

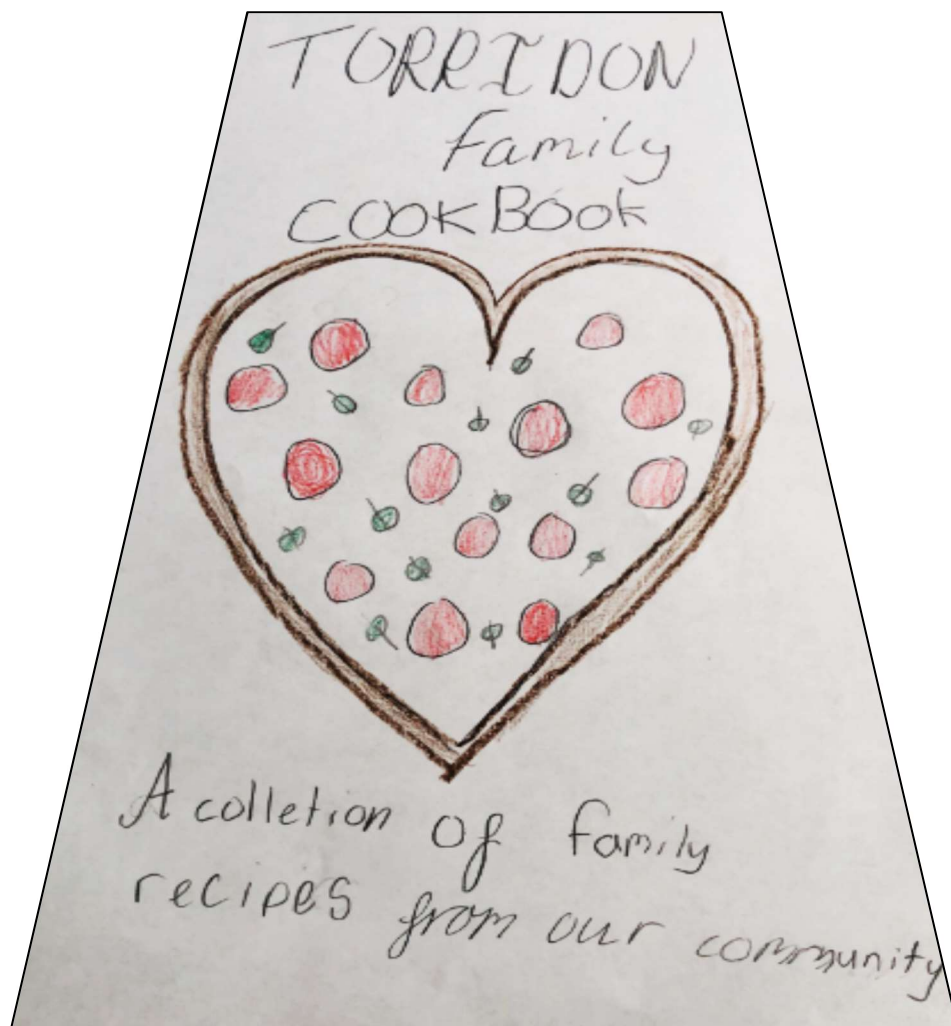


By Isabelle Hampson

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By Harrish Ragavan

Taiwanese Castella Cake by Isabelle Hampson in 6c

Castella cake is a famous Japanese dessert. This fluffy, pillow-like sponge cake was first brought to Japan by Portuguese merchants in the 16th century and then introduced to Taiwan during the age of Japanese rule.

Ingredients

65g self-raising flour

65g unsalted butter

65g milk

4 egg yolks

4 egg whites

Vanilla extract

65g caster sugar

Method

1. Preheat the oven to 150c
2. Separate the 4 eggs into yolks and whites
3. Sieve the flour into a mixing bowl
4. Melt the butter and milk together in a saucepan
5. Once melted, pour this butter mixture into the bowl with the flour. Mix together.
6. Add the egg yolks and mix thoroughly.
7. Add vanilla extract and mix.
8. In a separate bowl, whisk the egg whites. Add the caster sugar to the whites and whisk until stiff.
9. Pour in the yolk cake mixture into the egg whites and fold the mixture together until combined.
10. Line a loaf tin, inside, with baking paper and outside with foil.
11. Pour the cake mixture into the loaf tin. Smooth the top of the mixture and tap tin to get rid of any air pockets.
12. Place the loaf tin into a bigger baking tin and pour in hot water halfway to create a water bath
13. Place in the oven for 50-55 mins.

Enjoy!!

You can watch the recipe on <https://www.youtube.com/watch?v=840D3AcTmcM>

Natasha's Pancakes with Pear, Yogurt and Honey

This is a very simple and yummy recipe for either your morning breakfast or a simple snack.

Ingredients (serves 4)

- 1 cup of self-raising flour
- 1 cup of semi-skimmed milk
- 1 large free-range egg
- 1 pear
- Olive oil or unsalted butter
- Natural yogurt
- Runny honey



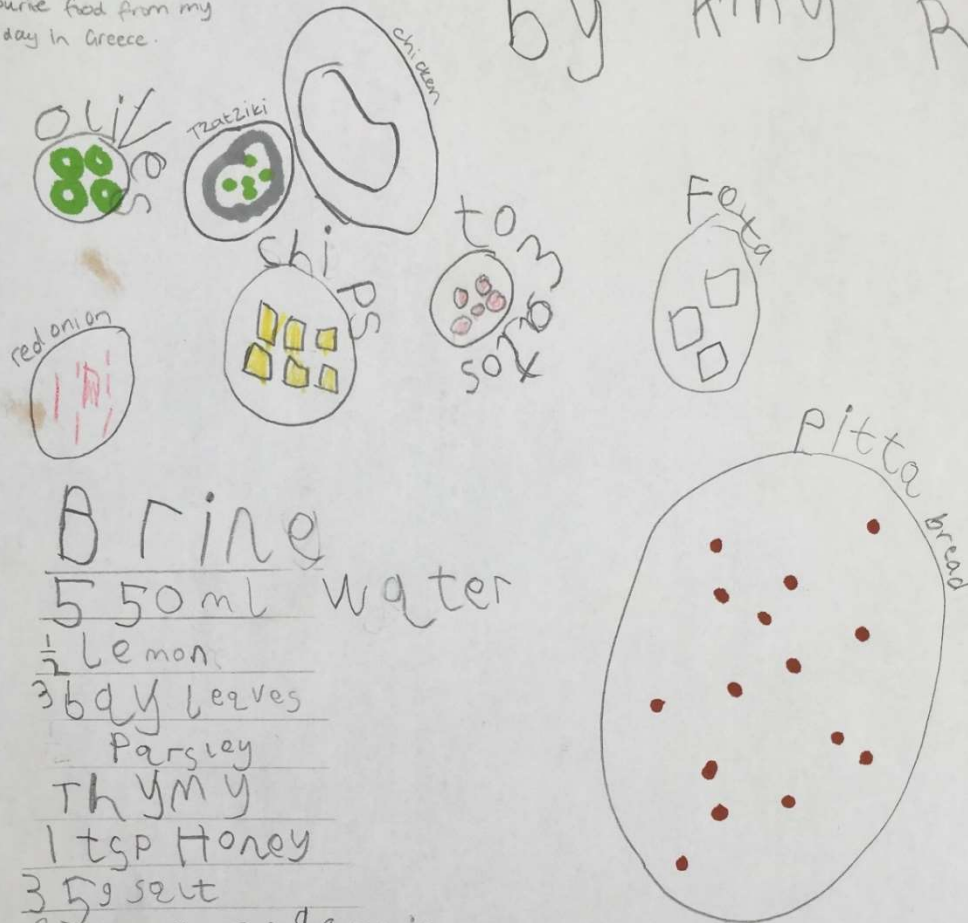
Method

1. Put the flour, milk, egg and a pinch of salt into a mixing bowl and whisk until smooth.
2. Grate, or chop the pear into small 1cm pieces and gently stir into the mixture.
3. Add a tbsp of oil or a knob of butter into a large pan on a medium heat, then add the batter, a spoonful at a time. Cook them for a few minutes, or until golden brown on the bottom, then flipping over and cooking for a few minutes until they're done.
4. When they are golden and fluffy, serve them right away with a dollop of natural yogurt and some runny honey drizzled over the top.

chicken souvlaki

This recipe is from my favourite food from my holiday in Greece.

by Amy RL



Brine

550ml water

$\frac{1}{2}$ lemon

3 bay leaves

Parsley

THYME

1 tsp Honey

35g salt

2 cloves garlic

1 tsp PEPPERCORNS

- Put all brine ingredients in a saucepan, bring to the boil and then leave to cool for one hour.
- once cool strain and put bitesize chicken pieces into the brine for at least one hour.
- Drain the chicken pieces and dry with paper towel.
- Cook in a small amount of olive oil on the hob until brown.
- Finish in the oven for five minutes.

To Serve:

Put chicken into toasted pitta bread with tzatziki, red onion, tomatoes, olives, feta cheese and chips.

Pancakes by Kaiden-Shae Jackson year 6RN

Ingredients

Flour

Eggs (🥚🥚)

White sugar

Baking Soda

Table salt ()

Whole Milk or Butter milk (🥛)

2 whole lemons (🍋🍋)

Butter ()

Sugar

Cooking equipment: -

Non-stick pan

Whisk

Cup

Table soon

Large size bowl

Spatular



Method

1) Firstly, add 2 and a half cups of flour to a large sized bowl;

2) Next, now add 3 tbsp full of sugar ,2 tsp of table salt,1 tsp of baking powder and 1 tsp of baking soda, then use a whisk to combined;

3) Then, get another large bowl and add 2 and a half cups of butter milk (but if you don't have buttermilk use 2 and a half cups of whole milk and a

4) Add whole lemons worth of lemon juice and let it stand for 5-10 minutes on its own),
-1 stick of unsalted butter but melted and 2 egg yolks (without the egg whites) then whisk together;

5) Now, add the buttermilk mixture to the dry ingredients and gently mix it until just combined (do not over mix your batter then it will be to dense and they will become really flat like the shop ones) Tips: also use a rubber spatula instead of a whisk that will help you fold the ingredients together.

6) Now add the un-whipped egg whites to your batter and fold it until just combined,(this may look under mixed but that's what you want some lumps and small pockets of flour is what it should look like;

7)Now get a pan non-stick or cast iron, set your pan over a medium heat and add a tbsp of butter (unsalted) turn down to a medium heat of like gas mark 5

8)Then add a third cup of batter to the hot pan now this is the time for you to customize your pancakes by putting fruit of whatever you want in the middle of the pancake while on the pan; (optional).

After a few minutes, you will see air pockets in the pancakes and that's the right time to flip them ;
Lastly, repeat the same steps (8) when cooking the pancakes .

Campbell's 'Olive Special' Pizza.

This is Campbell's "favourite meal" and a Friday night family treat... A drawing of the creation is attached!

Ingredients

For the dough:

1 kg white bread flour or Tipo '00' flour, or 800g strong white bread flour or Tipo '00' flour, plus 200g finely ground semolina flour

1 teaspoon fine sea salt

2 x 7 g dried yeast sachets

1 tablespoon golden caster sugar

4 tablespoons extra virgin olive oil

For the topping

- Tomato passata
- Mozzarella
- Olives

The dough...



- 1 Sieve the flour/s and salt on to a clean surface and make a hole in the middle (a 'well')
- 2 Mix the yeast, sugar and oil into 650ml of lukewarm water in a jug – leave it for a few mins and then pour it into the well
- 3 Get a fork and mix it together – making sure that you bring the flour in from the sides and swirl it into the liquid.
- 4 When it all comes together add the rest of your flour using your hands (clean and with flour on!). Then knead it until it becomes a springy dough.
- 5 Dust a bowl with flour and put the dough in it, cover it and leave it somewhere warm (kitchen is often best!) for about an hour.
- 6 After the hour or so is up – take the dough out and put it on a surface that is dusted with flour. Then knead it a bit and push the air out.
- 7 You can use it immediately – or keep it in the fridge (or freezer) if you want.
- 8 When you want to use it, roll the dough out on a flour-dusted surface to the shape/size you want.
- 9 Then put them on an olive-oil rubbed baking tray.

The topping... (this is your personal choice, but for Campbell...)

1. Spread a thin layer of tomato passata on the top of your dough – a spoon is best!
2. Take your olives and place across the pizza (as many as preferred –for Campbell, lots...)
3. Chop/or rip the mozzarella into small pieces and place across the pizza so that the top is broadly covered.

Preheat the oven to 250°C/500°F/gas 9 – and cook the pizzas when ready for 7 to 10 mins.

Easy Cookie Recipe by Maram 3V

If you are one of those mums (like me) to whom baking doesn't come naturally...but has a child that loves baking...This recipe will surprise you. Easy, quick, and with a delicious result!!

Thank you so much [Holiplay](#) for giving us the recipe



Ingredients

225g butter, softened

110g caster sugar

275g plain flour

Optional – finely grated orange/lemon zest

Method

Prep: 15 min – Cook: 15 mins

1. Preheat oven to 180 C / Gas 4
2. Put the butter in a large bowl or in a food mixer and beat until is soft
3. Add the sugar and beat until the mixture is light and fluffy
4. Sift in the flour and the zest (optional)
5. Bring the mixture together to form a dough
6. Using your hands, roll the dough into walnut-size balls, place them slightly apart on a baking tray (or on a rack with baking paper) and flatten them slightly
7. Bake them for 13-15 minutes or until they are light golden brown and slightly firm on top
8. Carefully transfer the cookies to a wire rack to cool

Tips:

- Remove the cookies from baking tray while still warm or they will stick
- If you have leftover dough, shape it like a log and leave in the fridge for up to 2 weeks or freeze for up to a couple of months. To bake, cut off slices 1 cm thick and cook on a baking tray in preheated oven
- Sometimes we don't do walnut size balls, sometimes we just use our imagination and create different shapes, or leave our fingerprints

Evie's Catford Crumble

Evie's catford crumble

Ingredients

3 Apples

1 Teaspoon cinnamon

1 Tablespoon caster sugar

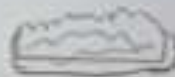
1 Tablespoon Apple Juice

75g unsalted Butter

100g plain flour

50g oats

50g Brown sugar



What to do...

1. Preheat oven to 180°
2. Peel and core apples then chop
3. Put apple, cinnamon, caster sugar and juice in a bowl and stir
4. Tip mixture into baking dish
5. Cut butter into cubes
6. Put butter and flour in a mixing bowl and rub together to look like crumbs
7. Stir in the oats and sugar
8. Sprinkle the mixture over the apples evenly
9. Cook for 40 minutes

This was my winning entry to the 2014 Catford crumble competition



Banoffee Cupcakers by Beatrice and Imogen Steadman

Ingredients

Cake

125g unsalted butter, diced
125g golden caster sugar
3 medium eggs
3 tablespoons milk
250g self-raising flour
1 teaspoon baking powder
1 heaped teaspoon of ground cinnamon
3 ripe bananas, mashed

Topping

350g (approx.) dulce de leche
Chocolate hearts and icing sugar to decorate

Method

1. Preheat the oven to 170°C fan/190°C/gas mark 5 and arrange 24 paper cases inside two fairy-cake or bun racks.
2. Cream the butter and sugar together, then incorporate the eggs, one at a time, and then the milk. Don't worry about the mixture appearing curdled at this point.
3. Sift and add the dry ingredients, then stir in the mashed bananas. You can prepare the mixture in a food processor, in which case just give it a quick whizz after adding the bananas.
4. Fill the paper cases 2/3 full, with about a tablespoon of mixture, and bake for 25 minutes until risen and golden. Leave to cool.
5. Smooth a teaspoon of dulce de leche over the surface of each cake, but don't worry about completely covering it.
6. Decorate with a chocolate heart (or decoration of your choice) in the centre.
7. If you like, dust with icing sugar using a tea strainer or sieve.

This recipe comes from Annie Bell's *Gorgeous Cakes*. It is a family favourite - we have baked them a lot during lockdown!



Fabulous, Fantastic Food

Mama's couscous story

On Friday of every week we celebrate the day by having a family reunion in my parents house. My whole yacing and sound and her children bring with them.

Algerian traditional sweets "baklava"

While my mum cooking the delicious couscous with the ingredient my dad brought from the local market (vegetables, chicken, herbs and spices)

me and my cousins playing in the garden. We were doing a race and I won.

end of the day we had a wonderful time and fantastic food.

Sharing the instructions

The cooking of the favourite family recipe

- two diced onions and three tomatoes
- diced red and green peppers
- four whole eggs
- garlic, salt, paprika and parsley
- the first the most important is wash all the ingredients and the utensils.

Fry the onions in a little vegetable oil until soft for 10min and add mix peppers and continue frying for 15min adding salt, paprika, garlic and chopped tomatoes, cover with a lid in a low heat for further 15min.

to finish the dish add beaten eggs, let it cook for 5min, switch off the gas and let it simmer for 5min.

garnish with parsley serve and enjoy.

"Chak Chouka"

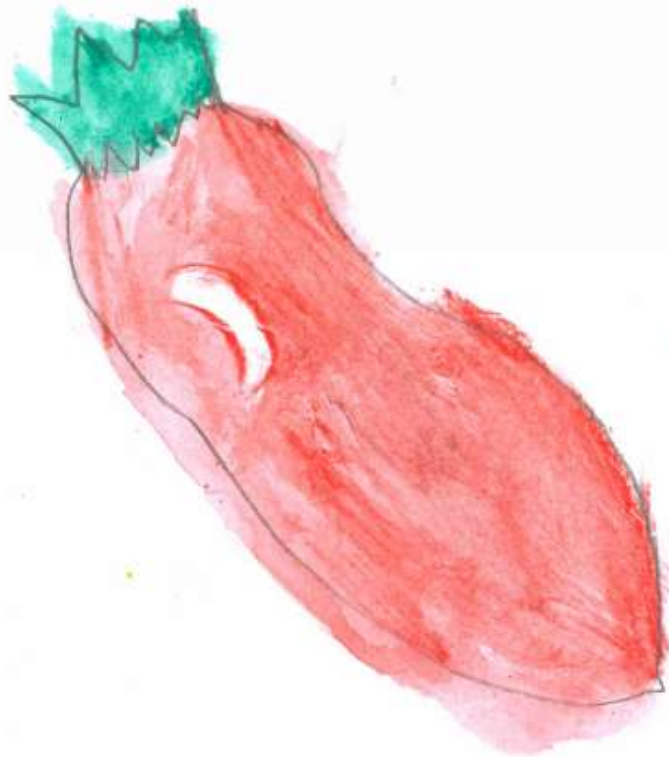


Grandma's Slow Cooker Chilli Recipe from Hazel and Iris Dent

1 can kidney beans, rinsed and drained
1 can chickpeas
1 can black bean soup
1 can baked beans
1 can chopped tomatoes
1 can sweetcorn
1 onion, chopped
1 green pepper, chopped
1 stalks celery, chopped
1 garlic cloves, chopped
1 tablespoon chilli powder, or as much as you like
1 tablespoon dried parsley
1 tablespoon dried oregano
1 tablespoon dried basil

Put all the ingredients in the slow cooker for 2 hours. Serve with wraps, homemade salsa, cheese, yoghurt, guacamole, rice or jacket potatoes

This is grandma's recipe and we've used many times for family parties because it is easy, cheap and serves 8 people (16 if you double the ingredients and have a big enough slow cooker).

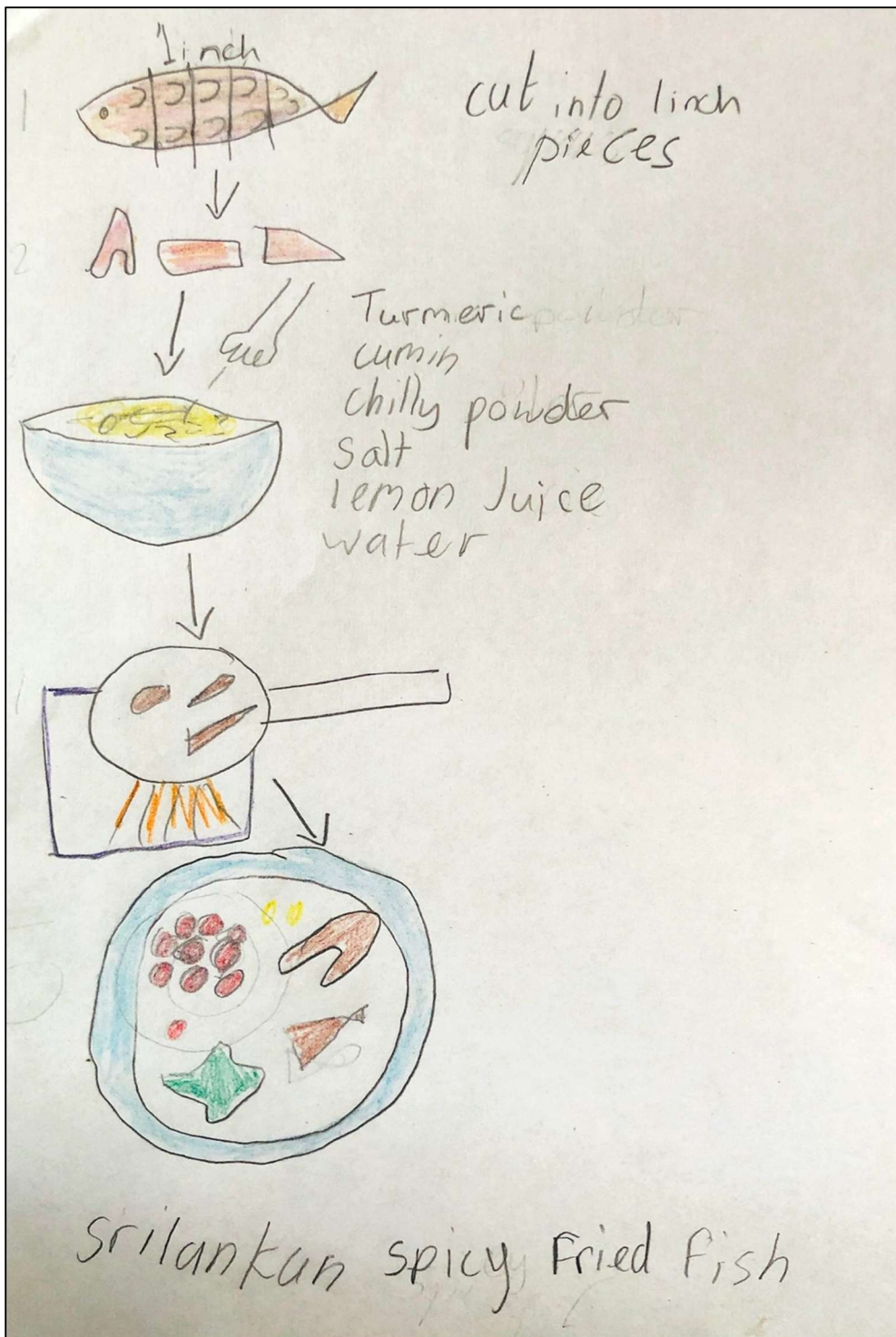


Ingredients

- 1 whole fish (Sea Bass or any fish of your choice)
- Red chili powder (1 tsp)
- Coriander powder (1 tsp)
- Cumin powder (1 tsp)
- Turmeric powder (1/2 tsp)
- Ginger and garlic paste (2 tbsp)
- Lemon juice (1 tsp)
- Water (1 tbsp)
- Salt to taste
- Oil for deep frying

Method

1. Wash and clean the fish
2. Slice the fish into 1inch portions
3. Make the marinate paste in a bowl with red chili powder, coriander powder, cumin powder, turmeric powder, ginger and garlic paste, lemon juice and water.
4. Add the fish pieces into the marinate paste and coat the fish.
5. Let it soak for 30mins.
6. Heat the oil in pan.
7. Deep fry the marinated fish until it turns brown.
8. Serve as a side dish for rice, roti or with salad.



About this recipe

Sri Lanka is situated in the middle of Indian Ocean. As it is an island, fresh fish is available across the country, all year round. Fish is a staple food for Sri Lankans and it accompanies a variety of different food such as rice, roti, salad or enjoyed on its own. Different recipes were passed down generations and this is one of our favourite family recipe.

Yam Porridge with Spinach Leaves by Laju 3V

Ingredients

1/2 Tuber medium size yam
3/4 Cup vegetable oil
Washed Spinach(chopped)
3 medium tomatoes
2 red bell pepper
1 scotch bonnet
1 1/2 red onion
Spring onions(chopped)
1 Tablespoon crushed garlic
Seasoning
Salt

Method

1. Peel the yam and cut into small sizes. Wash and set aside
2. Coarsely blend in a blender tomatoes, one red onion, scotch bonnet pepper and red bell pepper.
3. In a pot, heat the vegetable oil. When it's hot, fry the remaining half onion until it's golden brown.
4. Pour in the coarsely blended tomatoes and pepper mix. Cook for about 5mins. Add medium amount of water that will be enough to cook the yam to the stew.
5. Add seasoning to taste. When the stew boils, add yam and leave to cook
6. When the yam is well cooked, lower the heat and add chopped spinach with spring onions and garlic. Add a few pinches of salt to taste and allow to simmer for 3mins and stir together.
7. Turn off heat and serve hot or warm.

Brief description of recipe

Yam

Yam is widely used as an important staple food. It originated in Africa and the Caribbean.

Yam is in the class of root and tubers that is a staple of the Nigerian and West African diet. Most yam species originated in Africa and Asia.

Many social and religious festivals are associated with planting and harvesting yam. It generally takes 7-10 months before the tubers can be harvested.

Delicious Fruit Smoothie by Grace and Elliot Webster



Ingredients:

Handful of Strawberries, Blueberries, Raspberries

Frozen Banana (can use normal banana)

Tablespoon of Honey

2/3 Tablespoons of Natural Yogurt

Method

1. Layout all your ingredients.
2. Put the strawberries, blueberries and raspberries into the blending container.
3. Peel and chop the banana (if frozen allow to defrost for 5 mins before cutting)
4. Add the banana, honey and yogurt to the blending container.
5. Whizz with a handheld blender or use a normal blender, until the mixture is smooth.
6. Pour into glasses and enjoy in the sunshine!! (You can put it through a sieve first if you prefer without seeds)



Swiss Zopf Bread by Claudia Radu and Year 5

Ingredients:

1 large egg
1 kg plain flour
3 teaspoons of salt
2 teaspoons of sugar
120 g butter
600 ml warm milk
14 g dried yeast (2 sachets)

Method

Put flour, salt, sugar and butter in a large bowl. Dissolve the yeast in the warm milk and add in as well. Add the egg white keeping the yolk for later in a bowl. Knead the dough until all flour is mixed in. If the dough feels too hard, add more soft butter. Then cover with foil or a wet kitchen towel and let it rise for 45 min in a warm place, on a radiator or in the sunshine ☀️.

Divide the dough into 2 or 3 parts and braid however you like it. There are lots of videos for braiding Swiss Zopf Bread but here is a simple one I used.

https://www.youtube.com/watch?v=WWo_fjZZvNs

Place the bread on a greasy tray. You get 2 large breads or 3 smaller ones. Leave on a side for a further 20-30 min to leaven again. Coat with 1 egg yolk using a brush to make it shiny. Optional-Sprinkle with seeds. Bake at 180-200° C for about 20-30 min or until brown. Place on a cooling rack for 20 min before serving. Enjoy! 😊

TIP: I have used the same dough for pizza base and doughnuts 🍕 😄 Remember to add less sugar for pizza and more sugar when making doughnuts.



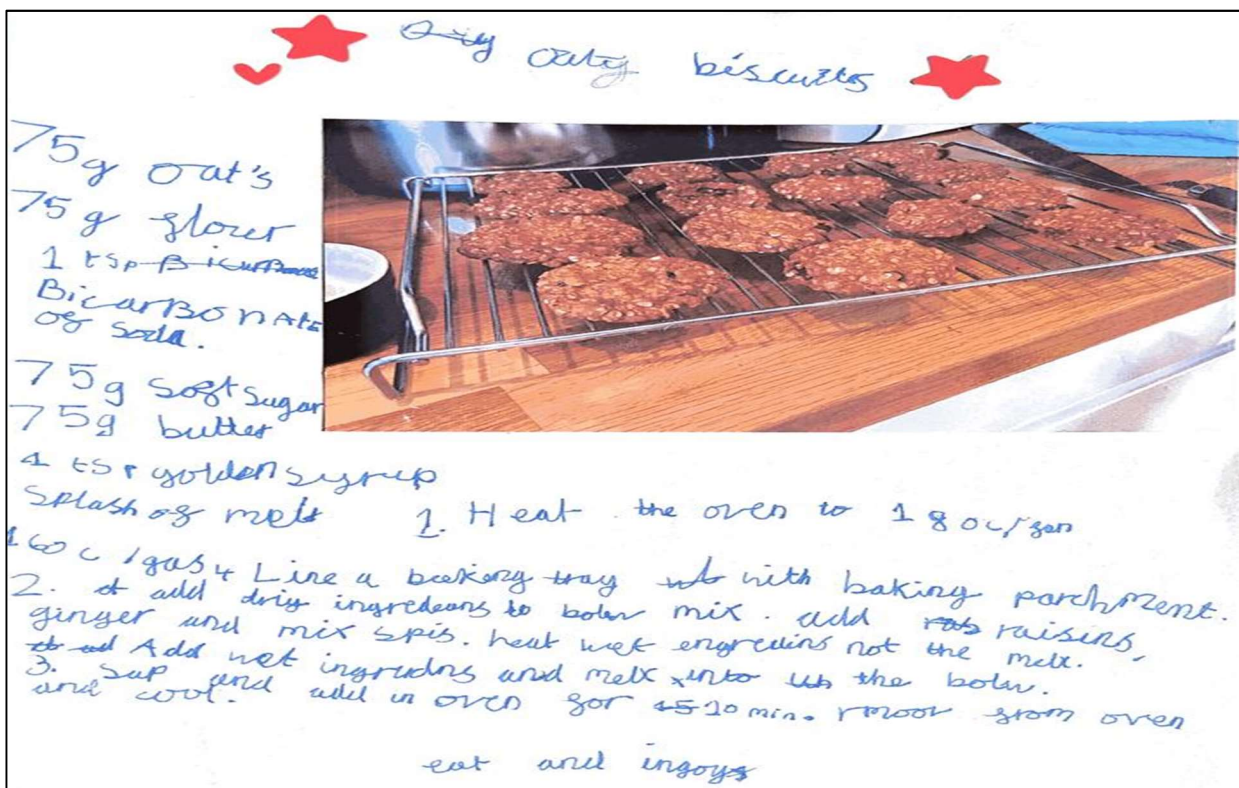
Lucy's Oaty Biscuits

Ingredients

75g oats
75g plain flour
1 tsp Bicarbonate of Soda
75g Soft Brown sugar
75g butter
4 tsp golden syrup
A splash of milk
Raisins, powdered ginger and mixed spice if you want

Method

1. Heat the oven to 160 fan. Line a baking tray with baking parchment
2. Mix all the dry ingredients together in a bowl. Add raisins, ginger and mixed spice. Heat the wet ingredients apart from the milk (i.e. heat the golden syrup and butter in a pan until the butter has melted and it's all mixed together). Then mix that into the dry ingredients, and add enough milk to get it all stuck together.
3. Shape the biscuits by hand on the baking tray. Put in the oven for 10-15 minutes. Remove from the oven and cool.



Lamb Souvlaki and Tzatziki by Bertie 3C & Arthur 1S

This recipe is inspired by some very happy family holidays in Crete. It has been comforting in lockdown as when we eat it we can imagine ourselves in a seaside Taverna looking out over the Mediterranean.

Serves 4

Ingredients

For the Souvlaki

4 lamb steaks
Olive Oil
Juice and zest of one lemon
2 cloves of garlic finely chopped or crushed
Dried oregano
A splash of red wine (if you have alcohol)
Salt and Pepper
One large pepper cut into squares
One large red onion cut into wedges

For the Tzatziki

1 cucumber
Greek yoghurt
1 large clove of garlic, crushed
Red wine vinegar
Olive Oil

Method

1. Cut the lamb steaks into cubes and place them in a dish. Add a good slug of olive oil, the lemon zest and juice, garlic, oregano and wine (if using) and season well. Cover and leave to marinate for at least an hour (longer if possible).
2. Meanwhile make the Tzatziki. Line a sieve with a couple of pieces of kitchen paper and grate the cucumber into the sieve using a coarse grater.
3. Gather the cucumber up into the kitchen paper and squeeze and press as much of the liquid out as possible.
4. Once there is no more liquid coming out put the cucumber in a bowl and add a few large spoonfuls of Greek yoghurt (I do this by eye rather than exact measurement!), the garlic, a good glut of olive oil and a little drizzle of red wine vinegar - Greek if you can get it as it's milder than the standard version we buy. Give it a good mix and season to taste.

5. When ready to cook the lamb, soak some bamboo skewers in cold water (this helps stop them charring) and thread the cubes onto them alternating with cubes of green pepper and red onion (you can leave out the veg if you aren't keen like Bertie and Arthur and make up for it with extra salad to accompany!)
6. Heat a griddle pan on a high heat until it is smoking and add the souvlaki skewers turn them using tongs or oven gloves until they are browned on all sides and then turn the heat down to finish cooking to your preferred level of pinkness. If you don't have a griddle pan you can also cook them under a grill or on a BBQ.
7. Serve the souvlaki with the Tzatziki, some pitta bread and a Greek salad. If we are really hungry we sometimes also do some homemade wedges cooked Greek style in the oven with lemon juice, garlic, olive oil and rosemary.
8. Enjoy!

Sprinkle Cupcakes by Rhylee and Rhonelle Steele

Ingredients

250g of cake Margarine
250g of sugar
250g of eggs (weigh them in their shells)
250g of self-rising flour
A Teaspoon of baking powder
A teaspoon of vanilla essences
Cupcake cases
Sprinkles
Food colouring if required (for butter cream)

Butter Cream

500g of unsalted butter
1000g icing sugar
Table spoon of vanilla essence

Method

1. Mix in together the Margarine and sugar until creamy.
2. Add in the eggs and keep mixing.
3. Add the self-rising flour, the baking powder and vanilla essence
4. Once all mixed together you can use a spoon and take out the mixture and divided them into the cupcake cases.
5. Get an adult to place them in the oven at 180.
6. Get an adult the cupcakes after 20-25 mins until nice an golden brown.
7. While the cupcakes are cooling down you can make up the butter cream to go on top.
8. Using a spoon place the butter cream on top evenly and add your sprinkles.
9. They are now ready

ENJOY

This recipe was given to us by our Nanny who we bake with regularly and this is a favourite one we like to do.



Lauren's "The Dish"

'The Dish' was always made by my mum when she would come from a busy day. It is super simple! It was one of our favourite dishes for my mum to cook, mainly because I love cheese. Still today, when I am with my sister we cook this dish in the winter or if we are feeling down.

Ingredients

1 x pack of sausages/ vegetarian

1 ½ x tinned tomatoes

Grated Cheese

1 x bag of pasta/ Gluten Free pasta

Serves 4

Method

Fry sausages in a pan for 10-12 minutes

Bring a pan of water to boil, add a sprinkle of salt. When the water has boiled, add the pasta.

Pre-heat the oven to 180 degrees.

When the sausages are cooked, cut them in small pieces and place in oven proof dish.

Place pasta, sausages and tomatoes in the oven proof dish. Sprinkle some cheese on top

Cook for 10-15 minutes until cheese has melted. Then if you're like me, add more cheese and cook for a little longer.

Spoon into bowls (add more cheese) and enjoy!

Reception Bubble's Moon Squirter Pizza

Reception read the story of “I will not ever never eat a tomato” by Lauren Child. Over the week, the children made their own tomatoes sauce by adding different seasoning. Then finally rolled their pizza dough and added their toppings.

Ingredients

500g strong bread flour

7g yeast

Pinch of salt

300g of water or until dough is sticky

Tomato puree or tinned tomatoes with added herbs.

Toppings of choice; We used cheese, ham. Olive, courgette, mushrooms, sweetcorn

Method

Mix bread flour, yeast and salt together.

Then add the water slowly. The dough should start to form a sticky texture.

Cover the dough in cling film and leave for at least 2 hours.

Once the dough is ready, roll it on to a floured surface to form the base.

Pre-heat oven on 180 degrees.

Mixed herbs, salt and pepper into tinned tomatoes or puree.

When the pizza has been rolled out, spread your ‘moon squirter’ sauce on the pizza.

Add cheese and your choice of toppings.

Cook for 12-15 minutes or until golden brown on top.

Also by Dora HomeV

resistable

Pavlova !!

- 3 egg whites
- $\frac{1}{4}$ teaspoon cream of tartar
- about 200g sugar
- 1 teaspoon vinegar
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- non-sweet whipped cream
- fresh strawberries

Don't even try this without an electric mixer without a whisk attachment. Warm the egg whites a bit in their stridge cold, then pour into a bowl with the cream of tartar. Beat until thick and glossy. Then gradually beat in sugar (I do 2 tablespoons per 2 minutes). A year all the sugar has been used it should be thick and glossy. Use a baking tray with foil and heat the oven to 140°C / 120°C fan x 285°F / gas 1. Fold the vinegar into the mixture during the cooking. Smooth the mixture into a dollop. Bake for 1 $\frac{1}{2}$ hours -ish. Wait for it to cool then decorate. Finally!

By Dora 4J



Lizzie's Crispy Salmon Stir – Fry

Serves 4

Ingredients

- 4 fillets salmon (Skin on, but bones removed)
- Little nubbin of ginger, finely chopped
- 2 garlic cloves, finely sliced
- Pack of mange tout
- Pack of mini sweetcorn
- (1 little red chilli, finely chopped...if you like the spice!)
- Handful fresh coriander, roughly chopped
- 2 Spring onions, finely sliced
- 2 tablespoons light soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon honey or brown sugar
- 2 table spoons vegetable oil
- 400g dried noodles

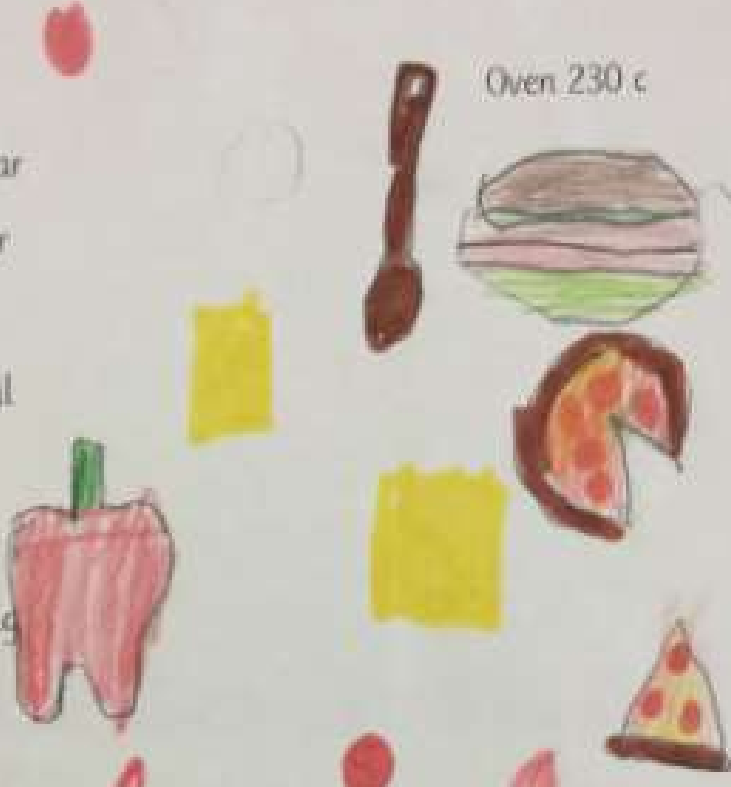


Method

1. Heat 1 tablespoon of oil in a lidded pan on a high heat. Put the salmon in the oil skin side down and fry for 3 minutes so that the skin turns brown and crispy.
2. Meanwhile, heat another tablespoon of oil in a wok or frying pan on a medium heat. Chuck in all the vegetables, ginger and garlic and stir fry. If they start to burn, put tiny spoonful of water in.
3. Start boiling water in a third pan, then put in the noodles so that they cook.
4. In the other pan, when the salmon skin is brown, put the lid on and turn the heat down to low so that the salmon meat cooks gently.
5. Keep stir frying the vegetables making sure the garlic doesn't burn. After about 7 minutes, add the soy sauce, fish sauce and honey/sugar. Stir.
6. When the noodles are cooked, transfer them to the vegetable pan and stir into the sauce. Top up the sauce if necessary.
7. Put noodle and vegetable mixture into a serving bowl.
8. When the salmon has turned a whiter pink and is cooked, place it on top of the noodles and sprinkle with the coriander and any extra spring onion slices.
9. Enjoy!

Year 2's Little Red Hen Pizza Recipe

During 'Fabulous, Fantastic Food' week, Year 2 read the story 'Little Red Hen makes a Pizza'. They then created their own pizzas and added toppings.



The page features several hand-drawn illustrations. At the top right, there is a drawing of a wooden spoon and a bowl containing layers of ingredients like meat, cheese, and vegetables. Below this, there is a drawing of a pizza slice with toppings. To the left of the pizza slice, there is a drawing of a whole pizza. In the center, there is a drawing of a red bell pepper. There are also several small red circles scattered around the page, resembling pepperoni toppings.

Ingredients

- 8g yeast
- 1 teaspoon white sugar
- 240ml of warm water
- 320g bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt
- Tomato puree
- Your favourite topping
- Mozzarella cheese

Instructions

1. Wash your hands
2. Weigh the ingredients and put them in a bowl
3. Mix them together
4. Knead the dough
5. Roll the dough on to the greasyproof paper
6. Spread the tomato sauce in the dough
7. Chop your favourite toppings and put it in the pizza
8. Sprinkle the cheese on to the pizza
9. Put your pizza in the oven and for 15 minutes
10. Eat it all up!

Crunchies by Dorothy

This is a recipe for biscuits that I used to make when I was a child. They are from a very old recipe book (Be-Ro Home Recipes) that my mum used. I always enjoyed making, and eating these biscuits, and during lock-down I've re-discovered them. They are quite sweet so you could use less sugar or forget about the icing.

Ingredients

100g Self raising flour

50g lard

50g margarine

75g sugar

50g rolled oats

1 teaspoon golden syrup

3 teaspoons boiled water

Vanilla essence to taste

I JUST USED 100g OF
Trex INSTEAD OF LARD
AND MARG.

Method

1. Cream the fats and sugar together and then add the syrup, water and vanilla essence.
2. Stir in the flour and oats.
3. Roll into balls about the size of a large marble and place on a greased baking sheet.
4. Bake for 15 minutes. Reg 3- 4 300 – 375 F 180 C
5. Keep an eye on them as they can burn very quickly. It's a good idea to turn the tray round half way through baking.
6. Cool down then dribble some runny icing over them.
7. Enjoy.



Jennie's Kentucky Chicken with Honey and Soya Sauce

Ingredients:

1 large packet of chicken wings
Lime/lemon
Garlic seasoning
Chicken seasoning
All-purpose seasoning
Everyday seasoning
Dark soya sauce
Paprika
Runny honey
Chilli flakes
Plain flour
Onion
Eggs
Cooking oil (olive/vegetable)
Scotch bonnet (use if can stand the pepper)



Method

Wash the chicken with lime or lemon thoroughly
Put the chicken in a plastic bowl
Season the chicken with:
1 tablespoon chicken seasoning
1 table spoon of everyday/all-purpose seasoning
1 teaspoon of paprika
½ teaspoon of garlic granules
4 tablespoons of soya sauce
Leave for 15 minutes at the minimum
whisk 3 eggs in a bowl

Then put 4-5 cups of plain flour in another bowl

Season the flour with chicken seasoning, all-purpose seasoning and paprika (using same amounts as used for seasoning the chicken)

Take the season chicken and place in the egg first then coat with the flour.

Place in the oil until golden brown.

Complete this until all chicken is fried golden.

You can then either put in the oven for 20-30 minutes on Gas Mark 5 which would leave it as “Jennie Friend Chicken” or add the following sauce before going into the oven.

Honey and Soya sauce

Put the frying pan on the stove on medium fire

In the frying pan put 4 table spoons of olive oil

Dice onions and fry until soft

Put 1 tablespoon of butter

4 table spoons of honey

Add chilli flakes

Keep stirring until this sauce looks like thick treacle

Pour sauce over the tray of chicken

Then put on oven on Gas Mark 4 for 20 minutes

Anne's Jammy Sponge

Ingredients

- 225g stork margarine
- 225g caster sugar
- 225g self-raising flour
- 4 medium eggs
- 225g Raspberry Jam
- 25g desiccated coconut
- 500g carton of custard
- 2 or 3 drops red food colouring gel

Method

- Preheat the oven to 180C/160C Fan/Gas 4.
- Grease a 30 x 18cm rectangular cake tin and line with baking paper.
- Put the sunflower spread, sugar, flour and eggs into a large bowl and beat together until creamy and well combined.
- Pour the mixture into the cake tin. Bake for 25-30 minutes, or until the top springs back when lightly pressed. Remove from the oven and allow to cool slightly.
- Stir the jam in a bowl to loosen, then spread over the cake while still warm and sprinkle with the coconut.
- Mix the colouring gel into the custard until you have a light pink colour then gently heat through.
- Cut the sponge into squares and serve with a jug of the pink custard to pour over



Tom's Crispy Onions and Rice

Ingredients

2 brown onions

1/4 of a cup of vegetable oil

1 cup red lentils

1 cup basmati rice

4 cups of water

Salt and pepper



For the salad

About 4 medium tomatoes

Half a cucumber

A handful of flat leaf parsley

2 shallots (or spring onion)

A lemon

Olive oil

Method

1. Chop your onions and add to pan with vegetable oil. Fry on a medium/high heat until they start to brown. You want to get lots of colour on them. Almost to the point that they are burnt (but not quite). Set aside about a quarter of the fried onions.
2. Add the cup of lentils and turn down the heat. Let cook for about 5 minutes so the lentils soak up all the onion flavour.
3. Add 2 cups of water, a good sprinkle of salt and pepper, and let simmer for 10 minutes.
4. While this is cooking, chop the the ingredients for your salad. I like chopping them up into tiny cubes of about an even size. Put the salad in the fridge so you can dress it with the lemon and olive oil just before serving.
5. Add the cup of rice to the pan of lentils and onions and stir. Add two more cups of water, turn down the heat and cover. Leave to cook for about 20 minutes, stirring about once every 5 minutes.
6. Turn the heat off and leave covered for about 10 minutes before serving.
7. To dress the salad give it a good glug of olive oil and squeeze over a lemon. Add a little salt and pepper.
8. To serve – put a good pile of the lentils and rice in the middle of the plate. Pile some salad on top. Sprinkle the crispy onions you saved earlier on the top. Optional – add a spoon of natural yoghurt to the top.
9. Stick on the telly, pour yourself a drink and enjoy!

Naheeda's Aubergine Bhuna

This dish is simple to cook and uses very little ingredients yet it has a rich tomato base and smoky paprika taste. In my family this is a go to dish for a quick meal idea. Best eaten with naan or roti.

SERVES 4-5 prep + cook approx 35 mins

INGREDIENTS

- 2 MEDIUM AUBERGINES (ROUGHLY CUT INTO CHUNKS)
- 1 CAN CHOPPED TOMATO
- 1/2 TSP TURMERIC POWDER
- 1/2 TSP CORIANDER POWDER
- 1/2 TSP CUMIN POWDER
- 1/4 TSP CHILLI POWDER
- 1 TSP PAPRIKA
- 1/2 TSP SALT
- 5 TBSP OIL HANDFUL CHOPPED CORIANDER



METHOD

1. Heat 4-5 tbsp oil in a pan
2. Add chopped aubergine
3. Add all ground spices + salt then mix for 1 min
4. Add 1 can chopped tomatoes
5. Stir the tomato into the spiced aubergines
6. Cover with lid + cook for 10 mins on high heat, stirring occasionally
7. Remove lid + lower heat
8. Mash the aubergines about 80% so you still have some chunks
9. Stir in handful of coriander and you're done!



Banana Cake

Ingredients:

- 450g ripe bananas (mashed)
- 100ml light gladders oil (sunflower oil)
- 100g raisins (optional)
- 75g rolled oats
- 150g Self-raising flour
- 1/4 tsp Cinnamon (optional)
- 1/4 tsp nutmeg (optional)
- pinch of Salt

Utensils:

- Spoons (large and teaspoon)
- Knife
- Fork
- measuring bowls
- measuring jug
- Scale
- baking tray/tin
- greaseproof/parchment paper

Method:

1. Before you start, properly wash your hands and clean the area you will be working in.
2. Preheat the oven to 190°C .
3. Gather all the necessary ingredients and utensils and prepare them (i.e. measure and wash).
4. Next, mix all the wet ingredients in a large bowl and all the dry ingredients in a smaller one.
5. Now gradually spoon the dry ingredients in to the bigger bowl and add raisins if you want.
6. Once in the bowl, mix until you have a nice, smooth batter and set aside.
7. After that, prepare the tin you have by either lining it with some greaseproof paper or by greasing it with some cooking butter.

8. Using the batter, fill up the cake tin you have until full.
Next, place the cake in the oven (trying very hard not to burn yourself) and leave for Approx. 55 minutes.
9. Whilst in the oven, you can sit back and relax while it cooks.
10. After 55 minutes use a knife, and poke the cake in its centre to see if it is done. If the batter sticks to the knife, leave the cake in the oven for a further 5 minutes but if clean then take out of oven.
11. Once out, set aside in a cool dry place and allow to cool.
12. Enjoy, best enjoyed when luke warm.



Teddy Rowe's Christmas Gingerbread

Ingredients

350g plain flour plus some for rolling

1 teaspoon of bicarb of soda

2 teaspoons of ground gin ger

1 teaspoon of ground cinnamon

125g of butter

175g of light soft brown sugar

1 egg

4 tablespoons of golden syrup

Method

Sift flour, bicarb, ginger and cinnamon and pour into food processor.

Add butter and blend until mixture looks like breadcrumbs

Stir in the sugar

Lightly beat the egg and golden syrup together and add to the food processor. Pulse until the mixture clumps together.

Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.

Preheat the oven to 180/160 degrees. Line two baking trays with greaseproof paper

Roll the dough out to a 0.5cm thickness on a lightly floured surface. Using a cutter, cut out the gingerbread men/women/any shapes you like. Place them on a baking tray.

Bake for 12-15 minutes or until lightly golden brown. Leave on tray for 10 minutes to cool, then move to wire rack to finish cooling. When cooled, decorate.

Nikki's Super-Speedy Vegan Lasagne

Who doesn't love lasagne, and who doesn't wish it was quick and easy to make? Well not only is this one just as meaty as a regular lasagne, it can be cooked from scratch and on your plate in 30 minutes! It's also much healthier than regular lasagne but just as tasty.

Start by preheating your oven to 190 degrees Celsius...

Ingredients:

1 onion, diced

1 clove of garlic, crushed or finely chopped

300g of plant-based mince (I use Co-op 'Gro' or Vivera as they hold their meaty texture)

Lasagne sheets

For the tomato sauce:

1 roasted pepper (I keep a jar of pre-roasted ones in the fridge)

1 heaped teaspoon of smoked paprika (it makes the sauce taste like it's been cooked for hours!)

1 teaspoon of soy sauce

1 teaspoon of marmite (I know!)

1 teaspoon of balsamic vinegar or lemon juice

1 teaspoon of sugar

1 carton of tomato passata

170ml water

Pinch of salt and pepper

For the white sauce:

1 pot of 'Oatly' crème fraîche

3 tablespoons of nutritional yeast

1 teaspoon of Dijon or ½ teaspoon of English mustard

2 tablespoons of water or plant milk (I use oat or pea milk)

Pinch of salt and pepper

Method:

1. Break the lasagne sheets into higgledy-piggledy thirds and boil for 4 minutes, separating them when they start to stick together.
2. While the lasagne sheets are part-cooking, soften the onions and garlic in a large pan.
3. Add the plant mince to the onions and garlic to brown while you make the tomato sauce.
4. Put all the ingredients for the tomato sauce in a blender (or a bowl if using a hand-held blender) and whizz until smooth.
5. Add the tomato sauce and the lasagne pieces to the mince, garlic and onions, allow to simmer while you make the white sauce then squoosh the mixture down in a lasagne dish.

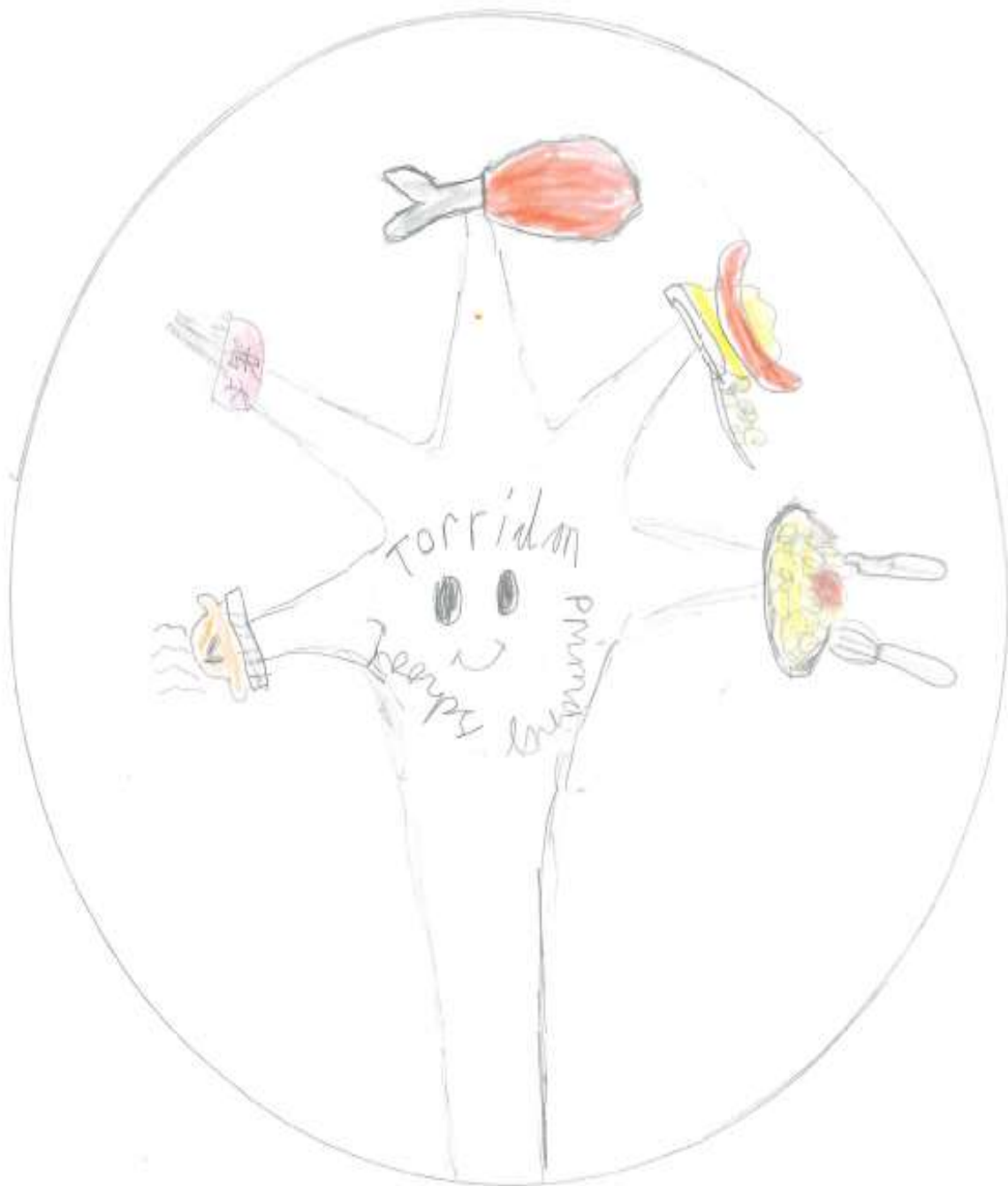


6. Stir together all the ingredients for the white sauce then spread it over the mince, tomato and lasagne layer.



7. Bake in the preheated oven for 15-20 minutes...enjoy!





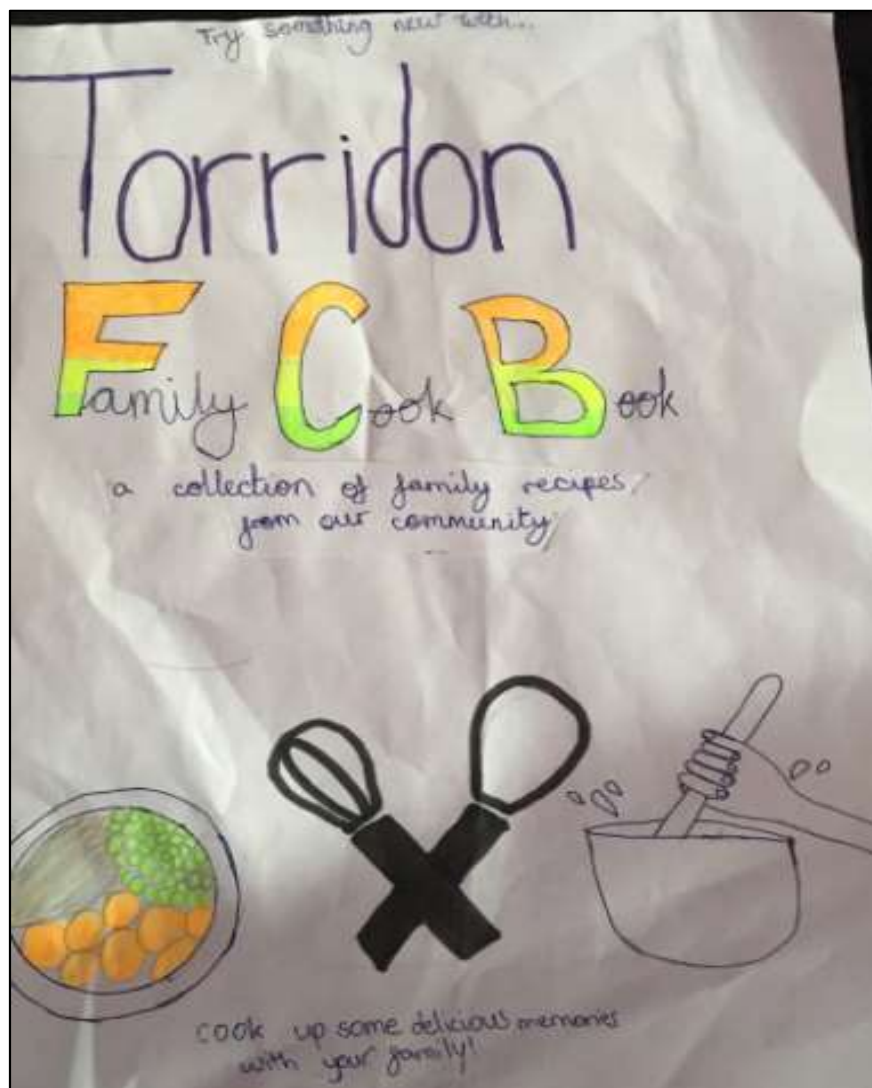
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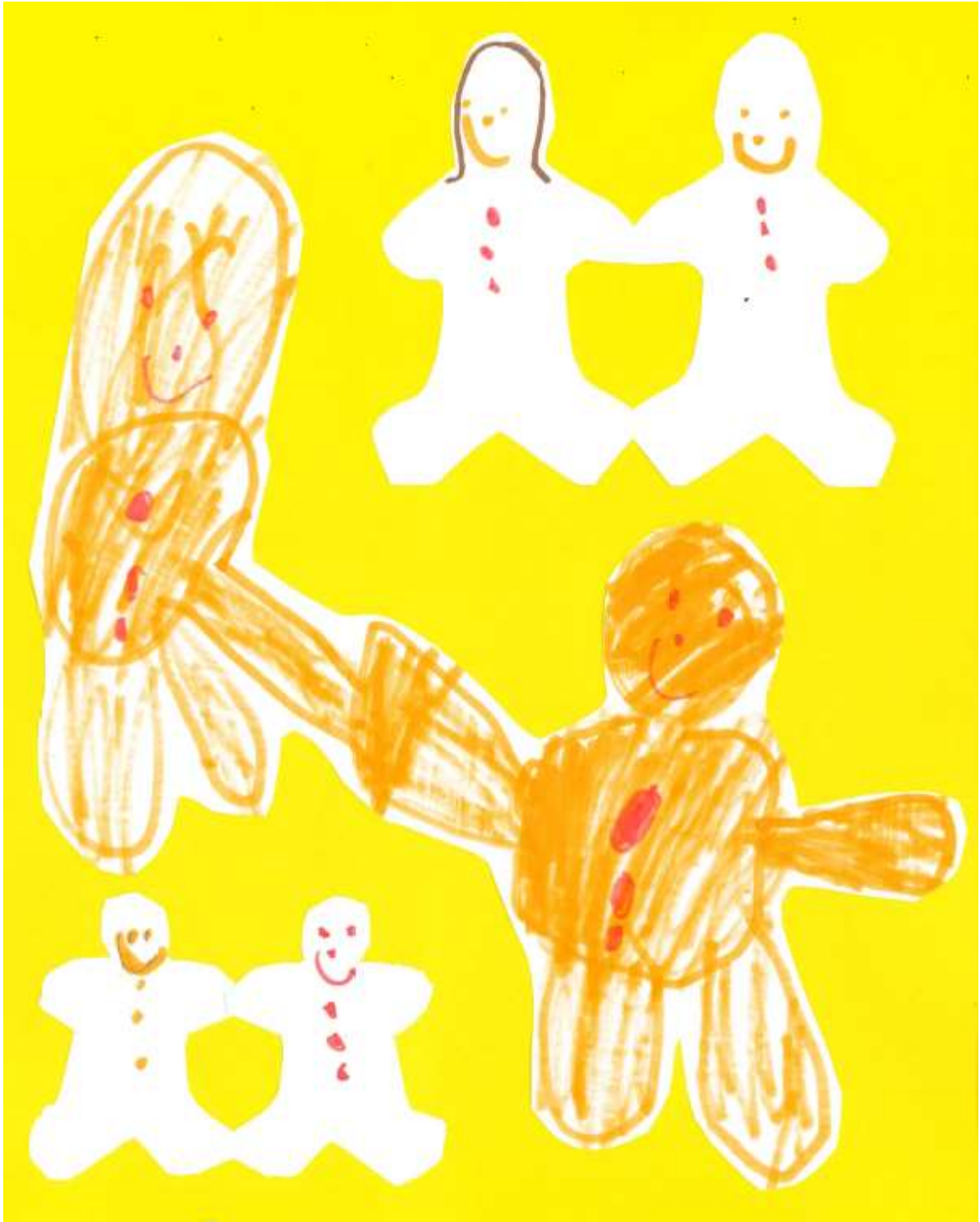
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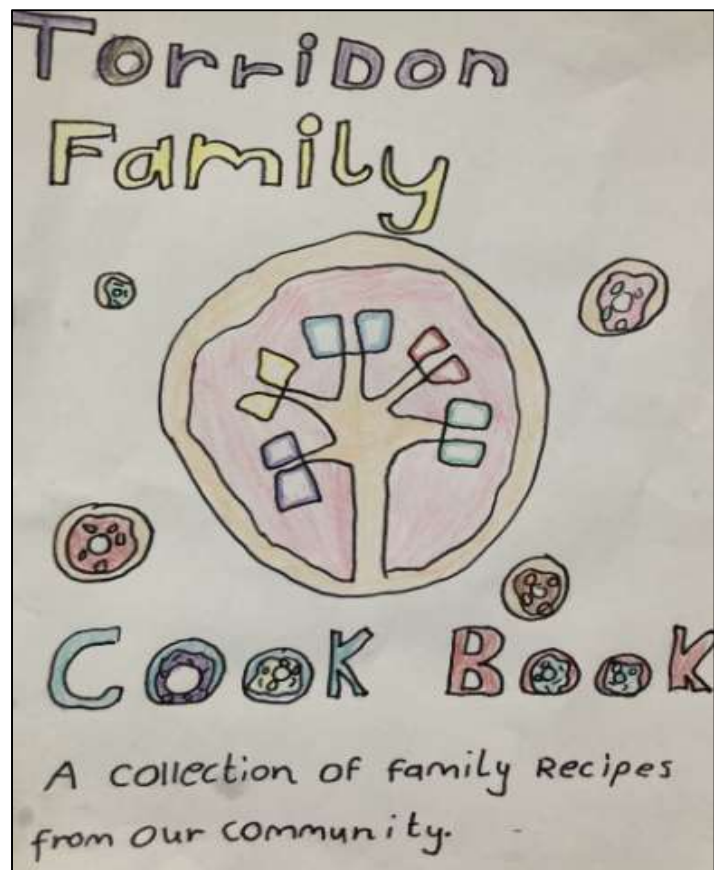
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