

COOKING IDEAS



PAUL'S SUPER BURGER



Ingredients

Makes
4
Burgers

- 400g Aberdeen Angus Beef lean mince (100g per burger)
- Salt and pepper
- A touch of olive oil
- 4 tomatoes, sliced
- 1 red onion, sliced
- Half a cucumber, sliced
- Lettuce
- 4 slices of Emental cheese
- 4 sesame burger buns



Equipment

- 1 x chopping board
- 1 x frying pan
- 1 x sharp knife
- 1 x large cookie cutter (around 10cm or burger sized!)
- 1 x spoon

Method

- Slice the cheese, tomatoes, onion, cucumber and lettuce and set aside
- Cut the burger buns in half and lightly toast the insides under a grill
- Season your beef with a little salt and pepper
- Put the cookie cutter onto a chopping board and spoon a quarter of the beef inside the cutter.
- Squish the beef down with the back of a spoon to make a burger shape, then carefully remove the cutter.
- Repeat to make all four burgers.
- Heat a little oil in the frying pan
- Once hot, cook burgers over a medium heat for about 4 minutes on each side.
- Once the burger is cooked through, remove from the pan and pop onto a warm plate.
- Now it's time to build your burger!
- Pile up the salad on the bottom half of your bun then pop your burger on top and finish with a slice of cheese.
- Serve with good old ketchup or a nice tomato relish



Cook's Code

To test whether your burger is cooked through, pierce the centre of the burger with a sharp knife. Press down and if the juices run clear, it's ready to serve. If the juices are pink, keep cooking.



 **EAST SHEEN
PRIMARY'S
REVIEW**

"The best burger I've ever tasted"

GOOD OLD APPLE CRUMBLE



Ingredients

Serves
6

- 8 English apples
- Pinch of cinnamon
- Pinch of demerara sugar
- 200g plain white flour
- 200g wholemeal flour
- 100g oats
- 250g demerara sugar
- 250g butter chopped into small pieces
- Vanilla ice cream for serving



Equipment

- 1 x saucepan
- 1 x large mixing bowl
- 1 x chopping board
- 1 x peeler
- 1 x sharp knife
- 1 x oven proof baking dish (around 30 x 20 cm)

Method

- Pre-heat your oven to 180/Gas mark 4
- Peel, core and chop the apples into small chunks
- Pop into a saucepan and add a pinch of demerara sugar and a pinch of cinnamon
- Gently warm through over a low heat with a splash of water so that the apples don't burn. If you keep the lid on, stirring occasionally, this will only take 5 minutes.
- Pour the warmed apples into your baking dish and set aside.
- To make the crumble topping, mix all the dry ingredients in a large mixing bowl.
- Start rubbing in the butter by working into the flour mixture with your finger tips. This is why you need a large mixing bowl – things can get messy!



- Once you have a nice crumbly texture with no big lumps, sprinkle the topping over your prepared apple.
- Bake for 35 minutes or until the crumble is golden brown.
- Serve with vanilla ice cream

Cook's Code

Rubbing in the butter is fun! Slowly rub and lift the flour mixture high and keep going until the butter has worked its way through all the mixture.



**EAST SHEEN
PRIMARY'S
REVIEW**

"Sweet and crunchy and loads of tangy flavours in it. I could live on this crumble."



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COOKING IDEAS

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