



LET'S COOK



Irresistible Recipes by Wren Pye



Thank you...

I would like to thank my mother who has inspired me to start baking and my excellent family for always being so supportive.

I would also like to thank Clare Ford, my writing tutor for helping me to create this exciting cookbook.





LET'S COOK

Facilitated by Clare Ford at the Switched On Academy

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Let's Cook

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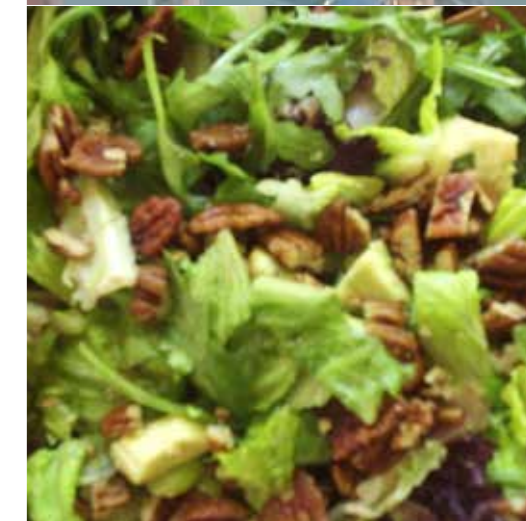
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Snacks

Chocolate Chip Banana Bread



Chocolate Chip Banana Bread

By BBC Good Food

Method

Step 1:

1. First, mix the butter and sugar together.
2. Then, combine the egg and vanilla extract.
3. Next, fold in the flour.
4. Now, add a pinch of salt, the baking powder, mashed banana and a handful of the chocolate chips.

Step 2:

5. Secondly, scrape the mixture into the prepared tin.
6. Then, scatter over the rest of the chocolate chips.
7. Now, bake for about 50 mins, or until puffed up and cooked through.
8. Finally, leave to cool in the tin for 10 mins.

Ingredients

- 140g unsalted butter, softened, plus extra for the tin
- 140g golden caster sugar
- 2 eggs, beaten
- 1 tsp vanilla extract
- 140g self-raising flour
- 1 tsp baking powder
- 3 ripe bananas, peeled and mashed
- 100g chocolate chips

Equipment:

- 1 Teaspoon
- Scales
- Bowl
- Spoon
- Tin
- Food processor





Starters

Salad Bar



Ingredients

- 1 tbsp lemon juice
- pinch of salt
- 4 tbsp olive oil
- small bunch finely chopped chives
- 200g bag mixed salad leaves
- 2 sliced, ripe avocados

Equipment

- Chopping board
- Sharp knife
- Bowl
- 1 tablespoon
- Scales
- Jar

Salad Bar

By BBC Good Food

Method

1. Firstly, squeeze 1 tbsp of lemon juice into a jar with a pinch of salt.
2. Next pour in 4 tbsps of olive oil and a small bunch of finely chopped chives
3. Put on the lid, and shake well.
4. Then, to serve, toss with 200g bag mixed salad leaves and 2 sliced ripe avocados.





Mains

Roast Beef & All The Trimmings





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

Ingredients

- 1 tsp plain flour
- 1 tsp mustard powder
- 950g beef top rump joint (see tip below)
- 1 onion, cut into 8 wedges
- 500g carrots, halved lengthways
- For the gravy
- 1 tbsp plain flour
- 250ml beef stock



Roast Beef & All The Trimmings

By BBC Good Food

Method

STEP 1

First, heat the oven to 240C/220C fan/gas 9.

STEP 2

Secondly, mix 1 tsp plain flour and 1 tsp mustard powder with some seasoning, then rub all over the 950g beef top rump joint.

STEP 3

Now, take 1 onion, cut into 8 wedges, and 500g carrots, halved lengthways, into a roasting tin and sit the beef on top, then cook for 20 mins.

Roast Beef & All The Trimmings contd.

By BBC Good Food

Method contd.

STEP 4

Then, reduce oven to 190C/170C fan/gas 5 and continue to cook the beef for 30 mins if you like it rare, 40 mins for medium and 1 hr for well done.

STEP 5

Next, remove the beef and carrots from the oven, place onto warm plates or platters and cover with foil to keep warm.

STEP 6

Finally, let the beef rest for 30 mins while you turn up the oven to cook your Yorkshire puddings and finish the potatoes.

For the gravy:

- Put the tin with all the meat juices and onions back onto the hob.
- Stir in 1 tbsp plain flour, scraping all the stuck bits off the bottom of the tin. Cook for 30 seconds, then slowly stir in 250ml beef stock, little by little.
- Bubble to a nice gravy, season, then serve with the beef, carved into slices, carrots and all the other trimmings.





Desserts

Chocolate Ice Cream and
Gluten Free Brownie





Chocolate Ice Cream and Gluten Free Brownie

By BBC Good Food

Ingredients

- 250g unsalted butter, cubed, plus extra for the tin
- 250g dark chocolate, roughly chopped
- 4 large eggs
- 300g golden caster sugar
- ½ tsp vanilla extract or paste
- 100g gluten-free plain flour, sieved
- 60g cocoa powder
- ½ tsp fine sea salt
- 150g milk chocolate, roughly cut into chunks

Equipment:

- Scale
- Cubed tin
- Food processor
- Bowl
- Saucepan
- Spoon
- Ice cream maker



Gluten Free Brownie Recipe contd

By BBC Good Food

Method

STEP 1

1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 30cm x 20cm non-stick tin with butter and line the base with non-stick baking parchment.

STEP 2

1. Fill a small saucepan a third full with water, bring to a simmer and put a snug-fitting heatproof bowl on top of it.
2. Add the butter and chocolate and gently melt over a low heat, stirring occasionally.
3. Be careful not to let it catch and burn on the bottom.
4. Remove from the heat and leave to cool a little.

STEP 3

1. Beat the eggs and sugar together using an electric whisk for 8-10 mins or until thick enough to leave a trail.
2. Gently fold through the cooled melted chocolate and vanilla, followed by the flour, cocoa and salt.
3. Finally, fold through the chocolate chunks.
4. Pour the brownie batter into the lined tin, place in the centre of the oven and bake for 30-35 mins.

STEP 4

1. Leave to cool a little in the tin before cutting into 12 squares.





Drinks

Homemade Lemonade





Homemade Lemonade

By [BBC Good Food](#)

Method

STEP 1

1. Tip the lemons, sugar and half the water into a food processor.
2. Blend until the lemon is finely chopped.

STEP 2

1. Pour the mixture into a sieve over a bowl, then press through as much juice as you can.
2. Top up with the remaining water and serve with plain ice or frozen with slices of lemon and lime.



Ingredients

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

Equipment:

- Sharp knife
- Chopping board
- A jug
- food processor
- Sieve
- Bowl

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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