



# LET'S COOK



Irresistible Recipes by Tim Salloum, aged 12





# 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

Chicken Bites

Banana Muffins





## Chicken Bites

By BBC Good Food

### Method

#### STEP 1

Cut the chicken breasts into small chunks, each about the size of a marble (you should get roughly 15 pieces per breast). Put the pesto in a bowl and mix together with the chicken until coated all over. Tip the breadcrumbs into a large freezer bag.

#### STEP 2

Add the chicken pieces in batches to the bag and give it a good shake to coat. Place a piece of greaseproof paper on a baking sheet, then lay the chicken pieces on the sheet, making sure none of them are touching. Put in the freezer and, when frozen solid, take off the baking sheet and store in a container or freezer bag.

#### STEP 3

To cook, heat oven to 220C/fan 200C/ gas 7. Pour a little oil onto a shallow baking tray, just enough to cover it. Put the tray in the oven and let it heat up for 5 mins. Tip the chicken onto the sheet and return to the oven for 10-15 mins until crisp and cooked through.

### Ingredients

- 4 boneless chicken breast fillets
- 6 tbsp red pesto
- 3 large handfuls breadcrumbs, fresh or dried (about 300g/10oz)
- olive oil

### Equipment

- Bowl
- Large freezer bag
- Greaseproof paper
- Baking sheet
- Freezer
- Oven

## Banana Muffins

By BBC Good Food

### Method

#### STEP 1

Heat the oven to 190C/170C Fan/gas 5. Line a 12-hole muffin tin with paper cases. Sift together the flour, baking powder, bicarbonate of soda and caster sugar with a big pinch of salt. In a separate bowl mix the melted butter, vanilla extract, eggs, mashed bananas and buttermilk.

#### STEP 2

Make a well in the centre of the dry ingredients and pour the wet ingredients in.

Roughly mix together with a fork, being careful not to over-mix. Scatter in the chopped pecans, if using, then spoon the mixture into the muffin cases.

Top with pecan halves, then bake for 20-25 mins, until golden brown. Cool on a wire rack



Makes: 12 | Prep: 15 mins | Cook: 25 mins

### Ingredients

- 250g self-raising flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 110g caster sugar
- 75g butter, melted
- 1 tsp vanilla extract
- 2 eggs
- 2 large ripe bananas, mashed
- 125ml buttermilk (or add 1 tsp of lemon juice to milk and leave for 20 mins)
- 50g pecans, chopped, plus extra to decorate (optional)







# Starters

Summer Salad  
Tasty Mashed Potato

# Summer Salad

By BBC Good Food

Makes: 6 | Prep: 10 mins |

## Ingredients

- 400g black beans, drained
- 2 large handfuls baby spinach leaves, roughly chopped
- 500g heritage tomatoes, chopped into large chunks
- ½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
- 1 mango, peeled and chopped into chunks
- 1 large red onion, halved and finely sliced
- 6-8 radishes, sliced
- 2 avocados, peeled and sliced
- 100g feta, crumbled
- handful of herbs (reserved from the dressing)



## For the dressing

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli, deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil or rapeseed oil
- 2 limes, zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey



# Summer Salad

By BBC Good Food

## Method

### STEP 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

### STEP 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.



*By BBC Good Food*

## Method

## STEP 1

Bring a large saucepan of water to the boil.

Add the potatoes and boil for about 15 mins or until tender.

Transfer to a colander and drain well, then return to the pan and set over a very low heat for 2 mins to dry completely.

## STEP 2

Heat the milk and butter in a small pan, then pour over the potatoes.

Remove from the heat, then mash potatoes using an electric hand whisk or potato masher.

Tip in the crème fraîche and beat with a wooden spoon until smooth and creamy.

Season with pepper and a pinch of salt.



Makes: 10 | Cook: 15 mins

## Ingredients

- 1½ kg floury potatoes, such as King Edward or Maris Piper, cut into even chunks
- 125ml semi-skimmed milk
- 1 tbsp butter
- 4 tbsp crème fraîche





# Mains

Tomato & Basil Spaghetti  
Sea Bass





## Ingredients:

- 1 tbsp olive oil
- 1 garlic clove, crushed
- 400g can chopped tomatoes
- 1 tsp vegetable stock powder or ½ crumbled stock cube
- 1 tbsp tomato purée
- few basil leaves

## Tomato and Basil Spaghetti

By BBC Good food

### Method

#### STEP 1

Heat the olive oil in a pan, add the garlic clove, then gently fry for 1 min.

#### STEP 2

Tip in the chopped tomatoes, vegetable stock powder, tomato purée and 1 tsp sugar, then bring to the boil. Reduce the heat, then simmer uncovered for 5 mins, stirring occasionally.

#### STEP 3

To finish, tear a few basil leaves, then stir into the sauce.

## Sea Bass

By BBC Good Food

### Method

#### STEP 1

To make the dressing, mix the oil with the lemon zest and juice, capers, mustard, some seasoning and 1 tbsp water. Don't add the parsley yet (unless serving straight away) as the acid in the lemon will fade the colour if they are left together for too long.

#### STEP 2

Heat the oven to 220C/200C fan/gas 7.

Line a baking tray with baking parchment and put the fish, skin-side up, on top. Brush the skin with oil and sprinkle with some flaky salt.

Bake for 7 mins or until the flesh flakes when tested with a knife. Arrange the fish on warm serving plates, spoon over the dressing and scatter with extra parsley leaves, if you like.



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

## Ingredients

- 4 x 100g/4oz sea bass fillets
- olive oil, for brushing

## For the caper dressing

- 3 tbsp extra virgin olive oil
- grated zest 1 lemon, plus 2 tbsp juice
- 2 tbsp small capers
- 2 tsp gluten-free Dijon mustard
- 2 tbsp chopped flat-leaf parsley, plus a few extra leaves (optional)





# Desserts

Lemon Cheesecake  
Crabapple Jelly





## Lemon Cheese Cake

By BBC Good Food

### Method

#### STEP 1

Crush the digestive biscuits in a food bag with a rolling pin or in the food processor. Melt the butter in a saucepan, take off heat and stir in the brown sugar and biscuit crumbs.

#### STEP 2

Line the base of a 20cm loose bottomed cake tin with baking parchment. Press the biscuit into the bottom of the tin and chill in the fridge while making the topping.

#### STEP 3

Beat together the mascarpone, caster sugar, lemon zest and juice, until smooth and creamy. Spread over the base and chill for a couple of hours.



Makes: 6 | Prep: 20 mins | Cook: 5 mins

### Ingredients

- 110g digestive biscuits
- 50g butter
- 25g light brown soft sugar
- 350g mascarpone
- 75g caster sugar
- 1 lemon, zested
- 2-3 lemons, juiced (about 90ml)

## Crab Apple Jelly

By BBC Good Food



Makes: 640 ml | Prep: 20 mins | Cook: 35 mins

### Ingredients

- 1½ kg crab apples
- 1 lemon, zest pared and half juiced
- Around 450g white caster or granulated sugar

### Special equipment

Jelly bag



# Jelly

By BBC Good Food

## Method



### STEP 1

Wash and drain the fruit, then cut the apples in half and add to a large, heavy-based saucepan with an equal quantity of water and the pared lemon zest. Bring to the boil, then reduce the heat and simmer for 20-25 mins until the apples are pulpy. Stir occasionally using the back of a wooden spoon to help break down the fruit.

### STEP 2

Remove from the heat and allow to cool a little. Place the fruit pulp in a jelly bag and allow the juice to drip through into a large bowl (this will take several hours, so doing this overnight is ideal). If you force the fruit through, this will create a cloudy jelly.

### STEP 3

Put two small saucers in the freezer – you will use these to test the setting point of the jam.

### STEP 4

Weigh the fruity liquid and return to a large saucepan. Weigh three quarters of sugar to your total liquid amount (for example, if you have 400g of liquid, add 300g of sugar).

# Crab Apple Jelly

## Method continued



### STEP 5

Add the sugar to the juice with the lemon juice, and stir over a medium heat until completely dissolved. Turn up the heat and bring the fruit to the boil. Stir occasionally and allow to boil hard for about 8 mins, removing any scum with a spoon. If using a thermometer, you're looking to reach 105c. If not, check the setting point of the liquid after 8 mins by removing a saucer from the freezer and adding a teaspoon of the liquid to the plate. Allow to sit for a minute, then push your finger through the liquid. If it starts to wrinkle, the jelly is ready. If not, return to the boil and try again after another minute.

### STEP 6

Pour into sterilised jars and allow to cool completely. You can sterilise the jars by washing them in hot soapy liquid, rinsing and placing in an oven at 180C/160C fan/gas 4 for 5 mins. Remove carefully and allow to cool. Store in a cool, dark place.







# Drinks

## Hot Chocolate Strawberry & Banana Smoothie



Makes: 1 Drink | Prep: 5 mins

### Ingredients

- 250ml milk of your choice
- 1 tbsp cocoa
- 1-2 tbsp soft light brown sugar
- 25g dark or plain chocolate, finely chopped, plus a grating to serve
- 1 tbsp whipped cream or squirty cream

## Hot Chocolate

*By BBC Good Food*

### Method

#### STEP 1

Heat the milk, cocoa, sugar and chocolate in a small pan over a medium heat until steaming and the chocolate has melted.

Whisk to dissolve the cocoa.

#### STEP 2

Pour into a mug, then add the cream to float on top.

Grate over a little more chocolate to serve.



# Strawberry and Banana Smoothie

By BBC Good Food

Makes: 1 Drink | Prep: 5 mins |



## Ingredients

- 1 small banana
- 7 strawberries, hulled
- 3 tbsp 0% bio-yogurt
- 3 tbsp skimmed milk
- 2 tbsp ground almonds

## Method

1. Slice the banana into the bowl of a food processor, or a jug if using a hand blender.
2. Add the strawberries, yogurt, milk and ground almonds, and blitz until completely smooth.
3. Pour into a glass and 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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