



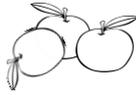
Winter Veggie Soup - January



<p>What will it make? Serves 4</p>	<p>How long will it take? About 50 mins</p>
<p>How long will it keep? Will keep in the fridge for a couple of days or in the freezer for up to a month.</p>	<p>Equipment needed Scales, measuring jug, measuring spoons, knives & chopping boards, garlic press, peelers, large non-stick saucepan, wooden spoons, hand blender/liquidiser.</p>
<p>Ingredients 2 Tablespoons olive oil 1 medium chopped onion &/or leek 2 medium carrots peeled & sliced thinly 2 - 4 medium potatoes peeled & sliced thinly 4 large mushrooms washed & sliced 1 clove garlic crushed 200g sliced kale/spring greens 500ml vegetable stock Salt & pepper to taste</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Heat the oil in a large non-stick saucepan. 2. Add the chopped onion and gently cook until they become clear, do not brown. 3. Add sliced carrots and cook for another 5 minutes 4. Add potatoes, mushrooms & garlic, Cook gently for a few minutes, keep stirring to ensure the vegetables don't stick, add more oil if they start sticking. 5. Add vegetable stock & seasoning. 6. Once the vegetables start to become tender add the kale/greens and cook for a further 5 minutes. 7. Take off the heat & blend, either with a hand blender or a liquidiser until smooth.
<p>Notes This recipe is a good way to get children to eat vegetables they wouldn't normally eat whole! It can be adapted according to what you have growing in the garden. If you do change the vegetables try and keep in the mushrooms to give the soup a more savoury flavour.</p>	



<p>What will it make? An egg dish that looks a bit like a thick omelette which can be cut up into smaller pieces for the children to try.</p>	<p>How long will it take? 20-30 minutes</p>
<p>How long will it keep? Best eaten immediately, although can be eaten cold in a packed lunch.</p>	<p>Equipment needed Bowl Whisk or fork Non-stick frying pan suitable for going under the grill. Grill</p>
<p>Ingredients 6 eggs 1 onion, peeled and chopped 30g parmesan cheese grated 225g Swiss chard/spinach 2tbsp chopped fresh parsley (optional) Salt and pepper (optional) 2 tbsp olive oil</p> <p>Variations</p> <p>To increase the size</p> <p>Allow at least 1 egg (and no more than 2 eggs) per person. Use a maximum of 8 eggs in the frying pan and increase the other quantities per person. This recipe is not an exact science so you can add extra cheese or spinach/chard as you see fit!</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Wash the spinach thoroughly* and roughly chop it. Tear the leaves away from the stalks and set aside. 2. Peel and finely chop the onion and the spinach stalks and fry gently in the frying pan with the lid on until the onion is soft and transparent. Put the grill on full to heat up. 3. Add the washed spinach to the frying pan and gently 'wilt' it. This means cook it slowly so that it softens. At this point it will look a complete mess but don't worry. 4. Beat the eggs and mix with the parmesan cheese. Add salt and pepper if necessary. 5. Check that there is enough oil in the frying pan to stop the eggs from sticking when you add them and add more oil if necessary and then add the egg/cheese mixture. 6. Cook for 4-5 minutes or until the eggs on the bottom are set and golden brown at the edges. 7. Put the pan under the hot grill until the top cooks (2-3 minutes or more depending on how efficient your grill is). Once the Frittata has puffed up and the egg is cooked it is ready to eat. 8. Serve with crust bread and fresh green salad.
<p>Notes</p> <p>* Mrs Beeton says that you need to change the water three times if there are lots of insects etc on the leaves. This works and I have never found insects on leaves after three washes!</p> <p>You will need two adults for this recipe because a lot of it is centred around the hot plate and the grill. The children can be involved in washing the spinach, chopping the onion and the spinach stalks, beating the egg, and grating the cheese.</p> <p>It is often said of Chard that you treat the leaves like Spinach and the stalks like asparagus (i.e. lightly steam them). If you chop them up finely with the onions no-one will be able to tell they are there!</p>	



Leek Macaroni Cheese - March



<p>What will it make? Serves 4</p>	<p>How long will it take? About 20 - 30 minutes</p>
<p>How long will it keep? Best eaten straight away. Will keep for a couple of days in the fridge but extra milk may need to be added if it is reheated.</p>	<p>Equipment needed Scales, 2 pans, wooden spoons, chopping board & knives, colander, measuring jug, measuring spoon, grater</p>
<p>Ingredients 300-350g macaroni/spiral pasta 25g butter 2 medium leeks 25g Plain flour 600ml milk Mustard to taste (optional) 80g grated Cheddar cheese Salt & Pepper</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Cook the macaroni according to the instructions on the packet. 2. While it is cooking, make the sauce. 3. First clean the leeks. Place the leek on a board. Make a cut through the middle of the leek, lengthways from the green down to some of the white. Open up the leek like a fan and run it under a tap to wash away any soil. 4. Cut the leeks into 1-2cm thick slices. 5. Melt butter in a pan, add leeks. Add salt & pepper if required. Turn down the heat as you don't want the leeks to brown. 6. When the leeks are tender, add the flour. Stir constantly until the leeks are coated in the flour. 7. Gradually add the milk, stirring constantly, until all the milk has been added. Add the mustard and salt & pepper to taste (optional.) 8. Turn off the heat. Add the grated cheese. Stir until the cheese melts. 9. Add the cooked pasta to the sauce and give it a good stir until the pasta is covered with sauce. 10. Serve immediately.
<p>Notes Ask the children to bring in a lidded plastic container in advance if they want to take some home.</p>	



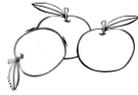
Eyeball Soup - April



<p>What will it make? 6 portions</p>	<p>How long will it take? About 45 minutes</p>
<p>How long will it keep? A couple of days in the fridge. A month in the freezer.</p>	<p>Equipment needed Chopping board, chopping knives, peeler, saucepan, wooden spoon, measuring spoons, hand blender or liquidiser</p>
<p>Ingredients 2 tbsp olive oil 1 large onion, peeled and thinly sliced 2 cloves garlic, peeled and thinly sliced 2 carrots peeled & finely chopped 1tbsp Plain flour 500ml Vegetable stock 1 can chopped tomatoes 250g of cooked beetroot, roughly chopped* 1tsp Horseradish sauce (add more or less according to taste) Pinch of sugar Salt & Pepper to taste</p> <p>6 small balls of mozzarella 3 pimento stuffed black olives, sliced in half</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Heat the oil in a saucepan, add the onions and fry them slowly. Then add the chopped carrots. When the onions are just starting to brown, add the garlic and let it fry for another 2 minutes. Then add flour and keep stirring. 2. Next add the chopped tomatoes & vegetable stock. Simmer until the vegetables are tender. 3. Turn off the heat and add the chopped beetroot and sugar, horseradish sauce, salt and pepper to taste. 4. Blend the soup either with hand blender or with a liquidiser. 5. Pour into wide bowls (not too deep otherwise the 'eyeball' won't stand out), add a ball of mozzarella with a halved pimento stuffed olive as the pupil!
<p>Notes * Wash a whole beetroot. Do not peel but trim (but not too closely to prevent it bleeding.) Wrap in foil and bake in the oven for an hour (180°C/gas 4) until tender. Allow to cool, then peel beetroot.</p> <p>Alternatively you can also cut the beetroot into chunks and roast with olive oil at 180°C/gas 4 for about 30 minutes (this can all be done at home in advance without the children if there is not enough time during the session.)</p>	



What will it make? Serves 4	How long will it take? About 25 minutes
How long will it keep? Eat immediately	Equipment needed Scales, 2 large pans with lids, colander, chopping boards & knives, food processor
Ingredients 350g pasta, such as penne or farfalle 200g podded broad beans 15g basil leaves 1 fat clove garlic, crushed 15g Parmesan cheese, grated, plus extra to serve 100ml olive oil Salt and pepper	Method <ol style="list-style-type: none">1. Cook the pasta in plenty of boiling salted water according to the pack instructions. Drain and rinse under cold water. Leave to drain in a colander while you prepare the pesto.2. Cook the broad beans in plenty of boiling water for about 4-5 minutes. Drain and rinse under cold water. Shell the beans and discard the skins if necessary, very small, young beans will be fine as they are.3. Put the beans, basil, garlic and Parmesan into a food processor and whizz for a few seconds until combined but not completely smooth. Then, with the motor running, add the oil in a steady stream until you have a thick sauce. Add salt and pepper to taste.4. Toss the cooked pasta with the sauce to coat. Serve with salad.
Notes This recipe is from http://www.tastesofsummer.co.uk/recipes/recipes/002.html	



Salad Bowls - July



<p>What will it make? Each child will have one salad bowl each.</p>	<p>How long will it take? 20 minutes</p>
<p>How long will it keep? Needs to be eaten straightaway. If the children want to take the salad home, ensure that the dressing is put in a separate pot</p>	<p>Equipment needed A small bowl for each child Salad washing facilities Small knives for cutting and slicing</p>
<p>Ingredients Lettuce or salad leaves Any salad ingredients you have, choose from radish, cherry tomatoes of differing varieties, large tomatoes, grated carrot or small carrot thinnings, pea shoots, cucumber etc.</p> <p>Salad Dressing Use 2/3 oil to 1/3 vinegar. Add one teaspoon of an additional ingredient.</p> <p>Experiment with olive oil (a favourite), sesame oil, chilli oil, sunflower oil.</p> <p>Vinegar – try malt vinegar, spirit or white vinegar, balsamic vinegar, cider vinegar. Try lemon juice instead of vinegar.</p> <p>Try adding teaspoon of mustard, fresh herbs – mint (in moderation), parsley, chives, crushed garlic, roasted sunflower seeds, roasted sesame seeds.</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Wash all the salad vegetables thoroughly. Change the water three times for the lettuce if it has insects on it, remembering to save the water for watering the plants. 2. Make a radish rose by slicing the radish along 2/3 of the length from the root end and placing the radish into cold water to allow the radish to cool outwards. This can take a few hours to master, so explain the principle for them to try at home! 3. Teach the children how to tear up the lettuce, tearing gently a few leaves at a time. Explain that you don't want the leaves bashed up or squashed, just made into manageable bite sizes. 4. Using the lettuce as a base, add the other salad ingredients. Arrange other salad ingredients to garnish the dish and make it look attractive. 5. Just before eating, toss the salad in the salad dressing. You may wish to demonstrate how much dressing to use by using too much and watching the salad 'cook' in it, or too little and not being able to taste it. 6. Serve with a tasty bread such as ciabatta, or garlic bread.
<p>Notes</p>	



Runner Bean & Courgette Pasta - September



<p>What will it make? Serves 4</p>	<p>How long will it take? 15-20 minutes</p>
<p>How long will it keep? Eat immediately</p>	<p>Equipment needed Scales, Knives & chopping board, 2 saucepans with lids, wooden spoons, hand blender, colander</p>
<p>Ingredients Enough pasta for 4 (approx 300-350g) 150g fresh tomatoes 2 small courgettes 10 (or so) runner beans 150g butter beans (or chick peas / kidney beans) 1 heaped tablespoon of pesto 100ml creme fraiche or natural yoghurt Knob of butter & tablespoon of olive oil 50g grated Cheddar (optional)</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Wash and trim the courgettes. Slice them or chop them into 1 cm pieces. 2. Wash the tomatoes and cut into halves or quarters, depending on their size. 3. Wash the runner beans and slice them into 2cm chunks 4. Cook the pasta according to the packet instructions 5. While the pasta is cooking, heat the butter and oil in a pan. Add the tomatoes and courgettes. Mix well. Cover and cook on a low heat until the courgettes are soft. Stir occasionally. 6. Add the runner beans and butter beans to the pasta 4 minutes before it is due to finish. 7. Add the creme fraiche, cheese and pesto to the tomato and courgette sauce. Use a hand blender to puree until smooth. 8. Drain the pasta and mix with the sauce.
<p>Notes From http://vegbox-recipes.co.uk/ingredients/runner-beans.php</p>	



Pumpkin & Coconut Curry - October



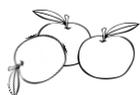
<p>What will it make? Serves 4 as a main meal</p>	<p>How long will it take About 30 – 45 minutes</p>
<p>How long will it keep? Can be frozen for up to a month</p>	<p>Equipment needed Scales, peeler, chopping board & knife, 2 saucepans with lids, wooden spoons, tin opener, sieve/colander, measuring spoons</p>
<p>Ingredients Pumpkin flesh/butternut Squash 1 medium potato 1 medium sweet potato 1 Tin of chick peas (drained) 1 onion (chopped) 1 clove of garlic (crushed) 2 tbsp of oil 1 tin of coconut milk 1-2 tsp of curry paste (depending on personal taste) Salt & pepper</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Peel potato, sweet potato, butternut squash. Scoop out pumpkin flesh. Cut into 1-2cm cubes. Boil in a little salted (optional) water until a knife will go in but they are still firm (they will be cooked further in the curry.) 2. While they are boiling chop the onion & garlic and fry in the vegetable oil in a large pan with a lid until they start to become translucent. 3. Add cooked pumpkin/squash, potatoes, sweet potatoes & drained chick peas. 4. Add coconut milk & curry paste (experiment with how much to add.) 5. Put on lid and allow to simmer until the vegetables are tender. 6. Serve with rice and or naan bread.
<p>Notes</p> <p>Chick peas may be an acquired taste for some children so they can be left out without affecting the recipe too much!</p>	



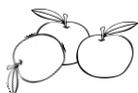
Carrot Muffin - November



<p>What will it make? 12 big muffins or 36 small muffins</p>	<p>How long will it take? Approx. 30 mins</p>
<p>How long will it keep? One to two days in an air tight container</p>	<p>Equipment needed Muffin tins or cake cases and a jam tart tin Grater Potato peeler Wooden spoon Measuring spoon Mixing bowl</p>
<p>Ingredients 150 ml vegetable oil 250g carrots 200g caster sugar/soft brown sugar 2 large eggs 200g plain flour 2 tsps ground cinnamon 1 tsp baking powder 125g sultanas</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Pre-heat oven to 170° C. 2. Wash and scrub, scrape or peel the carrots depending on how old they are. 3. Grate the carrots. 4. Crack the eggs into a cup and whisk with a fork until the yoke and white are mixed together. 5. Place the eggs in a large mixing bowl with the oil and then add the sugar, flour, cinnamon, baking powder, and sultanas mixing it up until it is all mixed through. 6. Stir in the grated carrots and ensure it is evenly mixed through the mixture. The mixture will be lumpy but this is fine! 7. Spoon into the muffin tray or the cake cases. Fill 2/3 full. 8. Place the muffin tray (or the cake cases in a jam tart tin) in the oven for 10-15 minutes.
<p>Notes</p>	



<p>What will it make? About 2.5kg.</p>	<p>How long will it take? Preparation 30 minutes – an hour (depending on number of children.)</p>
<p>How long will it keep? Unopened, up to a year</p>	<p>Equipment needed Scales, measuring spoons, chopping boards, peelers, knives, grater, lemon squeezer, small bowls (for chopped fruit), large bowl, wooden spoon, oven, couple of roasting dishes, aluminium foil, jam jars & lids, saucepan.</p>
<p>Ingredients 500g Mixture of cooking & eating apples, peeled, cored and finely chopped (can use apples from school grounds or donated ones from children) 350g currants 350g sultanas 300g raisins 250g suet (can use vegetable suet instead) 150g soft brown sugar 75g ground almonds Juice and finely grated zest of 2 oranges Juice and finely grated zest of 2 lemons ½ tsp freshly grated nutmeg 2 tsp ground mixed spice 2 tsp ground cinnamon ½ tsp ground cloves (optional)</p>	<p>Method</p> <ol style="list-style-type: none"> 1. Mix all the ingredients, (except for the alcohol, if using*) together in a large bowl, Cover and leave for 24 hours, so the fruit swells and the flavours mingle. Stir occasionally. 2. Preheat the oven to 120°C/250°F/gas mark ½. Spread the mincemeat in a roasting dish and cover with foil. Bake for two to three hours. 3. Towards the end of the cooking time sterilise the prewashed jars by putting them upside down in the oven. 4. Remove the mincemeat from the oven then turn it off and leave the jars inside to cool gradually. 5. Sterilise the lids by boiling for 5 minutes in a saucepan of water. 6. Pack it into the sterilised jars and seal immediately with lids. 7. Leave to mature for at least a week.
<p>Special considerations when working with children This mincemeat takes a little time and so may need to be spread over a couple of days or followed up in a normal lesson. The weighing, chopping, peeling, grating & juicing can all take place in one session. Then if the mincemeat is left in the classroom, the children can stir it throughout the day. It can then be cooked in the school oven and put into jars. Or alternatively it can taken home by the garden club leader and then brought back in the next day to be put into jars.</p> <p>*As this recipe is for cooking with children, we have removed the alcohol content, but 50-100ml rum, brandy or whisky can be mixed in after cooking and before putting into jars.</p>	



Jams and Chutneys are an excellent way of using up fruit and vegetables and selling them is a good way of raising money for the school or the gardening project. Before you start the process, it is worth speaking to any staff that have food handling and hygiene training and ask their advice, or if there aren't any, contact your local Environmental Health Department.

The Safety and Hygiene section of the Food Standards Agency website (www.food.gov.uk) contains useful advice and information on food health and hygiene. Avoid working with raw meats, poultry or eggs as their advice shows that these are the most problematic foods. We have summarised the most important points for you to consider when producing food to sell, but this is no substitute for conducting your own research and ensuring that you know all you need to for your particular circumstances.

Personal Hygiene

- Children should always wash their hands before preparing food (see section below.)
- Their clothes should be clean and they should have clean aprons.
- They should have their hair tied back when preparing food. Ideally they should wear a hair net or hat to prevent hair falling into the food they are preparing.
- Watches or jewellery should not be worn when preparing food.
- No food or drink should be consumed while preparing food. If you let the children taste the food, ensure they all have their own spoon.
- Children should avoid touching their face or nose, or coughing or sneezing whilst preparing food.
- Those preparing food should be well.
- Cuts and sores should be covered with a brightly coloured waterproof dressing.

Cloths

Use tea towels and dish cloths for one purpose and then launder them afterwards at a high temperature.

Covering Food

Cover food when you are not using it and put it in the fridge.

Food Allergies

Ensure you keep a list of all the ingredients used to make a particular product. Include the ingredients on the label. Be particularly careful with ready-made additions to products as these can contain small amounts of problematic ingredients. Ensure you include the oils, seeds, flours and spices used in your list and on your label.

FSA Hand washing Guidelines

Make sure that everyone who works with food washes their hands properly:

- when entering the kitchen e.g. after a break or going to the toilet
- before touching ready-to-eat foods
- after touching raw meat/poultry and eggs
- after emptying bins
- after cleaning
- after touching a cut or changing a dressing

Harmful bacteria can spread very easily from people's hands to food, work surfaces, equipment etc and effective hand-washing helps to prevent this.

1. Wet your hands thoroughly under warm running water and squirt liquid soap onto the palm of one hand. Rub your hands together to make a lather.
2. Rub the palm of one hand along the back of the other and along the fingers. Then repeat with the other hand.
3. Rub in between each of your fingers on both hands and round your thumbs, then your fingertips and nails. Rinse off the soap with clean water.
4. Dry hands thoroughly on a disposable towel. Turn off the tap with the towel and then throw the towel away.