



SO... It's really important that everyone in the patrol gets to have a go at all the different tasks. Be a MasterChef!!

By working for this 'Go For It' challenge you will practice... Making shopping lists, planning menus, cooking skills, try different foods, learn about food hygiene, following a recipe, measuring ingredients, planning ahead, working as a team and most importantly... pigging out!!

1. Use a measuring jug to mix the ingredients in (just keep microwaving and stirring it for 15 seconds or so at a time for a couple of minutes).
2. Melt the butter and sugar together in the microwave
3. Stir in the golden syrup.
4. Stir in oats until the mixture is stiff but still sticky
5. Microwave the whole mix on high for about 3 minutes. During this time the whole lot will grow in volume in the microwave (a 1 pint jug will contain it all).
6. Either spread out the mixture onto a baking sheet and allow to set OR think of a way of making individual portions which each person can decorate and take home. (what will you put them / wrap them in?)

Ingredients  
 4oz (100g) butter (just under half a block)  
 1oz (25g) caster sugar (2 tablespoons)  
 4 tablespoons golden syrup (quarter of a 250ml pouring bottle)  
 7oz (200g) oats (3 cups approx)  
 Anything you want in the flapjacks, such as raisins, sultanas, cherries, fruit, choc chips, marshmallows (add these when it's cooling down a bit!)

### Microwave Flapjacks



### Week 3 CHOP

Either a salad or fruit salad  
 – ask around for ideas.

**You will need to make a list of what's needed for today on week 2!**

During this week discuss with a Guide leader the best ways to go about washing up, clearing away and dealing with food hygiene.

### Week 4 FRY

Make pancakes with a topping  
 (sweet or savory)

No ready made pancake mix allowed.

Everything must be measured and prepared @ Guides.

Challenge each member of the patrol to bring unusual toppings.

You will be provided with...

Flour, milk, eggs, salt, oil.

You will need to find out from home, internet, mum or dad what to do with the ingredients!

Your Guiders will taste the results!! (you can't just scoff them quickly so that we don't see how bad they look.)

Everyone MUST cook a perfect pancake!

Vicky Smith - 2nd Kingsbridge Guides 2012

1. Pre heat the oven to 180°C.
  2. Blend butter and sugar together in a bowl (if the butter is very hard you could soften it a bit in the microwave!)
  3. Add flour gradually until you have dough. You might need a bit more or less flour - it just depends.
  4. Roll out the dough on a work surface that has been sprinkled with flour and use a biscuit cutter or an upside down cup to cut out shapes. (if the mixture is a bit sticky it might be easier to press the dough flat with your hands instead of rolling.)
  5. Use a spatula to pick up the biscuits and put them on a baking tray.
  6. Bake in the oven for 10 - 12 minutes (they burn really easily so keep an eye on them)
  7. Let the biscuits cool before eating / decorating.
- Try... Sprinkling the biscuits with sugar before cooking. Add raisins or chocolate chips to the dough. Decorating the biscuits with coloured icing & sprinkles etc. Have you got any unusual cookie cutter shapes.

Ingredients:  
 Half a block (125g) of butter  
 Quarter cup (50g) castor sugar  
 1 cup of plain flour (approx.)

### Really Easy Shortbread Biscuits

Decorate whatever you make and think about how you are going to get them home in one piece!!! (Packaging?!)  
 (see below)

### Simple biscuits or flapjacks

### BAKE Week 2



## MasterChef

As a Patrol you are going to develop your culinary skills!!  
 Each week will have a different theme but you will also need to think about your organisation....

### Planning, Preparation and Packing away!

You will need to follow a simple recipe, measure ingredients, prepare and cook food.  
 No instant or ready made stuff this time.  
 All food should be nicely presented!

### Week 1 - TODAY

**Plan next weeks dish, check out the theme for each week.**

- Write a shopping list - either your PL or PS can shop (keep the receipt to claim the money back form Guide funds) or you can give the list to a leader (but make it VERY clear what you need.)
- Check out your patrol cooking equipment... is it ready to use... if not WASH IT NOW!
- Make sure EVERYONE in the patrol knows how to use the cooker or stove safely. What will each person need to bring?? eg. plate bag, tea towel etc.

