

## Caveman (and woman) Cooking.

This week we would like you to prepare a meal that will be (loosely) based upon what you may have eaten if you were a cave person.

First thing to think about is your safety. I am sure you're limiting the amount of times you're going to the shops and please follow all guidelines if you are able to purchase the following items.

Secondly, only buy what you can afford. It is a very difficult for many people presently and we do not want to add any extra pressure or demands to your load.

Thirdly, if using sharp knives, an oven or anything else potentially dangerous in the kitchen then make sure your parent or carer is present and has given you permission.

### Recipes

There are three recipes that you can choose from. All together they may make three courses, starter, main and dessert.

# Griddle Cakes

## Ingredients

250g wholemeal flour (*Can be difficult to get at the moment. I have managed to get plain*).

100g butter

3 to 6 tbsp milk

Pinch of salt

1 egg (*optional*)

Leek (*optional*)

Herbs (*optional*)

Onion (*optional*)

## Instructions

1. Mix the flour and salt in a bowl
2. Add the butter and rub in with your fingers until the mixture resembles fine breadcrumbs.
3. Stir in the egg (if using) then add just enough milk to bring the mixture together as a firm dough.
4. Pinch off pieces of the dough, shape into balls about 4cm in diameter then flatten into patties about 0.5cm thick.
5. Heat your frying pan and grease lightly with butter.
6. Add the griddle cakes and fry until nicely browned on both sides and cooked through, about 5 minutes per side, but the exact time will depend on your cooker.

# Mushroom and lentil soup

## Ingredients

125g lentils

Garlic x2 cloves

1 leek

Butter 25g

Mushrooms (roughly 16)

Water 850 ml

Salt

## Instructions

1. Put your butter in the frying pan.
2. Cut up the leek and fry with the garlic (crushed).
3. Add mushrooms.
4. Add water then the lentils and simmer for 1 hour.
5. Add salt.

## **Berry and Nut Dessert**

### **Ingredients**

Any berries of your choice.

Blueberries or Raspberries or Blackberries etc

1 bag of mixed nuts.

Cream (optional)

### **Instructions**

1. Cut up the berries.
2. Add the nuts.
3. Add cream (if using).