Those who love cooking and baking tend to follow recipes in order to create a scrumptious dish or two. But what if the final dish was left up to chance? Or better yet, left up to you? A kind of adventure, where you meet the ingredients along the way and get an exciting recipe at the end?

Like the sound of that?
Well, that's exactly why you're here.

Flour had a plan – a plan to make a dish so wonderful and amazing – but he needed some help. He needed to find his friends. And his friends' friends. As how can Flour become a great dish without them?

Recipes need ingredients, and the recipe that Flour will be a part of is completely down to you. Who will you pick to be in Flour's team? Learn about each ingredient along the way and follow your choices to find out what recipe Flour and his friends become. Once you find the recipe, you can create and enjoy the dish!

This is an interactive book, which means that you don't read it in the same way as other books. Start with your first ingredient and follow the page numbers of your choice. There are many recipes to discover as you play this game, but if you're just searching for a delicious treat there's a recipe index at the back of the book.

This is a culinary adventure like no other. And remember, if you're a child reading this, find a grown-up to help you . . .
and if you're a grown-up, find a child to help you – it's always a case of the more the merrier when reading and cooking (and eating!) are involved.

Start on page 3 with your first ingredient, Flour.

Flour

People all over the world use some kind of flour – a fine powder made by grinding grains, nuts, seeds or roots. There's wheat flour, rice flour, cornflour, tapioca flour . . . hmm, what others can you think of? Some flours, such as wheat flour, contain a protein called gluten. Strong white bread flour has more gluten than plain flour, and water makes the gluten swell up to stretch when kneaded. Next time you add water to flour and knead it, see how elastic it becomes when you pull the two ends of the dough apart.

You must've met our dear friend Flour,
Who can turn into all kinds of food.
Like pasta, bread and biscuits,
Depending on our mood.

But now Flour doesn't know what to do.
And asks, 'What do you want to eat?'
A recipe needs some of Flour's friends . . .
Do you choose: **savoury or sweet?**

Sweet: go to page 4 (top shelf)
Savoury: go to page 8 (bottom shelf)

Sugar

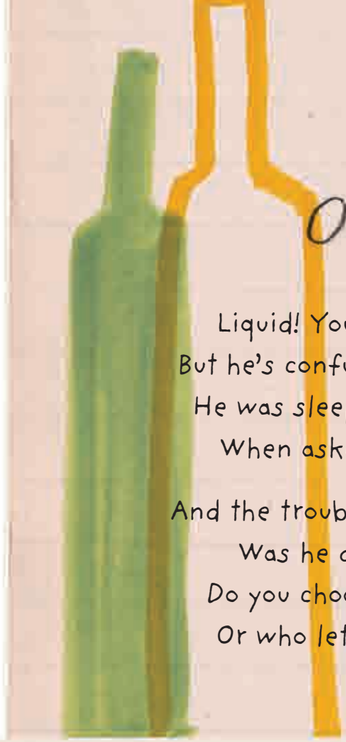
Sweet: You chose Sugar!
So Flour asked if she was free.
Sugar did so love adventures,
Like a great new recipe.

Oh, Flour was so delighted,
And Sugar almost dropped her lid.
Now to find an 'oily' friend,
Will you choose: ***solid*** or ***liquid***?

The sugar that we add to our cakes and hot drinks is extracted from sugar cane and sugar beet plants, and is called sucrose. Sucrose is made up of glucose and fructose molecules joined together.

It's worth remembering that sometimes a sweet recipe needs salt, and sometimes a savoury recipe needs sugar . . . everything needs balance to taste good. So even if you've chosen sugar now, your final recipe might need a pinch of salt, too.

Liquid: go to page 5 (top shelf)
Solid: go to page 4 (bottom shelf)



Oil

Liquid! You chose Oil, you did,
But he's confused about what's new.
He was sleeping in the cupboard,
When asked to join the crew.

And the trouble with old, grouchy Oil
Was he didn't mix with all.
Do you choose one who is ***fizzy***,
Or who lets Oil ***float***, not fall?

Most oils are liquid at room temperature, and there are many different types used in cooking, made from plants and their seeds. These include sunflower oil, coconut oil (which is solid at room temperature) and rapeseed (or canola) oil. Have you seen those huge yellow fields of rapeseed flowers in the countryside? The seeds from those plants are harvested, heated and squeezed to get rapeseed oil.

Fizzy: go to page 8 (top shelf)
Float: go to page 6 (bottom shelf)

Margarine

Solid! You chose Margarine,
Otherwise known as Spread.
She often came second to Butter,
But is also good on bread.

Now Margarine began to wonder,
As making decisions was scary.
Each of us has different tastes,
Do you want: ***spicy*** or ***dairy***?

In 1869, Napoleon III, the Emperor of France, set a challenge to find someone who could produce a butter substitute for the army and the poor. Hippolyte Mège-Mouriès was a French chemist who created margarine from beef fat and skimmed milk. Hands up if you'd like to try that? Today, margarine is made with vegetable oils and water. Phew!

Spicy: go to page 6 (top shelf)
Dairy: go to page 5 (bottom shelf)

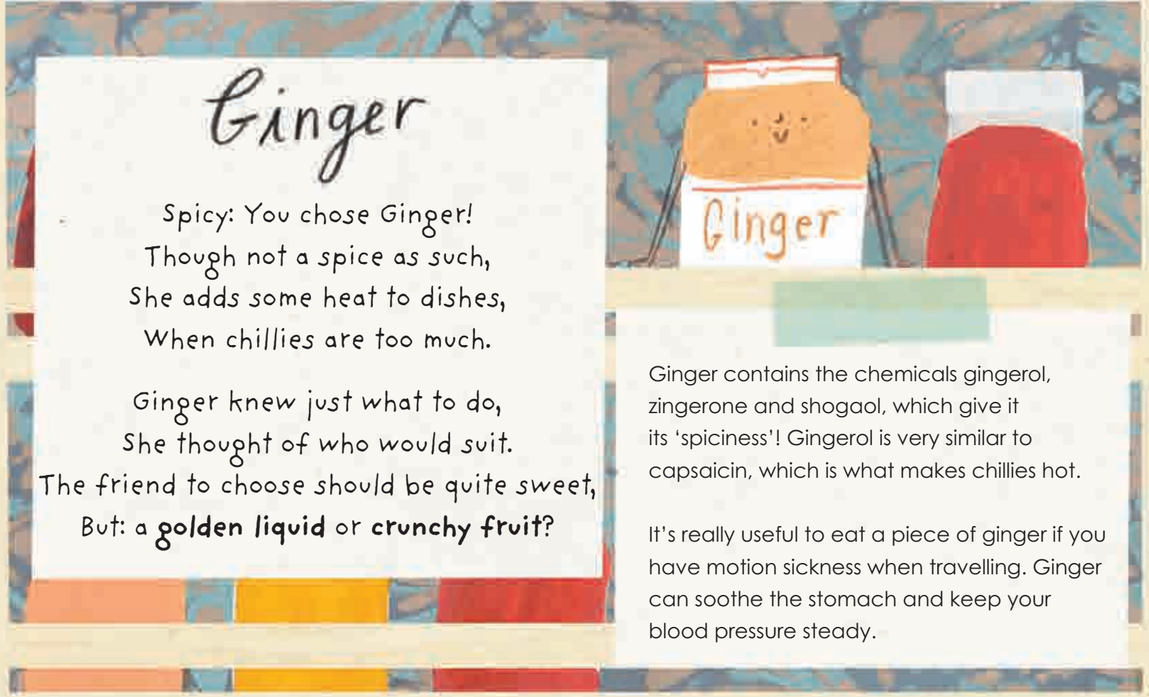
Milk

Dairy: You chose Milk!
And Milk was overjoyed.
Usually people spilled her,
And then she cried and cried.

Now Milk had a bit of a dilemma,
A healthy choice or cheeky sweets?
Well, everything in moderation,
Will you choose: ***fruit*** or ***cocoa*** treats?

The phrase 'there's no point crying over spilt milk', meaning there's no point getting upset over something that's already happened, came about through folk tales about fairies. Apparently, fairies love milk, so if any is spilt you need not worry as the fairies will come and drink it all up.

Cocoa: go to page 7 (top shelf)
Fruit: go to page 7 (bottom shelf)



Ginger

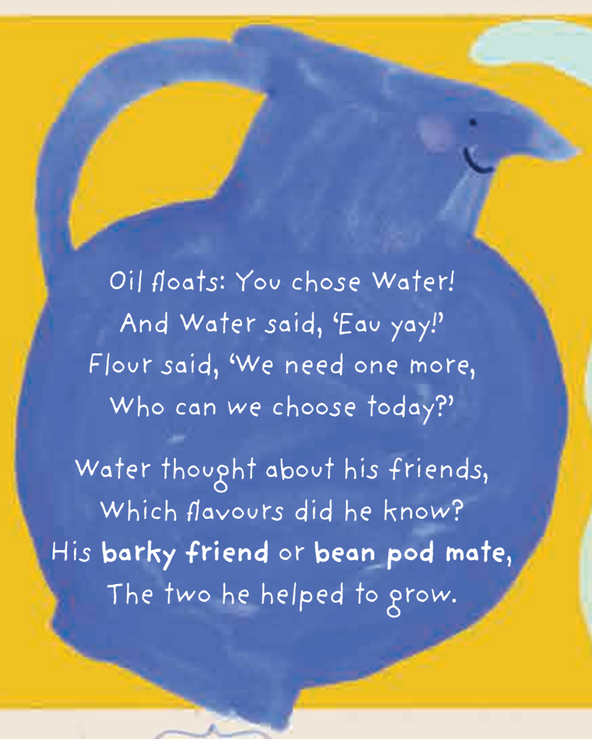
Spicy: You chose Ginger!
Though not a spice as such,
She adds some heat to dishes,
When chillies are too much.

Ginger knew just what to do,
She thought of who would suit.
The friend to choose should be quite sweet,
But: a **golden liquid** or **crunchy fruit**?

Ginger contains the chemicals gingerol, zingerone and shogaol, which give it its 'spiciness'! Gingerol is very similar to capsaicin, which is what makes chillies hot.

It's really useful to eat a piece of ginger if you have motion sickness when travelling. Ginger can soothe the stomach and keep your blood pressure steady.

Crunchy fruit: go to page 9 (top shelf)
Golden liquid: go to page 9 (bottom shelf)



Oil floats: You chose Water!
And Water said, 'Eau yay!'
Flour said, 'We need one more,
Who can we choose today?'

Water thought about his friends,
Which flavours did he know?
His **barky friend** or **bean pod mate**,
The two he helped to grow.

Water

Water is so important for life on Earth: without it we wouldn't exist. Every single cell in our body needs water – it helps to maintain our body temperature, remove waste (yes, wee and poo!) and get all the good stuff, or nutrients, from our food around to all our organs via the blood.

Oil is less dense than water, so when poured onto water, the oil floats. Try it and see!

Bean pod: go to page 11 (top shelf)
Barky: go to page 11 (bottom shelf)

Chocolate Chips

Good choice, the treat, the Chocolate Chips!
You have everything for a bake.
It'll be melty, chocolatey and yummy,
Though not quite a biscuit or cake.

Have you ever tried eating cooking chocolate? There's a difference between the chocolate chips you use for baking and the chocolate bars you eat straight from the wrapper. Baking chocolate often has less sugar in it, so it's quite bitter and snaps easily. Eating chocolate has added sugar and milk, so it's very soft and sweet.

Now you have all your ingredients, turn to page 23 to find out what dish they could turn into.

Good choice, the fruit, the Raisins!
You now have your ingredient team.
Time to try out the recipe . . .
It'll need some jam and cream!

Raisins

Raisins are dried grapes. The process by which this happens was discovered accidentally, probably around 2000 BC, when grapes were left in the sun and shrivelled up. Different grapes and drying processes give us different coloured raisins, and even sultanas! Unfortunately, you can't turn a raisin back into a grape by adding water, but they do plump up a bit when cooked.

Now you have all your ingredients, turn to page 22 to find out what dish they could turn into.

Baking Powder

Both baking powder and bicarbonate of soda are raising agents – that is, they make cakes and breads rise . . . but there is a difference. Acids and alkalis react to make carbon dioxide bubbles, which causes bread dough and cake batter to rise. Bicarbonate of soda is an alkali, so needs an acid (such as lemon juice) to work. Baking powder is both acid and alkali, so starts fizzing as soon as it is added to anything wet. Add some to water and see what happens!

Fizzy: You chose Baking Powder!
Who reacts well with anyone.
A really supportive, bubbly friend,
Raising the spirits of everyone.

Of course he likes cool recipes,
Trying anything incredible.
But who would be the best to choose . . .
A **curd** or maybe a **vegetable**?

Vegetable: go to page 13 (top shelf)
Curd: go to page 13 (bottom shelf)

Apple

Good choice, the fruit, the Apple!
Now to create a delicious pudding.
Pair it with ice cream or custard . . .
Or maybe cream's the perfect thing?

If you're an apple grower, you're interested in the science of pomology, which is easy to remember if you know the French word for apple: '*la pomme*'. Apples are members of the rose family, which is why apple blossoms look like teeny roses. Pears, peaches, plums and cherries belong to the rose family, too.

Now you have all your ingredients, turn to page 24 to find out what dish they could turn into.

Savoury: You chose Salt!
The saltiest rock on the list.
He likes to turn up everywhere,
And doesn't want to be missed.

Yes, Salt is really salty,
But dissolved he tastes more bold.
How much he would dissolve though,
Depended on how **warm** or **cold**.

Salt

Salt (sodium chloride) is important for our cells and organs to work correctly. We actually crave salt when our body needs it. Because salt is so important, it has always been valuable. Salt was used as a payment for Roman soldiers, which is how we got the word 'salary', from the Latin word '*sal*', meaning 'salt'.

It's worth remembering that sometimes a savoury recipe needs sugar, and sometimes a sweet recipe needs salt . . . everything needs balance to taste good. So even if you've chosen salt now, your final recipe might need a pinch of sugar, too.

Cold: go to page 10 (top shelf)
Warm: go to page 12 (bottom shelf)

Golden Syrup

Good choice, the liquid, Golden Syrup!
Because of sugar he is the sweetest.
Ideal when baking biscuits,
Which are neater than the neatest!

Created in London in the 1880s, golden syrup isn't actually liquid gold, but a golden-coloured, see-through liquid. It's an inverted syrup, in which the sugars are broken down, making it taste so much sweeter.

Golden syrup can be used instead of runny honey in recipes. Both golden syrup and honey are thicker and more dense than water, so if you pour water on top of syrup or honey, you'll find the water just sits there without mixing. Try it and see!

Now you have all your ingredients, turn to page 25 to find out what dish they could turn into.

Cold Water

Cold: You chose Cold Water!
He could be icy or straight from the tap.
And much better than a cup of coffee,
To wake someone up from a nap.

Cold Water was so excited,
As if it's a game he could win.
He could think of his friend **super tuber,**
Or his bestie who **lives in a tin.**

Cold water is useful for flaky pastries, when you don't want the fat to melt while you're making it.

Sprinkling cold water on someone who is asleep will most definitely wake them up. It is a shock (so be careful who you try this out on), causing the body to release the fight-or-flight hormone, adrenaline, which it does whenever we're scared, excited or stressed. Adrenaline makes the heart beat faster, sending more blood to the brain and muscles, so we can react quicker . . . and either shout (fight) or jump up and run (flight)!

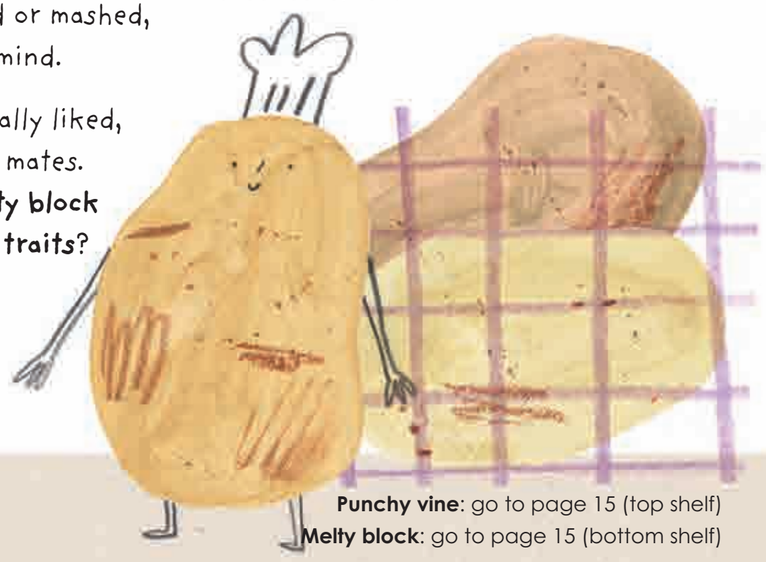
Lives in a tin: go to page 12 (top shelf)
Super tuber: go to page 10 (bottom shelf)

Potato

Super tuber: You chose Potato!
Who is such a starchy kind.
He's happily boiled, chipped or mashed,
He honestly doesn't mind.

He had two friends he really liked,
They were the best of mates.
But do you pick the **melty block**
Or a **vine with punchy traits**?

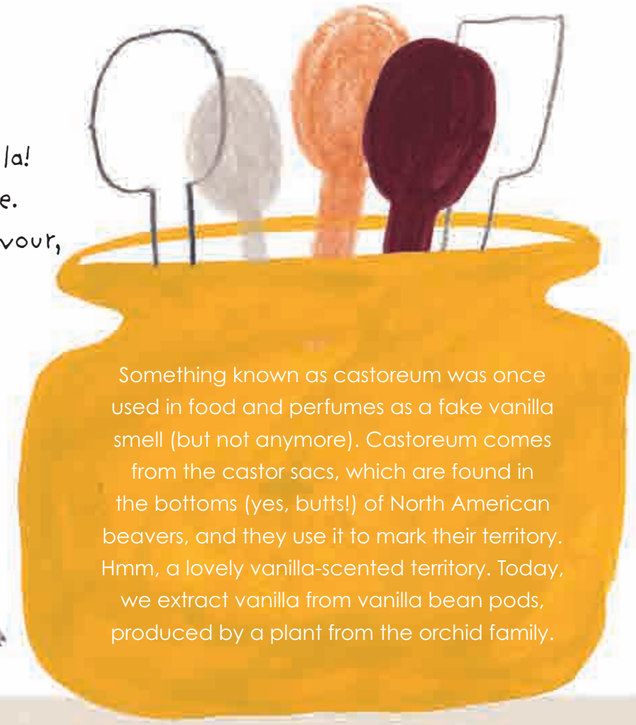
Potatoes are part of a family of flowering plants known as Solanaceae, which includes tomatoes and aubergines. Deadly nightshade (*Atropa belladonna*), known simply as belladonna, is from the same family, which is why Solanaceae are known as the 'nightshades'. Great name for a rock band, huh?



Punchy vine: go to page 15 (top shelf)
Melty block: go to page 15 (bottom shelf)

Vanilla

Good choice, bean pod mate, Vanilla!
This extract was in no way a fake.
Such a well-loved and comforting flavour,
To add to a teeny, tiny cake.



Something known as castoreum was once used in food and perfumes as a fake vanilla smell (but not anymore). Castoreum comes from the castor sacs, which are found in the bottoms (yes, butts!) of North American beavers, and they use it to mark their territory. Hmm, a lovely vanilla-scented territory. Today, we extract vanilla from vanilla bean pods, produced by a plant from the orchid family.

Now you have all your ingredients, turn to page 27 to find out what dish they could turn into.

Cinnamon

Good choice, the barky friend it is!
Old Cinnamon is the final one,
Who can flavour almost anything,
Not just that Scandi bun.

Cinnamon is a spice created from the inner bark of cinnamon trees, first discovered in Sri Lanka. It is used in many dishes around the world, but is most popular as a flavouring in the famous Scandinavian bun or roll. This cinnamon bun is known as kanelbulle in Sweden, kanelsnegl in Denmark, and kanelbolle and kanelsnurr in Norway. '*Kanel*' means cinnamon.

Now you have all your ingredients, turn to page 26 to find out what dish they could turn into.