



Our School Cook Book #2



Welcome to the Emmer Green Primary School recipe book #2

As with our last book - which incidentally is still available upon request - all of the recipes included have been tried, tested and ENJOYED by all the pupils at Emmer Green.

We are sure you will enjoy trying them out yourselves.

Please feel free to submit photos for display on our 'Home Cooking' board.

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Happy cooking !

Sandy

TO BEGIN

Albondigas (Meatballs) - serves 4

675g Minced Beef
140g dried breadcrumbs
1 tablespoon dried herbs
1 tablespoon paprika
2 tablespoons parsley
1 x 750g pasta sauce/ 1 x 400g tin chopped tomatoes/ 1 x 400g jar/ carton passata

2 cloves garlic
1 onion (chopped)
1 egg, beaten
1 tablespoon olive oil

Preheat oven to 160/Gas 4. In a bowl mix mince with breadcrumbs, herbs, parsley, garlic, onion and egg. Shape the mixture into 16 meatballs. Bake for 40 minutes. In the meantime, heat the sauce, tomatoes and passata. Spoon the sauce over the meatballs to serve.

Tortilla Crisps

1 packet flour tortillas
3 tbsps lime juice
1 tspn chilli powder

1 tbspn oil
1 tspn ground cumin
1 tspn salt

Preheat oven to 180/Gas 4

Cut each tortilla into 8 (or 16) triangles & place in a single layer on a baking tray. Brush with the mix of all other ingredients.

Bake for 5 minutes. Cool on rack. Serve with dips.

Mexican Tomato Salsa Dip

1 can chopped tomatoes
1/2 red onion (finely chopped)
2 tspn dried coriander
tbspn lime and tbspn lemon juice
2 tspsn chilli flakes
1 tspn chilli sauce
1 tspn dried parsley/
1 clove of garlic (finely chopped), salt & pepper to taste

Mix all ingredients together. Leave in fridge overnight to marinate.

Barbecue Pork Ribs – serves 4

700g barbecue sauce
85ml whisky (optional !)*
3 tablespoons Worcestershire sauce
2 tablespoons hot sauce
salt and pepper, to taste
3 tablespoons olive oil
4 (650g) racks pork ribs

Preheat the oven to 150 C / Gas 2.

In a large mixing bowl combine the barbecue sauce, (whisky)*, Worcestershire sauce, hot sauce, salt and pepper and oil. Mix well.

Lay the ribs onto a double sheet of aluminium foil and season. Bring the sides of the foil up a little to make a rough bowl shape then pour over enough of the barbecue sauce mixture to coat the ribs on all sides. Seal the edges of the foil together to form a leak-proof parcel. Repeat with the other 3 racks.

Place the parcels in a single layer on a baking tray, or in a baking dish.

Bake in the preheated oven for 2 1/2 to 3 hours. Remove from the oven.

Preheat the barbecue to a medium high heat. (If using charcoal allow the flames to die down and the coals to turn grey).

Carefully remove each of the 4 racks from the foil parcels and place on the barbecue grate, discard the parcels and juices. They will be tender, so take care moving them.

Barbecue on each side for about 6 to 8 minutes, or until a nice char has been achieved. Remove from the barbecue and serve hot.

Can also be done in the oven, high heat for 40 minutes.

Sweet & Savoury chicken wings – serves 4

200g caster sugar
250ml soy sauce
Clove of garlic finely chopped
900g chicken wings

Preheat oven to 190/Gas 5

Finely spray a large ovenware dish with oil, and place the wings in.

Whisk the sugar, soy sauce and garlic together and pour over the wings.

Bake for 20 minutes, turn the pieces over and bake for a further 20 minutes.

Quick and easy tomato soup – serves 4

- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- 1 large onion, cut into pieces
- 1 clove garlic
- 1 1/2 tablespoons plain flour, to thicken
- 2 (400g) tins peeled tomatoes
- 750ml chicken stock
- 1 tablespoon sugar, or to taste
- salt and black pepper, to taste
- 3 tablespoons freshly chopped chives

Heat oil and butter in a large pot. Add onion and stir until softened, about 5 minutes. Stir in garlic and 1 1/2 tablespoons plain flour.

Add tomatoes and chicken stock; bring to the boil. Simmer for 15 minutes. Season to taste with sugar, salt and pepper.

Puree in a blender and return to pot.

Garnish with freshly chopped chives and serve.

French Onion Soup – serves 6

- 4 tablespoons butter
- 1 teaspoon salt
- 2 large red and 2 large white onions, thinly sliced
- 1.5L chicken stock
- 500ml beef stock
- 125ml red wine
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 tablespoon balsamic vinegar
- salt and freshly ground black pepper to taste

Melt butter in a large pot over medium-high heat. Stir in salt and onions. Cook 35 minutes, stirring frequently, until onions are caramelised and almost syrupy. Mix chicken stock, beef stock, red wine and Worcestershire sauce into pot. Add herbs and bay leaf. Simmer over medium heat for 20 minutes stirring occasionally. Remove the bay leaf and reduce the heat to low. Mix in vinegar and season with salt and pepper. Cover and keep over low heat until ready to serve.

Halloumi and Watermelon Salad – serves 6

120g halloumi cheese
1 teaspoon olive oil
500g fresh watermelon cubes
12 mint leaves, sliced
1 small red onion, thinly sliced

Cut the halloumi cheese into chunks. Heat the oil in a pan over medium heat, and gently fry until golden, about 3 minutes. Toss the watermelon cubes, mint leaves, onion slices and fried halloumi in a salad bowl to serve. [Can be made in advance and kept in the fridge - flavours blend really well].

Baked Falafel with Cucumber and Mint Raita – serves 4

175g (6 oz) low fat natural yoghurt
1/2 cucumber - peeled, seeded and finely chopped
2 tablespoons of chopped coriander and mint
1 teaspoon ground cumin
salt and freshly ground black pepper to taste
1 tablespoon mayonnaise
1 (400g) tin chickpeas, drained
1 onion, chopped
1/2 bunch fresh parsley
2 cloves garlic, chopped
1 egg
1 dessertspoon ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1 dash pepper
1 pinch cayenne pepper
1 teaspoon lemon juice
1 teaspoon baking powder
1 tablespoon olive oil
100g (4 oz) dried breadcrumbs

In a small bowl combine yoghurt, cucumber, coriander, mint, cumin, salt, pepper and mayonnaise. Chill for at least 30 minutes.

Preheat oven. In a large bowl, mash chickpeas until thick and pasty; don't use a blender as the consistency will be too thin. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas. In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add breadcrumbs until mixture is not sticky but will hold together; add more or less breadcrumbs, as needed. Form 8 balls and then flatten into patties. Place on a greased baking tray and cook until brown on both sides, approx. 15 minutes.

Houmous

400g tin chickpeas, rinsed & drained
2 or 3 cloves garlic crushed
1 lemon, zested
 $\frac{1}{2}$ lemon, juiced/
 $\frac{1}{2}$ tspn salt
1 tblspn parsley
3-4 tblspns olive oil

Puree chickpeas, garlic, lemon, salt, parsley & oil in a blender/food processor. Serve with pitta bread.

Breadsticks - makes 24

75g butter/margarine
280g plain flour
3 $\frac{1}{2}$ teaspoons baking powder
1 teaspoon sugar
1 $\frac{1}{2}$ salt
225ml milk

Preheat oven to 220 degrees/gas 8 & pour melted butter into a lipped baking tray
Combine flour, baking powder, sugar and salt and stir in the milk.
Turn out on to floured surface and knead lightly. Roll into a rectangle and then cut into 1.5cm strips
Roll each side of breadstick in the butter and twist. Bake for 15 minutes until golden.

BITS n' PIECES

Hasselback Potatoes - Serves 4

4 (250g) baking potatoes
2 tablespoons butter, melted
salt and pepper to taste
2 tablespoons finely grated Pecorino Romano cheese (or similar)
1 tablespoon dried breadcrumbs

Preheat the oven to 220 C / Gas 7.

Peel the potatoes and place in bowl of cold water to prevent browning. Insert a skewer or thin knife along the bottom of the potato (this will prevent you from cutting through the whole way). Slice across the potato width about 3 to 6mm apart. The slices should stay connected at the bottom. Remove the skewer and to the bowl of water, and proceed with the remaining potatoes. When all of the potatoes are cut, place them cut side up in a shallow baking dish or small roasting tin. Drizzle with half of the butter, then season with salt and pepper.

Bake for 35 to 40 minutes in the preheated oven. Remove from the oven, and drizzle with the remaining butter. Sprinkle cheese and breadcrumbs onto the tops of the potatoes, and season with a little more salt and pepper.

Return to the oven, and bake for an additional 20 minutes, or until golden brown and nicely roasted.

Seasoned baked potato wedges - per person

1 large baking potato
1 tablespoon olive oil
1/2 teaspoon paprika
1/2 teaspoon garlic granules
1/2 teaspoon chilli powder
1/2 teaspoon onion powder

Preheat oven to 230 C / Gas 8.

Cut potato into wedges. Mix olive oil, paprika, garlic granules, chilli powder and onion powder together. Coat potatoes with oil/spice mixture and place on a baking tray.

Bake for 45 minutes in preheated oven.

Broccoli with Tomatoes and Basil – serves 4

2 tablespoons olive oil
2 cloves of garlic, finely chopped
1 (400g) tin chopped tomatoes
1 tsp balsamic vinegar
half a bunch fresh basil, chopped
450g broccoli florets
salt and freshly ground black pepper to taste

Heat olive oil in a large frying pan over medium heat. Add garlic, and cook for a few minutes, stirring constantly. Pour in the tomatoes, vinegar and basil and simmer until the liquid has reduced by about half. Place the broccoli on top of the tomatoes and season with a little salt and pepper. Simmer over low heat for 10 minutes or until the broccoli is tender. Do not over cook. It should be a vibrant green. Pour into a serving dish and toss to blend with the sauce before serving.

Classic ratatouille – serves 8

3 garlic cloves, crushed
3 onions, finely chopped
3 aubergines, peeled and diced
6 courgettes, peeled and diced
3 red peppers, diced
400g passata
4 tablespoons olive oil
50g chopped fresh basil
salt and pepper to taste

Heat the oil in a casserole over medium heat. Saute the garlic and the onions. Add the other vegetables (except passata) to the casserole and cook over low heat for 30 minutes, stirring from time to time.

Add the tomatoes and cook for a further 10 minutes. Season with salt and pepper and sprinkle with fresh chopped basil before serving.

Spanish green beans and tomatoes – serves 6

2 tablespoons olive oil
2 cloves garlic, crushed
1kg fresh green beans, cut into 2.5cm lengths
2 (400g) tins chopped tomatoes
1 tablespoon chopped fresh chives
3 tablespoons pinenuts
2 tablespoons lemon juice
1 bay leaf
salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add garlic; cook and stir until fragrant, about 2 minutes, reduce heat if garlic begins to brown. Add green beans then continue to cook and stir until bright green but not quite tender, about 4 minutes.

Mix in tomatoes, lemon juice and pinenuts and season with chives, bay leaf, salt and pepper. Bring to the boil, stirring often. Reduce heat and simmer gently uncovered for 25 to 30 minutes. Remove and discard bay leaf before serving.

Mexican refried beans – serves 4

1 onion, chopped
2-3 small jalapeno or green chillies, finely chopped*
1 red pepper, chopped
1 clove garlic, crushed
1 tablespoon balsamic vinegar
1 (400g) tin kidney beans
1 (400g) tin borlotti or haricot beans
1 tablespoon tomato puree
1 teaspoon tomato sauce (eg. Heinz)
1/2 teaspoon ground cumin
1 tablespoon oil for frying
small pinch salt and pepper
*optional

Add the oil to a frying pan and saute the onion, chillies, red pepper and garlic over a medium heat for 3 minutes. Add the vinegar and beans. Reduce heat (if too dry, add a splash of water) and add the rest of the ingredients. Cover and leave for 10 minutes - check and stir regularly adding a little water if required. After about 10-12 minutes turn off heat and mash beans with a potato masher/fork for a rough texture or use a hand blender for a smoother texture. Serve alongside a chilli con carne or with tortilla chips and creme fraiche.

Homemade Hummus – serves 2

1 tin chickpeas
1 teaspoon tahini*
1 to 2 garlic cloves
1/2 lemon, juiced
several glugs olive oil
sea salt and pepper
1 pinch paprika

Drain chickpeas and rinse with water. Empty into food processor and add the tahini*, garlic and lemon juice.

Blend until smooth. With the processor still running, add enough olive oil to achieve the consistency you want, be careful not to add too much oil as it will make your hummus sloppy. Now season with sea salt and pepper and taste, Add some more if required.

Sprinkle over paprika as a garnish. Eat with a friend or two with warmed crusty bread.

*Ground sesame, omit if necessary

Fabulous French Loaves – makes 2 loaves

15g dried active baking yeast
100ml warm water (45 C)
450ml water
800g bread flour
1 tablespoon salt
1 tablespoon caster sugar
5 tablespoons vegetable oil
2 tablespoons polenta
1 egg white, beaten
1 tablespoon sesame seeds

Preheat oven to 200 C / Gas mark 6. In a small bowl, dissolve yeast in warm water and let stand until creamy, about 10 minutes.

In a large bowl combine the yeast mixture with 450ml water, 1/3 of the flour, salt, sugar and vegetable oil; stir well to combine. Stir in the remaining flour, a little at a time, beating well. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Divide dough in half. Roll each half into a 23x30cm (9x12 in) rectangle and roll up swiss roll style, starting at long edge. Seal edges and place seam side down on a large baking tray that has been sprinkled with polenta. Use a sharp knife to slash each loaf diagonally 3 times. Brush with beaten egg white and sprinkle with sesame seeds. Cover and allow to rise 30 minutes.

Bake in preheated oven for 35 minutes, or until golden brown.

Cheesestraws - makes 36

120g butter, softened
450g grated Cheddar cheese
250g plain flour
1 teaspoon salt
1/4 teaspoon chilli powder (optional)

Preheat the oven to 200 C / Gas mark 6. Grease a baking tray.

In a large bowl cream butter and cheese. Stir in flour and salt; mix well. On a lightly floured surface roll the dough out to 1.25cm in thickness.

Cut into 5cm strips and sprinkle with chilli powder if desired. Place strips on prepared baking tray 3 to 4cm apart.

Bake in the preheated oven for 10 to 15 minutes, or until crisp.

Breadsticks - makes 24

75g butter or margarine, melted
280g plain flour
3 1/2 teaspoons baking powder
1 teaspoon sugar (optional)
1 1/2 teaspoons salt
225ml milk

Preheat the oven to 220 C / Gas 8. Place melted butter in an ungreased 38x28cm lipped baking tray or swiss roll tin.

In a bowl combine the flour, baking powder, sugar and salt; mix well. Stir in the milk until just moistened, do not overmix. Turn onto a floured surface and knead lightly 10 times. Roll into a rectangle, approximately 30x23cm. Cut into 1.5cm strips.

Roll each side of bread stick in butter in the tin, not allowing the sides to touch. Bake in the preheated oven for 15-20 minutes or until golden brown.

Insalata Tricolore – serves 2

1 large ripe tomato, cut into 6 slices
1 ripe avocado, cut into 6 slices
1 large ball of buffalo mozzarella cheese, sliced
extra virgin olive oil, for drizzling
balsamic vinegar
coarse sea salt
freshly ground pepper

Arrange tomato slices on a serving platter. Lay 1 avocado slice on top of each tomato, and top with fresh mozzarella. Drizzle with olive oil then balsamic vinegar and season with salt and pepper.

THE MAIN EVENT

Chilli without the Carne - serves 8 (V)

75ml olive oil	2 onions, chopped
90g celery, chopped	1 large green pepper, chopped
1 large carrot, chopped	1 tablespoon finely chopped garlic
140g mushrooms, chopped	1/4 teaspoon crushed chillies
1 tablespoon ground cumin	2 tablespoons chilli powder
3/4 teaspoon dried basil	2 teaspoons salt
1/2 teaspoon ground black pepper	475ml tomato juice
100g bulgur wheat	1 tin chopped tomatoes
1 1/3 (410g) tins kidney beans	1/2 teaspoon hot pepper sauce (optional)
2 tablespoons lemon juice	3 tablespoons tomato puree
1 tablespoon Worcestershire sauce	4 tablespoons dry red wine (*we used vegetable stock)

Heat the olive oil in a large saucepan over a high heat. Stir in the onion, green pepper, carrot, garlic, mushrooms, crushed chillies, cumin, chilli powder, basil, salt and pepper. Cook and stir until the vegetables begin to soften for about 2 minutes. Stir in the tomato juice, bulgur wheat, chopped tomatoes, kidney beans, hot pepper sauce, lemon juice, tomato puree, Worcestershire sauce and red wine*. Bring to the boil, stir frequently. Reduce heat to medium-low and simmer for 20 minutes before serving.

Rougail saucisse (Reunion Island sausage casserole) - serves 4

2 cloves garlic
salt and freshly ground black pepper
6 large sausages
oil for cooking
2 onions, chopped
1 green or red pepper, chopped
5 tomatoes, chopped
1 bunch parsley, chopped
1 to 2 sprigs thyme

In a small bowl crush garlic with salt and pepper and set aside.

In a frying pan fry sausages until browned. Place in an oven proof dish.

Add oil to the frying pan and sauté onions with garlic mixture, pepper, tomatoes, parsley and thyme. Reduce heat to low and let simmer 10 minutes.

Add sauce to sausages and pop in the oven for 30 minutes at 180/Gas 5.

Baked chicken schnitzel – serves 6

1 tablespoon olive oil, or as needed
6 chicken breasts, butterflied
salt and freshly ground black pepper to taste
100g plain flour
1 tablespoon paprika
2 eggs, beaten
250g breadcrumbs
1 large lemon, zested

Preheat oven to 220 C / Gas 7. Line a large baking tray with foil and drizzle olive oil over foil.

Place baking tray in preheated oven.

Flatten chicken breasts so they are all about 1/2cm thick. Season chicken with salt and pepper.

Mix flour and paprika together on a large plate. Beat eggs with salt and pepper in a shallow bowl.

Mix breadcrumbs and lemon zest together on a separate large plate. Dredge each chicken piece in flour mixture, then egg and then breadcrumbs; set aside in 1 layer on a clean plate. Repeat with remaining chicken.

Remove baking tray from oven and arrange chicken in 1 layer on the tray. Drizzle more olive oil over each piece of coated chicken.

Bake in the preheated oven for 5 to 6 minutes. Flip chicken and continue baking until no longer pink in the centre and the breadcrumbs are golden brown, 5 to 6 minutes more.

Honey BBQ chicken kebabs – serves 4

2 large chicken breast fillets

red onion and peppers (optional)

For the dry rub

1 tablespoon ground cumin

1 tablespoon brown sugar

1 tablespoon paprika

1 tablespoon cayenne pepper

1 teaspoon onion powder

1 teaspoon garlic powder

salt and black pepper to taste

For the honey BBQ glaze

1 tablespoon each barbecue sauce and honey

Mix the dry rub ingredients in a bowl and stir. Cut your chicken breasts into 1-inch cubes and then coat with the dry rub, lightly coat each piece and shake off the excess so that there are no large clumps. **Marinate overnight in the fridge.** Mix together the BBQ sauce and honey in equal parts, make sure you use enough to cover the whole chicken. Skewer the chicken pieces onto long kebab skewers pushing the pieces so they are touching. Place your kebab skewers under a grill or onto a barbecue and lightly cook until a dark golden layer has formed. Take your kebabs off the grill or barbecue and brush generously with the honey BBQ glaze. Put them back on the grill or barbecue and cook, turning every few minutes and repeating the brushing. If barbecuing be careful not to burn the food too much on the open flame or ashes. The chicken should only take about 15 minutes to cook; but could take longer depending on how big you cut it. Your chicken should be dark golden in colour and juices should run clear. Once you have finished serve immediately.

Vegetarian Chickpea burgers - serves 4 (V)

1 (400g) tin chickpeas
1 onion, chopped
1 tablespoon dried thyme, or to taste
4 teaspoons dark soy sauce
salt and freshly ground black pepper to taste
75g dried breadcrumbs
2 eggs, beaten
4 tablespoons vegetable oil

In a blender or food processor purée the chickpeas until the mixture is a paste. Add onions, thyme, soy sauce, salt and pepper to the mixture; mix well. Add breadcrumbs and egg; mix well. Form the chickpea mixture into burgers. Heat oil in a large frying pan over medium heat. Fry burgers until each side is golden brown.

Homemade burgers - serves 4

1 diced onion, chopped finely
1 tablespoon oil
4 tablespoons dried breadcrumbs
250g minced turkey or beef
2 tablespoons light soy sauce
1 tablespoon Worcester sauce
2 eggs
Salt & pepper to taste

Cook off the onion on a med-low heat in the oil until soft. Place all other ingredients in a bowl and add the onion. Pre-heat your pan. Divide mixture into 4 and roll each into a ball in your hands. Place on a tray, flatten and shape by pressing out to about 2cm deep. Place in the preheated pan and cook for about 5 minutes before turning over. You need to let it form a golden crust and seal one side before you turn it to the second side. Cook for about 5 minutes on the other side. Turn over again, cooking both sides for a minute or two.

Chicken Souvlaki & Tzatziki – serves 6

4 tablespoons olive oil
2 tablespoons lemon juice
2 cloves garlic, minced
1 teaspoon dried oregano
1/2 teaspoon salt
650g skinless, boneless chicken breasts - cut into bite-sized pieces
Tzatziki sauce
170g plain Greek yogurt
1/2 cucumber - peeled, seeded, and grated
1 tablespoon olive oil
2 teaspoons white vinegar
1 clove garlic, minced
1 pinch salt
6 wooden skewers, or as needed

Combine 4 tablespoons olive oil, lemon juice, 2 cloves minced garlic, oregano and 1/2 teaspoon salt in a large resealable bag. Add chicken, coat with the marinade, squeeze out excess air and seal the bag. Marinate in the fridge for 2 hours.

Mix yogurt, cucumber, 1 tablespoon olive oil, vinegar, 1 clove minced garlic and 1 pinch salt together in a bowl. Refrigerate tzatziki sauce for flavours to blend, 1 to 2 hours.

Preheat a barbecue for medium-high heat and lightly oil the grate. Soak wooden skewers in a bowl of water for about 15 minutes.

Remove chicken from marinade and thread onto the soaked skewers. Discard unused marinade. Cook the skewers on the preheated barbecue, turning frequently until nicely browned on all sides and chicken is no longer pink in the centre, about 8 minutes per side. Serve with tzatziki sauce.

Greek Salad – serves 4

5 large tomatoes
1 small red onion, thinly sliced
sea salt to taste
1 1/2 teaspoons dried Greek oregano
3 tablespoons extra virgin olive oil
100g feta cheese, crumbled
1/2 cucumber, sliced
1 small green pepper, sliced
1 handful Greek olives

Cut your tomatoes into wedges (cut over the bowl that you're serving the salad in, so that any extra juices land in the bowl), slice the onion, and add to the bowl. Salt the tomatoes and sprinkle with dried oregano to taste. Give them a good stir and allow the tomatoes to sit at room temperature for at least 30 minutes or up to a couple of hours. Just before serving, add feta, cucumber, olives and / or green pepper. Give the whole lot a good stir. Finally, drizzle with olive oil (you can add it to taste) and serve with loads of good crusty bread to mop up the gorgeous juices.

Fish and Chips – serves 4

4 large potatoes, peeled and cut into strips
125g plain flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon ground black pepper
250ml milk
1 egg
1 litre vegetable oil for frying
675g cod fillets

Place potatoes in a medium-size bowl of cold water. In a separate medium-size mixing bowl, mix together flour, baking powder, salt and pepper. Stir in the milk and egg; stir until the mixture is smooth. Let mixture stand for 20 minutes. Preheat the oil in a large pot or electric frying pan to 180 degrees C. Fry the potatoes in the hot oil until they are tender. Drain on kitchen towels. Dredge the fish in the batter, one piece at a time, and place them in the hot oil. Fry until the fish is golden brown. If necessary, increase the heat to maintain the 180 degrees C. Drain well on kitchen towels. Fry the potatoes again for 1 to 2 minutes for added crispness.

Quick and Easy Pizza – serves 12/15*

375g plain flour
1 teaspoon salt
1 tablespoon caster sugar
7g dried active baking yeast
2 tablespoons olive oil
225ml warm water

Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water. Spread out on a large pizza pan. Top as desired**. Bake at 190 C / Gas mark 5 for 20 to 25 minutes.

*Same recipe can be used for garlic bread and doughballs

** For the tomato sauce use 2 tablespoons each of puree, chopped tomatoes & passata

Vegetarian Korma - serves 4 (v)

1 1/2 tablespoons vegetable oil
1 small onion, diced
1 teaspoon minced fresh root ginger
4 cloves garlic, minced
2 potatoes, cubed
4 carrots, cubed
1 fresh green chilli, seeded and sliced
3 tablespoons ground unsalted cashews
100g passata or diced tomatoes
2 teaspoons salt
1 1/2 tablespoons curry powder
150g frozen garden peas
1/2 green pepper, chopped
1/2 red pepper, chopped
225ml double cream
1 bunch fresh coriander for garnish

Heat the oil in a frying pan over medium heat. Stir in the onion, and cook until tender. Mix in ginger and garlic and continue cooking 1 minute. Mix potatoes, carrots, green chilli, cashews and passata. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender. Stir the peas, green pepper, red pepper and cream into the pan. Reduce heat to low, cover, and simmer 10 minutes. Garnish with coriander to serve.

Spaghetti Bolognese - serves 4

4 rashers bacon, finely diced
1 large white onion, finely chopped
2 cloves garlic, minced
500g beef mince
200ml red wine (optional)
400g tomato passata
1 (400g) tin chopped tomatoes
1 handful fresh torn basil, plus extra whole leaves for garnish
1 teaspoon dried rosemary
1 dash Worcestershire sauce
5 sundried tomatoes, finely chopped
salt and pepper, to taste, grated parmesan (optional)

Heat oil in a large pan fry bacon, add onion and garlic and fry for a few more minutes until softened. Add in the mince and break up with a wooden spoon whilst cooking, stir until browned - 6 to 8 minutes. Add wine if using, and reduce for 5 minutes. Stir in your passata and chopped tomatoes and all remaining ingredients. Allow to simmer for 30 minutes. Towards the end of cooking time cook pasta, drain, serve sauce over and sprinkle with grated parmesan.

Fusilli with Tomato Pesto Sauce – serves 6

3 tablespoons extra virgin olive oil
2 cloves garlic, peeled and chopped
1 (400g) tin chopped tomatoes
1 (500g) pack fusilli pasta
salt and freshly ground black pepper to taste
3 tablespoons shop-bought pesto
3 tablespoons freshly grated Parmesan cheese
handful fresh basil leaves for garnish

Heat oil in a medium frying pan over medium heat. Sauté garlic for 2 minutes then add tomatoes and simmer for 10 minutes. Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and return to pot. Season tomato sauce with salt and pepper; stir in pesto. Pour sauce over hot cooked pasta and mix well. Sprinkle with cheese, garnish with basil leaves, and serve immediately.

Pasta Carbonara – serves 6

1 (500g) packet pasta
1 tablespoon olive oil
8 rashers pancetta or streaky bacon, chopped (about 200g)
1 tablespoon olive oil
1 onion, chopped
1 clove garlic, minced
4 tablespoons dry white wine (optional)
4 eggs, beaten
50g (2 oz) grated Parmesan cheese
salt and freshly ground black pepper to taste
handful chopped fresh parsley
grated Parmesan cheese to serve

In a large pot of boiling salted water, cook pasta until just al dente. Drain well. Toss with 1 tablespoon of olive oil and set aside. Meanwhile, in a large frying pan cook chopped pancetta until slightly crisp; remove and drain onto kitchen roll. Reserve 2 tablespoons of the bacon fat; add remaining 1 tablespoon olive oil and heat in the same frying pan. Add chopped onion and cook over medium heat until onion is translucent. Add garlic and cook 1 minute more. Add wine (if using), cook for one more minute. Return cooked pancetta to pan; add cooked pasta. Toss to coat and heat through, adding more olive oil if it seems dry or is sticking together. Add beaten eggs and cook, tossing constantly with tongs or large fork until eggs are barely set. Quickly add 50g Parmesan cheese and toss again. Add salt and pepper to taste (remember that bacon and Parmesan are very salty).

Serve immediately with chopped parsley sprinkled on top and extra Parmesan cheese at the table.

Quiche Lorraine - serves 8

1 recipe shortcrust pastry for a 23cm pie*
6 rashers bacon
1 onion, sliced
3 eggs, beaten
350ml (12 fl oz) milk
1/4 teaspoon salt
150g (5 oz) grated Cheddar
tablespoon plain flour

Preheat oven to 230 C / gas 8. Line dish with the pastry, cover with foil & bake for 8 minutes. Remove foil and bake for an additional 5 minutes, or until pastry is set and dry. Remove from oven & reduce temperature to 160 C / gas 3. In a large frying pan, cook bacon until crispy. Remove the bacon and chop into pieces. Reserve 2 tablespoons of the fat from the pan and cook the onion for 5 minutes. In a large bowl, mix together milk, salt and eggs. Stir in bacon and cooked onion. In a separate bowl, mix cheese and flour together, then add to egg mixture. (Be sure to mix well). Pour egg mixture into pastry case. Bake in preheated oven for 35 to 40 minutes. If necessary, cover edge of pastry with foil while baking to prevent burning or overbrowning. Let stand for 10 minutes before serving.

Courgette and Ricotta Quiche (v)

1 tablespoon butter
4 courgettes, chopped
3 eggs
2 teaspoons creme fraiche
4 tablespoons ricotta cheese
50g grated Cheddar cheese
salt and ground black pepper
1 recipe shortcrust pastry for 23cm pie*

Preheat the oven to 220 C / Gas 7. Line a 23cm tart tin with the shortcrust pastry. Heat the butter in a frying pan over medium high heat and stir the courgettes until lightly browned, about 5 minutes. Add the courgettes to the pastry case. Whisk together the eggs and creme fraiche in a bowl. Stir in the ricotta cheese and grated Cheddar cheese, season with salt and pepper, and pour into the pastry case. Bake in the preheated oven for about 30 minutes.

Foolproof Pastry - makes 2 x 23cm

500g plain flour
350g butter or lard
2 tablespoons caster sugar
2 teaspoons salt
1 egg
125ml water

In a large mixing bowl, combine flour, butter or lard, sugar and salt. Blend together with a pastry cutter until crumbly. In a small bowl, mix egg with water. Blend into flour mixture. Chill in refrigerator until ready to use.

THE ENDING

Churros - serves 4

250ml water
2 1/2 tablespoons caster sugar
1/2 teaspoon salt
2 tablespoons vegetable oil
125g plain flour
2 litres oil for frying
100g caster sugar, or to taste
1 teaspoon ground cinnamon

In a small saucepan over medium heat combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring to the boil and remove from heat. Stir in flour until mixture forms a ball.

Heat oil for frying in deep-fryer or deep frying pan to 190 C. Pipe strips of dough into hot oil using a pastry bag. Fry until golden; drain on kitchen paper.

Combine 100g sugar and cinnamon. Roll warm churros in cinnamon and sugar mixture.

Waffles - serves 4

250g plain flour
1 dessertspoon baking powder
2 tablespoons caster sugar
1 teaspoon salt
450ml semi skimmed milk
2 eggs
2 tablespoons vegetable oil

NB - a waffle iron is required

In a large bowl stir together flour, baking powder, sugar and salt. Add milk, eggs and oil then mix well.

Pour desired amount of batter onto hot waffle iron. Cook until golden brown.

Crepes – makes 6

100g plain flour
1/2 teaspoon caster sugar
1/4 teaspoon salt
225ml semi skimmed milk
1 egg

Combine flour, sugar and salt in a bowl. Make a well in the centre of the flour and add the milk and egg. Beat well to combine.

Heat a lightly oiled frying pan over medium high heat. Pour the crêpe batter onto the pan, using approximately 60ml (2 fl oz) for each crêpe. Tilt the pan in a circular motion so that the batter coats the surface evenly.

Cook the crêpe for about 2 minutes until the bottom is light brown. Loosen with a flexible spatula or fish-slice, flip over and cook the other side. Serve hot with a filling of your choice.

Chocolate Sauce

100g plain chocolate, broken into pieces
1 tablespoon or 15g unsalted butter
3 tbsp golden syrup

Put the chocolate in a small pan with the butter, syrup or honey and 2 tbsp water. Warm gently over a low heat until the chocolate has melted.

Remove pan from the heat and serve warm.

Goey Chocolate Brownies – serves 12

225g butter/margarine
140g milk chocolate
450g caster sugar
110g plain flour
55g cocoa powder
5 eggs

Preheat oven to 190/Gas 5

Melt butter and chocolate in microwave (short bursts & stir)

Beat in sugar, flour, cocoa and eggs.

Place in parchment lined tin (20x30 cm)

Bake until top is firm and middle is soft (approx. 40 mins)

Cool in tin, cut to serve.

Japanese Souffle Cheesecake - serves 12

For the base

150g digestive biscuits, crumbled

60g butter, melted

For the cheesecake

115g white chocolate

3 eggs, separated

115g cream cheese

Preheat oven to 180 C / Gas 4. Line the bottom of a 23cm springform cake tin with baking paper. Crush the biscuits in a clean food bag with a rolling pin. Melt butter in the microwave for about 30 seconds. Mix the biscuit crumbs with the melted butter until well combined; spread the mixture over the bottom of the springform tin, pressing down firmly.

Melt the chocolate in a double boiler or in the microwave, allow to cool slightly. Then mix in the cream cheese and egg yolks. Beat the egg whites in a clean bowl with an electric mixer until stiff peaks form. Fold in the cooled chocolate mixture.

Pour the mixture over the biscuit base and bake for 15 minutes. Lower the temperature to 150 C / Gas 2 and bake for a further 15 minutes. Turn the oven off but leave the cheesecake in the oven for a further 15 minutes. Remove the cheesecake from the oven; allow to cool completely at room temperature and then store in the fridge.

Tropical Cheesecake - serves 12

225g cream cheese, softened

100g caster sugar

2 (425g) tins pineapple chunks, drained and pulsed in a food processor until coarsely chopped

225ml double cream, whipped

1 (23cm) prepared digestive biscuit base

In a large bowl mix cream cheese and sugar together. Whip cream and stir it and 1/2 of the pineapple to cream cheese mixture. Mix until smooth.

Pour mixture into base and top with remaining pineapple. Cover and chill for 2 hours.

Easy Chocolate Orange Mousse - serves 8

3 eggs, separated
150g good quality chocolate
approx 75ml orange juice

Melt chocolate over low heat in microwave.
Whisk egg whites until stiff.
Beat egg yolks into the melted chocolate.
Add orange juice.
Gently fold in egg whites.
Pour into individual glasses and leave in fridge for 2-3 hours. Enjoy!

Gluten Free Shortbread - serves 6

100g cornflour
160g white rice flour
8 tablespoons icing sugar
175g softened butter

Stir cornflour, rice flour and sugar together.
Add butter and mix until a soft dough forms - add extra flour as necessary.
Place in fridge for an hour.
Preheat oven to 160/Gas 2.
Roll out dough until $\frac{1}{2}$ inch thick. Cut into rectangles and prick with a fork. Bake for 20 minutes.
Cool on rack and sprinkle with caster sugar.

Gluten and Dairy Free Pear Fairy Cakes - serves 8

100g gluten free flour
50g soft brown sugar
4 tbspsns sunflower oil
2 tbspsns golden syrup
1 tspn gluten free baking powder
 $\frac{1}{2}$ teaspoon bicarbonate of soda
1 pear, peeled & grated

Mix the flour with the baking powder and bicarbonate of soda
Add the sugar and the grated pear and mix
Add the oil and the golden syrup and beat together
Put a spoonful into each paper case and bake at 190/Gas 5 for 25 minutes
Allow to cool on a wire rack

Huntley & Palmer Biscuits

Long Jamaica Biscuits (1865)

570 grams Plain Flour
100 grams Butter
110 grams Caster Sugar
1/4 pints Milk

Crumble the butter into the flour. Add the other ingredients. Roll out and cut into the shape of your choice. Bake in an oven at 160/Gas 5 until golden brown. To give it a bit more of a 'Jamaican' flavour you could substitute Muscovado for the caster sugar.

Nice (1904)

570grams Plain Flour
250 grams Caster Sugar
40 grams Butter
75 grams Coconut
1/4 pint Milk
1 teaspoon Vanilla Essence
1 teaspoon Baking Soda

Crumble the butter into the flour. Add the other ingredients and stand for half an hour. This makes a very stiff dry dough. Roll out and cut into the shape of your choice. Bake in an oven at 160/Gas 5 golden brown.

Stained Glass Christmas Biscuits

225g plain flour & 1 teaspoon baking powder
1/2 teaspoon salt
110g butter, softened
180g caster sugar
1 egg
1 teaspoon vanilla extract
200g coloured boiled sweets

Mix all ingredients together to form a ball of dough
Cover with cling film and leave in fridge for 30 minutes
Heat oven to 180/Gas 6, line a baking tray with parchment
On a floured surface roll the dough out until 2mm thick
Cut out desired shape and using a small cutter make a hole in the centre.
Place sweet in hole. If using as decorations use a straw to make a ribbon hole at the top of the shape
Bake for 12 to 15 minutes. Allow to dry on the parchment paper

HOT CROSS BUNS serves 12

175ml warm water
50g butter
1 tbspn milk powder
50g caster sugar
 $\frac{1}{4}$ tspn salt
1 egg
1 egg white
375g plain flour
1 tbspn yeast
100g currants
1 tspn cinnamon
1egg yolk
2 tbspnwater
For the icing
50g icing sugar
 $\frac{1}{4}$ teaspoon vanilla
1 dessertspoon milk

Put warm water, butter, milk powder, caster sugar, salt, egg, egg white, flour and yeast in bowl and mix well. Turn out on to floured surface and knead for a minimum of 5 mins. Add more flour as necessary. Return to the bowl, cover with damp tea towel and leave in warm place to rise (45 mins).

Re-knead and shape in to 12 evenly sized balls. Place on greased baking sheet. Cover and leave in warm place until doubled in size. Brush with egg yolk and water mix. Bake at 170/Gas 5 for 20 minutes. Cool on wire rack.

Mix icing ingredients and brush/pipe a cross on each bun.

Scotch Pancake – serves 6

50g caster sugar
100g flour plain or self-raising
1 egg
milk - as required

In a bowl mix flour and sugar. Add egg and then add the milk until the batter has the consistency of double cream.

Lightly grease a thick based frying pan and put a tablespoons worth of mixture in to the pan. (The pancake is ready to be turned when little bubbles emerge on the surface)

Cook approx.. 1 minute per side or until golden brown.

Irish Barm Brack - serves 12/16

275g raisins
100g sultanas
60g mixed peel
300ml warm, black strong tea
1 or 2 teaspoons treacle (optional)
200g dark brown demerara sugar
225g self raising flour
1/4 teaspoon mixed spice
1 egg

Mix the dried fruit, mixed peel, warm tea and treacle in a bowl. Cover and set aside overnight. Preheat oven to 180 degrees C/ gas mark 4. Grease and line a 900g (2 lb) loaf tin or a 20cm (8 inch) round cake tin.

Add the brown sugar, self-raising flour, mixed spice and egg to the dried fruit-tea mixture; stir well until mixed.

Pour into prepared tin and bake for 1 1/2 hours, or until it feels firm to touch. Transfer to a wire rack and cool.

Welsh Cakes - serves 6

300g plain flour
170g butter
100g sultanas
2 eggs, beaten
60ml milk
1/2 tsp baking powder
120g sugar
1/4 tsp nutmeg /mixed spice
Pinch of salt

In a large bowl mix together the flour, baking powder, sugar, nutmeg & salt
Rub in the butter until it resembles breadcrumbs. Add sultanas, eggs & milk, mix into soft dough.

Turn out onto floured surface, gently roll out (will be a soft dough) to about 1/2cm thick. Cut out cakes using a 6cm cutter.

Preheat a heavy non-stick frying pan/griddle to medium heat and grease well.

Place cakes on griddle and cook for 2 -3 minutes or until golden. Flip over to cook the other side.

Sprinkle with caster sugar to serve

Italian Vanilla Butter Biscuits – serves 18

115g unsalted butter, softened
100g caster sugar
3 eggs
2 teaspoons vanilla extract
375g plain flour
3 teaspoons baking powder

Preheat oven to 180 C / Gas 4. Grease baking trays.

In a large bowl,

cream together the butter and sugar until smooth. Mix in the egg and vanilla. Combine the flour and baking powder; stir into the creamed mixture until blended.

Divide dough into walnut sized portions. Roll each piece into a rope and then shape into a loop, and place biscuits 5cm apart on the prepared baking trays.

Bake for 8 to 10 minutes in the preheated oven, until firm and golden at the edges.

Chewy Oat & Choc Chip Cookies – makes 40+

225g butter, softened
220g light brown soft sugar
100g caster sugar
2 eggs
2 teaspoons vanilla extract
155g plain flour
1/2 teaspoon bicarbonate of soda
1 teaspoon salt
250g porridge oats
110g dried fruit (raisins/sultanas etc)
170g chocolate chips

Preheat oven to 170/Gas 3. Cream together the butter and sugars and beat in one egg at a time, stir in vanilla. Combine the flour, bicarbonate and salt and stir into creamed mixture. Mix in oats, dried fruit & choc chips. Drop a spoonful onto ungreased baking trays. Bake for 12 minutes, allow to cool for 5 mins on tray and then transfer to a cooling rack.

SMOOTHIES

Groovy Green Smoothie – serves 2

1 banana, sliced
150g (5 oz) green grapes
1 (200g) tub vanilla yoghurt
1/2 apple, cored and chopped
50g (2 oz) fresh spinach leaves

Place the banana, grapes, yoghurt, apple and spinach into a blender or food processor. Cover, and blend until smooth stopping frequently to push down anything stuck to the sides. Pour into glasses and serve. If you find your smoothie is too thick, add a tablespoon of milk, juice or soya milk at a time until desired consistency is reached.

Golden Health Smoothie - serves 2

125g chopped carrot
1 banana
1 kiwi fruit
1 apple - peeled, cored and sliced
170g chopped pineapple
1 scoop ice cubes

Blend the carrot, banana, kiwi, apple, pineapple and ice cubes in a blender until smooth.

Summer Fruits - serves 2

1 packet of FROZEN summer fruits
250/500g (depends how much you want to make)
(Cold) Milk 1-2 pints (depends)
500ml-2L of (Cold) lemonade

Select a glass you want to drink from. Fill half of it with summer fruits and half with lemonade (lemonade will fill the gaps in the summer fruits) and top up the glass with milk. Pour all of it into a blender, mix until no lumps (10-20 secs). Pour into your glass. DONE!

Raspberry Smoothie - serves 2

80g raspberries
250g natural yoghurt
120ml milk

Put all ingredients into a blender and blend until mixture is smooth and creamy. Serve.

How did you get on with these
recipes?

We'd love to see the results –
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If you have a favourite recipe that
could be included in our next book
please send it in.

Thanks,

Sandy