



HAPPY SAPPLINGS Recipe Book



Happy Sapplings

This book belongs to: _____

From our farm to your fork



Introduction

Hello!

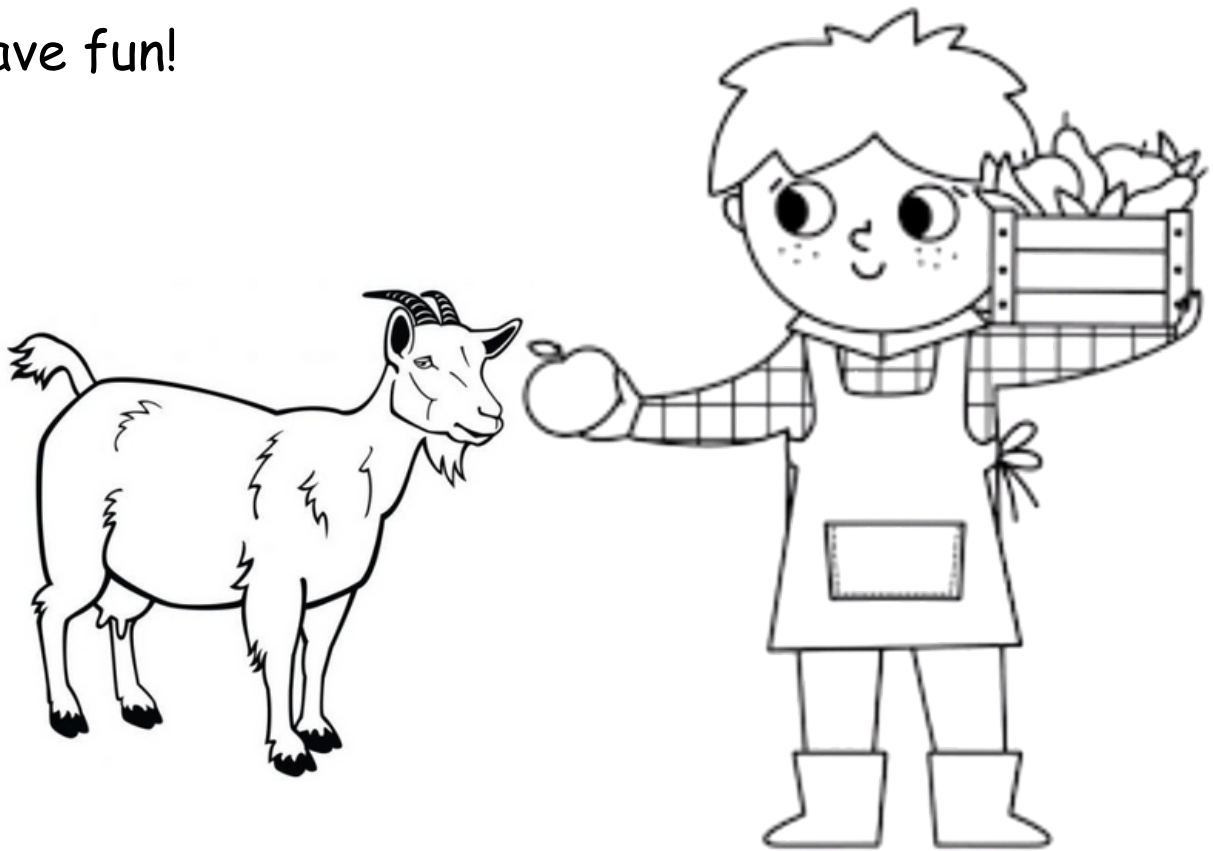
This book is full of tasty recipes.

The food is made with vegetables from the farm.

We hope you enjoy cooking, eating, and colouring.

Ask an adult to help when you need it.

Have fun!



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How to use this recipe book

① ② ③

Follow the steps

Start at 1 and do each step in order.



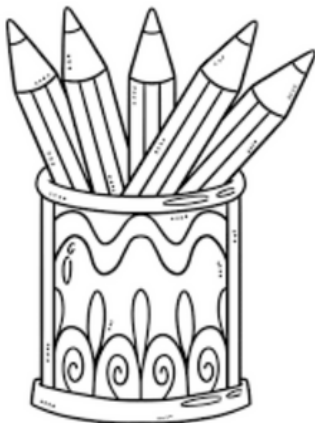
Check the time

Look for the clock to know how long to cook.



Be Safe

Follow the kitchen rules and when you see this symbol, this means you need an adult to help you.



Colour in

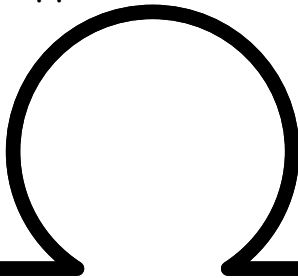
We have added lots of pictures into your book, so you can colour them in while you're waiting on your food to cook!

How the farm and kitchen work together!

Autumn (Sept-Nov)

On the Farm: Crops have been growing all summer, and autumn is when we harvest them!

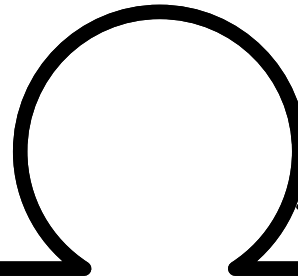
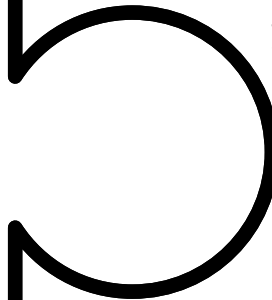
In the Kitchen: We cook warm, hearty meals using apples, carrots, and potatoes.



Winter (Dec-Feb)

On the Farm: We store veg in cool sheds and look after the soil.

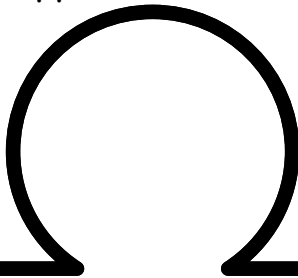
In the Kitchen: We make dishes with stored foods like cabbage, kale, and carrots.



Spring (Mar-May)

On the Farm: We plant seeds and get ready for summer harvests.

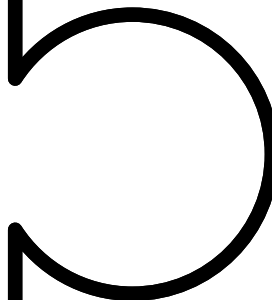
In the Kitchen: We use eggs from the hens and make fresh breads and salads as new greens start to grow.



Summer (Jun-Aug)

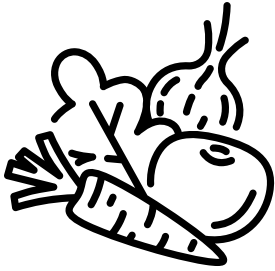
On the Farm: Pick berries and taste the first summer veg.

In the Kitchen: We make light, colourful meals with berries, lettuce, and sweetcorn.

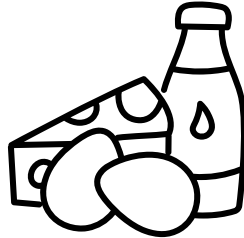


Healthy Eating

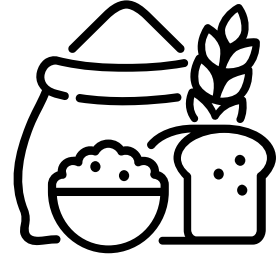
How can I eat well each day?



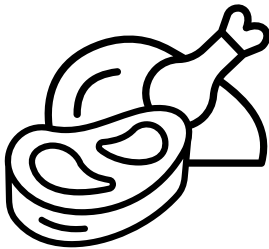
5-7 portions of
fruit and veg every
day.



5 portions of dairy
every day.



3-5 servings of
brown
bread/pasta/rice.



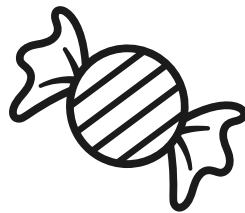
2 portions of
meat/fish/beans
every day.



8 cups of water
every day.



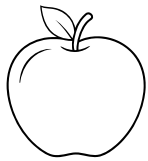
Aim to have home
cooked meals
over takeaways.



Do not eat sweets or
crisps every day.

Portion Sizing

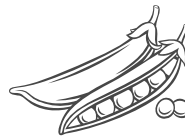
1 portion of fruit or veg



1 medium
fruit



2 small
fruits



$\frac{1}{2}$ cup
cooked veg



1 bowl of
soup

1 portion of dairy



200mls milk.



25g cheese.



125g yoghurt.

1 portion of beans/eggs/meat



$\frac{1}{2}$ palm of
meat.



2 eggs.

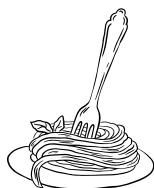


$\frac{3}{4}$ cup
beans/peas.



100g fish.

1 portion of bread/potatoes/pasta



1 cup cooked
rice/pasta



2 slices of
bread.



2 medium
potatoes.



$\frac{1}{3}$ cup
oats.

Tips for Cheaper Shopping etc.

importance of healthy eating
Encouraging children to cook at home
and how it can build their relationship
with food & family and cooking skills
buying takeaways/deli food vs
homecooked and benefits of that
such as portion control and control
of the addition of salt in foods

Eating food that grows in season
means we eat it at the time of year
it naturally grows.

It tastes better, is fresher, and
helps the planet too!

Find one snack at home and swap it for a healthier
one — what did you choose?

Five Simple Shopping Tips

1

Make a list before you go shopping.
Plan your meals for the week and only buy what you need.

2

Choose supermarket or own brands over big brand names.

3

Choose frozen fruit and vegetables.
These are cheaper than the fresh options and just as healthy.

4

Look out for sales and offers in shop magazines and on T.V.

5

Check the date on all the food before you buy. This stops food going to waste.

Kitchen Rules



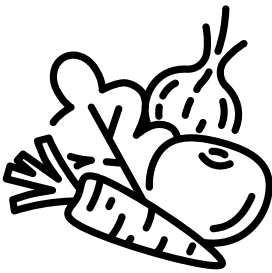
Wash your hands with warm soapy water.



Ask an adult for help with using the oven or hob.



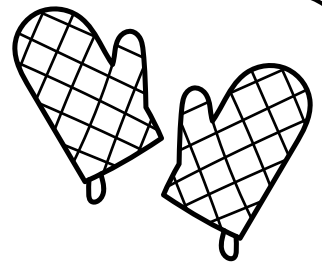
Roll up your sleeves and tie back long hair.



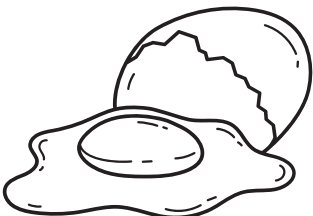
Wash all fruit and vegetables before use.



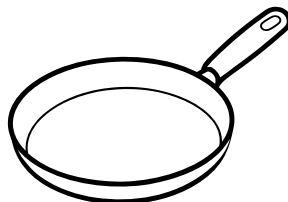
Use separate knives and chopping boards for raw meat and vegetables.



Use oven mitts when handling hot pans, pots, or trays.



Wash your hands after touching raw meat or eggs.

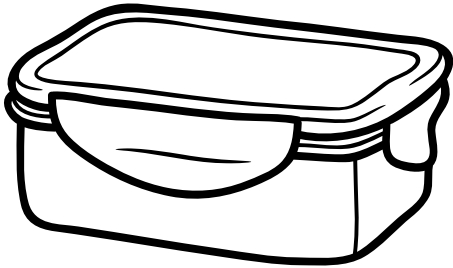


Turn all handles to the back of the stove so you don't hit off them.

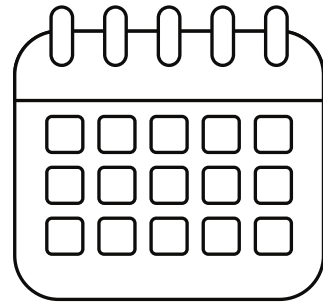


Wash everything you used and wipe down surfaces with hot soapy water.

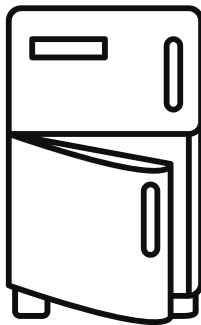
Food Storage



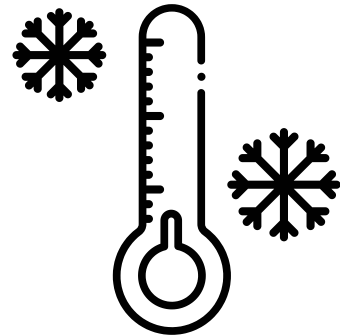
Put leftovers in a clean and sealed lunchbox.



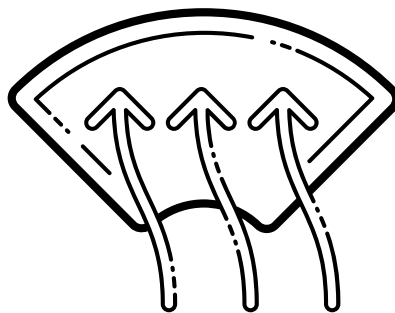
Do not keep foods past their 'use by' date.



Leftovers can be kept in the fridge below 5°C for 3 days.



Leftovers can be kept in the freezer for 3 months at -18°C .

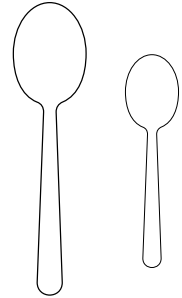


Defrost food in the fridge.

Cooking Conversion Chart

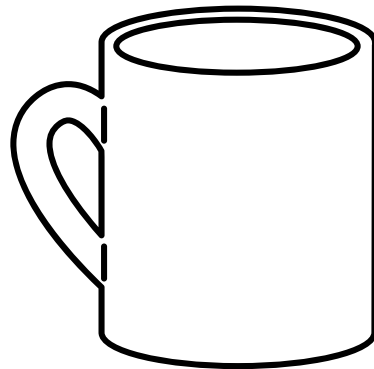
Here you will find different ways to measure ingredients, if you do not have the exact equipment at home.

1 **teaspoon** (tsp) = 1 small spoon or 5ml
1 **tablespoon** (tbsp) = 1 big spoon or 15ml
3 teaspoons = 1 tablespoon



1 **mug** (a regular tea/coffee mug, filled to the top and level) is the same as:

- 240ml water or milk
- 120g flour
- 200g sugar
- 200g uncooked rice
- 90g grated cheese
- 90g oats
- 100g uncooked pasta



Mixing Bowls

A pan, or even a washed plastic container can be used.

Mixing Spoons

A big wooden or metal spoon works fine.

Mashing Potatoes or Vegetables

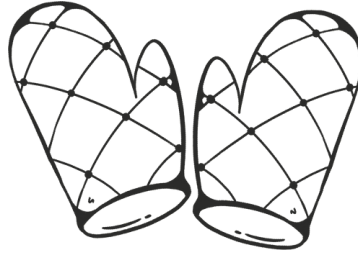
Use a fork, the bottom of a mug, or even clean hands, instead of a masher.



Kitchen Utensils



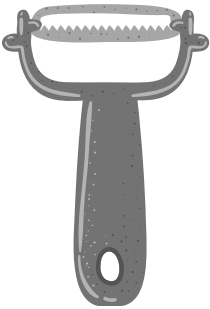
Spatula



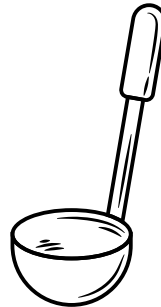
Oven mitts



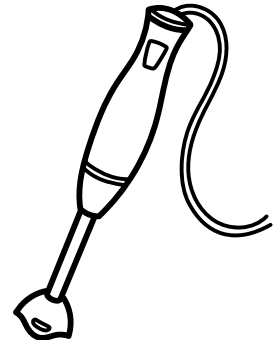
Whisk



Peeler



Ladle



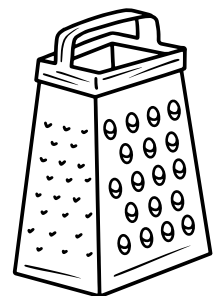
Blender



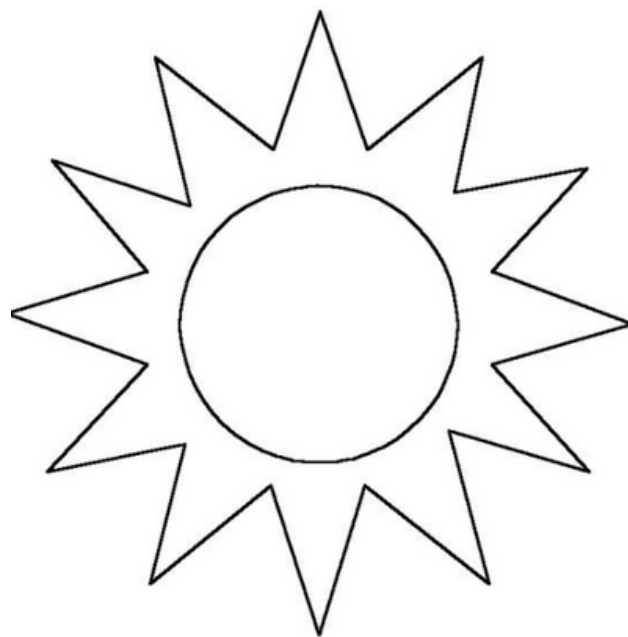
Kitchen scales



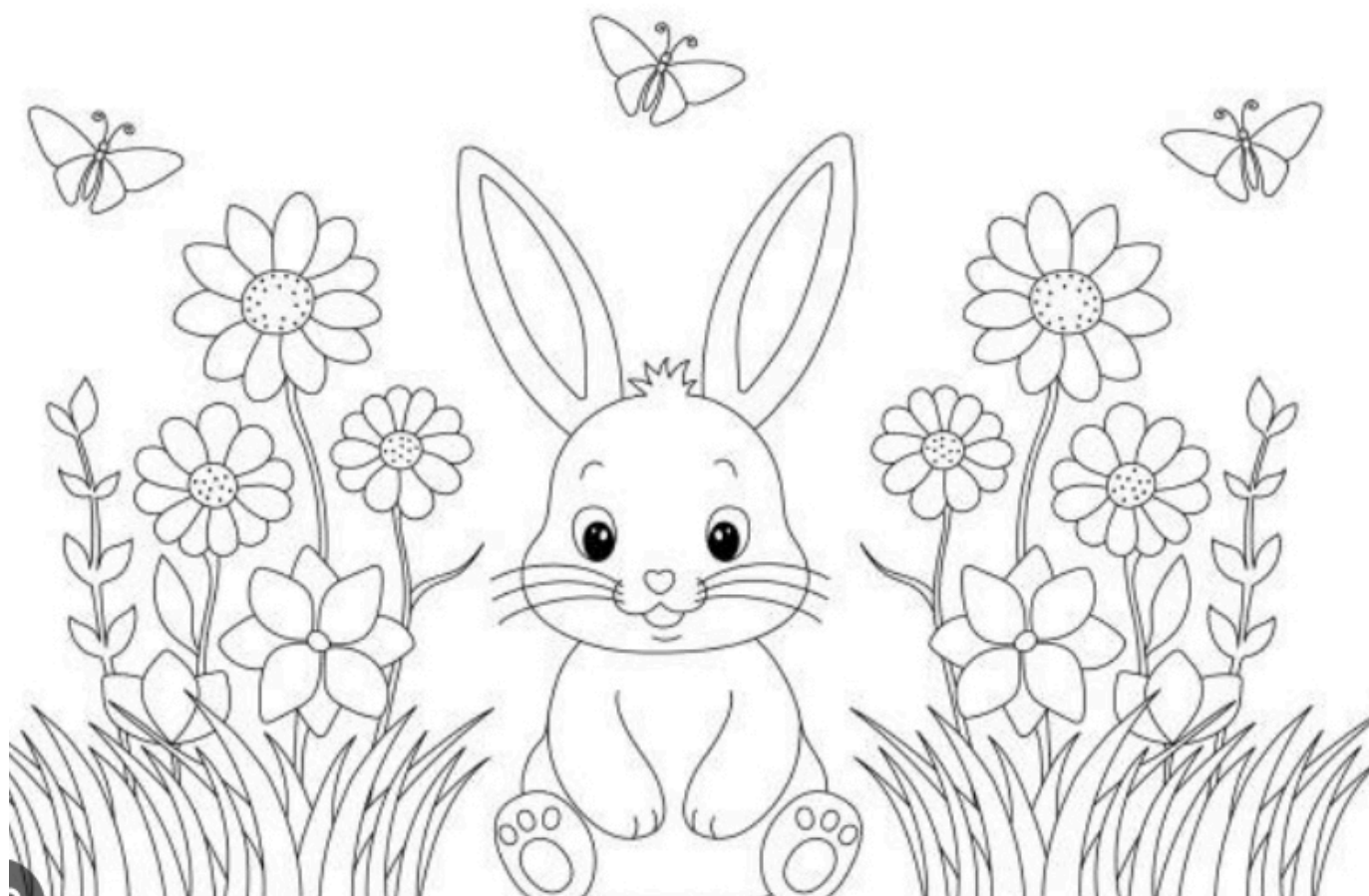
Teaspoon/
Tablespoon



Grater



Spring Recipes



Cheesy Carrot Bites

Makes 10 carrot bites

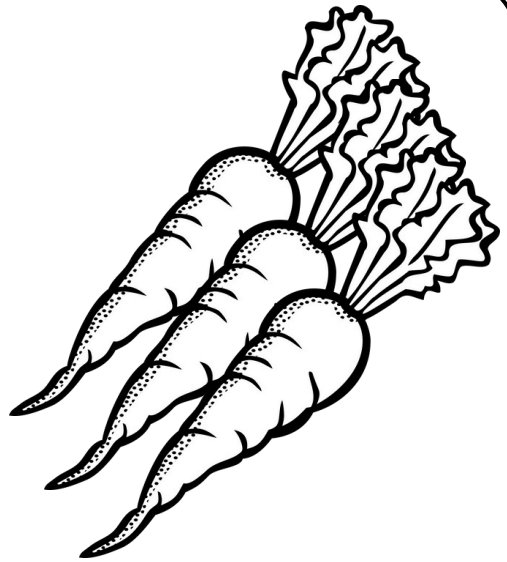
Prep time: 15 minutes



Cook time: 15 minutes

You will need:

- 2 carrots
- 35g grated cheese
- 20g breadcrumbs
- 1 egg
- $\frac{1}{4}$ teaspoon of garlic powder
- $\frac{1}{4}$ teaspoon of onion powder
- Salt and pepper to taste



Equipment:

- Weighing scales
- A teaspoon
- A grater
- Medium mixing bowl
- Tea towel
- Baking tray
- Greaseproof paper
- Fan oven

Fun Fact

Carrots are typically orange but can also be white, yellow, red, and purple.

Let's Cook

1. Heat the oven to 180°C.
2. Weigh out the ingredients using the weighing scales.
3. Grate the carrots on the small holes of a grater. ⚠
4. Squeeze out the water by pressing with your hands or by wrapping the grated carrots in a towel.
5. Mix the carrots, cheese, breadcrumbs, egg, and seasonings (garlic powder, onion powder, salt, and pepper) in a bowl until it sticks together.
6. Scoop out 1 tablespoon of the mixture and roll into little balls.
7. Place the balls on a baking tray lined with parchment paper.
8. Bake for 15 minutes, until the edges are a little brown. ⚠



Egg and Veg Muffins

Makes 6 muffins

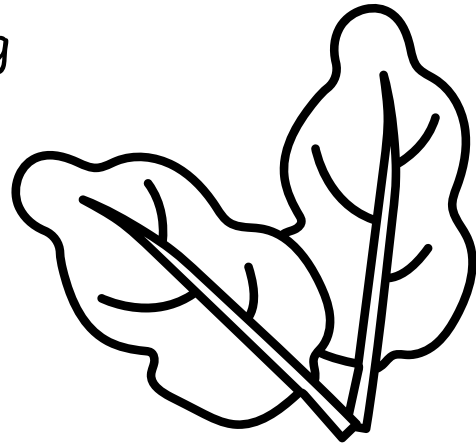
Prep time: 10 minutes



Cook time: 20 minutes

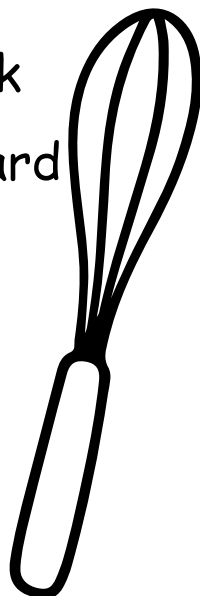
You will need:

- Olive oil/butter for greasing
- 6 eggs
- 1 carrot
- 45g of Swiss chard or kale
- 1 red onion
- 100g of cheddar



Equipment:

- A standard muffin tray
- A mixing bowl
- A fork or whisk
- A chopping board
- A peeler
- A knife
- A grater



Fun Fact

Swiss chard is not from Switzerland, it comes from the Mediterranean regions!



Let's Cook

1. Heat an oven to 180°C. ⚠
2. Grease the standard muffin tray with oil or butter.
3. Finely chop the onion. ⚠
4. Chop the Swiss chard or kale. ⚠
5. Peel and grate the carrot. ⚠
6. Grate the cheese. ⚠
7. Crack the eggs and whisk them in a bowl.
8. Pour the prepared vegetables and cheese into the egg and mix together.
9. Divide the egg mixture into 6 muffin holes.
10. Bake in the oven for 20 minutes, or until the top is a light golden colour. ⚠
11. Allow to cool before serving. ⚠



Soda Bread

Makes 1 loaf

Prep time: 20 minutes



Cook time: 50-60 minutes

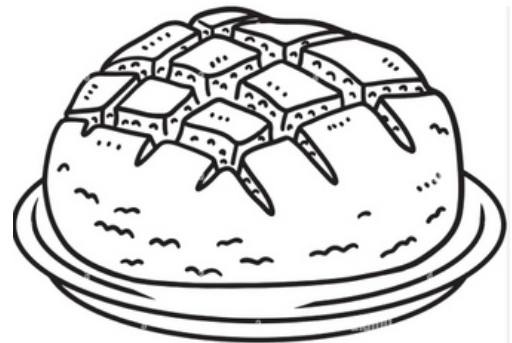
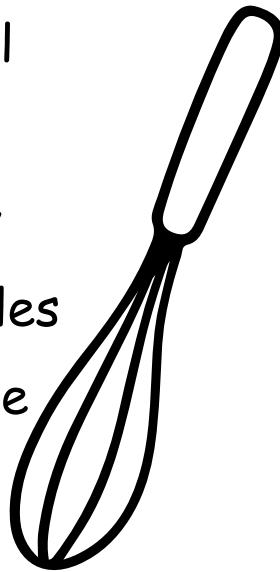
You will need:

- 250g wholemeal flour
- 100g plain flour
- 1 egg
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 300ml of buttermilk



Equipment:

- 2 x large bowl
- A whisk
- A baking tray
- Weighing scales
- A butter knife
- An oven
- A fork
- Wire rack (optional)



Fun Fact

People started making Irish soda bread almost 200 years ago.

Let's Cook

1. Heat the oven to 190°C.
2. Weigh out the flours using weighing scales.
3. Put the flours, bread soda and salt into a large bowl.
Mix well.
4. In another bowl, whisk the egg and buttermilk.
5. Pour the egg mix into the flour. Use a fork to stir.
6. Use your hands to bring the dough together.
7. Shape the dough into a ball.
8. Sprinkle some flour on a baking tray. Place the dough ball on the tray.
9. Gently press the dough into a round shape. It should be about 6 to 7 cm thick.
10. Use the blunt side of a knife to make a cross on the top. ⚠
11. Bake in the middle of the oven for 50 to 60 minutes.
The crust should feel firm. ⚠
12. Take the bread out. Place it on a wire rack. Leave it to cool. ⚠





Summer Recipes



French Toast

Makes 4 slices

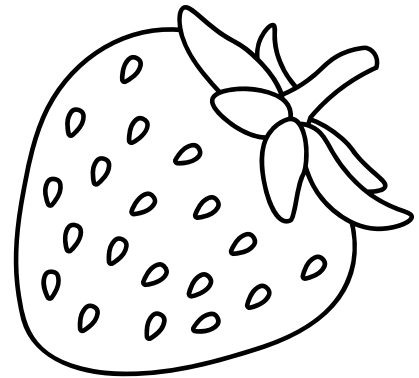
Prep time: 5 minutes



Cook time: 15 minutes

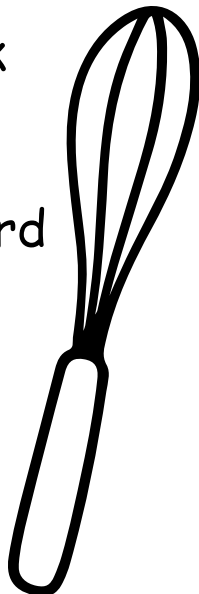
You will need:

- Olive oil/butter for greasing
- 4 slices of white or brown bread
- 4 eggs
- 1/2 cup of milk
- 1 tsp of cinnamon
- Strawberries or seasonal fruit
Seasonal fruit (for example: apples, pears, berries)



Equipment:

- A mixing bowl
- A shallow dish
- A fork or whisk
- A spatula
- A chopping board
- A knife
- A pan

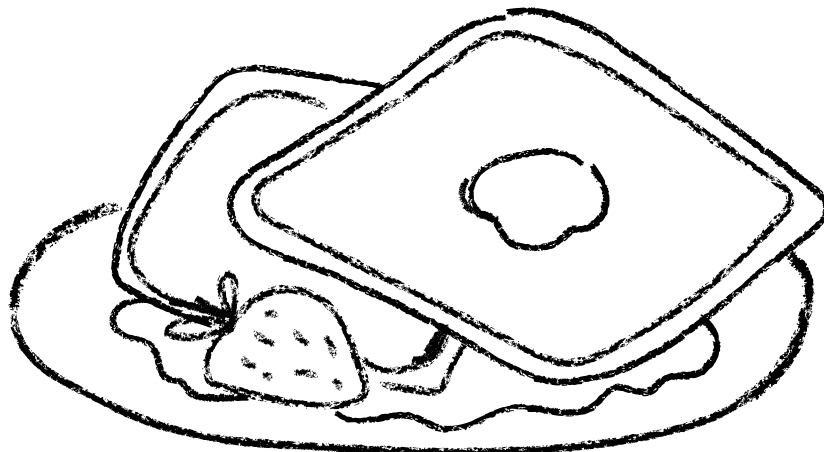


Fun Fact

Strawberries are high in vitamin C which is great for your skin and teeth!

Let's Cook

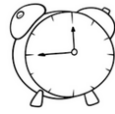
1. Crack the eggs into the mixing bowl and whisk them.
2. Add the milk and cinnamon. Mix well.
3. Take the green top off the strawberries and cut them in half. ⚠
4. Put some butter or oil onto the pan on a medium heat. ⚠
5. Pour the egg mixture into the shallow dish.
6. Dip each slice of the bread into the egg mixture. Turn them over so both sides are wet.
7. Use a spatula to put one slice of bread on the pan. Cook for 2-3 minutes each side until golden brown. ⚠
8. Repeat with the other slices. ⚠
9. Put your toast onto a plate and serve with strawberries or seasonal fruit.



Vegetable Pasta Sauce

Serves 4

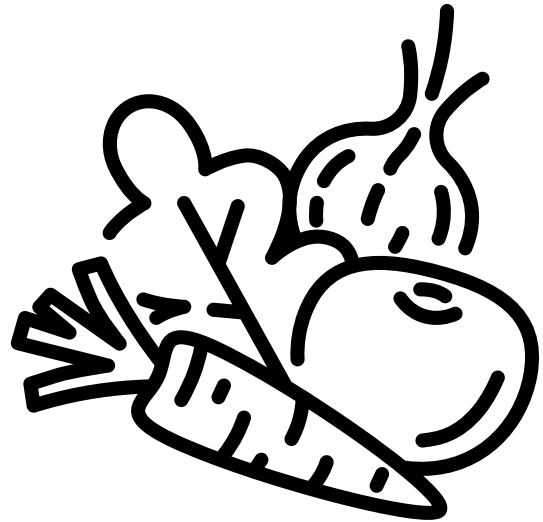
Prep time: 10 minutes



Cook time: 30 minutes

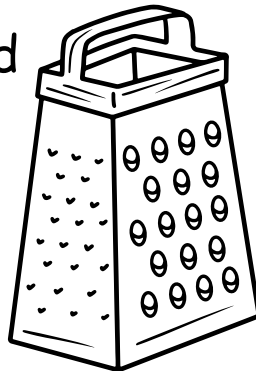
You will need:

- 1 tablespoon olive oil
- 1 onion
- 2 cloves garlic
- 1 carrot
- 1 can of tomatoes
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon dried basil



Equipment:

- Saucepan
- Pot
- Chopping Board
- Sharp Knife
- Grater
- Colander
- Can opener

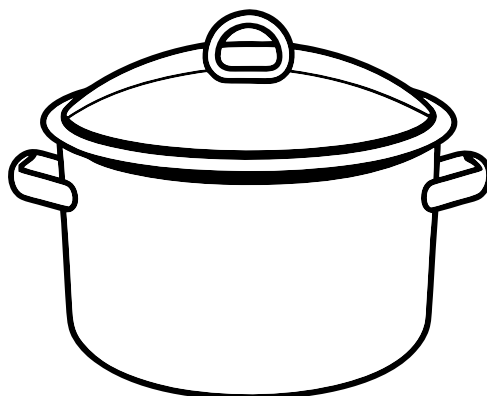


Fun Fact

Most pasta sauces start with tomatoes – which are actually fruits, not vegetables!

Let's Cook

1. Wash your hands. Ask an adult to turn on the cooker.
Put a big pot on medium heat and add olive oil. ⚠️
 2. Add the chopped onion and garlic. Stir now and then
for five minutes until soft. ⚠️
 3. Add the grated carrot. Stir for five more minutes
until it softens a little.
 4. Pour in the tinned tomatoes. Add salt, pepper, and
sugar. Stir. Turn heat to low. Cook for 20 minutes,
stirring sometimes. ⚠️
 5. While the sauce cooks, boil water in another pot.
Add the pasta. Cook it for 8-12 minutes. Ask an adult
to drain it. ⚠️
 6. Add the chopped basil to the sauce and stir.
 7. Pour the sauce on the pasta. Stir it all together.
- Enjoy your meal!



Banana Oat Pancakes

Serves 4

Prep time 5 minutes



Cook time 10 minutes

Ingredients

- 50g of oats
- 2 eggs
- 2 medium bananas
- $\frac{1}{2}$ level tsp baking powder
- 30mls of milk
- 1 tbsp of olive oil

Fun Fact

Bananas don't grow on trees, they grow on big plants.

Equipment

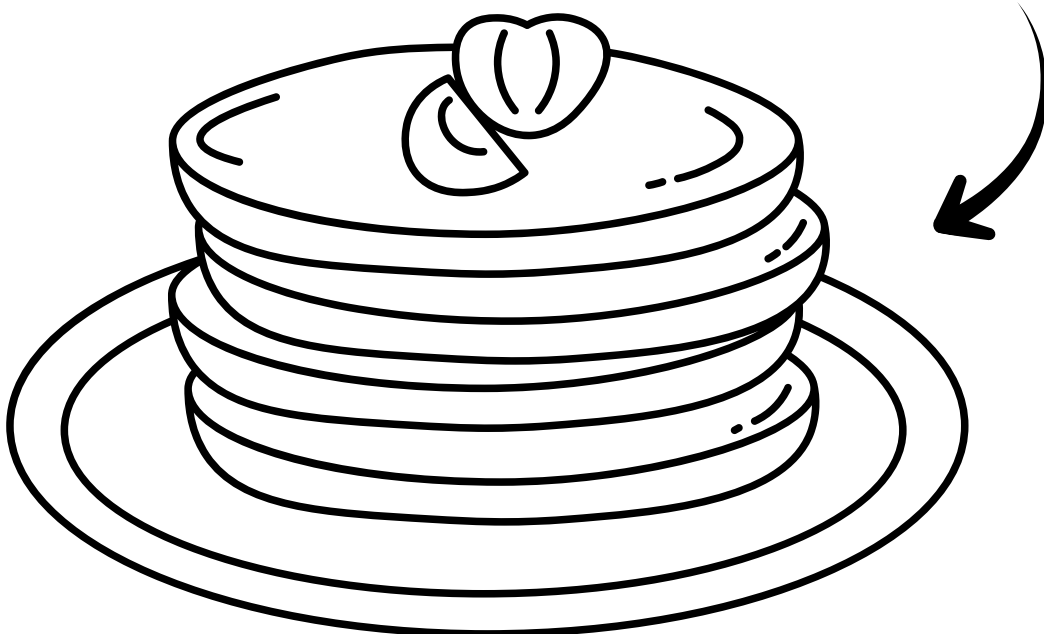
- Frying pan
- Ladle
- Mixing spoon
- Spatula
- Mixing bowl
- Fork
- Small bowl



Let's Cook

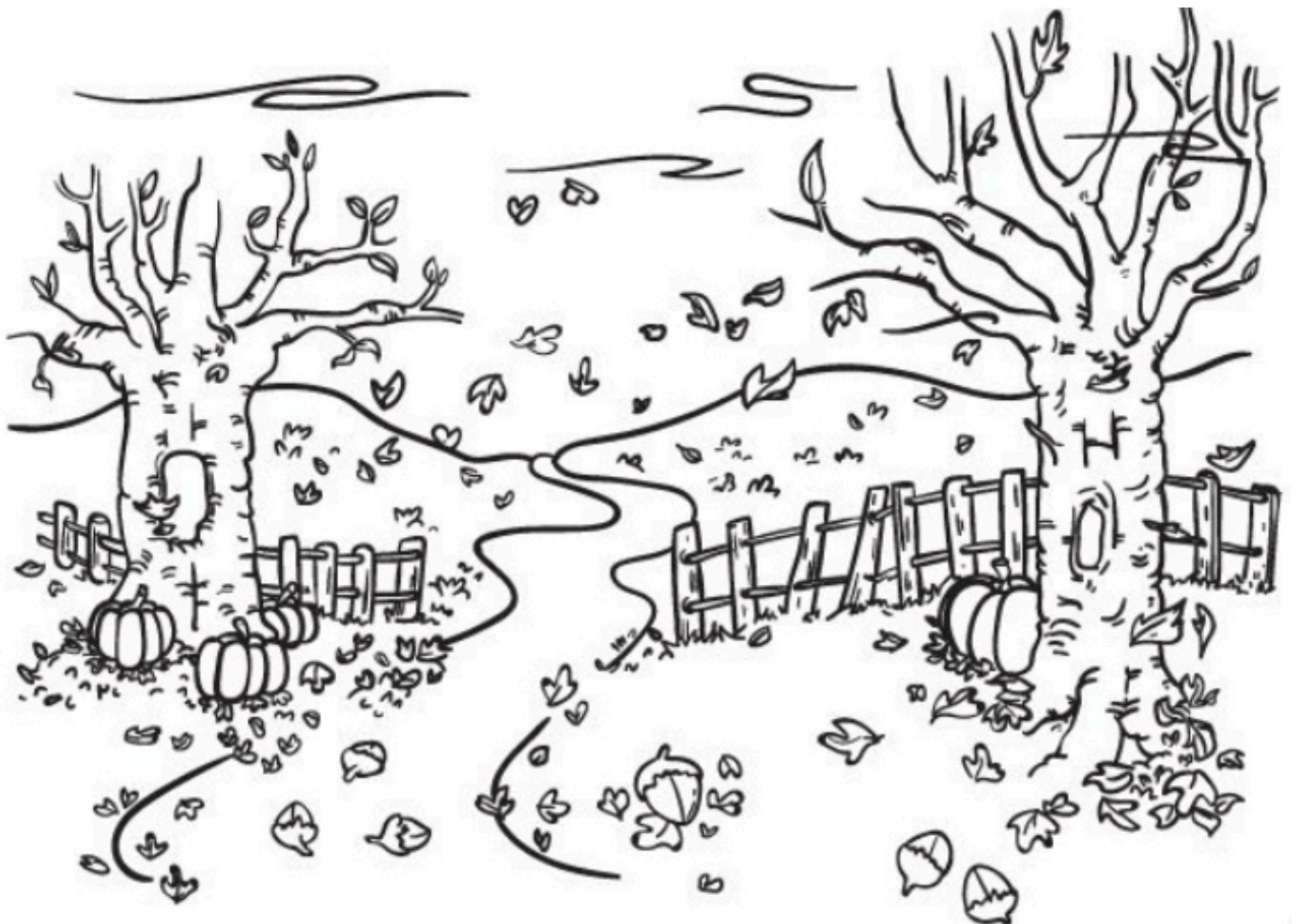
1. Ask an adult to heat up the frying pan. ⚠️
2. Add the olive oil to the pan. ⚠️
3. Mash the bananas in a mixing bowl with a fork.
4. Whisk the eggs in a small separate bowl.
5. Add the oats, eggs, and baking soda to the bananas.
6. Mix until all the ingredients are combined.
7. Add a ladle of batter to the heated pan. Cook until golden brown. ⚠️
8. Flip the pancake with a spatula. ⚠️
9. Cook for 2-3 minutes, or until the pancakes are light brown on both sides. ⚠️

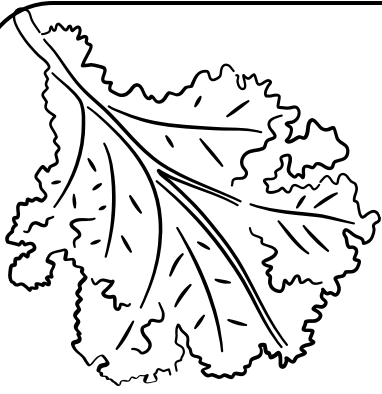
Colour me in!





Autumn Recipes

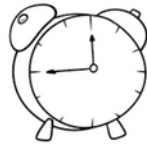




Kale and Onion Omelette

Makes 1 omelette

Prep time: 10 minutes



Cook time: 5 minutes

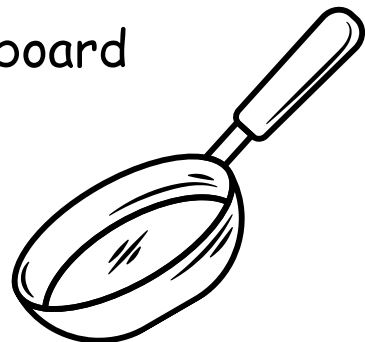
You will need

- 2 medium eggs
- 1 tsp butter
- 3 tbsp chopped onion
- 2 tbsp chopped kale
- 1-2 tbsp grated cheese (optional)

Fun Fact
Eggs float in water when they are old, and sink when they are fresh!

Equipment

- Frying pan
- Small bowl
- Spoon
- Whisk
- Sharp knife
- Chopping board
- Spatula



Let's Cook

1. Chop the onion on a chopping board and pick the leaves off the kale stem. ⚠️
2. Place a small frying pan on a low heat. ⚠️
3. Crack the eggs into a small bowl and whisk them.
4. Add the butter onto the pan.
5. Carefully pour in the eggs and tilt the pan to spread them out evenly.
6. Carefully add the onion, cheese and kale into the egg mix and cook for 2 minutes.
7. Use a spatula to lift the edges, fold the omelette in half, and cook until the egg is not runny. ⚠️

**Can you name 3 other vegetables
that would work in this dish?**

1. _____

2. _____

3. _____

Spicy Potato Wedges

Serves 4

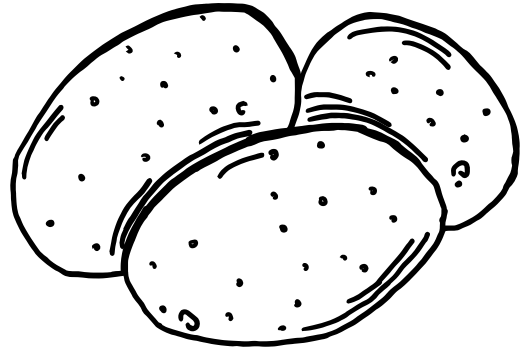
Prep time: 10-15 minutes



Cook time: 30 minutes

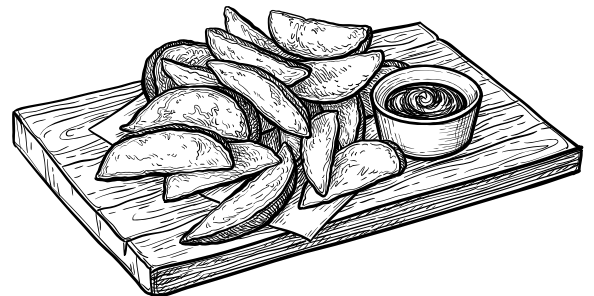
You will need:

- 4 medium-sized potatoes
- 20ml of vegetable oil
- 1 teaspoon of cayenne pepper
- Sprinkle of black pepper



Equipment:

- Oven
- Chopping Board
- Sharp Knife
- Large container with lid
- Baking Tray
- Small Cup
- Oven gloves/mitt

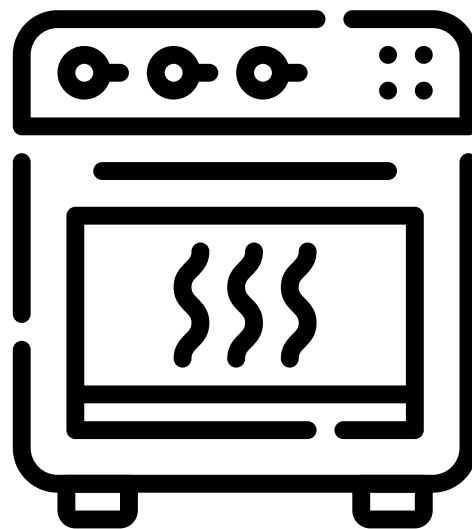
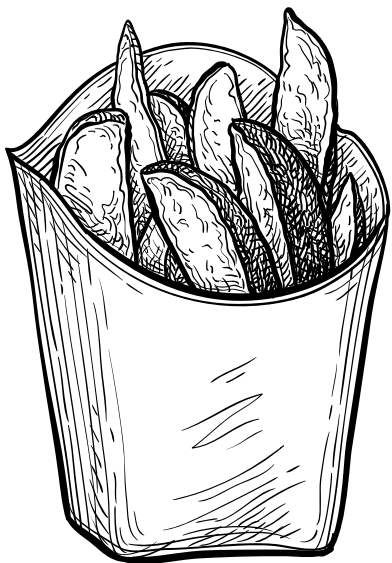


Fun Fact

A potato is about 80% water — just like people!

Let's Cook

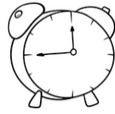
1. Preheat the oven to 200°C (or 400°F / Gas Mark 6).
2. Wash the potatoes. Cut each one into 8 wedges.
Leave the skin on. ⚠
3. Put the wedges into a large container with a lid.
4. Pour the vegetable oil over the wedges. Close the lid and shake the container well.
5. Sprinkle cayenne pepper and black pepper over the wedges. Close the lid again and shake.
6. Place the wedges on a baking tray in a single layer.
7. Cook for 35 minutes. They should look golden brown and feel crispy on the outside. ⚠



Veggie Quesadillas

Serves 6

Prep time: 10 minutes



Cook time: 20 minutes

You will need

- 100g spinach
- 1 large carrot
- 3 leeks
- 140g cheddar cheese
- 8 tortillas

Fun Fact

In Wales, people wear leeks on their clothes on St. David's Day for good luck!

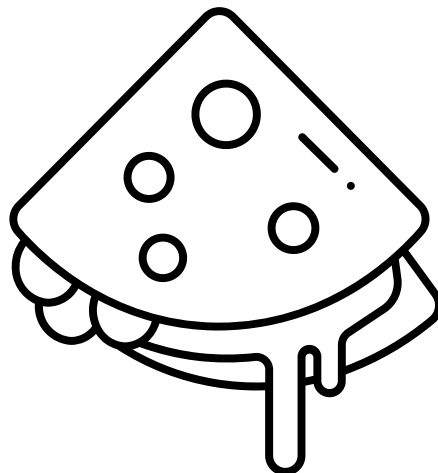
Equipment

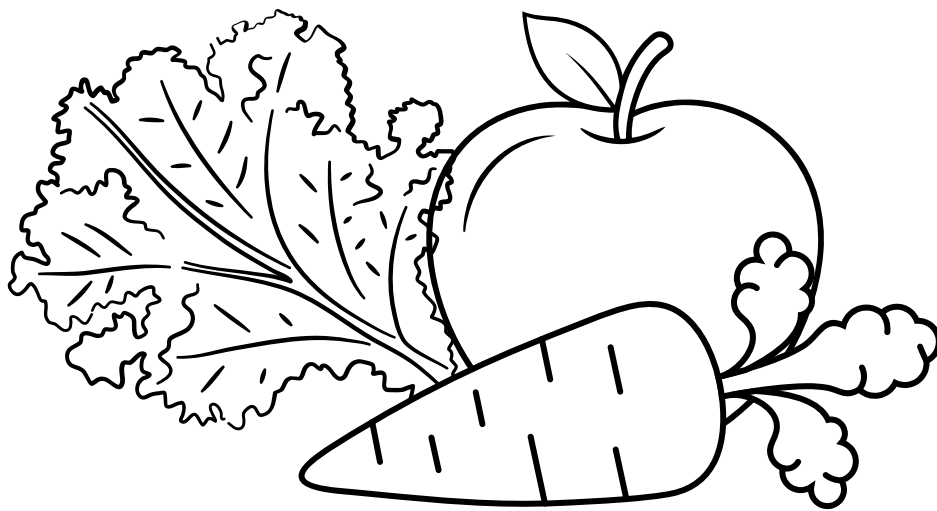
- A chopping board
- A knife
- A grater
- A non-stick frying pan
- A mixing bowl



Let's Cook

1. Peel off the outer layer of the leek and keep the soft part.
2. Chop the soft part of the leek into small, thin, slices. ⚠
3. Wash and grate the carrot.
4. Wash and chop the spinach. ⚠
5. Grate the cheese.
6. Place all the vegetables in a bowl and mix in the grated cheese.
7. Spread the vegetable and cheese mix on one tortilla and put a second one on top like a lid.
8. With help from an adult, heat the frying pan over a medium heat. ⚠
9. Cook one quesadilla at a time until golden and the cheese has melted. ⚠
10. Repeat for the remaining tortillas.





Winter Recipes



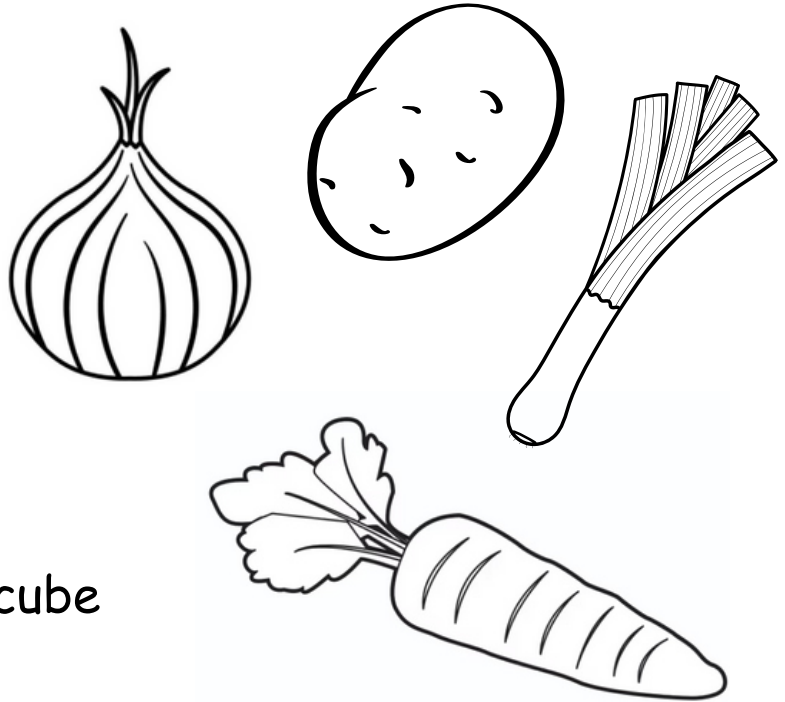
Vegetable Soup

Makes 8 bowls

Prep time: 20 minutes  Cook time: 30-40 minutes

You will need:

- 1 onion
- 2 carrots
- 2 celery sticks
- 1 leek
- 3 potatoes
- 1 tbsp oil
- 1 vegetable stock cube
- Salt and pepper



Equipment:

- 1 large saucepan
- Chopping board
- Knife
- Peeler
- Jug
- Wooden spoon
- Blender



Fun Fact

Potatoes help make soup thick and creamy. When they cook, they go soft and make the soup smooth.

Let's Cook

1. Peel the onion, carrots and potatoes.
2. Wash the leek and celery sticks.
3. Cut up all the vegetable into cubes that are all the same size. ⚠
4. Add oil to saucepan on a medium heat. ⚠
5. Add onion, celery, leek and carrots to the saucepan and cook for 5 mins until they soften.
6. Add potatoes and stock cube to the saucepan, and add water until vegetables are covered.
7. Cook for 35 minutes until potatoes are soft.
8. Add in a pinch of salt and pepper for seasoning.
9. Using a hand blender, blend the soup until smooth. ⚠

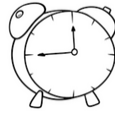
Colour me in



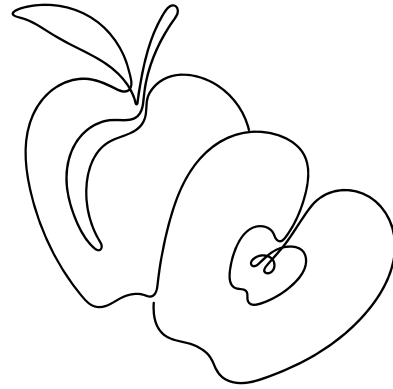
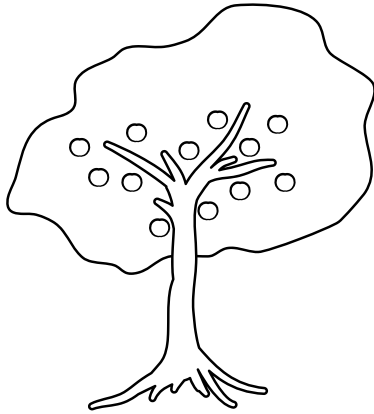
Stewed Apple

Serves 4-5 people

Prep time: 5 minutes



Cook time: 10 minutes



You will need:

- 500g eating apples (about 5 apples)
- 50g caster sugar
- 1 tbsp water
- $\frac{1}{2}$ tsp cinnamon

Fun Fact

We have around 200 different types of apples in Ireland!

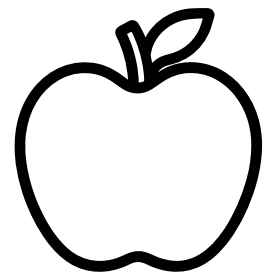
Equipment:

- A chopping board
- A knife
- A peeler
- A saucepan
- A weighing scales

Let's Cook

1. Peel the apples and roughly chop them into chunks, removing the core and seeds. ⚠
2. Place the apple pieces into the pan with the sugar and 1 tbsp water.
3. Give it a little stir before covering the pan with a lid and cook over a medium heat for 3-4 minutes. ⚠
4. Stir gently then cover again and continue to cook gently until the apples are really soft.
5. Once the apples are soft, add the cinnamon.
6. Taste the mixture and add more sugar if the apples are too sharp, or some lemon juice if they are too sweet.
7. Serve warm or leave to cool and store, covered in the fridge, for up to 5 days.

Can you think of any other fruit that would be nice stewed?

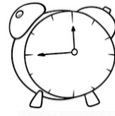


1. _____
2. _____
3. _____

Apple Crumble

Serves 6 people

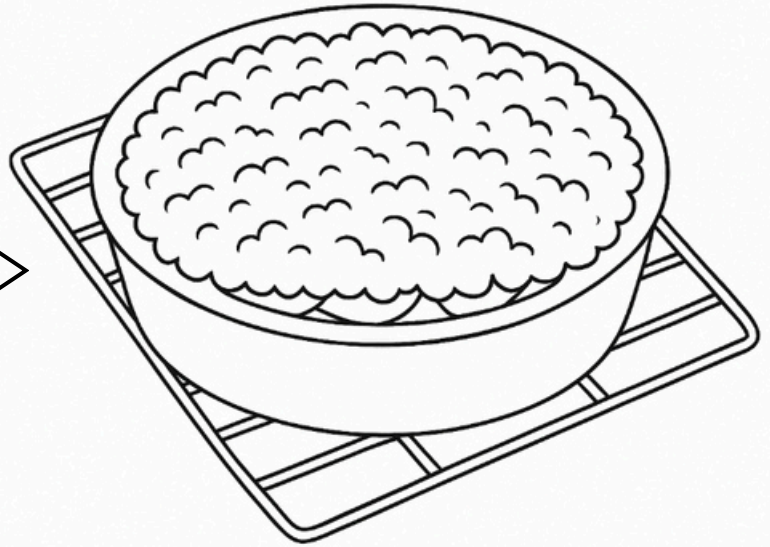
Prep time: 10 minutes



Cook time: 30 minutes

Fun Fact

Apples are tastiest when they're in season, between late summer and late October



You will need:

For the topping

- 75g oats
- 30g flour
- 1 tsp ground cinnamon
- 30 ml maple syrup or honey
- 20g melted butter

For the filling

- 5 apples
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg

Equipment


- Weighing scales
- 1 teaspoon 1 tablespoon
- 9-inch oven-safe dish
- Peeler
- Knife
- Saucepan and stovetop cooker
- 2 mixing bowls
- Fan oven

Let's Cook

1. Preheat the oven to 180°C.

2. Rub some butter around an oven-safe dish

3. For the topping


- Melt butter in a saucepan on the stove top. 
- Get a mixing bowl and add oats, flour, and cinnamon, maple syrup or honey and melted butter and stir well.

4. For the filling

- Wash, peel and cut apples into small cubes.
- Get another mixing bowl and add the apples, cinnamon, and nutmeg and stir well.

5. Putting it all together

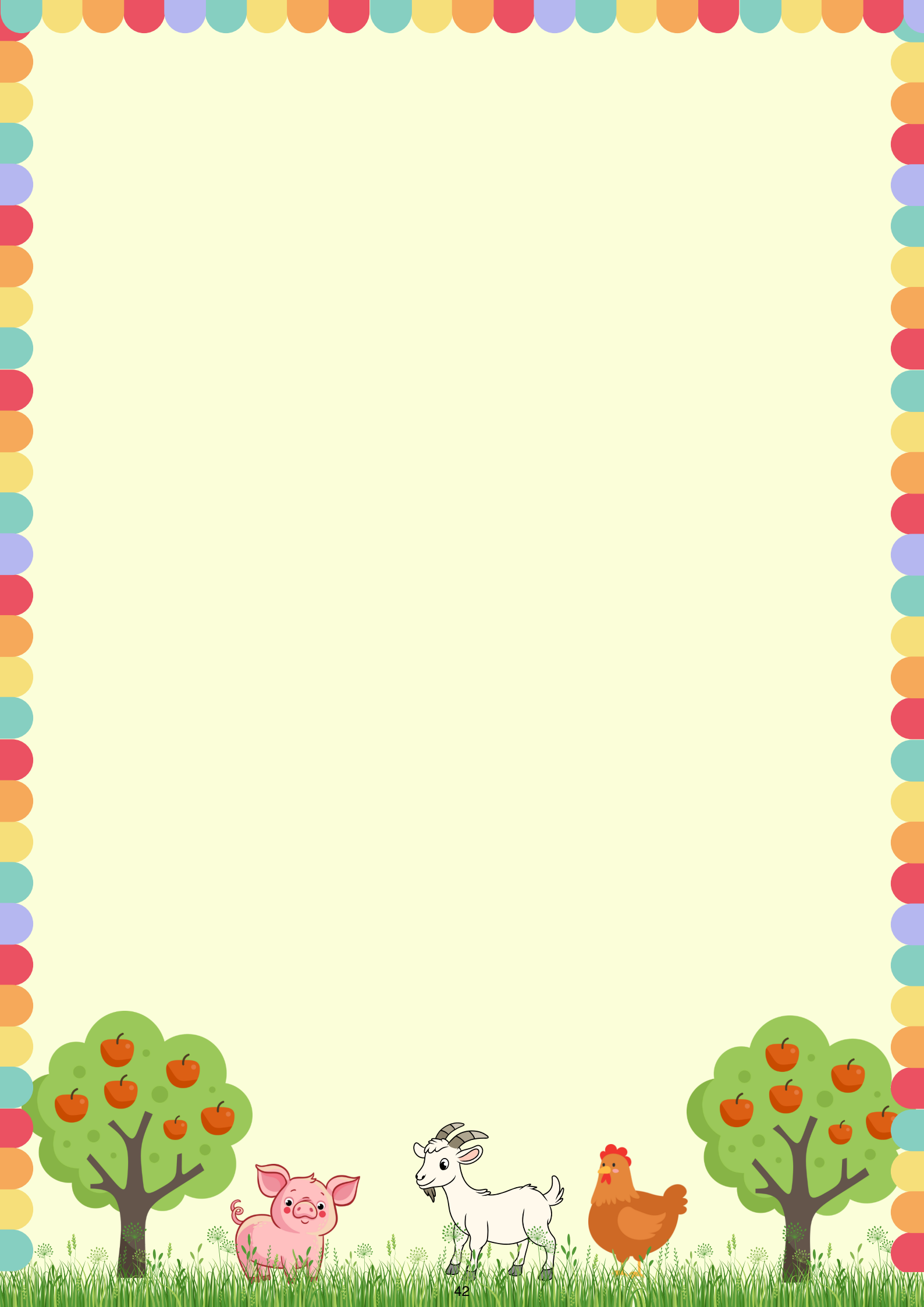
- In your prepared oven-safe dish, put the filling mixture on the bottom, then place your topping mixture on top

6. Place the oven-safe dish in the oven and let it cook until it's golden brown, or you can see the juices in the filling bubbling. 

7. When it is cooked, let it cool and enjoy!

Can you think of any other fruit that would be nice in a crumble?

1. _____
2. _____
3. _____

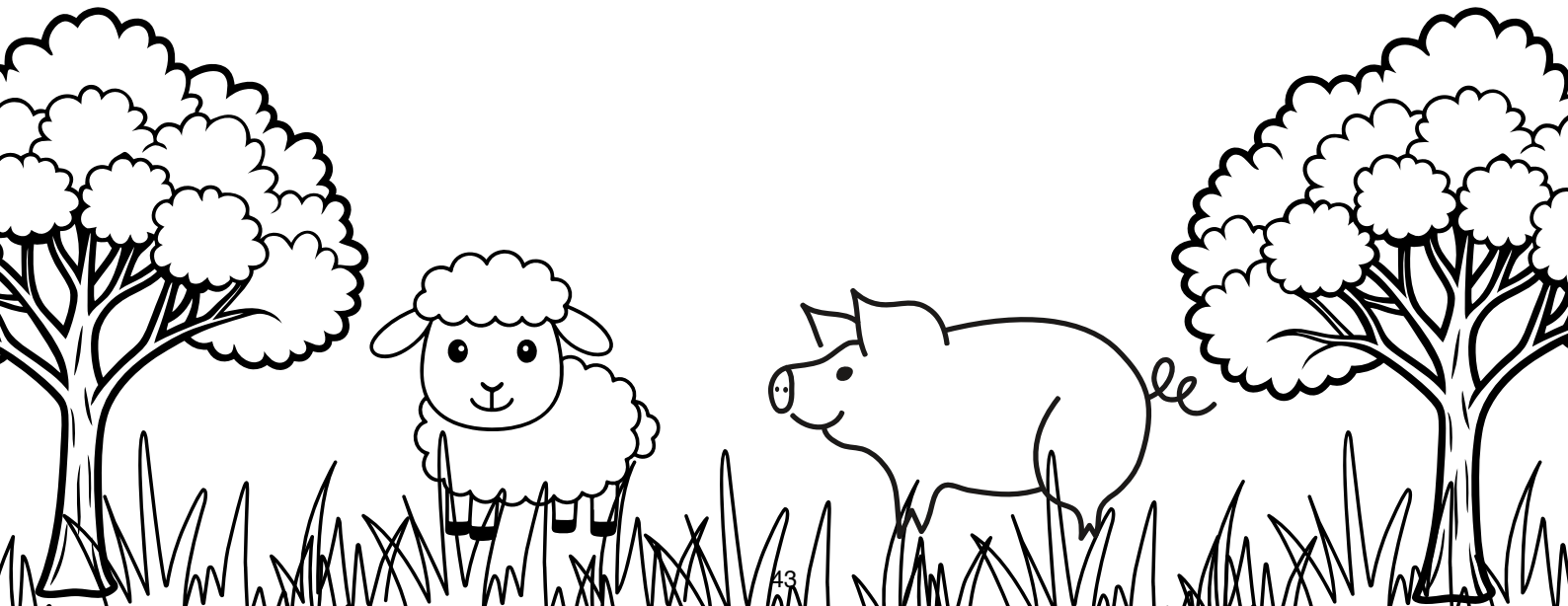


MY TOP 3 FAVOURITE RECIPES

1. _____

2. _____

3. _____



Food Allergy Guide

If you are allergic to a type of food, this means if you eat it or come into contact with it, it could make you sick.



Here are some tips to cook safely in the kitchen to **avoid an allergic reaction**:

1. Don't eat foods you are allergic to
2. Wash your hands before and after cooking
3. Prepare and cook your food away from any allergy foods
4. If you are unsure, always ask an adult

For Adults:

- Check recipe before cooking.
- Swap unsafe food for alternatives, for example, oat milk instead of cow's milk.
- Follow the child's allergy plan if they eat something unsafe.

Food Allergy Guide

Here are the different types of allergy foods and their icons. These icons are highlighted in each recipe, to avoid you eating a food you are allergic to.



GLUTEN



EGG



SOYA



MILK



NUTS



CELERY



MUSTARD



SESAME