

Tabbouleh

Tabbouleh is a Lebanese dish made from a mixture of bulgar (cracked wheat), herbs and lemon juice. It is an Arabic word meaning 'dressed' (as in a dressed salad), and there is no one correct way to spell it. Other common spellings include: *tabouli*, *tabouleh* and *tabbouli*. It is a good recipe for using herbs that have been grown in the school garden or windowsill.

This recipe serves two.

Ingredients

50g bulgar (fine if possible)
4 spring onions
2 red, ripe tomatoes
bunch of flat leaf parsley
mint leaves – small handful
1 lemon
1 clove garlic (optional)
3 x 15ml spoon olive oil
black pepper

Equipment

mixing bowl
mixing spoon
chopping board
vegetable knife
kitchen paper
juicer
small bowl or screw-top jar
15ml spoon
black pepper

Method

1. Place the bulgar in a bowl and pour over enough hot water to cover. Set to one side for about 30 minutes, or check the packet for instructions.
2. Cut the green tops off the spring onions and chop the rest finely.
3. Wash the tomatoes. Cut them in half and carefully scoop out the seeds using a 5ml spoon.
4. Carefully chop the tomatoes into small pieces – take care not to squash the tomatoes.
5. Wash the parsley and pat dry with kitchen paper. Remove the big stalks and chop the leaves finely.
6. Wash and dry the mint leaves. Remove the big stalks and chop the leaves finely.
7. Carefully cut the lemon in half. Squeeze out the juice, removing any pips.
8. Peel and crush (or finely chop) the garlic if you are using it.
9. Place the olive oil, lemon juice, garlic (if used), and pepper into a small bowl or screw-top jar. Mix well or shake until the dressing is combined.
10. Tip the bulgar into a sieve and rinse with cold water. Leave to drain and then place in a bowl.
11. Add the tomatoes, parsley, mint and onions to the drained bulgar. Pour over the dressing.
12. Mix gently until all the ingredients are combined.



Savoury Kebabs

These kebabs are quick to prepare and make a tasty after-school snack. You can try using different ingredients – look at the list for some ideas. Can you think of others?

Makes two kebabs.

Ingredients

100g cheese
¼ cucumber
2 firm tomatoes or 4 cherry tomatoes
6 pineapple chunks (canned or fresh)

Equipment

chopping board
small sharp knife
kebab skewers or cocktail sticks

Method

1. Cut the cheese into six cubes.
2. Dice the cucumber into six pieces.
3. Quarter the large tomatoes or halve the cherry tomatoes.
4. Divide the ingredients between the kebab skewers, and thread them on in a pattern.
5. Serve with low-fat cream cheese as a dip!

Ideas!

- Try different types of cheese – remember not to use cheese that is too crumbly, as it will fall off the skewer.
- Try different vegetables and fruit for different flavours, for example: baby sweetcorn, pieces of green or yellow pepper, black grapes, dried apricots, radishes, or small cooked sausages.



Sultana and Cinnamon Cookies

Makes ten biscuits.

Ingredients

50g butter or margarine (room temperature)
50g caster sugar
2 x 15ml spoons golden syrup
100g self-raising flour
¼ 5ml spoon of cinnamon
75g sultanas

Equipment

baking tray
baking parchment
weighing scales
mixing bowl
measuring spoons
mixing spoon
15ml spoon
cooling rack

Method

1. Preheat the oven to Gas mark 4/180°C (170°C in a fan oven).
2. Line a baking tray with non-stick baking parchment.
3. Place the butter, sugar and golden syrup in a large mixing bowl.
4. Beat the ingredients together until well mixed.
5. Add the flour and cinnamon, and mix carefully.
6. Gently stir in the sultanas.
7. Spoon into ten balls on the baking tray. Flatten slightly and leave space for them to spread.
8. Bake for ten to 15 minutes until they are golden brown.
9. Leave to cool for a few minutes before moving them to a wire rack.

Ideas!

- Most dried fruit will work well. Try chopped soft apricots, cranberries or blueberries for a different flavour.
- Change the spice. You could use mixed spice – can you think of anything else?

Top tip!

To measure golden syrup or honey accurately, first warm the spoon in hot water – the syrup will not stick as much!



Cheesy Bread

Delicious served warm with soup or filled with tuna and salad to make a great packed lunch.

This recipe serves four.

Ingredients

100g wholemeal flour
100g plain flour
2 x 5ml spoon baking powder
25g melted butter
150ml milk (room temperature)
75g grated cheese, such as cheddar
2 x 15ml spoons pumpkin seeds

Equipment

weighing scales
mixing bowl
sieve
15ml spoon
mixing spoon
measuring jug
measuring spoon
grater
small bowl (for microwave) or small saucepan
baking tray
cooling rack

Method

1. Preheat the oven to Gas mark 5/190°C (170° in a fan oven).
2. Sieve the flour and baking powder into the mixing bowl. Make a 'well' in the middle. (This means that you use a spoon to make a deep hollow in the flour.)
3. Melt the butter in a microwave or over a low heat on the cooker.
4. Measure the milk in a jug and add the melted butter. Mix well.
5. Pour the milk mixture into the well in the flour and mix to make a soft dough.
6. Add most of the cheese and 1 x 15ml spoon of pumpkin seeds (and any other flavouring you are using) to the dough.
7. Dust the work surface with flour. Place the dough on the flour and knead gently to combine all the ingredients.
8. Divide into four pieces and shape into four rounds about 3cm thick.
9. Lightly flour a baking tray. Place the pieces on the tray and sprinkle with the rest of the cheese and pumpkin seeds.
10. Bake for 25–30 minutes until golden brown.
11. Place on a cooling rack.

Ideas!

What other flavourings could you add to the bread? Give these a try:

- Chopped herbs, such as rosemary or thyme.
- Finely chopped spring onions.
- Chopped sundried tomatoes or ready-roasted peppers.



Teachers' tip sheet: cooking without tears!

Planning

- Identify the learning objectives for the activity. Make sure that you have shared these objectives with other adults and the children.
- Investigate existing resources to save time and be sure that recipes work. Check out the website **www.foodafactoflife.org.uk** for a programme and resource bank.

Preparation

- Check you have the equipment needed for the activity and it has not been 'borrowed' for other uses in school! Check ingredients are ready for use and stored safely.
- Identify a suitable work area or furniture arrangement in the classroom to ensure the children can work safely. Work surfaces must be covered with suitable food grade plastic or washed with hot soapy water. Use an antibacterial spray to ensure the surfaces are as safe as possible.
- Ensure that parents/carers have been informed that the children will be preparing, cooking and tasting food. This enables parents to identify any allergies, dietary requirements or religious and cultural beliefs that may prevent the children from handling or tasting certain foods.

Practical work

Ensure the children understand the basic hygiene rules before cooking activities. Adults should also demonstrate good practice – no mixed messages! These rules include:

- Tie back long hair.
- Ensure sleeves are rolled up and ties and other clothing are secure.
- Wear suitable clean aprons (kept for food work only).
- No nail polish or jewellery to be worn.
- Hand washing routine – especially after coughs/sneezes and visits to the toilet.
- Present ingredients in an attractive way; messy packets and cluttered surfaces do not encourage good working practices.
- Finally, show children how to do things, such as cutting in a safe and hygienic way – check **www.foodafactoflife.org.uk** for help.

