

# My Recipe Book



Let's Get  
COOKING

I can cook  
up a storm



# Scrumptious Scones

Monkey Man (5) from Northampton.  
Monkey Man is always so busy in the kitchen...



## Ingredients

- 225g/8oz self raising flour
- pinch of salt
- 55g/2oz butter
- 25g/1oz caster sugar
- 150ml/5fl oz milk
- 1 free-range egg, beaten, to glaze (alternatively use a little milk)

Preheat oven to 220c (gas 47)  
Grease a baking tray with butter



1. Get an adult to turn on the oven so that it gets nice and hot.
2. Mix together the flour and salt and rub in the butter.
3. Stir in the sugar and then the milk to get a soft dough.
4. Turn on to a floured work surface and knead very lightly. That means gently push it around like you do when you play with play-dough.
5. Get a big spoonful of the mixture and put it on a greased tray. You could use cutters if you want to roll out the mixture.
6. Then get another big spoonful and put that on the tray. Don't put them too close together.
7. Brush the tops of the scones with the beaten egg. Ask your adult to put the tray in the oven – now you just have to wait.
8. Bake for 12-15 minutes until well risen and golden.
9. Get an adult to take them out of the oven for you.
10. Cool on a wire rack and serve with butter and good jam and maybe some clotted cream.

**Enjoy your fantastic scones.**

# Bell Peppers with Egg

Alex (7)

Alex is a great cook – and he is very careful near the cooker...



Ingredients Needed:

Bell Peppers

Eggs

**Use a griddle pan – but be very careful.**

- First, you need to carefully cut the bell peppers into slices. Take out the middle so that you are left with a ring of pepper.
- Next, put the pepper slice into a hot griddle pan (or frying pan).
- After that, carefully crack an egg into the pepper ring.
- Then, cook until the bottom holds together and the edges are slightly brown. (2 to 3 mins)
- Finally, flip the pepper ring very carefully in the pan and cook for 2 to 3 mins more.

You could add cheese on top after you have flipped the pepper.

**Add a little salt and pepper to taste and enjoy.**

## Why not try - Hot Dog creatures to go with it



- First, you need to cut the hog dogs in half.
- Next, carefully cut some slits into the hot dogs to make legs
- After that, boil the hot dogs
- Finally, take the hot dogs out of the waters with a slotted spoon and drain.

You could have these hot dogs with your yummy peppers.

# Perfect Pitta Pizza

Kari (8) and Skye (4)  
from Cornwall.  
These girls love to  
help in the kitchen

## Ingredients Needed

1 pitta bread for each person

Tomato Passata

Cheese

Toppings – you could have (Ham, tomatoes, cooked chicken pieces, sweetcorn)

If you want lots of toppings that's up to you, but Kari and Skye like cheese and ham on their pizzas

- First, you need to take the pitta breads out of the packet
- Next, spoon a little bit of the tomato passata on each pitta bread. If you want you could add a little bit of dried herbs or basil.
- Ask an adult to help you grate some cheese. Sometimes this can be a bit hard to do.
- When the cheese is grated the sprinkle some on top of the pitta bread. Be careful and go right up to the edge.
- Then you can add any topping you want. We added ham to ours
- Finally get your adult to put the pitta breads under the grill.
- When the cheese is melted then they are ready to eat.

**Enjoy your pizzas**



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

Three more great recipes from our young chef's

## Earth Cookies

Ingredients Needed

Oats

Banana

Honey

Butter

Preheat oven to 180c (gas 4)

This one is really easy and yet so yummy. You just mix all the ingredients together and then shape it into small biscuit shapes. Then ask your adult to put you Earth Cookies into the oven for 10 mins



## Fantastic Sprinkle Fairy Cakes



- Then they made some fantastic fairy cakes and topped them with beautiful butter icing and sprinkles.

## Cheesy Straws

Get an adult to turn on the oven to 190c Gas Mark 5

Roll out some Puff Pastry and cut it into long strips.

Sprinkle some cheese over the pastry strips and then twist them up.

Put them on some greaseproof paper on a baking tray.

If you want them shiny then brush a beaten egg over the top

Ask you adult to put them in the oven for 10 mins.



# Luscious Lemon Drizzle



Peanut (7) from Milton Keynes.  
This cake is so yummy. You must try it...

Preparation Time 15 Mins

Cooking Time 45 Mins

Makes 10 slices

Get your adult to pre-heat the oven to 180C/fan 160C/gas 4.

## You Will Need:

- 225g unsalted butter, softened
- 225g caster sugar
- 4 eggs
- Finely grated zest 1 lemon
- 225g self-raising flour

## For the drizzle topping

- Juice 1  $\frac{1}{2}$  lemons and 85g caster sugar. Yellow coloured icing for the top

1. Beat together 225g softened unsalted butter and 225g caster sugar until pale and creamy
2. then add 4 eggs, one at a time, slowly mixing through. Sift in 225g flour, then add the finely grated zest of 1 lemon and mix until well combined.
3. Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon
4. Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean.
5. While the cake is cooling in its tin, mix together the juice of 1  $\frac{1}{2}$  lemons and 85g caster sugar to make the drizzle. Prick the warm cake all over with a skewer or fork, then pour over the drizzle - the juice will sink in
6. Add some icing on the top. Leave in the tin until completely cool, then remove and serve

Remember to ask your adult to put the cake in the oven for you and take it out when it's finished

# Marvellous Marble Cake

Bean (2) from Hampshire.  
Bean loves to help his mum in the kitchen.



Ingredients Needed for the cakes:

## Vanilla Cake

- 225g Self raising flour
- 2 tsp baking powder
- 4 Eggs
- 225g Soft margarine
- 225g Caster sugar
- 6 drops of vanilla essence

**2 10 inch cake tins**

**2 mixing bowls**

## Chocolate Cake

- 200g Self raising flour
- 40g Cocoa powder
- 230g Caster sugar
- 4 Eggs
- 230g soft margarine
- ¼ tsp vanilla essence
- 100g Cooking milk chocolate



Preheat oven to 180c (gas 4)

With both mixtures mix the dry ingredients first, then start adding the wet ingredients one by one.

Mix everything very well with help from your adult.

Butter both cake tins.

**Now the fun starts.**

Get a large spoon or a ladle and put a dollop of each mixture into each cake tin.

Keep on doing this until there is no cake mixture left.

Now take a large spoon and slowly make marble patterns in the cake mixtures.

Just leave it now for a couple of mins until it rises a little

Now ask your adult to put the cakes in the oven for you for about 40 mins.

# Butter Cream Cup Cakes

Tiny (8) from London.  
Tiny loves cooking but he loves eating cakes more...



## Ingredients Needed for the cakes:

170g (6oz) sugar  
170g (6oz) butter or margarine  
170g (6oz) self raising flour  
3 eggs  
Small pinch of magic powder (baking powder)

Preheat oven to 180c (gas 4)  
Line a muffin tray with paper cases.

## For the butter icing:

600g icing sugar  
300g butter

## Optional Extras:

Food colouring  
Lemon or orange zest  
Coco powder (or chocolate spread)  
Sweets to decorate the top

- First, you need to put the ingredients for the cakes into a bowl. Be careful when cracking the eggs – don't get any shell into the mix.
- Next, mix up the ingredients (If you have a mixer then it is quicker).
- After that, spoon the cake mix into paper cases and get an adult to put them in the oven.
- Then start on your butter cream mix for the top. Mix the icing sugar and butter together until it's nice and creamy.
- Add vanilla or any flavouring you want to the mix.
- Split the mix in half – Put a little bit of food colouring in one half and leave the other half.
- Put a piping bag into a large cup to make it easier to fill. You might need a bit of help with this.
- Put a spoonful of the coloured icing mix in, then a spoonful of the plain mix – repeat until the icing bag is full.
- When the cakes are cooked, get an adult to take them out of the oven – Now you have to wait until they are cool.
- When the cakes are nice and cold, you can put the icing mix on top. Don't forget to twist the top of the icing bag and squeeze gently.

**Now you have some fantastic cakes that everyone will love.**



# Fantastic Fairy Cakes

Siany (6), Jacks (5) and Paddy (3)  
Three wonderful cooks. These cakes look fantastic



## Ingredients

- 100g sugar
- 100g SR flour
- 100g soft butter
- 2 eggs
- 1 teaspoon baking powder (baking soda)
- 2 tablespoons milk

Icing sugar mixed with a little water  
sprinkles



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

- First put some paper cake cases into a bun tin
- To make the cake mix blend together the sugar and the butter.
- When it is a nice pale colour stir in the flour and the baking powder.
- Next, crack the eggs into a small bowl. When you have checked that there is not egg shell hiding behind the eggs, mix the eggs into the flour mixture. And the milk
- Keep on stirring until the mixture is nice and smooth
- Use two spoons to put a little bit of the mixture into each paper case.
- Now ask your adult - nicely - to put the cakes into the oven. The cakes will take 15 to 20 minutes depending on your oven.
  
- When the cakes are cool decorate with icing. To make the icing mix some icing sugar with a very small amount of water or lemon juice.
- Put some lovely sprinkles on top.

**Make sure the adults don't eat all of them!**

# Amazing Breakfast Apples

Sunshine (13) and  
Dragons Claw (10)  
Yummy fruit delights  
for breakfast to make a  
great start to the day  
from these two  
wonderful chefs



Ingredients  
Apples  
Peanut Butter  
Raisins  
Treacle

To make these

## **Baked and Stuffed Peanut Butter Apples**

Sunshine and Dragons do say that this is the easiest and most relaxed breakfast recipe ever! And it taste great.

- Core and cut apples into halves.
- Mix up unsweetened peanut butter and a teaspoon of treacle, then throw in a few raisins.
- Scoop peanut butter mixture into one apple half and replace its other half.
- Pop into oven at gas mark 4 and cook until desired softness. (you can get an adult to do this bit)

The amount of ingredients depends on taste, though they usually put a couple teaspoons of the peanut butter mixture into each apple.



# Incredible Italian style soup

Libs (10) is so clever in the kitchen. She made this delicious soup which we know you will enjoy



## You Will Need:

- 1 onion
- 1 big courgette
- 1 small yellow courgette
- 2 carrots
- 4 tatties
- Fresh chives (handful)
- Fresh sage (handful)
- (All of above, roughly chopped)
- Dried oregano
- Salt & black pepper
- 3 veg stock cubes
- Tin of chopped tomatoes

**You might need help cutting all the veg, but if you are very careful you can cut most of it yourself**

Roughly chop onion & sweat in boiling water for around 10 minutes, add in all other veg along with herbs, chopped tomatoes stock cubes & around 1500ml of boiling water, salt & pepper to season. Gently boil until all veg are softened & then blitz with blender, yummy!!

Vegetables are so good for you and they are even better when made into an incredible soup

# Chocolate Chip Banana Bread

Brooke (3) just loves helping mum.  
She loves cooking with her

## You Will Need:

200g plain flour  
200g caster sugar  
50g melted butter  
1 TSP vanilla extract  
1 TSP bicarbonate of soda  
1 TSP baking powder  
1 egg  
Pinch of salt  
4 ripe bananas  
Cup of chocolate chips.



1. Ask an adult to pre-heat oven at 180c think that's gas mark 4.
2. Mash bananas in a big bowl
3. Add melted butter (you can melt the butter in the microwave)
4. Next, add the sugar, flour, baking soda, bicarbonate of soda, egg, vanilla extract and just a small pinch of salt
5. Mix it all together very well
6. Now, put most of the chocolate chips into the bowl and mix some more
7. Pour mixture into a loaf tin add a few chocolate chips to the top.
8. Ask your adult to put the tin into the middle middle shelf of the oven at 180c for 50-60 minute's.
9. Your adult can check if the cake is cooked by using a skewer to poke into the middle of the loaf. If the skewer comes out nice and clean - you banana loaf is cooked.

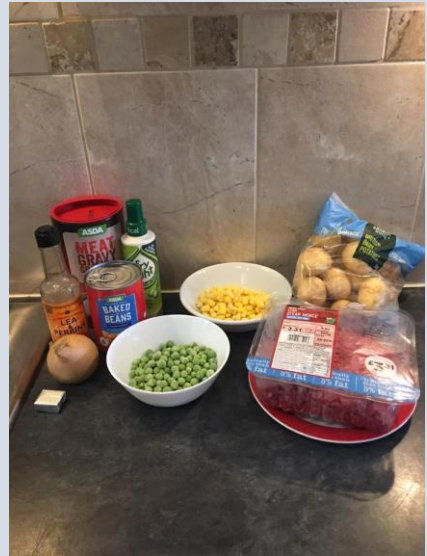
**Wait until the loaf cools down and then you can enjoy it for your tea-time treat.**

# Yummy Cottage Pie

Doodles loves to cook fantastic dinners for his family

## You Will Need:

- Beef mince
  - 1 onion
  - 1 beef stock cube
  - Couple of shakes of Worcestershire sauce
  - 1 tin of baked beans
  - Peas
  - Sweetcorn
  - Gravy granules
  - Salt & pepper to season
- For the top:
- Potatoes
  - Grated cheese to cover the potato.



1. Ask an adult to pre-heat oven
2. Carefully cut up your onions, then start to cook them in a little oil in a saucepan
3. Next, add the mince to the pan and with your wooden spoon stir it into the onions.
4. Now you can start to add the rest of the ingredients **BUT NOT THE POTATO YET**
5. Peel and cut up your potatoes and boil them until they are ready to mash
6. Mash your potatoes
7. Put your mince in a oven dish and then put the potatoes on top.
8. On top of the potatoes put a little grated cheese
9. Put the whole thing into the oven and wait for a delicious supper

**You can use sliced potato on top instead of mash - it will taste just as yummy**

