



LET'S COOK



Irresistible recipes by Aradhya



Thank you...

Mum

Dad

Aunty

Uncle



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

Chocolate brownies
Pancakes

Chocolate Brownies

By Lavanya

Method

1. Preheat the oven to 350°F (180°C). Line an 8-inch (20 cm) square baking dish with parchment paper.
2. Chop the chocolate into chunks. Melt half of the chocolate in the microwave in 20-second intervals, saving the other half for later.
3. In a large bowl, mix the butter and sugar with an electric hand mixer, then beat in the eggs and vanilla for 1-2 minutes, until the mixture becomes fluffy and light in color.
4. Whisk in the melted chocolate (make sure it's not too hot or else the eggs will cook), then sift in the flour, cocoa powder, and salt. Fold to incorporate the dry ingredients, being careful not to overmix as this will cause the brownies to be more cake-like in texture.
5. Fold in the chocolate chunks, then transfer the batter to the prepared baking dish.
6. Bake for 20-25 minutes, depending on how fudgy you like your brownies, then cool completely.
7. Slice, then serve with a nice cold glass of milk!
8. Enjoy!

Ingredients

- 8 oz good-quality chocolate (225 g), semi-sweet
- 12 tablespoons butter, melted
- 1 ¼ cups sugar(250 g)
- 2 eggs
- 2 teaspoons vanilla extract
- ¾ cup all-purpose flour(95 g)
- ¼ cup cocoa powder(30 g)
- 1 teaspoon salt



Pancakes

BBC Good Food

Method

1. Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
2. Set aside for 30 mins to rest if you have time, or start cooking straight away.
3. Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
4. When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.
5. Serve with lemon wedges and caster sugar, or your favourite filling.
6. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze protein pancakes.

Ingredients

- 100g plain flour
- 2 eggs
- 300ml semi-skimmed milk
- 1 tbsp sunflower oil or vegetable, plus extra for frying
- pinch salt





Starters

Sweetbread
French Toast

Sweetbread

BBC Good Food

Method

1. To a mixer bowl add the sifted flour, sugar, sour cream, remaining milk, and the risen yeast mixture
2. Knead on low speed using the hook attachment until the dough somewhat comes together.
3. Then turn up the speed slightly and continue kneading until it becomes very stretchy and tacky to touch. Add the butter and salt and knead it into the dough. Sometimes, tearing the dough into chunks helps to incorporate the butter.
4. The dough is well kneaded when you're able to stretch a piece of the dough into a thin film/window without it tearing.
5. This is called a "windowpane test" and it means that the gluten is well developed and will hold up the structure of the dough as yeast fills it with air bubbles.



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

Ingredients

- 2 large eggs
- 80ml whole milk
- 40ml double cream
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 4 thick slices brioche
- 2 tbsp vegetable oil
- 2 tbsp butter
- icing sugar and fresh berries, to serve (optional)

French Toast

By BBC Good Food

Method

1. Whisk together the eggs, milk, cream, vanilla and cinnamon.
2. Lay the brioche slices in a single layer in a shallow dish and pour the egg mixture over them.
3. Allow to soak for 2-3 mins, then carefully turn over and soak for 2 mins more.
4. Heat 1 tbsp of the vegetable oil and butter in a non-stick frying pan over a medium heat until foaming.
5. Carefully lift 2 slices of the soaked brioche out of the dish and add to the frying pan.
6. Fry for 3 mins on each side, until golden and crisp, then place on a wire rack over a baking tray in a warm oven while you repeat with the remaining slices.
7. Serve dusted in icing sugar and scattered with fresh berries, if you like.





Mains

Chicken Biryani

Tuna Pasta Bake



Chicken Biryani

By BBC Good Food

Method

STEP 1

Soak 300g basmati rice in warm water, then wash in cold until the water runs clear.

STEP 2

Heat 25g butter in a saucepan and cook 1 finely sliced large onion with 1 bay leaf, 3 cardamom pods and 1 small cinnamon stick for 10 mins.

STEP 3

Sprinkle in 1 tsp turmeric, then add 4 chicken breasts, cut into large chunks, and 4 tbsp curry paste. Cook until aromatic.

STEP 4

Stir the rice into the pan with 85g raisins, then pour over 850 ml chicken stock.

STEP 5

Place a tight-fitting lid on the pan and bring to a hard boil, then lower the heat to a minimum and cook the rice for another 5 mins.

STEP 6

Turn off the heat and leave for 10 mins. Stir well, mixing through 15g chopped coriander. To serve, scatter over the leaves of the remaining 15g coriander and 2 tbsp toasted almonds.

Ingredients

- 300g basmati rice
- 25g butter
- 1 large onion, finely sliced
- 1 bay leaf
- 3 cardamom pods
- small cinnamon stick
- 1 tsp turmeric
- 4 skinless chicken breasts, cut into large chunks
- 4 tbsp balti curry paste
- 85g raisins
- 850ml chicken stock
- 30g coriander, ½ chopped, ½ leaves picked
- 2 tbsp toasted flaked almond.



Method

STEP 1

Heat oven to 180C/fan 160C/gas 4.

STEP 2

Boil 600g rigatoni for 2 mins less time than stated on the pack.

STEP 3

To make the sauce, melt 50g butter in a saucepan and stir in 50g plain flour.

STEP 4

Cook for 1 min, then gradually stir in 600ml milk to make a thick white sauce.

STEP 5

Remove from the heat and stir in all but a handful of the 250g grated cheddar.

STEP 6

Drain the pasta, mix with the white sauce, two 160g drained cans tuna, one 330g drained can sweetcorn and a large handful of chopped parsley, then season.

STEP 7

Transfer to a baking dish and top with the rest of the grated cheddar.

STEP 8

Bake for 15-20 mins until the cheese on top is golden and starting to brown.

Tuna Pasta Bake

Ingredients

- 600g rigatoni
- 50g butter
- 50g plain flour
- 600ml milk
- 250g strong cheddar, grated
- 2 x 160g cans tuna steak in spring water, drained
- 330g can sweetcorn, drained
- large handful chopped parsley.





Desserts

Iced Cookies

Chocolate Cookies



Iced Cookies

BBC Good Food

Ingredients

COOKIES

- 2 c. (190 g.) blanched almond flour
- 1/2 c. (60 g.) all-purpose flour
- 1 tbsp. baking powder
- 1/2 tsp. kosher salt
- 1 1/2 c. (170 g.) powdered sugar
- 1/2 c. (1 stick) unsalted butter, softened to room temperature
- 2 oz. (55 g.) cream cheese, softened to room temperature
- 1 large egg
- 1 large egg yolk
- 2 tsp. almond extract
- 1/4 c. cherry jam
- 3/4 c. sliced almonds

ICING

- 1/2 c. (55 g.) powdered sugar
- 4 tsp. whole milk



Method

STEP 1

Mix the butter and sugar together using an electric whisk or hand whisk until very light and fluffy, then beat in the egg and vanilla. Fold in the flour, baking powder, chocolate and 1/4 tsp salt as quickly as you can. Don't overwork the dough as this will toughen the cookies.

STEP 2

For the best flavour, leave the mixture overnight: either cover the bowl and chill, or roll the mixture into balls and chill.

STEP 3

Heat the oven to 180C/160C fan/gas 4 and line two baking sheets with parchment. Divide the mixture into balls, the craggier the balls, the rougher the cookies will look. If you want to give the dough more texture, tear the balls in half and squidge them lightly back together. Space out evenly on the baking sheets, leaving enough space between each to allow for spreading.

STEP 4

Bake the fresh cookies for 8-10 mins and the chilled ones for 10-12 mins, or until browned and a little crisp at the edges but still very soft in the middle – they will harden a little as they cool. Leave to cool on the tray for a few minutes before eating warm, or transfer to a wire rack to cool completely. *They will keep for three days in an airtight container.*

Iced Cookies continued

BBC Good Food



Chocolate Cookies

BBC Good Food

Ingredients

- 150ml sunflower oil, plus extra for the tin
- 175g self-raising flour
- 2 cocoa powder
- 1 tsp bicarbonate of soda
- 150g caster sugar
- 2 tbsp golden syrup
- 2 large eggs, lightly beaten
- 150ml semi-skimmed milk

ICING

- 100g unsalted butter
- 225g icing sugar
- 40g cocoa powder
- 2½ tbsp milk (a little more if needed)



Chocolate Cookies

BBC Good Food

Method

STEP 1

Heat oven to 190C/170C fan/gas 5. Butter the base and sides of two 20cm round sandwich tins and line the bases with baking parchment.

STEP 2

In a large bowl, beat together 200g golden caster sugar, 200g softened unsalted butter, 4 large eggs, 200g self-raising flour, 2 tbsp cocoa powder, 1 tsp baking powder, ½ tsp vanilla extract, 2 tbsp milk and a pinch of salt until pale.

STEP 3

Divide the mixture between the prepared tins. Bake for 20 mins or until a skewer inserted into the centre of the cake comes out clean.

STEP 4

Leave to cool in the tin for 10 mins, then turn out onto a wire rack to cool completely.

STEP 5

For the buttercream, put 100g chopped milk chocolate in a heatproof bowl and melt in the microwave, stirring every 30 secs. Leave the melted chocolate to cool for 5 mins.

STEP 6

Mash 200g softened butter and 400g icing sugar together with a fork, then switch to a wooden spoon or electric beaters, if you have them.

STEP 7

Sift in 5 tbsp cocoa powder with a pinch of salt and pour in the melted chocolate and 2 tbsp milk. Mix again until smooth.



Chocolate Cookies

Method continued

STEP 8

On a cake stand or large plate, sandwich the cakes together with half of the buttercream, then spread the rest on top. Decorate with chocolate shards, if you like.

STEP 9

To make chocolate shards: melt 50g dark chocolate and pour it onto a tray lined with baking parchment or foil.

STEP 10

Now melt 25g milk chocolate and 25g white chocolate and drizzle them over the dark chocolate before it sets.

STEP 11

Shake the tray gently to level the mixture then leave to set somewhere cool. Chop into shards.



Drinks

Fruit Smoothie
Banana Chocolate Milkshake



Fruit Smoothie

Method

STEP 1

Put all the ingredients in a blender and whizz for 1 min until smooth.

STEP 2

Pour the smoothie mix into two glasses to serve.



Ingredients

- 100ml full-fat milk
- 2 tbsp natural yogurt
- 1 banana
- 150g frozen fruits of the forest
- 50g blueberries
- 1 tbsp chia seeds
- ½ tsp cinnamon
- 1 tbsp goji berries
- 1 tsp mixed seeds
- 1 tsp honey (ideally Manuka)

Banana Chocolate Milkshake



Ingredients:

- 2 Bananas
- 6 scoops Chocolate Ice Cream
- 2 cups Milk
- ⅓ cup Chocolate Syrup



Method

STEP 1

Put the milk, chocolate ice cream and banana into a blender. Whizz everything up until smooth then pour into a tall glass.

STEP 2

Top with a big spoonful of whipped cream and decorate with a pinch of cinnamon, some banana chips and a cherry if wanted.

Serve immediately with a colourful straw.



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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