



Happy Days Nurseries & Pre-Schools

Bread Roll Making

Equipment:

Mixing bowl suitable for your child
Sieve
Tablespoon
Teaspoon
Mixing spoon
Cling film
Measuring jug
Scales
Pastry brush
Scissors
Baking tray and wire rack

Ingredients:

500g white/wholemeal bread flour
1 sachet of dried yeast
1 tablespoon vegetable oil
275-300 ml water
Extra flour and oil for during and brushing
Pinch of salt

Directions :

1. Weigh the flour and sieve into mixing bowl
2. Add the salt and dried yeast, spoon in the oil, add the water
3. Mix the oil and water into the flour with the wooden spoon until the dough is soft but not sticky. If it is too wet, add some more flour, if it is too dry add a bit more water.
4. Turn the dough onto a board or a clean work surface
5. Knead by pulling and rolling the dough backwards and forwards
6. Keep kneading for 8-10 minutes until the dough is smooth and springy
7. Put back into the mixing bowl and cover with an oiled piece of cling film
8. Leave the dough in a warm place for at least an hour until it has doubled in size and feels spongy (The cling film allows you and your child to watch what is happening!)
9. Tip the dough out onto the board or clean surface and knead for a minute or two.
10. Bake for 12 to 15 minutes at 200C

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Vegetable Soup

Ingredients:

- 2 Carrots
- 2 Parsnips
- 1 Onion
- 1 pint of water
- 2 low salt vegetable stock cubes

Equipment:

- Bowls of water
- Scrubbing brush
- Safety knife
- Chopping board
- Cooking pot
- Blender

Directions :

1. Cut off the tops and bottoms of the carrots, parsnips and onions
2. Scrub the root vegetables
3. Peel the onion
4. Cut the vegetables into cubes
5. Put the vegetables into a saucepan with the water and stock cubes
6. Bring the soup to the boil and simmer until the vegetables are tender
7. Blend the soup, serve and enjoy!



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Pitta Pizzas



Ingredients: (makes 8 pizzas)

Pizza Base

2 teaspoons fast-action dried yeast
300ml warm water
500grams strong white bread flour
2 teaspoons salt
1 tablespoon olive oil

Topping

Passata
Mixed Herbs
Grated Cheese
Variety of other topping such as vegetables, ham, pineapple, chicken, sweetcorn etc.

Equipment:

Bowl
Mixing spoon
Jug
Chopping board
Rolling pin
Baking tray
Cheese grater

Directions :

1. Mix the yeast and warm water into a bowl
2. Leave it to sit for 5 minutes until the yeast is super bubbly
3. Add the flour, salt and olive oil
4. Mix together into a soft dough
5. Knead the dough for 5 minutes until you have a soft, smooth and elastic dough
6. Add extra flour if needed but only enough so the dough doesn't stick
7. Place in a lightly oiled bowl, cover with a tea towel and leave the dough until it has doubled in size
8. Pre heat the oven to 250 C or gas mark 9
9. Flatten the risen dough and using a rolling pin, roll out the dough
10. Add passata and any other chosen toppings
11. Sprinkle the cheese on top
12. Bake on a baking tin for 15 minutes
13. Enjoy!



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