

Skoolarest



“Eating is much more than just eating: it is awakening your senses, it is travelling around the world without leaving the table... It is experiencing, learning and sharing healthy living habits.”

¿WHAT ARE WE COOKING IN APRIL?

STOP FOOD WASTE Day



Stop food waste - 26 April 2023

Did you know...

That one third of the food produced for human consumption worldwide ends up in the rubbish bin?

Food waste is one of the key challenges facing our planet today, as it is a waste of energy and resources that could be used for growing, harvesting, processing and cooking. Furthermore, these wastes are a huge source of methane emissions, which contribute to the greenhouse effect.

The Compass Group has been putting all its efforts into this fight since 2017, which is flagged by “Stop Food Waste Day” and this year it will be celebrated on **26 April**. With this initiative we aim to raise awareness on food waste and to move forward in adopting new measures to reduce this, both at its facilities and in society. **Food waste is everyone's business.**

Olive oil

Speaking of olive oil... Scolarest cooks its menus with **100% OLIVE OIL** in all school canteens.

Did you know that...

Not only is the olive tree important for Christians, for it symbolises the victory over death through the resurrection of Christ. For the Hebrews, olive oil was a symbol of divine blessing used in various religious ceremonies. Muslims relate the olive tree and its oil to the light of God, a light that guides human beings. And for the ancient Egyptians, the olive tree meant life, so they placed a sprig of olive tree in the tombs of the deceased.



Guardians of health with the Fish Revolution

We are all guardians!

Scolarest takes all necessary measures to ensure that our diners with an intolerance or allergy to fish and/or seafood do not ingest products that contain it or that have been in contact with it.

We constantly train all our kitchen staff and supervisors to prevent incidents caused by food allergies. Although it may not look like it, all dishes in the **Fish Revolution** programme are made with hake: a noble, delicious fish with many nutritional benefits.



Eat the world - The Incas

Although over time cereals such as wheat, barley, rye or rice have been introduced in their diet, in the origins of the Inca Empire their diet was completely gluten-free, as natural food was one of the goals to achieve appropriate nutrition.

In addition, the Incas enjoyed the luxury of eating fresh fish, brought by the famous Chasquis from the coast of Peru. These were runners that had been trained from an early age to cover many kilometres in turns, moving parcels from one place to the other and urgent messages quickly. Therefore, it could be said that they were the first to provide “home delivery service”.



DIVERTRIP IT'S TIME FOR... TORRIJAS!



In this world there are two types of people: those who like milk torrijas and those who like wine torrijas. Which group do you belong to?

We have not been able to choose one or the other, so what we propose this Easter is that you make those you like the most, and you will be all right. After all, love is the most important ingredient for success!

Here are some tips that will be useful for both recipes:

- **Bread:** choose the type of bread you prefer, but we recommend that it be from the day before, as it will better absorb the wine or milk and it will be juicier. Slices must be one and a half or two centimetres. If you cut them thicker, they could be dry in the middle.
- **Syrup:** after heating it to mix the ingredients well, cover it and wait for it to cool before soaking the bread slices. If you do it before, they will get excessively soft.
- **Oil:** we know we do not need to tell you this, but just in case... after breading the bread, dip it in plenty of hot olive oil. Repeat after me: from O, LIVE. :)

Are you still hungry?

Follow us on our social media and find out before anyone else about our tips, curiosities and latest cooking trends.

BE KOOL!