



THVS Newsletter

Autumn | 2020 | Number 1

In this edition:

Cook Along with Mark Lloyd. Care experience, chef and entrepreneur

Training dates and ideas for carers and teachers

Talking themes: Black History Month and Black Lives Matter

Do you have a story for our newsletter? Contact us vsinfo@towerhamlets.gov.uk

Welcome!

Welcome to the first Virtual School Newsletter. The Virtual School is your school with dedicated staff to champion your education and personal aspirations for success. Whatever happens in your care journey the Virtual School will always be on hand to support you.

To do this we need to know what you are aiming for, what support you need and what your dreams for the future are. You may not feel comfortable saying the great things you want to achieve. Maybe because it may feel impossible? But, as Nelson Mandela said, "It always seems impossible until it's done." Every child in the Virtual School has an expert teacher in their corner; a person who you can call upon for advice, support and help.

Feel free to communicate with us. Tell us what you have achieved at school, your ambitions and how we can help.

David Cregan: Headteacher



Carer Support: [Black History Month](#) and [Black Lives Matter resources](#)
Carer and Teacher [Training 2020-2021](#)
Health and Wellbeing [Support for Children and Young People](#)
Have you visited our website? <http://virtualschool.towerhamlets.gov.uk>



Recipes for Success

Executive Chef, CEO, wild food expert, author, fisherman, presenter and food waste warrior Mark Lloyd is passionate about teaching our young people how to cook and gain confidence in the kitchen.

2020 has seen Mark head off to Scandinavia, where he spent part of the summer cooking on the fjords of Norway before heading to Sweden, to cook in one of Stockholm's most prestigious establishments alongside Sweden's top chef.

Mark was the executive chef of Pomona's in Notting Hill. He added sustainability and true food ethics to the menu, reduced food miles, food waste and championed British small producers throughout the menu via FoodChain. Mark was Michelin listed for 2018 and 2019.

His high-profile clients include: Premier League footballers and international rugby players. He has catered for exclusive parties including that of Rolls Royce, BMW, Aston Martin, Universal Music and Harrods amongst others.

Mark is a friend of the Virtual School who loves to work with our children and will be running online Cook Along sessions for you!

Over the summer, Mark spent some time with one of our Year 11 students and taught him, via video link, to make an Inside Out Burger!

Why don't you try your own!

Inside out Cheese & Bacon Burger,
tomato, red onion & cucumber crash, toasted bun
Makes 6 burgers

For the burgers;

6 of your favourite burger buns, I like the seeded ones....
500G good beef mince
1 white onion, peeled and finely diced
1 ½ Teaspoon Dried garlic powder
1 tablespoon fresh or dried thyme
1 tablespoons of sea salt
1 teaspoon ground white pepper
2 large eggs
2 Tablespoons of Tabasco sauce
3 Tablespoons Worcestershire sauce
2 ½ Tablespoons tomato ketchup
12 Slices of white bread, crusts removed, blitzed to a crumb (old bread works best)
150g of your favourite cheese, grated
1 packet of smoked, streaky bacon, grilled until crispy

Method;

Combine all the ingredients in a mixing bowl, making sure all the herbs, seasonings and crumb is evenly distributed. Shape into 75g burgers and place in the fridge to chill for 45 minutes.

Once chilled, take 2 burgers, place cheese on top of one, leaving a rim around the edge, place another burger on top, pinching all the way around to seal the cheese inside, place back in the fridge until needed. Repeat this with all the remaining burgers until you have 6 "inside out" cheeseburgers.

For the "Crash"

Method;

Mix all the ingredients in a bowl and leave them for an hour or two to get to know each other...

1 red onion, peeled and finely diced
1 cucumber or pickled gherkins, sliced lengthways, seeds removed and finely chopped

4 ripe tomatoes, roughly chopped
2 tablespoons olive oil

Sea salt and pepper to taste

To cook; heat a frying pan or BBQ and cook the burger until the cheese starts to ooze from the burger, top the toasted bun with lettuce, the burger, a slice of bacon and some crash, maybe a little mayo then the lid, enjoy!!!

"The session with Mark was brilliant! I can't wait until the next one!" Student Year 11

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<http://virtualschool.towerhamlets.gov.uk>

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