

Cooking challenge 3 – a treat this week.

1. Before you start cooking for this week's challenge, please read the safety and hygiene rules below.
2. Read the recipe on page 2 to page 5.
3. Please take an action photo of you cooking and one of the final product. Keep your photos safe so I can reward you in September for all your hard work.
4. Happy cooking.

Home Cooking Health and safety

Before you cook:

- ☐ Get **permission**
- ☐ Tie up **hair**
- ☐ Put on an **apron**
- ☐ Wash **hands** thoroughly with soap and water.
- ☐ Wipe down **surfaces** with a damp cloth and anti-bacterial spray
- ☐ Organise your **equipment and ingredients**



While cooking

- ☐ Use **bridge/ claw holds** while using a knife
- ☐ Use **correct hob and oven** temperatures.
- ☐ Don't wander off.
- ☐ Keep your **work space tidy**, put rubbish in the bin.
- ☐ Turn hobs and cookers **off after use**.
- ☐ Wear **oven gloves** for putting trays INTO and OUT OF the oven.
- ☐ Report any cuts, burns and accidents to adults.



While clearing up

- ☐ Do not leave for someone else to do.
- ☐ Turn all **hobs and oven** off after use.
- ☐ Put **rubbish** in the bin
- ☐ Stack up dirty dishes and wash in **hot soapy water** (or the dishwasher). Put everything away clean and dry.
- ☐ Clean the sink and check the **plug hole** for bits of food waste.
- ☐ Wipe down **surfaces** with a damp cloth and anti-bacterial spray.
- ☐ Leave food to cool for maximum 90 minutes before refrigerating.

BE SAFE
Wash sharp knives carefully. Do not leave them in the washing up water.

BE SAFE
Use oven gloves. Not a tea towel.



+ First Aid

Minor burns

- cool the burn with cool or lukewarm running water for 20 minutes
- do not use ice or iced water.

Minor cuts

- clean the wound under running tap water
- avoid using antiseptic as it may damage the skin and slow healing
- pat the area dry with a clean towel
- apply a sterile adhesive dressing, such as a plaster

Chocolate Tiffin – the Queen’s favourite biscuit.

150g butter,

3 tbspn caster sugar

3 tbspn golden syrup

6 tspn cocoa powder

225g biscuits, crushed

handful of raisins

110g milk chocolate

110g dark chocolate

15-20cm tin with approx 3cm depth

Method

1. **An adult must be with you in the kitchen.** Hair tied back, if relevant. Wash hands, apron on.
2. Wipe down your surfaces with a dishcloth.
3. Use a little piece of baking paper and put a small amount of butter on it. Spread the butter around the tin, base and sides.



4. Line the tin with baking parchment by putting the tin on the baking paper so there is at least 1.5 cm extra from the height of the tin. Cut the baking paper.



5. Put the baking paper on top of the tin and press around the inside edges with your fingers to make a fold in the paper.



6. Cut diagonal slits in the corners of the paper so the paper sits in the tin without any creases. You may need to do 2 diagonal cuts near each other if the corner of the paper does not align (sit nicely) once in the tin.



Paper in tin without any creases.

2 diagonal slits as paper does not align with corner once in tin.

7. Crush the biscuits by putting the biscuits in a food bag and then put the food bag with the biscuits in, in another food bag. Put the bag of biscuits on a chopping board. Use a rolling pin or a metal water bottle or a can of drink or a can of food to bash the biscuits. Stop hitting the biscuits once they have been crushed into pieces, approx 1cm x 0.5cm.



8. Weigh the butter and place in a large saucepan.
9. Measure the sugar and place with the butter in the saucepan. Put a small amount of olive oil or vegetable oil on to a tspn, back and front of the spoon. Then put the tspn in the syrup, transfer the syrup to the saucepan with the butter and sugar in it. The syrup should slide off the tspn. You do not need to oil the spoon between each tspn of syrup.
10. Sieve the cocoa into the saucepan containing the butter, sugar and syrup, by holding one hand on the sieve and banging the sieve against the other hand. The other hand should be like a wall and not move.



11. Heat on a medium heat, stirring every 30 seconds with a wooden spoon.



12. Once butter has melted, turn off the heat. Make sure you have a heat protector on your worksurface, remove the pan from the heat. Stir through the biscuits and raisins.



13. Pour the mixture into the prepared tin and press down with the back of a metal tablespoon.



14. Put the chocolates in a microwavable bowl. Microwave both chocolates on the highest power level, in short 20 second bursts, stirring frequently, until melted. This should take approx 1 minute.



15. Pour the chocolates over the mixture in the tin. Use a palette knife or dinner knife or spoon to smooth over, so the tiffin is completely coated in chocolate.



16. Put the tin into the fridge and leave for about 2 hrs to set, or overnight.

17. Remove the tiffin from the tin by gently lifting the parchment on either side of the tin. Place the tiffin on a chopping board. Leave tiffin for approx 1 hr to warm, so chocolate will not crack when cut. Run a sharp knife under the hot tap, then cut into rectangles or squares.



18. Enjoy

