



Year 2

William Hogarth School

COOK
BOOK



Year 2 Cookbook

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Breakfast Ideas

smoothie shakes

Prep Time:

10 minutes

Cook:

0 minutes

Serves:

2-4

Things you need

Basic Ingredients:

200 ml milk

100 ml natural yoghurt

1 tbsp runny honey

Basic Equipment:

Chopping board

Sharp knife

Measuring spoon

Measuring jug

Stick blender or liquidizer

Green Smoothies

ADDITIONAL INGREDIENTS:

- 1 banana
- 75g green grapes
- 60g baby spinach

- 1** Peel the banana and break it into chunks.
- 2** Put the banana and grapes into the blender.
Add the spinach.
- 3** Add the liquid base and blend until smooth.

Pink Smoothies

ADDITIONAL INGREDIENTS:

- 1 banana
- 200g strawberries

- 1** Peel the banana and break it into chunks.
- 2** Put the banana and strawberries into the blender.
- 3** Add the liquid base and blend until smooth.

Cream of Kiwi

ADDITIONAL INGREDIENTS:

- 1 banana
- 2 kiwis

- 1** Peel the banana and break it into chunks.
- 2** Peel the kiwi and cut into chunks.
- 3** Put the kiwi and banana in the blender
- 3** Add the liquid base and blend until smooth.

Make it up:

ADDITIONAL INGREDIENTS:

- passion fruit
- mango
- blueberries
- raspberry
- pineapple
- peach
- cucumber

What is your favourite fruit?

cereal bars

Perfect for breakfast or a snack.

Prep Time:
1 minute

Cook:
10 minutes

Serves:
1

Things you need

Ingredients:

115g unsalted butter
100g light brown sugar
115g runny honey (or golden syrup)
300g rolled oats
100g raisins
50g mixed seeds (pumpkin, flax, chia etc)

Equipment:

baking tin
baking parchment
saucepan
wooden spoon
large bowl
masher
sharp knife

Method / What to do

- 1 Ask an adult to preheat the oven to 150°C.

Grease the baking tray and line it with 2 sheets of parchment paper.

- 2 Watch an adult use the hob to melt the butter, sugar and runny honey in a saucepan over a low heat.
- 3 Place all the other ingredients in a large mixing bowl.
- 4 Ask your adult to pour in the melted sugar mixture.

!!! DO NOT TOUCH—IT WILL BE HOT!!!

- 5 Stir the mixture together and then tip onto the baking tray.
- 6 Spread the mixture evenly around the baking tray.
Use the masher to press it down firmly so it sticks together.
- 7 Ask your adult to transfer the baking tray to the oven.
Let it bake for 20-30 minutes (until golden brown)
- 8 When the fruit bars are baked, leave them to cool in the tin for 5 minutes.
- 9 Use oven gloves to hold the tin.
Carefully cut the fruit bars into 12 slices.
Remove them from the tin when fully cooled and firm.

oat & honey muffins

Perfect for breakfast or a mid-morning snack.
Packed full of nutritious oats and dried fruit.

Prep Time:

20 minutes

Cook:

25 minutes

Serves:

10

Things you need

Ingredients:

250g plain flour
1 tbsp baking powder
100g porridge oats
125g ready-to-eat dried
chopped apricots
50g soft light brown sugar
1/2 tsp salt
2 medium eggs, beaten
175ml milk
75ml sunflower oil
5 tbsp clear honey

Equipment:

Measuring spoons
Weighing scales
Fork
small bowl
Muffin cases
Muffin tin
Sieve
Large mixing bowl
Jug
Wooden spoon
Cooling rack

Method / What to do

- 1** Ask an adult to preheat the oven to 190°C.
Line a muffin tin with 10 muffin cases.
- 2** Sift the flour and baking powder into a mixing bowl.
Stir in the oats, apricots, sugar and salt.
Put this mixture to one side.
- 3** In a large jug, beat together the eggs, milk, oil and honey with a fork, until thoroughly mixed and frothy.
- 4** Pour the wet mixture in the jug over the dry ingredients in the bowl.
Stir with a wooden spoon until the ingredients are just combined.
The batter will still be quite lumpy and runny.
- 5** Divide the mixture evenly between the muffin cases so they are two-thirds full.
- 6** Ask an adult to transfer the muffin tray to the top shelf of the oven for 20-25 minutes.
- 7** When the cooking time is up, ask an adult to remove the muffin tray from the oven.
Leave the muffins in the tin for a few minutes before transferring them to a cooling rack.

Variations:

If you don't like apricots, use your favourite dried fruit instead.

cinnamon toast crunch

A good way of using up leftover bread. The cinnamon adds a lovely flavour.

Prep Time:

10 minutes

Cook:

5 minutes

Serves:

4

Things you need

Ingredients:

Dried pears or apples
4 slices wholemeal bread
4 tsp butter
1 tsp demerara sugar
4 tsp ground cinnamon
4 bananas

Equipment:

Chopping board
Sharp knife
Toaster
Table knife
Teaspoon
Plate

Method / What to do

- 1 Cut pears or apples into thin slices.
- 2 Toast both sides of bread until brown.
- 3 Spread the butter on the toast and sprinkle the evenly with sugar and cinnamon.
- 4 Place under a hot grill until the sugar bubbles. Remove and allow to cool.
- 5 Meanwhile, slice the bananas.
- 6 Top the slightly cooled cinnamon toast with banana, mixed berries, dried pears and apples.

Variations:

Use honey or maple syrup for sweetness, instead of sugar.

cheese and banana toasties

Toast topped with soft cheese and sliced banana sounds like a funny combination, but it makes the perfect breakfast and is delicious when drizzled with honey.

Prep Time:

10 minutes

Cook:

5 minutes

Serves:

4

Things you need

Ingredients:

4 thick slices wholemeal bread

115g or 1/2 cup soft cheese

1/4 tsp cardamom seeds
(crushed)

4 small bananas, peeled

4 tsp clear honey

Equipment:

Chopping board

Sharp knife

Weighing scales or
measuring cup

Table knife

Teaspoon

Plate

Method / What to do

- 1** Preheat the grill. Place the slices of bread on a rack on the grill pan and toast on one side only until lightly browned.
- 2** Turn the bread over and spread the untoasted side of each slice with soft cheese.
- 3** Sprinkle over the crushed cardamom seeds.
- 4** Place under a hot grill until the sugar bubbles. Remove and allow to cool.
- 5** Peel and slice the bananas. Arrange the slices on top of the cheese. Then drizzle each slice with 1 tsp of clear honey.
- 6** Put the slices back onto the grill pan. Slide the pan under a medium grill and cook for a few minutes until the top is bubbling. Serve immediately. Be careful not to burn your mouth on the melted cheese.


Variations:

Use a different type of **bread**, there are so many different varieties available and it is great for using up **leftover slices**.

Leave out the cardamom seeds and sprinkle cinnamon on the bananas before adding the honey.

Try different types of honey—orange or lemon blossom honey are really delicious.





Snacks, Starters and Dips

Bruschetta with tomato and basil topping

An Italian starter which is brimming with flavour and colour.

Prep Time:

10 minutes

Cook:

5 minutes

Serves:

10 slices

Things you need

Ingredients:

1 small red onion

1 garlic clove

3 small tomatoes

Handful fresh basil

1 tbsp olive oil

1 small ciabatta

Equipment:

Chopping board

Sharp knife

Small mixing bowl

Measuring spoons

Mixing spoons

Oven gloves

Serving plate

Method / What to do

- 1** Peel and finely chop the onion. Be careful not to touch your face with your hands.
- 2** Wash and dice the tomatoes.
- 3** Wash and chop the basil.
- 4** To make the topping, combine the tomatoes, onion and oil in a small bowl and mix.
- 5** Cut the bread into 1 cm thick slices.
- 6** Grill the bread slices on both sides until lightly browned (this can be done in a toaster or grill). Then put on a plate.
- 7** Peel the garlic clove and cut in half.
- 8** Rub each slice of bread on one side, with the cut garlic clove.
- 9** Put 1—2 teaspoons of the topping on each slice of toast.
- 10** Finish with a light sprinkle of fresh basil over the top of each slice.

sardine dip

Sardines are a great source of omega-3 essential fats and this dip is a tasty way of including fish in your diet.

Prep Time:

10-15 minutes

Cook:

0 minutes

Serves:

2—4

Things you need

Ingredients:

120g canned sardines in spring water or brine

100g low fat soft cheese

1/2 lemon

Black pepper to taste

Equipment:

Can opener

Sieve

Small mixing bowl

Fork

Weighing scales

Lemon squeezer

Mixing spoon

Chopping board

Sharp knife

Small bowl

Serving dish

Method / What to do

- 1 Open the sardines and use the sieve to drain away the liquid.
- 2 Tip the drained sardines into the mixing bowl and mash with a fork.
- 3 Spoon the low fat soft cheese into the mixing bowl.
- 4 Squeeze the juice from the lemon and add the juice to the mixing bowl.
- 5 Mix all the ingredients together thoroughly. Add pepper to taste.
- 6 Serve in the serving dish with strips of vegetables or fingers of bread.

Variations:

- ◆ Try a low-fat soft cheese with garlic and herbs, or chop up some parsley, chives or dill and add to plain soft cheese.





Salads

Moroccan Carrot Salad

A crisp carrot-based salad, glowing with sweet, warm spices.

Prep Time:

20 minutes

Cook:

0 minutes

Serves:

4

Things you need

Ingredients:**For the salad**

5 carrots

1 small onion

75g currants

For the dressing

30ml olive oil

2 tbsp lemon juice

1 tsp curry powder

1/4 tsp ground cloves and
cinnamon

Salt & pepper to taste

Equipment:

Peeler

Grater

Chopping board

Sharp knife

Weighing scales

Large salad bowl

Measuring spoons

Lemon squeezer

Small bowl

Fork

Salad servers

Method / What to do

- 1 Peel and then grate the carrots finely.
- 2 Peel and then finely chop or grate the onion.
- 3 Place the carrots, currants and onion into a medium sized serving bowl.

Dressing

- 4 In a small bowl, blend together the olive oil, lemon juice, curry powder, ground cloves, cinnamon, and a pinch of salt and pepper with a fork.
- 5 Pour over the carrot mixture and mix well using salad servers.

Traffic light salad

This is one of those salads that children love. The name comes from the colours of the ingredients, making it colourful and exciting.

Prep Time:

15-20 minutes

Cook:

0 minutes

Serves:

2

Things you need

Ingredients:

1 orange

1 small carrot

6 sultanas

3cm chunk of cucumber

Fresh mint leaves

1 small tomato

Equipment:

Grater

Chopping board

Sharp knife

2 small mixing bowls

High-sided mould

1 plate

Method / What to do

- 1 Use the grater to grate the zest from the orange, then grate the carrot.
- 2 Mix the grated carrot and orange zest together with the sultanas in a bowl.
- 3 Finely chop the cucumber and mint and combine in the second bowl.
- 4 Deseed and finely chop the tomato.
- 5 Place the tomato in the base of the mould. Press down gently.
- 6 Place the grated carrot mix into the mould next and press down gently.
- 7 Finally, place the finely chopped cucumber mix on the top of the mould.
- 8 Leave in the fridge for 10 minutes then place a plate on top of the mould before turning it over and carefully removing the mould.





Mains

Ratatouille

A classic French vegetarian dish that definitely counts towards one of your 5-a-day. This is the microwave method.

Prep Time:

15 minutes

Cook:

15-20 minutes

Serves:

4-6

Things you need

Ingredients:

2 aubergines

4 onions

1 red pepper

1 green pepper

2 garlic cloves

3 tbsp olive oil

425g can chopped tomatoes

30ml tomato puree

1 tsp mixed herbs

Sal & pepper to taste

Equipment:

Chopping board

Sharp knife

Garlic crusher

Measuring spoons

Large microwave safe bowl

Can opener

Mixing spoon

Method / What to do

- 1** Wash and thinly slice the aubergine.
- 2** Peel and thinly slice the onions.
- 3** Wash the peppers before deseeding and slicing.
- 4** Peel and crush the garlic.
- 5** Put the oil into the large microwave proof bowl with the onions and the garlic. Cover and cook on HIGH for 5 minutes or until soft.
- 6** Add the remaining ingredients to the bowl. Cover and cook on HIGH for 10-15 minutes or until the vegetables are soft and well-mixed, but retain their shape. Most of the liquid should have evaporated.
- 7** Serve hot with crusty bread or couscous.

Jacket Potato

This way of cooking potatoes acts as either a great meal accompaniment, or you can devour them as the main attraction with a variety of fillings.

Prep Time:

5 minutes

Cook:

45 minutes

Serves:

2

Things you need

Ingredients:

- 2 medium potatoes
- Oil for greasing the tray
- 1 tbsp oil
- 2 tsp butter to serve

Equipment:

- Baking tray
- Pastry brush
- Measuring spoons
- Kitchen towel
- Fork
- Oven gloves

Conventional

Method

Preheat oven to 200°C.

- 1 Grease the baking tray with a little oil.
- 2 Wash the potatoes and dry with kitchen towel. Prick the potatoes with a fork and brush with oil.
- 3 Bake in the oven for 45 minutes.
- 4 Remove from the oven and make a crosswise slit in the top of each potato.
- 5 Squeeze gently to open out the cross and add a knob of butter in the opening.

Microwave

Method

- 1 Prick each potato several times with a fork.
- 2 One potato of 225g will take around 6 minutes on HIGH. Adjust time for more or larger potatoes.
- 3 Allow to stand for 1—2 minutes before serving.

Variations:

- ♦ To make a meal of your jacket, cut it almost in half and pile in your favourite fillings.

tuna and corn bap

Tuna and corn are a tried and tested combination. The filling is rather soft, so this works better served in a roll which is firmer to hold, rather than between slices of bread.

Prep Time:

25 minutes

Cook:

0 minutes

Serves:

2

Things you need**Ingredients:**

90g canned tuna
6 tbsp sweet corn kernels
1/2 cucumber
2 spring onions
6 tbsp tartare sauce
2 whole meal baps
2 lettuce leaves

Equipment:

Bread knife
Can opener
Sharp knife
Measuring spoons
Medium mixing bowl
Mixing spoon
Colander

Method / What to do

- 1 Wash the vegetables (cucumber, lettuce leaves, spring onions).
- 2 Open the tuna and drain.
- 3 Open the sweetcorn; drain and rinse.
- 4 Cut the cucumber in half and deseed. Discard the seeds as they will make your sandwich soggy. Chop the cucumber up.
- 5 Top and tail your spring onions. Then chop up your spring onions carefully.
- 6 Flake the tuna into the mixing bowl. Add the sweetcorn, chopped spring onions and 4 tbsp chopped cucumber. Add 2 tbsp tartare sauce and mix together well.
- 7 Cut your baps in half crossways and share the filling between the bottom halves.
- 8 Place a lettuce leaf on top of your tuna filling.
- 9 Spread the remaining tartare sauce on the top half of the bap. Cover and replace the top half of each bap. Enjoy.

Variations:

- ♦ What other sandwich fillings do you like? Have a go at making some more sandwiches at home with your family.

not a pizza

This tart looks so impressive that nobody will guess how simple it is to make! Serve it with salad on the side for a delicious weekend lunch.

Prep Time:

10 minutes

Cook:

20 minutes

Serves:

6

Things you need

Ingredients:

375g (12oz) ready-prepared puff pastry
jar passata
250g cherry tomatoes
250g ricotta cheese
2 large eggs
2 tbsp fresh basil
25g parmesan cheese
Salt and black pepper to taste

Equipment:

Rolling pin
Baking sheet
Sharp serrated knife
Chopping board
Large mixing bowl
Wooden spoon
Measuring spoons
Weighing scales
Metal spoon

Method / What to do

- 1 Wash the tomatoes and basil leaves. Pat dry with blue kitchen towel.
- 2 Preheat the oven to 200°C.
- 3 Roll out the pastry, using a rolling pin on a lightly floured surface. You are aiming for a rectangle measuring about 20 x 30 cms.
- 4 Place the pastry on a large flat baking sheet. Use a sharp knife to score a 2.5cm border along the sides of the rectangle. Be careful you don't cut all the way through!
- 5 Place the cherry tomatoes on a chopping board. Use a sharp knife to carefully cut them in half. A knife with a serrated edge makes them easier to cut.
- 6 Grate the parmesan cheese and put into a mixing bowl with the ricotta cheese, eggs and basil. Use a wooden spoon to mix well before seasoning with a little salt and freshly ground black pepper.
- 7 Spread some passata inside the marked edge of the pastry,
- 8 Spoon the cheese mixture inside the marked edge of your pastry. Spread carefully using the back of the metal spoon.
- 9 Scatter over the tomatoes, making sure to spread them evenly.
- 10 Cook in the centre of the oven for 20 minutes—until the pastry is risen and golden and the filling is cooked. Allow to cool slightly on the tray before cutting and serving.

Variations:

- ◆ What else could you add to your cheesy base? Are there other herbs that would work well? What about adding some garlic?
- ◆ Try slicing some red onion finely and scattering over the top with the tomatoes,





Desserts

what a peach

A simple, rich dessert that's quick and easy to make and tastes terrific. Serve it on its own or with some whipped cream or thick yoghurt.

Prep Time:

15 minutes

Cook:

5 minutes

Serves:

4

Things you need

Ingredients:

115g raspberries
2 tbsp icing sugar
4 ripe peaches
8 tbsp mascarpone (120ml)
3 tbsp soft brown sugar

Equipment:

chopping board
sharp knife
stick blender
spoon
mixing bowl

Method / What to do

- 1 Wash the raspberries and peaches.
- 2 Set 8 raspberries aside for later. Put the rest in a blender with the icing sugar and process until smooth.
- 3 Cut around each peach lengthways and twist the fruit. One half should come away, leaving the stone (pit) in the other. Scoop out the stone with a spoon.
- 4 Preheat the grill.
- 5 Arrange the peach halves cut side up on the grill tray. Put 1 tbsp mascarpone in the centre of each peach. Sprinkle the soft brown sugar over the top. Transfer to the grill until the cheese and sugar have melted.
- 6 Spread the raspberry sauce over 4 plates. Top with the peaches. Decorate with the extra raspberries that were set aside earlier.

Handy Hint: As the cheese melts, the sugar might slip off, so have some extra handy to sprinkle over the top of the peaches when you remove them from the grill.

strawberry mousse

An indulgent and luxurious pudding that is surprisingly simple to make. Get ready to hear everyone ooo-ing & ahhh-ing at your skills and talents.

Prep Time:

15 minutes

Cook:

5 minutes

Serves:

6-8

Things you need

Ingredients:

250g strawberries

100 ml water

25g caster sugar

140g mini marshmallows

200ml double cream

Equipment:

chopping board

weighing scales

measuring jug

sharp knife

fork / stick blender

electric hand whisk

spoon

mixing bowl

Method / What to do

- 1** Wash and hull the strawberries. Set 3 aside for later.
- 2** Put the rest of the strawberries into a small saucepan with the sugar and the water.
- 3** Cook the strawberries over a low heat for about 5 minutes. They should be soft enough to mash.
- 4** Remove from the heat and mash the strawberries with a fork until mushy.
- 5** Add the marshmallows to the hot strawberries and stir until they dissolve.
- 6** Transfer the mixture to a cool bowl and set aside to cool.
- 7** In a separate mixing bowl, whip the cream until it holds its shape.
- 8** Fold the cream into the cool strawberry mix.
- 9** Share the mixture equally between the 6-8 ramekins. Leave to chill in the fridge until set.
- 10** Use a small knife to quarter the strawberries you set aside earlier. Arrange these attractively

Variations:

- ◆ You can also use dehydrated strawberries to decorate your mousse, or even some edible flowers!





Baking

cupcakes

Prep Time:

20 minutes

Cook:

20 minutes

Serves:

Makes 24 cakes

Things you need

Ingredients:

125g butter, softened

125g caster sugar

125g self-raising flour

1 tsp baking powder

2 large eggs

1 tsp vanilla essence

Frosting

100g light cream cheese

2 tbsp icing sugar

Icing

1 tbsp icing sugar

1 tsp water

1 drop food colouring

Equipment:

weighing scales

sieve

large mixing bowl

24 paper cases

2 bun tin

electric whisk

dessert spoon

measuring spoons

oven gloves

cooling rack

small bowl

wooden spoon

Method / What to do

- 1** Ask an adult to preheat the oven to 190°C.
Place 24 paper cases in bun tins.
- 2** Sieve the flour and baking powder into the mixing bowl.
- 3** Add everything else
(beaten eggs, butter, sugar, vanilla essence)
- 4** Use the electric hand whisk to beat until the mixture is creamy.
You will know when it is ready because it drops off a spoon easily.
- 5** Share the mixture between the paper cases.
- 6** Ask an adult to put the cupcakes into a hot oven for you.
Bake for 20 minutes.
- 7** When the cakes are cooked, asked an adult to get them out of the oven for you.
- 8** Transfer to a cooling rack to cool completely.

Meanwhile, make the frosting / icing:

- 9** **FROSTING:** Beat together all the frosting ingredients with a spoon.
- 10** **ICING:** Mix together all the icing ingredients with a spoon.
- 11** When the cupcakes are cool, spread the frosting or icing them.
Decorate with some sprinkles.

raisin biscuits

These simply scrumptious biscuits are sure to become a favourite. They are perfect for an afternoon snack or a light dessert.

Prep Time:

20 minutes

Cook:

14 minutes

Serves:

20

Things you need

Ingredients:

125g butter, softened
75g caster sugar
1 lemon
1 egg, separated
200g plain flour, sifted
75g raisins
2 tbsp milk
1-2 tbsp caster sugar for sprinkling

Equipment:

weighing scales
sieve
grater
2 large baking sheets
large mixing bowl
palette knife
rolling pin
6cm round fluted cutter
oven gloves
fork
pastry brush
cooling rack

Method / What to do

- 1** Preheat the oven to 180°C. Grease 2 baking sheets.
- 2** Grate the zest from the lemon.
- 3** In a large mixing bowl, use the electric whisk to carefully beat the butter ,sugar and lemon zest together , until they are light and fluffy.
- 4** Separate the egg. Put the egg white to one side. Beat the egg yolk into the butter mixture.
- 5** Use the palette knife to gently stir in the sifted flour and raisins. Gradually, stir in the milk until the dough comes together.
- 6** Tip the dough onto a lightly floured surface and knead it gently until it is smooth and supple. Shape the dough into a ball with your hands.
- 7** Press the dough down and use the rolling pin to roll out until it is about 5mm thick. Carefully cut the biscuits out using a 6cm round fluted cutter.
- 8** Place the biscuits on the baking sheets and bake in the middle of the pre-heated oven for 8-10 minutes.
- 9** Wearing the oven gloves, carefully remove the baking sheet from the oven.
- 10** Lightly whisk the egg white with a fork, then brush it over the biscuits with a pastry brush before sprinkling them with caster sugar.
- 11** Wearing the oven gloves, return the biscuits to the oven for 3-4 minutes until they turn golden.
- 12** Once cooked, carefully remove the biscuits from the oven using a palette knife. Transfer them to a cooling rack.

Wholemeal tea loaf

Best eaten while still warm from the oven, spread with creamy butter.

Prep Time:

30 minutes

Cook:

20-25 minutes

Serves:

8

Things you need

Ingredients:

butter, for greasing and to serve

75g dried mixed fruit

75g dried cranberries

100 ml warm black tea

2 tbsp honey

1 egg, beaten

150g wholemeal flour

1 tbsp baking powder

1/2 tsp mixed spice

Equipment:

weighing scales

sieve

large mixing bowl

loaf tin

cooling rack

jug

measuring spoons

wooden spoon

Method / What to do

- 1** Ask an adult to preheat the oven to 180°C.
Lightly grease the loaf tin with some butter.
- 2** Tip the dried mixed fruit and cranberries into the mixing bowl.
- 3** Carefully pour the warm tea over the fruit.
Stir everything together making sure the fruit is well-soaked in the tea.
- 4** Next, add the honey and beaten egg.
Gently mix together with a wooden spoon.
- 5** Add the wholemeal flour, baking powder and mixed spice.
Stir well to combine all the ingredients.
- 6** Spoon the mixture into the prepared loaf tin. Level the top with the back of the spoon.
- 7** Ask an adult to put the loaf tin in the oven for 20-25 minutes, until cooked through.
Check if it is cooked by pushing a skewer into the middle. If it comes out clean, the loaf is
- 8** Ask an adult to transfer the loaf to a cooling rack.
- 12** After 5 minutes, slice the loaf and serve warm with butter.

