

SESSION TITLE - Cooking Session

Lamb Burgers with Coleslaw and Crunchy Raisin and Apricot Flapper

Session Aim

To promote different cooking skills and increase understanding about food labels.

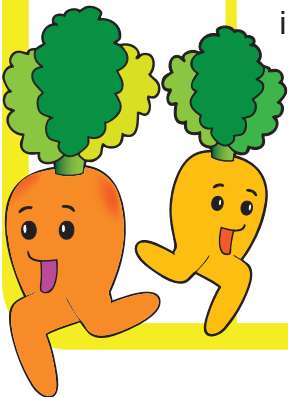
Session Objectives

By the end of the session, participants will:

- Have experience cooking 3 recipes (Lamb Burger with Coleslaw and Crunchy Raisin and Apricot Flapper) and have tasted them.
- Have an understanding of food labels.
- Have worked as a group and had fun!

SESSION OUTLINE

TIME	ACTIVITY	RESOURCES
10 mins	Welcome <ul style="list-style-type: none">• Include introduction to trainers, course, course participants (eg: number of weeks, topic areas etc) or if using part way through programme, reflect on previous session.• Introduction to session.	
20 mins	Activity – Food Labelling <ul style="list-style-type: none">• Course participants to look at various food labels and identify the calorie, fat and sugar content.• Discussion – how to interpret the nutritional value of foods, what is ‘a lot’ and ‘a little’ of fat, sugar and salt; interpreting nutritional claims made by food manufacturers.	<ul style="list-style-type: none">• Empty food packets and or food labels.• Leaflet about Understanding Food Labels



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SESSION OUTLINE cont -

TIME	ACTIVITY	RESOURCES
60 mins	Activity – Cooking Activity <ul style="list-style-type: none">• Discuss the recipes and ingredients (read the recipe all the way through – they list exactly what they need)• Discuss food hygiene and safety issues (see 'Key Messages' Prompt Sheet)	<ul style="list-style-type: none">• Lamb Burger Recipe Sheet• Coleslaw Recipe Sheet• Crunchy Raisin and Apricot Flapper Recipe Sheet• 'Key Messages' Prompt Sheet• Ingredients and cooking equipment
30 mins	Activity – Tasting/Eating Recipes Cooked <ul style="list-style-type: none">• Start tidying up cooking area and lay table• Organise drinks (beakers of water).• Eat prepared meal• Wash-up and tidy	<ul style="list-style-type: none">• Plates• cutlery• beakers,• serving spoons

NOTE - Course leader and any support workers must have completed an appropriate food hygiene certificate to deliver session (for further advice – see employer policy or contact local environmental health department).

Notes



Key Messages - Course Leader 'PROMPT' sheet

Food Hygiene and Safety

- Wear an apron, roll up sleeves, tie back long hair and take off any rings.
- Always wash hands before starting cooking and after touching raw meats.
- Always make sure meat is thoroughly cooked before eating.
- Take care when grilling meat products with a fat content (spitting etc).
- Take care when removing hot items from the oven.
- Do not leave pan handles sticking out over the edge of the cooker.
- Be careful when chopping, shredding and slicing, eg: cabbage, carrots, tomatoes, cucumber etc.

Food Skills Involved

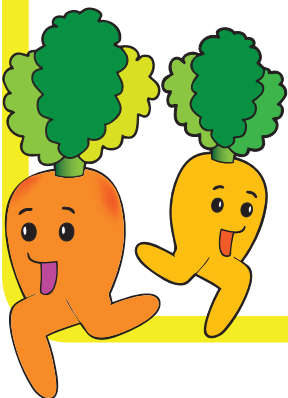
- Cutting, shredding slicing, mixing and melting.
- Oven management (eg: baking flapjacks, grilling lamb-burgers).
- Preparing and presentation (eg: burgers, coleslaw, flappers).

Healthy Eating Messages

- Lean mince – choose versions with 10% fat or less.
- The vegetables in the coleslaw and the fruit in the flappers count towards your fruit and vegetable intake.
- Other types of burgers include turkey, pork and beef etc.
- Experiment with different types of dried fruit, eg: dried apricots.
- Oats are a good source of fibre.
- Lower fat versions of natural Greek yoghurt and mayonnaise both contain less fat.

Cost

- To save money use economy packets of ingredients, eg: dried fruit.
- Dried fruit is an inexpensive way of introducing fruit out of season.



Recipe - LAMB-BURGER

What you will need:

Bowl
Teaspoon
Fork
Kitchen foil
Pair of scissors
Grill pan
Bread knife
Sharp knife
Chopping board
Tablespoon

Ingredients (for 4 people):

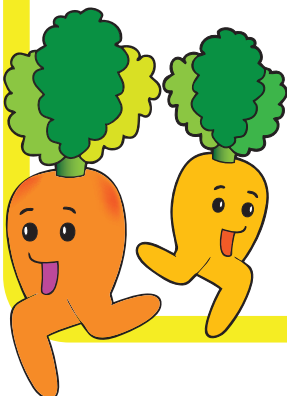
500gms lean minced lamb
1 teaspoon Worcestershire sauce
½ teaspoon mixed herbs
Seasoning (salt and pepper to personal taste)
4 brown or white rolls
2 tomatoes
¼ cucumber
4 lettuce leaves
Low fat mayonnaise

Method:

- 1 Mix the lamb mince, Worcestershire sauce, mixed herbs and seasoning in a bowl with a fork. Shape the mixture into 4 round burgers and place on a plate. Wash your hands.
- 2 Prepare the salad. Wash and dry the lettuce leaves. Wash and slice both the tomatoes and cucumber.
- 3 Cut a piece of kitchen foil to cover the grill pan. Heat the grill (high). Put the burgers on the grill pan and grill for about 4 minutes or until browning. Use the bread knife to flip the burgers over. Grill for 4 minutes on the other side. Wash the bread knife.
- 4 Cut the rolls in half. Fill the rolls with salad, add the burgers then top with some low fat mayonnaise (optional).

Eat and enjoy!! Home-made lamb-burgers taste as good!

NOTE - You can use lean turkey, pork or beef mince. Choose mince labelled 10% fat or less.



Nutritional Information:

Per serving – 535kcal, 24gms fat (of which 8gm saturates), 4.5gm sugar

Recipe - COLESLAW

What you will need:

1 bowl
Chopping board
Sharp knife
Colander
Grater
2 tablespoons

Ingredients (for 4 people):

¼ white cabbage
1 large (or 2 small) carrots
1 medium red onion
Low fat mayonnaise
Low fat Greek yoghurt
Seasoning (salt and pepper)

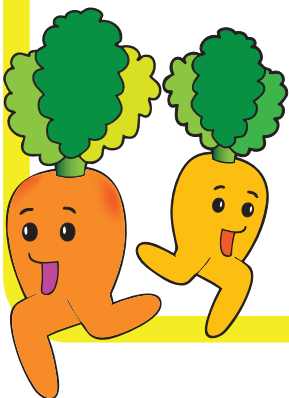
Method:

- 1 Shred the white cabbage with a sharp knife then place in a colander and wash. Place in a bowl.
- 2 Peel, wash and grate the carrot(s). Place in the bowl with the shredded cabbage.
- 3 Half the onion and finely slice. Place in the bowl with the shredded cabbage and grated carrot.
- 4 Add equal amounts of low fat mayonnaise and low fat Greek yoghurt to coat all parts.

NOTE – Some people who dislike vegetables will happily eat coleslaw!

Try adding sultanas, seeds or chopped nuts for extra taste.

Or use half red cabbage and half white cabbage for colour.



Nutritional Information:

Per serving – 78kcal, 3.5gms fat (of which 0.1gm saturates), 8.75gm sugar

Recipe - CHUNKY RAISIN & APRICOT FLAPPER!

What you will need:

Weighing scales
Saucepan
Tablespoon
18cm square non-stick square tin
Chopping board
Sharp knife

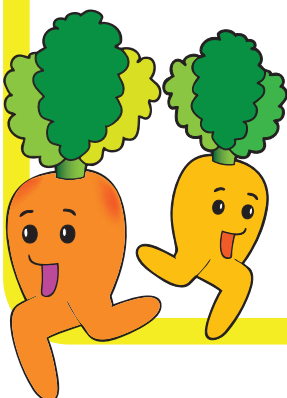
Ingredients (for 4 people):

100gm golden syrup
85gm margarine
2 tablespoons demerara sugar
140gm porridge oats
85gm dried apricots, chopped
50gm raisins

Method:

- 1 Pre-heat the oven to 180C or Gas mark 4.
- 2 Place the dried apricots on the chopping board and with a sharp knife, chop into small pieces.
- 3 Put the golden syrup, margarine and sugar in a pan. Gently heat until the margarine melts then mix in the oats, chopped apricots and raisins until well combined.
- 4 Press the mixture into the 18cm non-stick square tin and bake for 25-30 minutes until golden. Leave to cool in the tin for 10 minutes then mark into 12 bars and leave to cool completely before removing.

NOTE - try other dried fruits, eg: chopped dried pears, mango, cranberries or blueberries.



Nutritional Information:

Per serving - 155kcal, 7 fat (of which 4gm saturated fat), 11gm sugar