Welcome to Miss. Stavrou’s step by step cooking lesson today we are making:

**1940’s VE Day Carrot Cookies.**

In the 1940s they used carrots as a sweetener, the people who ran the government convinced the children that carrots were just as tasty as ice creams, and eating carrots will help them see in the dark during the blackouts.

**What you will need:**

* Mixing bowl
* A tablespoon
* A teaspoon
* A grater
* A greased baking tray
* Oven needs to be 200c (Do not touch the oven let mum, dad, nanny, grandad or carer put the cookies in and out of the oven)

**Ingredients:**

* 1 tablespoon of margarine
* 2 tablespoons of sugar
* 1 teaspoon of vanilla essence
* 6 tablespoons of self-raising flour
* 4 tablespoons of grated raw carrot
* 1 tablespoon of water

Put the oven on

Are we ready?

1. A picture containing sitting, plate, table, piece

   Description automatically generatedPut the margarine, sugar and vanilla essence in the bowl.
2. A picture containing food, table, pink, sitting

   Description automatically generatedCream together the margarine, sugar and vanilla essence.

A picture containing photo, man, young, sitting

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1. Wash the carrot and cut the end off it.
2. A picture containing table, food, board, cutting

   Description automatically generatedA picture containing indoor, table, kitchen, counter

   Description automatically generatedGrate the carrot ( this can be hard make sure you have help from mum, dad, nan, grandad or carer be careful of your fingers.)
3. A close up of a plate of food

   Description automatically generatedA plate of food with a fork

   Description automatically generatedPut 4 tablespoons of the grated carrot in to your creamed margarine mixture and stir.
4. A picture containing food, sitting, table, blue

   Description automatically generated Add 6 tablespoons of flour to the mixture and mix inA picture containing food, bowl, plate, table

   Description automatically generated.

If the mixture is dry add a tablespoon of water

A bowl of food

Description automatically generatedA picture containing indoor, sitting, kitchen, black

Description automatically generated

A plate of food

Description automatically generatedThe mixture should look like this

1. Food cooking in an oven

   Description automatically generatedA picture containing indoor, hand, white, wooden

   Description automatically generatedPut some margarine on the baking tray to grease it so the biscuits don’t stick
2. A bunch of food on a tray

   Description automatically generatedA person holding a plate of food

   Description automatically generatedDrop spoonful’s of the mixture on to the baking tray.
3. A bunch of food on a tray

   Description automatically generatedPut in the oven fo10 – 15 minutes.

Once cool sprinkle with sugar, and enjoy eating them, I am going to sit in the garden with a cup of tea as I eat them.

A picture containing man, grass, sitting, laying

Description automatically generatedA person holding a plate of food

Description automatically generatedA plate of food on a table

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Miss you all stay safe and happy baking.

Love Miss Stavrou x