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24th September 2019

Dear Parent/Carer,

**CAVE Week – Cooking and Recipe Book Making – week commencing 14<sup>th</sup> October (8F)**

As you will know from my first letter on this topic, 8F will be doing a cooking project in our week off-timetable in October – compiling and cooking for a university students' cookbook – recipes that can be done with minimal kitchen equipment.

We would now like each student in 8F to bring in a recipe idea from home and we are hoping to have a multicultural selection of dishes that will reflect the huge diversity of our tutor group. Please could you help your son by suggesting a recipe (to serve two or four) for a university student with access to only a hob/cooking rings, a toaster and a grill and a fridge. Something pasta, rice, bread or couscous-based might work well, but we are sure you will have lots of ideas.

We would like mostly savoury recipes, though we know one student already wants to bring in an uncooked cheesecake recipe. Recipes cannot contain meat or fresh fish, though eggs, cheese and canned fish like anchovies and tuna work fine.

We will be publishing as many recipes as we can in a small booklet and cooking a selection – with groups of three students choosing one dish to shop for, write up and prepare in the school's new food technology lab. We might also be asking parents and carers if they can assist – perhaps by coming on our market visit or helping to supervise on the day of cooking.

We are looking forward to this and do hope you can support us by helping with a recipe idea. Please do email ([damms@williamellis.camden.sch.uk](mailto:damms@williamellis.camden.sch.uk)) if you would like further clarification or to offer any ideas.

All best wishes,

Ms Damms, Ms Lawson and Ms Mercier-Peart