

Activity Sheet F7

FOOD, CHALLENGE 7



Ghostly Lemonade from www.netmums.com

- 1 cup water
- 1 cup granulated/caster sugar
- Juice from 4-6 lemons
- 4 cups sparkling water

Make the syrup a few hours (or the day before) you need it, so it has time to cool.

Mix 1 cup of water and 1 cup of sugar in a small saucepan. Bring to the boil, stirring frequently, until the sugar dissolves. Allow to cool.

Juice the lemons and stir into the cooled syrup.

Put into a large jug and add 4 cups of chilled sparkling water, mix and serve.

Here are a few ideas for non-alcoholic cocktails, more ideas can be found on www.netmums.com. All of the following recipes are for one serving, so increase the ingredients to cater for more.

Acapulco Gold

Shake together 6 shots of pineapple juice, 1 shot of grapefruit juice, 2 tablespoons of coconut cream, 2 tablespoons of fresh cream and a scoop of crushed ice. Serve unstrained.

Appleade

Chop up 2 large apples and pour a pint of boiling water over them. Sprinkle in a tiny dash of sugar and leave to stand for a few minutes. Strain the liquid, leave to cool and serve with lots of ice and apple/lemon garnish.

Atomic Cat

Add 4oz of orange juice and 4oz of tonic water to a long glass and fill with crushed ice.

Activity Sheet F13

FOOD, CHALLENGE 13



Carrot Soup

This is a nice quick soup to make. It looks appealing and is full of goodness.

- 1 onion (chopped)
- Oil or butter for frying
- 1 crushed clove of garlic
- 500g of chopped carrots
- 1 l of vegetable stock
- Black pepper to taste

Chop an onion and sauté in butter or olive oil with a crushed clove of garlic until soft.

Add about 500g of chopped carrots and cook for a few minutes.

Add the vegetable stock, bring to the boil and simmer until the carrots are tender (about 15-20 mins). Remove from heat and season with pepper.

Liquidise in a blender or food processor.

Serve into bowls and swirl in some cream or yogurt and/or sprinkle with fresh chopped coriander. Serve with fresh crusty bread.

Variations

Use any combination of sweet-tasting vegetables instead of just carrots (parsnips, butternut squash, red or yellow peppers).

To make a thicker soup add a chopped potato before simmering.

To make carrot and coriander soup - follow the above recipe, but add 1 tsp ground coriander to the pan with the onions.

Add a good handful of chopped fresh coriander to the soup after blending.

Stir in and serve.

Tomato Soup

- 1 large carrot, sliced
- 1 large potato, sliced
- 1 onion, chopped
- 1 red pepper
- 1 tin of chopped tomatoes
- 2 cloves of garlic, crushed
- 2 teaspoons of vegetable bouillon powder/1 vegetable stock cube
- 2 tablespoons olive oil
- 1 1/4 pints of water
- 1 teaspoon sugar

Fry the onions in the olive oil for a couple of minutes until soft. Then add the carrot, potato and red pepper and cook for a further 5 minutes.

Add the remaining ingredients, bring to the boil and simmer for 20 minutes or until the vegetables become soft.

Liquidise and serve with some crusty white bread or wholemeal toast to be extra healthy.

Leek & Potato Soup

- 2 tbsp of butter or olive oil
- 2 chopped leeks
- 1 small onion, finely chopped
- 350g/12 oz floury potatoes (red potatoes taste nice in this soup)
- 900mls of chicken or veg stock (x2 stock cubes if no fresh stock available)
- ground pepper
- crusty brown granary baguettes

Heat the butter in a large saucepan and then add chopped leeks and onion and cook gently until softened.

Add the potatoes to the pan (these should be peeled and cubed.)

Let these cook for about five minutes.

Add the stock and bring to the boil then reduce the heat.

Cover and simmer gently for 30-35 minutes until vegetable are very tender.

Season to taste. Serve hot with warm baguettes.

Activity Sheet F14

FOOD, CHALLENGE 14



Pizza

For the base:

- 1 double packet of pizza dough mix (2x145g sachets)
- flour for rolling out
- olive oil for drizzling

Add any of these suggestions to flavour the dough:

1 tsp dried chilli flakes, a small handful of finely grated parmesan cheese, 1 tsp dried or 1 tbsp chopped fresh herbs (oregano, basil, parsley, thyme, marjoram, rosemary), 1-2 tbsp finely chopped sun-dried tomatoes, 1-2 tbsp finely chopped olives, 1 tbsp flavoured oil, such as chilli, basil or rosemary.

For the tomato sauce:

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 2 cloves of garlic, crushed
- 1 bay leaf
- 1 tsp dried oregano
- 1x400g can chopped tomatoes
- 2 tbsp tomato purée
- flaked sea salt and freshly ground black pepper

Topping suggestions:

Tomato and cheese form the basic pizza ingredients, but depending on your mood and your taste buds, you can turn a basic pizza into any flavour you like. Experiment yourself or try some of these suggestions:

Cheese Feast

120g/4½oz each of mozzarella, gruyere, dolcelatte and 50g/2oz parmesan cheese.

Popeye Special

50g/2oz cooked spinach, grated nutmeg, 1 tsp dried oregano, 50g/2oz mozzarella cheese, a handful of grated parmesan cheese, a handful of pine nuts and 1 egg broken in the centre

Hot Hot Hot

Thinly sliced pepperoni, thinly sliced onion, a few chopped jalapeno peppers, mozzarella cheese and oregano

Four-in-One

Place thinly sliced pepperoni/salami over one quarter, thinly sliced mushrooms over the second quarter, mozzarella cheese over the third quarter and tinned anchovies, olives and capers over the last quarter

Pizza Med

A few slices Parma ham, mozzarella cheese, sun-dried tomatoes, basil, olives and parmesan cheese

Seafood and Spice

Cooked prawns, capers, olives, chilli flakes, mozzarella cheese and canned anchovies

Method

Make the base according to the packet instructions, using both packets to make a double amount of dough. It can be left plain but for a more interesting pizza add your chosen flavouring from the suggestions in the ingredients list before any liquid is added.

Roll into 1 large pizza base or 2 smaller ones, place on a baking sheet and leave to rise in a warm place.

While the dough is rising you can prepare the tomato sauce and toppings.

For the sauce, heat the olive oil in a medium saucepan and gently cook the onion and garlic for about 8 minutes until softened.

Add the remaining ingredients and simmer for 10 minutes until you have a thick, spreadable sauce.

Season with salt and pepper, and then remove the bay leaf.

Preheat the oven to 220C/425F/Gas 7.

Spread a generous amount of tomato sauce over the pizza base(s), leaving a 1cm/½in gap around the edge.

You can now add your favourite toppings (see above for some suggestions), drizzle with olive oil, then place in the oven for about 15-20 minutes or until the base is crisp and the topping is golden.

Activity Sheet F15

FOOD, CHALLENGE 15



Basic Chutney Recipe from www.netmums.com

This is a rich, sweet chutney, which tastes good with cold meats and cheeses. This recipe makes approximately 1 kg (3 average jam jars full).

- 225g cooking apples, peeled and cored
- 225g onions
- 225g soft brown sugar
- 225g raisins
- 225g dried dates (chopped)
- 300ml pickling or malt vinegar
- Salt and black pepper to taste
- ½ tsp ground ginger
- A pinch of cinnamon
- Some finely chopped fresh chilli or a dash of chilli sauce to taste (optional)

Dice the apples and onions (or use a food processor) and put in a large saucepan.

Add all the rest of the ingredients and mix well. You can vary the amount and type of spices used depending on your own taste.

Bring to the boil. Turn down the heat very low, and allow to simmer for 2-3 hours until thick. Stir occasionally to stop it from sticking.

Sterilise some clean jam jars and lids, by heating them in a warm oven (140C/gas 1) for at least 5 minutes. Remove jars from the oven and fill to the top with the chutney, while still hot. Top each jar with a waxed disk or circle of greaseproof paper.

Put the lids on and tighten as much as possible. You may need to re-tighten once the jars cool down.

Store in a cool dark place for at least a week before eating and refrigerate after opening. Unopened jars will keep for several months or more if stored in a cool dark place.

Recipe for Plum Jam from jam-recipes.co.uk

- 2 lbs of stoned ripe plums
- 2 lbs of sugar

Clean and stone the plums. Place a saucer in the freezer.

Weight the plums and then add them and an equal weight of sugar to a preserving pan (or an old large saucepan - jam can discolour the pan).

Heat slowly to boiling point, stirring and making sure all the sugar dissolves.

Boil hard and keep testing for the setting point every ten minutes. Take your saucer from the freezer and place a drop of jam onto the cold plate. After a few seconds push the jam with your finger. If the jam surface wrinkles then it has reached setting point and is ready. If it slides about as a liquid, then it hasn't reached setting point and should be returned to the heat and boiled for a few more minutes before testing again.

As soon as a sample sets, remove from the heat and pour into sterilised jars (see chutney recipe above).

Activity Sheet F19

FOOD, CHALLENGE 19



Recipes for Homemade Lollies from www.netmums.com

You can buy plastic lolly moulds and little wooden sticks quite cheaply from most supermarkets.

Fruit juice lollies

Use either cordial or fresh fruit juice, diluted to about half and half with water (or lemonade for a treat).

Yoghurt lollies

Your favourite flavour of yoghurt or fromage frais mixed up with a little milk.

Fruit lollies

So many options here... apples, peaches, berries, bananas - whatever you fancy, peeled and cored, then blended with some fruit juice or plain yoghurt.

Banana & honey lollies

Blend bananas with a small amount of honey and milk.

Angel Delight lollies

Taste just like 'mini-milks'!

Mix 'n' match

You can always try half filling the moulds with one thing, letting them freeze and then adding something else before returning to the freezer, for a layered lolly look.

Fromage frais

Small pots of fromage frais make good lollies. Just whip the tops off, pop a wooden lolly stick in each one and freeze.

Banana popsicles

Cut a banana in half width-ways and push a lolly stick into the cut end of each half. Spread with peanut butter or chocolate spread, roll in chopped peanuts (assuming there are no nut allergies in your unit)/seeds/hundreds and thousands, wrap in greaseproof paper and freeze.