

Head Chef's Table

This week Mrs O'Dolan was delighted to be able to restart physical Cookery Club. Although she enjoyed uploading videos onto her Head Chef's Table Google Classroom it wasn't the same as watching her club members cook and tasting their culinary delights!!

This week to start the club off the young chefs made Butternut Squash in a Coconut Sauce.



As well as Head Chef's Table being a general fun club, some of the club members are using the club to develop skills of their Bronze and Silver President's Award which will result in their being the designated Head Chefs when it comes to future exhibitions.

Maybe this delicious recipe will make it to the camp site table!

Butternut Squash & Coconut Sauce

Head Chef - Mrs O'Dolan

INGREDIENTS:

Ingredients

- 200g basmati rice
- 1 tbsp vegetable oil
- 1 butternut squash,
- 1 red onion, diced
- 1 tea spoon cumin and grand masala
- 1 tin of coconut milk or cream (depends on how think you would like it
- Garlic and ginger
- Vegetable or chicken stock cube
- 400g can chickpeas, rinsed and drained (optional)
- small handful coriander, chopped (optional)



METHOD:

1. Par boil butternut squash without peeling (i.e. boiling for 10-15 minutes) and cool. This makes the peeling easier.
2. Start making rice
3. Chop into chunky cubes and roast in an oven until soft. (drizzle oil over the squash)
4. Chop onions.
5. Heat the oil in a large pan and add the onions, garlic and gin ger.
6. Cook for 3-4 minutes until starting to soften.
7. Add the butternut squash and gently fry for a few minutes and add spices.
8. Add coconut cream of milk and the drained chickpeas (if using) and bring to boil
9. Add chicken or vegetable stock cube and taste when cube has melted. Season to taste
10. Reduce heat and allow to cook until the vegetables are tender.
11. Serve with rice.