

Forest Floor Mess Recipe

Follow the simple instructions below and watch along with the video to learn how to make this delicious dish – Dirty Forest Floor Mess with Cockroaches!

In the show, the Gruffalo's Child says that her favourite dishes are owl ice-cream, scrambled snake, and roasted fox. Do you think this recipe is something that a Gruffalo would like to eat?

Notes for the grown-ups:

- All the ingredients are easily found in the ordinary household kitchen and can be made safely by children with minimal assistance from adults.
- The recipes are guides only and do not need to be followed exactly.
- Please note that any meat dishes can be substituted for vegetarian options as desired. All nut and other allergies can be avoided by swapping out ingredients and using alternatives. Do this by encouraging your child to choose their own special ingredients which resemble materials and insects that they might find in the Deep Dark Wood.
- Every dish should be enthusiastically garnished with fresh herbs or homegrown cress where possible. There can never be too much salad, fruit or veg on any dish that a Gruffalo would love.
- Expect some mess and sticky fingers.

Dirty Forest Floor Mess with Cockroaches

(A hearty jacket potato with tuna, cheese and other veggies)

Things you will need

Ingredients:

- A stone (1 potato per person)
- Some woodchips (1 tin of tuna or baked beans)
- Maggots (chopped onion)
- Rotten rat's teeth (tinned sweetcorn)
- Snake's vomit (mayonnaise)
- Some straw (grated cheese)
- Insects (antipasto elements such as kalamata olive, dried tomatoes or capers)
- Crunchy cockroaches (walnuts)
- Sliced sticks and grasses (carrot and cucumber batons)
- Yellow slime (a knob of butter)

(Remember, all of these toppings are optional so you can add as much or as little as you like.)

Equipment:

- A knife (ask a grown up to help with any chopping)
- A bowl
- A spoon
- A baking tray
- A plate or dish to serve your delicious meal on

Instructions

1. Wash each potato with their skins on. Ask a grown up to use a knife to score each potato with a cross and prick a few times. You can season with salt if you'd like.
2. Ask a grown up to put the potatoes in a hot oven (200 degrees) for about 30 minutes then reduce heat to about 150 degrees for another 30 minutes, or until soft and fluffy inside and crunchy on the outside.
3. In a bowl, mix the tuna with the mayonnaise, chopped onion and sweetcorn as desired.

4. Once the potato is cooked, ask a grown up to help cut it open, and then carefully add a knob of butter into the centre to melt.
5. On top of the melted butter, pack the potato with the tuna mix or heated baked beans, and cheese. If you want the cheese to be extra melted then you can ask a grown up to put it back under the grill for a little bit.
6. Serve with a scattering of carrots, cucumbers, olives, or any other toppings you'd like.

**NOW YOUR TASTY FOREST FLOOR MESS IS READY TO
EAT!**

We'd love to see your yummy dishes, so why not take a photo of your wonderful creation and send it to us through the submission form on the activity page!