



# LET'S COOK



Irresistible Recipes by Divyam Gohil,  
aged 9





# 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





# Coconut biscuits

By Meghana Gohil

## Method

1. Preheat oven to 180 C.
2. Beat the butter, sugar and vanilla until pale and creamy, add the egg and beat well.
3. Add the coconut, flour and baking powder. Add the milk and mix well.

Place teaspoon dollops on a cold greased tray (or one lined with baking paper).

4. Flatten a little by gently pressing with your hand or use a flour dusted fork. Bake for approximately 15 minutes until golden.
5. Cool on a wire rack and then store in an airtight container.

## Ingredients

- 125g butter
- 125g sugar
- 1 teaspoon vanilla extract
- 3 cups (300g) desiccated coconut
- 1/4 cup (35g) flour
- 1 teaspoon baking powder
- 1 x size 7 egg (approx 62g)
- 1/4 cup (60ml) milk



# Starters

## Chilli Paneer





Makes: 24 | Prep: 40 mins | Cook: 20 mins

## Ingredients

- 500 gm Paneer (Prepare small Paneer balls)
- 4 tbsp Corn Flour
- Green chilli (10 to 15 medium sizes)
- 2 tbsp Tomato Sauce
- 1 tbsp Chilli Sauce
- 2 tp Soya Sauce
- Salt to taste
- Oil for frying
- 1 Green Capsicum (chopped)
- 4 Onions

## Chilli Paneer

By BBC Good Food

### Method

#### STEP 1

Mix Paneer balls with corn flour fry it in a kadai till it become brown.

#### STEP 2

In a separate kadai, fry onions till brown.

#### STEP 3

Cut green chilli into small pieces and add it to fried onion.

#### STEP 4

Then put small pieces of capsicum and fry it for sometime.

#### STEP 5

Add Fried Paneer to it.

#### STEP 6

Then drop tomato/chill/soya sauce into kadai.

#### STEP 7

Add salt also and stir it for 3/4 mints.

#### STEP 8

Chili Paneer is ready.



# Mains





# Lasagne

By BBC Good Food

Makes: 6 | Prep: 30 mins | Cook: 45 mins

## Ingredients

- 2 yellow or red peppers, seeds removed, cut into roughly 2cm<sup>3</sup>/<sub>4</sub>in chunks
- 1 courgette, about 300g/10½oz, quartered lengthways and cut into roughly 2cm<sup>3</sup>/<sub>4</sub>in chunks
- 1 large sweet potato, peeled and cut into roughly 2cm<sup>3</sup>/<sub>4</sub>in chunks
- 3 tbsp extra virgin olive oil
- 1 large onion, finely chopped
- ½ tsp dried chilli flakes
- 2 **garlic** cloves, crushed
- 2 x 400g tins chopped tomatoes
- 2 tsp Italian seasoning or dried oregano
- 1 vegetable stock cube
- 200ml/7fl oz cold water
- 100g/3½oz young spinach leaves (optional)
- 9–10 dried lasagne sheets
- salt and freshly ground black pepper

### For the cheese sauce

- 75g/2½oz plain flour
- 75g/2½oz butter, cubed
- 750ml/1¼ pint milk, semi-skimmed or full-fat
- 125g/4½oz mature cheddar, coarsely grated
- 75g/2½oz grated mozzarella, or extra cheddar



# Lasagne



## Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Put the peppers, courgette and sweet potato into a large baking tray. Drizzle with 2 tablespoons of the oil, season with salt and pepper and toss together.
2. Roast for 30 minutes, or until softened and lightly browned.
3. While the vegetables are roasting, heat the remaining oil in a large saucepan and gently fry the onion for 5 minutes, stirring regularly.
4. Add the chilli and garlic and cook for a few seconds more. Stir in the tomatoes, Italian seasoning (or dried oregano) and crumbled stock cube. Pour over the water and bring to a gentle simmer. Cook for 10 minutes, stirring regularly. Set aside.
5. For the cheese sauce, put the flour, butter and milk in a large saucepan and place over a medium heat. Whisk constantly with a large metal whisk until the sauce is thickened and smooth. (Use a silicone covered whisk if cooking in a non-stick pan.) Stir in roughly two-thirds of the cheeses and season to taste.
6. Take the vegetables out of the oven and add to the pan with the tomato sauce. Stir in the spinach and cook together for 3 minutes. Season with salt and lots of ground black pepper.
7. Spoon a third of the vegetable mixture over the base of a 2½–3 litre/4½–5¼ pint ovenproof lasagne dish and cover with a single layer of lasagne. Top with another third of the vegetable mixture (don't worry if it doesn't cover evenly) and a second layer of lasagne.
8. Pour over just under half of the cheese sauce and very gently top with the remaining vegetable mixture. Finish with a final layer of lasagne and the rest of the cheese sauce. Sprinkle the reserved cheese over the top.
9. Bake for 35–40 minutes, or until the pasta has softened and the topping is golden brown and bubbling. Stand for 5 minutes before cutting to allow the filling to settle.





# Carrot Cake

By BBC Good Food

Makes: 12 | Prep: 35 mins | Cook: 30mins

## Ingredients

- 230ml vegetable oil, plus extra for the tin
- 100g natural yogurt
- 4 large eggs
- 1½ tsp vanilla extract
- ½ orange, zested
- 265g self-raising flour
- 335g light muscovado sugar
- 2½ tsp ground cinnamon
- ¼ fresh nutmeg, finely grated
- 265g carrots (about 3), grated
- 100g sultanas or raisins
- 100g walnuts or pecans, roughly chopped (optional)

## For the icing

- 100g slightly salted butter, softened
- 300g icing sugar
- 100g soft cheese



# Carrot Cake



## Method

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. Whisk the oil, yogurt, eggs, vanilla and zest in a jug. Mix the flour, sugar, cinnamon and nutmeg with a good pinch of salt in a bowl. Squeeze any lumps of sugar through your fingers, shaking the bowl a few times to bring the lumps to the surface.
2. Add the wet ingredients to the dry, along with the carrots, raisins and half the nuts, if using. Mix well to combine, then divide between the tins.
3. Bake for 25-30 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, then check again. Leave to cool in the tins.
4. To make the icing, beat the butter and sugar together until smooth. Add half the soft cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting). Remove the cakes from the tins and sandwich together with half the icing. Top with the remaining icing and scatter with the remaining walnuts. *Will keep in the fridge for up to five days.* Best eaten at room temperature.





# Drinks

Lemonade







## Lemonade

By Divyam

### Method

1. Tip the lemon, sugar and half the water into a food processor and blend until the lemons are finely chopped.
2. Pour the mixture into a sieve over a bowl, then press through as much juice as you can.
3. Top it off with pouring the remaining water into the bowl.
4. Pour the lemonade in glasses, drop a few ice cubes in each of them and put a few straws in them.
5. Cheers!

Makes: 8 Drinks | Prep: 10 min

### Equipment

- Ice
- glasses
- food processor
- bowl

### Ingredients

- 3 unwaxed lemons, roughly chopped
- 140g caster sugar
- 1L cold water

## 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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