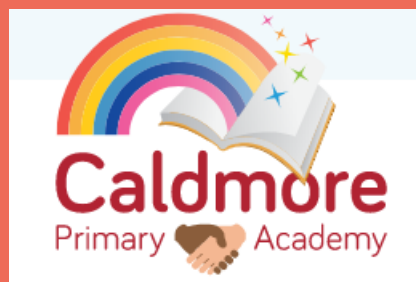


Caldmore Primary Academy

Early Years

Cook Book



These are very simple and easy to follow recipes.

As you cook with your child talk about what you are doing, especially, the mathematical language that's arises such as divide, share, measure, $\frac{1}{2}$ - half, litres etc...

Talk about the ingredients you are using and discuss their names, how they grow, where they come from etc...

In order to keep safe, remember these simple rules when you cook...

Always Remember to have a grown up with you when you cook.

Always Remember to wash your hands well with hot and soapy water, wear an apron and tie up long hair. And never lick your fingers!

Always Remember to measure the ingredients carefully.

Always Remember to read all the recipe before you start.

Always Remember to leave the kitchen clean and tidy and wash up with hot and soapy water.

Always Remember to leave your pets out of the kitchen when you cook

Cheesy Baked Potatoes



Ingredients:

4 medium potatoes
100g (4 oz) grated cheddar cheese
50g (2 oz) butter or margarine
1 tablespoon of milk
1 sliced tomato

Equipment:

Baking sheet
Fork
Teaspoon
Small sharp knife
Grater
Plate
Basin

Method:

1. Put the oven on gas mark 6, electricity 200°C.
2. Scrub the potatoes with cold water. Prick each one with a fork 4 times. Place them all onto a baking sheet.
3. Place the potatoes in the oven for about 1 hour or until they are cooked. Test them by placing a knife in the centre of the potato - they are cooked when they feel soft.
4. When the potatoes are cooked, cut them in $\frac{1}{2}$ (half) length ways, scoop out the potato centre with a spoon and put it into a basin.
5. Add the milk, margarine and $\frac{3}{4}$ (three quarters) of grated cheese. Then mix them together.
6. Put the potato mixture back into the potato skins and sprinkle the remaining cheese on the top.
7. Place the potatoes back in the oven for 20-30 minutes.
8. On the top of each potato place a slice of tomato.
9. Serve and enjoy.

Fruity Muffins



Ingredients:

250g self-raising flour
2 tsps. baking powder
100g caster sugar
230ml milk
1 egg
60ml vegetable/olive oil
150g canned fruit (drained)
(makes about 10 muffins)

Equipment:

tea spoon (tsps.)
muffin cases
muffin tray
measuring jug
kitchen scales
mixing bowl

Method:

1. Mix the egg, oil and milk together in a mixing bowl.
2. In a large bowl add the self-raising flour, baking powder and caster sugar. Then add the egg, oil and milk mixture to the dry ingredients and mix them all together to form a batter.
3. Add the drained fruit to the mixing bowl and stir.
4. Fill the muffin cases with the mixture.
5. Bake at 200°C (180°C fan), gas mark 6 for 20-25 minutes.
6. To test the muffins are cooked place a knife in the centre of a muffin and it should come out clean.

Banoffee Ginger Pie



Ingredients:

4 oz butter
7 oz ginger nut biscuits
one can of sweetened condensed milk
 $\frac{1}{4}$ pint of double cream
2 bananas

Equipment:

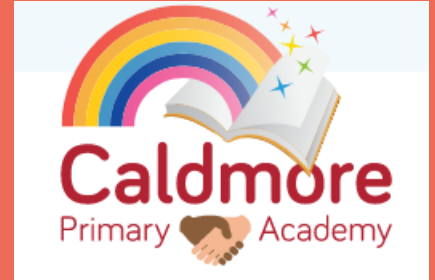
weighing scales
measuring jug
mixing bowl
square baking tin
knife
saucepan
rolling pin
whisk

Method:

1. Grease the baking tin with butter.
2. Melt the butter in a pan on the hob.
3. Crush the ginger biscuits with a rolling pin.
4. Mix the crushed biscuit into the butter and press it evenly into the square baking tin to create a base. (Lift it off the sides a little) and leave to cool.
5. Put the can of condensed milk (the whole unopened can) into a pan of boiling water and boil it for an hour and a half.
(**IMPORTANT:** make sure your adult does this and keeps checking the water level) then leave it to cool.
6. When the can of condensed milk has cooled open the can and spread it over the ginger biscuit base.
7. Slice one banana and place it on top.
8. Then whip the double cream and spread it over the top of the banana.
9. Slice the second banana and place the pieces on top of the cream (and maybe add a bit of grated chocolate too!).

TIP: only put the banana on the top when you are ready to serve and eat or it will go mushy and brown.

Tomato Pasta Sauce



Ingredients:

3 tbsp. olive oil
3 small onions
2 red peppers
3 courgettes
3 carrots
1 butternut squash
1 large pinch of oregano
6 tins of plum tomatoes

Equipment:

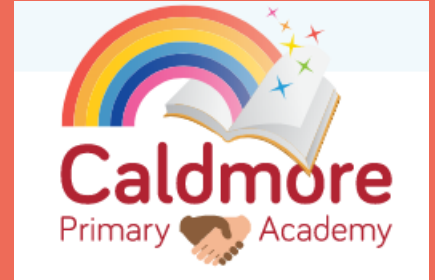
knife
grater
frying pan
chopping board
small hand blender

Method:

1. Peel and chop the onions.
2. Chop the red peppers.
3. Grate the courgette.
4. Grate the carrots.
5. Peel and grate the butternut squash.
6. Heat the oil in a large saucepan and fry the onion, pepper, courgette, carrot and butternut squash for 5-10 minutes.
7. Add the oregano and tomatoes into the saucepan.
8. Season it with a pinch of salt and pepper.
9. Bring the sauce pan to a boil and then simmer it for about 30 minutes.
10. Allow it to cool.
11. Blitz until small with small hand blender.

TIP: This is a great sauce packed full of vegetables and can be used with pasta, pizza bases or in stews. Once a batch has been made, it can also be frozen and used when needed.

Fruity Strawberry Milkshake



Ingredients:

5- 6 strawberries.
2 scoops of ice-cream (vanilla or strawberry)
500ml (1 pint) milk

Equipment:

2 glasses
fork
mixing bowl
whisk (blender can be used if available)

Method:

By hand

1. Place the strawberries in a bowl and mash them with a fork.
2. Add the milk and whisk until frothy.
3. Pour the mixture into glasses and top them with a scoop of ice cream.
4. Drink and enjoy the milk shake.

With blender

1. Place the strawberries into the blender.
2. Add the milk.
3. Add the ice-cream.
4. Blend until smooth.
5. Drink and enjoy.

TIP: Try different fruits such as banana, blueberries, and raspberries or even mix two together!