

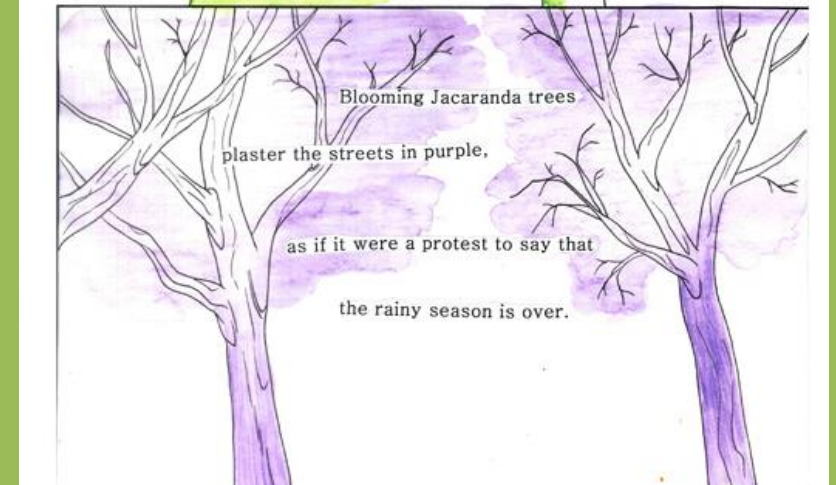
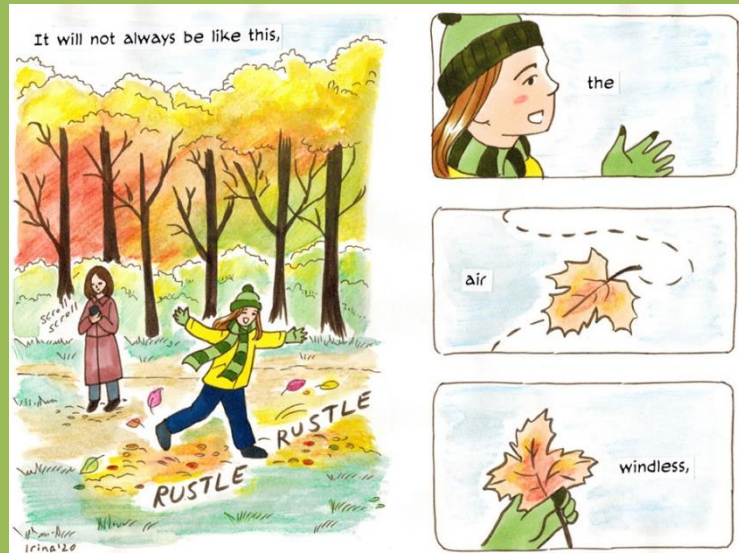
Thursday 4th February

Today you are going to present and/or perform your recipe poem.

This means presenting your poem in a way that means other people can enjoy it.

We will give you some ideas for inspiration on the next few slides...


You could present your poem as a poetry comic strip. Each line or instruction in your recipe could have its own section and you can spread the words out. For example..



You could present your poem as a recipe in a recipe book. Have a look through some recipe books at home to get some ideas. Think about layout, headings, pictures. You can do this by hand or using technology.

SANDWICHES

Turkey, Cheese, and Roasted Pepper Roll-ups



TOOLS

- Cutting board
- Plastic knife
- Paper towels
- Toothpicks

INGREDIENTS

- 1 6-inch flour tortilla
- 2 slices roast turkey
- 2 slices Cheddar cheese
- 1 whole roasted pepper from a jar

1. On a cutting board, place 2 slices of turkey on a tortilla, covering up as much tortilla as possible.
2. Place 2 slices of Cheddar cheese on the turkey. Push to the side.
3. Place the roasted pepper on a paper towel and drain off any oil or liquid. On the cutting board, use a plastic knife to thinly slice the roasted pepper. Lay the pepper slices on top of the Cheddar cheese.
4. Roll up the tortilla, gently pressing it together as you roll so it will stick closed.
5. Using the plastic knife, slice the roll into 1-inch pieces. Push a toothpick into each roll to keep closed.

GROWN-UP PREP: relax

MR. LAZY'S LEMONADE

BASED ON THE ORIGINAL 1970s MR. MEN COOK BOOK

WHAT YOU NEED

- 4-6 lemons
- 1 cup sugar (can reduce to 3/4 cup)
- 1 cup water (for the simple syrup)
- 3 to 4 cups cold water (to dilute)


Make zz... sure you... get an... zz adult to... help

- 1) Make simple syrup by heating the sugar and water in a small saucepan until the sugar is dissolved completely.
- 2) While the sugar is dissolving, use a juicer to extract the juice from 4 to 6 lemons, enough for one cup of juice.
- 3) Add the juice and the sugar water to a pitcher. Add 3 to 4 cups of cold water, more or less to the desired strength. Refrigerate 30 to 40 minutes. If the lemonade is a little sweet for your taste, add a little more straight lemon juice to it.
- 4) Serve with ice, sliced lemons.

MR. MEN LITTLE MISS © Copyright © 2013 THOR

MR. MEN 005

Frozen Fruity Yoghurt Bites



Method

Put 12 cupcake cases onto a small baking tray.

Use a spoon to drop some yoghurt into each case.

Put a few pieces of fruit into each cup and press them into the yoghurt with your fingers.

Freeze for 2 hours or until solid.

Pop out of the cases and serve.

Ingredients

- 200g natural yoghurt
- Handful blueberries
- Handful raspberries

Eats Amazing
www.eatsamazing.co.uk

Cheat's chocolate orange Cupcakes

The reason these are cheat's cupcakes is because you use cake mix for the sponge. Before you turn the page in disgust and cry 'that's not real cooking!' have a thought for those of us who love cupcakes but also have, you know, a life. But if it really offends you, go ahead and make it from scratch. For the rest of us lazy folk, these are a godsend and unbelievably tasty. Be warned, it's near impossible to just eat one. Hide them away or you'll eat the lot.

You will need:

- Cupcake cases (even better if they are mini! You won't feel so guilty...)
- Orange juice
- chocolate cake mix - the fudgier the better!
- 8 tbsp butter
- Icing sugar - about 200g but just add until the right sweetness.
- 2 happy oranges, for zesting

What to do:

1. Zest the oranges. It's ok, they don't mind. Just make sure you eat the insides later.
2. Follow the packet directions of the cake mix, replacing the wet ingredients with orange juice. Add the zest of one of the oranges. Told you this was easy.
3. Spoon into the cupcake cases and bake for about 20 minutes at 200C. Keep checking though.
4. Mix together the butter, icing sugar, 5tbsp of orange juice and the orange zest until smooth. Add icing sugar until it tastes sweet enough.
5. Spread the icing onto the cupcakes! You can pipe it if you're clever - I always get way too messy. Keep them in the fridge! I find they taste better the next day.

Sprinkle with the rest of the zest and any sparkles you've got in your cake cupboard. Et voilà!

1. HEAT OVEN TO 275°F
2. TEAR KALE INTO SMALL PIECES
3. ADD OLIVE OIL AND SALT
4. MIX AND MASSAGE
5. LINE WITH PARCHMENT PAPER AND SPREAD 1/2 KALE ONTO BAKING SHEET
6. BAKE FOR 15 MINUTES
7. TOSS KALE AROUND FOR EVEN COOKING AND BAKE 5-10 MINUTES LONGER
8. LET COOL & ENJOY! REPEAT WITH REMAINING 1/2 KALE

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Create a photo story of you 'making' your recipe. You could write key words (ingredients) on pieces of paper and stir them in a bowl (or however your recipe goes!)



laughter



*Mix in some
perseverance*



A sprinkle of fun

Make a PowerPoint presentation of your poem. You can add lots of slides, backgrounds, fonts and animations. You could use Keynote (Apple devices) or Google Slides (like you did in school to create your Viking presentation – just send a message if you want your Google login details).



Video yourself reciting your poem. This would work better if you learn your poem and look directly at the camera rather than read from a page. Maybe you could act of being a chef 'cooking' your recipe?



You can try one of these suggestions or find your own creative way to present your poem.

Enjoy yourself!

And make sure you send us your final product – we'd love to see it!