

Family Fun Recipes & Activities

Welcome to our new activity sheets! During these difficult times of Covid 19 we are here to offer weekly family recipe ideas and food activities you can do at home with just a few ingredients and storecupboard items. Please do share with us any of your creations on our Facebook page: Growing Local Hereford or Twitter @growinglocalhq. Email your feedback, ideas, pictures or foodie questions to louisa@growinglocal.org.uk.

Keep calm and carry on cooking, Louisa from Growing Local x

QUESADILLA!

Pronounced 'Ke-sah-dee-uh', these are a Mexican baked tortilla sandwich made in a frying pan. Packed full of veggies and cheese they can be a pretty healthy lunch or dinner. They are also dead easy and quick to make and happen to be exceptionally YUMMY!

INGREDIENTS for 2/3 people

- 2 Large Tortilla Wraps, preferably wholemeal
- 1 small handful grated Cheddar Cheese or crumbled Feta Cheese
- Your choice of VEGGIES
- Your choice of SPICE if you fancy a little heat
- 1 dessertspoon Cream Cheese, Creme Fraiche, Sour Cream or Mayo

VEGGIES Choose 2 or 3 of the following:

- 3/4 Spring Onions or 1/4 small Onion, finely sliced
- 1/2 Sweet Pepper (any colour) finely diced
- 1 handful of Spinach, shredded or torn
- 1/4 Courgette, finely sliced
- small handful Sweetcorn, tinned or frozen
- 3 Mushrooms, sliced
- 1/2 Carrot, grated
- Any other tinned, frozen or fresh veggies you fancy!
- For a meaty quesadilla add a small handful of diced cooked chicken or ham. Or tinned tuna for something fishy!

METHOD

1. Place one of the tortillas on a large frying pan.
2. Sprinkle the grated cheese over the tortilla and scatter on your chosen veggies and spice, if using.
3. Spread the sour cream over the other tortilla, turn over and flatten it down on to the first tortilla to form a tight sandwich.
4. Place the frying pan on a medium heat and cook for about 4 minutes until lightly golden and crispy on the underside.
5. Slide out on to a large plate. Cover with another plate and flip over. Slide back into the pan and cook on the other side for 2 to 3 minutes until also golden.
6. Slide out of the pan and cut into 6 to 8 wedges like a pizza. DELICIOSO!



A LITTLE SPICE choose one of the following, though leave out for the heat adverse!

- 1 dessertspoon Sweet Chilli Sauce
- 1 pinch Cayenne Pepper
- 1/2 teaspoon each of ground Cumin and Coriander
- 1/2 teaspoon Mild Chilli Powder

Q. Can you name FIVE other foods or dishes that originate from MEXICO?



Which of these dishes would you like us to feature here on future Activity Sheets? Why not email me your fantasy Mexican dinner and we can feature it here too!

A. Chilli Con Carne
Burritos
Guacamole
Tacos
Enchiladas
Nachos
Fajitas
Tamales
Chilaquiles
Tostadas

** If you haven't heard of any of these look them up on Google!

Now DRAW a plate of your fantasy favourite Mexican Meal!



www.growinglocal.org.uk

Growing Local CIC deliver Cook and Gardening Workshops to Schools, Community Groups, Families and Adults. Do sign up to our email newsletters and follow us on Twitter, Facebook and Instagram to hear about future Workshops & Events around Hereford. Email louisa@growinglocal.org.uk



Growing Local is Going Local



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THE BAKE OFF CHALLENGE!

SCONES

Scones are a traditional British baked good, usually made with wheat flour, butter, milk and a little sugar to sweeten them. They are delicious eaten warm from the oven, sliced in half and spread with butter.

Jam and Cream are lovely too for a traditional English Cream Tea!

CHALLENGE yourselves to make your very own delicious scones, either making the traditional recipe below or following one of the Variations.

Go Bake!

INGREDIENTS to make 6 - 8 scones

225g Self-Raising Flour
55g Butter or Margarine
30g Caster Sugar
150ml Milk
1 Egg, beaten, to glaze

VARIATIONS

For Fruit Scones - add 30g Sultanas or other Dried Fruit to the flour.

For Cheese Scones - substitute 50g grated Strong Cheese for half the butter, and omit the sugar. Sprinkle a little extra cheese on the tops.

Try adding extra ingredients of your choice - a little spice, chilli powder, chopped onion, vegetables etc.



REMEMBER! Always wash your hands very well before and during cooking - singing Happy Birthday twice! Wear an apron if you have one too.



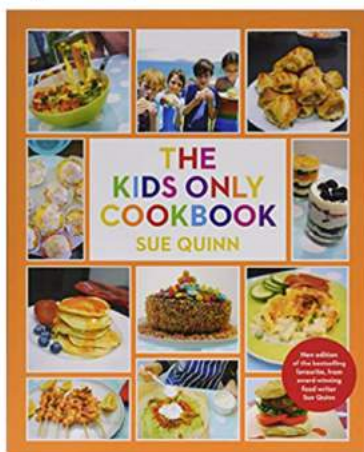
METHOD

1. Preheat your oven to 220°C / 200°C fan / Gas Mark 7. Sprinkle a little flour on a baking sheet or tray.
2. Place the flour and butter in a large bowl.
3. Rub the butter into the flour using your finger tips (this is called 'rubbing in') until the mixture looks like breadcrumbs. Stir in the sugar.
4. Make a deep well in the flour, pour in the milk and mix to a soft, spongy dough with a knife (or your hands!).
5. Sprinkle a little flour on the work surface, knead the dough very lightly until it all comes together. Roll or press the dough out until it's 2.5 cm thick. Stamp into rounds using a pastry cutter if you have one, or use an upturned glass or mug.
6. Place the scones on the floured oven tray. Brush them with the beaten egg.
7. Bake the scones at the top of the oven for 15 minutes, or until well risen and golden brown. Leave to cool for a few minutes before tucking in!

Don't forget to tell your teachers and school about your cooking adventures. They will love to hear and see pictures of your homemade tasty creations!

... COMPETITION TIME! ...

Each week we choose our favourite email, drawing, photo or letter as chosen by the Growing Local team. Winners will receive a copy of the brilliant childrens Cookbook 'The Kids Only Cookbook'. To win a book email louisa@growinglocal.org.uk or get in touch via our Growing Local Hereford Facebook page. Good luck!



Need some more recipe ideas or inspiration? Then check out the sites listed below. Stuck with a tricky to use up ingredient? Then please do email me at louisa@growinglocal.org.uk and I'll gladly help you come up with some ideas!

BBC Good Food: <https://www.bbc.co.uk/food>

Jamie Oliver: <https://www.jamieoliver.com> Check out Jamie's New Weekly TV show *KEEP COOKING AND CARRY ON* at 5.30pm on C4 each week night

Jack Monroe: <https://cookingonabootstrap.com> Jack will be live on BBC 1 every weekday from 13th april @ 10am
Growing Local: <http://growinglocal.org.uk/recipes/> **Eat Your Veg** <http://www.eatyourveg.co.uk>



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