

Cookery Bags

“Support children and families to cook together at home”

The following pages are examples for you to copy and/or adapt to suit your setting and families.

We have included a couple of sample letters to explain the bags; notes to go inside the bag; some of the recipes suggested; utensil suggestions; story suggestions and feedback questions.

More recipes can be found on the [Change 4 Life](#) website (including online interactive make your own cookery book for children) and [Let's Get Cooking](#) (including Let's Get Cooking at Home resources) Website.

Aprons and chefs hats are also exciting to include the bags.

The more bags you have (with different recipes and stories) the more opportunities children and families will have with different sets.

Make sure you capture the necessary baseline information you need if using this as an Outcomes Intervention for your Healthy Outcomes Certificate Early Years **before** you send the bags home.

- **Example letter 1**

Dear Parents/Carers

We have created a Cookery Bag that children can bring home for a week/weekend so that you can enjoy reading and cooking together. Each bag contains a food related story, some recipes, a simple explanation about how to use the pack and some utensils to use.

Please note that there may be items such as cutters in the pack and it should therefore not be used unsupervised.

You may keep the bag for XXX but it must be returned so that another child can take it home. We have a limited number of bags but your child will hopefully get the chance to bring one of these home at least twice a year.

Please could you use the notebook included for any comments you have on the contents of the bag or things your child enjoyed about cooking together with you. It would also be great if you could add some photos/drawings of your child cooking or drawings and of course the end result of what you cooked!

We hope you enjoy using the bag and enjoy the dish together.

Happy cooking!



Example Letter 2

Dear Parents/Carers

This week it is your child's turn to bring home one of our cookery bags. This is a new initiative to increase opportunities for children to learn about basic cookery skills together with their families at home. Your child will be given the cookery bag to keep at home for XXX.

As well as recipes, stories and utensils you will also find a small notebook for you or your child to capture the experience. This could be accompanied by a photo of the finished result or a picture drawn by your child.

The cookery bag consists of the following items:

- *A contents list*
- *A story book to read together*
- *Recipes for you and your child to try out*
- *A notebook – for recording how you get on*
- *Simple food utensils – for you to use in the recipes*

Please note that there may be items such as cutters in the pack and it should therefore not be used unsupervised.

It would be much appreciated if you could wash and return all the items provided in the cookery bag (there's a handy list for you to check everything's there) on the specified day so that other children can have a chance to enjoy it.

We very much hope you have fun using the cookery bags and look forward to hearing about how you get on!

- **Example Feedback Sheet**

Cookery Bag Feedback

We hope the Cookery Bag has helped you and your children to cook some new recipes together. Please share your thoughts so we can make any necessary improvements.

1. *Which Cookery Bag did you borrow?* _____
2. *Did your child enjoy the bag?* _____
3. *Which recipes did you cook?* _____
4. *Who cooked together with your child?* _____
5. *Did it help you and your child learn something new?* Yes No
6. *How often does your child cook with you or help in the kitchen?* _____

7. Will you use these recipes in the future? Yes No

8. Would you like more recipes to share with your child? Yes No

7. What did you think of the bag? (Tick the box you agree with most)

	Not useful	Useful	Really useful
Content of the pack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Story book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Utensils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Usefulness of the pack overall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Are there any other comments you would like to make on how we could improve the bag?

• Inserts for the Cookery Bags

Eat Your Peas

We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!

Contents:

- "Eat Your Peas" by Kes Gray and Nick Sharratt
- A vegetable peeler
- A letter home
- A note book

Recipes:

- Chicken casserole
- Minestrone soup

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Dora's Eggs

We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!

Contents:

- Dora's Eggs by Julie Sykes
- A vegetable peeler
- A baking tin
- A balloon whisk
- A letter home
- A note book

Recipes:

- Roast chicken tomato rice
- Oven baked eggs & chips

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Delicious

We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.

Thank you!

Contents:

- Delicious by Helen Cooper
- A set of measuring spoons
- A muffin tin
- A letter home
- A note book

Recipes:

- Vegetable soup
- Potato wedges

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

I Will Not Ever Never Eat a Tomato

We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.

Thank you!

Contents:

- I Will Not Ever Never Eat a Tomato by Lauren Child
- A vegetable peeler
- A baking tin
- A muffin tin
- A letter home
- A note book

Recipes:

- Tomato Pasta Sauce
- Vegetables Pasta Bake

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!



The Gigantic Turnip

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *The Gigantic Turnip by Aleksie Tolstoy and Niamh Sharkey*
- *A vegetable peeler*
- *A baking tin*
- *A sieve*
- *A letter home*
- *A note book*

Recipes:

- *Sweet Potato and Butternut Squash Soup*
- *Veggie Bakes*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Avocado Baby

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *Avocado Baby by John Burningham*
- *A set of measuring spoons*
- *A baking tin*
- *A sieve*
- *A spatula*
- *A letter home*
- *A note book*

Recipes:

- *Fruit Salad*
- *Guacamole*
- *Pear Surprise*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

The Little Red Hen and the Ear of Wheat

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *Little Red Hen and the Ear of Wheat by Mary Finch*
- *A set of measuring spoons*
- *A baking tin*
- *A muffin tin*
- *A balloon whisk*
- *A letter home*
- *A note book*

Recipes:

- *Chicken Nuggets*
- *Melting Moments*
- *Speedy Pizza*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Mama Panya's Pancakes

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *Mama Panya's Pancakes by Mary and Rich Chamberlin*
- *A set of measuring spoons*
- *A baking tin*
- *A muffin tin*
- *A vegetable peeler*
- *A letter home*
- *A note book*

Recipes:

- *Spanish Omelette*
- *Tuna Pasta Bake*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Egg Drop

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *Egg Drop by Mini Grey*
- *A set of measuring spoons*
- *A baking tin*
- *A vegetable peeler*

- A letter home
- A note book

Recipes:

- Spanish Omelette
- Oven Baked Egg & Chips

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Oliver's Fruit Salad

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- Oliver's Fruit Salad by Vivian French
- A sieve
- A baking tin
- A juicer
- A letter home
- A note book

Recipes:

- Fruit Crumble
- Fruit Salad
- Fruit Smoothies

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Oliver's Milkshake

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- Oliver's Milkshake by Vivian French
- A sieve
- A letter home
- A note book

Recipes:

- Berry Mess
- Fruit Smoothies

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!



Goldilocks

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *Goldilocks by Nick Sharratt and Stephen Tucker*
- *A juicer*
- *A set of measuring spoons*
- *A baking tin*
- *A balloon whisk*
- *A letter home*
- *A note book*

Recipes:

- *Cheesy Corn Cakes*
- *Fruit Crumble*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

The Gingerbread Man

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *The Gingerbread Man by Ronne Randall*
- *A set of measuring spoons*
- *A baking tin*
- *A balloon whisk*
- *A spatula*
- *A letter home*
- *A note book*

Recipes x 3

- *Fruit Flapjacks*
- *Pear Surprise*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

The Very Hungry Caterpillar

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

**Contents:**

- *The Very Hungry Caterpillar by Eric Carle*
- *A juicer*
- *A sieve*
- *A baking tin*
- *A vegetable peeler*
- *A letter home*
- *A note book*

Recipes:

- *Cottage Pie*
- *Fruit Crumble*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

Handa's Surprise

*We hope you enjoy using this Cookery Bag with your child. We would appreciate if you can return all the items clean and ready for the next user.
Thank you!*

Contents:

- *Handa's Surprise by Eileen Browne*
- *A sieve*
- *A baking tin*
- *A letter home*
- *A note book*

Recipes x 3

- *Berry Mess*
- *Fruit Smoothies*
- *Muffins*

When you have used the bag please make a comment and add a photo of your child cooking and enjoying the end result!

- **Example Equipment list**

- ✓ 1) Eat Your Peas by Kes Gray and Nick Sharratt
Chicken casserole / minestrone soup



- ✓ 2) Dora's Eggs
Roast chicken tomato rice/ scrambled eggs / oven baked eggs & chips



- ✓ 3) Delicious by Helen Cooper
Mixed vegetable soup / skin on fries



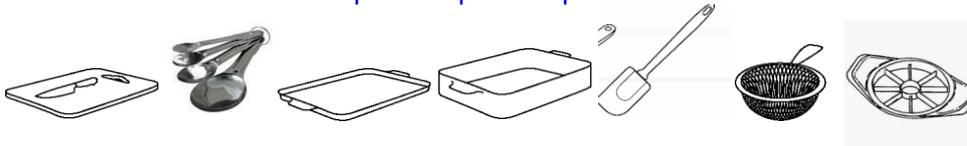
- ✓ 4) I will not ever never eat a tomato by Lauren Child
Bruschetta / tomato soup / vegetables pasta bake



- ✓ 5) The Gigantic Turnip by Aleksie Tolstoy and Niamh Sharkey
Squash soup / veggie bake



- ✓ 6) Avocado Baby by John Burningham
Fruit salad / Guacamole / perfect pear surprise



- ✓ 7) Little Red Hen and the Ear of Wheat by Mary Finch
Chicken goujons / melting moments / speedy pizza



- ✓ 8) Mama Panya's Pancakes by Mary and Rich Chamberlin
Spanish omelette / tuna pasta bake / veggie kebabs



- ✓ 9) Egg Drop by Mini Grey
Spanish omelette / tomato soup / oven baked egg & chips



- ✓ 10) Oliver's Fruit Salad by Vivian French
Fruit crumble / fruit salad / fruit smoothies



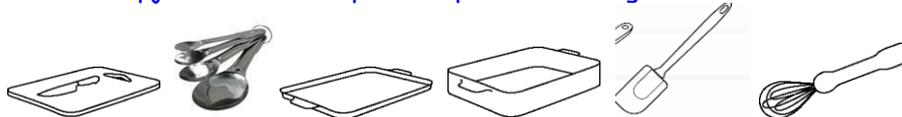
- ✓ 11) Oliver's Milkshake by Vivian French
Berry Mess / fruit smoothies



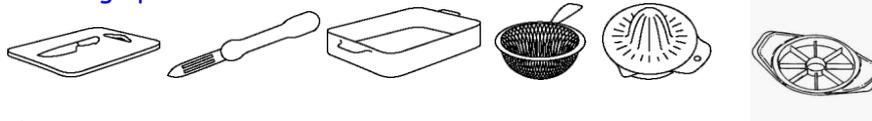
- ✓ 12) Goldilocks by Nick Sharratt and Stephen Tucker
Cheesy corn cakes / melting moments / fruit crumble



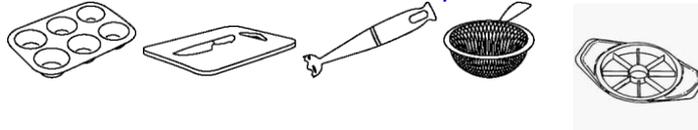
- ✓ 13) The Gingerbread Man by Ronne Randall
Fruit flapjacks / Perfect pear surprise / Melting moments



- ✓ 14) The Very Hungry Caterpillar by Eric Carle
Cottage pie / fruit crumble



- ✓ 15) Handa's Surprise by Eileen Browne
Fruit muffins / smoothies / berry mess



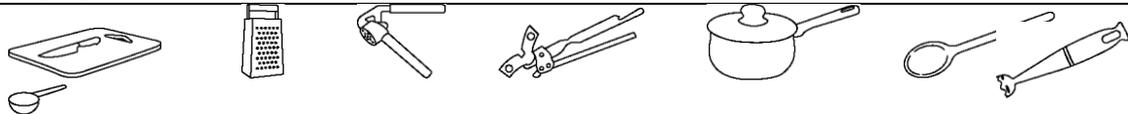
Tomato Pasta Sauce

Serves: 2 adults & 2 children

Ingredients

- 1 -2 tablespoons vegetable oil eg. Sunflower
- 1 medium onion
- 1 garlic clove
- 1 tin chopped tomato
- 2 tablespoons tomato puree
- Choose from 2 of the following vegetables; 1 carrot/ 1 courgette/ 1 pepper/ 2 celery sticks
- 1 teaspoon dried mixed herbs, parsley or basil
- Ground black pepper to taste

Equipment



Method

1. Prepare the vegetables
 - Finely chop the onion
 - Peel & crush the garlic
 - Prepare your two vegetables; peel & grate the carrot/ grate the courgette/ core & finely chop the pepper/ finely chop the celery
2. Heat the oil over a medium heat in a pan. Add the onion & cook gently until soft.
3. Add the garlic & cook for 1 minute.
4. Add the tinned tomatoes, tomato puree and the remaining vegetables, bring to a simmer. Add the ground pepper & herbs, cook for 10 minutes with the lid off, breaking down any lumps with the back of a spoon as it cooks.
5. Taste & add more pepper if needed.
6. If you want a completely smooth sauce then puree with a hand blender.

Top Tips

- For babies over 6 months mix with plain cooked cous cous, grated cheese & serve
- Adults & Toddlers – serve with cooked pasta & finely grated mature cheddar or parmesan cheese
- Try making a double batch & freeze half for another time.
- Quick Bolognese; dry fry 500g minced beef in a non stick pan, pour over a portion of pasta sauce, cover & simmer for 30 minutes, adding a little water if needed.



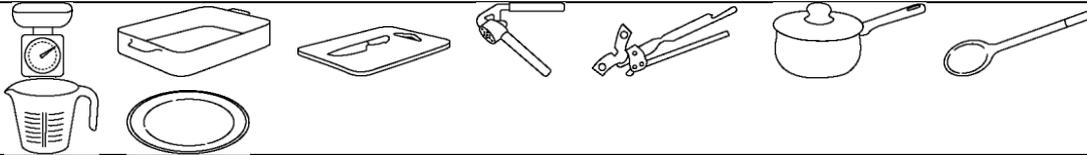
Roast Chicken & Tomato Rice

Serves: 2 adults 2 children

Ingredients

- 2 tablespoons sunflower oil
- 1 large onion
- 1 garlic clove
- 1 yellow or red pepper
- 1 large handful of frozen peas
- 6 chicken pieces (thighs/ drumsticks) or 4 small chicken breasts – skin on
- 600ml / 1 pint vegetable stock (made with 1 stock cube or 2 teaspoons of stock powder)
- ½ teaspoon dried mixed herbs/thyme (or you could use 8 sprigs of fresh thyme)
- 450g tin/carton chopped tomatoes
- 2 tablespoons tomato puree
- 200g/ 8oz long grain rice
- Black pepper to taste

Equipment



Method

1. Pre heat the oven to 220°C/ Gas 7. Put 1 tablespoon of oil in a roasting tin and place in the oven to heat for 5 minutes.
2. Prepare the ingredients
 - Peel & chop the onion finely
 - Peel & crush the garlic
 - Wash & slice the pepper into strips – remove the seeds
3. Remove the roasting tin from the oven, place the chicken pieces skin side up in the oil and mix with a spoon to coat well, return to the oven. **Wash** your hands, surfaces & equipment **thoroughly** after handling **raw meat**
4. Meanwhile make the tomato sauce. Heat a tablespoon of oil in a pan over a medium heat, add the onion & cook for 5 minutes. Add the garlic, herbs, tinned tomato & tomato puree, season with the black pepper & simmer for five minutes.
5. When the chicken has cooked for 20 minutes remove from the oven & place the pieces on a plate.



6. Turn the oven down to 200°C/ Gas 6. Sprinkle the rice into the tin & mix well to coat with the oil.
7. Add the tomato sauce, vegetable stock & sliced pepper, mix well. Place the chicken on top of the rice mix and return to the oven, cook for 20 minutes, stir once during this time – if the rice looks dry stir in half a cup of boiling water.
8. Before removing from the oven, taste the rice, if it isn't fully cooked, add more water if needed & cook for another 5 – 10 minutes.
9. Serve with salad or mix some cooked peas in with the rice just before serving

Top Tips

- **For babies over 7 months** remove some chicken from the bone, chop & mix in with the rice, chopping up any vegetables into smaller pieces.
- **For vegetarians** leave out the chicken but add chopped mushrooms to the sauce & serve with grated cheese for protein.
- **For a lower fat option** leave the skin on the chicken when cooking (this ensures the chicken doesn't become too dry) but remove before eating.
- Store in a **fridge** for up to 2 days, it is **not** recommended to **reheat rice**



Quick Chicken Casserole

Serves 4

Ingredients

- 2 tablespoons sunflower oil
- 1 onion
- 1 carrot
- ½ a packet of mushrooms
- 800ml stock (vegetable or chicken)
- 1 large potato
- 1 tablespoon plain flour
- 1 teaspoon mixed herbs
- 8 chicken thighs (deboned)

Equipment



Method

1. Prepare the vegetables:
 - Peel and chop the onion
 - Peel and chop the carrot
 - Peel and cut the potato into 8 pieces
 - Remove dirt and slice the mushrooms in half.
2. With a clean knife on a new chopping board, remove the chicken skin and cut the chicken into chunks.
3. Fry the chicken for 5 minutes in oil, until it has turned white. Place in an oven proof dish.
4. Fry the onions for 2 minutes, then add mushrooms and carrots
5. Sprinkle the flour over the vegetables in the pan and stir, gradually add the stock, stirring all the time until thickened.
6. Pour the vegetable mixture over the chicken and sprinkle over the herbs.
7. Add the potatoes to the dish.
8. Cover the oven proof dish with a lid or foil and cook for 1 ½ hours.



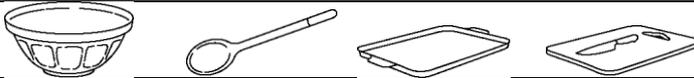
Potato Wedges

Serves: 4

Ingredients

- 450 g/ 1 lb Potatoes (Maris Piper work well)
- 2 tbsp Sunflower oil
- 2 garlic cloves, peel & sliced (optional)

Equipment



Method

1. Preheat the oven to 200 C/ Gas Mark 6.
2. Wash the potatoes to remove any dirt. Cut the unpeeled potatoes into thick chips.
3. Tip them into a bowl, add the oil & garlic (if using) mix well to coat the potatoes fully.
4. Transfer to a baking tray (non-stick is best).
5. Roast the chips for 35 – 40 minutes or until golden, shaking the tin halfway through.

Top Tips

- For variety you could use **Parsnips, carrots** or **Sweet potato** as well. Just treat in the same way as potato.
- **Oven Baked Egg & Chips.** Serves 2 adult & 2 children. Follow the recipe above. When the potatoes are cooked, make 4 gaps in the chips & break an egg into each one. Return to the oven for 3 -5 minutes until the eggs are cooked.
- Ensure the eggs are **fully cooked** before giving to children.
- Look for eggs which have been **vaccinated** against Salmonella. These are British & marked with a **Lion** on the egg or packaging.

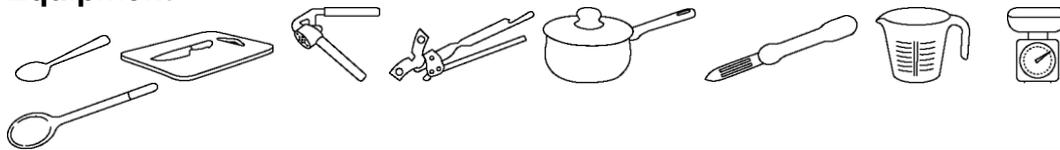
Minestrone Soup

Serves: 4-6

Ingredients

- 1 tin chopped tomato (400g)
- 2 pints/ 1 litre hot vegetable stock (made with stock cube or powder)
- 1 tin cannellini beans (optional)
- 1 cup of frozen peas
- 1 ½ teaspoons dried parsley
- 150 g/ 5 oz spaghetti, broken into smaller lengths (or small pasta shapes)
- 1 tbsp olive/ sunflower oil
- 1 onion
- 2 garlic clove
- 3 large carrots
- Ground black pepper

Equipment



Method

1. Prepare the vegetables:
 - Peel & dice the onions, carrots and garlic.
2. Heat the oil in a large saucepan over a **medium heat**, add the onion & **turn down the heat** if sizzling too much. **Cook for 5 minutes** stirring regularly.
3. Add the carrots & garlic to the pan & cook for 2 minutes. Meanwhile put the kettle on to make up the vegetable stock.
4. Add the **tinned tomatoes & vegetable stock** to the pan and turn up the heat, stir & simmer. Once it is simmering turn the **heat down to low & put a lid on the pan**. Leave it to cook for 10 minutes.
5. Whilst the soup is cooking open the tin of beans (if using), measure the spaghetti & break into smaller pieces.
6. Once the 10 minutes is up add the beans to the pan along with the parsley, black pepper & broken spaghetti, allow to **cook for 5 minutes**.
7. Add the peas, stir & cook for a further 3 - 5 minutes, **check the pasta is cooked & add more black pepper** if needed.

Top Tips:

- Make this soup with a **variety of vegetables** just make sure you always use onion, garlic & some carrots and vegetable stock to make up the soup.
- You could use frozen sweet corn, sliced celery, red or yellow peppers or sweet potato.



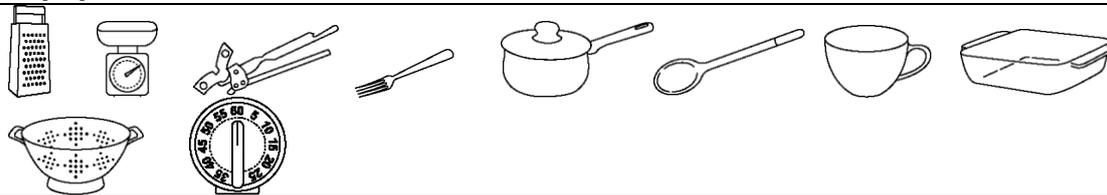
Tuna Pasta Bake

Serves: 2 adults & 2 children

Ingredients

- 1 quantity of pasta sauce
- 250 – 300g dried pasta shells
- 1 can tuna in water
- 2 handfuls frozen/ 1 small tin sweet corn
- 40g mature cheddar

Equipment



Method

1. Pre heat the oven to 190 °C/ Gas Mark 5. Bring a large pan of water to the boil.
2. Prepare your ingredients:
 - Grate the cheddar cheese finely.
 - Open the tin of tuna, drain off the water & break up with a fork.
 - Open the tin of sweetcorn (if using) & drain off the water. If using frozen sweetcorn measure out 2 handfuls onto a plate/bowl.
3. Add the pasta to the boiling water, stir & simmer for 2 minutes less than the pack instructions. Use a kitchen timer for this stage.
4. Use a colander or sieve to drain the pasta over a cup - save half a cup of the cooking water.
5. Return the pasta to the saucepan; add the ½ cup of cooking water, the pasta sauce, tuna & sweetcorn & mix well.
6. Transfer the pasta mix to an oven proof dish, sprinkle over the cheese.
7. Place in the oven for 15 – 20 minutes until golden brown on top.

Top tips

- Serve with a green salad / broccoli/ green beans/ peas
- Leftovers can be kept chilled for up to 2 days & reheated in the microwave until piping hot.
- You could leave out the tuna but add 100g sliced mushrooms instead.



Speedy Pizza

Serves: 4

Ingredients

- 1 quantity of pasta sauce
- 1 french stick or 4 bread muffins
- 50g mature cheddar, grated
- Toppings – choose 2 or 3 from
 - Tuna (tinned in water)
 - Sweetcorn
 - Red/yellow pepper, sliced
 - Mushrooms, sliced
 - Ham, diced
 - Pineapple chunks (tinned in fruit juice), drained
 - Courgette, diced
 - Red onion, peeled and sliced

Equipment



Method

1. Pre heat a grill to high or an oven to 200°C/ Gas Mark 6.
2. Prepare your chosen toppings.
3. Grate the cheese.
4. Cut the french bread into 4 pieces then cut each piece in half lengthways. If using muffins cut each muffin in half.
5. Spoon equal quantities of the pasta sauce over the cut side of each piece of bread, spreading carefully.
6. Add the pizza toppings of your choice.
7. Divide the cheese between the pizzas and sprinkle on top.
8. Transfer the pizza to a grill pan & grill until browned, or place on a baking sheet in the oven for 10 mins.

Tips

- Serve with a green salad & crunchy vegetable sticks

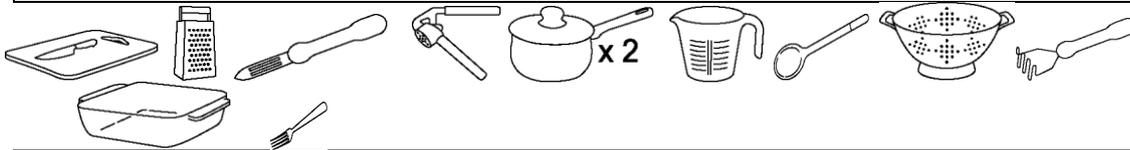
Cottage Pie

Serves: 4

Ingredients

- 1 -2 tablespoons sunflower oil
- 1 large onion
- 2 carrots
- 1 garlic clove
- 900g / 6 medium potatoes
- 500g lean minced beef
- 3 tablespoons tomato puree
- 1 teaspoon vegetable stock powder or ½ veg stock cube
- 200 ml water
- 50ml milk
- 2 handfuls of frozen peas
- Black pepper to taste

Equipment



Method

1. Prepare the ingredients:
 - Peel and chop the onion into small pieces
 - Peel and grate the carrots
 - Peel the garlic
 - Peel and cut each potato in 4 pieces
2. Heat the oil in a pan, add the onion & cook on a low heat for 5 minutes, add the garlic & minced beef and cook for a further 5 minutes, stir regularly.
3. Add the grated carrots, water, vegetable stock, tomato puree & some pepper. Stir well & bring to a simmer, cook for 25 – 30 minutes. Stir regularly.
4. Meanwhile bring a pan of water to the boil, add the potatoes and cook for about 20 minutes until tender.
5. Pre heat the oven to 180 °C / Gas Mark 4.
6. Drain the potatoes & mash, add the milk and mash until fluffy & smooth.
7. Add the peas to the meat sauce.
8. Spoon the meat mixture into an oven proof dish and top with the mashed potato, spreading it with the back of a fork.
9. Place in the oven for 25 – 30 minutes until browned & bubbling.

Tips

For babies from 6 months:

- Puree or mash one portion of the cottage pie and add some milk to the mixture to



make it smoother if too thick.

and from 8 months:

- Mix the mashed potato and the mince mix together before giving to your baby - this ensures your baby gets both the potato (carbohydrate) & the meat (protein)

Vegetarians: Use Quorn Mince instead of beef but at stage 3 only cook the mince for 10 minutes instead of 25.

- Don't forget you can always replace the carrots with a couple of handfuls of frozen vegetables of your choice – add at the same time as the peas.



Fruit Salad

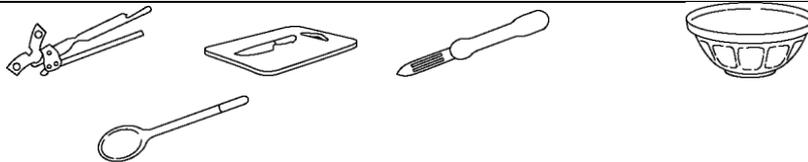
Serves: 4

Ingredients

- Small tin of pineapple pieces in juice
- Choose 4 other fruits from the list below :

1 kiwi fruit	1 apple
1 banana	Small bunch of grapes
1 orange	1 pear

Equipment



Method

1. Open the tin of pineapple and tip the juice and pieces into a bowl.
2. Prepare ingredients depending on which ones you choose:
 - a. Peel the kiwi & chop into pieces.
 - b. Peel & slice the banana.
 - c. Wash, cut the core out & chop the apple.
 - d. Wash & halve the grapes.
 - e. Peel the orange and cut into bite sized chunks
 - f. Wash, cut the core out & chop the pear.
3. Mix all the fruit together gently; the fruit juice will stop the fruit browning.
4. Place in fridge until needed. Use within 2 days.

5. Top Tips

- Change the combination of fruit – remember seasonal fruit is always cheaper
- If you are just using fresh fruit use orange juice to stop the fruit browning,
- Try serving with low fat greek yoghurt.
- Tinned and frozen fruit salads are just healthy as homemade.



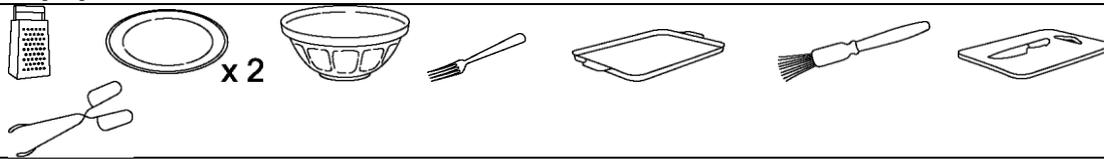
Chicken/ Turkey Nuggets

Serves 2 Adults & 2 Children (suitable for 7 months+)

Ingredients

- 2 large chicken or turkey breasts (defrosted if frozen)
- 1 egg
- 5 slices of wholemeal or mixed white bread – stale bread is fine
- Black pepper
- Sunflower oil

Equipment



Method

1. Grate the bread coarsely (you could use a food processor) & transfer to a plate, add the pepper & mix.
2. Beat the egg in a bowl with a fork & pour onto a plate.
3. Lightly grease a non stick baking tray with the oil.
4. Preheat the oven to 200 C/ Gas Mark 6.
5. Cut the each chicken breast into approx 8-10 pieces (i.e. Nugget size).
6. Using tongs or your hands take individual pieces of chicken and dip into the egg to cover, quickly transfer to the breadcrumbs, coat & then transfer to the baking tray. (single layer)
7. **Wash your hands** thoroughly as you have handled raw chicken.
8. Place in the oven & cook for 15 minutes until golden brown. Turning once.

Top Tips

- Serve with **Skin on Fries** & peas or a **Crunchy salad** (shredded lettuce, diced cucumber, chopped tomatoes, sweetcorn & grated carrot).
- Watch the amount of **ketchup** you have with this dish – most ketchup is high in both **salt** & **sugar**.

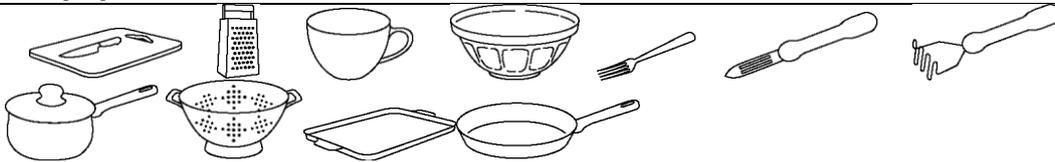
Veggie Bakes

Serves: 4

Ingredients

- 150g diced mixed vegetables- frozen or tinned
- 4 medium baking potatoes
- 1 medium onion
- 150g cheese
- 1 tbsp sunflower oil
- 1 egg
- Black pepper
- 1 teaspoon dry parsley(optional)

Equipment



Method

1. Half fill a saucepan with water, put the lid on & bring to the boil.
2. Prepare the ingredients
 - Peel the potatoes & cut into cubes
 - Peel and finely chop the onion
 - Beat the egg with a fork in a cup
 - Grate the cheese
3. Place the potatoes in the boiling water, turn down & simmer for 10 minutes until just soft.
4. While the potatoes are cooking heat the oil in a frying pan, add the onion & cook on a low heat for 5 minutes.
5. When the potatoes are cooked, drain & mash, leave to cool a little. Preheat the oven to 200 °C/ 180°C Fan Oven/ Gas Mark 6.
6. In a bowl mix the vegetables, onions, cheese, mashed potato, pepper, parsley & egg.
7. Divide the mix into 8 balls, flatten each one lightly.
8. Place on a lightly oiled baking tray & brush with a little sunflower oil. Place in the oven for 15 minutes until crispy on the outside.

Top Tips

Serve with vegetable like broccoli, peas, cabbage, carrots or baked beans.

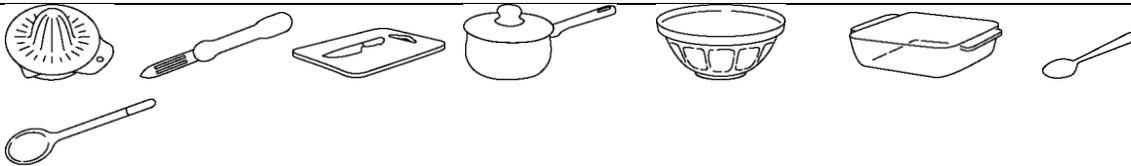
Fruit Crumble

Serves: 4

Ingredients

- 900g/ 2 lb eating apples (for cooking apples like Bramleys add 50 g/ 2oz sugar)
- 1 teaspoon ground cinnamon (optional)
- ½ lemon, juiced
- 225g/ 8 oz plain flour (or 115g/ 4oz each of plain flour & oats)
- 85g/ 3 oz caster sugar
- 115g/ 4 oz butter (try to use unsalted)

Equipment



Method

1. Pre heat the oven to 180°C/ Gas 4
2. Place the lemon juice & cinnamon (if using) in a saucepan with 2 tablespoons of water. Peel, core & slice the apples mixing in the lemon juice as you go to stop them browning.
3. Cook the apples over a medium heat for 5 - 10 minutes to soften. Alternatively cook for 2 -4 minutes in the microwave.
4. Transfer to your ovenproof dish.
5. Make the topping by mixing the flour, sugar (& oats if using) together in a bowl.
6. Cut the butter into cubes, add to the bowl & rub lightly with your fingertips until it resembles a breadcrumb mixture.
7. Sprinkle the topping over the apple & cook for 35 minutes until browned & crisp.

Top Tips

- **Serve with** natural yoghurt.
- **For babies of 6 – 8 months mash a portion with a little milk.**
- Make a double batch of the topping & freeze half of it uncooked, you can use it straight from the freezer, sprinkle over the fruit, and then bake.
- Try using a large tin of pears in fruit juice instead of apple, drain & chop roughly.
- For speed use a defrosted bag of forest fruits/berries, just place in the dish and add the crumble topping.



Muffins

Serves: Makes 12 small muffins

Ingredients

- 125ml milk
- 85ml sunflower oil
- 1 egg
- 200g/ 7oz self raising flour (or 200g plain flour & 3 teaspoons baking powder)
- 100g/ 4oz caster sugar
- 12 small paper cases
- Keep them plain or try one of the following flavourings –
 - 75g dried Sultanas
 - 1 mashed banana you can also add a handful of chocolate buttons

Equipment



Method

1. Pre heat the oven to 190°C/ Gas 5. Line a small bun tin with paper cases.
2. In a large bowl combine the flour, sugar and whichever flavouring you choose.
3. In a jug beat together the milk, oil & egg.
4. Pour the liquids into the dry ingredients and mix lightly with a large spoon to give you a slightly lumpy mixture – a few lumps of flour in it helps the muffins to rise. If you over mix, the muffins will be chewy.
5. Spoon into the prepared bun tin & bake for about 20 minutes until golden. The muffins are cooked if you stick a knife in the middle of the muffin and it comes out clean.
6. Take out of the oven and leave to cool in the tin for 5 minutes before

Top Tips

- Wrap them in cling film & freezing individually, then you can take them out one at a time and use in packed lunches.