



Lesson plan for teachers

Lesson 5: How to use heat



Learning intentions

- ★ To understand that we use heat to cook food
- ★ To learn how to use the oven and hob
- ★ To make **Baked potatoes**, **Smoky mixed-potato wedges** and **Simple potato salad with yoghurt dressing**

Key skills

- ★ Preparing potatoes
- ★ Using an oven
- ★ Boiling water on the hob

Before the lesson

- ★ Read through lesson plan and narrative in full
- ★ Read through recipes in full
- ★ Print one copy of each recipe per pupil
- ★ Gather ingredients and equipment needed for the **Baked potatoes**, **Smoky mixed-potato wedges** and **Simple potato salad with yoghurt dressing**
- ★ Source images of different types of potatoes (for example: purple, red, spotted etc.)

Running order

- 1 Welcome children to the classroom
- 2 Introduce learning intentions
- 3 Discuss different ways heat is used to cook food
- 4 Introduce the hob and oven
- 5 Recap rules and get ready to cook
- 6 Introduce and wash different types of potatoes
- 7 Make **Baked potatoes** recipe
- 8 Make **Smoky mixed-potato wedges** recipe
- 9 Make **Simple potato salad with yoghurt dressing** recipe
- 10 Dress potato salad and sit down to taste recipes (if the baked potatoes aren't ready, save for lunch or to take home)
- 11 Finish with discussion questions

Terms and techniques

- | | |
|----------|-------------|
| ★ Oven | ★ Roasting |
| ★ Hob | ★ Boiling |
| ★ Baking | ★ Scrubbing |

Curriculum links

Science

Explore what creates heat on the hob or in the oven

Science

Starchy carbohydrates are one of the five food groups – explore what these do for your body



Lesson narrative for teachers

Lesson 5: How to use heat



Introduction: 10 minutes

★ PLEASE NOTE: the baked potatoes will take 1 hour 20 minutes in the oven – it may make more sense to save the potatoes for the children to eat for lunch or to take home, wrapped in tin foil, instead of serving them during the lesson.



Today's lesson is all about exploring the different types of heat we can use to cook food. Using fire to cook vegetables and meat is something that has been done for thousands of years, dating all the way back to the earliest humans. Cooking food makes it easier to digest, so when humans started using fire, we were able to eat new things that were impossible for our bodies to digest before. It also meant that we were able to consume all sorts of new vitamins and minerals, as well as new flavours. Today we're going to cook potatoes in three different ways – this is an example of a food that we're not able to easily digest without cooking it first.

Nowadays, we can cook our food in a lots of ways, rather than just directly over a man-made fire. Can anyone think of different equipment that we might use to heat our food? **Hob, oven, barbecue, microwave.** We use gas or electricity to create heat in equipment like hobs and ovens, and we control it using knobs, buttons or dials like these. This allows us to control the temperature and cook using different styles, which all create new textures and flavours in our food.

The hob is this bit on the top here.

★ Show the children where the hob is.



This is called an induction hob because, rather than heating through flames like a gas hob or through metal coils, it transfers heat directly to our pans. An induction hob is faster and more energy-efficient than a more traditional electric cooking surface.

★ If the induction ring is visible, show the children.



It's a bit safer to use this hob in our school kitchen, as it won't stay hot when we take our pots or pans off the heat, though it's still very important to beware of the heat and to take special care. Today, we'll be using the hob to boil potatoes in water, to make a potato salad.

Can everyone point to our oven? Who can tell the class what we use the oven for? **Baking, roasting, grilling.**

Today we're going to be baking our potatoes to create nice fluffy baked potatoes, and roasting potatoes to create lovely wedges with nice crispy skins. Remember, when the oven is on, the door and the handle can get quite hot, so you should always wear oven gloves when opening and closing it. When you open the oven, the heat will come rushing out, so it is very important to open it a little way first and to stand back.

★ Demonstrate safely opening the oven – it's a good idea to draw a line on the floor in tape so that children don't get too close to the heat.



Remember that the tray or dish that you take out of the oven will stay hot for a long time, so always use oven gloves to move it around until you are absolutely sure it is cool enough to touch.

Alright, who is ready to start cooking?

Lesson 5 Continued: How to use heat



Children get ready to cook:

- ★ Roll up sleeves
- ★ Tie hair back
- ★ Remove jewellery
- ★ Put aprons on
- ★ Wash hands

Cover the key rules for the kitchen, suggesting ideas if the children aren't heading in the right direction. Preheat ovens to the correct temperatures for the corresponding recipes.

Cooking: 1 hour 10 minutes



Let's begin by looking at our potatoes. Put your hand up if you like potatoes. How do you like to eat them? What sorts of potatoes have you eaten before? We eat lots of different types of potatoes, and some go better with certain dishes than others. Think of creamy mash potato with a lovely stew or sausages and gravy, or how about crispy roast potatoes with a traditional Sunday dinner.

Potatoes were first grown 6,000 years ago in South America. They first came over to the UK with Spanish explorers in the late 1500s. Today, potatoes are one of the most popular foods grown and eaten all over the world.

There are thousands of different types of potatoes, and they come in all different sizes, colours and textures. Have you ever seen a purple potato? How about a red potato or a spotted potato?

★ Pass a variety of different potatoes around so that children can touch and smell them. Try to show the children pictures of a whole range of different potatoes.



Potatoes are vegetables called tubers, and they grow underground. Although they are a vegetable, they are categorised as a starchy carbohydrate on our balanced plate, which means they don't actually count towards our five a day.

Today we're using little pale-yellow new potatoes for our salad, and nice chunky potatoes for baking. We also have sweet potatoes with bright orange flesh for our potato wedges. Each different colour and type of potato has something different to offer our bodies, and they're delicious prepared in all sorts of different ways.

When you're cooking with potatoes, you should always begin by scrubbing them. The skins are full of goodness so it's good to keep them on if you can, but it's important to use a scrubber to scrub them really well to get rid of any dirt or pesticides that could be on them.

★ Get the children to help scrub all the potatoes clean – this can be done in bowls of water so you're not limited by the number of sinks available. If there are any eyes or gnarly bits on the potatoes you may want use a teaspoon to scrape or peel them away. Similarly, cut any green bits off the potatoes.



Once all of our potatoes are nice and clean, we'll begin by preparing our baked potatoes. We are going to be baking them to create lovely, crispy baked potatoes. Can someone tell me what piece of equipment we'll need to use to bake our potatoes? **The oven.**

And what is the first thing we need to do when we use an oven?

Lesson 5 Continued: How to use heat



Make sure the shelves are in the right place, then set the temperature so that it heats up.

Just like when we baked our **Orchard Eve's Pudding**, we need to set the oven to the right temperature. In the UK, we usually measure the temperature in "Celsius", so we look for the temperature with "C" next to it in the recipe. Temperature can also be measured in "Fahrenheit", marked with the "F", or by "gas mark", shown here with "gas 5".

The most common potatoes for baking are the Maris Piper or King Edward varieties.

★ Show the children which potatoes are going to be used for baking.



These potatoes are nice and plump, and have a fluffy, floury texture once cooked, which makes them perfect for baking. I'm going to show you a great way of getting your potato lovely and crispy on the outside and nice and fluffy in the middle. We're each going to prepare our own potato for baking.

★ Give each child a potato and fork.



We're going to prick the potato all over with the fork – this will stop it from exploding in the oven. Next, we're going to drizzle the potato with 1 teaspoon of olive oil, sprinkle over a tiny pinch of salt, rub it all over, then pop it in the oven.

★ A few at a time, get the children to measure out 1 teaspoon of olive oil and a tiny pinch of salt into mixing bowls, add their potatoes to the bowl, rub all over with the oil and sea salt, then place on a baking tray. Using oven gloves, place into the hot oven.



Once you've learned how to make a great baked potato, you'll never be stuck for a good meal again, and it's so simple.

Now that they're in the oven, we're going to let the potatoes bake for 1 hour 20 minutes while we prepare and cook our potato wedges. For the wedges, we're going to roast two large sweet potatoes and two medium potatoes. Wedges are just as nice as chips but, because they're baked rather than fried in oil, they're much better for us.

We're going to use a small amount of oil to help our potatoes crisp up nicely. Some sweet potatoes have lovely bright orange flesh and, just like carrots, squash and other orange vegetables, they get lovely and sweet when they're roasted in the oven. You can also get sweet potatoes with paler flesh and a purplish coloured skin, which taste just as good, so give these a try the next time you make this recipe.

Let's begin by chopping our potatoes into wedges.

★ Demonstrate cutting one of the potatoes in half lengthways using the bridge technique, then halve each half lengthways using the bridge, and then half again so that you end up with 8 wedges. Clearly show the children what a wedge shape looks like. Ask the class if they can think of any other fruit or vegetables that we can cut into wedges (lemons, melons, etc.). If your potatoes are big, you may want to cut them down into more than 8 pieces. If you're confident with the level of supervision, get children to work in groups to prepare the remaining potatoes. Collect all the wedges into the same bowl.



Alright, now we're going to season our wedges with a tiny pinch of salt and pepper.

★ Get one of the children to add a pinch of salt, and another to add a pinch of pepper.

Lesson 5 Continued:

How to use heat



We're going to use a new spice today to make our wedges taste nice and smoky. Who knows what this is?

★ Show the children the smoked paprika and pass it around so that they can smell it.



This is called smoked paprika and it's made from dried, smoked sweet chilli peppers that are ground to a rich red powder. What does it smell like? How do you think it tastes? It gives a brilliant sweet, smoky flavour to anything you use it with. It's lovely in BBQ sauce, and it'll give our wedges a really special flavour.

★ Get one of the children to add 1 teaspoon of paprika to the bowl.



Now it's time to add a bit of oil to make sure we get nice crispy skin. Can someone please measure two tablespoons of olive oil into our bowl?

★ Get one of the children to add two tablespoons of olive oil to the bowl.



Let's shake up our bowl so that all of the wedges are well coated in the seasoning, paprika and oil.

★ Pass the bowl around and get each child to give it a nice shake.



Next we need to spread the wedges out into a single layer over two large baking trays, then pop them into the oven.

★ Use oven gloves to place the trays into a second hot oven. Set the timer for 35 minutes.



We need to keep an eye on the wedges as they cook, checking that they're not getting too dark in colour. If they're browning too quickly, carefully take the tray out of the oven using oven gloves to protect your hands, then give the tray a shake or shuffle the wedges around with a fish slice, before popping them back in to finish cooking through.

OK, so now our potatoes are baking and our wedges are roasting, it's time to use heat in one final way: we're going to use the hob to boil our potatoes. Can anyone remember what I said we would be making on our hob? **Simple potato salad with yoghurt dressing.**

We're going to use these smaller, paler potatoes for our salad. These are sometimes called new potatoes because they're the earliest in the season to be dug up. Jersey Royals are really delicious early potatoes that you can only get in the spring. Try these at home because the flavour is really fantastic.

Can everyone come and gather around our hob here?

★ Take a moment to explain all of the controls. Show the children how to turn the hobs on and off, and how to adjust heat. Explain that there are often different-sized rings for different-sized pans, and that we can choose to use small pans or big pans and shallow frying pans or deep pots, depending on what we're cooking and how we're cooking it .



Today we'll be boiling potatoes using a large saucepan. We're going to begin by filling our large saucepan with cold water.

★ If you feel that one of the children is strong enough, get them to fill the large pan with water and carefully return it to the hob. If not, simply show the children how to fill the pan.

Lesson 5 Continued: How to use heat



We're going to add a tiny pinch of salt to the water to season our potatoes as they cook, and then lower our potatoes into the pan using a slotted spoon.

★ Get one of the children to add a pinch of salt, then carefully add the potatoes to the water using a slotted spoon to avoid splashing water.



Because potatoes are hardy, you don't have to wait for the water to boil before adding them to the pan. It is OK to add potatoes to boiling water, but it's a little bit more dangerous, so today we're going to add them to cold water to avoid any splashes from the boiling water. However, if we were boiling something more delicate, like green vegetables, we'd need to wait until our water is boiling before adding them to the pan.

Next we're going to turn our hob on to a high heat, then we need to turn the handle so it's facing in – this will stop us from knocking into it or the hot handle burning us. Water boils at 100°C, but we'll know when our water is boiling because you'll see bubbles rapidly break on the surface of the water. We need to be extremely careful because boiling water will burn if you splash or spill any on yourself. It also gives off steam, which can also burn you. Always ask an adult to help you whenever you use the hob at home.

We're going to let our potatoes boil for 15 minutes while we make our dressing. We don't want to put the lid on this time because once the water begins to boil, it'll surge up and overflow. Instead we want it to gently rise in temperature and come to a rolling boil with nice big bubbles. Once they're cooked through, we're going to be season our boiled potatoes with some nice soft herbs and a simple yoghurt dressing. Today we're using chives, but you can use all sorts of different soft herbs.

★ Pass the chives around so that children can touch and smell them.



Can you think of some good words to describe the chives? Chives are part of the onion family and they have a sharp oniony flavour. They go really nicely with eggs, and today they're going to add a subtle onion flavour to our potato salad.

★ If you're confident in the children's knife skills, demonstrate the cross-chop technique and let them to have a go at chopping chives – they can also be chopped using scissors.



We're also going to save some of these chives to make the topping for our baked potatoes.

★ Reserve some of the chives for the **Baked potatoes** recipe.



We are going to make a yoghurt dressing in a jam jar, just like we did in our very first lesson. Let's break into groups and use the recipe and our measuring skills to make a jar of dressing. We also need to grate some cheese ready for one of our toppings.

★ Break the children into two groups and give out the **Jam jar salad dressing** recipe. Ask each group to read the recipe and work together to make the dressing. Also give each group a large pieces of Cheddar cheese and get the children to practise grating a small amount each. Recap good practice from previous lesson, reminding the children to keep their fingers safely out of the way and to stop grating well before they reach their fingers. While children are working, an adult should check on the wedges.

★ Once the children are finished, collect the Cheddar into a bowl. By now, the potatoes should be boiled. Show the children how to test if the potatoes are cooked through by inserting the tip of a knife into one of them – the knife should not meet any resistance.

Lesson 5 Continued: How to use heat



★ Place the colander in the sink then, using an oven glove, carefully carry the saucepan to the sink. As you carry it, call out “hot pan”, explaining that it’s a good idea to always warn people when something hot is being carried around in the kitchen. Ask the children to always listen out for warnings like this, and make sure that they are well out of the way of the hazard. Demonstrate draining the potatoes in a colander.

★ Explain to the children that the filled pan will be heavier than they’re expecting, so it is very important to pick it up slowly so that it doesn’t spill. Again, remind the children that this is something that they should ask an adult to do when cooking at home.

★ Let the potatoes steam dry and cool slightly for a couple of minutes in the sink, and then place into a large bowl.



We’re going to drizzle our dressing over the top of our potatoes and mix it all together. Remember, we want to add the dressing slowly because we can always add more, but we can’t take it away.

★ Get the children to add the dressing and toss everything together until well coated. Have a taste and add a splash more dressing, if you think it needs it. Get one of the other children to sprinkle over the chives, then toss again.



Alright boys and girls, we are almost ready to eat our delicious lunch. We just need to tidy up, and then we can take everything to the table.

★ Remind the children that they need to be careful when carrying and washing knives or other sharp objects.

★ Tidy the cooking stations while the wedges finish cooking.

★ If you need to fill time, ask the children to write down their observations about the different types of potatoes and the different ways you can cook them.

★ Using oven gloves, remove the wedges from the oven and show that they’re cooked because they’re soft on the inside and crispy on the outside. Add them to a serving platter, then bring them to the table along with the potato salad, using oven gloves if the dishes are hot.

★ When the time’s up, use oven gloves to remove the baked potatoes from the oven. Demonstrate again how to check that they’re ready by inserting a knife or carefully squeezing the skin using a tea towel – it should feel soft inside.

★ Demonstrate carefully splitting the potatoes open, drizzling a bit of olive oil into each one and leaving them to cool slightly.



Who would like cheese on their baked potato?

★ Get children who would like cheese to add a small portion to their potatoes and leave it to melt.

★ Bring the reserved chives to the table and encourage the children to try them on their baked potato.

★ Serve the children a small portion of each to taste, and save the rest for lunch.

Simple baked potato

Serves 1



Jamie's top tip

There is nothing better when you're hungry than a hot, steaming, fluffy jacket potato. Even simply served with a knob of butter or a drizzle of olive oil, it's one of the most comforting things to eat.

Ingredients

- 1 baking potato
- olive oil
- sea salt

Equipment list

- Scrubber
- Fork
- Measuring spoons
- Baking tray
- Oven gloves



Here's how to make it

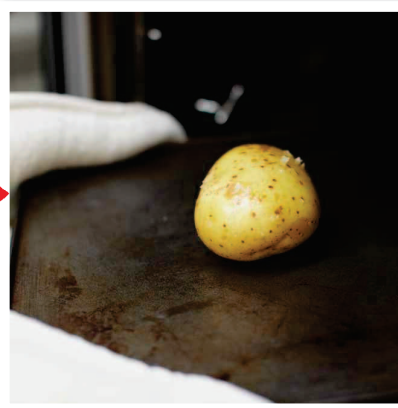
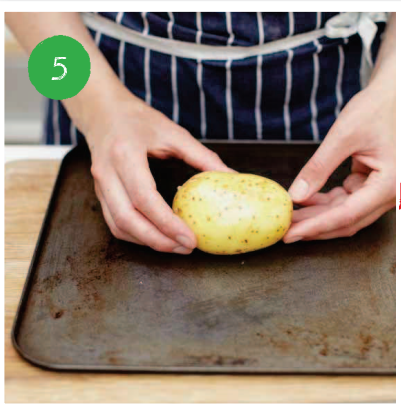
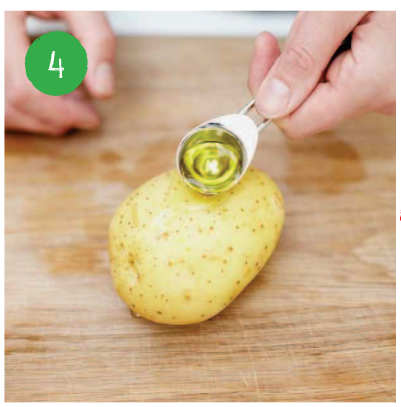
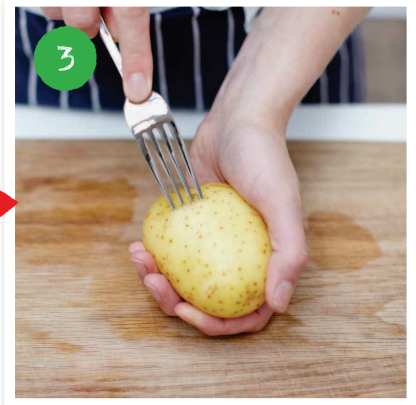
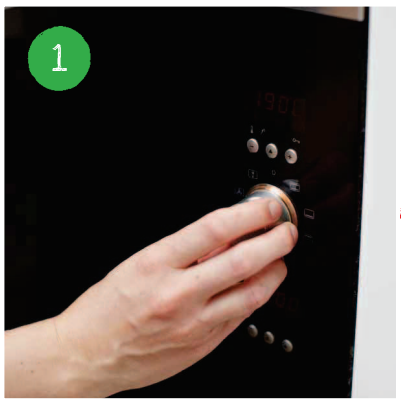
- 1** Preheat the oven to 190°C/375°F/gas 5.
- 2** Wash the potato under cold running water, scrubbing well with a scrubber to get rid of any dirt.
- 3** Prick the potato all over with a fork – this will stop it from exploding in the oven.
- 4** Drizzle with 1 teaspoon of olive oil, sprinkle over a tiny pinch of salt, and then rub all over the potato.
- 5** Pop the potato onto a baking tray and use oven gloves to place in the hot oven.
- 6** Bake for 1 hour to 1 hour and 20 minutes, (depending on how big your potato is), or until golden and cooked through. Refer to the following pages for more topping ideas.



For nutritional information ask your teacher.

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Step by step



For an oil, cheese and herb topping

Serves 1

Ingredients

- 20g cheddar cheese
- a few sprigs of soft fresh herbs, such as flat-leaf parsley, chives
- olive oil

Extra equipment

- Chopping board
- Weighing scales
- Box grater
- Knife

Allergy info 

dairy

Here's how to make it

- 1 On a chopping board, use a box grater to coarsely grate the cheese.
- 2 Pick and tear the herbs, discarding the stalks.
- 3 When the potato is ready, leave to cool for a couple of minutes, then use a knife to cut it open.
- 4 Drizzle with 1 teaspoon of olive oil, then sprinkle over the grated cheese and herbs.
- 5 Press the potato back together so that the cheese starts to melt, then serve alongside a fresh green salad (see **Simple green salad with French dressing** recipe).

For a herby smoked mackerel pâté topping

Serves 1

Ingredients

- 2 tablespoons herby smoked mackerel
- pâté (see **Herby smoked mackerel pâté** recipe)
- freshly ground black pepper
- a few pinches of cress

Extra equipment

- Knife
- Measuring spoons

Allergy info 

dairy, fish, mustard

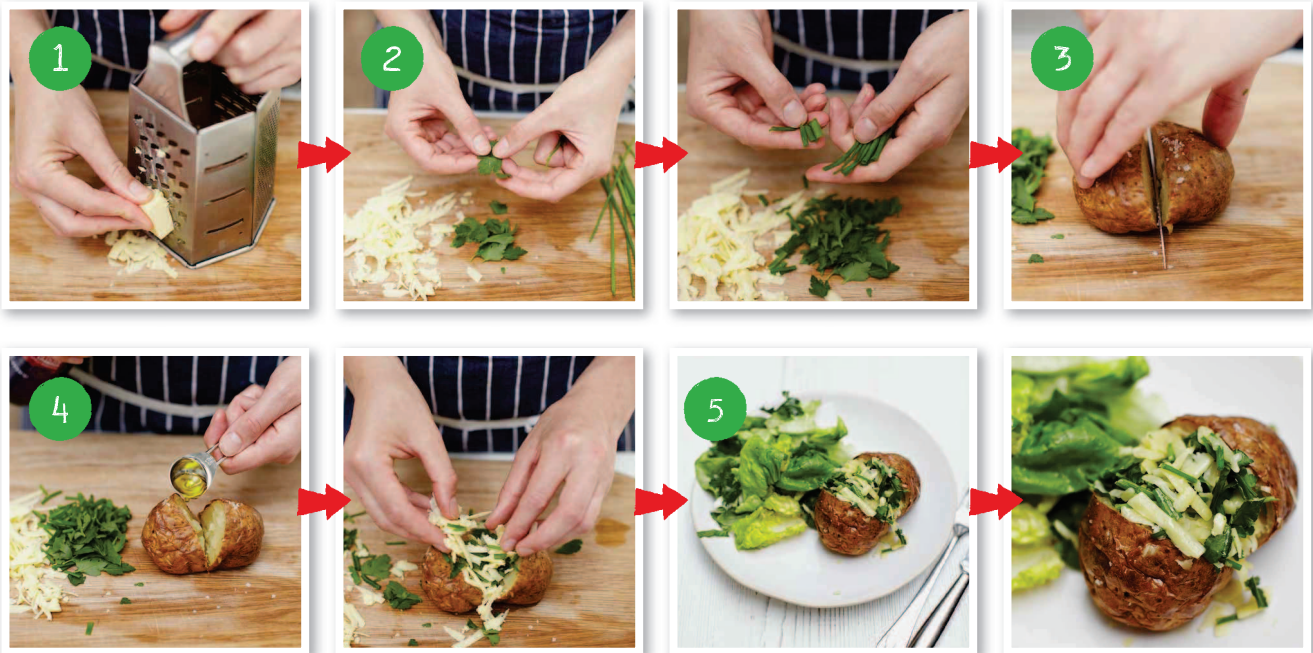
Here's how to make it

- 1 When the potato is ready leave to cool for a couple of minutes, then use a knife to cut it open.
- 2 Spoon in the mackerel pâté, then add a pinch of black pepper.
- 3 Finish with a sprinkling of cress, then serve alongside a fresh green salad (see **Simple green salad with French dressing** recipe).

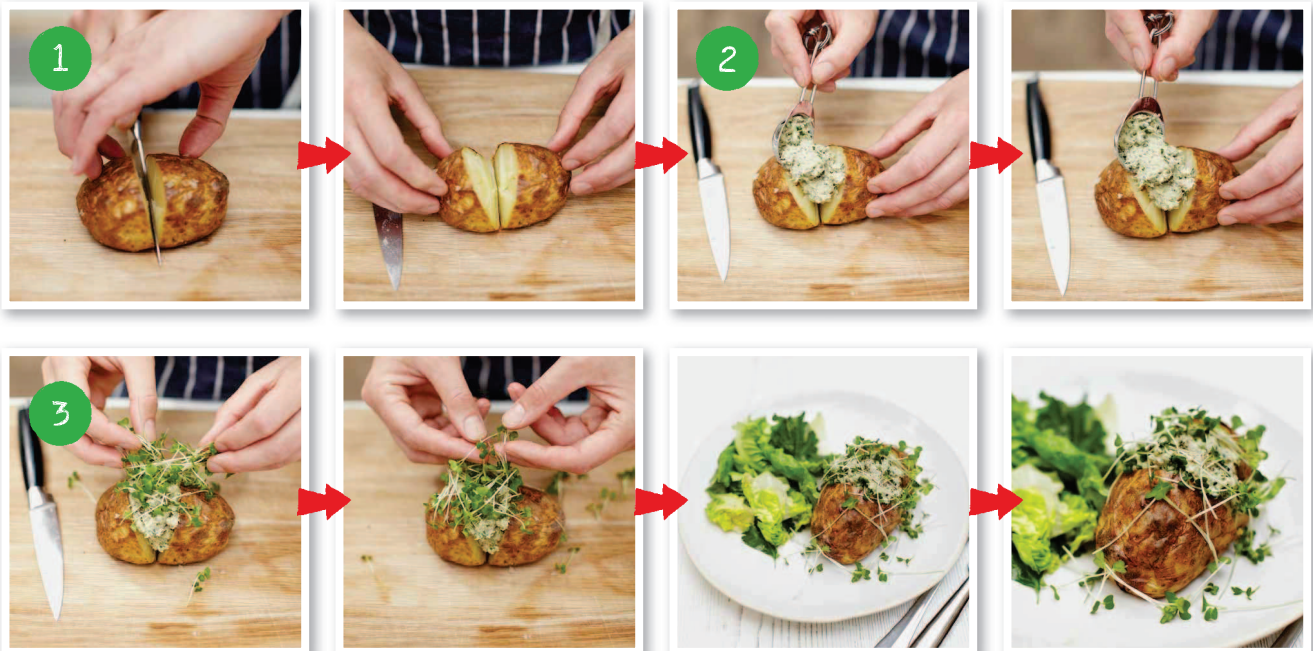


Step by step

Oil, cheese and herb topping



Herby smoked mackerel pate topping



Simple green salad with French dressing

Serves 6, as a side



Jamie's top tip

If you use lovely fresh leaves and dress them properly, even the most basic salad like this one will taste absolutely amazing. Although you don't need to, you can always add extras like cooked green beans or sweet raw peas - see what's growing in your garden and go with what looks best.

Ingredients

- 1 soft round lettuce
- 1 little gem lettuce
- 1 small radicchio (or an extra little gem)
- 1 x **French dressing** recipe (see **Jam jar salad dressings** recipe)
- a few sprigs of soft mixed fresh herbs, such as basil, flat-leaf parsley, mint

Equipment list

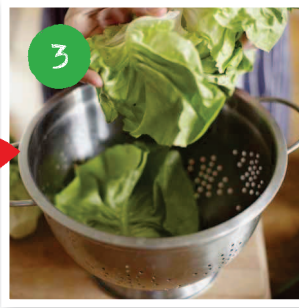
- Chopping board
- Knife
- Colander
- Salad spinner or clean tea towel
- Large salad bowl
- Measuring spoons

Here's how to make it

- 1** On a chopping board, use a knife to trim the roots away from all the lettuces.
- 2** Separate out the leaves, throwing any tatty ones away.
- 3** Pop them in a colander and give them a good wash under cold running water over the sink.
- 4** Spin them dry in a salad spinner, or wrap in a clean tea towel and shake dry, then pile the leaves into a large salad bowl.
- 5** Make the **French dressing** (see **Jam jar salad dressings** recipe).
- 6** Pick and add the herbs to the bowl, discarding the stalks.
- 7** From a height, drizzle 3 tablespoons of the dressing over the leaves and gently toss together with the tips of your fingers until every leaf is coated – try not to be heavy-handed and don't be tempted to overdress or the leaves will go limp.
- 8** Have a taste and add a splash more dressing, if needed – remember you can always add more but you can't take it away, so be cautious.
- 9** Pop the lid securely on the jam jar and keep the leftover dressing in the fridge for another day.



Step by step





Jam jar salad dressings



Yoghurt dressing

Makes 9 tablespoons

Ingredients

- 6 tablespoons natural yoghurt
- 2 tablespoons red or white wine vinegar
- 1 tablespoon extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

Allergy info

Dairy

Equipment list

- Measuring spoons
- Empty jam jar with lid

Here's how to make it

- 1** Add all the **Yoghurt dressing** ingredients to the jam jar.

- 2** Put the lid securely on the jar and shake well.

- 3** Have a taste and see whether you think it needs a bit more yoghurt, vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.

Lemon dressing

Makes 9 tablespoons

Ingredients

- 1 lemon
- 6 tablespoons extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

Equipment list

- Chopping board
- Knife
- Measuring spoons
- Empty jam jar with lid

Here's how to make it

- 1** Cut the lemon in half.

- 2** Squeeze the juice into the jar, using your fingers to catch any pips.

- 3** Add the rest of the **Lemon dressing** ingredients to the jam jar.

- 4** Put the lid securely on the jar and shake well.

- 5** Have a taste and see whether you think it needs a bit more lemon juice or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.



For nutritional information ask your teacher.

1

Balsamic dressing

Makes 9 tablespoons

Ingredients

- 3 tablespoons balsamic vinegar
- 6 tablespoons extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

Equipment list

- Measuring spoons
- Empty jam jar with lid

Here's how to make it

- 1 Add all the **Balsamic dressing** ingredients to the jam jar.
- 2 Put the lid securely on the jar and shake well.
- 3 Have a taste and see whether you think it needs a bit more vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.

French dressing

Makes 9 tablespoons

Ingredients

- ¼ clove of garlic
- 1 teaspoon Dijon mustard
- 3 tablespoons red or white wine vinegar
- 6 tablespoons extra virgin olive oil
- a tiny pinch of sea salt and freshly ground black pepper

Allergy info 

Mustard

Equipment list

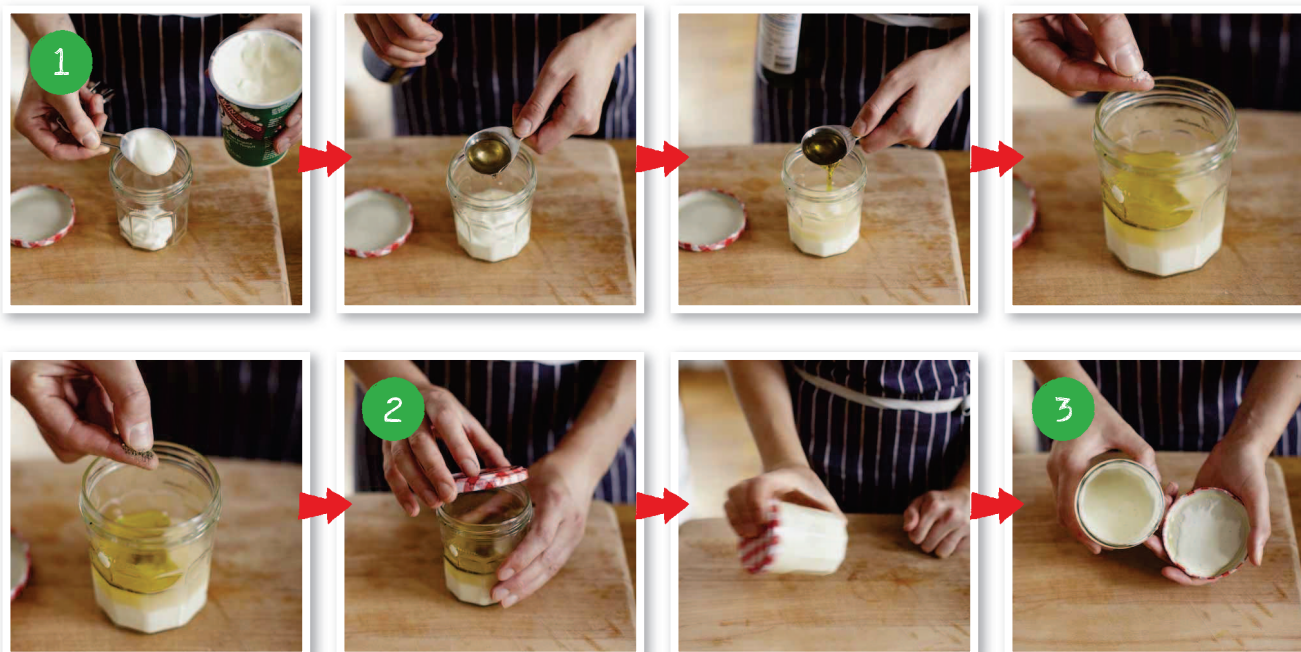
- Chopping board
- Knife
- Measuring spoons
- Empty jam jar with lid

Here's how to make it

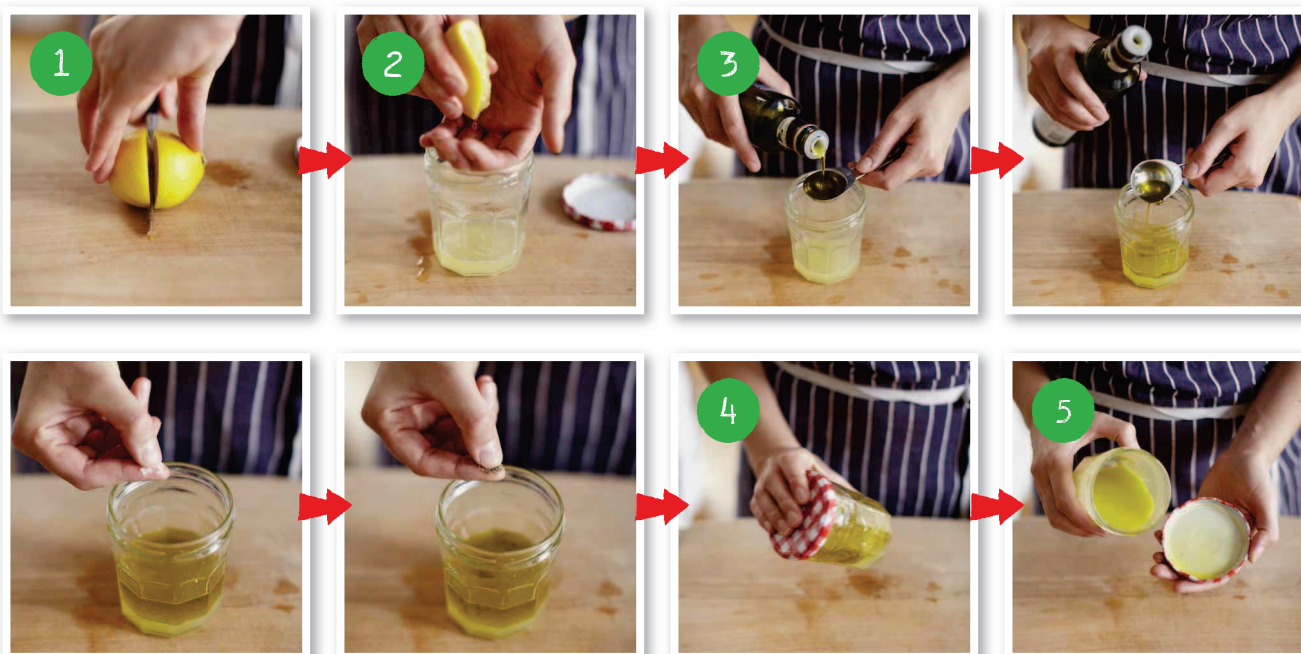
- 1 Peel and very finely chop the garlic, then add it to the jam jar.
- 2 Add the rest of the **French dressing** ingredients to the jam jar.
- 3 Put the lid securely on the jar and shake well.
- 4 Have a taste and see whether you think it needs a bit more mustard, vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your salad leaves.

Step by step

Yoghurt dressing

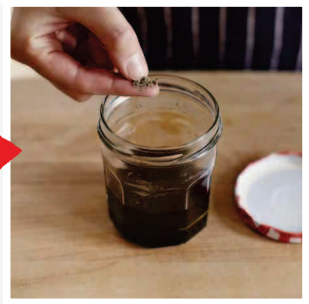
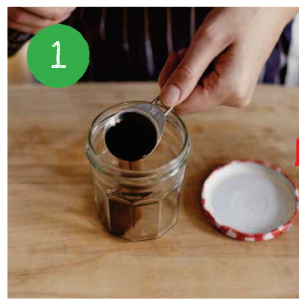


Lemon dressing



Step by step

Balsamic dressing



French dressing



Herby smoked mackerel pâté

Serves 8



There's loads of goodness in the skin of the mackerel, so try to leave it on when you make this - you won't really notice it once the fish is all chopped up. However, if you don't fancy eating the skin you can remove it.

Ingredients

- a bunch of soft fresh herbs (a mixture of chives, mint and parsley is nice, but any soft herbs you've got growing in your garden will work well)
- 1 lemon
- 200g smoked mackerel fillets
- 50g cream cheese
- 50g natural yoghurt
- optional: 1 tablespoon creamed horseradish
- freshly ground black pepper

Equipment list

- Microplane
- Chopping board
- Knife
- Food processor (standard blade)
- Weighing scales
- Measuring spoons
- Spatula
- Serving bowl

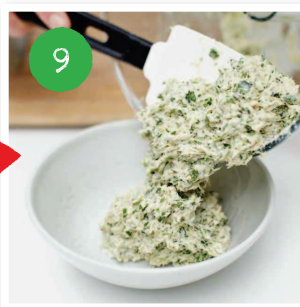
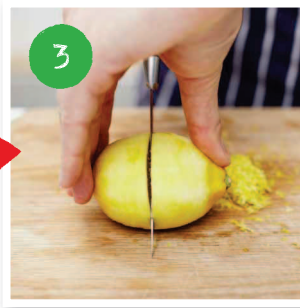


Here's how to make it

- 1** If using mint, pick the leaves, discarding the woody stalks.
- 2** Using a microplane, finely grate the zest of half the lemon onto a chopping board.
- 3** Cut the lemon in half.
- 4** If you want to pull the skin of the mackerel, do this now and throw it away.
- 5** Tear the mackerel into a food processor, then add the cream cheese, yoghurt, your chosen herbs, lemon zest and horseradish, if using.
- 6** Add a good pinch of pepper, then squeeze in the juice from half the lemon, using your fingers to catch any pips.
- 7** Secure the lid, then whiz everything to a coarse paste – you might need to add a little more yoghurt or lemon juice to loosen the pâté slightly so it can whiz properly.
- 8** Carefully remove the blade from the processor, then use a spatula to scrape the pâté into a serving bowl.
- 9** Have a taste and tweak with a little more yoghurt, lemon juice or seasoning, if you think it needs it.
- 10** Delicious served with hot toast, a baked potato, in a sandwich or with vegetable sticks for dipping.



Step by step



Smoky mixed-potato wedges

Serves 8



Jamie's top tip

With just a splash of oil and a pinch of seasoning and spice, you can turn the humble potato into delicious homemade wedges.

Ingredients

- 2 large sweet potatoes
- 2 medium potatoes
- sea salt and freshly ground black pepper
- 1 teaspoon sweet smoked paprika
- olive oil

Equipment list

- Scrubber
- Chopping board
- Knife
- Large mixing bowl
- Measuring spoons
- 2 large baking trays
- Oven gloves
- Fish slice
- Serving dish

Here's how to make it

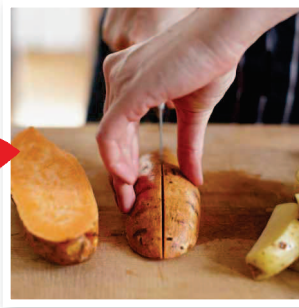
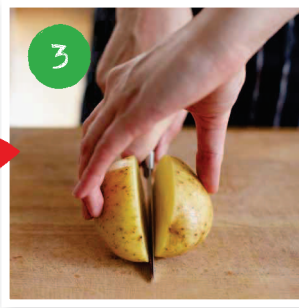
- 1** Preheat the oven to 200°C/400°F/gas 6.
- 2** Wash the potatoes under cold running water, scrubbing well with a scrubber to get rid of any dirt (there's no need to peel them).
- 3** On a chopping board, cut each potato in half lengthways, then cut each half in half lengthways, and then each piece in half again so you end up with 8 wedges, then add to a large mixing bowl.
- 4** Sprinkle over a tiny pinch of salt and pepper, and the paprika.
- 5** Drizzle over 2 tablespoons olive oil, then toss everything together to coat.
- 6** Spread out into a single layer over 2 large baking trays, then bake in the hot oven for 35 to 40 minutes, or until golden and cooked through.
- 7** Use oven gloves to remove the trays from the oven, then leave to sit for a couple of minutes (this will make it easier to remove them from the tray), then use a fish slice to transfer them to a serving dish.



For nutritional information ask your teacher.



Step by step



Simple potato salad with yoghurt dressing

Serves 6, as a side



Try using a range of soft fresh herbs such as, basil, dill, flat-leaf parsley, tarragon or thyme tips for a bit of a change - see what you've got growing in your garden and pick a nice combination.



Ingredients

- sea salt
- 750g new potatoes
- ½ a bunch of fresh chives
- 1 x Yoghurt dressing (see Jam Jar salad dressings recipe)

Equipment list

- Large saucepan (25cm)
- Weighing scales
- Scrubber
- Chopping board
- Knife
- Slotted spoon
- Colander
- Serving bowl
- Measuring spoons

Here's how to make it



- 1 Half-fill a large saucepan with cold water and add a tiny pinch of salt.
- 2 Place on a high heat and bring to the boil. Meanwhile...

- 3 Give the new potatoes a good scrub with a scrubber, then on a chopping board cut any bigger ones in half, leaving the smaller ones whole.
- 4 Finely chop the chives.
- 5 Once boiling, carefully lower the potatoes into the water with a slotted spoon, bring back to the boil, then cook for around 10 to 15 minutes (depending on the size of your potatoes), or until cooked through. Meanwhile...
- 6 Make the **Yoghurt dressing** (see **Jam Jar salad dressings** recipe).
- 7 Once cooked, drain the potatoes over the sink into a colander, steam dry for a couple of minutes, then tip into a serving bowl.
- 8 Drizzle 3 tablespoons of dressing over the hot potatoes, and toss everything together until well coated.
- 9 Have a taste and add a splash more dressing, if needed – remember you can always add more but you can't take it away, so be cautious.
- 10 Pop the lid securely on the jam jar and keep the leftover dressing in the fridge for another day.
- 11 Sprinkle over the chopped chives, toss again, then serve.



Step by step

