

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.

Lovely Lebkuchen

You will need

Equipment:

- Saucepan
- Wooden spoon
- Large bowl
- Rolling pin
- Cling film/wrap
- Baking trays
- Baking parchment
- Cookie cutter(s)
- Piping bag and nozzle (optional)



Did you know?

Lebkuchen is honey-sweetened German cake, similar to gingerbread and traditionally baked around Christmas time. "Kuchen" is a German word, meaning "cake"!

For the lebkuchen:

- 200g Honey
- 100g Plain flour
- 100g Ground almonds
- 90g Butter
- 1 tsp Cinnamon
- 1 tsp Ginger
- 1 tsp Nutmeg
- 1 tsp Baking powder
- 1/4 tsp Bicarbonate of soda

For the decoration:

- 200g Icing Sugar
- 100g Chocolate



Instructions

1. Melt the butter and honey together in a pan, stirring until the butter is all melted. Then take it off the heat and leave to cool while you deal with other ingredients.
2. Sieve the flour into a large bowl, and then add the baking powder, bicarbonate of soda, almonds and the spices. Stir together so they are mixed.
3. Add the butter and honey mixture into the bowl and stir until combined, this should be a sticky dough and it might take a while to stir through!



(Continued overleaf)



4. Leave to set in the fridge for an hour or two. This will make it stiffer and easier to handle.
5. Pre-heat the oven to 200 degrees Celsius (392 Fahrenheit) and line your baking trays with parchment (this recipe should make about two trays worth).
6. Roll out the dough until it's about 2cm thick. The easiest way to do this is between two sheets of cling film (that way you won't get your rolling pin messy!)
7. Using your cutter, cut out as many shapes as you can, leaving the rest of the dough to roll up into balls (about the size of a table tennis ball!)
8. Place the shapes on your baking trays and bake for about 14 minutes, or until they are golden brown, risen and firm to the touch. Leave to cool.

To Decorate

1. Mix your icing sugar with 2 tbsp of water. You should get a nice thick consistency.
2. Melt your chocolate in the microwave for about 2 minutes, checking every 30 seconds to make sure it doesn't burn.
3. Once your lebkuchen are cool, dip them into either the white icing or chocolate to glaze (if you are feeling fancy you could pipe shapes onto them too!)
4. Leave the icing to set and then enjoy your lovely lebkuchen!

