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# Cookbook - four seasons



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International

## Coordinator:



POLAND

Przedszkole nr 32 z oddziałami integracyjnymi w Koninie

## Partners:



GREECE

4o Kindergarden of Artem



GREECE

Kindergarten Ano Meras Folegandrou



ICELAND

Leikskolinn Furugrund



LATVIA

Rigas pirmsskolas izglitibas iestade Mezrozite



WALES

Pillgwenlly Primary School

# Introduction

A decorative graphic on the right side of the page consists of four vertical bars of increasing height from left to right. The colors of the bars are blue, orange, yellow, and light green, matching the colors of the horizontal bars on the left side of the page.

Everyone everyday decides what to eat and what to drink. Those decisions are very important because “we are what we eat”. We should eat various meals full of fruit and vegetables. We should remember to choose healthy products. The element that should also be taken into consideration is the availability of seasonal products.

Most of fruit and vegetables can be reaped from our gardens on certain times and seasons. Some of them can be stored (i.e. root vegetables, apples, pumpkins) and therefore available after their season but some should be consumed fresh (i.e. strawberries, cherries, asparagus, radish).

This cookbook is the result of cooperation between six schools from European countries: Poland, Greece, Wales, Iceland and Latvia and is a summary of three-year-long cooperation under the Erasmus+ program and the name “Game for the Health – Game for the Future”.

Every partner share their finest recipes usually based on the regional products. Recipes are adapted to children’s age so they could be easily recreated both at home and in the nursery. The most important is to pay attention to what we eat, to talk, to explain and to give example.

We prepare this cookbook for your better understanding of the issues of healthy eating. We hope that using it will bring you lot of joy as well.



**Autumn**



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# Seasonal fruit salad

## 1. Kitchen tools:



a spoon



bowl



plates



plastic cups



plastic spoons

## 2. Ingredients:



2 apples



1 lotus



1 banana



1 peer



100 gr  
of the  
Greek honey



400 gr  
of the  
Greek yogurt

## 3. Preparation:

### Stage 1 description

Peel all fruit and cut them into small pieces.



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## Stage 2 description Put them in a big bowl.



## Stage 3 description Add the Greek yogurt and honey.



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## Stage 4 description

Stir all the ingredients together. After that, put the salad in the plastic cups.



## 4. The final product:



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# Autumn recipe

## Equipment:



mixing bowl



cooking spoon

## Ingredients:



2.5 kilos olives



2.5 liter water



1/2 cup thick salt



1 cup vinegar



1 cup oil

## Preparation:

### Stage 1

We put them in a from the tree.



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Stage 2 We put them in a bowl and wash well we leave them 10 day change water every day.



Stage 3 After 10 days we mix the water, salt, vinegar and we add the olives.



Stage 4 At the end we pour a little oil on top. We cover then and we leave them for ten days.



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# Vegetables sticks with dip

## 1. Ingredients: Dip



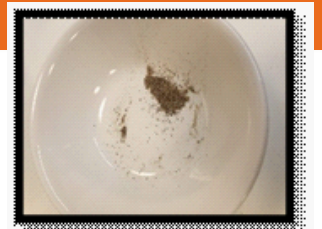
4 tbsp vegan mayonnaise



Handful of chives



1 tsp honey



A little of salt and  
pepper for seasoning

## 2. Vegetables:



5 Carrots



1 kohlrabi



1 swede/rutabaga

## 3. Preparation

Stage 1 description  
Put all the ingredients  
for the dip in a bowl  
and mix them together.



Stage 2 description  
Cut the vegetables  
in long stripes



Photo  
of the final product  
Dip and vegetables



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## Baked apples

### Equipment:



Knife



Cutting board



Teaspoon



Dish



Blender



Baking paper



Baking tray

### Ingredients:



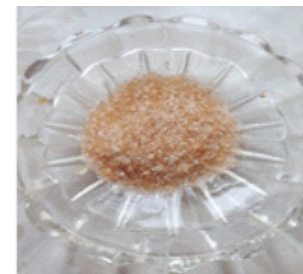
6 pieces of apples



Cottage cheese  
200 grams



Honey to taste



Sugar to taste



Walnuts 100 grams



Cinnamon 1 teaspoon



Cream 100 grams

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## Preparation

### Stage 1

Cut off the top  
of apples with a knife.



### Stage 2

Use a teaspoon to se-  
lect the core. Remove  
the seeds, put the  
apple mass in a bowl.



### Stage 3

Add cottage cheese,  
honey, nuts to  
the apple mass.



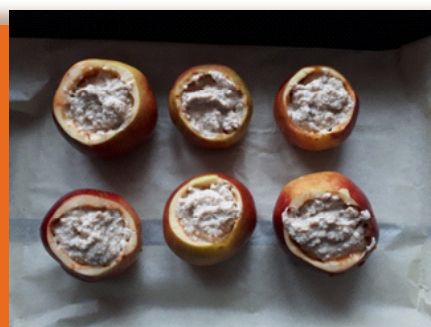
### Stage 4

Beat the whole mass  
with a blender.



### Stage 5

Put the whipped mass  
in apples and put  
the apples on a baking  
sheet. In a preheated  
180 degree oven, send  
the apples. Bake for 20  
minutes



### Stage 6

Beat the cream with  
a blender.



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# Jacket potatoes

## Equipment:



Fork



Chopping board



Sharp knife



Dish



Baking tray



Grater



Mixing bowl

## Ingredients:



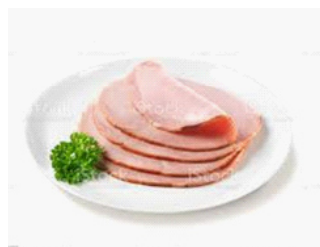
4 large potatoes



55g butter



Salt and pepper



115g ham



115g cheddar cheese

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## Preparation:

### Stage 1

Preheat the oven to 200 C or gas mark 6. Wash and wipe the potatoes. Prick with a fork and place on a baking tray.



### Stage 2

Cook the potatoes in the oven for 60-75 minutes until they are soft inside and the skins are crisp. Remove them from the oven.



### Stage 3

Cut each potato in half and scoop out the soft insides into the mixing bowl. Take care not to damage the skin.



### Stage 4

Mash the potato well with the fork. Add the butter and seasons with salt and pepper.



### Stage 5

Place the skins on the baking tray. Chop the ham and put some into each shell. Spoon in the potato.



### Stage 6

Grate the cheese and sprinkle on the potatoes. Put them back in the oven and cook for a further 15 minutes until the tops are golden brown.



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# Banana bread

## Equipment:



Fork



Sieve



Teaspoon



Loaf tin



Wooden spoon



Mixing bowl

## Ingredients:



175g caster sugar



1 tsp baking powder



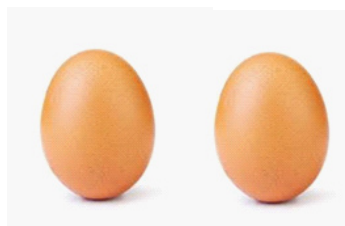
1 tbsp milk



225g self-raising



100g butter



2 eggs



2 ripe bananas



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## Preparation:

### Stage 1

Preheat the oven to 180 C/ or gas mark 4.  
Add the flour and sieve the flour into the bowl.



### Stage 2

Add the sugar.



### Stage 3

Add the baking powder.



### Stage 5

Add eggs and mix the ingredients together.



### Stage 6

Pour ingredients into the tins. Put the mixture into the oven for 1 hour at 180°C/350°F/ Gas Mark 4



### Stage 4

Add the butter and bananas.



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# Seasonal soup (trahanas)

## Equipment:



pot



dipper



plates



a spoon



a small bowl

## Ingredients:



4 tablespoons  
juice of tomato



1 tablespoon soft butter



300gr trahana



2 lt of water

## Preparation:

### Stage 1

Put the water into the pot and boil  
it for 5 minutes.



Winter



## Preparation:

### Stage 2

Put the trahana into the pot and a tablespoon of butter. Mix them and boil them for 8 minutes.



### Stage 3

After boiling, add the juice of tomato and stir them.



### Stage 4

Put the soup on plates and serve it.



## The final product:





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# Patatoe salad

## Equipment:



mixing bowl



knife



lemon squeezer



fork



Chopping board



Cooking spoon

## Ingredients:



3 patatoes



2 carrots



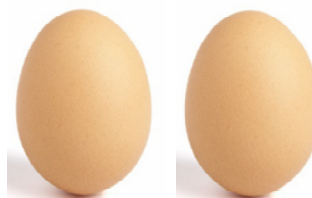
2 ts olives



1 lemon flour



2 teaspoons capers



2 eggs



2 fresh onionsmashed



Salt  
and peper



Olive oil

Winter



## Preparation:

### Stage 1

We clean the potatoes and the carrots and we boil them.



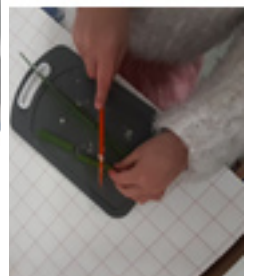
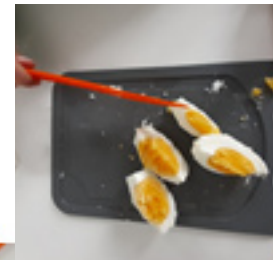
### Stage 2

We cut potatoes and carrots into small pieces.



### Stage 3

We cut the eggs and the fresh onion.



### Stage 4

We put them into the mixing bowl.



### Stage 5

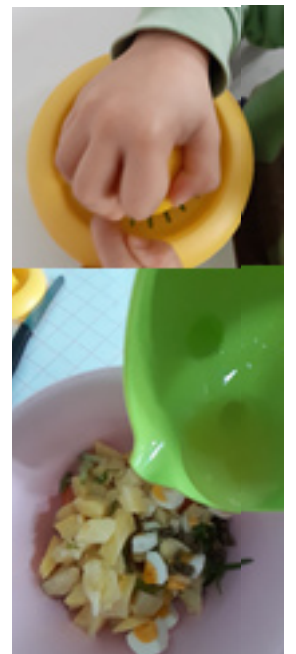
We add the olives and the capers.

### Stage 7

We add oliveoil, salt and pepper and we mix.

### Stage 6

We squeeze the lemon and we add it in the bowl.





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# Oatsquares

## Equipment:



mixing bowl



tablespoon



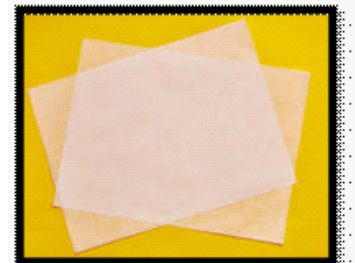
bakingscale



fork



bakingtray

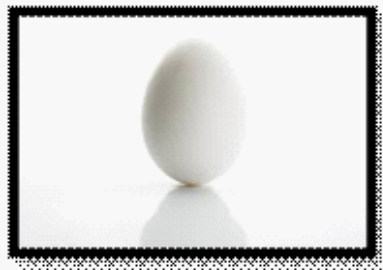


bakingpaper

## Ingredients:



250 gr banana



1 egg



150 groats



60 grraisins



2-3 tbsphredded coconut



Small amount  
of Cinnamon for spice

Winter

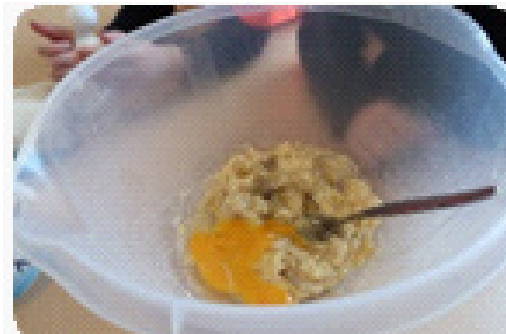


## Preparation:

Stage 1 Preheat oven on 180°C. Mynd Put bananas in a mixing bowl and mix them with a fork



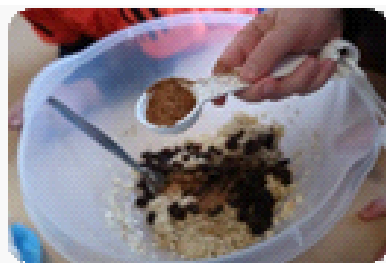
Stage 2 Add eggs and stir together with the bananas.



Stage 3 Add oats and blend well together.



Stage 4 And finally add raisins, shredded coconuts and some cinnamon and stir.



Stage 5 Add small amount of water if the blend is to dry and does not mix well.

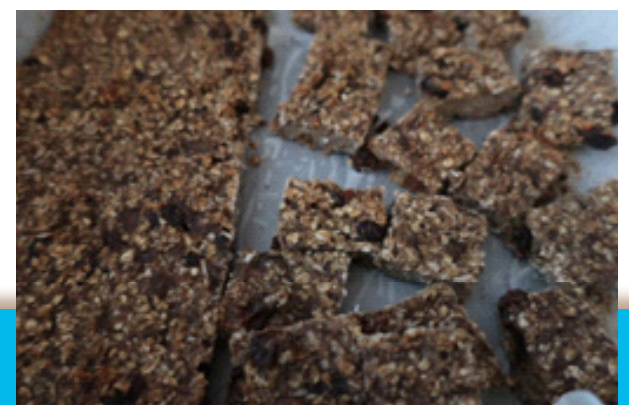


Stage 6 Put baking paper in baking tray.



Stage 8 Bake for about 20 minutes, pay attention to not baking for too long or the Oat squares may be too dry.

Stage 7 Put the dough on the baking paper and flatten it out over the whole baking tray.





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# Sour cabbage soup

## Equipment:



Knife



Cutting board



Bowl



Grater



Pot 3l



and 5l



Skimmer

## Ingredients:



Meat 500g



Sour cabbages 800g



1 handful  
of barley groats



8 potatoes



Onions



2 garlic cloves



Bay leaves

Winter





## Preparation:

### Stage 1

Put meat in the 5l pot, pour water in the pot, boil it.



### Stage 2

When the meat starts to boil, skim the foam, when the foam is skimmed, add bay leaves (judging by the taste). Put on the lid, and heat it over a small flame.



### Stage 3

When the meat is nearly ready, add washed barley groats, and boil it for 5 min.



### Stage 4

Add the sour cabbages and boil them for 30 min.



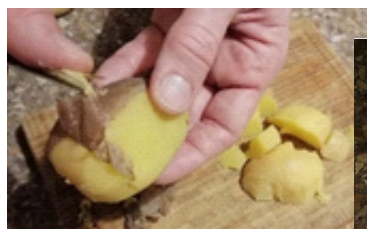
### Stage 5

Wash the potatoes and boil them in the 3l pot. When they're ready pour off the water and let it cool down.



### Stage 7

Serve the soup with a finely cut onion, cooled off cut potatoes and finely cut meat.



### Stage 6

When the soup is ready turn off the flame and add 2 finely grated garlic cloves.





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## Baked apples

### Equipment:



Knife



Bowl



Cutting board



Baking tray



Tablespoon

### Ingredients:



8 large good baking apples (such as Rome Beauty, Golden Delicious, or Jonagold)



2 tablespoons  
honey



2 teaspoons cinnamon



150g dried cranberries



150g raisins



2 tablespoons butter

Winter



## Preparation:

### Stage 1

Cut out holes in apples for stuffing: Rinse and dry the apples. Using a sharp paring knife cut out the cores, leaving the bottom 1/2 inch of the apples intact.



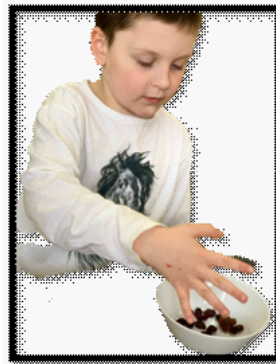
### Stage 2

First cut out the stem area and then use a small metal spoon to scoop out the seeds. Cut the holes so that they are an inch or so wide.



### Stage 3

Place dried cranberries in the small bowl. Add raisins.



### Stage 4

Add 2 tablespoons of honey. Add cinnamon.



### Stage 5

Place the cinnamon, honey, dried cranberries, raisins in a small bowl and stir to combine.



### Stage 6

Stuff each apple with the stuffing mixture. Place a dot of butter on the top it.



### Stage 7

Bake at 375°F (190°C) for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy.



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# Pumpkin soup

## Equipment:



Pot



Tablespoon



Chopping board



Measuring cup



Sharp knife



Blender

## Ingredients:



Pumpkin



1 onion



2 tablespoons of butter



1 teaspoon of paprika



3 vegetable stocks

Winter



## Preparation:

### Stage 1

First you need to cut the pumpkin in half and scoop out all of the seeds.



### Stage 2

Chop the onion up carefully and add it to the pot.



### Stage 3

Then you add a teaspoon of Paprika and stir it in.



### Stage 4

Next you mix 3 vegetable stocks and a tablespoon of butter with boiling hot water and add it to the pot.



### Stage 5

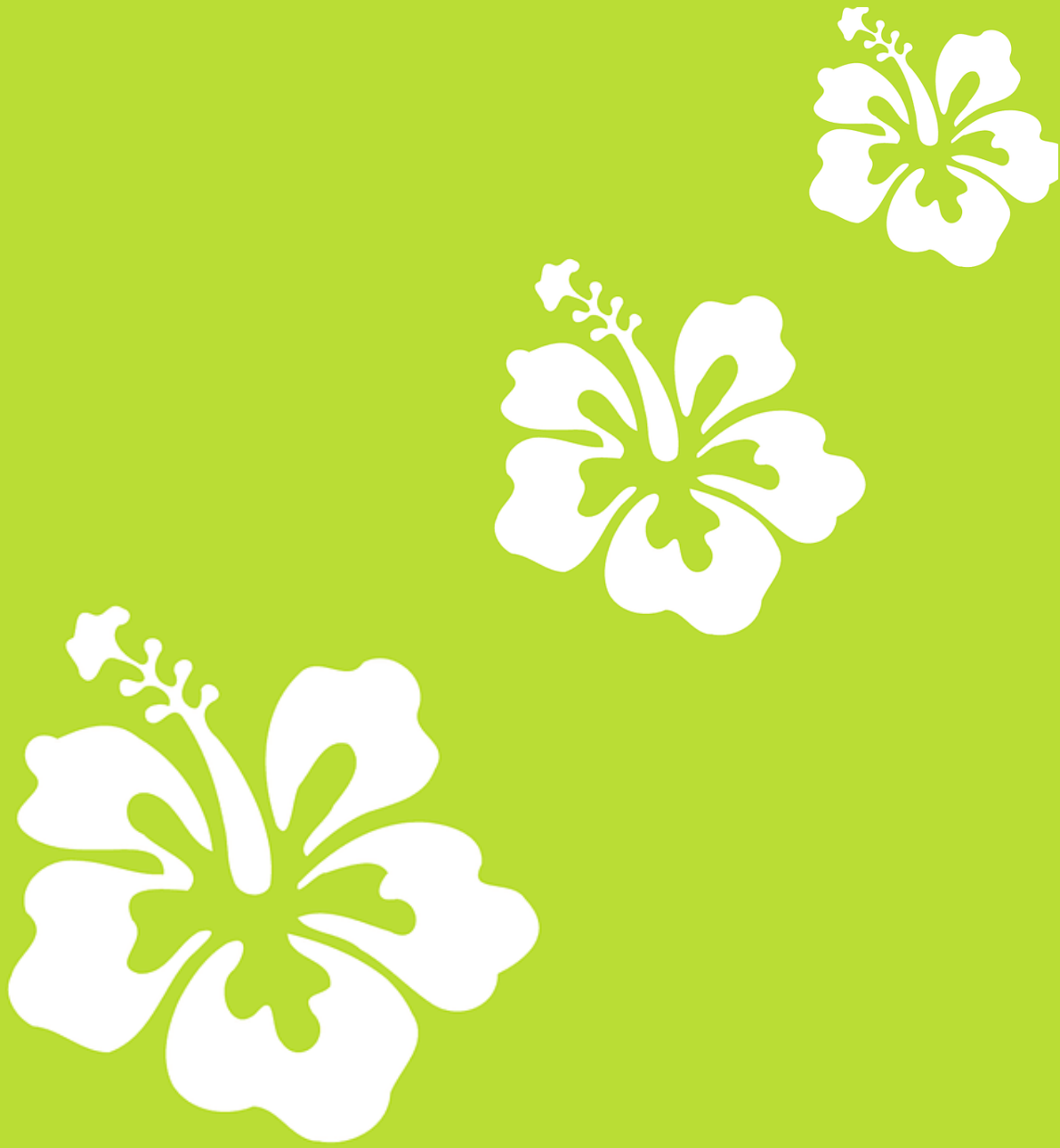
Once it is in the slow cooker, leave to cook until the pumpkin is soft. When it is cooked, put the mixture in a blender and blend.



### Stage 6

Finally, when it has cooled down, sit back and relax whilst you enjoy your pumpkin soup!





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# Roasted vegetables

## Equipment:



baking pan



knife



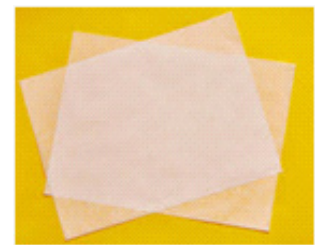
plates



fork



bowl



bakingpaper

## Ingredients:



1 egg plant



1 zucchini



1 - 2 potatos



4 tablespoons olive oil



1 teaspoon salt



1 teaspoon trimmed  
oregano

Spring



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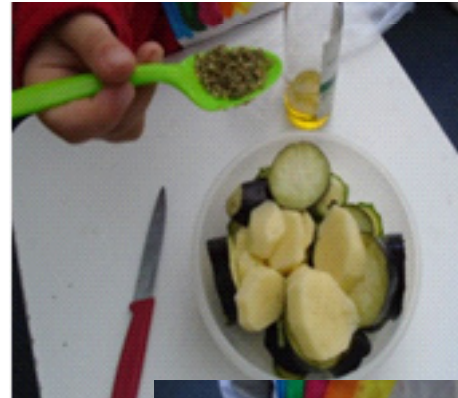


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## Preparation:

### Stage 1

Wash the vegetables  
and cut them into small  
pieces. Add the orega-  
no, the salt and the  
olive oil.



### Stage 2

Put the baking paper  
into the baking pan.  
Mix all the vegetables  
and place them into  
the baking pan.  
Bake it and taste!



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# Greek Tzatziki

## Equipment:



mixing bowl



knife



cooking spoon



food grater

## Ingredients:



2 cups yogurt



half grated cucumber



dill



4-5 olives



1 clove of grated garlic



Salt



Olive oil

Spring



## Preparation:

### Stage 1

Put the yogurt  
in a bowl and mix it.



### Stage 2

Grate the cucumber,  
add a little salt and let  
it drain.



### Stage 3

Grate the garlic, add it  
to the yogurt and stir.



### Stage 4

We add the grated  
cucumber after  
draining it well  
and we mix.



### Stage 5

We add little dill and oil  
and mix well.



### Stage 6

We put tzatziki  
in a plate and add  
olives and crackers.



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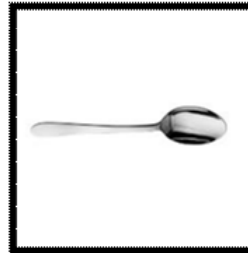
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# Fruits and yoghurt

## Equipment:



cutting board



2 table spoon



knife



bowl



running water to wash the fruit and berries



measuring cup



desert bowls

## Ingredients:



2 bananas



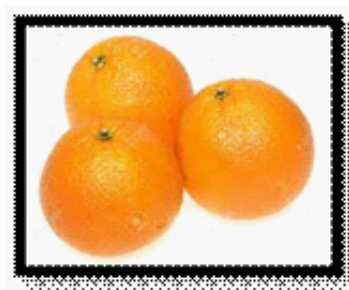
250 g strawberries



400 ml yoghurt natural



one cup blueberries



3 oranges

You can add more fruit or berries if you want to!

Spring



## Preparation:

- ❖ Wash all fruit and berries.
- ❖ Peel the banana, cut in thin slices and put in bowl.
- ❖ Cut the strawberries in four pieces and put in the bowl.
- ❖ Peel the oranges and cut them in pieces and put in the bowl.
- ❖ Put two cups of blueberries in the bowl.
- ❖ Mix fruit and berries together with spoon.
- ❖ Put two tablespoons of yoghurt in each desert bowl.
- ❖ Fill desert bowls with fruit and berry pieces.
- ❖ Serve and enjoy!
- ❖ Final product





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# Spring salad

## Equipment:



mixing bowl



chopping board



tablespoon



knife

## Ingredients:



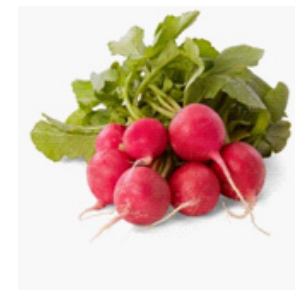
POTATOES



TOMATOES



CUCUMBER



RADISH



SPRING ONION



PARSLEY



SUNFLOWER SEEDS



SALT AND PEPPER



SUNFLOWER OIL

Spring



## Preparation:

### Stage 1

- ❖ Boil potatoes until they are soft.
- ❖ Let to cool.
- ❖ Remove skins.
- ❖ Cut into cubes.



### Stage 2

Slice cucumber, tomatoes and radish.



### Stage 3

Chop onion and parsley.



### Stage 5

Decorate salad with sunflower seeds.

### Stage 4

Mix all ingredients in bowl. Add some oil, salt and pepper.





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## Baked oat

### Equipment:



### Ingredients:



0.55 lbs (250 g) oats



one glass of milk



one egg



one tablespoon of honey



two big apples



two ripe bananas



one teaspoon  
of baking powder



one teaspoon  
of cinnamon



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## Preparation:

### Stage 1

Pell and grate apples  
Rinse and dry the  
apples. Pell and grate  
apples.



### Stage 2

Pell and mashed  
bananas. Rinse and  
dry bananas. Pell and  
mashed bananas.



### Stage 3

Combine ingredients in  
the bowl. Put oatmeal  
in the bowl. Add one  
glass of milk.



### Stage 4

Add one egg and mix.  
Add one teaspoon of cin-  
namon and one teaspoon  
of baking powder.  
Add one tablespoon of ho-  
ney and mix.



### Stage 5

Add bananas  
and apples.  
Mix ingredients  
well.



### Stage 6

Prepare a baking sheet.  
Bake at 356°F (180°C) for 35 to 40 minutes.







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# Welsh cake

## Equipment:



Rolling pin



Measuring cup



Knife



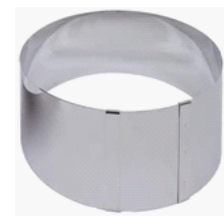
Bowl



Frying pan



Fork



Cutter

## Ingredients:



225g Plain flour



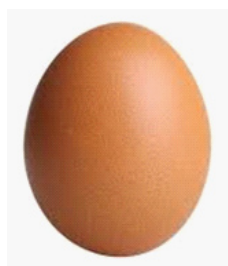
50g butter



85g caster sugar



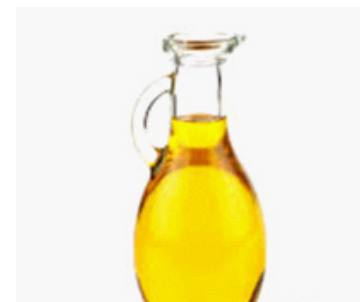
Splash milk



1 egg, beaten



50g currant



Oil



## Preparation:

### Stage 1

Get all of your ingredients together ready to measure out. Next weigh out 225g of plain flour and add it to the bowl.



### Stage 4

Then knead the butter, lard, flour and sugar together. You might want to wear gloves for this bit!

### Stage 7

Using a cake cutter, cut out your Welsh Cakes.



### Stage 2

Weigh out 85g of caster sugar and add it to the bowl with the flour.



### Stage 5

Then beat the egg and add a splash of milk, and mix in it with the mixture using a fork.



### Stage 3

Next, weigh 50g of butter and lard and add it to the flour and caster sugar.

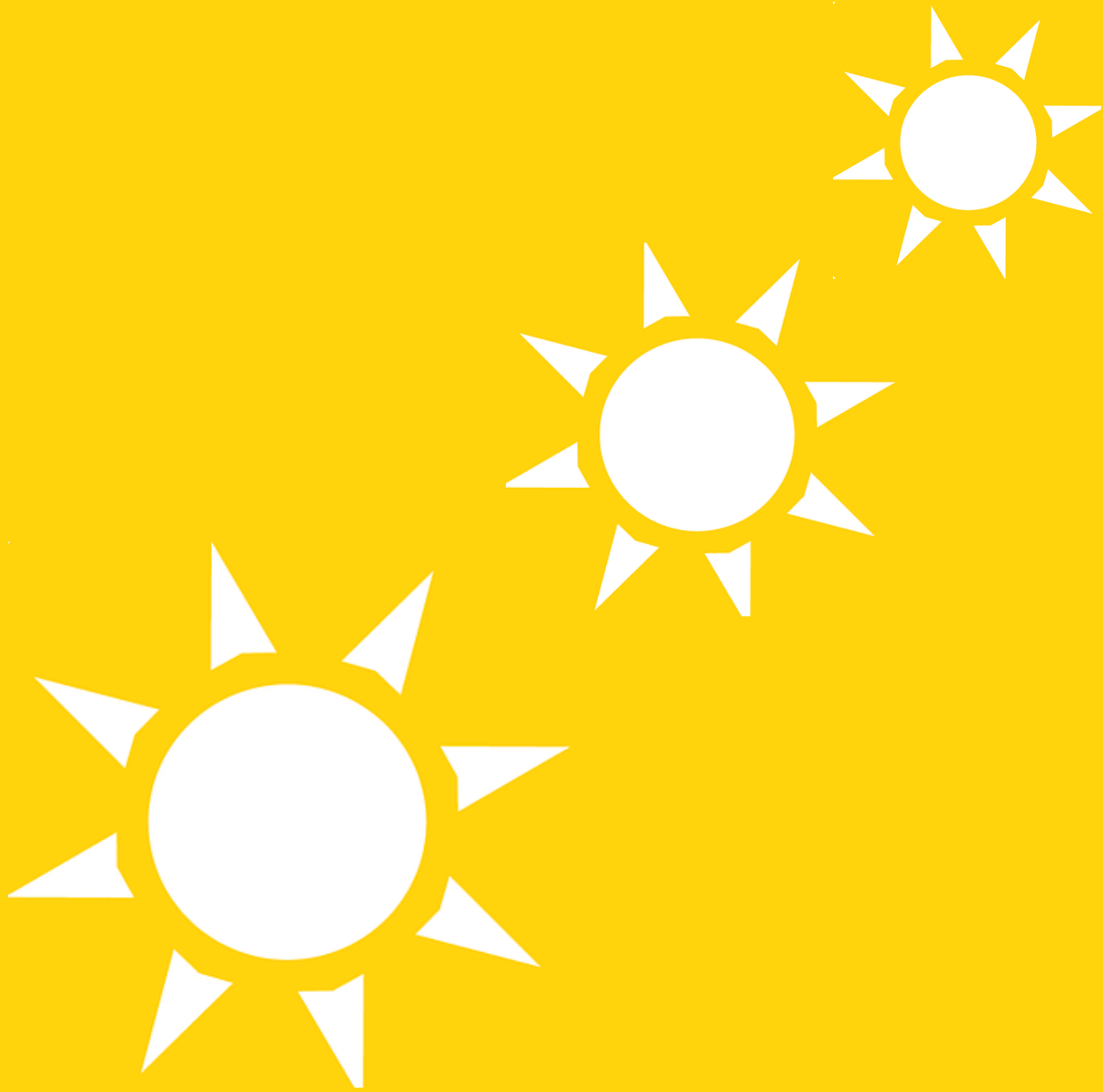


### Stage 6

Next, add raisins. Mix it in with your mixture. Then you roll out your mixture using a rolling pin.

### Stage 8

Fry them on each side for a minute or until brown and crispy. When cooling, coat them in sugar. Finally, make yourself a drink and enjoy a delicious Welsh Cake.



Summer



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GREECE  
4ο Kindergarden of Artem

# Peach pie

## Equipment:



baking pan



knife



plates



fork



whisk



bowl



bakingpaper

## Ingredients:



1 can of peach halves



200gr Greek yogurt



250gr margarine



500 gr raising flour



300 gr white sugar



3 eggs

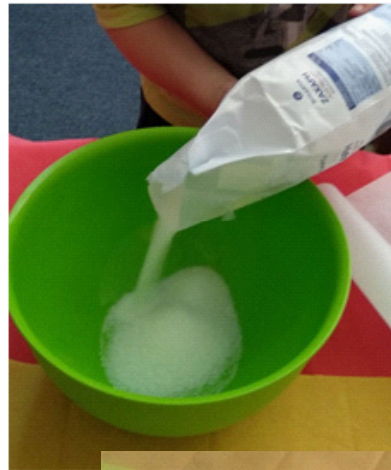
Summer



## Preparation:

### Stage 1

Put the sugar into the big bowl and add the margarine. Mix the ingredients until the sugar melts.



### Stage 2

Put the eggs one by one and mix them. Add the yogurt and keep mixing for 4 minutes. Add the rising flour and mix them for 5 minutes.



### Stage 3

Cover the pan with the baking paper. Cut the peach halves into smaller pieces and put them into the pan. After that, cover the pieces of peach with the dough. Bake it for 1 hour at 180C.





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GREECE

Kindergarten Ano Meras Folegandrou

# Home lemonade

## Equipment:



cooking pot



knife



cooking spoon



lemon squeezer



chopping board

## Ingredients:



500 gr sugar



500 lemon juice



200 ml water



Mint

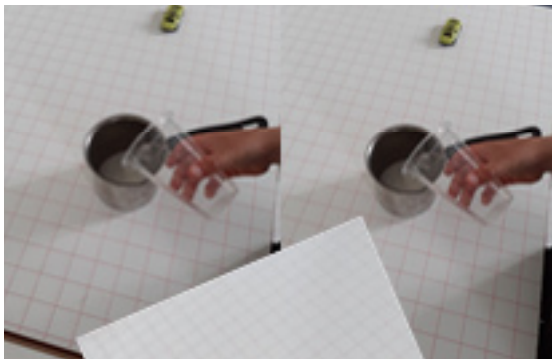
Summer



## Preparation:

### Stage 1

We boil the water  
with the sugar  
until it melts.  
We add lemon peel.



### Stage 2

Squeeze the lemons and strain them.



### Stage 3

We add the lemon juice to the pot  
and let it boil for a little.

### Stage 4

Leave it to cool and we serve. 1/3 of glass  
lemon juice and 2/3 of glass cold water  
and we add a few mint leaves.





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ICELAND  
Leikskolinn Furugrund

# Watermelon popsicle

## Equipment:



cutting board



silicone spatula



knife



blender



running water to wash the fruit and berries



measuringcup



6 x popsicles molds



freezer

## Ingredients:



5 cups watermelon, seedless



1/3 cupmilk



1/2 cup frozen strawberries



1 ripe banana

Summer



## Preparation:

- ❖ Cut the watermelon in small dices, measure 5 cups of watermelon and put in the blender.
- ❖ Put  $\frac{1}{2}$  cup of strawberries in blender.
- ❖ Peel the banana, slice it in four pieces and put in the blender.
- ❖ Measure  $\frac{1}{3}$  cup of milk and put in the blender.
- ❖ Blend everything well together.
- ❖ Put mix in popsicle molds with the spatula.
- ❖ Put popsicle molds in the freezer and let cool for at least four hours.
- ❖ Serve and enjoy!





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LATVIA  
Rīgas pirmsskolas izglītības iestāde Mežrozīte

## “Rabarberu uzputenis”

### Equipment:



mixing bowl



chopping board



mixer



tablespoon



pot



peeling knife

### Ingredients:



Rhubarb – 10 pcs



6 glasses of water



Sugar



Semolina

Summer



## Preparation:

### Stage 1

Rhubarb peeled and cut into small pieces.



### Stage 2

Put in a pot and add water.



### Stage 3

When the rhubarb starts to stir, add the semolina slowly and stir lightly until the semolina swells.



### Stage 4

Remove from heat and cool.



### Stage 5

Whisk the mass with a mixer, add sugar to taste and continue to whisk until whipped.





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**POLAND**  
Przedszkole nr 32 z oddziałami integracyjnymi  
w Koninie

# Summer sandwiches

## Equipment:



fork



peeling knife



chopping board



knife



## Ingredients:



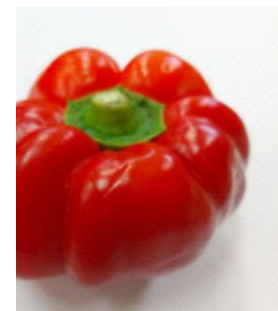
Bread



Buns



Butter



Pepper



Chivesy



Iceberg lettuce



Radish



Rocket



Tomato



Cucumber

Summer



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POLAND

Przedszkole nr 32 z oddziałami integracyjnymi  
w Koninie

## Preparation:

### Stage 1

Tear the lettuce  
into small pieces.



### Stage 2

Peel the cucumber  
using a peeler.  
Be careful, it is sharp!



### Stage 3

Rip the green part of the  
radish. Then cut the  
radish into slices.



### Stage 4

Chop the chives  
using a knife. Be careful,  
it is sharp!



### Stage 5

Cut the potato into small  
slices. Please, remember  
how to safely use a knife.

### Stage 6

Slice the cucumber.  
Remember the safety rules!



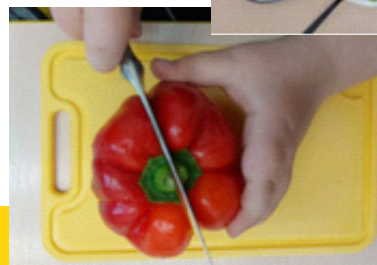
### Stage 7

Cut the pepper in half.  
Then clean the seeds  
from inside of it.  
Slice the pepper.



### Stage 8

We are almost ready!  
Now, when all ingred-  
ients are prepared,  
you can make your  
own summer sandwich!



Summer



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WALES  
Pillgwenlly Primary School

# Welsh rarebit

## Equipment:



Grill/  
sandwich maker



Knife



Chopping board

## Ingredients:



1 bread loaf



Butter



100g cheese



Pinch of paprika



Pinch of black pepper



## Preparation:

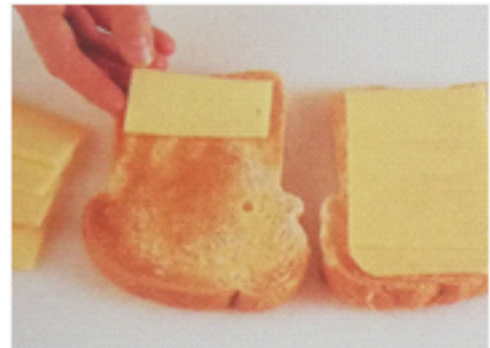
### Stage 1

Put the bread on the rack of a grill pan and place under a hot grill until both sides are lightly toasted.



### Stage 2

Spread one side of each slice of toast with butter and then top with cheese.



### Stage 3

Put under the grill until the cheese is soft, bubbling, and golden brown.



### Stage 4

Sprinkle with a little black pepper and paprika and serve immediately.

