



Prepare Yourself

If you have long hair, tie it back. Roll up your sleeves.

Wash your hands with hot water and soap. If you sneeze or cough into your hands, or blow your nose, you must wash your hands again straight away!

Wear a clean apron. If you need to go to the toilet, take off your apron first!



Keep It Clean

Wipe down all surfaces with anti-bacterial cleaner. Use a clean cloth or disposable wipes.

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



Use Equipment Safely

Only get out the equipment you need.

Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you know how to use equipment safely. If you've not been shown how to use something, don't use it until you have! Ask an adult if you're not sure.

Food Hygiene



Don't taste food unless an adult says it's OK. Some food is not safe to eat when it is raw; some food may be too hot to taste.

Don't taste food by licking your fingers! If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!

Follow instructions and recipes carefully. Make sure that food is cooked thoroughly. Not sure if something is cooked properly? Ask an adult.



Tidy Up!

Wash up all equipment with hot, soapy water when you have finished using it.

Put equipment away neatly.

Wipe down surfaces with anti-bacterial cleaner.



Peeling an apple safely

Hold the apple firmly between your index finger and thumb. Keep the rest of your fingers out of the way. Place the blade of the peeler near the top of the apple and with some pressure, pull downwards. Turn the apple slightly in your fingers so that you can make the next downwards stroke with the peeler. Continue until you have peeled the whole apple.



Cutting - the bridge hold



With the fruit on the chopping board, make a bridge over it with your hand. Your fingers should be on one side and your thumb on the other. With the knife blade facing downwards, guide it under the bridge and over the fruit. Cut into the fruit by pressing the knife down and pulling it out of the bridge.



Cutting - the claw grip



Place the fruit on the chopping board. Pick up the knife, ensuring the blade is facing downwards. With your other hand, make a claw by curling your fingers inwards and together, and gently hold the fruit down. Tilt the knife and slice it through the fruit. Before the next slice, slide your fingers back along the fruit so that they are not in the way.



Fruit Crumble

Ingredients:

(serves 4)

For the filling:

500g berries (e.g. raspberries, blueberries, blackberries)
2tbsp caster sugar

For the crumble:

175g plain flour
75g butter (cold)
75g caster sugar

Equipment:

Knife
Fork
Mixing bowl
Tablespoon
Ovenproof dish
Bowls and spoons for serving

Method:

1. Preheat the oven to 200°C/180°C fan assisted/Gas mark 6.
2. Put the berries in an ovenproof dish and gently mix in the 2 tbsp of sugar. Put the dish to one side.
3. In a mixing bowl, use the Rubbing-in Technique (see instructions below) to combine the flour with the butter.
4. Add the sugar to the mix.
5. Spoon the crumble mixture over the berries. Make sure the fruit is completely covered by the crumble. Press it down firmly, then rake the top with a fork.
6. Bake in the oven for 20 mins, or until golden and bubbling.

The fruit crumble can be served on its own, with yoghurt, custard or ice cream.

Rubbing-in Technique:

1. Remove the butter from the fridge and cut into cubes.
2. Put the flour and the butter into a mixing bowl.
3. Using your fingertips and thumbs, pick up small amounts of the butter and flour and rub them together. Try to avoid warming up the mixture by keeping your hands above the surface.
4. Keep using this technique until the mixture looks like breadcrumbs.

TIP: Gently shake the bowl to bring any large lumps to the surface.





Fruit Crumble



Ingredients:

(serves 4)

For the filling:

500g cooking apples

2tbsp caster sugar

1/2 tsp cinnamon (optional)

For the crumble:

175g plain flour

75g butter (cold)

75g caster sugar

Equipment:

Knife

Fork

Mixing bowl

Tablespoon

Ovenproof dish

Bowls and spoons for serving

Method:

1. Preheat the oven to 200°C/180°C fan assisted/Gas mark 6.
2. Peel and cut the apples into chunks (read the Peeling and Cutting Methods Card for how to do this safely).
3. Put the apple chunks into an ovenproof dish and mix in 2 tbsp of sugar and the cinnamon, then put the dish to one side.
4. In a mixing bowl, use the Rubbing-in Technique (see instructions below) to combine the flour with the butter.
5. Add the sugar to the mix.
6. Spoon the crumble mixture over the apples. Make sure the fruit is completely covered by the crumble. Press it down firmly, then rake the top with a fork.
7. Bake in the oven for 30-35 mins, or until golden and bubbling.

The fruit crumble can be served on its own, with yoghurt, custard or ice cream.

Rubbing-in Technique:

1. Remove the butter from the fridge and cut into cubes.
2. Put the flour and the butter into a mixing bowl.
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4. Keep using this technique until the mixture looks like breadcrumbs.

TIP: Gently shake the bowl to bring any large lumps to the surface.



**Ingredients:**

(serves 4)

For the filling:

250g cooking apples
250g of a fruit of your choice
2tbsp caster sugar
1/2 tsp cinnamon (optional)

For the crumble:

175g plain flour
75g butter (cold)
75g caster sugar
50g flaked almonds (optional)
1tbsp oatmeal (optional)

Equipment:

Knife
Fork
Mixing bowl
Tablespoon
Ovenproof dish
Bowls and spoons for serving

Method:

1. Preheat the oven to 200°C/180°C fan assisted/Gas mark 6.
2. Peel and cut the fruit into chunks (read the Peeling and Cutting Methods Card for how to do this safely). If you are using berries, they do not need to be chopped.
3. Put the apple chunks into an ovenproof dish and mix in 2 tbsp of sugar and the cinnamon, then put the dish to one side.
4. In a mixing bowl, use the Rubbing-in Technique (see instructions below) to combine the flour with the butter.
5. Add the sugar to the mix.
6. Spoon the crumble mixture over the fruit. Make sure it is completely covered by the crumble. Press it down firmly, then rake the top with a fork.
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Eton Mess

Eton Mess is a mixture of strawberries, crushed meringue and whipped cream.



The dessert originated in the 1930s at Eton College in Berkshire, and is traditionally served at the yearly cricket match against Harrow School in London. It is believed to have earned its name when someone dropped a meringue dessert, which smashed into pieces of the floor, but then served it anyway in individual bowls!

Another, possibly less believable myth is that the dish was invented when an excited Labrador sat on the dessert in someone's picnic basket during an Eton Open Day!

Whilst strawberries are the traditional ingredient for this dish, it can be made with many other types of seasonal British summer fruits, such as raspberries, cherries, blueberries or blackberries.



Ingredients:

(makes six servings)



6 meringue nests

450g strawberries (or other British summer fruit)

600ml double cream (or yoghurt as a healthier option)



Equipment:



Sealable plastic bag

Chopping board

Knife

Mixing bowls

Fork and spoon

Serving dishes



Method:



1. Place the meringue nests in the plastic bag and seal. Scrunch them up until they are broken into 2-3cm chunks.
2. Wash the strawberries (or other fruit) in water and remove any green tops. Slice them into quarters.
3. Take half of the strawberries and put them in a separate bowl. Using the back of a fork, mash them together until an almost smooth paste is formed.
4. Mix the crushed meringue, sliced and mashed strawberries and cream together in a bowl.
5. Spoon some of the mixture into each dish, and serve.



Eton Mess Challenge Card

Design your own version of Eton Mess!

You must include:

- Fruit (try to choose one that is in season - use the Seasonal Fruit Chart to help you)
- Meringue
- Cream (or yoghurt)

...but you can add any other ingredients you like to personalise your dish!
On your Design Sheet, make sure you give your creation a name, label all of your ingredients, and write the method for making your version of the 'Mess'!

Why not try adding...

Crumbled biscuits Ice-cream Toffee sauce Chopped nuts Marshmallows Chocolate chips Honey



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You must include:

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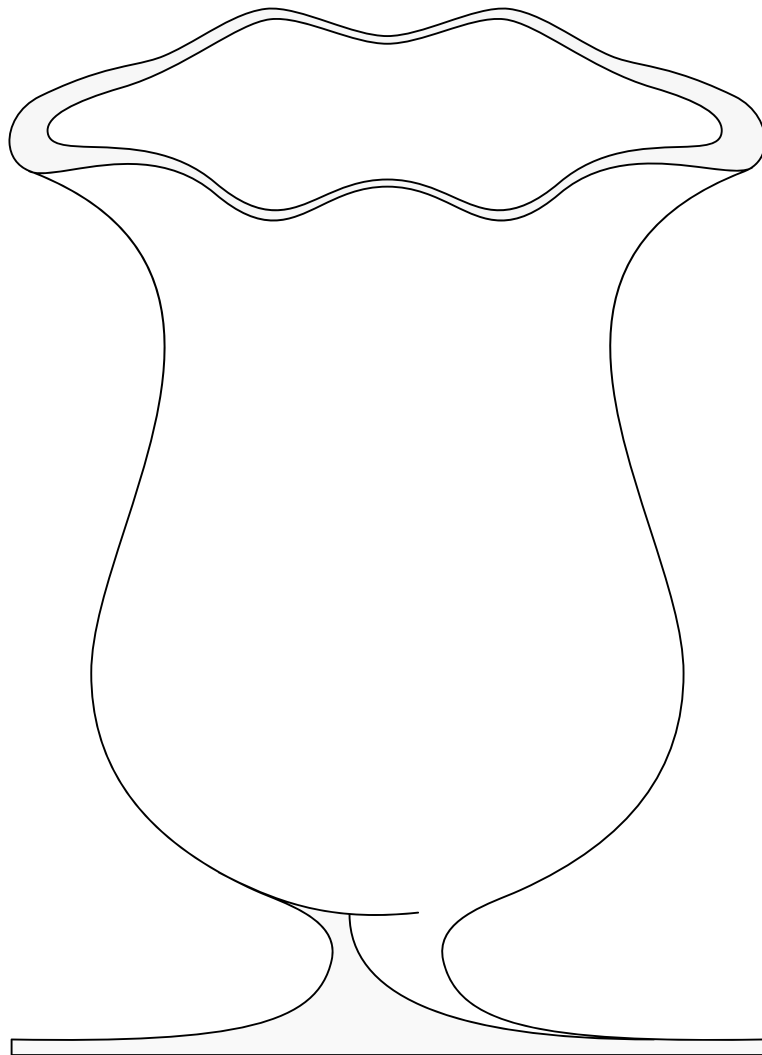
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Why not try adding...

Crumbled biscuits Ice-cream Toffee sauce Chopped nuts Marshmallows Chocolate chips Honey

Name: _____ Date: _____

_____ Mess



Method:



This chart shows the fruit that grows well in Britain, and when each one is in season.

	apple	pear	blackberry	blackcurrant	cherry	plum	rhubarb	strawberry	raspberry
January	✓	✓					✓		
February	✓						✓		
March							✓		
April							✓		
May							✓		
June				✓			✓	✓	
July				✓	✓			✓	✓
August			✓					✓	✓
September	✓	✓	✓			✓		✓	✓
October	✓	✓	✓			✓			
November	✓	✓							
December	✓	✓							