

smart spax firefighter tip



Firefighter Duncan says, “Always ask an adult before you start to cook.”

Firefighters have to sleep at the Fire Station as part of their job. This is to make sure they are ready to fight fires or help at an accident every single minute of the day and night.

When it's my turn to sleep at the station I like to cook for the rest of my crew. Cooking is good fun as long as you are careful and remember a few rules when you are using the stove.



Here's my recipe for Spaghetti Bolognese, it tastes great and it's easy to cook, try it out. First make sure it's ok to use the kitchen and that an adult can be with you while you cook.

Collect all your ingredients together and prepare and measure them out. Now you're ready to start cooking!

Spaghetti Bolognese

Makes enough for four hungry people

Preparation time: 20 minutes

Cooking time: 15 minutes

Ingredients:

500g Mince

1 teaspoon oil

Salt and Pepper

Pasta Curls

1 ½ cans crushed
tomatoes

Sprinkle of Italian herbs

1 teaspoon crushed garlic

1 medium carrot grated

1 small zucchini grated

1 medium onion diced

6 button mushrooms chopped



Method:

1. Ask an adult to light the stove or watch you light the stove. Be careful your sleeves don't trail over the flame or heat element, you don't want to burn your clothes!
2. Put the oil into a deep pan that will fit all the ingredients and add the chopped onion and the garlic (be careful the garlic might spit) - cook until soft.

3. Add the mince and sprinkle over some Italian herbs. Cook until brown, making sure the meat is not cooking in lumps.
4. Add the grated carrot, zucchini and chopped mushrooms – stir occasionally and cook for 3 minutes.
5. Add the canned tomatoes, salt and pepper. Stir it all together, cover and let it simmer for 10 minutes. This will become your bolognese sauce. Add the rest of the tomatoes if it gets too dry or take the lid off and simmer if it is too runny.
6. While the sauce is simmering fill a big saucepan with water and put it on to boil. Add some salt to the water.
7. When the water is bubbling fast carefully add the pasta. Don't let the boiling water splash on you and watch out for that steam! Did you know that if you burn yourself you should put the burn under cold running water? Once the pasta is cooked pour it out into a strainer - make sure an adult is with you to do this – BE VERY CAREFUL – remember steam can scald you so keep watching while you are pouring. Check on your sauce.
8. To serve put some pasta on each plate and add some of the sauce on the top – you can also add grated cheese to the top of that if you like.

SLIME:

This is my favourite recipe; I like green slime best because it looks disgusting, like something has gone mouldy. James likes red best because it looks scary when you put it on your body.

Here's my recipe for slippery, sliding, really slimy SLIME.

Take one bucket of luke warm water. Luke warm water is just a nice temperature to put your hand into. Make sure you turn the cold tap on first before the hot tap. By mixing the cold and hot taps together you can make sure the water doesn't come out too hot and scald you.

Add ¼ packet Lux Flakes to the luke warm water and a little food colouring (try green or scary red).

Mix and set aside. When it's ready you and your friends can take a share of the slime and have a slimy, slime party.

Have fun and stay safe in the kitchen!



