



Individual Recipes for Brownies and Rainbows



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Introduction

This booklet is designed to be a resource book for individualised cooking as well as recipes and ideas for the girls to use at home.

The recipes in this booklet are designed to give Brownies and Rainbows the opportunity to make individual food items. The recipes are designed to make one or two of each item e.g. one or two biscuits, cakes etc.

The aim is to give the girls the opportunity to cook and develop skills with the opportunity to read recipes for them selves.

Measurement

Make sure that uniform utensils are used it is probably best to use marked measuring spoons and cup sets as they provide equal measures for all ingredients.

Cup Cakes

- Wash and Dry Hands
- Put 1 teaspoon of margarine into a bowl
- Add 1/8 of a cup of sugar
- Mix in 1/4 of a cup of egg / milk mixture
- Stir in a 1/4 cup of self raising flour
- Mix well together
- Spoon into paper cases
- Cook for approx. 10 minutes at 180 degrees Centigrade.
- When cooked and cooled decorate with icing
- Wash, dry and clear away utensils

Comment

Make the egg/mixture by breaking 1-2 eggs into a cup and adding milk this can be shared between a 4 children.



Cheese Straws

- Wash and dry hands
- Put 1/3 cup of Self Raising flour into a bowl
- Rub in a knob of butter
- Add 1 tablespoon of grated cheese
- Stir in 1/4 cup of milk
- Put dough on to a floured table a roll out
- Cut into strips with a knife then place on an oven tray
- Cook in oven for approx. 10 minutes 190 degrees centigrade.
- Wash, dry and clear away utensils

Comments:

Instead of Self Raising Flour use 1/2 cup of plain flour and 1/2 teaspoon of baking powder.

Flatten the dough out with hands can be an alternative to using a rolling pin

Curl straws to make circles.



Belgium Biscuits

- Wash and Dry Hands
- Put a knob of margarine into a bowl
- Add 1 teaspoon of brown sugar
- Add a pinch each of cinnamon, ginger and mixed spice
- Mix in a Dessertspoon of beaten egg
- Add 1/3 cup of self raising flour, mix a knead
- Roll out on floured board cut into shapes.
- Place on a greased oven tray cook for 15-20 minutes at 180 degrees centigrade.
- Wash, dry and clear away utensils

Comments:

Put the biscuits together with raspberry jam

Add water to the beaten egg so that it is easily measured

Ice the biscuits with icing sugar



Cheese Muffins

- Wash and Dry Hands
- Put 1/4 cup of flour into a bowl
- Add 1/2 teaspoon of baking powder
- Add a pinch of salt
- Add 1/4 cup of grated cheese
- Mix together
- Stir in 1/4 cup of milk
- Spoon into muffin cases and place on an oven sheet
- Cook for 10-15 minutes at 220 degrees Centigrade
- Wash, dry and clear away utensils

Comments:

Add 1/2 teaspoon chopped parsley and a sprinkling of bacon bits for a savoury muffin.



Ginger Bread People

- Wash and Dry Hands
- Put 1/2 cup of flour into a bowl
- Add 1/4 teaspoon of baking soda
- Add 1/2 teaspoon of ginger
- Rub in 1 tablespoon of butter
- Mix in 2 tablespoons of brown sugar
- Stir together with 1 tablespoon of syrup, egg and milk mixture
- Roll out on a floured board, cut with people cutters
- Place on a greased oven tray and cook for 10-15 minutes 190 degrees centigrade.
- Wash, dry and clear away utensils

Comments:

Mixture of 1 egg beaten with 4 tablespoons syrup and 1/2 cup of milk share between a few girls.

Decorate when cool



Pizza

- Wash and Dry Hands
- Put 1/2 cup of self raising flour into a bowl
- Rub in a knob of butter
- Stir in a 1/2 cup of milk
- Tip dough onto a floured work surface knead and then roll flat
- Spread on 1 dessertspoon of tomato puree
- Sprinkle over 1/3 cup of grated cheese
- Sprinkle over 1/3 teaspoon of mixed herbs
- Put on an oven tray and cook for 20 minutes at 190 degrees centigrade
- Wash, dry and clear away utensils

Comments:

Add other toppings e.g. pineapple, ham, tomato etc.



Scones

- Wash and dry hands
- Put 1/2 cup of flour into a bowl
- Add 1/2 teaspoon of baking powder
- Rub in a knob of butter
- Stir in 1/4 cup of milk
- Tip the dough onto a lightly floured table, knead then make into scone shapes
- Put onto an oven tray and cook for 10 minutes at 190 degrees centigrade.
- Wash, dry and clear away utensils

Comments:

Pat the dough into a flat shape
Then spread onto the dough
grated apple and brown sugar
or sultanas and brown sugar
or Jam then roll up and cut into slices before cooking.

Add grated cheese to the recipe for cheese scones.

