

D&T/Cooking and Nutrition recipes 2023-24

All recipes and developed skills are taken from the two below documents. The images below are links which will take you to the PDFs.



All recipes are from Get Cooking! Unless mentioned.

	Autumn	Spring	Summer
EYFS	Fruit Salad	Bruschetta with tomato and salad dip p.36	Salt Dough (not for eating) p.158 cooking matters
Y1	cinnamon toast p.22	Tzatziki p.47	Seasonal apple salad p.160 cooking matters
Y2	mashed potatoes p.63	Quick cheese pizza p.120	rock buns p.124
Y3	Scrambled eggs p.33	Quick bread rolls p.122	Dutch Apple crumble p.138
Y4	Lentil Soup p.50	Fishcakes p.162 cooking matters	Yoghurt and banana biscuits p.161 cooking matters
Y5	Tomato and carrot soup p.54	beef burgers p.80	Apple sponge pudding p.133
Y6	Spaghetti Bolognese p.87	Caribbean fruit salad p.135	Pizza p.117-118

The recipes are progressive across year groups, ensuring that when taught, the children will have had the opportunity to experience and refine the below age appropriate skills.

Cooking and nutrition skills summary - Early Years / Foundation Stage

The skills pupils will learn broadly cover:

- Weighing and measuring: measure using spoons
- Food preparation: with close supervision use the bridge hold to cut soft foods Using a table knife (eg strawberries)
- Mixing and combining: mix, stir and combine small amounts of cold ingredients in bowl, eg fruit salad
- Shaping and assembling: use hands to shape dough in to simple shapes (eg salt dough)
- Heating: preparing food for baking with help (eg greasing a baking tray)
- Serving and garnishing: with guidance spoon cold food on to a plate
- Healthy eating: be aware that we need to eat more of some foods and less of others
- Consumer awareness: know that food can be grown or bought for the shops
- Food safety and hygiene: with help take part in simple clearing up tasks (eg clearing and cleaning tables)
- Recipes and ingredients: identify foods that they like and dislike

Cooking and nutrition skills summary - Key Stage 1

The skills pupils will learn broadly cover:

- Weighing and measuring: use measuring spoons for liquids, solids and dry ingredients
- Food preparation: with supervision use a serrated knife to cut soft foods eg tomato
- Mixing and combining: with help crack and egg and beat with a fork
- Shaping and assembling: use hands to shape dough in to small ball or shapes
- Heating: prepare food for baking and frying eg adding oil to saucepans
- Serving and garnishing: lightly sprinkle garnish on cold food (eg herbs, grated cheese)
- Healthy eating: are beginning to use the eatwell guide
- Consumer awareness: know some of the influences on the food we eat 9eg celebrations, preferences)
- Food safety and hygiene: can follow simple safety rules when preparing and cooking food
- Recipes and ingredients: follow simple recipe instructions eg either in simple sentences or using pictures

Cooking and nutrition skills summary - Lower Key Stage 2


The skills pupils will learn broadly cover:


- Weighing and measuring: begin to use digital scales
- Food preparation: begin to use the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onions)
- Mixing and combining: mix, stir and combine wet and dry ingredients uniformly (eg to form a dough)
- Shaping and assembling: knead and shaping dough into aesthetically pleasing products – eg bread rolls
- Heating: with supervision begin to use a toaster and microwave
- Serving and garnishing: begin to understand appropriate portion sizes
- Healthy eating: understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances that the body needs to be healthy and active
- Consumer awareness: understand that food is caught and farmed and changed to make it safe and palatable/ tasty to eat
- Food safety and hygiene: understand how bacteria in food can cause food poisoning or food to go mouldy
- Recipes and ingredients: recognise and name a broad range of ingredients

Cinnamon Toast Crunch



 Prep: 10 minutes

 Cook: 5 minutes

 Serves: 4

Recipe Info

Ingredients

Dried pears or apples
4 slices of wholemeal bread
4 tsp butter
1 tsp demerara sugar
4 tsp ground cinnamon
4 bananas
100g mixed berries

Equipment

Chopping board
Sharp Knife
Toaster
Table knife
Teaspoon
Plate

Description

A good way of using up leftover bread. The cinnamon adds a lovely flavour.

Method / What 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.

Yoghurt and Cucumber Dip (Tzatziki and Raita)



🕒 Prep: 40 minutes

🕒 Cook: 0 minutes

🍴 Serves: 6-8

Recipe Info

Ingredients

1 cucumber
400g natural yoghurt
1 sprig of mint
1 lemon
2 tbsp olive oil
Sprinkle of paprika (optional)

Equipment

Sharp knife
Chopping board
Mixing bowl
Lemon squeezer
Measuring spoons
Mixing spoon
Serving dish



Description

Tzatziki is used in Middle Eastern and Mediterranean cuisines. Tzatziki is usually served as a dip with bread, such as pita, but in the Middle East it is more common as a side dish to a meal with meat.

Method / What to do

1. Wash cucumber, cut length-wise and scoop out the seeds, as these can make the tzatziki watery. Cut the cucumber into very small chunks.
2. Put the yoghurt and diced cucumber in a bowl.
3. Wash and chop the mint finely and add to the mixture.
4. Squeeze the lemon and measure out the lemon juice and olive oil.
5. Mix all ingredients in with yoghurt and leave to chill for 30 minutes.
6. Sprinkle with a little paprika powder before serving with some dippers such as pita or vegetable sticks.

Variations

- ⦿ Similar to tzatziki is raita (or pachadi), a South Asian/Indian condiment based on yoghurt and used as a cooling sauce or dip to accompany spicy Indian dishes.
- ⦿ Onion and tomato raita: add 2 small chopped tomatoes and 1 onion to 250ml yoghurt. Add salt and pepper to taste.
- ⦿ Cucumber and red pepper raita: add ½ cucumber (deseeded and finely diced), ½ red pepper (finely chopped), sprig of mint (finely chopped) to 250 ml yoghurt. Add salt and pepper to taste.

KS 1 – Seasonal apple salad



Prep: 20 minutes



Cook: 0 minutes



Serves: 4

Recipe info

Ingredients

1 lemon
4 stalks celery
4 red apples
4 cherry tomatoes
2 tbsp half fat crème fraîche
2 tbsp half fat mayonnaise
2 tbsp wholegrain mustard
Small bunch rocket leaves
Handful of raisins (optional)

Equipment

- Colander
- Sharp knife
- Chopping board
- Lemon squeezer
- Melon baller
- Mixing bowl
- Small bowl
- Mixing spoon
- Measuring spoons

Description

A sweet and crunchy salad perfect for apples throughout the seasons

Method / What to do

1. Cut the lemon in half and squeeze out the juice
2. Wash and cut the celery in to cubes
3. Wash the apples and cut in half
4. Carefully remove the apple core using the melon baller then cut the apple pieces in to chunks
5. Wash and cut the tomatoes in half
6. Put the apples, tomatoes and celery pieces into the mixing bowl then add the lemon juice and stir well
7. Mix together the crème fraîche, mayonnaise and mustard in the small bowl
8. Pour the mayonnaise mixture into the mixing bowl with the apples and celery and stir well
9. Wash the rocket leaves and tear in to pieces then stir in to the salad with the raisins
10. Serve immediately!

Mashed Potatoes



🕒 Prep: 10-15 minutes

🕒 Cook: 20-25 minutes

🍴 Serves: 2

Recipe Info

Ingredients

700g potatoes
1 litre boiling water
150ml milk
Salt and pepper

Equipment

Weighing scales
Peeler
Sharp knife
Chopping board
Measuring jug
Kettle
Large saucepan with lid
Colander
Small saucepan
Potato masher
Mixing spoon



Description

A common way to serve potatoes that is also great to use as a garnish or topping for a variety of dishes.

Method / What to do

1. Peel and cut potatoes into chunks.
2. Put the potatoes in saucepan with the water and a pinch of salt.
3. Cover with lid and simmer for 20 minutes or until the potatoes are tender.
4. Drain the potatoes in the colander and return to the pan.
5. Heat the milk gently in the small saucepan until boiling.
6. Pour the milk over the potatoes and mash until smooth.
7. Season with pepper and serve immediately.

Teaching points

- Ⓢ Microwave the potatoes to save time. See microwave method below.
- Ⓢ Add a dash of lemon juice to the cooking water to help preserve the colour of the potatoes.

Microwave method:

- 1) Prepare the potatoes as shown in point 1 above.
- 2) Place the potatoes in a microwaveable dish with 2 tbsp of water.
- 3) Cover the top of the dish with Clingfilm and pierce a few holes in the top.
- 4) Cook on full power (800w) for 6-8 minutes. Allow to stand for 1-2 minutes before serving.

Variations

A few added ingredients can transform mash into a perfect side dish.

- Ⓢ Apple mash: Add a grated red skinned apple with a bit of lemon juice.
- Ⓢ Horseradish mash: Add 1 or 2 teaspoons of horseradish sauce to the mash just before serving.

Quick Cheese Pizza



🕒 Prep: 25 minutes

🕒 Cook: 10-15 minutes

🍴 Makes: 1 small

Recipe Info

Ingredients

For the base

Oil for greasing

150g self-raising flour

25g butter or margarine

1 egg

50ml milk

For the toppings

2 tbsp tomato pizza sauce

1 tomato

½ onion

3 mushrooms

50g cheese

1 tsp mixed dried herbs

Equipment

Baking tray

Pastry brush

Weighing scales

Mixing bowl

Sieve

Fork

Small bowl

Measuring jug

Mixing spoon

Rolling pin

Palette knife

Sharp knife

Chopping board

Grater

Measuring spoons

Oven gloves



Description

A quick way to make a pizza without using yeast, as you would for a traditional Italian pizza.

Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Grease a baking tray.
3. Sift the flour into a bowl.
4. Rub the butter or margarine into the flour with your fingertips until it resembles breadcrumbs.
5. Whisk the egg with the milk then add to the mixture. Mix to form a soft dough ball.
6. Roll out the dough on a floured surface to form a circle (about 30cm diameter).
7. Transfer the dough onto the baking tray.
8. Spread the tomato pizza sauce over the base of the pizza with the palette knife.
9. Wash and slice the tomato.
10. Peel and slice half an onion.
11. Slice the mushrooms. Arrange the tomato, onion, and mushroom over the base.
12. Grate the cheese.
13. Sprinkle the grated cheese and herbs on top.
14. Place in the oven and bake for 10 – 15 minutes, until golden brown.
15. Remove from the oven, cut into slices and serve.

Teaching point

- ⊗ Divide the dough in half and make 2 mini pizzas.

Variation

- ⊗ Why not add some different toppings? Try slices of ham, green peppers, cooked sausages, rashers of cooked bacon, tuna or sweetcorn.

Rock Buns



🕒 Prep: 15 minutes

🕒 Cook: 20 minutes

🍴 Makes: 10-12

Recipe info

Ingredients

Oil for greasing
100g margarine
200g self-raising flour
200g sultanas or raisins
75g soft brown sugar
1 egg

Equipment

Baking tray
Greaseproof paper
Pastry brush
Weighing scales
Mixing bowl
Palette knife
Oven gloves
Cooling rack

Description

Rock buns are a traditional British favourite that are economical and easy to make, especially with children.

Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Grease and line the baking tray with greaseproof paper.
3. Rub the margarine into flour using your finger tips until the mixture looks like breadcrumbs.
4. Mix in all the other ingredients to form a dough.
5. Shape the dough into balls (about 4cm diameter) and place on the tray.
6. Bake in the oven for 15 to 25 minutes.
7. Remove from the baking tray and allow to cool on the cooling rack until hard.

Scrambled Eggs



Prep: 5 minutes

Cook: 5 minutes

Serves: 2

Recipe Info

Ingredients

2 eggs
1 tbsp milk
1 tsp butter
Salt and pepper

Equipment

Measuring jug
Measuring spoons
Fork
Small saucepan
Mixing spoon
Plates

Description

A healthy and filling way to serve eggs for breakfast.

Method / What to do

1. Crack the eggs into the jug.
2. Gently beat the eggs with the milk and a pinch of salt and pepper, using a fork.
3. Put the butter into the pan over a medium heat. When the butter has melted, add the egg mixture and vigorously stir with the spoon.
4. Continue to stir the eggs for 1 – 2 minutes, scraping the egg off the base of the pan as it sets.
5. When most of the egg has set, remove the pan from the heat and continue to stir for 30 seconds until fully scrambled.
6. Serve with toast, grilled tomatoes and/or mushrooms.

Teaching points


- ☉ Make scrambled eggs fluffier by adding a little water before cooking.
- ☉ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- ☉ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ☉ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.

Quick Bread Rolls



L Prep: 30 minutes

L Cook: 20 minutes

 Makes: 8 rolls

Recipe Info

Ingredients

Oil for greasing
250g strong flour (half white and half wholemeal makes a good mix)
½ tsp salt
7g packet fast action dried yeast
150ml lukewarm water
1 tbsp of oil
Milk for glazing

Equipment

Baking tray
Pastry brush
Weighing scales
Mixing bowl
Measuring jug
Measuring spoons
Palette knife
Cling film
Oven gloves
Cooling rack



Description

A very easy and quick recipe to make bread, particularly if it is made into rolls.

Method / What to do

1. Preheat oven to 200°C / gas mark 6.
2. Grease the baking tray.
3. Pour the flour in the mixing bowl and mix in the salt.
4. Stir in the yeast.
5. Measure out the warm water and add the oil.
6. Add the water to mix into a soft dough.
7. The bread should be soft and pliable but not sticky. Add extra flour if it is too wet, or more fluids if too dry.
8. Knead the dough on a lightly floured table for 10 minutes - take care not to over knead the dough as it will become tough and hard.
9. Cut the dough into 8 equal pieces. Shape each of them into a roll and place on the greased baking tray.
10. Cover them lightly with cling film and leave to prove for 15 minutes in a warm place or until they double in size.
11. Brush the top of each roll with milk.
12. Bake for 15 - 20 minutes until golden brown. To check if the bread is baked, tap it underneath and it will sound hollow when done.
13. If the bread rolls are very different in size it will cause the smaller rolls to cook earlier and become dry while the larger rolls are not baked.
14. Remove from the oven and leave to cool for 5 minutes on the cooling rack.

Teaching point

- ⦿ To bake a loaf, let the dough prove in the bread tin or shape it and place on an oiled baking tray. Prove as above and bake in a preheated oven for 25 - 35 minutes. Check if the bread is done by tapping the bread underneath.

Dutch Apple Crumble



⌚ Prep: 20 minutes

⌚ Cook: 20 minutes

🍴 Serves: 4-6

Recipe Info

Ingredients

Topping:

50g wholemeal or white plain flour
25g low fat polyunsaturated
margarine
25g of rolled oats
50g sugar

Filling:

500g of apples
½ tsp cinnamon
1 handful raisins or sultanas

Equipment

Peeler
Chopping board
Sharp knife
Measuring spoons
Saucepan with lid or bowl (for
microwave option)
Microwave – (optional)
Weighing scales
Mixing bowl
Mixing spoon
Pie dish (0.75 – 1 litre)
Oven gloves
Cooling rack



Description

This apple crumble contains raisins and cinnamon, which makes it traditionally Dutch.

Method / What to do

1. Preheat the oven to 190°C / gas mark 5.
2. To make the filling peel the apples, remove cores and chop roughly.
3. Add a teaspoon of water, half the sugar and the apples to saucepan and bring to a simmer. Cover with the lid and cook on a very low heat for 4 minutes. Alternatively, microwave on HIGH for 4 minutes.
4. Meanwhile make the topping, pour the flour and the margarine in a bowl and rub in the margarine until it resembles breadcrumbs.
5. Stir the oats and the remaining sugar into the flour mixture.
6. Add cinnamon to the apples and pour the fruit mixture in the pie dish, leaving behind the liquid.
7. Top the apples with the crumble mixture, making sure the apples are well covered.
8. Bake for 15 – 20 minutes until brown, checking occasionally.
9. Serve with low fat yoghurt.

Variations

- If you don't want to pre-cook the fruit, then slice hard fruit and bake the pie for 40 minutes in the oven or 11 – 12 minutes in the microwave on HIGH, checking the top regularly.
- You can mix hard and soft fruit e.g. apple and blackberry. Add the soft fruit at stage 6.
- You could use only soft fruit for this, for example peach, apricot or gooseberry, in which case wash and prepare the fruit and miss out stages 2 and 3.

Lentil Soup



L Prep: 15 minutes

L Cook: 30-35 minutes

Serves: 4-6

Recipe Info

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 (sieved tomatoes)
750ml water
1 vegetable stock cube
1 lemon
Pepper

Equipment

Peeler
Sharp knife
Chopping board
Garlic crusher
Measuring spoons
Large saucepan and lid
Weighing scales
Can opener
Measuring jug
Mixing spoon
Lemon squeezer
Bowls, mugs or flask to serve

Description

A delicious spicy soup that's high in iron and very easy to make.

Method / What 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.

Variation

- ⦿ Use other lentils like brown or green lentils. These will need slightly longer cooking. Add another 10 minutes or so.

Upper KS 2 – Fish cakes



Prep: 20 minutes



Cook: 20 minutes



Serves: 8

Recipe info

Ingredients

250g new potatoes
2 spring onions
Few sprigs of fresh dill
Small bunch fresh flat leaf parsley
1 x 200g tin red boneless and skinless farmed salmon
1 soft white roll
1 tbsp half fat mayonnaise
2 tbsp sweet chilli sauce
1 tbsp half fat crème fraiche
1 lemon
Salt and pepper
100g Panko natural dried breadcrumbs
1 tbsp oil

Equipment

- Peeler
- Sharp knife
- Chopping board
- Large saucepan
- Large mixing bowl
- Potato masher
- Grater
- Colander
- Can opener
- Sieve
- Measuring spoons
- Lemon squeezer
- Small plate
- Small bowl
- Fork
- Mixing spoon
- Frying pan
- Serving plate

Description

An easy light lunch or starter that is cheap and easy to make

Method / What to do

1. Wash and peel the potatoes and cut into chunks.
2. Half fill the saucepan with cold water and add a little salt, then add the potato chunks.
3. Heat the pan on a medium flame until the water starts boiling then reduce the heat and leave to simmer for 10 – 15 mins or until the potatoes are soft.
4. Drain the potatoes and leave to cool.
5. Wash and slice the spring onions.
6. Wash and finely chop the dill and parsley.
7. Drain the salmon and mash with a fork.
8. Grate the bread roll in to breadcrumbs.
9. Mash the potatoes in the mixing bowl.
10. Grate the zest from one side of the lemon then cut the lemon in half and squeeze the juice from half the lemon.
11. Add the rest of the ingredients to the potatoes (except dried breadcrumbs and oil) and mash together then stir.
12. Use your hands to form the mixture in to 8 balls and flatten them slightly so they look like fish cakes.
13. Coat each fish cake in the dried breadcrumbs.
14. Heat the oil in the frying pan and gently fry the fishcakes for about 7 or 8 minutes turning halfway through until they are golden on both sides.

Lower KS 2 – Yoghurt & banana biscuits



L Prep: 15-20 minutes

L Cook: 10-15 minutes

Serves: 8-10

Recipe info

Ingredients

Oil for greasing
1 egg
125g butter or margarine
125g light muscovado sugar
250g self-raising flour
½ tsp mixed spice
1 ripe banana
1 tsp vanilla essence
3 tbsp natural yoghurt
75g sultanas

Equipment

- Baking tray
- Pastry brush
- Weighing scales
- Sieve
- Large mixing bowl
- Measuring spoons
- Mixing spoon
- Forks x 2
- Small plate
- Small bowl
- Oven gloves
- Cooling rack

Description

Delicately flavoured light biscuits which are quick and easy to make

Method / What to do

1. Preheat oven to 180°C / gas mark 4
2. Lightly grease the baking tray.
3. Crack the egg in the small bowl and beat with a fork.
4. Cream the butter and sugar together in the mixing bowl.
5. Stir the beaten egg into the butter mixture.
6. Sieve the flour and mixed spice in to the bowl and stir well.
7. Peel and mash the banana on a small plate.
8. Add the mashed banana, vanilla essence, yoghurt and sultanas to the bowl and stir well.
9. Drop heaped teaspoons of the mixture on to the tray leaving space between each one.
10. Bake for 10 – 15 minutes until the biscuits are slightly risen and golden in colour.
11. Remove from the oven and leave to cool for 5 minutes before transferring to cooling rack.

Tomato and Carrot Soup



⌚ Prep: 20 minutes

⌚ Cook: 35-40 minutes



Serves: 4

Recipe Info

Ingredients

2 medium onions
8 medium carrots
5 fresh tomatoes
1 clove garlic
2 tbsp olive oil
2 tsp ground cumin
1 vegetable or chicken stock cube
900ml boiling water
Handful rocket leaves
Pinch of salt and pepper
2 tsp crème fraîche

Equipment

Peeler
Sharp knife
Chopping board
Garlic crusher
Measuring spoons
Large saucepan
Kettle
Measuring jug
Hand blender or food processor
Large serving bowl



Description

Good warm or cold, this bright, tasty soup can be made ahead and frozen. This soup is tastiest if the tomatoes are bought in September when they are most ripe and juicy.

Method / What to do

1. Peel and chop the onion and carrots, then wash and chop the tomatoes, peel and crush the garlic.
2. Gently heat the oil in the saucepan for 2 minutes, then add the onions and garlic and fry for 2 – 3 minutes until soft.
3. Add the cumin, carrots and tomatoes and fry gently for another 2 – 3 minutes.
4. Make up the stock by adding the boiling water and stock cube into the jug, then stir until the stock cube has dissolved.
5. Pour the stock into the pan; bring to the boil then leave to simmer for 20 minutes.
6. Wash and chop up the rocket.
7. Add most of the chopped rocket into the pan, saving a small amount for garnishing.
8. Cook for a further few minutes until the rocket has wilted and the carrots are cooked.
9. Add salt and pepper to taste then stir.
10. Leave the soup to cool for 5 minutes then liquidise using a hand blender or food processor.
11. Pour the soup into a large serving bowl; spoon over the crème fraîche and sprinkle the remaining rocket leaves over the top.

Variation

- ☉ If you prefer a coarse soup with vegetable pieces, do not blend the soup.

Beef Burgers



⌚ Prep: 15 minutes
Plus an optional 10 minutes

⌚ Cook: 10-20 minutes

🍴 Serves: 4

Recipe Info

Ingredients

1 onion
2 slices dry bread
500g lean minced beef
1 egg
1 tsp cumin seeds
¼ tsp cayenne pepper

To serve

3 tbsp tomato ketchup
1 tbsp mild mustard
4 white or wholemeal bread rolls
4 lettuce leaves
Black pepper to taste

Equipment

Chopping board
Sharp knife
Grater
Measuring spoons
Large glass bowl
Fish slice or palette knife
Oven gloves
Small bowl
Plate



Description

These beef burgers are a healthy version of the ubiquitous beef burgers consumed at fast food restaurants. Making burgers is cheap, simple and fun.

Method / What to do

1. Peel and finely chop the onion.
2. Grate the bread to make the breadcrumbs.
3. Mix the beef, onion, egg, cumin seeds and bread crumbs in a large bowl. By far the best way to do this is with your hands. If the mixture is very wet add more breadcrumbs.
4. Divide the mixture into four and form each into a burger shape. Pat them well to prevent them falling apart when cooked. Ideally, put them in the fridge for 10 minutes before cooking, although this is not essential.
5. Preheat the grill to medium / hot. These burgers are also great for cooking on a barbecue.
6. Grill for around 5 to 8 minutes on each side, depending on how well done you like your beef.
7. Turn the grill up to high two minutes before the beef burgers are cooked, add a very light dusting of cayenne pepper onto the burgers. Put them back under the grill for the remaining two minutes.
8. Mix the tomato ketchup and mustard in a small bowl, then top each burger with a teaspoon of the mixture.
9. Cut the rolls in half and lightly toast the cut side.
10. Finally, top the burger with a slice of lettuce, and place it in the cut roll. Eat immediately. Salad or a serving of baked beans are great accompaniments.

Teaching point

- ⦿ Using hands to mix up the ingredients is the most effective way, therefore ensure children wash their hands thoroughly before and after this process.

Apple Sponge Pudding



⌚ Prep: 15 minutes

⌚ Cook: 35 minutes

🍴 Serves: 4-6

Recipe Info

Ingredients

Oil for greasing
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

Equipment

Pastry brush
Ovenproof dish
Sharp knife
Chopping board
Corer
Measuring spoons
Weighing scales
Large mixing Bowl
Mixing spoon
Tablespoon
Oven gloves
Cooling rack

Description

This hot dessert is traditionally cooked in late summer when apples are in abundance. It also works well with plums.

Method / What to do

1. Pre-heat the oven to 180°C / gas mark 4.
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.
9. Serve with low fat yoghurt.

Variations

- 🍷 Replace the apples with 10 plums or similar amounts of other fruit.
- 🍷 Top the sponge batter with a sprinkle of chopped almonds before placing it in the oven. (Be careful of nut allergies.)

Spaghetti Bolognese



Prep: 15 minutes



Cook: 30 minutes



Serves: 4-6

Recipe Info

Ingredients

1 onion
1 carrot
1 tbsp of olive oil
400g can of plum tomatoes
Half a bunch of basil
500g mince meat
400g spaghetti
25g toasted breadcrumbs

Equipment

Chopping board
Sharp knife
Tablespoon
Large frying pan
Mixing spoon
Blender
Weighing scales
Large saucepan
Colander

Description

This is 'real' spaghetti Bolognese. Once you have tasted it, you may not want to go back to the jar or ready-made version. To make a really good spaghetti Bolognese, it is best for the flavours to infuse over time, however, it tastes good even when eaten immediately.

Method / What to do


1. Peel the onion and carrot and chop finely.
2. Heat the oil in frying pan.
3. Fry the onions gently until slightly browned. Add chopped carrot and cook for 5 minutes to soften.
4. Add tomatoes to pan and cook for 15 minutes.
5. Wash the basil, set aside some leaves, and chop the remainder.
6. Turn off the heat and add the chopped basil to the sauce.
7. Pour the tomato sauce from the pan into blender and blend until smooth.
8. Fry the mince in the saucepan until brown.
9. Add the tomato sauce from the blender to the mince and heat through.
10. Meanwhile cook spaghetti according to the packet instructions.
11. Drain pasta, saving 1 cup of the cooking water.
12. Add pasta to pan with sauce, thinning with pasta water if needed.
13. Serve with extra basil leaves and breadcrumbs on top.


Teaching point

- ⦿ Ensure the sauce is cool before adding to the blender.

Caribbean Fruit Salad



 Prep: 20 minutes

 Cook: 0 minutes

 Serves: 6-8

Recipe Info

Ingredients

1 orange
1 lime
1 level tbsp soft brown sugar
(optional)
1 tbsp chopped crystallized ginger
1 mango
½ cantaloupe melon
½ fresh pineapple
2 bananas
1 lemon
3 tbsp fresh desiccated coconut

Equipment

Chopping board
Sharp knife
Lemon squeezer
Large mixing bowl
Mixing spoon
Measuring spoons

Description

A delicious mixture of tropical fruit with an exotic tang!

Method / What to do

1. Cut in half and squeeze the orange and lime.
2. In the bowl stir together the sugar, orange and lime juice, and chopped ginger.
3. Prepare the fruit (make sure the fruit pieces are not too small):
 - Peel, stone, and dice the flesh of the mango.
 - Remove the seeds, peel and dice the melon.
 - Cut top and bottom off the pineapple, cut into quarters, cut out hard centre, remove flesh, cut into small pieces.
 - Squeeze the lemon juice to pour over the banana slices.
 - Peel and slice the bananas, cover with lemon juice
4. Gently stir the fruit into the juice in the large bowl.
5. Sprinkle the desiccated coconut over the fruit.
6. Serve immediately.

Teaching points

- ☉ Take care preparing the fruit, as juicy fruit is hard to hold and slice.
- ☉ Tossing the banana in lemon juice prevents it from turning brown.

Pizza (Yeast Dough)



Prep: 25 minutes

Cook: 10-15 minutes

Makes: 2 small

Recipe Info

Ingredients

For the base

250g strong white flour

½ tsp salt

7g packet fast action dried yeast

1 tbsp oil

150ml warm water

For the topping

5 tablespoons of pizza sauce

200g of mozzarella cheese

Handful fresh basil

Equipment

1 large or 2 smaller baking trays

Pastry brush

Weighing scales

Sieve

Large mixing bowl

Measuring spoons

Mixing spoon

Measuring jug

Cling film

Rolling pin

Palette knife

Sharp knife

Chopping board

Pastry brush

Oven gloves

Description

A traditional way to make pizza using yeast which can be covered with various toppings.

Method / What to do

1. Preheat oven to 200°C / gas mark 6.
2. Grease the baking tray(s).
3. Sieve together the flour and salt into the mixing bowl.
4. Stir in the yeast.
5. Add the oil and enough warm water to mix into a soft dough.
6. Knead the dough for 5 – 10 minutes on a lightly floured work surface.
7. Place the dough in the bowl, cover with clingfilm and allow to prove for 20 minutes.
8. Divide the dough in half and roll out each into a round disk.
9. Place the dough bases on baking trays.
10. Spread the pizza sauce over the base using the palette knife.
11. Slice the mozzarella cheese.
12. Arrange the slices of cheese over the tomato sauce.
13. Wash and chop the basil and sprinkle over the pizza.
14. Place the pizza in the oven and bake for 10 – 15 minutes.
15. Remove from the oven, cut into slices and serve.

Variation

- ☉ Try different combinations of toppings, including plenty of vegetables, e.g. spinach, peppers, tomatoes, mushrooms, onion.

Pizza Marinara and Pizza Romana



🕒 Prep: 25 minutes

🕒 Cook: 10-15 minutes

🍴 Makes: 2 small

Recipe Info

Ingredients

Oil for greasing
1 quantity of quick dough per pizza
4 tbsp passata (sieved tomatoes)
1 level tsp dried oregano
2 tbsp olive oil
Salt and pepper

For Pizza Marinara

1 clove of garlic
3 tomatoes

For Pizza Romana

2 tomatoes
50g anchovy fillets
100g mozzarella cheese

Equipment

30cm diameter pizza pan or baking tray
Pastry brush
Rolling pin
Palette knife
Chopping board
Sharp knife
Measuring spoons
Oven gloves



Description

Of these two traditional pizzas, Marinara pizza does not include seafood and is dairy free, while the Romana pizza topping includes anchovy fillets and mozzarella cheese.

Method / What to do

1. Pre-heat the oven to 240°C / gas mark 9.
2. Grease the pizza pan or baking tray.
3. Knead the prepared dough and roll it into a 30cm diameter circle or rectangle. Place on the baking tray or pizza pan.
4. Spread the passata thinly over the pizza base using the palette knife, then sprinkle with oregano.
5. For PIZZA MARINARA, finely chop the garlic, then peel and thinly slice the tomatoes.
6. Spread the garlic and tomato slices evenly across the pizza.
7. Sprinkle with olive oil and season well.
8. For PIZZA ROMANA, peel and thinly slice the tomatoes. Drain and slice the anchovies into thin strips. Cut the mozzarella into small cubes.
9. Arrange the tomatoes, anchovies and mozzarella evenly on the pizza base.
10. Sprinkle with olive oil and season well.
11. Bake for 10 – 15 minutes until the cheese has melted and lightly browned.
12. Remove from the oven, cut into slices and serve.

Teaching points

- ⊗ Cook pizzas in a fierce heat! The time taken to cook a pizza depends on the oven temperature. The higher the heat, the faster it cooks!
- ⊗ Drain the anchovy fillets (if in oil) using a sieve, patting off the excess oil with kitchen roll.
- ⊗ To peel tomatoes, cover them with boiling water for about 10 – 15 seconds. The skin should come off easily, but be careful as they are hot.

Variation

- ⊗ Try making a basic pizza margherita (tomatoes and cheese) and add extra ingredients.