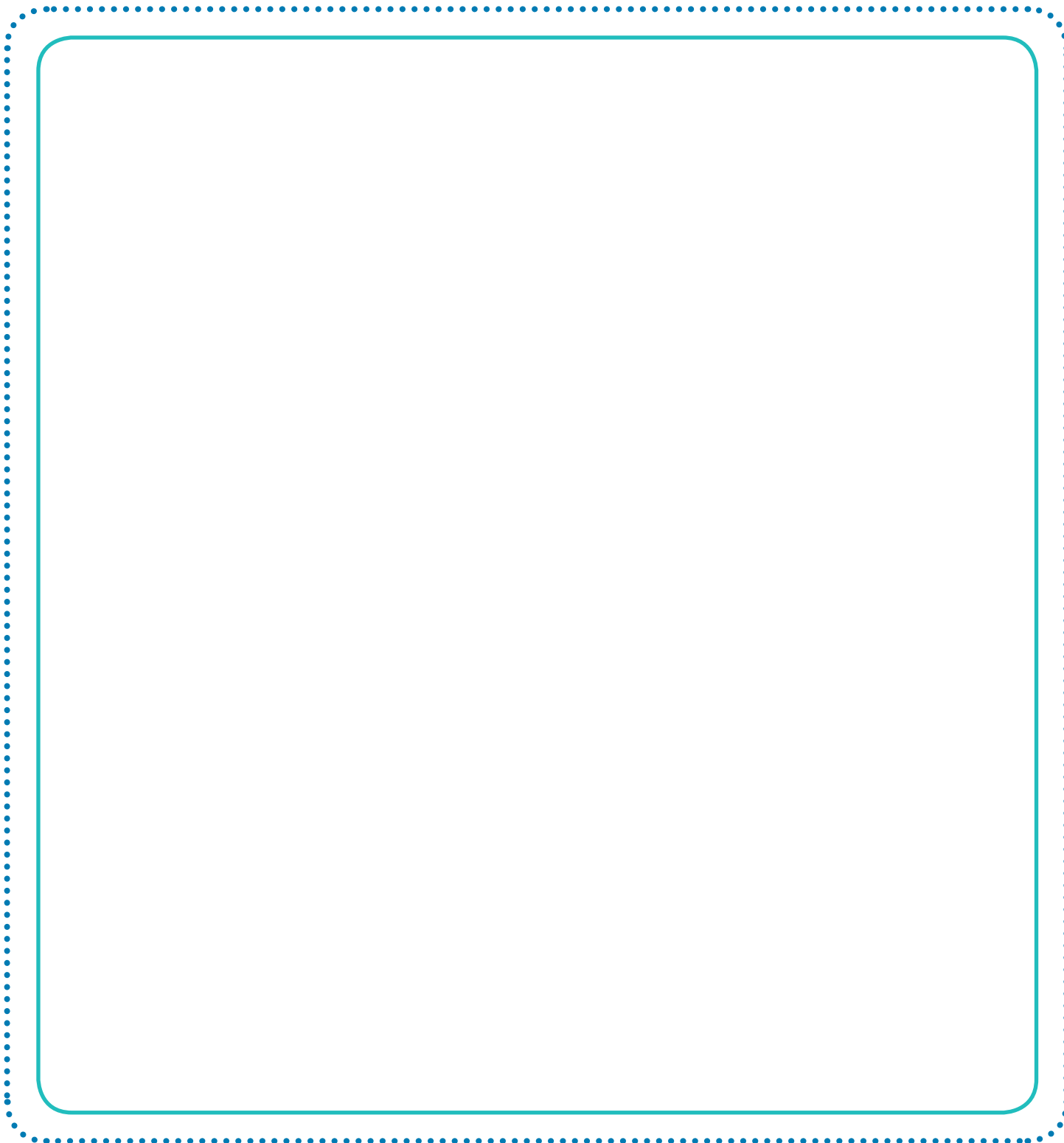


Let's Cook Together



Recipe Booklet

Meal Plan

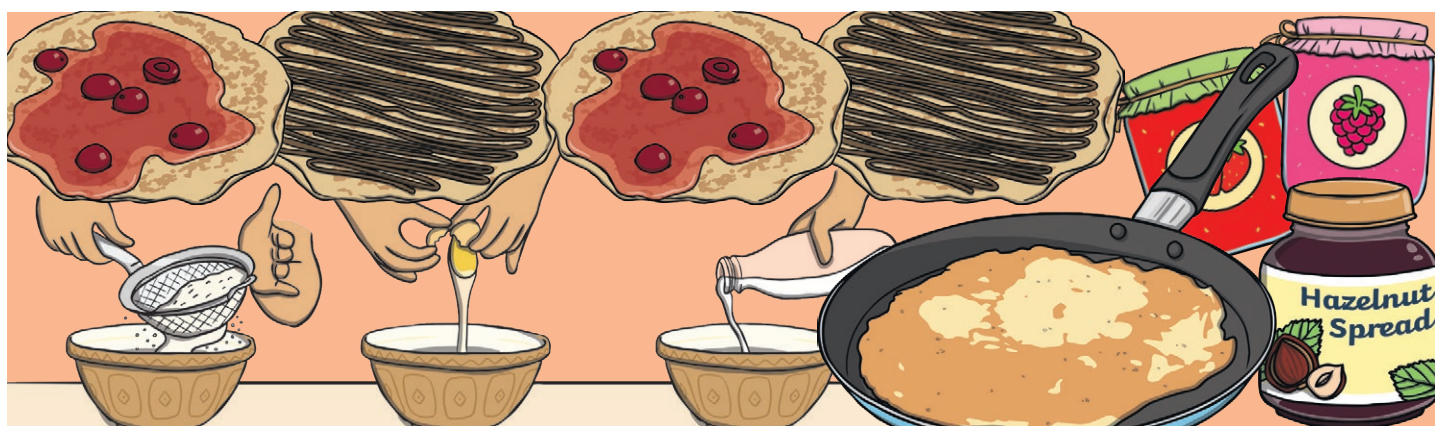
Monday	Breakfast	Lunch	Dinner
Tuesday	Breakfast	Lunch	Dinner
Wednesday	Breakfast	Lunch	Dinner
Thursday	Breakfast	Lunch	Dinner
Friday	Breakfast	Lunch	Dinner
Saturday	Breakfast	Lunch	Dinner
Sunday	Breakfast	Lunch	Dinner

Shopping List:

Meal Plan

Monday	Breakfast	Lunch	Dinner
Tuesday	Breakfast	Lunch	Dinner
Wednesday	Breakfast	Lunch	Dinner
Thursday	Breakfast	Lunch	Dinner
Friday	Breakfast	Lunch	Dinner
Saturday	Breakfast	Lunch	Dinner
Sunday	Breakfast	Lunch	Dinner

Shopping List:



Pancake Pinwheels

Ingredients

pancakes

chocolate

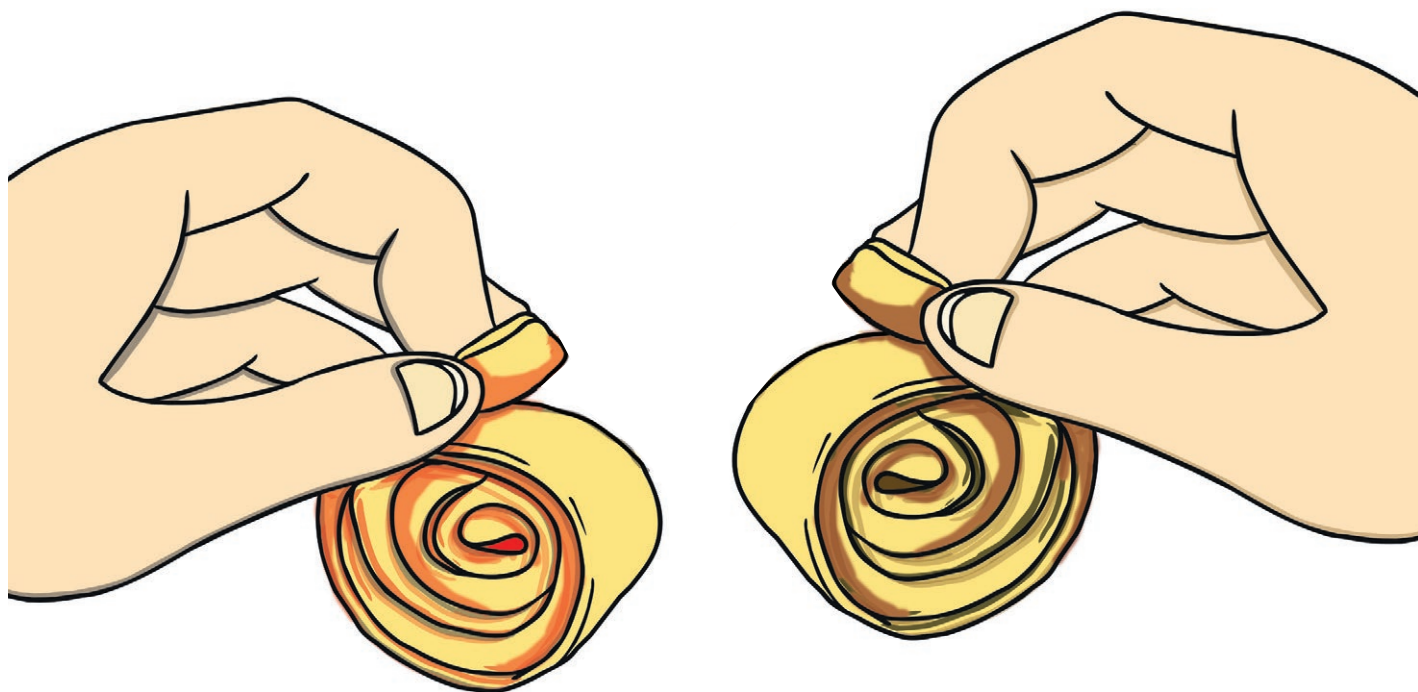
spread or jam

Equipment

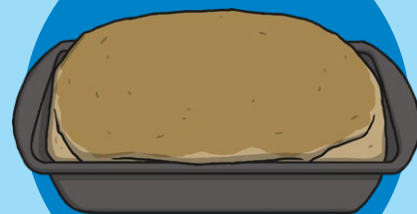
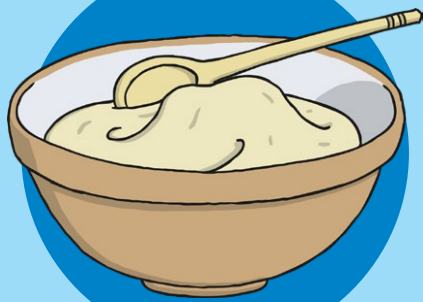
a knife

Method

1. Cut the pancakes into 5cm-wide strips.
2. Carefully, spread chocolate spread or jam onto a pancake strip.
3. Roll the pancake strip as tightly as you can.
4. Repeat with the remaining pancake strips.



We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.



How to Make Bread

Ingredients

- 1500g strong flour (plus extra for dusting)
- 2 teaspoons of salt
- 7g of dried yeast
- 3 tablespoons of olive oil
- 300ml of water

Equipment

- Mixing bowl and spoon
- Loaf tin
- Oven
- Wire rack



Method

1. Preheat your oven to 220oC.
2. Sieve the flour, salt and yeast into a bowl. Make a well in the centre and add the oil and water.
3. Mix the wet and dry ingredients together to form a dough. Add a little more water if the mixture is stiff.
4. Tip the dough out onto a lightly floured surface and knead the dough until it is smooth.
5. Put the dough in a bowl, covered with cling film, for around an hour or until it has doubled in size. Knock back the dough and put the dough into a loaf tin.
6. Bake your loaf in the oven for 25-30 minutes.
7. Cool your bread on a wire rack and then slice it to enjoy!





Owl on Toast

Ingredients

- 1 fruit loaf slice
- Chocolate spread
- 2 banana slices
- 2 blueberries
- 2 apple slices
- 1 strawberry slice

Equipment

- Toaster
- Plate
- Knife

Method

1. Lightly toast the slice of fruit loaf.
2. Once cooled slightly, spread on the chocolate spread.
3. Carefully place the banana onto the chocolate spread. Use them to make two big eyes.
4. Put a dab of chocolate spread onto each blueberry and place them in the centre of each slice of banana, to complete the eye.
5. Place the strawberry below the eyes, in the centre of the toast, to make the beak.
6. Use the slices of apple to make the wings. Place them at an angle on either side of the toast, with the curved edges facing each other.



Superhero Green Smoothie

Ingredients

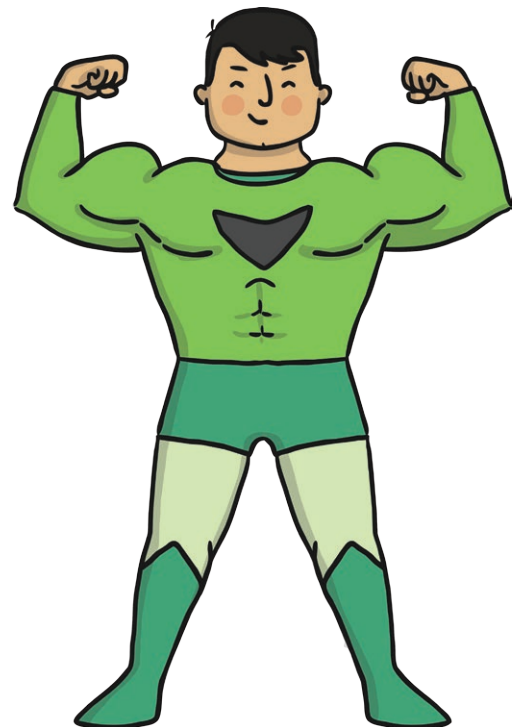
- 1 cup baby leaf spinach
- $\frac{1}{2}$ avocado
- 1 banana
- $\frac{1}{2}$ mango
- 2 cups cold water

Equipment

- Blender
- Knife
- Chopping board
- Cups

Method

1. Two hours (or more) before cooking with the children, cut the banana into slices and put it in the freezer.
2. With the children, peel and cut the avocado and mango.
3. Add the spinach, avocado, frozen banana, mango and water to the blender, then blitz until smooth.
4. Pour the smoothie into cups to serve.





Banana Muffins

Turn squishy brown bananas into these after-school treats. Muffins require very little mixing and are ideal for children to help with. They freeze well too – even less waste!

Ingredients

- 75g butter
- 250g self-rising flour
- 1 tsp baking powder
- $\frac{1}{2}$ tsp bicarbonate of soda
- Pinch of salt
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- 115g caster sugar
- 1 tsp vanilla extract
- 2 large, ripe bananas
- 2 medium eggs
- 125ml milk

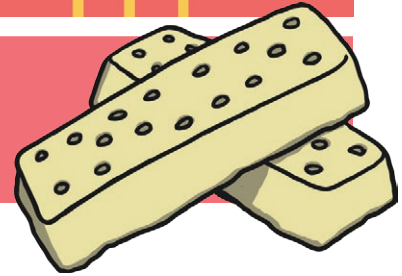
Equipment

- 12-hole muffin tin
- 12 paper muffin cases

1. Heat the oven to 190°C/ Gas mark 5. Melt the butter and allow to cool.
2. Mash the bananas well with a fork. Beat together the eggs, vanilla extract, melted butter and milk in a bowl. Add the mashed banana and mix well.
3. Sift the flour, baking powder, bicarbonate of soda, salt, cinnamon and nutmeg together in a large bowl. Add the sugar and mix.
4. Make a well in the centre of the dry ingredients and add the egg mixture, stirring roughly until it is a lumpy paste (don't over mix – you want it to be lumpy!).
5. Put the paper cases in the bun tin and divide the mixture between them.
6. Bake for 20 to 25 minutes or until the muffins feel springy when touched. Rest the muffin tray on a wire rack for five minutes then remove the muffins and leave on the rack for another five minutes before serving.
7. You can eat the muffins as they are, or serve them with sliced banana and a dollop of yoghurt.

Don't forget to throw the banana skins into your compost bin! Or try burying them around the roots of your favourite plants – this old gardener's tip works especially well for roses.

Shortbread Biscuits



Ingredients

55g of caster sugar
180g of plain flour
125g of butter

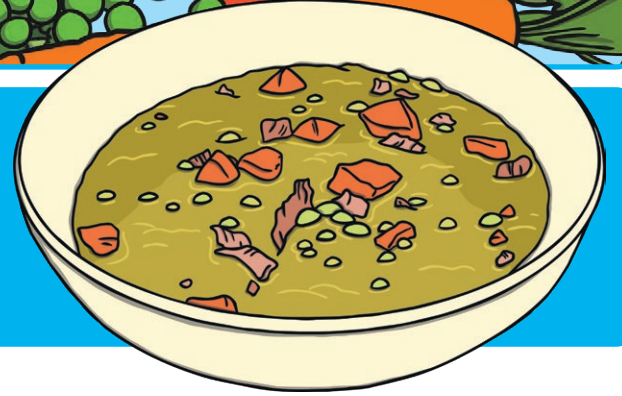
Equipment

Oven
large mixing bowl
wooden spoon
fork
wire cooling rack
fridge
rolling pin
biscuit cutters
baking tray

Method

1. Heat the oven to 190c or gas mark 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste.
4. Turn on to a work surface and gently roll out until the paste is 1cm / 1/2in thick.
5. Cut into rounds or fingers and place onto baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
6. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.





Winter Warmer Vegetable Soup

Ingredients

- 400g mixed raw vegetables, such as carrots, onions, celery, parsnips, green beans
- 600g potatoes
- 1 tbsp olive oil
- 1400ml vegetable stock
- Salt and pepper to taste

Equipment

- Hob
- Large frying pan
- Sharp knife
- Chopping board
- Peeler
- Ladle or large spoon
- Bowls (one per person)
- Hand blender (optional)

Method

1. Carefully, roughly chop the vegetables using the knife. You can make them as chunky as you like!
2. Peel and chop the potatoes into cubes.
3. Fry the vegetables and potatoes in the olive oil for a few minutes until they start to soften.
4. Cover the vegetables with the stock and leave to simmer for 10 to 15 minutes until the vegetables and potatoes are tender.
5. You can either leave your soup chunky or you could use a hand blender to make it smooth.
6. Season your soup with the salt and pepper and then ladle into bowls to serve.
7. Enjoy!

Makes approx. 5 servings



Fun Pizza Faces

Ingredients

For the base:

- 200g plain flour
 - 250ml warm water
 - 1 tsp dried yeast
- (Alternatively, use shop-bought pizza bases, large or small.)

For the base topping:

- Tomato puree or pizza sauce
- Sprinkling of herbs such as oregano (optional)
- Grated cheese

Toppings for the facial features:

Sliced peppers, tomatoes, olives, ham or bacon pieces, pineapple, mushrooms, sweetcorn, baked beans, pepperoni, courgette, aubergine.

(Various different toppings can be used to create a variety of unique faces – be creative!)

Equipment

Baking trays, bowl, teaspoon, wooden spoon, knife, grater.

Method

1. Preheat your oven to 180°C/gas mark 4.

To make the dough:

2. Mix together the yeast and water.
3. Let the mixture rest in a warm place for approximately 8–10 minutes (or follow the instructions given on the yeast packet).
4. After this time, mix in the flour and knead the mixture until it forms a firm dough.
5. Sprinkle a clean surface with flour.
6. Roll the dough out into a large circle or divide the mixture into 3–4 smaller balls and roll into mini pizza bases.
7. Bake the dough for approximately 4–7 minutes (depending on the size of your bases).

For the topping:

8. Spread your tomato puree or pizza sauce onto the cooked bases.
9. Sprinkle the grated cheese on top.
10. Now, be creative by using a range of toppings to create your own unique pizza faces!
11. Put the finished pizza(s) back in the oven for 5–10 minutes.
12. Enjoy eating your deliciously unique fun pizza faces!



Crispy Vegetable Spring Rolls



Ingredients

- 4 spring onions
- 1 red pepper
- 1 courgette
- 1 glove of crushed garlic
- 2cm length of fresh ginger
- 50g bean sprouts
- 1 tsp soy sauce
- $\frac{1}{2}$ tsp five-spice powder
- 1 tbsp olive oil
- Ready-made filo pastry sheet (cut into 8 rectangles)

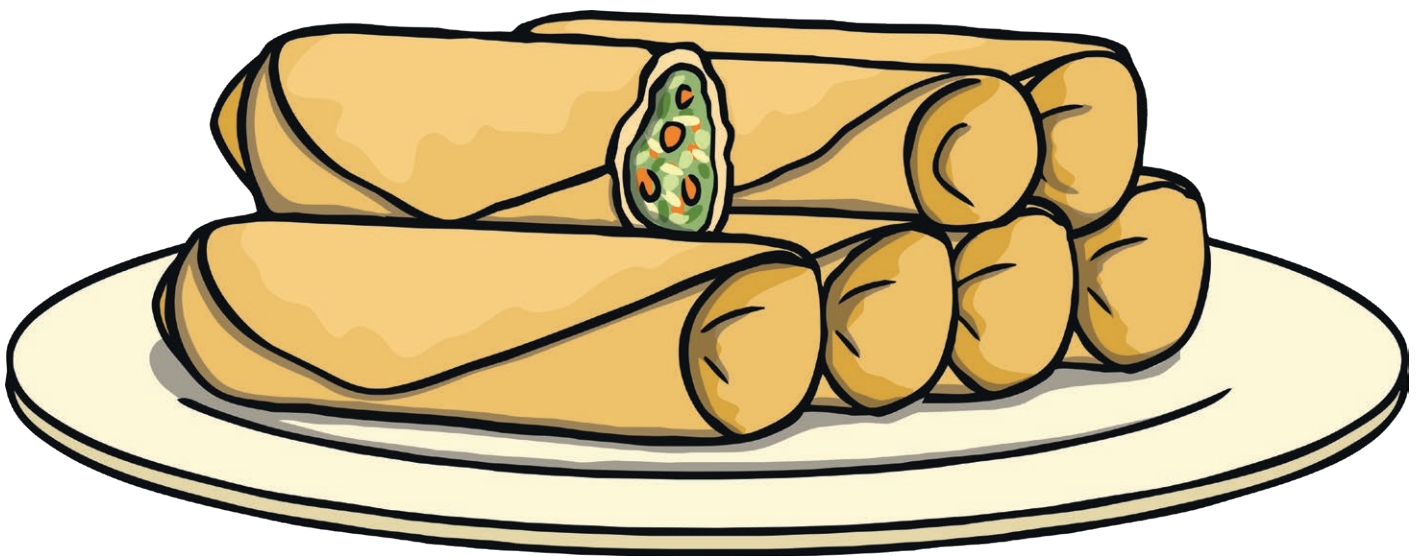
Equipment

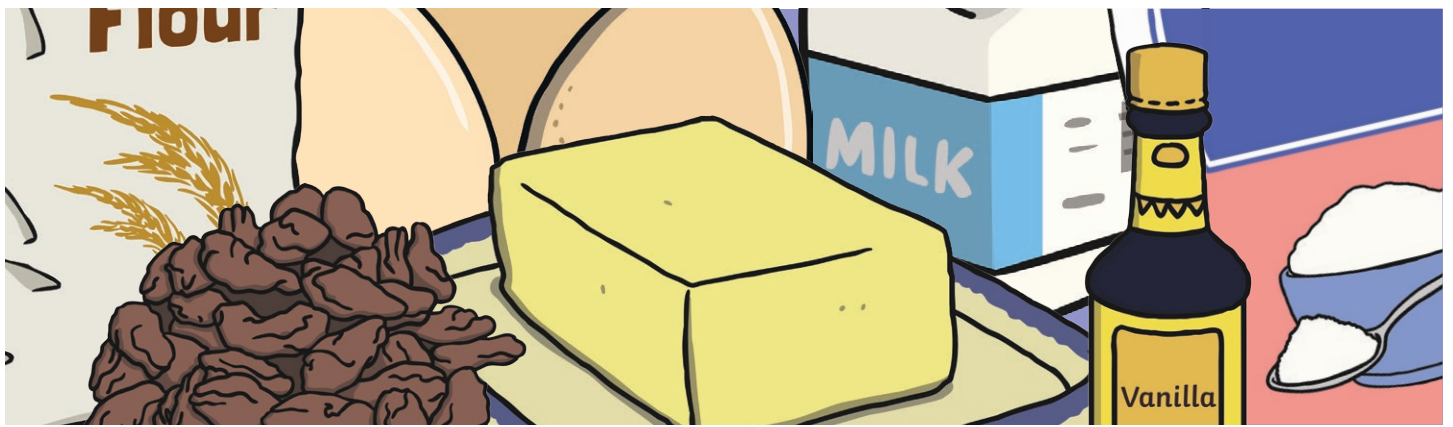
- Cutting knife
- Frying pan
- Spatula for turning
- Baking tray

Method

1. Preheat your oven to 190 C/375 F/Gas Mark 5.
2. Thinly slice the pepper, spring onions and courgette.
3. Finely chop the garlic and ginger.
4. Heat the oil in a frying pan and sauté the garlic, ginger and spring onions.
5. Add the vegetables and bean sprouts to the frying pan.
6. Stir-fry for a few minutes until the vegetables become softer.
7. Add the soy sauce and five-spice and continue to stir-fry for a few minutes.
8. Lay out the filo sheets and place some of the stir-fry mixture across the shorter length of the sheet, leaving a gap at the top of the pastry and either side.
9. Fold in the sides of the filo sheet and then fold down the top.

10. Gently roll the filling in the pastry to form a sausage shape.
11. Moisten the end of the filo sheet with water and then tuck it underneath the roll.
12. Grease your baking tray.
13. Lay the spring rolls on your baking tray with the seam side down.
14. Continue to make the rest of the spring rolls.
15. Brush the rolls with a little olive oil.
16. Place them in the centre of the oven for 15 minutes or until they are lightly golden and the pastry is crisp.





Rock Cakes

Ingredients

- 225g self-raising flour
- 75g caster sugar
- 1 tsp baking powder
- 125g unsalted butter, cubed
- 150g dried fruit
- 2 tsp vanilla extract
- 1 free-range egg
- 1 tbsp milk

Equipment

- Baking Tray
- Greaseproof paper
- 2 bowls
- Wooden spoon
- Dessert spoon
- Cooling Rack

Method

1. Preheat oven to 180C and line a baking tray with greaseproof paper.
2. In a bowl, mix the flour, sugar and baking powder together.
3. Rub in the cubed butter between your fingers and thumbs until the mixture looks like breadcrumbs. Next, stir in the dried fruit.
4. In a clean bowl, add the vanilla extract, egg and milk and beat with the wooden spoon until mixed well.
5. Add the dry ingredients to the egg mixture and mix together carefully. It should soon become a lumpy, combined mixture. If the mixture does not come together and is still too dry, add a little more milk.
6. Place a spoonful of the mixture onto the prepared baking tray. Make sure there is enough space for the mixture to double in size during cooking.
7. Bake for approximately 15-18 minutes. The cakes should be a lovely, golden brown colour. Remove from the oven and cool slightly before placing on a cooling rack to cool completely.



Cheese and Vegetable Muffins

Ingredients

250g grated cheese

2 cups self-raising flour
(alternatively, use plain flour and baking powder - 2 tsp baking powder to 1 cup plain flour)

2 eggs

1½ cups milk

small tin sweetcorn (125g)

½ red pepper

1 handful baby spinach

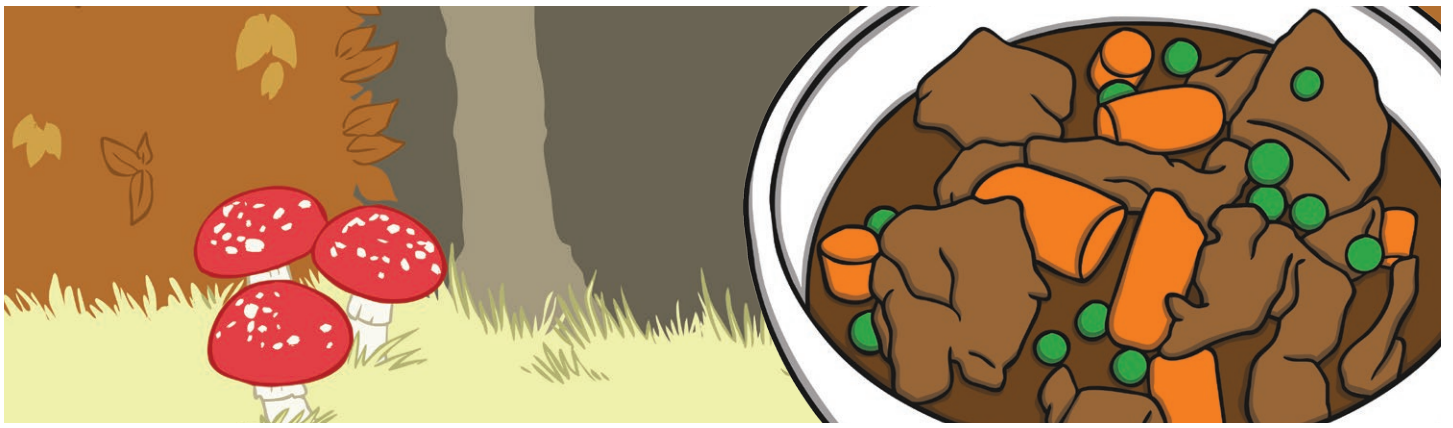
Salt and pepper to taste

Fresh basil leaves to add to the mix and on top (optional)

Method

1. Preheat oven to 180°C (356°F).
2. Sift flour into a large bowl.
3. Whisk the eggs, then chop the red pepper, spinach (and optional basil).
4. Make a well in the flour then add in the rest of the ingredients.
5. Mix until combined.
6. Spoon into a greased muffin tray (pop a basil leaf on top of each, if desired) and bake for 25 minutes or until the tops are golden brown.

This recipe makes about 14 regular muffins or 12 large ones.



Hearty Hibernation Hotpot

Hattie will be cosy in no time with this warming winter stew.

Ingredients

Makes 4-6 servings.

- 1 large onion
- 3 stalks of celery
- 3 carrots
- 3 large potatoes
- 100g split red lentils
- 2 vegetable stock cubes
- 1 tin chopped tomatoes
- 2 tbsp olive oil
- Water
- Salt and pepper to taste

Equipment

- Slow cooker
- Sharp knife
- Wooden spoon
- Kettle
- Tin opener
- Bowls and spoons to serve

Method

1. Turn on the slow cooker and allow it to warm up.
2. Whilst you are waiting, dice the onion and chop up the celery, carrots and potatoes into small chunks, around 2cm long.
3. Place the vegetable stock cubes into the slow cooker. Using hot water from the kettle, pour a small amount of water into the slow cooker and stir until the stock cubes have dissolved.
4. Add the olive oil, diced onion, the chopped vegetables, the split red lentils and the tin of chopped tomatoes into the slow cooker. Stir the mixture together with a wooden spoon.
5. Using the rest of the water from the kettle, top up the slow cooker until it is around $\frac{3}{4}$ full. Stir the ingredients together.
6. Put on the lid and cook on a high heat for 4-6 hours. Alternatively, cook on a low heat for 8-10 hours.
7. When the vegetables and lentils are tender, add salt and pepper to taste and serve with a warm, crusty roll as a warming winter treat.

Important: Adult supervision is required when cutting the vegetables and using the tin opener.



Delicious Chapattis

Ingredients

140g wholemeal flour

140g plain flour

1 tsp salt

180ml hot water

Olive oil

Equipment

Large bowl

Wooden spoon

Rolling pin

Frying pan

Method

1. Stir the wholemeal flour, plain flour and salt together in a large bowl.
2. Use a wooden spoon to stir in two tablespoons of olive oil.
3. Add some water a little at a time. You need enough so that the dough is combined and elastic but not sticky.
4. Knead the dough on a floured surface for 5 to 10 minutes until it is smooth.
5. Divide the dough into 10 equal pieces and roll each piece into a ball.
6. Flatten each ball with the palm of your hand. Then, use a rolling pin to roll each ball out until it is about as thin as a tortilla wrap.
7. Pre-heat and lightly grease a frying pan with olive oil.
8. Carefully, cook each chapatti for 1 to 2 minutes on each side.
9. Enjoy your chapattis warm on their own or with some chana masala or mattar paneer!

**Makes approx.
10 chapattis.**



Leftover Veggie Burgers

Recycle your leftover bread and vegetables to make this delicious dinner!

Ingredients

- 3 slices of stale bread
- 1 onion
- 1 garlic clove
- Herbs (to taste)
- Salt and pepper
- 1 cup of leftover vegetables, such as peas, carrots, sweetcorn etc.
- 1 egg
- 2 tbsp flour
- 1 tbsp oil (if frying)

Equipment

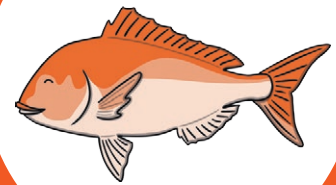
- Mixing bowl
- Plate
- Baking tray or frying pan
- Knife for chopping
- Tablespoon

Makes approx. 6 burgers

Method

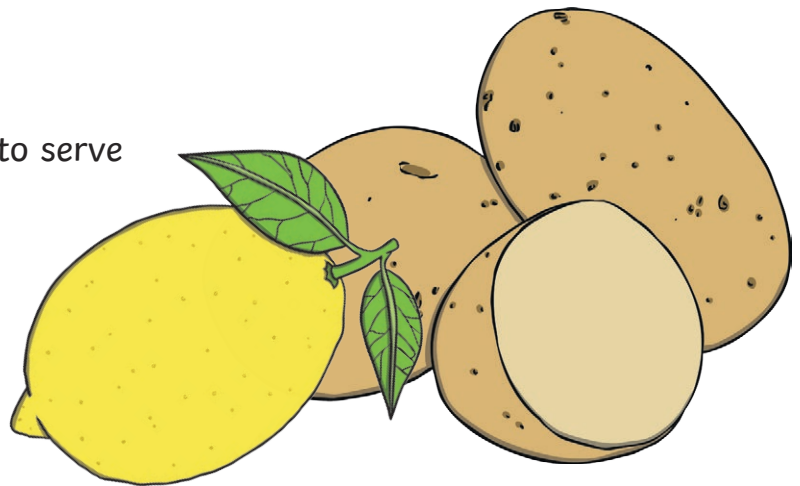
1. Take your stale bread and crumble it into breadcrumbs.
2. Chop the onion into small pieces.
3. Crush the clove of garlic.
4. Mix the breadcrumbs, chopped onion, crushed garlic, herbs, leftover vegetables and egg together in a bowl.
5. Mould the mixture into egg-sized balls with your hands.
6. Place the flour onto a plate.
7. Roll the egg-sized balls into the flour until they are coated with a thin layer of flour all over.
8. Gently flatten the balls into a burger shape.
9. You can choose to fry or bake your burgers.
10. If frying, place a tablespoon of oil into a frying pan. Fry the burgers over a medium heat for roughly 5 minutes on each side.
11. If baking, preheat your oven to 200°C (gas mark 6). Place your burgers onto a baking tray and drizzle a little oil over the top of them. Bake for around 15-20 minutes.
12. Enjoy eating your Leftover Veggie Burgers with a yummy salad!

Fishcakes



Ingredients

- 300g cod loin (skinless and boneless)
- 175g leftover mashed potato
- A small bunch of chives (snipped)
- Zest of 1 lemon, plus lemon wedges to serve
- 1 beaten egg
- 50g breadcrumbs
- 2 tsp olive oil
- Salt and pepper



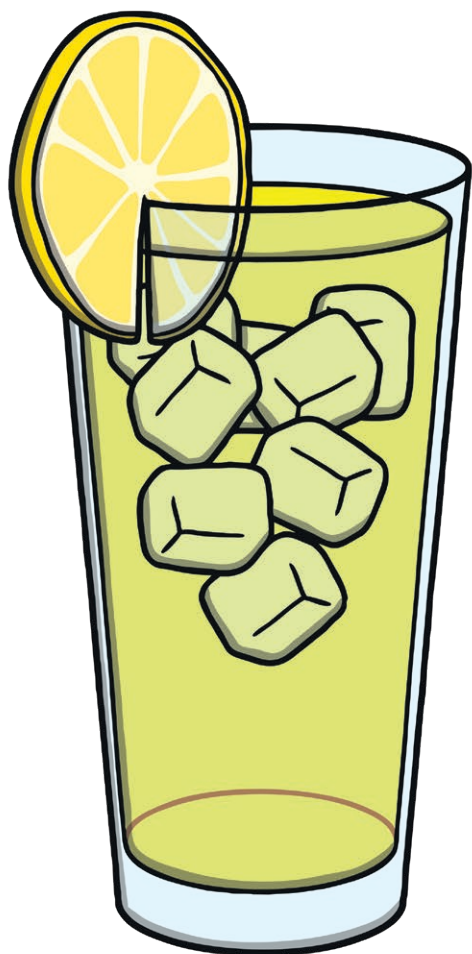
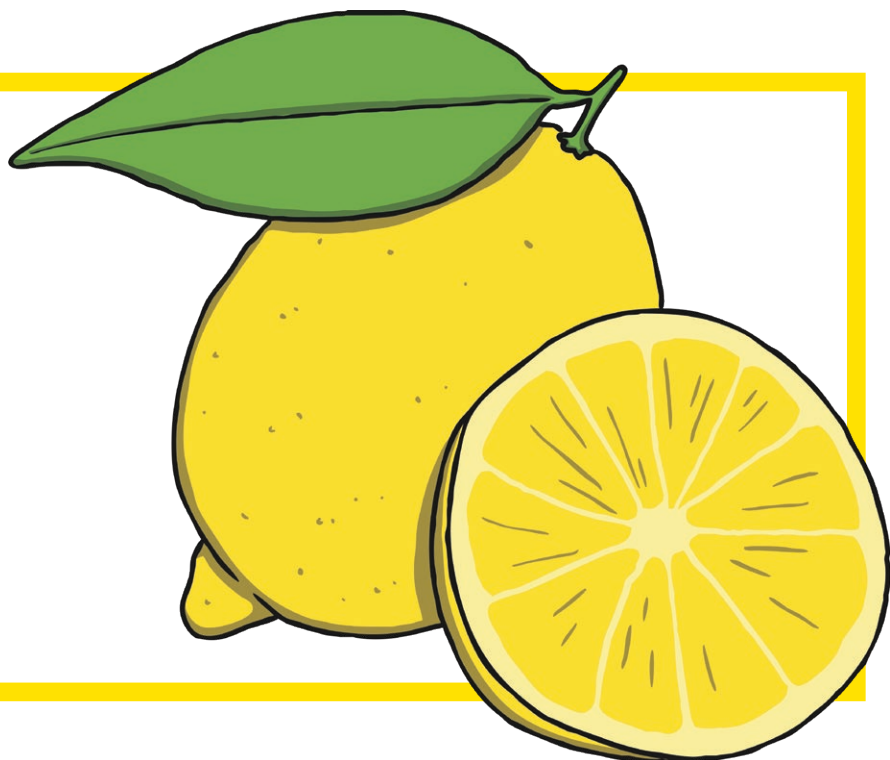
Method

1. Place the cod in a saucepan and add enough cold water to cover. Bring to the boil and simmer gently for 3-4 minutes. Drain.
2. Flake the cod into a bowl, checking for stray bones as you go, then add the mashed potato, chives and lemon zest. Season with salt and pepper and mix thoroughly.
3. Preheat the oven to 220°C/200°C fan/Gas Mark 7. Shape the fish mixture into four patties and chill for 10 minutes.
4. Place the breadcrumbs on a shallow plate or dish and the beaten egg on another. Dip each patty into the beaten egg and then into the breadcrumbs, covering generously.
5. Place the patties onto a baking tray and brush each one with a little oil. Bake in the preheated oven for 25 minutes.
6. Serve with vegetables or a salad and lemon wedges to squeeze over.

Making Lemonade

You Will Need:

- 1 jug of cold water
- 1 cup of sugar
- 4 lemons



Method:

1. Pass a lemon around the group and assist the children to touch and smell the lemon.
2. Cut the lemons in half and assist children to squeeze the juice from the lemons
3. Pour all of the lemon juice into a jug and add the sugar and water. Enjoy!



Ice Cream in a Bag



Ingredients

300ml cream

2 tbsp caster sugar

1 tsp vanilla essence

2 trays of ice cubes

6 tbsp rock salt

Optional: fruit, crushed biscuits, sprinkles or chocolate chips

Equipment

1 medium zippered bag

1 large zippered bag

Tea towel or gloves

Method

1. Place the cream, sugar and vanilla into the medium-sized zippered bag and combine the ingredients. Be sure to zip up the bag securely first. You can add optional extras at this point.
2. Place the ice into the larger zippered bag. Spoon the salt over the top of the ice in the larger zippered bag.
3. Place the medium bag containing the cream mixture inside the larger bag on top of the ice and salt and zip up the bag securely.
4. Shake and massage the bag wearing gloves or covered in a tea towel for 5-10 minutes, until the mixture becomes the consistency of ice cream.
5. Once ready, remove the bag of ice cream and give it a wipe to remove the salt from the outside of the bag.
6. You can snip a hole in a corner of the bag and squeeze out the ice cream into a bowl or cone or spoon it out into a bowl.

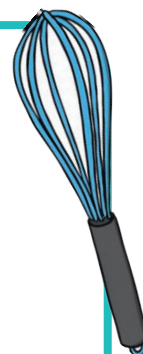
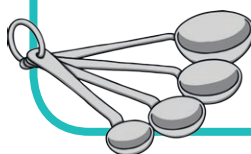


Recipe for:

Ingredients:



Equipment:



Description:

Instructions:

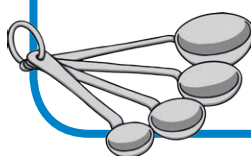


Recipe for:

Ingredients:

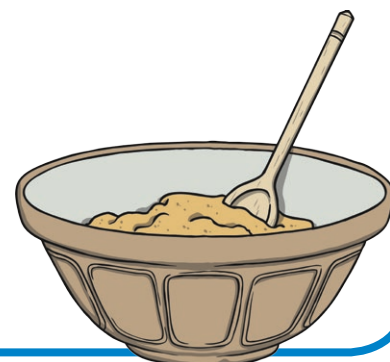


Equipment:



Description:

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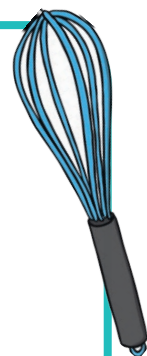
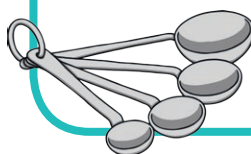


Recipe for:

Ingredients:



Equipment:



Description:

Instructions:

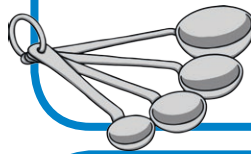


Recipe for:

Ingredients:



Equipment:



Description:

Instructions:

