

CREATED BY PUPILS FROM THE WEST END SCHOOLS TRUST



FOOD
GLORIOUS
FOOD!

Thank you Lynne Hindmarch at the Greggs Foundation who kindly judged the entries for the front cover. Kemitha Mahipala Mudalige from Broadwood Primary School drew the winning design. Well done **Kemitha!**

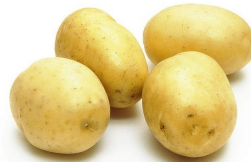


Super Stuffed Jacket Potatoes

A simple baked potato recipe to get kids in the kitchen!

Ingredients (Serves 4)

- 4 medium potatoes
- 100g of grated cheddar cheese
- 100g of sweetcorn
- 100g of mixed peppers (diced)



Equipment

- 2 mixing bowls
- dessert spoon
- fork
- baking tray
- oven gloves

Instructions

1. Heat the oven to 200°C or gas mark 6 and bake the potatoes for about 1 hour until cooked and the skins are crispy.
2. Leave the potatoes to cool and then cut them in half.
3. Using a spoon, carefully scoop out the middle of the potato, leaving the skin unbroken (like a boat). Place the scooped potato into a mixing bowl.
4. Using the fork, mash the potato until there are no lumps. Add the cheese, sweetcorn and peppers and mix well.
5. Using the spoon, carefully scoop the mixture back into the potato boats. Make sure you use all the mixture up. Sprinkle with a little extra grated cheese and place on a baking tray.
6. Using oven gloves, place the tray in the oven and bake for 10-15 mins until golden.



Top Tip– You could some side salad to make this extra healthy!

Outstanding Omelettes

An easy recipe with a tasty omelette at the end!

Ingredients (Serves 1)

- non-stick cooking spray
- 2 eggs
- 2 table spoons of milk
- 15g of onion (diced)
- 15g of tomato (diced)
- 15g of grated cheese



Equipment

- hob
- frying pan
- bowl
- fork
- spatula

Instructions

1. Spray the pan with non-stick cooking spray and heat on a low heat.
2. Whisk the eggs and milk in a bowl using a fork. Do this until they start to foam– this will take about 3 minutes.
3. Pour the beaten eggs into the pan and cook over medium-low heat for about 4 minutes, until bottom is golden brown and top is set.
4. Sprinkle the cheese, onions and tomato over the top.
5. Fold the omelette in half with a spatula.
6. Cook for about 1 more minute.
7. Remove from the pan and serve.



Broadwood's Potato Gnocchi & simple tomato sauce

Recipe

Bake or microwave the potatoes until fluffy inside. When warm (but not too hot) scoop out the potato and mash up with a fork

Add the flour, eggs and salt and mix into a ball of dough.

Roll pieces of dough into sausage shapes then cut the dough into 2 cm pieces. Put onto a floured baking tray

To cook, drop the gnocchi into simmering water

When the gnocchi rise to the surface they are ready to eat.

Sauce – you can add any sauce you like with the gnocchi but here is a simple tomato sauce you might like.

Tomato sauce

Chop some onions (home grown if you have them!) into quite small pieces and gently soften in oil.

Add a few dried herbs or garlic at this point if you like them in your sauce.

Add either a) a tin of chopped tomatoes or b) some fresh tomatoes to the onions and gently cook. You need to cook for a little while so that the sauce isn't too runny. Add to your gnocchi.

Top tips

You can freeze the gnocchi before you cook them.

You could make different shaped gnocchi

Make sure you are with an adult when you are cooking with boiling water.



Broadwood's Lavender Shortbread

Basic ingredients

150g plain flour

100g of unsalted butter

50g caster sugar

1 tspn of fresh or dried lavender heads

For the icing

3 tbspn icing sugar

1-3 tspns of freshly squeezed lemon juice



Recipe

Mix the flour and sugar together in a large bowl, then add the butter cut in small pieces. Rub the sugar and flour mixture with the butter together, until it starts to form a dough.

Add the lavender heads and knead the dough together in to a ball. Wrap the ball in cling film and put in the fridge for at least a half hour. Pre heat the oven to 200 degrees.

On a lightly floured surface roll out the dough to biscuit thickness and cut into rounds using a cookie cutter. Lay these out on a lightly greased baking tray and put in fridge for another 10 mins.

Bake for 10-12 minutes until they are just starting to turn but are not yet golden. Leave on the trays for a few minutes then put on. Make the icing while they are cooling.

Put the icing sugar in a bowl. Add the lemon juice little by little and make a paste which is smooth but also quite stiff and bunching around the spoon. You can spread over the top or drizzle over the top in a zig zag style. Or you can be creative

Ideas to add

Icing options (lemon glaze on the top)

Lemon cream filled shortcakes (make some lemon butter icing and make a sandwich with your biscuits.



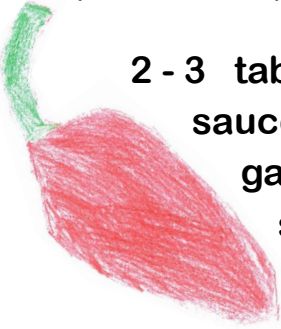
Canning Street Primary School

Make Your Own Pizzas

INGREDIENTS

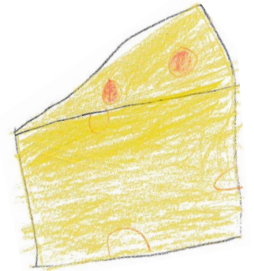
1 whole wheat tortilla (or whole wheat pitta bread)

2 - 3 tablespoons of tomato sauce. Why not crush some garlic or chilli into the sauce to give it more flavour?



20g of shredded/crumbled cheese. We used Northumberland Black Bomber cheddar because it is made locally.

Toppings (go wild!) Our favourites were chilli, basil and mixed peppers.



INSTRUCTIONS

1. Preheat the oven to gas mark 5/190°C/fan oven 170°C.
2. Place the tortilla in a 12-inch baking tray. Spread sauce evenly across the tortilla, leaving 1 inch around the edges. Sprinkle with cheese and toppings.
3. Bake until the cheese is golden and bubbling (no sooner!) and the edges of the tortilla are lightly browned, about 12 to 14 minutes. Let the pizza cool for a few minutes before cutting.





Canning Street Primary School

Make Your Own Muffins

INGREDIENTS

250g plain flour

1 tablespoon of baking powder

1 egg

240ml semi-skimmed milk

70g low-fat spread,
melted



25g parmesan cheese finely grated

1 courgette coarsely grated



INSTRUCTIONS

1. Preheat the oven to gas mark 5/190°C/fan oven 170°C. Place 10 muffin cases into a muffin tin.

2. Sift the flour and baking powder into a large mixing bowl. Break the egg into a jug and beat in the milk. Add the melted low fat spread and stir well.

3. Pour the egg mixture into the flour mixture. Using a metal spoon, stir until the ingredients are just combined, adding the courgette and cheese with the final strokes. You must not beat this mixture or stir it too much. It should be quite lumpy, but there should be no traces of dry flour.

4. Spoon the mixture into the muffin cases. Bake for 20-25 minutes until risen and golden. Serve while warm.



Strawberry and Honey Scones



225g (8oz) plain wholemeal flour

2 tsp baking powder

55g (200z sunflower spread

Table spoon of honey

100g strawberries (chopped)

4tbsp milk



First mix all of the dry ingredients together.

Next, rub in the sunflower spread until it resembles bread crumbs.

After that, add honey and fruit then mix gently.

Add milk to form a soft dough. Put on a lightly floured top and kneed gently.

Cut using a scone cutter. And place on a greased and floured baking tray.

Brush with milk.

Cook in the oven 200°C/180°Fan/gas mark 6 for approximately 25 minutes , until golden brown.

Why not try swapping the strawberries for a different fruit?

Apple and cinnamon, banana or cranberries. Perhaps you have a favourite.

Have fun experimenting!

Hawthorn's Hidden Veggie Pasta Sauce



Ingredients:

- * One tin of chopped tomatoes
- * 500ml vegetable stock
- * Table spoon of tomato puree
- * One clove of garlic
- * Italian herbs
- * Vegetables of your choice.



What you have to do:

Put the tomatoes, puree, chopped garlic and herbs and stock in to a sauce pan. Bring to the boil and then simmer gently.

Add chopped vegetables and simmer until they are soft. Blend then stir in cooked pasta of your choice.

You could even use a bag of frozen vegetables if you want to.

Have fun experimenting!

Choc-chip Cookie recipe



You will need:

- 250g butter, softened
- 200g light brown soft sugar
- 250g caster sugar
- 2 eggs, lightly beaten
- 2 tsp vanilla extract
- 450g self-raising flour
- 1 tsp salt
- 400g chocolate chips



Method

1. Preheat the oven to 180°C, gas mark 4
2. Cream butter and sugars, once creamed, combine in the egg and vanilla.
3. Sift in the flour and salt, then the chocolate chips.
4. Roll into walnut size balls, for a more homemade look, or roll into a long, thick sausage shape and slice to make neater looking cookies.
5. Place on ungreased baking paper. If you want to have the real Millies experience then bake for just 7 minutes, till the cookies are just setting - the cookies will be really doughy and delicious. Otherwise cook for 10 minutes until just golden round the edges.
6. Take out of the oven and leave to harden for a minute before transferring to a wire cooling rack. These are great warm, and they also store well, if they don't all get eaten straight away!



Piri Piri chicken



You will need:

- 5 chicken breasts
- 4 plump red chillies, deseeded and roughly chopped
- 8 garlic cloves, peeled and halved
- 20g bunch of flat leaf parsley (with stalks)
- juice of 2 lemons, about 65ml
- 4 tbsp white wine vinegar
- 2 tsp smoked paprika, sweet or hot
- 2 tsp oregano
- 2 tsp caster sugar
- 4 tsp flaked sea salt



Method

1. To make the marinade, put all the ingredients in a food processor and blitz until everything is well mixed and chopped up finely.
2. Cut the chicken breasts in half, lengthways. Place the chicken in a shallow non-metallic dish.
3. Spoon over all the marinade and really massage it into both sides of the chicken, ensuring that every bit of it is well coated.
4. Preheat the oven to 210°C/Fan 190°C/Gas 6½. Take the chicken out of the dish and place it on a rack inside a large baking tray, breast-side up. Roast for 50–60 minutes until lightly browned and cooked through. The juices should run clear when the thickest part of a thigh is pierced with a skewer.





St Paul's Family Favourites

Try this easy standby favourite to cook midweek when you are in a hurry.

Name of recipe: **Christopher's Cheesy Egg**

Ingredients (serves 1)

2 eggs

3 slices of cheese

2 spring onions



What to do

- Mix the eggs with chopped spring onions
- Fry in a pan with a little oil
- Put the cheese on top, serve.



St Paul's Family Favourites

Try this easy standby favourite to cook midweek when you are in a hurry.

Name of recipe: [Kathryn's Bacon and Pea Risotto](#)

Ingredients (serves 4)

Bacon lardons (1 pack)

Frozen peas (handful)

Onion

Risotto rice (300g)

Litre hot vegetable stock



What to do

- Soften the onion in a little oil
- Add the bacon, until cooked
- Add rice and stock, cook for 20 minutes
- Add the peas, salt and pepper, then cook for a further 5 minutes. Add parmesan if you wish.

Wingrove Mighty Muffins

Ingredients

Makes 12

- 250g self-raising flour
- 1x 5ml spoon bicarbonate of soda
- 200ml semi-skimmed milk
- 2 medium eggs
- 85ml oil
- 100g caster sugar
- 150g canned pineapple



Equipment

- Cake tin
- Muffin cases
- Measuring scales
- Measuring spoon
- Mixing bowl
- Wooden spoon
- Measuring jug
- Fork
- Knife and chopping board
- Grater
- Metal spoon
- Oven gloves
- Cooling rack



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Put the muffin cases into the cake tin.
3. Mix together the flour and bicarbonate of soda in the mixing bowl.
4. Measure the milk and oil in the measuring jug.
5. Add the eggs to the milk and whisk everything together with a fork.
6. Prepare the other ingredients:
 - Stir the sugar into the flour and chop the fruit, if required.
7. Stir the milk mixture into the flour until combined.
8. Stir in the fruit.
9. Spoon the mixture evenly into the 12 muffin cases in the cake tin.
10. Bake for 15-18 minutes, until risen and golden.
11. Cool on the cooling rack until cold.

Open Cheese and Onion Pie

Ingredients

Serves 8

- 150g plain flour
- 50g margarine
- 2-3 x 15ml spoons cold water
- 1 onion
- 100g Cheddar cheese
- 2 eggs
- 150ml semi-skimmed milk
- Pinch of black pepper



Equipment

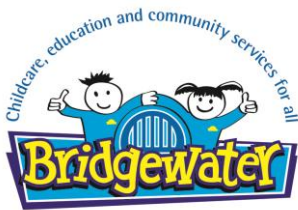
- Measuring scales
- Mixing bowl
- Measuring spoon
- Palette knife
- Knife and chopping board
- Wooden spoon
- Flour dredger
- Rolling pin
- Baking tray
- Measuring jug
- Fork
- Baking tin

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Make up the shortcrust pastry:
 - rub the margarine into the flour, using your fingertips, until it resembles breadcrumbs;
 - add the cold water a little at a time and start to mix together;
 - mix to form a firm, smooth dough.
3. Roll out the pastry on a floured work surface.
4. Grease the baking tin, and then line it with the shortcrust pastry (trim off the excess pastry).
5. Peel and slice the onion.
6. Grate the cheese
7. Sprinkle the onion and cheese over the pastry base.
8. Whisk the eggs and milk together in the measuring jug using a fork. Add a pinch of black pepper.
9. Pour the egg mixture into the pastry shell.
10. Place on a baking tray and bake for 20-25 minutes, until golden and firm.



With thanks to all the children and staff in our schools
who helped make this cook book



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