



LET'S COOK



Irresistible recipes by Shehzadi, aged 10



Thank you...

Thank you so much Clare Ford for giving me this opportunity to write my own recipe book! I have had lots of fun doing this and have had great fun in your lessons. It has really been nice to be your student.

I would also like to thank my parents for helping me, supporting me and giving me lots of ideas to write about.





LET'S COOK

Facilitated by Clare Ford at the Switched On Academy

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Let's Cook

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Snacks



Ingredients

For the samosa filling

- 500g/1lb 2oz potatoes, peeled and cut into chunks
- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- 1 cm/½in piece fresh root ginger, peeled and finely chopped
- ½ tsp mild chilli powder
- 1 tsp ground coriander
- salt, to taste
- 1 tsp mango powder
- ½ tsp garam masala
- 40g/1½oz frozen peas

For the samosa dough

- 200g/7oz plain flour
- pinch salt
- ½ tsp carom (ajwain) seeds
- 4 tbsp vegetable oil or ghee, plus extra vegetable oil for deep frying and greasing

For the samosa chaat

- 2–3 tbsp full-fat yoghurt, whisked
- 1 tsp mild chilli powder
- 1 tsp mango powder
- 2 tbsp mint chutney
- 3 tbsp tamarind chutney
- 2 tbsp finely chopped red onion
- 1 tsp chaat masala

Samosa Chaat

By BBC Good Food



Samosa Chaat

Method

1. To make the filling, cook the potatoes in a saucepan of boiling water until tender. Drain and lightly crush. Set aside to cool.
2. Heat the oil in a non-stick saucepan. Add the cumin seeds, then as soon as they start to sizzle, add the ginger and fry for a few seconds over a medium heat. Add the chilli and coriander, stir and add the crushed potato. Mix well and season with salt to taste. Now add the mango powder, garam masala and peas. Cook over a low heat for a minute. Turn the heat off and leave to cool. Garnish with coriander and leave to rest while you make the dough.
3. To make the dough, place the flour, salt and carom seeds in a large bowl. Add the oil or ghee and, using your fingers, mix well to a breadcrumb consistency. Add 5 tablespoons of water a little at a time, mixing to form a stiff dough. It might seem like it's too little water but keep at it as the dough will come together. Knead well. Cover the bowl with cling film and leave to rest for 30 minutes.
4. Place a little oil in a small bowl. Divide the dough into 8–10 portions. Dab a little oil on a portion of dough and roll it out on a lightly greased surface to a 12 cm/4 ½ in a circle. Cut in half with a knife. Take one half in your hand and wet the edge with water and form a cone shape, sealing the side seam. Now fill the samosa with a tablespoon of the potato mixture. Wet the top edge and pinch the edges together to seal the filling. Stuff all the samosas in the same way, taking care to seal the edges well so the filling is encased.



Samosa Chaat

Method contd.

5. To deep-fry the samosas, heat the oil in a wok, kadhai or a deep saucepan over a low-medium heat. (CAUTION: Do not leave hot oil unattended.) Add a small piece of dough to the pan. When it begins to sizzle, the oil is hot enough. Add the samosas in batches and fry for 12 minutes. At this stage they will begin to cook on the inside and firm up on the outside while sizzling away. Now you can turn the heat up slightly and continue cooking until they are golden brown and crisp. Drain on kitchen paper. For the next batch, make sure the oil has cooled slightly before adding them and follow the cooking process. (The key is to cook them slowly making sure the dough is perfectly cooked on the inside too. If the oil is too hot, the outside will colour quickly but leave the dough inside raw.)

6. To assemble the samosa chaat, arrange the samosas on a serving plate and crush lightly. Top the whisked yoghurt, chilli powder, mango powder, mint chutney, tamarind chutney, red onion and chaat masala.



Chana Chaat

By Shehzadi

Method

1. Boil the chickpeas in a cooker pressure until tender
2. Boil the potatoes in a separate pot until tender
3. Chop the onions into small pieces
4. Cut the tomatoes into small pieces
5. Then, cut the green chillies into small pieces as well
6. Put the the boiled potatoes and chickpeas into a bowl
7. Now, add the chopped tomatoes, onions and green chillies into the same bowl as the boiled potatoes and chickpeas are in
8. Next, add the chaat masala on the top and mix it very well
9. Finally, add the tamarind (imli) sauce on the top and mix (optional)



Ingredients

- Half kg Potatoes
- 1 kg chickpeas
- A quarter kg onions
- 3 tomatoes
- 1 pack chaat masala
- 3 green chillies
- Tamarind sauce (Imli Sauce) - optional



Plum Chutney

By Shehzadi

Method

1. Put half a litre of water in a pot and boil
2. Then add dried plum in it
3. Let it cook until the plum becomes very soft
4. When the plum is soft add the rest of the ingredients in it
5. Cook until the gravy becomes thick
6. Check if the plum and the gravy blend into each other then your chutney is ready



Ingredients

- Dried Plum 250g
- Sugar 1 cup
- Red chilli 2tbs
- Salt 1tsp
- Green cardamom 3
- Cinnamon 1tsp
- Black cardamom 1
- Zera masala 1tsp



Gol Guppay

By Shehzadi

Method

1. Soak the pack of gol guppay powder in water
2. Meanwhile cut the onions and potatoes
3. Now put the water in a pot and put the cut potatoes in it to boil and the chickpeas tin
4. Meanwhile put oil in a separate pot and let it warm
5. When it is warm put the soaked gol guppay using a tablespoon to make a dumpling
6. Repeat this until you finish your gol guppay powder
7. When the potatoes and chickpeas are boiled drain them in a strainer and let them cool down
8. Now mix them with the onions
9. Now put the imli sauce and imli pani in separate small bowls
10. Put the onions, chickpeas and potatoes in a separate bowl
11. Put chaat masala in a small bowl
12. Now serve them with the gol guppay



Ingredients

- Gol guppay 1 pack
- Potatoes 200g
- Onions 200g
- Chick peas 1 tin
- Imli Pani 1 bottle
- Imli sauce
- Salt (optional)
- Chaat masala 1 pack
- Oil half kg





Starters



Ingredients

- Chicken Mince 1 kg
- 4 Onions
- 5 green chillies
- 2 tablespoon of red chilli
- 1 pack kebab masala
- Half pound coriander
- 1 tablespoon garam masala

Equipment

- A frypan
- A bowl
- Bamboo sticks
- A knife
- A spoon



Chicken Kebabs

By Shehzadi

Method

1. Put the mince into a bowl
2. Cut your onions into really small pieces
3. Cut your coriander into really small pieces
4. Cut your green chillies into really small pieces
5. Put your cut green chillies, coriander and onions into the same bowl as your mince and mix really well
6. Now, add you 2 tablespoons of red chilli
7. Add 1 spoon garam masala and mix well
8. Take an egg sized amount from the mixture and roll it into a sausage type shape and put them onto your bamboo sticks
9. Put some cooking oil on the frypan and turn on the stove
10. When the oil is warm put the bamboo sticks with the kebab roll on it
11. Once fried take them of the frypan
12. Repeat this process until your bowl is empty

Pakorras

By Shehzadi

Method

1. Wash all the vegetables
2. Next, peel the skin of the onions and potatoes and cut into small pieces
3. Now, cut the green chillies, coriander and mint into small pieces
4. Mix all the cut vegetables together
5. Now, add the red chilli, salt, ajwain, nardanna and mix them with the vegetables
6. Now, put the bason and egg in it and mix very well you may need a bit of water
7. The outcome should be a liquid which is not too thin nor too thick
8. Now, put the oil on the frypan
9. Next, put the frypan on the stove and let it warm
10. Then, you can either use your hand or a spoon to take a bit of the mixture and put it on the frypan to fry it
11. Do this until the mixture finishes
12. Let them become a bolden colour and then take them out to serve



Ingredients

- 5 Potatoes
- 4 onions
- 5 green chillies
- 1 small bowl of bason
- 2 tablespoon of red chillies
- 1 teaspoon salt
- Half pound mint
- Ajwain half teaspoon
- Nardanna 1 teaspoon
- Half kg cooking oil
- Egg
- Water

Equipment

- Knife
- Spoon
- Bowl
- Frypan
- Peeler



Vegetable Soup

Ingredients

- Sweetcorn 1 tin
- Peas 1 tin
- Carrots 200g
- Ginger 50g
- Garlic 50g
- Green pepper 50g
- Black pepper 1 tsp
- Black cardamom 2
- Daar cheeni 3 pcs
- Curry patta 2
- Clove 2
- Cornflour 4tbs
- Soya sauce 2tbs
- Egg 1
- Salt 1 tsp (optional)
- Cooking oil 1 tsp
- Water 2l



Method

1. Put oil in a pot
2. When it is warm add Black Cardamom, Daar Cheeni, Curry Patta and Clove
3. Let them fry for a few minutes and keep stirring
4. Now add the ginger and garlic and stir for a while
5. Now add the sweetcorn, peas and carrots
6. Keep stirring
7. Now add the green pepper and black pepper
8. Let it fry for 15 to 20 minutes
9. Now add 2 litre water
10. Boil until all the vegetables become soft
11. Now break the egg in a small bowl and mix it very well
12. Now add the egg and keep stirring while adding the egg so it makes a good texture
13. Now add the Soya Sauce in it
14. Now mix the cornflour with water in a small bowl
15. Next add it in the soup and keep stirring while adding it in so that it makes a good texture
16. Now you may add the salt (optional)
17. Enjoy!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



Masala Fish

Method

1. Soak the fish in water
2. Break the egg in a plate and mix it very well
3. Put the masala fish in a separate plate
4. Put the oil in a pot and warm it
5. Now the dip the fish in the egg, then dip it in the fish masala and then put them in the oil
6. Let it fry
7. Repeat this until all the pisces have gone through this process
8. Your masala fish is now ready you can serve with salad or rita
9. Enjoy!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



Ingredients

- White fish fillet 2 pack
- Fish masala 1 pack
- Egg 1
- Oil half litre



Mains





Chicken Curry

by Shehzadi

Method

1. Wash the chicken and put it on a stainer
2. Put the pot on the stove
3. Cut the onions, tomatoes and coriander into small pieces
4. Now put the onions in the oil and fry it until golden brown
5. Add the tomatoes and cook for 5 minutes
6. Smash the garlic and ginger into small pieces
7. When the onions are golden brown and the tomatoes are soft you must put the garlic and ginger into the oil as well
8. Now add the turmeric, red chilli and salt
9. Let it cook for 5 minutes
10. Now add the chicken into the base and let it cook for 30 minutes
11. After 30 minutes check if the chicken has cooked and add the garam masala
12. Now let it cook for another 10 minutes
13. Now check that the gravy isn't too thick or too thin
14. If it is too thin let it cook more until it is midilish
15. If it is too thick then will need to add a bit more water
16. Now garnish it with coriander
17. You may now serve (you can serve it with naan or rice)!!!

Ingredients

- chicken 1 kg
- Oil 100 g
- Onion 200 g
- tomatoes 3 pcs
- garlic 50 g
- ginger 50 g
- salt 1 tsp
- red chilli 2 tbs
- turmeric 1 tsp
- coriander 100 g
- garam masala 1 tsp

Equipment

- 1 cooking pot
- A knife
- Woo



Lamb Curry

by Rozi

Ingredients

- Lamb 2kg
- Oil half a cup
- Onion 2
- Garlic 50g
- Tomatoes 2
- Ginger 50g
- Red chilli 1 and a half tbs
- Green chillies 5
- Tarmerick 1tbs
- Zera Masala 1tsp
- Salt 1 tbs
- Coriander 50g



Method

1. Wash your lamb in a bowl
2. Put oil in a pot and let warm meanwhile cut the onions
3. Put the onions in the oil and let it fry until golden brown
4. Now chop the ginger and garlic
5. Now add them into your warm oil
6. When they have fried add the chopped tomatoes and fry until they become soft
7. Now add the red chilli, turmeric and salt and cook for 7 minutes
8. Now add the lamb and cook for 15 minutes on a high flame while stirring
9. Now change the stove to a low flame and let it cook for 1 and a half hour
10. Keep stirring occasionally
11. Now check if the land has softened and then add the green chillies and coriander
12. Now serve it
13. Enjoy!!!!!!!!!!!!!!!



Biryani

by Khansa

Method

1. Put boiling water into a pot and place the pot on the stove
2. Now boil the rice
3. Add the salt and vinegar
4. Boil the rice for 7 minutes
5. If they are soft the strain them in a strainer
6. Meanwhile make the gravy for the chicken
7. Wash the chicken and put it on a stainer
8. Put the pot on the stove
9. Cut the onions, tomatoes and coriander into small pieces
10. Now put the onions in the oil and fry it until golden brown
11. Add the tomatoes and cook for 5 minutes
12. Smash the garlic and ginger into small pieces
13. When the onions are golden brown and the tomatoes are soft you must put the garlic and ginger into the oil as well
14. Now add the turmeric, red chilli and salt
15. Let it cook for 5 minutes



Ingredients

- Rice $\frac{3}{4}$ kg
- Biryani Masala
- Food colouring yellow
- Lemon 1
- Vinegar 1 tbs
- Chicken 1 kg
- Oil 100 g
- Onion 200 g
- tomatoes 3 pcs
- garlic 50 g
- ginger 50 g
- salt 1 tsp
- red chilli 2 tbs
- turmeric 1 tsp
- coriander 100 g
- garam masala 1 tsp

Biryani

Method continued

16. Now add the chicken into the base and let it cook for 30 minutes
17. After 30 minutes check if the chicken has cooked and add the garam masala
18. Now let it cook for another 10 minutes
19. Make the gravy really thick
20. Add the biryani masala
21. Layer the rice and chicken gravy
22. First add a layer of rice then a layer of chicken do this on and on
23. The more the layers the more tasty
24. Now on the top layer add lemon and food colouring
25. Close the lid of the pot and put it on very, very low flames for 15 minutes
26. After 15 minutes open the lid and mix it very well
27. Now serve your delicious biryani



Namkeen Ghousht

by Uncle Solaiman

Ingredients

- Lamb 2kg
- Black pepper 2tsp
- Salt 1tbs
- Moti alaichi 2
- Taz pata 2
- Clove 3
- Darchini 2
- Green chillie 100g



Method

1. Put the lamb in a bowl and wash it properly
2. Put it in a pot and add all the other ingredients in it
3. Cover the lid and leave it on a dum at low flame for 1 and a half our
4. Now open the dum and see if it is cooked or not yet
5. Cook it for another 15 minutes on a high flame
6. Now serve with chapati
7. Enjoy!!!!!!!!!!!!

Red Kidney Beans

by Hafsa



Ingredients

- Red Kidney beans 1kg
- Black pepper 2tsp
- Salt 1tbs
- Moti alaichi 2
- Taz pata 2
- Clove 3
- Darchini 2
- Green chillie 100g
- Onion 2
- Garlic 50g
- Red chilli 1tsp
- Termerick 1tbs
- Desi ghee

Method

1. Add 3l water in a pot and boil
2. Now add the red kidney beans and Close the lid and let it cook for 1 hour
3. Meanwhile put desi ghee in a separate pot and warm it
4. Then add the onions and let it fry until golden brown
5. Now add the garlic and let it fry
6. Now add the rest of the ingredients and cook it for 15 minutes then wait until the kidney beans have cooked
7. Now take out the grains of kidney beans and put it in your gravy masala and cook for 15 minutes on a low flame
8. Now pour the leftover water of the kidney beans in it and cook for 20 minutes
9. Now you can serve with rice or chapati!!!!!!!!!!!!





Desserts





Trifle

By Shehzadi



Method

1. Put 3 cups of milk in a pot and let it boil
2. Next mix the custard powder with a small quantity of milk in a small bowl
3. Now pour this mixture into the boiling milk and add some sugar
4. Stir until it becomes really thick
5. Let it cool down
6. Now boil some water in a kettle and add it into another bowl with the jelly powder
7. Now stir
8. Once it mixes properly with the water let it cool down for an hour
9. After the jelly has cooled down add some fruit cocktail to a desert dish
10. Put a layer of jelly on the fruit cocktail
11. Next put a layer of angel cakes on the jelly
12. Now put a layer of custard on the angel cakes
13. Now whip the cream with a whipper for 5 minutes
14. After 5 minutes put a layer of the cream you have just whipped on the custard
15. Now decorate the trifle with sprinkles (optional)
16. Now your trifle is ready to serve!!!!!!

Ingredients

- Custard Powder 4 tbs
- Angel cakes 1 pack
- Jelly powder 1 pack
- Fruit cocktail 1 tin
- Cream 1 pack
- Sprinkles 1 tbs (optional)
- Milk
- Sugar

Equipment

- Bowl
- Jug/cup
- Wooden spoon
- Whipper
- Pot
- Kettle
- Desert dish

Strawberry Jelly

By Shehzadi

Method

1. Boil 5 cups of water in the kettle
2. Now pour the water in a bowl
3. Add the pack of jelly in the water
4. Mix for 2 minutes and let it cool down
5. Now put it in the fridge for 2 hours
6. After 2 hours take it out and serve however you want!!!!!!



Ingredients

- A pack of strawberry flavour jelly from the supermarket



Sweet Rice

By Shehzadi

Ingredients

1. Rice 4 cups
2. Sugar 2 cups
3. Desi ghee half cup
4. Salt 1 tsp (optional)
5. Almond 100g
6. Cashew 100g
7. Raisins 100g
8. Sounf 1tsp
9. Food Colouring Red, yellow, orange, green, pink



Method

1. Wash the rice and soak them in water
2. Meanwhile warm the desi ghee
3. Add 2 cups of sugar and stir
4. Cook the mixture until thick
5. Now add the almonds, cashew and raisins
6. Cook for a while
7. Now add 8 cups of water
8. The amount of water is always double of the rice
9. Once boiled add the rice in it
10. Keep stirring occasionally until the water dries
11. Now add the food colouring and lower the flame and put the rice on dum for 15 min
12. Now take the rice of dum and mix
13. Now serve and enjoy!!!!!!

Vermicelles

By Shehzadi

Ingredients

- Vermicelles 2 cup
- Sugar 1 cup
- Milk 1l
- Double cream 1 pack
- Almond 100g
- Pistachio 100g

Method

1. Add 1 cup of water in a pot and let it warm
2. Now add the vermicelles and let it cook until the water dries up
3. Now add the milk and sugar
4. Now add the pistachio and almond
5. Turn the flame low and let it cook for 1 hour and stir occasionally
6. Now add the double cream and let it cook for 15 minutes
7. It's ready!!!!!!!!!!!!!!!!!!!!!!



Rice Pudding (Kheer)

By Shehzadi

Ingredients

- Rice 1 cup
- Milk 2l
- Sugar half cup
- Almond 100g
- Raisins 100g
- Double cream
- Green cardamom



Method

1. Boil 2 cups of water and add the rice
2. Cook the rice until the water dries up
3. Now add the milk
4. Let it boil
5. Now add the almond, raisins, sugar and green cardamom
6. Cook it on a low flame and leave for 1 and a half hour stirring occasionally
7. Now add the double cream and cook for 15 minutes
8. Check if the mixture has blended properly and then you may serve and enjoy your pudding!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



Drinks





Kashmiri Chai

By Kinza

Method

1. Pour the milk into the pot and let it boil for 15 minutes
2. Add the teabags and let it boil for 10 minutes on a low flame
3. Now add the pistachios
4. NOW SERVE !!!!!!!!!!!!!

Makes: 4 Drinks | Prep: 30 minutes

Ingredients

- Milk 4 cups
- Pistachio
- Royal instant pink tea 4 tea bags

Equipment

- Cups
- A teapot



Karak Chai

By Hamad

Method

1. Pour the milk into the pot and let it boil for 15 minutes
2. Add the teabags and let it boil for 10 minutes on a low flame
3. It's ready !!!!!!!!!!!!!!!!!!!!!



Makes: 4 Drinks | Prep: 10 minutes

Ingredients & Equipment

- Milk
- 4 cups
- Royal instant karak tea
- 4 tea bags



Mango Lassi

by Lukeman

Ingredients

- Mango pulp 500g
- Yoghurt 1 box
- Sugar tbs

Method

1. Put mango pulp, yoghurt and sugar in a blender and blend for less than 1 minute
2. Serve immediately
3. Enjoy!!



Nimbu Pani

by Zak

Ingredients

- Lemon 3
- Black salt 1tsp
- Water 1l

Method

1. Squeeze the lemons in the water
2. Add the black salt and mix well
3. Your nimbu pani is ready!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



Desi Juice

by Popo Shanaz

Ingredients

- Apple
- Banana
- Milk
- Sugar

Method

1. Peel the apple and banana
2. Cut into small pieces
3. Put into the blender
4. Add milk and sugar
5. Blend until smooth
6. Now serve!!!!!!!!!!!!!!!!!!!!!!



Sherbat

by Popo Tahira

Ingredients

- Ruh afza
- Tuk Malanga
- Lemon
- Sugar

Method

1. Soak Tuk Malanga in water for half an hour
2. Squeeze lemon in a jug of water
3. Add sugar and mix it well
4. Add the soaked Tuk Malanga and Ruh afza in it
5. Mix Well
6. Now serve and enjoy!!!!!!!!!!!!!!!!!!!!!!



Oreo Milkshake

by Shehzadi

Method

1. Put the oreo ice cream, oreo chocolate and milk in a blender and blend for less than 1 minute
2. Put it in a glass
3. Whipped the double cream
4. Put it on the top of the glass
5. Now put an oreo on the side of the cream for garnishing
6. Now serve and enjoy!!!!!!!!!!!!!!



Ingredients

- Oreo Chocolate 1 bar
- Oreo Ice Cream half tub
- Milk 1 glass
- Oreo biscuit 1
- Double cream 100 g



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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