate and inspire students to get hands on cooking experience and appreciate the importance of good nutrition, quality ingredients and to gain an understanding provenance.

Head Judge and celebrity chef James Martin said,

"The standard of entries this year was incredibly high and there was much dispute among the judges when it came to choosing the regional finalists! It is vital for students to learn about nutrition and quality ingredients and this competition is so important for giving young people hands-on cooking experience. I'm delighted to be involved in the competition again and can't wait to meet all the finalists on tour".

The Red Tractor Mmmake it with Mince Young Chef Challenge regional heats are taking place in December 2010 and January 2011. For more information and live updates, visit [www.simplybeefandlamb.co.uk](http://www.simplybeefandlamb.co.uk), Facebook – [simplybeefandlamb](https://www.facebook.com/simplybeefandlamb), and [twitter.com/simplybeeflamb](https://twitter.com/simplybeeflamb)

# Meat in a Green World



With the growing interest in delivering sustainability and environmental considerations in Food Technology, we are delighted to announce the launch of a new resource.

*Meat in a Green World* is an interactive resource to help A-level Food Technology students and their teachers gain an understanding of the challenges posed by climate change to livestock farming in the UK. Calculating the contribution of livestock farming to the generation of greenhouse gas (GHG) and forming strategies to reduce GHG emissions are very complex tasks. To help navigate this subject, the resource presents the information in separate topic areas, including:

- climate change
- sustainable development
- livestock farming
- reducing GHG from livestock farming
- changing consumers' behaviour.

Students can also become engaged in this resource by tackling the activity through a series of multiple-choice questions. Text articles and images can be saved to their 'library' for quick reference.



This new resource will be available at:  
[www.meatandeducation.com](http://www.meatandeducation.com)

## On the horizon

Free mini conferences, a refurbished website (including a new section called 'All about meat'), improved recipes, free posters and much, much more is currently being planned for the Meat and Education programme. In addition, there will be opportunities for you to get involved in providing feedback. **To keep up-to-date and to find out more, register for the new email update (see page 4).**

## Red meat & cooking techniques...



The poster inside this issue of *Meat and Education News* showcases different cuts of meat and a range of cooking techniques. It is a useful teaching tool for the classroom – whether looking at generating ideas for healthy meals with certain cuts or comparing the different types of cooking techniques suitable for a given cut of meat. This is the first in a series of new posters, which will be an invaluable addition to the classroom.

## Recipe feature

### Bacon, Carrot, Butterbean and Coriander Soup

Serves: 4 • Time to Cook: 25-30mins



Bacon Club Tortilla

### Order now

Sometimes the best things in life are free! Under the '[Order free resources](#)' section of the [www.meatandeducation.com](http://www.meatandeducation.com) website, you can order resources at no cost. Recipe booklets, posters, case studies and even DVDs can be ordered free of charge. Simply go to: [www.meatandeducation.com](http://www.meatandeducation.com)

### Keep in touch

Meat and Education have recently launched a bi-monthly eNews email update to provide you with current news and topical information. The regular email will summarise topical news items and highlight interesting resources by providing direct links.

Sign up to the email now by [submitting your contact details at: www.meatandeducation.com](#)

### Acknowledgements

Produced on behalf of



### Contact

Nicola Wilde,  
Meat and Education, Agriculture and  
Horticulture Development Board,  
Stoneleigh Park, Kenilworth,  
Warwickshire CV8 2TL  
Tel: 0247 669 2051  
[www.meatandeducation.com](http://www.meatandeducation.com)

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

#### Ingredients

- 6 rashers lean smoked streaky bacon
- 1 large onion
- 450g (1lb) carrots
- 2 x 15ml spoon (2tbsp) fresh coriander
- 900ml (1¼pt) boiling water
- 1 vegetable stock cube
- 1 can (400g approx) butterbeans
- 1 x 5ml spoon (1tsp) ground coriander
- Black pepper

#### Equipment

Chopping board, knife, vegetable knife, vegetable peeler, measuring spoon, saucepan, wooden mixing spoon, kettle, measuring jug, can opener, sieve, ladle, serving bowls.

#### Top tips

- Serve with slices of toasted French bread.
- Try adding different types of beans or vegetables.

#### Method

1. Dice the rashers of bacon.
2. Prepare the vegetables and herbs:
  - peel and finely slice the onion
  - peel and slice the carrots
  - roughly chop the coriander
3. Dry fry the bacon in a large saucepan for 2-3 minutes.
4. Add the onion and carrots and sauté for a further 2-3 minutes.
5. Make up the stock by dissolving the stock cube in the boiling water.
6. Drain the canned butterbeans.
7. Add the stock, ground coriander, butterbeans and a few twists of black pepper to the bacon and vegetables.
8. Bring the soup to the boil, reduce the heat and then simmer for 10-15 minutes, until the carrots are soft.
9. Stir in the chopped coriander and serve.