

The Children's Kitchen Recipes



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Design and production: Jo Ingleby

Focaccia (Italian Bread) or Pizza



Ingredients:

- 500g strong white flour
- 1 tsp dried yeast
- Pinch of salt
- 350ml warm water
- 60ml olive oil
- Rosemary (if you have some)
- To make 2 x pizzas:
 - 200ml simple tomato sauce
 - (see recipe)
 - 150g grated cheddar
 - Toppings of your choice such as ham, pepper, olives, tuna

You can use this dough to make bread rolls or a pizza base too!



What to do:

- Put the flour and yeast in a large mixing bowl and stir.
- Add the salt, water and half (30ml) of the olive oil.
- Hold the bowl with one hand and mix ingredients around with the other for 2-3min until the dough starts to form. Lift the dough onto the work surface. Even though the dough will feel quite soft and wet, don't add any flour to the surface – it will come together as you work it, trapping the air inside.
- Stretch the front of the dough towards you, then lift back over itself in an arc (to trap the air), still stretching it forwards and sideways and tucking it in around the edges. Keep repeating this sequence. As you work the dough, it will start to come together in your hands. Keep on working until it starts to come cleanly away from the work surface, begins to look silky and feel smooth.
- Flour the work surface lightly, put the dough on top and form into a ball by folding each edge in turn into the centre of the dough and pressing down well with your thumb, rotating as you go. Turn the whole ball over and stretch and tuck the edges under.
- Put the dough in a floured mixing bowl, cover with a tea towel and rest in a draught-free place for around 1hr until roughly double in volume. Preheat your oven to 200°C.
- To make Pizzas: Shape the dough into two flat bases on large baking trays.
- Add the tomato sauce, cheese & toppings. Bake for 10 minutes until golden.
- To make Focaccia Press the dough into a large rectangle and put into a large baking tray, press your fingers into the dough to make small indentations. Brush the dough with some of the olive oil (leave a little to drizzle over after it's baked) then sprinkle with the coarse sea salt and rosemary. Bake for 20-25 minutes.

Makes 1 loaf

Allergens - wheat



Crunchy Pasta Salad



Ingredients:

- 500g pasta - any shapes you like
- 2 tins of tuna, drained
- ½ red onion
- 120g frozen peas or sweetcorn - defrosted
- 4 tablespoons mayonnaise
- 4 tablespoons Greek or plain yoghurt
- ¼ red pepper
- ¼ green pepper
- ½ cucumber
- Pinch of black pepper (optional)

You can make this with just olive oil if you can't eat dairy or eggs. You can use both mayo and yoghurt or just one of them!

"You can make this the day before and keep it in the fridge for lunch."



What to do:

- Cook the pasta according to the packet instructions (usually 9 minutes)
- Drain in a colander and run it under cold water to cool.
- In a bowl mix the mayonnaise and yoghurt.
- Cut all the vegetables into small chunks.
- In another larger bowl add all the other ingredients, except the black pepper.
- Pour the mayo mix on top and stir it in to make sure all ingredients are mixed and covered.
- Sprinkle black pepper (if using) over the salad and serve.
- You can make this the day before and keep it in the fridge for lunch.

Serves - 4
Allergens - wheat,
egg, dairy
(optional)



Spiced Lemon Chicken Traybake



Ingredients:

- 8 chicken drumsticks or thighs
- 2 cloves garlic, crushed
- 1 onion, cut into 8 wedges
- 400g hard vegetables of your choice, e.g. new potatoes, sweet potatoes, peppers, squash, carrots or parsnips
- 3 tbsp olive oil
- 1/2 tsp each of paprika, cumin and turmeric
- Pinch of salt and pepper
- Half a lemon (remove the seeds)

"You can make a vegetarian version of this by using Haloumi instead of chicken; just cut it into cubes and add to the tray when you return it to the oven for the last 15 minutes of cooking."



What to do: **Preheat the oven to 200c gas mark 6**

serves 4

- Chop the vegetables into chunks the same size as the onion wedges.
- Place all the ingredients, except the lemon, into a large roasting tin and mix everything around with a metal spoon so that everything is coated in oil and spices. (Make sure you wash the spoon as it will have raw chicken on it!) Put the half lemon in the middle of the tray, cut side facing up.
- Place the tray into the oven and bake for 30 minutes
- Remove the tray from the oven carefully and turn everything over with a metal spoon-squash the lemon with the back of the spoon so that the juices come out.
- Return to the oven and cook for another 15 minutes until the chicken skin is crispy. You can eat this as a main course on its own or serve it with rice, pasta, or salad.

You can also add a handful of quick cooking vegetables and add them to the tin when you return it to the oven for the last 15 minutes; courgette, cherry tomatoes or green beans are great to use.



Shredded Salad

1 unripe mango

1/2 a cucumber

1 clove garlic, finely chopped

1cm ginger, grated

The juice of 1/2 a lime

2 teaspoons sugar (to taste)

A handful of mint and coriander

- Peel the mango, and grate it trying to keep the strands long.
- Do the same with the cucumber or chop finely.
- Mix the garlic and ginger, mash a bit more and add to the mango and cucumber.
- Add the lime juice, salt and sugar. Add the mint and coriander and stir it all together.

Tom's Vietnamese Omelette.



Ingredients:

- 2 small onions or 4 spring onions, finely chopped
- 1 head broccoli, broken into small florets
- 1 carrot finely diced, or grated
- 1 tomato, diced
- 2 mushrooms, sliced
- 4 eggs
- 1 tsp fish sauce (optional)
- 1 tbsp milk
- 1 tbsp oil
- 2 tbsp chives, chopped (optional)

"You can blend this with a stick blender if you want a lump free omelette."



What to do:

You will need a cupcake tin or other small baking dish for this omelette

Serves 4
Contains egg,
soya and fish

Preheat the oven to 180c electric / gas mark 5

- Break the eggs into a bowl with the milk and whisk with a fork until they are completely blended and set aside. Add the fish sauce and chives here if you choose to.
- Generously grease your cupcake or baking tray/dish.
- Add the oil to a hot frying pan and add the onions, turn the heat down to medium/low and stir and cook gently until nice and soft.
- Add the carrot and broccoli and continue to cook, stirring gently until they are soft, then add the tomato and keep cooking and stirring as the vegetable start to blend, then take the pan off the heat and let the mix cool for a few minutes.
- Add the vegetable mix to the egg mix and put into the cup cake tray (about $\frac{3}{4}$ of the way up the cups) or into whatever baking dish you are using. The mix will rise so make sure there is room to do that.
- Bake for about 10 minutes or until puffed up and golden.



Simple Tomato Sauce



Ingredients:

- 2 tbsp olive oil
- 1 onion
- 1 stick of celery
- 1 carrot, peeled
- 2 cloves of garlic, crushed
- 1 tsp of tomato puree
- either:
 - 1 kilo fresh tomatoes chopped
 - or
 - 1x400ml tin of chopped tomatoes
- 1 teaspoon sugar
- Herbs (if you have them-don't worry if not!) 2 bay leaves, a sprig of rosemary or thyme

"This sauce freezes well and can be used for pizza or as a base for dishes such as curries, chilli or soup"



What to do:

- Cut the onion, celery and carrot into very small pieces
- Warm the olive oil in a saucepan.
- Fry the onions on a low heat until they are really soft. This takes longer than you'd think, usually about 15 minutes. You don't want them to go brown so keep the heat low.
- Add the celery, carrot, garlic and tomato puree and continue cooking gently for a further 5 minutes until they are softening, add a little water if they stick.
- Add the tomatoes and herbs.
- Cook over gentle heat for at least 20 minutes, or longer if you can.
- Season to taste and use as a delicious pasta sauce or pizza topping.

Serves 4 as a sauce.
Allergen - celery



Noodle Stir Fry- 'Dan Dan Noodles'



Ingredients:

- 300g dried noodles (or spaghetti)
- 1 teaspoon sunflower oil
- 250g minced pork or sliced chicken
- 1 teaspoon soy sauce (or Worcestershire sauce)
- A handful of spinach, peas or broccoli
- Chopped spring onions (optional)
- 1 teaspoon honey
- Black pepper
- 2 tablespoons oil

For the Dan Dan sauce:

- 2 tablespoons peanut butter
- 3 tablespoons soy sauce (or Worcestershire sauce)
- 2 teaspoons sugar
- 2 cloves of garlic, crushed (optional)
- 4 tablespoons hot water

"To make it vegetarian you can use tofu instead of pork or chicken."



What to do:

- In a wok or frying pan heat a teaspoon of oil over medium heat and brown the minced pork.
- Add the soy sauce, honey and pepper. Cook until all the liquid is evaporated.
- In a small bowl stir or whisk all the sauce ingredients together. Taste and adjust seasoning if you like. Add extra hot water if needed.
- Cook noodles or spaghetti according to package directions. Add the spinach or vegetables for the last 2 minutes of cooking and then carefully drain.
- Divide the sauce among four bowls, followed by the noodles and the veg. Add the cooked pork over the top. Sprinkle with spring onions (optional)

Serves 4
Allergens -
wheat, peanuts

Colourful Cous Cous

Ingredients:

- 200g couscous
- 200ml of kettle-boiled water or hot vegetable stock
- 1 tin of chick peas, drained
- 1/2 a cucumber
- 1 small pepper (any colour)
- 3-4 tomatoes or a handful of cherry tomatoes
- 3-4 spring onions or 1/2 a red onion
- 3 tablespoons of olive oil
- Juice of 1 lemon
- Large handful of fresh herbs such as parsley, mint, coriander or a mix
- Salt and freshly ground pepper
- Optional - chopped olives



For a quick meal, serve it with grilled chicken, fish or leftover meat from a roast dinner



What to do:

Contains wheat

- Weigh out the couscous into a large heatproof bowl
- Carefully pour over the hot water/stock.
- Cover with a clean tea towel and leave until the couscous is soft, about 5 minutes.
- Now fluff up the grains with a fork, breaking up lumps.
- Finely chop up the cucumber, pepper, spring onions, pepper, tomatoes and herbs.
- Add all the vegetables, herbs and chickpeas to the couscous
- Add the olive oil and lemon juice to the couscous and mix thoroughly.
- Season with salt and pepper to taste.

You can leave out the chick peas if you wish; add feta cheese, roasted vegetables, rocket or a combination.

Kalpna's Jazzy Beans



Ingredients:

- 100g butter
- Olive oil
- 5-6 spring onions – roughly chopped including the green tops or half finely chopped onion
- Small handful of fresh coriander – separate the stems and chop roughly and finely chop the leaves,
- 1 tsp red chilli flakes or ½ fresh red chilli finely chopped (or more or less to your taste!)
- ½ tsp ground turmeric powder
- 1 tsp ground coriander
- 3 medium sized fresh tomatoes or 8-10 cherry tomatoes – roughly chopped
- 2 x 400g tinned Baked Beans
- Salt and pepper to season

This is a great way of jazzing up baked beans! You can add as many spices as you like and serve with bread, naan or rice"



What to do:

Serves 4

- Heat the butter and oil in a medium saucepan on medium heat.
- Add in the chopped spring onions (or onion) and coriander stems and cook until soft.
- Mix in the spices – chilli, ground coriander and turmeric powder.
- Cook for 1-2 minutes and then add the fresh tomatoes.
- Cook on medium heat until the tomatoes soften (around 3-4 minutes).
- Pour in the baked beans and leave to gently cook for 5 minutes.
- Season with salt and pepper and scatter fresh coriander leaves over the dish and serve with toast, rice or naan bread.



Bean and Pepper Wraps



Ingredients:

- 1 large onion
- 1 tbsp vegetable oil
- 1 clove garlic, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- 2 peppers (different colours),
- 1 x400g tins kidney beans drained
- 1 x400g tin chopped tomatoes
- 1 bay leaf (optional)
- 1 tsp brown sugar
- lemon or lime juice (to taste)
- Salt and pepper
- 8 flour or corn tortillas (wraps)

Optional: grated cheese, cooked chicken, sour cream or yoghurt, sliced lettuce, chilli sauce

"These can also be eaten cold and are great for picnics or packed lunches!"



What to do:

- Heat the oil in a large saucepan and add the onions.
- Cook them until they are soft, which will take about 15 minutes heat, stirring often.
- Add the garlic, and spices and stir for another 2 minutes.
- Add the peppers and stir them until they are well coated in the spices.
- Add the beans, bay leaves, tomatoes and sugar and simmer for 20 minutes.
- Taste and add salt and pepper and a little more sugar if needed.

- To make wraps: warm 4 flour or corn tortillas/wraps in the oven (or microwave) place a spoonful of the Beans and Peppers at one end and top with grated cheese. You can also add rice, salad, sour cream/yoghurt, cooked chicken and extra chilli if you like
- Fold the bottom of the wrap over the filling, then fold the edges in, carefully roll the wrap up without squeezing.
- You can also serve this with rice, tortilla chips or baked potatoes

Serves 4
contains wheat
(wraps), dairy
(optional)



Green Soup

Ingredients:

- 1 onion, cut into small chunks
- 3 cloves garlic, crushed
- 1 tin of white beans or chickpeas
- 1 large handful of soft herbs, on their own or mixed - e.g parsley, mint, dill, mint, basil, chives, coriander
- 200g frozen peas
- 2 handfuls of greens (spinach, kale, broccoli - whatever needs using up)
- 1 litre stock – home-made or stock cube, either veggie or chicken
- Big pinch salt & pepper
- ½ lemon
- 1 tbsp oil
- 4 tbsp plain yoghurt (optional)



"You can use any green veg that you have in your fridge! It's a great way to use up bits of broccoli, kale, herbs or greens."



What to do:

- Pour the oil into a large saucepan and put over a medium heat, add the diced onion and fry gently until the onion is soft and just starting to turn golden.
- Add the garlic and cook fry for a couple of minutes.
- Next add in the drained beans and any of the greens that might take longer to cook like kale or broccoli and cover with stock and a pinch of pepper.
- Bring it to the boil for a minute or two.
- Add the frozen peas and boil for another two minutes. You may need to add more water to cover the vegetables.
- Put the rest of the greens and all the herbs into the pan. If you like you can grate a little bit of lemon skin (zest) into the pan as well.
- Check the seasoning and add salt and pepper as needed.
- Remove from the heat, squeeze in the juice from the half lemon
- Check the seasoning again and adjust to your liking.
- If you want a smooth soup blend it now or mash it with a potato masher a little to break up the beans and thicken. If not leave it chunky.
- Ladle into bowls and if you like add a dollop of yogurt to each bowl.

Serves 4
contains dairy
(optional)



Paratha - flatbreads

Ingredients:

- 375g plain flour- white or wholemeal
- 30 grams butter
- 250 ml water
- 1 tsp salt
- 10 tsp oil (for frying)



"When you roll the paratha they look a bit like ice cream cones or Christmas trees!"



What to do:

- Put the flour into a mixing bowl.
- Put water with salt and butter into a small pan and bring the mix to a boil.
- Pour most of the hot liquid into the flour mixing bowl.
- Carefully mix them using a wooden spoon. You might not need to use all the water, you need just enough to make a soft dough, but add the extra if need be.
- Leave the dough aside for 5 minutes, then knead it for few minutes until smooth. Divide them into 10 small balls
- Using a rolling pin roll the balls into round discs about 15 to 20cm. Take 1tsp of oil and spread onto the disc.
- Cut each disc from the edge up to the middle and roll it over on itself to make a triangle shape like a cone. Stand this upright. Press the dough firmly flat with your hand and then let it rest for 15 minutes.
- Roll them flat once more and cook them in a little oil in a frying pan turning once until both sides are cooked and golden brown.

Makes 10 breads
contains wheat,
dairy



Chickpea Bites



Ingredients:

- 4 medium carrots (400g) or a sweet potato, peeled
- 1 onion
- 1 clove garlic, crushed
- A handful of spinach or a mixture of herbs such as coriander and parsley, all chopped finely
- A tin of chickpeas, drained
- 1tsp each paprika, cumin and dried coriander (and some chilli if you like it hot!)
- 6 tbsp breadcrumbs or polenta (gluten free) or crushed crackers - for coating the bites

"Use your hands to squash these together, it looks gross but it's quite fun!"

If you don't have time to bake these you can fry them in a frying pan in 1 tbsp of oil, turning them often.



What to do: Preheat the oven to 200c/ gas mark 6

serves 4

- Wash and peel the carrots (or sweet potato) and chop them into big chunks; about 2 cm wide. Finely chop the onion.
- Place the carrots, chopped onion and garlic in a roasting dish and add 1 tbsp oil. Stir so the vegetables are all coated in oil.
- Roast for 30 minutes or until they are soft, stirring half-way through.
- Place the cooked carrot mixture in a large bowl and allow to cool.
- Add the drained chickpeas, spices, and any chopped herbs you are using.
- Mash the mixture using your hands, a fork or potato masher (or whizz briefly in a blender). You want the mixture to be chunky so you can still see the different ingredients.
- Have a taste - you can add more spice, a squeeze of lemon, or salt and pepper.
- Wash your hands and form the mixture into small bites size balls. Cover a plate with the crumbs or polenta and roll the Chickpea Bites around until they are coated.
- Drizzle 1tsp of olive oil into the roasting that you used for the carrots. Add the Chickpea Bites and roll them around so they have a light coating of oil. Place the tray in the oven for 15 minutes and then turn the bites over and cook for a further 10 minutes. Serve with a pitta bread and salad.



Easy Dips



Added flavours for all dips, have fun and experiment!

- Finely crushed garlic-an adult may need to do this or use a garlic press-a little garlic goes a long way in a raw dip so just use one clove.
- Lemon, lime or orange juice
- Honey for sweetness
- Olive oil and water-these make the dip soft and dippable
- Herbs such as fresh mint, coriander, parsley, chives.
- Spices such as mild chilli flakes, paprika, cumin or coriander.

"Dips are great for sandwich fillings Or lunch box snacks and will keep in the fridge for 2 days. Serve dips with vegetable sticks, baked potatoes, potato skins, pitta breads or flatbreads."



Beany Dip

One 400g tin will make enough dip for 4 people; try to buy the ones which come in just water and no added salt: Tinned chickpeas, white beans such as butterbeans, lentils, black beans, pinto or borlotti.

Hummus is made from chickpeas and traditionally uses tahini which is a paste made from sesame seeds-you can add this to bean dips if you have some-it is available in most supermarkets or health food shops-you need about a tablespoon per tin of chickpeas.

Vegetable dips: Cooked Vegetables, either leftovers or roasted and left to cool and then mashed or whizzed in a blender. You can use carrots, squash, carrots, peas. You can also use ripe avocados.

Yoghurt dips: Use Natural unsweetened yoghurt (this can be a dairy free alternative), lemon juice, finely crushed garlic, grated cucumber, herbs-chopped mint is great and you can use a spoonful of shop bought mint sauce if you have some.

Salsa: Finely chop a handful of cherry tomatoes and either a spring onion or $\frac{1}{4}$ of a small onion. Add garlic, oil, herbs and spice to your liking-a splash of ketchup is good too! If you like you can add mango, pepper, or extra chilli.

Notes on some of the words used in the recipes.

Knead = fold, press and stretch dough to release the gluten which is what makes the bread bouncy and delicious. Push away and pull it toward you at the same time!

Zest = grated lemon or orange skin, avoiding the white pith underneath, to add freshness and zing to a dish.

Diced = cut up into small cubes, about 1/2 cm, when a recipe says roughly diced you can make the pieces bigger.

Crushed = you can use a garlic crusher if you have one, but if you don't you can use a big knife to chop the garlic very finely, then once it's begun to smush nicely add little bit of salt and use the flat side of the knife to smush it more, holding the flat side down and pushing down on it hard as you pull the knife toward you - the salt helps this process. **Only do this with a grown up**, and if you are worried don't do it all, just add the finely chopped garlic, it's fine!

Drizzle = like dribble only out of a bottle!

Prove = when you 'prove' bread you are allowing it to sit and let the yeast work its magic, creating air bubbles in the dough and making it rise.

Tsp = 1 level teaspoon.

Tbsp = 1 tablespoon - a table spoon is bit bigger than a dessert spoon - if you don't have one use 3 teaspoons

Oven temperatures.

Gas Mark	Celsius	Description
1/4	110	Very cool/very slow
1/2	130	---
1	140	cool
2	150	---
3	170	very moderate
4	180	moderate
5	190	---
6	200	moderately hot
7	220	hot
8	230	---
9	240	very hot





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