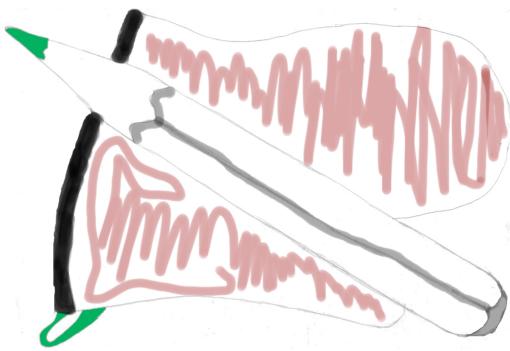




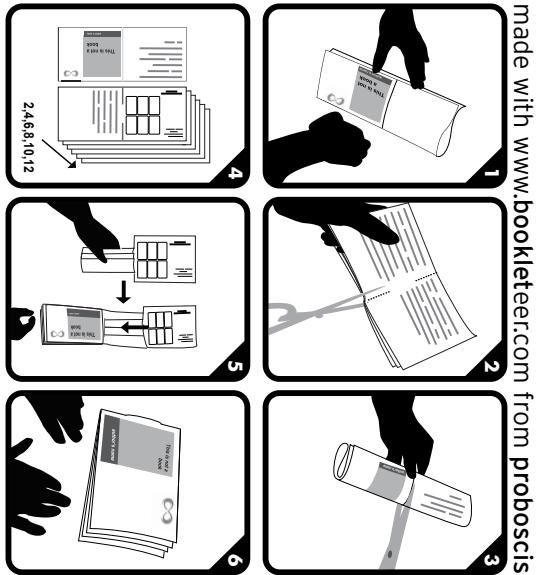
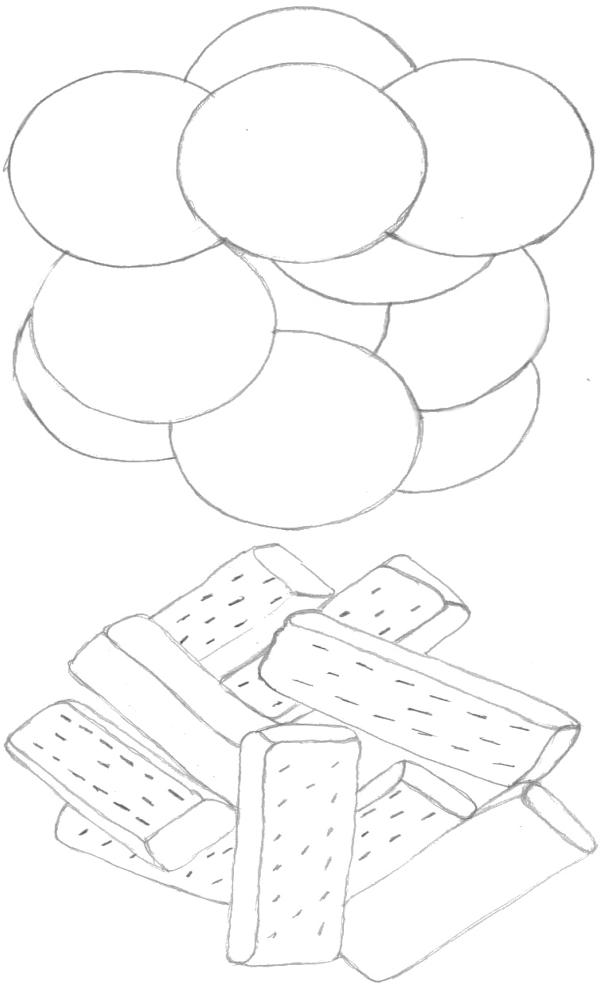
Cook, N, Colour

Karine Dorset



This Book Belongs To:

- Roll the chicken in flour
- Then dip in the beaten egg
- Then completely coat with breadcrumbs
- Shake off any excess
- Repeat with all chicken breasts
- Heat oil in frying pan
- Fry off the chicken breast both sides until both sides are golden brown
- Cover baking tray with foil
- Place chicken breasts on top
- Place in oven for 18-20 mins till completely cooked through
- Using oven gloves take out and serve
- Make sure piping hot through



2010-05-17

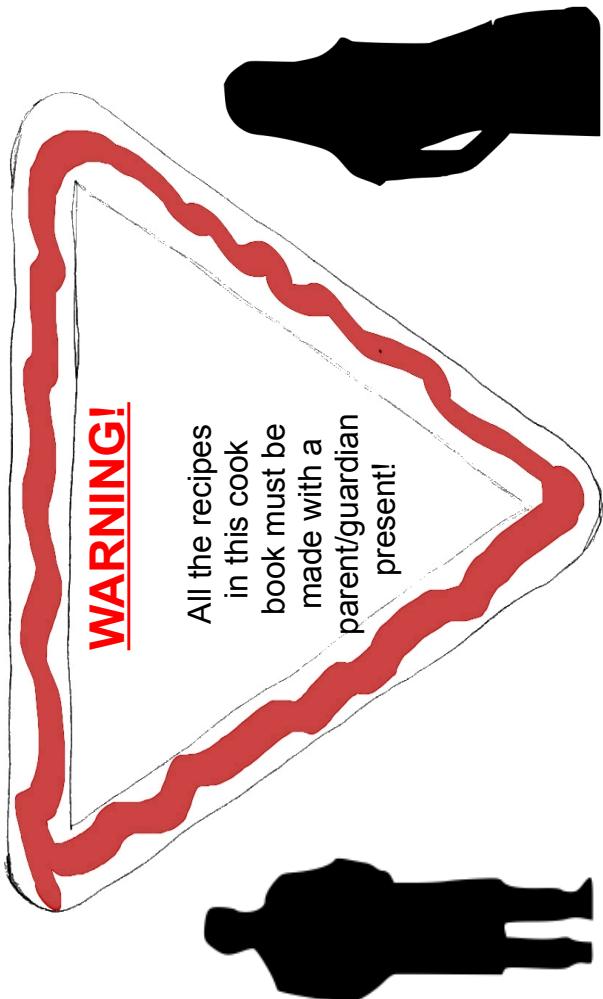
Cook 'N' Colour is a book designed for children and adults to have fun making things together. Handy recipes to cook and colouring fun.

Images on page:
2,3,14,21,26,29,32,35,38 and front cover are from the website en.wikipedia.org/wiki/Main_Page

Images on page:
5,8,11,17 and 23 are from the website commons.wikimedia.org/wiki/Main_Page

Food	
Pizza	5
Chicken Fajitas	8
Nachos	11
Pasta Salad	14
Chicken Kiev	17
Desert	
Cupcakes	22
Banana Muffins	25
Chocolate Brownies	28
Pancakes	31
Shortbread Biscuits	34

Contents



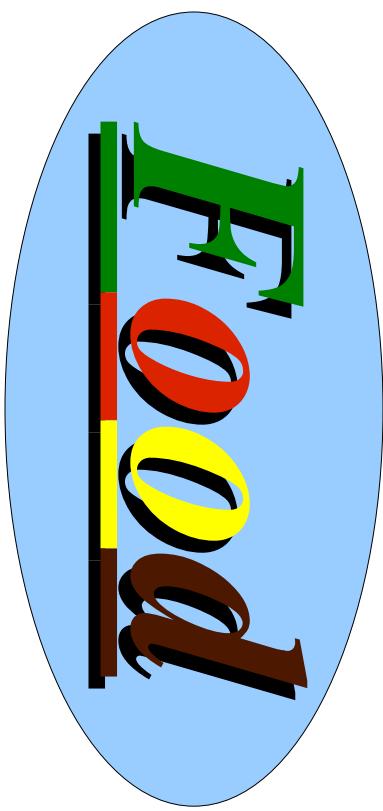
•Vanilla extract
4tsp
1kg
400g
1kg

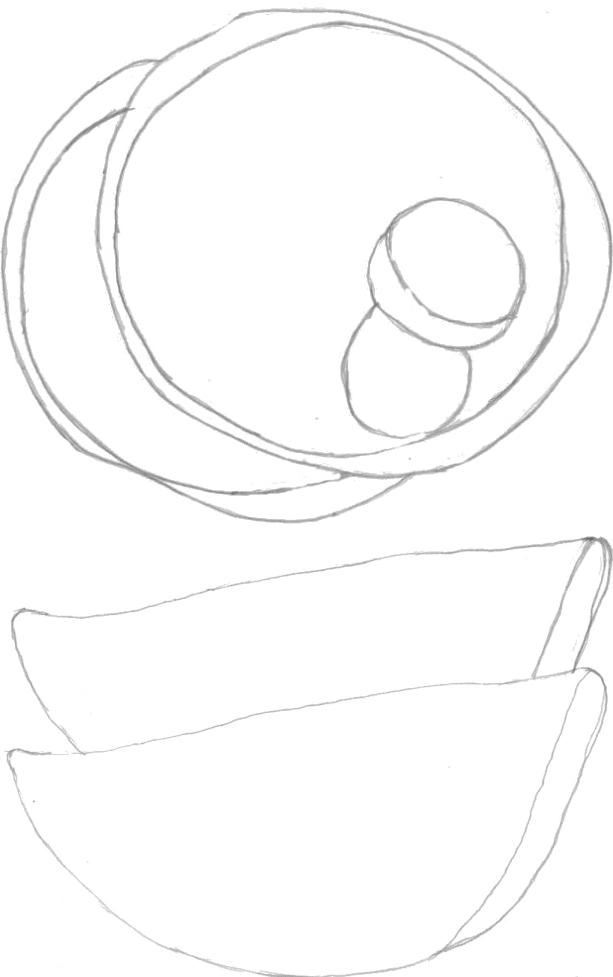
Ingredients:
 •Plain flour
•Caster sugar
•Butter

Shortbread Biscuits

Method

- Pre heat oven to 180C/gas mark 4
- Weigh up ingredients
- Softens butter
- Place foil on flat baking pan
- Using whisk, cream together the butter and sugar until light and fluffy
- Then stir in Vanilla
- Add the flour
- Mix/knead well
- Dust flour over a clean, cold and dry surface
- Place complete mix on surface
- Using the rolling pin, roll out the mix to a 1cm thickness
- Using the biscuit cutters, or a knife, cut out your desired shapes
- Place them onto the tray
- Put in oven and bake for 10-12 mins
- When finished, using oven gloves, take out and leave to cool





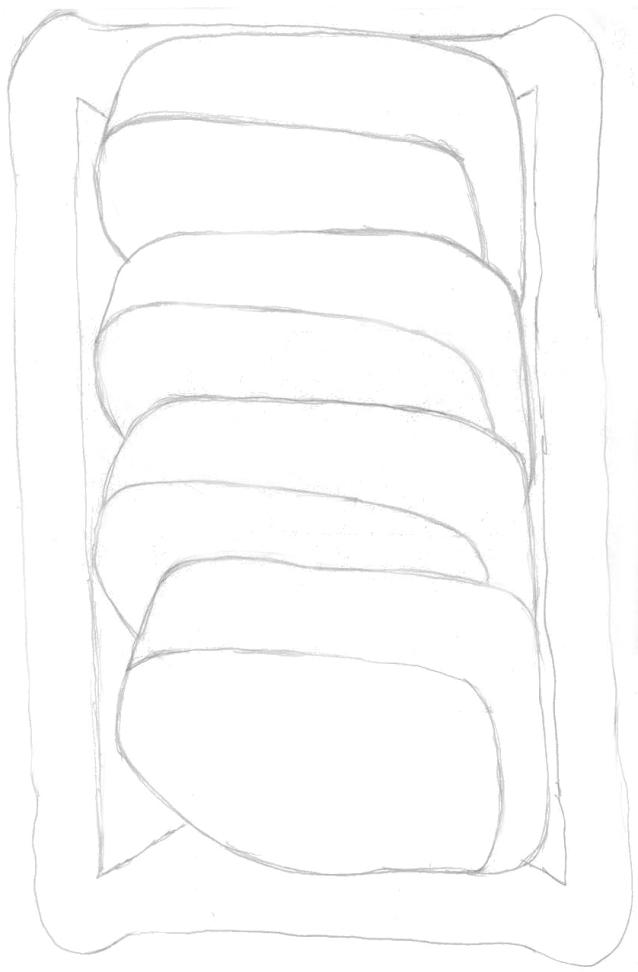
- Equipment:**
- Grater
 - Chopping board
 - Oven
 - Foil
 - Baking tray
 - Bowls
 - Knife
 - Spoon
 - Oven gloves
 - Pizza Base (buy from most shops/supermarkets)
 - Tomato sauce/ketchup/puree
 - Meat or Vegetable or Fruit toppings
- Ingredients:**
- Pre-heat oven to 200C/ gas mark 6
 - Grate cheese into a bowl
 - Using Knife, cut your toppings that need to be chopped and place into bowls
 - Cover baking tray with foil
 - Take pizza base out of packaging and place on baking tray
 - Spread the tomato over base evenly to the crust/edge of pizza base
 - Place the cheese over your pizza, then place in oven for 5 mins
 - After 5 mins, using oven gloves, take out pizza and place your toppings on how you want to decorate it on top of cheese
 - Put in oven, using oven gloves, for further 15-20 mins
 - When time is up, take out of oven using the oven gloves and place on cooling rack for 2 mins

Pizza

Method

- Method**
- Weigh up ingredients
 - Melt butter
 - Beat eggs
 - Combine all ingredients in a mixing bowl till well mixed
 - Heat up some oil in frying pan
 - Pour some batter into pan
 - Cook until pancake starts to bubble
 - Flip using spatula and cook for a further 1-2 mins
 - Repeat with others
 - Serve with the toppings of your choice

Check its hot before serving



Pancakes

Equipment:

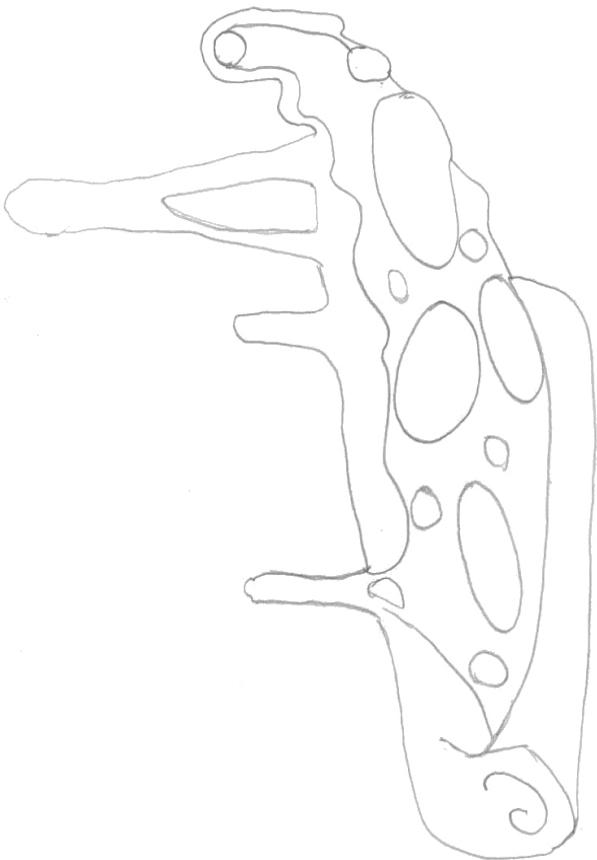
- Frying pan
- Mixing bowl
- Spoons
- Spatula
- Whisk
- Oven top

Ingredients:

- | | |
|----------------|---------|
| •Plain flour | 2 cups |
| •Milk | 2 cups |
| •Eggs | x2 |
| •Butter | 1/3 cup |
| •Sugar | 2tbsp |
| •Baking powder | 2tbsp |
| •Salt | 1/2 tsp |

Toppings:

- Maple syrup
- Chocolate sauce
- Jam or fruit
- Lemon and sugar



Chicken Fajitas

Sauce/toppings:

- Tomato salsa
- Sour cream
- Guacamole
- Mayo

Ingredients:

- Chicken strips
- Bell peppers
- Cheese
- Onions
- Flour Tortillas
- Fajita Seasoning
- Oil

Equipment:

- Chopping board
- Bowls
- Knife
- Frying pan
- Oven top
- Grater

•Oven gloves	•Scalpel
•Recyclable cake tin	•Whisk
•Mixing bowls	•Self raising flour
•Grease proof paper	x4
•Pot	100g
•Oven top	300g
•Oven	125g
•Chocolate	100g
•Butter	
•Sugar	
•Self raising flour	
•Eggs	
•Chocolate Brownies:	

Chocolate Brownies

- Equipment:
- Oven
- Oven top
- Grease proof paper
- Pot
- Whisk
- Mixing bowls
- Self raising flour
- Eggs
- Oven gloves
- Scalpel
- Recyclable cake tin

Method

- Pre heat oven to 180C/gas mark 4
- Using scales weigh up ingredients
- Melt the chocolate and butter together in a bowl over boiling water
- Whisk the eggs in a bowl with the flour and sugar
- Then added the melted mix of butter and chocolate
- Whisk until all ingredients are blended together
- Line the cake tin with grease proof paper(if no paper, grease tin with butter and then dust over with flour)
- Add mixture to tin
- Put in oven for 30-35 mins
- Using oven gloves, remove from oven and leave to cool
- To make sure it's cooked through slide a knife in the middle of cake, when you pull it out, if it clean its ready
- Using a knife cut individual slices to present brownies

Method

- For the flour tortillas, read packet for instructions
- De-seed peppers, wash and cut into thin slices
- Take the skin off onions and chop
- Place both into separate bowls and put in fridge
- Grate cheese into bowl and place into fridge
- Take the frying pan and heat up some oil on stove top
- When hot enough add chicken and fry off till completely cooked(white)
- Add fajita seasoning and fry off again
- Taste test if seasoned well
- Take out of frying pan and put in a bowl
- Take the peppers and onions out of fridge and lightly fry in the pan
- Put into a bowl when cooked.
- Take a flour tortilla wrap, add some chicken and create your own fajita with any combination of the ingredients and even add sauce.





Sauce/Dip:	•Sour cream •Guacamole •Salsa
Ingredients:	•Shallots(baby onions) •Cheese •Tortilla chips
Equipment:	•Oven gloves •Gratter •Oven tray •Knife •Foil •Chopping board •Grill

Nachos

Method

- Pre heat grill on a hot heat
- Cover the oven tray with foil
- Using knife and chopping board, chop/slice some shallots
- Place tortilla chips on oven tray
- Grate some cheese on top
- Pour some salsa sauce over
- Scatter some shallots over
- Add more grated cheese
- Put under the grill for 3-5 mins
- When time is up take out using oven gloves
- Make sure cheese has melted properly
- Serve with the dips of your choice

Method

- Pre heat oven to 180C/ gas mark 4
- Put cases into muffin tray
- Weigh up all the ingredients
- Mix together the flour, baking powder, bicarbonate soda and salt in a bowl
- In another bowl beat together the mashed banana, sugar, egg, and vanilla, then stir in the crème fraîche
- Now stir together the flour mix with the banana mix
- Once completely combined, scoop mixture into muffin cases
- Place into oven for 18-20 mins
- Take out using oven gloves
- Using a knife slide into muffin and take out, if clean its fully cooked
- Let cool before serving



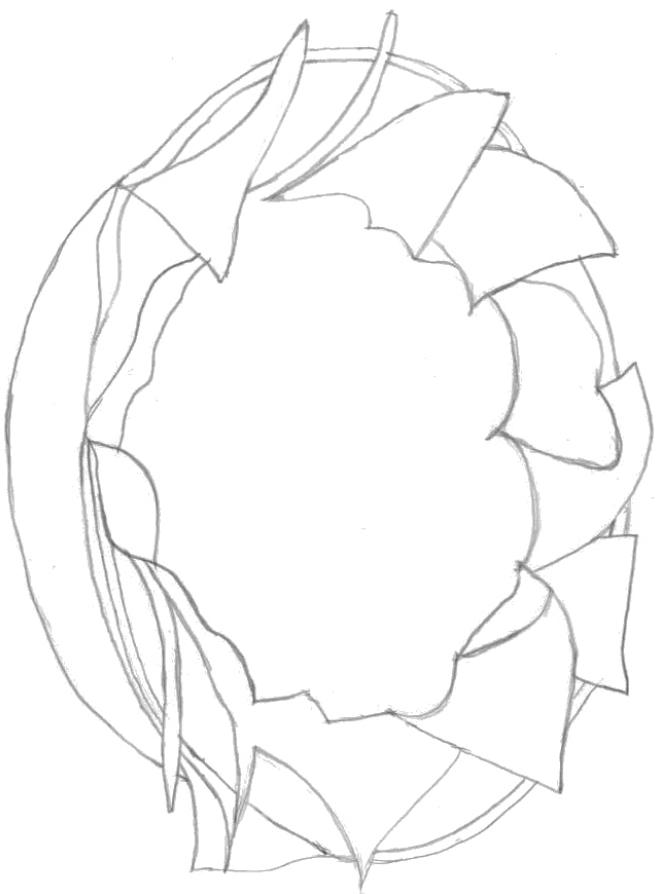
Banana Muffins

Equipment:

- Muffin tray
- Muffin cases
- Bowls
- Oven
- Oven gloves
- Scales
- Spoons
- Masher
- Eggs
- Vanilla extract

Ingredients:

- | | |
|-----------------------------------|-------------------|
| • Plain flour | 250g |
| • Baking powder | 2tbsp |
| • Bicarbonate soda | 1tsp |
| • Salt | $\frac{1}{2}$ tsp |
| • Mashed banana | 450g |
| • Caster sugar | 8tbsp |
| • $\frac{1}{2}$ fat crème fraîche | 120g |
| • Stove top | x2 |
| • Vanilla extract | 1tsp |



Pasta Salad

- (Can be substitute for another fish or meat)
- Salt and pepper
 - Tuna
 - Mayo (optional)
 - Sweetcorn
 - $\frac{1}{2}$ of a lettuce
 - 3 red bell peppers
 - 1 large cucumber
 - Pack of pasta
 - Chopping board
 - Knife
 - Spoons
 - Mixing bowl
 - Pot
 - Stove top
 - Chopping board
 - Knife
 - Spoons
 - Mixing bowl
 - Pot
 - Stove top

Oven gloves	•Icing tubes
Scales	•Vanilla extract
Bowl	•Eggs
Fork	•Self raising flour
Whisk	•Caster sugar
Oven	•Butter
Cup cake cases	150g
Cup cake cases	150g

Ingredients:

Cupcakes

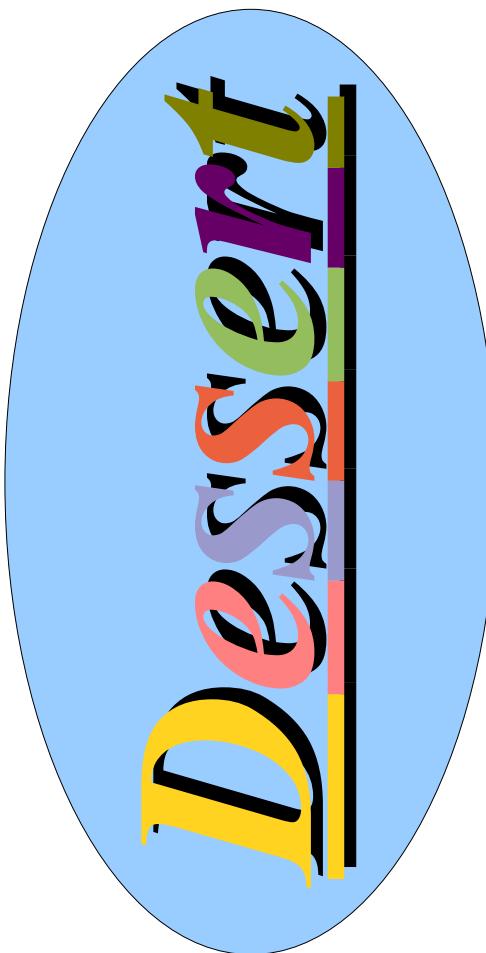
Method

- Pre heat oven to 180C/gas mark 4
- Using scales weigh up all the ingredients
- Leave butter in a bowl to soften
- Line the cup cake pan with the cup cake cases
- Crack the eggs into a bowl and beat with a fork
- Put the softened butter, sugar, flour, beaten eggs and vanilla in a mixing bowl
- Whisk for 3-5mins until light, fluffy and creamy
- Divide the mixture into the cake cases
- Bake in oven for 18-20 mins till they rise
- Using oven gloves, take out of oven
- Allow to cool for few minutes
- Place on a cooling rack
- Before icing make sure its completely cool
- Now have fun decorating the cakes with the icing tubes

Method

- Fill the pot with cold water, put on stove top to boil, and add salt
- While water is boiling, take seeds out of the peppers and wash them
- Chop the peppers into squares and then place into mixing bowl.
- Wash cucumber, chop, and place into mixing bowl with the peppers
- Add pasta to boiling water and leave to cook for 10-15 mins (depending on packet instructions, read carefully)
- Once cooked, drain, run under cold water, and drain again.
- Add the pasta to mixing bowl, with the cucumber and peppers.
- Wash lettuce and shred/tear into mixing bowl
- Add the tuna and sweetcorn
- Lightly season with salt and pepper
- Mix altogether in mixing bowl
- Add mayo, if choose to and mix again

- To reheat:
Put in microwave for 1-2mins or heat gently in a pot for 5 mins



Chicken Kiev

Method

- Pre heat oven to 200C/gas mark 6
- Chop up the parsley
- Chop up garlic
- Soften butter so easy to mix
- Mix garlic, parsley and butter in a bowl
- Wash chicken carefully
- Using a sharp knife, slice down one side of the chicken breast to make a pocket.
- Stuff the garlic, parsley and butter mixture into pockets
- Place flour in a bowl
- Pour breadcrumbs into a bowl
- Using a whisk beat the egg in a bowl

Equipment:

- Skinless chicken breasts
- Garlic
- Parsley
- Butter
- Flour
- Egg
- Breadcrumbs
- Oil
- Sharp Knife
- Chopping board
- Foil
- Whisk
- Bowls
- Foil

Ingredients: