

KIDS CLUB

COOKING WEEK #1

SUMMER 2021

RECIPES

Monday

Rainbow toast supplies:

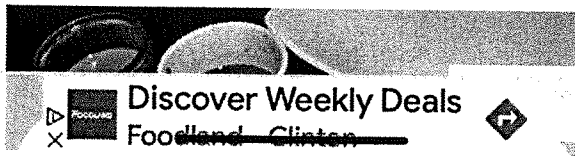
- Bread
- Milk
- Food colouring
- New paintbrushes

We love using wilton colour gel food colouring. These gels make lovely bright colours and you only need to use a tiny bit.

How to make edible paint for rainbow bread painting

To make edible milk paint begin by pouring a small amount of milk into several bowls. Add a tiny amount of food colouring to each bowl and stir. To make rainbow toast you will need to mix up a selection of bright rainbow colours.

Thats it!!!! You are now ready to start making your painted toast!



Apple Donuts



Recipe courtesy of The Kitchen

Show: The Kitchen Episode: Kids' Eats



Level: Easy

Yield: 9 apple donuts

Total: 10 min

Active: 10 min

Ingredients:

- 3 apples
- 1/3 cup chocolate-hazelnut spread
- 1/3 cup peanut butter
- 1/3 cup strawberry Greek yogurt
- Suggested toppings: small slices of strawberries, sprinkles, granola and chocolate chips

Directions:

Special equipment: a biscuit cutter or small melon baller and 2 pastry bags, optional



- 1** Slice the top and bottom from each apple and discard. Slice the apples into 1/2-inch circles. Use a biscuit cutter or small melon baller to cut a hole in the center of each to make a "donut."
- 2** Put the chocolate-hazelnut spread and peanut butter in separate pastry bags (or put in separate zip-top bags and snip off a corner).
- 3** Top the apple rings with either the chocolate-hazelnut spread, peanut butter or yogurt. (Pipe the chocolate-hazelnut spread or peanut butter, then spread carefully with a knife or offset spatula; spread the yogurt with a spoon.) Garnish each with a variety of the toppings.

Related Pages

[Apple Cider \(Baked\) Donuts Recipe](#)

[Mini Apple Spiced Glazed Donuts Recipe](#)

[Butter Pecan Donuts Recipe](#)

[Heart Shaped Jelly Donuts Recipe](#)

[Eggplant Donuts Recipe](#)

[Firi Firi Donuts Recipe](#)

Tuesday

Mac 'n Cheese in a Mug

In a mug combine: $\frac{1}{2}$ cup pasta

$\frac{1}{2}$ cup water

Pinch of salt

Microwave for 3-4 minutes

Milk to cover.

Add $\frac{1}{4}$ cup or more shredded cheese

Microwave for 1 minute.

White Bread

Wednesday

Scald 2 cups milk

Pour into a large bowl & add

1/4cup sugar

4 teaspoons salt

1/4cup shortening

1 cup water

Stir until shortening melts. Cool to lukewarm.

Meanwhile dissolve 2 teaspoons of sugar

In 2 cups lukewarm water

Over this sprinkle 2 packages Active Dry Yeast

Let sit for 10 minutes then stir briskly with a fork.

Add softened yeast to lukewarm milk mixture. Stir.

Beat in 5 cups of All-Purpose Flour

Then add another 4 1/2 - 5 cups Flour.

Knead 8-10 minutes. Make into a ball.

Place in a greased bowl. Cover & let rise until doubled in bulk. About 1 1/2 hours.

Punch down dough. Divide into 4 loaves. Place in greased pans & let rise until doubled in bulk. About 1 1/2 hours.

Bake in a preheated 325 degree oven for 30- 35 minutes.

Thursday



Easy Homemade Soft Pretzels



4.9 from 384 reviews

Prep Time: 25 minutes **Cook Time:** 15 minutes **Total Time:** 40 minutes

Yield: 12 pretzels

This is one of the easiest ways to prepare homemade soft pretzels and the results are extra delicious! The dough is a family recipe and only needs to rest for 10 minutes before shaping. The quick baking soda boil gives the pretzels their traditional flavor. Make sure you watch the video in the blog post for how to shape pretzels!

Ingredients

- 1 and 1/2 cups (360ml) **warm water** (lukewarm– no need to take temperature)
- 1 packet active dry or instant **yeast** (2 and 1/4 teaspoons)
- 1 teaspoon **salt**
- 1 Tablespoon **brown sugar** or **granulated sugar**
- 1 Tablespoon **unsalted butter**, melted and slightly cool
- 3 and 3/4-4 cups (469-500g) **all-purpose flour** (spoon & leveled), plus more for work surface
- **coarse sea salt** for sprinkling

Baking Soda Bath (Optional, See Recipe Note)

- 1/2 cup (120g) **baking soda**
- 9 cups (2,160ml) **water**

Instructions

- 1 Whisk the yeast into warm water. Allow to sit for 1 minute. Whisk in salt, brown sugar, and melted butter. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add 1/4 – 1/2 cup more, as needed. Poke the dough with your finger – if it bounces back, it is ready to knead.
- 2 Turn the dough out onto a floured surface. Knead the dough for 3 minutes and shape into a ball. Cover lightly with a towel and allow to rest for 10 minutes. (Meanwhile, I like to get the water + baking soda boiling as instructed in step 6.)
- 3 Preheat oven to 400°F (204°C). Line 2 baking sheets with parchment paper or silicone baking mats. Silicone baking mats are highly recommended over parchment paper. If using parchment paper, lightly spray with nonstick spray or grease with butter. Set aside.
- 4 With a sharp knife or pizza cutter, cut dough into 1/3 cup sections.
- 5 Roll the dough into a 20-22 inch rope. Form a circle with the dough by bringing the two ends together at the top of the circle. Twist the ends together. Bring the twisted ends back down towards yourself and press them down to form a

Friday

7:21 AM Fri Jul 16

100%

Homemade Pizza

Deb

Hackers

Can be made as 2 med, 1 cookie sheet, or individual mini pizzas

Crust: 50 ml warm water

2 ml Sugar

15 ml Dry Yeast

750 ml All Purpose Flour

300 ml warm water

5 ml Salt

Toppings: Pasta Sauce

Sliced mushrooms

Sliced Pepperoni

Grated Mozzarella Cheese

Other toppings of your choice

1. Measure 50 ml warm water into liquid measure. Add sugar & stir to dissolve. Sprinkle Yeast into water. Let stand in warm place for 10 minutes. Stir briskly to be sure all yeast has been liquified.
2. Measure 300 ml warm water into large bowl. Add salt and stir to dissolve.
3. Add 250 ml of the flour and yeast mixture and beat until smooth.
4. Add remaining flour, except final 125 ml which is used for flouring the counter. Turn out the dough onto the counter scraping the bowl clean.
5. Flour hands and knead for 10 minutes. Sprinkle reserved flour on the counter as needed.
6. Divide dough into either 2 balls or smaller balls for mini pizzas. Cover and let rise ½ hour.
7. Flatten dough on greased pans.
8. Top with tomato sauce.
9. Add other toppings as desired.
10. Bake at 425 degrees F for 20 minutes or until crust