What a terrific start we have had to Term 3! It was wonderful to hear about what the kids had made at home over the holidays or what new taste they had tried.

Our focus for these first two weeks was to test all our Years 3 and 4 students for their knife licence. This required each student to demonstrate their skill at:

- slicing and dicing
- carrying a knife safely
- washing and drying a knife

We talked about the importance of always being “switched on” and “focused” when using a knife, and even if they get their knife licence it is still a good idea to have a buddy watch them whenever they are using a knife, but especially when washing and drying a knife.

*Knife licences will be presented to students by classroom teachers over the coming weeks.*

To demonstrate their slicing and dicing skills, the recipe we made over these two weeks was a Beef and Seven Vegetable pasty. This required potatoes, carrots, onions, garlic and tomatoes to be finely and evenly diced and the students all did a great job!

It was interesting to learn about the history of the pasty. You may know that the Cornish pasty came from Cornwall, but did you know that having the seam on the side served a very practical purpose? The tin miners used it as a handle to eat their pasty, discarding it afterwards. This was because their hands were contaminated with arsenic from the mine and back in the 1800’s there were no facilities underground to wash their hands. We also learnt that Devon pasties are the ones that have the seam on top.

The pasties were delicious and thoroughly enjoyed by all students. They are a great weekend meal and fun to make. We hope you enjoy making them together!

Cheers,

Michele & Kelly
A Cornish Pasty crimp runs along the side.

The pasty became commonplace in the 16th and 17th Centuries and really attained its true Cornish identity during the last 200 years. By the 18th Century it was firmly established as a Cornish food eaten by poorer working families who could only afford cheap ingredients such as potatoes, swede and onion. Meat was added later.

By the end of the 18th Century it was the staple diet of working men across Cornwall. Miners and farm workers took this portable and easy to eat convenience food with them to work because it was so well suited to the purpose. Its size and shape made it easy to carry; its pastry case insulated the contents and was durable enough to survive, while its wholesome ingredients provided enough sustenance to see the workers through their long and arduous working days.

Tin miners used the Cornish Pasty crimp as a ‘handle’ which they then threw away – because their fingers were contaminated with arsenic dust.

A miner’s wife would carve her husband’s initials in his Cornish Pasty – so he knew which was his.
Beef and Seven Vegetable Pasties
(adapted from the Coles Recipe)

Equipment:
- Baking trays lined with baking paper
- Large frypan
- Kitchen knife
- Chopping board
- Wooden spoon to stir
- Dessert spoon
- Pastry brush
- 12cm diameter cutting device (ie bowl or lid will do)

Ingredients:
- 1 tablespoon olive oil
- 500gm beef mince (3 star is fine)
- 1 medium brown onion, diced
- 3-4 cloves garlic, finely chopped
- 1 large or 2 medium carrots, peeled and cut into 1 cm dice
- 1 large or 2 medium potatoes, peeled and cut into 1 cm dice
- ½ cup frozen peas
- ½ cup fresh, frozen or tinned corn kernels
- 1 large tomato cut into small dice
- 5 cups baby spinach
- ¼ cup flat leaf parsley, roughly chopped
- 1 packet shortcrust pastry (usually comes 5 sheets to a pack)
- 1 egg, beaten, to brush pastry

What to do:
- Preheat the oven to 180 fan
- Heat the oil in frypan and cook the beef for 5 minutes breaking up any lumps
- Add the onion, garlic, carrot and potato to the pan and cook for 3 minutes stirring often. Season lightly with salt and pepper.
- Add the peas, corn, tomato and spinach and cook until spinach has wilted.
- Remove from heat and stir through parsley, season to taste with salt and pepper, allow to cool for 5 minutes.
- Using a cup, bowl or lid with a 12cm diameter, cut 4 circles out of one sheet of pastry. Compile pastry scraps and you should get one more.

* So 1 packet of pastry will give you 25 small pasties or approximately 6 dinner size pasties if you cut 20cm circles

- Using a dessert spoon place meat mixture in the centre of each circle.
- Brush edges of pastry with egg and carefully fold and crimp the pastry edges together to seal the pasties
- Place pasties onto lined baking trays, brush tops with beaten egg and bake for approximately 12 – 15 minutes until golden
- Serve with tomato sauce!
From the Volunteers………

I like my dad coming into help with kitchen because it makes me want to cook more and cook the meals at home and see how they taste. Last week, Callum came over and we made some pasties with my dad. Gabe

Working in the local area allows me time to assist in the SAKG Program. It is a wonderful opportunity to work practically with the kids and to witness their enthusiasm when trying something new. Chances are I may even be working alongside a future Master Chef winner. It is also great that I can sample the items produced.

Mark (Gabe’s Dad)

In The Vegie Patch………. 
Kitchen Roster - Term 3

Please find attached the roster for Term 3 as I have it so far.
Please note that Group A will commence week 1 and Group B week 2.
* If you are unsure which group your child is in, please ask their teacher

A BIG THANK YOU to everyone who has volunteered during Term 2! The program cannot run without you! Your kind help is really appreciated.

We will need 3 volunteers (preferably 4) for each Kitchen Session so there are plenty of places to fill. So if you, or a grandparent, aunt or uncle would like to become involved, please save your place now by writing your name on the roster and returning it along with the attached contact information. Classes will run from 11.30am till 1pm, but volunteers will be needed from 11am until approximately 1.30pm.

As with anything involving you helping out at school, a Working With Children Check is required.
Parents of Level 3 children will have first preference on the volunteer spots, but parents of any children at the school are welcome to become involved and volunteer. After all, your child will be involved in the Program eventually!

If you are new to volunteering in the kitchen or have not already provided the following details please fill in the form below. Should you have any questions please come and see me at school, or email me at: Oconnell.michele.m@edumail.vic.gov.au or ring me on 0422 579 065.

*If for any reason you cannot come on a day you have specified, please call or text me as soon as possible.

__________________________________________

Attention: Michele O’Connell

Kitchen Volunteer Reply Slip

I would like to volunteer on the following days and dates.

Day____________________ Dates:______________

Name:__________________________________________

Contact Number:________________________________

Email:__________________________________________
We need your help! Three volunteers are needed each kitchen session for the program to run. Please have a look at the attached roster and see if you can fill any of the dates. Sessions currently highlighted in yellow with no or only one volunteer may not be able to run. Grandparents, Aunts, Uncles all welcome, you just must have a WWC Check. Please contact Michele on 0422 579 065, or email oconnell.michele.m@edumail.vic.gov.au or fill in the attached form and return to the office.

**KITCHEN VOLUNTEERS TERM 3**

**TIME REQUIRED** 11am – 1.30pm  
Contact Michele O’Connell:  
0422 579 065

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GARDENING ROSTER – TERM 3

If you would like to volunteer in our garden for any sessions in Term 3, please fill out the dates available and a contact number and return to school either to the office or to your child’s class. If you would like to chat about anything in the garden my number is 0425 788 723.

The sessions on Monday and Thursday run from 11.20am (meet at the garden gate) til 1.00pm. Tuesday’s sessions run from 11.20am to 12.15am. We need 3 helpers each session! Springtime in the garden is great fun!

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Name: ........................................................................................................

Contact No. ..................................................................................................