

MY LITTLE SOUS-CHEF

THE FIRST TANDEM COOKBOOK FOR KIDS AND GROWNUPS TO COOK TOGETHER!

AUBERGINE SARNIES

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Hands-on time:
20 minutes

Cooking time:
10 minutes

Total time:
30 minutes

Difficulty:
★★★★★

Serves: 4

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INGREDIENTS

aubergines 3
slices of cheddar 10
slices of ham 10
eggs 2
milk 2tbsp
breadcrumbs
salt, pepper
olive oil

TIPS

Make your own breadcrumbs by crumbling some toasted bread in a mixer.
If you like your food salty, add the salt directly in the breadcrumbs, or even a spoonful of grated parmesan.

NOTES

DIRECTIONS

- > Preheat the oven to 200°C.
Wash the aubergines, remove cap and stem and cut into round slices of 1 cm thick.
- > Assemble the sarnies by layering one slice of aubergine, one slice of cheddar and one slice of ham and top with a second slice of aubergine. Beat the eggs in a bowl with milk and salt and pepper. Dip the sarnies in the egg mixture and coat with breadcrumbs. Place the sarnies on a lined baking tray and season with some olive oil, salt and pepper.
- > Bake in the oven for 10 minutes at 200°C.

TASKS FOR YOUR LITTLE SOUS-CHEF

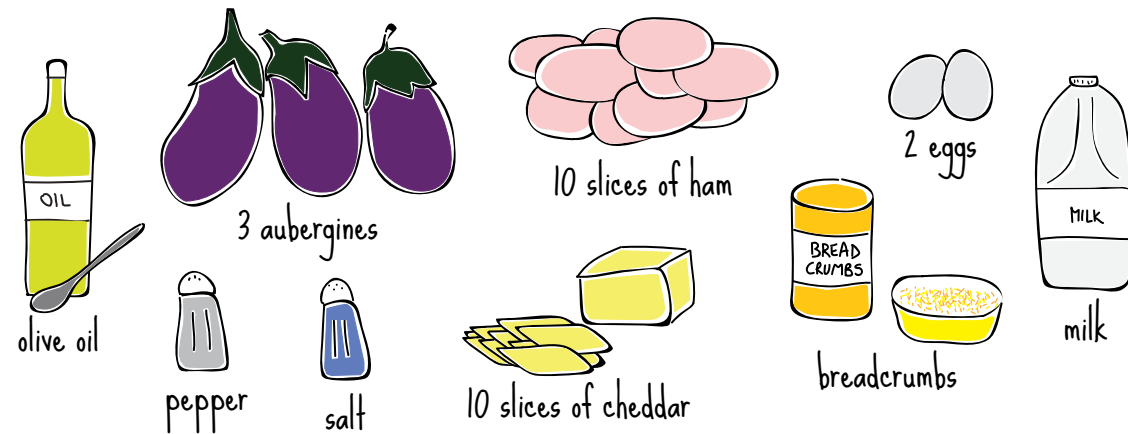
- 1> Wash the aubergines.
- 2> Pour the milk, salt, pepper and eggs in a bowl and whisk.
- 3> Layer the aubergines, ham and cheddar to make a sandwich.
- 4> Dip the sarnies into the egg mixture and breadcrumbs.
- 5> Line the sarnies on a baking tray.
- 6> Drizzle with olive oil.



AUBERGINE SARNIES

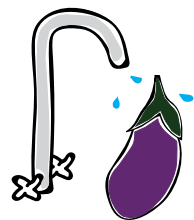
> wash your hands  tie back your hair  put on your apron  roll up your sleeves  <

INGREDIENTS

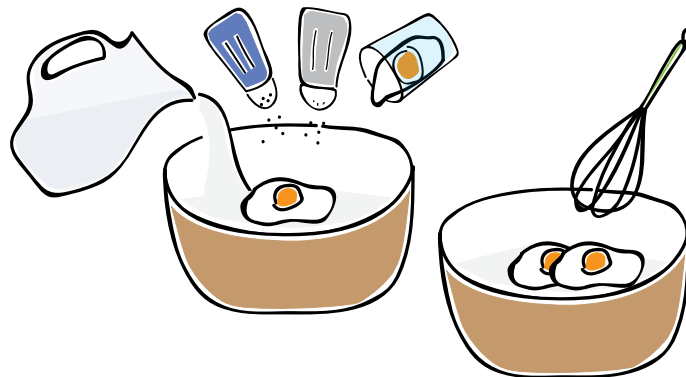


1 2 3... READY TO GO!

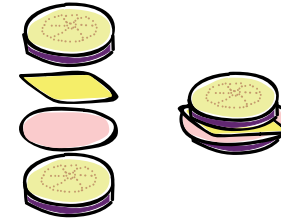
1 Wash the aubergines.



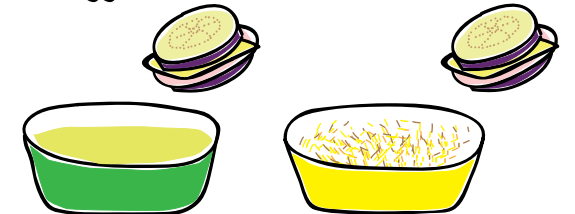
2 Pour the milk, salt, pepper and eggs in a bowl and whisk.



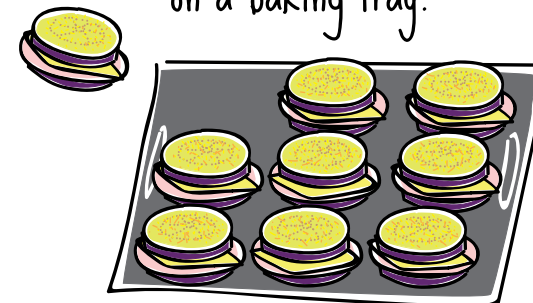
3 Layer the aubergines, ham and cheddar to make a sandwich.



4 Dip the sarnies into the egg mixture and breadcrumbs.



5 Place the sarnies on a baking tray.



6 Drizzle with olive oil.

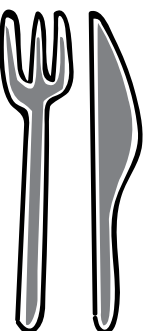
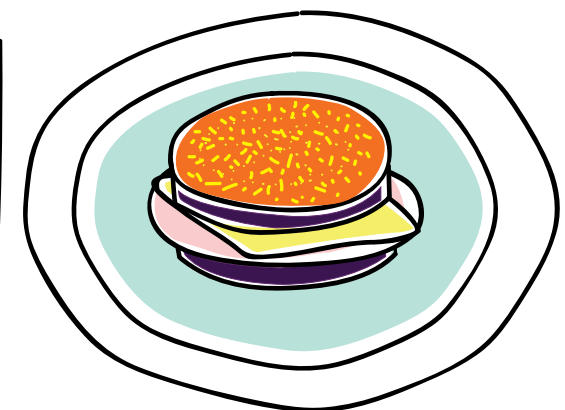


A task for the chef

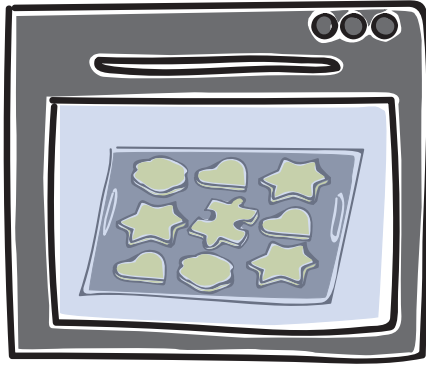


BE CAREFUL:
don't touch the oven.
It's really hot!

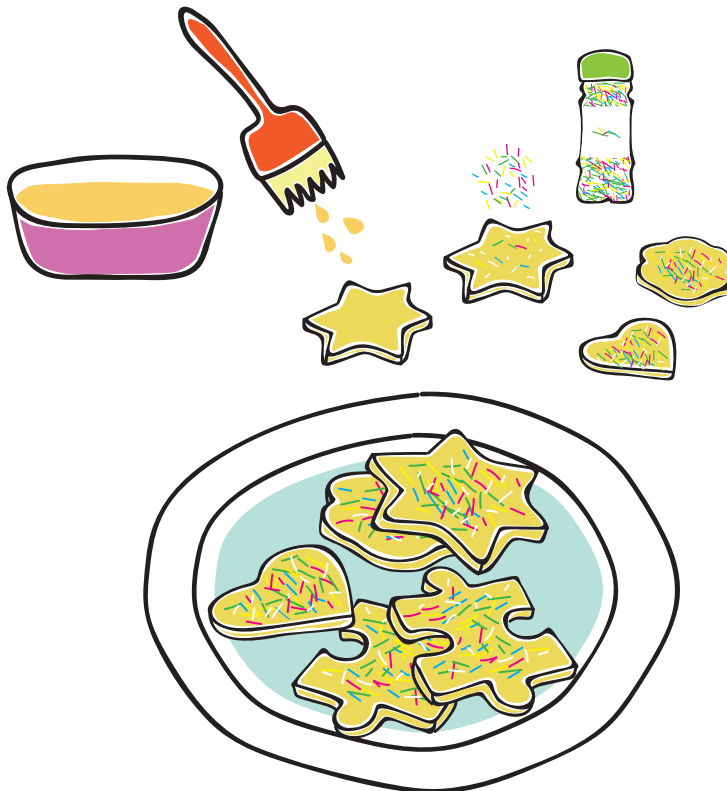
ENJOY YOUR MEAL!



what's in the oven?



30 delicious recipes to be cooked and enjoyed by the whole family.
Follow the easy directions in the adults' book and while the little
sous-chefs help by following the passages illustrated in the kids' book.



have fun!

