

Karine Dorset

# Cook 'N' Colour

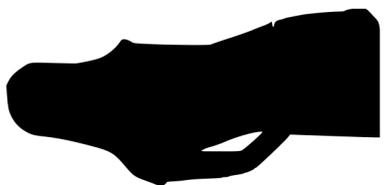
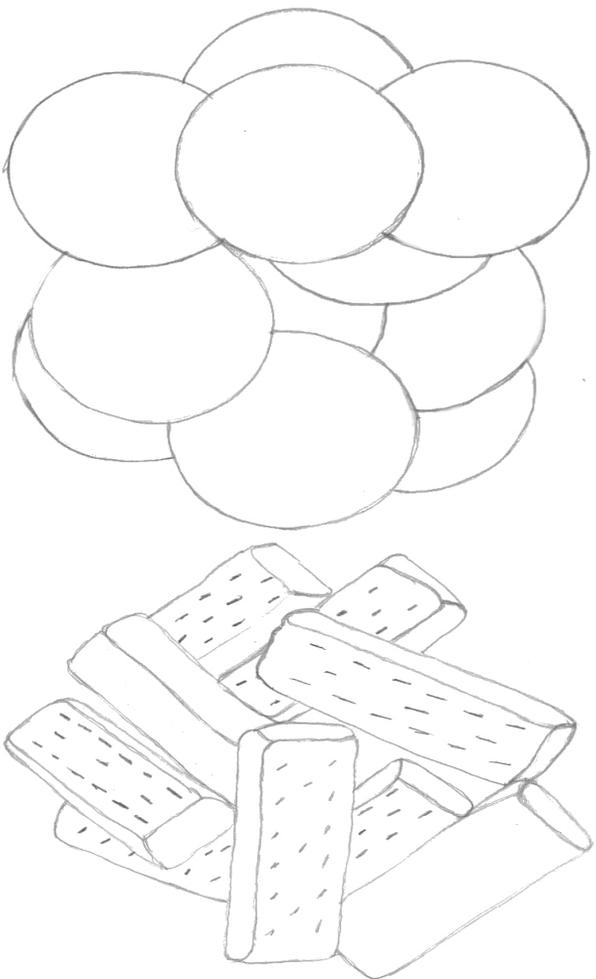


## This Book Belongs To:

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- 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



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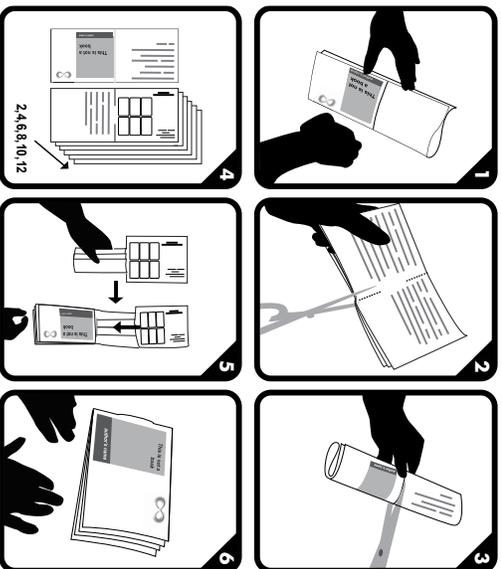
2010-05-17

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

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**Ingredients:**

- Butter 1kg
- Caster sugar 400g
- Plain flour 1kg
- Vanilla extract 4tsp

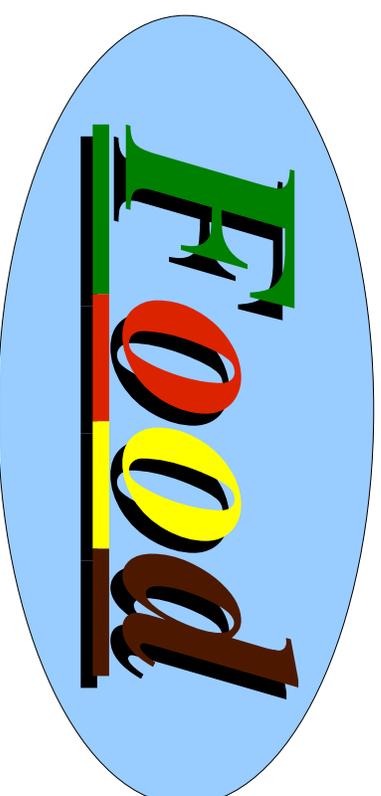
**Equipment:**

- Flat baking tray
- Oven
- Oven gloves
- Scales
- Rolling pin
- Whisk
- Foil
- Biscuit cutters/Knife

## Shortbread Biscuits

### Method

- Pre heat oven to 180C/gas mark 4
- Weigh up ingredients
- Soften 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

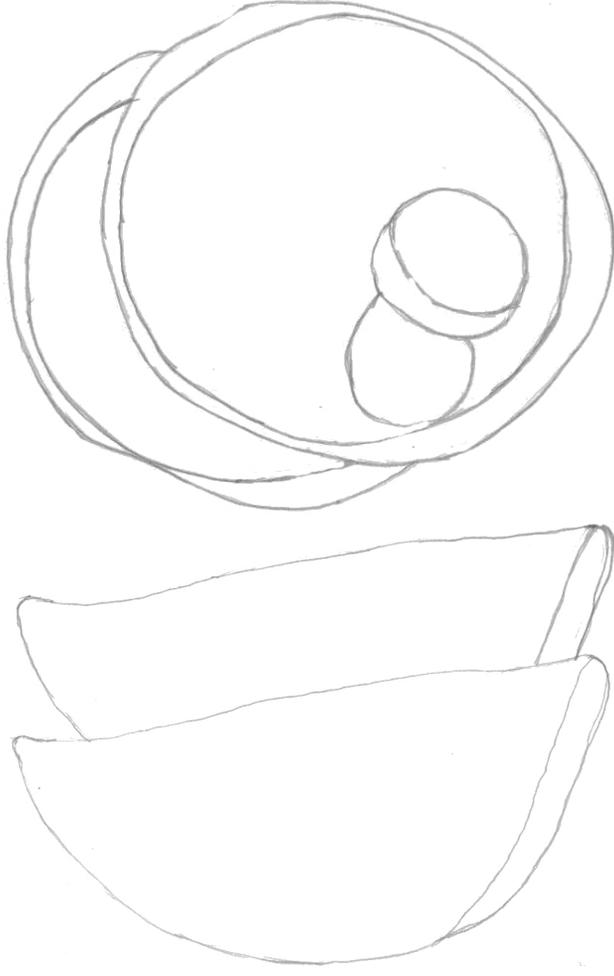


- Pizza**
- Ingredients:**
- Pizza Base (buy from most shops/supermarkets)
  - Cheese
  - Tomato sauce/ketchup/puree
  - Meat or Vegetable or Fruit toppings

- Equipment:**
- Baking tray
  - Knife
  - Spoon
  - Oven gloves
  - Bowls
  - Foil
  - Chopping board
  - Oven
  - Grater

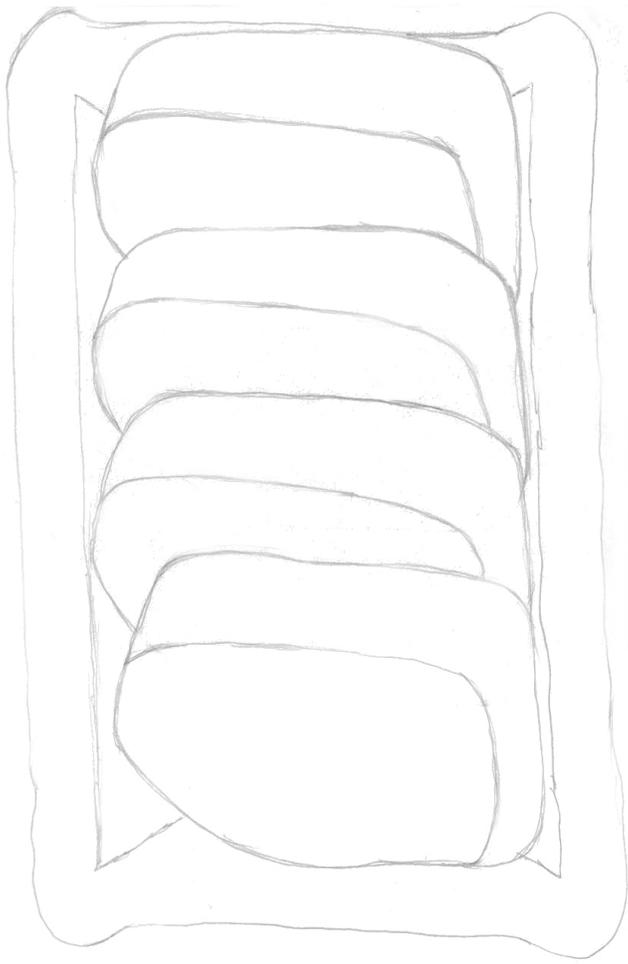
- Method**
- Pre-heat oven to 200C/ gas mark 6
  - Grate cheese into a bowl
  - Using Knife, cut your toppings that need to be chopped and place into bowls
  - Cover baking tray with foil
  - Take pizza base out of packaging and place on baking tray
  - Spread the tomato over base evenly to the crust/edge 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

Check its hot before serving



## **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



## 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

### Sauce/toppings:

- Tomato salsa
- Sour cream
- Guacamole
- Mayo

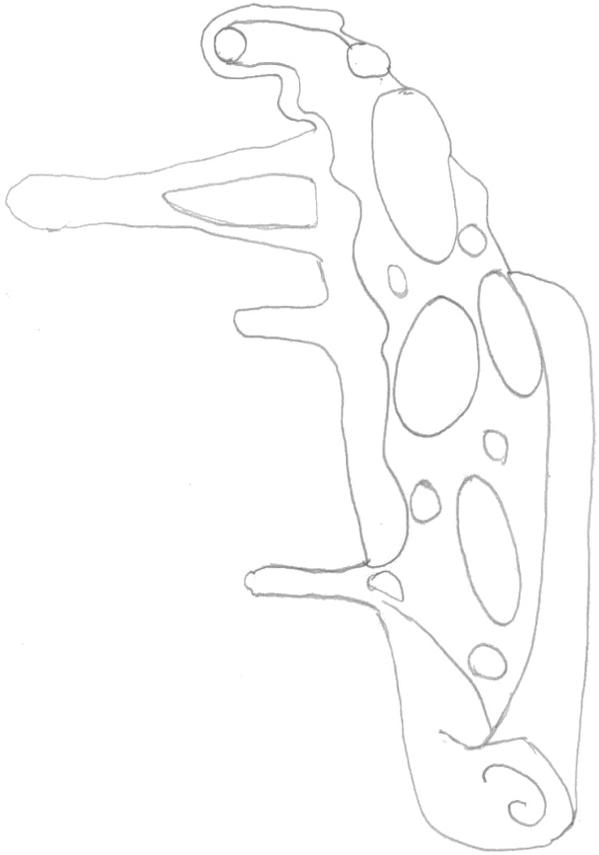
### Ingredients:

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

### Equipment:

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

## Chicken Fajitas



- Ingredients:**
- Chocolate 100g
  - Butter 125g
  - Sugar 300g
  - Self raising flour 100g
  - Eggs x4

- Equipment:**
- Oven
  - Oven top
  - Pot
  - Grease proof paper
  - Mixing bowls
  - Whisk
  - Rectangle cake tin
  - Scales
  - Oven gloves

## Chocolate Brownies

### 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.



- Equipment:**
- Grill
  - Chopping board
  - Foil
  - Knife
  - Oven tray
  - Grater
  - Oven gloves

- Ingredients:**
- Tortilla chips
  - Cheese
  - Shallots(baby onions)
- Sauce/Dip:**
- Salsa
  - Guacamole
  - Sour cream

## 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, the stir in the crème fraiche
- 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

## Pasta Salad

### Equipment:

- Pot
- Stove top
- Mixing bowl
- Spoons
- Knife
- Chopping board

### Ingredients:

- Packet of pasta
  - 1 large cucumber
  - 3 red bell peppers
  - ½ of a lettuce
  - Sweetcorn
  - Mayo(optional)
  - Tuna
- (can be substitute for another fish or meat)
- Salt and pepper



## Banana Muffins

### Equipment:

- Muffin tray
- Muffin cases
- Bowls
- Oven
- Oven gloves
- Scales
- Spoons
- Masher

### Ingredients:

- Plain flour 250g
- Baking powder 2tbsp
- Bicarbonate soda 1tsp
- Salt ½ tsp
- Mashed banana 450g
- Caster sugar 8tbsp
- ½ fat crème fraiche 120g
- Eggs x2
- Vanilla extract 1tsp



- Ingredients:**
- Butter 150g
  - Castor sugar 150g
  - Self raising flour 175g
  - Eggs x3
  - Vanilla extract 1tsp
  - Icing tubes

- Equipment:**
- Cup cake cases
  - Oven
  - Cup cake oven pan
  - Whisk
  - Fork
  - Bowl
  - Scales
  - Oven gloves

## 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

# Dessert



•Using a whisk beat the egg in a bowl

•Pour breadcrumbs into a bowl

•Place flour in a bowl

•Stuff the garlic, parsley and butter mixture into pockets

make a pocket.

•Using a sharp knife, slice down one side of the chicken breast to

•Wash chicken carefully

•Mix garlic, parsley and butter in a bowl

•Soften butter so easy to mix

•Chop up garlic

•Chop up the parsley

•Pre heat oven to 200C/gas mark 6

## Method

## Chicken Kiey

### **Ingredients:**

- Skinless chicken breasts
- Garlic
- Parsley
- Butter
- Flour
- Egg
- Breadcrumbs
- Oil

### **Equipment:**

- Oven
- Oven top
- Oven gloves
- Frying pan
- Baking tray
- Sharp Knife
- Chopping board
- Bowls
- Whisk
- Foil