

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.

## Fruity Frozen Yoghurt

### You will need -

Chopping Board  
Knife  
Cupcake Cases or Mini Cake/Lolly/Ice Pole Moulds or Ice Cream Cones  
Spoon  
Bowl  
Freezer  
Bowl - for any food waste

### Ingredients -

*(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion size for the food groups)*

Unsweetened Fat-Free Yoghurt  
Fresh Fruit (freezable)

Not all fruit can be frozen so make sure you choose something which won't spoil your treat. (Fruits such as strawberries, oranges and watermelon cannot be frozen due to their high water content)



## Fruity Frozen Yoghurt Method

1. Lay out the moulds or cake cases  
(if using ice cream cones, use mini flat based versions)
2. Prepare fruit -
  - 2a. Add small fruit whole, such as berries
  - 2b. If using larger fruit then cut as required  
(On a chopping board use the bridge hold or claw grip to cut)
3. Fill the moulds -
  - 3a. Pour the yoghurt into a bowl and mix with the fruit
  - 3b. Spoon the yoghurt into the mould and add layers of fruit between or to the top
  - 3c. In a bowl blend the fruit and yoghurt together, spoon into moulds
4. Place in the freezer until solid
1. Eat straight out of the freezer

## Sweet Potato Fries

### You will need -

Chopping Board  
Knife  
Potato Peeler (optional)  
Bowl  
Baking Tray  
Bowl - for any food waste

### Ingredients -

Sweet Potato  
Oil

### Seasoning -

Rosemary  
or an alternative of your choice

*(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)*



## Sweet Potato Fries Method

1. Pre-heat the oven to 220°/200°fan
2. Use a potato peeler or knife to peel the potatoes
3. On a chopping board use the bridge hold to cut the potatoes in half long ways
4. Use the claw grip to cut lengths of potato to create the fries
5. Place in a bowl with a small amount of oil and sprinkle with seasoning
6. Gently coat the potato fries by mixing with your fingertips
7. Place on a baking tray in a single layer
8. Bake for 15-20mins or until golden and crisp
9. Remove from oven and serve

### Notes -

Eat immediately

## Smashed Cannellini Bean Dip

You will need:

- Saucepan
- Chopping board
- Knife
- Food processor


Ingredients:

- 4 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove
- ½ tsp cracked black pepper
- 400g can cannellini beans, drained and rinsed



## Smashed Cannellini Bean Dip Method

1. Heat half the oil in a shallow saucepan over a low-medium heat. Finely chop the onion and add to a saucepan and cook for 3 minutes until soft, then add the chopped garlic and cook for 1 minute.
2. Sprinkle in the pepper and then stir in the beans.
3. Season the mixture with salt and pepper then tip into a food processor with the remaining oil.



## Savoury Muffins

### You will need:

- One 12 hole muffin tray
- 2 large bowls
- Spoon for mixing
- Measuring jug
- Grater

### Ingredients:

- 1 medium courgette
- 1 medium carrot
- 30g frozen peas
- 30g frozen sweetcorn
- 125g cheese
- 125ml milk
- 60 g plain Greek yoghurt
- 60 ml olive oil
- 2 eggs
- 250g plain flour
- 2tsp baking powder



## Savoury Muffins Method

1. Preheat oven to 180 °C
2. Grate the courgette and carrot into a bowl. Wrap the grated mixture in a clean dish cloth, then squeeze out the excess liquid.
3. In a large mixing bowl, add the courgette, carrots, peas, sweetcorn, grated cheese, milk, yoghurt, olive oil and egg.
4. Combine the wet and dry ingredients: Add the baking powder to the flour and gently combine. Gradually add in the dry ingredients to the wet until it is all combines.
5. Grease a 12 hole muffin tray with oil or butter. Equally distribute the muffin batter into the sections and bake for 20-25 minutes.