



## Summerhill Care Home Kitchen Newsleter

- Edition of 25 May 2024 -





## Kitchen Newsletter

Welcome to Summerhill Care Home Kitchen Newsletter. Each month we'll keep you up to date with all things Kitchen related, you'll meet the team, catch up on our foodie events, look forward to the month ahead, meet the team and enjoy a seasonal recipe to cook at home.





### So far this year....

So far this year we have celebrated Burns night with a traditional Burns lunch, with the Haggis being piped into our dining room by Andrew, the Haggis was then addressed by town Mayor Mr Geoff Watson This was followed by Valentines Day with all things heart shaped being produced by the kitchen. Hot on the heels of the most romantic day of the year was Easter. Our residents enjoying a roast lamb dinner and having a smashing time with Susie the smash cake sheep.



### Meet the Team

Each month we will profile a member of the crew. This month we introduce Ruth Armstrong. Ruth has worked at Summerhill for 6 years. Ruth started work in the Housekeeping Department but was soon asked if she'd like to try her hand cooking in the kitchen and here she remains. Ruth's favourite thing to cook for our residents is Shephard's Pie, it's also her favourite meal to eat. Her favourite pudding is Jam Roly Poly.

## Recycling

Recycling is a very important part of our kitchens responsibilities and we take it very seriously. The average Care home in the UK has a Carbon Footprint of approx 140 tonnes of CO2 per year, so anything we can do to reduce this is hugely beneficial to the home and to the environment as a whole. In the month of April we as a kitchen recycled over 90kg of cardboard, tin and plastic. We have reduced the use of glass by up to 90% by making homemade sauces instead of buying jars of shop bought sauce. In addition to our regular recycling we are saving our vegetable peeling to make our very own Summerhill Vegetable Bouillon powder. This is saving approx 5kg of veg scraps going to landfill and saving us money on shop bought product.

## Recipe of the Month

This is Ruth's favourite - SHEPHERD'S PIE

Ingredients -

Minced Lamb  
Onion  
Garlic  
Tomato Puree  
Salt  
Pepper  
Gravy (from granules)  
Potatoes

METHOD -

- 1) Chop onion and saute in a little oil until soft
- 2) Add minced Garlic and saute for a few more minutes
- 3) Add a tsp of tomato puree and stir well, then take off the heat.
- 4) In a different pan, cook the mince until brown in a little oil then drain off the excess oil
- 5) Add the onion into the pan with the mince and cook on a low heat for a further 10 mins
- 6) Make up the gravy as desired and add to the mince, stirring carefully. Season with salt and pepper
- 7) Transfer to your desired oven dish and cook in the oven for approx. 10 mins
- 8) In this time you can peel, chop and boil your potatoes until soft. Mash the potatoes with a splash of milk and a generous dollop of butter
- 9) Remove the mince from the oven and spoon over the potato topping, return to the oven and cook until the potato is gently browning

Serve with vegetables and add grated cheese on top of the potato if desired

We haven't given specific quantities or timings as here in the kitchen we cook for upwards of 28 people at a time and our oven is industrial.

## Upcoming events



In the months of May and June we will be celebrating VE day with a themed lunch for a residents and holding a Bake Sale on 27th May to raise money for our Residents Fund. The bake sale will be held in your driveway (weather permitting) and we'd love any baked goods contributions from our wonderful Staff, relatives and wider community to sell on the day. Please contact a member of staff for further details.