



Bridge Farm Recipe Book



Breakfast

Healthy body = Healthy mind

This book contains recipes for a healthy family breakfast.

Look out for the teacher favourite!

Teacher favourite meals are cheap, healthy and filling.





Boiled Eggs



🕒 Prep: 1 minute

🕒 Cook: 10 minutes

🍴 Serves: 1

Recipe Info

Ingredients

1 medium-sized egg
 ½ litre water
 1-2 slices of bread
 Butter or margarine for spreading
 Salt

Equipment

Small saucepan
 Kitchen timer
 Slotted spoon
 Toaster
 1 egg cup
 Plate
 Table knife



Description

A healthy way to cook eggs that can be used in a variety of meals.

Method / What to do

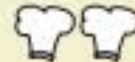
1. Place the egg in the pan.
2. Add water, make sure the egg is covered.
3. Add pinch of salt and place the pan on the hob on a high heat.
4. When the water is almost boiling, gently stir the water and set a kitchen timer for one of the timings below:
 - 4 minutes for slightly set yolk and set white.
 - 5 minutes for firmer yolk and white.
 - 6 minutes for hard boiled with lightly soft yolk.
 - 7 minutes for firmly hard boiled.
5. Reduce heat slightly to keep water bubbling but not fast boiling and stir the water once more.
6. Once cooking time is complete, remove the egg from pan with the slotted spoon, then run the egg under cold water for a few seconds.
7. Meanwhile toast and butter the bread.
8. Place the egg in an egg cup and serve with the toast.

Teaching points

- Cooking eggs until hard boiled is recommended for children aged 5 years old and under to reduce the risk of salmonella food poisoning.
- To prevent the egg cracking, make a small pin prick in the shell at the rounded end to allow the steam to escape.
- Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- Remove eggs from the fridge 20 - 30 minutes before use for best results.
- Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.



Fruit Smoothie



🕒 Prep: 10 minutes

🕒 Cook: 0 minutes

🍴 Serves: 2

Recipe info

Ingredients

200g soft fruit such as strawberries or raspberries
1 ripe banana
240ml yoghurt
120ml milk
4 large ice cubes (optional)

Equipment

Colander
Weighing scales
Chopping board
Sharp knife
Blender (or food processor)

Description

A tasty and healthy accompaniment to a breakfast, which will give you that extra get up and go!

Method / What to do

1. Wash the soft fruit.
2. Chop the soft fruit.
3. Peel and chop the bananas.
4. Place all ingredients into a blender or fruit processor.
5. Whizz until smooth and frothy, about a minute.

Teaching points

- Use fruit that is in season.
- Bananas discolour quickly. If the smoothie is not immediately served, add 1 tablespoon of lemon juice.

Variations

- Mix and match with all sorts of fruit, even add some vegetables for an extra boost in the morning!
- Replace the milk (and yoghurt) with juice.
- Use canned fruit in fruit juice to replace all or some of the fresh fruit.





Muesli



🕒 Prep: 20-30 minutes

🕒 Cook: 10 minutes

🍴 Serves: 4-6

Recipe info

Ingredients

50g dried, ready to eat apricots
50g dried, ready to eat figs
200g jumbo porridge oats
25g flaked bran or wheat germ
75g barley or rye flakes
50g crushed hazelnuts
50g flaked almonds
50g sultanas
Milk and honey to serve

Equipment

Chopping board
Sharp knife
Weighing scales
Baking tray
Oven gloves
Large mixing bowl

Description

For a filling breakfast that will get you through to lunch.

Method / What to do

1. Preheat the oven to 170°C / gas mark 3.
2. Roughly chop apricots and figs.
3. Place the oats, flaked bran or wheat germ, barley or rye flakes, hazelnuts and almonds on a large baking tray and bake for 10 minutes, shaking and turning in the tray half way through. Take the tray from the oven and leave to cool; this should only take about 10 minutes.
4. Mix the toasted ingredients with the sultanas, apricots and figs.
5. Serve with milk and honey.

Variations


- These fruits are only a suggestion. You can mix it up to suit your own taste, for example use dried apples, mangoes or cherries.






Oats with Fresh Fruit and Yoghurt



 Prep: 15 minutes

 Cook: 0 minutes

 Serves: 4

Recipe info

Ingredients

2 apples
2 bananas
1 punnet strawberries
1 small bunch grapes
(white or red)
Extra fruit in season such as:
pears, blueberries, blackberries
200g rolled (or porridge) oats
3 tbsp honey
500ml natural yoghurt

Equipment

Colander
Kitchen towel
Sharp Knife
Chopping board
Large mixing bowl
Weighing scales
Mixing spoon
Bowls to serve



Description

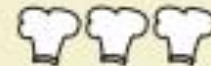
This is a great breakfast recipe that children love to make and eat.

Method / What to do

1. Wash the fruit and pat dry with some kitchen towel or leave to dry.
2. Cut the fruit up into bite sized pieces and put into bowl.
3. Add the oats, honey, and yoghurt to the fruit and mix together.
4. Serve in bowls.



Omelette



Prep: 5 minutes

Cook: 10 minutes

Serves: 2

Recipe info

Ingredients

2 large eggs
1 tsp of cold water
Cooking spray
Salt and pepper

Equipment

Small mixing bowl
Fork
Non-stick frying pan
Spatula
Plates



Description

This is a traditional English way of making an omelette, see variations for ideas from other countries.

Method / What to do

1. Gently beat the eggs together with salt, pepper and a teaspoon of cold water.
2. Warm a medium frying pan over a high heat and spray with a thin coating of cooking spray.
3. Pour the egg mixture into the centre of the pan and cook over a high heat for 1 - 2 minutes.
4. As the egg begins to set, use a spatula to push the set egg towards the omelette centre.
5. Cook the set omelette for another minute, then loosen the edges with a spatula and fold the omelette in half.
6. Tilt the pan and slide the omelette onto a warm plate and serve immediately on its own or with a crisp green salad.

Teaching points

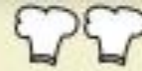
- Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- Remove eggs from the fridge 20 - 30 minutes before use for best results.
- Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.

Variations

- Spanish tortilla is a characteristic thick omelette stuffed with fried potatoes and fine cut onion, and cooked in olive oil.
- The French omelette is cooked in a very hot pan. It relies on a large amount of clarified butter and is flavoured with tomatoes and finely chopped herbs and onion.
- The American omelette is filled with diced ham, onions and green bell peppers. It can also be topped with cheese and be served with hashbrowns or fried potatoes.
- Frittata is an open-faced Italian omelette that can contain cheese, vegetables or even leftover pasta.
- An Indian omelette is usually made with finely chopped green chillies, chopped onions, coriander leaf or powder.



Poached Egg



Prep: 5 minutes

Cook: 3-5 minutes

Serves: 2

Recipe info

Ingredients

Water for boiling
Pinch salt
Dash of vinegar
1 egg
Salt and pepper

Equipment

Large saucepan
1 plate
Kitchen timer
Slotted spoon
Kitchen towel



Description

A healthy way to cook eggs.

Method / What to do

1. Fill a large pan with 5cm depth of water. Add a pinch of salt and the vinegar to help set the egg.
2. Bring water to a gentle boil.
3. Crack the egg onto a plate and then tip the egg into the water.
4. Set a kitchen timer for one of the timings below:
 - 3 minutes for completely runny egg yolk.
 - 4 minutes for a slightly set yolk with a runny middle.
 - 5 minutes for a firm egg yolk.
5. When the cooking time is complete, carefully remove the poached egg from the boiling water using a slotted spoon and place on kitchen towel to drain.

Teaching points

- Eggs should be stored in the refrigerator, as their freshness quickly deteriorates with increases in temperature.
- Remove eggs from the fridge 20 - 30 minutes before use for best results.
- Cooking eggs until they have a firm egg yolk is recommended for young children to reduce the risks of salmonella food poisoning.
- Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.



Porridge



Prep: 15 minutes

Cook: 5 minutes

Serves: 3

Recipe info

Ingredients

250ml water
250ml semi-skimmed milk
50g porridge oats
Extra milk for serving

Equipment

Measuring jug
Weighing scales
Saucepan
Medium serving bowl
Mixing spoon

Description

Porridge is a simple one-pot meal that takes only minutes to prepare, and is a great introduction for young children to the joys of healthy cooking. This recipe can be made by either conventional or microwave method.

Method / What to do

Conventional method

1. Place water, milk and oats in a saucepan and bring to the boil.
2. Reduce the heat and let it gently simmer for 4 - 5 minutes, or until desired consistency is reached. The porridge gets thicker and creamier if it has been cooked for longer.
3. Serve immediately with the option to add extra milk once served.

Microwave method

1. Put the oats and the milk into a medium serving bowl.
2. Cook on HIGH for 4 - 5 minutes until boiling and thickened, stirring frequently.

Variations

Serve plain porridge with extra options:

- Toasted sunflower or pumpkin seeds (place in a dry frying pan over a low heat and shake regularly until slightly toasted).
- Cooked raisins or stewed apple or pear.
- Either dried or rehydrated fruit (place in water overnight or boil in some water while making the porridge).
- Slices of banana or grated apple or pear.



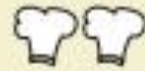
You could add fruit to make a face....



Teacher
favourite!



Scrambled Eggs



🕒 Prep: 5 minutes

🕒 Cook: 5 minutes

🍴 Serves: 2

Recipe info

Ingredients

2 eggs
1 tbsp milk
1 tsp butter
Salt and pepper

Equipment

Measuring jug
Measuring spoons
Fork
Small saucepan
Mixing spoon
Plates

Description

A healthy and filling way to serve eggs for breakfast.

Method / What to do

1. Crack the eggs into the jug.
2. Gently beat the eggs with the milk and a pinch of salt and pepper, using a fork.
3. Put the butter into the pan over a medium heat. When the butter has melted, add the egg mixture and vigorously stir with the spoon.
4. Continue to stir the eggs for 1 - 2 minutes, scraping the egg off the base of the pan as it sets.
5. When most of the egg has set, remove the pan from the heat and continue to stir for 30 seconds until fully scrambled.
6. Serve with toast, grilled tomatoes and/or mushrooms.

Teaching points

- Make scrambled eggs fluffier by adding a little water before cooking.
- Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- Remove eggs from the fridge 20 - 30 minutes before use for best results.
- Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.

