

Cooking activities for all ages



Basic Bread Recipe (no yeast)

Ingredients

- 500 g plain flour (regular cake or all purpose flour **not** bread or wholewheat / wholegrain)
 - 2 tsp baking powder
 - 1 tsp salt
 - 310 ml milk (or water with a spoon of oil or melted butter)
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- Heat the oven to 190°C Fan (210C (regular) / 375°F / Gas Mark 6. Place a baking stone or heavy baking sheet in the oven to heat.
 - Mix the dry ingredients. Stir in the milk, and bring the dough together by stirring the ingredients until the milk is mixed with with flour and forms a dough. It's easiest to do this with your hands rather than a wooden spoon.
 - Turn the dough out onto your work surface and knead briefly until the dough has a uniform consistency.
 - Shape the dough into a round disc about an inch to an inch and a half (about 3cm) thick and deeply score the top with an X.

This is important! Don't make a round ball of dough as it won't cook in the middle.



- Bake on the hot stone or baking sheet at for about 35 minutes until pale brown and sounding hollow when tapped on the bottom.

Notes

- **Important! We cannot stress enough that the dough needs to be a flat pancake - not more than 1.5" (3cm) deep when it goes into the oven, or it will not cook properly in the middle.**
- If you don't have milk you can make some up with powdered milk, mix up yogurt and water, or use water with a spoon of oil or melted butter or spread.

CAN I MAKE A VEGAN NO YEAST LOAF?

Absolutely yes! Use your favourite soy or nut milk, and add one tablespoon of lemon juice just before mixing the dough.

CAN I MAKE EMERGENCY NO YEAST BREAD WITH GLUTEN FREE FLOUR?

This recipe doesn't work with gluten free wheat flour, so I'm afraid not. Sorry! We are working on it though, so watch this space!

I'M OUT OF MILK! WHAT CAN I DO?

You can use a **50:50** mixture of **yogurt** and **water** instead. Mix the two well together before adding to the flour. Or you can make up some **powdered milk**, as per the packet instructions, and use that.

USE WATER INSTEAD OF MILK

If you don't have milk, yogurt, or milk powder you can make this bread with water and half a tablespoon of vegetable oil, or a knob of melted butter, margarine or baking spread. The milk makes it fluffier, lighter and softer, but at a pinch water and oil will do.

CAN I FREEZE EMERGENCY NO YEAST BREAD?

Yes – this **no yeast bread freezes well** – I like to **slice it**, wrap in a plastic bag, freeze, then **toast from frozen**.

CAN I MAKE EMERGENCY NO YEAST BREAD USING CUP MEASURES?

Yes! **Don't mix cups and metric measurements**, but 3 1/3 cups of flour, 10 fl oz of milk and the same amounts of baking powder and salt – 2 tsp and 1 tsp respectively will work.

Beer Bread (also known as 1 2 3 Bread)

1 can beer
2 cups self-raising flour
3 tablespoons sugar

Add all the ingredients into a mixing bowl and mix all the ingredients well.

Put the mixture into a well greased pan (e.g.cake tin)

Bake at 375F/190C/Fan 170C/Gas mark 5 for 30-45 minutes.

Allow to cool for a few minutes, then take bread out of the tin

Allow to cool completely

** you can substitute lemon lime soda or seltzer water for the beer

*** you can spruce it up a bit as well - brush the top with garlic
- mix in cheese and/or bacon bits
- add in mixed herbs/herbs of you own choice

Basic Minced Meat

This can be adapted for making:-

- Spaghetti bolognese
- Pasta bolognese
- Lasagne
- Chilli
- Shepherd's Pie (lamb mince)
- Cottage Pie (beef mince)

Also turkey mince can be used for any of the dishes

Ingredients (basic for spaghetti bolognese)

1 pack 500g mince
1 carrot
1 onion) these can be from a jar if fresh not available
2 cloves garlic) use about 1 teaspoon
1 tin tomato **or** 1 small carton of passata
1 tablespoon tomato puree (ketchup can be used if not available)
Salt and pepper (to taste)
1 desertspoon dried mixed herbs

Method

1. Peel and chop the onion and the carrots
2. Place large saucepan on to a medium heat
3. Add the onions and carrots into the pan and stir for about 20 seconds
4. Add the mince to the pan and fry (with the onions and carrots)
5. Keep frying the mince until it all becomes brown and the onions and carrots soften
6. Carefully drain off excess fat (put the lid on the pan and pour the excess oil through a small gap between the lid and pan into a bowl; when this is cooled, dispose of in food waste bag)
7. Place pan back on the heat and add the tomatoes, puree, salt and pepper and mixed herbs
8. Stir well, and simmer for about 20 minutes. Stir occasionally.
9. Cook spaghetti according to packet instructions
10. Sit and enjoy!!



Variations 1 – Pasta bolognese

Use recipe for Spaghetti bolognes but replace spaghetti with own choice of pasta

Follow cooking instructions according to the packaging



Variation 2 – Lasagne

Use the basic recipe for spaghetti bolognes and also need -

- lasagne sheets (follow instructions on packet)
- cheese sauce (packet mix/jar/make own)
- grated cheese

Once everything is cooked, layer the meat, lasagne and cheese sauce in a dish, sprinkle cheese on top and grill until the cheese has melted

You can also add breadcrumbs to the cheese topping to add texture, and also some mixed herbs



Variation 3 – Chilli

Use the same basic recipe for spaghetti bolognese, but also need –

- 1 tin kidney beans (small or large depending on how much you like kidney beans; can be made without the beans)
- Half teaspoon Chilli powder (add more if you want more flavour!!)
- Half teaspoon cayenne pepper (add more if you want more flavour!!)
- Half teaspoon paprika (add more if you want more flavour!!)

Or you can add a jar of chilli sauce rather than tin tomato/pasata

Serve with rice (microwave or packet), tortilla chips or whatever you like!!!!



Variation 4 – Shepherd's Pie/ Cottage Pie

Shepherds Pie is traditionally made with lamb mince and peas



Cottage Pie is traditionally made with beef mince



Both have a potato topping – any potato can be use including sweet potatoes

Potato topping –

- peel potatoes and cut up into small chunks
- place into pan and cover with water, bring to the boil and simmer until soft (a knife can cut into the potato easily)
- drain off the water and place the pan back on the heat to absorb any excess water
- take the pan from the heat, add some butter, salt and pepper, a splash of milk, and mash the potatoes.
- Place the meat mixture into a dish, add the potatoes on top and serve



Bread and butter pudding



What you will need:

Slices of bread -enough to fill your bowl or dish
Butter or margarine
Jam or marmalade
4 eggs
Half a pint of milk
2 tablespoons of sugar

Method

- 1.Cut the crusts off the bread slices
- 2.Spread butter or margarine on your slices of bread (optional)
3. You can cut them into shapes such as triangles if you wish but you don't have to
- 4.Spread jam or marmalade onto the bread slices
5. Place the slices into a deep bowl
- 6.Break four eggs into another bowl
- 7.Whisk them with a whisk or a fork and add the milk and sugar
- 8.Pour it on top of the bread until they are covered
- 9.Place into a pre heated oven 325°F ,160°C or Gas 3/4 for approx 40 minutes until it has set .
- 10.Take out of the oven and leave to cool

Other ideas

Add other ingredients such as raisins or chocolate chips
Use currant loaf or rolls instead of bread
Add a sprinkle of cinnamon or nutmeg

Bread Rolls, Hedgehogs and snails.



Ingredients: 2 mugs of bread flour, 1 tsp salt, 1 tsp sugar, 1 tsp yeast, half a pint of lukewarm water.

Optional: some raisins for eyes.

Preparatory work: Make the bread dough by pouring all ingredients, apart from the water, into a bowl. Make a dip in the flour, pour in some flour and start mixing. Slowly add more water until a soft, slightly sticky dough is formed. Knead for a few minutes, cover with a clean damp kitchen towel or foil and leave to rise for about an hour. Oil some baking trays. Preheat the oven to hot temperature (200/220 degrees Celsius).

Put on aprons. **Wash hands.** Sprinkle some flour onto a clean surface. Give children a small ball of dough, they can knead this into any shape if very little. Put these shapes onto a separate baking tray, as under fours are likely to put dough into their little mouths. Older children can roll the dough into a long 'worm' shape with their hands. Roll up into a spiral for snails. For hedgehogs, form the dough into an egg shape. The tapered end will become the nose and the round end the bottom of the hedgehog. With scissors, cut 'spikes' into the dough at the top. You can add raising to create the eyes or make small indentations in the dough.

Cover the tray with a clean damp kitchen towel or foil and leave to rise for half an hour

Bake until golden brown, about 10 minutes or slightly longer if the rolls are very large. Lovely warm from the oven with butter or butter and jam!

Easy Fishcakes



What you will need

Tin of pink or red salmon or tuna
Mashed potatoes (either bought or left over potatoes)
Peas /Sweetcorn(optional)
Onions
Flour **or** breadcrumbs
1 Egg
Oil for cooking

Method

- 1.Drain the salmon or tuna
- 2.Flake it with a fork and add to the potatoes and peas/ sweetcorn
- 3.Chop the onion into small pieces and add to the mixture
- 4.Add salt and pepper to taste
- 5 Pour some seasoned flour **or** breadcrumbs onto a plate
6. Whisk the egg in a bowl
- 5.Use your hands to scoop some fishcake mixture into balls
- 6.Flatten the balls out
- 7.Dip the fishcakes into the egg and cover them
- 8.Take them out of the egg mixture and into the flour or breadcrumbs making sure they are covered
- 9.Pour some cooking oil in a frying pan and add the fishcakes 2 at a time
- 10.Fry until they are golden brown and then turn them over and do the same on both sides
- 11.Using a knife or a slicer take them out and put them on kitchen paper to cool
- 12.Carry on until all of them are golden brown

You can either eat them straight away or save them until later and warm them up in the microwave

You could use a cutter to cut them into different shapes

Easy Homemade Pizza

What you will need for the dough :



¾ mug of flour (any) 100g

100 ml natural yoghurt

1 tsp baking powder

1 tablespoon cooking oil (any)

1 tsp salt

What you will need for the topping :

Tomato ketchup **or** tomato puree **or** tomato paste **or**
some tinned tomatoes

Garlic powder (optional)

Grated cheese

Any topping of your choice eg mushrooms ,peppers
,onions ham, pineapple cooked chicken ,bacon,
pepperoni ,dried mixed herbs ,olives etc



To make the dough

1.Put all the dry ingredients into a bowl

2.Add the yoghurt and bring it all together into a dough.

- 3 Roll it out using a rolling pin or press it down with your hands to the thickness you want
4. Grease a baking tin with some of the oil
- 5 Add the toppings of your choice (see above)

To make the topping:

1. Spread your tomato ketchup/puree /paste or tinned tomatoes on the dough
2. Add some of the grated cheese
3. Add the topping of your choice making sure you slice them
4. Add the rest of the grated cheese
5. Sprinkle with garlic powder or dried mixed herbs (optional)
6. Place in a pre heated oven at 190°C or Gas 5 for about 10 minutes, making sure it doesn't have a soggy bottom !
7. Take out and leave to cool
8. Enjoy

Other ideas :

Double or treble the ingredients to have enough to share



Easy Peasy Pizza

What you will need :

One unbaked pizza base **or** slice of bread
or a garlic bread slice

Any cheese grated

Tomato sauce /ketchup

Method :

1. Spread the pizza base ,bread or garlic bread slice with tomato sauce/ketchup
2. Grate any cheese or use already grated cheese and sprinkle on the top
3. Place in a pre heated oven (190 °C or Gas 4) for 10 minutes
4. Take out of the oven and leave to cool for a few minutes

Other ideas :

1.Add any other toppings before putting it into the oven .
These could be

mushrooms ,left over chicken ,ham ,tomatoes ,peppers
onions,bacon ,sausage,pepperoni ,pineapple ,mixed
herbs etc

2. Cut your bread/base into different shapes before putting
on the toppings eg aeroplane ,car ,hand etc

3.You could give your pizza a face with grapes ,peppers etc

Flap Jacks

Makes about 12 fingers

200g porridge oats
4 level tablespoons golden syrup
75g demerara sugar
100g margarine
75g mixed fruit



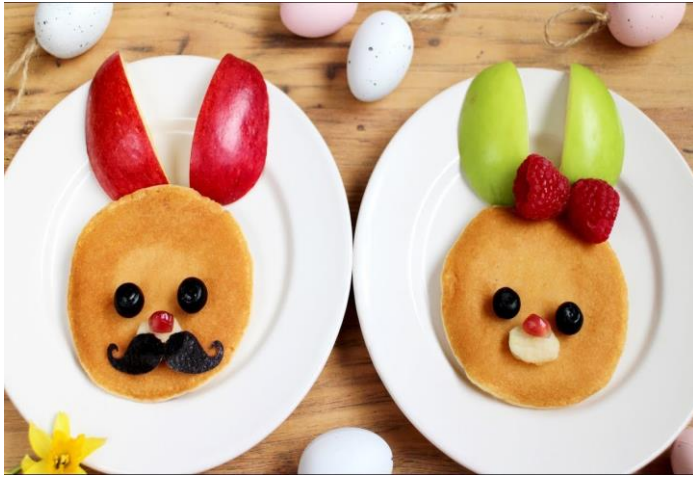
Spicy Jacks – 1 teaspoon ginger instead/as well as fruit

Peanut Jacks – 50g peanut butter instead of 50g margarine
1 tablespoon chopped peanuts for decoration

- Turn on the oven (180C / gas mark 4)
- Grease 15cm square tin
- Place the margarine, sugar, syrup in a pan and heat until melted
- Stir in the oats and fruit
- Press into the tin
- Cook until golden and set
- Leave to cool for about 5 minutes and mark into fingers
- Cool completely then remove from the tin

Enjoy making your own flapjack too!!

Funny faces



Use round biscuits and fruit to make funny faces before eating them



Use fruit and vegetables etc to create funny faces on bread slices and eat them afterwards

To get them to stick on better use some soft cheese as glue

Kebabs

a) Sandwich Kebabs



What you will need

A wooden skewer

Ingredients such as :

tomatoes ,cheese ,ham,sliced chicken,onions
,grapes ,cucumber etc

Bread



Method

- 1.Choose your ingredients and cut them up into even sizes.Remember to wash any fruit or vegetables you are going to use and take care when using a sharp knife
- 2.Use a cutter or make a shape with your bread
- 3.Thread all the ingredients onto the skewer
- 4.Serve with tomato ketchup or any other sauces

Fruit Kebabs



What you will need

Wooden skewers

Fresh fruit cut up into cubes

Bar of chocolate for melting(white or milk)

Optional : marshmallows ,raisins cheese, sweets such as dolly mixtures or jelly babies etc

Method

- 1.Wash your fruit and dry them with kitchen towel or a clean tea towel
- 2.Cut up your fruit into even sized pieces
- 3.Carefully thread the fruit onto the skewers.
- 4.Cut up your chocolate bar into pieces and either place them in a bowl in the microwave on the the de-frost setting until they are melted, or place them in a bowl over a saucepan /bowl of boiled water .Remember to keep stirring until it is melted.
5. Pour the melted chocolate over the kebabs or pour into a bowl for dipping
- 6.Enjoy

Quick Bake Victoria Sponge Cake (Microwave recipe)

This is a microwave cooked cake. Use oven gloves to handle the hot cake and it's container, just like you would if it had been oven baked.

Preparation Time: 15 mins

Cooking Time: 6 minutes

Number of servings: About 6 servings

This is a modern cake method, using a microwave to cook the cake mixture. This is a very fast method for cake cooking. You will find that microwave cooking times vary, so adjust times to suit yours. Microwaved cakes do not brown like oven baked cakes, so icing or frosting can be used to make them a bit prettier.

Ingredients

- 6 oz butter
- 6 oz selfraising flour
- 6 oz sugar
- 3 eggs

Making and cooking it

1. Weigh out yor ingredients
2. Cream the butter and sugar
3. Beat the eggs one by one and add them to you butter and sugar one by one and give it a tiny stir after you have added each egg
4. Add in the flour gradually
5. Add a tiny drop of milk to make it more moist than usual
6. Tip you mixtre onto some sort of container
7. Put it in the micro wave for 6 minutes
8. Tip - if your cake looks like it isn't cooked put it in the micro wave for one minute each time till you think it is cooked
9. Allow to cool for a few minutes, before removing from the container Add jam and cream (or anything else you like) and eat!!

No bake cakes

Cornflake cakes

You will need:

2 level

dessertspoons of butter or margarine
4 level dessertspoons of golden syrup
100g of milk or dark chocolate
A large bowl of cornflakes



Method

1. Put the butter or margarine and golden syrup into a saucepan if you are going to make it on a hob **or** in a bowl if you are making it in the microwave
2. Cut the chocolate into chunks and add to the saucepan or bowl
3. Place your saucepan on a low heat on the hob and melt all the ingredients stirring all the time **or** place your bowl in the microwave on a very low heat and keep checking every few seconds to make sure all the ingredients have melted
4. Take off the heat and pour in the cornflakes and cover the cornflakes with the melted ingredients
5. Use a spoon to place them in cake cases **or** pour the mixture into a tin and flatten it down with your spoon
6. Leave to cool until they are hard



Marshmallow cakes



What you need

Half a packet of marshmallows
2 tablespoons of butter or margarine
A bowl of any rice cereal

Method

1. Place your marshmallows and butter **or** margarine in a saucepan
2. Melt together on a low heat stirring all the time
3. Take off the heat and pour in the rice cereal
4. Mix together and then spoon the mixture into cake cases or press the mixture into a greased tin or foil covered tin
4. Allow to cool
5. If you have pressed them into a square tin you may cut them into square or rectangles, and if you have pressed them into a round tin you can cut them into triangles **or** use a cake cutter and then cut them into any shape

Easy Rocky Roads



What you need:

2 bars of cheap chocolate
Any plain or chocolate biscuits
Tiny marshmallows or large ones cut into smaller pieces with clean kitchen scissors

Method

1. Line a baking tin with foil
2. Cut the chocolate into chunks
3. Melt the chocolate by either placing into a bowl over a saucepan of simmering water or placing the bowl in the microwave on the very low heat or defrosting setting
4. Keep stirring the chocolate until it has melted
5. Roughly cut up the biscuits and pour them into the melted chocolate and mix until all the biscuits are covered in chocolate
6. Add the marshmallows and stir them into the mixture until covered with chocolate
7. Pour the mixture onto the foil lined baking tin and leave to cool until hard
8. Cut or break them roughly into shapes

Other ideas

If you like you can add any of these ingredients to any of the above recipes whilst you are mixing them:

Sweets such as maltesers or smarties etc

Dried fruit such as raisins, sultanas, bananas, cherries etc

Nuts such as hazelnuts, pecans or walnuts

Or you could decorate them with sprinkles

Parfait (a layered fruit and cream dessert)



What you will need

A glass

Fruit from a tin or fresh fruit

Double cream

Cream cheese(optional)

Coco pops **or** granola **or** biscuits
or any suitable cereal

Method

1. Whisk the double cream until it is thick
2. If you want you can add any cream cheese (triangles or tub) and a little icing sugar to the cream and this will make it taste like cheesecake
3. Open a tin of fruit of choice eg cherries ,mandarins raspberries,peaches etc
4. You can also use fresh fruit such as strawberries, raspberries ,bananas ,peaches,blueberries etc
5. Crumble up your biscuits in a blender or place in a polythene bag and crush them with a rolling pin
6. Layer the ingredients in the glass and decorate with any of the fruits

You can keep to one fruit or choose a variety

You can also use different biscuits-ginger biscuits works well and so does chocolate or plain biscuits

Crustless quiches

What you will need



4 eggs
Quarter of a pint of milk
Choice of fillings e.g.
Fried bacon/sausage/onions/
Peppers/mushrooms
Grated cheese
Frozen or left over vegetables

Cooked chicken

Method

1. Grease a cake tin or quiche dish with cooking oil
2. Whisk the eggs and the milk and some salt and pepper
3. Place your chosen ingredients into the grease tin or dish
4. Pour the egg and milk over the top
5. Place in a preheated oven at 160°C or Gas 4/5 and cook for approx 30/40 minutes until it is set

You may like to sprinkle grated cheese, or dried mixed herbs on the top before putting it in the oven

You may like to add garlic or chilli powder to the mixture

Other ideas

- Use the same mixture but use a fairy cake or muffin tin

Grease the tin with oil or margarine

Place slices of ham into the cake or muffin tin

Pour the mixture with your choice of fillings into the ham cases

Cook on a low heat for approx 20 minutes

- Buy some shortcrust pastry and roll it out to make a bottom for the quiche
- Use different ingredients to above as fillings

Playdough (NOT SUITABLE FOR EATING!!)

7 oz / 200 g plain flour
3.5 oz / 100g salt
1 tablespoon oil
12 oz / 330ml water
2 teaspoon cream of tartar
food colouring

1 cup flour
 $\frac{1}{2}$ cup salt
1 tablespoon oil
1 cup water
1 tablespoon cream of tartar
food colouring

Mix the dry ingredients together, then add the oil and water

Cook on high in the microwave for 2 – 2 and a half minutes making sure you stir the mixture every 30 seconds. Add a few drops of essential oil (optional)

Leave to cool then mould into a ball



Easy Chicken Curry (with a secret ingredient!!)

This was a recipe I was given by the Royal Marines and was a firm favourite with my year 9 Food Technology class



Ingredients

Diced Chicken breast/chicken fillets/boneless thighs (enough for the number of people who you are cooking for)

1 onion

1 jar curry sauce

1 bar Bounty chocolate

Oil/butter for frying

Rice (for serving)

Chop the onion and add to a pan and fry gently for a few minutes

Add the diced chicken and fry until cooked

Pour in the curry sauce and stir well

Add the Bounty bar!!!!

Cook for about 10-15 minutes

Serve and enjoy

Simple Fruit Salad

Fruit Patterns: Slice up any fruits you have in the house. Create pretty patterns on a plate. Sliced apples, oranges, banana, pear and mango for example in a spiral with raisins in the middle.

Variation: You could also chop any fruit and avocados you have into blocks or slices and add the juice of an orange to turn into a salad.

Enjoy!



Victoria sponge

Ingredients

- 3 medium eggs
- 175g (6oz) butter, softened
- 175g (6oz) caster sugar
- 175g (6oz) self-raising flour

Decoration

- 142ml carton double cream
- 4-6 level tablespoons raspberry jam
- caster sugar, for dredging

- 2 x 18cm (7in) round sandwich tins, greased and base lined with baking parchment



Method

- Tip all the ingredients into a bowl and beat until smooth.



- Divide mixture between the sandwich tins and level the surfaces.



- Bake the cakes in the center of a preheated oven – 180°C/350°F/Gas Mark 4 for 20-25 mins, or until the cakes have risen and are golden, and spring back when lightly pressed in the center.
- Remove the cakes from the oven and leave them to cool in the tins for 5-10 mins, then turn them out on to a wire rack and leave them to cool completely.
- Spread the jam over the base of one of the cakes. Lightly whip the double cream and spread it over the base of the other cake. Sandwich the two cakes together. Dredge with caster sugar before serving.

- The unfilled Victoria sponge cakes can be packed in freezer bags and frozen for up to 3 months. Allow to defrost before filling.

Top tip for making Victoria sponge

To get perfect measurements, weigh the eggs - and then use the same weight for each of the caster sugar, butter and flour.

Variations

Cupcakes - spoon mixture into small paper cases and cook as per method



Chocolate sponge - add a dessertspoon of cocoa powder to the flour

You can also

- add 175g chocolate chips (1 bag) OR
 - add grated carrot (medium size) and mixed spice (2 teaspoons) OR
 - add 175g fruit (dried or fresh)
- before placing mixture into a tin/cases

Wraps



What you will need

1 packet of wholemeal or white wraps

What you will need for the fillings

Choose from below .Wraps can be filled with any ingredients you might have around

Cream cheese and ham

- 1.Spread the cheese on the wrap and add the ham
- 2.Roll it up and cut to size (You may add salad, onions sweetcorn, tomatoes ,salad cream etc to taste)

Chicken,onions and peppers

- 1Pour some cooking oil into a frying pan or saucepan
2. Slice some peppers (any colour), some onions and uncooked chicken and place in a frying pan and fry until they are cooked . (If you are using cooked chicken fry the onions and peppers first then add the chicken)

3. Crumble in a stock cube (chicken or ham or vegetable)to add flavour

4. Remember to keep stirring so they don't stick to the pan

5. Add any flavours or spices such as garlic , barbecue chilli powder or a packet of fajita mix

6 Spoon the warm ingredients into the wrap and roll it up

Other ideas

Fillings

Tuna and onions with salad cream or mayonnaise

Bacon lettuce and tomato

Tinned Chilli beef

Tinned Meatballs

Tinned curry

Make one up yourself

Cheese and onion

Wraps

You could use lettuce leaves instead of wraps to hold your filling

