

Recipes for Baking and Cooking

Rath NS - June 2020

These are our easy recipes that children from junior infants to 6th class will love making and eating!

BANANA BREAD

INGREDIENTS:

- 225g/8oz flour
- 1 teaspoon baking powder
- 1 teaspoon of cinnamon
- 1oz caster sugar
- 1 beaten egg
- 75g/3oz melted butter OR 3 tablespoons of vegetable oil
- Few drops of vanilla essence
- 65g/2.5 oz of raisins OR chocolate chips OR walnuts
- 4 medium-sized ripe bananas (mashed)

METHOD:

- 1.Mix all dry ingredients in one bowl and wet ingredients in another bowl.
- 2.Add wet to dry and mix well.
- 3.Put in a greased loaf tin.
- 4.Bake at 170 degrees for 45-50 minutes.



EASY PANCAKES

INGREDIENTS: (makes 4 pancakes)

- 1 egg
- 1 cup of milk
- 1 cup of flour



METHOD:

- 1.Crack the egg into a bowl and whisk with the milk
- 2.Pour the flour on top and mix with a fork or whisk until you have a smooth batter.
- 3.Over a medium heat, melt a knob of butter and pour some of the batter on the pan. When it appears to have set turn it over to cook on the other side.
- 4.Now add your toppings: sugar and lemon, chocolate spread and banana, maple syrup and bacon...the choice is yours!

CHOCOLATE CHIP COOKIES

INGREDIENTS:

Makes 12 delicious cookies

100g/4oz butter or margarine

100g/4oz caster sugar

1 egg

½ tsp vanilla essence

175g/6oz plain flour

175g/6oz chocolate chips



METHOD:

1. Preheat the oven to 180 degrees.

2. Put the sugar and butter/margarine into a large bowl and beat together until light and creamy. Add the egg and vanilla essence and mix evenly again.

3. Sift in the flour and continue to stir the mixture. Stir in the chocolate chips.

4. Spoon the mixture into about 12 balls of cookie dough and place on a baking sheet. Flatten each cookie a little with the back of a fork.

5. Bake the cookies for 10-15 minutes until they are golden brown and still slightly soft in the middle.

6. Leave the cookies to cool slightly before attempting to remove the baking sheet.

FAIRY BUNS

INGREDIENTS:

175g/6oz self raising flour

125g/4oz golden caster sugar

125g/4oz butter or margarine (half a block)

2 eggs

2 tbsp cold water

To decorate: chocolate spread/ hundreds and thousands/ glacé icing (optional)



METHOD:

1. Ensure oven is fully preheated to 200°C/400°F/Gas 6.

2. Next, put bun paper cases into bun tins.

3. Put the flour, sugar, butter/margarine, eggs and water into a bowl. Beat all the ingredients together with an electric mixer or wooden spoon until the mixture is smooth.

4. Put heaped teaspoons of the mixture into each bun case.

5. Place in the oven on the top shelf and bake for about 15 minutes until golden brown.

6. Cool on a wire tray. When cold, decorate as liked with your favourite toppings.

TORTILLA PIZZA WRAPS

INGREDIENTS:

4 tortilla wraps

Jar of pasta
sauce/packet of
passata

Grated Cheese
(mozzarella or
cheddar)

Pepperoni slices



METHOD:

1. Preheat the oven to 180°C/gas mark 4. Line a baking tray with non-stick baking paper.
2. Place one tortilla on the baking tray and top with 2 tablespoons of the pasta sauce. Press the other tortilla firmly on top.
3. Top with 2 more tablespoons of tomato sauce, then scatter over the cheese and pepperoni.
4. Transfer to the oven to bake for 10 minutes, until the cheese has melted. Allow to cool before serving.

(You could use any topping of your choice ...pineapple and ham, cheese and tomato, mushrooms and peppers)

SCONES

INGREDIENTS:

300g/12oz self
raising flour

100g/4oz margarine

50g/2oz caster sugar

1 egg

250ml milk

Optional extras:

raspberries,
strawberries and
sultanas



METHOD:

1. Place flour, margarine and sugar in a bowl. Rub the margarine into the flour until it resembles breadcrumbs.

2. Beat the egg and milk together. Make a well in the center of the flour mixture. Add the beaten egg and milk and whatever optional extra you decide to use.

3. Using a blunt knife bring all the ingredients together. Then using your hand to form a soft ball with the dough and tip out onto a floured surface.

4. Roll the dough out to approx. 3cm thick. Cut out scones using a cutter/cup. Brush with milk and cook at 180 degrees for 20- 25 minutes.

WHITE SODA BREAD

INGREDIENTS:

600g white flour-sieved
Pinch of salt
2 level tsp of bread soda – sieved
1 dessert spoon sugar
55g margarine
1 egg
400ml buttermilk



METHOD:

1. Place all the dry ingredients into a large bowl.
2. Rub the margarine into the dry ingredients.
3. Make a well in the centre and pour in the egg and 300ml milk.
4. Bring all the ingredients together with a blunt knife. Add the rest of the milk if necessary.
5. Tip out onto a floured surface and kneed into a soft ball. Place on a baking sheet and bake for 45 minutes at 175 degrees.

OMELETTE

INGREDIENTS:

3 eggs, beaten
1 tsp sunflower oil
1 tsp butter
Optional extras: ham, cheese, tomato and sautéed mushrooms



METHOD:

1. Heat the oil and butter in a non-stick frying pan over a medium-low heat until the butter has melted and is foaming.
2. Pour the beaten eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 1 minute until the egg has set.
3. At this point you can fill the omelette with whatever you like – some grated cheese, sliced ham, tomatoes, sautéed mushrooms. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve.

SPEEDY SAUSAGE ROLLS

INGREDIENTS: 8 slices multigrain bread 225g/8oz cocktail sausages 40g/ 3tbsp butter	METHOD: 1.Preheat oven to 190 degrees. 2.On a chopping board, trim the crusts off the bread. Cut into slices that are a little shorter across the width than the length of the cocktail sausages. 3.Wrap each piece of bread around a sausage, with the ends of the sausage poking out. Place on a baking sheet. 4.Put the butter on a pan and heat until just melted. Brush the melted butter over the sausage rolls. 5. Bake in the oven for 15 minutes, until the bread has browned and the sausages are cooked through.
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CHICKEN PASTA SALAD

INGREDIENTS: A pinch of salt 350g/12oz of fusilli/penne 3tbsp olive oil 225g/8oz cold cooked chicken 2 small red/yellow peppers 4 spring onions 3tbsp mayonnaise 1tsp Worcestershire sauce 1tbsp wine vinegar salt and ground black pepper	METHOD: 1.Two-thirds fill a large pan with water and a pinch of salt. Bring to the boil. Add the pasta and bring back to the boil. Cook for 10 minutes until tender. Drain and rinse. Put in bowl. Toss with olive oil. 2.Cut the chicken into bitesize pieces using a knife. Remove any bones, skin or fat. Add to the bowl. 3.Cut the peppers in half and remove the seeds and the membrane. Discard. 4. Chop the peppers into bitesize pieces. Trim the spring onion and slice. 5.Add all the remaining ingredients to the bowl, season and mix.
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