

**Welcome to the May 2022 Newsletter from
"The Galley."**

First of all thank you all for your support while the kitchen was very short staffed and for providing your children with a packed lunch where possible.

Thank you too, to the parents of Sunfish class who came in to have lunch with their children.

Here in the kitchen we are preparing for the Jubilee Picnic which will be held outside, so fingers crossed that the weather will be kind to us!

We are also excited to judge the pudding competition ready to make the winning recipe next term!

The Horticultural Show will be the next big event. I am looking forward to seeing the recipe ideas for the 'Cook It' competition and finding out who will be this years mini master chef! Start looking for your recipe as soon as possible; it can be sweet or savoury but must contain as much local produce as possible.

We are very lucky here on the Island that we can source a large amount of local produce including meat, seafood, cheese, dairy, salad, vegetables and much more.

Get your cookbooks out and hopefully we will see you cooking at the live final! Good luck everyone!

Nicky Ibbertson and Nicky Buswell



**Seasonal Fruit and
Vegetables for
May/June**

Purple Sprouting Broccoli

Cabbage, Carrots, Cauliflower,
Carrots, Courgettes, Spinach,
Rhubarb, Lettuce, Cucumbers,
Radish, Rocket



 **The Galley** 

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Apple Pie



Serves 4



Shopping basket

900g (2lb) Bramley Apples

115g (4oz) Caster Sugar

1 tsp Ground Cinnamon

Pastry

450g (1lb) Plain Flour

130g (8oz) Baking Margarine

15g (1/2oz) Caster Sugar

50ml (2 fl oz) Water



Method

Peel core and slice the apples. Put in a pan with a little water and simmer until soft.

Remove from the heat and sprinkle with the sugar and cinnamon and leave to cool.

Sift the flour into a large bowl. Cut the margarine up into cubes and quickly rub into the flour using your fingertips until the mixture looks like breadcrumbs.

Add the sugar and water and mix together until it sticks together and forms a ball of dough. Turn out onto a clean work surface and knead until a smooth ball.

Leave to rest for 30 minutes.

Preheat the oven to 190C/375F/Gas 5

Divide the pastry in two and roll out one half to fit a large ovenproof dish.

Place onto the dish and put the apples on top. Roll out the remaining pastry to cover the top of the pie. Dampen the edges with water and place the pastry over the top of the apples, press the edges down to seal and trim off any excess.

Cut a slit in the top to let out the steam, then brush with water and sprinkle with sugar.

Bake in the oven for 35-40 minutes until golden brown.