

Cooking Journey – Home cooking recipe challenge

Over the next few weeks, is a great opportunity for you to go on a gastronomic journey to develop your cooking skills; still staying in isolation in the safety of your own home and only having to venture as far as your kitchen! (Hopefully an adult will try to get your ingredients as part of any other shopping they will do.)



I would like you to make recipes of your choice – perhaps setting yourself challenges from easy to more difficult recipes – depending on how confident you are – so you can make some tasty meals and snacks for yourself and your family.

There will be some challenges you will be faced with, for example:

- Some ingredients may not be available – what can I use instead?
- What can I use from the fridge and store cupboards?
- Can I use left overs?
- How can I adapt / change recipes?
- Can I make recipes healthier?
- Can I make recipes to meet special dietary needs?

Things to think about:

- Produce a range of sweet and savoury recipes – however tempting it is just to bake cakes!
- Try to be creative, resourceful and inventive with your use of alternative ingredients and leftovers and try to present your finished dishes attractively.

Where do I get recipes from?

- You can use school recipes - if it's something you've made before try making it again but changing / adapting ingredients.
- It could be a family favourite recipe.
- A recipe from your family's culture / country.
- The following website link has an excellent range of recipes from easy to complex as well as lots of information about diets, nutrition and health. <https://www.foodafactoflife.org.uk/recipes/>
- Another good site is <https://www.bbcgoodfood.com/>

How will I keep a record of and share my cooking journey ?

When you have cooked a recipe – take a photo and share it with me (l.tunstall@stb.academy). Consider getting reviews from your family.

VERY IMPORTANT NOTE: You must ask an adult's permission and be supervised when you are handling knives, using a cooker and electrical appliances etc – just as you would be at school! **It is fine to make your recipe cooking alongside an adult.**

I look forward to receiving your photos, seeing your gastronomic delights and hearing about your cooking journeys.

Good luck!