

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.

## Vegetable Sticks

You will need:

- Chopping board
- Knife
- Plate
- Peeler


Ingredients:

- Carrots
- Cucumber
- 1 red pepper
- 1 yellow pepper
- Celery



## Vegetable Sticks Method

1. Wash the vegetables.
2. Peel the carrots and cut them into sticks.
3. Cut the peppers, cucumber and celery into sticks.



## Fruit Muffins

You will need:

- 12-hole muffin tray
- Muffin cases
- Large bowl
- Whisk

Ingredients:

- 250g bananas (2 medium bananas)
- 2 eggs
- 1 teaspoon vanilla essence
- 100g melted butter
- 160g plain flour
- 1.5 teaspoon baking powder
- blueberries



## Fruit Muffins Method

1. Preheat the oven to 180 °C.
2. In a large bowl, mash the bananas with a fork.
3. Add the eggs, vanilla extract and melted butter to the bowl. Beat the wet ingredients together and a whisk until it is smooth.
4. Add the flour and baking powder to the wet mixture. Beat the mixture together using a whisk.
5. Grease the muffin tins or use muffin cases. Portion the mixture into the cases.
6. Top the muffin with a blueberry. Bake at 180 °C for 20-25 minutes.

## Pasta Salad

### You will need:

- Large bowl
- Saucepan
- Slotted spoon
- Chopping board
- Knife
- Food processor

### Ingredients:

- Water for boiling
- 2 large beetroot, peeled and roughly chopped
- 2 onions, finely chopped
- 1 tbsp olive oil
- 4 celery sticks, finely chopped
- 2 garlic cloves, finely chopped
- 4 carrots, peeled and finely chopped
- 400g pasta
- Crème-fraiche

## Pasta Salad Method

1. Peel and chop the beetroot.
2. Put a large pan of water on a high heat, bring to the boil and add the beetroot chunks. Boil for 5 minutes, then transfer the beetroot to a plate using a slotted spoon.
3. Meanwhile, put the olive oil in a large frying pan and set over a medium heat. Add the onions, celery and carrots and cook for 8 minutes until softened. Add the garlic and fry for another 30 minutes.
4. Add the pasta into the pan of beetroot water and simmer for 13-15 minutes. Drain, the pasta, keeping some of the water back.
5. Put the beetroot with half the fried veg into a food processor and crème fraiche. Blitz until smooth. Gradually add the reserve pasta water to loosen the mixture.
6. Stir the sauce through the pasta along with the remaining fried veg and some seasoning.

