



We are delighted that Kath Breckon, School Chef at Whitby West Cliff Primary School has been awarded the National School Chef of the Year 2016. This national competition is organised by LACA (Lead Association for Catering in Education).

Kath won the Yorkshire/Humberside regional heat and then went on to the Nationals beating off competition from school chefs across the UK. For her winning dishes, Kath took inspiration from Whitby. Her main course was St Hilda's spicy beef pot, Caedmon Cross-Bread, Bram Stoker sweetcorn and 199 Steps croquettes, a warming beef chilli with garlic cornbread, sweet potato and butternut squash croquettes. Her dessert was Dracula's bat-tastic baked lemon cheesecake, a light baked lemon cheesecake on an oat cookie base served with berry compote.

You may like to try her Spicy Beef Pot with Cornbread for a winter warming family supper.

Spicy Beef Pot

- 1 large Onion - diced
 - 2 large Carrots - peeled and diced
 - 1 clove garlic
 - 400g Stewing steak
 - 1 tblspn Vegetable Oil
 - 1 tspn Chilli Powder
 - 1 tspn Oregano
 - Pinch Cayenne Pepper
 - Pinch Cumin
 - 10g tomato puree
 - 1 Beef stock cube
 - 400 ml Boiling Water
 - 1x 400g tin chopped tomatoes
1. Prepare the vegetables.
 2. Fry off the beef in a little oil until brown.
 3. Add the onions, carrots and garlic and continue to fry for a few minutes.
 4. Add the spices and fry for a further minute.
 5. Add the tomato puree, stock and tinned tomatoes.

Serves
4

6. Place in a casserole dish and allow to cook in a low oven Gas Mark 4/170 C for about 2 ½ hours until the meat is tender. (Alternatively cook in a slow cooker)

Cornbread

- 110g Polenta
 - 50g Plain flour
 - 1 tspn Baking Powder
 - 2 tspn Caster Sugar
 - 4 tblspn Water
 - 180 ml Natural Yoghurt
 - 1 egg - beaten
 - 1 clove garlic - crushed and finely chopped
1. Place all the ingredients in a bowl and mix well.
 2. Spoon into muffin cases.
 3. Bake in a moderate oven Gas Mark 6 /200C for 10-15 minutes.
 4. Serve warm with the beef.

Log on to our new web site:
www.myschoollunch.co.uk/northyorks
and learn more about our mascot Herbie the carrot,
play some on line games or gain inspiration for recipes
for some healthy family meals.

Contact us

June Taylor, Operations Manager – Catering
County Hall, Northallerton, North Yorkshire,
DL7 8AE. Tel: 01609 536889
Email: june.taylor@northyorks.gov.uk

If you would like this information in another
language or format such as Braille, large print,
or audio, please ask us. Tel: 01609 780 780

Email: customer.services@northyorks.gov.uk



Autumn Menu
2016

