



## **A COLLECTION OF RECIPES**

created for the

## **CORONATION OF HIS MAJESTY KING CHARLES III**

Each year pupils take part in an education programme known as Food for the Future delivered at Dumfries House, the headquarters of The Prince's Foundation. The aim of the programme is to highlight the issues around food waste and give pupils the skills and knowledge to begin tackling those issues at both local community level and as part of the food production process. The programme was designed in conjunction with Jamie Oliver, Jimmy Doherty and the Soil Association and covers food processes from farm to fork. Pupils present solutions to improving food waste as their final project which are implemented where possible in their school or community. The 2022/23 cohort were given the additional task of designing a collection of recipes for a coronation lunch putting into practice what they learned around soil health, food miles, seasonality, local sourcing, preserving and cooking to create recipes that demonstrate and celebrate His Majesty's long held interest in the environment..





# **THE KING'S COULIS**

**created by**

**LOCHEND COMMUNITY HIGH SCHOOL**







## THE KING'S COULIS

created by

Lochend Community High School

From our research it was quickly established that King Charles favoured eating fresh, seasonal and sustainable ingredients. From researching newspaper articles we discover a lemon cream desert had been created for the then Prince of Wales. We decided then that our cake would include some element of lemon flavouring or fresh lemons. We learned more about the King's home at Highgrove, paying particular interest in the gardens. We took time to study the gardens and found the enchanting "Kitchen Garden" which depicts a medley of fruit and stunning colours. Our Food for the Future project had a seasonal focus so we referred to our recipe book for guidance into what would be in season at the time of the Coronation. We visited our partner allotment ran by the charity FARE and discussed what fruits would be available and decided on a mix of local fresh and frozen fruits. From this, we experimented by producing a range of fruit coulis's and different types of sponges. We wanted a light sponge which is why we decided on a fatless sponge. We spent time after this mastering the fruits to be used for our coulis and discussing presentation.

### INGREDIENTS

#### Coulis Sauce

150g blackberries  
150g strawberries  
1 x stalk rhubarb  
1 x lemon (juice & zest)  
2 tbsp water  
1 tbsp sugar

#### Fat-free Sponge

75g caster sugar  
3 x free range medium eggs  
75g self raising flour  
1.25ml baking powder  
1tbsp coulis

#### Filling

150ml double cream  
15ml icing sugar  
15ml coulis sauce

#### Decoration

Strawberries for decoration  
Makes 7/8 sandwiched sponges

### METHODOLOGY

#### Coulis Sauce

Wash & hull the strawberries, cut each into quarters. Wash and slice the rhubarb. Zest and juice the lemon. Put all fruit, lemon zest and juice into a pot with 2 tbsp of water and 1 tbsp of sugar. Bring mixture to the boil and reduce to a simmer. Simmer until all fruit has softened and liquid is reduced. Remove from heat and allow to cool. Using the back of a spatula, mash down some of the larger pieces of fruit, do not blend.

#### Fatless Sponge

Preheat the oven 200 °C / Gas No. 6. Crack 3 eggs into a bowl with the caster sugar. Whisk the eggs and sugar together until the mixture is light and fluffy. Double sieve the flour (firstly onto a plate then secondly into the bowl). Use a metal table spoon to carefully fold in the flour. Add 1 tbsp of the coulis to the mixture, fold through to create a marble effect. Pour the mixture into a Swiss roll tin (greased and lined). Ensure the mixture is evenly distributed. Bake for 10-12mins until golden brown. Turn it out onto the sugared paper, trim off the edges. Lay onto a clean sheet of greaseproof paper to cool.

#### Filling

Whisk the double cream to soft peaks. Fold in 15ml of sieved icing sugar. Fold in 15ml of coulis. Put mixture into a piping bag and chill until required

#### Assembly

The sponge is divided into 14/16 (depending of thickness). Dip the inside of the sponge into the coulis to apply an even layer, to both top and bottom sponge. Pipe 3 x cream rosettes onto one layer of sponge, sandwich the top. Pipe one rosette on top of each sponge, sprinkle with lemon zest and decorate with sliced strawberries.



# **LITTLE SEEDS CROWN CAKES**

**created by**

**ST MATTHEWS ACADEMY**





## LITTLE SEEDS CROWN CAKES

created by

St Matthews Academy

The title of the dish takes its name from the well-known saying “From little seeds grow mighty trees” (original Aeschylus quote: ‘From a small seed a mighty trunk may grow’). The future of the Earth is in the hands of the younger generation. The Prince’s Foundation is working hard to educate children so that they are equipped with the knowledge to avoid the mistakes of the past and work towards better, more sustainable living. This has been our experience through Food For The Future. The poppy seeds in the dish represent young people, and also create a link between our children and the natural environment around them. The lemon flavour is fresh and it adds cheerful colour to represent new beginnings and a bright future, and represents new beginnings. The crown shape of the cake makes it fitting for the coronation and represents the King’s keen interest in the education of the younger generation through programmes supported by the Prince’s Foundation. The shape is perfect for housing the rhubarb compote. We chose rhubarb compote to fill the cake and create balance in texture as well as lifting the flavour to another level! Rhubarb is easy to grow in the Scottish climate and is seasonal and plentiful at this Coronation time of year but can be frozen which helps reduce food waste.

### INGREDIENTS

#### Rhubarb Compote

250g rhubarb, roughly chopped (or use chopped frozen rhubarb)

100g caster or granulated sugar

1 lemon, zested

½ tsp vanilla bean paste or extract

drop of red food colouring gel (optional)

#### Sponge

175g butter, softened, plus extra for greasing

175g golden caster sugar

200g self-raising flour

2 lemons, zested plus 1 tbsp juiced for icing

3 eggs 2 tbsp poppy seeds

125g pot natural yoghurt

#### Icing

200g icing sugar

3 tbsp lemon juice (from the lemons used for the cake)

Makes 12 mini bundt cakes or 8 cupcakes

### METHODOLOGY

#### Rhubarb Compote

Tip the rhubarb, sugar, lemon zest and vanilla bean paste into a large saucepan along with 2 tbsp water (omit the water if you’re using frozen rhubarb). Simmer over a medium heat for 10-15 mins, stirring occasionally until the rhubarb has softened and is almost collapsing, and the mixture has thickened. If you’re using frozen rhubarb, you may like to stir in a drop of red food colouring to enhance the pink colour. Transfer the compote to a bowl and leave to cool completely.

#### Sponge

Heat oven to 180C/160C fan/gas 4. Grease a mini bundt cake tray well. In a bowl, beat the butter and sugar until fluffy. Zest four lemons. Juice two of the lemons and set aside for the icing. Add the flour, eggs, poppy seeds, yoghurt and lemon zest to the butter and sugar mixture, and beat until combined. Spoon into the mini bundt tray and smooth over the top. Bake for 15-20 mins. Cool in the tin for a few minutes before turning out. Leave to cool on a wire rack.

#### Lemon Icing

Sift the icing sugar into a bowl. Beat in the lemon juice to make a runny icing.

#### Assembly

Spoon the rhubarb compote into the centre of each cake.

Drizzle over the lemon icing.

Garnish with herb leaves of your choice (thyme or lemon thyme works perfectly).



# **BUSY BBQ BEE-F OPEN SANDWICH**

**created by**

**DALBEATTIE HIGH SCHOOL**





## **Busy BBQ Bee-f Open Sandwich**

**created by**

**Dalbeattie High School**

We took inspiration for the sandwich recipe from the farms at Dumfries House, which is part of The Prince's Foundation. Valentin's Farm is home to rare breeds and Home Farm has native breeds of cattle and sheep. We learnt about the importance of local sourcing as well as animal welfare during our Food for the Future programme and decided to include native breeds in our recipe as its easily adapted to the area people live in. Our school is in Dumfries and Galloway and the cattle breed is Galloway Cattle. Dumfries House is situated in East Ayrshire, with Shorthorn and Vaynol Cattle beef cattle farmed there. We wanted to find economical ways of cooking and suggested the slow cooker which is cheaper than an oven but have suggested oven as an alternative. Brisket is also a good cut to feed a crowd so is perfect if you are having family round to watch the Coronation.. King Charles is also a beekeeper with hives at his home at Highgrove Estate and highlighted how important bees are for the biodiversity of a healthy planet. We decided that we would include a local flower honey in our recipe to encourage everyone to support their nearby beekeepers.

### **INGREDIENTS**

#### **Locally sourced Beef Filling**

1 native or Rare Breed beef

brisket 5lbs/2.26kg

#### **Beef Seasoning**

2 teaspoons of garlic powder

2 teaspoons of chilli powder

2 teaspoons of salt

1/2 teaspoon of black pepper

#### **Sauce**

1/2 cup of ketchup

1/2 cup of molasses

4 tablespoons of Scottish blossom  
honey

2 tablespoons each of brown sugar,  
Worcester sauce and English mustard

1 teaspoon of garlic powder

1/3 cup of apple cider vinegar

2 tablespoons of cold water

1 tablespoon of corn starch

#### **Bread**

1-2 sourdough loaves

Butter

**Makes 48 small servings**

### **METHODOLOGY**

#### **Brisket**

Lightly grease a slow cooker or warm your oven to 150 degrees. Whisk together sauce ingredients in a small bowl, apart from the cold water and corn starch and set aside.

Stir together the beef seasonings and rub all over the brisket. Place brisket into a slow cooker or a greased oven proof casserole dish. Pour the sauce over the brisket, cover and cook on low for 10 hours.

Remove the beef from the pan and set aside. Pour the remaining liquid into a large sauce pan. Bring to a boil over a medium heat. Stir the corn-starch into cold water in a glass until dissolved then pour into the sauce pan. Reduce the heat to medium low and whisk until the sauce is thickened. Remove from the heat.

Slice the sour dough loaf and butter generously.

#### **Assembly**

Shred the slightly cooled beef using two forks and add to the sauce which should still be warm. Stir to combine.

Take a spoonful of the beef mix and serve on a slice of buttered bread adding more beef if required depending on the size of the slices. You could serve this as small canape style bites or leave to cool and serve as a traditional sandwich.