

Children will need to be organised into groups of two or three pupils. They should be ready to get started by having:

- An apron on
- Hands washed
- Jewellery removed
- Long hair tied back

Their work space/table should be clear and each group will need the following set out:

Ingredients (makes three potato farls)

- 125g warm mashed potatoes (prepared in advance)
- 15g melted butter
- 25g plain flour plus some extra for rolling out
- Salt and pepper
- 1 egg yolk

Advise the children in advance that at the point when they are adding the melted butter, to do so gradually as it may not all be needed. Encourage them to remember to feel the mixture to make sure the dough is not too soft; if it is too soft, they can add a little extra flour. This might be required, especially if using convenience, shop-bought mashed potato, as it tends to have other ingredients added to it.

Equipment:

- Large mixing bowl
- Fork
- Knife
- Rolling pin (optional as children might find it easier to use the palm of their hand to flatten the potato mixture)
- Plain cutter (optional as children could use a knife to cut the flattened mixture into farls)

Please Note:

To cook the potato bread you will need a griddle or frying pan. The teacher should demonstrate the cooking stage.

Health and Safety Reminder:

Find out if any pupils have a food allergen, for example flour or egg.

Don't forget to carry out a risk assessment before cooking in school. Some considerations that may be of support can be found on our [health and safety](#) section of the website.