



HALLOWEEN/ AUTUMN

SURVIVAL GUIDE

RECIPE AND ACTIVITY IDEAS



Halloween parties & nearly winter warmers

CHILD FRIENDLY HALLOWEEN RECIPES

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Halloween eyeball MOCKTAIL PUNCH

INGREDIENTS

- 425g can lychees
- 225g jar cocktail cherries
- 15 raisins
- 1 litre carton blueberry, blackberry or purple grape juice , chilled
- 1 litre carton cherry or cranberry juice , chilled
- 1litre sparkling water , chilled

YOU'LL ALSO NEED

- 2 pairs powder-free disposable gloves

TO MAKE

Rinse the disposable gloves and fill each with water. Tie a knot in the top of each as you would a balloon, or use a tight bag clip to hold the opening closed. Freeze overnight.

Drain the lychees and cocktail cherries, reserving the juices in a jug. Push a raisin into one end of each cherry, then push the cherries into the lychees to make 'eyeballs'.

Tip all of the juices, plus the reserved lychee and cherry juices, into a large bowl with the 'eyeballs'. Carefully peel the gloves from the ice hands, add to the punch, then top up with the sparkling water.





Healthy HALLOWEEN PIZZA

INGREDIENTS

200g strong white flour
200g strong wholewheat flour
1 tsp or 7g sachet easy-blend dried yeast
250ml warm water

FOR THE TOPPING

300g passata
1 garlic clove , crushed
1 tbsp olive or rapeseed oil
75g grated mozzarella
10 black olives
Handful cherry tomatoes , halved
Handful basil leaves , to serve

TO MAKE

Mix the flours and yeast with a pinch of salt in a food processor fitted with a dough blade, or combine in a bowl. Pour in the water and mix to a soft dough, then work for 1 min in a processor or 5 mins by hand. Remove the dough, divide into 4 pieces and roll out on a lightly floured surface to rounds about 15cm across. Lift onto heavily oiled baking sheets.

Mix the passata with the garlic, oil and a little seasoning. Spread over the dough to within 2cm of the edges. Scatter with the mozzarella. Halve the olives and tomatoes. Place an olive in the centre of each pizza to make the spider's body. Cut the rest into little legs and arrange them around the spider bodies. Dot the tomatoes here and there. Leave to rise for 20 mins. Heat oven to 240C/ fan 220C/gas 9 or the highest setting.

Bake the pizza for 10-12 mins until crisp and golden around the edges. Scatter with the basil to serve.



Halloween MUMMY HOT DOGS

INGREDIENTS

Oil , for greasing
1 tbsp honey
1 tbsp ketchup
2 tsp French's yellow mustard , plus a little extra to decorate
12 chipolatas
Tube of 6 ready-to-roll croissant (look in the chiller cabinets near the pastry in the supermarkets)

TO MAKE

Heat oven to 200C/180C fan/gas 6 and brush 2 baking trays with a little oil. Mix the honey, ketchup and mustard together in a bowl, then brush over the chipolata sausages.

Unroll the croissant dough and divide into 3 rectangles. Pinch together the diagonal perforated seams, then cut into long thin strips – you should get about 16 per rectangle.

Wind the little croissant strips around the chipolatas, leaving a little gap at one end to make a slit for the eyes. Place on baking trays and bake for 20 mins. Cool a little, then, using the mustard, dot a pair of little yellow eyes on to each mummy. Serve warm with glow-in-the-dark goo (see goes well with, below) and/or your favourite dip.



Healthy HALLOWEEN NACHOS

INGREDIENTS

FOR THE GUACAMOLE

- 2 limes , juiced
- 2 small avocados , peeled and chopped
- 1 bunch coriander , finely chopped

FOR THE SWEETCORN SALSA

- ½ a 160g can sweetcorn
- 200g cherry tomatoes , quartered
- 1 red pepper , finely chopped
- 2 spring onions , thinly sliced
- 3 sundried tomatoes , finely chopped
- 400g can black beans
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp smoked paprika

FOR THE BAT-SHAPED NACHOS

- 4 wholewheat tortillas
- 1 ½ tsp oil
- 4 purple carrots , cut into sticks

TO MAKE

Start by making the guacamole. Pour the lime juice into a bowl and add the avocado. Mash well with a potato masher or the back of a fork until it's the consistency you like – we served ours fairly chunky. Add half of the chopped coriander, season to taste and spoon into a shallow bowl or serving dish.

Now mix all of the salsa ingredients together, along with the remaining chopped coriander. Season with salt and pepper. Arrange clumps of the salsa on top of the guacamole – this will allow guests to get a bit of everything with each scoop. Cover and chill for up to 30 mins while you make the bat nachos.

Lay a tortilla wrap out on your chopping board and brush with a little of the oil. Cut out bats (or other spooky shapes) using a cookie cutter, scissors or both. Cut them as close together as possible to minimise waste. You should be able to get about 8-10 from each wrap, depending on the size of your cutter.

Heat oven to 200C/180C fan/gas 6. Put all the tortilla shapes on 2 or 3 large baking sheets and bake for about 4-5 mins or until golden and crisp, then serve with the carrot sticks, guacamole and salsa plate.



Halloween Eyeball CAKE POPS

INGREDIENTS

100g/4oz madeira cake
100g Oreo cookie
100g bar milk chocolate, melted
200g bar white chocolate, melted
Few Smarties and icing pens, to decorate

YOU WILL ALSO NEED

10 wooden skewers
½ small pumpkin or butternut squash
deseeded, to stand pops in

TO MAKE

Break the Madeira cake and cookies into the bowl of a food processor, pour in the melted milk chocolate and whizz to combine.

Tip the mixture into a bowl, then use your hands to roll into about 10 walnut-sized balls. Chill for 2 hrs until really firm.

Push a skewer into each ball, then carefully spoon the white chocolate over the cake balls to completely cover. Stand the cake pops in the pumpkin, then press a Smartie onto the surface while wet. Chill again until the chocolate has set. Before serving, using the icing pens, add a pupil to each Smartie and wiggly red veins to the eyeballs.



Halloween Cupcakes

INGREDIENTS

200g butter, softened
300g golden caster sugar
200g dark chocolate, melted
2 eggs
250g self raising flour
¼ tsp baking powder mixed with
100ml boiling water
50g cocoa powder
200ml milk
1-2 tsp black food colouring (optional)

FOR THE BUTTERCREAM

300g unsalted butter, softened
500g icing sugar
1 tsp vanilla extract
Food colouring

FOR THE DECORATIONS

Black icing pen
1 pack mixed coloured fondant icing
liquorice and strawberry laces and
other sweets such as jelly fangs and
liquorice allsorts

TO MAKE

Heat oven to 180C/160C fan/gas 4. Line two 12-hole cupcake tins with cases. Beat the butter and sugar until the mixture is creamy. Beat in the chocolate and the eggs until combined, then stir in the flour and baking powder, cocoa powder, milk and food colouring, if using. Spoon the mixture evenly between the cupcake cases, levelling the tops.

Bake for 20 mins or until the cakes are risen and springy to the touch. Cool for 5 mins in the tin, then lift out onto a wire rack to cool completely.

To make the buttercream, beat the butter until soft, then stir in the icing sugar a little at a time. Beat in the vanilla and desired food colouring (You might want to make up different colour batches), then transfer to a piping bag fitted with a plain nozzle.

Decorate with buttercream, sweets and fondant icing.



TRY IT AT HOME

Autumn Sausage & Pumpkin **ROAST**

INGREDIENTS

450g pack pork sausages (or 8 large sausages)

800g pumpkin wedge, peeled and cut into finger-thick moon-shaped chunks

2 red onions, peeled and cut into wedges

2 tbsp olive oil

2 tsp caraway seeds

300g tub fresh beef gravy from the chiller cabinet

TO MAKE

Heat oven to 220C/fan 200C/gas 7. Put the first five ingredients into a large non-stick roasting pan, toss to coat in the oil and roast for 20 mins until the sausages are browned and the pumpkin softened and starting to crisp at the edges.

Tip the gravy into the pan and gently stir around the pumpkin and sausages with a wooden spoon, scraping up any sticky or crispy bits as you go. Return to the oven for another 2 mins until the gravy starts to bubble. Season to taste and serve with greens or beans.



Autumn Vegetable Salad WITH SAFFRON DRESSING

INGREDIENTS

12 rainbow carrots , tops left on, washed and peeled
1 medium courgette , sliced
8 stalks long-stem broccoli , any thick stalks halved lengthways
1 tbsp rapeseed oil
100g mixed cherry tomatoes , halved
4 spring onions , thinly sliced at an angle
3 plum tomatoes , scored, blanched, peeled, deseeded and cut into small pieces
Handful black olives , stoned and sliced

½ cucumber , cut lengthways, seeds removed and sliced at the angle
3 tbsp roughly chopped basil

FOR THE DRESSING

20ml cider vinegar
½ tsp Dijon mustard
pinch saffron strands
1 tsp caster sugar
50ml extra virgin rapeseed oil
1 small shallot , finely chopped

TO MAKE

Heat a griddle pan over a medium-high heat. Tip the carrots, courgettes and broccoli into a large mixing bowl, lightly season and toss together with the rapeseed oil. Once the griddle is hot, add the vegetables in batches and leave to slightly char for around 3-4 mins, then transfer back to the bowl. When all the veg is charred, add the remaining salad ingredients, toss together and set aside.

To make the saffron dressing, whisk the vinegar, mustard, saffron and sugar together in a bowl with a pinch of salt until the sugar has dissolved. Whisk in the oil gradually, then stir in the shallots. Dress the salad and serve.



Autumn Crunchy CRUMBLE

INGREDIENTS

140g plain flour
100g margarine
4 tbsp rolled oats
2-3 tbsp demerara sugar
1 tsp cinnamon
4 eating apples or pears or 6 plums (or a mixture)
handful sultanas , soaked in hot water for 10 mins
1-2 tbsp honey
natural yogurt , ice cream or custard, to serve

TO MAKE

Heat oven to 200C/180C fan/gas 6. Sift the flour into a bowl and add the margarine.

Using a fork or your hands, mash together the margarine and flour until it resembles breadcrumbs and there are no remaining lumps of margarine.

Add the oats, sugar, and cinnamon to the flour and margarine mixture.

Core the apple and/or pears, and stone the plums, if using. Chop all the fruit, keeping the skin on for added flavour, vitamins, and minerals, and put in an ovenproof dish in layers.

Drain the sultanas and add to the fruit. Drizzle with the honey.

Sprinkle over the crumble mixture. Bake for 20-30 mins until the crumble topping is golden and the fruit is bubbling.

AUTUMN

OUTDOOR ACTIVITIES

PUMPKIN CARVING

HOMEMADE HALLOWEEN SLIME

AUTUMN WALKS - LEAF CRUNCHING!

AUTUMN LEAF ARTS AND CRAFTS

BUILD YOUR OWN HEDGEHOG CAFE IN YOUR GARDEN







TRY IT AT HOME - adult supervision!

Halloween SLIME

INGREDIENTS

150ml clear glue
1 heaped tsp Bicarbonate of Soda
Optrex eye lense solution
Food colouring (liquid or gel) in orange, lime green and purple
Glitter in orange, lime green and purple
Googly eyes
Mini Halloween plastic cauldrons to hold the slime
Plastic wrap
Air-tight jars or containers to store the slime

TO MAKE

Place the glue into a bowl, add a few drops off food colouring and glitter then mix into the glue.

Add 1 heaped teaspoon of Bicarbonate of soda and mix together.

The key ingredient! Eye lens solution, any brand will do but the ingredients must contain boric acid/sodium borate in order for the correct reaction to occur.

Add the eye lense solution a tea spoon at a time and mix in, it will start to form a ball, add more lense solution a tea spoon at a time until less sticky. Need until all the stickiness has gone.

Store in air tight jars until needed.



Feed Hedgehogs IN YOUR OWN DIY CAFE

WHAT YOU WILL NEED

Shallow dishes
Water
Large-lidded plastic or wood box
Sharp knife
Saw
Duct tape
Bricks

WHAT TO FEED HEDGEHOGS

Hedgehog food
Wet cat or dog food
Cat biscuits

TO MAKE

Find a safe place for your cafe. It can be on your patio, or it can be hidden in a sheltered spot. Of course, hedgehogs need to be able to get in and out of your garden to start with, so if that isn't yet the case, start by creating nature's highways and byways.

Get a sturdy box (wood or plastic) with a removable lid for your feeding station. It needs to be big enough for a hedgehog to fit in - a plastic storage box is a popular choice. You can also install a tunnel to prevent cats or foxes stealing the food.

Create a hedgehog-sized hole at the base of one of the sides of your box. It should be about 13cm square so the hog can get in and out safely. If your box is wooden, you'll need a saw. If your box is plastic, carefully use a sharp knife. Cover the edges of the hole with duct tape to make sure there are no sharp bits that could hurt your hedgehogs.

Add your grub. As the sun goes down lay shallow dishes of hedgehog-friendly food and water inside the box. Make sure you don't put out too much food, as it's not nice to have leftovers lying around, and just remember that what we provide is supplementary to their natural diet, so do not overfeed your 'hogs. Never feed hedgehogs milk or bread as they can't digest them and it upsets their stomachs. Also, be aware that putting any food out will attract all sorts of wildlife, not just hedgehogs – this includes predators.

Add your roof. Put the lid on top of the box and place a brick or two on top of the lid. This will stop a fox tipping the box up or dragging it away. Clear away any leftovers in the morning and refill your dishes every evening, or for as long as the food is being eaten. Make sure to wash your hands and thoroughly wash the feeding dishes, as hedgehogs have been known to spread diseases.

Time to watch. Very quietly as the sun goes down, go out and sit somewhere within view of the box and hopefully you'll be rewarded with a view of this snuffling, grunting little beauty.

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