



CLASSROOM
KITCHEN

Classroom Kitchen

Recipe Book

Cook at Home Edition

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Foreword

Thank you for the purchasing this recipe book, we greatly appreciate the support towards our small business! We've compiled our favourite recipes that we create in schools, at clubs and in our workshops for anyone to access at home! We hope you enjoy working through these delicious recipes!

They are all simple and have been written and designed for the younger audience! The Classroom Kitchen service aims to teach as many young people and children how to cook as possible. Cooking and Baking are both incredibly valuable life skills! With this recipe book, you're able to teach your children the basics of cooking and baking in the comfort of your own home. With the simplicity of the recipes, children can get creative and add their own twist to each one. Overtime, a child will build confidence in cooking and with the skills learnt in these family favourites they will be able to apply these to more complicated and different recipes.

At Classroom Kitchen, we always encourage healthy lifestyles. Home cooking is one of the easiest ways to ensure a healthier lifestyle. 95% of the recipes in this book were designed around a healthy, balanced diet. There are a couple of naughtier recipes in here too (just for treats!).

Have a go at the recipes in this book and send us your photos! We love to showcase children cooking at home on our Facebook Page and our Website.

Send your photos to either our Facebook Page www.facebook.com/classroomkitchen or to our service email address admin@classroom-kitchen.co.uk

YouTube Channel

Check us out on YouTube - Classroom Kitchen

How to use this book...

We've organised the book into two sections: 'Recipes for Ages 3 - 7' and 'Recipes for Ages 8+'. Firstly, this doesn't mean children of any age can't access both recipes. The recipes have been designed to be accessible to all, it is just a guide on how easy the recipes are! Some recipes will require more adult help than others!

Get children to work through the recipes from the front to the back of the book in order to build their skills! If your child is a skilled future chef then start with some of the trickier recipes and challenge them to add their own twist to our recipes!

On the next page you will find an equipment list, this gives you an idea of the sort of equipment you need around the house! Most of the equipment needed is simple and of everyday use in the kitchen. If any of the recipes require more advanced equipment, it is noted on the recipe sheet!

You will also find a guide on holds/methods on the next few pages to teach your children how to cook safely! You may notice on some of the recipes a link to our YouTube Channel. For some of our recipes we have got a tutorial video delivered by Mr D! Check these out for the tips and tricks!

Some of the recipe sheets contain facts, watch out for these and learn on the go!

Equipment

When designing our recipes we wrote them based on simple cooking and considered this when thinking of equipment that our readers would have at hand in their homes! Below you can see two lists, an 'Essentials' list and a 'Less Common' list. We recommend to access the majority of our recipes, you have the 'Essentials' list available in your kitchen! If you are missing items from the 'Less Common' list then don't worry as in most cases you'll probably have an alternative item in the kitchen to use anyway!

Essentials:

- Bread Knife (Ages 3-7), Sharp Knife (Ages 8+)
- Chopping Board
- Mixing Bowl
- Wooden Spoon
- Utensils (Spoons, forks, etc)
- Pans and Oven Trays
- Muffin Trays
- Measuring Jugs
- Sharp Scissors
- Grater
- Weighing Scales
- Cooling Rack

Less Common:

- Whisks (Electric and Manual)
- Blender
- Pastry Brushes
- Masher (forks can be used)
- Spatula (Baking)
- Wok Pan
- Pie Dish

Any recipes containing a 'Less Common' piece of equipment you will see noted on the recipe.

Cutting Methods and Safety Techniques...

The Bridge Hold

4 fingers together with the thumb over the top to form a bridge over the food - to be used when cutting an ingredient in half. If the ingredient is small, hold the food between thumb and finger and raise the others to stop them being behind.



The Claw Hold

Curl your fingers as if they are 'digging in your claws'. This is to keep your fingertips out of harm's way. Rest your 'claws' on top of the ingredient you want to slice. The knife runs parallel to the fingernails leaving space for safety.



Peelers

Children should use the peelers like a knife, always down towards the chopping board. If you are peeling something long, such as a carrot, stand it up straight and peel down from half way. This method keeps the hand holding the carrot far from harm. Once the lower half is peeled, turn it over for the other half.

Peeling something round like an apple or potato is slightly trickier in terms of keeping hand at a safe distance. Instead, we use a fork inserted into the ingredient to extend the holding hand away.

Chopping Herbs

To chop herbs, add the herbs to a jug. Put scissors into the jug and snip the herbs with the scissors pointing safely down into the jug.



Recipes

Ages 3 - 7

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Fruit Salad (Individual)

Fruit salad can be made up of any fruit. To make ours we have chosen the fruits we like.

Cooking Aims:

To know how to safely cut soft foods.

To measure an amount of liquid.

Ingredients:

- Banana
- Strawberries
- Orange (peeled)
- Kiwi
- Grapes (halved)
- Mango
- Apple
- Fruit juice (apple, orange...)

What we need to do:

1. Wash our chosen fruit.
2. Cut up our chosen fruit into slices and small chunks.
3. Add our fruit to our bowl.
4. Arrange the fruit (mix or layers).
5. Pour a small amount of fruit juice onto the fruit.

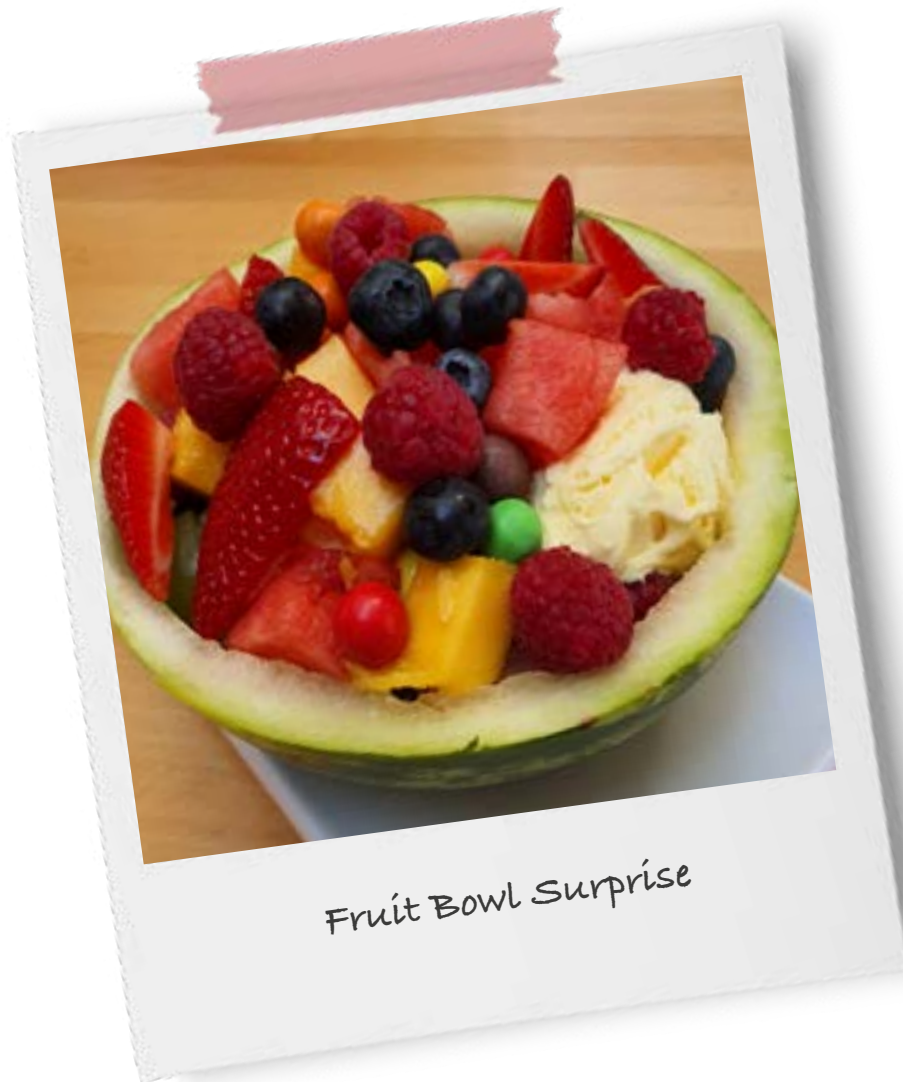


Recipes Ages 3 to 7

Fruit Bowl Surprise

Try carving out a favourite fruit such as a watermelon to create a bowl to house the fruit! Add some ice cream to make this a summer time treat! Maybe even some sweets or chocolate! This is a great one to share with the whole family!

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Fruit Yoghurt Pots

Deliciously easy to make! Fun for any age and a great way to make yoghurts and fruit more enjoyable. Layer up a small bowl or glass with your favourite fruits and yoghurt.

Ingredients

- Berries
- Pomegranate
- Apple (diced)
- Banana (slices)
- Mandarin segments
- Passion Fruits
- 500g low-fat natural yoghurt
- 50g rolled oats



Method

1. Prepare all of the ingredients appropriately, chopping where necessary.
2. Spoon in a base layer of one of your chosen fruits, berries would be a good base.
3. Add a spoonful (tbsp) of yoghurt to cover the base.
4. Sprinkle a layer of oats.
5. Repeat the process building with different layers of fruit.
6. Finish with a top layer of oats and a chosen fruit piece (such as a strawberry) to top the yoghurt pot.

Oaty Energy Biscuits

Not all biscuits are healthy but we all need to treat ourselves sometimes. Using an ingredient like oats or dried fruit can give us a healthy energy boost.

Cooking Aims:

To use measuring cups and balancing scales to weigh ingredients.

To mix ingredients to create a dough.

Ingredients:

- 50g dried apricot (cut into small pieces)
- 50g soft butter
- 50g light brown sugar
- 2 tbsp condensed milk
- 50g rolled oats
- 85g self-raising flour

What we need to do:

1. Heat the oven to 150C.
2. Line a baking tray with baking parchment.
3. Add the soft butter and sugar to a mixing bowl. Mix well with a wooden spoon.
4. Then, add the condensed milk with the oats and apricots. Mix well.
5. Finally, add the flour and mix until it disappears.
6. Make one big ball of dough and split into 6 equal sized balls.
7. Squash each ball onto the baking parchment with the palm of your hand.
8. Bake for 25 - 30 minutes.



Crunchy Salad

A simple but tasty salad that would work well as a side to a meal. It combines a range of flavours and textures.

Cooking Aims:

To know how to safely cut soft foods.

To arrange ingredients suitably.

Ingredients:

- 1 mango
- Half a cucumber
- Cherry tomatoes
- 1 red pepper
- 1/4 Lettuce (Iceburg or other)
- 1 small can of sweet corn
- Half a red onion
- Half a lemon
- Handful or coriander and mint leaves
- 2tbsp of extra virgin olive oil



What we need to do:

1. Hedgehog and chop the mango.
2. Chunk the cucumber into cubes.
3. Half the cherry tomatoes
4. Quarter the pepper and slice.
5. Half the onion and slice.
6. Mix the ingredients in a bowl with the drained sweet corn.
7. Mix in the herbs (chopped).
8. Squeeze in the lemon with 2 tbsp of extra virgin olive oil. Mix.

Cinnamon Toast Crunch

Breakfast is such an important meal of the day. This toast recipe adds fruit and a little sugar to make a very tasty combination.

Cooking Aims:

To know how to safely cut soft foods.

To arrange ingredients suitably.

Ingredients:

- Wholemeal bread
- Apples or Pears
- Butter
- 1 tsp Demerara sugar
- 1 tsp cinnamon
- 1 banana

Extras: Blueberries, Other Fruits, Syrup.

What we need to do:

1. Cut pears or apples into thin slices.
2. Toast both sides of bread until brown.
3. Spread the butter on the toast and sprinkle them evenly with sugar and cinnamon.
4. Place under a hot grill until the sugar bubbles.
5. Slice the bananas.
6. Allow to cool slightly and top with banana, mixed berries, dried pears and apples.



Banana and Fruit Loaf

We all love sweet treats so this tasty bake made from fruit has all the natural sweetness to make it a healthy dessert.

Cooking Aims:

To use measuring cups and balancing scales to weigh ingredients.

To mix ingredients to create a dough.

Ingredients:

- 4 ripe bananas
- Raisins
- 100g wholemeal flour
- 100g plain flour
- 2tsp baking powder
- 2tsp cinnamon
- 2 eggs
- 25g margarine
- 25g caster sugar

What we need to do:

1. Pre-heat oven to 180°C.
2. Grease the loaf tin.
3. Mash the bananas well with a fork in the mixing bowl.
4. Sieve the flours, baking powder and cinnamon together.
5. Mix all the ingredients into the mashed banana until they are well blended.
6. Put the mixture into the greased loaf tin and bake in the oven for 40 – 50 minutes.
7. Remove from the oven, leave to cool in the tin for 5 minutes then turn out the bread onto the cooling rack.



Flapjack

Flapjack can be a healthy oat-based biscuit packed with energy! Other ingredients such as dried fruit can be added for extra nutrition.

Cooking Aims:

- To use balancing scales to weigh ingredients.
- To mix ingredients to create a dough.

Ingredients:

- Oil for greasing
- 75g margarine or butter
- 1 tbsp syrup
- 50g sugar
- 150g porridge oats

Extras: Dried fruits and raisins.

What we need to do:

1. Pre-heat oven to 180°C.
2. Grease the sandwich cake tin.
3. Place margarine or butter, syrup and sugar into a saucepan and gently warm on the hob until the mixture becomes a liquid. Do not allow to boil.
4. Remove from the hob and add the oats. Mix well with any additional ingredients.
5. Press the mixture into the tin and smooth with the back of a teaspoon.
6. Bake in the middle of the oven for approximately 20 – 25 minutes until golden brown.
7. Mark into 8 pieces with a sharp knife and leave to cool in the tin.
8. When cool, ease carefully from the tin and place on the cooling rack.



Fruit Smoothies

Fruit smoothies can be made with many fruits. They're a great way to consume plenty of fruit and milk too.

Cooking Aims:

To know how to safely cut soft foods.

To measure an amount of liquid.

Ingredients (choose from):

- Banana
- Strawberries
- Mango
- Apple
- Raspberries
- Blueberries
- Other...
- Milk



What we need to do:

1. Wash our chosen fruit.
2. Cut up our chosen fruit into small chunks leaving small berries whole.
3. Break half a banana into the mix (adds extra thickness).
4. Add our chosen fruit to the mix and empty into the blender.
5. Measure and add 150ml of milk.
6. Blend well ensuring the mixture becomes smooth. Add a little more milk or a splash of water if too thick.

Tomato and Basil topped Bruschetta

A classic Italian starter, topped with tasty, fresh ingredients.

Cooking Aims:

To know how to safely cut fruit and vegetables.

To mix ingredients to prepare a topping.

Ingredients:

- 3 medium tomatoes
- 1 small red onion
- 1 handful of fresh basil
- 1 tbsp of olive oil
- 1 small french breadstick

What we need to do:

1. Peel and finely dice the red onion.
2. Carefully, chop the tomatoes using the bridge method until quite small.
3. Mix the tomatoes and onion in a bowl with the olive oil.
4. Chop the ends of the breadstick.
5. Slice the bread into 1cm thick pieces.
6. Toast the bread or grill evenly, rotating sides.
7. Once cooled, add the tomato and onion topping to the slices of bruschetta.
8. Garnish with the basil leaves.



Greek Salad

A deliciously healthy salad straight from the Mediterranean.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To mix ingredients to prepare a dressing.

Ingredients:

- 4 medium tomatoes
- 1 cucumber
- 1 red onion
- 50g black olives
- 50g feta cheese
- Mixed peppers

For the dressing:

- 1 clove garlic
- 150ml olive oil
- 2 tbsp red wine vinegar
- 1 tbsp lemon juice
- 2 tsp dried oregano
- Pepper



What we need to do:

1. Chunk the tomatoes and cucumber.
2. Finely chop the red onion (Leave this to an adult).
3. Quarter and slice the peppers. You may want to use 2 halves of different colours.
4. For the dressing, crush the garlic and mix with the other ingredients.
5. Arrange the salad, crumbling the feta and placing the black olives as you wish
6. Pour over the dressing to finish.

Mini Frittatas

Easy and fun to make! Very similar to an omelette or flan, this egg based recipe is deliciously cheesy with lots of fruits and veggies mixed in!

Ingredients

- 10g butter
- 1 spring onion
- 1/4 red pepper
- 75g canned sweetcorn
- 40g mature Cheddar
- 2tbsp milk
- 4 large eggs
- Black pepper

What we need to do:

1. Preheat the oven to 180C.
2. Finely chop the spring onion.
3. Cut the pepper into strips, then carefully dice up the strips into small pieces.
4. Grate the mature cheddar and leave to one side.
5. Mix the pepper, spring onion and sweetcorn together.
6. Use the butter to grease some muffin tins.
7. Crack and whisk together the eggs with 2 tbsp of milk.
8. Spoon in the ingredients with a sprinkle of cheese and pour in the egg till each muffin tin is half full. Sprinkle in some black pepper.
9. Bake in the oven for about 15 minutes.



Mac 'n' Cheese

Cooking Aims:

To grate cheese safely.

To measure and whisk liquids together.

Ingredients:

- Butter
- 350g spiral pasta
- 1 Garlic clove
- 1 tsp english mustard powder
- 3 tbsp plain flour
- 500ml whole milk
- 250g mature cheddar
- Parmesan

What we need to do:

1. Pre-heat the oven at 200c.
2. Boil 350g of spiral pasta for 2 minutes less than the packet suggestion then drain.
3. In a pan, melt 1 tbsp of butter.
4. Add a clove of finely chopped garlic and 1tsp of mustard powder and stir for 1 minute.
5. Then, add in the plain flour (3 tbsp) and stir for a further minute.
6. Whisk in the milk until the sauce is lump free and continue whisking for 5 minutes on a simmer.
7. Take off the heat, and stir in 250g of grated mature cheddar and 25g of parmesan cheese.
8. Stir in the pasta and tip into an ovenproof dish.
9. Bake in the oven for 20 minutes.



Stuffed Baked Apples

Ingredients:

- Medium/large apples (1 per person)
- Handful of raisins (per apple)
- 1 tsp brown sugar (per apple)
- 1/2 tsp cinnamon (per apple)
- Butter

Extras: Ice cream (to serve)

What we need to do:

1. Wash the apples and preheat the oven to 180C (fan oven).
2. Adult: On a chopping board, cut a hole from the apple removing the core but leaving the base intact.
3. With a small spoon scoop out some of the inside, leaving room to fill.
4. In a bowl, mix the raisins with the sugar and cinnamon. Use the ingredients list to guide you on quantity depending on how many stuffed apples you're making!
5. Fill the apples with the mixture and add a small blob of butter to the top!
6. Bake in the oven for 20+ minutes, dependant on the size of your apples!
7. Serve with ice cream.



Victoria Sponge

Queen Victoria's favourite afternoon tea treat! Mixture has equal quantities of ingredients...this is known as a pound cake.

Ingredients

- 100g self-raising flour
- 100g soft butter
- 100g caster sugar
- 1 large egg
- Strawberry Jam

Extras:

Cream (Thick), Buttercream, Icing Sugar



What we need to do:

1. Pre-heat the oven to 170C.
2. Weigh your ingredients and add the flour, sugar and butter to a mixing bowl.
3. Crack your egg into a separate bowl (in case there's shell).
4. Add the egg to the mixing bowl.
5. Use a wooden spoon to mix all the ingredients. Keep mixing until you get a thick cream with no lumps.
6. Spoon the mixture into a cake tin. Can bake in 2 separate tins for layers or slice in half once baked.
7. Add to the oven and leave to bake for 20 minutes.
8. Remove from the oven, slice horizontally through the middle if necessary. Spoon in some jam and spread with the back of a spoon.
9. Extra: Add in cream or buttercream too!
10. Dust with Icing Sugar!

Recipes

Ages 8+



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Recipes Ages 8+

Fruit and Vegetable Couscous

An easy dish that offers lots of good nutrition through the fruit, veg and carbohydrates it offers. Can try with different fruits and vegetables.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

Ingredients:

- 1 lemon
- 500ml boiling water
- 1 tbsp oil
- ½ vegetable stock cube
- 200g couscous
- 1 carrot
- ½ cucumber
- 1 apple
- 2 sticks of celery
- 1 small bunch white grapes (about 20 grapes)
- 1 tbsp fresh coriander or parsley (optional)



Fruit and Vegetable Couscous Continued...

What we need to do:

1. Cut the lemon in half and squeeze out the juice.
2. Boil the water then pour into a jug and stir in the oil, lemon juice and stock cube.
3. Put the couscous in the large mixing bowl and add the hot liquid.
4. Cover with cling film and leave for 5 – 10 minutes.
5. In the meantime wash and then chop the fruit and vegetables into small cubes, cutting the grapes in half.
6. Mix all the fruit and vegetables in a small mixing bowl.
7. Fluff up the couscous with a fork and stir the fruit and vegetables into the couscous.
8. Chop up the coriander or parsley (if using) and add to the couscous.

Recipes Ages 8+

Fish Fingers

Everyone loves fish fingers but buying frozen isn't always the healthiest choice. Today, we are making our own healthy, fresh version.

Cooking Aims:

To know how to safely cut and prepare fish.

To make a healthy, seasoned breadcrumb coating.

Ingredients:

- Oil for greasing
- 4 skinned cod fillets
- 1 egg
- 1 teaspoon dried herbs
- 100g breadcrumbs
- 2 teaspoons paprika
- Pepper



Fish Fingers Continued...

What we need to do:

1. Preheat the oven to 190°C / gas mark 5.
2. Grease the baking tray.
3. Cut the fish into long strips across the grain (sideways) and season with black pepper.
4. In a bowl add the egg and herbs and beat with a fork.
5. Gently add the fish strips to the bowl.
6. Put the breadcrumbs and paprika into a large sandwich bag and shake or put into a shallow bowl and mix.
7. If using the sandwich bag, add a few fish strips, seal and gently shake the bag ensuring they are fully coated or roll in the bowl of breadcrumbs until covered.
8. Place fish on the baking tray and put in the oven.
9. Bake for about 10 minutes then flip the fingers over.
10. Continue to cook for a further 10 minutes or until the fish fingers are golden brown and cooked through.

Recipes Ages 8+

Fish Finger Wrap

Take your fish fingers and upgrade to this delicious fish finger wrap! Cut up your favourite salad and add a little homemade Tartar Sauce (recipe can be found on our YouTube video). This is a delicious twist on a fish finger butty (sandwich). Make it your own and try different types of breads, different sauces and different combos of healthy extras!

CLASSROOM KITCHEN



Recipes Ages 8+

Fish & Chips

Cooking Aims:

To know how to safely cut and prepare fish.

To make a healthy, seasoned breadcrumb coating.

Ingredients:

- Potatoes
- 4 skinned cod fillets
- 1 egg
- 1 teaspoon dried herbs
- 100g breadcrumbs
- 2 teaspoons paprika
- Pepper

What we need to do:

Chips:

1. Preheat the oven to 190°C / gas mark 5.
2. Peel the potatoes or leave the skin on.
3. Slice into 1cm thick pieces, then repeat the opposite way to make chips.
4. Add a little oil to a baking tray and rub the chips in the oil to lightly coat.
5. Cook in the oven for 20-25 minutes, turning regularly.



Fish & Chips Continued...

What we need to do:

Fish:

1. Grease the baking tray.
2. Season the fillets with black pepper.
3. In a bowl add the egg and herbs and beat with a fork.
4. Gently add the fish to the bowl.
5. Put the breadcrumbs and paprika into a large sandwich bag and shake or put into a shallow bowl and mix.
6. Place fish on the baking tray and put in the oven.
7. Bake for about 10 minutes then flip.
8. Continue to cook for a further 10 minutes or until the fish is golden brown and cooked through.

Bread Rolls

Homemade bread can be delicious and a great way to introduce seeds into the diet.

Cooking Aims:

To use balancing and digital scales to weigh ingredients.

To mix ingredients to create a bread dough.

Ingredients:

- Oil for greasing
- 100g strong flour (half white and half wholemeal makes a good mix)
- 3g packet fast action dried yeast
- Pinch of salt
- 50ml lukewarm water
- 1/2 tbsp of oil
- Milk for glazing

Extra (seeds for topping): Poppy, Sunflower, Sesame

What we need to do:

1. Heat the oven to 200C.
2. Grease a baking tray.
3. Add the flour and salt to a mixing bowl, stir in the yeast.
4. Measure our the warm water and add the oil. Mix into the bowl until a soft dough is formed (add more flour if sticky).
5. Knead the dough on a lightly floured table for about 10 minutes.
6. Cut into 4 pieces, make into balls and add to the greased tray - cover with cling film for 15 minutes to prove.
7. Glaze with milk and sprinkle on your chosen seeds before adding to the oven.
8. Bake for 15-20 minutes. Tap on the bottom listening for a hollow sound - this means they're ready!



Recipes Ages 8+

Bread-ge-hog

Try getting creative with your bread making and have a go at making this crazy critter! Follow our Bread Rolls Recipe then before the oven, use a pair of scissors to snip the spikes. Shape the nose and add some raisins for the eyes and nose!

CLASSROOM KITCHEN



Bread-ge-hog

Recipes Ages 8+

Red Pepper Salsa

An easy snack salsa or accompaniment to a salad.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To mix ingredients to prepare a dressing.

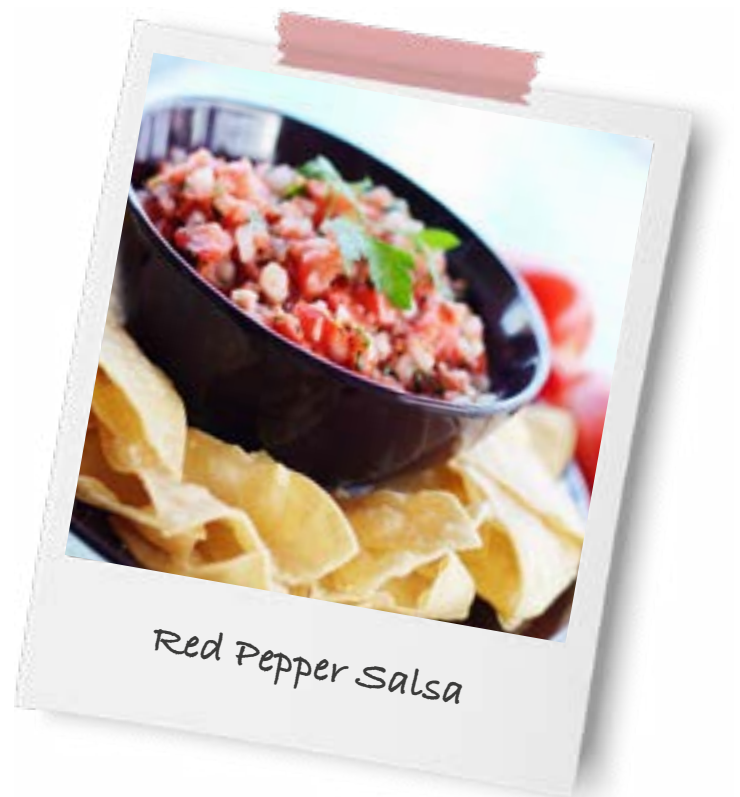
Ingredients:

Dressing:

- 1 clove garlic
- 1 lime
- 2 tbsp olive oil
- 50ml red wine vinegar
- 1 tsp hot pepper sauce
- ¼ tsp Worcestershire sauce
- ¼ tsp ground cumin
- Salt and pepper

For the salsa:

- 225g can red kidney beans or Black beans
- 100g canned sweet corn
- ½ cucumber
- 1 red pepper
- 4 spring onions
- 250g fresh tomatoes



Red Pepper Salsa Continued...

What we need to do:

1. Peel and crush the garlic, mixing all of the dressing ingredients together. Keep this in a mixing/serving bowl.
2. Prepare the salsa ingredients by chopping as necessary and drain the kidney beans.
3. Add these ingredients to the bowl with the dressing and mix well.
4. Cover and leave for at least 20 minutes to allow the flavours to develop.

Chicken and Mushroom Risotto

Cooking Aims:

To use suitable cutting methods to prepare hard and soft ingredients.

Ingredients:

- 50g butter
- 300g Arborio rice
- 1 large onion
- 250g chestnut mushrooms
- 1.4l Chicken stock
- 150g cooked chicken
- Flat-leaf parsley
- Parmesan

What we need to do:

1. Add the butter to a pan on a medium heat and add in the chopped onion, stirring until soft.
2. Add the chestnut mushrooms (thickly sliced) and stir for 5 minutes.
3. Mix in the Arborio rice, stirring until it starts to turn translucent.
4. Pour in the chicken stock and allow to simmer for 10 minutes before mixing in the cooked chicken.
5. Cook for a further 10 minutes, stirring regularly and adding more water if necessary.
6. Sprinkle in the parmesan and chopped parsley and stir. Leave, heat off and lid on, for 5 minutes.



Recipes Ages 8+

Welsh Cakes

A traditional Welsh teatime treat.

Cooking Aims:

To use baking skills in order to create a dough.

To bake in an alternative method to an oven.

Ingredients:

- 225g self raising flour
- 100g butter
- 75g caster sugar
- 50g sultanas
- 1 egg
- 1 tsp milk
- Butter or oil for greasing
- Caster sugar for dusting

What we need to do:

1. Sieve the flour into the mixing bowl.
2. Rub the butter into the flour using your fingers until it looks like breadcrumbs.
3. Add the sugar, dried fruit and the egg. Mix well to form a dough, add a teaspoon of milk if the mixture is too dry.
4. Roll out the dough until it is ½cm thick and cut into rounds using the biscuit cutter.
5. Rub the frying pan or iron griddle with butter or oil and wipe the excess away.
6. Place the Welsh cakes on the griddle, cook for 2 – 3 minutes on each side. Each side needs to be caramel brown before turning.
7. Remove them from the pan and dust with a little caster sugar.



Coleslaw

An easy favourite to accompany a salad or meal. By replacing the mayonaise, we've made this an extremely healthy recipe.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To peel and grate foods safely.

Ingredients:

- 1/2 a lemon
- 1/2 a savoy or white cabbage
- 1 apple
- 2 carrots
- 1/2 an onion
- 100g fat-free greek yoghurt

What we need to do:

1. Peel the carrots and safely grate.
2. Core the apple, which can be peeled if preferred, then grate.
3. Finely slice the red onion (adult to do this).
4. Quarter and core the cabbage, cut finely or shred.
5. Mix the ingredients in a bowl with the greek yoghurt.
6. Add a squeeze of the lemon juice and mix well.



Recipes Ages 8+

Vegetable Paella

A Mediterranean classic. This dish originates from Spain and is renowned for being a well balanced meal. Add seafood or meat if you wish!

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To know how to cook rice and prepare stock.

Ingredients:

- 300g of Arborio (Risotto) rice
- 10-12 cherry tomatoes (halved)
- 6-8 baby sweetcorn
- 10 -12 mangetout
- 900ml vegetable stock
- 1 large onion
- 1 large green/red pepper
- 1 tbsp paprika
- 1 lemon
- Chopped coriander



Vegetable Paella Continued...

What we need to do:

1. Dice the onion and add to a hot pan with 1tbsp of oil. Allow to cook for 2-3 minutes then turn heat to medium.
2. Wash, de-seed and chop the pepper, either dice or strips. Add to the pan. Cook for a further 2 minutes
3. Chop the sweetcorn and mangetout, add and stir into the onions and peppers.
4. Add the paprika and stir fry for 2-3 minutes until ingredients are soft.
5. Meanwhile, boil the kettle and prepare 900ml of vegetable stock. Add this to the pan along with the cherry tomatoes.
6. Allow to boil then add the rice.
7. Cover the pan with a lid and allow to cook on a low heat for 15-20 minutes stirring regularly.
8. Serve with a slice of lemon and season with chopped coriander.

Banana and Carrot Muffins

A delicious and suprisingly healthy snack - by replacing the butter with banana we can make this a healthy treat.

Ingredients:

- 125g of self-raising flour
- 25g of sugar
- 1tsp of baking powder
- 1tsp of cinnamon
- 1 soft banana
- 1 medium carrot
- 1 egg

What we need to do:

1. Pre-heat the oven to 170C.
2. Peel and grate the carrot - leave to one side.
3. Weigh 125g of self-raising flour and mix with the sugar, baking powder and cinnamon.
4. Add in the banana and with a fork, mash and mix with the ingredients.
5. Add in the carrot and mix.
6. Finally, add the egg, this should help bring the rest of the mixture together, making it runnier and sticky.
7. Once the mixture is complete, spoon into cases, filling to half way (Be careful not to overfill).
8. Bake in the oven for approximately 20 minutes. Test the middle of the muffin to see if it's spongy.



Recipes Ages 8+

Pasta Bake

An easy meal to make. Can use a range of fruits and vegetables and meat (if you wish). Great meal for a balanced diet.

Ingredients:

- 400g pasta shells
- 1 can chopped tomatoes
- 1 tbsp tomato puree
- 1 garlic clove
- 1 brown onion
- 1 red pepper
- Selection of fruit/vegetables
- Basil leaves
- Olive oil
- Mozzarella cheese

Optional: fish and meats (cook appropriately before adding)

What we need to do:

1. Peel and chop the onion, crush the garlic and fry gently in a pan for 2-3 minutes.
2. Add the can of chopped tomatoes and bring to a simmer.
3. Mix in the tomato puree to thicken the sauce. Chop and add the basil leaves.
4. Meanwhile, cook the pasta to packet instructions.
5. Chop the red pepper into thin slices along with any other ingredients you have chosen. You may choose to gently fry cook these in the pan first or add them straight to an ovenproof dish.
6. Add the pasta and mix with your ingredients. Pour over the tomato sauce and finish by tearing on the mozzarella scattering appropriately.
7. Cover the dish with tin foil and cook in the oven at 180C for 20 minutes. Remove the foil and cook for a further 5 minutes.



Recipes Ages 8+

Vegetable Soup

Delicious, healthy and nutritious. A fantastic, easy recipe that is perfect for the winter months!

Ingredients:

- 1 onion
- 2 carrots
- 2 sticks of celery
- Choice of mixed vegetables
- 1 clove garlic
- 1 tbsp sunflower oil
- 400g can chopped tomatoes
- 750ml water
- 1 vegetable stock cube
- 1 teaspoon thyme
- 1 bay leaf
- Pepper



What we need to do:

1. Peel and chop the onion and carrot, then peel and crush the garlic.
2. Heat the oil in a large saucepan.
3. Add the onion, carrot, garlic, mixed vegetables and celery and fry for 5 minutes until soft.
4. Add the tomatoes, herbs, water and stock cube.
5. Bring to the boil. Reduce the heat and simmer with the lid on for 30 – 35 minutes.
6. Use a hand blender to smooth the soup if you wish.
7. Just before serving add the pepper to taste.

Recipes Ages 8+

Apple Sponge Pudding

A deliciously sweet treat. This is an easy recipe for a homemade pudding that would be perfect for the summertime.

Cooking Aims:

To know how to weigh ingredients with accuracy.

To safely cut hard foods.

Ingredients:

- 5-6 eating apples
- 2 tbsp golden syrup
- 150g butter
- 100g caster sugar
- 3 medium eggs (beaten)
- 150g self raising flour
- 1 tsp vanilla essence

What we need to do:

1. Pre-heat the oven to 180°C.
2. Grease the ovenproof dish.
3. Peel, core and slice the apples.
4. Place the apples in the oven proof dish, and drizzle over the golden syrup.
5. Cream together the butter and sugar in a bowl, until pale and creamy.
6. Gradually beat in the eggs, beating well between each addition.
7. Fold in the flour and vanilla essence using the tablespoon.
8. Spoon the mixture over the apples and bake in the oven for about 35 minutes, until golden and firm to the touch.



Recipes Ages 8+

Fish Cakes

Fish should be part of our diet at least once a week. It has great health benefits and can be used in a variety of ways.

Cooking Aims:

To know how to prepare fish for eating.

To weigh quantities of ingredients to create a well balanced dish.

Ingredients:

- 200g fish (cod/haddock/salmon etc)
- 2 medium potatoes
- Lemon
- Black pepper
- 100g breadcrumbs
- 1 tbsp oil (Vegetable or sunflower)
- Parsley

Optional: Spring onion



Fish Cakes Continued...

What we need to do:

1. Boil the potatoes (peeled) for 20-30 minutes until soft.
2. Oven bake the fish for about 20 minutes (wrap in foil with a little water) at 200C or steam by adding the fish to a colander above boiling water (lid covering) for about 15 minutes).
3. Leave the oven on at 200C (or preheat, if not already used).
4. Drain the potatoes and mash in a bowl.
5. Add the fish (with no skin) and mix well with the potato. Then squeeze in lemon juice and add the black pepper. Mix well. Allow to cool.
6. Whilst waiting, prepare a plate with breadcrumbs and a bowl with water.
7. Once the mixture is cool enough to touch, wet your hands in the bowl and mould the mixture into 2 - 3 balls. Get the outside wet and then roll across the breadcrumbs.
8. Place and press the balls onto an oiled baking tray to make patties, rub a little oil on the top too. Cook in the oven for 20 minutes, flipping after 10.

Pasta Salad

An easy dish that offers huge variety through the ingredients chosen. You can try different combinations and use a range of pasta shapes and shells.

Ingredients:

- 300g of chosen pasta
- Half a cucumber
- 2 salad tomatoes
- Pepper (Red or Yellow)
- 6 Sundried tomatoes
- Basil leaves

Optional: Feta cheese, Meat (chicken/salami), Frozen peas (boil with pasta), Onion.

Dressing: 2 tbsp olive oil, Lemon, 2 tsp white wine vinegar, salt and pepper.

What we need to do:

1. Bring a pan of water to boil. Add the pasta shells and cook for approximately 10 minutes.
2. Meanwhile, prepare the ingredients - finely slice the cucumber, quarter the tomatoes and half the wedges (eighths), quarter the pepper and finely slice the pieces into strips (lengthways) and chop the sundried tomatoes into small pieces.
3. Once the pasta has finished boiling, strain the water and run the pasta under the cold tap. Leave to finish cooling whilst preparing the dressing.
4. To prepare the dressing, add the olive oil and white wine vinegar to a small jug. Then, squeeze in the juice of half a lemon. Finally, season with a small amount of salt and pepper, then mix.
5. To finish, mix all the ingredients in a bowl with the pasta, drizzle over the dressing evenly and mix once more to coat.

Recipes Ages 8+

Spring Rolls

Spring rolls are normally deep fried but we can make a much healthier option by oven baking them.

Cooking Aims:

To know how to finely chop and grate ingredients safely.

To use pastry.

Ingredients:

- Oil for greasing
- Sheets of filo pastry
- 1 nest of rice vermicelli
- 2 spring onions
- 1 large carrot
- 250g bean sprouts

Other:

1tsp fresh coriander, 1 tbsp reduced salt soy sauce, 1tsp chinese 5 spice, 1 tsp corn flour.



Spring Rolls Continued...

What we need to do:

1. What we need to do:
2. Pre-heat the oven to 220C.
3. Grease the baking tray.
4. Boil the rice vermicelli for 3 minutes and drain using the colander.
5. Finely chop the spring onions, peel and grate the carrot, wash and chop the coriander and wash the bean sprouts.
6. In the mixing bowl, mix the grated carrot, bean sprouts, spring onion, fresh coriander and rice vermicelli.
7. Add the soy sauce and Chinese 5 spice. Mix well.
8. Meanwhile blend a teaspoon of corn flour with 2 teaspoons of water in a small bowl. This will act as a glue for the pastry.
9. Place one sheet, in a diamond shape, in front of you on the chopping board. Brush the edges of the pastry with the corn flour and water mixture all the way round.
10. Place a small "sausage shape" portion of vegetable filling near the corner at one end. Turn the corner nearest to you over the filling and tuck under. Fold the sides in and continue rolling it up away from you.
11. Brush each spring roll with oil and place on the baking tray.
12. Bake in the oven for about 15 minutes or until crispy.
13. Remove from the oven and leave to cool on a cooling rack.

Chicken Stir Fry

A healthy way of creating a balanced dish that can be made up of leftover fruits and vegetables. The ingredients below are just a suggestion.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To safely stir and cook ingredients in a pan.

Ingredients:

- 100g Broccoli
- 5 Baby Sweet corn
- Cooked chicken breast
- 4 spring onions
- 2 carrots
- 1 Red pepper
- Olive oil
- 250g noodles
- Chicken stock cube

What we need to do:

1. Bring to the boil a pan of water.
2. Meanwhile, peel and chop the carrot (can dice).
3. Chop the broccoli, sweet corn, pepper and spring onions.
4. Add oil to a frying pan. Begin to fry the vegetables, stirring until soft (5 minutes).
5. Add the noodles to the pan of boiling water and cook as suggested on the packet.
6. Continue to stir vegetables.
7. Once cooked, add the noodles and mix. Turn off the heat.



Chicken Chow Mein

Ingredients:

- 150g medium egg noodles
- cooking oil
- 300g sliced chicken breast
- 2 tbsp light soy sauce
- 1 tsp five-spice powder
- 1 tbsp cornflour
- 1 red pepper sliced
- 150g bean sprouts
- 1 spring onion, sliced lengthways
- freshly ground black pepper
- 50g mangetout



What we need to do:

1. Cook the noodles in a pan of boiling water for 2–3 minutes, until al dente, or according to packet instructions. Drain, then rinse under cold running water and drain again.
2. Put the chicken strips in a bowl and season with a dash of light soy sauce and the five-spice powder.
3. Mix well, then lightly dust the chicken strips with the cornflour.
4. Heat a wok until smoking and add the oil, then add the chicken and stir fry for 3–4 minutes, or until the chicken is golden-brown and cooked through.
5. Add the red pepper and mangetout and stir fry for 1 minute, then add the bean sprouts and spring onion and stir fry for 30 seconds.
6. Stir in the cooked noodles and season with the soy sauce and freshly ground black pepper. Cook on a low heat for a few minutes, stirring frequently.
7. Pile the noodles onto a serving plate and serve immediately.

Recipes Ages 8+

Lentil Soup

Delicious, healthy and nutritious. A fantastic, easy recipe that is perfect for the winter months!

Cooking Aims:

To peel and chop hard ingredients safely.

To season a recipe to taste.

Ingredients:

- 1 onion
- 1 carrot
- 1 clove garlic
- 1 tsp ground cumin
- 1 tbsp sunflower oil
- 100g red lentils
- 400g can tomatoes or carton passata
- 750ml water
- 1 vegetable stock cube
- 1 lemon
- Pepper



What we need to do:

1. Peel and chop the onion and carrot, then peel and crush the garlic.
2. Heat the oil in a large saucepan.
3. Add the onion, carrot, garlic and cumin and fry for 5 minutes until soft.
4. Add the lentils, tomatoes, water and stock cube.
5. Bring to the boil. Reduce the heat and simmer with the lid on for 30 – 35 minutes until the lentils are very soft (add more water if too thick).
6. Squeeze the juice from the lemon.
7. Just before serving add the lemon juice and pepper to taste.

Savoury Scones

Scones are a British teatime classic. Baking them savoury can add a little healthy twist.

Cooking Aims:

To use baking skills in order to create a dough.
To grate hard and soft vegetables safely.

Ingredients:

- 175g plain wholemeal flour
- 3 tsp baking powder
- 1 small/medium courgette
- 3 chopped spring onions
- 1 tsp rosemary
- 100g feta cheese
- 1 egg
- 2 tbsp milk



What we need to do:

1. Preheat the oven to 190C.
2. Lightly grease a baking tray.
3. Sieve the flour and baking powder into the large mixing bowl.
4. Grate the courgette and finely chop the spring onions and rosemary (if fresh). Chop the cheese into small cubes. Add all these to the bowl containing the flour but do not mix.
5. In a small bowl, lightly beat the egg and milk and pour into the flour mixture.
6. Mix and bring together into a dough with a fork.
7. Break off the dough to create 6 balls. Transfer the dough on to the baking tray and press gently to flatten the top and bottom.
8. Bake for about 15 minutes until golden brown.

Jambalaya

This is an American Cajun dish of French and Spanish influence. With its variety of ingredients, Jambalaya creates a delicious, well balanced meal.

Ingredients:

- 1 large onion
- 1 red or green pepper
- 4 sausages or 8 slices lean ham
- 2 tbsp vegetable oil
- 150g rice
- 400g tin chopped tomatoes
- 250ml cold water
- 1 tbsp dried or fresh thyme
- ¼ tsp cayenne pepper
- 1 tsp paprika
- 1 chicken stock cube



What we need to do:

1. Peel and chop the onion.
2. Wash, deseed and chop the pepper.
3. Slice the sausage or ham in to small pieces.
4. Heat the oil in the saucepan for 1 minute then fry the onion and rice for 2 – 3 minutes until the onion softens.
5. Stir in the pieces of sausage or ham, pepper, rice, tomatoes, water, thyme, cayenne pepper, paprika and stock cube.
6. Bring to the boil then cover the pan with the lid and leave to simmer for 25 minutes, stirring occasionally.
7. The Jambalaya is cooked once the rice is soft and all the liquid has absorbed.

Recipes Ages 8+

Tomato and Carrot Soup

Delicious, healthy and nutritious. A fantastic, easy recipe that is perfect for the winter months!

Ingredients:

- 2 medium onions
- 6 medium carrots
- 5 fresh tomatoes
- 1 clove garlic
- 2 tsp ground cumin
- 1 vegetable stock cube
- 900ml boiling water
- Handful of rocket leaves
- Pinch of salt and pepper



What we need to do:

1. Peel and chop the onions and carrots. Chop the tomatoes and crush the garlic. Depending on whether you'll choose to blend the soup at the end, decide how big you want the pieces chopped to.
2. Gently heat a little oil in a saucepan and add the onions and garlic for 2-3 minutes until soft.
3. Add the cumin, carrots and tomatoes for 2-3 minutes.
4. Meanwhile add the stock cube to boiling water, mix, then add to the pan. Bring to the boil and leave to simmer for 20 minutes.
5. After 20, add some chopped rocket and allow to wilt for a few minutes.
6. Then, leave the soup to cool for a few minutes off the heat and blend with a hand blender (optional).

Focaccia Bread

This easy and delicious bread is an Italian classic. Seasoned with herbs, sea salt and oil, it makes a tasty accompaniment for any meal.

Ingredients:

- 100g strong flour (half white and half wholemeal makes a good mix)
- 3g packet fast action dried yeast
- Pinch of salt
- 50ml lukewarm water
- Olive oil
- Fresh Rosemary
- Sea Salt

What we need to do:

1. Weigh the ingredients and mix the flour, yeast and a pinch of salt in a bowl.
2. Slowly add the water, mixing with a wooden spoon.
3. If the mixture becomes sticky, add more flour.
4. Mix into a firm ball of dough and knead on a floured surface for 10 minutes.
5. Then, add to a clean but greased mixing bowl. Cover with cling film and allow to rise for approximately 20 minutes.
6. Once risen, place the dough onto a greased baking tray and press to a flatter, circular shape (2-3 cm thick).
7. Press finger indentations across the dough.
8. Add the rosemary leaves to the indentations and then sprinkle the bread dough with sea salt.
9. Finally, drizzle 2-3 tbsps of olive oil over the dough and add to the oven for approximately 20-25 minutes.

Hot Cross Buns

An Easter time favourite but not one that can't be enjoyed anytime of the year!

Ingredients:

- 350g Strong White Bread Flour
- 7g fast action yeast
- 2 tsp mixed spice (or cinnamon)
- 40g caster sugar
- 40g Butter
- 150g sultanas
- 150 ml milk
- 1 egg
- Honey/Orange Juice/Syrup

For the crosses: 3 tbsp plain flour

What we need to do:

1. Weigh in and mix the strong flour, sugar and spice.
2. Rub in the butter and stir in the sultanas.
3. Add in the yeast and mix.
4. Gently warm the milk (lukewarm) and pour into the mixture, stirring. Stir in the eggs.
5. Mix into a soft dough, split the dough into 6 shaped buns and place on baking paper. Cover with Cling film and allow to rise for 45 minutes.
6. For the crosses, mix the plain flour with 2 tbsp of water in a clear plastic bag (sandwich bag). Snip the corner to create a piping bag and pipe on the crosses.
7. Add to the oven for 15 minutes at 200C.
8. Brush the buns with honey, syrup or orange juice, to achieve a glaze after baking.



Chocoholic Nut Brownies

These are AWESOMELY mouth-watering! They're a little bit on the naughty side so make these a treat!

Ingredients:

- 50g self-raising flour
- 100g Dark Chocolate
- 100g Peanut Butter
- 140g Caster Sugar
- 2 medium eggs

Extras:

Marshmallows, White Chocolate, Nuts

What we need to do:

1. Preheat the oven to 180C (fan oven).
2. Weigh in to a pan, 75g of chocolate, 75g of peanut butter and 140g sugar.
3. Adult: Heat the pan on a hob (low heat), stirring the ingredients regularly to ensure it doesn't stick!
4. When the mixture has melted together, spoon it all into a mixing bowl and allow to cool for a minute!
5. Add in the eggs and stir until the mixture becomes even and smooth!
6. Add in 50g of flour and mix whilst heating the remaining peanut butter (1 min).
7. Spoon the mixture into a tin (use baking parchment to line) and pour over the melted peanut butter.
8. Add to the oven for 15-20 minutes until crispy on the outside (inside should be gooey).
9. Allow to cool and then sprinkle on any extras. You can melt and drizzle on the remaining 25g of chocolate.
10. Allow to cool fully before cutting!



Recipes Ages 8+

Huli-Huli Chicken

An Hawaiian delicacy! This Traditional Treat shouts BBQs and Summer!

Cooking Aims:

To safely cut soft and hard foods.

To create a marinade.

Ingredients:

- Chicken Breasts/Wings
- Pineapple
- Ginger
- Spring Onions
- Garlic
- 2tbsp tomato Ketchup
- 50g Brown Sugar
- 50ml Chicken Stock (cooled)



What we need to do:

1. Take 1/4 of the Pineapple and blend to make a thick juice.
2. Slice the spring onions, grate the ginger and chop the garlic.
3. Mix these with the pineapple juice, the ketchup, brown sugar and chicken stock (cooled).
4. Pour the marinade over the chicken you have chosen, cover and leave in the fridge for 1 hour.
5. After 1 hour, remove the chicken ready to be grilled or oven cooked (time dependent on chicken piece), pour the marinade into a saucepan and allow to simmer, stirring regularly.
6. Slice up some wedges of the remaining pineapple and grill/fry to serve with the chicken.
7. Serve with rice or salad.

Mexican Burritos

Try these traditional Mexican Burritos, they are brilliant for lunch or an evening meal! You can fill them right to the max with rice, meat and veggies making these a delicious, all-in-one balanced meal!

Ingredients:

- Beef Mince
- Rice
- Red Onion
- Red Kidney Beans
- Tortilla Wraps
- Selection of Fruits/Veggies
- Seasoning (Cumin, Chilli, Paprika etc)



What we need to do:

1. In a pan, bring the rice to the boil on a high heat for 5 minutes, drop the heat to low for a further 10 minutes.
2. Meanwhile, prep your selection of chosen vegetables and start to fry the minced beef over a medium heat.
3. In another pan, fry the onion along with any chosen vegetables.
4. Add in the seasoning to either the meat or the fruit/vegetables.
5. Add in the kidney beans with the veg and mix.
6. After 5 minutes, stir in the rice and fry. It's quite nice to add in some extra seasoning at this point.
7. To load up your tortilla wrap, use a base sauce if you wish (guacamole etc) then load up with half the fried rice and half the mince meat.
8. Top Tip: When wrapping, roll it up inside some tin foil to hold it together whilst eating!

Recipes Ages 8+

Pizza

Everyone loves the flexibility of a pizza, you can add whatever you want! Try our bread base and top it up with your favourite flavours!

Cooking Aims:

To weigh and mix ingredients to create a bread dough!

Ingredients:

Quick Dough:

- 100g strong flour (half white and half wholemeal makes a good mix)
- 3g packet fast action dried yeast
- Pinch of salt
- 50ml lukewarm water
- 1/2 tbsp of oil

Pizza:

- Mozzarella cheese
- Tomato Passata
- Range of toppings



Pizza Continued...

What we need to do:

Quick dough

1. Add the flour and salt to a mixing bowl, stir in the yeast.
2. Measure out the warm water and add the oil. Mix into the bowl until a soft dough is formed (add more flour if sticky).
3. Knead the dough on a lightly floured table for about 10 minutes.
4. Place back in the mixing bowl, cover with cling film and leave to prove for 15 minutes.

Pizzas

1. Meanwhile, prepare the toppings.
2. After 15 minutes, roll out the dough thinly on a floured surface. Place it onto a baking or pizza tray.
3. Spread the tomato passata onto the base using the back of the spoon.
4. Spread your chosen ingredients around the pizza, finishing by tearing the mozzarella and dotting about evenly.
5. Cook in the oven for approximately 15 minutes at 200C.

Scones

Scones are a British teatime classic. Serve with Jam and Cream.

Cooking Aims:

To use baking skills in order to create a dough.

Ingredients:

- 200g self raising flour
- 50g butter
- 125ml milk
- 1tsp Baking Powder

Optional:

- Jam
- Cream

What we need to do:

1. Preheat oven to 220°C / gas mark 7.
2. Grease the baking tray.
3. Put the flour into a bowl.
4. Rub the butter or margarine into the flour with your fingertips until it resembles fine breadcrumbs.
5. Pour in most of the milk and mix into a soft dough.
6. Place the dough on a floured work surface and knead lightly. Don't overdo the kneading. Scone dough should be handled as little as possible.
7. Roll the dough until 1.5cm thick.
8. Shape into scones using a cutter.
9. Place scones on to baking tray, brush the top of each scone with the remainder of the milk and bake for 12 – 15 minutes, until golden brown.
10. After baking, place the scones on a cooling rack.



Classroom Kitchen Service

The Classroom Kitchen Service is an educational service provided by Innovative Education Ltd.

We create and deliver Cooking and Nutrition sessions to Primary Schools and other Educational Establishments. We bring all of the equipment, ingredients and resources to provide a hassle-free service! Our sessions have been highly commended by all of our clients. Testimonials can be found on our website. All of our sessions are run by fully-qualified teachers with a Level 2 Food and Hygiene Certificate.

We offer schools a range of products within our service, from Weekly Sessions to Topic Themed Experience Days and Parent Workshops.

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