

Year 5 recipes . Block one

Please leave items unprepared where possible to allow your child to do this in school. Please note the following recipes require muffin cases that are slightly larger than cupcake cases.

Couscous salad

Ingredients

- 150g couscous (wholewheat if possible- **not giant**)
- 250ml water (do not bring in)
- ½ stock cube (chicken or vegetable)
- ½ a cucumber
- 2 tomatoes (8 cherry would be easier)
- 50g Feta cheese/ greek-style cheese (optional)
- Fresh herbs either basil, mint or chives (optional)
- Salt and pepper

Equipment: large lunchbox with a lid to make the salad in and carry it home.

Method

1. Put the couscous into your container.
2. Place the stock cube into a jug, pour over 250ml of hot water and stir to dissolve.
3. Cover the couscous with the water/stock and replace the lid.
4. Chop the cucumber into small cubes. Cut the tomatoes in half and then cube.
5. If using cheese cut this into small pieces.
6. Finely chop any fresh herbs.
7. Using a fork fluff up and separate the couscous so there are no lumps.
8. Put all the ingredients into the couscous, add salt and pepper and stir thoroughly.

Savoury Egg Puffs

Ingredients

- 4 eggs
- 50g cheese (hard for grating)
- 2 spring onions
- 25g each of **two** of the following: sweet corn (tinned), red pepper, courgette, mushrooms, frozen peas
- 6 Muffin cases
- Optional fresh mint.

Equipment: a container to carry them home in.

Method

1. Crack the eggs in to a jug and whisk with a fork to combine. Season with salt and pepper.
2. Grate the cheese.
3. Trim and finely chop the spring onions.
4. Finely chop any other ingredients including herbs.
5. Grease six cups in a muffin tin with oil and pop a muffin case in each.
6. Mix the cheese, spring onions and other vegetables together.
7. Add the egg mixture and stir thoroughly to combine.
8. Divide the mixture between the six muffin cases.
9. Bake for 10 – 15 minutes until risen and golden.

Fruit Scones

Ingredients

- 250g self raising flour
- 60g butter or margarine
- 150ml milk
- 25g sugar
- 75g currants or sultanas

Equipment: container to carry them home

Method

1. Preheat oven to 200°C/ gas mark 7
2. Sprinkle flour onto a baking tray
3. Sieve the flour into a mixing bowl
4. Rub the butter or margarine into the flour using your fingertips until it resembles fine breadcrumbs
5. Stir in the sugar and fruit with a spoon
6. Make a well in the centre of the flour and stir in the milk a little at a time until the mixture clumps together to form a ball of dough
7. Place the dough on a floured work surface and roll out evenly to approximately 2cm thick.
8. Cut out your scones by pressing down firmly with a cutter.
9. Place onto your baking tray and brush with a little milk to glaze them.
10. Bake for approximately 10 – 15 minutes until golden brown.