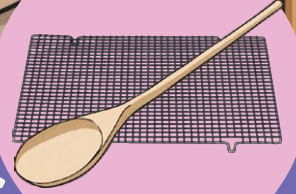


# Disclaimer

These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances that use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.



# Honey, Oat and Spice Cakes



Makes 12 cakes

## Ingredients

350g Scottish porridge oats

225g unsalted butter

50g chopped dried apricots or dried apples

225g runny honey

1 level tsp of ground cinnamon

## Equipment

Large saucepan

Baking tray

Spoon

Wire rack

## Method

1. Preheat the oven to 180°C (160°C in a fan oven).
2. Put the butter in a large saucepan over a medium heat until melted.
3. Remove from the heat, then add all of the other ingredients and stir until everything is well mixed.
4. Spoon the mixture out onto a greased baking tray or tin and press it down well.
5. Carefully flatten each dollop slightly.
6. Bake in the oven for 30 minutes or until golden brown.
7. Cool for a few minutes and then mark into squares while still warm and serve when cold.



# Honey Shortbread

## Ingredients

225g plain flour

50g corn flour

175g butter (soft)

125g honey

## Equipment

Mixing bowl

Round baking tin

Fork

Spoon

## Method

1. Preheat the oven to 160°C
2. Put all of the ingredients into a mixing bowl.
3. Mix them together until you have a dough.
4. Put the dough into a round tin and flatten.
5. Decorate by scoring lines across it and adding detail with a fork.
6. Bake in the oven for 30 minutes, until golden brown.
7. Remove from the oven and leave it to cool down.
8. Enjoy!



# Mushroom Soup

## Ingredients

275g button mushrooms  
1 tbsp oil  
3 tbsp butter  
1 small onion, finely chopped  
1 tbsp plain flour  
450 ml vegetable stock  
450ml milk  
A pinch of dried basil  
2-3 tbsp single cream

## Method

1. Heat the oil and butter in a pan, add the onions and mushrooms and fry for 1 - 2 minutes.
2. Cover with a lid, and leave to cook for a further 6 minutes.
3. Add the flour, stock, milk and basil and stir.
4. Bring this mixture to the boil, then partly cover and simmer for 15 minutes.
5. Finally, add the cream and stir.
6. Enjoy!

## Equipment

Saucepan with lid  
Spoon





# Chicken Stew with Herbs and Barley

## Ingredients

50g butter  
1 – 1.5 kg chicken joints  
450g leeks  
4 cloves of garlic  
175g pot barley  
900ml water  
3 tbsp wine vinegar  
2 bay leaves  
salt and pepper for seasoning  
1 tbsp dried sage

## Equipment

Chopping board  
Knife (**ask an adult to help you**)  
Large frying pan with lid  
Spoon

## Method

1. Wash the leeks, then trim and carefully slice them. (**ask an adult to help you**)
2. Chop the garlic cloves.
3. Melt the butter in a large pan, add the leeks, garlic and chicken and fry until the leeks are soft and the meat is browned.
4. Now add the barley, water, vinegar, bay leaves, salt and pepper.
5. Bring this to the boil.
6. Cover with a lid and simmer for 60 – 90 minutes.
7. Check the meat is tender before adding the sage.
8. Cook for a further 10 minutes.
9. Serve hot.



## Summer Fruit, Honey and Hazelnut Crumble

Serves six

### Ingredients

1kg mixed soft summer fruits (raspberries, loganberries, strawberries, currants, bilberries or similar)

honey or brown sugar (to taste)

75g toasted hazelnuts

75g wholemeal or whole wheat brown breadcrumbs

### Equipment

Saucepan with lid for draining

bowl

food processor

ovenproof dish

### Method

1. Preheat the oven to 180°C/gas mark 4.
2. Put the fruits in a pan with about 20cm water in the bottom and cook on a low heat for 10-15 minutes. The fruits should be soft without being mushy.
3. Add honey or brown sugar to sweeten – you may need more or less depending on the fruits used.
4. Carefully drain the juice into the bowl and save it for later.
5. Use a food processor to finely chop the hazelnuts until they are a little larger than the breadcrumbs, then mix the two together.
6. Add the fruit to an ovenproof dish before covering with a thick layer of the hazelnuts and crumbs.
7. Bake in the oven for 20-30 minutes or till the top is slightly crunchy and browned.
8. Serve with cream or plain yogurt and the warmed fruit juices.