



# LET'S COOK



Irresistible recipes by Spoorthi Kogunde





# LET'S COOK

Facilitated by Clare Ford at the Switched On Academy

This template was created by Saronti Ltd

Saronti is a small Company with Big values, UK based & run by Mums. Passionate about publishing, personalising and creating custom books. We are committed to helping schools fundraise, supporting the elderly and enriching family time. We use local suppliers who respect the environment.

[www.saronti.com](http://www.saronti.com)

# Let's Cook

## Table of contents



Breakfasts & Snacks - 7

Starters - 11

Mains - 15

Desserts - 19

Drinks - 23





# Breakfasts & Snacks

# Fluffy Sweetbread



# Fluffy Sweetbread

BBC GOOD FOOD GUIDE

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

## Ingredients

- 1 cup lukewarm water
- 2 teaspoons active dry or instant yeast
- 4 to 4 1/2 cups all-purpose flour
- 1/4 cup granulated sugar
- 2 teaspoons salt
- 2 large eggs
- 1 large egg yolk (reserve the white for the egg wash)
- 1/4 cup neutral-flavored vegetable oil, such as canola

## Method

1. Mix the dry ingredients. Place 4 cups of the flour, sugar, and salt in the bowl of a stand mixer and whisk to combine. (Alternatively, use a large bowl and knead by hand.)
2. Add the eggs, yolk, and oil. Make a well in the center of the flour and add the eggs, egg yolk, and oil. Whisk to form a slurry, pulling in a little flour from the sides of the bowl.
3. Mix to form a shaggy dough. Pour the yeast mixture over the egg slurry. Mix the yeast, eggs, and flour with a wooden spoon or rubber spatula until a shaggy dough that is difficult to mix forms.
4. Knead the dough for 6 to 8 minutes. Fit the mixer with the hook attachment and knead on low speed for 6 to 8 minutes. (Alternatively, turn out the dough onto a floured work surface and knead by hand for about 10 minutes.) If the dough seems very sticky, add flour a teaspoon at a time until it feels tacky, but no longer like bubblegum. The dough has finished kneading when it is soft, smooth, and holds a ball-shape.
5. Let the dough rise until doubled. Place the dough in an oiled bowl, cover with plastic wrap, and place somewhere warm. Let the dough rise until doubled in bulk, 1 1/2 to 2 hours.
6. Divide the dough and roll into ropes. Divide the dough into 3. Roll each piece of dough into a long rope about 16 inches long. If the ropes shrink as you try to roll them, let them rest for 5 minutes to relax the gluten and then try again.
7. Braid the dough. Gather the ropes and squeeze them together at the very top. If making a 3-stranded challah, braid the ropes together like braiding hair or yarn and squeeze the other ends together when complete. If making a 6-stranded challah, the directions are below.
8. Let the challah rise. Line a baking sheet with parchment paper. Place the braided loaf on top and sprinkle with a little flour. Cover with a clean kitchen towel. Let rise in a warm place away from drafts until puffed and pillowy, about 1 hour.
9. Brush the challah with egg white. About 20 minutes before baking, arrange a rack in the middle of the oven and heat to 350°F. When ready to bake, whisk the reserved egg white with 1 tablespoon of water and brush it all over the challah. Be sure to get in the cracks and down the sides of the loaf.
10. Bake the challah 30 to 35 minutes. Bake, rotating the baking sheet halfway through, until the challah is deeply browned and registers 190°F in the very middle with an instant-read thermometer, 30 to 35 minutes total.
11. Cool the challah. Let the challah cool on a cooling rack until just barely warm. Slice and eat.





# Starters

Olives



## Olives

### Method

1. Tip a mixture of fresh olives into a bowl
2. Season with garlic, chilli and salt. Mix thoroughly.
3. Serve with crusty bread, olive oil and balsamic vinegar.

### Ingredients

- pitted green olives
- olive oil
- balsamic vinegar
- crusty bread



# Mains

Spicy Chicken Arrabiata





Makes: 4 | Prep: 10 mins | Cook: 20 mins

## Ingredients

- 2 tbsp olive oil
- 1 onion, thinly sliced
- 8 skinless and boneless chicken thighs, diced
- 2 large garlic cloves, crushed
- 1-1½ tsp chilli flakes
- 4 tbsp sun-dried tomato pesto
- 250ml chicken stock
- 2 x 400g can chopped tomatoes
- 5 thyme sprigs, tied
- 2 tsp sugar
- ½ small bunch of parsley, finely chopped

## Spicy Chicken Arrabiata

BBC GOOD FOOD GUIDE

## Method

1. Heat a large pan of water for the penne pasta.
2. Heat the oil in a large frying pan.
3. Fry the onion over a low-medium heat for 7 mins or until soft and turning translucent.
4. Turn up the heat slightly, add the chicken and fry for 5 mins until beginning to brown around the edges.
5. Tip the garlic and chilli into the pan and fry for 1 min.
6. Stir through the pesto, pour in the stock and tomatoes, then add the thyme, sugar and some seasoning.
7. Turn the heat to low and cover with a lid.
8. Cook gently for 40 mins.
9. In the meantime, add the penne to the pan of boiling water.
10. Cook for 15 mins, until the pasta is "al dente".
11. Remove and drain, and add to the pasta sauce.
12. Remove the thyme and check the seasoning.



# Desserts

## Chocolate Brownies





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

## Ingredients

- 375g good quality dark chocolate
- 375g butter, cut into pieces
- 500g caster sugar
- 6 medium eggs
- 225g plain flour

## For the topping (optional)

- 140g good quality dark chocolate
- 50g butter, cut into pieces
- icing sugar for dusting

# Chocolate Brownies

BBC GOOD FOOD GUIDE

## Method

### STEP 1

1. Butter and line a 30cm x 21cm tin.
2. Preheat the oven to 180C/160C fan/gas 4.
3. Break up the chocolate with the butter and melt in the microwave on medium for about 5 minutes, stirring halfway through.

### STEP 2

1. Beat the sugar and eggs in a bowl.
2. Stir in the melted chocolate, add the flour and beat well.
3. Pour into the tin and bake for 40-45 minutes, or until the top looks papery and feels slightly wobbly.
4. Leave to cool in the tin.

### STEP 3

1. If you're making the topping, break up the chocolate with the butter and melt in the microwave on medium for about 1 minute.
2. Stir until smooth then spread over the cake.
3. Dust with icing sugar and cut into squares.



# Drinks

## Easy Lemonade



# Easy Lemonade

By BBC Good Food

## Method

1. Tip the lemons, sugar and half the water into a food processor and blend until the lemon is finely chopped.
2. Pour the mixture into a sieve over a bowl, then press through as much juice as you can.
3. Top up with the remaining water and serve with plain ice or frozen with slices of lemon and lime.



Makes: 1.25 litres | Prep: 10 mins

## Ingredients

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



We hope that you and your family and friends enjoy the book that you have created.

This project was co-ordinated and facilitated by Clare Ford, Founder of SwitchedON! the global online academy which is re-defining education to unlock the writing brilliance in your child.

Find out more at: [www.switchedonglobal.com](http://www.switchedonglobal.com) and register for your next exciting course.

Publish your book at  
[www.saronti.com/switchedon](http://www.saronti.com/switchedon)



## 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   |

Need another copy of this book?  
Go to [www.saronti.com/switchedon](http://www.saronti.com/switchedon)  
Your book reference is Sar2740

**Do you like to write stories?**

**Ever fancied publishing one of them?**

**It's easy with Saronti.**

**Get in touch to find out more about  
our publishing packages for young authors.**

**[www.saronti.com](http://www.saronti.com)**

