



Let's Cook! Getting Started



Before you start cooking it's important to get ready.

It's good to:

- Tie up long hair
- Roll up your sleeves
- Put an apron on



Have you got a clear area to prepare food on?

You may need to clear a space to cook.

It's important to **wipe down your kitchen surfaces** with an antibacterial spray.



Finally you need to **wash your hands** thoroughly with soap and water.



Now you're ready to start getting your ingredients out!



Let's cook... a Jacket Potato!



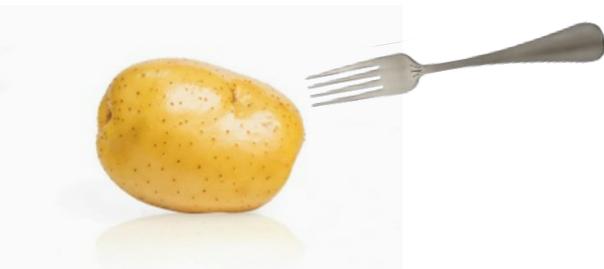
You will need:

- 1 med/large jacket potato,
- Salt and pepper,
- Butter,
- A microwave-safe plate.



1. Wash the potato and scrub off any soil.
2. Pat dry.

TIP: Dry the potato really well so it doesn't steam too much in the microwave.

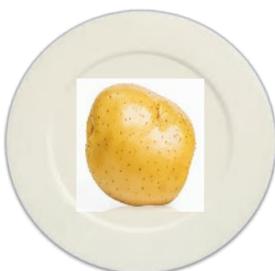


3. Poke the potato with a fork 3 to 4 times.

TIP: This helps the steam escape and makes it softer.

4. Cooking the Potato!

- You can cook it in the oven or microwave. Your choice!



Cooking in the Microwave:

- Place potato on a microwave-safe plate.
- Microwave for **3.5 minutes**.
- Turn it over.
- Microwave for another **3.5 minutes**.



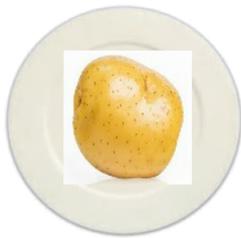
Poke the potato with a fork to see if it's soft.

If it's not soft enough yet then **microwave it for an extra minute and try again.**



Keep going until it's soft and cooked.

- Skip to step 5 next!



Cooking In The Oven:

Put the oven on and turn the temperature to 200C or Gas Mark 6.



Pour some olive oil into your hands and rub over the potatoes.

Sprinkle over some salt and pepper which should stick to the oil.

TIP: The oil and salt will make the potato skin crispy and extra tasty!



Put the potato onto a baking tray.

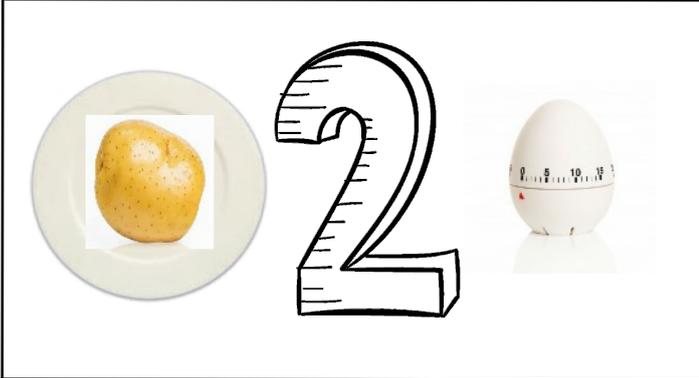
Next, wash the oil and salt off your hands and put on a pair of oven gloves.

TIP: The oven will be really hot so be really careful!



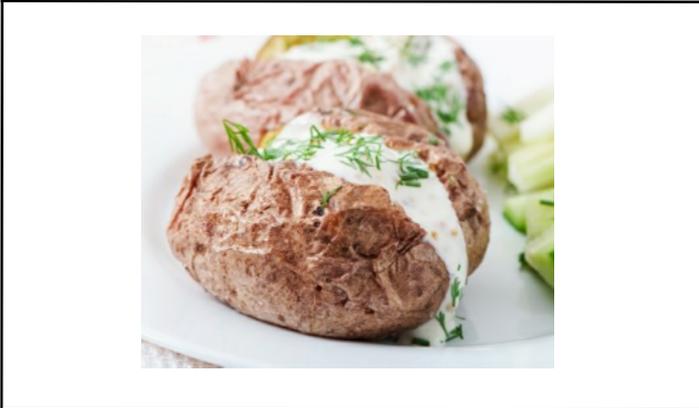
Take the baking tray and place on the middle shelf in the oven for 1 ½ hours.

When it's cooked it will look golden brown and crisp on the outside.



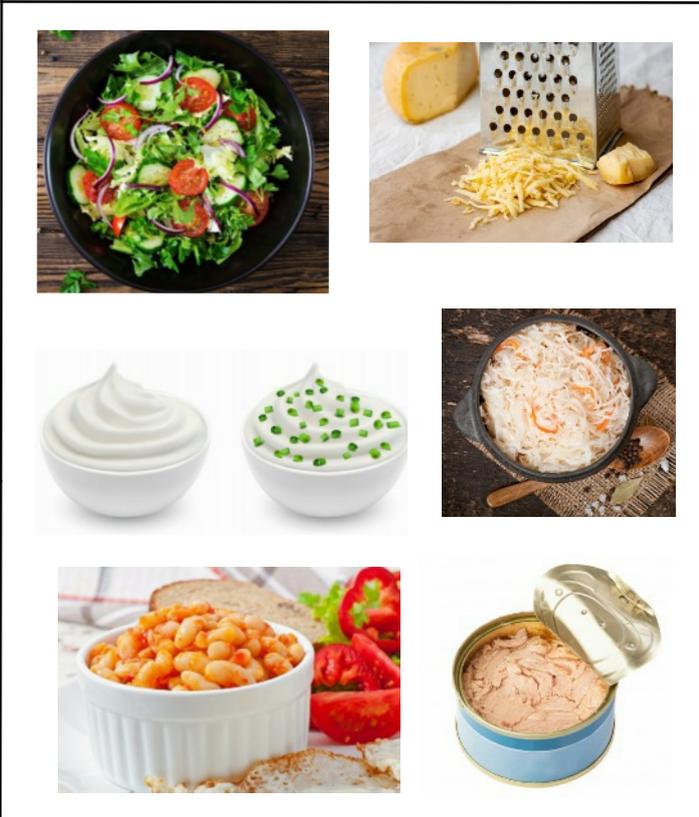
5. Leave the potato to **rest for two minutes** while you get your toppings ready.

It will be really hot so be careful!



6. Cut the potato down the middle, add some salt and pepper, and top with butter.

TIP: It'll be really hot so be careful!



7. **You could top your potato with lots of different things!**

Here are some ideas:

Grated cheese

Baked beans

Cottage cheese

Tuna mayonnaise

Coleslaw

Bacon and cheese

Salad

Enjoy!

This guide has been designed using resources from Photosymbols and freepik.com