



LET'S COOK



Yummy Recipes created by Deja Rose



Let's Cook!

Thank you to everyone in my family who helped me
cook these meals

Your cookbook writing project has been facilitated by Clare Ford, expert educator and founder of the Switched ON! Academy, in partnership with Saronti.





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Breakfasts & Snacks



Ingredients

- ❖ 2 slices of white bread
- ❖ 4 slices of ham
- ❖ 2 slices of Cheese
- ❖ Butter

Equipment

- Butter knife
- Medium plate
- George Foreman small grill machine



Ham & Cheese Toastie

Method

1. *Turn on the george foreman small grill.*
2. *Butter the bread on both sides .*
3. *Add ham and cheese on the inside of the 2 pieces of bread.*
4. *Put the small sandwich in the grill and wait until the green light pops up.*
5. *Cut the toastie however you want to cut.*

Sauces to add:

Barbecue sauce

Tomato ketchup

Salad cream

Hot Pepper sauce

Sweet Chilli sauce

Brown sauce

Worcestershire Sauce





Serves : 4-6 people

Tuna Pasta

By {Deja}

Method

1. *First open the 3 tins of tuna with a tin opener, push the lids back down and pour out the liquid, open the tins back up with a fork. Put the tins back on the side.*
2. *Next, fill a medium sized pot with $\frac{3}{4}$ of cold tap water and put it on a medium heat for 7-10 minutes, when boiling put $\frac{1}{2}$ a bag of pasta in the pot.*
3. *After scraping the tuna in the mixing bowl, do 4 big squeezes of salad cream and 3 big squeezes of mayonnaise, add 4 turns of black pepper, mix them together for 2 minutes, and check the pasta .*
4. *Then wash the peppers in cold water then using the chopping board cut the peppers in small cubes, cut the scallion in small circles, add the peppers into the mixing bowl and then mix for 2 minutes; if pasta is done pour into the sieve and shake out.*
5. *Finally put pasta back in the pot and put the contents of the mixing bowl in the pot and add a tablespoon of honey mix around with a serving spoon.*

Extra toppings to taste:

- Cucumber
- Sweetcorn
- Salad

Ingredients

- 3 Tins Tuna In Brine
- Half A Bag Of Pasta
- Salad Cream
- Mayonnaise
- Black Pepper
- 1 Red and 1 Yellow Peppers
- 1 Scallion (Spring Onion)
- Stove
- Honey

Equipment

- Medium Sized Pot with the lid for it
- Mixing bowl
- Chopping board
- 1 medium sized knife
- 1 serving spoon
- 1 tablespoon
- 1 fork
- Tin opener
- Sieve



Chicken Tagliatelle

By Deja



Ingredients

- 8 Tagliatelle nests
- 3 Chicken breast
- 3 Mixed peppers
- Mushrooms
- $\frac{1}{2}$ Onions
- 500 ml of double cream
- 2 tablespoons oil
- Boursin (Garlic and Herb) cheese
- Seasoning for chicken: All purpose, paprika, chicken seasoning, black pepper, tropical seasoning (a pinch), chilli flakes
- Spinach (large bag)

Equipment

- Large pan and lid
- 2 Chopping board
- Large plastic bowl
- 1 large knife (Chicken)
- 1 medium knife (Vegetables)
- 1 fork
- 1 tablespoon
- 1 medium pot and lid
- 1 container
- 1 sieve





Chicken Tagliatelle

By Deja

Method

1. *First wash and cut chicken in medium pieces and season the chicken in a plastic bowl.*
2. *Wash and cut onions, mushrooms and peppers (keep separate from chicken).*
3. *Next, pour a small bit of oil into the large pan, let it heat up and then add onions until golden, add mushrooms and peppers.*
4. *Pour the mix into the container, leave some oil in the pan.*
5. *Then add the chicken in the pan and cook until brown on a medium heat, add the onions, mushrooms and peppers back, and then add the double cream.. Let it simmer.*
6. *Add water to the pot and put the pasta and let it cook,*
7. *Add spinach and the boursin cheese to the pan of ingredients.*
8. *When the pasta is cooked, drain in the sieve.*
9. *Finally Add the pasta to the pan of ingredients and mix until satisfied.*





Desserts





Upside down ice cream

By Deja

Method

1. *First defrost ice cream and do 3 scopes of ice cream in the bowl.*
2. *Next get 2 cones and put them on top of the ice cream.*
3. *Then put the flake on the ice cream at the side.*
4. *Finally if you want you can sauce or sprinkles.*

Ingredients

- *Ice cream cones*
- *Ice Cream*
- *Ice cream flake*
- *Sauce/ sprinkle*

Equipment

- *Ice cream scope*
- *Medium bowl*
- *spoon*

Method

1. *First, cut your apple slices, add them to a large bowl and sprinkle them with a little lemon juice.*
2. *Next, combine sugar, flour and spices (allspice, nutmeg, cinnamon) into a bowl, add the flour mixture to the apple slices and use your hands to mix the flour through the apples and then add vanilla extract.*
3. *Then preheat oven to gas mark 5 (190c / 375f), separate some dough for the top, place dough onto a flour covered surface, roll dough into a 9 inch pie plate.*
4. *Place pie dough into pie dish and push down, place apples into the pie dish, roll the separated dough into a 6 inch plate and place on top of the apples.*
5. *Using your thumb and a fork press the edges down .*
6. *Place egg yolk and cream into a bowl, stir well with a fork, use a small brush to spread some of the mixture on the top.*
7. *Finally use a sharp knife and cut slits into the top, put in the oven for 20 minutes, then reduce heat to gas mark 4 (180c / 350f)*
8. *Bake until the crust is golden and the juice is bubbly, take out and leave to rest for 1 hour .*

Apple Pie

By Deja



Ingredients

- *3 granny smith apples*
- *1 tbsp of lemon juice*
- *2/3 cups of brown sugar*
- *tablespoons all purpose flour*
- *1/2 teaspoon cinnamon*
- *1/4 teaspoon ground allspice*
- *1/4 teaspoon ground nutmeg*
- *1 teaspoon vanilla extract*
- *1 teaspoon of cream*

Equipment

- *large bowl*
- *3 spoons*
- *Pie dish*
- *Straws*





Drinks





Warm Vimto

Method

1. Put water into a kettle and boil.
2. Put some vimto into a mug and put 2 ice cubes.
3. Pour the hot water from the kettle into the mug and mix with a spoon.

Equipment:

Large mug
Kettle
Spoon

Ingredients:

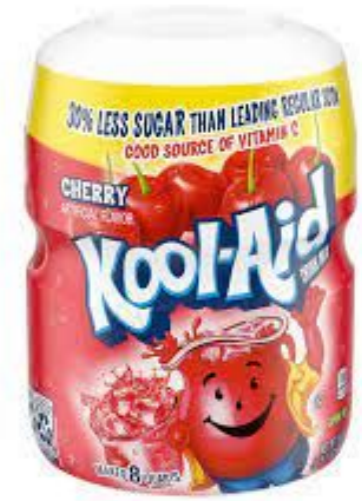
2 ice cubes
Vimto
Hot water
Spoon



Kool-aid

Method

1. Pour 3 cups of Kool-aid sugar into a jug.
2. Pour 1 litre of water of water in to the jug and mix .
3. Add some ice and taste, if to sweet add 1 cup of water, if no flavour add some more sugar.



Makes: 8 Drinks | Prep: 10 minutes |

Equipment

Large Glass Jug,
Ice
Stirring spoon
Glasses
Jug

Ingredients

3 cups of Kool-aid sugar



CONVERSION CHART

WEIGHT

1 oz = 28.35 g / 1 g = 0.035 oz
1 kg = 35 oz (2.2 lbs)

METRIC	IMPERIAL
30 g	1 oz
60 g	2 oz
85 g	3 oz
115 g	4 oz (1/4 lb)
140 g	5 oz
170 g	6 oz
200 g	7 oz
230 g	8 oz (1/2 lb)
250 g	9 oz
285 g	10 oz
450 g	16 oz (1 lb)
500 g	17 oz

LIQUID

1 cup = 250 ml / 1 fl oz = 28.5 ml
1 ml = 0.034 fl oz

METRIC	PINT	CUPS	FL OZ.
100 ml			3 1/2
125 ml		1/2	4 1/2
150 ml	1/4		5
200 ml			7
250 ml		1	9
275 ml	1/2		10
300 ml			11
400 ml			14
500 ml		2	18
570 ml	1		20
750 ml		3	26
1 l	1 3/4	4	35

OVEN TEMPERATURE

F	225	250	275	300	325	350	375	400	425	450	475
C	110	130	140	150	170	180	190	200	220	230	240
Gas Mark	1/4	1/2	1	2	3	4	5	6	7	8	9

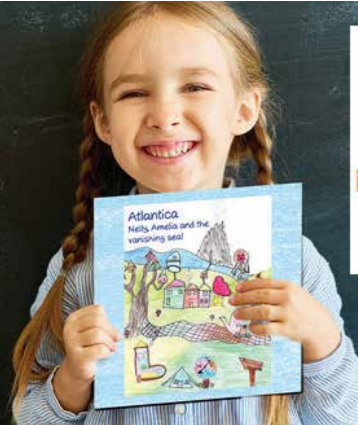
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