

The image shows the cover of a school cookbook. The title is written in white chalk on a blackboard. The background is a kitchen scene with a white tiled wall, a red oven, a wooden cutting board, a red container of wooden spoons, a yellow bell pepper, a white mushroom, and a brown egg on a wooden surface. There are also three cartoon chef characters: one at the top right, one on the left behind a green vegetable, and one at the bottom right behind a red container.

Muswell
Hill
Primary
School
Cookbook

Muswell Hill Primary School Cookbook

Welcome to the Muswell Hill Primary School Cookbook. Here you will find delicious, healthy recipes for you to try out at home with your children. There is also nutrition information at the back and a handy conversion chart.

Teaching our children to cook nutritious food is important and great fun too, so what are you waiting for? Get cooking!

Example

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Houmous

Ms Myles

SERVES 6 PEOPLE

Difficulty: ★

Preparation time: 10 mins



METHOD:

- Put chickpeas, tahini paste, garlic and lemon juice in a blender.
- As it blends add olive oil in a slow trickle.
- Taste the dip, it should be smooth and creamy.
- Adjust as necessary-add more oil if too dry.
- Season as required.
- Serve with carrot or cucumber sticks or breadsticks.



INGREDIENTS :

- 1 can (approx 410g/2 cups) chickpeas
- 2 tbsp tahini paste
- 2 cloves garlic
- 3 tbsp lemon juice
- 3 tbsp olive oil
- Optional- couple pinched paprika and sprinkling of parsley

Simple Salmon Pasta

Toby

SERVES 4 PEOPLE

Difficulty: ★

Preparation time: 10 mins

Cooking time: 30 mins



METHOD:

- Melt a little butter in a saucepan and add sliced leek.
- Cook until leek is soft and clear then set aside.
- Melt 1 inch of butter in a saucepan then add flour. Stir on a medium heat and add a cup of milk bit by bit.
- Add creme fraiche, mustard, salt and pepper to taste.
- Add strips of smoked salmon and cook for 2 mins. Cook pasta and add to sauce and leeks.
- Now it's ready to eat. Enjoy!



INGREDIENTS :

- Butter
- 1 tbsp plain flour
- 1 cup of milk
- Creme fraiche
- Leek
- Salt
- Pepper
- Mustard
- Smoked Salmon
- Tagliatelle pasta for 4

Lovely Lemon Drizzle Cake

Miss Fryer

SERVES 8-10 PEOPLE

Difficulty: ★★

Preparation time: 25 mins

Cooking time: 25 mins

Preheat oven to: 4 (180°C)



METHOD:

- Grease a baking tray
- In a bowl sift in the flour and baking powder, add the sugar and then the oil, then the lemon, water and vanilla essence. Add a little of the zest from the lemon. Give everything a really good stir and mix it in well.
- Pour into your tin and place in the oven for approx. 25mins. When you think it's done you can test it by putting in a cocktail stick and if it comes out clean then it's done, if not, then it needs a few more mins.
- Place onto a cooling rack
- For the lemon drizzle
- Mix the icing sugar with some lemon juice and the remainder of the zest.
- With a cocktail stick or skewer, gently stick lots of little holes into the cake to allow the drizzle to soak in.
- Pour the drizzle over the cake evenly. Make a drink and enjoy your cake!



INGREDIENTS :

- 225g self-raising flour
- 2 tsp baking powder
- 175g caster sugar
- 50ml fresh lemon juice
- 175ml water
- 2 tsp vanilla extract
- 6 tbsps sunflower oil
- for the icing
- 1 lemon (with zest)
- 50g icing sugar