Cooking for Fun and Learning

The Year 1-2 students in Room 5 have been busy with Mrs Fullam cooking up a storm. They are focussing on healthy food, cooking skills, table manners, how to use cutlery, cleaning up after themselves and food hygiene. They write about what they have cooked. Cooking is one of the most comprehensive learning strategies, promoting many skills including: reading, following directions, cooperating, taking turns, recording, estimating, measuring and many oral skills.

Here are the Jacket Potatoes they prepared and enjoyed, followed by two different pasta dishes. Perhaps you could try out their recipes.
Delicious Jacket Potatoes

Ingredients

21 large potatoes
10 rashers bacon, trimmed, finely chopped
1 ½ cups of light sour cream
1 tablespoon chopped chives
1 ½ cups of corn
1 ½ cups of peas

Method

1. Preheat oven to 200°C. Scrub potatoes with a brush. Pat dry with paper towels.

2. Using a fork, pierce potatoes in about 6 places. Place directly on oven rack in the centre of oven. Bake for 50 to 60 minutes or until tender when a skewer is inserted into the centre.

3. Heat a non-stick frying pan over medium heat. Add bacon and cook, stirring occasionally, for 3 minutes or until crisp. Transfer to a plate lined with paper towel.

4. Cut a deep cross in top of each potato and scoop a little potato out to make a hole.

5. Spoon sour cream over potatoes. Sprinkle with bacon, peas, corn and chives.
Egg and Cheese Pasta

Ingredients:

900g of penne pasta
3 eggs
4 cups of grated cheese
Pot of cold water
Pinch salt
2 tablespoons oil

Method:

1. Boil the water on the stove with a pinch of salt
2. When boiled add the pasta and cook till soft
3. Grate the cheese
4. Whisk up the eggs in a bowl
5. When the pasta is soft drain it
6. In the empty pot add the oil and put in the cooked pasta
7. Put the pot on the stove again
8. Add the egg mixture and the cheese
9. Stir for about 2 minutes until cooked
10. Take out of pot and serve on a plate
11. Eat and enjoy.

Serves a class of hungry munchkins!
Spaghetti bolognaise

Ingredients:

- 1 tablespoon vegetable oil
- 700g beef mince
- Salt and pepper
- 1 large brown onion, peeled and diced
- 2 tablespoons tomato paste
- 1 cups carrot, grated
- 1 cup zucchini, grated
- 400g fresh tomato, diced (or 1x400g tin whole tomatoes, drained)

Method:

1. Place a large, heavy bottomed frying pan on high heat.
2. Add oil and swirl to cover pan, when it’s very hot add mince, salt and pepper and brown - cook for about 5 minutes or until meat juices have evaporated, stirring occasionally.
3. Add onion and sauté for 1-2 minutes.
4. Add garlic and tomato paste, stirring to coat the meat.
5. Once tomato paste has started sticking to the bottom of the pan and the meat is reddish, add the carrot, zucchini and diced tomato.
6. Stir to thoroughly combine then add oregano, bay leaves and butter.
7. Place a lid on top, bring to the boil then turn the heat down to a simmer and cook for 20 minutes, stirring occasionally.
8. Cook pasta according to packet instructions and serve meat sauce over pasta garnished with grated parmesan cheese.