



Produced by the pupils & teachers of South Tawton Primary School



**SOUTH TAWTON**  
PRIMARY SCHOOL



## All Animals

by Izzy S

I like all animals,  
Big and small,  
Short and tall,  
But these are my favourite of all.

I like curious, camouflaged chameleons,  
Which hide in the leaves all day.

I like jumpy, slimy frogs,  
Who are always there to stay.

I like grey, ferocious wolves,  
Who tend to mark their place.

And elegant, emerald eyed jaguars,  
They're always up for a race.

I like long, squirmy caterpillars,  
Eating green leaves with a chomp.

I like grey, wrinkly elephants,  
Going stomp, stomp, STOMP!

Those are all my favourites you see,  
A couple for you and a couple for me.  
A couple for me and a couple for you,  
In our animal kingdom made for two.

## Lockdown Song

by Merryn and Albany P

School's shut, clubs gone and life's curtailed but we're okay,  
We're busy with home school, playing outside, riding bikes,  
There's loads more time for family, and snuggling guinea pigs,  
I'm free to run across the moor in cross country.

Wash your hands, don't touch your face and stay away from me,  
We're locked down in Coronavirus blues!

Teachers, guitar, seeing my friends – everything's on zoom,  
I'm learning French with Tad-cu 'n' baking loads of cake  
Neighbours sharing news as school and office swapped for home  
On porches clapping weekly key workers to thank.

Wash your hands, don't touch your face and stay away from me,  
We're locked down in Coronavirus blues!

## Banana Milkshake by Logan

### INGREDIENTS

- 500ml unsweetened almond milk
- 2 tbsp almond butter
- 6 prunes
- 1 tsp cinnamon
- 1 small ripe banana

### METHOD

1. In a blender, whizz the almond milk with the almond butter, prunes, cinnamon and banana.
2. Transfer to 2 bottles and chill until ready to drink or pack for lunch on the go. The smoothies will keep in the fridge for 2 days.



## Blueberry Muffins by Mrs Snell

### INGREDIENTS

- 2 cups all-purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¾ cup milk
- ½ cup butter or margarine, melted
- ½ teaspoon vanilla
- 1 egg, slightly beaten
- 1 cup fresh, or frozen (thawed and drained) blueberries
- 1 tablespoon sugar

### METHOD:

1. Heat oven to 200°C. Grease bottoms only of 12 medium muffin cups, (2 ½ x 1 ¼ inches), or line with paper baking cups. Mix flour, ½ cup sugar, the baking powder, salt and cinnamon in large bowl.
2. Stir in milk, butter, vanilla and egg, just until blended. Fold in blueberries (batter will be lumpy). Divide batter evenly among muffin cups. Sprinkle each muffin with ¼ teaspoon sugar.
3. Bake 25 to 30 minutes or until golden brown.
4. Cool 5 minutes; remove from pan.

**Dandelion Honey**

Ingredients:

- 2 cups fresh dandelion heads
- 2 slices lemon
- 1.5 cups water
- 1.5 cups sugar (approx)

Method:

1. Shake/blow flowers to remove any bugs
2. Put water, lemon slices and dandelion heads in to a saucepan
3. Simmer with a lid on for 15 mins
4. Leave to cool and infuse overnight
5. Next day, strain out the flowers and lemon by pouring liquid through a strainer or muslin cloth. Press down firmly to get all juice out of dandelions
6. Weigh liquid and then weigh out same amount of sugar
7. Put liquid back in to pan and add the sugar
8. Stir and heat gently at first until the sugar is dissolved then bring it up to the boil for approx 15 mins.
9. Test to see if ready (place small amount on cold plate, leave to cool then push gently with finger and if it wrinkles then it's ready)
10. Pour into clean sterilised jars and put lids on whilst still hot.

Millie Taylor

## Cheese Scones by Grace M

### INGREDIENTS:

- 1 lb self raising flour
- 4 oz soft margarine/ butter
- 8 oz strong grated cheddar
- Salt
- 1 tsp mustard powder
- 1 tsp baking powder
- ½ pint milk
- 1 free-range egg

### METHOD

1. For 10 - 12 yummy cheese scones heat the oven to 190°C, sieve the flour and mix together all the dry ingredients.

2. Rub in the marg/butter into the dry mix until it forms breadcrumbs and then add most of the cheese (the rest is to decorate the tops).
3. Add the egg and mix well then add milk, a small amount at a time, when the mixture is sticky but manageable, empty out on a lightly floured surface and pat down until it's 4 cm deep and use a cutter to cut out your scones
4. Put scones on a parchment covered baking tray, glaze with a little bit of milk and sprinkle remaining cheese on top.
5. Bake for 15/20 minutes or until the cheese is golden in colour. Enjoy eating them!



## Chocolate Brownie with Frosting by Albany

### INGREDIENTS:

#### Makes 12 squares

- 225g (8oz) butter (room temperature) or vegetable spread (at least 70% fat), plus extra for greasing
- 350g (12oz) light muscovado sugar
- 4 large eggs
- 50g (1 ¾ oz) cocoa powder, sifted
- 250g (9oz) self-raising flour
- 85g (3oz) walnut pieces (optional)

#### For the frosting

- 25g (1oz) unsalted butter (room temperature), cubed
- 3 tbsp cocoa powder, sifted
- 225g (8oz) icing sugar, sifted

### METHOD

1. Preheat the oven to 180°C (fan 160°C/350°F/Gas 4). Grease a tray bake tin measuring 30 x 23cm (12 x 9in) and 4cm (1 ½in) deep and line the base of the tin with baking parchment.
2. Place the butter or vegetable spread, sugar, eggs, cocoa powder, and flour in a large bowl. Beat with an electric mixer on a low speed for about 3 minutes, or with a wooden spoon for a little longer, until smooth. Stir in the walnut pieces, if using.
3. Spoon the mixture into the tin, spread evenly, then bake for 40-45 minutes, covering with foil for the last 10 minutes.
4. Test for done-ness by inserting a skewer into a brownie. If the skewer comes out clean, the brownies are ready. Leave to cool slightly in the tin, then turn out onto a wire rack to cool completely.
5. Make the frosting by mixing butter, cocoa powder and icing sugar together in a food processor or in a mixing bowl with a wooden spoon. Leave the brownies to cool before icing.
6. Spread the frosting evenly over the brownie base with a palette knife. Leave to set, then cut into 12 squares



## BBQ Pizza by Harriet G

Makes enough pizza to feed a family of 5

### INGREDIENTS

- Pizza Dough
- 500 g (1lb) strong white flour
- 2 tsp easy bake yeast
- 2 tsp salt
- 1 tbsp extra virgin olive oil
- Pizza Sauce (this makes extra so freeze any you do not use for the next time!)
- 400g tin chopped tomatoes
- 2 cloves garlic
- 3 tbsp olive oil
- Pizza Toppings
- Cheese!!! We like to use mozzarella, ricotta, and goats' cheese.
- Fresh Basil
- Pesto, chilli sauce
- Pepperoni, cooked chicken, tuna
- Sweetcorn, peppers, peas, spinach
- Tomatoes, olives
- Anything goes, you can be really inventive! Try to keep toppings small so slice the tomatoes, shred/grate the cheese etc.

### INSTRUCTIONS

1. Start off by making the pizza dough, this is best the night before, but can be done in the morning.
2. Put the flour in a bowl and make a well in the centre. Add the yeast and salt. Slowly incorporating 325ml of warm water until you have a sticky dough.
3. Knead vigorously on an oiled work surface for 20 seconds, then rest for 10 minutes; repeat twice, using more oil as needed. Put the dough in a clean oiled bowl, cover with cling film (or reusable bowl cover) and prove in the fridge for at least 8 hours, up to 24 hours.
4. Divide and shape the dough into 5 balls, and space out evenly on a floured baking tray. Cover with a clean tea towel and leave to rest for 1-3 hours to get up to room temperature.
5. Whilst your dough is resting you can start making the pizza sauce and preparing your toppings.
6. To make the sauce, crush or finely chop the garlic. Place the garlic, olive oil and tin of tomatoes into a pan. Cook on a low heat for 20 minutes, stirring occasionally. Once reduced season with salt and pepper. I like to whiz mine in a food processor to create a smoother sauce, but you do not have to.
7. Light your Barbecue!



8. You will need a baking tray or pizza stone for each pizza.
9. Shape each ball into a pizza shape (or baking tray shape), try to keep the pizzas quite thin as this will aid with the cooking on the BBQ. Transfer to a floured baking tray.
10. Now its time to build your pizza, so get creative and adventurous!
11. As a rule, pizza sauce first, then toppings and finally cheese, but each to their own.
12. Once your BBQ is ready to use place your baking tray onto the heat and close the lid. Depending on thickness, size and the amount of toppings pizzas will take 8-10 minutes.

## Pesto Pasta by Mrs Bazeley

Serves 4/6 people  
20 minutes max

### INGREDIENTS:

- Penne pasta (80g per person)
- 1 large red onion
- 250g cherry or plum tomatoes
- 2 chopped Mozzarella
- 1 jar basil pesto
- Salt and pepper for seasoning
- Olive oil for frying
- Fresh basil for garnish

### METHOD

1. Put pasta in lightly salted, boiling water and cook till tender.
2. While pasta is boiling, slice onion and fry until soft. Turn heat down and add the tomatoes (cut in half if using plum). Fry together for a few minutes.
3. Drain the pasta but keep some of the liquid as it helps the pesto to coat the pasta.
4. Add the onions and tomatoes to the pasta and carefully mix the pesto through. Add the mozzarella bits and allow them to heat through slightly but still remain as chunks (if you like them melted then leave for longer)
5. Serve and add basil garnish. Salt and pepper to taste.

## Churros With Chocolate Dipping Sauce by Alex A

### INGREDIENTS

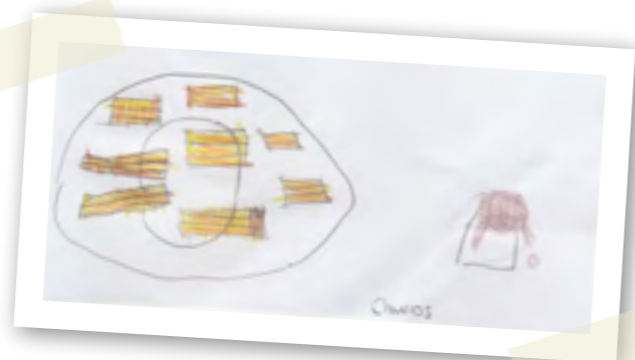
- 50g butter, melted
- ½ tsp vanilla extract
- 250g plain flour, from a new bag (essential for absorbing the liquid)
- 1 tsp baking powder
- About 1 litre sunflower oil
- A few chunks of bread
- For the sauce
- 200g dark chocolate, broken into chunks
- 100ml double cream
- 100ml whole milk
- 3 tbsp golden syrup
- ½ tsp vanilla extract, if you have some
- For the cinnamon sugar
- 100g caster sugar
- 2 tsp cinnamon

### METHOD

**You will need an adult to help you make them, this recipe uses hot water and cooking with hot oil.**

1. First boil the kettle, then measure 300ml boiling water into a jug and add the melted butter and vanilla extract. Sift the flour and baking powder into a big mixing bowl with a big pinch of salt. Make a well in the centre, then pour in the contents of the jug and very quickly beat into the flour with a wooden spoon until lump-free. Rest for 10-15 minutes while you make the sauce.

2. Put all the sauce ingredients into a pan and gently melt together, stirring occasionally until you have a smooth shiny sauce. Keep warm on a low heat.
3. Fill a large deep saucepan one-third full of oil. Cooking with hot oil can be dangerous – before you start, read up on how to deep-fry safely to avoid accidents in the kitchen. Heat until a cube of bread browns in 45 seconds to 1 min. Cover a tray with kitchen paper and mix the caster sugar and cinnamon together.
4. Fit a star nozzle to a piping bag – 1.5-2cm wide is a good size. Fill with the rested dough, then pipe 2-3 strips directly into the pan, snipping off each dough strip with a pair of kitchen scissors. Fry until golden brown and crisp. Be very careful here – if air bubbles form in the churros they can explode, especially if the oil overheats or you use old flour. Cooking with hot oil can be dangerous.
5. Once the churros are crisp and golden brown, remove them from the oil with a slotted spoon and drain on the kitchen paper-lined tray. Carry on cooking the rest of the dough in batches, sprinkling the cooked churros with some cinnamon sugar as you go. When you've cooked all the churros, toss with any remaining cinnamon sugar and serve with the chocolate sauce, for dipping.



## Easy Peasy Lemon Squeezy Cheesecake by Bea T

### INGREDIENTS

- 1 tin of condensed milk
- 1 cup of milk
- 2 lemons
- ½ packet/sachet of gelatine
- ½ cup of boiling water
- 1 small packet of digestive biscuits
- ½ packet of butter

### METHOD

1. Crush the biscuits.
2. Melt butter and add the crumbled biscuits.
3. Press into a medium sized tin to form a base.
4. Squeeze juice from lemons (Add zest also if you like it extra lemony!)
5. Mix the condensed milk, the real milk and the lemon juice in a bowl.
6. The mixture will curdle/thicken.
7. In a cup, sprinkle gelatine on top of the boiling water.
8. Let it melt and stir in to the water until dissolved.
9. Add this to the milk/lemon mixture.
10. Pour on to biscuit base and chill in the fridge for 2 hours.
11. Decorate as desired.



Picture by Vesper

## Vegan Oat Cookies

By Regena D

### INGREDIENTS

- 6oz plain flour
- 5oz porridge oats
- 4oz dark brown sugar
- ½ tsp baking powder
- ½ tsp bicarbonate of soda
- 1 tsp all spice
- A good handful of mixed dried fruit e.g. currants, raisins, apricots, mango, pineapple, cranberries.
- ×1 banana mashed
- 150ml sunflower or rapeseed oil
- 4 tbsp milk e.g. soya, oat, almond, rice or dairy

### METHOD

1. Mix together all the dried ingredients in a large bowl, then add wet ingredients. Mix well into a dough.
2. Separate dough into golf sized balls.
3. Line a baking tray with baking/parchment paper, put dough balls on tray, flatten each one slightly.
4. Bake in a preheated oven for 10 minutes on gas Mark 6/ 200°



Leave to cool on a cooling rack...then enjoy!!!

## Super Quick Falafel Burgers

by Ana and Guille in Buenos Aires

Serves 4

### HOW TO:

### INGREDIENTS:

- 400g can chickpeas, rinsed and drained
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- Handful of flat leaf parsley or curly parsley
- 1tsp ground cumin
- 1tsp ground coriander
- ½ tsp harissa paste or chili powder
- 2tbsp plain flour
- 2 tbsp sunflower
- Toasted pitta bread, to serve

1. Drain a 400g can chickpeas and pat dry with kitchen paper
2. Tip into a food processor along with 1 small roughly chopped red onion, 1 garlic clove, handful of flat-leaf parsley, 1tsp ground cumin, 1tsp ground coriander, ½ tsp harissa paste or chili powder, 2 tbsp flour and a plain plus a little salt.
3. Blend until fairly smooth, then shape into four patties with your hands.
4. Heat 2 tbsp sunflower oil in a non-stick pan, add the burgers, then quickly fry for 3 minutes on each side until golden brown.
5. Serve with toasted pitta bread, 200g tub of tomato salsa and a green salad

Picture by Jasmine Y

