

Omelette - Basic

Ingredients

3 eggs, beaten
dash of milk
3 spring onions, finely sliced
1 tbsp oil
55g/2oz grated cheddar cheese
freshly ground black pepper
5g/¼oz fresh herbs, chopped e.g. chives and flat-leaf parsley
or alternatively dried, mixed herbs

Method

1. In a small bowl, beat the eggs with the milk then stir in the herbs and pepper.
2. Heat the oil in a small omelette/frying pan until a faint, blue smoke is rising.
3. Pour the egg mixture into the hot pan.
4. On a low heat, fry the omelette until it is just starting to set then carefully turn it over.
- 4a [optional] When the egg is lightly set all over, add the cheese. Continue cooking until the cheese melts.
5. Once the egg [and cheese] is completely set fold the omelette and serve onto plate.

Pancakes

1. Mix in 1 egg and a cup of milk in a bowl.
2. Put 2 tablespoons of (plain) flour into the bowl.
3. Mix it all together.
4. Add a 3rd tablespoon of flour, and some more milk if necessary, and mix until there are no lumps and the mixture is smooth.
5. Add a 4th tablespoon of flour, and some more milk if necessary, and mix.
6. The mixture should be smooth and thick.
7. Heat a tablespoonful of oil in the frying pan until it is hot. Test by putting a drop of the mixture into it – it should sizzle.
8. Pour some of the mixture into the frying pan so that it forms a thin layer covering the whole of the bottom of the pan.
9. Add some drops of colouring if you want. [Patrol points for the best picture/pattern.]
10. When the top side of the pancake is almost “dry”, turn the pancake over to cook the other side.

Spaghetti Bolognese

1. Slice onion
2. Fry in oil
3.
 - a. Crush garlic
 - b. Wash & slice peppers
4. Add to oil & onion
5. Stir in spices – pepper, oregano, basil, marjoram
6. Fry until a golden colour (almost brown)
7. Stir in mince & cook for 5 minutes
8. Add tomatoes (if not chopped, chop them) & cook for a further 5 minutes

At the same time:

1. Put 1 pint [500ml] of water into a pan and bring to the boil
2. Carefully feed the spaghetti into the boiling water
3. Simmer for 15 minutes
4. Drain

Put the spaghetti on the plate followed by the bolognese sauce.

Goat-Droppings Biscuits

Before you start:

Make sure you get a grown-up to help you make your droppings!
Never use an oven on your own.

You will need: (to make 12 droppings)

a baking tray	a little piece of greaseproof	a fork
kitchen	paper or a brush to grease the	a bowl and
scales	tray	spoon

Ingredients:

1½ cups of plain flour	¾ cup butter (softened)
1 tablespoon cocoa powder	50g / 1¾ oz of dark chocolate,
4 tablespoons caster (superfine) sugar	chopped finely (make sure a grown-up helps you with the chopping)

Method:

1. Lightly grease a baking tray using a little bit of butter.
2. Place all the ingredients in a bowl and mix them together well.
3. When the mixture has become doughy, knead it lightly with your fists.
4. Divide the dough into 12 balls. Space them out evenly on the baking tray. Then gently flatten the top of each one slightly with a fork.
5. Ask a grown-up to put the droppings in a preheated oven and bake them for 40 minutes until they are firm and golden. (Oven temperature: 160°C, 325°F, Gas Mark 3).

Enjoy! You could sell your droppings to raise money for our headquarters.