

# Cooking with Your Children – Make a Picnic



## Easy Peasy Cheesy mini omelettes - makes 6 small portions

### Ingredients

2 eggs  
40g frozen peas  
30g cheddar (grated)  
a little butter/oil for greasing baking tin  
Pinch of pepper if desired



### Equipment

Measuring jug with pouring spout  
(Kettle and sieve – if peas not defrosted)  
Fork  
Grater  
Spatula or knife  
Muffin baking tin for 6



### Method

Heat oven to 200 C/400 F/Gas Mark 6  
Grease muffin tins  
Weigh out the peas  
Grate cheddar and weigh 30 gr .  
Break 2 eggs and put into the jug. Beat with a fork until well mixed up. Add pepper if wanted – and any left over egg from other recipes.  
Mix in the cheese and peas.  
Use a spoon to help pour egg mixture between 6 moulds to make sure you get the peas and cheese in all six min omelettes  
Put in oven for 10 minutes.  
Leave to cool for 2 minutes then they are ready to eat  
Use a spatula or knife to lift out omelettes onto a plate.



### Notes

Either defrost the peas in a sieve over the sink for 30 minutes.  
Or boil the kettle. Put the peas in the jug and just cover with boiling water. Leave for one minute then drain into the sieve over the sink.  
If you have any egg left over from other recipes you can add them to this recipe.  
You could use chopped mushrooms instead of peas.  
These can be eaten cold for a summer picnic  
These are also good for breakfast



# Recipe for Banana Muffins

Ideal for cooking with children of all ages

## Ingredients

200g Plain Flour  
½ teaspoon baking powder  
1 teaspoon bicarbonate of soda  
Pinch of salt  
3 large ripe bananas  
150 gr caster sugar  
1 egg  
75 gr very soft butter or soft butter spread



## Equipment

Weighing scales  
Large Mixing bowl  
Sieve  
Measuring spoons  
Large metal or wooden spoon to stir  
Dinner plate  
Knife and Fork  
Small bowl/mug  
Small pan or bowl if needed for melting butter  
Knife and chopping board if adding banana slices  
Muffins cases or muffin tin and liners  
Flat oven tray for muffin cases to go on



## Method

Preheat the oven to 180 C/ Gas 4.  
Prepare your baking tin by placing paper cases in. This should make 12-15 large muffins, and at least 24 mini ones.  
Sift together the dry ingredients – flour, baking powder, bicarbonate of soda and salt – in the bowl and set aside  
Mash the bananas with a knife and fork on the dinner plate until mushy. Mash in the soft butter spread.  
Lightly mix the egg in a mug/small bowl  
Add the egg, sugar, mashed banana and butter spread into the dry ingredients.  
Spoon evenly into the muffin cases – be careful not to fill more than ¾ full.  
Bake in oven. When cooked they should be a nice golden colour and ‘give’ slightly when lightly pressed and look golden. 25-30 minutes for large muffins, 10-15 minutes for small ones. Always check regularly as all ovens vary.



## Notes

Option – you can put a slice of firm banana in the bottom of the muffin case before adding the mix.

Or – just before you serve, make two small slits in the top and insert two half slices of banana.

These can be frozen. Eat within a month. They have a slightly sticky top when they have been frozen.

If you do not have any soft butter you can melt butter from the fridge – either in a small bowl in a microwave or in a small pan on the hob. Do it slowly so it just melts and does not burn.



# Recipe for Veg and Dips

Dips serve 3

## Ingredients



Selection of veg that can be cut into sticks – carrots, peppers, celery, cucumber, sugar snap peas. For a whole portion of veg allow about 80 gr of vegetable per adult (about half of that for children),

For the cheesy dip

1 Tblsp natural yoghurt or crème fraiche  
1 Tblsp mayonnaise  
3 Tblsp crumbled feta cheese (or grated cheddar ) - about 60gr  
pinch pepper according to taste

For Curry Dip

2 Tblsp natural yoghurt or crème fraiche  
2 Tblsp mayonnaise  
1-2 teaspoons curry powder  
Juice from one wedge of lemon - to taste  
pinch salt according to taste

## Equipment



Chopping Board  
Sharp knife  
Bowl or flat plate for making cheese dip  
Small bowl to mix curry dip  
Spoon and fork  
Measuring spoons  
Small bowls/containers to serve dips  
Large plate to set veggies round the dips

## Method



Chop veg into small sticks or chunks.

For cheesy dip

Crumble the feta cheese in the bowl/on the plate with a fork or your clean hands.  
OR grate the cheddar cheese  
Add other ingredients to the cheese and mix with the fork until blended.

Put in a bowl in centre of plate, or a picnic container. If you have some very small containers, you can give each child their own pot of dip.

For the curry dip, simply mix all the ingredients together – only add half the curry powder first to check the taste.

## Notes



You can use dips to help children get used to new vegetables, but start with one you know they like. To get children to like celery start with the inside sticks – they are easier to eat.

Where it says according to taste you should try it with only half the quantity and then add more if you want to. –

Other vegetables that you can use would be green, yellow or orange peppers, cucumber, broccoli or cauliflower florets, sticks of swede, small mushrooms, cherry tomatoes. Chop bigger vegetables into bite size pieces.

# Sandwiches - cheesy apple

Fillings make enough for 2 rounds

## Ingredients



4 slices wholemeal bread or mixed white and brown to make chequerboard.

Single apple

About 100 gr cheese

One spring onion

2 tablespoons crème fraiche or mayonnaise

A wedge of lemon to squeeze for juice

## Equipment



Grater

Bowl

Board and Chopping knife

Measuring spoons

Spoon to mix

Small bowl for lemon water ( for left over apple)

## Method



Grate the cheese - you will need to start with a chunk that is a bit more than you finally need to prevent cut fingers.

Wash and then grate about half of the apple – there is no need to peel it. Be careful to avoid the pips, put in bowl with few drops lemon juice.

Chop the spring onion very finely – you can use the green bits

Mix all together with crème fraiche or mayo

Spread the mix on two slices of brown bread, cover with the two white slices and cut each into four squares. Turn two of each round over to get chequerboard effect, making eight small square sandwiches.

## Notes



Left over apple can be used as a snack or put in a mixed fruit desert. It should stay pale in the lemon water for 1-2 hours.

A fresh lemon will keep up to two weeks in a sealed container in the fridge. Cut a wedge of lemon as you need it.

You can use the same grater for the apple after doing the cheese as you will be putting both things in the same recipe.