



# LET'S COOK



Irresistible Recipes by Sophie Brown





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Facilitated by Clare Ford at the Switched On Academy

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# Let's Cook

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# Breakfasts

&

# Snacks

Roasted Asparagus with Serrano Ham  
Garlic pan-fried Bread & Chorizo



## Roasted Asparagus with Serrano Ham

*Tapas 100 Everyday Recipes*

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

### Ingredients

- 2 tbsp olive oil
- 6 slices Serrano ham
- 12 asparagus spears
- black pepper
- sea salt



### Method

1. First, place half the olive oil in a roasting tin that will hold the asparagus spears in a single layer and swirl it around so that it covers the base.
2. Cut each slice of Serrano ham in half lengthways.
3. Trim and discard the woody end of the asparagus spears, then wrap a slice of ham around each asparagus.
4. Place the wrapped spears into the roasting tin and lightly brush with the remaining olive oil.
5. Season the asparagus with sea salt and pepper.
6. Roast the asparagus spears in a preheated oven, 200°C/400°F/Gas Mark 6, for 10 mins, until tender but still firm. serve the asparagus piping hot.

## Garlic pan-fried Bread & Chorizo

*Tapas 100 Everyday Recipes*

### Method

1. Cut the chorizo sausage into 1-cm/1/2-inch thick slices and cut the bread, with its crust still on, into 1-cm/1/2-inch cubes.
2. Add enough olive oil to a large, heavy-based frying pan so that it generously covers the bottom.
3. Heat the oil, add the garlic and cook for 30 seconds- 1 minute or until lightly browned.
4. Add the bread cubes to the frying pan and pan-fry, stirring all the time, until golden brown and crisp.
5. Add the chorizo and pan-fry for 1-2 minutes, or until hot.
6. Using a slotted spoon, remove the bread cubes and chorizo from the frying pan and drain well on kitchen paper.
7. Turn the pan-fried bread and chorizo into a warmed serving bowl.
8. Add the chopped parsley and toss together.
9. Garnish the dish with a sprinkling of paprika and serve warm.



serves: 6-8 | Prep: 30 mins | pan-fried 3 mins

### Ingredients

- 200g chorizo sausage, outer casing removed
- 4 thick slices 2-day-old country bread
- olive oil, for pan-frying
- 3 garlic cloves, finely chopped
- 2 tbsp chopped fresh flat-leaf parsley
- paprika, to garnish





# Starters

Garlic Prawns with Lemon & Parsley  
Calamares





serves: 6 Prep: 20 mins | Cook: 7 mins

## Ingredients

- 60 raw jumbo prawns
- 150 ml olive oil
- 6 garlic cloves, thinly sliced
- 3 dried hot red chillies (optional)
- 90 ml freshly squeezed lemon juice
- 60g very finely chopped fresh parsley
- french bread to serve



## Garlic Prawns with Lemon & Parsley

*Tapas 100 Everyday Recipes*

### Method

1. Peel the prawns and remove the heads, leaving the tails on. Rinse and pat the prawns dry.
2. Heat the olive oil in a large, deep frying-pan.
3. Add the garlic and chillies, if using, and stir constantly until they sizzle.
4. Add the prawns and cook until they turn pink and start to curl.
5. Use a slotted spoon to transfer to warm earthenware bowls.
6. Sprinkle each bowl with lemon juice and parsley.
7. Serve with plenty of bread to mop up the juices.

## Calamares

*Tapas 100 Everyday Recipes*

### Method

1. Slice the squid into 1-cm/1/2-inch rings and halve the tentacles, if large.
2. Rinse and dry well on kitchen paper so they do not spit during cooking.
3. Dust the squid rings with flour so that they are lightly coated. Do not season the flour, as this will toughen the squid.
4. Heat the oil in a deep-fryer to 180-190°C /350-375°F.
5. Carefully add the squid rings, in batches so that the temperature of the oil does not drop, and deep-fry for 2-3 minutes, or until golden brown and crisp all over, turning several times.
6. Do not over cook as the squid will become tough and rubbery rather than moist and tender.
7. Using a slotted spoon, remove the squid from the deep-fryer and drain well on kitchen paper.
8. Transfer to a warm oven whilst frying the rest.
9. Sprinkle the deep-fried squid with salt and serve piping hot with lemon wedges for squeezing



serves 6 | Prep: 20 mins | Cook: 2-3 mins

## Ingredients

- 450g prepared squid
- plain flour, for coating
- corn oil, for deep-frying
- salt
- lemon wedges, to garnish









## Chicken Wings with Tomato Dressing

*Tapas 100 Everyday Recipes*

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

### Ingredients

- 175ml olive oil
- 3 garlic cloves, finely chopped
- 1 tsp ground cumin
- 1kg chicken wings
- 2 tomatoes, peeled, deseeded and diced
- 75ml white wine vinegar
- 1 tbsp shredded fresh basil leaves



## Chicken Wings with Tomato Dressing



### Method

1. Mix 1 tablespoon of the oil, the garlic and the cumin together in a shallow dish.
2. Cut off and discard the tips of the chicken wings and add the wings to the spice mixture, turning to coat.
3. Cover with cling film and leave to marinate in a cool place for 15 minutes.
4. Heat 3 tablespoons of the remaining oil in a large, heavy-based frying pan.
5. Add the chicken wings in batches and cook, turning frequently, until golden brown.
6. Roast the chicken wings in a preheated oven at 180 degrees gas mark 4 for 10-15 minutes or until tender and the juices run clear when the point of a sharp knife is inserted into the thickest part of the meat.
7. Mix the remaining olive oil with the tomatoes, vinegar and basil in a bowl.
8. Transfer the chicken wings to a non-metallic dish. Pour the dressing over them, turning to coat. Cover with cling film. Leave to cool completely.
9. Chill in the refrigerator for four hours.
10. Remove from the refrigerator 30-60 mins before serving to return the chicken wings to room temperature.



# Spanish Paella

## Tapas 100 Everyday Recipes

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

### Ingredients

- ¼ cup extra virgin olive oil
- 1 onion, diced
- 1 bell pepper, diced
- 4 garlic cloves
- 3 roma tomatoes, very finely diced
- bay leaf
- 1 teaspoon paprika, sweet or smoked
- 1 pinch saffron threads
- salt and pepper
- ¼ cup white wine
- 4 boneless, skinless chicken thighs, cut into pieces
- ¼ cup flat leaf Parsley chopped, divided
- 2 cups Spanish rice
- 5 cups chicken broth
- ½ cup frozen peas
- ½ lb jumbo shrimp or prawns, about 12 peeled, tail on
- ½ lb mussels (about 10-20), cleaned properly (beards off)
- 8 oz calamari rings
- lemons, for garnish



# Spanish Paella



### Method

1. Add the olive oil to a skillet over medium heat.
2. Add the onion, bell peppers and garlic and cook until onion is translucent.
3. Add chopped tomatoes, bay leaf, paprika, saffron, salt and pepper.
4. Stir and cook for five minutes.
5. Add white wine and cook for ten minutes.
6. Taste and add salt if needed.
7. Add chicken pieces and two tablespoons of chopped parsley and rice to the pot and cook for one minute.
8. Pour the broth slowly all around the pan and jiggle the pan to get the rice into an even layer ( do not stir the mixture going forward). Bring the mixture to a boil.
9. Reduce heat to medium low.
10. Give the pan a gentle shake back and forth just once or twice during cooking.
11. Cook for 15-18 minutes uncovered.
12. Nestle the shrimps, calamari and mussels into the mixture.
13. Sprinkle peas on top and continue to cook (without stirring) for about 5 more minutes.
14. Wait for most of the liquid to be absorbed and the rice at the top nearly tender. (Add ¼ cup more water or broth if rice is still uncooked for some reason).
15. Remove pan from heat and cover pan with a lid or tin foil.
16. Place a kitchen towel over the lid and allow to rest for 10 minutes.
17. Garnish with fresh parsley and lemon slices and serve.





# Desserts

Chocolate Peanut Butter Pie  
Frosted Carrot Cake



# Chocolate Peanut Butter Pie

150 Baking Recipes



## Ingredients

### Biscuit crust

- 225g digestive biscuits, finely crushed
- 25g plain chocolate grated
- 70g butter, melted

### Filling

- 175g cream cheese
- 140g smooth peanut butter
- 25g caster sugar
- 200ml double cream

### Chocolate Glaze

- 115g plain chocolate, broken into pieces
- 1 tbsp golden syrup
- 25g unsalted butter
- 100ml double cream
- chopped roasted peanuts, to decorate



# Chocolate Peanut Butter Pie

150 Baking Recipes



## Method

1. Preheat the oven to 180°C/ Gas mark 4.
2. Put the biscuit crumbs into a bowl and stir in the grated chocolate and melted butter.
3. Press the mixture into a 23-cm/9-inch tart tin.
4. Bake in the preheated oven for 10 minutes, or until set.
5. To make the filling, put the cream cheese and peanut butter into a bowl and beat together until smooth.
6. Beat in the sugar, then gradually beat in the cream.
7. Spoon the mixture into the biscuit case and gently level the surface.
8. Chill in the fridge for 30 minutes.
9. To make the glaze, put the chocolate, syrup and butter into a heat proof bowl set over a saucepan of simmering water and heat until melted.
10. Remove from the heat and stir in the cream until smooth. Leave to cool for 10–20 minutes, or until thickened, then gently spread over the filling.
11. Chill in the fridge for at least 1 hour before serving.
12. To serve, remove the pie from the tin and decorate with chopped roasted peanuts.



# Frosted Carrot Cake

By 150 Baking Recipes

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

## Ingredients

- 175ml sunflower oil, plus extra for greasing
- 175g light muscovado sugar
- 3 eggs, beaten
- 175g grated carrots
- 85g sultanas
- 55g walnut pieces
- grated rind of 1 orange
- 175g self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp ground cinnamon
- ½ tsp grated nutmeg
- strips of orange zest, to decorate



## Frosting

- 200g cream cheese
- 100g icing sugar
- 2 tsp orange juice

# Frosted Carrot Cake

By 150 Baking Recipes



## Method

1. Preheat the oven to 180°C/ Gas mark 4.
2. Grease and line a 23-cm/9-inch square cake tin.
3. In a large bowl beat together the oil, sugar and eggs.
4. Stir in the grated carrots, sultanas, walnut pieces and orange rind.
5. Sift the flour, bicarbonate of soda, cinnamon and nutmeg together into the bowl, then mix evenly into the carrot mixture.
6. Spoon the mixture into the prepared cake tin and bake in the preheated oven for 40-45 minutes, until well risen and firm to the touch.
7. Cool in the tin for 5 minutes, then turn out onto a wire rack to cool completely.
8. For frosting, combine the cream cheese, icing sugar and orange juice in a bowl and beat until smooth.
9. Spread over the top of the cake and swirl with a palette knife.
10. Decorate with strips of orange zest, cut into squares and serve.



## 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

## NUTRITIONAL INFORMATION

Name of food	Vitamins/Minerals	Benefits
Asparagus	Vitamin C Vitamin E Potassium	Can relieve indigestion Diuretic effect
Garlic	Vitamin B6 Vitamin C Manganese	Helps keep heart healthy May lower risk of stroke
Chicken	Vitamin B6 Vitamin B12 Zinc	Weight loss Control of blood pressure
Prawns	Vitamin A Vitamin E Iron	Helps the body produce energy Effectively distributes oxygen
Rice	B vitamins Potassium Folic acid	Good source of energy Can be used for skin care
Eggs	Vitamin B12 Vitamin D Iodine	Highly nutritious May support eye health
Bell Peppers	Vitamin C Vitamin E Potassium	Improved eye health Reduced risk of several chronic diseases





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