



COOK, PLAY, LEARN

Teach na nDaoine Story Time Recipes

Teach na nDaoine

Story Time Recipes

We chose the recipes in this booklet to tie in with the beautiful story time books featured in the Teach na nDaoine Summer 2024 literacy project.

Cooking with children is a great way to....

- Encourage healthy eating
- Build kitchen skills for life
- Help with fine motor skills

...and much, much more.

In and outside of the kitchen, the theme of cooking and food can also be used to help literacy and numeracy skills. Try these tips with your children:

- Write a shopping list together
- Give your child small tasks while grocery shopping, for example, to pick '3 apples' or '5 potatoes' etc.
- Count together when measuring ingredients e.g. '4 teaspoons'
- Read the front of packets together to make sure you have the right ingredient for the recipe
- For older children, show them how to make half the amount or double the amount of a recipe, by dividing or multiplying the ingredients by 2.



COOK, PLAY, LEARN

Breakfast Banana Splits

RECIPE

1 Banana
2 Tbsp Greek Style Yogurt
1 tsp Honey
Chopped Fresh Fruit or Berries
1 Tbsp Oat & Coconut Granola
(see recipe in this booklet)

METHOD

Peel the banana and slice lengthways. Arrange on a plate.

Mix the greek yogurt with the honey, and then spoon this over the banana.

Top with chopped fresh fruit or berries, and sprinkle with Oat & Coconut Granola

TIPS & INFO

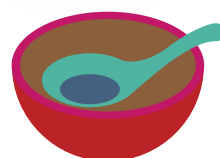
As we saw at the workshop, this is a recipe that even very young children can make independently, with adult supervision. This builds confidence and encourages children to enjoy fresh, wholesome foods.

We chose this recipe to pair with the book Kitchen Disco, where DJ Banana rocks the kitchen crew!

KITCHEN SKILLS in this recipe

CHOPPING

MIXING





COOK, PLAY, LEARN

Oat & Coconut Granola

RECIPE

4 Tbsp Porridge Oats
1 Tbsp Desiccated Coconut
1 Tsp Honey
2 Tsp Coconut Oil or Butter

METHOD

Melt the oil (or butter) on a warm pan. Add the oats and coconut.

Stir with a wooden spoon or spatula until the mix begins to turn golden and fragrant.

Remove from the heat, drizzle over the honey and stir well.

Leave to cool completely, then add to an airtight container such as a glass jar with lid.

This will keep for 3 weeks, so make a double or triple batch!

TIPS & INFO

This recipe is a great starting point for children learning to cook with heat. As it is a dry recipe, there is very little chance of splashes (that could burn hands), and it is cooked over a medium heat.

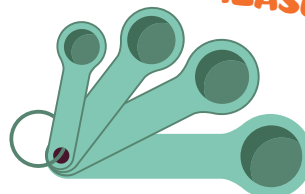
Use with the Breakfast Banana Split recipe, or eat as cereal with a drop of milk. It also works great in a snack pot for trips to the playground

KITCHEN SKILLS

in this recipe



SPOON MEASURES





COOK, PLAY, LEARN

Pancakes with Lemon & Sugar

RECIPE

1 Cup Plain Flour
2 Eggs
2 Cups Milk

Butter for frying

Butter, Sugar and Lemon Juice
for serving

METHOD

Add the flour to a large mixing bowl. Make a well in the center, and crack in the 2 eggs. Add about a quarter of the milk to the eggs. Using a fork, whisk the eggs in the center. The flour will gradually incorporate itself while you whisk. Keep going until you have a very thick, smooth batter. Finally, stir in the rest of the milk gradually to loosen out to a thin batter. Add one ladel-full at a time to a hot, non stick pan with a small slick of butter. Once dry on top, flip over and cook until golden on both sides.

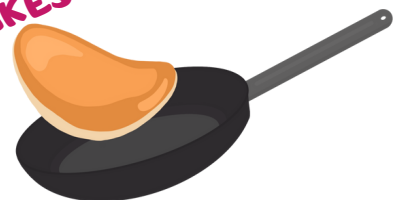
TIPS & INFO

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KITCHEN SKILLS in this recipe

FLIPPING
PANCAKES



CUP MEASURES





COOK, PLAY, LEARN

Super Veg Patch Potato Cakes

RECIPE

2 Cups Cold Mashed Potato
1/2 Cup Flour
1 Small Carrot, peeled and
grated
1/2 Cup Frozen Peas
1/2 Cup Grated Cheese

Butter or Oil for frying

METHOD

Add the mashed potato, grated carrot, peas and cheese to a bowl and mix well. Add the flour gradually, mixing to a thick dough. You may need a little more or less flour depending on how wet the potato mix is.

Divide the dough into approx 8 patties. Heat some butter or oil on a pan over a medium high heat and fry for 3 mins each side, or until golden brown on both sides.

These can also be cooked in the airfryer, with a little spray oil.

TIPS & INFO

Need to use up some leftovers? This is the recipe you need!

You can amend this recipe to include leftover cooked veg such as broccoli, cauliflower etc, as well as using leftover mashed potato or even sweet potato.

Use just enough flour to mix your mash and veg into a thick dough. Add any herbs, spices you like for extra flavour!

KITCHEN SKILLS in this recipe

GRATING



CUP MEASURES





COOK, PLAY, LEARN

Homemade Pizza Dough

RECIPE

500g Strong White Flour
1 sachet (7g) Dried Yeast
1 tsp Sugar
1 tsp Salt
330ml Lukewarm Water

METHOD

Add the flour, yeast, salt and sugar to a large mixing bowl and stir well. Make a well in the center and add in the lukewarm water. Mix the flour gradually into the water until a rough dough forms and most or all of the flour is incorporated.

Turn the dough out onto a clean worktop and knead for 5mins. Place the dough back in the bowl and cover with a cloth or cling film. Leave for 1 hour.

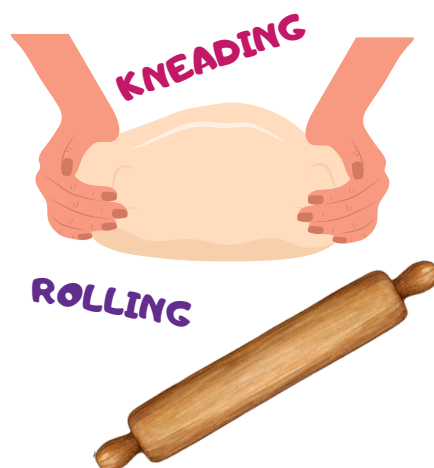
Remove the dough from the bowl and knead again for 1 min, then cover and let rest for 5 mins before dividing into 4 pieces and rolling out.

TIPS & INFO

Homemade pizza dough is absolutely delicious, and is really fun to make. You can use an electric hand mixer or stand mixer with a dough hook, but I like to knead it by hand. Its a great workout for the arms!

This recipe makes 4 x 10inch pizzas. Place your rolled out dough on a baking tray and top with pizza sauce and mozzarella. Bake for 8 to 10mins at 200C until golden and bubbling.

KITCHEN SKILLS in this recipe





COOK, PLAY, LEARN

Eat The RAINBOW

Tropical Smoothie

1 cup Pineapple, peeled & chopped
1 cup Mango, peeled & chopped
1/2 Banana, peeled & sliced
1/4 Ripe Avocado
1 cup Coconut Milk

METHOD

Add all the ingredients to a blender and blitz for 5 seconds until smooth!

An adult must supervise, but children can help by:

- Peeling and chopping or breaking up the fruits
- Measuring ingredients
- Adding ingredients to the blender
- Counting the seconds for blitzing
- Pouring

Makes 2 to 3 portions. Serve over ice to make this even more refreshing!

TIPS & INFO

Eating a variety of foods every day gives our bodies the opportunity to benefit from lots of different vitamins and minerals

In smoothies, you can use fresh, frozen or tinned (in juice) fruits. Using fruit in season is the best value for fresh.

A good way to make sure you get lots of variety is to try to Eat The Rainbow - count how many colours of fruits and vegetables you taste each day (or even each week!)

KITCHEN SKILLS in this recipe





We hope you and your child enjoyed Story & Cookery Workshops with Teach na nDaoine and Mess Chef Cookery

Check out **www.messchef.ie** for more recipes and to view our range of children's cookery utensils

We are the only Irish distributor of Kiddikutter Child Safe Knives - cut food, not fingers!

Use code 'messchef' for 10% off in our online shop