

Light bites



Side dishes
& dips



Salads

100 YEARS
1923 - 2023

Early Education

The British Association for Early Childhood Education

Food to Share Recipe Booklet

by the Children's Kitchen

Drinks



About the authors

The Children's Kitchen is a Feeding Bristol and Bristol Early Years project which encourages children from an early age to build a healthy relationship with food. We create opportunities for children and families to grow and cook fresh produce, focusing on cooking with vegetables, fruit, herbs and spices. We work together with local food projects, charities, growers, chefs and educators to bring a positive start to food for children in Bristol.



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Recipes
to share



Favourite
dishes

Introduction

This booklet has been written to celebrate the centenary of Early Education, the British Association for Early Childhood Education, which was founded in 1923 and is still flourishing today. We hope that you will be inspired by these recipes and that they will help bring families, communities and practitioners together at events run by Early Education branches and members to celebrate the centenary in 2023. Above all the booklet is a celebration of young children, their families and the early years practitioners who have such commitment to working with them.

Food has been at the heart of celebrations since time began - whether it is a family meal, a special occasion or simply delicious small bites, food brings people together to share, talk and enjoy each other's company! These 25 recipes are a collection of favourite dishes for sharing, including dips, salads, nibbles and drinks. They are drawn from the rich food traditions of the many communities that reflect the diverse, cultural heritage of the UK.

We would like to thank The Children's Kitchen who have developed this resource which aims to encourage children from an early age to build a healthy relationship with food. The philosophy of the Children's Kitchen is to focus on children's autonomy, following their interests as they explore, experiment and create their own recipes. Wherever possible local and sustainably sourced ingredients are used, many of which the children will have grown themselves.

Food activities provide a wealth of learning experiences across all areas of learning in the early years. Children's sensory discrimination is heightened through opportunities to touch, taste, smell, listen and look, which in turn promotes language, communication and new vocabulary, as well as conversations about foods that keep us healthy. Self-expression is encouraged as children create their own recipes, problem-solve and find innovative ways to represent their ideas and achievements.

Activities and resources that enable children to chop, tear, pour, mash, stir and whisk will all increase children's physical dexterity and muscle control, while developing a whole range of mathematical and scientific concepts linked to weight, volume, change and time. Growing and composting helps children to understand how to take care of the environment and develop sustainable lifestyles, as well as learning about where food comes from.

Children's early experiences of food will pave the way for their later tastes and preferences and healthy options in the earliest years should lead to healthy choices and lifestyles in the future. The recipes in this booklet all use fresh, natural ingredients that are both affordable and nutritious. These ingredients are often mysterious and exciting to children and will hopefully inspire families to think differently about their approach to food.

Perhaps most importantly, making and sharing food is about well-being and creating a sense of belonging. As we recognise and value ingredients and recipes from around the world, children, families and practitioners can come together to enjoy and celebrate the delicious food traditions that we all bring.

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Cooking with young children

These recipes are perfect for cooking with young children. The more they are involved with preparing, planning and presenting food the more connected and comfortable they will be with eating it too. There are many ways to encourage a positive start to food for children, whether that is in the home or in an early years setting. Make sure that food is part of discussions, stories, images and sharing as much as possible so that it is more than just meals; this normalises food and takes the pressure off it being just about what children will and will not eat. Celebrating the diversity of food cultures and giving opportunities for families to share their recipes and food stories all helps to help children learn about the world, their community and the food that they eat.

At The Children's Kitchen, we encourage exploring rather than following recipes; mixing ingredients and texture, colours and flavours to see what happens is an approach based on curiosity rather than following rules. Feel free to use the recipes here as inspiration which can be changed depending on what ingredients you have available and what the children are interested in. It takes multiple tries (up to twenty) for anyone to develop a new taste and children in the early years often don't like a food on first taste. They need to try it several times, raw, cooked in different ways or on another day and having the time and space to explore it themselves helps to build confidence and interest. It is important to make sure that you don't just focus on "liking" food or pushing children to taste foods; instead make small steps, and also step back to allow them the independence to make the choice about whether they want to play, touch, sniff, open or maybe taste!

These recipes are a selection of dishes that we cook with and for children. We use child-safe knives, lightweight boards and small bowls to encourage children to explore food safely; all of these can be bought inexpensively online or in stores. We also have a variety of tools which inspire children to get involved such as measuring spoons, juice squeezers, jugs, whisks, pestle and mortars and mixing spoons. Often a child will be more interested in

Positive
food



the equipment than the ingredients; that is fine! Make sure that children wash hands properly before cooking. Wherever possible we make sure that each child gets back the item that they made - sambusas, for example, can be placed onto greaseproof paper and labelled with a name so that each child gets their own creation back.

If you are planning to cook these dishes for a shared meal, or are asking families to bring in food to share, make sure that recording allergens is a priority so that everyone can eat safely. You can either do this through templates from Environmental Health or by making sure each dish has all of its ingredients clearly listed. It is safest in early years settings to have a no-nut policy and to be cautious when using sesame and other allergens such as egg, dairy, gluten and celery. Another thing to consider when cooking with young children is to not use salt; instead flavour foods with lemon, spices and herbs, but be gentle with strong flavours such as chilli or garlic and introduce these gradually and carefully. Make sure that food is fun and that mealtimes are not a pressure point or a time for stress. Getting children involved with planning, cooking, setting tables and making the space look appealing all add to building a positive relationship with food.



Explore
equipment



Do-it-yourself spice blends

Making your own spice blends can add extra flavour to your cooking - it also makes it quicker to cook again if you have ready-made mixes. Spices are a great way to experiment with flavour so try adding any of these spice blends to your dishes.

- ✓ For the recipes below we use 1 tablespoon of each spice which makes enough spice blend to make about 4 recipes.
- ✓ Make sure you keep your spice blend in a cool dark place, they lose their flavour if kept in bright sunshine.
- ✓ Store the spice blend in a jar with a tight fitting lid.



Yellow spice blend

Ground turmeric, ground cumin, ground coriander and ginger

Red spice blend

Smoked paprika, sweet paprika, red pepper flakes, sumac

Orange spice blend

Sweet paprika, cinnamon, ground cumin and ground turmeric

Green herb blend

Dried oregano, dried chives, dried coriander, dried mint



Light bites



Squash & bean sambusas

Ingredients

- 1 medium butternut squash peeled, de-seeded and cubed
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 drained tin cooked beans (eg black beans)
- 100ml coconut milk
- ½ lime
- Small bunch fresh coriander, chopped
- Salt and pepper
- 1 pack of spring roll pastry
- Water mixed with flour to make a glue
- Vegetable oil
- 1 green chilli (optional)

Dietary & allergens:
Contains gluten

Makes:
12-15 Sambusas



Method

Preheat the oven to 180°C / gas mark 4.

1. Lightly coat butternut squash in oil, roast until soft.
2. Mash squash, spices and coconut milk in a bowl until fairly smooth, add drained beans and fresh coriander then mix well. Add lime juice, salt and pepper to taste and leave to cool. Mix in finely chopped green chilli (optional).
3. In a cup mix a little water and flour to make a runny paste. Open the pastry carefully and only remove two sheets at a time so it doesn't dry out. Leave the sheets together and cut into 3 equal strips.
4. Fold the bottom corner of the strip over to make a diamond with a long tail then fold it over again to make a triangle pouch with a short tail. Fill the pouch with the filling then fold the remaining pastry tail over to seal the filling in.
5. At the end use a little of the glue paste on your finger to stick the end of the pastry down. It should make a fat triangle. Repeat until all the filling is used. You can wrap and freeze the rest of the pastry.
6. Brush your sambusas with vegetable oil and place them on a baking tray. Bake for around 20 minutes or until they are golden brown.



Squashy
& crispy



Crispy filo rolls



Dietary & allergens:

Contains wheat and soya (option of adding prawns or fish)

Makes:

12 parcels (three each for 4 people)

Ingredients

1 pack filo pastry
3 tablespoons olive oil

100g cooked meat, tofu, salmon or prawns.
You need about 150g of vegetables, a mix of the list below that you like

Slice or grate everything so it is finely sliced

Carrot
Spring onion
Broccoli
Mushrooms
Peppers
Cabbage/spring greens
Frozen peas
Frozen sweetcorn

2 tablespoons soy sauce
1 teaspoon runny honey
½ teaspoon ground ginger or five spice
1 clove of garlic, finely crushed, or
½ teaspoon garlic powder

4 tablespoons Sweet Chill Sauce

Method

Preheat the oven to 180°C / gas mark 4.

1. Mix together all of the meat and vegetables in a bowl.

Add the soy, honey, garlic and ginger.

2. Unfold the pack of filo and cut it in half so you have two square piles.

Place one single square of filo in front of you and brush it with oil.

Lay another sheet on top, brush again with oil.

3. Place the two sheets of pastry in front of you with a corner pointing towards you.

4. Place a sausage-shaped pile of the filling $\frac{1}{4}$ of the way up the pastry.

5. Fold in the bottom and edges of the pastry, brush with butter or oil and roll the pastry all the way up so you have a spring roll shape. Repeat with the rest of the filling and pastry.

6. Place the parcels on a baking sheet and place in the oven for 12-15 minutes or until it is golden brown. Serve with sweet chilli sauce.

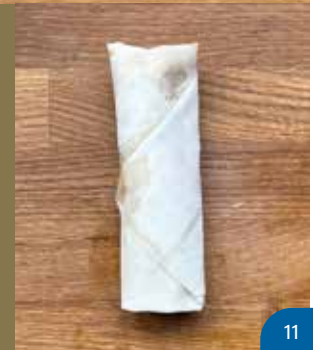


Tips and swaps

You can use any vegetables or fillings you like for these and they freeze well, freeze them uncooked and then cook from frozen.

If you like you can add different spices or chilli.

These make a great snack or party food and are brilliant for lunchboxes.



Chickpea bites



Tasty
bites

Dietary & allergens:

Vegan, can be gluten free

Makes:

Serves 4 - These can be made as mini falafel sized bites which are great in pitta bread, or made into larger burgers.

Ingredients

4 medium carrots (400g)

1 onion, roughly chopped

1 clove garlic, chopped

A handful of spinach or a mixture of herbs such as coriander and parsley, all chopped

A tin of chickpeas, drained

Spices: use 2 teaspoons of any spices you like

To coat the Bites: 6 tablespoons of breadcrumbs, polenta or finely crushed cornflakes or crackers!
Polenta is gluten-free

Method

Preheat the oven to 200°C / gas mark 6.

1. Wash and peel the carrots and chop them into big chunks; about 2 cm wide.
2. Place the carrots, chopped onion and garlic in a roasting dish and add 1 tablespoon oil. Stir well so that the vegetables are well coated in oil. Roast for 30 minutes or until they are soft, stirring halfway through.

3. Place the cooked carrot mixture in a large bowl and allow to cool. You will need the roasting dish again later.
4. Add the drained chickpeas, spices, and any chopped herbs you are using.
5. Mash the mixture using your hands, a fork, masher or whizz briefly in a blender. You want the mixture to be chunky so you can still see the different ingredients.
6. Have a taste - you can add more spice, a squeeze of lemon if you have it or salt and pepper (try not to use salt if you are cooking for young children)
7. Wash your hands and form the mixture into small Bites or larger Burgers. Cover a plate with the crumbs or polenta and roll the Chickpea Bites around until they are coated.
8. Drizzle 1 teaspoon of olive oil into the roasting tin 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 (an adult can help do this) and cook for a further 10 minutes.



Empanadas



Ingredients

- 1 pack ready rolled puff pastry
- 1 tablespoon olive oil
- 1 small onion, diced
- ½ red pepper, diced
- ½ small courgette, chopped
- 1 clove garlic, crushed
- 2 medium tomatoes, chopped
- 1 tin mackerel fillets or tuna, drained (optional)
- 1 teaspoon red spice blend or paprika
- 1 egg, beaten (optional - see below)

Tips and swaps

You can replace egg for milk for the wash.

Non butter puff pastry is dairy free.

Dietary & allergens:

Contains gluten, egg (optional), fish (optional)

Makes:

Makes 10-12 pies

Sunshine
snacks

Method

Preheat oven to 180°C / Gas Mark 4.

1. In a pan cook the onion, red pepper and courgette in the oil until the vegetables are soft. Add the garlic, tomato and spices and cook for 15 minutes until very soft. Stir in the drained mackerel and mix well. Taste and season then cool completely.
2. Unroll the pastry onto a clean surface. Using a large circular pastry cutter (or plastic cup) cut out as many circles as you can.
3. Put 1 teaspoon of the mix into the centre of each piece of pastry. Fold the pastry over the filling until all the edges are touching.
4. Squish the edges together by pressing firmly on the pastry with a fork. Place on a baking paper covered baking tray. You can use the remaining pastry to decorate the empanadas if you like.
5. Brush with beaten egg and bake for 25 minutes or until the pastry is a deep golden brown and the pies are not soggy.





Mini frittatas

Ingredients

- 6 eggs
- 50ml milk or cream
- A big handful of grated cheese
- Black pepper
- 2 teaspoons oil

Vegetables - choose as many as you like - you will need a cup full/300ml

Cherry tomatoes (can be left whole or halved)

Peppers - chopped

Courgette

Mushrooms

Spinach

Frozen peas or sweetcorn

Small florets of broccoli

Method

Preheat the oven to 180°C / gas mark 4.

1. Rub the oil into the ovenproof dish or muffin tins.
2. Break the eggs into a bowl.
3. Add the milk or cream to the eggs. Whisk the eggs with a fork or metal whisk until it is fluffy.
4. Add half of the grated cheese and a little pepper. You can also add herbs if you like.
5. Stir the vegetables you want to use into the ovenproof dish - if you are using a muffin tin you can choose which vegetables go in each of the holes.
6. Pour the egg and cheese mixture onto the vegetables and sprinkle the rest of the cheese on top.
7. Place the tin or dish in the oven for 20 minutes so that the frittata is golden and set. Leave to cool a bit before removing from the tin with a heatproof spatula.

Tips and swaps

Use any vegetables you like for this, you can also add cooked meats or fish

Dietary & allergens:

Egg and dairy

Makes:

Serves 4

You will need an oven proof tin, 20cm wide, or fairy cake/muffin tins



Mini cream cheese filled peppers

Ingredients

- 12 mini (bite sized) peppers
- 220g cream cheese
- 1 clove finely chopped garlic
- 2 spring onions, finely chopped
- Salt and pepper
- Parsley or chives to garnish (optional)

Method

Preheat the oven to 180°C / gas mark 4.

1. Slice mini peppers in half and remove the seeds.
2. Mix the filling ingredients in a large bowl.
3. Fill the mini bell peppers so they are slightly mounded with the cream cheese mixture.
4. Line a baking tray with baking paper and place the stuffed peppers on it.
5. Bake for around 15 minutes. Garnish with herbs.

Dietary & allergens:

Contains dairy

Makes:

Serves 4

Tips and swaps

Experiment with fillings, you could add cooked bacon, ham, tuna or sweetcorn.

If preparing in advance, keep the mini peppers covered in the fridge until you're ready to bake.

You can also make a non-baked version by just stuffing the peppers with cream cheese mixture.

Bite sized

Stuffed baked potatoes

Ingredients

4 large baking potatoes,
washed

1 leek, or 4 spring onions
washed and sliced finely

120g cheddar or feta cheese,
grated or crumbled

A sprig of fresh thyme
(leaves picked off twig) or a
sprinkle of dried thyme

1 tablespoon butter

1 tablespoon olive
or vegetable oil

Method

Preheat the oven to 200°C / gas mark 5.

1. Prick the potatoes all over with a fork and place them on a baking tray in the oven for 45 minutes - 1 hour.
2. While they are baking, warm a pan and add about 15g butter and a splash of cooking oil, then add the leek or spring onions, thyme and stir well.
3. Cook very gently until the leek is very soft. When it's all soft and translucent, put it to one side.
4. When the leek mix is cool add most of the grated or crumbled cheese.
5. Take the cooled baked potatoes and carefully cut them in half. Scoop out the inner potato and add to the leek and cheese mix and mash together with a fork.
6. Put this mix back into the potato skin and sprinkle the rest of the cheese on top.
7. Return the potatoes to the oven, turning up the heat a little to gas 7 / 220°C for about 5-10 minutes until the cheese on top is melting and turning golden brown.

Tips and swaps

You can add ham, tuna, mushrooms or different types of cheese to these potatoes. Serve them with a salad or with a chilli. For a party use smaller potatoes to make them bite sized.

Dietary & allergens:

Contains dairy

Makes:

Serves 4-8

A large, rustic-style bowl filled with a vibrant salad. The salad consists of golden-brown roasted potato chunks, pieces of grilled chicken with visible char marks, and fresh vegetables including red bell peppers, green leafy herbs, and onions. The bowl is set on a wooden surface, and in the background, there are small metal containers with various condiments. The word "Salads" is overlaid in white text in the center of the image.

Salads



Rainbow pasta salad

Dietary & allergens:

Contains gluten, egg and dairy, fish (optional)

Makes:

Serves 4-8

Ingredients

400g pasta (any shape you like)

1 small tin (150g) sweetcorn, drained

1 tin tuna (optional)

A handful of pitted black olives (from a jar is fine), sliced

A squeeze of mayonnaise

A spoonful of natural yoghurt

1 teaspoon olive oil

Black pepper

Optional extras:

Chopped pepper (can be from a jar), cucumber, radish, cherry tomatoes

Chopped herbs such as basil, parsley or chives

Method

1. Heat a large pan of water and boil the pasta for 9 minutes.
2. Drain in a colander and run cold water over it until cool.
3. In a large bowl mix the pasta with the vegetables, olives and tuna (if using).
4. Add the mayonnaise, yoghurt and oil to your taste and season with pepper.
5. Garnish with the chopped herbs.



Fun for
picnics

Tips and swaps

This is a great lunch for packed lunches or get-togethers.

If you don't eat tuna you can use grated cheese, hard boiled egg or tinned beans instead.

You can use allergen free versions of pasta, mayonnaise and yoghurt.

Bright &
delicious

Colourful couscous

Ingredients

200g couscous
200ml of kettle-boiled water
or hot vegetable stock
1 tin of chickpeas, drained
½ a cucumber
1 small pepper (any colour)
3-4 tomatoes or a handful of
cherry tomatoes
3-4 spring onions or ½ 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
Freshly ground pepper

Optional - chopped olives

Method

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



Tips and swaps

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

Dietary & allergens:

Contains gluten

Makes:

Serves 4



Dietary & allergens:

Contains egg and gluten
(if using egg wheat
noodles), soy.

Makes:

Serves 4

Crunchy noodle salad

Ingredients

- 250g dried noodles (or 400g ready to use noodles)
- 1 tablespoon vegetable oil
- 2 garlic cloves finely chopped
- 1 teaspoon powdered ginger (or a thumb sized piece of fresh ginger finely chopped)
- 1 pepper cut into matchsticks
- 1 large carrot cut into matchsticks or peeled into strips
- 200g broccoli cut into florets and halved
- A handful of green beans, babycorn or mange tout
- 4 spring onions sliced thinly
- 4 tablespoons soy sauce

Method

1. Cook the noodles according to the instructions on the packet, then drain and set aside.
2. Heat the oil in a large frying pan or wok over a high heat for 1 minute.
3. Stir fry the garlic and ginger for a couple of minutes.
4. Add all the ingredients except the soy sauce into the pan and stir with a wooden spoon for 3-4 minutes or until the vegetables have browned at the edges.
5. Now add the cooked noodles and stir in the soy sauce for 1 minute. Serve hot as a stir fry, or cold as a salad.

Tips and swaps

You can add cooked chicken, beef or tofu to this stir fry if you like.

You can use any type of noodles for this; rice noodles are gluten free and vegan, egg noodles contain egg and gluten.



Tips and swaps

Halloumi is a semi hard cheese and retains its shape with a soft, springy texture when cooked. You can use feta instead if you don't want to cook the cheese.

Dietary & allergens:

Contains dairy

Makes:

Serves 4-8

Paprika halloumi and red pepper potato salad

Ingredients

300g of new potatoes - halved or quartered if large
1 red pepper sliced
½ a cucumber diced
4 ripe tomatoes sliced or chopped
25g pitted black olives, sliced (optional)
1 small red onion, finely sliced
1 teaspoon oregano, fresh or dried
1 lemon, halved
250g pack of halloumi cheese
1 teaspoon red spice blend or sweet or smoked paprika
1 tablespoon olive oil
Handful of basil leaves, chopped
parsley or mint

Method

1. Cook the potatoes in a pan of boiling water for 10-15 minutes until tender.
2. While the potatoes cook, mix together the pepper, cucumber, tomatoes, olives, onion and oregano in a large bowl.
3. When the potatoes are ready, drain well and leave to cool slightly
4. When cool, sprinkle with the basil or parsley and mix with the other ingredients,
5. Cut the halloumi cheese into four thick slices, drizzle with the oil and dust all over with the paprika
6. Heat a frying pan and cook the halloumi for 3-4 minutes, turning once, until golden.
7. Remove from heat and squeeze over the lemon juice.

Divide into 4 and place a piece of halloumi on the top. Enjoy straightaway.



Crunchy
for dips

Dietary & allergens:

Contain gluten and dairy
(optional)

Makes:

Serves 4

Tips and swaps

You can use gluten free wraps for this.

Serve alongside a chilli or with dips.

This is a great way to use up slightly stale wraps!

Homemade paprika nachos

Ingredients

- 4 wraps
- 1 teaspoon olive oil
- 1 teaspoon red spice blend or a mix of smoked and sweet paprika
- ¼ teaspoon ground chilli (optional)
- 100g grated cheese (optional)

Method

1. Preheat the oven to 200°C / gas mark 6
2. Cut the wraps into triangle shapes using a knife or clean scissors
3. Place on a baking sheet and drizzle over the oil, sprinkle with the spices.
4. Mix the triangles well so that they are covered in oil and spice.
5. Bake for 5 minutes, turn over carefully with tongs or a heat proof spatula and return to the oven for another 3-5 minutes or until golden.
6. To make cheese nachos add grated cheese for this final stage.



Pinwheels

Ingredients

- 4 large wholewheat tortillas
- 1 small tub hummus
- 100g fresh spinach
- ½ a yellow pepper
- ½ a red pepper
- 1 carrot
- ½ a cucumber
- Salt and pepper to taste

Method

1. Slice the vegetables as thin as you can to make the pinwheels easier to roll.
2. Take a tortilla and place it flat.
3. Cover the whole of the flat tortilla with the hummus.
4. Place the sliced vegetables on top of the spread in rows, don't stack them.
5. Roll the tortilla as tightly as you can so the final pinwheels are not loose.
6. Use a serrated knife to slice into 3cm pieces, a regular knife will flatten the pinwheels and they won't look round.
7. Carry on this way until you have a big colourful plateful to share.

Tips and swaps

Use fresh tortillas or they will break when rolling. You can soften them by warming them up in the microwave for a couple of seconds.

Experiment with other veg, shredded red cabbage is a great colourful addition.

Swap in cream cheese, mashed egg, peanut butter, grated cheese, cooked meat or tuna.

Dietary & allergens:


Vegetarian. Contains:
Gluten and Sesame

Makes:

Serves 4



Sides, dips & drinks



Tear and share garlic bread

Yummy
with pasta

Dietary & allergens:

Dietary contains gluten

Makes:

Serves 4-8

Ingredients

500g strong white bread flour
(you can use ½ wholemeal)

1 tablespoon dried active yeast or 1 sachet

350ml warm water

1 teaspoon honey or sugar

½ teaspoon fine salt

50ml extra virgin olive oil

Flour to dust your surfaces

For the oil

4 tablespoons olive oil

1 crushed garlic clove

1 tablespoon chopped or dried rosemary, parsley
or thyme or our green herb blend

Salt and pepper

Method

Preheat oven to 180°C / gas mark 4.

1. Place the flour and salt in a mixing bowl. Measure the warm (skin temperature) water into a jug and stir in the yeast and honey. Leave until bubbly (about 10 minutes). Add the olive oil.
2. Make a well in the centre of the flour and add the yeast mixture a little at a time. Knead for 10 minutes by pushing the dough with the heel of your hand. Place the dough in an oiled bowl and cover. Leave in a warm place for at least an hour, until doubled.
3. Mix the garlic, oil and herbs. Dust your surface with flour, briefly knead the dough and break it into small golf ball sized balls. Place on a large baking tray so that they just touch.
4. Brush the garlic oil all over the dough balls with a brush or your fingers. Leave in a warm place for 30 minutes to rise.
5. Bake in a preheated oven for 10-15 minutes or until golden brown.



Tips and swaps

You can add grated cheese or chilli to this if you like.





Tips and swaps

You can pick a bunch of wild garlic from the woods, wash it well, and add to this recipe!

Dietary & allergens:

Contains gluten, mustard, dairy and egg

Makes:

6-8 scones

Cheese and spring onion scones

Ingredients

180g self-raising flour
½ teaspoon mustard powder
50g butter
100g grated cheese
6 spring onions, finely chopped
1 large free-range egg mixed with 4 tablespoons of milk
Pepper to taste

To serve

Cream cheese
Chives

Method

Pre-heat oven to 200°C / gas mark 7.

1. Grease a large baking tray with a little butter or oil.
2. Mix the dry ingredients in a mixing bowl and add the butter; rub it into the flour until it looks like breadcrumbs.
3. Add the grated cheese to the flour with the chopped spring onions and mix well.
4. Add the egg and milk mixture, gradually, until you have a soft dough. (Reserve a little of the egg for the glaze).
5. Pat the scone mixture out on a floured board and shape into a large round and cut into 6 or 8 triangles. Place the triangles onto the baking tray and brush with the egg glaze.
6. Bake for 10 to 15 minutes until the scones are well risen and golden brown. Cool on a wire rack and serve warm or cold with butter or cream cheese and chives.



Flatbreads or crackers

Ingredients

320g plain flour
3 tablespoons olive or vegetable oil
Cold water

Method

1. Place the flour in a large bowl.
2. Add the oil and then the water, a little at a time. You will need about 200ml of water. If the dough is crumbly add a little more water, if it is really wet add a little flour.
3. Knead for a few minutes.

Flatbreads: Split the dough into four balls. Flatten slightly and roll out with a rolling pin until the dough is as thin as a flour tortilla. Heat a frying pan and cook the flatbreads one at a time - they take just a few minutes to cook on each side and will have browned spots when they are ready.

Crackers: Cut two pieces of baking paper to the size of an A4 sheet of paper. Split the dough in two and roll each piece out onto the baking paper until it reaches the edge. Cut the crackers into any shape you like - straight lines with a knife or shapes with cutters. Place the baking paper on two trays and bake at 220°C / gas mark 7 for 10 minutes or until the crackers are crispy.

Dietary & allergens:

Contains gluten

Makes:

4 flatbreads or 2 trays of crackers

Tips and swaps

You can top the crackers with spices, cheese or seeds - brush them with water first so that the toppings stick.

Quick salsas



Dietary & allergens:

Vegan and Gluten free

Makes:

Serves 4-6

Tips and swaps

This colourful salsa is great served on a cracker with a little cream cheese!

This salsa goes well with the Nachos, Quesadillas or Smokey Beans in this booklet.

Charred sweetcorn salsa

Ingredients

- 1 small tin sweetcorn, drained
- 50g roasted peppers (from a jar is fine)
- 2 spring onions, finely chopped
- 1 clove garlic, finely chopped
- 6 cherry tomatoes, chopped
- ½ teaspoon red spice blend (or any spice you like)
- 2 teaspoons olive oil
- Lime juice to taste
- A small handful of fresh coriander, chopped

Method

1. Heat a large frying pan and 1 teaspoon of oil. Add the drained sweetcorn and fry until it turns brown and charred at the edges.
2. Add the garlic and spring onions and spices and carry on cooking for 2 minutes.
3. Add the roasted peppers, lime juice and cherry tomatoes and stir well.
4. Taste and season with pepper, lime juice and more spice (or a little chilli) as needed.

Tomato salsa

Ingredients

- 4-6 medium tomatoes, finely chopped
- ½ red onion, finely chopped
- 1 small garlic, chopped
- ½ lime, juiced
- Large handful of coriander, roughly chopped

Method

1. Put all the ingredients into a bowl. Stir and pop in the fridge until ready to serve.

Dietary & allergens:

Vegan

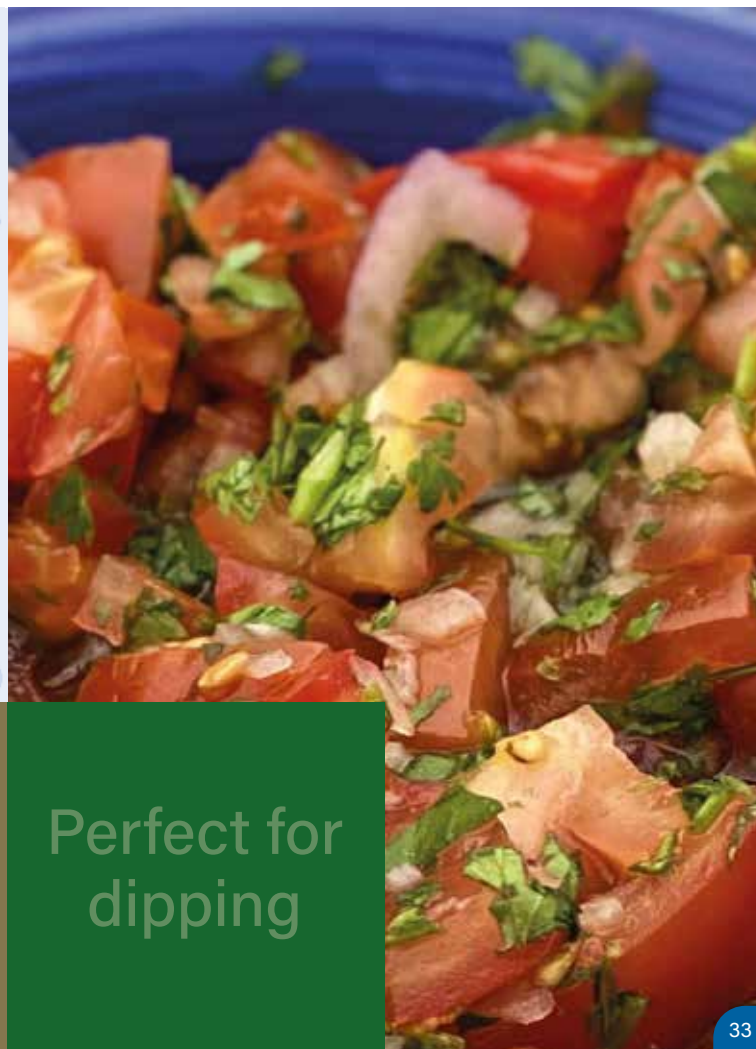
Makes:

Serves 4

Tips and swaps

If you don't have any tomatoes you can use tinned tomatoes (drain the liquid off if you don't want your salsa too runny)

Perfect for
dipping



Easy dips



Three dips from tins

Method for all three dips

Take a tin of beans and drain off the liquid, save this to make the dip smoother if needed. Add the extra ingredients for the recipes opposite. Mash all of the ingredients together in a bowl using a fork, potato masher or hand blender. Add salt, pepper and lemon to taste!

Butterbean and sweet potato dip

Ingredients

- 400g tin of butterbeans
- 1 large sweet potato (about 300g)
- 2 tablespoons of olive oil
- 1 teaspoon of paprika
- 1 clove of garlic, crushed or finely chopped

Method

Prick the sweet potato with a fork and bake until it is soft - about 40 minutes in an oven at 180°C or 10 minutes in a microwave. Cut the cooked sweet potato in half and scoop out with a spoon.

Cannellini bean and tuna dip

Ingredients

- 400g of cannellini beans, drained and rinsed
- Small can of tuna in oil (or add a little oil to tuna in water)
- 1 clove of garlic
- 2 spring onions, finely chopped
- 2 teaspoons of finely chopped rosemary or parsley (optional)

Method

Drain the oil from the tuna but keep it to add a little to the dip. If you are using tuna in water, drain it and add a little olive oil.

Red pepper and chickpea dip

Ingredients

- 400g tin of chickpeas
- 1 red pepper
- 2 tablespoons of olive oil
- 2 teaspoons of ground cumin
- 2 tablespoons of tahini paste (optional)
- 1 clove of garlic, crushed or finely chopped

Method

Cut the pepper in half and take out the seeds and stalk. Cut each half into six equal pieces and place on a metal tray. Pour 1 tablespoon of oil over the pepper. Place in a pre-heated oven at 170°C / gas mark 4/5 for 20-25 minutes until the pepper is soft and starting to brown on the edges.



Green pea and mint dip

Ingredients

- 500g frozen peas
- 1 small onion or 4 spring onions - chopped
- 1 clove garlic, chopped
- 2 handfuls fresh mint
- 1 teaspoon green herb blend or a mix of dried oregano, mint, chives and parsley
- ½ a lemon, juiced
- 1 tablespoon oil
- Black pepper
- 4 tablespoon crème fraîche or yoghurt (optional)

Method

1. Set aside a little mint and a handful of peas for garnishing the dip.
2. Place the peas, onion, garlic, oil, lemon and crème fraîche in a blender and whizz until smooth.
3. Taste and add spices and seasoning to your taste.

Snack
time

Dietary & allergens:

Contains dairy

Makes:

Bowl of dip

Drinks



Rainbow ice cubes

Making ice cubes is a perfect food session; children can chop, mix and fill ice cube trays, cups or containers and then also see the transformation to frozen the next day. Adding a rainbow of ice cubes livens up a jug or cup of water like magic!

Try adding these ingredients to either water or juice and freeze them in as many different freezable trays and cups as you can find!

Soft fruits, berries, fruit purées.

Flavoured water

This is a great way to liven up water so that children are hydrated without the added sugar and chemicals in shop bought drinks. Involving children in choosing ingredients to add, mix and taste is a perfect activity for a simple and fun food session. You can use whisks, ladles, mixing spoons and juicers to make the session more exciting for the children.

Ingredients

2 litres of water - still or sparkling

Choose your flavours

Lemon, lime, orange, grapefruit - use half of the fruit to slice and half to squeeze the juice from.

Cucumber - cut into slices or peeled into strips with a peeler.

Fresh mint - scrunched up with your hands before adding.

Berries - strawberries, raspberries and blueberries are all great, smash them gently before adding to release some flavour.

Herb Teas - If you have time to plan ahead you can make a fruit tea with herbal tea bags and leave it to cool before adding the extra ingredients above.

Fruit milkshakes and smoothies

Ingredients

250g of fresh or frozen fruit (a mix or just one or two fruits)

These fruits work well: blueberries, bananas, strawberries, raspberries, mango.

Add 4 tablespoons of Greek, natural or dairy-free yoghurt to make a smoothie or 500ml of milk to make a milkshake.

Place everything in a blender and whizz until smooth (you can use a hand blender). If you like you can sieve this to remove lumps after whizzing if your blender isn't very powerful.

Tips and swaps

You can use dairy free milk for these smoothies and fresh or frozen fruit.

You can also freeze smoothies in ice lolly moulds!



Three smoothies

Makes 1 adult portion or 2 child-sized

Strawberry and banana

1 banana
4 strawberries
2 tablespoons natural yoghurt
150ml milk

Green smoothie

Handful of kale or baby spinach (chop larger leaf spinach or kale)
1 kiwi, peeled (optional)
Large handful of pineapple chunks
150ml milk

Chocolate and banana smoothie

1 banana
1 tablespoon of cocoa powder
2 tablespoons of natural yoghurt
150ml milk

Method

1. Add all of the ingredients to the blender.
2. Place the lid on the blender and blend until smooth.
3. Enjoy right away or pop in the fridge.

Kitchen tips



Always start by washing your hands!

Our recipes are suitable for all the family to get involved in the cooking.

Don't be afraid to experiment with what you have to hand, simply using a recipe as a guide.

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

Diced - cut up into small cubes, about ½ cm. When a recipe says roughly diced you can make the pieces bigger.

Crushed - usually means for garlic - 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 a 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!

A tablespoon - is bit bigger than a dessert spoon - if you don't have one use 3 teaspoons.

Blending - for soups and dips if you have a hand or jug blender that's great, if not a potato masher and a willing assistant will do - take it in turns until the soup or dip is as smooth as you want it.

Oven temperatures

Gas	°C	Fan Oven
1	140	120
2	150	130
3	170	150
4	180	160
5	190	170
6	200	180
7	220	200
8	230	210
9	240	220



Wash
hands





Acknowledgements

Thank you to all of the cooks, children and families involved in The Children's Kitchen project and the development of these recipes. Thank you to Bristol Early Years, Feeding Bristol and all of our partners for helping us.



Thank
you

For more recipes and cooking videos-with 16 language translations visit:

<https://www.feedingbristol.org/thechildrenskitchen>

For more information: <https://www.bristolearlyyears.org.uk/health/the-childrens-kitchen/>



These recipes are a collection of our favourite foods for sharing - whether it is a crowd-pleasing family meal, a special celebration or delicious small bites. Food brings people together and sharing meals, and stories about the food we've enjoyed, is something we love to do when we can.

We hope that Early Education members and branches will enjoy using them for Centenary celebration events and will share them with children and families - they are also perfect for cooking at home for just a few people too.



Fun
to make
together

Happy
tasting



Tasty
treats

100 YEARS
1923 - 2023
Early Education

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