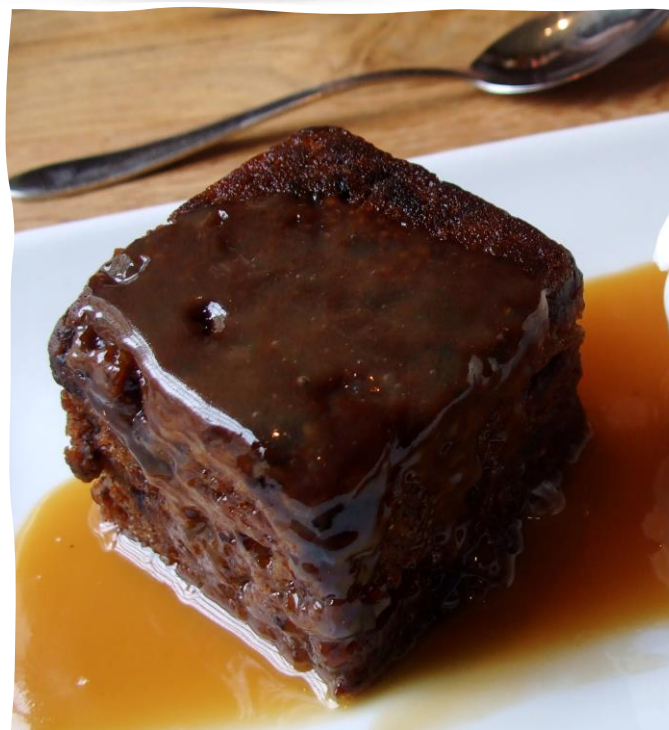




Great British Space Dinner Challenge

By Martha Ker 7Y



Traditional
British food





Snacks

- Freeze Dried Strawberries:
Freeze-drying involves cooking food and then quickly freezing it, before sucking all the water out in a vacuum chamber. When you remove water, it makes the food lighter, slows down the process in which fruit turns mushy or brown and prevents bacteria and mould as they cannot grow without water. It will also





Drinks

- A purple kale, broccoli, avocado, blueberry and apple smoothie. Blueberry, broccoli and kale are all super foods, so they will give the astronauts nutrients that they need and there will be a squeeze of lemon juice so because they have lots of vitamin C, which prevents the fruit from turning brown, mushy or loses

Starters

- Gyozas filled with seasonal British vegetable i.e. Shiitake mushrooms (high in vitamin d), leek, spring onions. It has chilli for extra spice to make it taste better on the Space Station. These are good because they are bite sized so there won't be any mess, can be shared, look visually appealing and can be easily vacuum



Main Course

- Roast pork, apple sauce, roast potatoes, parsnip, pork crackling and red cabbage encased inside a spherical a Yorkshire pudding. Tim Peake said “I would like to have something with texture or crunch...” in an interview about on ISS, so I have added pork crackling pieces into my main course to help the food have a more interesting texture





Dessert

- Sticky toffee pudding. It will have the sauce already soaked through it so that when it is vacuum packed and sent into space the sauce won't fly off, although it will also be extra thick and sticky to make sure that it stays inside the pudding. It has dates in the cake, which



Thank you