



Dear Children

Greetings from Holy Child School!

Cooking without Fire activity is being organized for the students of Class 8. The activity will be held on Wednesday, October 19, 2022.

Kindly bring the following material for the “Cooking without Fire Activity”

Dish: Club Sandwich

Ingredients –

- Tomato Ketchup/ Mint Coriander Chutney
- Chef Cap
- Apron
- Mask
- Gloves

1. Knife and Plate

For Stuffing

- 2 cups cabbage shredded
- 1 cup capsicum sliced
- 1 cup carrot shredded
- 4 tbsp. mayonnaise
- 1/2 tsp salt
- 1/2 tsp black pepper

For sandwich

- 3 pieces white bread
- 1 + 1 tbsp tomato ketchup
- 1 onion sliced
- 1 cucumber sliced
- 1 tomato sliced
- shredded cabbage as required
- 1 tbsp. mayonnaise

Essential

Table mat, gloves, chef cap , apron, bowls, plates tea spoons (serving spoon)and serving bowls

Rules:

- All cooking ingredients should be brought from home. (Pre-cooked and pre-boiled ingredients are allowed).
- Participants must wear a chef cap and an apron. Knives are allowed.
- Dish card must be displayed along with the prepared dish.
- Time Duration: 30 minutes

Principal