

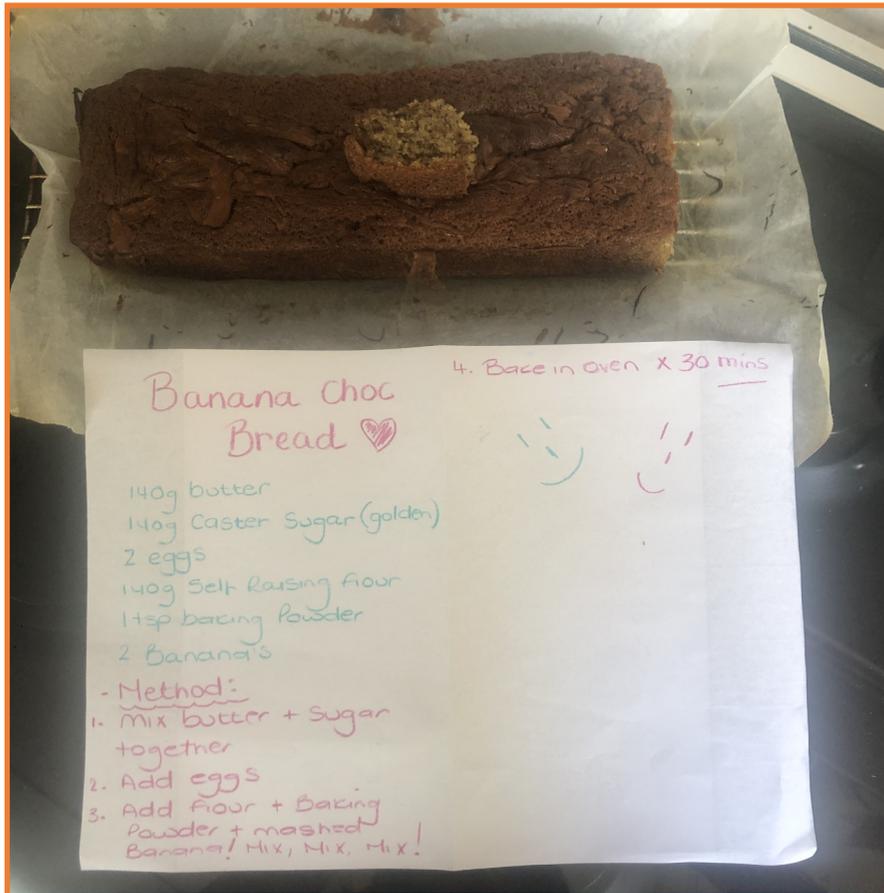


Lockdown Community Cookbook

"There is no love sincerer than the love of food." (George Bernard Shaw)

One School ... One Community ...One Family

Tara and Amelia's Banana Chocolate Bread



Faye, Reece and Luke's Old-fashioned Bread Pudding

Old fashioned bread pudding

Ingredients

800g bread

250g butter

100g raisins

½ pint of milk

4 tablespoons of mixed spice

4 tablespoons of sugar

3 large eggs

Step 1: place bread in a large oven tray. soak bread in milk for approximately 20 minutes

Step 2: melt butter in a bowl, add all the ingredients (mix will turn brown)

Step 3: add the wet mixture to the bread and mix thoroughly until all the bread is covered in the brown mix (you may want to get your hands in there)

Step 4: put in the oven on gas mark 5 for 1-1.1/2 hours or until golden brown.

Step 5: take out the over. Sprinkle sugar on the top. Leave to cool.

Step 6: cut and serve. Enjoy!



Rebecca's Lemon Curd & Blueberry Loaf Cake

Lemon Curd & Blueberry Loaf Cake

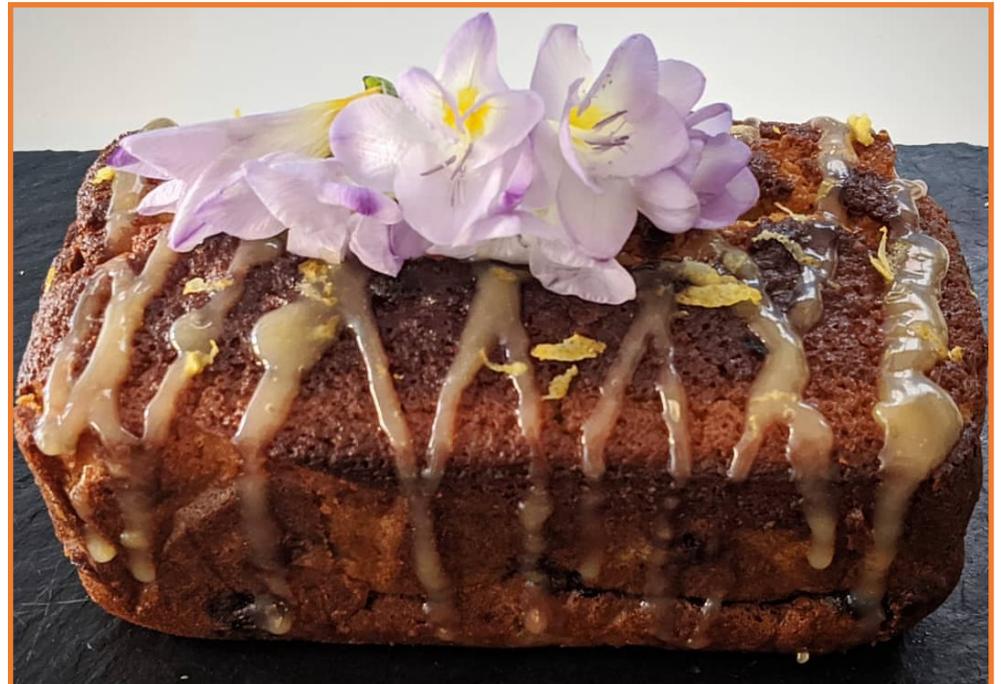
Ingredients:

- 175g butter
- 100ml Greek yoghurt
- 2 tbsp lemon curd
- 175g caster sugar
- 200g self-raising flour
- 3 eggs
- 200g blueberries
- 1 lemon (juice + zest)



Method:

1. Heat the oven to 160°C/140°C fan.
2. Grease a 1.5L loaf tin and line with baking parchment.
3. Put the yoghurt, lemon curd, butter, eggs, lemon zest and juice, flour and sugar into a large mixing bowl.
4. Use an electric whisk to mix the batter until it comes together.
5. Scrape half of the mixture into the tin and sprinkle in half of the blueberries. Repeat with the rest of the mixture.
6. Bake in the oven for 1 hour + 10 minutes, until golden.
7. Cool in the tin and serve!



Marta's Carrot, Pomegranate & Chickpea Salad with Spiced Citrus Dressing

serves: 4 cooking time:

ingredients:

• 4 carrots grated	•	<u>Dressing</u>	
• Pomegranate	•	zest + juice of 1 large lemon	large
• 400g chick pea drained	•	1 tsp ground cinnamon	
• Toasted flaked almonds	•	1 tsp ground cumin	
• Shallot or 2 spring onions	•	4-5 tbsp olive oil	
• 1 bunch coriander or parsley, leaves finely chopped	•	salt + black pepper	
		2 tsp honey	

method:

place salad ingredients in a bowl.
Whisk the dressing ingredients, season. Taste.
Dress the salad and chill in fridge for at least 1 hour.

Add grilled chicken, feta or mozzarella.

Marta says: 'This is easy for kids to make and everyone to eat!'

'Laughter is brightest where food is best'

Irish Proverb

Fahima's Cupcakes

Ingredients

- 1 cup flour
- 1 cup caster sugar
- 1 cup butter
- 1 tbs of vanilla extract
- 1 tbs of milk
- 2 eggs

Method

1. Whip the sugar and butter together until it become fluffy and white, then add eggs and whip in until it become fluffy, add the milk and vanilla extract at this point too.
2. Once fluffy, use a sieve to add flour and fold in using spoon to keep the air in the batter.
3. Then add the cases to the oven at 180 degree for about 15-20 minutes... if you're making one big cake, it might take longer.



Aida, Inese and Sofea's French Toast

Ingredients

4 slices brown bread
1 egg
Plain flour
Oil or butter
Caster sugar
Cinammon

Method

1. Cut bread into slices.
2. Beat the egg and flour in a bowl .
3. Dip the bread slices into the egg mixture until they are saturated.
4. Put the oil or butter in a pan and fry the bread slices until they are golden.
5. Remove the bead slices from the pan and sprinkle with caster sugar and cinnamon.



Emma S's Eggless Chocolate Cake (from BBC Good Food)

Ingredients

85g Butter, plus extra for greasing

2 tbsp Golden Syrup

1 tbsp Vanilla Extract

300g Self Raising Flour

100g Caster Sugar

25g Cocoa Powder

1 tsp Bicarbonate of Soda

FOR THE CHOCOLATE GLAZE

100g Dark Chocolate, broken into pieces

3 tbsp Golden Syrup

Method

1. Heat oven to 160C/ fan 140C/ gas 3 and grease a 20cm round cake tin
2. Tip the butter, syrup and vanilla into a heatproof jug, add 300 ml boiling water and briefly whisk with a fork to combine
3. Sift the flour, sugar, cocoa and bicarbonate of soda into a large bowl, then tip in the butter mixture. Stir until you have a smooth batter, then scrape into prepared tin. bake for 50 - 55 mins* until the cake is well risen and springy to touch. Cool in tin for around 15 mins before turning out to cool on a wire rack.
4. To make glaze, put chocolate and syrup into a small glass bowl with 3 tbsp of water, and microwave for 30secs on high until melted and smooth. leave to cool, then pour over the cake before serving

* **Emma says: 'bake for less time than the recipe says. I'd say 25 mins roughly.'**

'People who love to eat are always the best people'

Julia Child

Tegan & Ciaran's Cheesy Muffins

Ingredients

1 egg
5 tsp sunflower oil
220ml milk
120g grated cheddar
cheese
1 tbsp chopped fresh chives
120g plain flour
2 tsp baking powder
pinch of salt

Equipment

Paper muffin cases
12 hole muffin tin
Whisk
Mixing bowls
Wooden spoon
Weighing scales

Method

1. Heat the oven to 220C or gas mark 6
2. Next place the muffin cases into a 12 hole muffin tin and put to one side.
3. Now whisk the egg, oil and milk together in the mixing bowl and stir in the cheese and half of the chives.
4. In another mixing bowl, combine the flour, salt and the baking powder and then stir it into the cheesy mixture.
5. Now distribute the mixture evenly between the 12 muffin cases and bake for 10-15 minutes or until they are puffed up and golden, then remove from the oven and leave to cool.
6. Sprinkle remaining chives on top.



Tegan's Classic White Loaf

Ingredients

500g strong white flour, plus extra for dusting

7g sachet fast-action dried yeast

1 tsp salt

up to 350ml lukewarm water

a little sunflower oil, for greasing

Method

1. Make the dough by tipping the flour, yeast and salt into a large bowl and making a well in the middle. Pour in most of the water and use your fingers or a wooden spoon to mix the flour and water together until combined to a slightly wet, pillowy, workable dough - add a splash more water if necessary. Tip the dough onto a lightly floured surface and knead for at least 10 mins until smooth and elastic. This can also be done in a tabletop mixer with a dough hook. Place the dough in a clean oiled bowl, cover with cling film and leave to rise until doubled in size.
2. Heat oven to 220C/fan 200C/gas 7. Knock back the dough by tipping it back onto a floured surface and pushing the air out. Mould the dough into a rugby ball shape that will fit a 900g loaf tin and place in the tin. Cover with a clean tea towel and leave to prove for 30 mins. Dust the top of the loaf with a little more flour and slash the top with a sharp knife if you want. Bake the bread for 15 mins, then reduce the heat to 190C/fan 170C/gas 5 and continue to bake for 30 mins until the loaf sounds hollow when removed from the tin and tapped on the base. Leave the bread on a wire rack to cool completely. The loaf will stay fresh in an airtight container for 3 days or can be frozen for 1 month.



Vana's Gluten Free Chocolate Cake

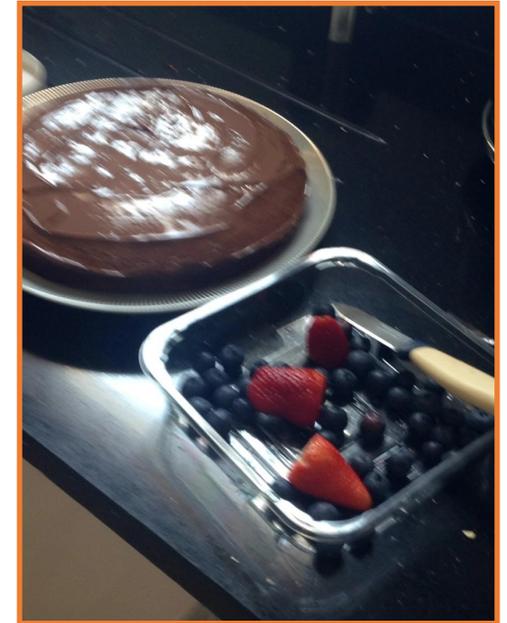
INGREDIENTS

FOR THE CAKE:

- 1 1/2 cups (320g) granulated sugar
- 2 cups (285g) all purpose gluten-free flour blend
- 3/4 cup (75g) unsweetened cocoa powder
- 1 1/2 teaspoons (6g) gluten-free baking powder
- 1 1/2 teaspoons (8g) baking soda
- 1 teaspoon salt (6g)
- 2 large eggs (110g), room temperature
- 1 cup milk (260g) (or dairy-free milk)
- 1/2 cup (110g) vegetable oil (or oil of choice)
- 1 1/2 teaspoons (4g) gluten-free

INSTRUCTIONS

1. Preheat oven to 350°F (180°C). Position rack in center of oven. Grease two 8-inch round cake pans; set aside.
2. In a large mixing bowl, stir together sugar, flour, cocoa, baking powder, baking soda, and salt until there are no visible clumps.
3. Add eggs, milk, oil, and vanilla. Beat with a mixer on medium speed for two minutes.
4. Stir in boiling water.
5. Spoon batter evenly into cake pans. Bake for 35 to 38 minutes, or until a toothpick inserted in the center comes out clean.
6. Remove from oven and let cool in the pan for 5 minutes, then remove from pan and let cool on a rack.



Nicky's Carrot Salad

CARROT SALAD – serves 4 as a side salad

This is a delicious and quick way to make carrots taste wonderful!

Ingredients

6 medium carrots
Salt
Pepper
Juice of 2 lemons

Method

1. Peel, top and tail and grate 6 medium carrots into a bowl. Add lots of salt, some pepper and the juice of two lemons.
2. In a frying pan heat a generous tablespoon of sunflower oil. When hot, add a heaped tablespoon of black mustard seeds and jiggle the pan until they start to pop (be careful!), then pour onto the carrots and stir. The carrots will wilt a bit.

The salad is delicious warm, cool or even the next day.

*'The only thing I like better than talking
about food is eating!'*

John Walters

Cheryl's Chicken Kebabs and Salad

Chicken kebabs served with onions and peppers, salad garnished with mixed herbs and Mediterranean yogurt, cucumber, onion tomato lettuce carrot with any salad dressing of your choice (I use olive oil, salt and pepper) and also serve with hummus, tzatziki and pitta bread.



Rob's Waffles, Squirty Cream and Sprinkles

Ingredients

2 waffles

1 can of squirty cream

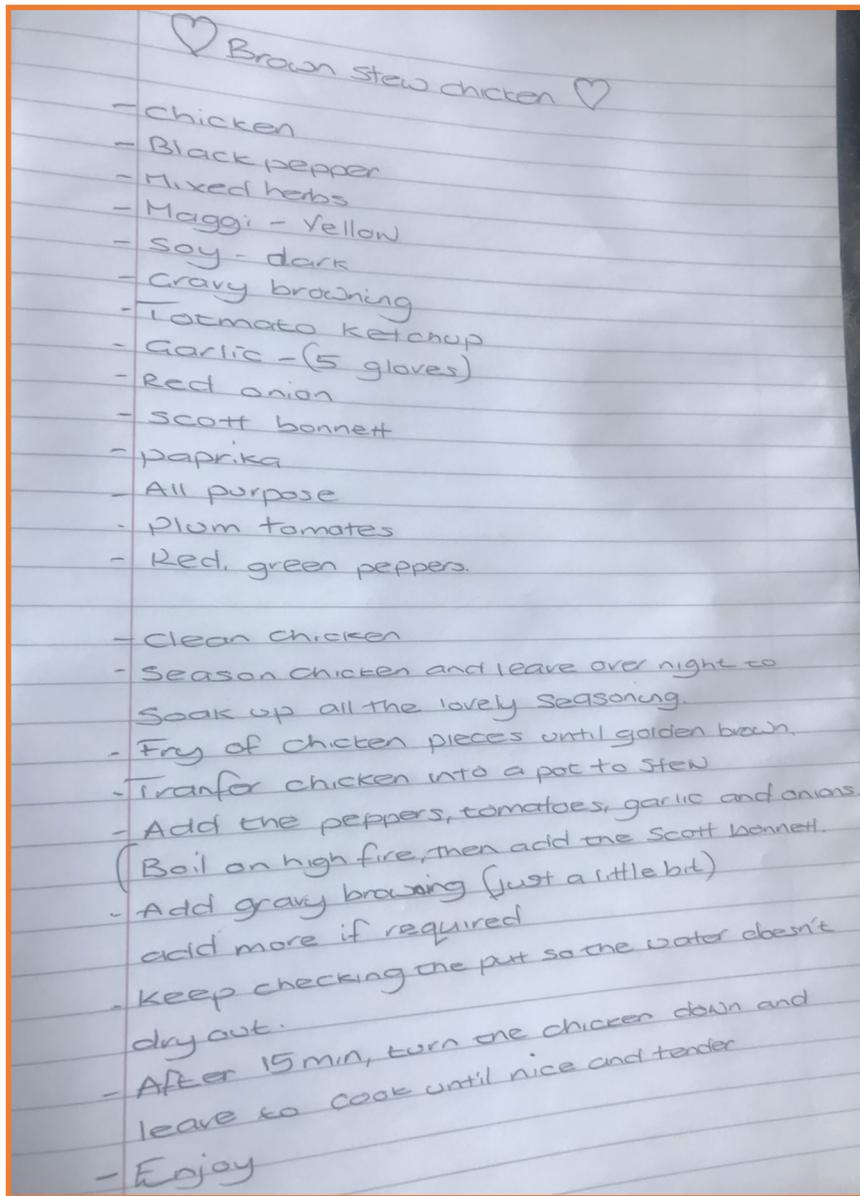
1 container of sprinkles

Method

Assemble as in the picture!



Angela's Brown Stew Chicken



Tracey's Best Chocolate Chip Cookies



The Best Chocolate Chip Cookie Recipe

Ingredients for 12 cookies:

100g granulated sugar	165g brown sugar
1 tsp salt	115g melted butter
1 egg	1 tsp vanilla extract
155g plain flour	$\frac{1}{2}$ tsp baking powder
220g chocolate chips or chunks	

1. Whisk together both sugars, salt and butter until a paste forms with no lumps.
2. Whisk in the egg and vanilla.
3. Sift in the flour and baking powder, then fold into the mixture. Do not overmix.
4. Fold in the chocolate chunks. Chill the dough for at least 30 minutes. (The longer the dough is chilled, the more intense the flavour).
5. Preheat the oven to 180°C. Line a baking sheet with greaseproof paper.
6. Scoop the dough onto the baking sheet. The cookies will spread out a lot so leave 10cm between each dough ball.
7. Bake for 12-15 minutes until the edges begin to brown.
8. Cool and eat.



Erin's Best Butternut Squash Soup (from @ gimmesomeoven/ www.gimmesomeoven.com)

INGREDIENTS

- 2 cups vegetable stock
- 4 cloves garlic, peeled and minced
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3–4 lbs) butternut squash, peeled, seeded and diced
- 1 white onion, peeled and roughly chopped
- 1 sprig fresh sage (or 1/2 tsp dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper
- 1/8 teaspoon cayenne
- pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk

optional garnishes: extra coconut milk, smoked paprika

SLOW COOKER INSTRUCTIONS:

1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to a slow cooker. Toss to combine.
2. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk.
3. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth)
4. Taste, and season with additional salt, pepper and cayenne as needed.
5. Serve warm, topped with your desired garnishes.

Erin says: 'My favourite soup ever. I use the slow cooker so have never tried it on the hob but imagine it's just as nice!'

STOVETOP INSTRUCTIONS:

1. Add vegetable stock, garlic*, carrot, apple, butternut squash, sage, onion*, salt, pepper, cayenne, cinnamon and nutmeg a large stockpot. Toss to combine.
2. Cook on medium-high until the mixture reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork.
3. Remove and discard the sage. Stir in the coconut milk.
4. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt, pepper and cayenne as needed.
5. Serve warm, topped with your desired garnishes.

*For extra flavour, sauté the garlic and onion before adding the remaining ingredients. Heat 1 tablespoon of oil over medium-high heat. Add diced onion and sauté for 5 minutes, stirring occasionally, until tender. Then add minced garlic and sauté for 1-2 additional minutes until fragrant, stirring occasionally. Then add the remaining ingredients and continue on with the recipe.



Anna's Banana Bread with Chocolate Chips (adapted from the BBC website)

Ingredients

285g/10oz plain flour
1 tsp bicarbonate of soda
½ tsp salt
110g/4oz butter, plus extra for greasing
225g/8oz caster sugar
2 free-range eggs
4 ripe bananas, mashed
85ml/3fl oz buttermilk (or normal milk mixed with 1½ tsp lemon juice or vinegar)
1 tsp vanilla extract

Method

1. Preheat the oven to 180C/350F/Gas 4.
2. Sift the flour, bicarbonate of soda and salt into a large mixing bowl.
3. In a separate bowl, cream the butter and sugar together until light and fluffy.
4. Add the eggs, mashed bananas, buttermilk and vanilla extract to the butter and sugar mixture and mix well. Fold in the flour mixture.
5. Grease a 20cm x 12.5cm/8in x 5in loaf tin (2lb) and pour the cake mixture into the tin.
6. Transfer to the oven and bake for about an hour, or until well-risen and golden-brown.
7. Remove from the oven and cool in the tin for a few minutes, then turn out onto a wire rack to cool completely before serving.



Clare's Very Easy Vegetable Soup

Ingredients

1 onion
1 courgette
1 half cauliflower
3 sweet potatoes
3 carrots
6 mushrooms
1 litre of vegetable stock
Black pepper
Mixed herbs

Method

1. Chop up all the vegetables and add to a large pan.
2. Add stock, black pepper and mixed herbs.
3. Bring to the boil and then simmer for about 20 mins, making sure that all the veg is soft and cooked.
4. Use a hand blender to blend the soup so it is quite smooth.
5. Serve and enjoy with bread and butter!



Isabelle's Prawn Pasta Dish (Crimson Class)



Prawns
Spinach
Cheese
Milk
Linguine
Seasonings (prawn pasta dish).

Food affects my mood—If I eat well I feel well

Arta, Sindy and James's Shortbread (from bbc.co.uk)

Ingredients

125g/4oz butter

55g/2oz caster sugar, plus extra to finish

180g/6oz plain flour

Method

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.
4. Cut into rounds or fingers and place onto a baking tray.
5. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 15-20 minutes, or until pale golden brown.
6. Set aside to cool on a wire rack.



Kevin's Mini Doughnuts with Nutella Glaze (Blue Class)

INGREDIENTS

225g plain flour
112g sugar
1 egg
225g milk
4tbsp cooking oil
1 tbsp baking powder
1/2 vanilla essence

METHOD

- Place the flour, sugar and baking powder together into a mixing bowl.
- Create a well in the centre of the ingredients and add the milk, egg, vanilla and oil.
- Using a mixer, mix the ingredients thoroughly to make a smooth batter.
- Preheat the donut maker and then fill each donut well with batter by approx 2/3. Close the donut maker and bake for 6-8 mins or until golden brown.

NUTELLA GLAZE

3/4 Cup icing sugar
3 tbsp milk
3tbsp Nutella

METHOD

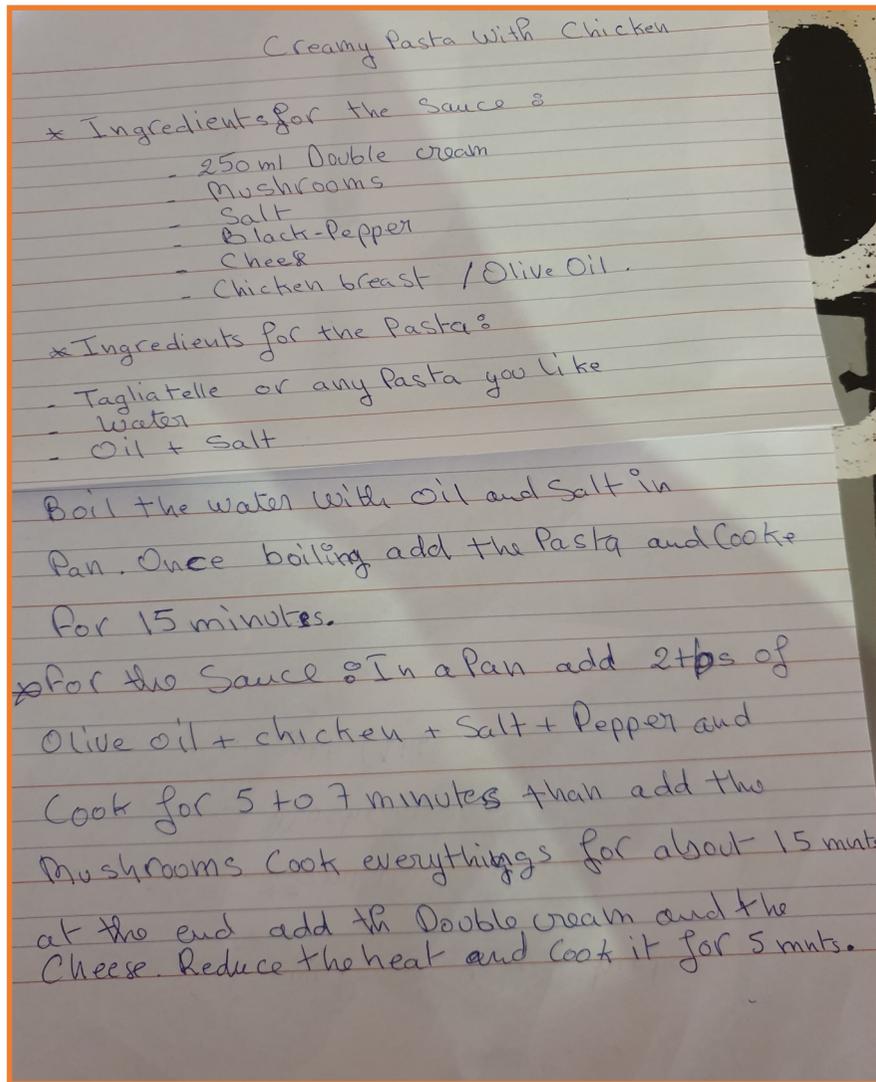
- In a small bowl, whisk together icing sugar, milk and Nutella until smooth.
- If you like the frosting to be thinner, add 1 tsp milk at the time until desired consistency is reached. If you like the frosting to be thicker, add 1 tsp icing sugar at a time.

PUTTING IT ALL TOGETHER

- Dip cooled donuts in frosting 1/2 way or up to 2/3.
- Place frosted donuts on the wire cooling rack. Top with sprinkles if desired.
- Allow frosting to set before eating.



Aida's Creamy Pasta with Chicken



Khadija and Zeriga's Spanish Paella (Green and Silver Classes)

Spanish paella 🍲

You need

Rice

Garlic

Oignon

Tomatoes

Oil

Prawns

Fish

You put oil in the pan , add oignon,garlic and fish and
after that add tomatoes,salt,black pepper.

Add the rice and stir until it's cooked and enjoy 😊



Khadija and Zeriga's French Tarte (Green and Silver Classes)

French tarte

You need puff pastry that you put in the mould

Mince

Oignon

Salt

Pepper

Béchamel sauce

In a pan you put oil minced oignon,mince,salt and black pepper.

You put all the ingredients on the puff pastry and add béchamel sauce and put in the oven until is cooked and enjoy it !



Khadija and Zeriga's Roasted Chicken with Meatballs (Green and Silver Classes)

Roasted chicken with meatballs!

All you need is

1 chicken

250gr of mince

Olives for décoration

Salt

Pepper

Oignon

Mustards

Oil

You put all ingredients all together on the chicken, you put the chicken in the plat and put it in the oven. Wait till is roasted and you can enjoy it with french fries 🍟



Tara's Homemade Haribo

- Hartleys Jelly.
- Dr Oetkens Gellatine
- Vanilla Yoghurt

Mix sugar free jelly with 1/2 pint of boiling water

Add gelatine.

Add 3/4 of the mix to Tupperware dish
(put mixture in fridge)

Add fat free yoghurt to remaining mix and stir

Once the jelly in the fridge has set, add remaining yoghurt mix to the top and return to fridge to set....

Yum!



Ann's Pizza Base (from BBC Good Food)

Ingredients

650g Strong white flour or 00 flour (special pizza & pasta flour)
7g dried yeast
25 mls olive oil (any kind)
325 mls warm water
50 mls warm milk
2 tsp salt
Extra flour for dusting the work surface and baking tray

Method

1. In a large bowl/or stand mixer with a dough hook put the flour, then add the salt to one side and the yeast to the other and mix well.
2. Add the olive oil and milk and mix.
3. Add $\frac{3}{4}$ of the warm water and mix (the dough should be soft and slightly sticky, but not wet) If still a little dry add the rest of the water a little at a time.
4. Knead in a stand mixer for 5 minutes or 10 minutes by hand, until the dough is soft and has a bit of a shine and is no longer sticky.
5. Oil a large bowl, and put the dough in, cover with a clean tea towel or cling film to rise for 1 hour or until it has doubled in size. You need to leave it somewhere warm.
6. When your dough is ready, knock it back by kneading it for about 1 minute.
7. Put flour on your work surface and roll into a sausage shape, even thickness all the way along and cut into 8 for small pizzas or 4 for large pizzas.
8. Leave on an oiled baking tray covered with oiled cling film for about an hour to rise a second time.
9. Your oven needs to be on the hottest setting. Preheat your baking tray.

10. Once risen you can either freeze the dough in sandwich bags or roll out to about 8 inches and put on your tomato base, favourite topping and mozzarella cheese and put on a very hot baking tray sprinkle with flour before you put the pizza on it and put in the oven for 12-15 minutes or until the base is crisp and brown around the edge and the cheese is bubbling. (I cook this on a BBQ on a pizza stone, but it can be done in the oven.)

Ann says: 'I had never made a pizza before lockdown, this base is really easy, it takes time but that is just waiting for the dough to rise. I got it from BBC Good Food magazine. I have frozen half the dough and used it another day and its just as nice. My family say they will never eat a takeaway pizza again.....might have made a big mistake here !!!!'



Sara (Governor)'s Butternut Squash Baby Dinner

Ingredients

200g butternut squash in 1cm dice

50g baby spinach

50g cream cheese (called soft cheese in some shops)

50g baby pasta or small pasta like macaroni

Optional: 15g of grated hard cheese for extra taste

Method

1. Steam the butternut squash for 12 minutes until just soft. Put half of the squash in a bowl.
2. Cook the pasta according to the packet instructions.
3. Put the spinach in a pan and stir it until wilted. Add the spinach to the squash in the bowl and blend using a stick blender until smooth.
4. Pour the spinach and squash blend into the pan and stir in the cream cheese and the hard cheese (if using).
5. Add the pasta and the remaining cooked squash to the sauce. Stir until well coated.

Time: 15 minutes

Nutritional benefits: Nutritionally complete, and provides vitamin A, vitamin C and calcium



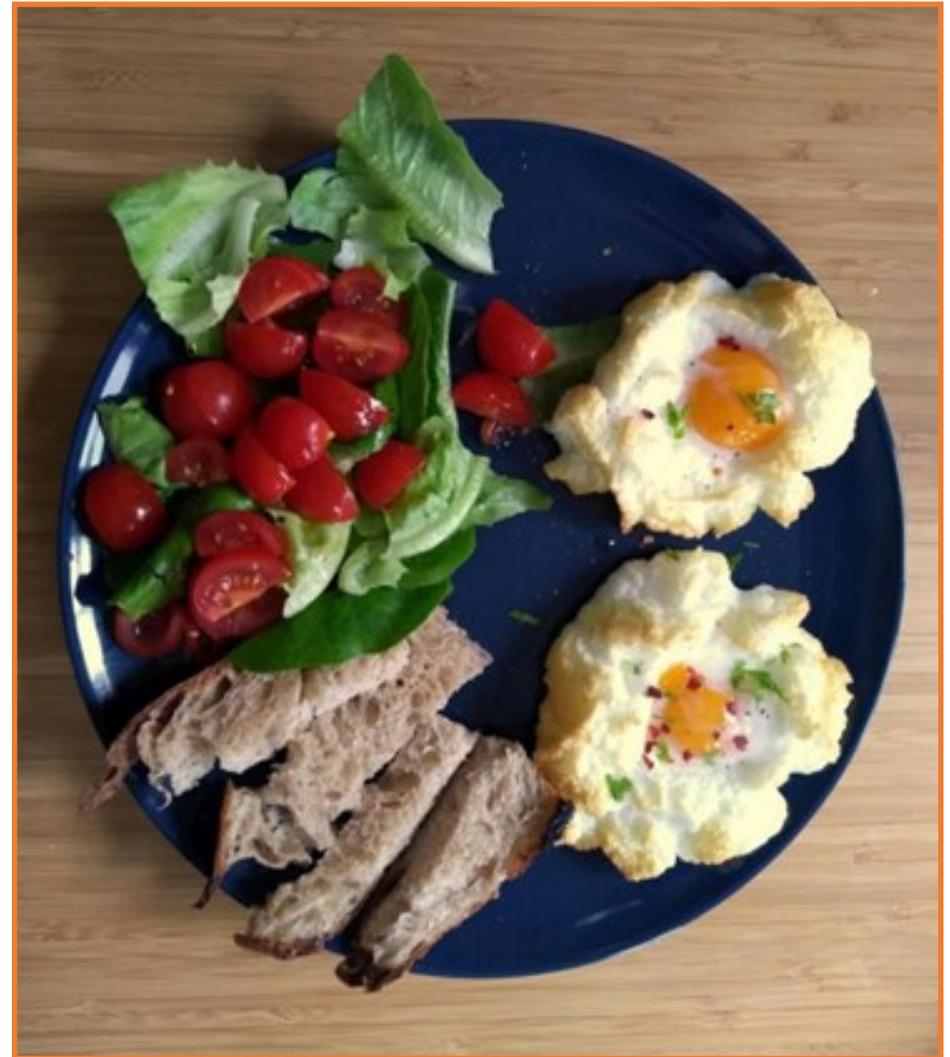
Alana's Cloud Eggs (inspired by Tom Daley's recipe)

Ingredients

- 4 medium eggs
- 25g mature cheddar cheese, grated
- Salt and pepper to season
- A small handful of parsley, roughly chopped
- A pinch of chilli flakes
- 4 slices of toasted bread, to serve
- Lettuce and cherry tomatoes, for the side salad

Method

1. Preheat the oven to 220C/200C Fan/Gas Mark 7. Line a baking tray with baking parchment.
2. Separate the egg whites from the egg yolks. Place the egg whites into a medium mixing bowl and whisk using an electric hand whisk until stiff. Add grated cheese and seasoning and fold gently to combine.
3. Spoon the mixture onto the prepared baking tray creating 4 mounds. Using the back of a teaspoon create a little dip in the centre of each - this is where you are going to add your yolk.
4. Place the baking tray into the oven and bake for 4 minutes. Remove from the oven, add the egg yolks to each mound, sprinkle some cheese and cook for a further 3 minutes, until the yolks are just set.
5. Remove from the oven, sprinkle over the parsley and chilli flakes. Enjoy with toast and salad.



Alisha's Eggy Bread (Green and Silver Classes)

Ingredients:

2 eggs
2 tbsp milk
1 tsp sugar
2 slices bread
A little oil

Method:

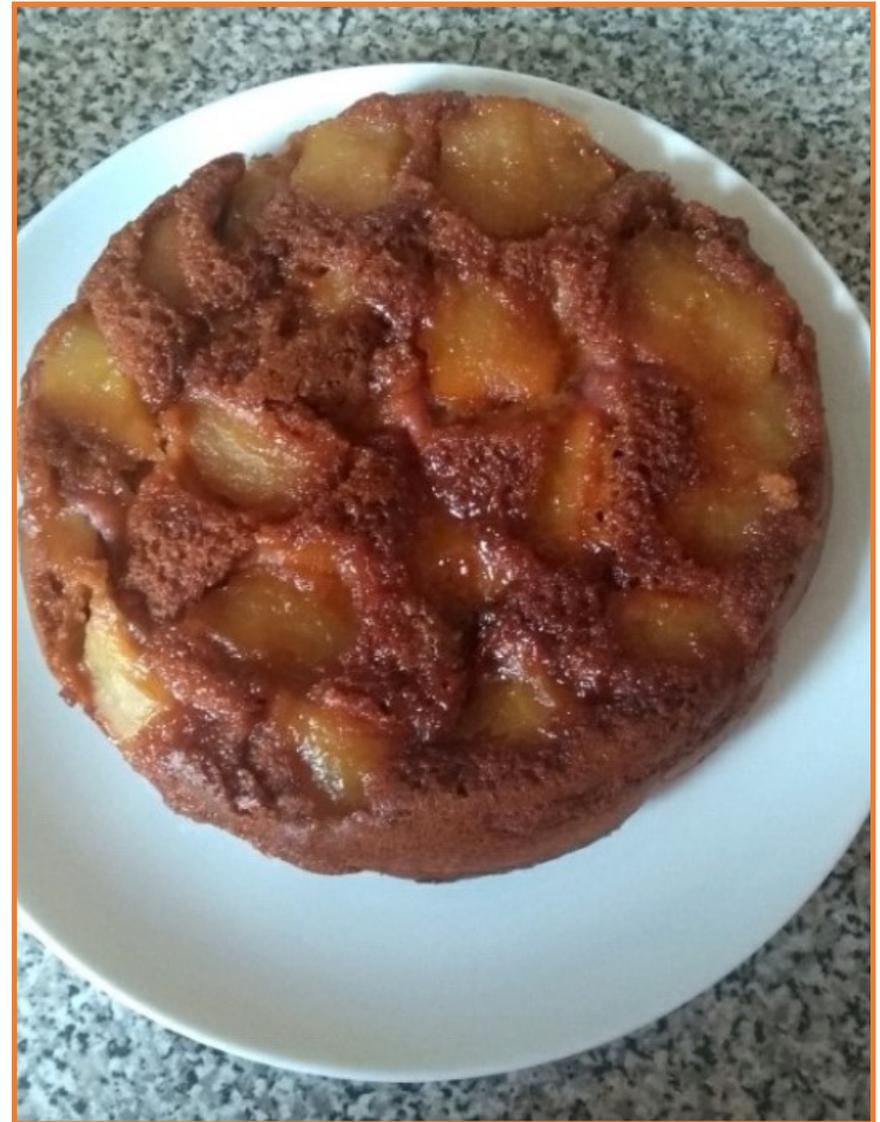
Crack the eggs and add the sugar and milk. Mix well then dip the bread into the mixture ensuring the whole bread is covered. In a pan add a little bit of oil, once oil is warm lightly fry both sides of the bread. Remove and place onto kitchen roll to soak up excess oil. Then cut up and serve. Kids like having it with milkshake and I like having it with a cuppa tea!



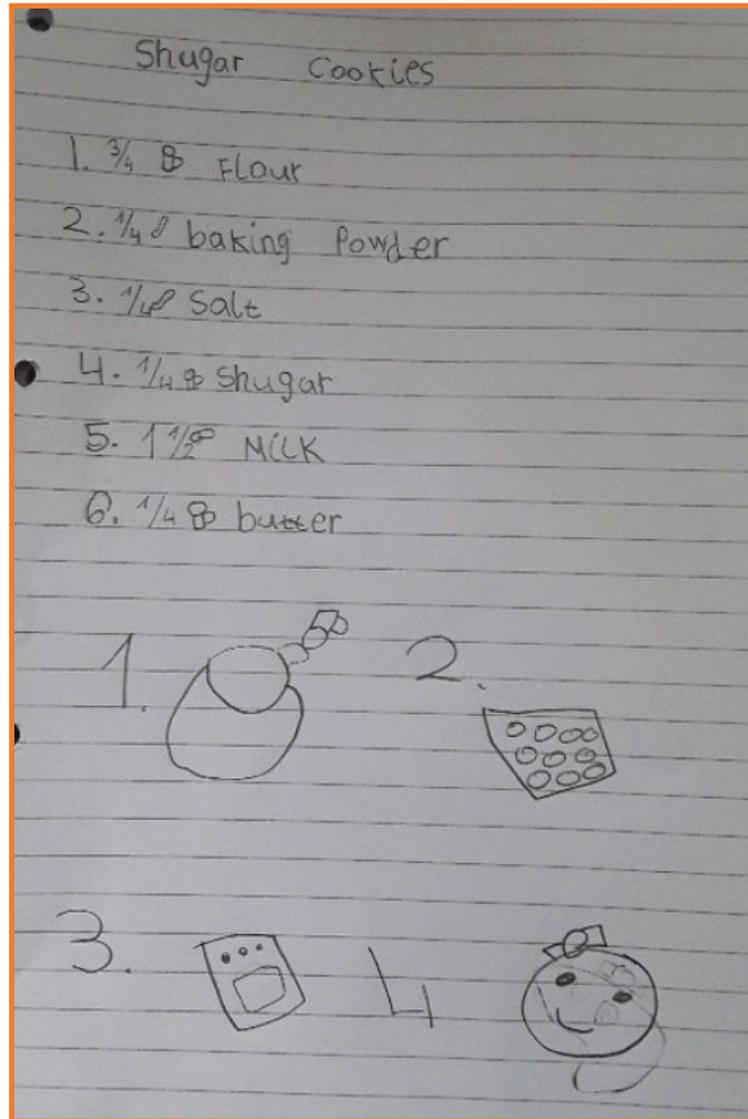
Kolin's Apple and Banana Cake (Crimson Class)

Apple and banana cake.

In a pan put butter and then sugar to form a coat then put aside, in a bowl mix a cup of flour, teaspoon on baking powder, two spoons of sugar, cinamun powder, two spoons of oil, one egg, then mix with milk until flour dissolves, cut two apples and one banana and put in the pan then pour on top the butter mix uniformly, put the lid on and into the stove in low heat for about 30 mins, then turn over for another 30 mins, let it cool then enjoy, it can be done with pineapple as well.



Landa's Sugar Cookies (Crimson Class)



'There is no sincerer love than the love of food.'

George Bernard Shaw

Sara's Yoghurt Cake with Chocolate (Crimson Class)

1 glass of yogurt
natural, 2 eggs,
3/4 cup sugar
1 tablespoon of vanilla sugar,
1/2 cup oil
2 glasses of flour, 1
teaspoon baking powder, 1
teaspoon baking soda,
chocolate

Sift flour with powder and
soda. In a second bowl, mix
yogurt, sugar, eggs and oil.
Combine all ingredients.
Lay the cake on a baking
tray. Bake at 180 * C for 50
minutes. Pour the chocolate
over the cake.



Zerina's Traditional Jamaican Rice and Peas

Ingredients:

Basmati rice
1 tin of coconut milk
Butter or margarine
Large 1 inch piece of Ginger
1 Spring onions
1/2 large white or yellow onion
Thyme
3 cloves of garlic
1/4 Sweet pepper
Dried Rosecoco beans (traditionally red kidney beans or gungo peas (pigeon peas) are used, but rosecoco can be substituted in).
Salt

You will also need a pressure cooker,

1. Rinse the bean
2. To the pressure cooker add ginger, spring onions, thyme onion, sweet pepper, garlic and beans. Cover with water at least 1.5 inches above the beans. Pressure for 45 minutes to 1 hour till the beans are soft.
3. Rinse the rice
4. In a separate large pot, add the rice, coconut milk, butter, pour in everything in the pressure cook, adding more water and salt to taste.
5. Stir, cover and place over a low heat until rice is cooked. Stir once one half way through to make sure the beans are evenly distributed. Adding water if necessary as the rice cooks.
6. Serve, this is traditionally eaten with brown stew chicken but can be served with anything.

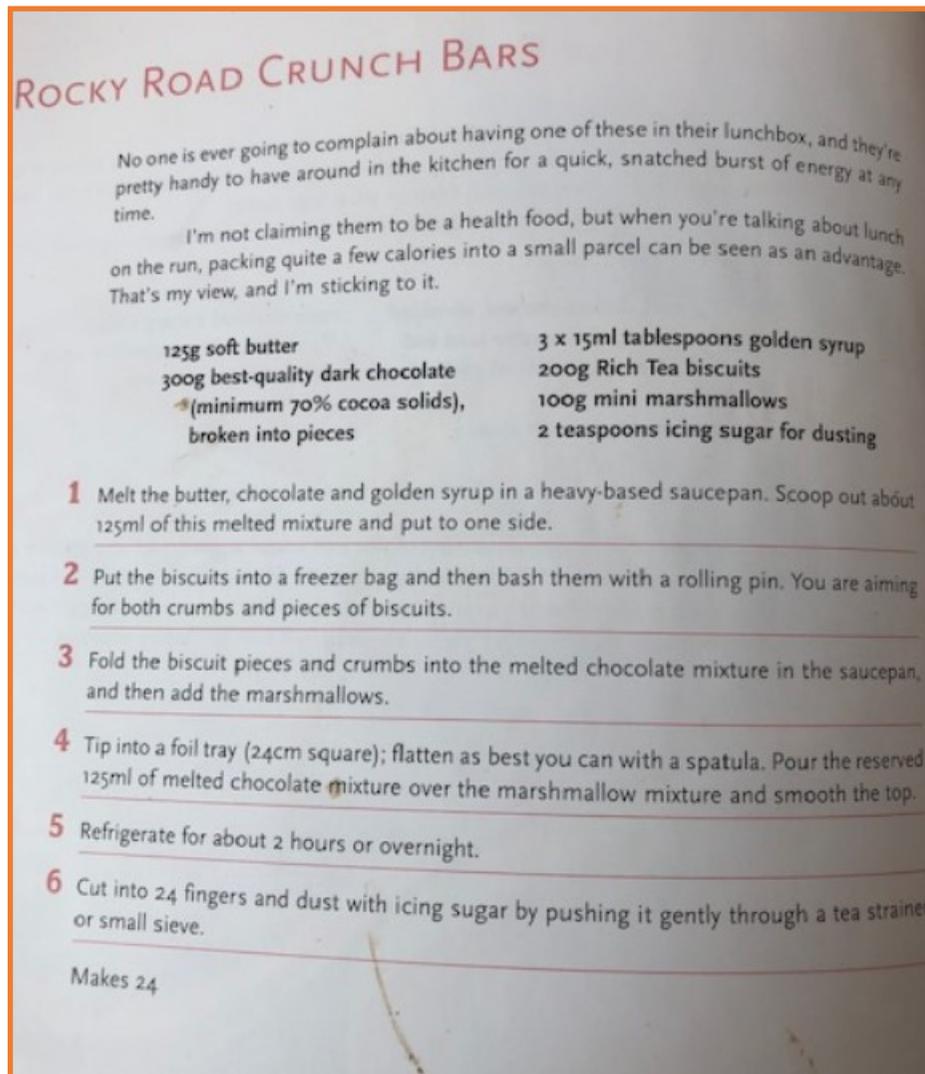
(If you do not have a pressure cooker tin beans can be used instead, just skip the first two steps, adding the onion, ginger, sweet pepper, garlic and thyme in with the fourth step.)

(Long grain rice can also be used instead of basmati)

A good rule of thumb is 1 cup of beans 2 cups of rice. 1 pack of rosecoco beans contains about 2.5 cups of beans.



Marta's Rocky Road Crunch Bars (from Nigella Lawson)



Marta says, this is
'the best recipe for fridge cake ever!'

Layla's Tricolour Quinoa Salad

Ingredients (Serves 2)

120g tricolour quinoa
240ml cold water
1 small red onion
6 cherry tomatoes
Approx 4cm length of cucumber
Salt and pepper

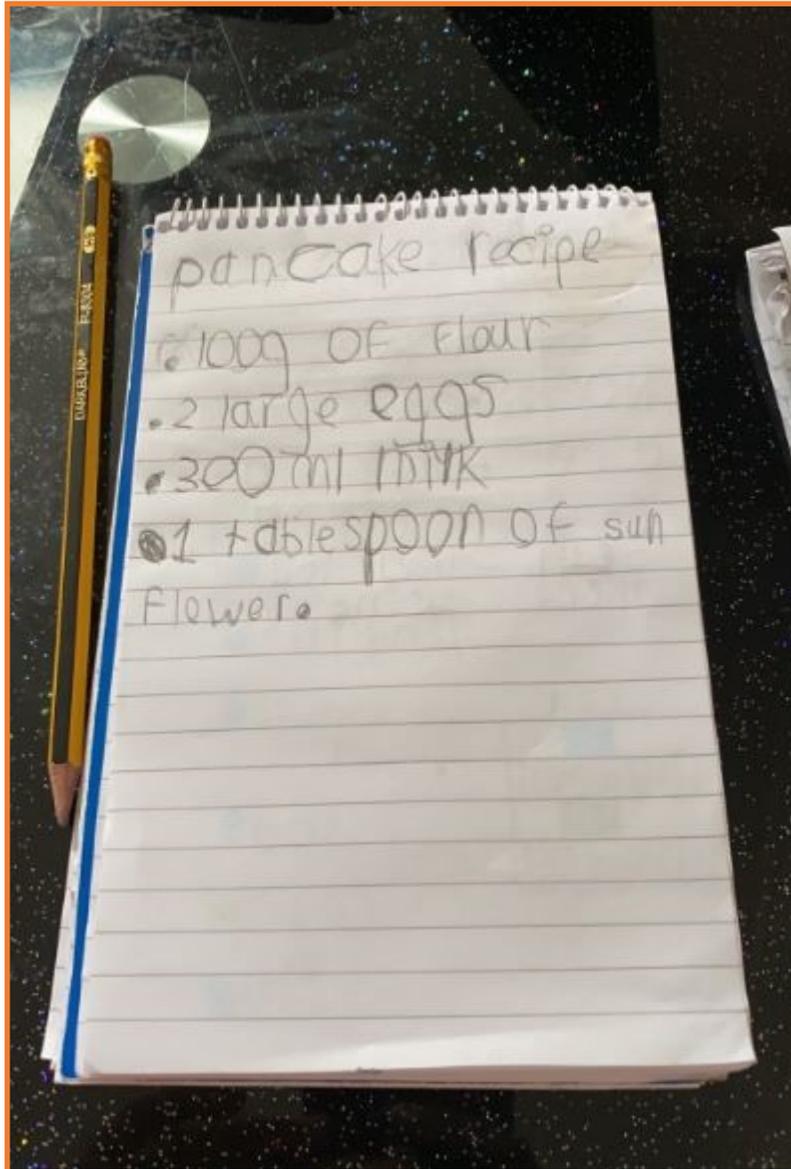
Method

1. Place the quinoa and water in a saucepan. Bring to the boil and simmer gently until the water is absorbed (about 15-20 mins). Be careful not to let it stick to the pan!
2. While the quinoa is cooking, dice the red onion, cherry tomatoes and cucumber into small pieces.
3. When the quinoa is cooked transfer it to a bowl. Add the diced vegetables. Mix together and season with salt and pepper.

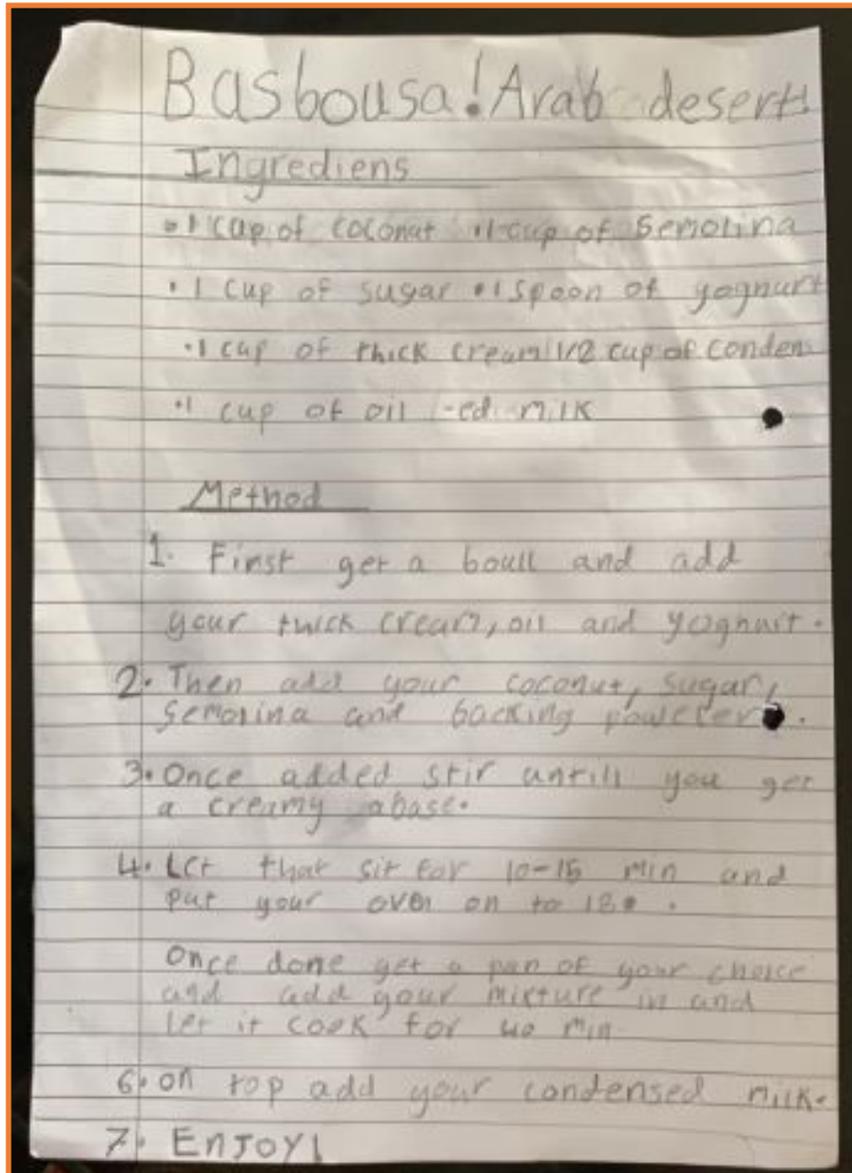
This salad is nice eaten warm or at room temperature.



Adyan's Pancakes (Green Class)



Cyreen's Basbousa (Green Class)



Sena's Chocolate Cake (Green Class)

Ingredients

170g butter

80g sugar

2 eggs

80g self raising flour

40g Cadbury's drinking chocolate

Method

1. Mix all the ingredients together
2. Transfer to a baking tin
3. Place in the oven (180 degrees or Gas mark 4)
- 4) . Bake the cake for 45-50 minutes.



Toprak's Waffles (Green Class)

Recipe for Waffle

- 2 eggs
- sugar
- Flour
- milk
- Baking powder
- vanilla

Method

1. Preheat oven to 180 degrees/Gas mark 4.
2. Bake for about 15-18 minutes until the waffles are a golden brown. Remove from the oven and allow to cool slightly before transferring to a plate and serving.
3. Serve topped with Nutella and fruit .



Emily's Puff Pastry Apple Parcels (Blue Class)

Puff Pastry Apple Parcels.

Ingredients	Equipment
- 1 roll puff pastry	- 1 knife
- 1 large apple	- 1 egg brush
- 1 tbspp cinnamon	- Baking tray
- 1 egg	- Baking paper
	- Oven
	- Cup
	- fork
	- spoon.

TOP TIP
For extra sweetness add icing sugar.

METHOD

↑
Your parcel!

- Firstly, roll out the puff pastry on a cutting board.
- Now, divide the pastry into 12 identical squares.
- Next, peel your apple - remove the core and cut into 12 slices.
- Then, put a slice of apple onto each pastry square and fold each before adding a sprinkle of cinnamon.
- Using a fork, beat the egg into a cup until you get a runny mixture.
- Brush each parcel with egg, and place onto a baking tray lined with paper.
- Bake for 15 mins at 180° in a preheated oven.

Enjoy!



Adam's Pasta Caponata (from Bosh!)

PASTA CAPONATA

This hearty dish features a rich Sicilian caponata sauce, complete with pine nuts and raisins, which has great depth of flavour, but with an added celery crunch and kick of chilli. Feel free to use more or less garlic (we like lots of garlic!) and then serve with bread to soak up all the juices.

SERVES 4-6

2 aubergines (about 500g)
300g cherry tomatoes
3 tbsp olive oil
1½ tsp chilli flakes
1 red onion
3 garlic cloves
1 celery stick
2 tbsp tomato purée
1 x 400g tin chopped tomatoes
1 tsp dried oregano
2 sprigs fresh thyme
30g small capers
40g raisins
60g pitted Kalamata olives
500g penne pasta
10g dark chocolate
20g fresh parsley
1 tbsp balsamic vinegar
40g pine nuts
salt and black pepper

Preheat oven to 180°C | Line a baking tray | Large frying pan with lid on a medium heat | Large saucepan | Small frying pan

Trim the aubergines and chop the flesh into 2cm cubes | Lay on the lined baking tray along with the cherry tomatoes and drizzle over 1 tablespoon of the olive oil | Sprinkle with a good layer of salt, pepper and the chilli flakes, put the tray in the preheated oven and bake for 30 minutes

Meanwhile, pour the remaining 2 tablespoons of oil into the large frying pan | Peel and finely chop the onion and garlic and add to the pan | Trim the leaves and root from the celery, then finely chop and add to the pan | Cook the onions, garlic and celery for 10-15 minutes, stirring regularly, until they are soft and translucent

Add the tomato purée to the pan and stir | Add the chopped tomatoes, oregano, thyme, capers, raisins and olives, plus a little salt and pepper to taste, then reduce the heat to a gentle simmer and let everything cook for 5 minutes | Remove the roasted aubergines and tomatoes from the oven and add them to the pan, giving everything a stir | Put the lid on and simmer for 12-15 minutes, stirring every 5 minutes to stop it burning

Boil a kettle and fill the large saucepan with the boiling water and a pinch of salt | Add the pasta and cook until al dente, following the instructions on the packet | Strain away the water and tip the cooked pasta back into the pasta pan

Meanwhile, chop or grate the dark chocolate and sprinkle it into the caponata sauce | Chop the stalks from the parsley and save for another recipe, then chop the leaves and add three-quarters to the pan along with the balsamic vinegar | Simmer for a further 3-5 minutes with the lid off | Taste and season if necessary | Pour the sauce over the pasta and fold it in, making sure everything is well covered

Put the small frying pan on a medium-high heat and toast the pine nuts in the dry pan until golden | Sprinkle over the pasta along with the reserved parsley leaves before serving



Ayoub's Salad (Blue Class)

To make this salad, you can use your favourite vegetables:

We used

- Mashed potatoes
- Beetroot
- Grated carrots
- Avocado salad

Designed with sweetcorn, mayonnaise and a tomato on top.

Method:

You can use a baking cutter to layer out the ingredients.

At the bottom, you put a smooth layer of mash potatoes patting it inside the cutter and then add your sliced beetroot, for your third layer you add your grated carrot. You repeat this the other way round adding the beetroot and mashed potato to create a design.

After this you design the top of your salad with whatever you want, we made an avocado salad and placed it in the middle with some sweetcorn around it and mayonnaise. You can make individual ones or a large one for your whole family, also it doesn't have to be a circle it could be any shape you would like to use.



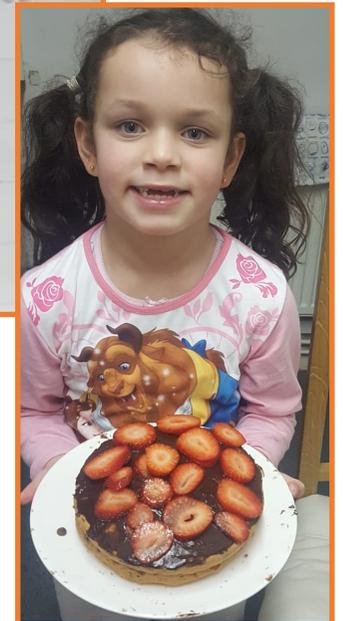
Scarlett's Double Chocolate Chip Strawberry Sponge Cake (Green Class)

Ingredients

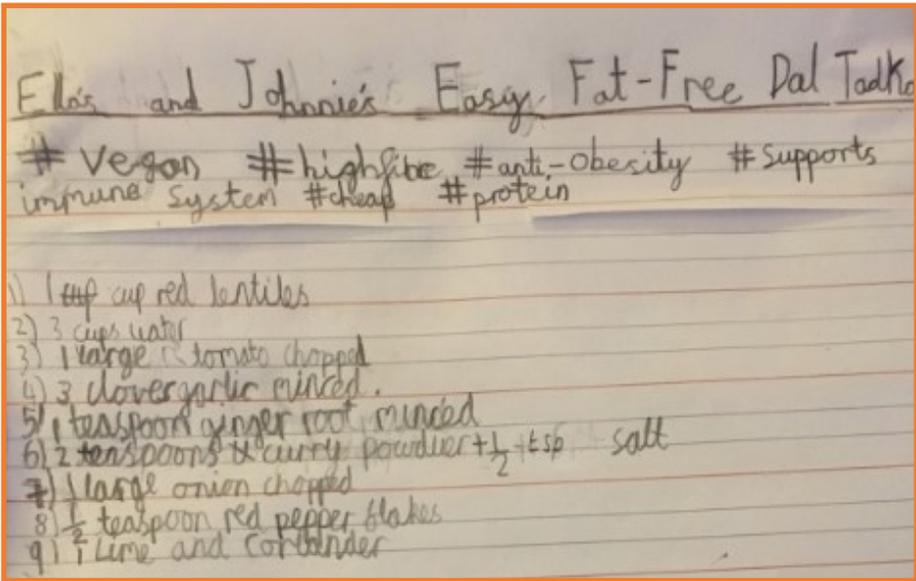
- 200g of butter
- $\frac{1}{2}$ cup (100g) of Super Fine Caster Sugar
- 3 eggs
- 1 and a half cups (165g) of Self Raising Flour
- 1 Teaspoon of vanilla extract
- 12 cake tins
- Chocolate Chips (20g)
- Chocolate Fudge Icing
- Chocolate hazelnut Spread
- 5 Strawberries Sliced.



1. Heat oven to 350 mix butter and sugar together until smooth
2. Add flour and eggs and vanilla extract until all mixed together smoothly
3. Grease your two tins with a little butter
4. Pour mixture into tins evenly
5. Bake for 15-20 minutes until the cakes have risen and golden
6. Place on a cooling rack to cool
7. Decorate inside with hazelnut spread and chocolate chips
8. Decorate the top with smooth chocolate icing and then cover in strawberries
9. Enjoy!



Ella and Johnnie's Easy Fat-free Tarka Dahl



Instructions

- 1.) put lentils, water and rest ingredients to 7. Into large pan
- 2.) Bring to boil
- 3.) Reduce heat to low and cover.
- 4.) cook till lentils are soft, stirring often.
- 5.) Add more water if it starts to get dry
- 6.) Heat non-stick pan and fry the onions stirring often till they start to go brown.
- 7.) Add the red pepper flakes and cook until onion softer.
- 8.) check the lentils and add salt and curry powder to taste
- 9.) Serve over rice and top each serving with the browned onions.
- 10.) Add fresh squeezed lime juice and coriander to taste.



Tracey's American Pancakes

American Pancakes

Ingredients

3 large eggs	1 heaped teaspoon baking powder
115g plain flour	140ml milk
	pinch of salt

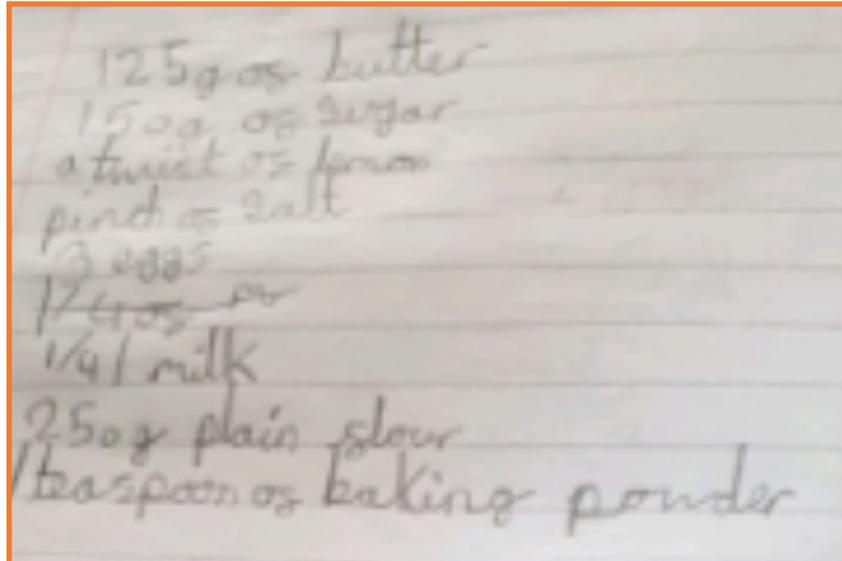
toppings (blueberries, raspberries, banana, chocolate, bacon, fresh corn)
maple syrup, nubella, honey, cream

1. Separate the eggs - yolks in one bowl, whites in another.
2. Mix flour, baking powder + milk with yolks until the batter is smooth.
3. Whisk the whites with salt until the form peaks.
4. Fold the whites into the batter.
5. Melt a little butter in a frying pan.
6. Pour in some batter + fry for a couple of minutes.
7. When the underneath is golden + firm sprinkle toppings on the uncooked side.
8. Flip the pancake over and cook until golden.
9. Add any other toppings e.g. maple syrup, honey, nubella, cream.
10. Enjoy!



AJ's Traditional Homemade Waffles (Red Class)

Ingredients



Method

Preheat oven to 180 degrees/Gas mark 4.

1. Bake for about 15-18 minutes until the waffles are a golden brown. Remove from the oven and allow to cool slightly before transferring to a plate and serving.
2. Serve with your favourite toppings.

