

Art Lab Lunches December 2020

At Art Lab we usually eat together, we love to try new things and **get creative with food**. Here are some of the recipes we would have shared together for you to make at home.

Ask a grown up in your house to read the recipes and help you, but make sure you don't let them do all the work.

These are creative lunches so **use your imagination** and you can make something great to look at and yummy to eat! We were lucky enough to have some kid taste testers for these recipes, Rudy and Sid. You can see them making the dishes alongside these recipes.

We haven't suggested adding any seasoning to these recipes but **experiment** and add what you like such as salt, pepper, herbs or even chilli!

We'd love to know what you think about the recipes, and to see what you make, so please send pictures and feedback to megant@balticmill.com

**We hope you have fun
and find it all YUM!**

1. Sweet Potato Bean Boats

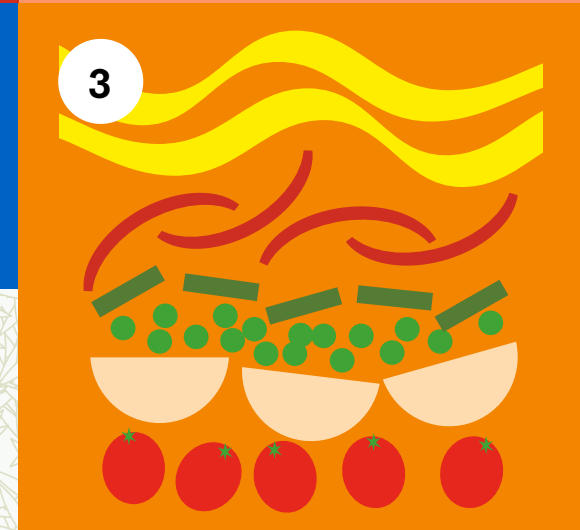
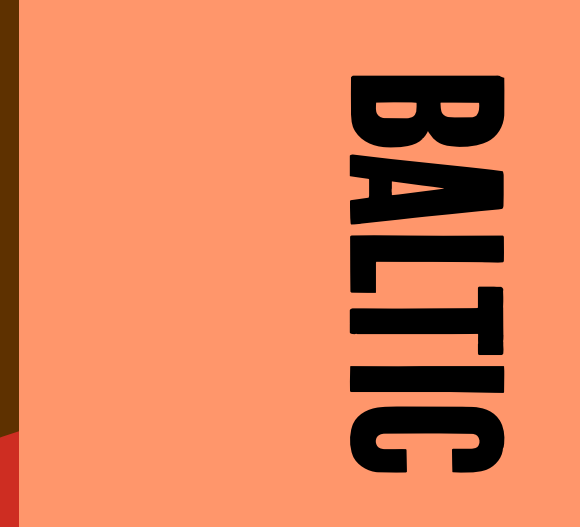
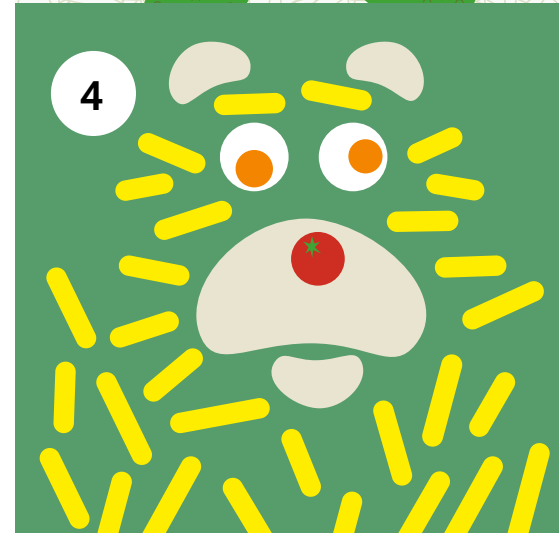
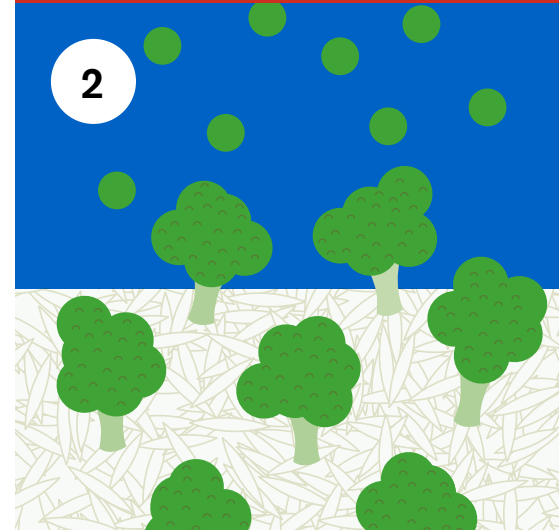
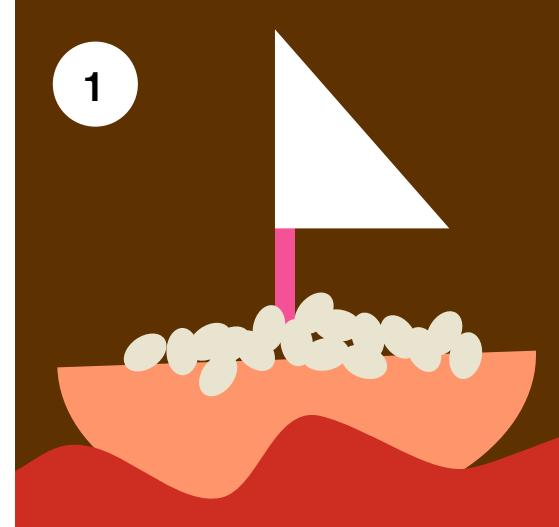
2. Tiny Trees Fried Rice

3. Easy Cheesy Frittata

4. Cheesy Bear Burgers

5. Banana Penguin Lollies

Psst note to adults... Please check the packets of ingredients for full allergen information and make adjustments if needed. These recipes suggest quantities for four people, you can adjust them to serve more or fewer people.



BALTIC

Write or draw your own recipe in the space below. Give your recipe a name, list the ingredients and explain how to make it.

Recipe

Ingredients

Method

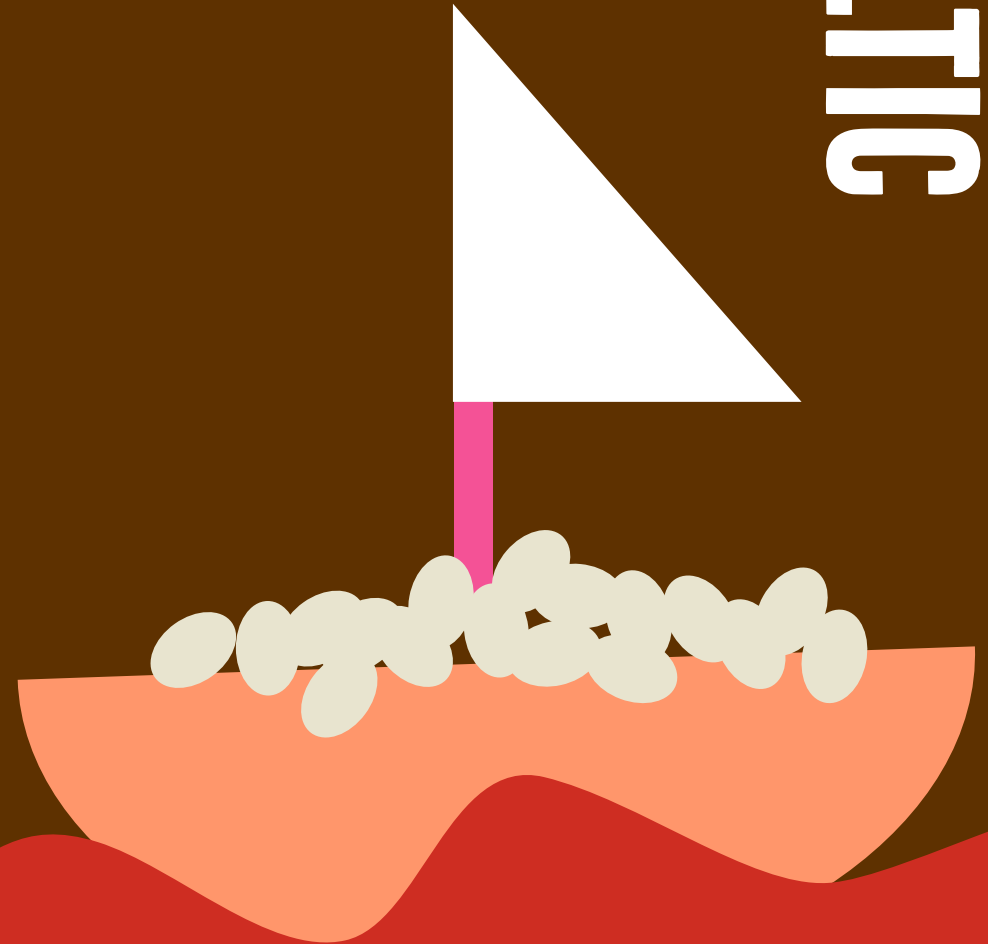


Sweet Potato Bean Boats



We love using our imagination and experimenting with food to make creative meals. How could a sweet potato become a boat? Ours is filled with one of our favourite things, homemade baked beans!

BALTIIC



Ingredients

1 Small sweet potato per person
Cannellini beans (1 can makes enough for 4 potatoes)
Passata (500g)
1 Onion
Garlic powder (2 tsp per can of beans you make)
Paprika powder (1-2 tsp per can of beans you make)
Olive oil

Step 1

If you are using an oven now is the time to ask an adult to preheat it (you'll need it to be at 200°C/400°F/Fan 180°C/ Gas Mark 6). While they are doing that, give your sweet potatoes a quick wash in some cool water.

Step 2

If you are using the oven: Rub a little olive oil on the sweet potatoes, this will help the skin get lovely and crispy. Put the potatoes in the oven on a baking tray, or any oven proof dish. They should take about 30 minutes to cook but might take a little bit longer. Ask an adult to check on them.



If you are using the microwave:

Poke the potato with a fork, this is to let the steam escape and will make the potato nice and soft. You'll need to make sure the potato is dry too. Then pop it into the microwave on a microwave safe plate. If you are cooking 1 potato it should take about 6-8 minutes, 2 potatoes at a time will take around 10-12 minutes and 4 potatoes at a time will take around 15-17 minutes.

They will be very hot so get an adult to help test when they are soft enough.

While your sweet potato is cooking, you can cook your homemade baked beans and design the sails for your boats. You can find the sails inside an envelope with this package.

Step 3



Ask your adult helper to help you chop an onion and heat some oil in a pan. Fry the onion on a low heat. Once they get soft and golden you can add garlic powder and paprika. Stir, then add the passata. Let it cook on a low heat for 10 minutes then add the cannellini beans and simmer for another 10 minutes.



Step 4

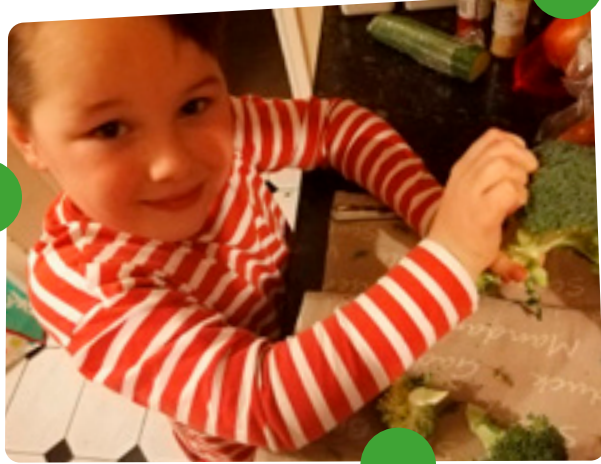
Once the potatoes are cooked, let them rest until they are cool enough for you to handle. Get an adult to check. You'll want your potatoes to look like boats, so ask the adult helping you to cut the sweet potato in half lengthways.

Now scoop out a little of the cooked sweet potato inside each half using a teaspoon to make space for your homemade baked beans. You can top the beans on your boat with a little cheese if you want but it will be delicious on its own too. Add your sails and serve with some mange tout for a tasty crunchy 'pea green sea'.

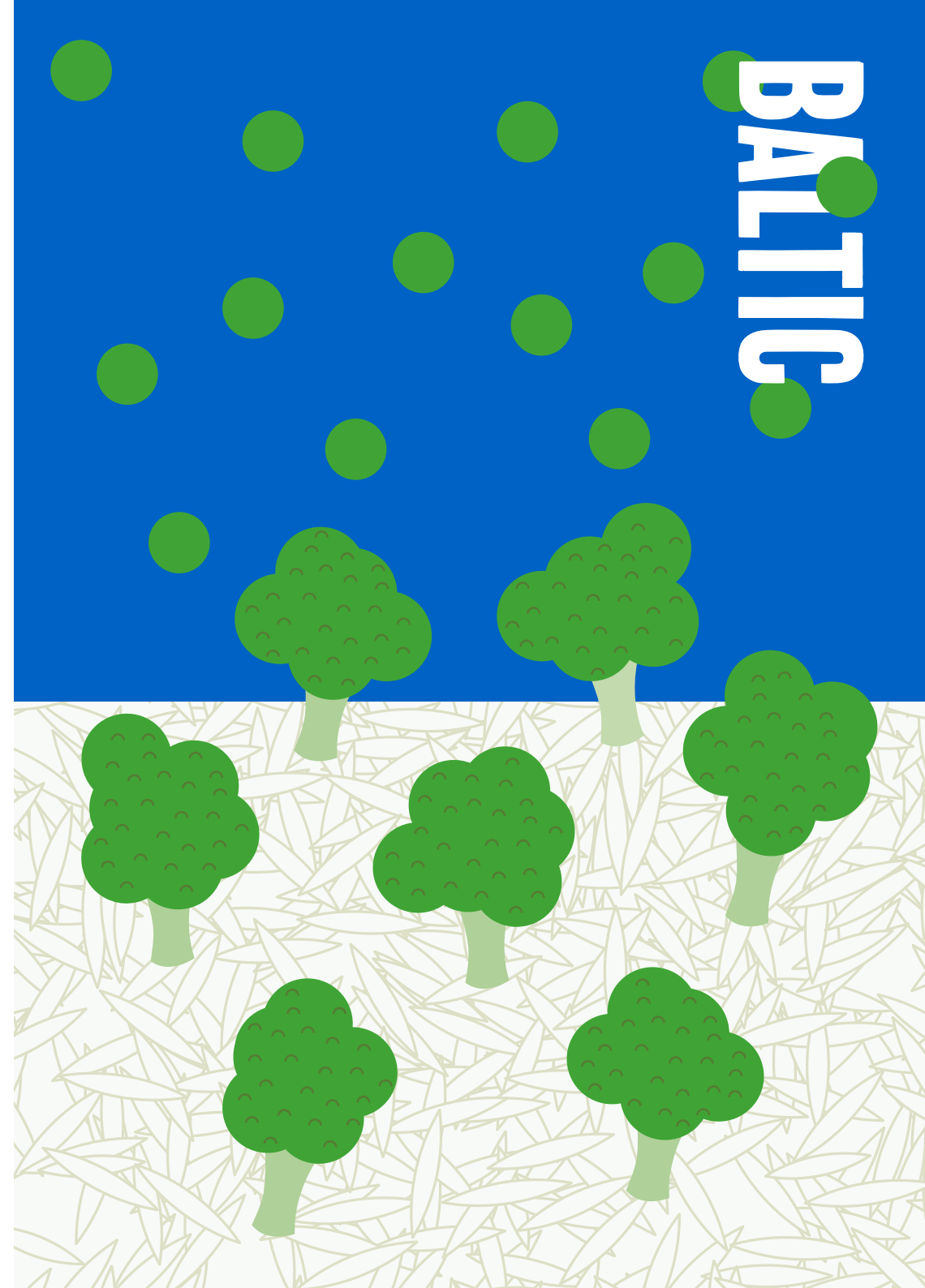
Now it is time to eat. Hurray!



Tiny Trees Fried Rice



Fried rice is super yummy and you can customise it however you like. We are filling ours with tasty tiny trees, what vegetable do you think that could be? This is a green fried rice, which other veggies could you cook it with to make it multi-coloured?



Ingredients

Cooked Rice *look at the packet to see how to cook it and how much you need per person. For fried rice it's best to use the rice once it is cool.*

1 Egg (beaten)

Peas

Broccoli (half a head)

Oil

Garlic and ginger powder (to taste)

Step 1

Ask an adult to help you chop the broccoli into some big florets (pieces), then make some tiny trees out of it by pulling the florets into smaller bits.

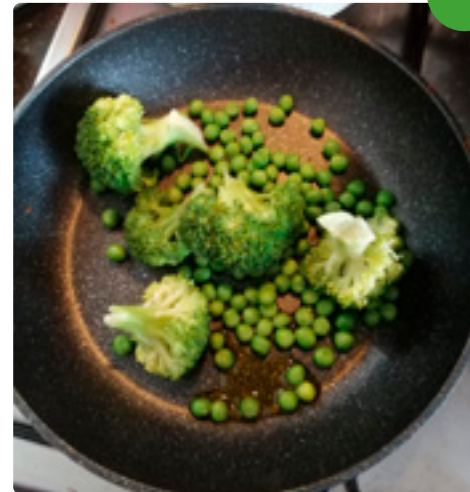
The broccoli stalk is tasty too, ask an adult to chop it up into little bits for you.

Try a little bit raw, how does it taste? Do you like it? Why or why not?

Step 2

Cook your broccoli and peas. You can do this in the microwave, boil them in a pan or steam them.

Taste a little bit of the broccoli once it is cooked, do you prefer it like this or raw?



Step 3

Ask the adult helping to heat a little oil in a large frying pan or wok, then add the vegetables and stir them.

If you want you can add other spices or seasonings here. We like soy sauce, chilli, ginger and garlic in our fried rice. How about you?

Now add the cooked rice into the pan and stir some more, mixing all the veggies through the rice.

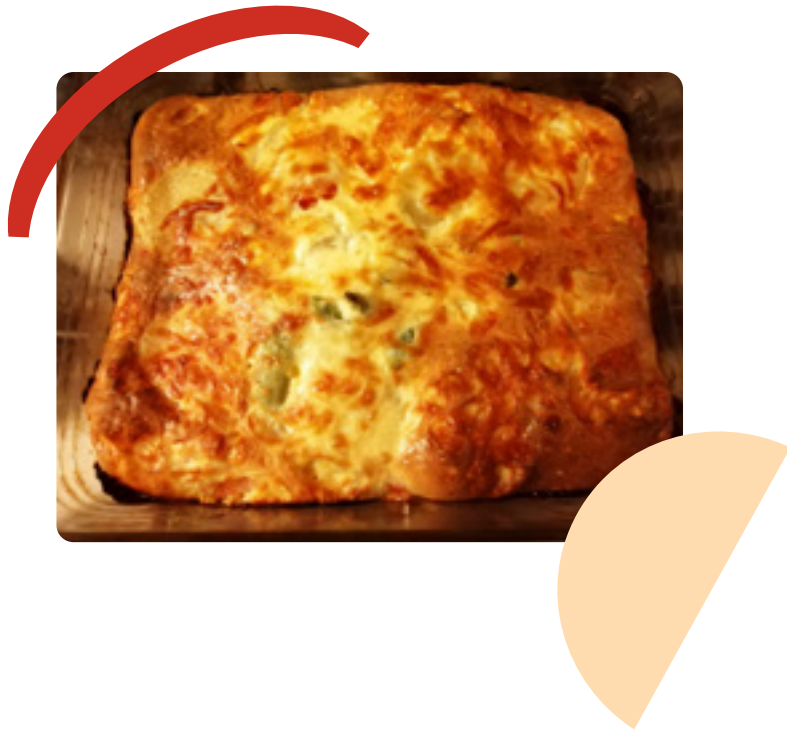
Step 4

Ask the adult helping you to push the rice to sides of the pan so there is a big space in the middle, a bit like a doughnut. Pour the beaten egg into the middle of the pan and let the egg cook through slightly. Scramble it with a spatula or wooden spoon. Once the egg is cooked you can mix it with the rice in the pan and... **you are ready to serve it. Yum!**



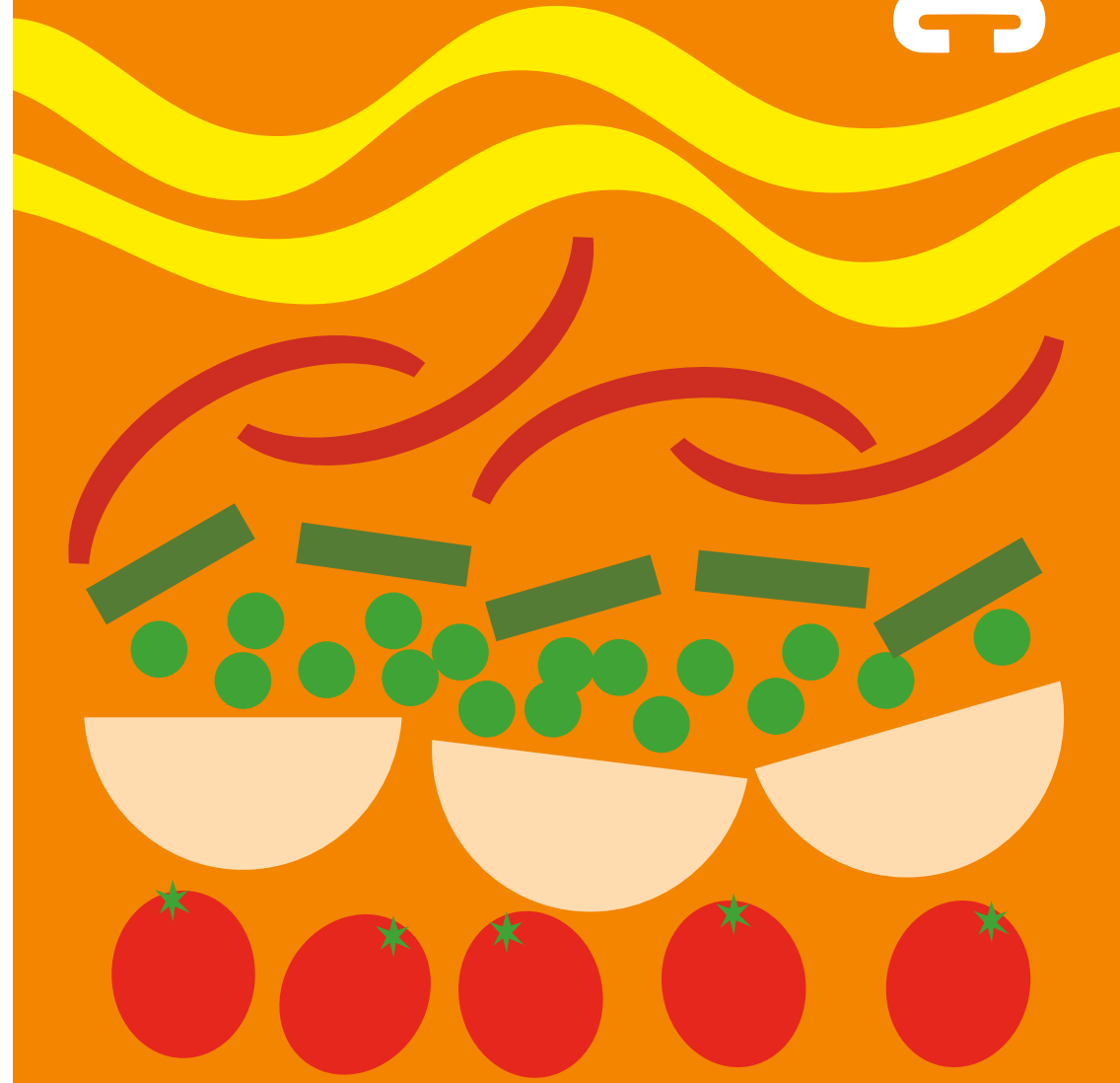
Trees are very important but don't just take our word for it. Can you research why we need trees and tell someone all about what you learn?

Easy Cheesy Frittata



This frittata is quick to make and fun to decorate. Perhaps it could be a face, a clock, an animal or an abstract design?

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Ingredients

6 Eggs
Milk (4 tablespoons worth)
Vegetables of your choice (peppers, mangetout, cherry tomatoes, peas)
Potatoes (boiled and sliced)
Cheese (a generous handful or two)
Olive oil

Frittata can be baked in the oven, cooked in a pan then finished under the grill or flipped and cooked in the pan like a traditional omelette, although this can be tricky when it is filled with lovely veggies. If you are using the oven then it needs to be preheated to 180°C/350°F/ Fan 160°C/Gas Mark 4



Step 1

Ask an adult to help you chop the vegetables you want to use. Think about the kind of design or patterns you might want on your frittata when choosing and chopping your veggies. Think about the colours and the shapes you can make with them and what design you want to make. Set your veggies aside.

Step 2



Whisk the eggs, milk and any seasoning you want to add together in a jug or bowl using a fork or whisk.



Step 3

If you are cooking it in the frying pan ask an adult to heat up some oil in the pan. Once it is hot your adult helper should pour the egg and milk mix into the pan. Next, carefully but quickly add the veggies and sliced potatoes to the design you have planned. It might be that you need to direct the adult helping you to do this for you. It will only take a few minutes to fry it, then another few minutes to finish the top underneath the grill. The eggs should puff up a little and it should appear much firmer than before you cooked it.

If you are cooking it in the oven pour the egg and milk mixture in an ovenproof dish, then arrange all the veggies and potatoes in the dish in the design you have planned. Bake your frittata in the oven for 20-25 minutes. The eggs should puff up a little and it should appear much firmer than before you cooked it.

Buon appetito! Psst that's Italian for enjoy your meal... you can say it when you serve frittata to your family!

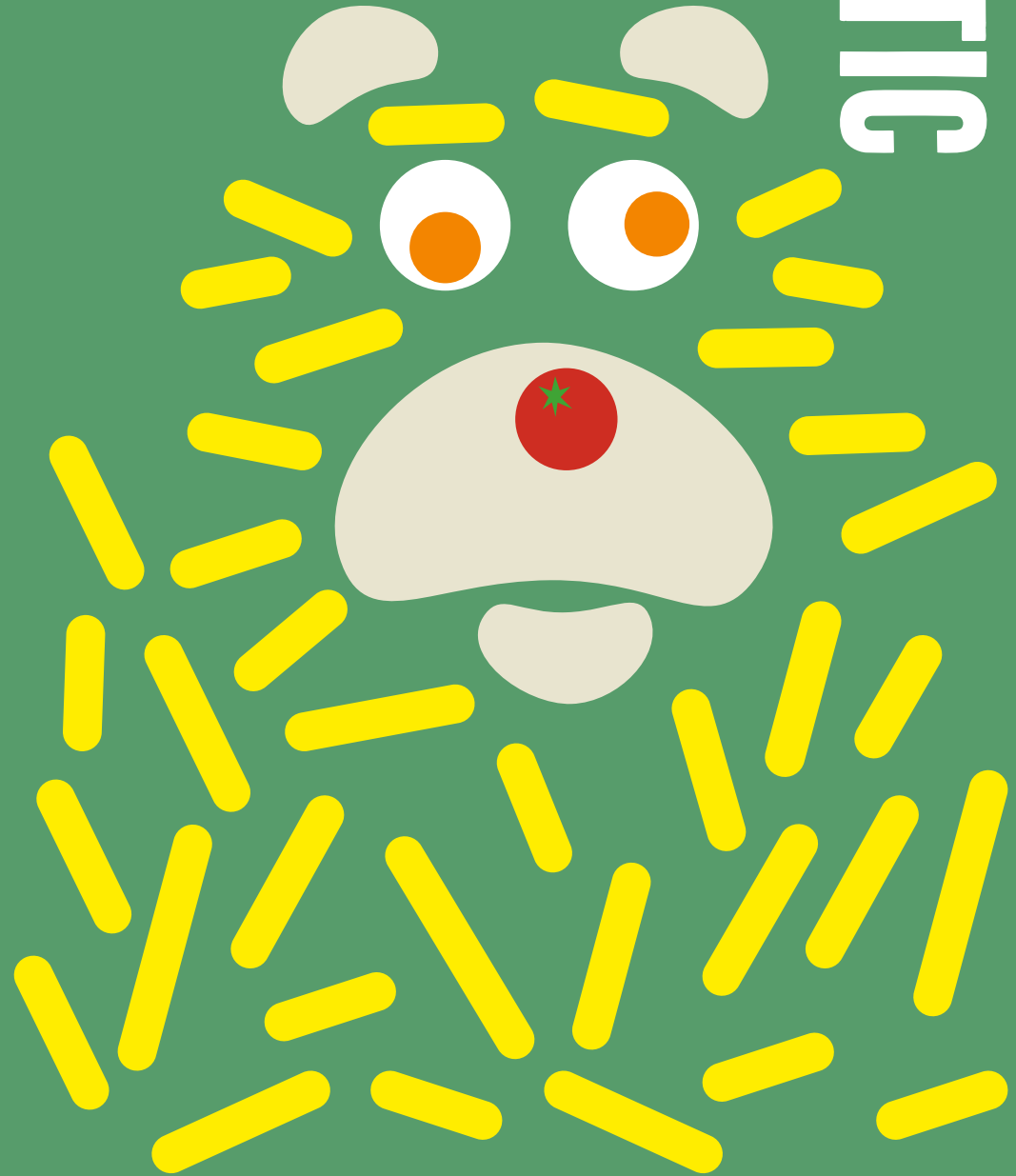


Cheesy Bear Burgers



Don't worry these burgers aren't made of bears, they are made with beans! But it is your job to squish and shape them so they live up to their name.

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Ingredients

Cannellini beans (1 tin)
1 Small onion
Garlic powder
1 Egg (beaten)
Cheese (two handfuls)
Breadcrumbs (one handful)
Flour (a tablespoon)
Olive oil
Cherry tomatoes
Cucumber
Mange tout / sugar snap peas

Step 1

Mash the cannellini beans in a bowl, you can use a fork or squish them using clean hands to make a rough purée. While you are taking care of the bean squishing, ask the adult helping you to chop the onion finely.



Step 2

Ask the adult helping you to fry the onions under your watchful eye until they are soft. Add the garlic powder and fry for a little longer, then let the onions cool.



Have you noticed all of these recipes are meat free? That is because eating less meat is better for the environment. By eating meat free lunches this week you may have cut your carbon footprint in half! Can you find other ways to help our planet?

Step 3

Now it is time to get creative! Mix the onions, squished cannellini beans and cheese together with half the breadcrumbs.



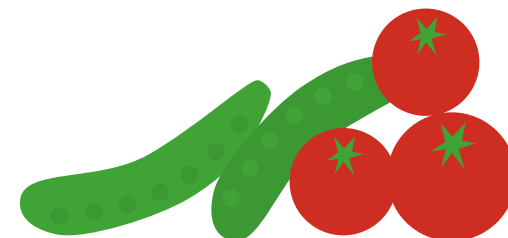
Squish and shape it into a patty with your hands. Then, you need to give your bear bean burger some ears, you can do this by pinching twice at the top of the bear's head. Pop your bears into the fridge to chill for 5 minutes.



Step 4

Tip flour, your beaten egg and the remaining breadcrumbs onto three separate plates. Carefully roll your bear patties in the flour, then the egg and finally the breadcrumbs.

Ask you adult helper to help you fry your bear burgers for a few minutes on each side. Once they are cooked it is time to decorate and serve it with cherry tomatoes, cucumber and mange tout.



Banana Penguin Lollies



Penguins always look dressed to impress don't you think? These penguin shaped lollies are sure to impress too. They are a tasty treat, fast and easy to make.



Ingredients

Bananas (one per lolly)

Dried apricots

Chocolate

Mini marshmallows

Step 1

Peel the bananas and ask the adult helping you to chop the bottom off so they can stand up later. Eat the bit you've chopped off, a snack for the chef is very important!



Step 2

Ask your adult helper to melt you some chocolate, you'll need a couple of squares melted per lolly. You can do this in the microwave (keep an eye on it) or in a bowl over hot water.



Once the chocolate has melted you can dip the bananas into it. About a third of the banana should be covered in chocolate.



Step 3

While the chocolate is still wet use it to stick apricot feet and a beak and marshmallow eyes to bring your penguin to life. You can freeze your bananas to make a frozen treat or you pop them in the fridge until the chocolate has set.



When you are waiting for your penguins to freeze why not do some penguin research. Where do penguins live? Can they fly? What do they eat and drink? What kind of penguin does your lolly most look like? You can share what you learned when you share your lollies with your friends or family.