Yearl

William Hogarth School



Year 1 Cookbook

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Breakfast Ideas

overnight oats

Prep Time: Cook: Serves:

15 minutes 0 minutes 2

Things you need

Ingredients:

1/4 tsp ground cinnamon
100 ml Milk
50g porridge oats
1 tsp chia seeds
1 tsp vanilla extract
2 tbsp natural yoghurts
50g mixed berries
drizzle of honey or syrup

Equipment:

Mason jar / Tupperware
Measuring spoons
Measuring jug
Weighing scales
Mixing spoon



- Put the oats, milk, yoghurt, cinnamon, chia seeds and vanilla essence into your mason jar.

 Shake it well to mix.
- 2 Close the pot and put it in the fridge (overnight or up to 5 days).
- 3 Top with berries and a drizzle of honey or syrup.





Variations:

- Toasted sunflower or pumpkin seeds (place in a dry frying pan over a low heat and shake regularly until slightly toasted).
- Cooked raisins or stewed apple (or other fruit)
- Slices of banana or grated apple or pear.

porridge

Not just for Goldilocks or the three bears. Porridge is a simple one-pot meal that takes only minutes to prepare. It is a great introduction to the joys of healthy cooking. This recipe can be made by either conventional or microwave method.

Prep Time: Cook: Serves:

15 minutes 5 minutes 3

Things you need

Ingredients:

250 ml water

250 ml semi-skimmed milk

50g porridge oats

Extra milk for serving

Equipment:

Measuring jug

Weighing scales

Saucepan

Medium serving bowl

Mixing spoon

Conventional Method

- 1 Place water, milk and oats in a saucepan. Bring to the boil. Stir slowly and carefully.
- 2 Reduce the heat and let it simmer for 4—5 minutes, or until desired consistency is reached. The porridge gets thicker and creamier if it has been cooked for longer. Stir occasionally.
- 3 Serve immediately, with the option to add extra milk once served.

Microwave Method

- 1 Put the oats and milk into a medium serving bowl.
- 2 Cook on HIGH for 4—5 minutes until boiling and thickened. Stir frequently.

Variations:

serve plain porridge with extra options:

- Toasted sunflower or pumpkin seeds (place in a dry frying pan over a low heat and shake regularly until slightly toasted).
- Cooked raisins or stewed apple (or other fruit)
- Either dried or rehydrated fruit (place iin water overnight or boil in some water while making the porridge)
- Slices of banana or grated apple or pear.
- Sweeten with honey or maple syrup.

COCOG pops



Prep Time:

Cook:

Serves:

20 minutes 15 minutes

20

Things you need

Ingredients:

100g sunflower / vegetable oil

200g honey

100g cocoa powder

850g buckwheat

150g cacao nibs (or chopped dark chocolate)

Equipment:

Baking trays

Baking paper

Microwaveable bowl

Wooden spoon

Storage jar

Line 2 baking trays with parchment paper.

Heat the oven to 180°C

- 3 In a large microwaveable bowl, warm the oil with the honey, cocoa powder and a pinch of sea salt.
- △ Stir in the buckwheat, making sure to cover it in the chocolate mixture.
- Spread the mixture onto the baking trays and bake for 15 minutes.
 Ask an adult to stir it half way through.
- Mix in the cacao nibs.
- **7** Store your cocoa pops in a Kilner jar or other airtight container and eat within 1 month.

baked dippy eggs

Prep Time: Cook: Serves:

30 minutes 20 minutes 4

Things you need

Ingredients:

1 large slice of ham or turkey

8 small spinach leaves

8 cherry tomatoes

4 eggs

1 matchbox sized piece of cheese

4 slices of toast (buttered and cut into dippers)

Equipment:

4 ramekins

scissors / serrated knife

chopping board

spoon

bowl

grater

- 1 Ask a grown-up helper to switch the oven on to 180°C
- 2 Put 4 ramekins in front of you.
- 3 Cut the ham or turkey into strips with your scissors.
 Cut the spinach into strips with your scissors.
 Put some into each ramekin.
- 4 Squash the cherry tomatoes into a bowl using your fingers.

 Spoon 2 tomatoes and some juice into each ramekin.
- 5 Break an egg into a bowl.
 Scoop out any pieces of shell with a spoon.
 Tip the egg carefully into a ramekin.
- Grate the cheese and sprinkle some on top of each egg.
- 7 Ask a grown-up helper to put the ramekins in the oven for 15—18 minutes, until the egg white has set.
- While the eggs are cooking, toast your bread, butter it and cut it into slices for dipping.





Snacks, Starters and Dips

cream cheese dip

A very simple dip, which can be varied by using different flavourings and served with different types of 'dippers'.

Prep Time: Cook: Serves:

5-10 minutes 0 minutes 4—6

Things you need

Ingredients:

100g natural yoghurt or fromage frais
100g low fat soft cheese selection of flavourings for the dip selection of 'dippers'

Equipment:

Weighing scales

Mixing bowl

Mixing spoon

Measuring spoons

Chopping board

Sharp knife

Serving dish

Can opener

- 1 Mix together the yoghurt / fromage frais and low fat soft cheese.
- 2 Add flavourings and serve with some 'dippers'.

Flavourings:

- Herbs: chopped herbs such as chives or parsley, pepper,
- Spices: black pepper, paprika, cayenne
- Cheese and onion: 50g grated cheese and 2 tosp finely chopped onion
- Cucumber and onion raita: 2 tbsp finely chopped onion, 10 cm chopped cucumber, 1 tsp dried or fresh mint.
- Pineapple: 4 tbsp chopped canned pineapple (in juice), drained.
- Spicy tomato: 4 tbsp tomato puree or passata, shake of pepper or paprika or chilli.

Dippers:

- Breadsticks, crackers or toast
- Pita or naan bread cut into strips.
- Carrots, washed and cut into strips.
- Cucumbers: washed and cut into slices.
- Apple: washed and cut into wedges.
- Peppers: wash, remove stalk, deseed and cut into slices.
- Cherry tomatoes: wash and leave whole.
- Cauliflower or broccoli: wash and divide into florets.
- Poppadums.
- Corn chips.

Variations:

• For a low-fat vegan alternative, use 200g silken tofu and mix well until smooth.

potato wedges with spicy dip

Much more interesting that ordinary baked potatoes, these wedges are served with a home-made spicy dip. They're great with tomato salsa too, or one of the other dips in this recipe book.

Prep Time: Cook: Serves:

20 minutes 30 minutes 3

Things you need

Ingredients:

3 medium sweet potatoes

80ml olive oil (1/3 cup)

1 tsp salt

1/2 tsp pepper

1 tbsp garlic powder

2 tbsp fresh chopped rosemary

For the dip:

6 tbsp mayonnaise

2 tbsp natural yoghurt

1 tsp curry paste

2 tbsp finely chopped fresh

coriander

Equipment:

Sharp knife

Chopping board

Teaspoon

Equipment:

Tablespoon

Mixing bowl

Mixing spoon

1 Preheat the oven to 200°C.

| 2 | Thoroughly wash the potatoes. Slice in half, then into wedges. |
|---|--|
| 3 | Put all the seasoning ingredients into a bowl and mix. |
| 4 | Add the potato wedges and toss thoroughly to coat. |
| 5 | Place the wedges on a baking sheet, skin side down. |
| 6 | Bake for 30 minutes. |
| 7 | Meanwhile, stir the mayonnaise, yoghurt, curry paste and 1 tbsp coriander in a small bowl. |
| | |

Variations:

- Raita (or pachadi) is similar to tzatziki. It is a South Asian / Indian condiment based on yoghurt and used as a cooling sauce or dip to accompany spicy Indian dishes.
- Onion and tomato raita: add 2 small chopped tomatoes and 1 onion to 250ml yoghurt.
- Cucumber and red pepper raita: add 1/2 cucumber (deseeded and finely diced or grated), 1/2 red pepper (finely chopped), sprig of mint (finely chopped) to 250 ml yoghurt.



Mains

Greek salad

Enjoy a taste of the Mediterranean with this colourful healthy salad.

Prep Time: Cook: Serves:

15 minutes 0 minutes 4

Things you need

Ingredients:

For the salad

4 medium tomatoes

1 cucumber

1 red onion

50g black olives

50g feta cheese

Equipment:

Chopping board
Sharp knife
Weighing scales
Large salad bowl
Garlic crusher
Measuring spoons
Measuring jug
Fork

For the dressing

1 clove garlic

150ml olive oil

2 tbsp red wine vinegar

1 tbsp lemon juice

2 tsp dried oregano

Pepper

1 Wash and then cut the tomatoes and cucumber into chunks.

| 2 | Peel and finely chop the red onion. |
|---|---|
| 3 | Put the tomatoes, cucumber and onion into a large bowl. |
| 4 | Scatter the olives and crumble the feta on top. |
| | |
| | <u>Dressing</u> |
| 5 | Dressing Crush the garlic. |
| 5 | |

Variations:

• To add a little extra, mix some cooked couscous through before serving.

Popeye Pie

Tuck into this layered pie packed full of vitamins and minerals. Superhero spinach and cheese create a soft and creamy filling that contrasts with light crispy layers of filo pastry.

Prep Time: Cook: Serves:

15 minutes 25 minutes 4

Things you need

Ingredients:

1tbsp olive oil
250g baby spinach leaves
2 tbsp fresh basil
250g cream cheese
25g parmesan or cheddar
1 medium egg
250g filo pastry

Equipment:

Pastry brush
6-hole muffin tin
chopping board
sharp knife
large mixing bowl
wooden spoon
dessert spoon
oven gloves

- 1 Preheat the oven to 180°C.
- 2 Brush the muffin tin with oil and set aside.
- 3 Wash the spinach and basil leaves. Tear the spinach and basil leaves roughly.
- 4 Grate the cheddar or parmesan and put into the large mixing bowl.
- 5 Add the cream cheese and egg to the mixing bowl and beat until smooth. Season with black pepper, then stir in the spinach and basil leaves.
- 6 Brush one of the pastry squares with oil, Place another square over the top at an angle to make a star shape. Repeat with 2 more squares, brushing each with a little oil.
- **7** Gently press the layers of filo pastry into one of the holes of the muffin tin. Shape it gently to fit the hole. Push carefully into the edges. Repeat with the remaining pastry—you should have enough to make 8 tarts.
- 8 Use the dessert spoon to fill each pastry case with the spinach and cheese mixture. Smooth it down with the back of the spoon.
- 9 Bake for 25 minutes until the pastry is golden brown and the filling has set.
- 10 Carefully remove the tarts from the oven and allow them to cool in the tin for a few minutes. Then remove them from the tin and enjoy hot with a salad or some vegetables.

What's in my sandwich?

Prep Time: Cook: Serves:

30 minutes 0 minutes 2

Things you need

Ingredients:

A variety of sandwich fillings:

- cucumber
- tomato
- hard-boiled egg
- cheese (slices, grated, cream)
- ham / turkey
- salad leaves

Butter

Mayonnaise (or other)

2 wholemeal baps

Equipment:

Bread knife Sharp knife Spoons Butter knife Grater

- 1 Wash the vegetables (cucumber, lettuce leaves, tomatoes etc).
- 2 Cut the cucumber in half and deseed.

Discard the seeds as they will make your sandwich soggy.

Chop the cucumber up.

Repeat with tomatoes (if using)

3 Crack your hard-boiled egg.

Carefully pick off all of the egg-shell and discard.

Chop your egg up.

Add a spoon of mayonnaise and mix.

- 4 Cut your baps in half crossways and share the filling between the bottom halves.
- 5 Place a lettuce leaf on top of your filling.
- 6 Spread some butter on the top half of the bap.

Cover and replace the top half of each bap.

Enjoy.

pizza pockets

Prep Time: Cook: Serves:

30 minutes 30 minutes 8

Things you need

Ingredients:

1 tbsp olive oil

1 jar passata

2 packs puff pastry (ready-rolled)

150g grated mozzarella and cheddar

1 egg

Equipment:

Garlic crusher
Measuring spoons
Butter knife
Spoon
Small bowl
Fork
Pastry brush



pizza pocket fillings:

Pepperoni:

16 slices pepperoni(2 slices per pocket)

Vegetarian

1 small red pepper, deseeded and thinly sliced 80g sweetcorn Button mushrooms sliced

Turkey Ham & Pineapple: Your choice:

4 large slices, turkey ham, chopped tinned pineap-

- 1 Ask a helpful grown-up to preheat the oven to 180°C
- 2 Unroll the pizza dough or puff pastry
 Use a butter knife to divide each piece into 4
- 3 Put a spoonful of passata on half of each piece of pastry.
- 4 Prepare and add your chosen fillings.
- 5 Crack the egg into a small bowl and beat with a fork.
- 6 Brush the edges of the dough with beaten egg.
- 7 Fold the uncovered side over the filling.
 Place the edges together and crimp with a fork to seal.
- 8 Brush the pizza pocket with the remaining egg and put it on a baking tray lined with baking paper.
- 9 Ask a grown up to put the baking tray in the centre of the oven for 20 minutes (until the pastry is golden and the filling is cooked).
- 10 Let the pizza pockets cool down for 5 minutes or so.
 Then, enjoy!

Savoury muffins

Prep Time: Cook: Makes:

30 minutes 0 minutes 12

Things you need

Ingredients:

250g grated cheese

2 cups self raising flour

2 eggs

1 1/2 cups of milk

1/2 cup chopped turkey or ham

2 handfuls baby spinach sprinkle of mixed herbs

Equipment:

Measuring cups
Sieve
Mixing bowl
Scissors or serrated knife
Chopping board
Wooden spoon
Jug





- 1 Ask a helpful grown-up to preheat the oven to 180°C
- 2 Sift the flour into a large bowl.
- 3 Whisk the eggs.
- 4 Chop or tear the spinach.
- 5 Chop the turkey or ham.







6 Make a well in the flour.
Add the rest of the ingredients.
Mix until combined.







- Spoon into a greased, 12-hole muffin tray.
 Sprinkle with herbs (optional)
- 8 Bake for 25 minutes, or until the tops are golden brown.









Desserts

fresh fruit salad

Prep Time: Cook: Serves:

40 minutes 0 minutes 6

Things you need

Ingredients:

125ml fresh fruit juice

A selection of fresh ripe fruits:

- 1 banana
- 1 eating apple
- 1 pear
- 1 orange
- 1 kiwi
- 4 strawberries
- 6 grapes

Equipment:

measuring jug mixing bowl chopping board peeler serrated knife mixing spoon serving bowls

Top Tip:

Use fruits in season. They will be:

- cheaper
- tastier
- fresher

1 Put the fruit juice in the mixing bowl.

Wash the fruit.

2 Go bananas!

Peel the banana. Cut it into equal slices. Put the banana in the bowl with the juice. Make sure it is covered in juice.

3 An apple a day!

Cut the apple into quarters.

Remove the core (where the seeds are).

Cut it into even pieces.

Add it to the bowl. Make sure it is covered in juice.

If using pear, do the same.

4 Peel the orange.

Slice into neat slices or pieces.

Add to the bowl.

Satsumas and clementines might be easier for younger children to peel.

Lemon juice helps to prevent pears,

apples and bananas turning brown.

TEACHING POINT:

5 Peel and slice the kiwi fruit.

Add to the bowl.

6 Cut the grapes in half.

Add to the bowl.

- 7 Use a ladle to transfer the fruity mixture to serving bowls.
- 8 Slice the strawberries.

Put on the top of your fruit salad to decorate.

9 Add more juice if you need to.

magic icecream

Prep Time: Cook: Serves:

30 minutes 0 minutes 4

Things you need

Ingredients:

- 300ml semi-skimmed milk
- 1 tbsp caster sugar
- 1 tsp vanilla paste
- food colouring
- 2kg ice
- 12 tbsp rock salt
- sprinkles

Equipment:

measuring spoon
2 x medium zip-lock bags
1 x large zip-lock bag
masking tape / sellotape

Top Tip:

 Wear gloves to keep your hands warm



1 Put the milk, sugar, vanilla and food colouring into a medium zip-seal bag.

2 Double bag it!

Put the first bag into a second bag.

Squeeze the air out.

Close the seal.

Secure with sticky tape.

- 3 Tip the ice and salt into a large zip-seal bag.
- 4 Place the medium bags containing the milk mixture inside.
 Seal.

5 Gently does it!

Keep the bag moving for 10-15 minutes to freeze the milk.

Gently shake the bag or pass it from hand to hand.

6 Remove the ice-cream bag.

Open and scoop into bowls.

7 Sprinkle with hundreds and thousands.



Baking & Sweet Treats

Dough Faces Have fun with bread dough. Squeeze it, shape it, watch it grow!

Prep Time: Cook: Serves:

60 minutes 10-15 minutes 6

Things you need

Ingredients:

1 sachet quick yeast 750g strong white flour 450ml warm water

1 tsp salt2 tsp sunflower oil

To decorate:

1 beaten egg sunflower seeds poppy seeds pumpkin seeds

Equipment:

jug
measuring spoons
mixing bowl
wooden spoon
pastry brush
baking tray
cooling rack

Ask a helpful grown-up:

preheat the oven to 220°C

1 Mix it all up!

Put the yeast, flour., warm water, salt and oil into a bowl and mix together.

2 Take the mixture out.

Sprinkle the worktop with flour and tip the mixture onto it.

3 Start kneading.

To knead, press your fist hard into the dough, then turn it and do it again.

4 Keep kneading.

Knead for 10 minutes. The dough should be stretchy, not sticky.

5 Cut up the dough.

Divide the dough into pieces.

6 Have a play.

Try making a face with your dough.

7 Grease a baking tray.

Place the shapes far apart from each other on a greased baking tray.

8 Leave them to rise.

Cover loosely with cling film or a damp cloth. Put the tray in a warm place for about 30 minutes until the shapes double in size.

9 Brush on egg and decorate.

10 Bake your bread.

Bake for 10—15 minutes until golden. When you tap them, they should sound hollow.

11 Set aside to cool a little before eating.

little gems

The basis of this dish is shortcrust pastry. Once you know how to make this pastry, you will be able to make lots of other dishes like apple pies, mince pies, sausage rolls, plus bigger flans and quiches. In fact, lots more!

Prep Time: Cook: Serves:

20 minutes 15 minutes 12

Things you need Ingredients:

175g plain flour90g butter6 tsp water125g jam

Equipment:

weighing scales
measuring spoons
bun tin
cooling rack
large mixing bowl
rolling pin
pastry cutter
spoon

- Preheat the oven to 200°C
- 2 Measure the flour and butter into the mixing bowl. Rub together with your fingers until in looks like breadcrumbs.
- 3 Add a teaspoon of water to the mixture. Use a palette knife to mix it through. Repeat, adding the water teaspoon by teaspoon until you can squeeze the mixture together into a ball.
- 4 Use your hands to make the ball of pastry. Your bowl will look really clean at this point.
- 5 Sprinkle flour over the ball, rolling pin and table.
- 6 Flatten the ball of pastry and begin to roll it out. Turn the pastry as you roll it. Add flour to the table if it sticks.
- 7 Once the pastry is rolled out to about 4mm thick, you can cut the cases using your pastry cutter. Transfer the pastry cases to the bun tin.
- 8 Using a teaspoon, spoon jam into each of the pastry cases—no more than half filling the cases with jam.
- **9** Bake the tarts in the middle of the oven for 15 minutes. Remove from the oven and leave to cool on the wire rack.

Variations:

You can choose all sorts of different jam flavours to make these tarts,.

How about making savoury cheese tarts instead?

- 2 eggs
- 60g grated cheese
- ♦ 150ml milk

Prepare the pastry in the same way as above.

Beat the eggs in a bowl. Add the grated cheese and milk.

Spoon the egg and cheese mixture into the pastry cases.

Bake them in the oven.

moon rocks

Your mission—to reconstruct moon rocks that are good enough to eat.

Prep Time: Cook: Serves:

20 minutes 15 minutes 8-12

Things you need Ingredients:

250g self-raising flour 90g soft brown sugar 90g butter 125g raisins 1/2 tsp mixed spice 1 egg

Equipment:

weighing scales measuring spoons baking tray cooling rack small mixing bowl large mixing bowl fork

- Preheat the oven to 200°C
- 2 Measure the flour and butter into the large mixing bowl. Rub together with your fingers until in looks like breadcrumbs.
- 3 Add the sugar and raisins. Mix them up evenly using your hands. Add the mixed spice as well.
- 4 In the small mixing bowl, beat the egg. Then add the beaten egg to the flour mixture.
- 5 Use a fork to mix it all together. Make sure it is all mixed up properly.
- 6 Stick your hand in and squeeze! Collect up all the bits in the bowl. Squeeze them together into a ball.
- **7** Grease the baking tray by spreading some butter over it. You can use your hands for this.
- 8 Using your hands, form rocky heaps of the mixture on the baking tray. Keep them quite rough so that they look like moon rocks.
- **9** Bake in the oven for 15 minutes. Transfer to the wire rack to cool.

Variations: You could try making other space rocks by leaving out the raisins and adding these ingredients instead—

- 125g chocolate chips to make a comet cocktail
- ♦ 125g sugar strands to make a meteor shower

celebration chocolate cake

Prep Time: Cook: Serves:

15 minutes 35 minutes 8 big slices to share

Things you need Ingredients:

90g melted butter

1 cup sugar

2 eggs

1/2 cup milk

1 cup flour

1 tsp vanilla

2 tbsp cocoa

Equipment:

weighing scales
measuring cups
measuring spoons
cake tin
cooling rack
large mixing bowl
wooden spoon

















- 1 Ask a helpful adult to preheat the oven to 180°C
- 2 Put all the ingredients into a large bowl.
- 3 Take turns mixing them together well.





4 Grease your cake tin.
Pour the cake batter in.







- Ask a helpful adult to transfer it to the oven.

 Bake it for 35 minutes.
- 6 While the cake is cooking, make your icing.
- 7 Ask your adult to take it out of the oven.
 Leave it on a cooling rack

5-minute chocolate buttercream

Prep Time: Cook: Serves:

5 minutes 0 minutes enough for 1 cake

Things you need Ingredients:

6 tbsp unsalted butter, soft

2 1/3 cups icing sugar

3/4 cup unsweetened cocoa powder

1/3 cup whole milk

2 tsp vanilla extract

1/4 tsp salt

Equipment:

measuring cups measuring spoons mixing bowl wooden spoon electric hand mix











- 1 Make your buttercream while your cake is cooking.
- 2 Put the butter in a large bowl and beat with the handwhisk.
- 3 Add the icing sugar and cocoa powder.

 Beat until combined.
- 4 Slowly pour in the milk and vanilla extract.

 Continue to beat until well-mixed.
- 5 Increase the speed to high.
 Beat for at least 2 more minutes.
- 6 When your cake is cool, spread your frosting.





banana squares

Prep Time: Cook: Makes:

20 minutes 35 minutes 12-16

Things you need Ingredients:

250g self-raising flour90g soft brown sugar90g butter125g raisins1/2 tsp mixed spice1 egg

Equipment:

brownie tin
greaseproof paper
wooden spoons
large mixing bowl
2 x small bowls
sieve
fork
cooling rack

- 1 As a helpful adult to preheat the oven to 180°C
- **2** Grease and line a non-stick brownie tin.
- 3 Put the butter and sugar into a large bowl.
 Take it in turns to beat it with the wooden spoon until it is light and fluffy.
- 4 Crack your eggs into a small bowl.
 Check that there isn't any shell in there.
- 5 Take it in turns to beat your eggs into your butter and sugar mixture.
- 6 Sift the flour, salt and baking powder into the mixture.

 Gently fold them in.
- 7 Peel your bananas and put them in a bowl.
 Mash them with a fork.
- 8 Add the mashed banana and buttermilk to the mixture. Stir them in.
- Spoon the mixture into the brownie tin.Try to smooth the top with the back of your spoon.
- 10 Ask a helpful adult to put your brownie tin in the oven for 35 minutes (or until firm).

Variations:

If you want to ice your banana squares, beat together 200g cream cheese with 60g icing sugar. Wait until your banana squares are completely cold before spreading the cream cheese icing on top.

