

Cooking Made Easy

On the Cooking Together Course participants with learning disabilities used sharp knives, cooked on the hob and put things in the oven with appropriate support.

Here are some things that made cooking easier for participants:



Using a food processor to:

Chop vegetables

Chop dried fruit and nuts for a snack bar



Using an apple corer to chop up apples



Using scissors to cut chicken, Lettuce.

Using scissors in a mug to cut Herbs.





Using a rotary grater for grating cheese



Using a manual chopper for chopping vegetables



Using a timer to help with cooking times



Using a pastry blender to rub in ingredients for an apple crumble.

