

## **Cookery Club**

The children from the cookery club will be learning how to follow instructions. We will be trying some of the delicious recipes from below.

Our aims are to work with the Key Stage 2 National Curriculum for Design and Technology and have lots of fun!!

- 1) Understand and apply the principles of a healthy and varied diet.
- 2) Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- 3) Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Please feel free to try these at home with your children.

Enjoy!!!!

## **Week 1** Chocolate Rice Krispie Cakes



### **Ingredients**

- Rice Crispies
- Cooking chocolate
- Paper cake cases

### **Method**

- 1) Break up the chocolate into small pieces and place into a glass bowl.
- 2) Put some water into a pan (big enough for the bowl to sit on not in) and heat up until simmering.
- 3) Place the bowl over the pan and allow the chocolate to melt.
- 4) When melted, add sufficient rice Krispies to coat evenly, making sure you do not have a pool of chocolate in the bottom of the bowl.
- 5) Spoon the chocolate covered rice Krispies into the cases and allow to set.

## Week 2 Teddy Bear Toast



### Ingredients

- Bread
- Bananas
- Butter
- Peanut Butter
- Blueberries or Raspberries
- Plate

### Method

- 1) Start by toasting some bread and take out of the toaster when the bread is golden brown.
- 2) Now spread some butter all over your toast.
- 3) Next spread Peanut Butter over your piece of toast that has butter in it.
- 4) Peel your banana and chop three pieces of it and use two of them to make ears for your bear.
- 5) Now get three blueberries and use two of them to make two little eyes for your fuzzy friend.
- 6) Now with your other blueberry and one chopped piece of banana and place your bit of banana onto your toast and put the blueberry on top to make your nose.

## Week 3 Fruit Salad



### Ingredients

- Grapes
- Apple
- Oranges
- Pears
- Melon
- Fruit Juice

### Method

- 1) Start by washing all the fruit that you have been given.
- 2) Next chop all the fruit in half (Help will be given)
- 3) Now add all the chopped fruit into your bowl
- 4) With your spoon, mix up all the fruit in your bowl together (try not to squish any of it).
- 5) Once you have finished mixing it all up, add a little bit of fruit juice to your fruit salad.

## Week 4 Vegetable Curry



### Ingredients

- One small onion
- One small Carrot
- Canned tomatoes
- Half a tablespoon of vegetable oil
- One tablespoon of tomato puree
- One teaspoon of turmeric
- Half a teaspoon of curry powder
- Half a teaspoon of chili powder
- Canned chickpeas

### Method

- 1) Chop the onion carrot and canned tomatoes
- 2) Heat the oil in the pan and add the above thing that you just chopped.
- 3) Add the tomato puree, turmeric, curry powder, chili powder, water and chickpeas
- 4) Simmer for 30 minutes or until the vegetables are soft

## Week 5 Muffin Pizza's



### Ingredients

Muffin cut in half

Tomato puree

Cheese

Selection of vegetables

### Method

- 1) Cut muffins in half
- 2) Spread tomato puree too the edges of each base.
- 3) Add toppings of your choice and sprinkle with grated cheese.
- 4) Cook under the grill until the cheese is golden.