

Parkwood Methodist Church

The Herald

January 2022



St. Mark's Parish Centre
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News from the Parkwood Children's Club at the Drop By Centre Cook & Eat

We had our first 'Cook & Eat' session the other week and Egg Fried Rice was on the menu –



The session went reasonably well - even though one of the eggs finished on the floor!
Here's some photos from our session



The session was run by Nikita and Matthew from Primetime with support from Parkwood volunteers.



...and a good meal was enjoyed by all.



Thanks to everyone who made this a great session.

Here are some of the planned 'Cook & Eat' sessions for the future:
Cook & Eat Menus Jan. Feb 2022

13th January 2022	Caramelised Banana and Chocolate Pastry
20th January 2022	Sausage and Bean Bake
27th January 2022	Cake in a Mug
3rd February 2022	Fish Bites
10th February 2022	Fruit Tart
17th February 2022	Cheese and Onion Pasties

(Children and not allowed into the kitchen and all cooking by children is carried out in the main room at the Drop By centre. There are always two adults who are supervising the children at our Children's Club and all photos meet our safeguarding standards.)

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Due to Covid restrictions places are limited on these sessions. To reserve a place or make a general enquiry please email me joelloyd@yelho.co.uk or text 07950640728 and I will pass on your enquiry to the relevant person. (ed!)

Here's a sample of a Recipe and cooking instructions which the children can take home with them.

PRIMETIME BRADFORD
COOK AND EAT

Ingredients

- 150g Chocolate
- 500g Puff Pastry
- 3 Bananas
- 3 Tablespoon Brown Sugar

PREP TIME: 10 MINS
COOK TIME: 20 MINS
TOTAL TIME: 30 MINS

CARMELISED BANANA & CHOCOLATE PASTRY

Method

1. Pre heat the oven Gas Mark 6 / 200 degrees.
2. Roll out the pastry onto a floured worktop.
3. Break and scatter chocolate over the pastry leaving a 5cm boarder around the edge.
4. Chop and scatter bananas over the top.
5. Sprinkle brown sugar over the top and place on the top shelf of the oven and cook for 20 minutes.
6. Leave on a heatproof rack to cool for 10 minutes before slicing and serving up.

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Our Sunday Service this week 16th January is led by Mr John Oldham 10.45am at St. Mark's Parish Centre.

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Please note: an EGCC is planned by Zoom on the 26th January @ 5.00 pm. It's your Church do try to join us.

Contact me for details.

Look forward to seeing all. Meanwhile Keep Safe, Warm and Strong.