

THE MILLGATE FOODIE

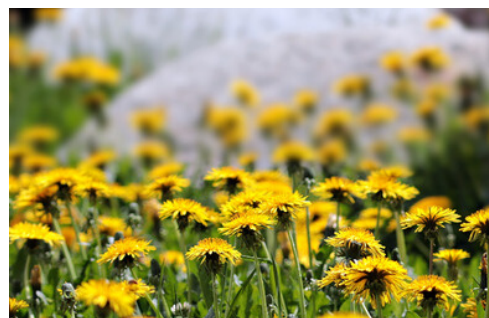
Recipes, news, ideas and thoughts on
food!

HOW TO MAKE
QUICK & EASY
PIZZA DOUGH



SUPERMARKET
CHAOS...HOW
SIMILAR IS IT TO
WW2??

WHAT'S IN
SEASON? HAVE
A FORAGE!



HOW TO MAKE 'RUSTIC' HASH BROWNS



*Competition Time
on Page 5*



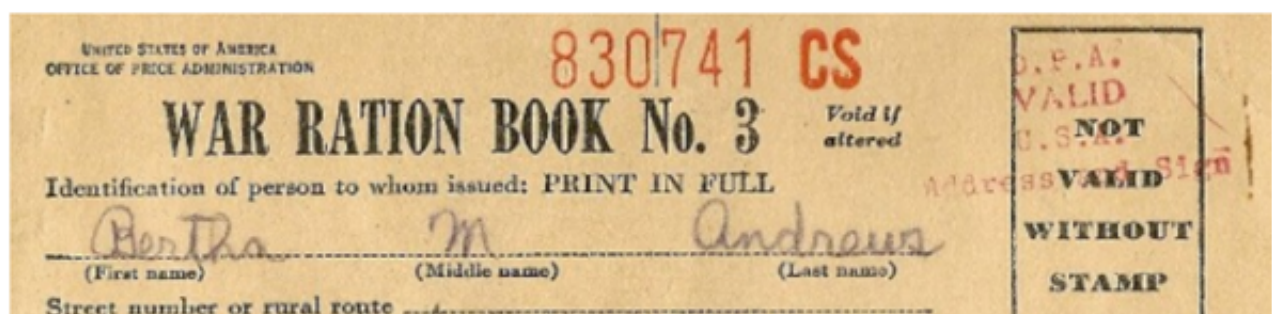
Food rations during WW2

As we are advised to stay at home as much as we can at the moment, this has meant that we cannot go to the shops as much as we used. We are also trying to ration, or think more carefully about the food we buy and cook to keep us healthy and full for the week.

Below is a typical weekly ration for one person during ww2! What would you cook?



+ 16 points per month on the points system



So although this is very extreme, it is interesting to see what people were capable of living on and might even make you feel lucky to have so much choice!

Going for a Daily Walk

Spring is a great time to get out for a walk while the weather has been so nice. This week have a look around for some flowers that are usually everywhere, so whether you are lucky enough to live near parks and woodlands or maybe in your garden or a short walk round where you live look out for Dandelions.

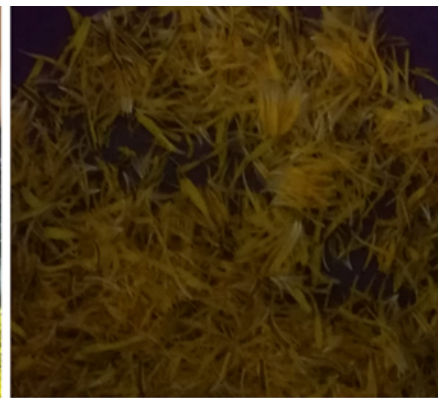
Why don't you try to make your own Dandelion honey!!



Dandelion Honey

Its a long process but totally worth it..

- 100-200 Dandelions heads (must be picked when they are open, best picked in the afternoon when the suns been shining on them)
- Soak Petals 5-15 mins to make sure there are no bugs in them
- Boil petals in 1 litre water with 3 slices of lemon and 1 tbsp vanilla essence for 5 mins, then reduce to a simmer for 10 mins
- Leave in that water for 6 hours or overnight
- Strain in a clean tea towel or cloth so you have just the water
- Put the water in a pan and gradually add a bit of sugar at a time (750g in total) until all dissolved and simmer for 40 mins.
- Turn off the heat and stir for 5 mins, then warm up the jars (old jam jars etc) and then pour in the dandelion honey...ENJOY!!



Pizza Dough!



As made by Jamie Oliver

**A really quick way to
make a fantastic dough
for dinner time.**

Makes 4 medium pizzas

- 500g Self raising flour
- 200ml water
- pinch of salt
- Optional extra- Tbsp xtra virgin oil



Method

preheat your oven to 200 degrees

In a bowl add your flour, salt and a table spoon of oil
(adds a little bit of extra flavour)

slowly pour the water into the bowl with flour and
bring together with a fork

If it looks too dry, add a little more water and if it's too
wet, add flour. It should feel a little bit sticky , not
gloopy, and not too dry either.

Bring it together with your hands and tip it out onto a
floured surface and knead for 2 minutes until nice and
smooth.

Divide the dough into four balls and flour the surface
and a rolling pin

Roll into four pizza bases and place on a lightly floured
tray to help it not stick. Top with your favourite pizza
ingredients and bake for around ten minutes, or until
your toppings are cooked and the crust looks nice
and brown. Enjoy!

Homemade Hash browns Recipe

4 medium floury potatoes, peeled (like Maris Piper or King Edwards)

1 medium onion

1 egg, beaten

salt and pepper

vegetable oil, for frying

- Coarsely grate the potatoes and onion into a clean tea towel and then squeeze out the excess liquid by twisting the towel.
- Place the mix in a large bowl. Add the egg, a good couple of pinches of salt and freshly ground black pepper (you need to salt the mixture well otherwise the hash browns can be quite bland).
- Mix the ingredients well.
- Heat a good glug of oil in a heavy based frying pan and when the oil is hot (but not smoking), add spoonfuls of the potato mixture into the pan and flatten into patties about 1cm/½in thick. Flip over once browned and crispy – about 2–3 minutes each side.
- Serve hot as a breakfast or supper side dish. Especially good with bacon and eggs.





CHEF OF THE WEEK Competition

Every week there will be a competition on who the chef of the week is.

All you need to do is send me pictures of your dishes that you have made for your food work or things that you have made for your family.



The winner each week will receive a prize that will be dropped off to them.

Good Luck!