

My Recipe Book



Let's Get
COOKING

This book
is filled
with
wonderful
grub



Beautiful Banana Bread

This fantastic loaf is from Bella (7) and Beau (4) You really must try this one...

Ingredients

- 2 cups (254g) all purpose flour
- $\frac{1}{2}$ cup (100g) sugar
- $\frac{1}{2}$ cup (100g) light brown sugar
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground cinnamon (optional)
- $\frac{1}{2}$ teaspoon fine salt
- 1 $\frac{1}{2}$ cups (340g) mashed banana (about 3 overripe bananas)
- $\frac{1}{4}$ cup (60g) plain yogurt
- 2 large eggs lightly beaten
- 3 tablespoons unsalted butter melted
- 3 teaspoon vegetable oil
- 1 teaspoon vanilla extract
- 1 cup (113g) coarsely chopped walnuts or chocolate chips.

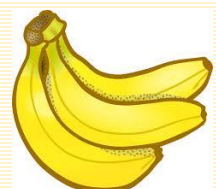
The girls recipe used chopped pecans and white chocolate chips

Preheat oven to 160C
Grease a loaf tray with butter



- It does not get any easier than this fantastic recipe.
- You just bung all the ingredients into a bowl and give it all a mix.
- Be careful though only mix it until it is just mixed.
- Put it into a loaf tin.
- Get an adult to put it in the oven
- Cook at 160 for about 45 minutes.

You can tell when its ready by asking an adult to put a skewer in the middle. If the skewer comes out clean then it is ready.



Leek and Potato Soup

Dryas (7) is a dab hand in the kitchen

You Will Need:

1 large leek, potatoes,
1 onion,
2 vegetable stock cubes mixed with
1 litre of hot water,
salt & pepper

Method:

Peel and chop potatoes into smallish chunks.

Slice leeks thinly.

Cut onion into small pieces.

Mix stock cubes in the hot water.

Fry off the onion and leeks until soft and add the potatoes, stock and salt & pepper.

Cook on a low heat until potatoes are cooked.

Leave to cool. You can now leave your soup like this or we remove half the soup into a big bowl and blend it until smooth, then pour it back in with the chunky mixture. This give you an nice creamy soup still with chunks of potato.



Chopping vegetables



Frying off before adding stock



Soup before blitzing



Bella(7) and Beau (4)
These girls love to
make yummy things
in the kitchen

Cinnabon

Ingredients

For the dough:

- 1 cup lukewarm milk
- 1/3 cup lukewarm water
- 1 package (2 1/4 teaspoons) instant yeast
- 3 tablespoons granulated sugar
- 3 1/2 cups (15.75 ounces) all-purpose flour
- 1 teaspoon fine salt

For the filling:

- 3/4 cup packed light brown sugar
- 3 tablespoons ground cinnamon
- 1/8 teaspoon fine salt
- 4 tablespoons unsalted butter, melted and cooled

For the icing:

- 3 tablespoons heavy cream
- 1 cup powdered sugar



- Dough: Add all dough ingredients together and knead for 5 mins, and rest covered for two minutes while you make the filling
- Filling: melt the butter. In a separate bowl mix the brown sugar and cinnamon.
- Roll out the dough to a 35 x25 rectangle roughly, brush on melted butter and sprinkle on all the filling
- Roll it up lengthways and cut into 12.
- Squish together in a baking tin or Pyrex or separate into muffin tray.
- Bake for up to 25 mins at 160 until starting to go golden.
- Frosting: mix ingredients (we also added vanilla essence) and Slob on top.

Best eaten while still warm.



Skye has been a very busy young lady.

Not one - but two fantastic soup recipes for you to try.

Chop up all the ingredients and put it in a pan for about 20 mins until beautifully cooked

Terrific Tomato Soup



Ingredients Needed

- 12 oz ripe tomatoes
- 1 medium onion
- 1 Small carrot
- 1 Celery Stick
- 2 tbsp olive oil
- 2 squirts of tomato puree
- Pinch of salt
- 2 pints of vegetable stock

Beef and Vegetable Soup



Ingredients Needed

- 1 pound of beef cut into ½ inch cubes
- 1 tsp salt
- ¾ tsp pepper
- 2 tbsp olive oil
- 4 large carrots
- 1 large onion
- 1 red pepper
- 1 green pepper
- 2 garlic cloves
- 4 cups of beef stock
- 1 can chopped tomatoes
- 2 tbsp tomato puree
- 2 tbsp Worchester Sauce

Get an adult to help you prepare the vegetables
Always be careful when working on the cooker top
Always ask for help if you are not sure

Cosmic Bar



Joshua (12)

This is a bar of chocolate delight that is truly 'OUT OF THIS WORLD'

Ingredients Needed:

Dark chocolate

Mini marshmallows

White chocolate

Hundreds and Thousands

Milk chocolate

Butterscotch pieces

Gold edible glitter



Melt the dark chocolate and layer it into a tray.

Sprinkle on hundreds and thousands.

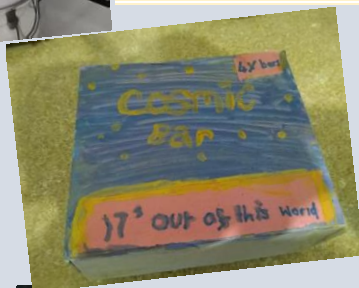
Leave to chill for 45 mins

Next, melt the milk chocolate and add mini marshmallows - and layer it over the chilled dark chocolate.

Chill again for 45 mins.

Finally, melt the white chocolate and mix in some butterscotch pieces. Layer this on top of the chilled milk chocolate.

To make it cosmic – add edible gold glitter on top.

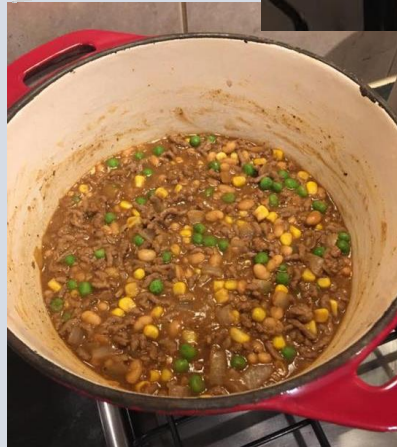


Shepard's Pie

Dryas (7) is very careful near the cooker...

Ingredients:

- Mince
- Potatoes
- Onion
- Baked beans
- Beef stock cube
- Worcester sauce
- Peas
- Sweet corn
- Gravy granules
- Butter
- Milk
- salt & pepper
- Grated cheese



Use the cooker top– but be very careful.

- Method:

Chop onion and fry off with mince until mince is cooked through.

Add baked beans (whole tin), Worcester sauce (couple of splashes) and stock cube, add a drop of water.

Add peas, sweet corn, salt & pepper and gravy granules (just sprinkle small amounts at a time until you get a nice gravy)

After cooking for 5 mins take off the heat.

Peel and chop potatoes.

Boil until soft, drain and put back in pan.

Add butter and some milk (not too much milk, better to add slowly) then mash.

Spoon onto the mince and fluff up with a fork, sprinkle grated cheese on top then pop in the oven until cheese is crispy on setting 160/170 (ours is a fan oven).

Remove from oven and enjoy

Cinnamon Sugared Doughnut Balls

Bella and Beau in the kitchen again cooking up some wonderful delights

- 1-1/8 cup Whole Milk, Warm
- 1/4 cup Sugar
- 2-1/4 teaspoons (one Package) Instant Or Active Dry Yeast
- 2 whole Large Eggs, Beaten
- 1-1/4 stick Unsalted Butter, melted
- 4 cups All-purpose Flour
- 1/4 teaspoon Salt
- Shortening
- GLAZE
- 3 cups Powdered Sugar
- 1/2 teaspoon Salt
- 1/2 teaspoon Vanilla
- 1/2 cup Cold Water Or Milk



- Method:
They're really naughty and reallllly nice!
- Warm the milk and stir in the sugar until dissolved.
- Gently stir in the yeast and leave to foam for 10 mins.
- In another bowl melt the butter and allow to cook a little so that you can stir in the eggs and it won't scramble.
- Put the butter and egg mix into a mixer with a dough hook and mix on med speed 3 while you add in the yeast milk mix.
- Then slowly add the flour a bit at a time until all in, and continue to mix/knead by machine for another 5 mins.
- Leave the dough to rest – grease a bowl and plop in the dough.
- Cover with a tea towel and leave to rise for an hour.
- Roll out to 1cm thick and cut your doughnuts then leave to rise another hour then deep fry them or do them in a pan a couple of minutes each side.
- Dust in your choice of icing sugar or caster sugar and cinnamon mix or glaze .
Remember though don't eat them !

Chocolate Swirls

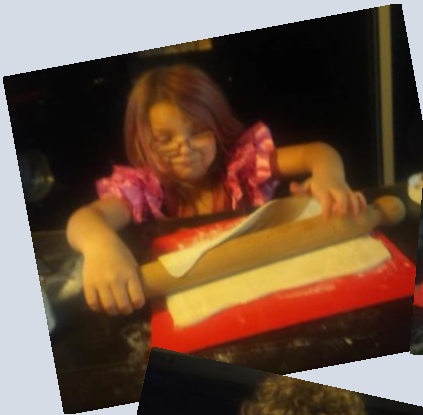
Bel and Guy made these super tasty chocolate swirls

Ingredients Needed:

Brought Puff Pastry
Chocolate Spread



- You can do so much with puff pastry bought from the shop.
- Here is just one idea of delicious things you can make.
- Roll out the pastry
- Spread with chocolate spread
- Roll up into long sausages and cut into sections
- Put the sections onto a baking tray and put in the oven
- Bake until the pastry puffs up and the look fantastic.



Amazing Apple Scones

John Henry (10) sent in this fantastic recipe.



Ingredients

225g Self Raising Flour

50g butter

4 tbsp golden caster sugar

¼ tsp cinnamon

1 apple – peeled, cored and diced

125ml milk – plus extra for brushing



Ask an adult to turn on the oven to 220c or gas mark 7

- Tip the flour into a large mixing bowl and put in the butter
- Next, very gently with the tips of your finger rub the butter into the flour
- Keep on gently rubbing the butter until the flour looks like fine breadcrumbs
- Stir in the sugar and the cinnamon
- Add the apple and give everything a mix
- Pour in the milk and stir it in quickly
- Fold the mixture over 2 or 3 times until it is a little smoother
- Now, tip the whole lot onto a lightly floured surface
- Pat it down gently into a round of about 3cm deep
- Dip a 6cm cutter into some flour, then cut scones - flouring the cutter each time
- Squash the off cuts gently back together and continue cutting some more scones until all the mixture is used up
- Finally, brush the tops with a little milk and place them gently onto a greased baking sheet.
- Put the baking sheet into the oven (you can get an adult to do this bit)
- Bake for about 18 - 20 minutes until risen and golden
- Ask an adult to take them out of the oven

Leave them to cool but
Make sure the adults don't eat all of them!

Veggie Shepard's Pie

Harrison (6) and Perrie (almost 3) have been doing a great job in the kitchen



Ingredients

Onion

Tin beans

Teaspoon dried mustard

Tablespoon balsamic vinegar

For the mash

2 large potatoes

Dairy free margarine to mash potatoes with

Salt and pepper

Pinch of grated nutmeg

Fresh parsley to add to potatoes



dairy, soya and gluten free.



Finely chopped onion fry till transparent.

Add tin beans, teaspoon dried mustard and tablespoon balsamic vinegar.

Stir well.

2 large potatoes boiled and mash with dairy free margarine salt and pepper and a pinch of grated nutmeg. Finely chop a handful of fresh parsley add to potatoes. Place bean mix into dish and spoon potatoes on the top. Heat at 180 till hot thru about 20 mins. Serve with salad

Marvellous Meringues

Harrison (11) made these fantastic works of art.



Ingredients

3 eggs

150g caster sugar

Method

Preheat oven to 140°C/275°F or gas mark 1

Line a baking sheet with baking parchment

Separate eggs into a bowl as we only need the whites.

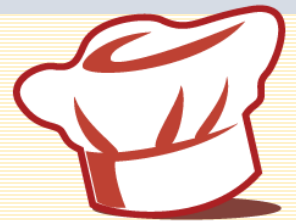
Using an electric whisk/mixer whisk the eggs until stiff peaks are formed

Add a tablespoon of sugar to the egg whites & continue to whisk, gradually adding the rest of the sugar until thick and glossy. An ideal consistency is to put the bowl upside down over your head and nothing drops out.

Shape your mixture on the baking sheet, you can make multiple small meringues or one big one...it's up to you. Bake for an hour until crisp on outside and gooey in the middle.

Turn the oven off and leave to completely cool down in the oven

Scrumptious!!



Beautiful Banana Cake

Joshua (12) made this beautiful banana cake



Ingredients

- 3 bananas
- 1/3 cup melted butter 75g
- 1/2 cup sugar 100g
- 1 large egg lightly beaten
- 1 tsp vanilla extract
- 1 tsp baking powder
- Pinch of salt
- 1 1/2 cups of flour 185g
- 1/2 cup choc chips 85g



Method

Preheat oven to 180°C/350°F

Mash banana in a large bowl

Stir in butter

Add sugar, egg, vanilla and baking powder

Add salt and flour and stir to a thick batter

Fold in chocolate chips

Put mixture into a loaf tin and bake for 50 – 60 mins.



Choco-yummy Chocolate Biscuits



Olyvia (9) and Tate (6)
Made these fantastic
biscuits.

And the best thing about
these biscuits is that they're
**Dairy – Eggs – Wheat – Soya
and Nut Free**

Ingredients

225g gluten free flour (we used plain but only because we didn't have any self raising in)

100g caster sugar

3 tbsp cocoa powder

100g dairy and soya free margarine (we use Pure)

5 tbsp rice milk (you could probably use less as I found the mixture too wet)

A few drops vanilla essence



1. Preheat oven to 190c/375f/gas mark 5 and grease two baking trays
2. Mix flour, sugar and cocoa
3. Rub in the dairy free margarine
4. Add the rice milk and vanilla essence and mix in well
5. Bring together with your hands and knead on a lightly floured surface
I found the mixture was really wet at this stage so added more flour
6. Divide the dough into 16 equal pieces
7. Roll each piece into a ball and gently flatten into a circle approximately 0.5cm thick
8. Bake for around 8-10 minutes

Orange Cheesecake

Molly (12) has been busy with a fantastic cheesecake



What a super-star



Orange cheesecake

Ingredients

- 110g Digestive Biscuits
- 50g Butter
- 25g Light Soft brown Sugar
- 350g Mascarpone cheese
- 75g Caster Sugar
- 1 orange zested
- 2-3 oranges Juiced (about 90ml)

Method



To make the base, crush 110g digestive biscuits in a food bag with a rolling pin. Melt butter in a saucepan, take off the heat and stir in 25g light soft brown sugar and crumbs. Line the base of a 20cm loose bottomed cake tin with baking parchment pressed into the bottom and sides of the tin and chill in the fridge while making the topping. 350g mascarpone cheese, 75g caster sugar, the zest of 1 orange and juice of 2-3 oranges. Smooth and creamy. Spread over the base and chill for a couple of hours.

Chinese New Year



Harrison (6) and Perrie (almost 3) were getting ready to celebrate the Chinese New Year in style

You Will Need:

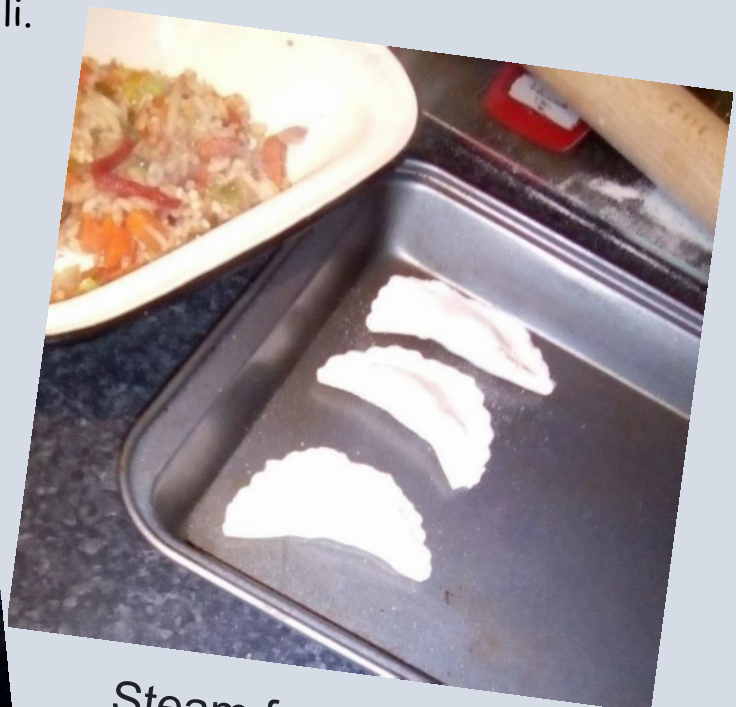
The mixture for the filling is
a spring onion chopped

two large table spoons of frozen stir fry
a tablespoon of cooked rice.

Add pinch of Chinese all spice. Garlic and
chopped ginger just a small amount of
each and if you like a touch of chilli.



Rolling out pastry this is gluten, dairy and soya free.



Steam for 15-20 mins

Cutting out circles and putting teaspoon
of mixture in

Yogurt Pot Cake

Poppy (11) makes to most wonderful cakes. Better than the shop sells

You Will Need:

This is a rite of passage recipe for French children to bake their first cake unaided.

You use the yoghurt pot for most of the ingredients as the measure.

RECIPE (I have adapted this to UK for you but noted the French too in case you study French with your children)
Oven needs to be around 170 ish. Adult help needed for oven use for small ones.

- 1 Pot of Yoghurt (natural full fat or you can use a flavour like strawberry or apricot)
- 2 Pots of Brown or White Sugar.
- 3 Pots of plain flour
- 0.5 Pot of Sunflower oil
- 3 Eggs
- 1tsp Vanilla Essence
- 1tsp Baking Powder (7.5g)
- Mascarpone Cream
- Strawberry Jam

Un pot de yaourt

Deux pot de sucre semoule

Trois pot de farine

Un demi pot de huile de tournesol

Trois Oeuf

7.5g Levure chimique (baking powder)

Deux sachets de Sucre Vanille (you can buy vanilla sugar in france instead of essence as well)

Method.

- 1) Mix everything together in bowl either by hand or with mixer
- 2) Tip into a greased cake tin (We made cupcakes today so adjust baking time but usually great for a large cake - plain or with jam & cream)
- 3)Put in Oven for around 30-40 minutes until cooked.
- 4) Check its cooked with a knife in the centre which should come out dry.

Mélanger tout simplement les ingrédients!

Enfourner pour environ 30-40 minutes de cuisson.

Vérifier la cuisson avec la pointe d'un couteau (elle doit ressortir sèche).

et Voila!!



Cookies and Gingerbread

Jessica and James just love to cook and they are getting better all the time.

For the Cookies You Will Need:

Makes: 16 to 20 cookies

- 125g butter
- 160g soft brown sugar
- 60g caster sugar
- 1 egg
- 1 teaspoon vanilla essence
- 150g self-raising flour
- 120g plain flour
- 1 teaspoon baking powder
- 190g milk chocolate chips

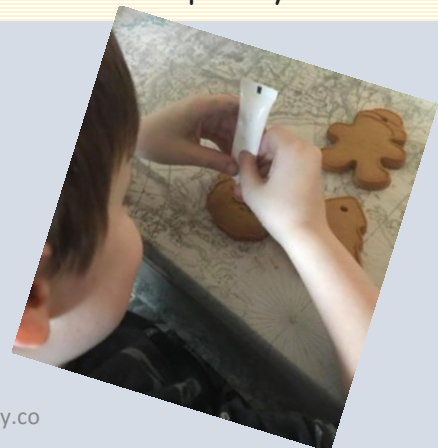


Method

Prep:15min > Cook:12min > Ready in:27min

1. Ask an adult to preheat the oven to 160 C / Gas 3.
2. Line 2 baking trays with greaseproof paper.
3. Melt butter in a saucepan over medium heat (or in the microwave). Set aside to cool slightly.
4. Pour butter into a large bowl and stir in brown sugar and caster sugar; stir until smooth and sugar has mostly dissolved.
5. Lightly beat egg with a whisk or fork; stir into the sugar mixture along with the vanilla.
6. Sift flours and baking powder together into a small bowl; gradually mix into sugar mixture until combined.
7. Stir through chocolate chips.
8. Drop rounded tablespoons of the cookie mixture onto lined baking trays.
9. Bake for 12 minutes or until golden; remove from oven and allow to cool on trays for 3 minutes before transferring to a wire rack to cool completely.

And they even had time to decorate some ginger bread!



Honey Sticky Chicken

Ethan is a master in the kitchen and he writes out his own recipes as well.

You Will Need:

Makes enough for four

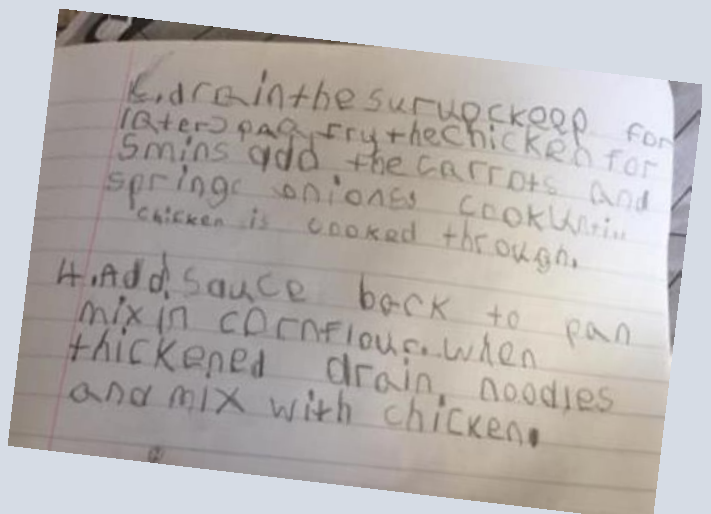
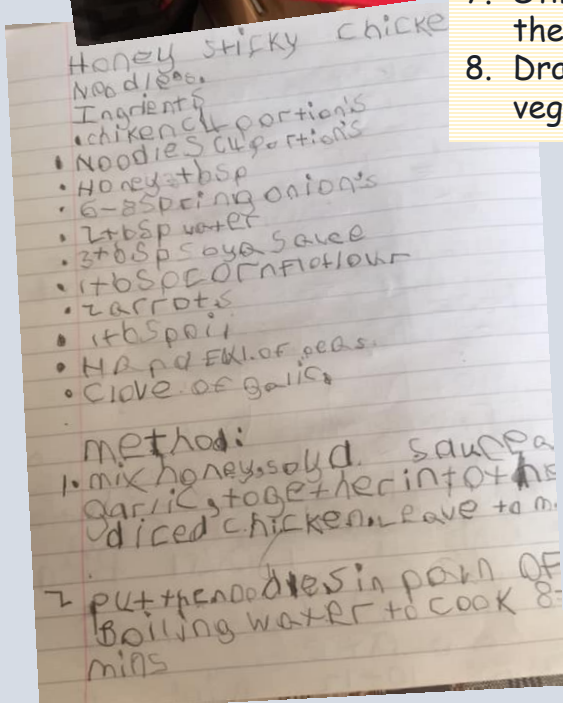
- 4 portions of chicken breast
- 4 portions of noodles
- 3 tablespoons of honey
- 6 – 8 spring onions chopped
- 2 tbsp water
- Soy sauce
- 1 tbsp cornflour
- 2 carrots cut into thin batons
- Handful of peas
- Clove of garlic



Method

Prep:15min > Cook:12min > Ready in:27min

1. Mix the honey, soy sauce and garlic together and add the diced chicken. Leave to marinate
2. Put noodle in pan of boiling water to cook (check the times on the packet)
3. Drain the chicken and put the sauce by in a pot - you will need this soon
4. Stir fry the chicken for 5 mins then add the carrots, spring onions and peas
5. Cook until the chicken is cooked through
6. Mix cornflour into the sauce and add back to the pan.
7. Stir fry all together and the cornflour will thicken up the sauce
8. Drain the noodles and add to the chicken and vegetables.



A Yummy Pizza

Bel (6) and Jon (11) just love their pizzas

Method

Next up we have a home made pizza the easy way....

- 1 packet ready to roll pizza base
- 1 tub passata
- some grated cheese
- topping of your choice Bel and Jon used cheese peppers and tomatoes today

lay pastry on a baking sheet (we put ours on grease proof paper for ease of moving about)

put a thin layer of passata over the base then add toppings of choice, put cheese over the top (this stops toppings burning)
place in middle of the oven on 180° until golden brown (about 25minutes)

Enjoy. Much better than a take-away



Chocolate Crunch

Molly (12) has made these wonderful treats.



CHOCOLATE CRUNCH

INGREDIENTS

215g PLAIN FLOUR
160g MARGARINE
160g CASTER SUGAR
20g COCOA POWDER
1 TSP BAKING POWDER
1 EGG
3/4 TSP VANILLA ESSENCE

METHOD

BEAT THE SUGAR AND MARGARINE TOGETHER.
ADD THE FLOUR, COCOA POWDER, BAKING POWDER, VANILLA ESSENCE, BEATEN EGGS AND MIX WELL.
PUT INTO A GREASED TIN AND PRESS GENTLY ON THE TOP WITH A FORK.
BRUSH WITH WATER AND SPRINKLE REMAINING SUGAR.
BAKE IN THE OVEN AT GAS MARK 5 FOR 30 MINUTES.
CUT INTO PORTIONS WHILE STILL WARM.

