

# Cooking with Green Schools



**Cooking in Class:** Try some of our specially designed recipes in your classroom or at home. Each recipe is linked with one of the crops from your school garden. Check out our skills section before you start cooking and learn the basics you will need to complete the recipes.



# Table of Contents

Page 3: Quantities and Equipment

Page 4: Cooking Skills

Page 5: Tasting Workshop

Page 6: Workshop Activity Sheet

Page 7: Radish Toast

Page 8: Rainbow Wraps

Page 9: Herb dip with Carrots and Radishes

Page 10: Strawberry Salad

Page 11: Pea Shoot Salad

Page 12: Chard and Apple Salad

Page 13: Pasta Salad

Page 14: Peas and Mint Soup

Page 15: Shakshuka

Page 16: Veggie Pasta

Page 17: Patatas Bravas

Page 18: Spaghetti Carbonara

Page 19: Chard Fajitas

Page 20: Peas, Mint and Feta

Page 21: Rice Paper Rolls

Page 22: Omelette

Page 23: Boxyty

Page 24: Strawberry Jam

Page 25: Tomato Sauce

Page 26: Pizza

Page 27: Cooking Kit List

Page 28: Cooking Kit List



# Quantities and Equipment



**Recipe Quantities:** The quantities given in our recipes are generally based on a group of 4-5 students cooking the recipe together as a group. There should be enough for each student in that group to have a substantial portion of the dish they have prepared. Exceptions are noted in orange text. Read all recipes carefully before beginning.

**Cooking equipment:** We are aware that many schools do not have a cooking area or equipment. We have tried to keep these recipes simple and needing only basic equipment. We will set out our recommended “Cooking Kit” at the end of this booklet which you may be able to gather (or partly gather) and keep in your school. Recipes containing additional equipment will have these items noted in orange. You could also ask students to bring in additional items on the day to supplement the kit you already have. We would advise you keep any sharp items like knives, graters and peelers in the school and stored safely.

## Adapting and Exceptions

**Substituting ingredients:** Use your judgement when it comes to adding or replacing ingredients. Feel free to add extra vegetables or herbs you have ready in the garden. You may wish to use different spices or seasonings depending on taste or swap different types of vegetable oil depending on availability.

**Class Size:** When preparing to cook a recipe with the class decide in advance how many groups you will have. Then scale up your recipe accordingly if the teacher is bringing in all ingredients. So if you will have 5 groups you will need 5 times the amount of each ingredient in the recipe. The quantities listed are also appropriate for cooking at home for a family meal.

**Not working in groups:** It is advised that you cook in groups unless you have a very small class or are in a secondary school AND have sufficient equipment. It is difficult to monitor students if they are all working independently. However if you wish to have each student prepare their own dish you can scale down the recipe quantities.

**Exceptions:** When carrying out work on the hob or in the oven it is generally easier to nominate one group or person to do this for the class and make one large batch that can be shared. Preparation steps can still be carried out in groups. This is explained further with regard to quantities in each recipe (see text in orange).

# Cooking Skills



There are a few basic skills you will use in lots of different recipes. Before you begin cooking try and master these techniques so you can cook safely and well. Click the underlined names of the skills to be brought to a video demonstration. Don't worry if it is hard at first! Remember practice makes perfect!

## Skill

## Description

## Picture

### Bridge Hold Chopping

Place a damp tea towel or jay cloth under your chopping board to keep it stable. To chop vegetables into halves or quarters make a bridge with your fingers over the item. Place your thumb on one side and other fingers on the other. Chop through the middle of the "bridge".



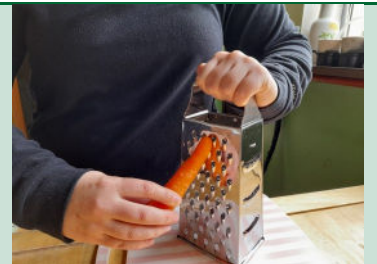
### Claw Grip Chopping

To slice vegetables whilst keeping your fingers away from the knife you should use this grip. Use your weak hand to hold the vegetable steady as you chop. Place vegetable on flattest side. Make a "claw grip" as you hold with your fingers tucked in. Slide back as you continue to chop.



### Grating (no video)

Place your grater on a chopping board. Hold the top handle with your weak hand. Hold the food item in your strong hand and move the food item from top to bottom of the grater keeping your fingers away from the grater. Move slowly to avoid catching your fingers.



### Peeling

Hold the peeler in your strong hand. If peeling a long item like a carrot or parsnip hold the top half and peel the bottom half by moving the peeler downwards away from your hand. Then turn over and do the top half. If peeling a round item like an apple, place your thumb on one side and one finger on the other and rotate around as you peel.



### Saut eing

Turn the heat up to medium on the hob. Add oil to the frying pan and allow to heat for about 15 seconds. Add your vegetable and cook whilst stirring, Turn down the heat if it begins to stick or burn. Different vegetables will take different times to cook.



# Tasting Workshop



Give students a variety of fresh foods to explore using all of their senses following the steps below. Allow them to discuss the food based on each sense using descriptive words. Aim to build their vocabulary and avoid words like “nice” or “horrible”. Note these words beside the corresponding sense on the activity sheet on the next page or on scrap paper.

This session is a great way to begin cooking in the classroom as it encourages students to try foods they may be unfamiliar with. It is also a good opportunity to try some basic skills like chopping or peeling before you being working on a recipe.

Take time to allow students to explore how each food item looks, feels, smells, tastes and sounds.

**Foods to try:** Onions, garlic, lemon, lime, strawberry, apple, carrots, mint, basil, coriander, thyme or any other herbs.

If possible have a selection of foods from the school garden. Supplement with fresh, shop bought produce if needed. Aim for foods which represent different flavours, textures etc.

**Sight:** Place the food items one at a time on each group’s/student’s table and allow them time to come up with and write down words to describe how the food looks. Prompt language such as colour, shape, visible textures etc. Ask if they make any assumptions about how it tastes, feels etc.

*Possible extension: Allow each student to choose one item to draw/paint etc.*

**Touch:** Allow students to touch the object and describe how it feels. Write down words that come to mind. Does it feel as they expected?

*Possible extension: Try it blindfolded. Can they identify the object? Does it change the descriptive words used?*

**Smell:** Chop the food items into smaller chunks. Have the students smell each food item and discuss what they notice. Do any students connect the smell with a sense of taste?

**Taste:** Carefully chew and taste each different item. Describe how it tastes. Is it what was expected? What connections can be made with the previous senses?

*Possible extension: Try chewing carefully with your nose pinched for 10 seconds, then release your nose. Is there a difference when your nose is blocked/unblocked?*

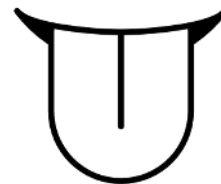
**Sound:** Try another bite and this time focus on how it sounds when chewing or eating. Is it loud or quiet? How does this connect with the textures?

After you have completed each sense exploration put all the descriptive words from different student’s sheets together on the board and discuss how they found the exercise, what foods surprised them etc.

# Tasting Workshop Activity Sheet

Food Name:

Student Name(s):



Write in the words you would use to describe the food you are examining based on each of your senses beside the correct symbol.

# Radish Toast



**From the Garden:** Radishes & Herbs  
**Hob Needed?** No

## Instructions

- 1:**  
Peel the garlic and then cut in half. Rub over each slice of bread.
- 2:**  
Wash your radishes and remove green leaves. Thinly slice the radishes. Roughly chop (or rip with your hands) your herbs. Place radishes and herbs in bowl.
- 3.**  
Cut up your tomatoes into small pieces using bridge hold chopping technique. Mix with radishes in bowl.
- 4.**  
Stir in the honey, salt and pepper and mix well.
- 5.**  
Spoon this mixture over the slices of bread and enjoy!

## You will need

Chopping Board  
Chopping Knife  
Mixing Bowl  
Dessert spoon  
Wooden or mixing spoon

## Cooking Skills Needed

**Steps 1&2:** Claw Grip Chopping

**Step 3:** Bridge Hold

## Ingredients

**Slice (per student)**  
Crusty Bread

**2**  
Radishes

**1**  
Tomato

**1 Dessert spoon**  
Honey

**2 cloves**  
Garlic

**1 handful**  
Parsley, thyme and chives

**Pinch**  
Salt and Pepper



# Rainbow Wraps



**From the Garden:** Spinach/Lettuce  
**Hob Needed?** No  
Carrots

## Instructions

- 1:**  
Wash the spinach/lettuce, carrots and peppers. Shred the leaves. Peel the carrots and grate. Thinly slice the peppers. Set aside for now.
- 2.**  
Thinly slice or crush the garlic. Grate the lemon zest and add both to bowl/container to be blended.
- 3.**  
Drain the tin of chickpeas and add along with the tahini, salt and pepper to the garlic and lemon zest. Use hand blender to mix all ingredients together to make humus.
- 4.**  
For each wrap– spread some humus over the wrap so it is completely covered.
- 5.**  
Add some spinach, peppers and carrots. Don't overfill! Sprinkle with crumbled feta. Roll up wrap and enjoy!

## You will need

Chopping Board  
Chopping Knife  
Grater  
Dessert Spoon  
Hand blender and bowl/container  
Peeler

## Cooking Skills Needed

- Step 1:** Claw Grip Chopping and Grating  
**Step 2:** Using food blender  
**Step 4:** Peeling, Grating and Claw Grip Chopping

## Ingredients

Large Handful  
Spinach or Lettuce

2  
Carrots

2  
Red or Yellow Peppers

30g  
Feta

4-5  
Wraps (1 per student or 1 between 2)

1 tin  
Chickpeas

1  
Lemon

2  
Cloves of garlic

2 Dessert Spoons  
Tahini

Pinch  
Salt and Pepper

**Note:** If preparing this recipe in groups you can combine several together when making humus to speed up the process.





# Herb Dip for Carrots and Radish Pops



**From the Garden:** Herbs, Carrots and Radishes  
**Hob Needed?** No

## Instructions

- 1:** Wash, peel and chop the carrots into sticks.
- 2:** Wash the radishes and chop off green tops. Insert one cocktail stick into each radish.
- 3.** Wash and roughly chop (or rip up) your herbs. Peel and crush your garlic. Add herbs and garlic to mixing bowl.
- 4.** Grate the zest of the lemon into the mixing bowl. Add the yogurt, salt and pepper to bowl and mix well.
- 5.** Dip your carrot sticks and radishes into the dip. Enjoy!

## You will need

Chopping Board and Chopping Knife  
Mixing Bowl  
Grater  
Wooden or Mixing Spoon  
Measuring jug (can use container with hand blender)  
**Cocktail Sticks**

## Cooking Skills Needed

**Step 1:** Peeling and Claw Grip.

**Steps 2 & 3:** Claw Grip

**Step 4:** Grating

## Ingredients

**2-3**  
Carrots

**4 (one per student in group)**  
Radishes

**Handful**  
Chives, Parsley and Mint

**1**  
Small clove of garlic

**300ml**  
Natural Yogurt

**Zest of 1**  
Lemon

**Pinch**  
Salt and Pepper



# Strawberry Salad



**From the Garden:** Strawberries, Herbs and Lettuce  
**Hob Needed?** No

## Instructions

- 1:  
Peel and remove skin of carrot. Peel carrot into strips and place in large bowl.
- 2:  
Wash the strawberries, herbs, spring onions and lettuce. Chop the strawberries and spring onions thinly. Tear or chop the herbs and lettuce into strips. Add to the bowl with carrots and mix together.
3.  
Decide which dressing you would prefer. Dressing 1 has stronger flavours! For both first cut the lemon in half and squeeze the juice into a bowl or jug. Add the other liquids. Mix together.
4.  
Peel and crush or slice the garlic. Add to the sauce. Pour mixture over salad and toss together. Enjoy!

## You will need

Chopping Board  
Chopping Knife  
Peeler  
1 large bowl and **one small bowl or jug**  
Dessert Spoon  
Garlic Crusher  
Fork **and Serving container per student**

## Cooking Skills Needed

- Step 1: Peeling  
Steps 2: Claw Grip Chopping  
Step 3: Bridge Hold Chop

## Ingredients

2 Handfuls  
Strawberries

Sprig  
Parsley, Oregano, Mint

1  
Carrot

2  
Spring Onions

Large Handful  
Lettuce Leaves

**Dressing 1**  
1 Dessert Spoon  
Lemon juice

2 Dessert Spoons  
Soya Sauce

2 Dessert Spoons  
Sesame Oil

2 Dessert Spoons  
Honey

1  
Clove of garlic

**Dressing 2**  
1/2  
Lemon Juiced

1 Dessert Spoon  
Honey

1  
Clove of garlic

2 Dessert Spoons  
Olive Oil



[See video demonstration of this recipe](#)

# Pea Shoot Salad



**From the Garden:** Peas and Herbs  
**Hob Needed?** No

## Instructions

- 1:** Wash the pea shoots and radishes. Remove the peas from the pods. Place shoots and peas in bowl.
- 2:** Thinly slice the radishes and mozzarella. Add to bowl with the peas and pea shoots.
- 3:** Peel and crush the garlic and add to the bowl.
- 4:** Cut the lemon in half and squeeze one and a half dessert spoons into a small bowl/container.
- 5:** Add the olive oil, honey, mustard, salt and pepper to the lemon juice and mix well. Then pour dressing over salad and toss together.

## You will need

Chopping Board  
Chopping Knife  
Large Bowl **and small bowl/container**  
Garlic Crusher  
Dessert Spoon  
Tea spoon  
**Serving container per student**  
Fork per student

## Cooking Skills Needed

**Step 2:** Claw Grip Chopping  
**Step 4:** Bridge Hold Chopping

## Ingredients

**100g**  
Pea Shoots

**2 handfuls**  
Peas removed from pods

**Small bunch**  
Mint

**50g**  
Mozzarella Cheese

**4 Dessert Spoons**  
Olive Oil

**5**  
Radishes

**1.5 Dessert Spoons**  
Lemon juice

**1 Tea Spoons**  
Honey

**1 Tea Spoon**  
Mustard (any kind)

**Pinch**  
Salt and Pepper



# Chard and Apple Salad



**From the Garden:** Chard  
Spring Onions

**Hob Needed?**  
No

## Instructions

- 1:  
Wash the chard, spring onions, celery and apple.
- 2:  
Thinly slice the chard stalks, spring onions and celery. Place in bowl. Tear the chard leaves into strips and add.
3.  
Cut the apple and feta into small pieces and add. Mix together.
5.  
Mix the olive oil and honey together in a cup or small bowl. Cut the lemon in half and squeeze in one Dessert Spoon of juice.
6.  
Add the dressing and raisins/cranberries. Mix the salad together. Divide into bowls/lunch boxes to serve.

## You will need

Chopping Board  
Chopping Knife  
1 large bowl and **one small bowl/jug or cup**  
Dessert Spoon  
Wooden or mixing spoon  
**Serving container** and fork per student

## Cooking Skills Needed

**Step 2:** Claw Grip Chopping  
**Step 3 and 5:** Bridge Chopping

## Ingredients

6-7  
Chard Leaves

4  
Spring Onions

2  
Stalks of Celery

1  
Apple

**Handful**  
Raisins or cranberries

25g  
Feta Cheese (optional)

3 Dessert Spoons  
Olive Oil

1  
Lemon

2 Dessert Spoons  
Honey



# Pasta Salad



**From the Garden:** Lettuce, Peas  
**And Radish**

**Hob Needed?** Yes

## Instructions

- 1:** Wash the lettuce, spring onions, radishes and pepper. Remove the peas from their pods.
- 2:** Place the pasta in a sauce pan of boiling water. Put on hob and return to the boil. Reduce heat and simmer for 12 minutes. Drain and rinse with cold water. Put in bowl and mix through with olive oil to prevent pasta from sticking.
- 3:** If possible, add the peas to the hot water from the cooked pasta. Simmer for 3 minutes. Drain and rinse. Add to pasta.
- 4:** Roughly chop or tear up the lettuce. Place in large bowl. Thinly slice the pepper, radish and spring onion. Add to bowl. Peel and grate the carrot. Add to bowl.
- 5:** Add mayonnaise and ketchup to a bowl. Mix well. Add salt and pepper. Combine with pasta and vegetables. Enjoy!

## You will need

Chopping Board and Chopping Knife  
Saucepan and sieve or colander  
Large bowl (X2)  
Bowl/serving container and fork per student.  
Grater  
Peeler  
Mixing spoon

## Cooking Skills Needed

**Step 2:** Hob Use

**Step 3:** Chopping and Grating

## Ingredients

**5 Handfuls**  
Pasta (any except spaghetti)

**1 Handful**  
Peas

**5**  
Radishes

**1**  
Carrot

**1**  
Red Pepper

**2**  
Spring Onions

**100ml**  
Mayonnaise

**50ml**  
Ketchup

**Pinch**  
Salt and Pepper

**100ml**  
Olive Oil



Recipe by Chef Reema Dutta Gupta  
[See video demonstration of this recipe](#)

# Pea and Mint Soup



**From the Garden:** Peas, Potatoes and Mint  
**Hob Needed?** Yes

## Instructions

- 1:  
Peel the potatoes and chop into bite sized chunks. Wash and thinly slice the spring onions. Crush the garlic.
- 2:  
Heat the oil in a saucepan. Add the spring onions and garlic and sauté for 3 minutes until the onions turn translucent (see through).
3.  
Add the potatoes and vegetable stock and bring to the boil. Turn down and put lid on. Allow to simmer for 15 minutes.
4.  
Wash and chop or tear the mint leaves. Add the peas and mint to the pot and cook for another 3 minutes.
5.  
Add the salt and pepper. Remove from the heat. Use hand blender to blend. Serve into bowls. Add a spoon of natural yogurt if you like. Serve with crusty bread.

## You will need

Chopping Board  
Chopping Knife  
Peeler  
Saucepan and wooden spoon  
Dessert Spoon  
Spoon and Serving Bowl/Container per student

## Cooking Skills Needed

**Step 1:** Peeling, Bridge Hold and Claw Grip Chopping

**Steps 2:** Hob use, Sautéing

## Ingredients

2 Handfuls  
Peas

Handful  
Mint Leaves

2 Large  
Potatoes

3  
Spring Onions

1 Litre  
Vegetable Stock

1 clove  
Garlic

Pinch  
Salt and Pepper

1 Dessert Spoon  
Olive/Rapeseed Oil

1 Dessert Spoon (per student)  
Natural Yogurt (optional)

1 Slice (per student)  
Crusty Bread (optional)



# Shakshuka



**From the Garden:** Spinach  
Spring Onions

**Hob Needed?**  
Yes

## Instructions

- 1: Wash the spring onions, spinach, peppers and coriander.
2. Thinly slice the spring onions and peppers. Crush or thinly slice the garlic.
3. Heat the oil in a frying pan. Add the peppers and spring onions and sauté for about 4-5 minutes. Add the garlic, and spinach. Cook for a further 2 mins.
4. Add the tin of tomatoes, salt and pepper. Simmer for about 5 mins. Stir occasionally as the mixture bubbles.
5. Make a little well in the mixture and crack an egg in. Repeat for each egg. Cook without stirring for 5 minutes. Rip up and add the coriander.
6. Serve warm. You can top with cheese and/or yogurt.

## You will need

Chopping Board and Chopping Knife  
Frying pan  
Wooden and Dessert spoon  
**Bowls and** spoons or forks to serve  
Grater

## Cooking Skills Needed

- Step 2:** Claw Grip chopping  
**Step 3:** Hob use and sautéing.  
**Step 6:** Grating (optional)

## Ingredients

- 2 large handfuls  
Spinach
- 6  
Spring Onions
- 1  
Red and 1 Yellow Pepper
- 1 tin  
Tomatoes
- 2 cloves  
Garlic
- 1 bunch  
Coriander (optional)
- 4  
Eggs (1 per student)
- 2 Dessert Spoons  
Olive Oil
- Pinch  
Salt and Pepper
- Handful  
Grated cheese (optional topping)
- 100ml  
Natural yogurt (optional topping)



# Veggie Pasta



**From the Garden:** Carrots, Spring Onions & Herbs  
**Hob Needed?** Yes

## Instructions

- 1:** Wash the carrots, spring onions, pepper and coriander. Peel and chop the carrots into small bite sized pieces. Thinly slice the spring onions and pepper.
- 2:** Heat the oil in a frying pan. Add the spring onions, pepper and carrots and fry for 5-8 minutes until the onions turn translucent (see through) and carrots soften.
- 3.** Add tins of tomatoes and bring to the boil. Turn down heat, add honey, salt and pepper and coriander. Put lid on. Allow to simmer for 10 minutes. Remove from heat.
- 4.** Add the pasta to the saucepan, cover with water and bring to the boil. Turn down and continue to cook for 10 minutes/follow cooking instructions on pack.
- 5.** Serve pasta with veggie mix. Add sprinkle of cheese.

## You will need

Chopping Board and Chopping Knife  
Peeler  
Saucepan and Frying Pan  
Wooden Spoon  
Hand Blender  
Spoon and Serving Bowl/Container per student

## Cooking Skills Needed

**Step 1:** Peeling, Bridge Hold and Claw Grip Chopping  
**Steps 2:** Hob use, Saut eing

## Ingredients

2 Carrots  
Handful Coriander leaves (Optional)  
4 Spring Onions  
1 Red Pepper  
2 Dessert Spoons Honey  
Pinch Salt and Pepper  
1 Dessert Spoon Olive/Rapeseed Oil  
3 Handfuls Pasta shells (per student)  
2X 400g Tins of Tomatoes  
Handful Grated cheese (optional topping)





# Patatas Bravas



**From the Garden:** Potatoes, Onion  
**Hob Needed?** Yes

## Instructions

- 1:  
Wash and peel the potatoes. Chop into bite sized chunks. Place in a pot and cover with water. Bring to the boil and cook for 12-15 mins with lid on. Drain the water and set potatoes on kitchen paper to cool.
2.  
Thinly slice the onion and crush or thinly slice the garlic.
3.  
Heat 2 Dessert Spoons of olive oil in the pot. Add the chopped onions. Sauté for 5 minutes until onions turn translucent (see through). Then add the garlic, paprika, honey, thyme, salt and pepper. Cook for 1 minute. Add the tomatoes and simmer for 5-10 minutes while stirring on medium heat until it thickens. Take off hob but keep lid on pot to keep warm.
4.  
Heat 2 Dessert Spoons of olive oil in frying pan. Add the potatoes. Cook for about 5 minutes until golden brown. Add rosemary, salt and pepper. Divide into **servng dishes**.
5.  
Use hand blender to blitz sauce in the pot until it becomes smooth. Pour sauce over potatoes. Enjoy!

## You will need

Chopping Board and Chopping Knife  
Frying Pan and Pot with lid.  
Garlic crusher  
Wooden Spoon  
Peeler  
Hand blender

## Cooking Skills Needed

**Step 1:** Peeling, Bridge Hold Chopping  
**Step 2:** Claw Grip Chopping. **Steps 3&4:** Hob Use

## Ingredients

- 4  
Medium sized potatoes
- 1  
Onion
- 2  
Cloves of garlic
- 400g  
Tin of tomatoes
- 4 Dessert Spoons  
Olive Oil
- 1 tsp  
Honey
- 1 tsp  
Paprika
- Few sprigs  
Thyme and Rosemary
- Pinch  
Salt and Pepper

**Note:** You can also use a microwave for Step 1. Place potatoes with small amount of water in bottom of microwaveable bowl for 4 minutes. This speeds up this process if several groups taking part.



# Spaghetti Carbonara



**From the Garden:**    **Hob Needed?**

Spinach, Peas            Yes  
And Herbs

## Instructions

- 1:  
Wash the spinach and mint. Remove the peas from their pods.
2.  
Place the spaghetti in a sauce pan and cover with water. Put on hob and bring to the boil. Reduce heat and simmer for 12 minutes. Add the peas after 10 minutes. Keep lid on.
3.  
Roughly chop or tear up the spinach and mint. Grate the cheese. Zest the lemon (remove the yellow part of the skin) using a grater.
4.  
Crack eggs into a bowl and whisk together with fork. Add natural yogurt, lemon zest, salt and pepper. Mix well.
5.  
Drain the spaghetti. Add the spinach and yogurt mixture to the spaghetti in the saucepan. Stir for a few mins and allow to spinach to cook in the hot pan. Serve in bowls and top with cheese.

## You will need

Chopping Board and Chopping Knife  
Saucepan  
Large bowl.  
Bowl/serving container and fork per student.  
Grater

## Cooking Skills Needed

Step 2: Hob Use

Step 3: Chopping and Grating

## Ingredients

2 Large Handfuls  
Spinach Leaves

5  
Pea pods

Handful  
Mint

1  
Lemon

50g  
Spaghetti (per student)

2  
Eggs

100ml  
Natural Yogurt

Pinch  
Salt and Pepper

Sprinkle  
Grated Cheddar Cheese (per student)



# Chard Fajitas



**From the Garden:** Chard  
Spring Onions

**Hob Needed?**  
Yes

## Instructions

- 1:  
Slice lime in half and squeeze all juice from one half into a large mixing bowl. Add the honey, cumin and 2 dessert spoons of olive oil and mix well.
- 2:  
Wash and thinly slice the peppers and spring onions.
3.  
Heat 3 dessert spoons of olive oil in the frying pan. Add the peppers, spring onions, black beans, corn, salt and pepper and cook for about 8 minutes.
4.  
Remove from heat and add to the mixing bowl with the dressing. Toss the mixture together. Place a spoonful of the veggie mix onto each chard leaf.
5.  
Add a sprinkle of grated cheese and/or natural yogurt if you like. Fold like a burrito and enjoy!

## You will need

Chopping Board and Knife  
1 large bowl  
1 frying pan  
Dessert Spoon  
Wooden spoon  
Grater

## Cooking Skills Needed

Step 1: Bridge Hold Chopping  
Step 2: Claw Grip Chopping  
Step 3: Hob Use and Saut eing. Step 5: Grating (optional)

## Ingredients

25-30 (1 per student)  
Large Swiss or Rainbow Chard Leaves

1 tin of both (per class)  
Black beans and corn

3-4  
Spring Onions

1  
Red or Yellow Pepper

Juice of 1  
Lime

2 Dessert Spoons  
Honey

1 tsp  
Cumin

Pinch  
Salt and Pepper

5 Dessert Spoons  
Olive Oil

Sprinkle per student  
Grated cheese (optional)

1 Dessert Spoon per student  
Natural Yogurt (optional)

**Note:** These quantities are per group of 4 to 5 unless otherwise stated above. You could combine all groups ingredients together when cooking on hob (step 3). You can then divide cooking mixture back between groups for steps 4 and 5.

**Note 2:** you can use another type of lettuce leaf or even a wrap if you don't have chard.

# Peas, Mint and Feta



From the Garden: Peas and Herbs  
Hob Needed? Yes

## Instructions

- 1:  
Pop your peas into a pot of boiling water for about 4 minutes then drain carefully. Place in mixing bowl.
- 2:  
Cut the lemon in half and squeeze the juice into the hand blender container.
3.  
Add the herbs, olive oil, salt and pepper to the container and blitz with blender.
4.  
Pour the blended mixture in with the peas. Crumble over the feta. Mix together.
5.  
Spread over a slice of crusty bread, in a wrap or by itself!

## You will need

Chopping Board  
Chopping Knife  
Mixing Bowl  
Grater  
Spoon  
Pot with lid

## Ingredients

2 Handfuls  
Peas out of pods  
  
Handful  
Parsley and Mint  
  
2 Dessert Spoons  
Olive Oil  
  
30g  
Feta  
  
Juice of 1  
Lemon  
  
Pinch  
Salt and Pepper  
  
Slice (per student)  
Crusty Bread or wrap

**Note:** If preparing this recipe in groups you can combine ingredients for step 1 and cook peas for several groups at once and then share out among groups to complete the rest of the steps.



## Cooking Skills Needed

Step 1: Hob use

Step 2: Claw Grip Chopping

# Rice Paper Rolls



**From the Garden:** Lettuce  
Carrots and Herbs

**Hob Needed?** Yes or Kettle

## Instructions

- 1: Soak the rice noodles for 15 minutes in a pot/bowl of water that is hot but not boiling using the hob or kettle. You do not need to keep the pot on the hob. Set aside.
2. Wash and chop the mint and coriander. Peel the carrots into strips (discard skin). Shred the lettuce into pieces.
3. Mix the soy sauce, sesame oil, honey and crushed garlic in a small bowl or container.
4. Take rice noodles from the water. Dip rice paper one at a time into this water (or any warm water) for 10-15 seconds moving it around until it is soft. Place on a tea towel to dry.
5. Place one roll on a chopping board and add some lettuce, carrots, mint, coriander and rice noodles.
6. Lift one edge of the roll over the filling and press down, then roll up tightly into a sausage shape! Dip your rolls into the sauce and enjoy!

## You will need

Chopping Board and Chopping Knife

2 bowls

Pot and hob or kettle

Tea Towel

Mixing spoon, teaspoon and tablespoon

Garlic crusher

## Cooking Skills Needed

Step 1: Hob Use (optional)

Step 2: Peeling and Claw grip chopping

## Ingredients

50g  
Thin, rice noodles

8  
Lettuce Leaves

1 bunch  
Mint

1 bunch  
Coriander

2  
Medium carrots

5  
Rice paper rolls

2 Dessert Spoons  
Soya sauce

3 Tea Spoons  
Sesame or Olive Oil

1 Dessert Spoon  
Honey

1  
Clove of garlic

## Notes

- These quantities are based on working in groups however you can carry Step 1 as a class.
- In addition to the recommended cooking kit each group will also need a tea towel and an additional bowl or small container

# Omelette



**From the Garden:** Spinach, Potato, Spring Onions  
**Hob Needed?** Yes

## Instructions

- 1: Wash the potatoes, spring onions, spinach and tomatoes. Peel the potato and chop into small chunks. Thinly slice the spring onions. Cut the cherry tomatoes in half.
2. Crack the eggs into a bowl and whisk well until fluffy. Use a fork if you don't have a whisk. Add the salt and pepper.
3. Add oil to frying pan and heat. Add the potatoes and fry for about 10 minutes until they soften. Add the spring onions and spinach and cook for about 2 mins.
4. Pour in the egg mixture and cook until the mixture begins to turn solid. This should take about 5 minutes.
5. Add the tomatoes and cheese. Fold the omelette in half to finish cooking. Divide into pieces and serve.

## You will need

Chopping Board and Chopping Knife  
Bowl and **Whisk** or Fork  
Frying pan and **Spatula/Fish Slice**  
**Tea Towel (put under chopping board)**  
Peeler  
Plate/serving container per student.

## Cooking Skills Needed

**Step 1:** Peeling and chopping

**Step 3:** Hob use

## Ingredients

- 4 Eggs
- 2 Spring Onions
- 1 Handful Spinach
- 1 Potato
- 1 Handful Grated Cheese
- Pinch Salt and Pepper
- 6 Cherry Tomatoes
- 1 Dessert Spoon Olive/Rapeseed Oil

## Note

You can add or subtract different vegetables depending on taste/availability.



# Boxty



**From the Garden:** Potatoes  
Spring Onions

**Hob Needed?** Yes

## Instructions

- 1:  
Thinly slice the spring onions. Peel your potatoes. Grate half of them into a large bowl.
- 2:  
Place the other half in a pot of boiling water and simmer on hob for about 15 mins. Remove from heat and mash with fork or potato masher.
3.  
Add the mashed potatoes, flour, spring onions, salt and pepper to the grated potatoes. Mix well.
4.  
Slowly add the milk in stages and mix until it forms a thick batter.
5.  
Add the batter in spoonfuls to a frying pan. Cook for about 3 mins. Flip and repeat on the other side. Enjoy!

## You will need

Chopping Board  
Chopping Knife, potato peeler, fork or masher  
Mixing Bowl and Dessert spoon  
Grater  
Spatula or fish slice  
Frying pan and pot  
Weighing scales and measuring jug

## Ingredients

3 Large (4 medium)  
Potatoes

100g  
Self raising flour

50ml  
Milk

2 Dessert Spoons  
Olive Oil

Handful  
Spring Onions

Pinch  
Salt and Pepper

**Note:** These quantities are for a group of 4-6 to have a portion. The groups will need to take turns cooking their mixture on the hob (step 6) however you could boil all groups potatoes together in same pot (step 2).



## Cooking Skills Needed

Step 1: Peeling and Grating. Step 3: Bear Claw  
Step 2 and 6: Hob Use

# Strawberry Jam



From the Garden: Strawberries  
Hob Needed? Yes

## Instructions

- 1:  
Wash the strawberries and then dry carefully with kitchen paper. Try not to use when still wet.
- 2:  
Cut off the stems and cut any large strawberries in half. Mix in a bowl with the sugar so all the strawberries are covered.
3.  
Cut the lemon in half and squeeze the juice from one half into a pan. Add the strawberries.
4.  
Cook the strawberries on a low heat until all the sugar has dissolved and none can be felt when stirring. Turn the heat up to high and allow mixture to boil for 10 minutes.
5.  
Check if the jam is ready by putting a teaspoon full on a cold plate. Wait 30 seconds and dip your finger in. If it makes a wrinkle and holds steady it is ready. If the jam fills in the hole your finger made return to heat and boil for 2 more minutes then test again.

## You will need

Chopping Board and Chopping Knife

Weighing Scales

Mixing Bowl

Wooden spoon

Pot with lid

Plate or saucer

## Ingredients

250g  
Strawberries

250g  
Caster Sugar

1  
Lemon

## Note

If you do not eat all the jam straight away then you will also need a jar or other sealable container to store.



## Cooking Skills Needed

Steps 2 and 3: Bridge Hold Chopping.

Step 4: Hob Use



# Tomato Sauce



**From the Garden:** Parsley  
Oregano

**Hob Needed?**  
Yes

## Instructions

- 1:  
Thinly slice the onions and crush garlic.
- 2:  
Heat the oil in a frying pan. Add onion and sauté (stirring every now and then) until the onion begins to turn translucent (see through).
3.  
Add the garlic to the pan and stir for one minute. Add the tomatoes, salt, pepper, puree and honey. Allow to bubble for 15 minutes on a low heat. Stir occasionally.
4.  
Stir in the parsley and oregano. Take off heat and allow to cool slightly. Then use hand blender to blitz until it is smooth. Use to make pizza (page 26) or serve with pasta.

## You will need

Chopping Board  
Chopping Knife  
Wooden Spoon  
Hand Blender  
A teaspoon  
A frying pan/pot

## Cooking Skills Needed

**Step 1:** Bear Claw Chopping  
**Step 2 and 3:** Hob Use and Sautéing

## Ingredients

2 Dessert Spoons  
Olive Oil

2 handfuls  
Parsley and Oregano

2  
Cloves of garlic

Two 400g  
Tin of tomatoes

4 Dessert spoons  
Tomato Puree

4 Dessert spoons  
Honey

2  
Onions

Pinch  
Salt and Pepper



# Pizza



**From the Garden:** Choose your own toppings!  
**Hob Needed?** No,  
**Oven optional**

## Instructions

1. Place the flour, yeast and warm water in a bowl and mix well until it becomes a dough. Place on counter and knead into a smooth ball.
2. Place dough into a lightly oiled bowl. Cover with a tea towel and set aside in a warm spot to allow to rise. The longer you wait the better! Give it at least 30 mins. Use this time to make tomato sauce (page 25)
3. Knead again and this time roll into "pizza shape". Prick holes in it with a fork. Spread spoonful's of tomato sauce over.
4. Thinly slice your choice of toppings and sprinkle over pizza along with grated cheese. Place directly in oven at 180 degrees. Cook for 15 minutes.

## You will need

Large bowl  
Dessert Spoon and Wooden or Mixing spoon  
Fork  
Grater  
Chopping Board and Chopping Knife  
**Weighing Scales**  
Measuring jug (can use container from hand blender)

## Cooking Skills Needed

Step 2 and 3: Kneading  
Step 4: Chopping

## Ingredients

1 batch  
Tomato sauce (see recipe on page 25)

450g  
Flour

7g  
Fast yeast

300ml  
Warm water

2 Dessert Spoons  
Olive Oil

100g  
Cheese








**Handful**  
Your choice of topping. Try radishes, spring onion, peppers and herbs

**Alternative.**  
If you don't have an oven you can use wraps or even crusty bread as your pizza base. Simply cover with tomato sauce and toppings and enjoy!



# Cooking Kit

The following items are recommended for your Cooking Kit

Item	Quantity	Picture
Storage Box with lid	1	
Wooden Spoons	2	
Box Grater	6	
Potato Peelers	6	
Large Bowls	8	
Vegetable Knives	6	
Chopping Boards	30	
Dessert spoons	6	
Tea Spoons and Forks	32	

# Cooking Kit

The following items would be helpful to have for your Cooking Kit but many recipes can be prepared without them!

Item	Quantity	Picture
Frying Pan	1	
Pot with lid	1	
Hot Plate	1	
Hand Blender	1	

The following items could also be added but are also suitable for students to bring in themselves when cooking:

- Tea towel per group to place under chopping board to avoid slippage
- A serving plate/empty lunch box for each student to eat a portion of the prepared recipe.
- Clean up equipment and aprons if desired.
- There are one or two recipes which require an additional piece of equipment. These are highlighted in orange in the equipment list on the recipe.

# Tips and Advice



Photo Credit: Paul Sherwood

We hope that cooking in schools will encourage students to try the vegetables they have grown and increase their confidence in their ability to master simple cooking skills and prepare simple dishes. Read through our guidance below for some advice to help cooking sessions run smoothly.

## Cooking in the Classroom

**Ingredients:** Always check for any allergies or intolerances before you begin. If possible, use vegetables you have grown in the garden. However, if the crop is not ready or there is not enough you can top up with shop bought ingredients. You can choose to add or substitute vegetables you do have in the garden, especially herbs. Consider keeping core ingredients like olive oil, salt and pepper somewhere accessible to all classes in the school. Use discretion and allow students to season or flavour to their taste.

**Before the session:** Read the recipe carefully a few days before to check what equipment needed. Wait until just before the session to pick any vegetables or herbs you are using from the garden.

**Group Work:** It is advised that you cook in groups of 3-5. Consider assigning one student per group to carry out each step. Alternate after each step. This may be easier than giving each student a turn trying each step unless you have small groups or a very simple recipe. Decide this before you start.

### Cooking Tips:

- When using a chopping board place a damp tea towel underneath. This will keep it steady.
- Students should always be closely supervised when using knives. Practice using knives and peelers before you attempt a recipe. Choose a safe place like a lunch box for students to put down knives and peelers when they are not using them. They should not be left on chopping boards.
- Students should always be supervised closely when using hob. There should only be a small group of people working with the hob at any time. Do not crowd around. Ensure everyone knows how to turn it on and off. When using frying pan, heat with oil on high heat for about 10-15 seconds before adding vegetables. Turn down heat if food is sticking or burning.

**Food Waste:** Aim to produce as little waste as possible when cooking. Offer leftovers to another class, staff room or to an individual student to bring home. Vegetable peelings, cores and seeds can be composted or put in brown bin.