

BAKED POTATOES

with your choice of toppings

Watch the video: link in the specialist grid and on the activity hub

SAKG

kitchen class

Lesson 2 (Week 4)

REMOTE LEARNING
WITH JENNY KELLY



NOTE: you will need to use an oven for this (ask an adult to help)

INGREDIENTS

- 1 or 2 potatoes per person (choose large potatoes, if possible olive oil)
- salt and pepper

PLUS YOUR CHOICE OF:

- grated cheese, sour cream, butter
- chives, parsley or spring onion
- diced bacon or onion, cooked
- mushrooms, onion and spinach

METHOD

1. Preheat the oven to 180°C (375°F).
2. If the potatoes have soil on them, scrub them well in a sink of water and rinse them.
3. Use a fork to make some holes in the potatoes to help them cook without bursting the skin.
4. Drizzle a little olive oil over each potato and rub it all over with your hands. You will need to wash your hands with soap now.
5. Place them on an oven tray.
6. Sprinkle a little salt and grind some pepper over the potatoes.
7. Place them in the oven and bake until soft (40 min to 1 hour depending on the size). Test them with a fork or press to see if they are soft. Remove them from the oven and allow to cool a little.

THERE'S MORE TO SEE ON THE NEXT PAGE...

METHOD (continued)

8. Cut the top open with a sharp knife (you might need an adult for this). Squeeze them from the sides to push open the skin so you can see the inside. Sprinkle with salt and pepper.

NOW ADD YOUR TOPPINGS (to suit any dietary requirements):

Here are some ideas:

SIMPLE - butter, sour cream and chives

YUMMY - bacon and cheese (you can pop it back in the oven to melt the cheese if you like)

MUSHROOM LOVER - cook up onions, mushrooms & garlic in olive oil & butter, add salt and pepper, stir baby spinach in at the end

BOLOGNAISE - top with bolognaise sauce and cheese

Add herbs to any of these! And don't forget the salt and pepper!

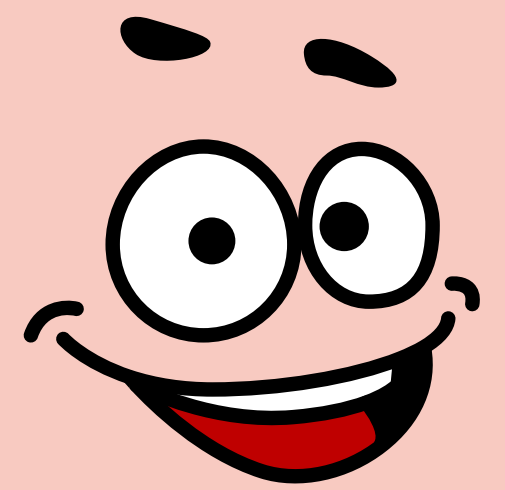
REMEMBER TO CLEAN UP

Put equipment and ingredients away

Wash the dishes

... and wipe the bench

This will make the other people in your house very happy!



POST A PHOTO, VIDEO OR MESSAGE

In Showbie, post a photo or short video of your cooking.

Remember to rename it to SAKG or KITCHEN (see Mrs Sabba's video)



Pick some flowers



Make some leaf art

SECRET SECTION - kids only!!

PSST.. remember it's Mother's Day soon. Wouldn't it be lovely to cook for your special someone? You might like to make a Fruity Breakfast Bowl with their favourite fruits, make a batch of biscuits or even cook something delicious for dinner. There are many recipes in our SAKG collection - GGKR5.
Happy cooking! Jenny Kelly

