lovereading4kids.co.uk

Helping you choose books for children

0-5 5-7 7-9 9-12 12+

opening extract from the quick and easy cookbook for kids

written by

roz denny and caroline waldegrave

published by walker books

Text © 1993, 1996 Roz Denny and Caroline Waldegrave

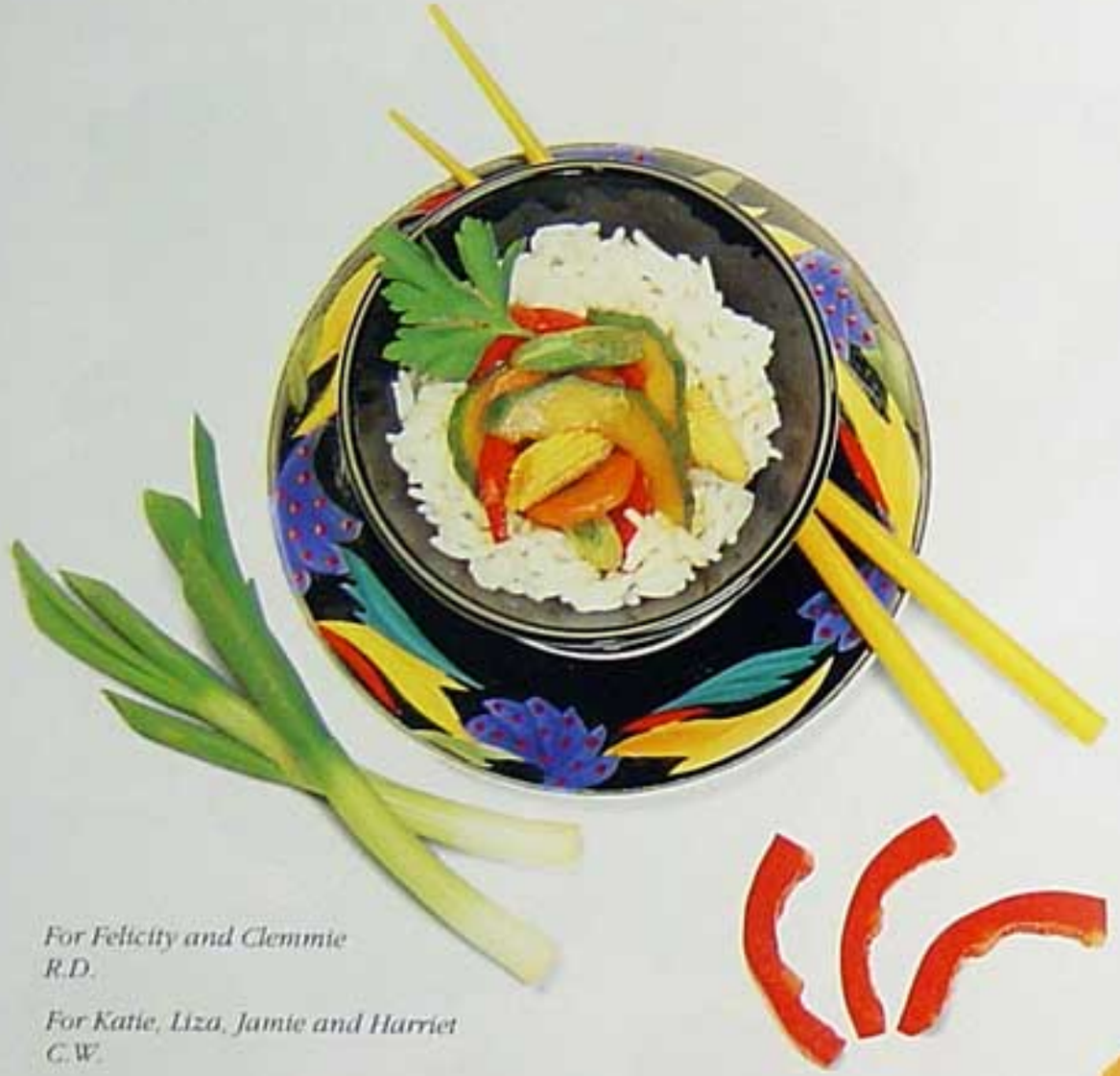
Illustrations © 1993 Maureen Roffey, 1996 Jacky Paynter

Photographs © 1993 Hilary Moore, 1996 David Armstrong

From “The Quick and Easy Cookbook for Kids” by Roz Denny and Caroline Waldegrave.

Reproduced by permission of Walker Books Ltd, London SE11 5HJ

please print off and read at your leisure.



THE QUICK AND EASY COOKBOOK FOR KIDS

Roz Denny and
Caroline Waldegrave

For Felicity and Clemmie
R.D.

For Katie, Liza, Jamie and Harriet
C.W.

The authors and publishers would like to thank the following for their help in testing the recipes in this book: Lucy Paynter; Classes 4D and 5H, Middle Row Primary School, Kensal Rise, London W10; the staff and pupils of Boxfield Primary School, South Bolton Gardens, London SW5.

Text © 1995, 1996 Roz Denny and Caroline Waldegrave
Illustrations © 1995 Maureen Roffey, 1996 Jacky Paynter
Photographs © 1995 Hilary Moore, 1996 David Armstrong
Home Economists: Sandra Baddeley and Gina Steer
Stylists: Sue Russell and Suzy Gittins

First published as *The Walker Book of Children's Cookery* (2000)
by Walker Books Ltd
87 Vauxhall Walk, London SE11 5HJ

This edition published 2006
10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved

The book has been typeset in ITC Garamond

British Library Cataloguing in Publication Data:
a catalogue record for this book is
available from the British Library
ISBN-13: 978-1-4063-0278-3
ISBN-10: 1-4063-0278-3

WALKER BOOKS

Basic Skills

Shortcrust Pastry

Crumbly pastry is hard to handle, but it tastes much nicer once baked than pastry that is wet and easier to handle.

Makes 300 g of pastry

You will need:
200 g plain flour
pinch of salt
30 g lard or vegetable shortening
70 g butter or margarine
very cold water



1 Sift the flour with the salt into a mixing bowl. Cut the lard and butter into 1 cm cubes and add to the flour.



2 Rub the fat into the flour with your fingertips. Lift your hands high and drop the fat back into the bowl to trap air.



3 When the mixture looks like coarse breadcrumbs, add 2 to 3 tablespoons of water. You may need to add more.



4 Mix to a firm ball of dough. Wrap the dough completely in clingfilm and chill for 30 minutes before using.

To Chop an Onion

Once they are peeled, onions can be slippery and hard to chop, so use your knife very carefully.



1 Slice the onion lengthwise through the core. Peel both halves. Do not remove the root.



2 Put one half on the chopping board. With a sharp knife make a series of parallel cuts down.

To Separate an Egg

Sometimes you will need just egg yolks or just egg whites for a recipe. This is how you separate one from the other.



1 You will need 2 clean bowls. Hold the egg in one hand and crack it sharply across the middle against one of the bowls.



2 Gently pull the shell apart, keeping the yolk in one half and letting the white fall into the bowl.



3 Carefully tip the yolk from one half-shell to the other, letting the rest of the white drop into one of the bowls.



4 Use the broken edge of the empty shell to cut off any white that won't fall. Drop the yolk into the other bowl.



5 If you need to separate more eggs, use two bowls per egg in case you make a mistake, and add them together.



3 Make a series of cuts at right angles to the previous set to chop the onion into little pieces.

To Make Fresh Breadcrumbs

One slice of bread makes about 1 tbsp or 25 g of breadcrumbs. The bread should be about 4 days old. Cut the crusts off and chop finely in a food processor.

To Grate the Zest of Fruit

The zest of an orange or lemon is just the coloured part of the skin. Wash the fruit and grate it on the finest holes of the grater. Take care not to grate the white pith. Be careful of your fingers.