



LET'S COOK



Irresistible Recipes by Sarah Mirkin





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

Rustic No Yeast Bread

Makes: 1 loaf | Prep: 10 mins | Cook: 25 mins

Ingredients

- 2 cups All Purpose Flour (250 grams)
- ½ teaspoon Sugar
- ½ teaspoon Salt
- 2 teaspoons Baking Powder
- ¾ cup Water (lukewarm no-chlorine, 175 grams)

Why cool bread on a wire rack?

Bread should be cooled on a wire rack and not in the pan because the loaf will become moist, soggy, and sponge-like quite quickly, because the moisture in the pan condenses onto the bread.

So be sure to immediately move the bread to a wire rack to cool.

Rustic No Yeast Bread

By *An Italian in my Kitchen.com*

Method

1. In a large bowl whisk together the flour, sugar, salt and baking powder.
2. Then add the water and mix together, either with a fork or spatula.
3. Sprinkle a flat surface with a little flour, place the dough on top and knead until smooth.
4. Gently flatten with the palm of your hand into an oval shape, then fold like an envelope. Sprinkle with flour if needed.
5. Then form into your preferred loaf shape and place on a parchment paper lined cookie sheet. Bake for about 25 minutes.
6. Cool on a wire rack.
7. Enjoy with your favourite spread!



Starters

Easy Tomato Soup





Easy Tomato Soup

By Little Dish

Method

1. In a large saucepan, heat the oil and cook the onion, carrot and garlic for 5 minutes, stirring occasionally.
2. Add the canned tomatoes and tomato puree and cook for a further 5 minutes. Add the stock and bring to the boil and reduce to simmer for 30 minutes. Puree the soup, in batches in a liquidiser or with a hand blender until smooth.
3. Tip: This soup freezes well for up to 2 months in an airtight container. Allow to cool to room temperature before freezing. Reheat, from frozen, over a low heat until the soup is piping hot.

Makes: 4-6 | Prep: 15 mins | Cook: 40 mins

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 2 garlic cloves, finely chopped
- 4 x 400g cans chopped tomatoes
- 2 tablespoons tomato puree
- 1 litre chicken stock or vegetable stock
- 2 tablespoons fresh basil, roughly torn (optional)



Mains

Creamy Garlic Chicken
Mini Simple Burgers



Creamy Garlic Chicken

By Nourish & Fete

Makes: 4 | Prep: 5 mins | Cook: 25 mins

Ingredients

- Chicken breasts – the boneless, skinless variety.
- Yellow onion – use about 1/2 of a medium onion.
- Garlic – obviously! You'll need about a dozen cloves,
- Chicken broth.
- Lemon.
- Cream.
- Thyme and parsley. You can use dried in a pinch but fresh is best
- Staples – salt, pepper, garlic powder, olive oil, butter.



Creamy Garlic Chicken

By Nourish & Fete

Method

1. Slice each chicken breast in half lengthwise so you have 4 thin pieces. Sprinkle both sides of each piece lightly with salt, pepper, and garlic powder
2. Warm the olive oil and 1 tablespoon butter in a large skillet over medium-high heat. Once the butter melts, add chicken and cook for 3-4 minutes on each side, until it forms a nice golden crust and is cooked through. Remove chicken to a plate and set aside.
3. Reduce heat to medium and add the remaining 2 tablespoons butter. Add the onion and cook for 2-3 minutes. Using the back of a knife, smash half of the garlic cloves, then add both the smashed and whole cloves to the pan with the onions. Cook 2-3 minutes more, until the garlic is fragrant and lightly browned on the outside, then add chicken broth, lemon juice, and thyme.
4. Scrape the bottom of the pan to deglaze any browned bits, and let the sauce simmer for about 4 minutes. It should be noticeably reduced.
5. Reduce heat again to medium-low, then stir in the cream. Return chicken to the skillet and let everything simmer gently for 2-3 minutes to blend the flavors. Garnish with fresh thyme and parsley, lemon wedges, and a little more black pepper, as desired. Serve and enjoy!



Mini Simple Burgers

By My Fussy Eater

Method

1. Simply squish the meatballs down to turn them into small burgers.
2. Once you've flattened them down, add a little oil to a frying pan and fry them for 4-5 minutes on either side until browned and cooked through.
3. Whilst the mini burgers are cooking get everything else ready
4. Toast some sliced bread and use an old spice jar to cut out circles.
5. Layer up the buns, the burger and any other toppings like lettuce, cheese, ketchup etc.



Makes: 10-12 | Prep: 0 mins | Cook: 4-5 mins

Ingredients

- Meatballs 10-12
- Bread
- Lettuce and cucumber (optional)
- Ketchup, mayo (optional)
- Cheese (optional)



Desserts

Melted Marshmallow Cup
Blissful Banana Ice Cream





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

Ingredients

- 550g marshmallows
- 25 Biscoff

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Melted Marshmallow Cup

By Sarah Mirkin

Method

1. Melt marshmallows in pan for 4-5 minutes or until melted thoroughly.
2. Spoon about $\frac{1}{8}$ into a mug
3. Crumble biscoff in sealed plastic bag until crumbs are left
4. Sprinkle the crumbs over the melted marshmallows until covered.
5. Repeat until mug is full.



Blissful Banana Ice Cream

By Lacey Baier

Method

1. Slice the bananas into approx. 1/4 inch slices (medallions).
2. Line a rimmed baking sheet with parchment paper.
3. Lay the banana slices on the parchment paper, allowing the slices space in between so as not to touch each other (if they touch, they become more difficult to puree).
4. Place in the freezer and freeze overnight, or for at least 3-4 hours to allow to fully harden.
5. Once frozen, place the banana slices into the bowl of a food processor.
6. Pulse the banana in the food processor. At first, the the banana will look crumbly. Scrape down the sides of the food processor with a spatula.
7. Continue blending and the banana will start to look mushy. Scrape down the sides of the food processor again.
8. Continue blending until the last tiny pieces of banana smooth out. The consistency will turn from blended banana to a soft-serve ice.



Makes: 2 | Prep: 10 mins | Cook: 0 mins

Ingredients

2 ripe bananas





Drinks

Freetown Ginger Beer
Lemonade & Jelly Cup





Equipment

- Knife
- Blender
- Sieve
- Cloth / Filterer
- Ice,
- stirring spoon
- glasses

Ingredients

- Ginger)
- Sugar
- Lemon / Lime
- Cloves



Freetown Ginger Beer

Method

1. Wash ginger in water.
2. Chop the ginger into small pieces.
3. Blend ginger in a blender with water.
4. Pour ginger into a sieve and wash with water to separate the juice from the chaff.
5. Use a filter or a clean white cloth to filter the juice and the remaining chaff that might pass through the sieve.
6. Add sugar and lemon / lime to taste.
7. If the ginger drink is very concentrated, add a little water to dilute and suit your taste.
8. Pour the ginger drink into bottles and then add cloves.
9. Put ginger drink into the refrigerator.
10. Cheers!

Lemonade & Jelly Cup

By Food52.com

Method

1. Remove the green leaf and stalk from the strawberries, cut in half and divide equally between eight tumblers.
2. Make up jelly to manufacturer's guidelines, but replace cold water with an equal quantity of the lemonade.
3. Set in fridge for 4 – 6 hrs.
4. When the jelly is set, spoon a dollop of TOTAL Greek Yoghurt on to the top of each glass and sprinkle over some chopped mint.



Makes: 8 Drinks | Prep: 1 Hour | Set 4-6 hours

Ingredients

- 500 grams TOTAL Greek Yoghurt
- 2 packets strawberry jelly
- 1 liter low sugar lemonade
- 400 grams English strawberries
- 1 handful fresh chopped mint



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

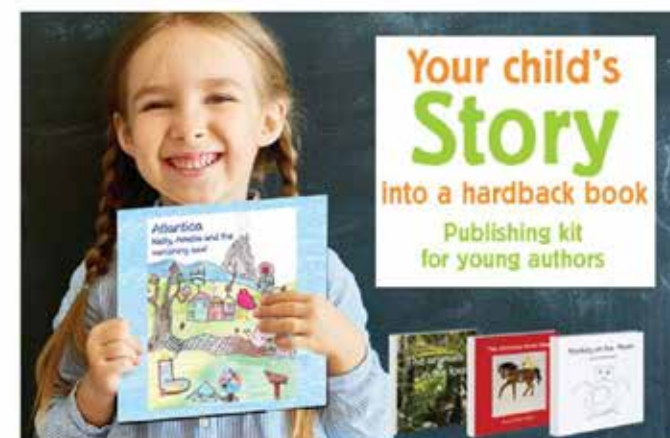
METRIC PINT CUPS FL OZ.

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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