



Practical Activity - Cooking

Practical Activity 1

Follow the recipe to cook Vegetable Soup.

Vegetable Soup



1. Peel the potato, carrot, parsnip and onion.



2. Carefully chop all the vegetables into chunks.



3. Put 500ml of water into a saucepan and bring to the boil.



4. Put the vegetables in a saucepan and add a stock cube.

5. Leave the soup to simmer for 25 minutes.



6. Clean up your work area and do the washing up.

7. Turn off the cooker and use a hand blender to make the soup smooth.



8. Pour the soup into a bowl and eat.

Practical Activity 2

Follow the recipe to cook Toad in the Hole.

Toad in the Hole



1. Pre-heat the oven to 220°C



2. Put the sausages into a baking tray and cook in the oven for 15 minutes.

3. Put the plain flour into a mixing bowl with ½ tsp salt,



4. Make a well in the middle of the flour and crack 2 eggs into it.



5. Mix the flour and eggs together and slowly add the milk.



6. Take the sausages out of the oven and pour in the batter mix.

7. Put the baking tray back into the oven and cook for 25-30 mins until golden.



Practical Activity 3

Follow the recipe to cook Macaroni Cheese.

Macaroni Cheese



1. Heat oven to 180C



2. Boil 350g spiral pasta for 2 mins less than stated on the pack, then drain.

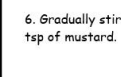
3. Chop the onions and slice the mushrooms. Cook for 5 minutes in a frying pan.



4. Melt the butter in a saucepan on a low heat



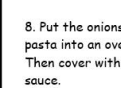
5. Stir in the flour and cook for 1 min



6. Gradually stir in the milk and add 1 tsp of mustard.



7. Take from the heat and stir in the cheese.



8. Put the onions, mushrooms and pasta into an oven proof dish. Then cover with the cheese sauce.



9. Bake for 20 mins until crisp and golden.

TOP TIPS:

- Prepare all your ingredients and gather your kitchen equipment before you start cooking
- If you can, clean up your work area and wash your equipment as you go