



COLEG Sir Benfro
Pembrokeshire COLLEGE

SEED

Student Experience in Esteemed Destinations



*Inspiring
tomorrow's
hospitality
professionals.*



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NEWSLETTER
JUNE 2020



Welcome



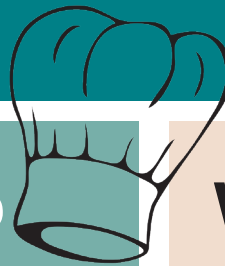
I am delighted to introduce our first newsletter.

Whilst our restaurant remains closed, our lecturers are still working hard to support our hospitality students to achieve their qualifications and to help them to prepare for their future careers in hospitality.

No-one knows yet what the start of the new academic year in September will bring but we hope to soon be able to welcome you back into our newly refurbished restaurant. In the meantime, here is an update on our staff and students.

We hope to see you soon and thank you in advance for your continued support.

Wendy Weber, Head of Faculty



Junior Chefs' Club

We run a Junior Chefs' Club on various dates throughout the holiday's for 6-12 year olds. These are fun-packed days with cooking activities mixed with arts and crafts. Junior Chefs' Club is all about learning how to cook and make new friends. Due to not being able to run these because of lockdown we have been running online cooking videos instead, please follow the link: bit.ly/juniorchefsclub

As soon as we are able to, Junior Chefs' Club will be running again so keep an eye out for dates...

WorldSkills Training

Training will be started in September for the Welsh regional competitions in 2021.

Our competitors are:

Advanced Culinary Arts
Aleisha Jones

Advanced Patisserie & Confectionery
Kirsty Evans

Advanced Restaurant Services
Dominic Caselton
Shania Greenhalgh



worldskillsuk
GO FURTHER, FASTER

Join our SEED Membership for only £10 per person per year and get a **10% discount** on food in the Restaurant and Coffee Shop every time you visit.

Your membership will enable our future chefs and front of house professionals to gain exposure and undertake competitive work placements at some of the most prestigious hospitality venues throughout the UK. This experience will help to give them the edge as they embark on their careers in the exciting hospitality industry.

Join our SEED Membership today and help our students to flourish.

Membership lasts for one academic year | email: restaurant@pembrokeshire.ac.uk

Evan scoops industry engagement award

Congratulations to hospitality student Evan Davies who was recently awarded the Industry Engagement Award in the Next Tourism Generation Competition 2020.

Launched in January, the Tourism Society Cymru invited students from colleges and universities across Wales to pitch their best experiences of industry engagement, digital innovation and sustainable tourism.

Evan, a Level 3 hospitality student, was encouraged to enter by his tutors. Evan's submission included a 500-word summary about his experiences so far alongside a three-minute video showcasing the skills he has acquired and how he has embraced every opportunity to work alongside industry professionals to build his skills.

Alongside working in one of Pembrokeshire's finest restaurants – Blas at Twr y Felin Hotel, Evan impressed judges with his ambition and his clearly evidenced pro-activity in maximising every opportunity for industry engagement.

Curriculum area manager for hospitality at the College, Lucy Good, commented: "Evan works incredibly hard both at College and at Blas Restaurant. His commitment and passion for the industry is evident and it's great to see that the panel have been able to recognise this through his work. Evan's goal is to eventually run his own kitchen, providing others with the opportunity to come into the industry – I don't doubt that he will become a great mentor in the future".

Evan was due to collect his award at an awards ceremony on 25th March 2020. This has now been postponed until further notice.





1. Lemon sole duglere



2. Wholemeal sourdough bread



3. Rhubarb & almond cake



4. Raspberry Eaton mess



5. Milano salami ravioli

Be inspired! Get creative in the kitchen.

Our lecturers have been busy in their home kitchen's cooking up a mix of sweet and savoury delights.

Keep reading for Pauline's amazing Pasta Puttanesca recipe.

Share your favourite recipes with us on Instagram:
[@restaurant.pembs](https://www.instagram.com/restaurant.pembs)
[#freshisbest](https://www.instagram.com/explore/tags/freshisbest)

Pasta Puttanesca Recipe

By Pauline

I made this pasta dish last week from items in the store cupboard and fridge, should you not have, or dislike, some of the ingredients such as anchovies, capers or chillies you can always change them for some other vegetables such as courgettes, mushrooms, aubergines or indeed tinned kidney beans, chick peas or ham/bacon.

The recipe is for two portions and, as you can see in the photo, I served the pasta with a side salad and toasted bread drizzled with olive oil and rubbed with garlic (and of course a nice glass of red wine to have on my patio!).



Ingredients

- 1 400g tin of tomatoes
- 1 dessert spoon of tomato puree
- Drizzle of olive oil
- 2 anchovies
- 2 cloves of garlic
- 1 dessert spoon of capers
- Black olives - approximately 12
- 2 small dried chillies
- Black pepper
- Large pinch of dried basil
- 200g of pasta (I used spaghetti)

Method

1. Pour the olive oil in a saucepan and gently heat.
2. Add the anchovies and cook them gently until they start to break up.
3. Add the finely chopped garlic and dried chillies until they are soft.
4. Add the tomato puree, the tin of tomatoes and the dried basil and bring to the boil.
5. Turn the heat to a simmer and cook for a minimum of 30 minutes.
6. Add the olives and capers, season and the sauce is now ready to add the pasta.
7. Cook the pasta in plenty of salted boiling water as per the instructions on the packet, drain and add to the sauce.
8. Divide the pasta into two bowls and serve with freshly grated Parmesan cheese if you have any and top with chopped parsley.

Come and
see our
new look
restaurant
and coffee
shop.



Upcoming theme nights*

(*Theme nights are subject to change)

Dates and menus to follow soon.

Italian Fine Dining

Tapas

Curry Tour

SEED

Retro Dining

Beaujolais

Level 3 Led Fine Dining

We look forward to seeing you soon.