**Bread Dough**

*Ingredients*

1 kg strong bread flour

625 ml warm water

X3 7 g sachets of dried yeast , or 30g fresh yeast

2 tablespoons sugar

1 level tablespoon fine sea salt

*Method*

Stage 1: Mix all ingredients in a bowl to form a slightly sticky dough. You can use a standing electric mixer if you have one.

Stage 2: kneading!

Push, fold, slap and roll the dough around, over and over, for 4 or 5 minutes until you have a silky and elastic dough.

Stage 3: first prove

Flour the top of your dough. Put it in a bowl, cover with cling film, and allow it to prove for about half an hour until doubled in size – ideally in a warm, moist, draught-free place. This will improve the flavour and texture of your dough and it's always exciting to know that the old yeast has kicked into action.

Stage 4: second prove, flavouring and shaping

Once the dough has doubled in size, knock the air out for 30 seconds by bashing it and squashing it. You can now shape it or flavour it as required – folded, filled, tray-baked, whatever – and leave it to prove for a second time for 30 minutes to an hour until it has doubled in size once more. This is the most important part, as the second prove will give it the air that finally ends up being cooked into your bread, giving you the really light, soft texture that we all love in fresh bread. So remember – don't fiddle with it, just let it do its thing.

Stage 5: cooking your bread

Preheat the oven to 180°C/350°F/gas 4. Very gently place your bread dough on to a flour-dusted baking tray and into the preheated oven. Don't slam the door or you'll lose the air that you need. Bake for 25-30 minutes or until cooked and golden brown. You can tell if it's cooked by tapping its bottom – if it sounds hollow it's done, if it doesn't then pop it back in for a little longer. Once cooked, place on a rack and allow it to cool for at least 30 minutes.

<https://www.jamieoliver.com/recipes/bread-recipes/basic-bread-recipe/>

**Flapjack**

*Ingredients*

200 g oats

150 g raisins or other chopped dried fruit\* eg apricots

40 g desiccated coconut or seeds eg sunflower, pumpkin seeds

zest of a lemon

juice of half a lemon

1 apple grated (peeling is optional)

1 tbsp honey

100 g butter or coconut oil (you could half of each)

*Method*

1. Pre heat oven to 180 or Gas Mark 4. Melt honey and butter/ oil in a saucepan.
2. In a separate bowl, mix oats, chopped fruit, coconut, seeds, zest and juice of the lemon and the grated apple.
3. Pour melted honey mixture into bowl with oats and stir until it all comes together.
4. Pour into a greased pan and press down to create an even layer.
5. Bake for 20 minutes or until golden brown. Leave to cool down and then slice when ready.

**Veggie Bolognese Sauce**

*Ingredients*

2 tsp olive oil

2 large onions, chopped

3 carrots, chopped

2 stems celery, chopped

2 tsp fresh thyme leaves, or 1 tsp dried thyme

2 garlic cloves, finely chopped

2 tbsp tomato purée

1 x 400g tin tomatoes

1 litre vegetable stock

*Method*

1. Gently fry onions until soft, adding the garlic a minute before the end. Add carrots, celery and thyme and fry for another 3 minutes.
2. Add tomato puree, tin of tomatoes and vegetable stock and bring to the boil.
3. Simmer to reduce for 15 – 20 minutes. Season to taste, also adding a little sugar to sweeten the tomatoes.
4. Either leave with the small pieces of veg or blend to make it smooth. Use to go on pasta, or mix in with meatballs.

**Easy Kids Fishcakes**

*Ingredients*

2 medium potatoes (or sweet potatoes)

200g cooked fish- use either a tin of tuna or salmon

a small lemon, juice only

freshly ground black pepper

100g cream crackers or similar savoury biscuits (or breadcrumbs if you have them)

1 tbsp vegetable oil

Optional extras

2 spring onions, chopped

1 tbsp chopped chives or parsley

1 tbsp grated cheddar

1 tsp wholegrain mustard

*Method*

Adult’s job: Preheat the oven to 220C/425F/Gas 7.

Kid’s job: Wash the potatoes and then an adult can boil the potatoes whole with their skins on. After 20-30 minutes the potatoes should feel soft when an adult pushes a small knife in - if not, cook them for a few minutes more and then rinse them and leave to cool.

Kid’s job: Once the potatoes have cooled, kids can then peel the skin off the potatoes with their fingers and squash the flesh into a bowl. Mash the potato using a masher, fork or clean fingers.

Kid’s job: Add the fish and mix well. Add the lemon, a little pepper and any of the optional extras you like. Have a taste - you can add more pepper or lemon, if you like. All of the ingredients are cooked at this point so it is safe to taste!

Kid’s job: Place the crackers in a sandwich bag and wrap it in a clean tea towel or layers of kitchen paper. Crush the crackers using a rolling pin - it is safer to roll over the crackers rather than bashing! Pour the cracker crumbs onto a plate. Have a bowl ready with some water for dipping hands in.

Kid’s job: Get your hands a little bit wet and roll small balls of the fishcake mixture. Don’t worry too much about making perfect balls - you can flatten them into patties. Get the outside of the fishcakes damp again and push them into the bowl of crushed crackers - you want a light coating of crumbs all over the fishcakes.

Kid’s job: Pour the oil over the bottom of a baking tray and place the fishcakes on top. Turn them all over once so that they have a little oil on each side. An adult can place the baking tray into the preheated oven.

Adult’s job: Bake the fishcakes for 10 minutes on one side and then turn the fishcakes over before placing them back in the oven for another 10 minutes or until the fishcakes are golden-brown. Carefully remove from the oven and leave to cool slightly before serving.

**Banana Pancakes**

*Ingredients*

350g self-raising flour (substitute 100g of oats for a healthier option)

1 tsp baking powder

2 very ripe bananas

2 medium eggs

1 tsp vanilla extract

250ml milk

*Method*

1. Sieve the flour, baking powder and a generous pinch of salt into a large bowl. In a separate mixing bowl, mash the ripe bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk.
2. Make a well in the centre of the dry ingredients, tip in the wet ingredients and whisk together to create a smooth batter.
3. Heat a little oil or butter in a large non-stick pan over a medium heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter, keeping the pancakes warm in a low oven.

**Green frittata muffins**

*Ingredients*

2 tsp olive oil, plus extra for greasing

1 garlic clove, crushed

½ large courgette, grated

handful baby spinach, roughly chopped

30g frozen peas

4 large eggs, beaten

40g Cheddar cheese, grated

*Method*

1. Preheat the oven to gas 4, 180°C, fan 160°C. Grease 6 holes of a muffin tin and put a disc of baking paper in the bottom of each.
2. Heat the olive oil in a small frying pan over a medium heat. Add the garlic, courgette and spinach. Cook for 4-5 mins, stirring frequently to prevent the vegetables catching on the bottom of the pan. Remove from the heat and stir through the frozen peas.
3. In a large bowl, gently stir the cooked vegetables and cheese into the beaten egg. Divide the mixture evenly between the prepared muffin holes.
4. Bake for 18-20 mins, until the frittatas are set and golden. Remove from the oven and leave to cool slightly, before releasing from the tin. Store in a plastic container.