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opening extract from

Kids Kitchen

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GETTING STARTED

Cooking is for everyone, and it brings all kinds of rewards: you learn very useful skills; you have lots of fun experimenting; you can enjoy sharing; and you learn all kinds of things about food. We have to eat to live; by learning to cook, we also learn to live well.

Kids' Kitchen is a fun way to get started in the kitchen, and to discover that cooking well and eating well go together. There are forty recipes in this pack from all over the world. They have all been cooked and tested by children – they work! They're simple to make, tasty and good for you. They are all suitable for vegetarians and none have any added salt. You'll also find suggestions for what to serve them with, which recipes work well together and tips on how to add extra-special touches to your finished dishes.

Don't forget, many of the recipes in this deck will make a great accompaniment to meat, fish or poultry.

I hope you have lots of fun experimenting and learning with your **Kids' Kitchen** deck. Remember: you are what you eat!

Fiona Bird

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FOOD FACTS

Your **Kids' Kitchen** deck is divided into five sections, which are based on the five main food groups:

- Grains
- Vegetables
- Fruits
- Milk
- Meat & Beans

To stay well, full of energy and to build up your resistance to illness, you need to eat a healthy balance of each of these five groups every day. Lots of the recipes in this deck contain ingredients from more than one nutrient group. E.g., soda bread is high in carbs and it also contains some protein. In this deck, however, recipes are put in the group that reflects their main nutritional benefit.



FANTASTIC FRUITS

Vital vitamins

Vitamins are vital for your body. There are six main vitamin groups (see the table in this leaflet). Fruit contains a lot of vitamin C, which keeps our skin healthy and helps us fight disease.

Fruit also contains lots of fibre and potassium (a mineral), as well as being a good source of natural sugar, which is much better than refined sugar.



SPUDS 'N' GRAINS

Comforting carbs

Eating carbohydrates is the fastest way of getting energy into our bodies. There are two main sorts of carbohydrates: starches and sugars.

Starchy foods come from plants like potatoes and from grains like rice and wheat. Spuds are also rich in vitamin B and in fibre; grains are rich in vitamin D, fibre and the minerals magnesium and zinc.



EGGS 'N' BEANS

Pack in the protein

Proteins do all kinds of jobs that other nutrients can't do. They help us to digest our food and build our muscles, and they transport all of the chemicals we need around our bloodstream.

We get lots of protein from eggs and beans. From eggs, we also get some fat and some vitamins – A, B and D. Beans give us starch (which is a type of carbohydrate), fibre and vitamin K. We get protein from meat and fish, too.



MILK 'N' DAIRY

Fabulous fats

We need fats from plants or animals to store energy, insulate ourselves from the cold, protect our brains, build our cells and carry some vitamins into and around our bodies. So, they're pretty important nutrients to have in our diets.

Dairy products are rich in fats; so are vegetable and nut oils and fats from cereal and fish. They also contain protein, calcium and vitamin D.





VITAL VEGETABLES

Marvellous minerals

Vegetables are good for us. They contain some protein and some starch; vitamins A, C and E; and lots of minerals: iron, calcium and magnesium.

Vegetable shoots and leaves are also an excellent source of fibre, and vegetable oils are healthy for us, too. Eat them as often as you can!

Pick-out-a-plum Cake

Feeds: 8 **Making Time: 20 minutes** **Cooking Time: 45–50 minutes**

Plum cake has been around for a very long time – you can tell by the fact that it's mentioned in so many nursery rhymes. The fruit and nuts in this scrummy cake mean it's not too naughty!



What to find:

- Butter for greasing
- 200g plums
- 100g butter
- 225g self-raising flour
- 100g ground almonds
- 100g light muscovado sugar
- 100ml milk
- 2 large eggs
- 25g demerara sugar
- 20cm cake tin
- Baking paper
- Vegetable knife and sieve
- Large mixing bowl
- Measuring jug
- Damp cloth
- Balloon whisk or fork
- Wooden spoon
- Skewer

WASH YOUR HANDS BEFORE YOU START

What to do:

1. Set the oven to: 350°F, 180°C, 160°C fan, gas 4.



2. Line the cake pan with baking paper and grease the paper with butter.

3. Wash the plums. Cut them through to the stone all the way round and carefully twist them in opposite directions to remove the stones. Chop the plums into small pieces.

4. Sift the flour into a mixing bowl, then dice the butter and add this to the flour. Use your fingertips to rub the flour and butter together until it looks like breadcrumbs.

5. Add the almonds and muscovado sugar to the flour and butter.

6. Measure the milk in the measuring jug and break the eggs into it. Place the jug on the damp cloth and beat well with a balloon whisk or fork.

7. Add the mixed milk and egg to the flour, butter, almonds and sugar. Stir together using a wooden spoon and then gently fold in the chopped plums.

8. Put the mixture into the lined cake tin and scatter the demerara sugar on top.

9. Bake for 45-50 minutes (test by putting a skewer into the cake – it will come out clean when the cake is cooked).

Tip

Serve hot with Speckled Vanilla Ice Cream (see recipe in Milk 'n' Dairy section).

ALWAYS HAVE A GROWN-UP WITH YOU WHEN YOU COOK

Toppling Tomatoes

Makes: 4 **Making Time: 10 minutes**

Eat these yummy snacks with slices of Simple Soda Bread or Amazing Tattie Mash (see Spuds 'n' Grains section).



What to find:

- 4 large medium-ripe tomatoes
- 100g mozzarella cheese (drain before use)
- 8 basil leaves (and 4 extra for decoration)
- Extra-virgin olive oil for drizzling
- Fork
- Mixing bowl
- Table knife
- Serrated knife
- Serving plate

WASH YOUR HANDS BEFORE YOU START

What to do:

1. Push a fork into the tomatoes and blanch them by plunging them into a bowl of boiling water for 15-30 seconds (depending on how ripe the tomatoes are). Put the tomatoes briefly in cold water to refresh them.

2. The skin should now peel away easily.

3. Use the cutlery knife to cut the cheese into eight slices.

4. Slice a little off the base of each skinned tomato with a serrated knife, so that it stands flat. Turn the tomato on its side, make a bridge over it with one hand and cut with the other hand. Cut each tomato into three layers.



5. Place the flat bases of the tomatoes on a plate. Put a piece of mozzarella cheese on top and then a basil leaf. Place the middle slice of tomato on top of the basil, followed by another piece of mozzarella and a basil leaf and top with the top of the skinned tomato.

6. Place a basil leaf on top of each stack for decoration. Drizzle a little olive oil over the top of the stack. Repeat to make four stacks.

Tip

For a delicious variation, spread a thin layer of Pesto Presto (see Milk 'n' Dairy section) on top of each layer of mozzarella.

ALWAYS HAVE A GROWN-UP WITH YOU WHEN YOU COOK

Pesto Presto

Makes: 1 small jar **Making Time: 10 minutes**

Pesto is delicious in sandwiches, on a pizza base (see Pizza Party in Spuds 'n' Grains) or as a sauce for pasta. It's a tasty way to top up your vitamin and mineral intake.



What to find:

- 25g grated Parmesan cheese
- 1 clove garlic
- 50g basil, parsley or coriander
- 150ml extra-virgin olive oil
- Measuring jug and tablespoon
- Grater and napkin
- Chopping board
- Table knife
- Food processor or pestle and mortar
- Wooden spoon

WASH YOUR HANDS BEFORE YOU START

What to do:

1. Carefully grate the Parmesan (see Kitchen Safety in the leaflet).

2. Crush the garlic (see the instructions below) and remove the stalks from the herbs.

3. Put the grated Parmesan, garlic and herbs (stalks removed) into a food processor and whiz to blend. If you don't have a food processor, try bashing the ingredients together with a pestle and mortar.



4. Pour the olive oil down the feed tube of the food processor, with the motor running. Or pour very gradually into your pestle and mortar mix, stirring all the time. Add enough oil to make a runny paste.

5. Keep your pesto in the fridge, in a clean jar with a screw lid, and it will last for up to 10 days. Stir well before you use it.

Tip

To crush garlic: Put the garlic clove on a chopping board and place the flat part of the blade of a cutlery knife over it. Press down hard on this with the palm of your hand. It will go crunch and the pink, papery skin will peel easily away. Use the knife to chop the garlic into small pieces. Make a pile on the board and put the flat of the knife on top of the garlic and press hard to mash up (purée) the garlic.

ALWAYS HAVE A GROWN-UP WITH YOU WHEN YOU COOK