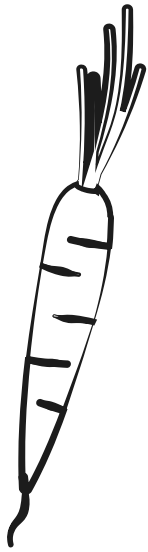
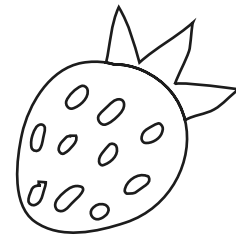
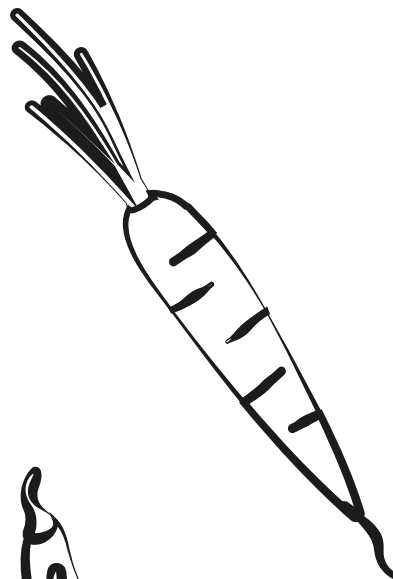
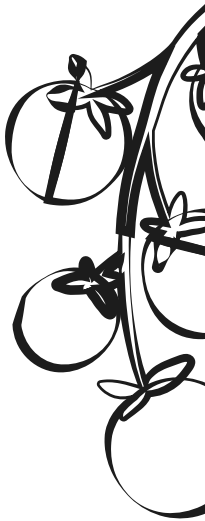


Feeding Hungry Minds



COOK ME AT HOME!



colour
me in!

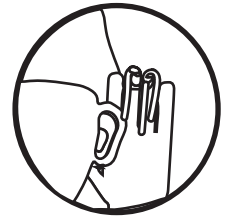
BEING SAFE IN THE KITCHEN!

Kitchens can be dangerous places so, before we begin, there are a few rules you must follow to cook safely!

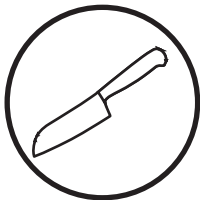


Always wash your hands, for at least 20 seconds, before touching any food

Sit and listen quietly to all the instructions before touching anything



Always tie long hair up



Don't touch any knives or sharp objects unless an adult has told you to!

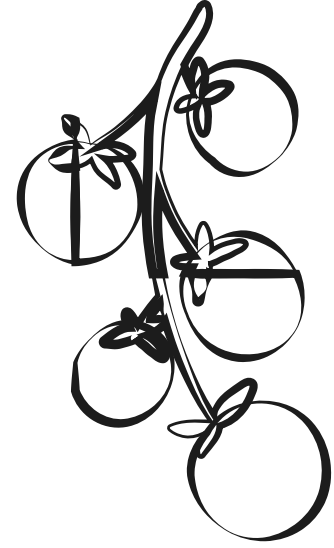
Walk - don't run!

Be careful of hot ovens, trays and food - always ask an adult if you need to get something out the oven



If you ever see anything you think could be dangerous, tell an adult straight away!

TUNA & TOMATO PASTA BAKE



INGREDIENTS

SERVES 1

20G	ONION
20G	TOMATO PASTE
100G	CHOPPED TOMATOES
45G	TUNA CHUNKS IN BRINE (DRAINED)
45G	PENNE PASTA
20G	MILD CHEDDAR
5G	OIL

WANT TO ADD SOME EXTRA FLAVOUR?

ADD 5G GARLIC PUREE, MIXED HERBS AND PEPPER

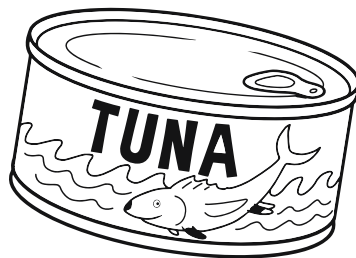
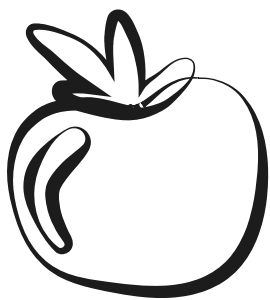
METHOD

To make the sauce -

- 1 Heat the oil in a large pan over a medium heat, then add the onions and fry for 5 minutes until the onion looks relaxed or translucent. Now add the garlic puree (if using) and stir together.
- 2 Fry for a further minute, then add the tomato paste and mixed herbs (if using) and stir.
- 3 Add the chopped tomatoes and water and add a little ground pepper from your cupboard (to your taste).
- 4 Stir well and bring to the boil. Once it has started to bubble, reduce heat and simmer for 10-12 minutes.
- 5 At this point you can either leave it chunky and rustic or puree with a blender to make it smooth.

To make the pasta bake -

- 1 Cook the pasta in boiling water, then run under cold water to refresh and then drain.
- 2 Place a pan over a medium heat and add the tomato sauce.
- 3 Bring to the boil, add the tuna and simmer gently for 2-3 minutes.
- 4 Add the pasta to the sauce, mix well and pour into suitable oven dishes.
- 5 Sprinkle over the cheddar cheese.
- 6 Bake in the oven 200°C until the cheese is a golden brown and bubbling.



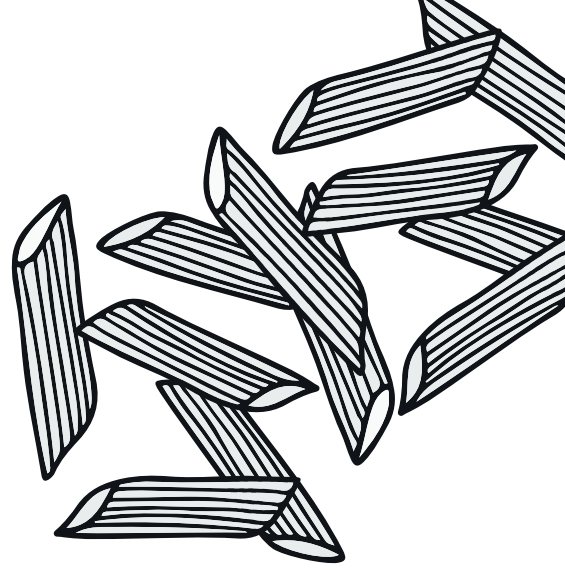
PORTION SIZES

All the savoury recipes are based on a single portion size, for a child.

If you'd like to prepare these recipes for the whole family, multiply the quantities (except for herbs and spices) by the number of individuals eating (allowing a little extra for the grown ups).



CHEESY PASTA BAKE



INGREDIENTS

SERVES 1

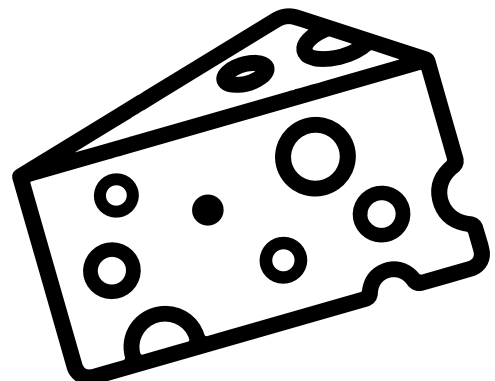
100ML	SEMI SKIMMED MILK
6G	BUTTER
6G	PLAIN FLOUR
45G	PENNE PASTA
30G	MILD CHEDDAR
5G	OIL
	A LITTLE PEPPER

METHOD

- 1 Bring the milk to a simmer in a pan. Whisk it from time to time to prevent a skin forming.
- 2 In a second pan, gently melt the butter and add the flour. Stir the butter and flour over a medium heat for about 2 minutes, until the flour has a pleasant toasty smell. Remove from the heat for about 30 seconds and allow to cool slightly.
- 3 Whisk the simmering milk into the roux, return the sauce to the stove and bring it back to simmering while whisking.
- 4 Once the sauce has returned to a slow simmer, turn down the heat and move the sauce pan so only one side is on a very low flame.
- 5 Simmer for 5-8 minutes, stirring regularly and season with the pepper.
- 6 Add the pasta to a pan of boiling water and leave to simmer for 10 minutes, drain and refresh in cold water.
- 7 Combine the pasta into the sauce, add half of the cheese and mix well.
- 8 Place into a baking dish and sprinkle remaining cheese and bake in a hot oven, pre-heated to 200°C.

Pasta is a carbohydrate, which means it keeps you fuller for longer and fuels your body so you can run around and play!

CAN YOU NAME TWO OTHER CARBOHYDRATE FOODS?



JACKET POTATO



INGREDIENTS

SERVES 1

- 1 JACKET POTATO
- CHOOSE A TOPPING**
- 50G TUNA CHUNKS IN BRINE (DRAINED)
- 1 PORTION OF MAYONNAISE
- 50G BAKED BEANS
- 45G GRATED CHEESE

Advance Preparation

Pre-heat oven to 180°C/350°F/Gas Mark 4.

Wash the potato and prick a few times with a fork. You can also cook this in a microwave if you wish, just make sure you still prick the potato.

METHOD

- 1 Bake the jacket potato for 1 to 1 and a half hours (or until cooked).
- 2 While the potato is cooking, prepare your topping, choose from:
 - Tuna: Place the drained tuna into a bowl, mix with the mayonnaise and stir with a spoon.
 - Baked Beans: Heat up baked beans.
 - Cheese: Grate the cheese.
- 3 Cut a cross in the top of the potato and squeeze out open. Add a portion of your chosen topping to the potato and serve.

TOP TIP

WHY NOT TRY THE TOPPINGS IN A SANDWICH OR ON TOAST!

HERE ARE SOME OTHER LUNCH IDEAS WHICH USE POTATOES!

WEDGES: Wash the potato and cut into wedges. Leave the skin on. Place on a baking tray and bake in the oven for 20-35 minutes or until cooked and crispy. Serve potato wedges with choice of toppings - cheese, baked beans or tuna mayonnaise.

POTATO BOATS: Remove the potato from the oven when cooked (following the same instructions as the jacket potato) and cut in half. Scoop out the middle of each potato half and put it in a bowl. Mash it together with your filling of choice and spoon it back into the potato skins. Serve up and enjoy!

ACTIVITY

DICING

JUICING

SIMMERING

WHISKING

CAN YOU LINK THE WORD AND ITS MEANING BY DRAWING ARROWS BETWEEN THE BOXES?

Evenly mixing the ingredients, with a whisk; another word for whipping

Cutting something into small cubes

Cooking over a low heat so the liquid or food is bubbling gently but not boiling

Squeezing the liquid from fruits and vegetables

SCONES



CUSTOMISE YOUR SCONES

FOR A SAVOURY Scone, ADD CHEESE AT STEP 3
FOR A FRUIT Scone, ADD SULTANAS AT STEP 3

INGREDIENTS

SERVES 6

40G BUTTER
180G FLOUR
15G SUGAR
90ML MILK
1TSP BAKING POWDER

ADD

60G OF SULTANAS

OR

60G OF CHEESE

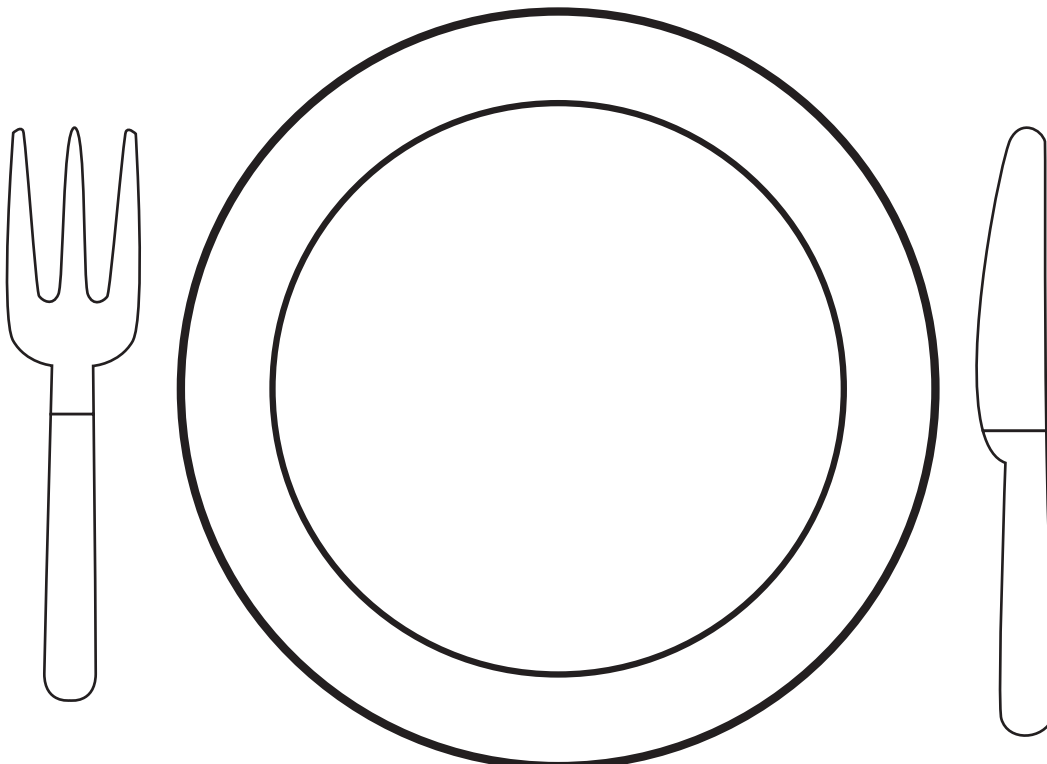
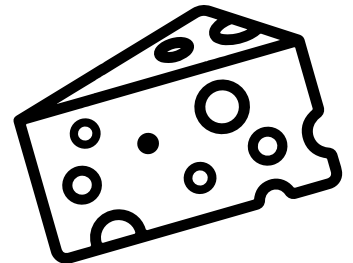
Advance Preparation

Pre-heat oven to 220°C / 425°F / Gas Mark 7

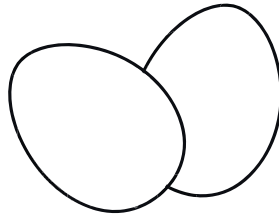
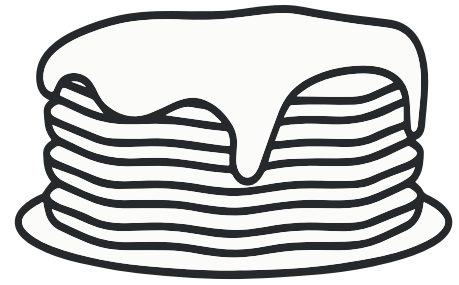
METHOD

- 1 Lightly grease a baking sheet.
- 2 Add the flour to a bowl and rub in the butter.
- 3 Stir in the sugar and baking powder and then the milk to get a soft dough.
- 4 Turn the dough out onto a floured work surface, knead very lightly and pat out into a round shape 2cm or 3/4 inches thick.
- 5 Use a 5cm / 2in cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
- 6 Brush the tops of the scones with milk. Bake for 12-15 minutes until well risen and golden.
- 7 Cool on a wire rack.

CAN YOU DRAW YOUR
FAVOURITE SCHOOL LUNCH?



PANCAKES



INGREDIENTS

SERVES 6

50G PLAIN FLOUR
1 MEDIUM EGG
150ML MILK
TEASPOON OF OIL

METHOD

- 1 Make your batter by combining the ingredients together in a bowl.
- 2 Set the batter aside for 30 mins to rest if you have time, or start cooking straight away.
- 3 Place a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
- 4 When hot, cook your pancakes for 1 minute on each side until golden.
- 5 If you're making quite a few you can keep them warm in an oven on a low heat until you're ready to serve.
- 6 Add a filling to make them even tastier - cheese, mushrooms, spinach or tomatoes are great savoury options and the classic lemon and sugar is a popular sweet choice!

TOP TIP

THIS RECIPE IS A GREAT WAY TO GET THE WHOLE FAMILY INVOLVED!

OAT DREAM COOKIE

Advance Preparation

Pre-heat oven to 160°C

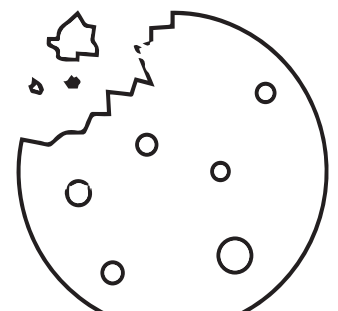
METHOD

- 1 Cream the sugar (white or brown) and the butter together in a mixing bowl until pale and fluffy.
- 2 Add the oats, flour and baking powder and mix to a firm dough.
- 3 Roll into balls and place on parchment paper, leaving some space in between each ball, as they will spread when cooking. Press down on each ball slightly.
- 4 Cook in your preheated oven for 10-15 minutes or until golden brown.
- 5 Remove from oven and cool on a wire rack.
- 6 Serve one biscuit per portion.

INGREDIENTS

SERVES 6

60G BUTTER
30G PORRIDGE OATS
30G LIGHT BROWN OR WHITE SUGAR
60G FLOUR
1TSP BAKING POWDER



SHORTBREAD

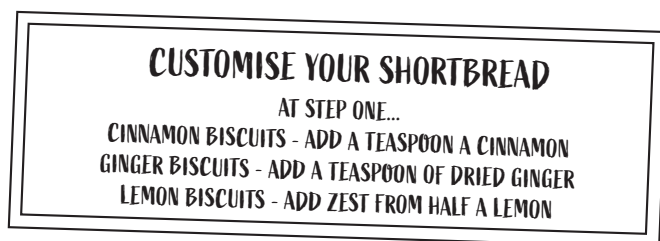


Advance Preparation

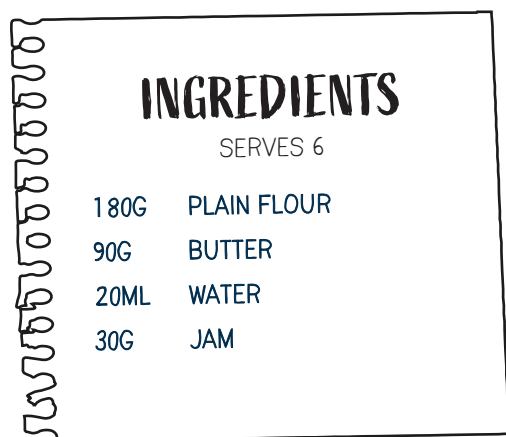
Pre-heat oven to 160°C

METHOD

- 1 Dice the butter and put into a bowl to soften a little. Sift over the flour, add sugar and vanilla extract. Combine all the ingredients into a smooth paste. Do not over mix as this will make the biscuit hard.
- 2 Lightly flour the work surface. Roll out the shortbread, cut into desired shapes and place them on the trays with a small gap in between. Alternatively, roll or press the shortbread evenly onto a baking tray and mark into 6 portions.
- 3 Prick the surfaces all over with a fork and refrigerate for 30 minutes.
- 4 Bake in a preheated oven for 10 - 20 minutes, or until firm to the touch. Leave to cool before removing from the baking sheet.



JAM TARTS



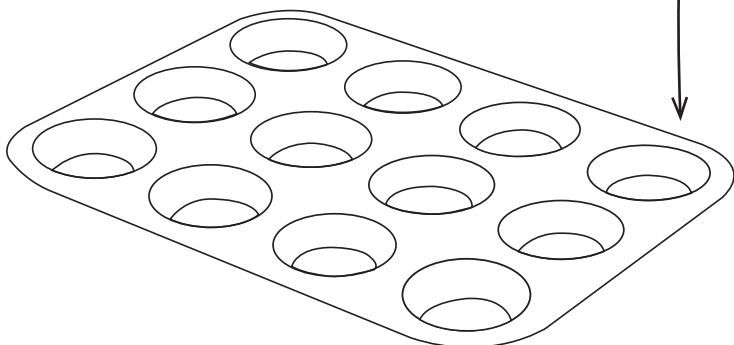
Advance Preparation

Pre-heat oven to 200°C

Grease tart baking tray

METHOD

- 1 Place the flour and butter into a bowl and mix until it forms fine breadcrumbs.
- 2 Gradually add the water until it forms a dough - add more or less water than listed, if necessary.
- 3 Be careful not to mix the dough too much or it will become too stretchy.
- 4 Cover with cling film, label and refrigerate for at least one hour before using.
- 5 Roll out the pastry thinly. Use a round cutter to cut discs of pastry, slightly larger than the hole in the tin, then press one disc into each hole.
- 6 Fill the pastry with the jam - spread it lightly and be careful not to overfill.
- 7 Bake for about 15 minutes until golden brown.
- 8 Once the pastry is golden, remove from the oven and allow to cool.



We hope you enjoyed using these recipes. We'd love to see your creations.
Tell us how you got on, ask questions and share any photos with us on twitter @ISS_Education