

# **YEAR 2 SUMMER TERM COOKING**

**IN THIS DOCUMENT YOU WILL FIND A 5 WEEK  
PROGRAMME OF RECIPES. WITHIN EACH WEEK  
THERE ARE AT LEAST 2 RECIPES FOR YOU TO  
MAKE AND ENJOY EATING.**

**JUST HAVE FUN IN THE KITCHEN!**

Please take photos and/or videos and share them with me:

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NB: They could be shared online or on social media

## Week 1

In this recipe, you can make up your own smoothies by putting together your favourite fruits or fruits you have available in your fridge. Maybe use a fruit yoghurt. Maybe use mango juice instead of orange juice. Be experimental!!

### **Fruit Salad Refresher**

- 1 banana
- 5 strawberries
- 1 kiwi fruit
- 100g yoghurt or milk
- 80ml pineapple juice
- 100ml orange juice
- 1 teaspoon honey

Put everything in the blender and whizz until smooth. Taste for sweetness and add more honey if needed.

With lots of vitamin C, carbohydrate, calcium, potassium and fibre, this fruit salad in a glass will really wake you up in the morning!

In the next 2 recipes you'll be making 'cakes' for breakfast but LOOK, they have oats, dried fruit and wholemeal flour in them so they must be good for us!!

### **Breakfast Muffins**

- 2 large eggs
- 150ml natural yoghurt
- 50ml rapeseed oil
- 100g apple puree
- 1 ripe banana
- 4 tablespoons honey
- 1 teaspoon vanilla essence
- 200g wholemeal flour
- 50g rolled oats, plus extra for serving
- 1½ teaspoons baking powder
- 1½ teaspoons bicarbonate of soda
- 1½ teaspoons cinnamon
- 100g blueberries
- 2 tablespoons pumpkin and sunflower seeds, mixed

Heat the oven to 180C. Line a 12-hole muffin tin with paper cases. Mix together the eggs, yoghurt, oil, apple sauce, banana, honey and vanilla. Tip the remaining ingredients, except the seeds, into a large bowl and mix to combine.

Pour the wet ingredients into the dry ingredients and mix until you have a smooth batter. Don't over mix or the muffins will be heavy. Spoon the batter into the cases and sprinkle the muffins with the extra oats and seeds. Bake for 20 to 25 minutes until golden and risen. Transfer to a wire rack to cool.

### **Breakfast Rock Cakes - makes 24**

1 egg  
60g butter, softened  
30g soft brown sugar  
60g runny honey  
30g golden syrup  
100g jumbo porridge oats  
100g finely grated carrots  
60g raisins  
60g dried apricots, chopped  
60g dried stoned dates, chopped  
½ teaspoon ground nutmeg  
½ teaspoon ground cinnamon  
100g self-raising wholemeal flour  
½ teaspoon bicarbonate of soda

Preheat oven to 180C. Line 2 baking trays with baking parchment. Place the egg, butter, sugar, honey and syrup in a large bowl and beat until smooth and creamy. Stir in the oats, carrots, raisins, apricots, dates and spices. Add the flour and bicarbonate of soda and stir to combine. The mixture will be a soft dough-like consistency. Form little rocky mounds with a dessert spoon on the baking trays, leaving space between each one, allowing for the mixture to spread a little. Bake in the oven for 15 minutes or until golden. Transfer to a cooling tray and leave to cool and crisp up.

## Week 2

This week you are going to learn to 'rub-in' which is a method we use to make scones, pastry and crumbles. Using your fingertips, rub the flour and butter together until the mixture resembles breadcrumbs (fine or coarse, depending on the recipe). Lift the mixture up as you rub it in so that the air going through it keeps it cool. Shake the bowl every so often to bring the larger lumps of butter to the surface.

### Scones

225g self-raising flour

55g butter

25g caster sugar

150ml milk

1 free-range egg, beaten, to glaze (alternatively use a little milk)

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour into a bowl and rub in the butter. Stir in the sugar and then the milk to get a soft dough. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up. Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter, some good jam and some clotted cream.

### Cheese Scones

225g self-raising flour

55g butter

25g mature Cheddar, grated

150ml milk

Heat the oven to 220C. Lightly grease a baking sheet. Put the flour in a bowl and rub in the butter. Stir in the cheese and then the milk to get a soft dough. Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm thick. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up. Brush the tops of the scones with a little milk. Bake for 12–15 minutes until well risen and golden. Cool on a wire rack and eat with lots of butter.

**Rhubarb Crumble** – or any other fruit you have

500g rhubarb, chopped into chunks the length of your thumb

100g golden caster sugar

**For the crumble topping**

140g self-raising flour

85g butter, chilled

50g light brown muscovado sugar

Tip 500g thumb-length chunks of rhubarb into a saucepan with the caster sugar. Cover and simmer on a very low heat for 15 minutes. When soft, but still holding its shape, pour the rhubarb into a medium baking dish. Heat oven to 200C.

To make the topping, rub the flour and the chilled butter together with your fingers until you have a soft, crumbly topping. Now add the light brown muscovado sugar. Mix together with your hands. Scatter the topping over the rhubarb and bake for 30 minutes or until golden brown on top. Serve piping hot with a big jug of thick vanilla custard, ice-cream or just cream.

### Week 3

This week we are going to make a 'bread dough' and learn to 'knead' it as well as leave it 'to prove'. We will also learn that yeast is a living organism. We are using the dried yeast and so to 'wake it up' we will need: water, warmth and food.....all the things a plant seed needs to grow!! The result will be a delicious pizza.

#### **Pizza**

250g strong white bread flour

½ teaspoon salt

½ teaspoon sugar

7g sachet of easy blend yeast

2 tablespoons olive oil

125ml tepid water

Put the flour, salt, sugar and yeast into a bowl and mix. Make a well in the centre and add oil and water, gradually working in the flour to make a soft dough. Add a little more flour if the mixture feels sticky. Knead for 10 minutes until the dough is smooth and stretchy. Leave to rise in a bowl until doubled in size.

4 tablespoons homemade tomato sauce

Toppings: sweetcorn, ham, salami, peppers, mushrooms, rocket etc

100g mozzarella cheese

Heat the oven to 200C. Divide the dough into 4 and roll each piece out into a circle on a lightly floured surface. Top with the tomato sauce and then add your toppings of choice before sprinkling with mozzarella. Cook for about 15 minutes until crisp and golden.

#### **Tomato, Pesto and Mozzarella Focaccia**

500g strong white bread flour, plus some for dusting

½ teaspoon salt

325ml water

7g sachet fast-action yeast

2 tablespoons extra-virgin olive oil, plus some for drizzling

100g cherry tomatoes

125g ball mozzarella, drained

5 tablespoons pesto, see recipe, below

Sea salt, to serve (optional)

Put the flour into a bowl with the salt and the yeast. Add the water and oil to the flour and then mix well. Tip the dough out onto a worktop lightly dusted with flour and work it by pulling and stretching for at least 10 minutes. Try to get as much air into it as possible. Put the ball of worked dough into a well-oiled bowl, cover with a little more oil and a tea towel. Leave to rest until doubled in size.

Now stretch the dough out onto a baking sheet until it's about 20 x 30cm. Leave the dough to rise again to about half as high again, about 30-40 minutes in a warm place, loosely covered with a tea towel.

Heat oven to 200C. When the dough has risen, press your fingers into it gently to make some holes and put in the cherry tomatoes. Bake for about 15 minutes, then remove from the oven. Tear over the mozzarella, then bake for another 5-10 minutes until golden and cooked through. Drizzle over the pesto and scatter with sea salt, if you like. Serve straight away.

**Pesto recipe:**

75g grated parmesan

1 bunch basil

240ml olive oil

3 cloves garlic

1-2 teaspoons lemon juice

Salt and pepper to taste

Put it all in a magimix and blend until smooth. Store leftovers in the fridge.

## Week 4

This week we are going to make hummus but 3 varieties of it. It originates from the Middle East and often forms part of a Meze which is a selection of small dishes served as appetisers in the Middle East. I would like you to look at the packaging and see where your ingredients originate from: Where do the chickpeas come from? Where does the Tahini come from? Do you know where your lemon came from? What else can you learn from the packaging of an ingredient? Maybe it is one of our 5 a day? Maybe the carrots or cucumber we are using to scoop up the hummus were grown in the UK?

### Hummus 3 Ways

#### **Classic:**

- 2 x 400g tins of chickpeas
- 10 tablespoons olive oil
- Juice of 2 juicy lemons
- 2 heaped tablespoons tahini
- 1 whole head of garlic roasted in the oven (see below)
- 2 teaspoons ground cumin
- Salt and pepper

Simply place all of the ingredients into a food processor with 3 tablespoons water and blend until smooth; it's really that easy! Store it in an airtight container in the fridge for up to a week.

#### **Beetroot:**

- 1 quantity of classic hummus (recipe above)
- 1 small beetroot, roasted, peeled and chopped

Place the hummus and beetroot in a food processor and blend until smooth and creamy.

#### **Roasted Red Pepper and Paprika:**

- 2 large red peppers
- 1 quantity of classic hummus (recipe above)
- 1 green chilli, deseeded
- 2 teaspoons paprika

Preheat the oven to 210°C. Slice the red peppers into about eight long strips, discarding the seedy centre part. Place these strips on a baking tray and bake for 10 minutes until they begin to brown slightly. Once the pepper has cooked and is starting to turn ever so slightly brown at the edges, remove from the oven and allow to cool for a couple of minutes. Add the pepper to the food processor with the hummus, chilli and paprika and blend until smooth.

Serve with pitta bread, vegetable crudité (carrots, cucumber, celery, pepper) and/or corn chips.



## **Roasting Garlic**

Heat the oven to 200C: Set a rack in the middle position. Use your fingers to peel away all the loose, papery, outer layers around the head of garlic. Leave the head itself intact with all the cloves connected. Trim about 0.5cm off the top of the head of garlic to expose the tops of the garlic cloves. Sit on a piece of foil and drizzle 1 to 2 teaspoons of olive oil over the exposed surface of the garlic, letting the oil sink down into the cloves. Roast in the oven for 30 to 40 minutes. The garlic is done when a centre clove is completely soft when pierced with a knife. The smell will fill your kitchen!!

## **Week 5**

This week you are going to learn to make a super easy soup and if you would like, use your pizza dough recipe to make some small bread rolls to go with it. When the dough has risen, give it a good knead and divide into equal sized pieces of dough (size will depend on how big you want your rolls to be). Shape each piece into a ball and place on a lined baking tray. Allow to rise for about 10 to 15 minutes and then bake in the oven (200C) for 10 to 15 minutes (again depends on the size). You will know if they are ready by turning one upside down, tapping it with your knuckle and if it sounds like you're knocking on a door, they are then ready.

### **Pea and Mint Soup**

1 litre water

Large handful fresh mint, leaves only

500g frozen peas

Salt and freshly ground black pepper

Drizzle olive oil

200ml crème fraîche or double cream

4 slices Parma ham or bacon, grilled until crisp, to serve

Bring the water to the boil in a large pan and add a generous pinch of salt. Add the mint leaves and bring the liquid back to the boil. Add the peas and cook for 2 minutes. Strain the mint and peas, reserving the cooking liquid, and transfer the peas and mint to a food processor or use a hand blender. Allow to cool for 3-4 minutes. Add just enough of the cooking liquid to cover the peas and mint, then blend for 1-2 minutes, to create a smooth, bright green purée. Season, to taste, with salt and freshly ground black pepper and add a generous drizzle of olive oil. Add 140ml of the crème fraîche/double cream to the pea and mint purée and pulse in the blender for a few seconds, until combined.

Pour equal amounts of the soup into four warmed bowls. Add a neat tablespoon of crème fraîche or a swirl of double cream into the centre of each and garnish with the crisp Parma ham/bacon. Serve with your homemade bread rolls.