

GK KITCHEN – KIDS IN THE KITCHEN

Cooking Rotation 1

- Fruit Stories
- Pikelets
- Caramel Apples

Cooking Rotation 2

- Pizza

KIDS IN THE KITCHEN PIZZA DOUGH

2 cups plain flour
1 tablespoon yeast
1/4 teaspoon salt
1 tablespoon sugar
2/3 cup lukewarm water

METHOD

Mix 1 cup of flour with yeast, salt, sugar and 1 cup of water.
Slowly add 2nd cup of flour and mix to a ball of dough.
Let rest for 15 minutes in a bowl covered with a tea towel.
Portion into small balls and shape into pizza rounds.
Spread with your favourite topping.
Bake in 190 degree oven for 15 minutes.

- Raspberry Smoothie

RASPBERRY SMOOTHIE

250 grams frozen raspberries
2 tablespoons natural yogurt.
1 cup milk
Frozen banana(optional)

METHOD

Combine all ingredients in blender and process till smooth.

- Focaccia

PARMESAN ROSEMARY AND GARLIC FOCACCIA

2 cups plain flour
1 teaspoon salt
1 tablespoon baking powder
5 tablespoons olive oil
3/4 cup of water
2 garlic cloves chopped
1 tablespoon rosemary
Grated Parmesan

METHOD

Sift flour, salt and baking powder into bowl.
Stir in olive oil and garlic.
Knead gently on floured board.

Roll into ball shape then pat out to large circle on baking tray.
Poke small holes in dough with fingers and drizzle with olive oil.
Sprinkle with rosemary and Parmesan.
Bake at 200 degrees for 15 minutes.

- Tomato & Zucchini Pasta

PASTA WITH TOMATO AND ZUCCHINI SAUCE

Pasta

1 tablespoon olive oil

1 brown onion chopped

2 cloves garlic chopped

2 cans crushed tomatoes

1 tablespoon tomato paste

1 zucchini chopped

Some chopped parsley to taste.

METHOD

Boil water and cook pasta 12 minutes

Heat oil in frypan, add onions and garlic, cook till soft.

Stir in tomatoes, tomato paste and zucchini and cook on low for 6 minutes.

Stir in parsley and pour over pasta to serve.

- Italian Salad with homemade dressing

ITALIAN SALAD WITH HOMEMADE DRESSING

Lettuce

Tomatoes

Cucumber

Capsicum

Carrot.

Prepare salad ingredients to your liking.

DRESSING

3 tablespoons olive oil

1 tablespoon white wine vinegar

1 tablespoon chopped parsley

1 tablespoon lemon juice

1 garlic glove chopped

1 teaspoon Italian herbs

METHOD

Combine all ingredients in screw top jar and shake.

Sprinkle over salad.