



Welcome

How to use the videos and recipes

I'd recommend watching the video all the way through before you start cooking. Just like you would if you came to one of my classes in my home. You can always go back and watch specific bits if you need to while you cook.

I really don't want people going to the shops to get any of the ingredients. If you don't have everything for a certain recipe, please leave a comment on my Instagram post and I'll talk to you about what you can swap around. You don't have to cook everything, can just watch it, learn, and cook it in future.

I won't go into detail of measurements and all the substitutions in the videos so I've written this booklet so you have all the detail. These recipes are written to work for a range of ages, so if you are making them with younger children you will need to help them read and digest the instructions. Perhaps they can draw out their own method before they start?

Why cooking with children is a great way to fill the home schooling day

Try and let children take the driving seat with adults getting involved for any parts using knives, scissors, machinery or ovens/hot pans. Measuring out and counting helps maths skills. Reading instructions helps with comprehension and them learning about cleaning up afterwards helps you!

Start your own cooking scrapbook

Encourage children to copy out or stick these printed recipes in a binder or a notebook. They can add in a photo or drawing of the finished dish. Then they can make them again and again.

How to say thank you

It would be lovely if you could say thank you by telling your friends about the videos and asking them to [follow me on Instagram](#). Or they can sign up for the emails by [clicking here](#).

It will make my day when I see you cooking these recipes in your own home so please comment on my posts and tag me in any photos you share using the hashtag #cookwithgem

Love Gemma xxx

Tuesday - Roast carrot hummus with tortilla chips

Ingredients – serves 4 as a snack or 2 for lunch (see notes below for substitutions)

Hummus

4 medium carrots

1 tablespoon vegetable oil – either rapeseed (canola) or olive oil

1 can of chickpeas (garbanzo), drained but keep the canning liquid (aquafaba) in a jug

½ - 1 tablespoon lemon or white wine vinegar

Sea salt and freshly ground black pepper to taste

Optional - a tablespoon of good olive oil

Optional - 2 tablespoons of tahini (sesame paste)

Tortilla chips

2-3 x dinner plate-sized wholemeal tortilla wraps – they can be used straight from frozen.

Equipment

- Knife and chopping board
- Kitchen scissors
- oven
- A piece of kitchen paper/kitchen roll or a damp cloth
- A metal oven tray – optional – line it with baking parchment to save washing
- A blender – you can use a food processor, mini chopper, Nutribullet, Vitamix or an immersion blender. If you don't have any of these you can use a potato masher but it won't be as smooth.
- Silicone spatula

To make

1. Preheat the oven to 200°C (180°C fan) or 400°F (350°C convection).
2. Chop the carrots. Wash but don't peel the carrots.

Put a damp towel or cloth under your chopping board to stop it slipping then cut the end off each carrot – the bit where the leaves would have been- and throw it away.

Chop the carrots into circles, about 1 cm or a third of an inch thick. Put the pieces onto the metal baking tray.

3. Roast the carrots Pour the oil over the carrot slices and use your hands to cover them with the oil, spreading them evenly over the tray. Sprinkle with a pinch of salt and put the tray in the oven. Depending on how hot your oven is and how big you've chopped your carrots they will take between 20-40 minutes to cook. Give them a shake after 20 minutes and see how they're doing. They are ready when they are soft and golden brown in places. The darker they are the sweeter and more toasty they will be.
4. Start the hummus When the carrots are ready, scrape them into a blender or food processor along with the drained beans and half of the bean canning liquid. If adding olive oil, tahini or sesame seeds, add that now too.

5. Make the tortilla chips Use the tray you cooked the carrots on to make the tortilla chips. No need to wash it first. Use scissors to cut the tortillas into triangles, the size of a Dorito, and lay them on the baking tray in a single layer. Bake them for 10 minutes or until golden and crisp.
6. While the tortilla chips bake, finish the hummus. Blend the carrots and chickpeas for 2-3 minutes until smooth. You will need to stop and push any chunky bits down the side of the container and possibly add more of the bean liquid to get a hummus texture. The long mixing means that the bean water (aka aquafaba, a protein rich liquid that holds air in the same way as egg white does when you whisk it) will have helped the hummus become airy and light.
7. Taste and adjust the seasoning add salt, pepper and gradually add lemon or white wine vinegar and more of the bean liquid if needed and blend again. Keep tasting and adjusting until you are happy. Notice how the vinegar in particular changes the flavour.
8. Serve the hummus with the tortilla chips to dip. Leftover hummus can be kept in the fridge for 4 days.

Substitutions - Instead of...

Carrots – roasted butternut squash, roasted red bell pepper, cooked beetroot.

Canned beans – any white beans – chickpeas (garbanzo), cannellini, white kidney beans. If you have dried beans you can cook them and use them instead

Tahini – this can easily be left out. You could add some sesame seeds instead.

Oil – olive oil is ideal but use any vegetable oil you have

Vinegar – you can use red or white wine vinegar or lemon juice.

Flat breads/wraps – use any type of flatbread or wrap to make the tortilla chips. If you don't have any you can serve the hummus with any kind of toast, veg sticks or bread sticks. You can even use it to stuff a baked potato.

Wednesday - pea and basil pesto pasta with crunchy breadcrumbs (pangrattato)

When you get your head around making your own pesto you won't look back. Not only is it a perfect way to max out on greens (think of how much greenery you can get into a smoothie) it uses up random odds and ends of cheese, seeds, nuts and greens and seems to manage to get loads of greenery past even the most veg-averse person.

If you are cooking for someone who doesn't like peas, defrost the peas and add them to the pesto mixture so they end up blended in with the pesto.

I usually double the pesto recipe below. It is amazing on sandwiches, on soup, spread on chicken or fish before baking, or on baked potatoes. This pesto can be frozen or kept in the fridge for around 4 days. Be sure to keep it in a narrow glass jar and pour a thin layer of olive oil on top to stop air getting to it – which will make it go brown.

Re-heat the pasta and sauce in the microwave. You may need a little extra water adding to the pasta when it is re-heated before sprinkling the leftover pangrattato on top.

Ingredients (serves 4) see substitutions below

400g (1lb) dried pasta – any shape

Pea pesto (feel free to double this for an extra meal)

250g (9 oz) frozen peas

90g (3 oz) basil leaves and stalks – the stalks have tons of flavour

60g (2 oz or half a cup) pumpkin or sunflower seeds or raw whole almonds

85g (3 oz) roughly chopped or grated Parmesan

Half a teaspoon freshly ground black pepper

2 tablespoons your best extra virgin olive oil or any olive oil

zest and juice of half a lemon or half a teaspoon white wine vinegar

Pangrattato

2 tablespoons olive or rapeseed (canola) oil

2 cloves garlic, unpeeled but squashed with a knife

2 slices stale bread or 2 handfuls of breadcrumbs if you have some in your freezer

sea salt, freshly ground black pepper, red chilli flakes to taste

Optional - zest of a lemon

Equipment

- Knife and chopping board
- Large saucepan
- Colander or sieve
- Frying pan
- Tongs
- Small jug or coffee cup
- A piece of kitchen paper/kitchen roll or a damp cloth
- A blender – you can use a food processor, mini chopper, Nutribullet, Vitamix or an immersion blender.
- Silicone spatula

To make

1. Grab your largest saucepan to cook your pasta in. A larger quantity of water gives the pasta more space to move around (to prevent sticking) and will return to a boil more quickly after the pasta is added. Boil the water for your pasta. A kettle is the fastest way to do this but if boiling in a pan, put the lid on to speed up the boiling time.

2. Start cooking your pasta Put the pasta into the boiling water with a heaped teaspoon of fine grain sea salt. Don't worry, most of the salt will be thrown away but adding this much means the pasta will suck in a little of it as it cooks. Give it a stir then leave it to simmer for as long as the packet says.

While the pasta cooks

3. Make breadcrumbs. Rip the bread into chunks and put the chunks in a blender or food processor. Blitz until they turn into rough crumbs. If you don't have a food processor you can just rip the bread in tiny pieces.

4. Make the pangrattato heat the oil in a frying pan on a medium heat along with the squashed garlic and a pinch of chilli flakes. Cook for a minute or two to flavour the oil. After a minute, add the breadcrumbs and stir to combine. Continue to cook on a medium-high heat for around 5 minutes, stirring every minute or so until it smells toasty and garlicky and rustles dryly when you shake it. Take off the heat and add lemon zest and salt and pepper to taste. Set aside.

5. Make the pesto While the pangrattato cooks, place all the pesto ingredients in a food processor and blitz until you get a rough paste. Scrape down the sides with a silicone spatula if need be and blitz again to ensure all is incorporated. It will look thicker and less oily than the bought stuff. Taste and adjust the seasoning (add more pepper or some lemon zest or juice or white wine vinegar if needed to balance things). You're unlikely to need salt as the cheese is salty but taste and see what you think. Set aside.

6. Add the still frozen peas to the pan of pasta for the last minute of the pasta cooking time. When the pasta and peas are ready, scoop out a cup of the pasta cooking water in a jug or coffee cup and keep it.

7. Mix the pesto into the drained pasta and peas and stir well. It will be dry so gradually add some of the pasta cooking water until you get a silky sauce that clings to the pasta. Taste and add more cheese, salt, pepper or acidity (lemon or white wine vinegar) as needed.

8. Serve the pasta with the pangrattato sprinkled on top.

Substitutions - Instead of...

Pasta and bread - Use brown rice penne and gluten-free bread in the pangrattato.

Peas - Use cooked broccoli or any frozen green beans

Basil - Use any mixture of parsley, spinach, lettuce or any other soft salad greens

Parmesan - Use mature Cheddar/vegetarian cheese/an anchovy/1 teaspoon nutritional yeast.

Nuts or seeds – these can be replaced with breadcrumbs or other types of nuts/seeds

Thursday - Flapjacks

Time for a treat. You can make these flapjacks and freeze them so you something to dip into over the coming weeks.

If you prefer your flapjacks to be crisp and thin, just cook them in a wider, bigger baking tray or cook them for 10 minutes longer. I prefer mine a little chewy and deep so I make them in a smaller tray. If it all goes crumbly, remember, it still tastes the same.

You can add some dried fruit, nuts seeds or even crushed cereal in as well as the oats to give the flapjacks a different texture.

Be careful when working with boiling syrup a sit can easily burn. Tempting as it may be, don't lick the spoon until it is cool.

Ingredients (makes 16 flapjacks) see below for substitutions

300g (10 ½ oz) salted butter
75g (3 oz) demerara or brown sugar
120g (4 oz) golden syrup
A large pinch of salt
500g (17 ½ oz) jumbo rolled oats

Equipment

- Digital scales
- Large saucepan
- A blender – you can use a food processor, mini chopper, Nutribullet, Vitamix or an immersion blender.
- A 30x30cm (11x11 inch) tray at least 2 inches deep
- Silicone spatula or large spoon

To make

1. Preheat the oven to 180°C (160°C fan) or 360°F (320°C convection).
2. Line a 30x30cm (11x11 inch) tray with a piece of baking parchment
3. Put half the oats in a Nutribullet, blender or food processor and blend until they form a fine flour.
4. Put the butter, sugar, syrup and salt in a saucepan over a medium heat. Cook, stirring occasionally until the butter has melted.
5. Stir the whole oats and powdered oats into the melted butter mixture.
6. Pour the hot mixture into the lined baking tray and press with the back of the spatula or a spoon.
7. Put the tray into the oven and bake for 25 minutes, until almost set and golden.
8. Leave to cool for around half an hour in the tin then lift out, using the parchment. Use a large knife to cut into 16 pieces.

9. The flapjacks can be kept in the fridge or in a biscuit tin for a week or can be frozen. They can be eaten from frozen if you are desperate. Or if you have more control you can leave them to defrost on a plate in the kitchen for half an hour.

Substitutions - Instead of...

Salted butter – use unsalted butter, coconut oil or any other hard vegetable oil margarine

Brown sugar – any brown sugar. White sugar can be used but you will lose the rich toffee flavour

Golden syrup – use honey or maple syrup.

Oats – If you don't have enough oats, you can use a mixture of flour and oats. The flapjacks will be a bit stodgier but they'll still be nice.

Friday - Tomato and bean soup with garlic croutons

This easy-peasy soup has a reassuringly familiar texture and taste, having hints of (but not the cloying sweetness of) Heinz cream of tomato soup. In this recipe the sweetness comes from the balsamic vinegar and the creaminess comes from the beans - with just a little cream cheese or crème fraiche being added.

Soup ingredients (serves 4) see notes below for substitutions

2 x 400g (2x 15oz) cans butter beans or any white beans
2 x 400g (2x 14.5oz) cans diced tomatoes
2 cloves garlic
2 red peppers (bell peppers)
160g (5oz) frozen leaf or chopped spinach
Fine grain sea salt and freshly ground black pepper
1-2 tablespoons balsamic vinegar, inexpensive stuff is fine
Optional - 100g (3 ½ oz) crème fraiche or cream cheese
Optional - Parmesan or mature Cheddar grated over at the end

Crouton ingredients

4x slices stale bread - ideally day old or from the freezer
2 tablespoons oil
1 clove garlic
1 large pinch sea salt

Equipment

- Knife and chopping board
- Large saucepan
- Large frying pan
- A piece of kitchen paper/kitchen roll or a damp cloth
- A blender – you can use a food processor, mini chopper, Nutribullet, Vitamix or an immersion blender. If you don't have any of these you can use a potato masher but it won't be as smooth.
- Silicone spatula

To make the soup

1. Start heating the tomatoes and beans while you chop the veg. Put the tomatoes in a large saucepan over a high heat with the beans and all the liquid from the cans of beans. Bring to the boil.
2. De-seed and roughly chop the peppers so you have pieces that are around 2cm (1 inch) cubes. Add the peppers to the pan as you chop them.
3. Peel and slice the garlic and add the slices to the pan along with a pinch of sea salt.
4. Bring the pan back to the boil then cook with a lid on, stirring occasionally for 20 minutes.
5. While the soup cooks, make the croutons. Put the oil and whole clove of garlic into a large frying pan. Heat on a medium high heat and tear the bread into the pan. Tear the pieces into around 2cm (1 inch) squares. Mix so that the bread is roughly coated with the oil and cook, stirring occasionally until the bread starts to turn golden, smell toasty and

get a little crisp. Then turn off the pan and scatter the croutons with a pinch of salt. Stir and set aside.

6. Add the frozen spinach to the soup for the last 5 minutes of cooking. Continuing to cook until the spinach has defrosted.
7. Take the soup off the heat and use an immersion blender or jug blender to blend the soup. Then add the crème fraiche/cream cheese/milk and 1 tablespoon balsamic vinegar. Blend again and taste before adding salt, pepper and more vinegar as needed. Different brands of beans will have different amount of salt so you will need to taste to judge how much extra you need.
8. Serve with the croutons scattered on top. You might want to gate some cheese over the soup too. Leftover soup can be frozen or can be kept in the fridge for 4 days. Reheat in the microwave or in a saucepan until piping hot.

Substitutions - Instead of...

Beans - any canned or cooked dried beans will work

Canned diced tomatoes - Use passata or whole canned plum tomatoes

Peppers - Use any colour peppers or peppers from a jar, or grate a couple of carrots in instead for sweetness

Frozen spinach - Use any fresh or frozen green vegetable - broccoli, kale or fresh spinach. Add fresh, uncooked greens for the last couple of minutes of cooking.

Crème fraiche/cream cheese - milk or 2 tablespoons good olive oil

Balsamic Use any vinegar with a pinch of sugar or pomegranate molasses in place of the sweet and sourness balsamic brings

Stale bread any gluten free bread, crusty or sourdough. Leave the slices out for a couple of hours or toast them until they are dry but not crisp.