



Kindness Recipe



Contributed by students of
Serangoon Garden
Secondary School



Kindness Recipe

Ingredients for Kindsville Cubbies Sandwich

2 slices of wholemeal or white bread

1 piece of chicken ham

2 pitted olives

2 button mushrooms

2 tbsps of sesame seeds (optional)

30 grams of grated cheddar cheese

1/2 pineapple slice

30 grams of tomato sauce

50 grams of mixed green and red capsicums





Kindness Recipe

Equipment required

Cookie cutters (of different shapes for shaping)

1 knife (food plating)

An Oven (optional for toasting)

1 tablespoon

1 rolling pin

1 pastry board





Makes approx. 1 serving

Time: 60 minutes

Before you start: Pre-heat oven to 150 degree celsius (if you are using the oven)

1. Using a round cookie cutter, cut out a circle shape.
2. Use a pair of scissors to trim the edges of the bread (retain the edges to make whiskers and nose of Kindness cubbies).
3. To 5. ALTERNATIVELY if a cookie cutter is not available, cut the outline of Singa and the Kindness Cubbies using “**template 1**”.
6. Using “**template 2**”, cut out the eyes of Kindsville cubbies on the slice of ham.
7. Using the bread edges, trim into 6 smaller strips for whiskers of Singa and 3 small strips to make the nose of Singa.
8. Use half an olive to make the nose and some grated cheese as the hair for Singa.
9. Using the other slice of bread, briefly cut an outline of a shirt and place it right under the designed head of Singa / Cubbies as shown in picture 10.
10. To make the freckles of Singa lion, sprinkle some sesame seeds.



11. Alternatively, you may use various cookie moulds and cutters to shape bread slices according to shapes of SINGA or the other Kindness Cubbies.

12. (Optional)

Bake at 150 degree celsius for about 5 – 10 minutes, or until a light golden brown on the edges. Transfer toasted bread onto cooling rack and let cool to room temperature.



Kindness Recipe

1



2



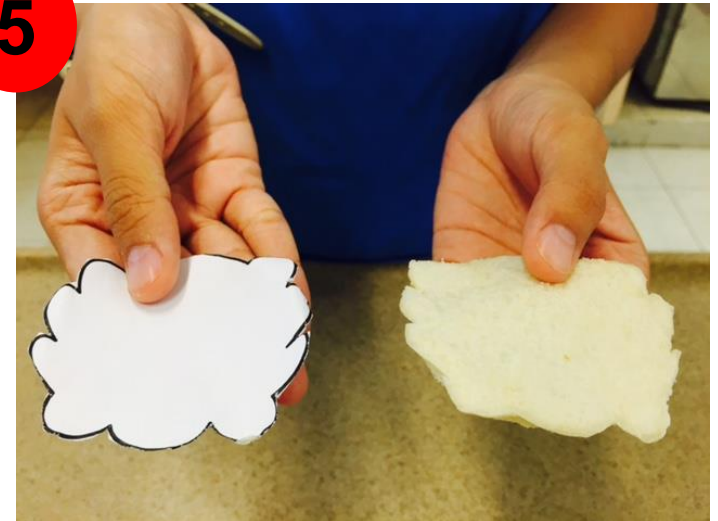
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5



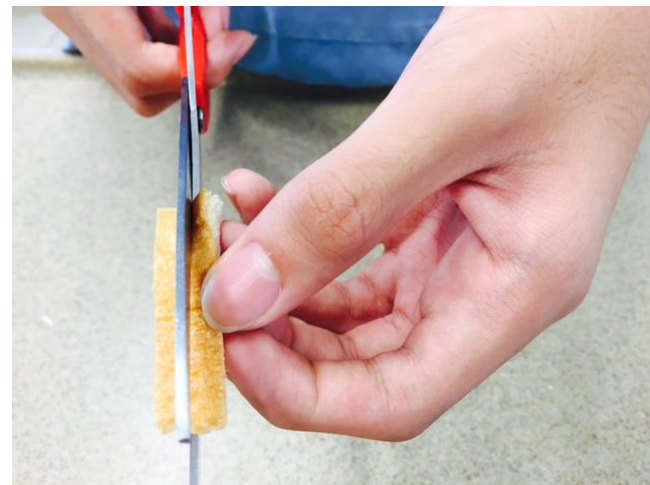


Kindness Recipe

6



7



8





9



10





Kindness Recipe

Ideas for shaping the bread slices according to Kindness Cubbies

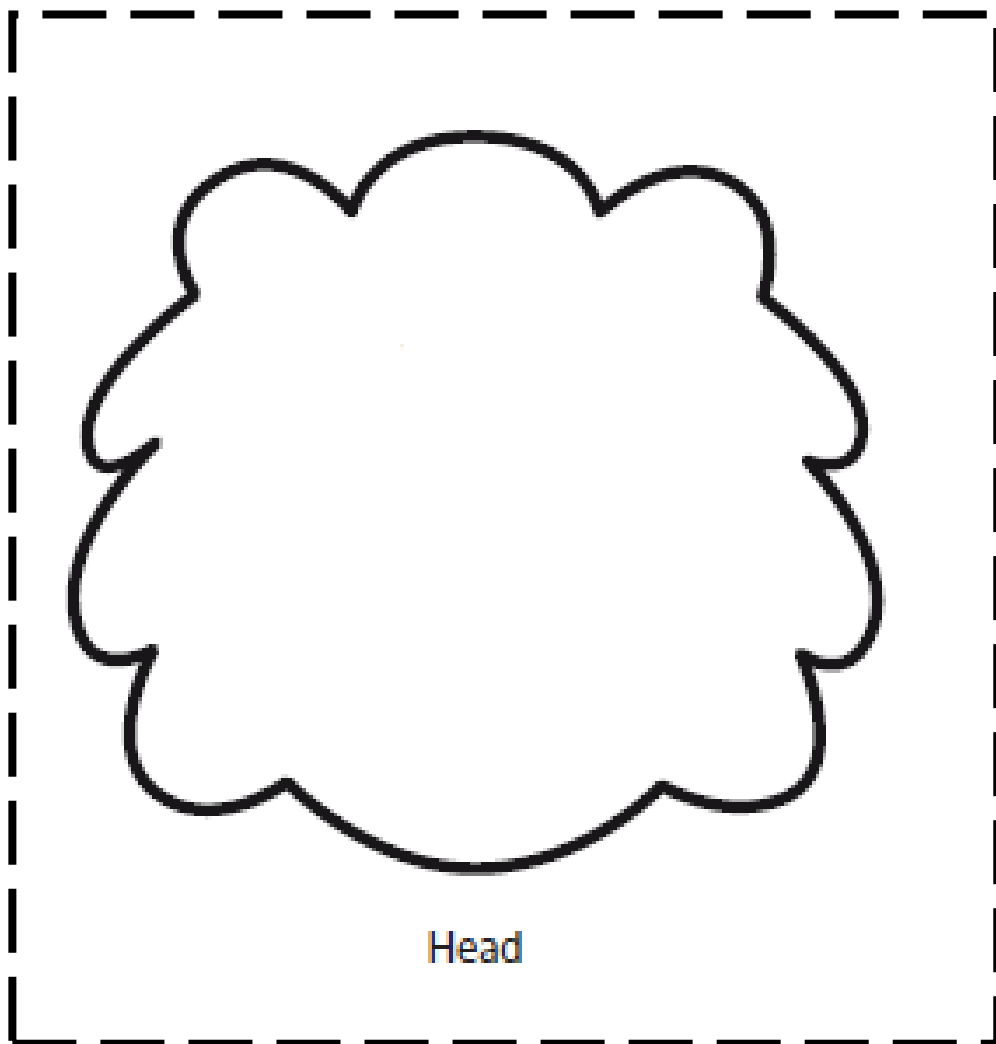


You may try making the Kindness Cubbies with other ingredients.

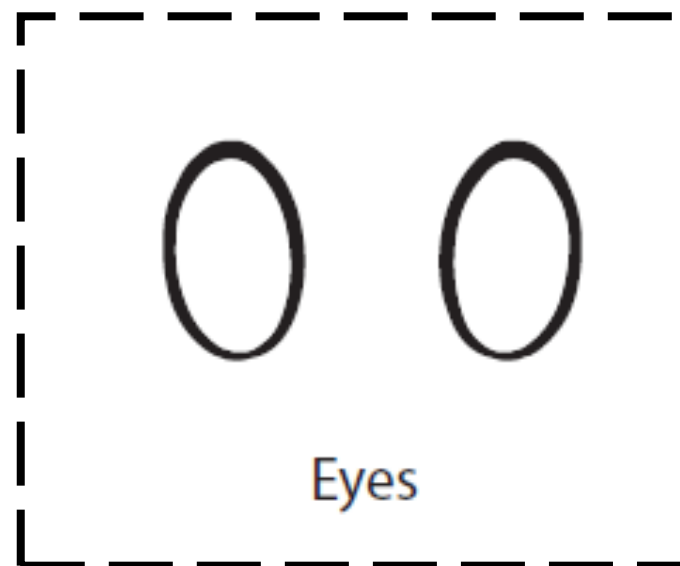
Be creative and have fun!



Template 1



Template 2





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Recipe, photo and ideas are contributed by Nutrition Food Science Department (NFS) and Secondary 2 classes'2015

by



Serangoon Garden Secondary School

In collaboration with

