



Reception

William Hogarth School

COOK
BOOK



Reception Cookbook

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Breakfast Ideas

fruity cereal

A hearty breakfast to keep you going through the morning.

Prep Time:

5 minute

Cook:

20 minutes

Serves:

8

Things you need

Ingredients:

2 tbsp sunflower oil

6 tbsp runny honey

350g rolled oats

60g pumpkin seeds

115g dried banana chips

115g raisins

60g sunflower seeds

Equipment:

Saucepan

Wooden spoon

Large bowl

Baking tray

Oven gloves

Airtight container

Method / What to do

- 1 Ask a grown up to preheat the oven to 200°C (Gas 6).
- 2 Ask a grown up to gently heat the oil and golden syrup in a saucepan.
- 3 Put the oats, pumpkin seeds and sunflower seeds into a large bowl.
- 4 Ask a grown up to carefully pour the warm golden syrup and oil into the bowl.
- 5 Use the wooden spoon to mix the ingredients together.
- 6 Put the mixture onto a baking tray and spread it out using the wooden spoon.
- 7 Ask a grown up to put the baking tray in the oven for 10 minutes until the mixture turns golden brown.
- 8 Ask a grown up to take the baking tray out of the oven and let the mixture cool down for a bit.
- 9 Tip the mixture into a bowl and add the banana chips and raisins.
- 10 Stir it all together. Serve your cereal in a bowl with milk or yoghurt.

crunchy oat, fruit and yoghurt layers

A breakfast treat or a healthy dessert. Yum yum!

Prep Time:

15 minutes

Cook:

0 minutes

Serves:

2

Things you need

Ingredients:

1 pot / can peach slices

1 cup 'fruity cereal'

150ml plain yoghurt

1 tbsp fruity jam

1 tbsp juice from the can

Equipment:

Measuring cup

Knife

Tablespoon

Teaspoon

Serving glass

Chopping board

Method / What to do

- 1 Use a knife to cut the peach into small pieces.
- 2 Share the chopped peach between 2 tall glasses.
- 3 Sprinkle the 'fruity cereal' you made over the fruit in an even layer.
- 4 Spoon the yoghurt over the 'fruity cereal' in an even layer.
- 5 Stir the jam and liquid from the peach pot together.
- 6 Drizzle the juicy mixture over the top and enjoy!



The background is a solid purple color. Overlaid on this background is a faint, light purple illustration of a whisk and a spoon. The whisk is positioned vertically on the left side, and the spoon is positioned diagonally on the right side, overlapping the whisk's handle.

Snacks and Dips

cheese and cucumber ciabatta

Crispy bread and creamy cheese.

Prep Time:

20 minutes

Cook:

0 minutes

Serves:

4

Things you need

Ingredients:

1 cucumber

200g cream cheese

1 small ciabatta, sliced

Equipment:

Chopping board

Knife to cut the cucumber

Butter knife

Cookie cutters

Method / What to do

- 1** Ask an adult to cut the ciabatta into slices and toast it until golden.
- 2** Wash the cucumber and cut it into slices.
- 3** Use cookie cutters to make decorative cucumber shapes.
- 4** When the ciabatta is cool, spread the cheese evenly.
- 5** Put the cucumber shapes on top of the cream cheese.

tzatziki

Tzatziki is usually served as a dip with bread.

Prep Time:

40 minutes

Cook:

0 minutes

Serves:

6-8

Things you need

Ingredients:

1 cucumber

400g natural yoghurt

1 sprig mint

1 lemon

2 tbsp olive oil

Pitta bread to serve

Equipment:

Sharp knife

Chopping board

Mixing bowl

Lemon squeezer

Measuring spoons

Mixing spoon

Serving dish

Scissors

Teaspoon

Method / What to do

- 1 Wash the cucumber and cut it into sections. chunks.
- 2 Use a teaspoon to scoop out the seeds so that your dip is not watery. These can go in the bin.
- 3 Cut your cucumber into small chunks.
- 4 Put the yoghurt and diced cucumber into a mixing bowl.
- 5 Wash the mint and cut it into small pieces with scissors.
- 4 Add the mint to the mixture.
- 5 Squeeze the juice from the lemon.
- 5 Add the lemon juice and olive oil to the mixture.
- 6 Mix all the ingredients together and leave to chill for 30 minutes.
- 7 Serve with some dippers such as pitta or vegetable sticks.

cheese puffs

Prep Time:

40 minutes

Cook:

0 minutes

Serves:

6-8

Things you need

Ingredients:

2 puff pastry sheets / child

1 egg

1 tbsp water

grated cheese

Equipment:

Mixing bowl

Small whisk or fork

Measuring spoons

Pastry brush

Cookie cutters

Baking tray

Baking paper



Method / What to do

- 1** Preheat the oven to 180°C.
Defrost your pastry sheets.
Line your baking tray with paper.
- 2** Lightly beat your egg and water together to form an egg wash.
- 3** Cut shapes from the puff pastry.
- 4** Lay the shapes onto the baking tray.
Brush with the egg wash.
- 5** Sprinkle a little cheese onto each shape.
- 4** Bake for 10 minutes, or until the cheese has melted and the pastry puffed.







sticks and skewers

fruit kebabs

Prep Time:
15 mins

Cook: 0

Serves: Make to order!

Things you need

Ingredients:

a selection of seasonal (or
canned) fruit:

- banana
- pineapple
- mango
- peach
- melon
- strawberries

Equipment:

Butter knife
Chopping board
Wooden skewers

Method / What to do

- 1 Chop your fruit into large chunks
- 2 Thread the chunks of fruit onto your skewer
 - can you make a pattern?

mozzarella and tomato stacks

Colourful kebabs with stacks of flavour.

Prep Time:

40 minutes

Cook:

20 minutes

Serves:

4

Things you need

Ingredients:

12 slices white bread

3 tbsp olive oil

225g mozzarella cheese cut into 5mm cubes

bunch basil

2 tbsp chopped parsley

Equipment:

Knife

Chopping board

Pastry brush

Small bowl

Wooden skewers

Baking tray

Method / What to do

- 1** Ask an adult to preheat the oven to 220°C (Gas 7).
- 2** Trim the crusts off the bread.
- 3** Cut each slice of bread into four equal squares.
- 4** Put the bread on a baking tray. Brush with olive oil.
- 5** Ask an adult to put the baking tray in the oven for about 5 minutes (until the bread turns golden).
- 6** Ask an adult to remove the baking tray from the oven and leave to cool.
- 7** Make 16 stacks:
 - ◆ start with a piece of bread
 - ◆ next add a slice of mozzarella
 - ◆ then put a slice of tomato
 - ◆ next put a basil leaf
 - ◆ repeat
 - ◆ always finish with a piece of bread
- 8** Poke a cocktail stick or a skewer through your stack
- 9** Put your stacks back on the baking tray and drizzle with any left-over olive oil
- 10** Put your stacks back on the baking tray and ask an adult to put it in the oven until the cheese starts to melt.





Lunch

Savoury flapjacks

Prep Time:

30 minutes

Cook:

30-40 minutes

Makes:

10—15

Things you need

Ingredients:

2 eggs

50g butter

150g grated cheese

150g porridge oats

Equipment:

Rotary grater (if children are grating themselves)

Weighing scales

Mixing bowl

Wooden spoon

8 inch (20cm) sandwich tin

Variations:

- ◆ Add some finely chopped or grated vegetables.

Method / What to do

- 1** Crack the eggs into the mixing bowl
- 2** Weigh out the butter
Weigh out the grated cheese
Weigh out the porridge oats
- 3** Put all the ingredients into the mixing bowl and stir together.
- 4** Grease the sandwich tin.
- 5** Spoon the mixture into the sandwich tin and press it in.
- 6** Bake for 30—40 minutes in a pre-heated oven (180°C)
! Get an adult to put the flapjack mix into the oven !
- 7** Let the flapjacks cool before eating.

Pizza

Prep Time:

15 minutes

Cook:

0 minutes

Serves:

per person

Things you need

Ingredients:

For the pizza base

crumpets or toasting muffins

(1 per person)

For the pizza topping

1 tbsp passata

sprinkle dried mixed herbs

1 handful grated mozzarella

toppings to taste:

- peppers
- sweetcorn
- mushrooms
- tomatoes

Equipment:

Measuring spoon

teaspoons to spread

Chopping board

Butter knife

Method / What to do

- 1** Wash and slice the toppings
- 2** Spread the tomato passata over the base
- 3** Sprinkle mixed herbs over the tomato base
- 4** Top with a handful of grated cheese
- 5** Decorate with your choice of toppings
- 6** Bake in a preheated oven for 5-10 minutes
! Ask an adult to put your pizza in the oven and take it out when it is cooked !
- 7** Let your pizza cool a bit before eating



Baking

The image features a solid purple background. In the center, there is a faint, stylized illustration of a whisk and a wooden spoon. The whisk is on the left, and the spoon is on the right, both rendered in a lighter shade of purple. The word "Baking" is written in a white, sans-serif font, positioned to the left of the whisk.

Easy Bread Caterpillar Rolls

Prep Time:

15 minutes

Cook:

15-25 minutes

Serves:

4

Things you need

Ingredients:

1 cup self-raising flour
2/3 cup Greek yoghurt

Selection of 'choosing'
ingredients:

- chia seeds
- banana chips
- sultanas / raisins
- blueberries

Equipment:

Mixing bowls
Baking tray
Measuring cups

Method / What to do

- 1 Preheat the oven to 180°C.
Brush the baking tray with oil and set aside.
- 2 Measure out the flour and Greek yoghurt into a mixing bowl.
- 3 Get your hands busy! Mix, squash, knead, mould, squeeze, pull, push, roll, pinch.



- 4 Which 'choosing' ingredients will you add to your dough?



- 5 Roll your dough into a ball about the size of your hands.
Put the dough balls together to make a wiggly caterpillar



- 6 Ask a grown-up to put your caterpillar into the oven.
Bake until nice and brown

- 7 Ask a grown-up to remove from the oven and leave to cool before tasting.



Scones

Prep Time:

15 minutes

Cook:

15 minutes

Serves:

4-6

Things you need

Ingredients:

3 cups self-raising flour

2 cups + 2 tbsp thick cream

Jam and cream to serve

Equipment:

Mixing bowl

Sieve

Butter knife

Measuring cups

Scone cutters

Baking paper

Baking tray



Method / What to do

1 Preheat the oven to 200°C.
Line a baking tray and set aside.

2 In a large bowl, sift the flour

3 Pour in the cream.

4 Use a butter knife to quickly mix it to a soft, sticky dough



5 Turn the mixture out onto a floured surface. Knead gently.

6 Use your fingers to press out the dough to about 1 1/2 cms thick.



7 Use the cookie cutters to cut out the scones.
Place them close together on the baking tray.



8 Ask an adult to put the tray in the oven for you.
Bake for about 15 minutes.



9 Ask an adult to remove from the oven and transfer to a wire rack to cool.

10 Serve with jam and cream







Sweet treats

mud pie

Load'em up! Move in the trucks to collect the materials for your mud pie. This is a mix that you don't even need to bake.

Prep Time:

10 minutes

Cook:

20 minutes

Serves:

12

Things you need

Ingredients:

175g butter

1 tbsp cocoa powder

125g mixed dried fruit

250g broken biscuits

chocolate sprinkles

1 chocolate bar

Equipment:

saucepan

wooden spoon

cup cake cases

bun tin

measuring spoons

weighing scales

Method / What to do

- 1 Ask an adult to melt the butter over a low heat (or in the microwave)
- 2 Add the cocoa and sugar,
- 3 Now add the fruit and broken biscuits. Stir to mix.
- 4 Put the paper cases into the bun tin.
- 5 Divide the mud pie mixture evenly between the paper cases. Press down firmly with the back of a metal spoon.
- 6 Put in the fridge to set

- 7 **To make the muddy topping:**
- 8 Pout some very hot water into a bowl and place another bowl on top of it.
- 9 Break up the chocolate bar and place the chocolate in the top bowl. Watch the heat melt the chocolate! Then you can spoon it onto your mud pies.

- 10 Finish off by adding some chocolate sprinkles.

Variations:

- ◆ How about adding some jelly creepy crawlies instead of chocolate sprinkles?

weetabix cake

Prep Time:

20 minutes

Cook:

1 hour 15 mins

Serves:

6

Things you need

Ingredients:

300g self-raising flour

25g sugar

200g raisins

2 Weetabix

1/2 tsp mixed spice

275ml milk

1 medium egg

Equipment:

weighing scales

measuring spoons

loaf tin

cooling rack

large mixing bowl

Method / What to do1

- 1** Preheat the oven to 130°C.
Grease and line the loaf tin.
- 2** Crush up the Weetabix in your fingers
- 3** Measure the dry ingredients into a large bowl
(flour, sugar, Weetabix, raisins, mixed spice)
Mix it together with a wooden spoon.
- 4** Pour in the wet ingredients
(milk and egg)
- 5** Mix it all together with a wooden spoon.
It will look lumpy!
- 6** Pour the mixture into the loaf tin.
Ask an adult to transfer it to the oven.
- 7** Bake it in the oven for about 1 hour 15 minutes until it is golden brown and firm to touch.
A good way for your adult to test if it is ready is to insert a skewer. If it comes out clean, the cake is cooked.
- 8** Ask an adult to put it on a wire rack to cool down.
- 9** Cut it into slices and share with your friends and family.

