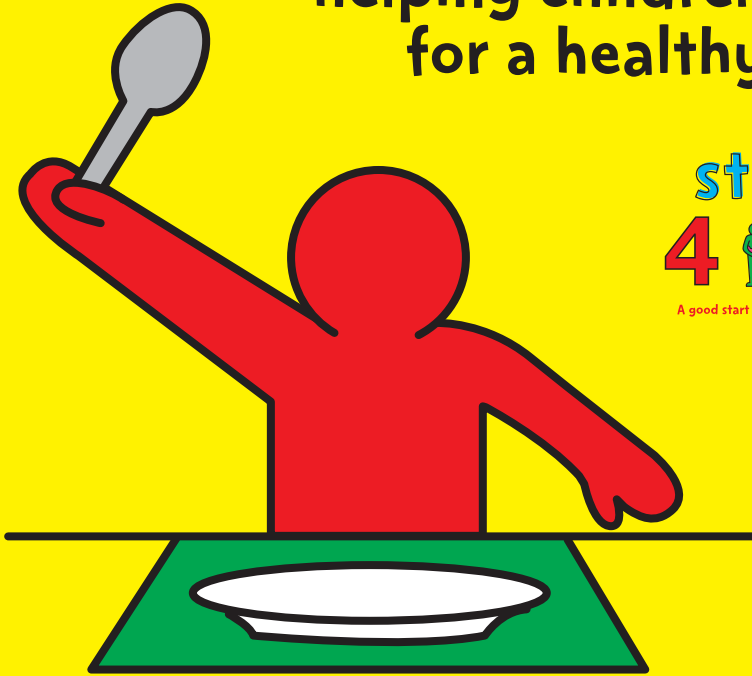


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Milk and More

helping children eat
for a healthy life



A good start for a healthier life

Recipe Book

ISLINGTON

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Abbreviations

ml	millilitre
cm	centimetre
g	gram
tsp	teaspoon (5 ml)
tbsp	tablespoon (15 ml)

Introduction

Waiting until babies have the developmental skills to cope with solid foods - able to sit up with support; reaching out to grab food, taking it to their mouth and chewing on it; and able to swallow food, rather than always pushing it out with their tongue – makes starting on solids much easier for both babies and their parents. Babies can start with real food, with a variety of tastes and textures, rather than purées, and be part of family meals from the beginning, as long as the family food includes nutritious food from all the important food groups – fruit and vegetables, protein foods and starchy foods. Allowing babies to feed themselves helps them develop more skills and independence, as well as enabling them to regulate their own intake to meet their nutritional needs. When babies eat with others they tend to eat better, as well as learning social, language and other skills.

This booklet provides a few recipes that can be simply and quickly made and yet are both delicious and nutritious for the whole family. Many of the recipes are taken, with their kind permission, from two larger books of tested and nutritionally balanced recipes:

- ***The Baby-led Weaning Cookbook: over 130 delicious recipes for the whole family to enjoy***, by Gill Rapley and Tracey Murkett (2010, Vermilion, £12.99), obtainable online and from good bookshops, and
- ***Get Cooking!*** Islington Healthy Schools Recipe Book, by Angela Moodie and Marjon Willers (2010, Cambridge Education with Islington Council and NHS Islington, £20), available from the Islington healthy schools team via Michelle Foster on 020 7527 2926.

Serving sizes are a guide for adults, unless otherwise specified.

**We hope you will enjoy
preparing and eating this good food!**

Porridge

(adapted from *The Baby-led Weaning Cookbook*)

Serves: 1 baby

Preparation

time:

2 minutes

Cooking time:

8 minutes

Ingredients

3 level tbsp

jumbo

porridge oats

100ml water or

milk, or a

mixture

Ingredients

3 level tbsp

porridge oats

3 tbsp milk

Babies can pick up this extra-thick version easily in handfuls when not too hot. If you want thinner porridge, use more milk. Try adding fruit after cooking.

Method

On the hob of a cooker

1. Put the oats in a small saucepan and add the water/milk.
2. Bring to the boil and simmer for 5-6 minutes, stirring continuously.
3. Allow to 'sit' for a few minutes, then serve warm.

In a microwave

1. Put oats and milk/water into a microwave safe mixing bowl and stir.
2. Use the HIGH setting of microwave and cook for about 2 minutes, stirring and checking every 30-60 seconds.

Quick porridge fingers

1. In a bowl, soak the oats in the milk until you have a mushy mixture.
2. Press the mixture into a small, flat-bottomed ovenproof (not metal) dish or bowl using the back of a spoon.
3. Cook in the microwave for 2 minutes on HIGH or cook for about 15 minutes at 190°C/Gas mark 5.
4. Cut into fingers while still hot and serve when cool.

Try pressing some raisins or sultanas into the top of the oat mixture before you cook it.

Scrambled eggs

(adapted from *The Baby-led Weaning Cookbook*)

Serves: 1 adult
and 1 baby

**Preparation
time:**

5 minutes

Cooking time:
5-10 minutes

Ingredients

3 eggs

1 tbsp milk
(optional –

*it gives a softer
consistency)*

pinch of freshly
ground black
pepper

(optional)

small knob of
butter

(preferably
unsalted)

Method

1. In a bowl, beat the eggs, then add the milk and black pepper to taste.
2. Melt the butter in a small saucepan over a gentle heat.
3. Pour in the egg mixture and keep stirring as it thickens. Continue for 5-10 minutes until all the egg has set.
4. Serve immediately, or once cool enough for your baby, with toast, a bagel, an English muffin or a croissant.

Options

- You can add anything you like to the egg mixture provided it will cook (or heat through) in the time it takes the egg to cook. Try a little finely chopped ham, chorizo or salami; some grated cheese; a few thinly sliced mushrooms (tinned or pre-cooked).
- Adding some herbs, such as finely chopped fresh parsley, to the egg mixture or sprinkling paprika on top of the cooked egg will give it extra flavour.

White sauce

Serves: 4

Preparation
time:

5 minutes

Cooking time:

5 minutes

Ingredients

300ml milk

25g unsalted
butter or
margarine

25g plain flour

Method

1. Add the butter to a saucepan and melt over a low heat to medium heat.
2. Using a mixing spoon, stir in the flour. Stir continuously until you have a smooth paste (roux).
3. Remove from the heat and gradually stir in the milk. Keep stirring and adding the milk until you have a smooth sauce.
4. Return to the heat and while stirring, bring to the boil.
5. Reduce the heat and simmer for 4-5 minutes, stirring occasionally.
6. When thickened remove from the heat.

Cheese sauce

Add 50g grated cheese of your choice. Add more or less depending on how 'cheesy' you like your sauce.

Cauliflower or broccoli cheese or pasta with cheese sauce

Try pouring your white or cheese sauce over meat, vegetables or pasta, or vegetables like cooked cauliflower and/or broccoli. Suitable for freezing

Tuna fish sauce

Make white or cheese sauce and then add drained tin of tuna fish or salmon and cook for a few minutes until fish well heated. Serve with rice or mashed potato, and vegetables.

Fish pie

Serves: 4

Preparation time:

30-40 minutes

Cooking time:

30-40 minutes

Ingredients

Topping

2-3 potatoes

1 tsp unsalted

butter or

margarine

milk (a few

teaspoons)

Fish

1 large skinless

fish fillet

(eg salmon,

haddock or

pollock)

1 bay leaf

250ml milk

White sauce

15g unsalted

butter or

margarine

15g flour

reserved milk

from fish

2-3 large

broccoli florets

handful of

frozen peas

Method

1. Preheat the oven to 200°C/gas mark 6.
2. Peel and wash the potatoes. Cut into small chunks. Place in a saucepan, cover with cold water and put onto boil.
3. Place the fish, bay leaf and milk in a saucepan and poach for 10 minutes. Remove the cooked fish and flake, making sure to remove all the bones.
4. Strain the milk from the fish and keep for later.
5. Wash the broccoli and cook with the peas until tender – add to a saucepan of boiling water, steam, or place in the microwave in a suitable container with a little water. Allow the peas to cook a little first before adding the broccoli. Chop the broccoli into small pieces.
6. When the potatoes are soft, drain and add the butter and a little milk. Mash until smooth.
7. In a saucepan, melt the 15g of butter over a low heat to medium heat. Using a wooden spoon, stir in the flour. Stir continuously until you have a smooth paste (roux). Remove from the heat and gradually stir in the reserved milk from the fish. Keep stirring and adding the milk until you have a smooth sauce. Return to the heat and while stirring, bring to the boil. Reduce the heat and simmer for 3-4 minutes stirring occasionally. When thickened remove from the heat.

(continued on page 8)

Fish pie continued

8. Place the fish in an ovenproof dish cover with the broccoli and peas, pour over the sauce and top with the mashed potatoes.
9. Bake in the oven for 15-20 minutes.

Try adding alternative vegetables such as sweetcorn or leeks, mixing different types of fish together, or adding grated cheese to your white sauce. This recipe is suitable for freezing

Fish fingers

(adapted from *The Baby-led Weaning Cookbook*)

Serves:

2 adults and 1
baby

Ingredients

300g white
fish fillet
(eg pollock, cod,
haddock)
1 egg
50g plain flour
50g polenta
(sometimes
labelled coarsely
ground
cornmeal or
maize flour –
not ready-made
polenta)
oil for frying

Method

1. Slice the fish into chunky fingers, making sure there are no bones.
2. Beat the egg in a shallow dish and mix together the flour and polenta in another dish.
3. Dip each fish finger into the beaten egg so it is covered on all sides, then roll it in the flour and polenta mix so that it is evenly coated.
4. Heat the oil in a pan. Fry the fish fingers in the hot oil, turning as necessary, until they are brown and crispy on at least two sides.
5. Serve warm, with new potatoes and steamed vegetables, or a salad.

Kedgeree

(from *Get Cooking*)

Serves: 6

Preparation
time:

15 minutes

Cooking time:

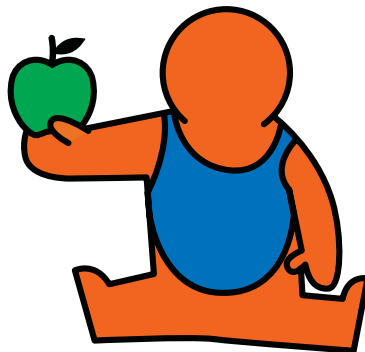
20-25 minutes

Ingredients

3 tbsp fresh
parsley
225g long grain
white rice
450g smoked
haddock fillets
3 tbsp milk
50g butter
3 tbsp crème
fraîche
1 lemon
1 boiled egg
ground black
pepper
(optional)

Method

1. Wash and remove stalks of parsley and chop.
2. Put the rice into a large bowl, pour over enough boiling water to cover rice, then stir. Cover bowl with clingfilm. Microwave on HIGH for 10-12 mins or until tender.
3. Drain the rice using a sieve and return to the bowl.
4. Put the haddock and the milk into a large shallow ovenproof dish, cover with clingfilm and cook on HIGH for 4-5 minutes, until the fish flakes easily.
5. Remove the skin from the fish, then flake the fish using a fork.
6. Add the rice and the remaining ingredients, except the lemon, to the fish and season to taste.
7. Cook on HIGH for 3-4 minutes, stirring occasionally.



Beef and broccoli stir-fry

(adapted from *The Baby-led Weaning Cookbook*)

Serves: 2 adults
and 1 baby

Preparation time:
10 minutes (+2
hours marinating
time, if available)

Cooking time:
2-3 minutes

Ingredients

300g lean
beef steak
2 garlic cloves
(*finely chopped or
crushed*)
3-4 cm piece root
ginger (*peeled and
finely diced*)
3-4 spring onions
(*finely sliced*)
1 tbsp fresh
coriander, chopped
(*optional*)
1 tbsp sesame oil
4-5 broccoli florets
(*halved*)
oil for frying

Method

1. Cut the beef into thin strips and put them into a large bowl.
2. Add the garlic, ginger, spring onions and half of the coriander.
3. Add the sesame oil and stir well.
4. Cover and leave to marinate for a couple of hours.
5. Lightly steam the broccoli.
6. Heat a large pan (preferably a wok) until very hot and add a little oil.
7. Transfer the marinated ingredients to the wok and add the broccoli.
8. Stir-fry for 2-3 minutes, keeping the pan very hot all the time.
9. Sprinkle with the remaining coriander and serve immediately (cooled for your baby) with noodles or rice, accompanied by green vegetables.
10. Adults may like to add some soy sauce after serving.

Goulash

(adapted from *The Baby-led Weaning Cookbook*)

Serves: 2 adults and 1 baby

Ingredients

oil for frying
1 medium onion
(cut into wedges)
half green pepper,
(deseeded and cut to suit your baby)
350g lean braising or stewing beef
(cut to suit your baby)
1-2 tsp paprika
2 tbsp tomato purée
(low salt)
2 tbsp plain flour
pinch of grated nutmeg
pinch of freshly ground black pepper
250ml beef or vegetable stock
(low-salt)
1 large tomato *(skinned and roughly chopped)*
1 bouquet garni
100ml soured cream
(optional)
1 tbsp fresh parsley or chives, chopped
(optional)

This traditional Hungarian dish is based on slow-cooked beef, which is easy for a baby to chew, so it's good for beginners. If you want to include more vegetables you can add sliced carrots, potatoes, swede or parsnips before it goes in the oven.

Method

1. Preheat the oven to 160°C/Gas mark
2. Heat the oil in a pan, add the onion and pepper and fry until they begin to soften.
3. Add the beef and cook for 3-5 minutes, until browned all over.
4. Add the paprika and cook gently for 1 minute.
5. Stir in the tomato purée, flour, nutmeg and black pepper, and cook for 3 more minutes.
6. Add half the stock, the tomato and bouquet garni and bring to the boil. Stir until thickened, then add more stock until the sauce is the consistency you want.
7. Transfer the mixture to an ovenproof casserole (with a lid) and oven cook for 1½-2 hours.
8. Remove the bouquet garni, add a swirl of soured cream (if using), and sprinkle with chopped parsley or chives (if using) before serving. Serve warm with potatoes or rice, and vegetables.

Spicy lamb patties

(adapted from *The Baby-led Weaning Cookbook*)

Serves: 2 adults
and 1 baby

Preparation time:

5-10 minutes

(1 hour in the
fridge to firm up,
if time allows)

Cooking time:

20-25 minutes

Ingredients

2 tsp ready-ground
cardamom

1 tsp ground cloves
500g lean minced
lamb

4-5cm piece of
fresh ginger
(*peeled and grated
or finely chopped*)

½ tsp turmeric

½ tsp ground
cumin

30-50g

breadcrumbs
(*1 slice of bread*)

1 egg, beaten

2 tbsp thick
(*Greek-style*)

natural yoghurt

oil for frying
(*optional*)

These patties melt in the mouth – perfect for babies who are just starting out.

Method

1. Place all the ingredients, except the egg, yoghurt and oil, in a large bowl and mix well. Add the egg and yoghurt and mix thoroughly, so that everything is bound together.
2. Shape the mixture into small patties (flouring or wetting your hands will help to stop it sticking), making sure they are all roughly the same thickness. If you have time, cover them and put them in the fridge to firm up for an hour or so.
3. Heat a frying pan, and add a little oil, if needed. Fry the patties for 5-10 minutes on each side, until cooked through and browned.
4. Serve warm, with salad, couscous and roasted vegetables, or rice.

Chicken stir-fry with noodles

(adapted from *The Baby-led Weaning Cookbook*)

Serves: 2 adults
and 1 baby

Preparation time:
25-30 minutes

Cooking time:
7-10 minutes

Ingredients

100-150g noodles
2 tbsp oil
2 tsp sesame oil
2 medium carrots
(*peeled and cut into thin strips*)
4 whole baby sweetcorn
(*quartered lengthways*)
1 red pepper and
1 yellow pepper
(*deseeded and cut into thin strips*)
1 garlic clove
(*finely chopped or crushed*)
1 celery stalk
(*strings removed, cut into very thin strips*)
2 chicken breasts
(*cut into strips*)

Method

1. Cook the noodles according to the instructions on the packet, then drain and return to the pan. Add a little of the oil and toss the noodles in it, then cover and set aside.
2. Peel the carrots and cut into thin strips. Quarter the baby sweetcorn lengthways. Deseed the peppers and cut into thin strips. Remove the strings from the celery and cut into very thin strips.
3. Heat a deep, non-stick frying pan (or wok) and add a little sesame oil. Stir-fry the carrots, baby sweetcorn and peppers for 30 seconds.
4. Add the garlic and celery and stir-fry for a further 30 seconds, then lift the vegetables out of the pan (draining off the oil) and set aside.
5. Heat some more of the sesame oil in the pan, if necessary, then add the chicken strips. Stir-fry for about 3 minutes, until the chicken is cooked through. Add the cooked vegetables and noodles and stir-fry for 1 minute.
6. Serve warm with, for the adults, a dash of soy sauce or tamari.

You can also add mushrooms, spring onions, pak choi, finely sliced broccoli or green beans, mangetout or fresh sliced ginger to this dish. Toasted sesame seeds can be added just before serving. You could also serve with rice, instead of noodles.

Lentil and vegetable stew

Serves: 2

Preparation time:
10 minutes

Cooking time:
20-30 minutes

Ingredients

$\frac{1}{4}$ - $\frac{1}{2}$ an onion, depending
on size (*alternatively use
1 or 2 shallots*)
1 carrot
1 parsnip
1 potato or sweet potato
handful of fresh or
frozen peas
handful of fresh or
frozen sweetcorn
 $\frac{1}{4}$ - $\frac{1}{2}$ of butternut squash
(*depending on size*)
100g red lentils
dried rosemary, thyme or
Italian herbs
water
unsalted butter

Method

1. Peel wash and chop all the vegetables into similar size pieces.
2. Melt some butter in a large saucepan. Add the onions and sauté until softened.
3. Add the lentils and sauté for a couple of minutes.
4. Add the vegetables and a sprinkle of herbs.
5. Add enough water to cover.
6. Bring to the boil then cover and simmer for 20-30 minutes until the vegetables and lentils are tender. Do not allow to boil dry.

Try adding grated cheese towards the end of cooking or some cooked lamb or chicken. Vary vegetables used depending on the season or what you have available. Try leeks, green or fine beans, pumpkin, swede, cauliflower or broccoli. Most vegetables work well in this dish. Suitable for freezing.

African vegetable stew

(from *Get Cooking*)

Serves: 4-6

Preparation
time:

15-20 minutes

Cooking time:

30-35 minutes

Ingredients

1 large onion

1 garlic clove

1 tbs olive oil

2 sweet

potatoes

6 fresh

tomatoes

(or 425g can)

400g can

chickpeas

100g raisins

ground black

pepper, to taste

(*optional*)

1 bunch spinach

100g uncooked

rice

250ml water

Method

1. Peel and chop the onion finely. Peel and crush the garlic.
2. Fry onion and garlic in olive oil in a large pan for 2-3 minutes.
3. Either peel the sweet potatoes or scrub them well with a vegetable brush, then cut them into cubes.
4. Chop tomatoes, if using them.
5. Drain and rinse the chickpeas
6. Add the chickpeas, raisins, sweet potatoes, tomatoes and pepper (if using) to the fried onion.
7. Thoroughly wash the spinach, trim the stems if necessary and chop. Add to the vegetable mix.
8. Cook for a couple of minutes.
9. Make a well in the centre of the mixture in the saucepan. Put the rice and water in the well and pat down until it is wet.
10. Cover and cook until the rice is soft or for about 20-25 minutes.

Weekly me

	Monday	Tuesday	Wednesday
Breakfast	Wholemeal toast with smooth peanut butter	Porridge with yoghurt	Weetabix with warm milk and stewed fruit
Mid-morning snack	Hummus with cucumber and cooked carrot sticks	Slices of avocado and sticks of cheese	Hummus with cucumber and pitta bread
Lunch	Cauliflower cheese and pasta	Bread fingers. Slices of cooked meat. Cooked whole green beans and carrot sticks	Kedgeree
Mid-afternoon snack	Rice cakes topped with mashed avocado	Slices of pear and peach	Welsh cakes
Dinner	Beef and broccoli stir-fry Semolina pudding	Fish pie Stewed fruit and custard	Goulash Fruit jelly with mandarin oranges

Meal planner

Thursday	Friday	Saturday	Sunday
Porridge with chopped banana	Wholemeal toast and fruit spread	Porridge with stewed fruit and milk	Wholemeal toast with scrambled egg
Rice cakes with cheese spread and chopped grapes	Pancake rolled up with slice of ham	Potato cakes with wedges of softly cooked vegetables	Slices of papaya or pear
Scrambled eggs on toast and whole green/fine beans	Pizza faces and broccoli florets	Jacket potato with tinned tuna fish	Spicy lamb patties with salad
Yoghurt with stewed fruit	Banana and raisins	Rice cakes with cream cheese	Porridge fingers and banana
Lentil and vegetable stew Stuffed baked apples	Chicken stir-fry with noodles Greek yoghurt with stewed fruit	Masoor dahl with broccoli and potatoes Semolina pudding	African vegetable stew Egg custard sauce with fruit

Masoor dahl/chickpeas with broccoli and potatoes

(adapted from a *West Hertfordshire PCT recipe*)

Serves: 2-4

Preparation time:
20-25 minutes

Cooking time:
45 minutes (some preparation can be done during this time)

Ingredients

225g masoor dahl,
lentils or chickpeas
2 broccoli florets
1 potato (*peeled
and chopped*)
1 tomato (*skin
removed*)
1 onion (*peeled
and chopped*)
1 tsp unsalted
butter or
vegetable oil
½ tsp cumin
1 tbsp fresh
coriander leaves
(*chopped*)
½ tsp turmeric
plain yogurt
(*to taste*)

Method

1. Rinse dahl, lentils or chickpeas in water and drain.
2. Put about 750ml of water into saucepan, add dahl, lentils or chickpeas and cook until soft but not mushy (about 25-30 minutes).
3. Peel potato.
4. Chop potato and broccoli in small pieces.
5. Sauté broccoli and potatoes in small amount of butter or oil in frying pan.
6. Add chopped tomatoes, turmeric, cumin and coriander, to taste.
7. Add small quantity of cooked lentils or chickpeas and cook together until all is hot.
8. Add coriander leaves and plain yogurt before serving.

Homemade pizza faces

Serves:

Makes approximately
8 slices
for all the family

Preparation time:

15 minutes

Cooking time:

10-15 minutes

Ingredients

4 round soft bread
rolls or English
muffins
small tin tomato
puree paste
(with no added salt)
200g cheddar cheese
(grated)
pinch of mixed herbs
2 large tomatoes
4 small mushrooms
small tin pineapple
chunks (in their own
juice or in natural
fruit juice)
1 sweet pepper
(red, yellow, orange
or green)
diced ham, tuna or
cooked chicken

Method

1. Preheat oven to gas mark 5/190°C.
2. Cut rolls in half and spread on tomato puree.
3. Add preferred topping (eg sliced tomatoes, mushrooms and peppers, tuna) and lay on top of puree to make faces.
4. Add pineapple if desired.
5. Sprinkle grated cheese over base.
6. Place on baking tray and cook for 10-15 minutes.
7. Can be frozen.



Hummus

(adapted from *The Baby-led Weaning Cookbook*)

Preparation time:

20-25 minutes
plus chilling
time

Ingredients

400g tin
chick peas
1-2 garlic cloves
*(finely chopped
or crushed or
1-2 tsp ready
chopped garlic
in jar, drained)*
juice of 1 lemon
(approx 4 tbsp)
2 tbsp tahini
*(sesame seed
paste)*
2-3 tbsp olive oil
pinch of paprika

Hummus is a really nutritious dip, and most babies love it. It can be eaten with warm pitta bread, cut into strips or wedges – or with raw vegetables sticks or breadsticks as dippers. It can also make a filling for baked potatoes, or be spread on toast, oatcakes or ciabatta bread rolls.

Method

1. Rinse and drain the chickpeas and mash them with a potato masher (or with a stick blender or food processor).
2. Add a little of the garlic, lemon juice, tahini and olive oil and mix thoroughly.
3. Taste the hummus to see if it needs more garlic, lemon juice or tahini: add more oil if you want a smoother texture.
4. Transfer the hummus to a serving dish and sprinkle with paprika.
5. Chill in the fridge before serving.

You can add 1 tbsp natural yogurt or crème fraiche for a creamier dip.

Irish potato cakes

(from *Get Cooking*)

Serves: 4

Preparation
time:

30-35 minutes

Cooking time:

5-10 minutes

Ingredients

oil for greasing
250g potatoes
half head of
cabbage
500ml water
90ml milk
50g butter
125g plain or
wholemeal flour
1 tsp mixed
herbs
ground black
pepper
(*optional*)

Method

1. Peel and chop the potatoes, then wash and chop the cabbage.
2. Boil the potatoes in a saucepan until cooked. Drain, mash and leave to cool.
3. Cook the cabbage in a saucepan of boiling water for a few minutes. Drain and leave to cool.
4. Place the milk in a saucepan, add the butter and bring to the boil.
5. Add the cooked potato and cabbage and mix together while the mixture heats through.
6. Fold in the flour, a pinch of pepper and herbs until the mixture comes away from the side of the saucepan.
7. Put the mixture onto a clean surface and shape into cakes 5cm in diameter and 1cm thick.
8. Heat a little butter or oil in a non-stick frying pan, add the cakes, turning them over so that both sides are slightly browned.

Use as a snack or serve as an accompaniment to main dishes.

Pancakes

(from *Get Cooking*)

Makes:

6 pancakes

Preparation

time:

15 minutes

Cooking time:

20 minutes

Ingredients

100g plain flour

2 eggs

150ml water

150ml milk

spray oil or 1-2

tsp sunflower

oil for frying

These can be eaten either savoury (with cheese, ham or vegetables) or sweet (with fruit).

Method

1. Put the flour in a large bowl, make a well in the flour and add the eggs.
2. Whisk the mixture, making sure all the flour is removed from the edge of the bowl.
3. Mix the water and milk together and gradually add to the flour mixture. Stir all the time. Ensure that there are no lumps or bits left on the edge of the bowl. Your mixture should be lump-free and be the same consistency as thin cream.
4. Add a few sprays/drops of oil to the frying pan and put on a high heat until really hot, then turn down the heat to medium.
5. Spoon (3 tbsp for an 18cm pan) the mixture into the pan. As soon as the batter hits the pan, tip it from side to side to make an even and fairly thin covering on the base.
6. After about 60 seconds lift one edge to check it if is cooked (golden). Once cooked flip over and cook the other side.
7. Repeat the process using a few sprays/few drops of oil in between each pancake.
8. Serve the pancake rolled up with whichever topping you like.

Welsh cakes

(from *Get Cooking*)

Makes:

4-6 cakes

Preparation

time:

25 minutes

Cooking time:

10 minutes

Ingredients

225g self-raising
flour

100g butter

75g caster sugar

50g sultanas

1 egg

1 tsp milk

(if needed)

oil for greasing

These make a good teatime treat.

Method

1. Sieve the flour into the mixing bowl.
2. Rub the butter into the flour using your fingers until it looks like breadcrumbs.
3. Add the sugar, dried fruit and the egg. Mix well to form a dough, add a teaspoon of milk if the mixture is too dry.
4. Roll out the dough until it is ½ cm thick and cut into rounds using the biscuit cutter (or cup).
5. Rub the frying pan or iron griddle with oil and wipe the excess away. Then put on the heat.
6. Place the Welsh cakes on the griddle, cook for 2-3 minutes on each side, using the fish slice to turn. Each side needs to be caramel brown before turning.
7. Remove them from the pan.

Custard

(from *Get Cooking*)

Makes: 600ml

Preparation time:

5 minutes

Cooking time:

4 minutes

Ingredients

2 tbsp custard powder

1 tbsp sugar

600ml milk

Method (for microwave)

1. Blend the custard powder and sugar with a little of the milk in a medium bowl. Stir in the remaining milk.
2. Cook on HIGH for 1½-2 minutes. Then open the microwave and stir.
3. Put bowl again in the microwave and cook on HIGH for further 1½-2 minutes or until the sauce has thickened.
4. Stir well and serve hot or cold with fruit or puddings.

Semolina pudding

(from *Get Cooking*)

Serves: 4-6

Preparation time:

10 minutes

Cooking time:

15-20 minutes

Ingredients

600ml whole milk

4 tbsp of semolina or ground rice

2 tbsp caster sugar

Method

1. Put the milk, semolina (or rice) and sugar into a large bowl. Cook on HIGH for 5-6 minutes or until the milk starts to boil. Reduce to LOW and cook for 10-15 minutes or until thickened, stirring frequently.
2. Leave to stand, covered, for 5 minutes. Stir before serving.

Egg custard sauce

(from *Get Cooking*)

Makes: 300ml

Preparation
time:

10 minutes

Cooking time:

10 minutes

Ingredients

300ml milk

2 eggs

1 tsp cornflour

4 drops of

vanilla essence

1 tbsp sugar

Method

1. Place the milk in a saucepan and heat gently.
2. While the milk is heating, whisk the eggs, cornflour, vanilla essence and sugar together in a small bowl.
3. Whisking the egg mixture all the time with one hand, gradually pour the hot milk into the bowl. As soon as all the ingredients are mixed together, pour into the saucepan.
4. Place the saucepan back on a gentle heat and whisk continually until the custard thickens, becomes smooth and creamy. This will happen as soon as it reaches simmering point.
5. Take off the heat .
6. If the custard is overheated and becomes grainy, transfer it to a jug or bowl and whisk until it becomes smooth again.

Serve on its own or with fruit.

Stewed fruit

Preparation time:

10-15 minutes

Cooking time:

depends on fruit, but may be approximately 20 minutes on hob, 5-10 minutes in microwave

Ingredients

fruit of your choice
(eg apples, pears, plums, apricots, peaches)
water
pinch of cinnamon or nutmeg
(optional) or few drops of vanilla essence
(optional)

Method

1. Wash, then peel or scrub and chop chosen fruit, e.g. apples, pears, plums, apricots or peaches.
2. Either place chosen fruit in a saucepan and add just enough water to cover the base of the pan. Simmer with the lid on until soft. There should be very little water left, or Place chosen fruit with about 3 tablespoons of water in microwavable dish and cook until soft. Mash.

- You can add stewed fruit to breakfast cereal, porridge, yogurt, custard and use it to make the base for a crumble.
- Use sweet varieties of eating apple, rather than cooking apples, which are very tart.
- Only add sugar if using a very tart fruit such as rhubarb. Alternatively try cooking in apple juice rather than water.
- Soft fruit such as strawberries and raspberries do not require cooking. If adding to a cooked fruit, allow it to cool first.
- Dried fruit such as raisins and apricots can also be cooked. Some dried fruits require soaking first.
- Try combinations of fruit such as apple and raisin or pear and apricot. Add cinnamon (it tastes great with apples), nutmeg or vanilla.
- Freeze fruit in flexible ice cube trays. When frozen, press out and store in your freezer in labelled sandwich/freezer bags. You will always have a handy supply of fruit to stir into natural yoghurt, custard or breakfasts.

Stuffed baked apples

(from *Get Cooking*)

Serves: 4

Preparation
time:

15 minutes

Cooking time:

30-40 minutes

Ingredients

4 medium
cooking apples

(*Bramley or
Granny Smith*)

1 tsp ground
cinnamon

1 tbsp golden
syrup or 1 tbsp

soft brown
sugar

50g raisins

Method

On the hob of a cooker

1. Heat the oven to 200° /gas mark 6.
2. Wash and core the apples, then make a shallow cut through the skin around the middle of each apple.
3. Mix the cinnamon, syrup and raisins together.
4. Stand the apples in a shallow dish. Spoon the syrup/sugar and raisin mix into the centre of the oven.
5. Bake for 30-40 minutes until golden and soft throughout. Cover with foil if the filling starts to get too brown before it is ready.

In a microwave

1. Follow steps 2-4 as conventional method.
2. Cook on HIGH for 5-7 minutes or until the apples are tender. Turn the dish once during cooking. Leave to stand for 5 minutes before serving.

Homemade fruit jelly with mandarin oranges

Serves: 4

Preparation
time:

15 minutes

Cooking time:

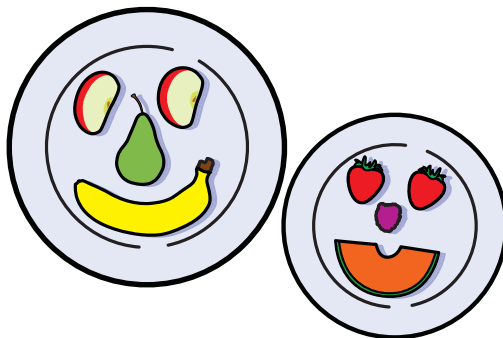
(time for jelly to
set in fridge):
1 hour

Ingredients

1 sachet (12g)
powdered
gelatine
2 mugs
(600ml) pure
unsweetened
orange juice
1 large tin
mandarins (*in
their own juice
or a natural
fruit juice*)

Method

1. Warm $\frac{1}{2}$ mug (150ml) of pure orange juice in a saucepan for 2 minutes.
2. Sprinkle 1 sachet of gelatine into the warmed orange juice and stir briskly until mixed (do not let juice boil).
3. Pour the warmed orange juice into a bowl.
4. Add the remaining orange juice and mandarins with own juice to the bowl and stir.
5. Once cooled place in the refrigerator to set for 1 hour.
6. Different shapes can be made by using biscuit cutters.



Basic cooking terms

(adapted from *Get Cooking*)

Term	Description
Bake	To cook food in oven
Beat	To soften and mix an ingredient; this is usually done with a wooden spoon
Bind	To hold together the other ingredients eg using egg
Blend	To mix; usually the foods that are blended are mixed until they become smooth
Boil	To cook food in a generous amount of liquid, which should bubble continuously
Bouquet garni	A mixture of herbs used to flavour soups, stews, sauces etc
Chill	To cool food by placing it in a refrigerator
Chop	To cut food into small pieces
Chunks	Pieces of food, much larger than diced food
Colander	Metal or plastic bowl-like container with handles and holes – used for draining foods
Coat	To thoroughly cover food with a liquid or dry mixture
Combine	To mix or blend two or more ingredients together
Cool	To let food stand until it no longer feels warm to the touch
Cream	To beat butter or margarine and sugar with a spoon or electric whisk until they form a smooth, pale, cream-like mixture; usually used when making cakes
Dice	To cut foods into small squares
Drain	To pour off the water from foods that have been soaked or cooked, either with a sieve or colander
Drop	Using a spoon to drop cake or biscuit mixture onto a baking tray
Flake	To break into small delicate pieces with a fork

Term	Description
Fillet	A cut of fish or meat that has had the bones and skin removed
Fry	To cook foods in a frying pan on the hob with a little oil or butter
Grease	To brush baking tins with a special cook's brush dipped in a little oil so that cakes, biscuits or pastries do not stick during baking
Grill	To cook foods under the grill
Mash	To break food by pressing it with the back of a form, a masher or forcing it through a ricer
Preheat	To heat the oven or grill to a desired temperature before inserting the food
Puree	To squash fruit or vegetables in a liquidizer, food processor or by pressing through a sieve to make a smooth, sauce-like mixture
Roux	Melted butter or fat combined with an equal amount of flour; used for thickening sauces
Season	To add pepper and salt, herbs or spices to adjust the flavour
Simmer	To cook in liquid that is barely at boiling point
Steam	To cook with vapour produced by a boiling liquid
Stock	A stock is a flavoured liquid. It forms the basis of many dishes, particularly soups and sauces. For babies, stocks should be low in salt.
Strain	To separate solid from liquid, usually through a sieve or colander
Thicken	To make a liquid dense by adding flour, cornstarch, egg yolks, rice or potatoes
Whip	To beat quickly and steadily by hand with a whisk or electric mixer

Basic equipment

Obviously the type of food you want to cook determines exactly which equipment you will need, but a basic equipment list would include:

- chopping board x 2-3 – one for raw meat and fish, one for vegetables, such as onions, and preferably one for bread etc
- good sharp knife – preferably 1 small for vegetables, 1 medium/large for cutting bread etc
- vegetable/potato peeler
- measuring spoons for teaspoon (5ml) and tablespoon (15ml)
- measuring jug
- weighing scales
- plastic or wooden mixing spoon (large spoon)
- pastry brush to grease baking tray or pan – could also use a piece of kitchen paper dipped in oil (but not when pan is hot)
- potato masher
- grater (for cheese, carrot)
- garlic crusher (or buy ready chopped garlic in jar)
- tin opener
- stick blender with bowl, or blender
- fish slice to use with non-stick frying pan
- non-stick frying pan (20cm is a good size) – if it is deep, it can be used as a wok also
- saucepans (with lids) in different sizes (preferably with thick bottoms to help reduce burning) eg 1 litre, 3 litres, 5 litres
- oven gloves
- sieve
- plastic or stainless steel colander to drain vegetables
- plastic containers with lids (for storing food in fridge or freezer)
- bowls to use for mixing or in microwave – different sizes e.g. 1 litre, 2 litre, 3 litre
- ovenproof dishes
- baking tray (for oven)
- rolling pin
- cooling rack (for cooling Welsh cakes, drop scones)
- ice cube tray

