

cool2cook2



Fun and tasty recipes
for children and families





Welcome to cool2cook2!

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If you liked the first cool2cook book we're sure you'll love this one too!

It contains tasty recipes for you, your friends and family to have fun making – and eating.

Many of the recipes use delicious lean Welsh Lamb and Welsh Beef. We've tried to make them balanced by adding starchy foods like noodles, pasta and potatoes and also adding fruit and vegetables to help you reach your five a day.

Once you have cooked your food get your family or friends to sit around the table to eat it. Making time to eat together is important and a great way of telling your family what you've been up to and finding out about their day.

Also take turns in setting the table!

Remember you'll need to ask a grown up or your older brother or sister to help you with some tasks – such as using sharp knives and using the hotplate and oven.

Have fun and remember cooking is cool!

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eatwelshlamb.com and eatwelsbbeef.com

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Let's get ready to cook

There are some basic rules you should follow before starting to cook

- * Tie back long hair.
- * Roll up long sleeves.
- * Remove all jewellery and nail varnish.
- * Wear an apron to protect your clothes.
- * Wash your hands before, during and after cooking, especially if you have been handling raw meat.
- * Get all your ingredients ready and weighed out, these are what you need to make the recipe.
- * Wash all fruit and vegetables especially salad ingredients.
- * Get all the equipment you need ready before you start.
- * Wash sharp items separately – never put sharp knives in the washing up bowl, you might forget they are there and hurt yourself or someone else.
- * Walk, don't run in the kitchen.
- * Don't leave all the washing up until the end! Wash up and wipe the work surfaces as you go along.
- * Be careful with sharp knives. If you are not used to using a knife ask a grown up to help you or chop for you, and to teach you the correct and safe way to chop and slice – see top right. Young children can grate an onion or carrot instead of chopping it.
- * When using a sharp knife use the correct method for the food you are chopping. Ensure the blade of your knife is facing downwards.



Bridge hold

Place the item such as a strawberry on the chopping board. Make a bridge over it with your hand – your fingers should be one side and your thumb on the other side.

Guide your knife under the bridge and over the food. Press down and pull the knife along the strawberry, you might like to think of the knife as a train which goes under the bridge! This is suitable to cut things like potatoes, tomatoes and courgettes.

The Claw

To cut the courgette strips or food into chunks use the claw method. Place the food on the board, make a claw with your hand by partly curling your fingers together. Tilt the knife blade downwards and slice through the courgette using your fingers/ claw to hold the courgette. Slide your fingers back keeping a grip on the food, as you slice downwards.

Eat well be well

No one food contains all the nutrients (goodness) we need to be healthy. So try to eat a variety of different foods each day and more of some types than others:

So try to eat:

- * Plenty of fruit and vegetables – aim for 5 a day.
- * Plenty of starchy foods like bread, pasta, potatoes, cereals and rice.
- * Some meat, fish, eggs, beans and pulses like lentils.
- * Some milk and dairy foods like cheese and yogurts.
- * Just a small amount of foods and drinks high in fat and /or sugar. You can still have things like chocolate, crisps, cakes, biscuits and sweets but not too often.

More top tips!

- * Enjoy your food – cooking is fun and enjoy spending time eating it and trying out new things.
- * Drink plenty of fluids such as water, milk, unsweetened tea, a glass a day of pure fruit juice or a smoothie.
- * Eat 'me size meals'. Young children should not be eating the same amount of food as their older brother or sister or their parents.
- * 'Meal time', eat 3 regular meals a day and don't skip breakfast. Also choose healthy snacks – try our cute sheep sandwich!
- * Lean red meat contains iron which helps to keep the blood healthy and it's a good source of protein which helps you grow. You should also try to eat oily fish once a week.
- * 'Up and about', it's very important you keep active – make time for some exercise, have a game of football in or after school or go for a swim with your family or even just go for a walk. Find an activity you enjoy and have fun keeping active with your cool mates – you'll feel fitter and have more energy!
- * When cooking and eating try not to add any extra salt to your food.

Filled crispy bread cases

Great for the weekend!

Breakfast is often described as the most important meal of the day. When you get up in the morning your energy levels are low and your body needs an energy boost in the form of food to kick start the day. If you eat breakfast you'll probably feel better and be able to concentrate better in school.

For breakfast try these fillings;

Sausage and beans

Chop up 2 - 3 thin cooked sausages into small pieces, add to a large can of beans and heat until it's piping hot. Spoon into the cases.

Bacon and Scrambled egg

Use 2 thick rashers of lean back bacon – cut into small pieces and cook in a pan for a few minutes. Make up some scrambled egg (2 lightly beaten eggs, a splash of milk and a tiny bit of butter) then when ready stir in the cooked bacon pieces. Spoon into the cases.

Makes: 12 cases

Cooking time: 15 - 20 minutes

What you need

12 slices of medium sliced bread

A little softened butter

How to make them

1. Pre heat your oven to 180°C/Gas mark 4
2. Use a large round cutter and cut a circle out of each slice of bread
3. Thin out each circle by gently rolling over them with a rolling pin
4. Spread a little butter thinly over each circle. Gently push each one into the hole in a muffin tin, butter side down.
5. Bake in the oven until they are golden brown, approximately 15 - 20 minutes.
6. Allow to cool in the tin or on a wire rack – they will become crispy.
7. To serve just fill each one with your favourite filling

Cases keep crisp in an air tight container. Why not make a lot at the same time. Fill them with all sorts of fillings such as prawns, tuna and sweetcorn.

Ingredients



Meaty tomato pasta



Ingredients



You could serve this as a pasta bake – mix together 100g of breadcrumbs and 50g of grated cheese. Transfer the pasta mixture into an ovenproof dish, sprinkle over the breadcrumb mixture and pop under the grill or into a hot oven for approximately 5 - 10 minutes until crispy and golden brown.

Serves: 4
Cooking time: 10 - 15 minutes

What you need

15ml oil
2 lean Welsh Beef steaks – rump or sirloin, cut into thin strips
200g dried pasta shapes
2 cloves garlic, peeled and crushed
1 red pepper, sliced
2 courgettes, chopped into small cubes
150g mushrooms, chopped or sliced
400g tin chopped tomatoes
30ml tomato ketchup
5ml mixed herbs
2.5ml ground black pepper

How to make it

1. Cook the pasta according to the instructions on the packet and drain well, or you could use fresh cooked pasta.
2. In a non-stick wok, heat the oil, add the meat and cook over a high heat until browned – about 4 minutes.
3. Add the garlic, red pepper, courgettes and mushrooms and stir-fry for a few minutes until the vegetables have softened.
4. Stir in the tomatoes, herbs and ground pepper.
5. Bring to the boil and then simmer over a low heat adding the cooked pasta and heat thoroughly until it's piping hot.
6. Top with a little grated cheddar or parmesan cheese and serve with crusty bread and salad.

Sticky carrot & orange muffins

Makes: 12 large muffins or 24 mini muffins
Cooking time: approximately 25 minutes

What you need

175g sunflower oil
175g light brown sugar
3 large eggs – break into a small bowl and lightly beat with a fork
140g carrots, peeled and grated
100g raisins
1 large orange – grated rind
200g self raising flour
5ml bicarbonate of soda
5ml ground cinnamon
5ml mixed spice

Ingredients



These are also delicious topped with a frosting made with 50g of softened butter or margarine, 75g of icing sugar and the grated rind of an orange.

For the sticky glaze

30g light brown sugar
The juice from the orange

How to make them

1. Preheat your oven to 180°C/Gas mark 4
2. Place your muffin cases into the muffin tray
3. In a large mixing bowl and using a wooden spoon lightly mix together the sugar, oil and eggs. Stir in the grated carrots, raisins, and orange rind.
4. Mix together the flour, cinnamon, mixed spice and bicarbonate of soda, then sieve them into a large bowl and then add to the sugar and carrot mixture and lightly mix together. The mixture will be fairly soft.
5. Carefully spoon into the muffin cases.
6. Bake in the oven until cooked, the muffins will have risen and will be springy when you press one in the centre.
7. While the muffins are in the oven make the glaze – in a small bowl mix the sugar and orange juice together.
8. As soon as the muffins come out of the oven carefully spoon the glaze over the muffins. The sugar will dissolve with the heat of the muffins making them lovely and sticky!



Welsh lamb stir fry

Stir-frying is a healthy method of cooking as you only use a little bit of oil and everything is cooked quickly over a high heat in one pan, keeping the goodness within the food. It also tastes fantastic as well!

Serves: 4

Cooking time: 10 -15 minutes

What you need

2 large (or 3 if small) Welsh lamb leg steaks, remove fat and cut into thin strips

15ml oil

3cm piece of root ginger, peeled and chopped very small

2 cloves garlic, peeled and crushed

1 red pepper, sliced into strips

4 spring onions, sliced at an angle

100g broccoli florets

100g mushrooms, sliced

30ml soy sauce

45ml hoisin sauce

Pre-cooked medium noodles or dry noodles and cook as instructed on the packet (use approximately 75g cooked noodles per person)

Ingredients



How to make it

1. Heat the wok, add the oil and the lamb strips. Cook for about 5 minutes giving it a few stirs until the meat has browned.
2. Add the garlic, ginger, cook for a minute then add all the vegetables and stir-fry for about 4 minutes.
3. Add the soy sauce and hoisin sauce and continue to stir-fry for a further 2 minutes.
4. Add the noodles to the pan, stir well until all the noodles are coated in the sauce and they are piping hot. Sprinkle with the chopped coriander just before serving.



Welsh lamb patties

These are fun, tasty and easy to make and a great way of using up leftover mashed potatoes.

They make a lovely meal served with chutney such as mango chutney and green vegetables such as broccoli or peas.

Serves: 4 (makes 8 patties)

Finish cooking time 10 - 15 minutes

What you need

1 kg of potatoes, peeled and cut into chunks, boiled and mashed (leave to cool down thoroughly), or use leftover mashed potato which has been kept in the fridge overnight.

300g lean minced Welsh Lamb

1 leek, chopped into small pieces

1 onion, peeled and chopped into small pieces

1 small tin of sweetcorn, drained

15ml mint jelly

15ml fresh mint, chopped or 5ml dried mint

2.5ml ground black pepper

25g plain flour, plus extra for shaping

1 small egg, lightly beaten

15ml oil for frying

Ingredients



How to make them

1. Put the mince into a frying pan and cook over a high heat until browned, approximately 6 minutes
2. Add the leek and onion and cook for a further 4 minutes.
3. Take off the heat and allow to cool down and go cold.
4. Place the mashed potato in a large bowl, mix in the sweetcorn, herbs, mint jelly and pepper. Add the mince mixture and the flour. Mix together and slowly add the egg – you might not need all of the egg as you want the mixture to be firm enough to shape.
5. Place a little flour onto your worktop and on your hands. Divide the mixture into 8 and shape into patty shapes (like fishcakes).
6. To cook – heat the oil in a frying pan and cook gently, turn over once and cook until both sides are brown and until the inside of the patties are piping hot.

You can make tasty fishcakes in the same way – lightly fry an onion, add ground pepper and mixed herbs, cool and add to your mashed potatoes, then add some drained tinned salmon or tuna and shape and cook like the lamb patties.



Beefy chip topped pie

What you need

- 450g lean Welsh beef mince
- 1 onion, peeled and chopped into small pieces
- 2 cloves of garlic, peeled and crushed
- 2 courgettes, chopped into small pieces
- 400g can chopped tomatoes
- 1 small tin of sweetcorn, drained
- 2 x 15ml tomato puree
- 2 x 15ml tomato ketchup
- 1 x 15ml fresh mixed herbs, chopped or 5ml mixed dried herbs
- 2.5ml ground black pepper
- 75g cheddar cheese cut into small chunks
- 350g frozen chunky oven chips
- 25g cheddar cheese, grated

If you like bolognaise and you like chips then you'll love this recipe!

Chips can be part of a balanced diet but try not to have them too often and choose chunky oven chips as they are baked and not fried so usually contain less fat. You could also use chunky potato wedges instead of chips as a topping for this pie.

Serves: 4 - 6

Cooking time: approximately 20 - 25 minutes



How to make it

1. Preheat your oven to 200°C/Gas mark 6.
2. Place the mince in a non-stick wok or saucepan and dry fry for about 5 minutes until browned (this means you don't have to add any extra oil or fat to the pan and a little fat will come out of the mince which will help the meat to brown).
3. Add the onion and garlic and cook for 2 - 3 minutes.
4. Add the courgettes, sweetcorn, chopped tomatoes, tomato puree and ketchup, herbs and black pepper.
5. Cook gently over a low heat for a few minutes. Add the cubed cheese into the mixture and carefully transfer into an ovenproof dish.
6. Top with the oven chips and sprinkle with the grated cheese.
7. Cook for approximately 20 - 25 minutes until the chips are cooked and browned.

Serve with the salad on page 26.

Ingredients



Stir fry fruit

Yes stir-fry fruit! This is an unusual dessert, similar to a fruit salad but you actually eat it hot! A great way to help you reach your 5 a day and it's delicious served with a scoop of ice cream or a fruit yogurt or natural yogurt and honey.

This is also a good way to use up fruit that's sitting in your fruit bowl, you can use any fruit so don't worry if you don't have all the fruit that's listed in our recipe – maybe use more fruit and different fruits when making it for a special occasion.

Serves: 4 - 6

Cooking time: approximately 6 - 8 minutes

What you need

25g butter

2 apples – core removed and sliced or cut into chunks

1 pear – core removed and sliced or cut into chunks

2 oranges, rind and white pith removed and cut into chunks

Handful of strawberries

1 banana, sliced into thick slices

2 kiwi fruit, peeled and cut into chunks

Handful of grapes, halved

1 mango, peeled and cut into chunks

50g raisins

1 small tin of pineapple in juice, cut into chunks

15ml clear honey

Ingredients



How to make it

1. Place the raisins in a small bowl and add the juice of the pineapple (or you can use apple or orange juice if you prefer). Leave to soak for at least 15 minutes, the raisins will plump up and become lovely and juicy.
2. On a low heat melt the butter in a wok, turn up the heat and add the firmer fruit such as the apples and pears and stir gently for a few minutes. Then add the other fruits leaving the very soft ones such as the banana until last. Give it a few gentle stirs taking care not to break up the fruit.
3. Finish with the raisins soaked in the juice, taste – take care as it will be hot! You can sweeten it if you wish with the honey.



Spicy Welsh lamb Koftas

Makes: 8 koftas or more if mini ones
Cooking time: approximately 15 minutes

What you need

Wooden kebab sticks – soak these in water for about 30 minutes before using, then they won't burn

450g lean Welsh lamb mince

30ml mild or medium curry paste – depends how spicy you want them!

1 lime – grated rind and juice

30ml fresh coriander, chopped

A sprinkle of black pepper



Ingredients



How to make them

1. Place all the ingredients into a large bowl and mix, making sure the curry paste has been mixed evenly.
2. Using your hands divide the mixture into 8 then shape each one into a sausage shape. You may find this easier if you lightly dampen your hands.
3. Carefully push a kebab stick through the sausage and then squeeze and re-shape to make sure it's stuck on the stick.
4. Cook under the grill or on a baking tray in a hot oven or in a frying pan (don't add any oil), turn occasionally until they are nice and brown and piping hot in the middle.

These are great eaten with pitta bread and salad (see page 26) and also a large spoonful of the refreshing creamy yogurt and cucumber dip.

Yogurt & cucumber dip

200g natural yogurt

¼ cucumber, cut into small cubes

15ml fresh mint, chopped

15ml sweet chilli sauce

How to make it

In a small bowl, mix everything together. Cover the bowl and keep in the fridge until the koftas are ready to serve.

Sweet & sour pork

Served with egg fried rice.

This might be your favourite takeaway food, but have a go at making your own – it's much easier than you think and usually healthier and cheaper too!

Try eating it with chopsticks!

Serves: 4
Cooking time:
approximately 20 minutes

What you need

450g lean pork steak, cut into strips

1 x 15ml oil

1 onion, cut into chunks

1 red pepper, cut into chunks

2 carrots, peeled and cut into thin circles

2 cloves of garlic, peeled and crushed

200g tin pineapple, cut into cubes and keep the juice for the sauce

2 x 15ml vinegar

2 x 15ml ketchup

1 x 15ml clear honey

1 x 15ml soy sauce

A little brown sugar to sweeten and cornflour to thicken

For the egg fried rice

300g dried rice (approximately)

1 or 2 eggs, lightly beaten

75g frozen peas

25g butter or a little oil



How to make egg fried rice

Allow your cooked rice to cool slightly

1. In a non stick wok or pan melt the butter or oil then add the cooked rice, stir well.
2. Add the beaten egg and frozen peas, stir well over the heat until the egg is cooked and the rice is piping hot.

How to make it

1. Heat the oil in a non-stick wok or pan, add the pork strips and stir fry for approximately 5 minutes until lightly browned. (Also put the rice on to cook, follow the instructions on the pack).
2. Add the onion, pepper, carrots and garlic and stir fry for a further 4 - 5 minutes.
3. Add the pineapple, juice, vinegar, ketchup, honey and soy sauce, bring it all to the boil then turn the heat to low and allow to cook for a further few minutes.
4. Have a taste, you might find it's a little bit too sweet? If so add a little bit of vinegar, if it's a little bit too sour then add a little brown sugar. You can also thicken the sauce slightly by adding 5ml of cornflour mixed with a little cold water – add to the pan and stir well for a few minutes.

You can serve the sweet and sour with plain boiled rice or with egg fried rice and a few crunchy prawn crackers – delicious!

Ingredients



Fun & tasty sarnies

A sarnie or Sandwich usually consists of 2 slices of bread with a filling between them.

An open sandwich is just one slice of bread with a topping – like our pretty flower and star sandwiches.

It is thought that the sandwich was invented by the 4th Earl of Sandwich in the 18th Century – when he came up with the idea of putting meat between 2 pieces of bread.

What you need

Bread – either wraps, baps, or slices of bread

A little butter or spread

Filling of your choice

How to make them

1. Place your bread slices on a chopping board.
2. Spread thinly with butter or spread.
3. Prepare your filling (take care when slicing or chopping, see page 4 for how to chop safely). Place your filling on one of the slices and pop the other slice on top spread side down.
4. Cut in half and enjoy!



Keep all the leftover bits of bread after cutting out your shapes – great to make breadcrumbs which can be used to make stuffing or as a crispy topping on the meaty tomato pasta recipe on page 8.

Sarnies are very popular for lunch and make a great snack when you come home from school as the bread is a good source of carbohydrates to give you energy and helps to fill you up!

There are all sorts of fillings you can use and make such as; cooked sliced meat, hard boiled eggs mixed with a little mayo and cress, cooked lean bacon and tomato, tinned tuna or salmon, salad and grated cheese. Always try to add some fruit, vegetables or salad ingredients to your sandwich – pineapple goes well with ham – tomato and onion with beef. Salad will provide some crunch to your cheese sandwich and of course you can't beat a yummy banana sandwich!

Have fun making our cute sheep sandwich, or inventing your own, using cutters to make fun shapes like Elis!



Easy peasy salad

What you need

Not only is salad good for you it's also easy to prepare and you can add whatever you want to it. You can just keep it simple and have a salad of lettuce leaves, spring onions, cucumber and tomatoes or you can add things to it like grated carrot, halved grapes and radish. Have a look below at some of the ingredients we've shown you that would be suitable to put in a salad.

How to make it

1. Wash all your ingredients in cold water – if you've got a salad spinner this is a great way to dry your lettuce leaves.
2. Roughly chop and slice all your chosen ingredients (see page 4 how to do this safely).
3. Place everything into your salad bowl and mix/ toss together.

Have a go at making your own tasty dressing to go with your salad – whisk together 15ml of a light oil such as light olive oil, a pinch of black pepper and sugar, slowly add a dash of vinegar and lemon juice. Serve with the salad.



Ingredients

