

# Cooking challenge 4 – soft boiled egg and soldiers.

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 4.
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**



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

**BE SAFE**  
Use oven gloves. Not a tea towel.



### 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.

### + 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

## Soft boiled eggs and soldiers

- 1 egg
- 1 slice of bread
- Butter or spread (optional)

### 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. Add cold water to the maximum line of your kettle and boil. Do not put your hand in the steam.
4. Carefully pour the hot water into a small pan so the pan is half full of water.



5. Put the pan on a small ring on your hob, put the lid on, turn to the highest number or flame and bring to the boil. Boiling means you must see big bubbles on the surface.
6. Once the water is boiling, put the egg on a large spoon with holes in it (called a slotted spoon or a straining spoon). Carefully lower the egg into the boiling water. Sorry the photo is not clear due to all the steam. Put the lid on the pan and lower the heat to a middle number or flame. Time for 5 minutes if the egg is a large one and 4 mins if using a medium sized egg. Timing is crucial, please use a timer.



7. When your timer rings, remove the egg from the water by using the slotted or straining spoon.



8. Carefully place the egg into your egg cup. The egg will be hot but place quickly in the egg cup.



9. Carefully use sharp knife to cut the top of the egg. You may need help from an adult to do this. Scoop the white out of the part you have removed from the egg, use a teaspoon to do this.



10. Toast one piece of bread, add spread or butter if you would like and use a bread knife to cut the bread in half and then cut into strips, approx 1cm in width.

