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Opening Extract from...

Cool Kids Cook

Written Jenny Chandler

Published by Pavilion

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DEDICATION

For Imi, a great cook in the making and my favourite daughter ever!

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**SERVES 4
(ABOUT 12-16
PANCAKES)**

American-style Pancakes

These are very simple to make and such a treat for breakfast or brunch.
Why not make this a Sunday morning ritual with a different version each week?

125g/1 cup self-raising
white flour
or self-raising wholemeal
(whole wheat) flour
or a mixture of both
a pinch of salt
1 medium egg
250ml/1 cup milk
4 tsp butter

- 1 Put the flour and salt into a large bowl and make a well in the middle.
- 2 Add the egg and milk and whisk everything together until just combined. Don't worry about a few lumps, overwhisking will make your pancakes tough.
- 3 Add a teaspoon of butter to a large frying pan and set the pan over a high heat. Once the butter has melted, carefully add dessertspoonfuls of pancake batter to the pan. You can cook them 4 or 5 at a time.
- 4 Once the top of the pancakes are bubbly and the sides begin to firm, it's time to turn them over using a spatula or metal palette knife.
- 5 Cook for another minute or two, or until golden and then place on a warm plate. They are scrumptious eaten straightaway, but you can cover them with foil to keep warm until you have used all the mixture.
- 6 Add another teaspoon of butter to the pan, wait for it to melt and spoon in your next batch of pancakes.

!!!
If the pan begins
to smoke turn the
heat down.



2



3

Serve
with bacon
and maple syrup
or a fruit salad
with honey and
yogurt.

**SOMETIMES
CALLED SCOTCH
PANCAKES OR
DROP SCONES**



4

Yummy with sugar and
a squeeze of lemon juice.

Fruity Pancakes

Add 1 grated apple or pear (peel and all) to the pancake batter when you stir it all together.

OR

Add blueberries, raspberries, strawberries or blackberries to the pancakes as soon as you have spooned the mixture into the pan. About 3 or 4 fruits per pancake is plenty. Serve with honey.

OR

Stir 1 mashed banana and the grated zest of 1 lime into the pancake mix and serve sprinkled with toasted coconut chips, brown sugar and lime juice.

Go Savoury

Stir 50g/1/2 cup grated Cheddar cheese into the batter with a tablespoon of chopped chives.

OR

Stir 100g/1 generous cup sweetcorn kernels and 2 chopped up spring onions (scallions) into the batter. So good served with a dollop of guacamole!

OR

Make the pancake batter with wholemeal flour, 1 tablespoon chives and chopped dill. Serve with smoked salmon and a blob of sour cream.



ITALIAN

FRENCH

Ragu, Ragout or Minced Meat Stew

SERVES 4

A really tasty minced meat stew can be the centrepiece of so many dishes. Learn to make this one recipe and you'll have loads of great supper options.

2 tbsp olive oil or butter

4 slices of unsmoked bacon,
cut into small pieces

1 onion, peeled and
finely chopped

1 carrot, peeled and
finely chopped

1 celery stick, finely chopped

2 garlic cloves, peeled
and crushed

500g/1lb 2oz minced beef

200ml/1 cup full-fat milk

1 x 400g/14oz can chopped
tomatoes

2 tbsp tomato purée

100ml/1/2 cup red wine
(or beef stock)

salt and pepper

1 bay leaf

1 Heat the olive oil in a pan over a medium heat, add the bacon and fry for about 2 minutes.

2 Add the onion, carrot and celery to the pan and cook, stirring once in a while, for about 10 minutes, or until the onion looks soft and almost see-through or 'translucent'.

3 Stir in the garlic and, once you can really smell it, add the minced meat. Crumble the meat in with your fingers so that it doesn't stay in big lumps. Wash your hands well afterwards. Cook over a high heat for about 5 minutes.

4 Next, pour in the milk and cook slowly for 10 minutes before adding the tomatoes, tomato purée and the wine. Add a pinch of salt, a twist of black pepper and the bay leaf. Allow the mixture to heat up and bubble, then cover the pan with a lid and turn the heat down to a very low simmer for at least 45 minutes.

5 Don't forget to taste before serving. Remember to add seasoning slowly and carefully.

There's
a handy
word.

If the mixture gets a bit too dry and begins to stick to the bottom of the pan, just add a half a small glass of water and give it a good stir.



Fruity Crumble

SERVES 4

There's nothing flashy about a crumble but it's a great pudding; you can use whatever seasonal fruit there is around and everyone seems to love it.

You'll need an ovenproof dish about 25cm/10in square and 5cm/2in deep.

The Crunchy Top

140g/ $\frac{2}{3}$ cup chilled butter

200g/ $1\frac{1}{2}$ cups
plain (all-purpose) flour
pinch of salt

100g/ $\frac{1}{2}$ cup caster (superfine) sugar,
or light brown muscovado sugar, or
a mix of the two

- 1 Preheat the oven to 200°C/400°F/Gas mark 6.
- 2 Chop the cold butter into small squares and drop them into a large mixing bowl with the flour and salt.
- 3 Give everything a quick stir with your hands and then rub the pieces of butter into the flour using your fingertips.
- 4 Once the mixture looks like breadcrumbs, with no big lumps of butter, you can stir the sugar in with a spoon.
- 5 Put the crumble mixture into the fridge if you have room while you prepare the filling.



The Fruity Bottom

The fruit will depend on the season and what you love eating but here are a few suggestions.

You'll see a pattern: 900g/2lb prepared fruit so you can experiment with plums, pears, nectarines, raspberries and try all sorts of different combinations.

For Apple Crumble

900g/2lb cooking or dessert apples or, best of all, a mixture of the two

1 tbsp sugar

a pinch of ground cinnamon

- 1 Peel, core and cut the apples into chunks or rough slices.
- 2 Put the apples into your ovenproof dish and sprinkle over the sugar and cinnamon. Tumble the fruit over with your fingers to mix.
- 3 Spoon the crumble mix over the fruit and bake in the oven for 30 minutes until golden.



For Blackberry and Apple Crumble

A good reason to get out collecting

Follow the recipe above, just replace about 200g/7oz of your apples with 200g/1½ cups washed blackberries.

For Rhubarb Crumble

900g/2lb rhubarb

3 tbsp ground almonds

3 tbsp sugar

- 1 Cut the leaves and any ragged ends from the rhubarb and then chop into logs, just about the size of your little finger.
- 2 Sprinkle the ground almonds into the bottom of the ovenproof dish.
- 3 Lay the rhubarb over the top and scatter over the sugar.
- 4 Spoon the crumble mix over the fruit and bake in the oven for 30 minutes until golden.



For Strawberry and Rhubarb Crumble

Use the recipe above swapping about 300g/2 cups strawberries for 300g/10½oz of the rhubarb.

- 1 Hull the strawberries and cut them into halves or quarters.
- 2 Add to the dish at the same time as the rhubarb. Remove the green leafy bit



Serve the crumble with vanilla ice cream, cream or custard.