



THE COOKERY SCHOOL
AT THE GRAND, YORK

Healthy Eating recipe for children.

Vegetable fritters with avocado salsa

1 large	Potato
1	Carrot
1	Courgette (grated)
60 grams	Tinned sweetcorn
1	Onion (chopped)
75g	Self-raising flour
Pinch	Salt
¼ cup	Continental parsley (chopped)
2	Egg yolks
2 tablespoons	Olive oil

Peel potatoes and carrot. Grate into a bowl. Add zucchini, corn, onion, flour, salt, parsley, and egg yolks into a bowl. Stir to combine.

Place egg whites into a bowl and beat until stiff peaks form. Fold through vegetable mixture.

Heat a large pan over medium heat. Add a little oil. Add a spoon of the mixture and cook for 3-4 minutes until golden, turn over and repeat.



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Avocado salsa

½ ripe avocado

2 plum tomatoes

½ small red onion

Juice of ½ lime

Chopped parsley

Salt and pepper

Skin the tomatoes by pouring boiling water over them, then leaving for exactly 1 minute before draining and slipping the skins off when they are cool enough to handle.

Then cut each tomato in half and, holding each half over a saucer (cut side downwards), squeeze gently to extract the seeds. Now chop the tomato flesh as finely as possible. You can also watch how to skin tomatoes in our Cookery School Video on the right.

Next halve the avocado, remove the stone, cut each half into quarters and peel off the skin. Chop the avocado into minutely small dice and do the same with the onion. Finally combine everything together in a bowl, adding seasoning, the lime juice, chopped coriander and a few drops of Tabasco. Cover with clingfilm and leave on one side for an hour before serving to allow the flavours to develop.



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Carrot Cupcakes

175g light muscovado sugar

100g wholemeal flour

100g self-raising flour

1 tsp bicarbonate of soda

2 tsp mixed spice

zest 1 orange

2 eggs

150ml sunflower oil

200g carrots (grated)

Preheat the oven to 180°C/gas 5. Line your cupcake trays with paper cases.

Mix the sugar, and eggs together then fold in the flour, spices, baking soda and orange zest, carrot then add the sunflower oil.

Divide the mixture between 20 cupcake cases, then bake for about 15-18 minutes, or until a skewer inserted in the centre comes out clean. Cool on a rack.

Cream Cheese frosting

250 g cream cheese softened to room temperature

30g unsalted butter, softened to room temperature

200g Icing sugar (add more if needed)

1 teaspoon vanilla paste

In large bowl, beat together softened cream cheese butter, icing sugar and vanilla, scraping down sides of bowl when needed, for 2-3 minutes until smooth and creamy.

Decorate your cakes, leave the frosting to set for 20-30 minutes before enjoying.