



## Do something

Cooking with others can be fun.



**SWEET TRUTH**  
A recent survey found that strawberries are the most popular fruit in the UK.

Make the most of the school holidays by having fun in the kitchen.

# The joy of cooking



Sally and Kate

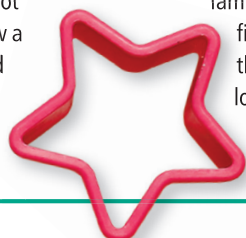
The holidays are a great time to get into the kitchen. Cooking and baking are both fun to do, and can make you feel good too.

The Week Junior asked Sally Brown and Kate Morris from the Guild of Food

Writers to describe some of the joys and benefits of cooking. They said, "Cooking is good for you in all sorts of ways, some which you might not even have thought of. When you follow a recipe you might learn new words, and you get to practise following instructions. You will also do some maths with counting, weighing and

measuring and working out cooking times, as well as seeing science in action, like when puff pastry puffs up. Cooking can be very creative too. Once you understand how a recipe works, you can experiment with swapping out some ingredients and trying out some alternative flavours from the spices and pastes you might have at home.

"Being in a warm kitchen, cooking with your family or friends, is a special time when you can find time to chat together. Finally, of course, there's that moment when you share your lovely-tasting results with your family or friends and everyone smiles. It feels great to see everyone tucking in."



### Mindful cooking

Cooking can be a great way to relax. When you're in the kitchen, focus on the task at hand, whether that is stirring, chopping or even washing up. Concentrate on the sights and sounds and try to take in the different smells and textures of the ingredients. You will soon find you are distracted from any worries. You can enjoy the process of cooking and then the satisfaction of sharing the results with friends and family.





# Do something



Elisabeth Luard

These two delicious dessert recipes work well together and have come from Guild of Food Writers' member Elisabeth Luard. Luard is a journalist, TV presenter and food writer. In 2016, she won the Guild of Food Writers Award for Lifetime Achievement in recognition of her outstanding work.



## Lemon curd ice cream

### What you need

Makes about 1 litre (enough for 6–8 servings)

- 3 medium eggs
- 4 unwaxed lemons
- 125g unsalted butter
- 250g caster sugar
- 450ml plain, unsweetened yoghurt
- Heatproof bowl that will sit on top of a saucepan of boiling water
- Whisk or fork
- Grater
- Knife
- Lemon squeezer (or a glass)
- Saucepan
- Wooden spoon
- Individual containers, such as empty yoghurt pots

### Instructions

- 1 Crack the eggs into a medium-sized heatproof bowl and whisk to blend the whites with the yolks.
- 2 Use the grater to grate the skin on the outside of three of the lemons. This is called zesting. Add the zest to the eggs.
- 3 Cut all four lemons in half and use the lemon squeezer to remove the juice from all of them. If you don't have a lemon squeezer, carefully squeeze the lemon using

your hand so that the juice goes into a glass. Remove any pips before adding the juice to the egg.

- 4 Chop the butter into little pieces and add to the egg mix.
- 5 Add the sugar to the whisked egg mix in the bowl.
- 6 Heat some water in a saucepan until it is simmering gently. Then place the heatproof bowl with the egg mix over the saucepan so it sits above the water. Ask an adult to help with this step because

the bowl will get hot.

- 7 Stir the egg mix constantly with a wooden spoon. Don't let it get too hot. After about 20 minutes, the mixture will thicken and turn glossy. Turn off the heat, take the bowl off the pan and put the base of the bowl into cold water. Leave to cool.
- 8 Stir in the yoghurt and pour the mixture into individual containers. Put the pots in the freezer and leave for 3–4 hours, until firm.

**WARNING!**  
Ask an adult to help when using a hob or oven.



Delicious shortbread biscuits.

## Almond shortbread biscuits

A crumbly, buttery biscuit, this would be perfect to serve with the lemon curd ice cream. Classic proportions for Scottish shortbread are three parts flour to two parts butter to one part sugar, all gathered together

and baked in a round shape. In this version, some of the flour is replaced with ground almonds and an egg yolk is added to the mixture so it can be cut into rounds and won't fall to bits so easily.

### What you need

Makes about 30

- 250g plain flour
- 50g ground almonds
- 100g soft light brown sugar
- 200g cold butter, roughly chopped
- 1 egg (you only need the yolk)
- 1 tbsp flaked almonds
- Large mixing bowl
- Greaseproof paper or clingfilm
- Knife
- Non-stick baking sheet
- Palette knife
- Cake rack

- 1 Mix the flour, ground almonds and sugar together in a large bowl. Add the chopped butter.
- 2 Gently rub the butter into the bowl of flour using your fingers until it looks like breadcrumbs and you can't see any little lumps of butter.
- 3 Add the yolk of the egg to the bowl and add a tablespoon of cold water. Mix everything together into a softish ball with your fingertips (you may need a little more cold water).
- 4 Drop the dough ball onto a lightly floured clean surface and roll it into a thick sausage, about four centimetres thick. Wrap it in greaseproof paper or clingfilm and put in the fridge

- for at least 30 minutes to chill and firm.
- 5 Heat the oven to 180°C. Unwrap the dough sausage and slice it into rounds about half a centimetre thick. Arrange the rounds on a non-stick baking sheet. Make a little dent in the top of each round with a clean, wet finger and push in a flaked almond.
- 6 Bake the shortbreads in the oven for 25–30 minutes until golden. Allow them to cool a little before transferring them with a palette knife onto the cake rack to crisp and cool.



**Got an idea?** Made something cool? Share it with us at [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk)