



# Batwiches

Sandwiches are always a popular savoury snack, but why not use more fun designs?

As well as having different shapes, a variety of different fillings will make your sandwiches even more interesting. Don't limit yourself!



## Equipment

1. One can of tunafish chunks. (If you don't eat fish you could always use humus instead.)
2. One hundred grams of plain low fat yoghurt or mayonnaise.
3. Eight millilitres (about ½ teaspoon) of dried basil.
4. Fifty grams of shelled sunflower seeds.
5. Sixteen slices of bread. Why not try some different breads such as walnut, sourdough or ciabatta bread? Explore your local supermarket to see what kind of breads they sell, and choose one that appeals to you.

## Safety Stuff

Be especially careful when you try any of these projects. Kitchens are very dangerous places: most things seem to be very hot or very sharp! Always check with an adult before you begin, and make sure they know what you're going to make.

Read through the recipe before you start. Write out a list of what you need, but have a look in the cupboards before you go shopping, in case there are any ingredients that you already have and so won't need to buy. If there are, check with an adult before you use them. Otherwise you might have eaten somebody else's tea! Before you start cooking, make sure that where you're going to be working is clean and tidy. Have everything ready that you'll need, but clear away any extra items so that you have plenty of space to work in. Successful cooking requires a lot of time and patience, so you need to be well organised and prepared right from the start.

Always wash and dry your hands before you begin. If your hair is long, tie it back while you're cooking. You should also wear an apron to protect your clothes (plastic ones work very well) and remember to roll up your sleeves!

It will be very useful to have an adult around to help you when you work. You'll often need to use sharp knives, scissors or electrical equipment when preparing food, so make sure you're especially careful with these as they can be dangerous.

You should also ask an adult to help you when you're transferring food to or from the oven or stove top. Always turn saucepan or frying pan handles to the side of the cooker, so you don't catch yourself on them, and use oven gloves when you're handling hot

things. Otherwise you're likely to drop your food all over the floor, as well as burn your fingers!

Don't touch electrical equipment, plugs or switches when your hands are wet as you might get an electric shock, and never leave the kitchen when something is cooking - you don't know what might happen whilst you're gone!

If you spill things, clear it up straight away (use a clean, damp cloth to wipe work surfaces). You should also clear up anything that is spilt on the floor so it doesn't become slippery. (Don't use the same cloth to wipe your work surfaces and the floor.) Keep a rubbish bin nearby when you're cooking, so that you can easily put things in it as you go along, rather than letting the rubbish pile up.

Leave the kitchen tidy when you finish, otherwise you might not be allowed back in for a while!

## Steps

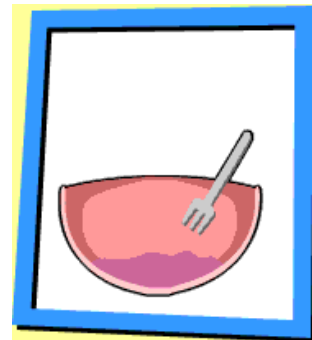
### Step One

If you are using fish: drain the can of tuna until the water, brine or oil it is packed in is all removed.

Put the tuna into a bowl and use a fork to break it up into chunks.

Add the yoghurt or mayonnaise to the tuna, and stir it in well.

If you are using humus, scoop it into a bowl and make sure it is mixed well.



### Step Two

Add the basil and sunflower seeds, and blend the whole mixture together until everything is well mixed in. Then cover your mixture and put in the fridge until you're ready to use it.

To make the sandwiches, start by cutting the crusts from the bread. (Crusts are a good part of a loaf or bread that you should normally eat, but we need to remove them in this recipe so that the sandwiches can be cut into different shapes.) You could always nibble on them when they've been removed though, or use them as extra dipping ingredients if you make any dipping and dunking recipes.

### Step Three

After removing the crusts use a bat-shaped pastry or biscuit cutter to cut a shape from each slice of bread. You could use any shaped cutter you have, or a variety of different ones to make various themed sandwiches for a special party, for example.

Spread the tuna or humus mixture onto eight of the shaped slices and then put the remaining slices on top to complete the sandwiches. You have now made some batwiches - a tasty snack for hungry children and vampires alike!

