



Barceló Mr. Cook

The chef with superpowers



Fun and healthy recipe book



The chef with superpowers

Hi friends! I am the chef, Mr. Cook. They say I'm a bit crazy, but only boring, serious people say that. The thing is, I spend my time doing what I like best: cooking. And I always have a great time, because cooking is like a game that's really fun and exciting, especially when you have superpowers, and I have quite a few!

Thanks to these superpowers, since I was a child, I can turn strange or silly things - like courgettes - into delicious dishes that will make you want to lick the plate clean! Cookery is like magic. If you want, I can transfer my superpowers to you and turn you into a great little chef.

I can teach you to prepare your own food with fresh, tasty ingredients and make wonderful dishes that will help you grow and feel great. Every day you will enjoy great food and you will always leave the table happy and full of energy... to carry on playing!

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Ingredients

- Small tomatoes
- Savoury biscuits
- Cream cheese
- Black olives (stoneless)
- Chives
- Modena Balsamic vinegar cream

Ladybird Canapé



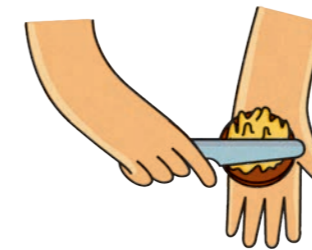
Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. Start by washing the tomatoes and drying them well. With help from your parents, cut them into quarters and put to one side.

4. Use an olive for the head and make the antennae from pieces of chives.

2. Now we are going to create the ladybird's body. Take the savoury biscuits and spread cream cheese onto them.



5. For the final touch, put drops of Balsamic cream on the tomato to create spots on the back and now you have your ladybird!

3. Put it together as shown in the photo. Easy, isn't it?



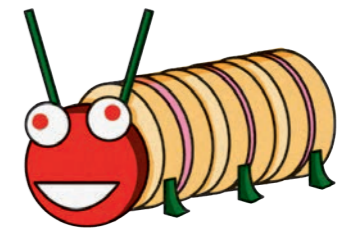
Tip from Mr. Cook

You can use red grapes if you don't like olives.

Ingredients

- Sliced bread
- Ham and Cheddar cheese
- Cherry tomato
- Black olives
- Green pepper
- Cucumber
- Wooden skewers

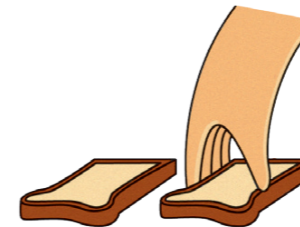
Caterpillar Sandwich



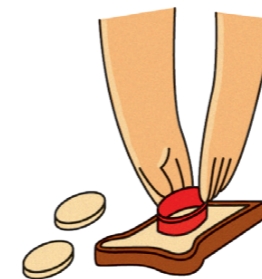
Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. The first step is to make a ham and cheese sandwich.

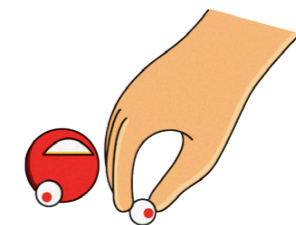


2. Then, you have to cut the sandwich into small circles. How? Very easy, take a small glass or a round pastry-cutter and place it on top of the sandwich. Press down gently and hey presto! You now have a mini-sandwich circle.



3. Once all your mini-sandwiches are ready, push them carefully onto the skewer to make the body.

4. Now we are just missing the head. To make it, wash a cherry tomato and place it on the end of the body. Now we need to give it eyes, a mouth and antennae. For the eyes, get a small black olive and cut it in half. For the mouth, cut out a piece of ham and for the antennae use two fine slices of green pepper.

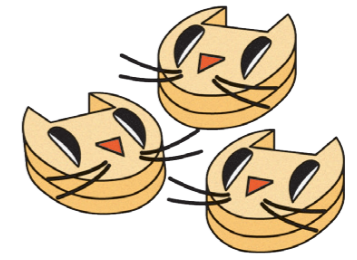


5. For the legs, take a cucumber (don't peel it) and cut out little rectangles or whichever shape you find easiest. Ready to eat!

Ingredients

- Sliced bread
- Ham
- Cheese
- Black olive
- Green pepper
- Chives

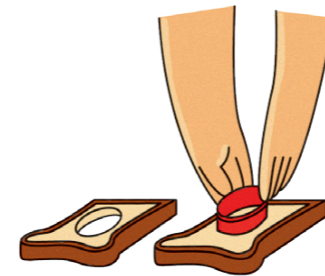
Cat Sandwich



Preparation

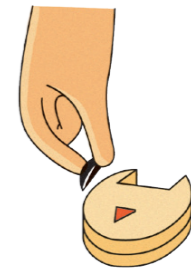
Follow Mr. Cook's instructions to ensure delicious results

1. First, prepare a ham and cheese sandwich. Once that's done, we are going to make it into a circular shape. To do this, use a glass or a round pastry-cutter. Place the glass on top of the sandwich and press down to the bottom, lift the glass and it's done!

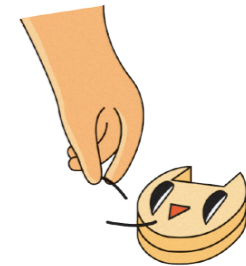


2. To make the cat's ears you will need to ask your parents to help you cut out the shapes. Ask them to do it just like you can see in the photo.

3. Now you can start to decorate it. We'll give you an idea: use the black olives to make the eyes.



4. Take a piece of green pepper for the nose and use some chives for the whiskers.



Tip from Mr. Cook

Swap the cooked ham for Serrano ham if you prefer.

Ingredients

- Savoury biscuits or round crackers
- Cheese triangle
- Radish
- Raspberry or forest fruits
- Blackberry
- Lamb's lettuce or rocket

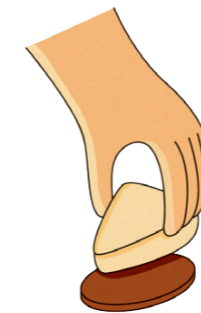
Mouse Sandwich



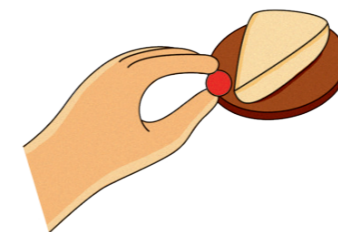
Preparation

Follow Mr. Cook's instructions to ensure delicious results

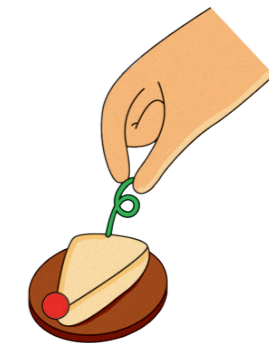
1. Take the cheese triangle and put it on top of the biscuit or cracker, whichever you prefer. This will be the mouse's body, but we are still missing the face.



2. First, make the ears using two thin slices of radish. Every mouse has a great sense of smell, so give him a raspberry for a nose.



3. With two pieces of blackberry you can make the eyes, and for the tail, you can use a Lamb's Lettuce or rocket stem. Ready to eat!



Tip from Mr. Cook

You can swap the radish for sausage, the blackberry for black olive and the lamb's lettuce for chives if you prefer.

Ingredients

- 1 kg of really ripe tomatoes
- 1/2 onion
- 1 cucumber
- 1 green pepper
- 1 garlic clove
- 100 g of bread
- 200 ml of water
- Olive oil, vinegar and salt
- Lolly ice moulds

Gazpacho lolly ices



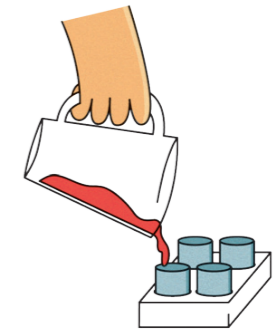
Preparation

Follow Mr. Cook's instructions to ensure delicious results

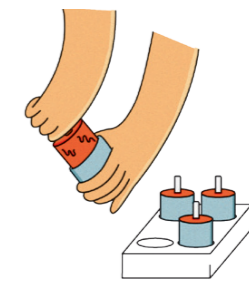
1. If you like lolly ices, this is the coolest recipe for the summer and really easy! Wash your hands really well and then wash all the ingredients. Now we need to cut the vegetables, so you will have to ask your parents to help you.

2. Now comes the fun part: put all the ingredients into a big, deep bowl, add the water and then use the electric mixer until it's all smooth and there are no pieces of vegetable left. When that's done, add some salt, a glug of oil and a little bit of vinegar.

3. Next you need to pour the gazpacho into the moulds and place them in the freezer.



4. Wait a few hours for them to freeze and then your lolly ices will be ready to enjoy!



Tip from Mr. Cook

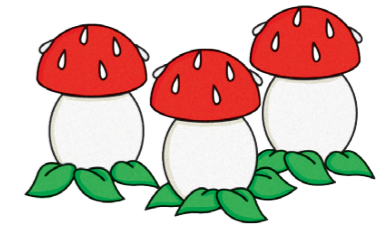
If you have left-over bread at home, add it to the vegetable mix. It's delicious!



Ingredients

- Eggs
- Small tomatoes
- Lamb's lettuce to decorate
- Mayonnaise
- Tuna, if you want to stuff the egg

Woodland mushrooms



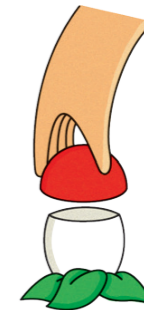
Preparation

Follow Mr. Cook's instructions to ensure delicious results

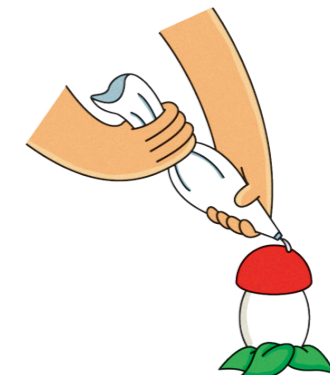
1. First, take the eggs and boil them in plenty of water. When they are cooked, take them out of the pan carefully using a spoon and leave them to cool. When they are cool, peel them carefully so as not to break them. Once peeled, you can choose: leave them as they are, or take out the yolk, if you don't like it, and stuff them with tuna and mayonnaise. Decide which way you like them best.

2. To make the mushrooms, cut a little bit off the top of the egg so that you can place the tomato on top, and cut another bit off the bottom of the egg so it stands up on the plate.

3. Next, take the tomato and cut it in half. Place one half on top of the egg and there you have your mushroom. Prepare a plate with some lamb's lettuce leaves, and position the mushrooms on top of them.



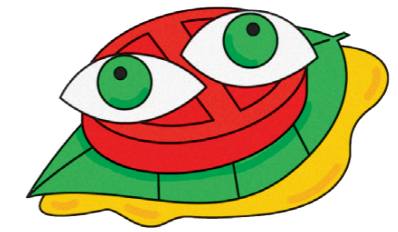
4. To finish off, decorate the tomato with drops of mayonnaise. These mushrooms will surprise everyone!



Ingredients

- Fresh basil
- Tomato
- Mozzarella balls
- Green and black olives
- Extra virgin olive oil
- Salt and pepper

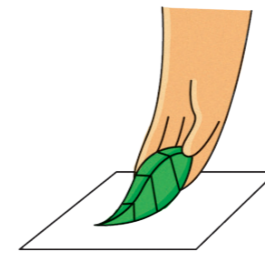
Caprese salad



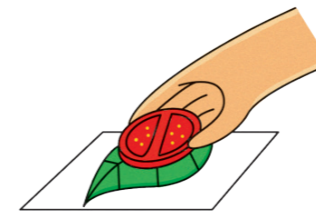
Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. Before you start, wash your hands and then wash the basil leaves and the tomato. Take a large basil leaf and place it on the plate.

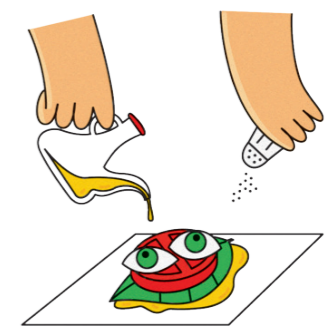


2. Ask your parents to cut you a slice of tomato and when you have it, place it on top of the basil leaf. Now you are halfway there, but where are the eyes?



3. To make them, take two mozzarella balls and pop them on top of the tomato. Then, cut a green olive in half and put one half inside each mozzarella ball. Repeat this step with a black olive.

4. See how it looks at you? Put a little bit of oil, salt and pepper if you like. What are you waiting for? Stop looking at it and take a bite!



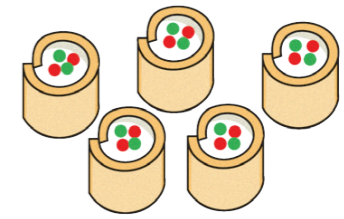
Tip from Mr. Cook

You can swap the basil for lettuce leaves if you prefer.

Ingredients

- Sliced bread
- Cream cheese
- Green pepper
- Red pepper
- Yellow pepper
- Carrot
- Wooden skewers

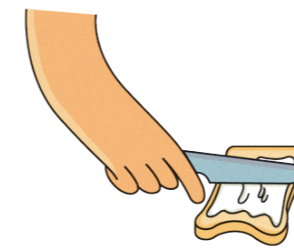
Sushi Sandwich



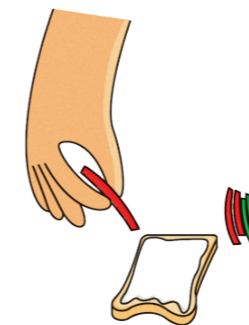
Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. Take a slice of bread and take off the crusts with your fingers. Use a rounded knife to spread cream cheese all over the bread.



2. With your parents' help, cut the vegetables in long, thin strips and place them on top of the bread.



3. Here is the important bit. Use your hands to roll the bread carefully, making sure the vegetables don't fall out.



4. Finally, cut the roll into 5 cm pieces and pop them on the plate. There you go! An easy, tasty, fun recipe. If you want, you can use chopsticks to eat them, just like the Japanese do.

Tip from Mr. Cook

Use the vegetables you like best, but avoid tomatoes because they soften the bread too much and it will break up when you cut it.

Ingredients

- Fresh tomato sauce
- Fresh and grated Mozzarella
- Oregano
- Cherry tomato
- Black olive
- Red pepper

Ingredients and preparation of the pizza dough on page 39.

Rabbit shaped pizza

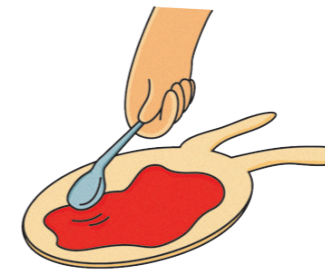


Preparation

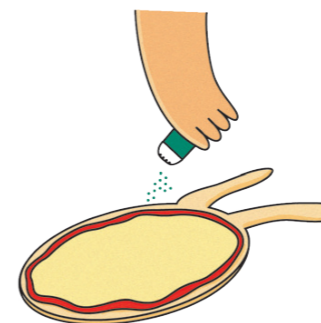
Follow Mr. Cook's instructions to ensure delicious results

1. If you are back from page 39, then you already have the dough ready. You can make it into any shape you like. For example, a rabbit face!

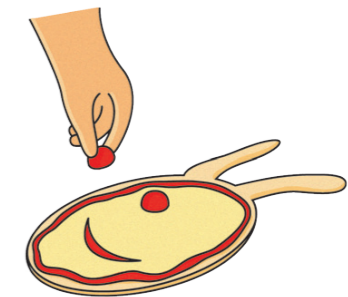
2. Place the dough on greaseproof paper on a baking tray. Now you just need to add the ingredients. First, spread the tomato sauce over the base with a spoon.



3. Then sprinkle on the mozzarella, as much as you like, and add a little bit of oregano.



4. To decorate the face you can use cherry tomatoes, black olives, red pepper and fresh mozzarella for the nose.



5. Place in a pre-heated oven at 180°C and in 15 minutes your pizza will be ready. Yummmmm...it smells really great and will taste delicious!

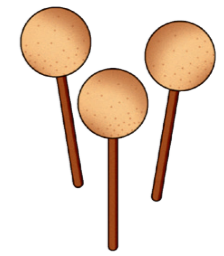
Tip from Mr. Cook

Let your imagination run wild and use any ingredients that you like!

Ingredients

- 100 g rice
- 1 onion
- 20 peeled prawns
- 1/2 courgette
- 25 g grated Emmental cheese
- 1 ball of mozzarella cheese
- Salt and oil
- Flour, 2 eggs, milk and breadcrumbs
- Wooden skewers

Rice and prawn lollipops



Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. Ask your parents to prepare the filling. First boil the rice and let it cool. In the meantime fry the onion, courgette and prawns. Add the rice and leave it all in the pan for a few minutes. Add the grated cheese and the piece of mozzarella and mix it all up really well. Put to one side until it cools.

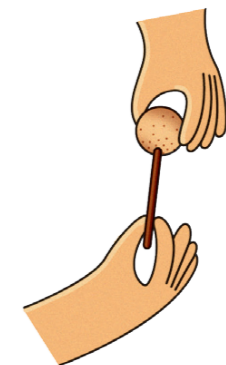
2. With a spoon, take a small amount of the mixture and form into balls using your hands.



3. Prepare a bowl with flour, another with the beaten eggs and a little milk and a plate with the breadcrumbs. Take each ball and pass it through each one in this order until they are completely covered.

4. Ask your parents to fry the balls in hot oil. When they are done, put them on a plate with kitchen paper and leave them to cool.

5. And as with any lollipop, put a stick into each one and bon appetite! How easy was that?



Tip from Mr. Cook

Let your parents try one of the lollipops as a thank you for frying them!

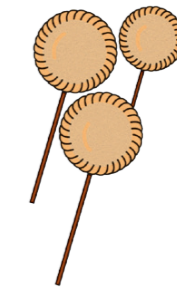
Filling ingredients

- 1 onion
- 1 aubergine
- 1 green pepper and 1/2 a red pepper
- 2 tomatoes
- 1 courgette
- Salt and oil

Ingredients and preparation of the lollipop dough on page 40.



Pisto lollipops



Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. If you are back from page 40, then you already have the dough prepared. Ask your parents to fry the vegetables. Use a spatula to take them out of the pan and leave to cool.

2. Use a glass or pastry-cutter and cut the dough into circles.



3. Take some of the filling and place it at the centre of the dough circle. Place a wooden skewer up to where the filling is and cover it with another dough circle.



4. Stick the edges of the dough together with a bit of water so they don't split open and press all around the edge with a fork.



5. Place the lollipops in the oven. Use a spatula to place them on the tray and bake at 180°C for 5 minutes. When they begin to turn golden, they are ready.

Tip from Mr. Cook

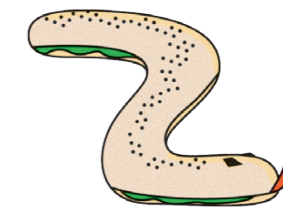
If you want them to be a little bit shiny, beat an egg yolk with some milk and paint each of the lollipops before putting them in the oven.

Filling ingredients

- Lettuce
- Tomato
- Grated carrot
- Turkey
- Cheese
- Black olive

Ingredients and preparation of the bread dough on page 41.

Snake baguette



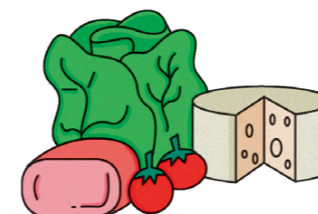
Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. If you have come from page 41, then you already have the dough! Now is the time to show your creative side by shaping the dough until it looks like a snake, just as you can see in the photo. Dust with flour and put on a baking tray, then leave it to bake for 20 minutes at 190°C.



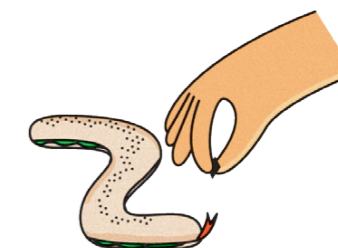
2. Whilst it's baking, you can prepare the ingredients for your super snake baguette. When the bread is ready, take it out of the oven and ask your parents to open it down the middle carefully. Leave it to cool.



3. Add your favourite ingredients. You can make a vegetable baguette that's really healthy and delicious!



4. As a final touch, use some pieces of olive to give your snake some eyes and a slice of carrot as the long tongue. Enjoy your super snake!

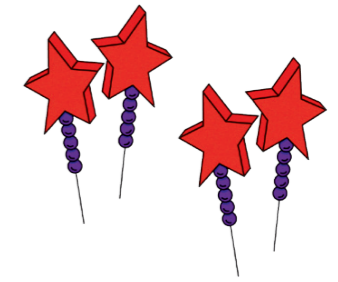


Ingredients

- Watermelon
- Cranberries or red grapes
- Wooden skewers



Magic wands



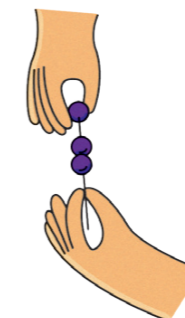
Preparation

Follow Mr. Cook's instructions to ensure delicious results

1. Before you start, ask your parents to cut out several pieces of watermelon. When you have them, take a star-shaped cutter and press down on the watermelon to make as many stars as you want.



2. Push the cranberries, one by one, onto the skewer until they nearly reach the end.



3. Finally, push a watermelon star onto the end of the skewer and - abracadabra! - your first magic wand is done!



4. Now you can eat your very own magic wand thanks to this delicious and refreshing recipe. Ideal for the summer!

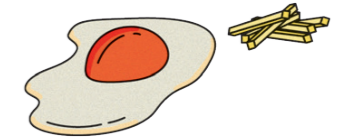
Tip from Mr. Cook

You can swap the cranberries for grapes if you prefer. Don't forget to put them in the fridge for a while so they are even more refreshing.

Ingredients

- 1 natural yoghurt
- 1 peach in syrup
- 1 apple
- Sugar (optional)

Fried eggs with chips



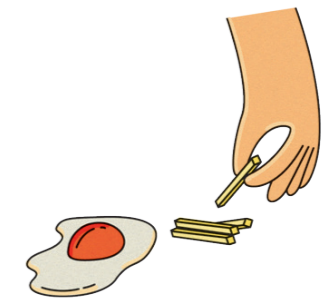
Preparation

Follow Mr. Cook's instructions to ensure delicious results

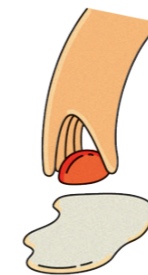
1. First, take the yoghurt and put it in a bowl. Whisk it gently and add a little sugar if you like it sweet. When it's done, spread it over the pan, making the shape of an egg white.



3. Finally, take the apple and cut into chip shaped slices. Fried eggs on the way!



2. Now take half a peach and place in the middle of the yoghurt, as if it was the yolk.



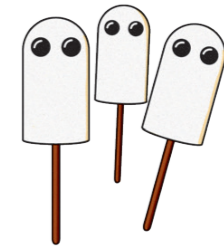
Tip from Mr. Cook

In the summer, you can use fresh peaches to make the yolk.

Ingredients

- Banana
- Yoghurt
- Grated coconut
- Chocolate drops
- Wooden skewers

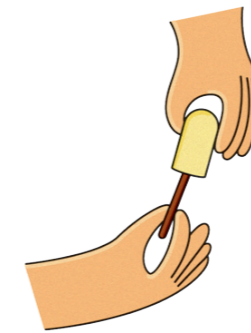
Banana ghosts



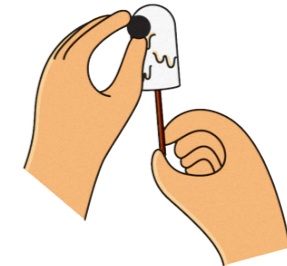
Preparation

Follow Mr. Cook's instructions to ensure delicious results

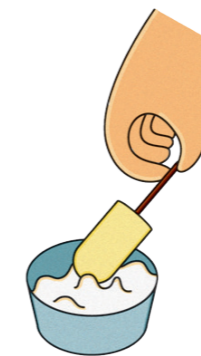
*1. Easy, quick and delicious!
Take a banana and cut it in half.
Put a skewer in each half and
coat them in yoghurt.*



*3. Finally, use chocolate drops
for the eyes. Spooky! Now your
tasty ghosts are ready to eat.*



*2. Prepare a bowl with the
grated coconut and dip them in.*



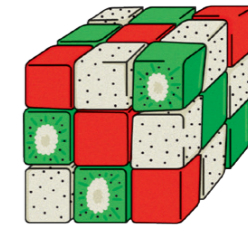
Tip from Mr. Cook

Put them in the fridge if you aren't going to eat them straight away or they will disappear!

Ingredients

- Kiwi
- Watermelon
- Dragon fruit
- If you don't have dragon fruit, you can use melon instead.

Rubik's cube



Preparation

Follow Mr. Cook's instructions to ensure delicious results

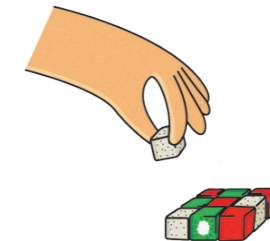
1. You already know to wash your hands before you start to cook.



3. To build the cube, you will need to ask your parents to help cut the fruit into cubes, just as you can see in the photo. It's really important that all the cubes are the same size so your Rubik's cube looks perfect.

4. Now you just need to put all the pieces together to form the cube. Enjoy!

2. To make this famous cube you need to choose fruit you like that are all different colours. We have suggested these ones, but we are sure you have your favourites.



Tip from Mr. Cook

It's best to use seasonal fruit as it tastes better.



Ingredients and preparation of the dough

Dough

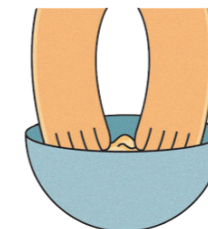


Rabbit shaped pizza

Ingredients for the dough

- 400 g flour
- 200 ml water
- 30 g baking powder
- 2 spoonfuls of olive oil
- A pinch of salt
- A little flour


1. Put the flour and salt in a bowl. Make a hollow in the centre with your hand and add the water, baking powder and olive oil. It looks like a volcano, doesn't it? Get ready, the fun part comes next. Roll your sleeves up and mix all the ingredients together. You will have great fun, but you need to be patient and keep going until it's all mixed really well and doesn't stick to your hands.



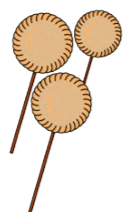
2. Once that's done, relax for a bit and let the dough rest with a clean tea-towel over it.

3. Sprinkle some flour over a flat surface and take a lump of the dough. More or less the size of a tennis ball. Use a rolling pin to roll it out until it's nice and thin.



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Dough



Pisto lollipops

1. First put the flour, oil, milk, eggs and salt into a bowl. Mix together with a wooden spoon until it forms a stiff dough.



2. Sprinkle some flour over a flat surface and take a lump of dough. Start to knead it with your hands, as if you were wringing out a cloth. Keep going until it no longer sticks to your hands. Leave to rest for 1 hour.



Ingredients for the dough

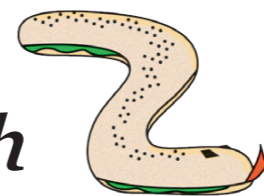
- 425 g plain flour
- 10 cl sunflower oil
- 50 cl milk
- 2 eggs
- 1 teaspoon of salt

3. When it's ready, sprinkle some more flour over a flat surface and use a rolling pin to roll it out until it's nice and thin.



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Dough



Snake baguette

1. Place the flour in a large bowl and make a hollow in the centre.



2. In a separate bowl, break the yeast down by adding four spoonfuls of warm water. Pour this mixture, together with the rest of the warm water and the salt, into the bowl with the flour.



3. Get your hands ready, because now comes the time when you have to knead. Work the mixture, little by little, until you see it is coming away from the inside of the bowl.

Ingredients for the dough

- 700 g strong flour
- 430 g warm water
- 20 g baker's yeast
- 10 g salt

Don't stop until the dough looks like Plasticine®.

4. Sprinkle some flour over the kitchen worktop and drop the dough onto it. Knead again for a further 10 minutes. If it's sticking to your hands, add a little bit of flour, but not too much!



5. Make a ball with the dough and put it back into the bowl. Cover with a damp tea-towel and wait for 1 to 2 hours. Watch how it doubles in size

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