



JERRY'S SPECIAL BUBBLE AND SQUEAK ROLLS!

Mice like it when it's crunchy, crispy and crackly! They love all types of vegetables, but above all they love... cheese! Jerry's little rolls can be nibbled through your whiskers as a starter, with salad or raw vegetables.

Ingredients:

- 1 potato
- 1 carrot
- 1 courgette
- 2 cups grated Gruyère cheese
- 1 roll puff pastry

Equipment:

- Saucepan or steamer
- Potato-masher or fork
- Knife

Start by peeling the vegetables and chopping them up into reasonably large chunks. Ask your parents to cook them in boiling water or to steam them, whatever they prefer.

While they're doing that, flour the table or worktop and carefully unroll the puff pastry onto it. Cut it into strips approximately 5 cm in width.

When the vegetables are cooked, mash them up with a fork or potato-masher, and add the grated Gruyère cheese. You can also use other sorts of cheese if you prefer, like Cheddar, goats' cheese or ricotta.

Taste the mash and add salt if necessary (in general, the cheese is already salty enough!).

Ask your parents to switch on the oven and to pre-heat it to gas mark 7 / 210°C.

With a spoon, spread a thin layer of mash on each of the strips of puff pastry, leaving a bit of space around the edges.

While they are cooling, put some greaseproof paper on the oven tray.

Have you done it? Can you touch the strips of pastry and mash without burning your fingers? Start rolling up one of the strips of pastry, as if to make a little cigar.

When you have rolled it over twice, cut the pastry, put the roll on the oven tray... and do it all over again for the next one!

When you have used up all the pastry, put the rolls in the oven for 10 minutes. When they come out, they should be golden brown. And when they're warm, they taste even better: enjoy your food little mice!

Info for Parents:

All vegetables can be used for this recipe. Here's a handy tip for introducing your children to a vegetable that they don't find very attractive... when slipped into a little roll made by the children themselves and mixed with other vegetables, turnip, broccoli or celery can be discovered without shocking the taste buds!