



Mini Chefs

**Cooking scheme with the children as a
weekly enrichment**

Mini Chefs

'Mini Chefs' involves groups of children working together to create recipes and encourages them to explore other fun activities which are linked with their cooking themes, such as painting, dressing up and role play. There is a sense of adventure in cooking for children, and by extending the recipes into activities it will become a more memorable experience.

Knowing how to prepare and cook your own food is a skill that everyone should possess. It's also a fun skill to learn!

Teaching children how to prepare fresh, healthy food is a skill that can be used both inside and outside the setting and is something that will last a lifetime.

This pack can help children to learn to cook from an early age, developing different skills, such as time, measuring, counting and weighing. Cooking also introduces them to science by helping them to investigate, predict, experiment and observe. Cooking requires children to read recipe cards, and they are encouraged to develop new words for food and form an opinion, helping to reinforce their language development

This pack contains a pack of 10 recipes to start the setting off. The recipes can be adapted to suit all food allergies and preferences.

All recipes come with a recipe to take home with their creation to encourage parents to join in and participate

Recipe List

1. Fruit Salad
2. Oat cookies
3. Vegetable Soup
4. Speedy Pizza
5. Cheese straws
6. Cheesy boats
7. Fruit scones
8. Shortbread biscuits
9. Pancakes
10. Fruit Fool
11. Quick Bread

Fruit Salad

Ingredients:

Selection of fresh fruits

Orange juice

Equipment:

Chopping boards

Safety knives

Small bowls one per child

Cups to take salad home

Method:

1. Wash hands
2. Ask the children to place a label on their container to take the fruit home.
3. Sit round the table and introduce the different fruits available
4. Place the fruits in the middle of the table for the children to choose their own.
5. Demonstrate to the children how to use the chopping boards and knives safely
6. Let the children chop up their fruit and place in the containers provided.
7. Add orange juice to help preserve the fruit
8. Praise for good work and enjoy

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Ingredients:

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Equipment:

Chopping boards

Safety knives

Small bowls one per child

Cups to take salad home

Method:

Wash hands

Sit round the table and introduce the different fruits available

Place the fruits in the middle of the table for the children to choose their own.

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Let the children chop up their fruit and place in the containers provided.

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Oat Cookies

Ingredients

75g wholemeal flour

1 tsp baking powder

75g porridge oats

50g caster sugar

75g butter

1 tbsp golden syrup

2 tbsp milk

Method

Heat the oven to 180C/fan 160C/gas 4. Line a baking tray with baking parchment.

Sift flour into a bowl. Mix in baking powder, porridge oats and sugar.

Melt the butter, syrup and milk in a small saucepan or in the microwave and stir.

Add to the dry ingredients. Mix until the liquid covers all the oat mixture and until well combined.

Spoon onto a baking tray and shape into rounds, leaving space between each biscuit as they will spread whilst cooking.

Bake for 10 to 15 mins, or until golden brown. Leave to cool for 5 mins before removing from tray.

Oat Cookies

Ingredients

75g wholemeal flour
 1 tsp baking powder
 75g porridge oats
 50g caster sugar
 75g butter
 1 tbsp golden syrup
 2 tbsp milk

Method

Heat the oven to 180C/fan 160C/gas 4. Line a baking tray with baking parchment.
 Sift flour into a bowl. Mix in baking powder, porridge oats and sugar.
 Melt the butter, syrup and milk in a small saucepan or in the microwave and stir.
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Oat Cookies

Ingredients

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 1 tsp baking powder
 75g porridge oats
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 75g butter
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 Sift flour into a bowl. Mix in baking powder, porridge oats and sugar.
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Vegetable Soup

Ingredients

Selection of vegetables

Water

Vegetable stock cubes

Equipment

Large sauce pan

Wooden spoons

Safety knives

Chopping boards

Sealable pots

Method:

1. Encourage the children to wash their hands well
2. Ask the children to stand around the table
3. Talk though the vegetable
4. Encourage the children to chop up the vegetables
5. Place them in the saucepan
6. Add the water
7. Add the stock cube
8. Place on the stove and cook until vegetables are soft

Vegetable Soup

Ingredients

Selection of vegetables

Water

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Equipment

Large sauce pan

Wooden spoons

Safety knives

Chopping boards

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Speedy Pizza

Ingredients:

English muffins halved

Tomato Puree

Grated cheese

Variety toppings

Equipment:

Baking trays

Baking paper

Knives

Pen

Oven gloves

Plastic bags

Method:

1. cut the muffins in half
2. give the children a small amount of tomato puree and teach them how to spread on the muffin
3. let the children sprinkle the cheese on top
4. children can choose their own toppings
5. place on the baking paper and write name next to each pizza
6. take the children to the oven and show them how it works
7. talk about how to use the oven safely
8. bake until cheese is melted
9. leave to cool, then place in the plastic bags to take home

Speedy Pizza**Ingredients:**

English muffins halved
Tomato Puree
Grated cheese
Variety toppings

Equipment:

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Cheese Straws

Ingredients:

Puff pastry

Grated cheese

Equipment:

Rolling pins

Knives

Baking paper

Baking tray

Pen

Plastic bags

Method

1. Encourage the children to wash their hands
2. Preheat the oven to 190C/375F/Gas 5.
3. Line a baking sheet with baking paper.
4. Roll out the dough to a square, roughly the thickness of a £2 coin.
5. Cut the square in half, then cut each half into 1cm/½in strips.
6. Transfer carefully onto the lined baking sheet and bake for 10-15 minutes, until crisp, then leave to cool on the tray.
7. Pack in the plastic bags to take home

<p>Cheese Straws</p> <p>Ingredients: Puff pastry Grated cheese</p> <p>Equipment: Rolling pins Knives Baking paper Baking tray Pen Plastic bags</p> <p>Method</p> <ol style="list-style-type: none"> 1. Encourage the children to wash their hands 2. Preheat the oven to 190C/375F/Gas 5. 3. Line a baking sheet with baking paper. 4. Roll out the dough to a square, roughly the thickness of a £2 coin. 5. Cut the square in half, then cut each half into 1cm/½in strips. 6. Transfer carefully onto the lined baking sheet and bake for 10-15 minutes, until crisp, then leave to cool on the tray. 7. Pack in the plastic bags to take home 	<p>Cheese Straws</p> <p>Ingredients: Puff pastry Grated cheese</p> <p>Equipment: Rolling pins Knives Baking paper Baking tray Pen Plastic bags</p> <p>Method</p> <ol style="list-style-type: none"> 1. Encourage the children to wash their hands 2. Preheat the oven to 190C/375F/Gas 5. 3. Line a baking sheet with baking paper. 4. Roll out the dough to a square, roughly the thickness of a £2 coin. 5. Cut the square in half, then cut each half into 1cm/½in strips. 6. Transfer carefully onto the lined baking sheet and bake for 10-15 minutes, until crisp, then leave to cool on the tray. 7. Pack in the plastic bags to take home
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Cheesy potato boats

Ingredients

onion chopped

tbsp oil

potato large, jacket or normal

cheese grated

knob butter

Equipment:

Baking tray

Fork

Bowl

Masher

Knives

Method

1. Pre-heat oven to 200C.
2. Stab holes in the potato with a fork.
3. Cover potato skin with a little oil.
4. Microwave for approx 5 minutes per potato.
5. Leave to cool slightly.
6. Cut potato in half lengthways. Scoop out the insides
7. Talk about being careful due to it being hot
8. Add the cheese, onion and butter, mash altogether.
9. Put mashed ingredients back into the potato skin shell and return to the oven at 180C for approx 20 mins.

Cheesy potato boats

Ingredients

onion chopped
tbsp oil
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cheese grated
knob butter

Equipment:

Baking tray
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Fruit Scones

Ingredients

- 225 g self-raising flour
- 1 tsp baking powder
- pinch of salt
- 40 g margarine cubed
- 15 g caster sugar
- 150 ml pint milk
- 50 g raisins

Equipment:

Baking tray

Bowl

Wooden spoons

Weighing scales

Baking paper

Instructions

1. Preheat oven to 200C and line a baking tray
2. Place the Flour, baking powder and salt in a bowl.
3. Add the cubed margarine and rub into the flour.
4. Add the sugar and the raisins and mix.
5. Pour in the milk and make a dough.
6. Knead sparingly on a lightly floured surface.
7. Roll out to around 2cm thick.
8. Cut into individual Scones.
9. Place on a lined baking tray and brush ONLY THE TOP with a little milk.
10. Place in the centre of the oven for 12 - 15mins until lightly golden.
11. Remove and cool on a cooling rack.
12. ENJOY!

Fruit Scones**Ingredients**

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 1 tsp baking powder
 pinch of salt
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Instructions

13. Preheat oven to 200C and line a baking tray
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 Bowl
 Wooden spoons
 Weighing scales
 Baking paper

Instructions

25. Preheat oven to 200C and line a baking tray
 26. Place the Flour, baking powder and salt in a bowl.
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 57. Remove and cool on a cooling rack.
- ENJOY!

Shortbread Biscuits

Ingredients:

60g/2¼ oz plain flour

40g/1½ oz butter, cut into cubes, softened

½ tsp vanilla extract

20g/¾ caster sugar

6 glacé cherries, chopped

Equipment:

Baking tray

Baking paper

Bowl

Wooden spoons

Weighing scales

Biscuit cutter

Method:

1. Preheat the oven 180C/350F/Gas 4.
2. Line a baking tray with greaseproof paper.
3. Put the flour and butter into a mixing bowl and rub together with your fingers until the mixture resembles breadcrumbs.
4. Stir in the vanilla, sugar and cherries.
5. Squeeze the mixture into a ball with your hands.
6. Sprinkle a work surface with flour and roll the dough out to a 0.5cm/¼in thickness.
7. Use a biscuit cutter to cut out shapes and place on the baking tray.
8. Re-roll any leftover dough to make more biscuits.
9. Bake the biscuits for 12-15 minutes or until pale golden-brown.

Appendix 1

Evidence sheet

Evidence Form

Recipe:

Day and Date:

Amount of children:

What went well?

What would you change?

Photos / Evidence

Appendix 2

Blank recipe card

Recipe Card

Name:

Ingredients:

Equipment

Method