

# Cooking for all ages



## Egg in a Potato

You will need:-

1 potato per person

1 egg per person

Foil

Teaspoon

### Method

Wash the potatoes and cut the top off each one, approximately one third from the thinnest end.

Scoop out the center of the potato with the teaspoon, being careful not to pierce the skin. Remove enough of the potato to make room for the egg.

Break the egg and pour it into the potato and replace the top that was cut off.

Leftover potato – wrap all the excess potato into 2 layers of foil with some butter and cook with the other potatoes.

### Cooking

Wrap the potatoes in 2 layers of foil and place in the embers of a bbq for 30 minutes, turning it after 15 minutes **OR**

Wrap the potatoes in 2 layers of foil and place in an oven (gas mark 5, 375 °F, 190°C) for about 1 hour, turning it after 30 minutes.

### Variations

Replace the egg with –

Grated cheese

Minced beef and onions

Corned beef

Chopped ham

Mushrooms

Any filling of your choice

## Baked apples

### Ingredients

Large cooking apples

Raisins

Brown sugar

Foil

Knife (or apple corer)

Optional – cinnamon or cloves

### Method

Wash and core each apple

Place the apple on a double thickness sheet of foil and press a mixture of brown sugar and raisins into the center of the apple. Cinnamon or cloves may be added according to taste.

Seal the foil around the apple.

### Cooking

Place the foil package in the hot embers of a bbq for about 15 minutes OR

Place the foil packaging in the oven (gas mark 5, 375 °F, 190°C) for about 30 minutes.

### Variations

Chocolate or jam may be used instead of the sugar and raisins.

# Fruit Crumble



## For the filling you will need :

Fresh fruits such as apples, blackberries, raspberries, strawberries or rhubarb etc.

or

canned fruit such as cherries, strawberries, raspberries, peaches etc.

or

frozen fruit –it can be mixed summer fruits or any frozen fruit of choice

(For all fruits other than tinned fruit you will need to add sugar to sweeten them –the amount depends on your own taste)

## For the crumble you will need;

2 cups/mugs of flour (any)

1 cup of sugar (any)

1 cup of butter or margarine

## Method

1. Prepare the fruit

If you are using fresh fruit then-

wash them and prepare them e.g. if you are using cooking apples you will need to peel them and chop them.

If you are using frozen fruit then-

pour straight from frozen into a dish and add sugar

If you are using canned fruit –

Open the can and pour the mixture into a dish

2. Place the dish with the fruit into the oven at 170°C or Gas 3/4 whilst you are making the crumble

3. Get a bowl and put all the crumble ingredients into the bowl

4. Using your fingertips from both hands rub the butter/margarine into the flour and sugar until they look like breadcrumbs

5. Take the dish with the fruit out of the oven and sprinkle the crumble mixture on top

6. Place it back in the oven for 30 minutes until cooked

## Posh Fruit Crumble (with fudge sauce and ice cream)



For the filling you will need:

Fresh fruits such as apples, blackberries, raspberries, strawberries or rhubarb etc.

or

canned fruit such as cherries, strawberries, raspberries, peaches etc.

or

frozen fruit –it can be mixed

summer fruits or any frozen fruit of choice

(For all fruits other than tinned fruit you will need to add sugar to sweeten them –the amount depends on your own taste)

For the crumble you will need;

2 mugs of flour (any)  
sugar

1 mug of sugar (any)

1 mug of butter or margarine

For the fudge sauce you

1 cup of light brown

Half a cup of butter

Half a cup of cream

1 tablespoon of golden  
syrup

(Add vanilla or toffee ice cream from the freezer)

### Method

1. Preheat the oven to 200°C or Gas 6

2. Place all the fudge sauce ingredients in a saucepan and cook gently for 2 minutes on the hob, stirring all the time with a wooden spoon so that all the ingredients have dissolved

3. Carry on stirring and turn up the heat and boil for 3 minutes until it thickens

4. Leave to cool
5. Get a bowl and put all the crumble ingredients into the bowl
6. Using your fingertips from both hands rub the butter/margarine into the flour and sugar until they look like breadcrumbs
7. Pour the crumble ingredients out on a lined or greased tin and place in the oven for 8- 10 minutes until golden brown
8. Whilst the crumble is in the oven you can prepare the fruit

If you are using fresh fruit then-

- wash them and prepare them e.g. if you are using cooking apples you will need to peel them and chop them and place them in a pan and add sugar and stew them gently until soft

If you are using frozen fruit then-

- pour straight from frozen into a pan and add sugar and stew them gently until soft

If you are using canned fruit –you will not need to cook it

9. After you have taken the crumble mixture out of the oven leave to cool a little and then using a fork or your fingers break it up

10. When everything has cooled put a layer of all the ingredients in a tall glass -fruit then crumble then ice cream then fudge sauce and carry on

11. Add a scoop of ice cream on the top and serve

## Tatws pum munud (Five minutes potatoes)

(Take note this dish takes about an hour to cook)

There are two ways to make it:



In the frying pan or wok or  
saucepan on the hob

or

In a dish in the oven



### You will need:

Ham or bacon (or you can use  
chicken, pork, gammon or  
sausages)  
Onions (cut so they make circles)  
Potatoes  
Carrots and peas (optional)  
Chicken or ham stock

### Method

1. Peel and slice your potatoes and onions and layer them in a pan or in an ovenproof dish until full
2. Add your peas and sliced carrots to the layers
3. If you are –
  - using uncooked meat (chicken ,pork or gammon) add these to the layers
  - using uncooked bacon bits or lardons add these to the layers

- using uncooked bacon slices or sausages do not include them until nearly the end of cooking time

4. Boil some water and make up some stock using chicken vegetable or ham stock cubes. Pour the stock onto the mixture in the frying pan **or** the dish until it reaches the top layer

5 .Place the frying pan on the hob to cook slowly **or** cover your dish with a lid or with foil and place in the oven at 190°C or Gas 5

6. Let it boil slowly or simmer until the potatoes are soft and have soaked up nearly all the stock

7. If you are adding bacon or sausages to the dish, take the lid off and place them on top of the layers until they are cooked

If you are adding bacon or sausages to the pan on the hob: then fry them or grill them separately

8. When everything is cooked and the potatoes are soft then serve

## Tips

You don't have to add any meat to the dish at all

It is easier to cook in the oven as you don't have to keep checking that it hasn't boiled dry or put a lid on your pan



## Pinwheel sandwiches

They can be:



Savoury

Or

Sweet



### What you will need

Sliced bread

For the savoury fillings:

Cream cheese, ham, paste, boiled egg, pesto, tomato sauce etc.

For the sweet fillings:

Chocolate spread, jam, marmalade, peanut butter etc.

### Method

1. Cut the crust off your slices of bread
2. Spread your fillings onto the slices –you can choose more than one if you like
3. Roll your slices of bread up like a swiss roll
4. Use a sharp knife to cut out the sandwiches and decorate them if you wish
5. Serve on a plate or place them onto a kebab stick

# Veggie and Rice Sandcastles

## What you will need (most of the vegetables are optional)



Long grain rice (you may use already cooked rice from a packet for this)

Frozen peas

Red and green peppers

Onion

Mushrooms

Sweetcorn

Stock cube

## Method

1. Chop up any vegetables such as onions, peppers and mushrooms into small pieces
2. Gently fry them with oil in a frying pan until soft
3. Boil your uncooked rice in salted water in another pan until ready **or** open your cooked sachet and place in microwave for 2 minutes
4. To the vegetables add peas and sweetcorn
5. Make up the stock with half a pint of boiling water and add to the vegetables
6. Add the cooked rice and keep stirring until the rice and vegetables have soaked up the water
- 7 You can add some chilli powder or garlic powder to taste
8. Grease a plastic beaker or a yoghurt pot with butter or margarine or any other mould you can find
8. Place the rice mixture into your mould and press it down firmly with the back of your spoon
9. Leave it to cool a little and then tip the mould upside down on a plate and gently tap it and remove the mould
- 10.If you have made a sandcastle then use a straw or cocktail stick and paper and felt pens to make a flag and stick it on your sandcastle

# Pork and beef meatballs



## What you will need

1/2 a pound of lean mince or a pack of frozen beef burgers (defrosted)  
1 packet of pork sausages (skinless) or sausage meat  
Onions  
Leeks  
Tin of chopped tomatoes  
Garlic

Some frozen mixed vegetables/peas (optional)  
Stock cube  
1 tablespoon of flour  
Worcester sauce or tomato sauce (optional)  
Cooking oil

## Method

1. In a bowl add the mince and sausage meat
2. Finely chop up some onions **or** leeks and add to the bowl
3. Add some powdered garlic, salt and pepper
4. Use your hands to squash all the ingredients together and then form them into a ball
5. Place the flour onto a plate and season it
6. Roll the meatballs into the flour
7. Pour some cooking oil into a frying pan or saucepan and place the meatballs into the oil.
8. Keep tossing the meatballs until they are cooked on the outside
9. Take them out of the pan and put them in an ovenproof dish
10. Add the rest of the flour, stock cube, some water, Worcester or tomato sauce and the tinned tomatoes into the frying pan and bring to the boil, stirring continuously until it thickens.
11. Pour the gravy/sauce onto the meatballs and either cook them in the oven or pour them back into the pan and cook them on the hob until the meat is cooked through

## Serving Tips

You can either serve them on spaghetti or any pasta and sprinkle some strong cheese such as parmesan on top

**Or**

Use them as a filling in a baguette, wrap or pitta bread

# Jelly Yachts

## What you will need

Oranges

Packet of jelly

Boiling water

## Method

1. Prepare the jelly following the instructions on the packet (use a little less water to make sure they will set solidly)



2. Cut your oranges in half and squeeze out the juice and the flesh (you could use the juice to make up the jelly)

3. Balance your orange halves in bowls and pour the jelly into them like moulds

4. Place them in the fridge for a few hours until the jelly is set and wobbly

5. Cut the jelly oranges in half again

6. Cut a triangle out of coloured card and draw a pattern or write your name on it, then stick it onto a straw or cocktail stick and stick it into the jelly and there you have your jolly yachts

## Rice pudding



### What you will need

3 cups/mugs of milk  
½ cup/mug of short grain rice  
½ cup/mug of sugar (any)  
Teaspoon vanilla essence (optional)  
A blob of butter  
Fruit berries (optional)  
Nutmeg (optional)

### Method

To make in a saucepan you

- Pour the milk into a saucepan and add the sugar and the butter
- Warm it on the hob stirring continuously until the sugar dissolves
- Add the rice and bring it to the boil stirring continuously then reduce the heat and simmer
- You will need to stir frequently with a wooden spoon to make sure it doesn't stick to the bottom and sides of the pan
- When the mixture is very thick with mostly the rice and hardly any milk visible (about 30-35 minutes) remove the pan from the heat and pour the mixture into a dish to cool (You will know when it's ready when the rice is soft )
- If you don't want a skin to form put a large piece of plastic over the dish and press it onto the surface of the pudding
- You may serve it warm or cold by spooning it into bowls or glasses
- Sprinkle a few berries on top if you like



## To make it in the oven you

- Place all ingredients into an oven proof dish
- Place in a warm oven 350°C
- After about 10 minutes use a fork to stir the ingredients to make sure that the sugar has dissolved and the rice is evenly spread out
- Leave in the oven for about 1 and 1/2 hours giving it a stir about every 15 minutes
- Check it's ready when the rice is soft and it's soaked up the milk
- Serve warm or cold

## To make it in a slow cooker you

- just put all the ingredients in the slow cooker on low overnight and leave



## Tips

If you want to thicken it then cook it for longer

If it's too thick just add extra milk during cooking

You can use any milk but full cream milk will give you a creamier flavor or you can add cream

Some people like nutmeg sprinkled on top

If you want it sweeter then add more sugar during cooking

## Crunchy crispy battered chicken



### You will need

2 chicken breasts  
Flavoured or plain crisps  
or tortillas or crackers, or  
rolled oats or  
breadcrumbs  
Cooking oil  
Paprika /chilli /garlic

granules (optional)

Cooking oil

### Method

1. Place your chicken breasts between a folded sheet of greaseproof paper or inside a plastic bag
2. Use a rolling pin or a tin to flatten (batter) the chicken breasts until they have doubled in size then leave them to rest
3. Crush your crisps/tortillas/crackers/rolled oats/breadcrumbs between a folded sheet of greaseproof paper or inside a plastic bag with a rolling pin or anything you have to hand
4. Add any flavourings of your choice e.g. paprika/chilli/garlic to the dry mixture
5. Place your chicken in a plastic bag or on a folded sheet of greaseproof paper and add the dried ingredients and crush the dry mixture into the chicken breasts until they have been covered
6. Pour some cooking oil into a frying pan and heat until hot
7. Place the covered chicken breasts into the hot oil and brown on both sides
8. Turn the heat down and cook the chicken breasts for about 4 minutes on each side
9. Take out of the frying pan onto kitchen paper and leave to cool
10. Slice them up to serve with a sauce or dip of your choice (mayonnaise /tomato sauce/barbecue sauce etc.)

# Cookies



## Cookies

### You will need

1/2 cup/mug of butter

1/3 cup/mug of castor sugar

1 cup/mug of flour

If you want chocolate cookies exchange 1/3 of the flour with some cocoa or hot chocolate powder)

Crushed nuts /chocolate chips/raisins/maltesers etc (optional)

1 tsp vanilla essence(optional)

### Method

- 1.Combine the butter,sugar and vanilla essence and mix with a wooden spoon or hand mixer until the mixture is smooth
- 2.Add the flour and any other ingredients and mix them together
- 3.Gently squeeze the dough together with your hands and shape it into a log and wrap it in foil or plastic wrap
- 4.Put it into the fridge until firm
- 5.Preheat the oven to 170°C Gas 3/4 and line a baking tin with foil or greaseproof paper or grease the tin thoroughly with oil
- 6.Take the dough out of the fridge and using a knife cut the log into slices about ¼ inch or 6 mm thick.
- 7.Place on the baking sheet but not too close together and place in the oven for about 16-18 minutes until the edges have started to turn light brown



8. Take out of the oven and leave to cool completely in the baking tin
9. When they have cooled down put them in an airtight container

# Shortbread biscuits

## You will need

4 oz of butter(half a block)  
½ mug castor sugar  
1½ cup/mug of flour **or**  
1 cup of flour  
1/3 cup/mug of cornflour



## Method

- 1.Combine the butter and sugar and mix with a wooden spoon or hand mixer until the mixture is smooth
- 2.Add the flour and cornflour and mix them together
- 3.Gently squeeze the dough together with your hands and roll it onto floured surface
- 4.Roll the mixture out with a rolling pin until it is about ¼ inch thick and use cutters to cut out the desired shapes
- 5.Preheat the oven to 170°C Gas 3/4 and line a baking tin with foil or greaseproof paper or grease the tin thoroughly with oil
- 6.Place the baking tin in the oven and bake for 10 minutes at the top of the oven then move them to bake at the bottom of the oven for another 8 minutes (keep your eye on them as they can very quickly turn brown )
- 9.Take out of the oven and leave to cool and harden on the baking tray
- 10 When they hard lift them off the baking tray onto a cooling tray and sprinkle with sugar

**Tip –You can make them double as in the photo just cut a hole with a cutter in the middle of half the biscuits before baking and then when they have cooled use jam or chocolate spread for the filling and to stick them together**

## Baked Bananas

### Tip

This dish can be made in the oven or on the barbecue



### What you will need

Bananas

Fillings –such as chocolate, nuts, marshmallows, syrup, raisins

Foil

### Method

1. Slit open your banana and remove the skin
- 2 Then put the fruit back into the skin
3. Slit the banana fruit and add any fillings of your choice
- 4, Wrap it in foil and place in a preheated oven or on the barbecue for approx. 10 minutes
5. Take it out and check if it's cooked and the filling has melted
6. Remove the foil or just open it and serve with ice cream, or cream or honey or golden syrup or chocolate sauce.

## Easy Mousse

### Ingredients

1 pack jelly

1 small tin (170g) evaporated milk (kept in the fridge for at least an hour)



### Equipment

Measuring jug

Boiled water and cold water

Fork

Large bowl

Hand mixer/whisk

### Method

Make the jelly according to the method on the pack (break the jelly into small chunks in a jug, pour over  $\frac{1}{2}$  pint of boiled water, use the fork to stir the jelly until all dissolved; top up the mix with cold water and leave to cool for about half an hour)

In a large mixing bowl, pour in the cold evaporated milk and whisk until it begins to thicken. Whilst still whisking, pour in the jelly mix. Give the mix another good mix for a couple of minutes, then allow to set in the fridge.



## VARIATIONS

Add fruit into the mixture **AFTER** whisking

Add fruit on top whilst the mousse is setting or serve with whipped cream, ice cream, fruit.



## Chocolate Orange Muffins

### Ingredients

Oranges (one for each person)

1 pack chocolate cake mix (ones that you just add water to)

### Method

Slice the top off an orange and scoop out the flesh.

Fill 2/3 of the orange with chocolate cake mix (make sure you follow the method on the pack before putting into the oranges)

Put the top of the orange back on, wrap in foil and cook



### Cooking

Place the orange in the embers of a bbq and check every 10 minutes to avoid burning OR

Place the orange into the oven (check oven temperature on the packaging of the cake mix)

### Variation

Fill the orange with a slice of ready-to-bake cinnamon swirl dough and cook

## Scones

### Ingredients

225g/8oz self raising flour

Pinch of salt

55g/2oz butter

25g/1oz caster sugar

150ml/5fl oz milk



### Method

1. Heat the oven to 220C/200C Fan/Gas 7 and lightly grease a baking tray.
2. Mix together the flour and salt and rub in the butter. Stir in the sugar and then the milk to get a soft dough.
3. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm/<sup>3</sup>/<sub>4</sub>in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking tray. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
4. Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes, or until well risen and golden-brown.
5. Cool on a wire rack and serve with butter and good jam and maybe some clotted cream.

### Variations

Add some dried fruit (2oz) of your choice e.g. Raisins, sultanas in with the flour for fruit scones





Add strong grated cheese (2oz) and a teaspoon of dried mustard powder to make cheesy scones





## Salad in a Jar

### Ingredients

Choice of salad ingredients – lettuce, carrots, sweetcorn, peas, cucumber, tomatoes, ham, chicken, croutons, strawberries, blueberries etc. (anything you like to eat!!)



### Salad dressing

Mason jar (empty jam jar works just as well)



### Method

Cut up the ingredients of your choice then begin to layer the salad in the jar. Add the dressing on the bottom to prevent the rest of the ingredients getting too soggy. Layer from the heaviest to lightest food ending with salad greens.



When ready to eat, shake the jar before dumping onto a plate and enjoy!

### Variation

Add some cooked pasta to the bottom layer of your jar

## Easy Banana Pancakes

350g self-raising flour  
1 teaspoon baking powder  
2 very ripe bananas  
2 medium eggs  
1 teaspoon vanilla extract  
250 ml milk  
Some butter for frying

### Method

Sieve the flour, baking powder and a pinch of salt together into a large bowl

In another bowl, mash up the bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk

Whisk the wet ingredients into the dry ingredients to create a smooth, silky batter

Using a large non-stick pan, heat a little knob of butter over a medium heat. Spoon in 2-3 tablespoons of the batter to the pan and cook for a few minutes until small bubbles start to show on the surface. Flip the pancake over and cook on the other side for another few minutes.

Continue to make pancakes until the mixture has been used.

Serve the warm pancakes with –

Banana slices; some maple syrup; some chopped nuts (e.g. pecan nuts); honey



## Simple Leek and Potato Soup

### Ingredients

1 onion

2 large potatoes

2 Leeks

1 cube stock (chicken or vegetable)

Water

Salt and pepper

Oil or butter for frying



### Method

Place a large pan on a medium heat and add a knob of butter or 1 tablespoon oil.

Roughly chop up the onion, add to the pan and fry gently for a few minutes, keep stirring to avoid burning.

Peel and chop the potatoes into 2cm cubes and add to the onions.

Clean the leeks, wash under running water, then slice into 1cm discs. Add to the onions and potatoes.

Stir everything in the pan and cook through for a minute or so.

Pour in water (doesn't matter hot or cold) until the vegetables are covered. Crumble in the stock cube.

Bring the pan to the boil, then simmer for about 30 minutes (everything should be cooked through)

Turn off the heat and allow to cool for about 10 minutes

Using a hand blender (potato masher **OR** leave everything chunky) and whiz the soup to your preferred consistency. Add salt and pepper to taste.

Serve with a splash of cream and warm, buttered bread

### Variations

Tomato soup – 1 onion, 1 large potato, 1 tin tomatoes (chopped or plum or any that's at hand) 1 stock cube (either chicken or vegetable) salt and pepper to taste. Cook the same as the main recipe

Vegetable soup – add any leftover vegetables to water and stock cube

Broccoli (with cheese)  
Carrot and coriander  
Parsnip and Apple  
Minestrone



Create your own soup using the basic recipe of 1 onion, 1 potato and a stock cube.