



LET'S COOK

Irresistible recipes by Kelechi Nwankwo
Aged 13





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 Pepperoni Pizza

Mini Pepperoni Pizza

BBC Good Food Recipe

Makes: 24 | Prep: 30 mins | Cook: 20 mins

Ingredients

For the pizza dough

- 300g/10½oz strong white flour, plus extra for dusting
- 1x 7g sachet fast-action yeast
- 1½ tsp salt
- 175ml/6fl oz warm water
- 3 tbsp extra virgin olive oil, plus extra for greasing

For the topping

- 100ml/3½fl oz passata
- 1 roasted red pepper, skin removed, sliced (or 200g/7oz jar small, piquant roasted peppers, available from delicatessens and online)
- 200g/7oz pepperoni, sliced into rounds
- 200g/7oz mozzarella, broken into pieces or sliced
- drizzle extra virgin olive oil
- few sprigs fresh basil leaves
- salt and freshly ground black pepper



Method

1. Preheat the oven to 240C/220 Fan/Gas 9.
2. For the pizza dough, place the flour, yeast and salt into a large mixing bowl and stir to combine. Make a well in the centre of the dry ingredients and pour in the warm water and oil. Mix the wet ingredients into the dry ingredients using first a wooden spoon, then your hands, until the mixture comes together as a soft ball of dough.
3. Turn out the dough onto a lightly floured work surface and knead it thoroughly for 8-10 minutes, or until the dough has become smooth and springy to the touch and is no longer sticky. Use a floured finger to make an indent in the surface of the dough; it should spring back when the dough is ready.
4. Dust the work surface again with a little more flour, then roll out the pizza dough, moving it around on the work surface as you roll to keep the shape circular and prevent the dough from sticking, until you have a large, thin disc. Press your fingertips down into the dough all over the pizza base. This prevents it from rising too much during cooking.
5. For the topping, spread the passata over the pizza base, leaving a 2cm/1in gap around the edge. Season, to taste, with salt and freshly ground black pepper.
6. Scatter over the roasted pepper slices, pepperoni slices and pieces of mozzarella.
7. Bake the pizza in the oven for 10-15 mins, or until the base is crisp and starting to char around the edges. Before serving, drizzle over a little olive oil, garnish with the basil sprigs, and season again with a grinding of black pepper.





Mains

Beef Burrito

Creamy Chicken Pasta





Ingredients:

For the guacamole

- 2 small ripe avocados, peeled, stones removed
- 1 garlic clove, peeled and finely chopped
- ½ small onion, peeled and finely chopped
- 1 small red chilli, seeds removed, finely chopped
- 1 lime, juice only
- salt and freshly ground black pepper

For the tomato salsa

- 2 medium ripe tomatoes, chopped
- ½ onion, peeled and finely chopped
- small handful fresh coriander, chopped

Beef Burrito

BBC Good Food Guide

For the burritos

- 2 tbsp vegetable oil
- 1 small onion, peeled and finely chopped
- 350g/12oz rump steak, chopped (or lean beef mince)
- 1 garlic clove, peeled and finely chopped
- ½ red or green chilli, seeds removed, finely chopped
- dash Worcestershire sauce
- dash Tabasco sauce
- pinch [cayenne pepper](#)
- small handful [fresh coriander](#), chopped

To serve

- 2 ready-made soft [flour tortillas](#), warmed briefly in a hot dry pan
- 1 [Little Gem lettuce](#), finely sliced
- 100g/3½oz cooked [rice](#)
- 75g/2½oz [cheddar](#), grated
- 100ml/3½fl oz [soured cream](#)

Beef Burrito

BBC Good Food Guide

Method

1. For the guacamole, place the avocados in a bowl with the garlic, onion and chilli and mash together roughly with a fork. Stir in the lime juice and season to taste with salt and freshly ground black pepper. Set aside.
2. To make the tomato salsa, mix the tomatoes, onion and coriander in a bowl. Set aside.
3. To make the burrito filling, heat the oil in a pan and fry the onion for 1-2 minutes until softened but not browned. Add the chopped steak or beef mince to the pan with the garlic and chilli and stir fry for one minute.
4. Add a pinch of cayenne pepper and a dash of Worcestershire sauce and Tabasco sauce and cook for another minute, or until cooked to your liking, then remove from the heat.
5. To assemble the burrito, place the warmed tortillas on serving plates and divide the steak between them. Top with salsa and lettuce and fold to enclose the filling.
6. Serve the burrito with rice, grated cheese, soured cream.





Creamy Chicken Pasta

BBC Good Food Guide

Instructions

1. While pasta is cooking, melt butter in large saucepan and add garlic and chives.
2. Add chicken and stir to combine. Put lid on pan for 4 minutes.
3. Remove lid and stir chicken until just cooked.
4. Add cream and the cornflour mixed with enough milk to make a thick paste.
5. Stir continuously until sauce thickens. If too thick add a little milk.
6. Add parmesan cheese and seasoned pepper, stir.
7. When cooked, stir in parsley.
8. Drain pasta, add to chicken mix and stir until evenly coated, serve.

Ingredients:

- 500g chicken breast fillets diced
- 250g penne
- 30g butter
- 1 tsp garlic crushed
- 1/4 cup parmesan cheese
- 1 tbs cornflour
- 2 tbs milk
- 300ml cream
- 1 pinch pepper to taste
- 1 handful chives chopped to taste
- 1 handful parsley to taste





Desserts

Chocolate Cake





Chocolate Cake

BBC Good Food Recipe

Ingredients

- 225g/8oz plain flour
- 350g/12½oz caster sugar
- 85g/3oz cocoa powder
- 1½ tsp baking powder
- 1½ tsp bicarbonate of soda
- 2 free-range eggs
- 250ml/9fl oz milk
- 125ml/4½fl oz vegetable oil
- 2 tsp vanilla extract
- 250ml/9fl oz boiling water

For the chocolate icing

- 200g/7oz plain chocolate
- 200ml/7fl oz double cream
- 225g/8oz plain flour
- 350g/12½oz caster sugar
- 85g/3oz cocoa powder
- 1½ tsp baking powder
- 1½ tsp bicarbonate of soda
- 2 free-range eggs
- 250ml/9fl oz milk
- 125ml/4½fl oz vegetable oil
- 2 tsp vanilla extract
- 250ml/9fl oz boiling water

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins.
2. For the cake, place all of the cake ingredients, except the boiling water, into a large mixing bowl. Using a wooden spoon, or electric whisk, beat the mixture until smooth and well combined.
3. Add the boiling water to the mixture, a little at a time, until smooth. (The cake mixture will now be very liquid.)
4. Divide the cake batter between the sandwich tins and bake in the oven for 25–35 minutes, or until the top is firm to the touch and a skewer inserted into the centre of the cake comes out clean.
5. Remove the cakes from the oven and allow to cool completely, still in their tins, before icing.
6. For the chocolate icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove the pan from the heat and whisk the mixture until smooth, glossy and thickened. Set aside to cool for 1–2 hours, or until thick enough to spread over the cake.
7. To assemble the cake, run a round-bladed knife around the inside of the cake tins to loosen the cakes. Carefully remove the cakes from the tins.
8. Spread a little chocolate icing over the top of one of the chocolate cakes, then carefully top with the other cake.
9. Transfer the cake to a serving plate and ice the cake all over





Drinks

Arnold Palmer

Makes: 4 Drinks | Prep: 10 mins

Ingredients

FOR THE LEMONADE

- 3 cl. water, divided
- 3/4 g granulated sugar
- Juice of 6 large lemons (about 3/4 cup)

FOR THE TEA

- 4 cl. water
- 1/3 g. honey
- 5 black tea bags
- Ice
- Fresh mint
- Lemon wedges

Equipment

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

Arnold Palmer



Method

1. Make lemonade: In a small pot over medium heat, bring 1 cup water and sugar to a boil, stirring to dissolve sugar. Let it boil for 2 minutes. Let cool to room temperature.
2. Combine simple syrup, remaining 2 cups water, and lemon juice.
1. Make tea: In a medium pot over medium-high heat, bring water to a boil. Add honey and stir to dissolve. Turn off heat and add tea bags. Let steep 5 minutes. Let it cool to room temperature.
1. In a large pitcher, combine lemonade and tea. Pour into glasses over ice and garnish with mint and lemon wedges.



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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