

Allergy checklist

There are allergens in the room and we have made the following adjustments:

Signed
Dated



RECIPE

Cheese & Onion Soda Bread

Super Good for you:

High in Fibre

Low in Fat

Slow Release of Energy

EQUIPMENT

- Teaspoon
- Tablespoon
- Knife
- Mixing bowl
- Scissors
- Lined baking tray
- Cup
- Mixing Spoon

INGREDIENTS -Serves 6

- 18 tbs plain flour
- Half a cup of milk
- 200ml of warm water
- 1 tsp lemon juice
- Handful of parmesan
- 1 tsp baking soda
- 1 spring onion
- Splash of sunflower oil

METHOD

1. Wash your hands and put your apron on
2. Check you have all your ingredients
3. Pre-heat the oven to 200 (7) and grease the baking tray (GROWN UPS WILL HELP)
4. Add milk and lemon juice into cup and allow to curdle
5. Cut your spring onion into small pieces and pop to one side.
6. Put the plain flour & bicarbs into a bowl and stir together.
7. Add your parmesan in with the flour and bicarbs and mix well.
8. Add your curdled milk into the bowl and stir well until you have a dough.
9. Get each child to knead the bread in the bowl.
10. Shape into a dome shape and add a deep cross on the top to encourage air into your bread.
11. Make sure to cut almost all the way to the bottom of the dough, so that the middle of the bread cooks all the way through.
12. Put in the oven for 20 minutes. Serve with some soup!