



WINNERS'

RECIPES



BRANSTON

OUR WINNERS

CATEGORY KS2

JUDGES

Steven Bennett, The Lincolnshire Chef (Healing Manor)
Charlotte Bennett (Healing Manor)

- 1st** The Witham Gardening Gang
Priory Witham Academy
Baby Gem Tasty Tate Tacos with a Slaw side
- 2nd** Peri-Peri Partners
Welton St Marys Primary Academy
Nicely Spicy Ugandan Potato Curry
- 3rd** Elias
Westgate Academy
Festival Potonuts
- 4th** Maple
Clough and Risegate Community School
Potato and Chorizo Omelette
- 5th** Joseph
Westgate Academy
Potato and Butternut Squash Soup
- 6th** Galahad
Faldingworth Community Primary School
Fantastic Faldi Meaty Spicy Spuds

CATEGORY KS4 & 5

JUDGE

Sam Owen (Salted Orange)

- 1st** Jessica - The Priory Academy LSST
Broccoli Croquettes
- 2nd** Harriet - The Priory Academy LSST
Lincolnshire Duchess Potatoes
- 3rd** Sophie - The Priory Academy LSST
Sweet Potato Hash, Eggs & Smashed Avocado with Seasoning
- 4th** Eve - The Priory Academy LSST
Twice-Baked Loaded Potatoes

SEN

JUDGE

Darren Rogan (by Darren Rogan)

- 1st** Lincolnshire Wolds Federation St Bernard's
LWF Lincolnshire Poacher Gratin with Local Asparagus and Poacher Cheesy Bites

CATEGORY KS3

JUDGE

Dan Wallis (Cross Keys)

- 1st** Imogen - The Priory Academy LSST
Sweet Potato Brownies
- 2nd** Logan - The Priory Academy LSST
Tri-Tatoe Pie
- 3rd** Mia - The Priory Academy LSST
Chilli Potatoes
- 4th** Alfie - The Priory Academy LSST
Creamy Fish Pie with Silky Mash on Top



**THE GREAT
LINCOLNSHIRE
SCHOOLS
TATE OFF**
2021



1st

CATEGORY KS2

Prep time: 10 mins

Cooking time: 30 mins

Serves 4

Baby Gem Tasty Tate Tacos with a Slaw Side

The Witham Gardening Gang
Gardeners, Nikki Baxter and Mike Willans
Priory Witham Academy

We are an after-school Gardening Club, consisting of different ages and abilities, but we work together as a team and have already successfully grown our own produce after having only started in March of this year. The food grown in our polytunnel and our orchard garden inspired our recipe. Everyone enjoyed trying and tasting things we had grown and wanted to include them in our recipe.

Our Tasty Tate Tacos were inspired by the students planting the seed potatoes which are the recipe's main ingredient. We used our own grown first early potatoes, baby gem lettuce, sweet peppers, chilli, pea shoots, carrots, radish, spring onion and garlic.

The Gardening Club students have eaten and enjoyed food they have never tasted before! Radish, spring onions and pea shoots were really popular. Ultimately, in our recipe we were keen to include nutritious, colourful and tasty elements that are fun to eat! We also used one of our own county's cheeses, Lincolnshire Poacher.

You could adapt this recipe to suit whatever fresh produce you have.

Ingredients

- 2 baby gem lettuce
- 8 New potatoes
- 150g beef or Quorn mince
- 6 mushrooms
- 1 onion
- 1 sweet pepper
- 1 chilli
- Small tin kidney beans
- 1 tbsp smoked paprika
- 2 cloves garlic
- 1 tbsp tomato puree
- A dash of Worcestershire sauce
- 1 tbsp honey (we used Thornes Lincolnshire honey)
- 100g Lincolnshire Poacher cheese
- Vegetable stock cube
- 2 tbsp rapeseed or olive oil
- Salt & pepper to season
- Pea shoots and chive flowers to garnish

Method for the Tates

- 1 Lightly wash the New tates and pat dry.
- 2 Dice/cut into small 1cm pieces.
- 3 Heat some oil in a frying pan.
- 4 Drop a single piece of the tates into the pan to check if hot enough - look out for a nice sizzle!
- 5 Gently fry the tates until golden brown and crispy, (approx 5 mins) moving them gently around.
- 6 Drain on a piece of kitchen towel and rest.

Recipe continued

www.seasonalspuds.com
www.seasonalspuds.com/tate-off-competition



Baby Gem Tasty Tate Tacos with a Slaw Side (Continued)

Method - for the Slaw

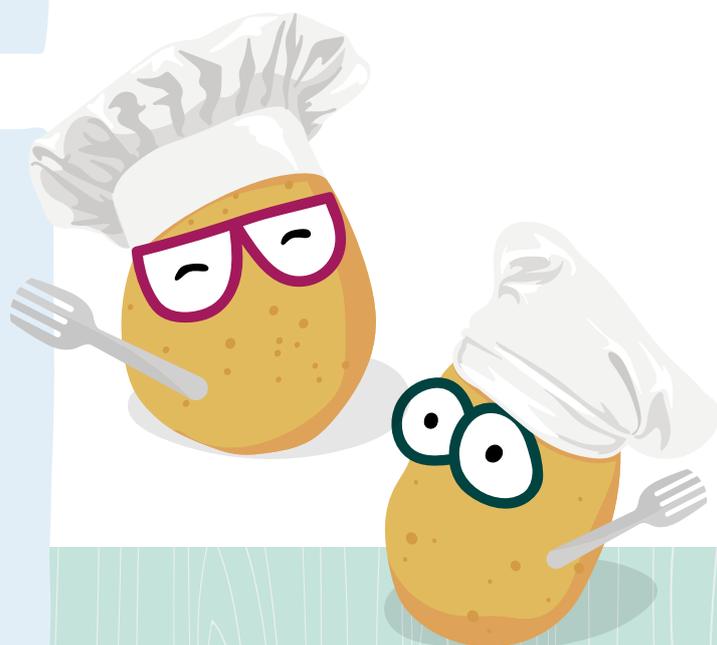
- 1 Peel the celeriac, wash and clean the carrots, radish and spring onions.
- 2 Grate the celeriac, carrots and radishes and finely chop the spring onions.
- 3 Mix all the ingredients together in a serving bowl with the soured cream and mayonnaise at a ratio of round 2 parts soured cream to 1 part mayonnaise.
- 4 Add seasoning to taste.
- 5 Garnish with pea shoots and seasonal chive flowers and serve.

Ingredients for the Slaw

- 1 celeriac
- 2 carrots
- 6 radishes
- 6 spring onions
- 200g soured cream
- 100g mayonnaise

Method - Taco Filling

- 1 Chop/dice the onion, pepper, mushrooms and garlic, gently fry in oil until soft.
- 2 Add your beef or Quorn mince and gently fry stirring regularly until cooked.
- 3 Add Worcestershire sauce, chilli, smoked paprika, tomato puree, honey and seasoning to taste. Continue to stir then add your vegetable stock cube and 125ml of freshly boiled water. Let it gently simmer then add your kidney beans reducing slightly so the mixture isn't too liquid. Take off the heat, then add your cooked tates.
- 4 Rinse and dry the lettuce, using 2 leaves per taco.
- 5 Add the taco filling to each lettuce leaf, topping off with the grated Lincolnshire Poacher cheese.



Judge's feedback

We absolutely loved everything about this dish. It is so important as restaurants that we think about different dietary requirements in our dishes. Not only was this one gluten free, but it even suggested a vegetarian / vegan alternative. Lots of helpful instructions, healthy to eat and lots of own-grown ingredients. A clear winner!



2nd

CATEGORY KS2

Prep time: 30 mins

Cooking time: 20 mins

Number of servings: 4

Nicely Spicy Ugandan Potato Curry

Peri-Peri Partners
Welton St Marys Primary Academy

This dish was inspired by our link school in Uganda called Ntomlwe UMEA School. We have been linked with this school for a year and we have sent letters to them to build a strong relationship with the children at this school. We found out that potatoes are part of their diet as well; who knew? This hot and spicy curry contains turmeric, which may prevent heart disease and reduce spread of cancer. This comestible curry also includes lemon juice, which can aid weight loss, and includes ground cinnamon that has anti-viral properties. If you aren't a big fan of spicy food, that's alright! You can reduce the amount of peri-peri sauce or even remove it from the recipe and it will still taste great. Be careful not to add too much though - it's hot! We hope you enjoy this traditional Ugandan recipe as much as we did.

Ingredients

- 1 kg potatoes, peeled and parboiled
- 1 medium onion, peeled and finely chopped
- 2 garlic cloves, crushed
- ½ tsp turmeric
- ½ tsp peri-peri sauce
- ½ tsp ground cinnamon
- ½ tsp ground coriander
- 1 tsp tomato puree
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped
- 1 pinch of salt

Method

- 1 Heat the oil in a frying pan and fry the onion. When it begins to go golden add the garlic and cook for 30 seconds.
- 2 Add all of the ground spices gradually and stir-fry for around a minute.
- 3 Now add the tomato puree, lemon juice, parsley and peri-peri sauce. Remember, you can adjust the amount of peri-peri sauce to suit your taste.
- 4 Cut the parboiled potatoes into pieces and add the rest of the ingredients. Stir well to distribute the sauce and add 250ml of water.
- 5 Simmer gently (uncovered) for around 10 minutes or until the potatoes are tender and the sauce has reduced. (You can add some extra water if the potatoes look a bit dry when they are cooking.)

Tuck in!





3rd

CATEGORY KS2

Prep time: 30 mins

Cooking time: 20 to 30 mins

Number of servings: 24

Festival Potonuts

Elias
Westgate Academy

Westgate Academy is a junior school in the centre of Lincoln, looking upon the magnificent Lincoln Castle. We have 16 classes of children from 7-11, becoming a full Westgate family of about 450.

Our children have taken part in this competition through their own merit. Once presented with the task by their teacher, the children then completed their entries at home with the support of their families.

I love chocolate and potato but there was no recipe that had them both. I wanted to make a recipe that did that.

My first idea was to make potato croissants but I ended up making "potonuts" instead. They are donuts made from potato and filled with chocolate!

Potonuts are best eaten warm, straight from the oven, but are also great taken on a picnic or as fuel for a festival.

Ingredients

- 1½ kg mashed potato (we used Lincolnshire Maris Piper)
- 60g butter
- 150g self-raising flour (you may need slightly more or less)
- Milk chocolate for the filling (a 200g bar should be enough, chopped into small pieces)

Method

Preheat the oven to 180°C / Fan 160°C / Gas 4

- 1 Start with boiled and mashed spuds - cold leftover potatoes are fine but warm, freshly boiled spuds are easier to work with. If using freshly boiled potatoes leave them to dry for a few minutes to get rid of as much moisture as possible.
- 2 Mash in the butter (unless your leftover mash already has some added).
- 3 Sift and mash in about 120g of self-raising flour (you may need more than this depending on how dry the potatoes are) until you have a soft but workable dough.
- 4 Tip the dough onto a work surface with lots of extra flour and divide into 24 pieces roughly the size of a golf ball.
- 5 Roll each piece into a fairly thin sausage shape then flatten. Add a line of chocolate and close the dough up around it. Roll the sausage shape with your hands again to make it smooth then curl it into a circle.
- 6 Place on a baking tray and bake at 180°C for 20 to 30 minutes until the outside is golden brown. The final potonuts should be baked long enough for the outside to be beautifully chewy whilst leaving the inside deliciously soft!



4th

CATEGORY KS2

Prep time: 20 mins

Cooking time: 20 mins

Number of servings: 2

Potato and Chorizo Omelette

Maple

Clough and Risegate Community School

As we have been sowing and growing our own fruit and vegetables in our school polytunnel, the children were keen to use some of their own produce in the curriculum kitchen. Here, the children created recipes inspired by this. The omelette recipe was selected because they all enjoyed tasting it and it wasn't something they had really tried before, especially with the addition of chorizo. We have been learning about nutrition in Design & Technology so the children decided to add more vegetables to the recipe to create a more well-balanced nutritious meal. Many of the children have passed this recipe on to family and friends. Yum!

Ingredients

- 2 large potatoes
- Half a chorizo ring
- 1 cup of cheddar cheese, grated
- 1 medium onion
- 1 clove of garlic
- 1 tsp chopped parsley
- 3 large eggs
- A good handful of spinach
- A pinch of salt and pepper

Method

- 1 First fill a saucepan with water and put it on to boil.
- 2 Carefully peel the potatoes, then cut them in to thin slices and boil for 10 minutes.
- 3 Whilst waiting for the potatoes to cook, slice the onion, garlic and chorizo.
- 4 Drain the potatoes.
- 5 Crack the eggs carefully into a bowl.
- 6 Heat up a large frying pan on a medium heat and add a splash of oil. Add the chorizo, onions and garlic and spinach and fry until softened.
- 7 Add the parsley and a pinch of salt and pepper.
- 8 Beat the eggs with a fork, add the grated cheese and add into the frying pan. Give it a stir then allow to cook for a few minutes until golden brown on one side. Carefully flip over with a spatula so it can cook on the other side.

Serve and enjoy!



5th

CATEGORY KS2

Prep time: 10 mins

Cooking time: 50 mins

Number of servings: 4-6

Potato and Butternut Squash Soup

Joseph
Westgate Academy

I was inspired to make this healthy soup using produce that you can grow in the garden or find in the shops all year round. I found some wild garlic on a country walk and thought it would make a lovely fresh topping, which goes perfectly with some crispy chorizo. It's packed with vegetable goodness and you can always add a selection of other veg like carrots if you have them.

Ingredients

- 1 large butternut squash
- 2 onions
- 2 cloves of garlic
- 7 medium potatoes
- 1 litre vegetable stock
- Chives or wild garlic to top
- Chorizo (optional) to top

Method

Preheat oven to 180°C / Fan 160°C / Gas 4

- 1 Cut squash into slices and remove the seeds. Put on a baking tray with a little oil and roast for around 30 minutes.
- 2 Put the seeds on a separate baking tray. Sprinkle with salt and pepper and roast for 40 minutes.
- 3 Slice onion and crush garlic. Fry gently in a large saucepan for around 5 minutes.
- 4 Meanwhile peel potatoes and chop into 2cm cubes. Add to pan with onion then pour in the stock and continue to cook for 10 minutes.
- 5 Peel and chop the roasted squash. Add to the pan and simmer for another 10 minutes or until everything is soft.
- 6 Remove from the heat and blend with a stick blender until smooth.
- 7 Season to taste.
- 8 If adding chorizo as a topping slice it thinly and pan fry until crispy.
- 9 Ladle soup into serving bowls and top each one with the roasted seeds, chorizo and wild garlic or chives.

Enjoy!



6th

CATEGORY KS2

Prep time: 15 mins

Cooking time: 30-40 mins

Number of servings: 6

Fantastic Faldi Meaty Spicy Spuds

Galahad
Faldingworth Community Primary School

Our recipe was inspired by the fact that we are growing potatoes, carrots and spring onions in our school garden and for the last three years we have entered the Grow Your Own Potatoes competition which means we love potatoes.

Some of our team come from farming families and believe that it's really important to use ingredients that are locally sourced and from Lincolnshire. We also used the Eatwell Guide to help us select our ingredients making sure that we selected ingredients from each section. Our personal tastes also inspired our choice of ingredients as we wanted bright, colourful ingredients to make our recipe look really appetising.

Ingredients

- 6 baking potatoes
- Olive oil
- 300g minced beef
- 2 carrots
- 4 spring onions
- ½ tsp cayenne pepper
- ½ tsp paprika
- 1 red pepper
- 1 chilli pepper
- 500g tomato passata
- 100g black beans (cooked)
- 400g tin of baked beans
- 100g Lincolnshire Poacher cheese, grated
- Fresh parsley

Method

Preheat oven to 200°C / Fan 180°C / Gas 6

- 1 Wash your potatoes. Do not peel them but cut each one into 6 wedges. Place onto a baking tray, drizzle with oil and season with paprika. Place carefully into the oven and cook for 30 minutes. Turn half-way through cooking.
- 2 Whilst your potatoes are cooking, wash your vegetables. Grate the carrots, thinly slice the spring onions, chop the red pepper into large chunks and slice the red chilli into thin fine strips. (Remember to wash your hands after touching the chilli.)
- 3 Next, fry your minced beef until it is brown then add all of the chopped vegetables into the frying pan. Add your cayenne pepper and paprika and keep stirring.
- 4 Add the tomato passata, baked beans and black beans, stir and bring to the boil. Once boiling reduce heat and simmer for 15 minutes.
- 5 Check the potatoes are cooked and carefully place them into your oven dish.
- 6 Pour the mince and vegetables carefully on top of the potatoes and sprinkle grated cheese on top and place the tray under the grill until the cheese has melted.
- 7 Sprinkle chopped parsley over the top and serve.



1st

CATEGORY KS3

Prep time: 30 mins

Cooking time: 25 mins

Number of servings: 16

Sweet Potato Brownies

Imogen - The Priory Academy LSST

I created this recipe as a healthier alternative to a favourite dessert.

The Priory Academy LSST has partaken in the LAS Healthy School Challenges since 2017, the students that have taken part have enjoyed the experience and have gained important life skills along the way including problem solving, teamwork, research and organisational skills as well as gaining confidence in presenting to the judges. Following a tough 18 months and cancellation of the competition due to the pandemic we are still as keen as ever to participate.

Ingredients

- 200g sweet potatoes
- 100g fat reduced spread
- 125g brown sugar
- 100g plain flour
- 2 large eggs
- ½ tsp vanilla extract
- ¼ tsp baking powder
- 50g cocoa powder

For the topping

- 1 ½ tbsp maple syrup
- 1 tbsp cocoa powder

Method

Preheat oven to 180°C / Fan 160°C / Gas 4

- 1 Grease and line an 18cm x 18cm (7" x 7") square cake tin with baking parchment.
- 2 Peel the sweet potatoes and slice into 1cm cubes. Place the sweet potatoes into a saucepan of boiling water. Lower the heat and simmer, covered, for 10-15 minutes until tender (when pricked with a knife the potatoes should slide off when done). Drain and mash. Leave to cool completely.
- 3 When the sweet potatoes are cool, place in a large mixing bowl along with all the wet ingredients. Mix with an electric hand whisk. Beat in the dry ingredients and beat for 3 minutes until well combined.
- 4 Pour into the prepared baking tin and spread out, levelling the surface with a knife. Bake in the oven for ten minutes then take out of the oven and carefully tap the tray on the worktop to create a crackly top.
- 5 Bake for a further 15 minutes until a knife comes out almost clean. Allow to cool completely.
- 6 In a small mixing bowl, mix the maple syrup and cocoa powder to create a runny paste.
- 7 Remove the brownies from the tin and baking parchment, drizzle the paste over the top and slice into 16 squares. Store in an airtight container.

Judge's feedback

All dishes were excellently made but the presentation and design for the brownies definitely stood out. The dish was unique with a great little twist. Doing something unusual was a great extra effort and scored high on creativity.



2nd

CATEGORY KS3

Prep time: 20 mins

Cooking time: 45-60 mins

Number of servings: 4

Tri-Tatoe Pie

Logan - The Priory Academy LSST

My inspiration was a gimmick of trying to make a pie with as many variants of potatoes that still fits the general theme and aesthetic.

Ingredients

- 4 sweet potatoes
- 12 new/baby potatoes
- 2 large (regular) potatoes, peeled and chopped into chunks
- 6 Lincolnshire sausages (skins removed)
- 1 leek, sliced finely
- 200g kale (shredded)
- 250ml gravy
- 1 tsp plain flour
- 2 tsp oil

Method

Preheat your oven to 180°C / Fan 160°C / Gas 4

- 1 Boil the sweet potatoes in a saucepan for 12 minutes or until soft, while boiling the regular potatoes in another pan for 15 minutes or until soft. When cooked drain and leave to steam dry.
- 2 Begin steaming your new potatoes, leek and kale for 10-15 minutes or until they are tender.
- 3 Add a little oil to a frying pan and cook your sausage meat for 8-10 minutes, breaking up any large parts. Then add 100ml of gravy, flour, 50g of kale, leeks and the regular potatoes and stir this together until well mixed and allow it to simmer for 5-10 minutes.
- 4 Remove the skins from the sweet potatoes and mash these until smooth in a large bowl.
- 5 Pour your mixture out of the frying pan into a casserole dish and then spoon your sweet potatoes on top, smooth this out with a metal fork until even and then place this into the oven. Leave it to brown for anywhere from 10-30 minutes depending on preference and then remove it and serve with the New potatoes and kale along with the gravy.



3rd

CATEGORY KS3

Prep time: 10 mins

Cooking time: 2 - 2.5 hours

Number of servings: 12



Chilli Potatoes

Mia - The Priory Academy LSST

I wanted to try and create something I haven't had before. I tried thinking of things I would have with a potato and came up with this. I wanted to test my skills by cooking multiple things (the potato, the potato skins, the chilli).

Ingredients

- Olive oil
- 1 onion
- 1 tbsp ground cumin
- Salt
- 1-3 tsp chilli powder
- 25g cheddar cheese
- 1 tbsp sweet smoked paprika
- 400g kidney beans
- 400g mixed beans
- 400g canned chopped tomatoes
- 6 baking potatoes
- 25g butter

Method

Preheat the oven to 200°C / Fan 180°C / Gas 6

- 1 To make the chilli, heat the oil in a large pan. Add the onion and cook until softened. Tip in the spices and cook for 1 minute. Tip in the beans and tomatoes, bring to the boil and simmer for 15 mins or until the chilli is thickened.
- 2 Sprinkle the potatoes with oil and salt then place in the oven for 1 hour. After an hour check the potatoes and turn them over then leave them for another hour, or until they are cooked.
- 3 After the potatoes have been cooked take them out of the oven then place them on the side to cool. After they have cooled cut the potatoes in half and scoop the potato out of the skin. Place the skins back in the oven to crisp up some more.
- 4 Next make the mashed potato. Use a potato masher and make sure the potato isn't lumpy. Then add the butter.
- 5 Once the potato skins have crisped up put a couple of tablespoons of chilli into the skins, then add the mash on top. Place into the oven for 10-15 mins to warm up.

Enjoy!!!



4th

CATEGORY KS3

Prep time: 15 mins

Cooking time: 45 mins

Number of servings: 6-8

Creamy Fish Pie with Silky Mash on Top

Alfie - The Priory Academy LSST

This recipe was made because I woke up and thought why not try to make it so I did.

Method

Preheat the oven to 180°C / Fan 160°C / Gas 4

- 1 Place the salmon fillets on a baking tray lined with non-stick parchment paper and bake for 15 minutes until thoroughly cooked. Remove from the oven and allow it to cool.
- 2 Place the potatoes in a large pan and cover with plenty of water.
- 3 Add a pinch of salt and boil until tender.
- 4 Drain the water and allow them to cool.
- 5 Peel and mash, then add milk, and butter. Mix well until combined and the mash is light and creamy.
- 6 Set aside.
- 7 In a saucepan, melt the butter and add the flour, whisking well.
- 8 Add the milk and continue to whisk until the sauce thickens.
- 9 Next, season with salt and ground black pepper, add the parmesan cheese, Dijon mustard, chopped spring onion and stir.
- 10 In goes the salmon, which can be cut into chunks. The mixed veggies can go in as well.
- 11 Give the mixture a good stir and spoon it into two smaller oven-proof dishes or a larger one.
- 12 Top it with the mashed potatoes and sprinkle over the cheddar cheese.
- 13 Bake for 20-25 minutes until golden and bubbly.

Ingredients

- 2 salmon fillets
- 1 spring onion
- 1 cup frozen mixed vegetables
- 25g butter
- 1 tbsp plain flour
- 1-cup milk
- A pinch of ground black pepper
- 2 tbsps grated parmesan cheese
- 1/2 tsp Dijon mustard

For the mashed potato topping

- 1 kg potatoes
- 1/4 cup milk
- 1 knob of butter
- 1/4 tsp salt
- 1/2 cup grated cheddar cheese



1st

CATEGORY KS4 & 5

Prep time: 20 mins

Cooking time: 20 mins

Number of servings: 10

Broccoli Croquettes

Jessica - The Priory Academy LSST

I was inspired to make this recipe because I wanted to include some of my favourite foods, potato croquettes and broccoli. These ingredients work extremely well separately so I thought that they would be great together as well.

Ingredients

- 500g potatoes
- 60g cheese, grated
- 2 large eggs (separate out 1 yolk and whisk the rest together)
- 50g broccoli
- 40g butter
- 20g plain flour
- 150g breadcrumbs
- Splash of olive oil

Method

- 1 Peel and chop the potatoes into small chunks and boil in slightly salty water for around 15 minutes. (Until a knife can slide out without resistance.)
- 2 Meanwhile, chop the broccoli into really small florets and boil for roughly 6 minutes.
- 3 Once the broccoli has boiled drain then pat it down with kitchen roll, to get rid of all the moisture.
- 4 After the potatoes have boiled, mash them up with some butter, the cheese and 1 egg yolk. (This helps the mixture to stay together).
- 5 Now add the broccoli and 20g of breadcrumbs to the mashed potato and lightly mix in thoroughly.
- 6 Once that is done, make a ball with a tablespoon of the mixture and then roll it out into a small, stubby sausage shape.
- 7 Repeat until all the mixture is used and chill in the freezer for 10 minutes to firm up.
- 8 Meanwhile, put the flour, the whisked egg and the breadcrumbs into separate bowls.
- 9 Roll each of the chilled potato croquettes in the flour, then the egg then the breadcrumbs, repeat with all of them.
- 10 Add some oil to a frying pan, and fry the croquettes, turning every couple of minutes.
- 11 Serve up with some dip and enjoy!

Judge's feedback

All wonderful entries. The winner however, in my opinion had the most well-structured, tasty and creative aspect to their dish.



2nd

CATEGORY KS4 & 5

Prep time: 45 mins

Cooking time: 30 mins

Number of servings: 4-5

Lincolnshire Duchess Potatoes

Harriet - The Priory Academy LSST

Duchess potatoes inspired by the Lincolnshire sausage using the main flavour of sage and to give it an extra touch of Lincolnshire Poacher cheese.

Ingredients

- 500g floury potatoes, peeled and chopped
- 1 large egg, separated
- 30g soft butter
- 30g Lincolnshire Poacher cheese, finely grated
- ½ tsp sage, finely chopped
- Salt and pepper to season
- A little vegetable oil, for the tray

Method

Preheat the oven to 220°C / Fan 200°C / Gas 7

- 1 Cook the potatoes in a pan of boiling salted water for 15 mins until tender when pressed into the side of the pan. Drain well and leave to steam-dry in the pan for 2 mins. Mash the potatoes until very smooth - use a ricer if you have one, or use a masher, then press the potatoes through a metal sieve to ensure they're completely lump-free.
- 2 Mix the egg yolk, butter and cheese in a large bowl, then add the mash, sage and some seasoning. Mix well with a spatula until the butter has melted and is well incorporated. It will come away from the sides of the bowl, similar to choux pastry.
- 3 Line a baking sheet with baking parchment and brush over a little vegetable oil.
- 4 Spoon the mash into a piping bag with a wide star nozzle. Pipe 20 walnut-sized peaked swirls onto the prepared tray, as if you were icing a cupcake. Beat the egg white with a pinch of salt and brush the potato swirls gently, to keep the fluting.
- 4 Bake for 15-20 mins until golden-brown and crisp on the outside.

3rd

CATEGORY KS4 & 5

Prep time: 10 mins

Cooking time: 20 mins

Number of servings: 2



Sweet Potato Hash, Eggs & Smashed Avocado with Seasoning

Sophie - The Priory Academy LSST

Hash browns were my grandma's favourite so I took a twist on it with her other favourite ingredients.

Ingredients

- 1 large ripe avocado
- 1 lime, juiced
- 1 tbsp olive oil
- 1 red onion, ends trimmed and spiralised on a flat blade
- 2 medium sweet potatoes, ends trimmed and spiralised into thin noodles
- 2 large eggs
- Sriracha sauce, for drizzling

Method

- 1 Peel or scoop out the avocado then smash up the avocado with a fork, leaving some pieces chunky. Add the lime juice and season to taste.
- 2 Heat the oil in a large, non-stick frying pan over a medium heat. Add the onion and cook for 2 mins, then stir in the sweet potato. Season and press the spiralised sweet potato into the pan with the back of a wooden spoon. Cook for 10-15 mins, stirring occasionally, until the sweet potato is softened and crisping at the edges.
- 3 Make two spaces in the pan, crack in the eggs and cook for 2-3 mins until the whites are just set and the yolks runny. Dollop on the avocado and drizzle with sriracha to serve.



4th

CATEGORY KS4 & 5

Prep time: 10 mins

Cooking time: 1 hour 20 mins

Number of servings:

2 for a main, or 4 for a side dish

Twice-Baked Loaded Potatoes

Eve - The Priory Academy LSST

A dish inspired by a video we watched recently in class about all the different ways to cook a potato. The methods went from simply boiling them to wrapping them up and putting them in a car engine. Fortunately, I decided on a safer method.

Ingredients

- 2 large baking potatoes
- 2 tsp olive oil
- 115g sour cream, plus four extra spoonfuls for serving
- 2 tbsp unsalted butter, melted
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 50g cheddar cheese, grated
- 50g spring onions, thinly sliced
- 2 strips bacon, cooked and cut into small pieces

Method

Preheat the oven to 200°C / Fan 180°C / Gas 6

- 1 Rub each potato with 1 teaspoon of oil and prick the top with a fork.
- 2 Place the potatoes on a rimmed baking sheet and bake for 1 hour.
- 3 Transfer potatoes to a cutting board and cut in half.
- 4 Using a spoon, gently scoop out the inside flesh of the potatoes and transfer to a medium bowl. Reserve the skins.
- 5 Add the sour cream, melted butter, salt, pepper, ½ of the grated cheese, and ½ of the spring onions and combine with a hand mixer until smooth.
- 6 Use a spoon to transfer the potato mixture back into each of the scooped-out potato skins.
- 7 Bake for 10 minutes.
- 8 Sprinkle the potatoes with remaining cheese, and bake for 5 more minutes, until the cheese is melted.
- 9 Top with the bacon pieces and remaining sour cream and spring onions.



1st
SEN

Prep time: 15 mins

Cooking time: 1+ hour

Number of servings: 6

LFW Poacher Gratin with Asparagus and Cheesy Bites

Lincolnshire Wolds Federation St Bernard's

St Bernard's is part of the Lincolnshire Wolds Federation. The school positively supports students aged 2 to 19 with a wide range of learning difficulties and complex needs.

As a class we had a look at potato-based recipes but we couldn't decide on what to make so we devised a questionnaire and sent it out to all the staff. We were really pleased when Irene came up with this idea. We then looked up which ingredients we could buy locally and decided on the cheese, potatoes, butter and asparagus which are the most important ingredients. We asked our teacher to buy these. We enjoyed looking up the nutritional information which helped us to think about diet and healthy eating. Oh and of course we enjoyed cooking our chosen recipe and tasting this. It was delicious!

Ingredients for the Gratin

- 1.5 kg Marfona potatoes
- 2 onions
- A few sprigs of fresh sage
- 400ml organic vegetable stock
- 50g Lincolnshire Poacher cheddar
- 1 knob of butter (we used Lincolnshire Poacher butter)
- 150g asparagus (sourced locally from Coningsby)

Method for the Gratin

Preheat the oven to 180°C / 160°C Fan / Gas 4

- 1 Peel and thinly slice the potatoes and peel, halve and finely slice the onions. Pick the sage leaves and finely slice most of them, leaving some whole.
- 2 Arrange a layer of sliced potatoes over the base of a 20cm x 30cm baking dish, followed by a layer of sliced onions, a scattering of sliced sage and a pinch of sea salt and black pepper. Keep alternating layers of potatoes and onions, lightly seasoning each layer and finishing with a layer of potatoes that slightly overlap each other.
- 3 Pour over the stock, season the top layer with a little salt and pepper, then scatter over the whole sage leaves and grate over the Lincolnshire Poacher cheese.
- 4 Pop little dots of the Poacher butter all over the potatoes, then bake at the top of the oven for 1 hour, or until the top is golden and the potatoes are cooked through.

Recipe continued

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LFW Poacher Gratin with Asparagus and Cheesy Bites (Continued)

Method for the Cheesy Bites

- 1 Mix the flour, salt and pepper and gently 'rub in' the butter to form a breadcrumb consistency. Once these are formed, stir in the grated Lincolnshire Poacher cheese.
- 2 Mix in the egg and milk, reserving a little to glaze the tops of the cheesy bites, forming a smooth and soft dough, trying not to work it too much.
- 3 Roll out into a circle, roughly 2.5cm (1 inch) thick and cut into 18 small triangles.
- 4 Place on a greased baking tray and glaze with the egg and milk mixture, top with cheese.
- 5 Bake in the oven for 10-15 minutes until cooked through and golden on the top.



Cooking the Asparagus

- Cook the asparagus by placing it in boiling water for a few minutes then drain and finish off in a frying pan with some seasoning and butter for a couple of minutes.

Enjoy.

Ingredients for Poacher Cheesy Bites

- 175g self-raising flour
- 25g butter
- 75g Lincolnshire Poacher cheese, grated, with a bit extra for the tops
- 1 egg
- 3 tbsp milk
- Salt and pepper to taste



Judge's feedback

A wonderfully put together dish. Great presentation and use of locally sourced ingredients. Sounded delicious. Well done to all involved.

MEET OUR JUDGES

KS2 JUDGES



Charlotte Bennett,
(Healing Manor)

Charlotte is now Managing Director alongside partner Steven Bennett at Healing Manor Hotel, where they both pledge to put the Lincolnshire Hotel onto the national foodie map.

Steven Bennett,
The Lincolnshire Chef (Healing Manor)

Recently awarded his second Rosette, winning Business Person of the Year at the Northern Lincolnshire Business Awards, and granted Guild of Master Craftsman, Steven's style of food embraces traditional French cooking, combined with modern dining and his ethos of locally sourced, seasonal ingredients.



KS3 JUDGE

Dan Wallis,
(Cross Keys)

Dan Wallis is the Executive Director Chef at Cross Keys, Stow. The Cross Keys is renowned as one of the top restaurants and pubs in Lincolnshire with a reputation for high quality food. Dan has a huge passion for delivering great food using the best ingredients sourced locally wherever he can.



KS4 & 5 JUDGE

Sam Owen,
(Owner and head chef of Salted Orange Food Company)

Born from the idea of thinking differently Salted Orange started as a personal brand with Sam Owen leading the charge, to today a 'family' unit creating, executing and delivering the best, most dynamic and fun catering and event management in Lincolnshire and beyond.



SEN JUDGE

Darren Rogan,
(by Darren Rogan)

I specialise in bespoke private dining and offering my clients a bit of a different culinary experience.

Over the years I've developed my own eclectic style of cooking. I enjoy pushing boundaries with my work, using modern techniques and new and unusual flavour combinations to create food that's exciting and original.

Throughout my career my passion for creating great food has seen me win multiple awards.

