



LET'S COOK



Irresistible recipes by Tochi Nwankwo
Aged 12





LET'S COOK

Facilitated by Clare Ford at the Switched On Academy

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Let's Cook

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Starters

Mini Fish & Chips



Mini Fish and Chips Starter

Makes: 2 | Prep: 10 mins | Cook: 20 mins

Ingredients

- Fish
- Chips
- Batter
- Salt and vinegar

Method

1. Get your fish and cut into slices.
2. Put your fish into the batter and get your salt and vinegar on the pan.
3. Fry your fish with the vinegar and salt and do the same with the chips
4. Get your favourite drink to go with it and enjoy!!





Mains

Chicken Fingers

Frittata



Makes: 12 | Prep: 10 mins | Cook: 20 mins

Ingredients

- 6 skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1 egg, beaten
- 1 cup buttermilk
- 1 ½ teaspoons garlic powder
- 1 cup all-purpose flour
- 1 cup seasoned bread crumbs
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 quart oil for frying

Chicken Fingers

Method

1. Firstly make sure you read the ingredients list and make sure you have everything.
2. Get your 12 boneless chicken breasts and cut them in half.
3. Crack an egg and and mix it
4. Add your baking powder buttermilk, salt, flour and garlic powder.
5. Then once your chicken is seasoned to the max pour 1 quart oil for frying and put your chicken on the pan.
6. Leave it to cook for 15-20 minutes and once it is golden brown and crispy take it out of the pan.
7. Serve it on a plate and **TUCK IN!!!!**

Frittata

Method

1. Preheat your oven to 90 degrees.
2. Chop all your vegetables and put them to one side
3. Beat two eggs and pour them in a cup.
4. Whisk the eggs and leave the mixture alone.
5. Fry your vegetables then add the egg mixture
6. Once your egg is on top use a fish slice to cut into slices.
7. Enjoy!



Makes: 4 portions | Prep: 30 mins | Cook: 20 mins

Ingredients

- 2 eggs
- All coloured peppers
- Onions

Equipment

- Whisk
- Fish Slice



Desserts

Red Velvet Cake



Red Velvet Cake

BBC Good Food

Ingredients

- 1 cup milk
- 2 tablespoons white distilled vinegar
- 1 1/4 cups sunflower oil
- 2 large eggs, at room temperature
- 1 teaspoon pure vanilla extract
- One 1-ounce bottle red food coloring (about 2 tablespoons)
- Cooking spray
- 2 3/4 cups plain flour, spooned and leveled, plus more for dusting the pans
- 1 1/2 cups granulated sugar
- 3/4 teaspoon baking soda
- 1/2 teaspoon fine salt
- 1/4 cup very hot water
- 2 tablespoons unsweetened cocoa powder
- 1 1/2 sticks (12 tablespoons)

For the frosting

- Two 8-ounce packages cream cheese, softened
- 1 1/2 sticks (12 tablespoons)



Red Velvet Cake

BBC Good Food

Serves: 19-20 | Prep: 1hr 15 mins | Cook: 60 mins

Method

STEP 1

Heat the oven to 180C/160C fan/gas 4. Oil and line the base and sides of two 20cm cake tins with baking parchment – if your cake tins are quite shallow, line the sides to a depth of at least 5cm.

STEP 2

Put half each of the flour, cocoa powder, baking powder, bicarb, sugar and salt in a bowl and mix well. If there are any lumps in the sugar, squeeze these through your fingers to break them up.

STEP 3

Mix half each of the buttermilk, oil, vanilla extract, food colouring and 100ml water in a jug. Add 2 eggs and whisk until smooth. Pour the wet ingredients into the dry and whisk until well combined. The cake mixture should be bright red, it will get a little darker as it cooks. If it's not as vivid as you'd like, add a touch more colouring. Pour the cake mixture evenly into the two tins, and bake for 25-30 mins, or until risen and a skewer inserted into the centre comes out clean. Cool in the tins for 10 mins, then turn out onto a wire rack, peel off the baking parchment and leave to cool.

STEP 4

Repeat steps 1 and 2 with the remaining ingredients, so you have four sponge cakes in total. Can be made up to three days ahead and will stay moist if wrapped in cling film, or you can wrap well and freeze for up to two months.

STEP 5

To make the icing, put the butter in a large bowl and sieve in half the icing sugar. Roughly mash together with a spatula, then whizz with a hand mixer until smooth. Add the soft cheese and vanilla, sieve in the remaining icing sugar, mash together again, then blend once more with the hand mixer.

STEP 6

To assemble the cake, stick one of the sponges to a cake stand or board with a little of the soft cheese icing. Use roughly half the icing to stack the remaining cakes on top, spreading a generous amount between each layer. Pile the remaining icing on top of the assembled cake, and use a palette knife to ease it over the edges, covering the entire surface of the cake. Tidy the plate with a piece of kitchen paper. Store leftovers in the fridge for up to 2 days, but bring back to room temperature for an hour





Drinks

Pink Watermelon Lemonade





Pink Watermelon Lemonade

Ingredients

- Watermelon
- Sugar
- Lemon
- Lime

Makes: 7 Drinks | Prep: 1 Hour

Equipment

- Large Glass Jug
- Citrus Juicer, Knife
- Chopping board
- Ice,
- Stirring spoon
- Glasses

Method

1. Firstly, get your fruit/veg and slice them and squeeze them.
2. Once you have gotten enough juice add sugar and mix.
3. Then leave it in the fridge for 30 mins.
4. Now you can enjoy a chilled ice drink!!!!



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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