

Cooking our way out of the Lockdown Blues

Welcome to our fifth edition of Hints, Tips & Recipes !

This week we have decided to share with you one of the classic school lunch puddings - Chocolate Saucy Sponge, a real favourite for both the children *and* our cooks! 😊

There is an easy to make omelette recipe below, why not click on the link and cook alongside with one of our cooks at home.

Chocolate Saucy Sponge - serves 6

Always check labels of each ingredient for allergen information.

Ingredients

Sponge

- 120g Margarine
- 120g Caster sugar
- 220g Plain flour
- 2 Eggs
- 10g Baking powder
- 20g Cocoa powder



Topping

- 160g Soft brown sugar
- 10g Cocoa powder
- 300ml Water

Method

1. Cream the margarine and sugar together until light and fluffy, add the flour, baking powder, cocoa powder and eggs and continue mixing until thoroughly combined.
2. Spoon into an oven proof dish.
3. Meanwhile combine the water, sugar and cocoa powder in pan and bring to the boil stirring until dissolved then pour the liquid over the sponge mixture.
4. The chocolate sauce gets poured on the top but somehow ends up on the bottom
5. Place in an oven preheated to 180°C and cook for 35 minutes.
6. Remove from the oven and allow to cool.
7. Serve with custard or ice cream and**enjoy!**

Mushroom Omelette - serves 1

Always check labels of each ingredient for allergen information.

Ingredients

- 1 teaspoon of Butter
- 3 Mushrooms - sliced
- 2 Eggs
- 50g Grated Cheddar Cheese
- Pinch of Salt & Pepper



Method

1. Melt the butter in a small omelette or frying pan on a medium heat.
2. Add the mushrooms and stir briskly and cook for 2 or 3 minutes.
3. Whisk the eggs in a bowl and season with the salt & pepper and pour into the pan stirring gently.
4. Once the eggs begin to set (this looks like scrambled egg) stop stirring and sprinkle the cheese evenly over the top.
5. Keep cooking until the eggs are fully cooked, the cheese has melted and the bottom becomes a lovely golden brown.
6. Slide the omelette on to a plate folding in half to resemble a crescent shape.

Click this [link](#) to view 'How to make an Omelette' with Lesley, one of our Catering Staff Team

Hints & Tips

- You can replace the mushrooms with anything you would like in an omelette, for example ham, cooked chicken, peppers or tomatoes.
- You can spice up the omelette by adding some fresh or dried chillies.
- How about making a luxury omelette by adding Hot Smoked Salmon and Spinach.