

New fire safety laws are coming into play.



Cooking with gas

Fire safety regulations are changing, but are you up to speed? Regulations that came into force in October mean kitchen managers can now face fines, or even corporate manslaughter charges, if they don't properly implement fire prevention measures to safeguard staff.

So the Health and Safety Executive's plans to clarify the slightly confusing rules about gas interlock overrides sounds like a good idea. Overrides are fitted into some cooking equipment to enable chefs to continue cooking with gas even after ventilation systems have shut down due to a blockage.

For many years the overrides have been banned in what are known as Type B appliances. In Type As, overrides are not illegal but they are discouraged under Corgi standards unless they have a dedicated flue. However, caterers can do their own risk assessments if they have a Type B with an override they believe can be safely operated. But no new equipment should include an override.

Sound complicated? Well it is. But the HSE will be issuing an information sheet to clarify the rules next year. In the meantime, find out everything you need to know about the new fire safety regs at www.firesafetylaw.communities.gov.uk

On the guest list

Michael Caines, who was recently trying to impress the queen with his cooking on TV's *The Great British Menu*, has confirmed that he will be participating in the Skills for Chefs Conference. So too has former La Gavroche chef Daniel Galmiche, who now works at the Clivedon Hotel.

They join the likes of Mark Allison from Johnson & Wales University in the USA, Michelin-starred Nigel Haworth and well-known Scottish chef Willie Pike. The Octagon Centre at the University of Sheffield is the venue and the time is 2-3 July next year. Visit www.skillsforchefs.co.uk to find out more about the largest two-day conference for chefs held in the UK.

DAVID RUSSELL ON...

Don't let your students miss the breakfast club



Clinical tests show that physical skills, intellectual performance and attitude toward achievement suffer in people skipping breakfast. The Russell Partnership's research in the sector indicates 40% of students miss breakfast.

Breakfast is exactly what it says – a meal that breaks the fast your body has endured through the previous twilight hours. When our customers wake, blood sugar will be low and the body naturally dehydrated. Breakfast provides the energy to increase the body's metabolic rate. If you miss breakfast, stored glycogen will be used and your low blood sugar will lead to fatigue; a craving for instant energy will follow.

What you choose for breakfast makes a difference. Living off stimulant-rich coffee and high-fat croissants may give you an instant lift but will do no good to long-term health. The basis for a sound start is a steady supply of energy, plus vitamins, minerals and fibre.

So break the mould. Try to introduce innovative options to your campus breakfast offer:

No time breakfast:

- ☛ Wholegrain roll with peanut butter and sliced banana
- ☛ Cottage cheese pots with oat cakes
- ☛ Unsalted nuts, raisins with fresh fruit

Super-charge breakfast:

- ☛ Vegetable frittata – Italian omelette – lightly sauté a few mushrooms, onions; add eggs. Cook and finish under the

grill and serve in wedges

Allergy-free option:

- ☛ Buckwheat pancakes with fresh fruit

The key message is combine carbohydrates with proteins

Carbs	Protein
Cereal and fruit	Yoghurt / milk / seeds
Seasonal fruit	Yoghurt / milk / seeds
Wholemeal toast	Eggs
Wholemeal toast	Fish

Best Bet Breakfast – 'Granola'

The oats provide soluble fibre and low GL carbohydrate. Nuts and seeds are stuffed with essential fats and minerals and I use xylitol (low GL natural sugar substitute).

Recipe x (15)

5 tbsp olive oil, 5 tbsp xylitol, 350gms oatflakes, 7 tbsp flaked almonds, 7 tbsp roughly chopped nuts, 3 tbsp pumpkin seeds, 4 tbsp sunflower seeds, 7 tbsp ground almonds.

Melt the olive oil, add the xylitol. When combined, add oats and stir until golden (6-7 mins). Add nuts and flaked almonds, stir for 2-3 mins; add seeds and ground almonds – cook for 1-2 mins. That's it. Serve with a seasonal fruit – it tastes divine, is quick, inexpensive and very nutritious.

Breakfast can be different – Try it.