



# Oundle CE Primary School After-School Cooking Club Blog for Year 3s and 4s

## Week 1 – Mini Tortilla Pizzas



### Ingredients

Tortilla/wraps  
Tomato puree  
Ham, chopped into small pieces  
Sweetcorn  
Cheese, grated

### Method

1. Preheat the oven to 180C.
2. Using a plain pastry cutter, cut out circles of tortilla (approx. 7-8cm).
3. Place tortilla circles into a muffin tin.
4. Using a teaspoon, place a little bit of tomato puree onto the base of the tortilla.
5. Place your topping of choice onto the tomato puree e.g. ham and sweetcorn, and then top with a little grated cheese.
6. Bake for 10 minutes or until cheese is golden brown.
7. Carefully take the tin out of the oven. Allow to cool slightly on a cooling rack before taking the pizzas out of the tin.

## Week 2 – Fruit Muffins

### Ingredients

125g white or wholemeal self-raising flour  
1 tsp baking powder  
½ tsp cinnamon powder  
50g caster sugar or honey  
1 egg  
125ml milk  
45ml oil  
75g blueberries or other fruit e.g. dried cranberries,  
mashed banana or chopped apple



### Method

1. Preheat the oven to 180C.
2. Place 6 muffin cases into a muffin tin.
3. Sieve the flour, baking powder and cinnamon into a mixing bowl, then add the sugar or honey.
4. Whisk the egg in a small bowl using a fork.
5. Pour the milk, oil and egg into the flour mixture and mix well to form a smooth batter.
6. Stir in the fruit, then spoon the mixture into the muffin cases carefully.
7. Bake for 20-30 minutes until the muffins have risen and are golden brown.
8. Carefully take the tin out of the oven and allow to cool slightly. Then carefully take the muffins out of the tin and allow to cool on a cooling rack.

## **Week 3 – Cheese Straws and Smoothie Tasting**

*GRATING*

*RUBBING IN*

*HANDLING  
PASTRY*



*SIMPLE  
HEALTHY*

*5 A DAY*

### **Ingredients**

50g white or wholemeal plain flour  
¼ tsp mustard powder  
25g butter or margarine  
25g cheddar cheese

### **Method**

1. Preheat the oven to 200C.
2. Line a baking tray with greaseproof paper.
3. Sift the flour and mustard powder into a mixing bowl.
4. Using your fingertips, rub the butter into the flour until it resembles fine breadcrumbs.
5. Grate the cheese and stir it into the flour mixture.
6. Using your hands, mix to form smooth dough, adding a little cold water to help bind the mixture together.

7. Roll out on a lightly floured surface to form a rectangle. Trim away the edges and cut into thin strips.
8. Place the cheese straws on the baking tray and bake for 12-15 minutes or until golden.
9. Allow to cool slightly before removing from the baking tray onto a cooling rack.



## **Week 4 - Dips**

***MASHING***

***MEASURING***

***PEELING***

***SQUEEZING LEMONS***



***SIMPLE  
HEALTHY***

***5 A DAY***

***KNIFE SKILLS***

## **HOUMOUS**

### **Ingredients**

400g can of chickpeas  
2 tsp Tahini  
4 tbs Olive oil  
1 clove of garlic  
1 lemon  
¼ tsp paprika  
4 tbs water  
Salt to taste

### **Method**

1. Carefully open the can of chickpeas. Put in a colander or sieve over a sink. Drain and rinse under cold water.
2. Tip the chickpeas into a food processor. Add the tahini and olive oil.
3. Cut the lemon in half and squeeze out the juice using a lemon squeezer, then add to the chickpeas.
4. Peel the garlic, crush in the garlic press and add to the chickpeas along with the salt and paprika.
5. Blitz the chickpeas for 20 seconds, scrape down the sides and blitz again till smooth. If it looks too thick, add some water and blitz again.

6. Carefully scrape the houmous out of the processor.
7. The houmous can be kept well covered in the fridge for up to 1 week.

### **RED PEPPER HOUMOUS**

#### **Ingredients**

400g can of chickpeas  
4 tbs Olive oil  
1 clove of garlic  
1 lemon  
2 peppers from a jar  
Salt to taste

#### **Method**

1. Carefully open the can of chickpeas. Put in a colander or sieve over a sink. Drain and rinse under cold water.
2. Tip the chickpeas into a food processor. Add the olive oil.
3. Cut the lemon in half and squeeze out the juice using a lemon squeezer, then add to the chickpeas.
4. Peel the garlic, crush in the garlic press and add to the chickpeas along with the salt.
5. Blitz for 20 seconds, scrape down the sides and blitz again till smooth.
6. Remove any seeds from the peppers, chop roughly and add to the food processor. Blitz again till smooth. If it looks too thick, add some water and

blitz again.

7. Carefully scrape the houmous out of the processor.

8. The houmous can be kept well covered in the fridge for up to one week.



## **GUACAMOLE**

### **Ingredients**

- 1 large ripe avocado
- 1 large tomato
- 1 lime
- 1 small clove of garlic
- Salt and pepper to taste

### **Method**

1. Using a small sharp knife, cut the avocado in half all around from top to bottom. Twist the fruit gently and pull the two halves away from each other. Using a teaspoon, scoop out the flesh from each half into a small bowl, and throw away the stone and the skin. Gently mash the avocado with a fork to make a lumpy puree.
2. Cut the tomato into quarters, and then chop each quarter into about 6 small pieces. Add to the bowl.
3. Cut the lime in half, then squeeze out the juice using a lemon squeezer or a fork. Add 2 tsp of the juice to the bowl, but keep the rest in case you need it later.

4. Peel the garlic and crush with a garlic press or chop very finely. Add to the bowl along with salt and pepper. Mix all the ingredients together with a fork. Taste to see if it needs more lime juice or salt and pepper.

### **CUCUMBER AND YOGHURT DIP**

#### **Ingredients**

½ cucumber

150ml plain yoghurt

1tsp lemon juice

Small bunch of fresh herbs e.g. mint, coriander or parsley (optional)

#### **Method**

1. Grate the cucumber.
2. Add to a bowl with the yoghurt and lemon juice.
3. Chop any herbs that you are adding with scissors and add to the yoghurt. Stir well.

### **HOME BAKED TORTILLA CHIPS**

#### **Ingredients**

Tortilla/Wraps

#### **Method**

1. Pre-heat the oven to 160C.
2. Line a baking tray with greaseproof paper.
3. Using kitchen scissors, cut each tortilla into wedges. Spread the wedges in one layer, not overlapping, on a baking tray.
4. Bake them in the oven for approximately 15 minutes until they turn crisp and dry. Carefully remove the baking tray from the oven. Eat them once cooled slightly or once cold.



## **QUICK CRISPS**

### **Ingredients**

Potato or carrot peelings

Olive oil

¼ tsp paprika

Salt

### **Method**

1. Pre-heat the oven to 200C.
2. Scatter the peelings on a large baking tray in a single layer. Drizzle with olive oil and then sprinkle with salt and paprika.
3. Bake in the oven for 10-12 minutes or until the peelings are crisp and crunchy.
4. Remove from the oven carefully and eat while warm.

## **WEEK 5 – EASY HEALTHY SAMOSAS**

**MASHING**

**WHISKING**

**HANDLING  
FILO PASTRY**



**SIMPLE  
HEALTHY**

**5 A DAY**

### **Ingredients**

1 onion, chopped finely  
1tbs oil  
2 potatoes (large, cooked and mashed)  
115g petit pois (small peas, cooked)  
Pack of 6 Filo pastry sheets  
2 tsp curry powder (mild)  
1 egg, beaten

### **Method**

1. Preheat oven to 180C.
2. Heat the oil in a pan and add the onions. Cook on a low heat until soft, then add the curry powder and mix well. Take off the heat.
3. Mix together the potatoes and peas in a large mixing bowl, and add the onion mix.
4. Cut the pastry into 2 inch strips. Make sure that the pastry has a damp tea towel over it while it's not being used to prevent it drying out and cracking. Only get out the pastry strips you need at that time.
5. Spoon half a teaspoon of mixture onto the bottom left hand corner of the pastry strip, and begin to fold over into triangular shapes, until you come to the end. Brush a little of the egg on the end piece of the pastry strip and glue the parcel together.
6. Place on a lined baking tray and brush the samosa with a little egg.

7. Cook in the oven for 10 – 15 minutes until flaky and golden brown.



## **WEEK 6 – SAVOURY MUFFINS**

**CRACKING AN  
EGG**

**GRATING**

**BAKING  
SKILLS**



**LUNCH BOX  
IDEAS**

**5 A DAY**

**EAT WELL  
PLATE**

### **Ingredients**

65g low fat spread

1 large egg

1tbs skimmed milk

50g carrot

50g courgette

50g wholemeal self-raising flour

½ tsp baking powder

½ tsp mixed herbs

40g porridge oats

Extra ingredients – cheese, ham, sweetcorn

## **Method**

1. Preheat the oven to 180C.
2. Line a muffin tin with 4 paper muffin cases.
3. Heat the spread in a small saucepan or in a microwave until melted.
4. Beat the egg in a bowl, then mix together with the cooled spread and milk.
5. Grate the carrot and courgette and add to the egg mixture.
6. In a separate mixing bowl, combine the flour, baking powder, dried herbs and porridge oats. Add some of the extra ingredients e.g. cheese if you would like.
7. Stir the wet ingredients into the dry ingredients, taking care that you don't over mix. Spoon the mix into the muffin cases carefully and evenly, and bake for 25-30 minutes until firm and golden.
8. Take the tray out of the oven and place on a cooling rack. Allow to cool slightly, then carefully take the muffins out of the tin and allow to cool on the cooling rack.



## **WEEK 7 - PIZZA**

***MAKING A DOUGH***

***KNEADING***

***BAKING***



***MEAL COOKED  
FROM SCRATCH***

***5 A DAY***

***HEALTHY  
TOPPINGS***

### **Ingredients**

100g strong bread flour

2.5g quick acting yeast

2.5g sugar

Pinch of salt

60ml warm water

50g grated cheese/mozzarella

Pinch of mixed dried herbs

Toppings of choice – mushrooms, peppers, sweetcorn, ham, pineapple

### **Method**

1. Preheat oven to 190C.
2. Line a baking tray with greaseproof paper.
3. Place the flour, yeast, sugar and salt in a mixing bowl. Slowly stir in the warm water until the dough comes together to form a ball.
4. Flour the work surface and turn the dough out onto it and knead for 5 minutes or until stretchy.
5. Using a rolling pin, roll out to a circle or rectangle to fit the baking tray.
6. Spread the tomato sauce in a thin layer on the base, and then add the toppings of your choice.
7. Bake in a pre-heated oven for 10-15 minutes, until golden brown.
8. Take out of the oven carefully, and using a fish slice lift the pizza onto a cooling rack.





## **WEEK 8 – MINI BURGERS**

***PEELING***

***GRATING***

***WEIGHING***



***SHAPING***

***5 A DAY***

***FOOD SAFETY  
FOR RAW &  
COOKED MEAT***

## **Ingredients**

50g carrot

50g apple

20g cheese

40g fresh breadcrumbs

½ small red onion, chopped very finely

125g mince e.g. lean beef, turkey or pork

## **Method**

1. Preheat oven to 180C.
2. Line a baking tray with greaseproof paper.
3. Peel and finely grate the carrot and apple, and place in a mixing bowl.
4. Finely grate the cheese and add to the bowl along with the breadcrumbs, onion, and mince.
5. Using your hands or a spoon combine all the ingredients. Using your hands, shape the mix into small burgers (should make approx. 6).
6. Place the burgers onto the baking sheet and place in the oven for 5 minutes. Turn the burgers over and then cook for a further 5 – 10 minutes or until brown and cooked through.

Note: This mixture can be used to make meatballs, served with a tomato sauce and pasta.



## **WEEK 9 – SANTA HAT BISCUITS**

***ROLLING OUT  
DOUGH***

***KNIFE SKILLS***

***PREPARING  
FRUIT***



***PIPING SKILLS***

***5 A DAY***

***FUN AND  
HEALTHY FOOD***

### **Ingredients**

225g self-raising flour  
100g caster sugar  
100g hard margarine or butter  
½ lemon, grated rind and juice  
1 medium egg, beaten  
Whipped cream  
Strawberries

### **Method**

1. Preheat oven to 180C.
2. Line a baking tray with greaseproof paper.
3. Mix the flour and sugar in a bowl, then rub the margarine or butter in until it resembles breadcrumbs.
4. Add the lemon rind, juice and enough egg to make a stiff dough.
5. Roll out thinly and cut into approx. 4cm rounds. Place on baking trays and bake for about 15 minutes or until just turning golden on the edge.
6. Allow to cool slightly, then carefully place the biscuits on a wire rack to cool completely.
7. Slice the top from each strawberry to leave a flat base.
8. Fill a piping bag with the whipped cream (we used disposable icing bags).



9. Using the piping bag, pipe a dot in the centre of a cooled biscuit and then place a strawberry on top. Pipe round the base of each strawberry and finish with a small dot of cream on top of the strawberry to make a bobble for Santa's hat.

