

Hey Chef, What's for tea?

Just some super simple recipes to cook together.



Dairy Free Pancakes:

250g plain flour
2 tsp baking powder
65g golden caster sugar
250ml soya milk (chilled)
3 tbsp soya yogurt
1 egg
2 tbsp sunflower oil, plus extra for cooking

Method:

Sift the flour, baking powder and a pinch of salt into a large bowl, add the sugar and mix. In a large bowl, mix the soya milk, soya yogurt, egg and oil, then whisk into the flour to make a smooth batter.

Heat a medium-sized non-stick frying pan with a little oil until hot. Add a small ladleful of batter (to give a pancake diameter of about 10cm; you'll get a feel for this after making the first one). Cook for 1 minute until golden, flip over and cook the other side for about 30 seconds. Keep warm while you cook the other pancakes (the mixture should make about 18). Serve with fruit or chocolate spread or jam or just simply sugar and lemon.

Plain Pancakes:

1 cup all-purpose flour, (spooned and levelled)
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
2 tablespoons unsalted butter, melted, or vegetable oil
1 large egg

Method:

In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.

In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).

For each pancake spoon the batter into the pan.

Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Transfer to a baking sheet or platter; cover loosely with aluminum foil, and keep warm in oven. Continue with more oil and remaining batter. (You'll have 12 to 15 pancakes.) Serve warm, with desired toppings.

Jam Buns

80g unsalted butter, softened
80g golden caster sugar
2 tbsp milk
½ tsp vanilla extract
125g self-raising flour
40g custard powder (optional)
65g jam

Method

Preheat the oven to 180°C/fan160°C/gas 4. Line 2 baking sheets with baking paper. Using an electric hand whisk, cream the butter and sugar until light and fluffy. Add the milk and vanilla and beat until combined.

Sift the flour and custard powder into a bowl, then fold them gently into the butter mixture to form a soft dough. Roll heaped teaspoons of the dough into balls and put on the baking sheets.

Using the end of a wooden spoon, make an indentation in the top of each ball, then fill with a little jam, then put in the fridge for 10 minutes.

Bake for 15 minutes until lightly golden. Leave to cool a little on the baking trays, before removing to a wire rack to cool completely. Store in an airtight container and keep for one week.



Here are just a few sites for you to try

www.deliciousmagazine.co.uk/collections/easy-baking-recipes-to-make-with-kids/

www.bbcgoodfood.com/recipes/collection/kids-cooking

www.bbcgoodfood.com/recipes/collection/cheap-family-suppers

www.bbcgoodfood.com/recipes/collection/cheap-family-suppers