

A LITTLE HELPING HAND

A WONDERFUL NEW TANDEM COOKBOOK THAT ENABLES PARENTS AND CHILDREN TO COOK TOGETHER, MY LITTLE SOUS CHEF, INTRODUCES KIDS TO THE MAGIC OF COOKING, WHILE TEACHING TEAMWORK, NUMERACY AND HEALTHY EATING HABITS...

PIZZA MUFFINS

HANDS ON TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

SERVES: 4



INGREDIENTS: English Muffins 4 | Tomatoes 2 | Eggs 2 | Slices of pepperoni 8 | Grated mozzarella | Oregano | Salt | Olive oil

DIRECTIONS: 1. Preheat the oven to 180°C. 2. Boil the eggs for 8-10 minutes. Then run them under cold water, peel them and slice them about 4mm thick. 3. Cut the muffins in half, toast them and place them on a lined baking tray. 4. Drizzle each with olive oil, then layer with slices of tomato, pepperoni, egg and grated mozzarella. 5. Sprinkle with oregano and salt. 6. Bake in the oven for 10 minutes or until the cheese starts to melt.

TASKS FOR YOUR LITTLE SOUS CHEF: 1. Peel the boiled eggs. 2. Toast the muffin halves. 3. Place the muffin halves on a baking tray. 4. Drizzle them with olive oil. 5. Layer tomatoes, pepperoni and egg slices. 6. Sprinkle the grated mozzarella, salt and oregano on top.

TIPS: Toasting the muffin halves stops them from getting soggy with the olive and tomato juice.

Once you have the base, there are endless different possibilities for toppings. Try setting all the toppings on the table and let the whole family create their own mini pizzas.

BEAN TACOS

HANDS-ON TIME: 35 MINUTES

COOKING TIME: 5 MINUTES

TOTAL TIME: 40 MINUTES

SERVES: 4

Ingredients: Plain flour 125g | Cold water 60ml | Canned red beans 400g | Grated cheddar 1cup | Tomatoes 2 | Cucumber 1 | Avocado 1 | Bell pepper 1 | Lettuce 60g | Olive oil 2tbsp | Salt **For the guacamole sauce** | Avocados 2 | Bunch coriander 1 | Mild chillies 2 | Tomatoes 2 | Onion 1 | Lime (juice) ½

DIRECTIONS: **For the dough** 1. Preheat the oven to 200°C. Mix the flour, water and oil in a bowl with a pinch of salt. Use a wooden spoon to blend all the ingredients, and then start kneading until you get a smooth dough. Make a ball with the dough, wrap it in cling film and leave it to rest for 20 minutes. 2. Dust the work surface with flour, divide the dough into eight balls, flatten them between your hands and then roll them with a rolling pin to a 1mm thick. If the dough is sticky, sprinkle some flour over the rolling pin as well. 3. Heat a non-stick pan over medium heat and cook the tortillas for two minutes on each side. As soon as you remove each tortilla from the pan, fold it between two objects to give it a shell shape and leave it until it has cooled down. If you prefer your tortillas soft and pliable, stack them on a plate and cover them with a wet cloth so they won't dry. **For the filling** 1. Drain the canned beans. Wash the vegetables and cut them into cubes. Shred the lettuce. 2. Mix all the vegetables in a bowl, add the beans and season with oil and salt. 3. Fill the tacos with the veggie mix and sprinkle with grated cheddar. **Serve with guacamole sauce** 1. Peel the avocados, remove



the stones and mash them in a bowl. 2. Cut the chillies in half, deseed and chop them. Wash the tomatoes and cut them into cubes. Chop the onion and the coriander. 3. Add the chillies, coriander, tomatoes and onion to the mashed avocados and mix well. Add a little water and lime juice and mix with a spoon.

TASKS FOR YOUR LITTLE SOUS CHEF:

1. Pour the flour into a bowl with the oil, salt and water and mix. 2. Knead into a dough and make a ball. 3. Divide into 8 balls and press them between your hands. 4. Roll out the balls with a rolling pin. 5. Spoon the veggie filling into the cooked tacos. 6. Sprinkle with grated cheddar.

TIPS: If you want your little Sous Chef to familiarise themselves with spicy flavours, add a pinch of crushed chilli to the veggies as well.

BROWNIES

HANDS-ON TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

TOTAL TIME: 45 MINUTES

SERVES: 4

INGREDIENTS: Butter 135g | Dark chocolate 265g | Caster sugar 200g | Plain flour 135g | Eggs 3 | Vanilla extract 2tbsp | Salt | Icing sugar

DIRECTIONS: 1. Preheat the oven to 180°C. 2. Break the chocolate into small pieces. Melt the butter and chocolate in a pan over a low heat. 3. Once the mixture has melted, pour into a bowl and allow to cool. Add the sugar and mix well. Add the eggs and keep on stirring. Then add the vanilla extract, flour and a pinch of salt. 4. Line a deep baking tray with baking paper and pour the mixture in. Bake in the oven at 180°C for 25 minutes or until a knife comes out clean. 5. Cut into squares and dust with icing sugar to decorate.

TASKS FOR YOUR LITTLE SOUS CHEF:

1. Add the butter and the sugar to the melted chocolate and mix. 2. Add the eggs and mix. 3. Add the vanilla extract, salt and flour, and mix. 4. Pour the mixture into a baking tray. 5. Dust with icing sugar.

TIPS: Eggs combine more easily if they are at room temperature: Take them out of the fridge 20 minutes before starting to cook.



Play with this recipe by adding chopped nuts, dried fruit or anything you and your little Sous Chef fancy.

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My Little Sous Chef is available in hardback from MyLittleSousChef.com priced £22

