



Food Smart Recipe Book





Welcome

This recipe book supports basic kitchen skills and cooking techniques as well as a number of different healthy eating ideas which you can use to support and extend learning from our other lesson plans and resources.

We have also included best practice and safety guides. We recommend you check the ingredients list for each recipe, to ensure it meets any dietary requirements your students may have. The ingredients featured can be swapped and changed to create different flavour combinations and to take into account local and seasonal access to food.

Cooking seasonally and locally, ensures we are eating food at its most nutritional as it requires less processing. This reduces the environmental impact, including transport and packaging, as well as making the food we buy cheaper.

Don't forget to check out our free downloadable Food Smart Skills Passport to help your students track the skills and knowledge they gain through practical cooking experiences.



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Getting Started

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Please be mindful of the risks present when children are near heat or an open flame whilst cooking and supervise children at all times.

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WHISTS

Kitchen Skills Explained

The below kitchen skills are referred to throughout these recipe methods and in our cook-a-long videos as well.



Handle Grip—Hold your knife firmly in your dominant hand with all the fingers wrapped around the centre of the handle and the thumb on the opposite side. This will ensure a secure grip.

Bridge Hold - Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.



Safety: This method ensures that fingers are out of the way as the knife cuts through the food and into the mat.

Use: This method is useful in lots of situations. It is especially useful for cutting circular items into halves and quarters, e.g. tomatoes, apples.

Claw Grip—Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.



Safety: This method ensures that fingertips are tucked out of the way and will not get caught by the knife.

Use: This method is used to secure items so they can be cut safely. It is the best method to use when food needs to be cut into slices or diced.

Note: If you find the claw grip difficult replace your claw with a fork to secure the food in place and continue to cut in the same way.

Campfire Cooking Guidance

These guidelines will help to keep you safe if you wish to create some of our recipes using our campfire methods.

Creating a Safe Zone

When cooking on any open fire it is important to ensure there is a safe zone in which to operate from. This should be outside of the fire area and should be marked if cooking with younger children.



You could use bricks or sticks to clearly show the safe distance to be from your fire. A responsible adult should be the only one allowed within the fire area. You must also ensure you have a bucket of water close by in case of any accidents.

Fire Lighting

Wherever possible your fire should be off the ground in a suitable firepit or similar. This will prevent any surrounding wood or leaves from catching fire, protect the ground and will also keep your fire contained.



If you are using wood to burn ensure it is fully dried dead wood (there should be no green areas to the wood and it should snap easily rather than bend). This will reduce the amount of smoke your fire produces and will ensure it burns effectively.

Once your fire is lit it should never be left unattended.

Ending Your Fire

Once you have finished with your fire you will need to ensure it is fully out before leaving it. By this time there should only be the hot embers at the base, use your water to slowly pour over them until you can no longer see any glow. When fully cooled dispose of in a safe and responsible way.



Fresh Fruit Smoothies

You will need -

- Colander - for washing and draining fruit
- Chopping Board
- Knife and/or Kitchen Scissors
- Spoon
- Blender
- Sieve - if required
- Cup/Glass - to drink from
- Bowl - for any food waste

Ingredients -

(You can use any fruit you like, remember to think local and seasonal, choose lots of different colours, have a go at trying something new and stick to your portion sizes for the different food groups)

Strawberries

Raspberries

Banana

Fat Free Yogurt - for a thicker smoothie

Skimmed/Semi-Skimmed Milk - for a thinner smoothie



Fresh Fruit Smoothies Method

1. On a chopping board use the claw grip to cut the stalks off the strawberries
2. Use the bridge hold to cut the strawberries into quarters
3. Place in the blender jug
4. Peel a banana and use the claw grip to cut into slices
5. Add to the blender jug
6. Add a portion size of raspberries to the rest of the fruit in the blender
7. Spoon out 2 spoons of fat free yogurt or milk and add to the fruit
8. Blend until smooth and well mixed
9. Pour into a cup/glass and drink immediately

Notes -

If you prefer a smoother drink you can sieve to remove any small seeds from fruits such as strawberries and raspberries

Your smoothie should be consumed immediately and not kept for any length of time.

Fruit Juice Potions

You will need -

Measuring Jug

Spoon

Cup - to drink from

Ingredients -Fruit Juice, ideas to try -

(You can use any you like, try to use flavours you know you'll like with new flavours you might not be sure about and remember to check the labels for reduced sugar versions)

Apple

Blueberry

Strawberry

Raspberry

Cranberry

Mango

Prune

Passionfruit

A 150ml glass of fruit juice counts towards one of your 5-a-day.



Fruit Juice Potions Method

2 Flavours

1. Select 2 different flavours of fruit juice
2. Measure 100ml of the base (most dominant) flavoured juice into the jug
3. Add 50ml of the second juice flavour, into the same jug
4. Stir together

If you wanted to practice your measuring you could try to measure out 75ml of each flavour for a 50/50 mix

3 Flavours

1. Select 3 different flavours of fruit juice
2. Measure 50ml of each into the same jug
3. Stir together

Make sure you keep a note of how much of which flavours you mixed so you can recreate your juice potion another time.

Notes -

Buy sugar free juice for a healthier option

Use up left over juice to create your potions to reduce wasted food

Granola Cereal Bar

You will need -

Scales
Knife
Spoon
Bowl
Saucepan
Baking Tin
Greaseproof Paper

Ingredients –

(You can use any fruit or seeds you like, have a go at trying something new)

50g Unsalted Butter

150g Jumbo Oats

40g Desiccated Coconut

30ml Clear Honey

100g Sugar

75g Dried Fruit

40g Pumpkin Seeds

Teaspoon of Cinnamon

Remember your personal portion sizes when cutting into sections.



Granola Cereal Bar Method

1. Pre heat the oven to 180degrees
2. Line the baking tin with greaseproof paper (rub some butter to the bottom to stop the paper moving)
3. Mix the oats, pumpkin seeds, coconut, dried fruit and cinnamon together in a bowl
4. On a chopping board cut your butter into cubes and leave at room temperature
5. In the saucepan over a low heat melt the butter, honey and sugar
6. Stir until fully melted and combine - remove from the heat
7. Add the oat mix and stir until combined
8. Pour the mixture into a baking tin and use the back of the spoon to spread evenly
9. Place in the centre of the oven and bake for 20mins or until lightly brown
10. Cut into finger portions whilst still hot
11. Leave to cool

Notes -

You can experiment with different flavours by -

- using different types of oats
- changing cinnamon for something like ginger
- adding nuts
- using different dried fruits
- using fresh apple or even mashed bananas

Store in an airtight container

Overnight Oats

You will need -

- Chopping Board
- Knife
- Fork (depending on your chopping/cutting skills)
- Spoon
- Jars or Pots
- Bowl - for any food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, use fresh ingredients, be as colourful as possible, and stick to your portion sizes for the different food groups)

Strawberries

Nectarines

Porridge Oats

Fat Free Yogurt

Dried Fruit

Nuts



Overnight Oats Method

1. On a chopping board use the claw grip or fork hold to cut off the top of the strawberries
2. Use the bridge hold to chop in half
3. Place the flat side of the strawberries on the chopping board and use the claw grip to cut thin slices
4. On a chopping board use the bridge hold to cut the nectarine in half by rolling it to cut all the way round
5. Repeat step 4 to cut the nectarine into quarters
6. Pull the segments away from the stone
7. Use the claw grip to thinly slice the nectarine
8. Use a spoon to add a layer of oats to the pot
9. Add a layer of yogurt
10. Add a layer of fresh fruit
11. To add texture add a fourth layer of dried fruit and or nuts
12. Repeat the layers until the pot is full
13. Cover over or add the lid and place in the fridge overnight

Notes -

You could replace some of the ingredients to make different versions such as different fruits or nuts

You could add flavours to your fruits such as cinnamon or ginger

Eat within 48hrs

Pancakes

You will need -

Chopping Board

Knife

Mixing Spoon

Large Jug or Bowl

Sieve

Whisk

Frying Pan (your pancake size will depend on the size of your pan)

Spatula

Bowl - for any food waste

Ingredients -

Toppings -

(These are suggestions, you can use other similar ingredients, remember to think seasonal and local, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes for the different food groups)

100g Plain Flour

2 Large Eggs

300ml Semi-Skimmed Milk

Oil

Chosen Fresh Fruit



Pancakes Method

1. In a jug or bowl sieve your plain flour
2. Add in both eggs and the milk
3. Whisk together until smooth
4. Add a small amount of oil to your frying pan (just enough to give a light film)
5. Heat over on the hob until the oil is hot
6. Pour the pancake mix from the jug or use a large spoon to add to the pan
7. Tilt the pan from side to side to ensure an even coverage
8. When you see the mixture start to firm and change colour, use a spatula to release the pancake and turn it over
9. Cook for a further minute
10. Remove from the pan, to a plate

Toppings -

1. Use a chopping board to cut up the selected fruit as required using the claw grip or bridge hold
2. Add on top of the pancake and roll

Notes -

Mixture can be made in advance and kept covered in the fridge overnight

Eat immediately

Campfire Baked Potatoes

You will need -

Chopping Board
Knife
Spoon
Bowl
Grater
Tin Opener
Tin Foil
Bowl - for any food waste
Tongs
Heat Glove

Ingredients –

Baking Potato
Butter

Filling Ideas -

Tuna
Baked Beans
Cheese & Bacon
Tomato Mince
Mixed Veg

This is a great way of reducing wasted food as you can include foods you have left over from other meals.



Campfire Baked Potatoes Method

1. Wait for the flames of the campfire to die down before cooking
2. Cut open the top of the potato and pull apart
3. Add a small amount of butter - this will stop the potato drying out
4. Spoon the chosen topping(s) into the gap
5. Completely cover with tin foil
6. Place in the center of the embers, with embers underneath and on top
7. Cook for 45mins, repositioning them every now and then in the embers using some tongs
8. Check if the potato is cooked by pressing a finger into the side of the foil using a glove. If it leaves a dent and feels soft it is likely to be cooked

Notes -

Can also be cooked in an oven at 200/220°C for 1– 1½hrs

Eat immediately

Eatwell Kebabs

You will need -

- Colander - for washing and draining Ingredients
- Chopping Board (if using different food groups 1 for each)
- Knife and/or Kitchen Scissors (Use different ones for each food group)
- Peeler
- Skewers (wooden or metal)
- Bowl - for any food waste

Ingredients -

(You can use any you like, remember to think local and seasonal, choose lots of different colours, and have a go at trying something new)

- Bell Pepper
- Mushrooms
- Broccoli
- Baby Tomatoes
- Apples
- Carrot
- Sweet Potato
- Reduced Fat Halloumi Cheese

Seasoning -

- Ground Cinnamon
- Dried Parsley
- or choose your own

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Eatwell Kebabs Method

1. On a chopping board use the bridge hold to cut a bell pepper in half
2. Remove the stalk and seeds and place in the food waste bowl (keep the seeds to plant later)
3. Place half the pepper flat side down and using the claw grip chop into sections. Alternatively, you could use kitchen scissors to cut. Make sure they are not too small as you will need to be able to add to your skewer
4. Use the bridge hold to cut the mushrooms into quarters
5. Rip off one of the stalks of broccoli and rip or use a claw grip to cut into sections
6. Repeat step 1 with an apple, continue to use the bridge hold to chop in half and half again
7. Remove the core using the claw grip to cut away
8. Sprinkle some ground cinnamon onto the slices to add flavour
9. Use the claw grip to cut the top and bottom off a carrot
10. Slice the carrot using the claw grip - cut slices in half using the bridge hold if required
11. Chop a sweet potato in half with the bridge hold and place the flat side onto your chopping board
12. Hold the top of the sweet potato and peel down towards the board using the peeler - chop (dice) into sections using the correct method needed
13. Sprinkle with parsley to season
14. Slice a small amount of halloumi cheese into cubes using the claw grip
15. Add the ingredients to your skewer, layer as your preferred, mixing flavours, textures, colours & food groups
16. Cook on a BBQ or under a grill - length of time will depend on the ingredients and their thickness, keep checking while cooking

Notes -

Other food groups can be added to make a fuller meal such as chicken, beef or meat substitutes - eat immediately

Fruit & Vegetable Kebabs

You will need -

Colander - for washing and draining fruit & vegetables

Chopping Board

Knife and/or Kitchen Scissors

Skewers (wooden or metal)

Bowl - for any food waste

Ingredients -

(You can use any you like, remember to think local and seasonal, choose lots of different colours, and have a go at trying something new)

Bell Pepper

Mushrooms

Broccoli

Cherry Tomatoes

Apples

Bananas

Seasoning -

Ground Cinnamon

or choose your own

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Fruit & Vegetable Kebabs Method

1. On a chopping board use the bridge hold to cut a bell pepper in half
2. Remove the stalk and seeds and place in the food waste bowl (keep the seeds to plant later)
3. Place half the pepper flat side down and using the claw grip chop into sections. Alternatively, use a pair of kitchen scissors to cut. Make sure they are not too small as you will need to be able to add to your skewer
4. Use the bridge hold to cut the mushrooms into quarters
5. Rip off one of the stalks of broccoli and rip or use a claw grip to cut into sections
6. Repeat step 1 with an apple, continue to use the bridge hold to chop in half and half again
7. Remove the core using the claw grip to cut away
8. Sprinkle some ground cinnamon onto the apple slices to add flavour
9. Peel a banana and use the claw grip to cut into slices
10. Start to add the fruits and vegetables to a skewer, layer as preferred, mixing flavours, textures and colours

Notes -

Can be eaten raw or cooked - on a BBQ or under a grill

If not eating immediately cover and refrigerate - eat within a day

Fully Loaded Tacos

You will need -

- Colander - for washing and draining fruit & vegetables
- Chopping Board
- Knife and/or Kitchen Scissors
- Grater
- Tin Opener
- Bowl - for cold version
- Frying Pan - for hot version
- Large Spoon - for hot version
- Bowl - for any food waste

Ingredients – Cold Version

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use fresh ingredients, be as colourful as possible, and stick to your portion sizes)

- Taco Shells
- Lettuce
- Bell Pepper
- Tinned Sweetcorn
- Tomatoes
- Carrot
- Low Fat Cheese

Hot Version

- Taco Shells
- Mince protein of choice
- Onion
- Tinned Black Beans
- Tinned Chopped Tomatoes
- Bell Pepper
- Low Fat Cheese
- Oil

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day

This is a great way of reducing wasted food as you can include foods you have left over from other meals.



Fully Loaded Wraps Method

Cold Version -

Follow our method for Layered Rainbow Salad on page 28

1. Mix the pre-prepared salad into a bowl
2. Spoon as required into the taco shells
3. Grate some low fat cheese and sprinkle on top

Hot Version -

1. On a chopping board using the bridge hold and claw grip chop up half an onion
2. Heat a small amount of oil in a frying pan
3. Add the chopped onion and cook until tender
4. Add the mince protein and cook until done, turning over regularly to avoid burning
5. On a chopping board chop up a pepper using the bridge hold and claw grip
6. Add the pepper, chopped tomatoes and black beans
7. Mix with the onions and mince protein
8. Reduce heat and allow to fully cook through for approx. 15-20mins
9. Remove from heat and spoon into taco shells
10. Grate some low fat cheese and sprinkle on top

Notes -

If you prefer more flavour add dressings or herbs and spices to your ingredients

You could even add our Delightful Dips on page 48

Eat immediately

Homemade Pizza

You will need -

- Chopping Board
- Knife and/or Scissors
- Tin Opener
- Fork (depending on your chopping/cutting skills)
- Spoon
- Oven/Pizza Tray
- Bowl - for any food waste

Ingredients –Base

Toppings-

(These are suggestions, use any ingredients you like, remember to think local and seasonal, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes for the different food groups)

Choose your preferred base from -

- Make your own
- Pre-Made Bases
- Pitta Bread
- Tortilla Wraps

- Tinned Chopped Plum Tomatoes
- Low Fat Mozzarella Cheese
- Bell Peppers
- Mushrooms
- Pre-Cooked Bacon (if required)
- Fresh Basil

All vegetables whether tinned, frozen, dried or fresh, count towards your 5 portions a day



Homemade Pizza Method

1. Pre-heat the oven to around 180°/200°c fan depending on the base you are using (thinner = lower heat)
2. Decide which type of pizza base to use. For a healthy pizza thinner bases made with wholemeal are best
3. Place the chosen base on a tray
4. Use a spoon to spoon out the tinned tomatoes onto the base and spread with the back of the spoon
5. On a chopping board, cut the mozzarella in half using the bridge hold
6. Place half of the mozzarella flat side down and chop into small sections using either the fork hold or claw grip
7. Place the cheese equally on the pizza
8. Pull your pre-cooked bacon into smaller pieces and place equally on to the top of the pizza
9. Chop a pepper in half using the bridge hold and pull out all the seeds
10. Place the pepper flat side down on a chopping board and use the fork hold or claw grip to slice into sections
11. Chop the mushrooms in half using the bridge hold
12. Place the mushrooms flat side down on your chopping board and slice thinly using the fork hold or claw grip
13. Place the slices evenly on top of the pizza
14. Pull off 3/4 leaves of basil from the stalk, roll together and cut using the scissors
15. Sprinkle over the top of the pizza

Cooking -

1. Place your pizza tray in the centre of a pre-heated oven
2. Depending on the thickness of your base cook for between 15—25mins

Notes -

If not eating immediately, eat within 24hrs from fresh or freeze for future consumption before cooking

Inside-Out Meat Free Burger

You will need -

- Round Cookie Cutter
- Chopping Board
- Bowl
- Knife
- Frying Pan
- Bowl - for any food waste

Ingredients -

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use fresh ingredients, be as colourful as possible, and stick to your portion sizes)

- Fresh Meat Free Mince
- Low Fat Cheese
- Oil
- Wholemeal Bread Rolls

Seasoning -

- Basil
- Sage
- or choose your own

Garnish (if required) -

- Lettuce
- Tomato
- Cucumber



Inside-Out Meat Free Burger Method

1. Place the mince in a bowl
2. Add the seasoning as required and mix in using your fingertips
3. Place the cookie cutter on a chopping board
4. Place a small amount of the mixture into the cutter and gently push into the sides to create a base
5. On a chopping board cut a square of cheese using the claw grip and place in the center of the burger
6. Repeat step 4 covering the top of the cheese and creating the top of the burger
7. Carefully remove the cutter
8. Repeat for the amount of burgers required or mince available

Cooking -

1. Add a small amount of oil to your pan so the burger will not stick
2. Heat on a medium heat
3. Add the burger and cook for approx. 3-4 mins
4. Turn over and repeat step 3
5. Remove from heat and serve

Notes -

You could also cook your burger in the oven or on a BBQ

You can eat the burger as is, with some sweet potato fries—see page 36

Eat on its own by adding some lettuce, tomato and cucumber garnish in a bread roll

Eat within 48hrs after preparing, once cooked eat immediately

Non-Cook Pizza

You will need -

- Chopping Board
- Knife and/or Scissors
- Fork (depending on your chopping/cutting skills)
- Tea Spoon
- Plate
- Bowl - for any food waste

Ingredients –Base

(These are suggestions, use any ingredients you like, remember to think local and seasonal, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes for the different food groups)

Choose your preferred base from -

- Tortilla Wraps
- Pitta Bread

Toppings-

- Pesto - Green or Red
- Fat Free Cream Cheese
- Mushrooms
- Bell Peppers
- Cucumber
- Pre-Cooked Bacon (if required)



Non-Cook Pizza Method

1. Decide which type of pizza base to use. For a healthy pizza thinner bases made with wholemeal are best
2. Place the chosen base on a plate
3. Use a spoon to spoon out the cream cheese onto the base
4. Use the back of the spoon to spread
5. Repeat using a clean spoon with your pesto
6. Chop the mushrooms in half using the bridge hold
7. Place the mushrooms flat side down on your chopping board and slice thinly using the fork hold or claw grip
8. Add to the pizza base
9. On a chopping board cut the pepper in half using the bridge hold and pull out all the seeds
10. Place the pepper flat side down on a chopping board and use the fork hold or claw grip to slice into sections
11. Place onto the top of the pizza
12. Pull the pre-cooked bacon into smaller pieces and place on top of the pizza
13. On a chopping board use the claw grip to chop the end off a cucumber and continue to cut thin slices
14. Add the cucumber to the pizza as it is or use your claw grip to cut the slices into smaller halves or quarters before adding

Notes -

You could be creative and try to make pizza faces or pictures with your ingredients. If using a thin base roll or fold to hold the ingredients together

Eat within 24hrs of preparation

Pitta Calzone

You will need -

- Chopping Board
- Knife and/or Scissors
- Spoon
- Plate
- Tin Foil
- Tongs
- Bowl - for any food waste

Ingredients –

(These are suggestions, use any ingredients you like, remember to think local and seasonal, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes for the different food groups)

Wholemeal Pitta Bread

Filling Ideas -

- Tinned Chopped Tomatoes
- Low Fat Mozzarella Cheese
- Bell Peppers
- Mushrooms
- Fresh Basil
- Pesto
- Sweetcorn



Pitta Calzone Method

1. Wait for the flames of the campfire to die down before cooking
2. On a chopping board cut the pitta bread in half (width ways)
3. Open out the center pocket without breaking the bread
4. Fill with the chosen fillings
 - 3a. On a chopping board use the bridge hold and claw grip to chop the vegetables as required
4. Completely cover the Calzone in tin foil
5. Place in the center of the embers and cook for 5-7mins
6. Turn over using tongs and repeat step 5
7. Remove from fire
8. Allow to cool before eating

Notes -

As an alternative these could be cooked in an oven using the same method

Eat immediately

Rainbow Salad

You will need -

- Colander - for washing and draining fruit & vegetables
- Chopping Board
- Knife and/or Kitchen Scissors
- Tin Opener
- Grater
- Citrus Juicer
- Bowl - for your salad
- Bowl - for any food waste

Ingredients -Fruits & vegetables -

Dressing -

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal try and use fresh ingredients, be as colourful as possible, and have a go at trying something new)

Lettuce

Bell Pepper

Tinned Sweetcorn

Tomatoes

Carrot

Lemon

Lime

Fresh Mint

or choose your own

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Rainbow Salad Method

1. Place half of the lettuce flat side down and using the claw grip chop it up so it looks shredded
2. Place as much as is needed into your bowl
3. Repeat step 1 with a pepper
4. Remove the stalk and seeds and place in the food waste bowl (keep the seeds to plant later)
5. Place half the pepper flat side down and using the claw grip slice into sections. Alternatively, you could use the kitchen scissors to cut into slices. Make these as thin or thick as you like and cut in half if preferred
6. Add to the lettuce
7. Drain the tinned sweetcorn and sprinkle over the salad
8. Use the bridge hold to chop the tomatoes into quarters and add to the rest of the salad
9. Use the claw grip to cut the top and bottom off a carrot
10. Use a grater in a downward motion towards the chopping board, to grate your carrot
11. Add the carrot to the rest of the salad

Dressing -

1. Cut 1 lemon and 1 lime in half using the bridge hold
2. Use a citrus juicer to squeeze all the juice from half a lemon
3. Hand squeeze a touch of lime to the lemon juice
4. Finely cut a couple of leaves of mint using your kitchen scissors and add to the lemon and lime juice
5. Drizzle over the salad and allow to soak through the layers

Notes -

Add other food groups to create an all round meal

If not eating immediately cover and refrigerate - eat within a day

Seasonal Winter Soup

You will need -

- Chopping Board
- Knife
- Potato Peeler (optional)
- Spoon
- Bowl
- Heatproof Jug or Bowl
- Large Saucepan with Lid
- Blender (Optional)
- Bowl - for any food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes for the different food groups)

- Vegetables as available or required
- Stock - chose the flavouring of your choice
- Seasoning - as required

This recipe includes -

- 1 Onion, 2 Carrots, 2 Celery Sticks, 2 Parsnips,
- Can/Carton of Tomato Puree
- Reduced Salt Vegetable Stock and water
- Fresh Parsley and Oil

This is a great way of reducing wasted food as you can include foods you have left over from other meals.



Seasonal Winter Soup Method

1. On a chopping board, use the bridge hold and claw grip to finely chop the onion and celery
2. Use the claw grip to cut off the top of the carrot and parsnip and peel using a knife or potato peeler
3. Tear or chop the parsley into small pieces and set to one side
4. Boil 4 cups of water and add to the stock in a bowl, mixing well
5. Lightly oil a pan over a medium heat
6. Add the onion, stir occasionally for 5 minutes or until soft
7. Add the carrot, parsnip, celery, tomato puree and vegetable stock
8. Bring to the boil and simmer for 25 - 35minutes, or until the vegetables are soft
9. Remove from the heat and turn off the hob
10. Add a sprinkle of parsley and serve hot

Notes -

If you prefer a smoother soup use a blender

Ensure your soup is fully cooled before refrigerating or freezing

Keep in a covered container and refrigerate for up to 3 days

Freeze in sealed containers and small amounts. Eat within 3months

Sweet Potato Fries

You will need -

Chopping Board
Knife
Potato Peeler (optional)
Bowl
Baking Tray
Bowl - for any food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Sweet Potato
Oil

Seasoning -

Rosemary
or an alternative of your choice



Sweet Potato Fries Method

1. Pre-heat the oven to 220°/200°fan
2. Use a potato peeler or knife to peel the potatoes
3. On a chopping board use the bridge hold to cut the potatoes in half long ways
4. Use the claw grip to cut lengths of potato to create the fries
5. Place in a bowl with a small amount of oil and sprinkle with seasoning
6. Gently coat the potato fries by mixing with your fingertips
7. Place on a baking tray in a single layer
8. Bake for 15-20mins or until golden and crisp
9. Remove from oven and serve

Notes -

Eat immediately

Campfire Bread Twists

You will need -

- Bowl
- Spoon
- Cup
- Chopping Board
- Toasting Sticks

Making your Cooking Stick -

1. Find a finger width piece of greenwood - if making twirly hot dogs your stick should be the thickness of your sausage. (Elder is good for this - you can identify it from its bark which has small red flecks on it)
2. Peel off the outer layer of bark from one end using your nail or an old potato peeler, this will give you a clean surface to wrap your dough around

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to stick to your portion sizes)

- 2 Cups /250g Self-Raising Flour
- 1 Cup / 250ml of Water
- Pinch of Salt
- Herbs/Spices for Flavouring if required



Campfire Bread Twists Method

Method -

1. Add 2 cups of self-raising flour into a bowl
2. Add a pinch of salt and use a spoon to mix in
 - 2a. If required add flavouring at this stage - you could add something like rosemary or chilli
3. Add a little of your water at a time, stirring as you go
4. When the mix becomes difficult to stir, use your hands to bring together
5. Knead on a hard surface using a chopping board, until smooth and stretchy
6. Break into 4 smaller balls
7. Roll each ball into a long sausage shape
8. Wrap around a prepared stick, pressing down slightly to ensure it is secure
9. Hold over the embers of a fire for 15mins turning every 5minutes to ensure an even cooking heat
10. Remove from heat, allow to cool before removing from the stick

Twirly Hot Dogs -

Once the bread has been baked and cooled enough to eat, add a cooked sausage to the middle to create a hot dog.

Notes -

The cup size will depend on how much bread you wish to make

Use the same cup for all your measures

Using greenwood for your cooking stick will ensure that it does not burn when placed over the hot embers

Eat within 72hrs

Apple Crisps

You will need -

- Chopping Board
- Knife
- Brush
- Saucepan/Microwave
- Dish
- Wire Rack
- Baking Tray
- Bowl - for any food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, and try to think local and seasonal)

- Apples
- Runny Honey



Apple Crisps Method

1. Preheat the oven to gas mark 4/180°C/fan oven 140°C
2. Warm the honey in a saucepan over a low heat or in a bowl in the microwave until runny
3. On a chopping board using the claw grip carefully and thinly slice your apple into rounds (this can be tricky so just take your time)
4. Remove any pips but keep the core
5. Place on a wire rack over a baking tray
6. Brush one side with honey
7. Bake for 10-15minutes , remove from the oven turn over and brush the other side with honey
8. Bake for another 10-15minutes, until crisp and a light golden colour
9. Turn off the oven and remove and leave to cool

Notes -

Keep in a covered airtight container

Eat within 48hrs

Campfire Popcorn

Outdoor Cooking - You will need -

- 2x Metal Sieves
- A wooden pole
- Wire
- Safe Heat Source (Campfire, BBQ etc)
- Bowl

Indoor Cooking - You will need -

- Pan & Lid
- Bowl

Ingredients –

(When cooked on an outdoor fire this will give a unique flavour, if needed experiment with different flavourings and remember to stick to your portion sizes)

- Oil
- Popcorn Kernels

Seasoning Ideas (of needed) -

- Cinnamon
- Nutmeg
- Ginger



Campfire Popcorn Method

Outdoor Cooking

1. Place one sieve upside down on top of the other
2. Use some wire to attach your pole securely between the 2 handles of the sieves
3. Wait for all the flames of the fire to die down until left with the hot embers
4. In a bowl coat the popcorn kernels in a little oil so they are fully coated
5. Place a handful of kernels into the middle of the sieves
6. Hold over the fire and watch them pop, keep giving them a little shake to ensure you have popped them all
7. Remove from the fire and allow to cool
8. Empty the popcorn into a bowl and add any flavouring

Indoor Cooking

1. Add some oil to a pan and heat on the hob until hot
2. Carefully add the popcorn kernels and place the lid on the pan
3. Listen for them to start popping and keep shaking the pan to ensure you have popped them all
4. Remove from the heat and turn off the hob
5. Empty the popcorn into a bowl and add any flavouring

Notes -

Keep in a covered airtight container

Eat within 48hrs

Cucumber & Carrot Trees

You will need -

- Chopping Board
- Knife
- Potato Peeler
- Toothpicks / Skewers
- Small Shape Cutter
- Bowl - for any food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and be as colourful as possible, and try new foods and flavours)

- Cucumber
- Carrot
- Low Fat Cheese



Cucumber & Carrot Trees Method

1. Use a potato peeler to peel thin lengths of the cucumber
2. On a chopping board using the claw grip chop the carrot into thick discs
3. On a chopping board cut a slice of cheese using the claw grip
4. Place the slice flat onto the board and use the shape cutter to press out as many shapes as needed for each of the trees
5. Place one of your carrot discs flat on the board
6. Push the toothpick or skewers into the centre, make sure it is secure
7. Take one end of the cucumber strips and bend it over on itself, getting smaller as you go to form your tree shape
8. Push this onto the toothpick / skewer
9. To finish push the cheese shape onto the top
10. Place in the fridge until ready to eat

Notes -

You could add the cheese to the base and the carrot to the top to mix your colours

Serve them with our Delightful Dips on page 48

Eat within 48hrs

Delightful Dips

You will need -

Chopping Board
Knife
Grater
Juicer
Spoon
Bowl
Scissors

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Cucumber Yogurt Dip -

Cucumber
Fat Free Yogurt
Lemon Juice
Fresh Herbs - Mint/Parsley/Coriander

Fruity Salsa -

Cherry Tomatoes
Spring Onions
Cucumber
Mango
Sweetcorn
Olive Oil
Lemon Juice
Fresh Herbs - Mint/
Parsley/Coriander



Delightful Dips Method

Cucumber Yogurt -

1. On a chopping board cut a cucumber in half using the bridge hold
2. Grate the cucumber into a bowl
3. On a chopping board cut a lemon in half using the bridge hold
4. Use a citrus juicer to squeeze all the juice from half a lemon
5. Add 150ml of yogurt and a teaspoon of lemon juice to the cucumber
6. Use a pair of scissors to cut up the fresh herbs and add to the mix
7. Stir well - add more lemon or herbs if needed

Fruity Salsa -

1. On a chopping board cut up the cherry tomatoes, spring onions, cucumber and mango into small sections using the bridge hold and claw grip
2. Add all the above into a bowl and mix together
3. On a chopping board cut a lemon in half
4. Add the sweetcorn, a teaspoon of olive oil and a squeeze of lemon to the mix
5. Use a pair of scissors to cut up the fresh herbs
6. Add to the bowl and give a final mix

Notes -

Serve with our Kebabs on pages 20 & 22, our Fully Loaded Tacos on page 24 and our Cucumber & Carrot Trees on page 46

You could also use them with carrot, cucumber and celery sticks or pitta bread and nachos

Keep refrigerated and use within 2 days

Fruity Frozen Yogurt

You will need -

Chopping Board

Knife

Cupcake Cases or Mini Cake/Lolly/Ice Pole Moulds or Ice Cream Cones

Spoon

Bowl

Freezer

Bowl - for any food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion size for the food groups)

Unsweetened Fat-Free Yogurt

Fresh Fruit (freezable)

Not all fruit can be frozen so make sure you choose something which won't spoil your treat. (Fruits such as strawberries, oranges and watermelon cannot be frozen due to their high water content)



Fruity Frozen Yogurt Method

1. Lay out the moulds or cake cases
(if using ice cream cones, use mini flat based versions)
2. Prepare fruit -
 - 2a. Add small fruit whole, such as berries
 - 2b. If using larger fruit then cut as required
(On a chopping board use the bridge hold or claw grip to cut)
3. Fill the moulds -
 - 3a. Pour the yogurt into a bowl and mix with the fruit
 - 3b. Spoon the yogurt into the mould and add layers of fruit between or to the top
 - 3c. In a bowl blend the fruit and yogurt together, spoon into moulds
4. Place in the freezer until solid
1. Eat straight out of the freezer

Fruity Fun Hats

You will need -

Chopping Board

Knife

Toothpicks

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion size for the food groups)

Strawberries

Banana

Seedless Grapes



Fruity Fun Method

1. On a chopping board use your bridge hold or claw grip to cut off the stalk end of your strawberries to create a flat bottom
2. Peel your banana
3. Using your claw grip cut your banana into slices
4. Pierce your grape with the toothpick
5. Add a banana slice on top
6. Add your strawberry so the flat side is on the banana
7. Finally, cut a slice of banana into quarters
8. Add to the top of the strawberry to create a pompom on the top of the hat

Eat straight away

Lemon Sesame Flapjack

You will need -

Chopping Board
Fine Grater
Scales
Knife
Spoon
Bowl
Saucepan
Baking Tin
Greaseproof Paper
Bowl - for any food waste

Ingredients –

(You can use different flavourings or seeds as you like, have a go at trying something new)

100g Unsalted Butter	100g Clear Honey
175g Porridge Oats	50g Toasted Sesame Seeds
2x Lemons	Teaspoon of Cinnamon
Pinch of Salt	

Remember your personal portion sizes when cutting into sections.



Lemon Sesame Flapjack Method

1. Pre heat the oven to 180°/160°fan
2. Line the baking tin with greaseproof paper (rub some butter to the bottom to stop the paper moving)
3. Mix the oats, sesame seeds and cinnamon together in a bowl
4. On a chopping board cut the butter into cubes and leave at room temperature
5. Using a fine grater grate the zest of both lemons onto a board or into a bowl
6. In the saucepan over a low heat melt the butter, honey and lemon zest
7. Add a pinch of salt and remove from the heat
8. Mix in oats and sesame seeds until combined
9. Pour the mixture into the baking tin and use the back of the spoon to spread evenly
10. Place in the center of the oven and bake for 15-20mins or until a pale golden colour
11. Leave to cool and cut into finger portions

Notes -

Store in an airtight container

Rainbow Fruit Salad

You will need -

Colander - for washing and draining fruit & vegetables

Chopping Board

Knife and/or Kitchen Scissors

Tea Spoon

Spoon

Citrus Juicer

Bowl - for your fruit salad

Bowl - for any food waste

Ingredients -Fruits -

(You can use any fresh fruit and flavouring you like, remember to think local and seasonal, choose lots of different colours & have a go at trying something new)

Strawberries

Kiwi Fruit

Grapes

Banana

Dressing -

Lemon

Ground Ginger

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day



Rainbow Fruit Salad Method

1. On a chopping board use the claw grip to cut the stalks off the strawberries
2. Use the bridge hold to cut the strawberries into quarters (if you want to cut smaller pieces use the claw grip)
3. Place as much as is needed into the bowl
4. Repeat the bridge hold to cut a kiwi fruit in half
5. Push a teaspoon into the kiwi next to the skin and circle around the edge to remove the edible fruit from the skin
6. Remove the skin place in the food waste bowl
7. Place the kiwi on a chopping board and cut using the above grips to the size pieces required - add to the bowl
8. Cut as many grapes as required using the bridge hold in half or quarters - or leave whole for a chunkier fruit salad
9. Peel a banana and use the claw grip to cut into slices
10. Add as much of the prepared fruit as required to the bowl and mix together with a spoon

Dressing -

1. Cut 1 lemon in half using the bridge hold
2. Use a citrus juicer to squeeze all the juice from half a lemon - if you don't have a juicer, hand squeeze the lemon juice directly over the fruit
4. Add some ground ginger to your lemon juice and mix together or sprinkle directly over your fruit
5. Drizzle over your fruit salad and allow to soak though

Notes -

Add other food groups to create different flavors and textures, such as fat free yogurt, chopped nuts or natural honey instead of the dressing

If not eating immediately cover and refrigerate - eat within a day

Rhubarb & Custard Oaty Crunch

You will need -

Chopping Board

Knife

Fork (depending on your chopping/cutting skills)

Spoon

Bowl

2 Baking Trays

Greaseproof Paper

Jars or Pots

Bowl - for any food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use fresh ingredients, be as colourful as possible, and stick to your portion sizes for the food groups)

Rhubarb

15ml Honey

Dried Fruit

Low Fat Custard - Tinned, Carton or Homemade

Sugar

50g Oats

Nuts



Rhubarb & Custard Oaty Crunch Method

1. Pre heat the oven to 150°
2. In a bowl mix the honey and oats together
3. Add a sprinkle of nuts and or dried fruit
4. Add some greaseproof paper to a baking tray
5. Spoon out the mixture onto the tray
6. Place in the middle of the oven and bake for 15-20mins
7. On a chopping board use the claw grip to cut the end of the rhubarb off and chop into chunks
8. Lay the rhubarb on another baking tray in a single layer and sprinkle a small amount of sugar on top
9. Place in the middle of the oven and bake for 15-20mins (until just tender)
10. Remove both trays from the oven and allow to cool
11. Once cool, spoon a layer of rhubarb into a pot
12. Add a layer of custard
13. Sprinkle a layer of the oaty crunch
14. Repeat the layers until the pot is full
15. Cover and store in the fridge

Notes -

If you didn't add dried fruit or nuts to your oaty crunch you can add them to the layers instead

You could also try the same method using ginger or cinnamon instead of sugar and other fruits such as apple instead or rhubarb

Eat within 48hrs

Toasted Pumpkin Seeds

You will need -

Bowl
Spoon
Oven Tray
Oven

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use fresh ingredients, be as colourful as possible, and stick to your portion sizes for the food groups)

Pumpkin Seeds
Vegetable Oil
Herbs, Spices, Seasoning (as required)



Toasted Pumpkin Seeds Method

1. Preheat the oven to 190°C
2. Remove all the flesh from the pumpkin seeds
3. Rinse under the tap
4. Place on your oven tray and allow to dry out
5. In a bowl mix together your flavourings with 1 tablespoon of vegetable oil
6. Add the pumpkin seeds and mix until covered
7. Place the pumpkin seeds back onto your oven tray, ensuring they are spread out in a single layer
8. Place in the oven for 10-15mins
9. Once they are crisp but not blackened (some may have popped) remove from the oven
10. Allow to cool before eating

Here are some flavour combinations you might like to try, but don't be afraid to experiment with your own favorite flavours -

Curry Mix - Curry powder with a pinch of salt

Pumpkin Mix - Mixed spices, with a pinch of sugar & a pinch of salt

Coffee Pumpkin - Ground coffee & pumpkin spice

Tasty Thai Mix - Thai seven spice, with a pinch of salt

Classic - Black pepper, with a pinch of salt

Mediterranean - Garlic & fennel

Spicy - Smoked paprika & black pepper

Sweet - Honey, vanilla, with a pinch of brown sugar

Cinnamon - Honey & cinnamon

Can be kept in an air tight container for 1 week

Watermelon Pizza

You will need -

- Chopping Board
- Knife and/or Scissors
- Fork (depending on your chopping/cutting skills)
- Teaspoon
- Plate
- Bowl - for any food waste

Ingredients –

(These are suggestions, use any fresh ingredients you like, think local and seasonal, be as colourful as possible and stick to your portion sizes for the different food groups)

- Whole Watermelon
- Kiwi
- Strawberries
- Blueberries
- Peach

Toppings -

- Unsweetened Coconut
- Low Fat Feta Cheese



Watermelon Pizza Method

1. On a chopping board slice the watermelon to make large round slices
2. Place the kiwi on a chopping board and cut in half using the bridge hold
3. Use a spoon just inside the skin and rotate all the way round to remove the center of the fruit
4. Cut into slices using the claw grip or fork hold
5. Place the strawberries on a chopping board, using the claw grip cut off the stalks and then thinly slice
6. Cut the blueberries in half using the bridge hold or leave them whole
7. On a chopping board use the bridge hold to cut the nectarine in half by rolling it to cut all the way round
8. Repeat step 7 to cut the nectarine into quarters
9. Pull the segments away from the stone and using the claw grip, thinly slice the nectarine pieces
10. Use the claw grip to thinly cut some slices of feta cheese to the size of your choice
11. Start to layer the toppings on top of the watermelon to create the pizza
12. Finally sprinkle some unsweetened coconut flakes on top and slice into sections

Notes -

Try different fruits to combine different textures, colours and flavours

You could add a base of cream cheese to your watermelon before adding the rest of the fruit for a different flavour and to secure the fruit to the top if using in a lunch box

Drizzle balsamic vinegar glaze to add a different flavour again

Eat within 24hrs of preparation

Recipe Notes

