

My Recipe Book

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Let's Get
COOKING

I can cook
up a storm



Fluttering Fairy Cakes

Beau (6)

Just look at these lovely fairy cakes
You know there going to taste
yummy



You Will Need:

- 210 g S.R. Flour
- 185 g caster Sugar
- 1 Tsp baking powder
- 185 g butter or margarine
- 3 large eggs
- 1 Tsp vanilla extract
- 1 Tbsp water



1. Mix all the ingredients in a large bowl (try not to eat too much mixture before its cooked)
2. Spoon the mixture into 24 paper cases
3. Ask and adult to put them in the oven and cook for about 12 mins at 170c

If you want to make larger muffin sized cakes then share the mixture between 12 larger paper cases. You will need to cook them for longer - so leave them in the oven for about 15 to 20 mins.

When the cakes are cool - drizzle some icing over the top and add some sprinkles

Melting Moments

Finley (6) and Lily (5) made these moreish melting moments



You Will Need:

- 140g soft butter or 5 ounces of soft margarine
- 85g caster sugar
- 2 teaspoons vanilla essence or 1 teaspoon of vanilla extract
- 140g SR Flour
- Desiccated coconut or rolled oats
- glacé cherries



Ask an adult to turn on the oven to 180c or gas mark 4

1. Grease two baking trays and put them to one side
2. Cut up the cherries into quarters
3. Mix the butter and the sugar until light and fluffy
4. Stir in the flour and vanilla and mix well
5. Using two hands, roll out a piece of the mixture into a small ball (about the size of a walnut - ask an adult if your unsure of what a walnut looks like)
6. Roll the ball around in the coconut or the oats
7. Place the ball onto the baking tray and flatten slightly
8. Put a piece of cherry on top
9. Don't put them too close together on the tray.
10. Finally get an adult to pop the trays in the oven for about 10 to 15 minutes until they are golden brown.

**To make these dairy and gluten free use
Dairy free spread
Free from gluten SR flour**

Beautiful Beetroot Burgers

A fantastic dinner recipe from Milly (8)



This recipe comes with a warning.

WILL MAKE YOUR HANDS RED!!!



(Makes 4 burgers)

You Will Need:

- 2 grated raw beetroot, peeled
- $\frac{3}{4}$ cups rolled oats
- $\frac{1}{2}$ cup cooked lentils
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ red onion finely chopped
- 2 cloves garlic finely minced

1. Grate the beetroot into a bowl.
2. Ask an adult to finely chop the onions and mince the garlic (unless you have a chopping machine to do this bit)
3. Put the onions, garlic and all the other ingredients into the bowl with the beetroot and give it a good mix.
4. Split the mixture into 4 pieces and then shape each piece into a burger.
5. Put the burgers into the oven (or get your adult to) 190c or gas mark 5
6. Cook for about 30 mins

These are great served in burger buns, or why not try flatbread or pitta bread. When your adult puts the burgers in the oven - ask them to put some oven chips in at the same time.

Cut up some salad to go with the burgers for a yummy meal.

Cheats Chicken Pie

A easy supper dish from Tiny (8)
London

You Will Need: (Makes 4 to 5 Pies)

2 tins of chicken in white sauce

A handful of sweetcorn for each pie

Puff pastry

One egg for the egg wash on top



1. First, share out the chicken mix from the tin into 4 pie tins (you could share it into 5)
2. Wipe a little butter around the edge of the tin to stop the pastry sticking
3. Next, add a handful of sweetcorn into each tin and mix
4. After that, cut the pastry into 4 and roll out
5. Finally, pop the pastry on top of each pie
6. Brush on some beaten egg to give a nice shine to your pies when their cooked.
7. If you have pastry left over then cut out some shapes for the top of the pies.
8. Get an adult to put the pies into a hot oven for about 20 mins or until they look nice and brown.

Now that you have finished the hard part, ask you adult to help out with the other vegetables for dinner.

Cherry Tomato and Parmesan Pasta

Harry (11) from Oxford was pleasing everyone with this perfect pasta dish.

You Will Need:

Bowl of cherry tomatoes (Harry used home grown)
3 garlic cloves
1 cup parmesan
Half cup basil
Olive oil
Pasta of choice



1. Start by cooking the pasta. Put aside but keep some of the water as you will need this later.
2. Heat Olive oil in a pan.
3. Chop the garlic into thin slices and add to the pan.
4. Add the tomatoes and cook for 5 minutes on a medium heat. Stirring when needed.
5. Take a cup of the pasta water which has now cooled and add to the pan.
6. The tomatoes should now be softening and beginning to burst.
7. Take off heat.
8. Add your pasta to the tomatoes and stir to cover all the pasta with the tomato mixture.
9. The parmesan and basil can now be mixed in.
Save a bit of parmesan and basil to sprinkle on the top when serving.

Super Scotch Eggs

Doodles made these super scrumptious scotch eggs

You Will Need:

5 eggs

2 pieces of wholemeal bread

8 sausages

1 egg

Scotch eggs

1. Boil the eggs
2. Next, blend the bread (this is better if slightly stale) into breadcrumbs
3. Squeeze the sausage meat out of the sausages and mash with a fork
4. Separate the sausage meat into 5 equal portions
5. Beat the egg in a bowl
6. Once the eggs are cooled – take one portion of the sausage meat and wrap it completely round the egg
7. Once the egg is covered, roll the sausage covered egg in the beaten egg and cover with breadcrumbs

Spray with fry light and place in the oven until brown (roughly 20-25 mins at 200 degrees)



Carefree Cup Cakes

Haribo (7) from Denmead
He really knows how to make cup-cakes the easy way.
Well done chef.



Always remember, keep safe in the kitchen.

Ask your adult to put the cup-cakes in the oven and take them out when cooked.

1, weigh egg in shell

2, whatever the egg weighs, add the same weight in butter and caster sugar.

Mix with spoon.

Add same weight in self raising flour and the egg.

Mix again.

Half teaspoon baking powder

If you wish to make chocolate cakes, reduce flour by 10g and add 10 g of coco powder.

Divide into 6 paper cases

Cook for approx 14 mins

Leave to cool meanwhile mix coco powder/icing sugar/butter. When cool, pipe in top and add decorations.

Voila!

Mummy's Mess

Finley (6) has been busy with this really easy dessert.

You Will Need:

Meringue nest

Strawberries

Alpro yogurt (strawberry)



Cut up some strawberries

Crush up the meringue nest into small pieces

Put the pieces into a bowl

Mix the yogurt in and stir

Add the strawberry pieces

Now enjoy

Make sure you do all this just before serving.

Nobody wants soggy meringue

If you use Alpro yogurt then this dish is dairy and gluten free.

Lush Lemon Cupcakes

Little Bean (3) from Bordon has been helping mummy again in the kitchen

You will need:

Some yummy fairy cakes that you have made from a standard recipe.

Lemon Curd

Icing sugar

Lemon essence or lemon juice



1. Use a piping nip to cut out a little hole in the middle of the cupcake and add lemon curd in the centre
2. Put the piece of cake that's cut out back on top
3. Make some lemon icing by mixing the icing sugar a little lemon juice and a very tiny amount of water.
4. Drizzle the lemon icing on top of the cake.
5. Repeat until you have finished all the cupcakes.

Super Strawberry Cheesecake



You will need:

250g digestive biscuits
100g melted butter
1 vanilla pod
600g cream cheese
100g icing sugar
284 ml double cream

Topping

Strawberries
25 g icing sugar.

1. Melt the butter in the microwave (you could get an adult to do this)
2. Crush up the biscuits and add them to the melted butter
3. Push the biscuits into a lined cake tin
4. Scrape the vanilla pod (you could use a teaspoon of vanilla essence) and put into a large mixing bowl
5. Put the rest of the ingredients into the bowl and start to mix
6. Pour the lovely creamy mixture over the top of the biscuits
7. Put in the fridge for a long time until it becomes set
8. For the topping: Cut the strawberries in half and place in a pattern on the top of the cheesecake
9. Sprinkle over the icing sugar.

You could use ginger biscuits or chocolate digestive biscuits for the base.
Or why not try a different fruit on the top?

Jack's Tomato Soup

This Tasty Tomato soup comes from Jack (12)



You will need:

Jack's Tomato Soup

1 diced potato

1 diced onion

1 tsp garlic puree

1 tsp chilli puree

Oil/low cal cooking spray.

1 500g carton passata

1 veg stock cube

Water

1 tbsp chopped basil

1. Chop up the vegetables in a chopping machine or ask an adult.
2. If your old enough like Jack, you could chop up the vegetables yourself. Always be careful when using a knife.
3. Brown the onion and potato in a little oil or fry light in a saucepan.
4. Next, add the puree, passata, stock and water to desired consistency.
5. Season to taste, which means add a little bit of salt and pepper.
6. Now, you simmer until the vegetables are soft.
7. Add basil.
8. Finally blend it all together. You could use a hand blender for this if you have one.

You could use a vegetable chopper to chop up your vegetables
Simmer means gently boiling. Little bubbles.

Kari (8) and Skye(4) from Cornwall.

Here are two great basic recipes from Kari and Skye who have been very busy in the kitchen

Super Sponge Cake

Ingredients Needed

225g self raising flour.

225g butter.

225g caster sugar.

4 eggs..

Preheat oven to 180c (gas 4)



Use this recipe to make 1 big sponge cake or some smaller fairy cakes.

- If you are making one big sponge cake then grease and line 2 round sandwich tins.
- Pour half the mixture into each tin.
- Ask your adult to put the tins into the oven to cook.
- When the sponges are cooked - leave them to cool
- Now you can spread some jam onto one cake and top with cream
- Put the other cake on top

Fantastic Flapjacks



125 g Butter..

250 g Oats..

4 tbsp Golden syrup..

100 g Sugar..

1. Get an adult to turn on the oven to 180 C / Gas mark 4.

2. Ask your adult to melt the butter, golden syrup and sugar in a saucepan over a low heat until the butter and sugar have melted.

3. Stir in the oats and until coated. Pour into an 20cm square baking tin. The mixture should be about 2 to 3cm thick.

4. Bake for 30 minutes in the preheated oven, or until the top is golden. Cut into squares, then leave to cool completely before removing from the tin.

YUMMY