

FULBOURN
PRIMARY SCHOOL

FAMILY Recipes



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

Get ready to start by:

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



Kitchen Skills Explained



Handle Grip: Hold your knife firmly in your dominate 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 thumbs 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 onto the mat.

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

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

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

Couscous Salad

You will need:

- Large bowl
- Kettle
- Chopping board
- Knife
- Fork

Ingredients:

- ¼ cucumber
- 10 cherry tomatoes
- 1 pepper
- 100g frozen sweetcorn
- 150g couscous
- 1tbsp olive oil
- 200ml boiling water



Couscous Salad Method

1. Chop all of the vegetables into small pieces.
2. Place the couscous into a large heat proof bowl and drizzle over the olive oil
3. Boil the kettle and pour over 200 ml of boiling water onto the couscous, cover with a plate then set aside to stand for 5 minutes.
4. Use a fork to stir up the couscous until it looks fluffy.
5. Add the chopped vegetables to the couscous and stir well.

Cheese Swirls

You will need:

- Baking tray
- Grater
- Knife

Ingredients:

- 1 sheet of puff pastry
- Flour for rolling
- 3 tbsps. tomato puree
- ½ onion, chopped
- 1 cup cheddar cheese, grated



Cheese Swirls Method

1. Preheat the oven to 220 °C
2. Roll out the puff pastry to a rectangle shape. Use the flour so the pastry becomes sticky.
3. Finely chop the onion.
4. Spread the pastry with the tomato puree.
5. Sprinkle the onion and cheese onto the tomato puree.
6. Roll the sheet of pastry along the short side.
7. Mark the pastry 1 finger space apart along the log shape, then cut where you have marked.
8. Lay the swirls on a parchment-lined tray about 2cm away from each other.
9. Bake in the oven at 220 °C for 20 minutes.