

Before You Begin

There is no better way to learn than when it feels like it is happening naturally. That's why cooking together is such a wonderful shared experience. While you are following this step-by-step recipe, opportunities to talk and learn will simply present themselves. You can:

-  talk about the shapes, textures, flavours and colours of food,
-  talk about different varieties of food and search for food groups,
-  learn new vocabulary to describe preparing and cooking food,
-  play language games with each letter of the alphabet.

Conversion tables

We have used celsius temperatures and metric measurements in this recipe. Use these tables if you need to convert measurements to suit your cooking equipment.

Oven Temperature			Liquids		Solids	
Celsius	Fahrenheit	Gas Mark	Metric	Imperial	Metric	Imperial
110°C	225°F	1/4	5 ml	1 tsp	25 g	1 oz
120	250	1/2	15 ml	1 tbsp	50 g	2 oz
140	275	1	20 ml	4 tsp	125 g	4 oz
150	300	2	25 ml	1 fl oz	225 g	8 oz
160	325	3	50 ml	2 fl oz	350 g	12 oz
180	350	4	150 ml	1/4 pint	400 g	14 oz
190	375	5	200 ml	7 fl oz	450 g	1 lb
200	400	6	300 ml	1/2 pint	700 g	1 1/2 lb
220	425	7	450 ml	15 fl oz	900 g	2 lb

Preheating - Before you put food in the oven, always make sure it is at the correct cooking temperature.

Safety



- Always supervise young children in the kitchen.
- Where sharp knives, blenders or high temperatures are required, an adult should step in. A young child should not do these steps.
- Always wear an apron and tie back long hair when cooking.

Hygiene



- Wash your hands when preparing food.
- Wash all fruit and vegetables thoroughly.
- Be clean and tidy in the kitchen. Wash up as part of the activity.
- Use separate chopping boards for meat and vegetables.
- Store cooked and raw food separately.

Crispy Rice Snowballs

You will need

Equipment

- Saucepan
- Wooden spoon
- Baking tray
- Baking parchment

Snowball ingredients

- 5 tbsp butter
- 200g marshmallows
- 175g popped rice cereal
- White chocolate (melted)
- Sprinkles, chocolate pieces...anything you like!

To decorate

- Dessicated coconut
- Sprinkles (optional)



Instructions

1. Ask a grown up to help you heat the butter in a saucepan. Add the marshmallows and stir together until melted.
2. Remove your pan from the heat and add your cereal, sprinkles and other extras (we chose chocolate stars and fudge pieces!). Stir well and then leave to cool slightly.
3. Line a baking tray with some baking parchment. Add a spoonful of mixture to the tray, then roll it into a ball and dip into the melted white chocolate.
4. Sprinkle the dipped snowball with some dessicated coconut (for a snowy look) or top with more sprinkles!
5. Once your tray is full of snowalls, place it in the fridge to allow them to set.
6. Enjoy your crispy treats!



Did you know?

The largest recorded snowflake is believed to have been 15 inches in length. That's roughly the same size as a bowling pin!



Cocoa and Marshmallows

You will need

Equipment

- Kitchen scissors
- Spoon
- Saucepan or plastic bowl
- Whisk
- Paper straw (optional)

For the marshmallows

- 2 jumbo marshmallows
- Icing sugar
- Melted chocolate or black writing icing
- Orange writing icing

For the cocoa

- 250 ml milk
- ½ tsp vanilla extract
- 1 tsp cocoa powder
- 1 tsp honey*
- ½ tsp cinnamon (optional)

Snowman Marshmallows

1. Carefully cut the jumbo marshmallows in half with scissors and dip the cut edge in icing sugar (this will stop it being sticky!)
2. Use melted chocolate (or black icing) to create some coal eyes and a dotted line for a coal mouth for your snowman.

Tip: If you are using chocolate, there are lots of ways to paint the shapes onto the marshmallow. We found that pinching the end of a paper straw gave us a good tool to draw on those little dots!

3. Use the orange icing to pipe a little carrot nose. Set aside in a cool place.



Cocoa

1. Ask an adult to help you heat up the milk. You can do this with a saucepan on the stove or a plastic bowl in the microwave. The milk shouldn't boil, just get hot enough to make a nice warm drink!
2. Stir in the cocoa, honey and vanilla (you could also add some cinnamon). Whisk, whisk, whisk!
3. Pour the cocoa into your mug, add one or two marshmallows watch the snowmen melt!

Tip: Clever Cat has made her cocoa recipe suitable for the littlest Letterland fans too. If you like a more traditional hot chocolate, just add the marshmallows to your own cocoa concoction!

