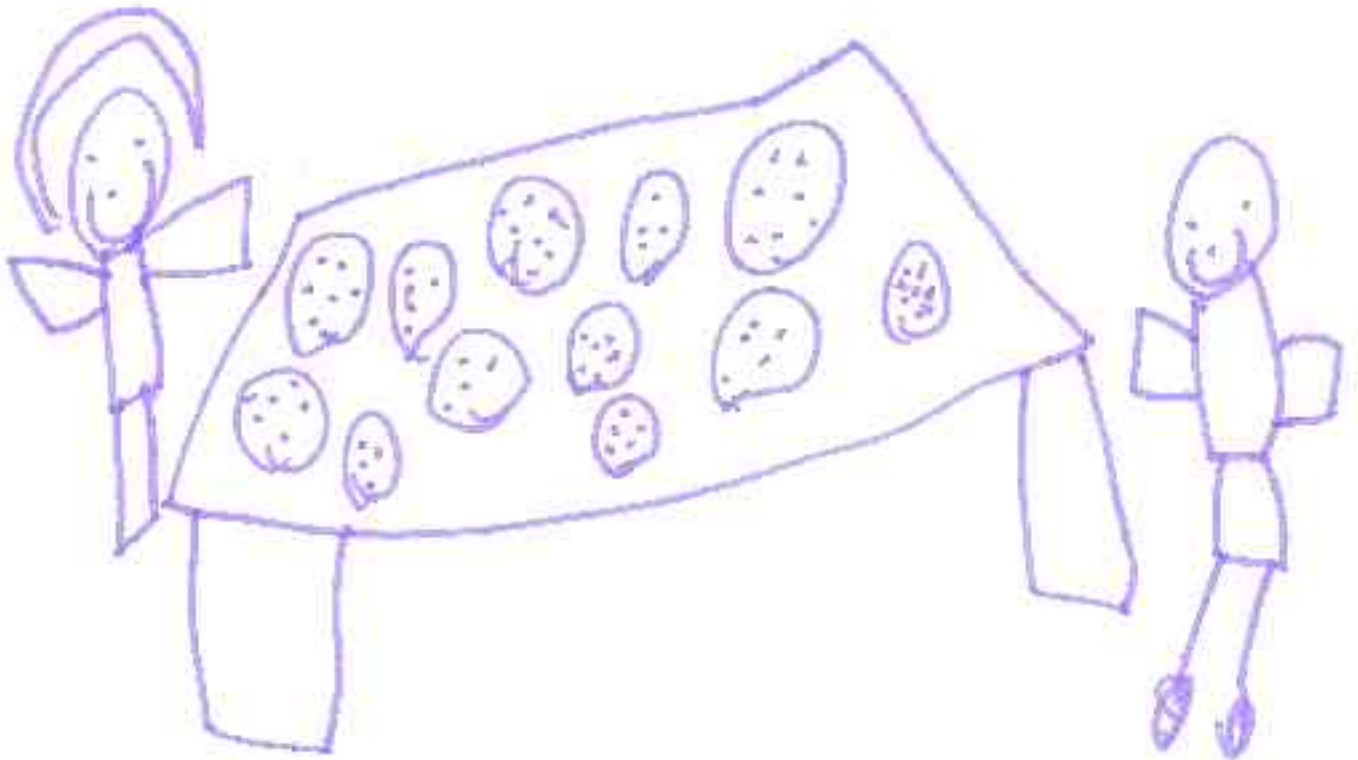


Teatime Treats



Prestonpans Nursery School
Recipe Book



This edition was published Spring 2005 with the kind support of Lurpak Butter (www.lurpakinspirations.com).

Please send any material for future editions, including variations, improvements, suggestions etc to recipe@barker-family.info

An online version of the latest edition of the recipe book can be viewed at

www.barker-family.info

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About the Nursery School

Prestonpans Nursery School
Kirk Street
Prestonpans
EH32 9DY

Telephone: 01875 811440
Email: prestonpansns@eastlothian.gov.uk

Headteacher: Mrs M Ryan

The aims of Prestonpans Nursery School

- to provide a happy, caring and supportive atmosphere;
- to promote achievement and ensure progression for individual children;
- to offer appropriate learning and teaching opportunities using high quality resources relating to the individual needs of the children in the areas of:
 - Emotional, Personal and Social Development
 - Communication and Language
 - Knowledge and Understanding of the World
 - Expressive and Aesthetic Development
 - Physical Development and Movement

with reference to “A Curriculum Framework for Children 3 – 5”

- to work together with parents, the community and other agencies involved with nursery children;
- to encourage staff development and work as an effective team.

Introduction

Children love to cook and while they might think they are just having great fun with you, time spent in the kitchen can really help their numerical skills and improve vocabulary.

By asking questions like “Which is bigger, a half teaspoon or a whole teaspoon?” you are encouraging your child to make comparisons. Asking your child which items are needed



first/second/last introduces sequential numbering. Indeed, baking introduces them to a range of concepts such as following instructions, cause and effect, and working in a team.

All of the recipes contained in this book have been tried and tested over the years by the staff and children of Prestonpans Nursery School. They are therefore ideally suited to “wee hands” and almost all the ingredients are readily available locally.

Further information about cooking with children can be found at the end of this book.

Note to children!

Always wash your hands before preparing food

Don't eat the cake mixture! – raw eggs can make you ill

110°C = Gas Mark ¼, 130°C = Gas Mark ½, 140°C = Gas Mark 1, 150°C = Gas Mark 2, 170°C = Gas Mark 3, 180°C = Gas Mark 4, 190°C = Gas Mark 5, 200°C = Gas Mark 6, 220°C = Gas Mark 7, 230°C = Gas Mark 8, 240°C = Gas Mark 9, 250°C = Gas Mark 10

Metric and Imperial Conversions

DRY MEASURES

Imperial > Metric

cup	tbsp	tsp	ml
1	16	48	250
$\frac{3}{4}$	12	36	175
$\frac{2}{3}$	$10 \frac{2}{3}$	32	150
$\frac{1}{2}$	8	24	125
$\frac{1}{3}$	$5 \frac{1}{3}$	16	75
$\frac{1}{4}$	4	12	50
$\frac{1}{8}$	2	6	30
	1	3	15
		1	5

Metric > Imperial

ml	tsp	tbsp	cup
250	48	16	1
175	36	12	$\frac{3}{4}$
150	32	$10 \frac{2}{3}$	$\frac{2}{3}$
125	24	8	$\frac{1}{2}$
75	16	$5 \frac{1}{3}$	$\frac{1}{3}$
50	12	4	$\frac{1}{4}$
30	6	2	$\frac{1}{8}$
15	3	1	
5	1		

LIQUID MEASURES

Imperial > Metric

gallon	quart	pint	cup	fl.oz.	l.
1	4	8	16	128	3.78
$\frac{1}{2}$	2	4	8	64	1.89
$\frac{1}{4}$	1	2	4	32	0.95
	$\frac{1}{2}$	1	2	16	0.47
	$\frac{1}{4}$	$\frac{1}{2}$	1	8	0.24

Metric > Imperial

l.	fl.oz.	cup	pint	quart	gallon
3.78	128	16	8	4	1
1.89	64	8	4	2	$\frac{1}{2}$
0.95	32	4	2	1	$\frac{1}{4}$
0.47	16	2	1	$\frac{1}{2}$	
0.24	8	1	$\frac{1}{2}$	$\frac{1}{4}$	

OVEN TEMPERATURE EQUIVALENTS

Fahrenheit	Celsius / Centigrade	Gas Mark	Description
225	110	1/4	Cool
250	130	1/2	Cool
275	140	1	Very Slow
300	150	2	Very Slow
325	170	3	Slow
350	180	4	Moderate
375	190	5	Moderate
400	200	6	Moderately Hot
425	220	7	Fairly Hot
450	230	8	Hot
475	240	9	Very Hot
500	250	10	Extremely Hot

WEIGHTS

Imperial > Metric
 2.2 pounds = 1 kg
 1 pound = 16 oz. = 454 grams
 1/4 pound = 4 oz. = 114 grams
 1 oz. = 28 grams

Metric > Imperial
 1 kg = 2.2 pounds
 454 grams = 16 oz. = 1 pound
 114 grams = 4 oz. = 1/4 pound
 28 grams = 1 oz.

GENERAL NOTES



Where a recipe has a table like this the figures refer to the oven temperature and cooking time.



	150°C		35 mins
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All temperatures shown refer to preheated, conventional ovens. For fan ovens, either the temperature or the cooking time should be reduced as per manufacturer's instructions.



110°C = Gas Mark 1/4, 130°C = Gas Mark 1/2, 140°C = Gas Mark 1, 150°C = Gas Mark 2, 170°C = Gas Mark 3, 180°C = Gas Mark 4, 190°C = Gas Mark 5, 200°C = Gas Mark 6, 220°C = Gas Mark 7, 230°C = Gas Mark 8, 240°C = Gas Mark 9, 250°C = Gas Mark 10



Bread and Teabreads



All Bran Loaf				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 1 cup All Bran • 1 cup sugar • 1 cup milk • 1 cup sultanas • 1 cup self raising flour • 1 egg 		<ul style="list-style-type: none"> • Soak All Bran, sugar, milk and sultanas for 15 minutes • Add flour and egg • Mix together • Bake as directed 		
			150°C	 35 mins

Banana Loaf				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 3 bananas • 1 cup sugar • 1 egg • 1 large cup plain flour • ½ tsp bicarbonate of soda 		<ul style="list-style-type: none"> • Mash bananas and sugar • Beat in egg • Stir in flour and bicarbonate of soda • Put in greased 2lb loaf tin • Bake as directed 		
			180°C	 45 – 60 mins

Brown Soda Bread				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 300g plain wholemeal flour • 175g plain white flour • 1 tsp bicarbonate of soda • 2 tsp cream of tartar • 1 tsp salt • 1 tsp brown sugar • 300ml milk and water mixed 		<ul style="list-style-type: none"> • Sift the flours, carbonate of soda, cream of tartar, salt and sugar into a large bowl • Add flakes of bran left in sieve • Stir in most of the milk – mix and add more until you have soft dough • Turn on to a floured board and knead lightly until smooth and soft • Shape into a round and put on an ungreased tray • With a large knife mark into quarters • Bake as directed until the bottom sounds hollow 		
			220°C	 25 – 30 mins



Coconut Tea Bread			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 300g self raising flour • 100g butter • 75g caster sugar • 50g desiccated coconut • ½ tsp vanilla essence • 1 rounded tbsp honey • 1 egg • 200ml milk 	<ul style="list-style-type: none"> • Rub butter into sieved flour • Stir in sugar and coconut • Add vanilla, honey, egg and milk and stir well • Put into lined and greased 2lb loaf tin • Bake as directed 		
	180°C		60 – 90 mins

Fruit Loaf			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 140ml water • 100g butter • 75g sugar • 240g fruit • 1 egg • 225g self raising flour 	<ul style="list-style-type: none"> • Melt milk, butter, sugar and fruit in pot • Cool, then add beaten egg and flour • Place in loaf tin • Bake as directed 		
	190°C		45 mins



Gingerbread			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 225g plain flour • pinch of salt • 2 x 5ml spoons ground ginger • 1 x 5ml tsp mixed spice • 1 x 5ml tsp bicarbonate of soda • 50g soft brown sugar • 100g butter • 175g black treacle • 50g golden syrup • 150ml milk • 2 medium eggs • 50g sultanas (optional) 	<ul style="list-style-type: none"> • Sieve flour, salt, ginger, spice and bicarbonate of soda. • Stir in sugar • Gently melt butter, treacle and syrup • Gradually beat in milk and allow to cool • Add the beaten eggs and mix well. • Stir treacle mixture into flour • Put in greased 18cm square deep cake tin • Bake as directed 		
	150°C		75 mins

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Marmalade Tea Bread

Ingredients:	Directions:		
<ul style="list-style-type: none"> • 400g plain flour • 2 level tsp ground ginger • 2 level tsp baking powder • 80g butter • 130g light brown sugar • 8 tbsp marmalade • 2 eggs (beaten) • 8 tbsp milk 	<ul style="list-style-type: none"> • Put the flour, ginger and baking powder into a bowl and rub in the butter until the mixture resembles fine breadcrumbs • Stir in the sugar • Mix together the marmalade, eggs and most of the milk and stir into the dry ingredients • If necessary, add the rest of the milk • Turn the mixture into two greased loaf tins, lined with greaseproof paper • Bake as directed 		
	170°C		60 mins



Old-Fashioned Fruit Damper

Ingredients:	Directions:		
<ul style="list-style-type: none"> • 4 cups self raising flour • 1 tsp baking powder • 1 tsp salt • 1 tbsp caster sugar • ¾ cup milk • 30g melted butter • 1½ cups sultanas • ¾ cup orange juice 	<ul style="list-style-type: none"> • Soak sultanas in orange juice for 30 minutes • Sift flour, baking powder and salt into a bowl • Stir in sugar • Drain sultanas and reserve the juice • Add sultanas and milk • Add orange juice to form a stiff dough • Knead on a floured circle • Form into a circle • Bake as directed 		
	190°C		40 mins



Pear Loaf

Ingredients:	Directions:		
<ul style="list-style-type: none"> • 250g self raising flour • ¼ tsp mixed spice • 125g caster sugar • 125g butter • 1 medium pear • 1 egg, beaten • 3 tbsp milk • 15g icing sugar 	<ul style="list-style-type: none"> • Sift flour and spice and stir in caster sugar • Rub in butter until mixture resembles fine breadcrumbs • Peel, core and finely chop pear then stir into mixture • Add egg and milk and mix to make stiff dough • Place mixture in greased 1 ½ lb loaf tin • Bake as directed • When cooled, sift icing sugar on top 		
	180°C		55 mins

Pear Teabread

Ingredients:	Directions:			
<ul style="list-style-type: none"> • ¼ cup of rolled oats • ¼ cup of brown sugar • 2 tbsp pear juice • 2 tbsp sunflower oil • 2 pears • 1 cup of self raising flour • ¾ cup of sultanas • ½ tsp baking powder • 2 tsp mixed spice • 1 egg 	<ul style="list-style-type: none"> • Put oats, sugar, sunflower oil and pear juice into bowl and leave for 15 mins • Core and grate pears • Add to bowl with flour, sultanas, baking powder, spice and beaten egg. • Mix together • Spoon into greased and lined loaf tin • Bake as directed 			
		180°C		55 mins

Quick Brown Bread

Ingredients:	Directions:			
<ul style="list-style-type: none"> • 250g wholemeal flour • 250g plain flour • 1 tsp salt • 1 tsp bicarbonate of soda • 1 tsp cream of tartar • ¼ pt warm milk • ½ pt warm water • 1 tbsp golden syrup • 1 tsp malt vinegar 	<ul style="list-style-type: none"> • Sift flours and salt into warm bowl and stir in other dry ingredients • Mix milk, water, syrup and vinegar together then mix with dry ingredients • Turn into greased 2lb loaf tin • Bake as directed 			
		190°C		50 mins

Soda Bread

Ingredients:	Directions:			
<ul style="list-style-type: none"> • 500g plain flour • 1 tsp salt • 4 tsp baking powder • 50g lard or butter • approx. 250ml milk 	<ul style="list-style-type: none"> • Sieve flour, salt and baking powder into bowl. Rub in fat until quite fine. Mix into a light spongy dough with milk. • Shape into two small loaves and place in two 1lb loaf tins or bake in two greased 6" cake tins. • Bake as directed 			

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225°C





25 mins

Scones & Jam





Cheese Scones

Ingredients:		Directions:		
<ul style="list-style-type: none"> • 100g self raising flour • ½ tsp baking powder • pinch of salt • 25g butter • 40g grated cheese • 1 - 2 tbsp milk 		<ul style="list-style-type: none"> • Blend the flour, baking powder and salt. • Rub the butter into these dry ingredients • Add cheese and milk. • Mix to soft dough • Roll out and cut into scone shapes • Bake as directed 		
Makes 6			200°C	 15 - 20 mins



Drop Scones



Ingredients:		Directions:		
<ul style="list-style-type: none"> • 100g plain flour • 1 egg • a little milk • pinch of salt 		<ul style="list-style-type: none"> • Mix flour and salt in a bowl • Make a hollow in the center and drop in egg • Whisk in gradually adding milk slowly • Cook small quantities in lightly greased frying pan 		
Makes 12				

Pizza Scones



Ingredients:		Directions:		
<ul style="list-style-type: none"> • 1 cup self raising flour • ¼ tsp baking powder • a pinch of salt • 1 tbsp soft butter • tomato puree • 125g grated cheddar cheese • mixed herbs • milk to mix 		<ul style="list-style-type: none"> • Put flour, salt and baking powder in a bowl • Mix in the butter. • Add two spoonfuls of the grated cheese, then enough milk to make a firm dough. • Roll out the dough to an oblong shape, about the size of a small loaf of bread. • Spread tomato puree thinly over the dough, sprinkle with herbs, then cheese. • Roll up from the long side, cut into slices • Bake as directed 		
Makes 8 - 10			220°C	 10 mins

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Pumpkin Scones				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 200g pumpkin • 50g butter • 2 tbsp sugar • 1 egg • 250g self raising flour • 100ml milk 		<ul style="list-style-type: none"> • Cook pumpkin flesh in tiny amount of water until soft (approx 20 mins) • Cream butter and sugar • Add pumpkin and eggs then flour • Place on floured surface and roll out • Cut into shapes • Bake as directed 		
Makes 12			220°C	 10 mins

Rich Scones				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 500g self raising flour • pinch of salt • 100g butter • 50g caster sugar • 100g currants/sultanas • 2 medium eggs (beaten with enough milk to make 170ml liquid) 		<ul style="list-style-type: none"> • Mix flour and salt, rub in butter and stir in sugar fruit • Add egg and milk • Knead lightly on a floured surface and roll out. Cut your scones • Place scones on greased baking tray • Bake as directed 		
Makes 16			220°C	 10 mins



Treacle Scones				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 500g self raising flour • 1 tsp mixed spice • 100g butter • 250ml milk • 50g sugar • 2 tbsp treacle 		<ul style="list-style-type: none"> • Mix flour, mixed spice and sugar together, then rub in butter • Mix treacle and milk together and add to dry ingredients • Knead to form a dough • Roll out to 1 ½ cm thick • Bake as directed 		
Makes 12			200°C	 10 mins

Wholemeal Apple Scones				
Ingredients:		Directions:		

<ul style="list-style-type: none"> • 1 cup wholemeal self raising flour • 1 cup self raising flour • pinch salt • 1 ½ tsp cinnamon • ¼ cup soft brown sugar • 1 green apple, peeled and grated • 30g melted butter • ½ cup milk 	<ul style="list-style-type: none"> • Sift flour, salt and cinnamon into a bowl • Add butter and milk • Fold in apple • Mix to a stiff dough • Roll out onto a floured surface • Cut into shapes • Bake as directed 		
	210°C		20 mins





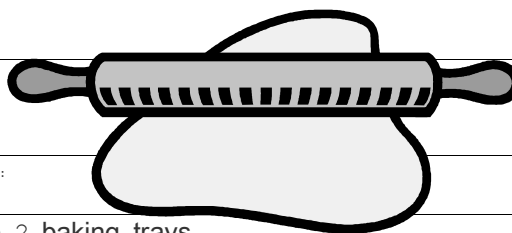
Raspberry Freezer Jam



Ingredients:	Directions:
<ul style="list-style-type: none"> • 560g of raspberries • 900g caster sugar • ½ bottle of “Certo” (pectin extract) 	<ul style="list-style-type: none"> • Mix raspberries and sugar • Keep mixing until all the sugar is dissolved • Add Certo. Stir thoroughly • Cover bowl with cloth • Leave for about 12 hours • Put into suitable containers • Freeze • Remove from freezer 2 hours before required. • Store in fridge

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Biscuits & Cookies



Christmas Biscuits				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 225g self raising flour • 100g caster sugar • 100g butter • ½ lemon, grated rind and juice • 1 egg, beaten 		<ul style="list-style-type: none"> • Grease 2 baking trays • Mix flour and sugar • Rub in the butter • Add lemon rind and juice • Add egg to make a stiff dough • Roll out thinly and cut into Christmas shapes • Bake as directed 		
Makes 25		180°C		15 mins







Chocolate Biscuits				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 225g self raising flour • 100g caster sugar • 100g butter • 3 x 15ml spoon cocoa powder • 5 x 15ml spoon milk • few drops of vanilla essence • Chocolate glaze icing 		<ul style="list-style-type: none"> • Mix the flour, sugar and cocoa and rub in butter • Add the milk and vanilla essence and mix in well • Bring together with your hands and knead lightly on a floured surface • Roll out ½ cm (¼") thick and cut into rounds 7 ½ cm (3"). • Place onto a greased baking tray • Bake as directed • Ice when cool 		
Makes 30		190°C		8 – 10 mins



Why did the biscuit cry?

Because his mum had been a wafer so long!

Chocolate Chip Cookies				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 150g butter • 150g brown sugar • 2 eggs • few drops vanilla essence • 300g self raising flour • 200g chocolate chips 		<ul style="list-style-type: none"> • Cream the butter and sugar • Beat in the eggs and essence • Stir in the flour and chocolate chips • Roll in to small balls and flatten on greased baking tray • Bake as directed 		
Makes 50		180°C		12-15

Corn flake Cookies				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 35g butter • 70g caster sugar • ½ teaspoon vanilla essence • 1 egg • 25g flour • pinch of salt • 1 tsp baking powder • 50g corn flakes 		<ul style="list-style-type: none"> • Cream butter, sugar and vanilla essence together until light and fluffy • Beat in the egg gradually • Sieve flour, baking powder and salt and add corn flakes, mix well • Put teaspoonfuls of mixture onto greased baking sheet, leaving enough space between each for spreading • Bake as directed 		
Makes 15			180°C	 10 – 15 mins



Easy Biscuits				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 500g self raising flour • 200g caster sugar • 20g butter • 2 eggs beaten • lemon juice 		<ul style="list-style-type: none"> • Mix flour and sugar, rub in butter, add egg and lemon juice to make a stiff dough • Roll out to 1 ½ cm • Place on greased tray • Bake as directed 		
			140°C	 10 mins

Easy Shortbread				
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 100g self raising flour • 150g plain flour • 50g cornflour • 100g caster sugar • 200g butter 		<ul style="list-style-type: none"> • Melt butter, sieve all dry ingredients into bowl and mix thoroughly. • Press into tray and prick with fork • Bake as directed • When cooked, mark into fingers and dredge with caster sugar. Leave in tray until nearly cold. 		
Makes 15			180°C	 30 – 40 mins



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Biscuits

Directions:				
<ul style="list-style-type: none"> • Melt butter and syrup in a pan • Add rest of ingredients • Roll out and cut • Bake as directed 				
	170°C		10 - 15 mins	



Gingerbread Men

Ingredients:		Directions:		
<ul style="list-style-type: none"> • 300g self raising flour • pinch salt • 3 x 5ml spoon ground ginger • 100g caster sugar • 50g butter • 3 x 15ml spoon golden syrup • 4 x 15ml spoon milk • glace icing 		<ul style="list-style-type: none"> • Place flour, salt and ginger in a bowl • Warm sugar, fat and syrup together • Add to the dry ingredients – mix well • Add milk • Mix to a firm consistency • Knead lightly with hands • Roll out and cut out shapes • Bake as directed • Allow to cool slightly, then carefully lift onto a wire rack. Decorate with glacé icing. 		
Makes 15		160°C		10 - 15 mins



Honey Biscuits

Ingredients:		Directions:		
<ul style="list-style-type: none"> • 120g butter • 120g sugar • 1 tbsp honey • 1 egg yolk • 1 tsp cinnamon • 180g self raising flour 		<ul style="list-style-type: none"> • Beat butter and sugar together until they are creamy • Beat in the honey and egg yolk • Add cinnamon and flour and mix into a soft dough • Roll a teaspoon of dough into a ball and coat them in sugar and cinnamon • Put mixture on a greased baking tray • Bake as directed 		
		175°C		12 - 15 mins

Oat and Raisin Cookies

Ingredients:		Directions:		
<ul style="list-style-type: none"> • 160g butter • 160g caster sugar • 8 tbsp golden syrup • 200g porridge oats • 1 tsp nutmeg • 100g raisins • 160g self raising flour 		<ul style="list-style-type: none"> • Beat together butter, sugar and syrup • Add oats, flour, nutmeg and raisins • Roll into small balls • Place on greased baking tray • Bake as directed 		
Makes 50			170°C	 12 - 15 mins

Shortbread

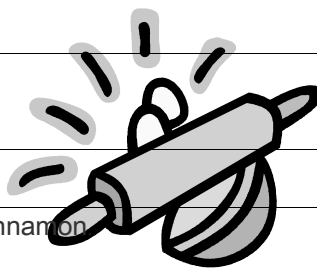
Ingredients:		Directions:		
<ul style="list-style-type: none"> • 300g plain flour • 300g oatmeal • 100g brown sugar • 180g butter, roughly chopped • 4 tbsp milk 		<ul style="list-style-type: none"> • Place flour, oatmeal and sugar in large mixing bowl • Rub in butter until evenly mixed • Add enough milk to form a firm dough • Knead firmly and roll out on lightly floured surface to 5mm thick • Cut into fingers and prick with fork • Bake as directed 		
Makes 50			180°C	 10 - 15 mins



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Buns, Muffins & Puddings

Banana Weetabix Buns





Ingredients:		Directions:		
<ul style="list-style-type: none"> • 175g self raising flour • ½ tsp ground cinnamon • 75g butter • 3 Weetabix, crushed • 2 tbsp soft brown sugar • 2 small bananas • 1 egg • 25g sultanas • 75g glacé cherries (optional) 		<ul style="list-style-type: none"> • Mix flour and cinnamon • Rub in butter. • Stir in sultanas and cherries • Mash bananas with egg, add to mixture – mix well • Place heaps on well-greased baking tray • Bake as directed 		
			200°C	 15 – 20 mins



Birds' Nests



Ingredients:		Directions:	
<ul style="list-style-type: none"> • 1 block cooking chocolate • Shredded Wheat • Small chocolate eggs 		<ul style="list-style-type: none"> • Melt chocolate and add Shredded Wheat. • Put in paper cases with egg on top. 	



Coffee Buns

Ingredients:		Directions:		
<ul style="list-style-type: none"> • 225g self raising flour • 100g butter • 100g demerara sugar • 1 egg • currants or other dried fruit 		<ul style="list-style-type: none"> • Cream butter and sugar • Add well beaten egg (keep a little to paint tops) • Add flour and floured fruit • Roll into balls • Bake as directed 		
			200°C	 15 mins



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Pavlova			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 3 egg whites • 175g caster sugar • 1 tspn cornflour • 1 tspn vinegar • ½ tsp vanilla essence • 450ml double cream • fruit of your choice 	<ul style="list-style-type: none"> • Whisk egg whites until stiff. Add 50g of sugar and whisk until stiff. Repeat again adding another 50g of sugar • Spoon in remaining sugar and whisk until stiff • Fold in the cornflour, vinegar and vanilla • Pile mixture onto lined baking sheet • Bake as directed • When meringue is cool, whip cream until it peaks and spoon on to the meringue • Finally, add the fruit of your choice 		
	130°C		60 – 90 mins



Pineapple Cakes			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 150g butter • 250g sugar • 250g plain flour • 2 tsp baking powder • 2 large eggs • 1 fresh pineapple 	<ul style="list-style-type: none"> • Slice the pineapple and chop into small pieces • Cream the butter and sugar together then beat in the egg • Sieve in the flour and baking powder and mix • Add the pineapple pieces • Pour the mixture into paper cases • Bake as directed 		
	180°C		15 mins

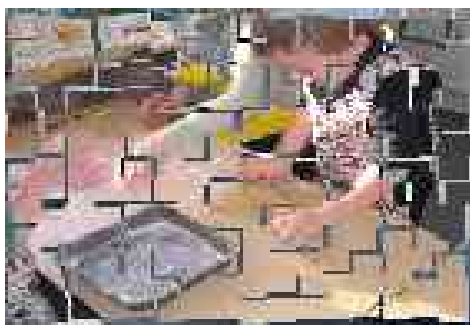
Plum Sponge Pudding			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 10 plums • 2 tbsp caster sugar • 100g butter • 100g caster sugar • 100g self raising flour • 1 egg • 2 tbsp milk 	<ul style="list-style-type: none"> • Quarter plums and lay them in a greased ovenproof dish. Sprinkle on the sugar • Cream butter and sugar together, then mix in the egg • Sift in flour, mix together and add the milk • Put the sponge mixture over the plums • Bake as directed 		
	180°C		45 mins

Pumpkin Muffins

Ingredients:	Directions:			
<ul style="list-style-type: none"> • 225g cooked pumpkin • 115g butter • 175g brown sugar • 115g black treacle • 1 egg • 200g plain flour • 1 tsp bicarbonate of soda • 1½ tsp cinnamon • 1 tsp mixed spice • 50g currants 	<ul style="list-style-type: none"> • Cream butter, then beat in sugar and treacle. • Add the egg and pumpkin and stir well • Sift flour, bicarbonate of soda, cinnamon and mixed spice into the mixture and fold • Fold currants into pumpkin mixture until evenly combined • Spoon mixture into tins or cases, filling them two-thirds full • Bake as directed 			
		200°C		12 – 15 mins

Sultana Buns



Ingredients:	Directions:			
<ul style="list-style-type: none"> • 200g self raising flour • 200g sugar • 200g butter • 25g sultanas 	<ul style="list-style-type: none"> • Cream butter and sugar together • Beat in egg a little at a time • Add flour and stir in sultanas • Put mixture in small cake cases • Bake as directed 			
		180°C		15 – 20 mins





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Cakes





Birthday Cake			
Ingredients:		Directions:	
<ul style="list-style-type: none"> • 250g sugar • 250g butter • 250g self raising flour • 4 eggs 		<ul style="list-style-type: none"> • Cream butter and sugar until light and fluffy • Beat in eggs, one at a time adding a little flour with each • Gently fold in flour. • Place in greased 18cm sandwich tins • Bake as directed • When cool, fill with jam or cream and ice 	
		180°C	 20 – 25 mins



Chocolate Slab Cake*			
Ingredients:		Directions:	
<ul style="list-style-type: none"> • 1 block cooking chocolate • 1 tin condensed milk • 25g butter • 400g digestive biscuits 		<ul style="list-style-type: none"> • Melt chocolate, milk and butter slowly • Add crushed biscuits and turn into oiled tin • Allow to set in fridge 	

Citrus Cake			
Ingredients:		Directions:	
<ul style="list-style-type: none"> • 200g butter • 200g caster sugar • 300g self-raising flour • 4 eggs • 1 cup of orange juice • a little lemon juice 		<ul style="list-style-type: none"> • Cream butter and sugar • Beat in eggs • Stir in juices and flour • Pour mixture into cake tin and spread evenly • Bake as directed 	
		160°C	 35 mins



Coconut Orange Loaf

Ingredients:	Directions:		
<ul style="list-style-type: none"> • 100g self raising flour • 100g butter • 100g caster sugar • 25g desiccated coconut • 1 orange (grated rind only) • 2 eggs • 15ml milk <p><u>Topping</u></p> <ul style="list-style-type: none"> • 2 tbsp caster sugar • 1 orange (juice only) • coconut for sprinkling 	<ul style="list-style-type: none"> • Place all ingredients in a bowl • Beat until light and fluffy • Spoon into greased loaf tin • Bake as directed • When cool, turn the cake onto a plate • Mix together orange juice and sugar • Spoon over the cake • Sprinkle with coconut 		
	180°C		45 mins

Fruit Yoghurt Loaf



Ingredients:	Directions:		
<ul style="list-style-type: none"> • 1 carton fruit yoghurt • 2 cartons caster sugar • 3 cartons self raising flour • 1 carton melted butter • 3 eggs 	<ul style="list-style-type: none"> • Place all ingredients in a bowl • Mix well • Spoon into greased 2lb loaf tin • Bake as directed, covering top with foil for last 20 mins of baking time 		
	180°C		70 mins

Peach Cake



Ingredients:	Directions:		
<ul style="list-style-type: none"> • 150g butter • 250g sugar • 250g plain flour • 2 tsp baking powder • 2 large eggs • 1 tin of peaches 	<ul style="list-style-type: none"> • Chop peaches into small pieces • Cream sugar and butter together then beat in egg • Sieve in flour and baking powder and mix • Add peaches • Bake as directed 		
	180°C		30 mins

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Pumpkin Cake

Ingredients:	Directions:		
<ul style="list-style-type: none"> • 500g pumpkin, peeled and chopped • 175g brown flour • 3 tsp baking powder • 1 tsp ground cinnamon • 125g medium oatmeal • 60g light brown sugar • 90g butter • 1 egg 	<ul style="list-style-type: none"> • Boil pumpkin for 2 – 3 minutes until tender • Strain and puree in blender • Cool • Sift flour into bowl with baking powder and cinnamon • Add oatmeal and sugar then rub in butter, stir in egg and 200g of pumpkin puree • Beat until smooth • Bake as directed 		
	170°C		50 – 60 mins

Special Apple Cake



Ingredients:	Directions:		
<ul style="list-style-type: none"> • 150g butter • 750g cooking apple • 250g sugar • 250g plain flour • 2 tsp baking powder • 2 large eggs 	<ul style="list-style-type: none"> • Peel and chop apples • Melt butter and add sugar • Beat in eggs, flour and baking powder (sieved together) • Stir in apples • Put mixture in greased cake tin – the type with removable base • Bake as directed 		
	180°C		75– 90 mins



Sweets and Traybakes

Chocolate Truffles*	
Ingredients:	Directions:
<ul style="list-style-type: none"> • 5 heaped tbsp coconut • 3 tbsp porridge oats • 2 tbsp drinking chocolate • 3 tbsp caster sugar • 2 tbsp milk • 50g butter • chocolate vermicelli 	<ul style="list-style-type: none"> • Melt butter and milk in pan and add to dry ingredients. • Roll into balls • Roll balls in vermicelli

Crispy Traybake*	
Ingredients:	Directions:
<ul style="list-style-type: none"> • 125g butter • 125g toffees • 125g marshmallows • small box of crispies 	<ul style="list-style-type: none"> • Melt butter then add toffees and marshmallows over heat • Stir until all have melted • Remove from heat • Stir in crispies and put into a baking tray • Set in fridge • Cut to serve

Flapjacks*			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 200g butter • 100g sugar • 4 tbsp syrup • 250g porridge oats • 50g plain flour 	<ul style="list-style-type: none"> • Melt butter, sugar and syrup over low heat stirring all the time • Mix in porridge and flour and press into tin • When cooked, mark into squares and leave to cool in tray 		
	180°C		15 mins

What did the cow have for breakfast?

Moo-sli!

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Flapjacks (Microwave)*	
Ingredients:	Directions:
<ul style="list-style-type: none"> • 100g butter • 25g white sugar • 40g soft brown sugar • 60ml golden syrup • 225 rolled oats • pinch salt 	<ul style="list-style-type: none"> • Put sugar and butter in a bowl and melt in microwave for 1 – 1½ minutes. • Stir in syrup and salt and mix in oats • Press mixture into greased shallow dish • Cook for 5 minutes. • Cool and cut



Fudge*	
Ingredients:	Directions:
<ul style="list-style-type: none"> • 500g digestive biscuits • 30g sugar • 2 tins condensed milk • 140g butter • 100g syrup • 500g cooking chocolate 	<ul style="list-style-type: none"> • Melt all ingredients except biscuits and bring to boil • Simmer for 5 minutes stirring constantly • Add crushed biscuits and cover with melted chocolate

Mars Bar Crispies*	
Ingredients:	Directions:
<ul style="list-style-type: none"> • 125g butter • 2 mars bars • 1 medium box cornflakes • 4 tbsp golden syrup 	<ul style="list-style-type: none"> • Melt Mars bars, butter and golden syrup. • Add cornflakes • Turn out into tray and leave to cool



What is orange and sounds like a parrot?
A carrot!

Savoury Bites

Butter Biscuits			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 100g flour • 50g butter or butter • ¼ tsp salt • water 	<ul style="list-style-type: none"> • Rub butter or butter into flour and salt • Mix to a stiff past with water. • Roll out thinly • Prick and cut into shapes • Bake as directed 		
	180°C		10 - 15 mins



Cheese and Potato Soufflé			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 500g mashed potato • 125g grated cheese • 1 egg • 1 tsp baking powder • pinch mustard 	<ul style="list-style-type: none"> • Mix cheese and mustard • Add mixture to potatoes • Bind with egg • Put into greased dish • Bake as directed 		
	180°C		30 mins



Crunchy Cheese Balls*			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 40g butter • 100g cheddar cheese • 1 packet potato crisps (crushed) • 25g breadcrumbs 	<ul style="list-style-type: none"> • Soften butter and beat in grated cheese, breadcrumbs and seasoning • Roll in crushed crisps and chill • Serve on cocktail sticks 		



Ham and Egg Pie			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 225g shortcrust pastry • 225g streaky bacon • 3 medium eggs • salt and pepper • milk to glaze 	<ul style="list-style-type: none"> • Cut pastry into two and roll out to line a 20cm dish • Chop then fry the bacon • Whisk eggs then add bacon, salt and pepper • Pour mixture into the pastry and add pastry lid • Cut hole in the center and brush to glaze • Bake as directed 		
	195°C		35 mins

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Pancakes	
Ingredients:	Directions:
<ul style="list-style-type: none"> • 100g plain flour • 1 egg • ½ pint milk • pinch of salt 	<ul style="list-style-type: none"> • Mix flour and salt in a basin • Make a hollow in the centre and drop in the egg • Stir liquid in gradually then beat well • Cook in pan till golden • Toss if brave!

Pizza			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • 250g self raising flour • 1 tsp baking powder • a large pinch of salt • 50g butter • 75g grated cheese • 2 large tomatoes thinly sliced • small jar pizza topping • small quantity milk 	<ul style="list-style-type: none"> • Rub butter into dry ingredients and add sufficient milk to make a scone dough • Roll out to rectangular shape and place on baking tray • Add pizza topping, sliced tomatoes and grated cheese • Bake as directed 		
	170°C		20 mins

Savoury Cheese Triangles			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • Short crust pastry • Cheese slices • Milk 	<ul style="list-style-type: none"> • Roll out the short crust pastry until it is 1cm thick • Cut the pastry into squares and brush milk onto one side • Cut the cheese slices into slightly smaller squares and place onto pastry square • Fold pastry into triangle shape • Bake as directed 		
	150°C		10 mins

Savoury Shapes			
Ingredients:	Directions:		
<ul style="list-style-type: none"> • Short crust pastry • Marmite, Tartex or meat paste 	<ul style="list-style-type: none"> • Spread rolled out pastry with paste • Cut into shapes • Bake as directed 		
	150°C		10 - 15 mins

Further Information

Recipes, Tips & General Advice

Big Cook Little Cook – This children’s cookery show with stories and educational elements is shown on Cbeebies/BBC2. There are recipes and games at the website.
www.bbc.co.uk/cbeebies

The Be-ro book still exists! You can send off for a recipe book using the coupon on the side of a bag of Be-ro flour. The website www.be-ro.co.uk is worth a look for the Baking Basics section.

The kid’s section of the British Egg Information Service (BEIS) site www.britegg.co.uk has Jokes, Recipes, tips and things to send off for. Alternatively, you can telephone them for a recipe leaflet on 020 7370 7411

The Best British Food website was set up by a mum of four who claims she is no good at cooking. There are lots of easy to follow recipes in the “Ideal for Kids to Make” section.
www.bestbritishfood.freeserve.co.uk

www.supercook.co.uk – is a fun site with downloadable stencils and great ideas from the people who make cake decoration products Telephone: 01977 687300

At the Tate & Lyle Cook’s Club website. You’ll find lots of recipes, cookery tips and info on sugars and syrups.
www.cooksclub.co.uk. They also have a funky kids site which aims to teach children about cooking. www.cookwithlyle.co.uk

www.lurpakinspirations.com – has tips and tricks for using butter in cooking

Pilsbury (www.pilsburybaking.com) has a section devoted to baking with children and includes kids in the kitchen (age related activities), kitchen basics (safety), baking skills, baking activities and a “Family Connections” section which suggests ways to involve the whole family in cooking. They can also be contacted on 0500 622 700

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Equipment

You don't need loads of equipment to bake. Try improvising with upside down mugs, jar lids etc instead of cutters, or use a juice bottle instead of a rolling pin.

www.amazon.co.uk – Yes, the book, CD, DVD company sell baking sets!

Great Little Trading Company. Phone for or a catalogue (0870 850 6000) or visit www.gltc.co.uk. For baking sets, mixing bowls, Easter egg moulds, cutters etc.

Lakeland Limited has a stores throughout the UK and also offer mail order (phone 015394 88100 for a catalogue) and online ordering at their website www.lakelandlimited.com. They have everything you will ever need!

Ikea's stores are great for small-sized utensils and aprons. Call 0845 355 2265 or visit www.ikea.com to check stock levels in your local store.

The auction site www.ebay.co.uk is always worth a look. Try their kitchenalia category for vintage baking sets.

The Early Learning Centre has very reasonably prices aprons, cutters etc. www.elc.co.uk or 08705 352 352.



Tuition

Stirrin' Stuff run cookery workshops (inc. Toddler sessions with a maximum of 6 children by arrangement (3–5 year olds)). Further details from Littleton of Airlie, Kirriemuir, Angus . Tel: 7984243619. www.stirrinstuff.co.uk

www.experiencemad.co.uk offer a day course for older children from £20.

Sticky Mitts – www.stickymitts.co.uk – provide unique children's cookery courses to help you teach your children to cook at home.

Silva Buerschgens run children's cookery workshops from her farmhouse in Alves, Morayshire. Tel/Fax: (01343) 850219. Email: enquiries@childrensworkshops.com

Books

Easy Peasy All the Time: Real Meals for Kids Who Want to Cook – Irvine, Pru

Easy Peasy Sweetie Pie: Truly Scrumptious Treats for Kids Who Love to Bake – Contini, Mary

Easy Peasy: Real Cooking for Kids Who Want to Eat – Contini, Irvine

An online version of the latest edition of the recipe book can be viewed at www.barker-family.info.

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