



# COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



## Get the kids in the kitchen to have fun and learn

**SCHOOLS are still closed, which means we are blessed to have the little ones home.**

Our kids are always looking for something to nibble on, and we are constantly looking for ways to keep them busy.

Keeping them busy with cooking and baking is one of my favourite things to do and it's one of the reasons why I opened a cooking school for kids.

### Learn

They can get messy, have fun and learn so much at the same time.

They learn basic skills, get those fingers and hand muscles moving, read while going through recipes and even have a little mathematics lesson while measuring off those ingredients.

This also helps with those picky eaters who seem to be very curious about foods they don't like.

BY FARZANA KUMANDAN

They get to feel it, add it in the cooking and this leads to them being proud of the meals they created, and so they can't wait to taste it or even try new foods.

Having kids help in the kitchen is a fun way of teaching them a lifelong skill, it gives them the space to be creative, and helps them discover new foods.

But before getting them involved in the kitchen, it's very important to lay down safety rules. I'm listing a few important rules here but train them that the Number 1 rule is to always ask an adult before heading to the kitchen.

For more recipes or info about cooking with kids, please visit my website [www.sprinklesandspice.co.za](http://www.sprinklesandspice.co.za) or my Facebook or Instagram pages @sprinklesandspicect.

Stay Safe and Happy Baking  
Love your Cooksister



EXPLORE: Let kids get creative

## KITCHEN RULES

Always ask an adult before working in the kitchen.

Wash your hands before and after handling food.

Wear an apron and roll up your sleeves (sometimes having fun gets messy).

If you have long hair, make sure it's tied back.

Make sure all equipment and surfaces are clean.

Wash all fruit and vegetables under cold water before use.

If you need to use a knife, make sure an adult is supervising.

Always cut on a chopping board and cut away from yourself or downwards to avoid injuring yourself.

Remember ovens and stoves are **HOT HOT HOT** - always have adult supervision.

Always have an adult helping when using electrical equipment.

Carefully read all the instructions and method to your recipe before starting.

Measure out all ingredients before you start.

Know how much time you will need to cook/bake.

Remember you can adapt any recipe to suit your taste buds.

Take your time and don't rush... good things take time.

Have fun and create your own masterpiece.



YUMMY: Strawberry and cream cupcakes

# LITTLE HANDS MAKE DITE WORK



## SPRINKLES FAIRY FUDGE

### Ingredients

600g Milky Bar chocolate broken into tiny pieces  
1 tin condensed milk  
1 packet strawberry pink wafer biscuits (optional if you prefer a base)

### Method

Line a small rectangle Pyrex dish with baking paper.

Crush your wafer biscuits and layer it in the dish as a base.

Put your broken Milky Bar in a large microwave-safe bowl.

Add your condensed milk and give it a quick stir.

Microwave on high heat for 30 seconds. Remove and stir well.

Microwave for another 20 seconds and stir well.

Return to the microwave for a final 20 seconds and then stir until it's smooth and thick.

Note: microwave for a further 10-20 seconds if not smooth.

Allow to cool for 5 minutes and then pour fudge mixture over the wafer biscuits.

Smooth the fudge with the back of a spoon. I add a drop of pink food colouring and give it a swirl.

Top with sprinkles of your choice and refrigerate overnight.

Cut into squares and enjoy.

## CHEAT SCONES

### Ingredients

3 cups self-raising flour  
2 tablespoons sugar  
550ml fresh cream (if it's past the sell by date, even better)

### Method

Mix all 3 ingredients with a butter knife.

Cut out scone rounds, brush with milk and bake on a baking tray lined with

baking paper.

Bake in a preheated oven at 200°C for 10-15 minutes, until bottoms or tops are golden.

## CHOC CHIP COOKIES

### Ingredients

115g butter soft butter (not melted)  
1 egg  
1 tablespoon vanilla essence  
1 large slab dairy milk chocolate finely chopped  
1 ¼ cup flour  
½ cup brown sugar  
¼ cup castor sugar  
1 teaspoon bicarbonate of soda  
Pinch of salt

### Method

Cream the butter, sugar and vanilla essence until light and smooth.

Add in the egg and mix until light and fluffy

Mix all the remaining ingredients in a bowl (except the chocolate).

Add to the butter mixture and blend until a soft dough is formed.

Add in the chocolate chips and mix well.

If your dough is too sticky add extra flour.

Take a teaspoon amount and roll little balls and decorate with mini smarties or astros

Place on a baking tray lined with baking paper.

Leave enough space between the balls for baking.

Bake at 175°C for 12-15 minutes.

Allow to cool on the tray for cookies to crisp up.

## STRAWBERRIES & CREAM CUPPIES

### FOR THE STRAWBERRIES

Cut up 2 punnets strawberries  
Sprinkle over 2 heaped tsp sugar  
Cover with cling wrap and refrigerate for at least 2 hours or overnight.  
For the vanilla cupcakes

### Ingredients

250g soft butter or full fat margarine (block)  
1 cup Castor sugar  
2 eggs  
1 tablespoon Vanilla Essence  
2 heaped cups flour  
2 teaspoons baking powder

### Method

Mix the butter and sugar until it's light and creamy.

Add in the eggs and vanilla essence and mix well.

Add in the dry ingredients and mix until it's smooth and lump free. (You will have a thick batter)

Spoon the batter into cupcake cups and bake on 180°C for 12-15 minutes, until the cake is slightly golden brown and a toothpick comes out clean.

### To assemble

Once cupcakes are completely cool, slice them in the middle and add a generous spread of fresh cream. Top with Strawberries

Close the top of the cupcake, drizzle some of the strawberry syrup and dust with icing sugar.

## BROWNIE AND ICE CREAM SANDWICHES

For the Brownie Cookies

### Ingredients

1 egg  
½ cup melted butter  
1 cup white sugar  
2 teaspoons vanilla essence  
3 tablespoons oil  
1 cup flour  
1 teaspoon baking powder  
½ cup cocoa  
Pinch salt  
¼ cup white choc chips

### Method

In a large bowl, cream the egg, butter and sugar.

Add in the vanilla essence, oil and cocoa and mix until smooth.

Add in all the dry ingredients and mix with a spoon until a soft dough is formed. Lastly stir in the choc chips.

Take a heaped tablespoon of cookie dough (you can use an ice cream scoop for this) and roll out little balls.

Slightly press the balls flat between the palms of your hands and place it on a baking tray lined with baking paper.

Don't press it too flat as you need a thick cookie, so that it doesn't break when you sandwich it.

Bake in a preheated oven, on the lower rack at 180°C for 10-12 minutes.

Once removed from the oven, the cookies will be slightly soft to touch but allow the cookies to cool and harden on the tray.

To assemble your Brownie and Ice Cream Sandwiches

Allow your ice cream to stand for 10 minutes, so it's softer and easier to scoop.

Sandwich the ice cream between 2 cookies and gently close.

Dip and roll the sandwich in a deep bowl of Sprinkles.

Refrigerate for 10 minutes before gobbling them up

