

Let's Cook TOGETHER

Halloween Edition



Recipes inside

Pumpkin Soup

Pizza

Halloween Biscuits



ea catering



EAT WELL - LIVE WELL - LEARN WELL



ea catering
EAT WELL - LIVE WELL - LEARN WELL



Introduction

Dear Parent/Guardian,

We, in EA Catering, are very excited to have introduced a new school catering calendar for school year 2022/23. The calendar features fun theme days as well as food campaigns aimed to raise awareness around healthy eating, sustainability and other important issues.

Alongside our new catering calendar we also want to reach out directly to parents and families. We know many of you cook as a family already and we want to encourage that by sharing with you recipe booklets throughout the year.

We feel strongly that a healthy attitude to food needs to be fostered in the school canteen, the school classroom and the home and we look forward to working with schools and parents and families.

We hope you enjoy these Halloween recipes that we have put together for you to try, and we can't wait to see some of your dishes on social media! So, please use the hashtag #eacatering with your pictures!

Kind regards and happy cooking,

The EA Catering Team

Share your pictures
#eacatering



Pumpkin Soup

Ingredients

- 2 tbsp olive oil
- 2 onions, finely chopped
- 1kg pumpkin or squash, peeled, deseeded and chopped into chunks
- 700ml vegetable stock or chicken stock
- 150ml double cream



Method

Step One: Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.

Step Two: Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

Step Three: Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.

Step Four: Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency, you can pour the soup through a fine sieve. The soup can now be frozen for up to 2 months.

Share your pictures
#eacatering



Healthy Spooky Pizzas

Ingredients

- 200g strong white flour
- 200g strong wholewheat flour
- 1 tsp or 7g sachet easy-blend dried yeast
- 250ml warm water
- 300g passata
- 1 garlic clove , crushed
- 1 tbsp olive or rapeseed oil
- 75g grated mozzarella
- 10 black olives
- handful cherry tomatoes , halved
- handful basil leaves , to serve

Method

- STEP 1: Mix the flours and yeast with a pinch of salt in a food processor fitted with a dough blade, or combine in a bowl. Pour in the water and mix to a soft dough, then work for 1 min in a processor or 5 mins by hand. Remove the dough, divide into 4 pieces and roll out on a lightly floured surface to rounds about 15cm across. Lift onto heavily oiled baking sheets.
- STEP 2: Mix the passata with the garlic, oil and a little seasoning. Spread over the dough to within 2cm of the edges. Scatter with the mozzarella. Halve the olives and tomatoes. Place an olive in the centre of each pizza to make the spider's body. Cut the rest into little legs and arrange them around the spider bodies. Dot the tomatoes here and there. Leave to rise for 20 mins. Heat oven to 240C/ fan 220C/gas 9 or the highest setting.
- STEP 3: Bake the pizza for 10-12 mins until crisp and golden around the edges. Scatter with the basil to serve.



Share your pictures
#eacatering



Halloween Biscuits

Ingredients

- 200g unsalted butter , softened
- 200g golden caster sugar
- 1 large egg
- ½ tsp vanilla extract
- 400g plain flour , plus extra for dusting
- 20g popping candy (or rainbow sprinkles for very young children)
- For decoration
- White, black and grey sugar paste
- 100g icing sugar

Method

- STEP 1: Heat oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment.
- STEP 2: Put the butter in a bowl and beat with electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky add a little more flour and knead it in. Wrap in cling film and put in the fridge for half an hour.
- STEP 3: Heavily flour a surface and cut the pastry in half. Roll out one half to 5mm thickness. Using a cookie cutter in the shape of a ghost (or any spooky shaped cutter you like), cut out 12 ghost shapes, which will make 4 cookies. Put the cut shapes on a baking tray lined with baking paper and put back in the fridge. Repeat with the second half of the pastry. Swap into the fridge, taking the chilled ghost biscuits out.
- STEP 4: Using a smaller cutter or a knife, cut a ghost-shaped hole in the middle of 4 of the biscuits on the tray, this is the space to store the surprise centre! Put these biscuits into the oven to bake for 10-12 mins, until pale but cooked through. Transfer to a wire rack to cool. Repeat with the other tray.

Continued on next page

Share your pictures
#eacatering



Halloween Biscuits

Method continued

- STEP 5: Once all the biscuits have cooled completely, they are ready to be assembled. Mix the icing sugar with 3 tbsp of water and mix well. It should be quite thick so add a little more icing sugar if the mixture is too runny. Take a biscuit without the centre missing, and spread or pipe a little icing around the edge. Press a biscuit with a centre missing on top, then sprinkle popping candy into the pocket that you have created (or rainbow sprinkles as an alternative, if you're serving to very young children). Spread icing on the edge of the second biscuit and press another whole biscuit on top. Set aside to firm up. Make sure you leave them for a while so they don't slide when you are finishing the decoration.
- STEP 6: Once the biscuits feel firm and the icing has set, use the sugar paste to decorate them as you please, rolling it out, cutting it to shape and topping the biscuits. You may have to use a little of the icing to glue it down. Decorate with icing pens if you like.



Share your pictures
#eacatering