



# LANDSDOWNE SCHOOL NEWSLETTER

This week we feature a recipe from food technology and the reintroduction of the bikes, now that they have been repaired and extra bikes have been purchased. We are very pleased that several groups went to the Young Vic on Thursday to take part in a new project and we will give more information about that in next week's newsletter.

It has been really good to welcome the students back after the Winter break and we are planning a trip for our Head Boy and Head Girl and their deputies to visit the Brixton Soup kitchen to hand over the money we raised from the Winter Fair.

Mr Jukes

Class of the Week  
in KS3

Congratulations!

**7RM**

Class of the Week  
in KS4/5

Congratulations!

**11RM**



## Bikes are BACK!

We gladly announce that the bikes are ready to "Ride", with brand new bikes and scooters. The



students are very excited to be able get back on the bikes. In these lessons the students will be learning how to use the bikes in terms of dismounting, mounting and practicing using the brakes in a safe way. With these lessons, students

will be prepared to ride the bike in the streets. The training consists of riding the school track and learning road safety rules by recognising the road signs.

Mr Costa



## Lasagne al Ragú

This week, Key Stage 3 students tackled the art of Italian cuisine by creating Lasagne al Ragú. They have discovered that Bolognese sauce's true Italian name is Ragú, which they skilfully made from scratch, along with a creamy white sauce. The final touch involved carefully layering pasta sheets with their homemade sauces to assemble the ultimate lasagne. The result? Mouth watering perfection! But don't just take our word for it—try it for yourself and make it at home!



Ms Ravazzolo

### Preparation

- 1) Preheat the oven to 190°C.
- 2) Prepare the ingredients:
  - peel and chop the onion;
  - peel and crush the garlic;
  - peel, slice and chop the carrot;
  - slice and chop the celery;
  - grate the cheese.
- 3) Fry the onion, garlic, carrot and celery in the oil until soft - about 4 minutes.
- 4) Add the minced meat and cook until brown, then add tomatoes, herbs and tomato puree.
- 5) Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for at least 15 minutes with the lid on (the longer it simmers, the better it will taste). On the last 10 minutes, add the milk and blend well, stirring slowly.
- 6) Make the white sauce (follow instructions in the next page).
- 7) In a foil tray, spread some Ragú (Bolognese sauce) mixture in the bottom, cover with lasagne sheets and a little white sauce. Repeat this, finishing with the sauce on top.
- 8) Sprinkle the remaining grated cheese on top and bake for 20 minutes.



### Ingredients

- 1 onion
- 1 garlic clove
- 1 carrot
- 2 celery sticks
- 100g minced beef
- 1 tbsp spoon oil
- 400g canned chopped tomatoes
- 1 tsp spoon mixed herbs
- 1 tbsp spoon tomato puree
- 25g parmesan
- 50ml semi-skimmed milk
- Black pepper
- 1 x quantity white sauce
- 6 lasagne sheets



### White Sauce Preparation

1. Melt the butter/baking fat in a saucepan over a medium heat. Pour in the flour off the heat and stir well. This should make a thick paste. Cook paste for one minute or until it bubbles.
2. Slowly add a little milk off the heat. Bring to the boil.
3. Add a little more milk off the heat. Bring back to the boil again.
4. Continue to add the milk in this way, making sure the mixture boils each time, until all the milk has been used.
5. Taste and season with pepper if necessary.



### Ingredients

- 25g butter
- 25g plain flour
- 300 ml milk