
Family Cookery Session Plan - Chilli Con Carne and Rice



Level - easy

Prep time – 10 to 15 minutes

Cooking time – 25 minutes

Can serve up to 6 but generously, serves 4

You Will Need:

Ingredients

Allergens - vary depending on brand; check the labels on the products you use and check with participants if they have any allergies to any of the ingredients

1 tablespoon of cooking oil

1 pack of fresh or 2 tins of minced beef

1 onion

1 clove of garlic (you could substitute with 1 teaspoon of garlic granules)

2 carrots

1 400g can chopped tomatoes (if using plum tomatoes, you can break them up in the pan, using the back of the wooden spoon)

1 teaspoon of chilli powder (more if you like it hot)



1 400g can drained kidney beans

1 stock cube (beef, chicken, or vegetable - check pack for allergens. Leave out and just add the water if an issue) and 1 cup of boiling water (to dissolve it)

½ cup of rice per person

Optional:

Grated cheese

Equipment

Demonstrator only:

1 x 2 zone portable induction hob

1 large saucepan (to cook the rice)

For 6 adults and 1 demonstrator:

6 single zone portable induction hobs

7 knives

6 children's safety knives

7 medium saucepans with lid

7 aprons

6 wipe clean aprons for little helpers (you may need more depending on numbers)

7 box graters

7 vegetable peelers

7 wooden spoons

7 chopping boards

7 sets of measuring spoons

4 can openers (3 to share and 1 for the demonstrator)

7 sieves

Blue Roll (double up as tea towels)

Antibacterial cleaning spray

Cling film/foil



Set Up – Getting Ready

- Watch the video [here](#)
- The demonstrator should feel confident about carrying out the chosen recipe. Practice it to ensure that the session runs smoothly and that you are comfortable with using any unfamiliar equipment
- Print the recipe, laminate, or insert into plastic pockets to distribute to each group
- Consider making a “Dos and Don’ts” poster on kitchen rules to display and talk through
- Set up the cooking stations – 1 for the demonstrator and 1 for each group of participants (depending on numbers, they may need to work in pairs or small groups)
 - Arrange tables making sure that the participants can easily see what the demonstrator is doing
 - Ensure surfaces are clean (use antibacterial spray), equipment is safe to use, and the area is clear from mess and trip hazards
 - Layout hobs (you may need extension leads). Ensure that they are placed on stable, heat-proof surfaces, with their wires out of the way
 - Layout all equipment needed (children will find it easier to stir if they use a larger than needed saucepan)
- Keep a fire extinguisher, a fire blanket, a fully stocked first aid kit, and blue roll or absorbent cloths (to mop up spills) near to the cooking area
- Ensure that a waste bin and/or food compost bin is available so participants can dispose of waste and keep their work areas tidy
- Just before the session, ensure all the ingredients needed are prepared and place them on the workstations
- Put together the ingredients and recipe card take home bag for each family

Here’s one I made earlier...

- As the group will be working with single zone induction hobs, you will need to cook enough rice for all participants. For safety reasons, plan to do this on the same day and as close as possible to when the food will be prepared and eaten:
 - Using the large saucepan add the rice with double the quantity of water. Bring to the boil and reduce the heat and simmer until all the water has gone. This should take around 10 minutes

Session Introduction

- Make sure everyone knows where the toilets and fire exits are
- Make sure everyone has washed their hands
- Ask everyone to put on their aprons
- If children are helping, ask parents to help them put on their aprons
- Direct participants to their workspace
- Make sure that everyone understands why they are taking part in a cook-a-long session
- Talk about basic safety and hygiene in the kitchen. If you have made one, you could display and discuss the “Dos and Don’ts” poster. Consider:
 - wash and dry hands with warm water and soap. Drying your hands properly is equally as important as washing them as warm, damp hands are an ideal breeding ground for bacteria
 - tie long hair back
 - roll your sleeves up
 - wear an apron
 - remove any jewellery
 - don’t run
- Ensure everyone knows that:
 - they must wash their hands again if they blow their nose, cough or sneeze into their hands, touch hair, faces
 - they must remove their apron if they go to the toilet and wash their hands afterwards before they go back to their cooking
- Remind them about
 - Caution with a hot hob
 - Keeping a saucepan handle away from you
 - Caution with hot liquids
- Go through any special equipment – ensure children know how to use it (demonstrator to show them)
- Go through the recipe

Get cooking

Step 1 – turn on the induction hobs

Step 2 – heat the oil in a pan and brown the mincemeat. Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince-sized lumps and there are no more pink bits

Step 3 – peel and chop the onion, add to the pan, and stir

Step 4 – peel and chop the garlic, add to the pan, and stir

Step 5 – peel and chop the carrot, add to the pan. Allow to cook through for 5 minutes, keep stirring

Step 6 – add the tomatoes to the pan and stir

Step 7 – add the chilli powder to the pan and stir

Step 8 – drain the kidney beans and add to the pan and stir.

Step 9 - if using the stock, make according to the instructions and add to the pan. If you don't have any stock, or have an allergy to any of the ingredients, just add the equivalent quantity of boiling water to the pan. Stir well

Step 10 - bring the whole thing to the boil, give it a good stir, and put a lid on the pan, if you have one. Turn down the heat until it is gently bubbling and leave it for 25 minutes and cooked through

To serve:

Remove the chilli and the rice from the pan and serve

If you have any, sprinkle over grated cheese

Remember:

- Encourage participants to read and follow the recipe
- Support participants where necessary but encourage independence - teach participants basic food preparation skills as you go along – look at these videos which although designed for children, are really useful, and learn the techniques so you can easily demonstrate them ([peeling](#), [onion preparation](#), [grating](#), [the claw grip](#), and [the bridge hold](#). [Food Prep Skills](#))
- Encourage anyone working in pairs or groups, to take turns so they can have a go at developing a cooking skill, e.g., peeling, grating, stirring etc. Particularly encourage children to “help”
- If you are showing a technique, e.g., grating, ensure that everyone can see what you are doing
- While you are preparing food, discuss the ingredients. The more familiar people are with ingredients and the more they feel involved in the process, the more likely they are to eat the food at the end. Use sensory aspects of food to engage them and ask them to look at, smell, touch and taste the ingredients and final products. Ask them questions about what is happening and the ingredients. You could have a copy of the Eatwell Guide and refer to this throughout the session
- Most importantly, praise them as they go along and tell them how proud they should be of the finished dish. Take photos of their dishes to display and share.

Close Down

- Dispose of any food waste
- Clear, wash and wipe all equipment. Check for any damage
- Clean and wipe all surfaces



- Encourage participants and any children to help by taking on jobs such as:
 - Collecting rubbish and waste from the tables
 - Given a damp soapy cloth to clean and wipe the tables
- Distribute the take home ingredients bags

