



LET'S COOK



Irresistible recipes by Hafsa Najib





LET'S COOK

Facilitated by Clare Ford at the Switched On Academy

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Let's Cook

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Breakfasts & Snacks



Makes: 12 | Prep: 1.5 hours | Cook: 12-15 mins

Ingredients

- 100g (½ cup) granulated sugar
- 165g (¾ cup) brown sugar,
- 1 teaspoon salt
- 115g (½ cup) unsalted butter, melted
- 1 egg
- 1 teaspoon vanilla extract
- 155g (1 ¼ cup) all-purpose flour
- ½ teaspoon baking soda
- 110g (4 oz) milk or semi-sweet chocolate chunks
- 110g (4 oz) dark chocolate chunks

The Best Chewy Chocolate Chip Cookies

From Tasty

Method

1. In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.
2. Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
3. Sift in the flour and baking soda, then fold the mixture with a spatula (Be careful not to overmix, which would cause the gluten in the flour to toughen resulting in cakier cookies).
4. Fold in the chocolate chunks, then chill the dough for at least 30 minutes. For a more intense toffee-like flavor and deeper color, chill the dough overnight. The longer the dough rests, the more complex its flavor will be.
5. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
6. Scoop the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 10 cm of space between cookies and 5 cm of space from the edges of the pan so that the cookies can spread evenly.
7. Bake for 12-15 minutes.



Ingredients

for 12 servings

- 2 ½ cups all purpose flour(575 g)
- 1 ⅔ cups granulated sugar(335 g)
- 1 ¼ teaspoons baking powder
- 1 ¼ teaspoons baking soda
- 1 teaspoon salt
- ⅔ cup vegetable oil(160 mL), or extra virgin olive oil
- ½ cup milk(120 mL)
- 3 eggs
- 5 bananas, very ripe, mashed
- ½ cup chocolate chips(85 g)

Banana Chocolate Chip Breakfast Muffins

By Tasty

Method

1. Preheat the oven to 350°F. Spray two 3x4 muffin tins with cooking spray.
2. Mix the flour, sugar, baking powder, baking soda, and salt in a medium-sized bowl.
3. In a different medium-sized bowl, mix the oil, milk, eggs, and bananas.
4. Combine the dry and wet ingredients together. Once done, use an ice cream scoop to fill the muffin tins and top each off with 1 teaspoon of chocolate chips.
5. Bake for 20 minutes or until the chocolate chips are partially melted.
6. Serve warm
7. Enjoy!





Ingredients

for 2 servings

- 5 large egg whites
- 3 large egg yolks
- 2 tablespoons unsalted butter, halved
- salt, to taste
- pepper, to taste
- fresh chive, chopped, for garnish



Super Fluffy Omelette

By Tasty

Method

1. Separate the egg whites and the egg yolks in two separate bowls. You'll only need 3 yolks, so discard the other 2 or reserve for another use.
2. Whisk the egg yolks until they become homogenous and pale in color. Set aside.
3. Transfer the egg whites to a large bowl and whisk until they triple in size and become white with medium peaks.
4. Carefully fold the egg yolks into the egg whites until fully incorporated.
5. Pour the egg mixture into a medium nonstick frying pan with a lid. Cook over medium-low heat until bottom of omelet has set, about 5 minutes.
6. Lift up each side of the omelette and drop a tablespoon of butter underneath.
7. Cover the pan and cook for another 5 minutes, or until the top of the omelet has set.
8. Remove the lid and season the omelet with salt and pepper. Remove the pan from the heat.
9. Fold the omelette onto a plate and sprinkle with chives.





Starters





Makes: 8 | Prep: 30 mins | Cook: 20 mins

Ingredients

- 1 cup raw cashews(130 g)
- 2 tablespoons non-dairy yogurt starter
- 2 teaspoons xanthan gum powder
- 4 cups water(960 mL)
- 1 tablespoon salt, plus more as needed
- 1 teaspoon apple cider vinegar
- 4 tablespoons agar-agar flakes
- 1 cup tapioca starch(125 g)
- 1 ½ cups refined coconut oil(300 g)

Vegan Mozzarella

From Tasty

Method

1. Bring a medium saucepan filled with water to a boil. Add the cashews and boil for 30 minutes, then drain.
2. Add the boiled cashews, non-dairy yogurt starter, xanthan gum, and water to a blender. Blend until smooth.
3. Transfer the “cheese” mixture to a large bowl, cover with a kitchen towel, and let sit at room temperature, or between 72°-90°F (22°-32°C), for 12-16 hours.
4. Return the mixture to the blender. Add the salt, apple cider vinegar, agar agar flakes, tapioca starch, and coconut oil. Blend until smooth.
5. Fill a large bowl with water and salt generously. Stir to dissolve the salt, then add ice. Set aside.
6. Transfer the “cheese” mixture to a large saucepan over medium-high heat. Stir constantly until the mixture begins to pull together, 3-5 minutes.
7. Using an ice cream scoop, scoop golf ball to baseball-size pieces of the mixture into the ice water. Allow the “mozzarella” balls to sit for 30 minutes, until they have firmed up and become stretchy.
8. Store in salt water in the fridge for up to 1 week.

Smoked salmon pâté

By Tasty

Method

1. In a small bowl, combine all the paprika seasoning ingredients, stir.
2. Cut the potatoes in half lengthwise, and cut each half into quarters lengthwise, making 16 total wedges.
3. Place wedges in a bowl of water to remove the extra starch from the potatoes. Drain.
4. Preheat oven to 400°F (200°C).
5. Place wedges on a baking sheet and pour olive oil, 3 spoonfuls of the paprika seasoning, and parmesan over the potatoes.
6. Using clean hands, mix together to coat potatoes, then arrange potatoes in rows, without overlapping, so they bake evenly.
7. Bake for 30 minutes, flipping halfway, or until crispy.
8. Cut cod fillet down the middle and into 3 to 4-inch (8-10 cm) long pieces. Some of the thicker pieces may need to be cut in half.
9. Mix the paprika seasoning into the panko.
10. Dredge each fish stick through the eggs, flour, back in the egg, and finally, panko. Place on a baking sheet
11. Bake with the potato wedges for 15 minutes, flipping halfway, or until golden brown and cooked through.
12. Serve with your favorite dipping sauces.
13. Enjoy!



Ingredients

PAPRIKA SEASONING

- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper

WEDGES

- 2 large russet potatoes, scrubbed

FISH STICKS

- 2 cod fillets
- 3 eggs, beaten
- 1 cup flour(125 g)
- 1 cup panko breadcrumbs (50 g)

DIPPING SAUCES

- tartare sauce, optional
- ketchup, optional





Ingredients

for 8 servings

- 1 tablespoon oil
- 1 onion, chopped
- 1 stalk celery, chopped
- 3 cloves garlic, minced
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons tomato paste
- ¼ cup fresh basil(10 g)
- 28 oz crushed tomato(795 g), 2 cans
- 6 cups vegetable broth(1 ½ L)
- ½ teaspoon baking soda
- 2 sprigs fresh thyme

Tomato Basil Soup

By Tasty

Method

1. Combine oil, onion, celery, and garlic over medium heat in a large pot. Sauté for 3 minutes until onions are translucent.
2. Add salt, pepper, tomato paste, basil, crushed tomatoes, broth, baking soda, and thyme. Bring to a boil.
3. Lower heat and cover, simmering for 15 minutes.
4. Uncover and remove thyme.
5. Use an immersion or countertop blender to blend the soup until smooth.
6. Allow to cool 2 minutes and serve topped with basil.
7. Enjoy!





Mains



Ingredients

for 12 taco cups

- 1 lb lean ground beef(455 g)
- 3 tablespoons taco seasoning, 1 envelope
- 6 oz diced tomato(170 g)
- 4 oz diced green chilies(115 g), 1 can
- 1 ½ cups shredded sharp cheddar cheese(150 g)
- 6 large flour tortillas

Tacos

By Tasty

Method

1. In a large skillet, brown the ground beef and drain any remaining fat. Transfer to a bowl.
2. Add taco seasoning, tomatoes and green chiles to the ground beef and stir to combine.
3. Preheat oven to 375°F (190°C).
4. Cut flour tortillas into a square shape and cut each into 4 smaller equally sized square pieces.
5. Generously coat a standard size muffin tin with nonstick cooking spray.
6. Line each cup of prepared muffin tin with a tortilla sheet.
7. Add 1.5 tablespoons taco mixture. Top with 1 tablespoon of cheese. Press down and add another layer of tortilla sheet, taco mixture, and a final layer of cheese.
8. Lightly brush the top edges of the tortilla with cooking oil.
9. Bake 18-20 minutes until cups are heated through and edges are golden brown.
10. Enjoy!

Meatazza

By Tasty

Method

1. In a large mixing bowl, combine ground beef, Italian sausage, garlic, parsley, parmesan cheese, salt, pepper, bread crumbs, eggs, and milk. Mix until everything is fully infused together.
2. Roll into 4-5 ounce (113-142 g) meatballs. For even amounts, use a medium-sized ice cream scooper.
3. Preheat oven to 425°F (220°C).
4. Over medium heat, add 1 tablespoon of olive oil to a pan, and brown the meatballs on both sides for about 2-3 minutes or until you create a nice crispy sear. Cook about half way through. They will finish cooking in the oven.
5. In a casserole dish, spread a few tablespoons of marinara sauce to the bottom of the pan to help prevent sticking. Then place meatballs in the casserole dish and add the remaining jar of marinara sauce. Top with 2 cups of shredded mozzarella cheese.
6. Cover in foil and bake at 425°F (220°C) for 25 minutes or until the cheese is fully melted and the meatballs are fully cooked.
7. Serve and garnish with parsley.
8. Enjoy!



Ingredients

for 20 meatballs

- 1 lb ground beef(455 g)
- 1 lb hot italian sausage(455 g)
- 4 cloves garlic, minced
- ½ cup fresh parsley(10 g), chopped
- ½ cup parmesan cheese(55 g)
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup italian bread crumbs(115 g)
- 2 eggs
- 1 cup milk(240 mL)
- 24 oz marinara sauce(680 mL)
- 2 cups mozzarella cheese(200 g)





Ingredients

for 20 meatballs for 4 servings

- olive oil, to taste
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 pt grape tomato(400 g), halved
- salt, to taste
- pepper, to taste
- 2 ½ cups vegetable broth(600 mL)
- 2 ½ cups non-dairy milk(600 mL)
- 16 oz dried pasta(455 g)
- 5 oz fresh spinach(40 g)
- ⅓ cup nutritional yeast(20 g)

Creamy Dairy-free One Pot Pasta

By Tasty

Method

1. In a large pot over medium heat, add the olive oil and onion and cook for 3-5 minutes until semi-translucent.
2. Add the garlic and tomato paste and cook for 3 more minutes, stirring occasionally.
3. Add the tomatoes and cook for 3-5 more minutes, until the skins begin to wrinkle and tomatoes begin to release liquid.
4. Season with salt and pepper, then add the vegetable broth, non-dairy milk, and pasta and stir until combined.
5. Bring to a boil, then cover, reduce heat, and let simmer for 10 minutes or until most liquid is absorbed.
6. Add the spinach and stir until wilted.
7. Add the nutritional yeast and stir until combined.
8. Remove from heat and serve immediately.
9. Enjoy!





Desserts





Ingredients

for 6 servings

- 1 ⅓ cups sugar(265 g)
- 2 eggs
- ½ cup flour(60 g)
- ¼ cup cocoa powder(30 g)
- 1 pinch salt
- ½ cup butter(115 g), melted
- 1 tablespoon vanilla extract
- 1 tablespoon butter
- 1 tablespoon cocoa powder
- powdered sugar
- 1 cup berry(175 g), optional

Swedish Sticky Chocolate Cake

By Tasty

Method

1. Preheat the oven to 350°F (180°C).
2. In a medium bowl, whisk the sugar and eggs until the mixture is pale yellow in color.
3. Sift in the flour, cocoa powder, and salt.
4. Fold until incorporated.
5. Mix in the butter and vanilla.
6. Grease a pan with butter and sprinkle cocoa powder to coat.
7. Pour in batter and smooth out. Batter will be very thick.
8. Bake for 20 minutes or until the top has hardened. The center should still be soft.
9. Sprinkle with powdered sugar.
10. Add berries (optional).
11. Enjoy!

Yorkshire Pudding Profiteroles

By Tasty

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease two baking trays with a little butter.
2. Put the butter in a bowl and beat with a wooden spoon or electric hand whisk until soft. Add the sugar and beat again until very creamy. Beat in the egg until combined.
3. Stir in the orange zest, chocolate and flour. Use your hands to make the dough into a ball.
4. Divide the dough into quarters and roll each quarter into a sausage shape, about 10cm/4 inches long and 4cm/1½ inches wide. Slice each log into 6 equal pieces; you will have a total of 24 biscuits. Make sure each biscuit is a circle shape, then press it down slightly with your hands and place it on the prepared baking trays.
5. Bake for 10–12 minutes, or until golden-brown around the edges. Use a palette knife to lift the biscuits onto a cooling rack and leave to cool.



Makes: 12 | Cook: 20 mins

Ingredients

for 12 profiteroles

PROFITEROLES

- 1 ¾ cups flour(225 g)
- 4 eggs, beaten
- 1 teaspoon sugar
- 1 ¾ cups milk(400 mL)
- 12 teaspoons vegetable oil

CHOCOLATE SAUCE

- ⅔ cup dark chocolate(100 g)
- 2 tablespoons butter
- 2 teaspoons golden syrup
- 2 teaspoons double cream





Ingredients

for 1 servings

- ¼ cup flour(30 g)
- 1 teaspoon baking powder
- 2 tablespoons sugar
- 2 tablespoons cocoa powder
- ⅛ teaspoon salt
- 2 tablespoons oil
- 2 tablespoons milk
- 1 chocolate truffle
- 1 scoop ice cream, optional

Microwave Chocolate Lava Cake

By Tasty

Method

1. In a bowl, add flour, 1 tsp baking powder, 2 tbsp sugar, 2 tbsp cocoa powder, and ⅛ tsp salt. Mix well.
2. Then, add 2 tbsp oil and 2 tbsp milk and mix to paste.
3. Transfer this mix to a microwave-friendly bowl and add a chocolate truffle in the middle.
4. Heat in the microwave for about 70 seconds
5. Then top it off with ice cream if you wish.
6. Enjoy!





Drinks



Makes: 4 Drinks | Prep: 1 Hour

Ingredients

for 10 glasses

TEA

- 8 cups boiling water(2 L)
- 7 black tea bags
- 1 ½ cups whiskey(360 mL)

PEACH SIMPLE SYRUP

- 2 fresh peaches, diced
- 1 cup sugar(200 g)
- 1 cup water(240 mL)
- 1 lemon, juiced

GARNISH

- 1 fresh peach, sliced
- 1 lemon, sliced
- fresh mint

Peach Ice Tea Whiskey

By Tasty

Method

1. In a large pitcher, pour hot water over tea bags letting steep 5 minutes.
2. Bring syrup ingredients to boil, then reduce heat to medium.
3. Strain syrup through a fine strainer to remove fruit pieces.
4. Add syrup and whiskey to tea, then chill until ready to serve.
5. Serve over ice, with sliced peaches, sliced lemons and a mint sprig.
6. Enjoy!



Salted Caramel Hot Chocolate

By Tasty

Method

1. Gently heat the milk in a saucepan over a medium heat.
2. Stir in the dark chocolate, caramel, and sea salt.
3. Take off the heat and pour into a tall glass.
4. Top with whipped cream, caramel sauce, and dark chocolate shards.
5. Enjoy!



Makes: 4 Drinks | Prep: 1 Hour |

Ingredients

for 2 servings

- 1 ¾ cups whole milk(400 mL)
- ¾ cup dark chocolate(100 g)
- 1 tablespoon caramel
- ½ teaspoon sea salt

GARNISH

- whipped cream, to taste
- caramel sauce, to taste
- ½ cup dark chocolate shard(80 g), to taste





Ingredients—for 1 serving

TAMARIND SYRUP

- 1 cup water(240 mL)
- 1 cup tamarind pulp(225 g)
- 1 cup granulated sugar(200 g)

COCKTAIL

- 1 oz tamarind syrup(30 g), plus more for dipping
- $\frac{3}{4}$ oz fresh lime juice(30 mL)
- 1 $\frac{3}{4}$ oz pineapple infused rum(50 mL)
- $\frac{1}{2}$ oz pineapple juice(15 mL)
- 1 oz blue curaçao(30 mL)
- 1 cup crushed ice(140 g)
- $\frac{3}{4}$ oz aquafaba(25 mL), (canned chickpea liquid)
- $\frac{1}{4}$ cup rainbow sugar(50 g), for garnish
- 2 dashes angostura bitters
- 1 pineapple leaf, for garnish
- 1 dehydrated pineapple wheel, for garnish
- 1 orange peel, for garnish

Blue Pinata

By Tasty

Method

1. Make the tamarind syrup: In a medium saucepan, combine the water and tamarind pulp. Bring to a boil over high heat and cook for 3–5 minutes. Add the sugar and continue boiling for 30 seconds more, until the sugar dissolves. Strain into a glass jar, discarding the tamarind solids, and let cool before using. The syrup will keep in an airtight container in the refrigerator for up to 2 weeks.
2. Make the cocktail: Add the tamarind syrup, lime juice, pineapple-infused rum, pineapple juice, and blue curaçao to a cocktail shaker and fill with $\frac{1}{2}$ cup (70 G) ice. Shake vigorously to combine. Strain the mixture into a tall glass. Discard the ice used for shaking and return the cocktail to the shaker, along with the aquafaba. Dry shake for 30 seconds, until foamy.
3. Add the rainbow sugar to a small plate. Dip the rim of a hurricane glass in tamarind syrup, then carefully roll the rim in the rainbow sugar.
4. Fill the glass with the remaining $\frac{1}{2}$ cup crushed ice and shake the angostura bitters over the ice. Strain the cocktail into the glass and garnish with the pineapple leaf, dehydrated pineapple wheel, and orange peel.
5. Enjoy!

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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