

Pizza Toast

Ingredients:

Slices of bread or
muffin halves

passata

mixed herbs (optional)

sliced mozzarella cheese

Any toppings you like:

(tomato slices, sliced peppers,
sweetcorn, ham, mushrooms etc)

Method:

1. Wash your hands.
2. Lightly toast the bread or muffins.
3. Mix herbs into the passata and spread onto the bread
4. Add slices of cheese
5. Decorate with your toppings - you could make a face!
6. Grill your pizza until the cheese has melted.



Planet Earth Biscuits

Ingredients:

200g soft butter

200g caster sugar

1 medium egg, beaten

400g plain flour

blue and green colouring

Method:

1. Wash your hands.
2. Mix the butter and sugar using an electric whisk.
3. Beat in the egg.
4. Add the flour and mix gently.
5. Place $\frac{1}{4}$ of the dough in a separate bowl and dye it green.
6. Dye the remainder blue.
7. Pull out pieces from each colour and shape into a sphere then flatten out to a circle. Patch if necessary to create an Earth effect.
8. Bake for about 10 minutes at 190C



Crunchy Granola Sticks

Ingredients:

300g chocolate chips

24 bread sticks

1 cup granola

Method:

1. Wash your hands.

2. In a microwave, melt chocolate chips in a bowl and stir until smooth. Pour into one side of a large shallow dish.

3. Roll each breadstick halfway into chocolate. Allow excess coating to drip off, then sprinkle with granola. Place on greaseproof paper until set. Store in an airtight container.

Cheese and Vegetable rolls

Ingredients:

- 1 tbsp olive oil
- 1 large onion, grated
- 2 carrots, grated
- 1 beetroot, grated (wear gloves!)
- 100g cheddar cheese
- small bunch of thyme leaves
- 50g flaked almonds
- 320g sheet puff pastry
- 1 egg, beaten



Method:

1. Wash your hands.
 2. Heat the oil in a large pan. Add the onion and sizzle for 5 mins, stirring now and then, until softened. Add the carrot and beetroot, season well and cook gently for 5-10 mins, stirring until the veg is soft. Tip into a bowl.
 3. Stir the cheese and thyme leaves into the vegetable mixture while it's still warm. Roughly crumble half the almonds in your hands and add these to the bowl too. Chill the mixture for 30 mins or so until cool enough to handle.
 4. Unroll the pastry. Cut in half lengthways, then pile the cooled filling down the middle of each strip of pastry. Brush the edges of the pastry with a little beaten egg, then fold the sides over to cover the filling. Turn the rolls over so the pastry seam is tucked underneath and cut each roll into 3, so you have 6. Place on a baking tray lined with baking parchment, brush with a little more egg and sprinkle over the remaining almonds. Chill until ready to cook (or at least 15 mins). Heat oven to 200C/180C fan/gas 6.
 5. Bake for 20 mins until golden brown. Serve the rolls warm or cold with salad or baked beans.
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Sausage Rolls

Ingredients:

½ small garlic clove
handful parsley, chopped
400g pack sausages
375g pack puff pastry
(ready rolled)
1 beaten egg



Method:

1. Wash your hands.
 2. Heat oven to 200C/fan 180C/gas 6.
 3. Crush ½ small garlic clove and a little salt to a paste. Mix together with a handful of chopped parsley and stir in 50ml cold water.
 4. Peel the skins from the sausages and mix with the garlic. (Use your hands but wash them afterwards!)
 5. Unroll 375g ready-rolled puff pastry onto a board and cut in half lengthways.
 6. Divide the sausage mixture in two and spread along the length of each pastry strip in a cylinder shape, leaving a 1cm edge.
 7. Tightly roll the pastry around the sausagemeat and brush the ends with 1 beaten egg to secure.
 8. Use a sharp knife to cut each roll into 10 pieces, each about 2.5cm long, and place on a baking sheet.
 9. Brush more beaten egg all over the pastry. Place in the oven and cook for 25-35 mins until the pastry is puffed and crisp and the meat has cooked through. Remove and eat hot or cold.
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Banana Pancakes

Ingredients:

350g self-raising flour

1 tsp baking powder

2 very ripe bananas

2 medium eggs

1 tsp vanilla extract

250ml whole milk

butter

To serve: 2 just ripe bananas, maple syrup

Method:

1. Wash your hands.
2. Sieve the flour, baking powder and a generous pinch of salt into a large bowl. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk. Make a well in the centre of the dry ingredients, tip in the wet ingredients and swiftly whisk together to create a smooth, silky batter.
3. Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter, keeping the pancakes warm in a low oven.
4. Stack the pancakes on plates and top with the banana slices, a glug of sticky maple syrup and a handful of pecan nuts, if you like.



Crunchy Burgers

Ingredients:

2 handfuls cornflakes (25g)

225g beef mince

small bunch basil, leaves ripped

1 large egg, beaten

75g plain flour

1 tbsp vegetable oil

6 each mini burger buns, lettuce, tomato slices



Method:

7. Wash your hands.
8. Heat oven to 200C/180C fan/gas 6.
9. First, crush the cornflakes by placing them in a freezer bag, then breaking with the rolling pin. This is fun (but mind your fingers) and try not to bash them to dust, just to rough flakes. Put in a bowl.
10. Tip the mince into another bowl, add the basil and a little ground pepper. For lean mince you may need to add 1 tbsp beaten egg to help it bind (stick together), then mix it well. Put some flour on a plate and some beaten egg on another plate.
11. Take about a sixth of the mince mix and shape it into a small burger. Do this by squashing it quite firmly in the palm of your hand. (Burger-shaping will transfer a skill your child may have from playing with modelling clay to the kitchen as they create a ball in their palm, then squash it into a flatter patty.)
12. Next roll the burger in the flour. Then roll it all over in a little egg. Then roll it quite liberally in the crushed cornflakes. Now place it on the oiled baking sheet and start the process again until you have used up all the mix. Try to keep the sizes even so that the burgers cook in the same time.
13. Lightly drip oil onto the top of each burger using a pastry brush and bake in the centre of the oven for 15-20 mins until cooked through. Serve the burgers in the split buns with lettuce, tomato slices and some ketchup.

