

COOKING AT HOME



This week for we will be doing two activities! The first will be creating the 'dream YASS! club'. We want to hear from you, about what your dream YASS! club would look like. What activities would you do? Where would you do them? What recipes would you want to cook? Your voices are the most important and we want to hear from you! Please write your Yass club dreams in the 'Dream YASS!' book provided and either post through the letter box at Timespan or I can pick up from you next week, in exchange for a wee surprise!

This week for our Cooking@ Home programme we will be continuing to think about how we work in partnership with the land around us. This week we will be focusing on seasonal ingredients to stir up a yummy lasagne.

Different crops grow at different times of the year in Scotland, some grow only in the spring when it is cooler, some thrive in the summer when it is warm and sunny and some crops will form all summer long and can be harvested in the autumn.

Inspired by what we are currently growing in the Helmsdale Kitchen Gardens, this week we will be making a butternut squash and spinach lasagne. Currently in the Helmsdale Kitchen Gardens there is and lots and lots of squash, pumpkin and spinach all ready to be harvested.





What is currently in season in the high-lands?

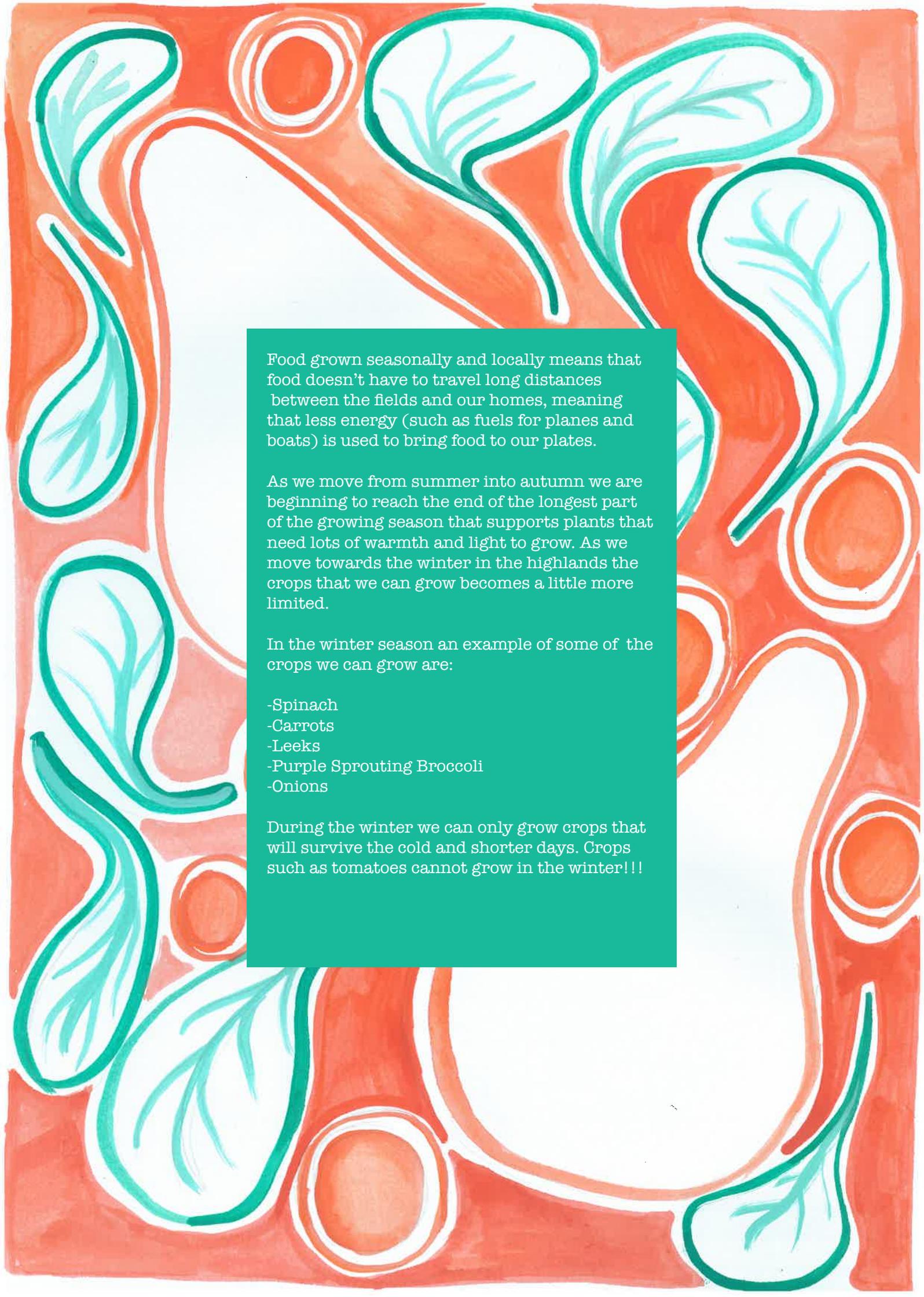
The crops that we are currently harvesting in the Helmsdale Kitchen Gardens are:

Outside:

- Beetroot
- Swiss Chard
- Onions
- Carrots
- Parsnips
- Potatoes
- Pumpkin
- Squash
- Spinach

Indoor:

- Tomatoes
- Herbs:- Basil
- Coriander
- Fennel
- Salad Leaves
- Rocket



Food grown seasonally and locally means that food doesn't have to travel long distances between the fields and our homes, meaning that less energy (such as fuels for planes and boats) is used to bring food to our plates.

As we move from summer into autumn we are beginning to reach the end of the longest part of the growing season that supports plants that need lots of warmth and light to grow. As we move towards the winter in the highlands the crops that we can grow becomes a little more limited.

In the winter season an example of some of the crops we can grow are:

- Spinach
- Carrots
- Leeks
- Purple Sprouting Broccoli
- Onions

During the winter we can only grow crops that will survive the cold and shorter days. Crops such as tomatoes cannot grow in the winter!!!



Butternut
Squash
& Spinach
Lasagne



ingredients

1 Butternut Squash
200g Spinach
600g Chopped Tomatoes
3 cloves of garlic

Lasagne sheets

Plain Flour (in the white bags)
Butter
Milk



Method

1. Firstly, you need to roast your butternut squash. So you will need to turn your oven on to 180C.

2. You will need an adult to help you chop up your butternut squash as it can be very tough! Take your butternut squash and you can either peel it with a potato peeler or chop its skin off with a knife. You can compost the skin and the seeds.

3. Next you will need to chop the butternut squash into large chunks. Pop onto a baking tray, cover in a little olive oil and maybe salt and pepper (if you like) and place in the oven for about 30 minutes until the butternut squash is soft and a little brown.



Method

4. Whilst the butternut squash is roasting in the oven, you will need to start making the different lasagne fillings. Starting with the tomato sauce, you will need to begin with the garlic. Take away the skin and chop the garlic into little pieces.

5. Using a large pan, heat up some oil in the bottom of the pan on a medium heat, then add in the garlic. Once the garlic is golden, you will then need to add in the chopped tomatoes.

6. Whilst the tomatoes and garlic are cooking together, you will need to wash your spinach in cold water. Once washed, add the spinach into the tomato and garlic mix. You might want to add in some salt and pepper too! Turn down the heat and allow the mixture to simmer for about 10 minutes.

7. You will now need to start making the white cheesy sauce that makes the lasagne super tasty! Firstly, you will need to grate your block of cheese!



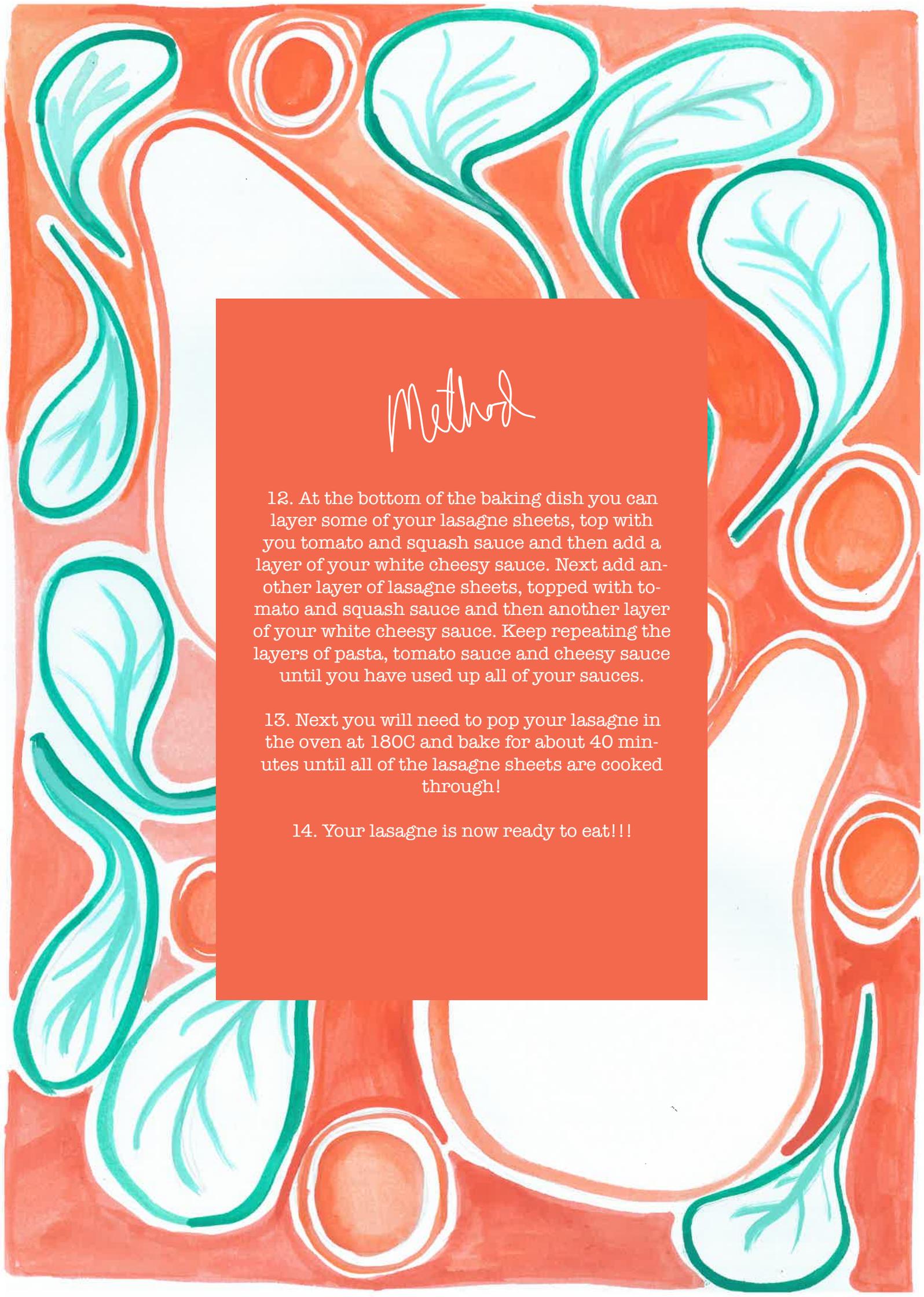
Method

8. Next, get your block of butter and pop it into a pan. Heat the butter on a low heat, until it is all melted. Next you will need to get your flour. Adding one tablespoon at a time, slowly mix the flour into the butter until a paste is formed (you won't need to use it all!).

9. Once a paste is formed, slowly add a little of the milk and stir. Add a little more milk and stir again. You want to gradually add the milk until the paste becomes thinner and thinner and more like a sauce. Once you add enough milk to make a sauce you will then need to add in your grated cheese! Stir in the grated cheese until it has all melted and then take your pan off the heat!

10. By now, the butternut squash should be roasted! Take it out of the oven and mix it into with the tomato, garlic and spinach sauce.

11. Now you will need to use a baking dish to put your lasagne in (please let me know if you do not have one as I can find one for you!).



Method

12. At the bottom of the baking dish you can layer some of your lasagne sheets, top with you tomato and squash sauce and then add a layer of your white cheesy sauce. Next add another layer of lasagne sheets, topped with tomato and squash sauce and then another layer of your white cheesy sauce. Keep repeating the layers of pasta, tomato sauce and cheesy sauce until you have used up all of your sauces.

13. Next you will need to pop your lasagne in the oven at 180C and bake for about 40 minutes until all of the lasagne sheets are cooked through!

14. Your lasagne is now ready to eat!!!



All food that we eat, sew and grow has a history and lasagne most definitely has a disputed history! There are many different theories of the history of lasagna. Some stated in Ancient Greece that Lasagna was the Greek word for pasta dish. Around that time, the Romans also had a similar dish that matches the description of lasanum. The dish was layers of pasta with mixtures of ingredients in between the pasta layers.

Another theory states that 'laganon' was the Greek word for lasagna. Lasagna are simply flat pasta strips. The popularity of laganon later reaches Italy and the term 'lasagna' was adopted. 'Lasagna' as a word is used in many places today!