



MINUTES OF THE MIDLANDS NACC

Date Thursday 11th September 2014

Venue: Nene Valley Railway, Wansford Station, Stibbington,
Peterborough PE8 6LR

Present:

Jane Coleman Midlands Chair
Sarah Grey Midlands Deputy Chair
Carol Harris Midlands Secretary
Simon Parry Co- opted Cttee member

Apologies:

Preston Walker,
Roger Kellow

Total Attendance 22

1.	Welcome Introduction and Apologies Welcome & Housekeeping	
2.	<p>Minutes of the last Meeting were circulated Jane C gave a summary of current events. Reminder of T&DF at Nottingham. Reminder to book your place if you have not already. Midlands Region has been shortlisted for NACC Marketing Award and Jane's County Enterprise Team has been short listed for the NACC Catering Team Award. Care Cook – Raise awareness for next year.(more about the competition later from speaker Simon Lawrence</p> <p><u>Update from National Executive</u> Nat Ex, having a membership drive, members can now use A5 leaflet for potential members, designed as a result of a suggestion from Simon Parry. National Community Meals Week - Wednesday 12th November is Midlands and Wales's day for the national road relay event. APSE survey of meals services throughout UK will soon be circulated by email to all members please complete Nat Exec News - Nat Sec. Ros Speight – has stepped down from her post and Derek Johnson has been appointed as new Secretary. Similarly Mary Wedge has stepped down from her post as Deputy and will be replaced by Adam Michallat-Cox both posts come into effect at the October T&DF Jane reiterated that the Cttee welcome any suggestions and ideas for speakers and venues for future meetings.</p>	
3.	Our first guest speakers were Ronnie & Andrew	

	<p>Ownsworth. Ronnie explained about the Rape seed oil produced from their Lincolnshire farm. They farm 14,000 acres of farmland in Bulbeck including grain e.g. wheat, barley & oil seed rape a vine yard. They also breed Charolais Cattle and provide holiday cottages.</p> <p>They produce Cold Pressed Extra Virgin Rape seed Oil and set up production on their farm premises. They are trying to, to raise and promote the profile of cold pressed rape seed oil in the UK.</p> <p>Self-proclaimed, passionate advocate for the use of rape seed oil and organic production Ronnie is a farmer's wife who cooks for her family. Her passion is home cooking of natural fresh ingredients, sourced locally. She explained that their RSO is pure oil. High in Omega 3, 6 and 9. Their oil is mild and nutty in taste with a buttery aftertaste and has a High Smoking Point making it more suitable for frying than olive and lower in saturated fat than olive oil or butter. RSO is Gluten Free suitable for Vegans and Vegetarians. RSO is called Conola in the USA where it is more widely used in catering. The polyunsaturated fatty acids contained in rape seed oil have many health benefits and RSO is a good source of Vitamin E and trans-fat free. (Trans fats are a type of unsaturated fat which are uncommon in nature but can be created artificially.)</p> <p>Ownsworth's farm OSR is fully traceable and organic. The RSO crop is harvested and pressed throughout year. The process involves passing the seeds through a hopper and gently pressing into a series of filters and it is then stored. No heat is used in preparation of cold pressed oils. Other oils are manufactured using additional heat to extract more from the seed but this can affect the quality and taste of oils. Waste from the pressing is used for fuel and cattle food at the farm.</p> <p>Soil and climates can affect taste and colour variance of RSO and Ownsworth's oil is unique with a buttery aftertaste, the source seed used is basic not a hybrid product seed.</p> <p>In the 1960/70's RSO was more acidic and taste was not seen primarily as a food product in the UK it was mostly used for pharmaceuticals. New production and development has led to increasing use of UK RSO in catering. It lasts longer when heated and is used e.g. by McDonalds and other caterers as it has better health benefits than other veg oils.</p> <p>Other cheaper RSO are produced by stripping out all the oil from seeds using heat and chemicals (methane is commonly used) to maximise production. Whereas cold pressed oil production does not introduce heat or chemicals and the oil does not need to be dressed (cleaned) after preparation as it is purer.</p>	
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	<p>The farm has an open week usually Open day 1st week of July which includes farm tours The visitors have lunch and get RSO recipes and see the whole production process. Ronnie is a passionate advocate for the product and was keen to stress it is a natural product. She is convinced that natural products in the form of wholesome and healthy foods were the reason her daughter recovered from cancer as a child. She trials her recipes on her farmworkers and family and produces all her food from scratch She works with local colleges and has had spots on local radio and television programmes promoting the use and benefits of RSO</p> <p>She is currently experimenting and investigating recipes to expand the use of RSO for all degrees of special diets such has vegans and Coeliac. Runner up for grower of the year. They supply Lincoln Catering College with oils and attend events promoting use RSO. She has produced calendars and news articles and is currently producing a cookery book and conversion tables to help cooks use RSO to replace butter and other oils. Roughly 1oz of butter can be replaced by 1 tablespoon of oil in recipes although not all recipes are adaptable but Ronnie is currently devising a set of conversion tables for caterers</p> <p>Ronnie brought along a wide range of delicious home cooked flans, cakes, pastries, breads focaccia and dips all using RSO which were thoroughly endorsed by members who tucked in enthusiastically. RSO blends well with herbs and spices she uses very little salt in her recipes. Currently she is experimenting with base dips and sauce bases using RS oil instead of cream, butter, and has produced a variety of recipes where RSO can replace butter or margarine to produce tasty crackers, biscuits, and cakes.</p> <p>Very enthusiastic and energetic speaker who cares about her products. Recipes using RSO can be found on the farm website recipes@ownsworth.co.uk or visit www.ownsworths.co.uk tel 01400 27 39 89</p> <p>Ronnie and her husband stayed for the remainder of the meeting to discuss their produce and the work of the farm with members</p>	
4.	<p>Our second speaker was Paul Sneed of CAS Training Limited who gave a presentation on Distance Learning for staff groups - primarily in the care sector group. His background is teaching and he had been a head teacher at schools but now teaches adults. His company offers free level 2 training and development funded by the government. The courses are aimed at the care sector based on the principles of the open university. There are</p>	

	<p>12 course available equivalent to GCSE A to C/ NVQ /BTEC level. Compared to the usual cost of approximately £500 per person this represents a significant saving for employers. Students can undertake courses on line or using books to complete their work. For example the Nutrition and Health course includes 2 workbooks and takes approximately three weeks for each book to be completed</p> <p>Courses include</p> <ul style="list-style-type: none"> • Nutrition and Health • Mental Health Awareness • Infection Control • Care and Management of Diabetes • Understanding Working with Individuals with Mental Health Issues <p>The marking and moderation and accreditation is done by the awarding body NCFE (exam board) The business has undertaken training with Leicester College, Ealing College London and County Enterprise Foods Notts. Members took an active interest in the course and were able to spend time with Paul to discuss details of what they wanted to achieve either personally or for their staff groups over the course of the day See power point for further details</p> <p>For further information speak to Paul@castraining.co.uk Contact tel 01909 518615 or 07764 301 896 or visit www.castraining.co.uk</p>	
5.	<p>Members enjoyed a tasty buffet lunch provided by our hosts at Nene Valley Railway supplemented by the farm goodies kindly provided by Ronnie</p>	
6.	<p>After lunch Simon Lawrence Care Cook Winner 2013 spoke of his experiences of the competition which was won this year by Jennie May Smith entering from the Midlands region. Simon has always loved cooking and his inspiration came from his family in particular his mother's cooking skills and their family kitchen garden which taught him about seasonality which he feels can benefit all cooks in their work.</p> <p>He served in the royal navy catering and from there expanded his knowledge working in restaurants and experimenting with food from different countries and cultures. He ran an outside catering company and was eventually approached by a small care home to cook their meals. This came about as a result of his work on themed nights at a sheltered housing group where his mother worked as a warden.</p> <p>He relished his new found <i>freedom</i>, working at the care home in particular the regular 9-5 hours. He enjoyed adding</p>	

	<p>menu twists to traditional food and basic favourites of the 30 plus residents. As he began to develop his work he started to advance food as a means of improving health and wellbeing and to promote the relationship between quality fresh food and health in the elderly. He is convinced that the eating experience as well as the food itself is integral to eating well. He feels it is important to build on relationship with residents and the whole eating experience. He advises his chefs to <i>follow the food</i> and service so that they can see the journey of the food to the client. - "Care chefs should care how the food is presented and received , as well as how it is prepared"</p> <p>When he first aimed at the care cook competition he came 5th and he says he quickly realised he was not in the same league as the other cooks but the experience and support he received from other NAC members pushed him to work more on his skills. In particular he began to work with Dietitians to inform his work. He became more involved in the work of the home as a whole – <i>bringing the kitchen in to the home</i> and encompassing the whole dining experience He came 2nd in care cook 2012 which spurred him to continue with entries and shared experiences at the competitions with other care cooks informed his work spurring him on to try again. He later became an executive chef training other cooks. He wanted to help make a difference to other cooks in the care sector as a whole. He thoroughly enjoyed entering care cook in 2013 and at last won! He then went on to mentor other cooks in his group – two of his cooks were accepted for care cook 2014 including Jennie May the 2014 winner</p>	
7.	<p>The members were then given the opportunity for a tour around the Railway Station site to view the trains close up and personal!</p> <p>A presentation of flowers by the Midlands members was given to our long standing midland's member Ros Speight to mark the end of her role as Executive Secretary</p>	
8	<p>After the tour Jane led a discussion and planning around the Midlands contribution to the Midlands part of the National Road Relay Wednesday 12th November. Members were invited to attend a further planning meeting J25 M1 at the Holiday Inn at 5.00pm 29th September</p> <p>The meeting closed with thanks again to our lively and interesting speaker and to our warm and welcoming hosts</p> <p>Diary Dates</p> <p>1-3rd October T&DF Nottingham Conference Centre 10- 14th November National Community Meals Week</p>	

	The next Midlands NACC Regional Meeting will be Tuesday 2nd December 2014 at Oakland Village , Hall Farm Road, Swadlincote, South Derbyshire DE11 8ND	
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