

What's the story?

Secondary Spring Summer 2019 Development

- Gyros
(pronounced **ji-ros**) originates from Greece and means 'turn'. Traditionally the meat used to fill a gyros is turned on a vertical rotisserie. It is traditionally served in a flat bread with tzatziki. (Cucumber yoghurt).
- 'Shawarma'
Hails from the Middle East and is one of the world's most popular street foods, it dates back to the 19th Century. The preparation of the meat is based on Turkish Kebabs and is presented in a wrap or a flatbread.
- 'Chipotle'
Is a smoke – dried jalapeno pepper used in Mexican cooking. Most chipotle chillies are produced in the northern Mexican state of Chihuahua.
- Frittata
Is an Italian based egg dish similar to an omelette. Chefs Fact: If you vigorously beat the eggs the air will give you a fluffier and deeper filling
- Trinidad
Is the 5th largest island in the West Indies. Its traditional dish is a meat 'Pelau' Rice with spices, sugar and coconut.
- Tacos
Originate from the silver mines in Mexico and date back to the 18th Century. In America they celebrate 'National Taco Day' every 4th October.
- 'Upside Down Cake'
Is made by placing the cake toppings at the bottom of a roasting tray and pouring cake batter over the top. When it has cooked you turn it upside down so the baked toppings are on the top with the sponge underneath.
- Courgettes
Are high in Vitamin K and Vitamin C, which helps prevent heart disease, support bone health and prevents blood clotting. 'Courgette' is a French word, the Italians call them 'Zucchini' and in traditional English they are known as a member of the 'Marrow' family.
- Lemon
Lemon and ginger are popular ingredients in Chinese cooking. The Chinese believe they are medicinal with an array of health benefits as well as adding flavour to food!
- Diced Beef Chuck
Is used regularly in Mexican cooking for the flavour released when it is slow cooked. Traditionally some meat dishes were cooked in man-made ovens in a hole in the ground covered with leaves or in a pot on an open fire. This cut of meat is traditionally used in Chilli con carne.

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