

Ready, steady, COOK!

14th March 2017

This now firmly-established competition has become an eagerly-anticipated fixture in the Thanet school calendar, as once again the Schools Recipe Challenge is open for entries!

Across the Thanet district, schools are invited to inspire their pupils around healthy eating and creative recipes, and to help them get busy in the kitchen. There's a very tasty prize for the winning schools too – pupils could bag a £300 Tesco voucher for their school to spend on equipment to help them teach and enjoy cooking.

To enter, pupils must create an original recipe which they must be able to cook by themselves, with only minimal help from an adult. Each recipe must contain at least one of the delicious, healthy products grown at Thanet Earth as an ingredient. Schoolteachers are asked to select their best four entries in each of the competition's age groups, and submit those entries to Thanet Earth for initial judging.

Twelve finalists (four in each category of KS1, KS2 and KS3&4) will battle it out in a Masterchef-style final event at East Kent College on Wednesday 24th May 2017. The judges are a distinguished panel of renowned chefs and foodies – we're delighted to confirm that Chetna Makan, TV baker and cookery author, will again be one of our judges.

Now in its seventh year, the competition has provided a valuable opportunity for schools and young people to bring healthy recipes into classroom discussion and to build confidence in the kitchen. The 12 finalists always have an amazing experience in the teaching kitchens at East Kent College, with the winner in each category also receiving a trophy and having their entry printed as a recipe card for Tesco.

Schools need to move quickly to enter the competition – entries must be received by Wednesday 19th April.

More information about the competition, including entry forms and guidance for schools, is online at www.discoverthaneteath.com




Ryan Gittins'
Our family favourite tray bake

Ingredients

- 6 chicken thighs
- 1 red pepper
- 1 yellow pepper
- 1 courgette
- 1 red onion
- 4 cloves of garlic
- 6 tomatoes
- 1 sweet potato
- fresh thyme
- 2 tbsp olive oil
- 1 tsp smoked paprika



This recipe is really flexible - it's easy to experiment and add more vegetables. You could try aubergine and fennel too.

Pre-heat the oven to 180°C / 350°F / Gas Mark 4

Peel and cube the sweet potato and the red onion, then place in a large oven tray. Chop the courgette into 1cm slices, quarter the tomatoes, de-seed and roughly chop the peppers, then add everything to the oven tray along with the chicken thighs.

Finely chop the garlic, and sprinkle it over the top with the thyme and paprika. Drizzle over the olive oil and bake for an hour until the chicken is golden and cooked through.

Thanet Schools Recipe Challenge 2016 - school pupils from all over Thanet were invited to submit recipes they created themselves using the delicious products grown at Thanet Earth as inspiration.

Winner in the 6-8 year olds category was Ryan Gittins from Minster CE Primary School with this one-pot dish which is bursting with nutritious vegetables and flavour.




Rhys Richardson's
Spicy coconut & vegetable curry



Ingredients

- 1 small onion
- Half a red pepper
- 8 piccolo or small stream tomatoes
- 1 garlic clove
- 1 dessert spoon coconut oil
- Half a red chilli
- Half a teaspoon of each: turmeric, cumin, coriander, garam masala
- 1 tsp tomato puree
- 1 can coconut milk

For cucumber raita: Quarter of a cucumber, grated. Add natural yoghurt and some chopped fresh mint, then season with salt.

In a large frying pan melt the coconut oil. Finely chop the onion and garlic, dice the red pepper and cook these gently for 5 mins.

Slice the tomatoes in half and add to the pan with the spices.

Give these 2 minutes, then add the chickpeas and the coconut milk and the tomato puree.

Stir well then leave to cook on a low heat for 10 mins.

Thanet Schools Recipe Challenge 2016 - school pupils from all over Thanet were invited to submit recipes they created themselves using the delicious products grown at Thanet Earth as inspiration.

Winner in the 9-11 year olds category was Rhys Richardson from Cliftonville Primary School with this super quick vegetarian curry that packs a real punch. Experiment with the spice level to find your perfect heat.

NOTES FOR ENTRANTS

Entries should be submitted **by the school** before Wednesday 19th April. Entries from schoolchildren sent directly cannot be considered. Recipes must include at least one of the Thanet Earth products – fresh tomatoes, peppers or cucumbers.

Entries will be assessed and shortlisted, with four finalists in each category invited to show how they cook their dish on Wednesday 24th May (2.30pm-5pm). The judging panel will then announce the winners and award the prizes.

TESCO **thanet earth**

James Beard's
Tomato carpaccio with grilled cheese & ham

Ingredients

100g small cherry tomatoes
20g small shallots
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100g Parma ham
1 small portobello pepper
1 slice of Parma ham
1 bunch of fresh mint

1 bunch of fresh parsley
2 bunch shallots
2pc nuts
Rapeseed oil
Garlic
White wine vinegar
Sugar
Friesie lettuce

Bake 3 slices of the Parma ham in the oven just until crisp. Set aside. Roast the Piccolo tomatoes in a very hot oven until the skin begins to blacken. Remove, allow to cool and squash them through a sieve. Retain the juice. Discard the skin and seeds.

Pick several mid-sized basil leaves then fry them in a pan of very hot oil to crisp them up. Remove from the fat, pat the oil off them and add a little salt.

Boil 200ml of water and 200ml of white wine vinegar. Add a little sugar to balance the pickle flavour. Reduce the liquid down. Add thin ring cuts of the shallots.

Slice and grill the haloumi cheese. Slice the heirloom tomatoes as thinly as possible. Divide into the serving bowls. Take the crispy Parma ham and shatter it into the bowls. Cut the fresh ham into ribbons and add this to the dishes too. Add the basil leaves.

Smash some basil, mint and parsley together with rapeseed oil and seasoning. Add this as a dressing and pour over the Piccolo juice. Finish with pine nuts and friesie lettuce.

Thanet Schools Recipe Challenge 2016 - school pupils from all over Thanet were invited to submit recipes they created themselves using the delicious products grown at Thanet Earth as inspiration. Winner in the 12-16 year olds category was James Beard from The Technical School at East Kent College with this very sophisticated, fine dining dish. Its balance of flavours and textures is stunning.

COMPETITION PARTNERS



Information for editors:

Thanet Earth is a state-of-the-art greenhouse development in Kent. When completed the site will feature seven enormous greenhouses, growing speciality tomatoes, peppers and cucumbers in an environmentally-sustainable production system. So far, five of the greenhouses have been constructed and are fully operational alongside an on-site packing factory. The crops are sold to the UK's supermarkets and to our local independent retailers.

For information about the business, its background and operations, see www.thanetearth.com

Further information available from:

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