

# Mincemeat



## RHET

The Royal Highland Education Trust

Patron HRH The Princess Royal

### RECIPE

#### INGREDIENTS (per pupil)

1 apple, grated  
6 dsp of sultanas  
1 dsp of sugar  
1 dsp of honey (squeezy bottles are easiest)  
1 tsp lemonjuice  
1 tsp cinnamon  
1 dsp applejuice

#### EQUIPMENT

1 zip lock plastic bag per pupil  
Grater  
Dessertspoons  
Teaspoon

#### HOW TO MAKE IT

1. Provide each pupil with a bag - write names on the bags
2. Pour the ingredients into bowls for the group to measure from
3. Each child measures the ingredients directly into their bag
4. With the apple, set up a grating station. The apple should be washed, but not peeled, and grated round the core.
5. Once all the ingredients are in the bag, put the bags in the fridge and leave for a week before using.