

Recipe Book



Kingfisher Class

2019 – 2020

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Savoury

Morgan's Easy Peasy Crunchy chicken

Ingredients

Chicken

Egg beaten

Flour

Cornflakes/Rice Krispies/Popcorn Crusted

Method

Three plates each with

Flour, beaten egg and the Cornflakes

Roll the Chicken first in flour, then the egg and then the cornflake.

Put in the oven for 45 mins or until cooked through with no pink juices

Serve with rice, salad, and Rocket

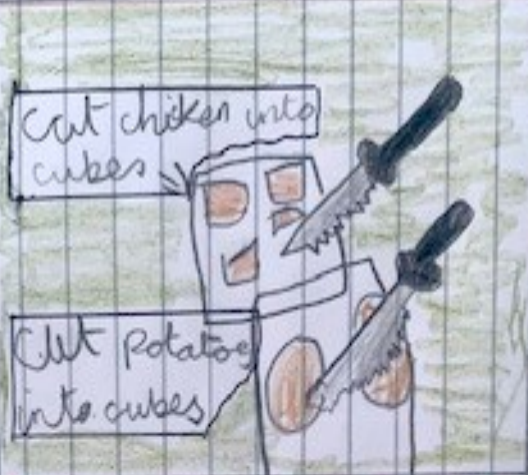


Yum Yum !!!



Monty's Special Kebab

Ingredients
pineapple chunks
bbq sauce
chicken
potatoes
oil
(Kebabstick,



1st May 2020

Extra Egg and Bacon fried rice

This quick, 20 to 30 minutes rice will send you a delicious, breakfast-based dish with bacon and lots of eggs in a short amount of time.

Ingredients

- 8 slices of bacon
- sesame oil
- $\frac{1}{3}$ c. cup sliced green onions (both white and green parts), plus more for garnish.
- $\frac{1}{2}$ c. frozen peas, thawed
- 6c. cooked white rice
- 3tbsp. soy sauce, plus more to taste
- 2tbsp. rice vinegar
- 2tbsp. Your favourite spicy sauce (optional)
- 2 large eggs, beaten
- 4 large fried eggs
- 1 ripe avocado (optional)



Method

1. Place a rack in the upper third of the oven and preheat oven to 375°
2. Line a rimmed baking sheet with foil. Arrange the bacon in a single layer on the pan and bake until cooked through and crisp 18 to 20 minutes. Let cool, then chop.
3. In a large skillet, set over medium heat, heat sesame oil. Add green onions and peas and cook, stirring, until green onions are softened and peas are warmed through, about 3 minutes. Add cooked rice and toss to combine, breaking up any lumps. Let the veggies and rice cook until slightly browned.
4. In a small bowl, stir together soy sauce, rice vinegar and your spice. Pour the mixture over fried rice, then add bacon and stir well. Scrape rice to one side of the pan and fry eggs
5. Stir immediately to scramble the eggs as they cook. As the eggs begin to firm up, stir rice into eggs. Taste and season with more soy sauce and/or your chosen spice.
5. To serve Scoop rice into a random amount of bowls depending on the number of people eating it. Top each with a fried egg, divide the avocado among bowls (if using), and garnish with green onions.

by Victoria Li

My Dad's famous Macaroni cheese

Ingredients

250g macaroni pasta
40g butter
40g plain flour
600ml milk
250g cheddar cheese
50g parmesan

Method

1. Cook the macaroni in a large saucepan of boiling salted water for 8-10 mins. Drain well and set aside.
2. Melt the butter over a medium heat in a saucepan slightly larger than used for macaroni. Add the flour and stir to form a roux, cooking for a few mins
3. Gradually whisk in the milk, a little at a time. Cook for ten to fifteen mins to a thickened a smooth sauce.
4. Meanwhile preheat the grill to hot
5. Remove the sauce from the hob, add 175g of the cheese and stir till completely combined and melted
6. Add the macaroni to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
7. Sprinkle over the remaining cheddar and the parmesan and place the dish under the hot grill cook until the cheese is browned and bubbling. Serve right away.



Macaroni cheese

Ingredients

- milk
- flour
- Cheese
- Pasta
- Salt, Pepper
- Butter

Instructions

1. Pour some water in a pan.
2. ~~Pre~~ heat the oven to 200°C.
3. add pasta to the pan of water and heat it.
4. In a different pan, add a generous amount of butter, gently melt the butter being careful not to burn it.
5. When the butter has melted add a table spoon of flour. Whisk continuously.
6. add 3 big glugs of milk and keep whisking.
7. Never stop whisking, add salt and pepper.
8. add loads of your fave cheese to the white sauce.
9. drain all of the pasta in a colander.
10. Pour the pasta back into the pan and pour the cheesy sauce into the pasta.
11. Put it all into an oven proof dish cover it in grated cheese and put it under the grill for the cheese to melt on top.
12. We are serving ours with corn on the cob and sausages.
13. then we dished up and we took about all of the recipe.



The nimmons family recipe for african curry

Ingredints

1 onion
2 apples
1 banana
1 tomato
¼ of a cucumber
Poppadoms
Mango chutney
Carrots
Chicken
Curry powder
rice

1. Chop the onion and the apple then fry it with oil and a little bit curry powder
2. When nice and soft add the chicken fry for a while before adding the tin of chopped tomatoes add a little water then cook in the oven for about 1:30 mins with a lid
3. Meanwhile get out a lazy suzan or lots of bowls and chop some apple,banana,tomato, tiny squares of cucumber and grated tomato and give each a place then get some poppadoms and mango chutney and lay all of them out on the table
4. Boil half a cup of rice per person for about 15 mins
5. AND SERVE



Crumb steak

Ingredients

Rump steak (1 per person)

Bread crumbs

Egg

potatoes

1. bash the steak in a beef tenderizer and soak in egg

2. after soaked for half an our crumb and fry in a mix of butter and oil for about 5 mins

Make some mash potatoes and veggies on the side and lemon juice

Miss Hipkin's Thai Chicken Noodle Soup

Ingredients:

- 225 g (8 oz) fresh or dried egg noodles
- 1 tablespoon oil
- 225 g (8 oz) boneless chicken breasts, skinned
- 2 stalks fresh lemongrass
- 1 small finely chopped onion
- 2 tablespoons coarsely chopped garlic
- 1.2 litres (2 pints) homemade chicken or vegetable stock or store-bought fresh stock
- 400 ml (14 fl oz) tinned coconut milk
- 2 small fresh Thai red or green chillies, seeded and finely sliced
- 1 tablespoon fish sauce or light soy sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon sugar
- 2 tablespoons Madras curry paste or powder
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon lime juice



Method

Cook the noodles by boiling them for 3–5 minutes. Drain and plunge them into cold water. Drain and toss them in the sesame oil.

Shred the chicken into fine strips.

Peel the lemongrass to the tender whitish centre and crush with the flat of a knife. Cut into 7.5 cm (3 in) pieces.

Heat a large heavy pot over high heat until it is hot. Add the oil, and when it is slightly smoking, add the onion, garlic and lemongrass and stir-fry for about 3 minutes. Stir in the stock and coconut milk, turn the heat down, cover and simmer for 10 minutes. Add the chillies, chicken, fish sauce, dark soy sauce, sugar, curry paste, salt and pepper and stir. Now add the drained noodles, and cover and cook for another 5 minutes.

Remove the lemongrass, stir in the lime juice, then pour the noodles and soup into a large tureen, garnish with the coriander and basil leaves and serve at once.

Sweet

Biscuits

170 grams of self rising flour

170 grams of butter or margarine

56 grams of sugar (fine)

Steps

cream butter and sugar. knead in dry ingredients until smooth

dough is formed. Roll in small balls. Flatten and groove with a

fork. Bake at 176°C degrees for about 15 minutes. Makes 30

biscuits which keep for weeks.



How to Cook Pancakes

Top Tip:

Measure out the ingredients evenly so you get great pancakes.

By; Abigail

Ingredients:

- 1 1/2 cups all purpose flour ,sift
- 1 teaspoon salt
- 3 tablespoons sugar
- 1 3/4 teaspoons double-acting baking powder
- 1 or 2 eggs beaten lightly
- 1 1/4 cup milk
- 3 tablespoons melted butter

Method:

Add all the ingredients into a medium bowl. Stir till most of the lumps are out. Then get a measuring cup and put some mixture in and pour onto the pan over the heat. Flip the pancakes when there are bubbles under them. They are ready to serve and be eaten.



Buttermilk blueberry pancakes

Ingredients

- * 200g (7oz) Self-raising flour
- * 50g (2oz) light brown sugar
- * 1 tsp baking powder
- * 1 egg
- * 1 tsp Vanilla extract
- * a pinch of salt
- * 200g (7oz) blueberries
- * a little oil or butter for frying
- * maple syrup and butter, to serve.

* Put the flour, sugar and baking powder into a large mixing bowl. In another bowl, mix the egg and buttermilk together, then pour into the flour mixture. Add the vanilla and salt and whisk everything together until it makes a smooth batter. Tip in the blueberries and gently fold them evenly through the batter.



Makes about 15 pancakes
suitable for freezing.



Ingredients: Scones

300g self-raising flour, plus more for dusting

$\frac{1}{2}$ tsp salt

1 tsp baking powder

85g butter, cut into cubes

3 tbsp caster sugar

175ml milk

1 tsp vanilla extract

beaten egg, to glaze

Method:

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

2. Tip 350g self-raising flour into a large bowl with $\frac{1}{2}$ tsp salt and 1 tsp baking powder, then mix.

3. Add 85g butter cubes, then rub in with your fingers until the mix looks like fine crumbs then stir in 3 tbsp caster sugar

4. Put 175ml milk into a jug and heat in the microwave for about 30 secs until warm, not hot.

5. Add 1 tsp vanilla extract then set aside for a moment.

6. Put a baking sheet in the oven

7. Make a well in the dry mix, then add the liquid and combine it quickly with a cutlery knife - it will seem pretty wet at first.

8. Scatter some flour onto the work surface and tip the dough out. Cover your hands and dough with a little bit of flour then fold the dough over 2 to 3 times. Pat it until it's about 4cm deep.

9. Cut it into scone shapes then bake in the oven for 10 mins.

10. Once it is risen and golden-brown eat warm with jam and butter.



Lemon Semolina Cake:

20 min prep

50 min cook

10 serving

Ingredients:

- 125g unsalted butter, softened.
- 1 table spoon finely grated lemon rind.
- 1 cup caster sugar.
- 2 eggs.
- 2/3 cup semolina.
- 1 1/2 cups self-raising flour, sifted.
- 1/2 cup of milk.

Lemon Syrup:

- 1 cup caster sugar,
- 1/2 cup lemon, thinly sliced.

got 5 minutes (or until) sugar has dissolved. Add lemon slices. Increase heat to high. Bring to the boil. Boil, without stirring, for 4 to 5 minutes or until mixture thickens.

step 5; Transfer lemon slices to a plate. Pour half the syrup over cake. stand for 15 minutes. Turn out on to a plate. Arrange lemon slices over cake. Serve with remaining syrup.

Bon Appetit

amar



Method:

Step 1: Preheat oven to 180°C/160°C gas-forced. Grease a 6cm-deep, 20cm round (base) spring form cake pan.

Line base and side with 2 layers of baking paper.

Step 2: using an electric mixer, beat butter, lemon rind and sugar on high speed until pale and creamy. Add eggs, 1 at a time, beating between each addition. Stir in semolina, flour and milk.

Step 3: spread mixture into prepared pan. Bake for 45 to 50 minutes or until a skewer inserted into the centre comes out clean.

Step 4: Meanwhile, make lemon syrup: place sugar, lemon juice and 1/2 cup cold water in a saucepan over low heat. Cook, stirring,



OAT COOKIES

100g margarine or butter
50g white or brown sugar
2 x 15ml spoons clear honey or golden syrup
100g self raising flour
100g oats
50g raisins
¼ x 5ml spoon mixed spice

CONTAINER

METHOD.

1. Oven 170oC, Gas 3.
2. Line the baking tray with
3. greaseproof paper.
4. Turn on the hob to a low heat. Place the margarine or butter, sugar and honey in a saucepan and stir until melted.
 - Stir in the flour, spice, oats and raisins. Mix well.
 - Using the tablespoon, place spoonfuls of the mixture onto the prepared baking tray. This should make around 12 cookies. Space them well apart.
5. Flatten the tops slightly with a fork.
6. Bake for 15 minutes until golden brown and crisp on the base.
7. Leave to cool on the wire rack.



CHEF'S TIPS: use wholemeal flour for a high fibre cookie or dried cranberries instead of raisins

Totally chocolate chocolate chip cookies

ingredients

125 grams dark chocolate, minimum 70% cocoa solids

75g light brown sugar 50g white sugar

30g cocoa, sieved 1 teaspoon bicarbonate of soda

½ teaspoon salt 125g soft butter 1 Tsp vanilla extract

1 egg cold from the fridge 350g (2 bags) semi sweet

+ chocolate morsels or dark chocolate chips

Baking

① Preheat the oven to 170°C/gas mark 3. Melt 125g dark chocolate either in the microwave or in a heatproof dish over a pan of simmering water.

② Put the flour, cocoa, bicarbonate of soda and salt into a bowl.

③ Cream the butter and sugars in another bowl. Add melted chocolate and mix together.

④ Beat in the vanilla extract and cold egg, and then mix the dry ingredients. Finally stir in the chocolate morsels or chips.

⑤ Scoop out 12 equal-sized mounds and place on a lined baking sheet about 6cm apart. Do not flatten them!!!

⑥ Cook for 18 minutes, testing with a cake tester to make sure it comes out semi clean and not wet with the cake batter.

⑦ Leave to cool slightly on the baking sheet for 4-5 minutes, then transfer them to a cooling rack to harden as they cool.



Steamed Syrup Sponge Pudding

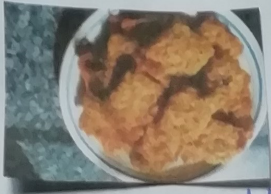
Ingredients:

75g unsalted butter, softened, plus extra for greasing
3 tbsp golden syrup, plus extra for drizzling
1 tbsp fresh white breadcrumbs
175g golden caster sugar
zest 1 lemon
3 large eggs, beaten
175g self-raising flour
2 tbsp milk
clotted cream, to serve

Method

- 1) Use a small knob of butter to heavily grease a 1-litre pudding basin. In a small bowl, mix the golden syrup with the breadcrumbs and brandy, if using, then tip into the pudding basin.
- 2) Beat butter with sugar and zest until light and fluffy, then add eggs gradually. Fold in the flour, then finally add the milk.
- 3) Spoon the mix into the pudding basin. Cover with a double layer of buttered foil and baking paper, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the basin. Steam for 1½ hrs. Turn out onto a serving dish. Serve with lashings of clotted cream and a little extra golden syrup drizzled over if you wish.





Flapjacks

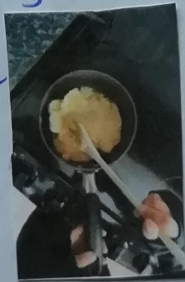


you will need:

- 75g of ready-to-eat apricots (or other dried fruit)
- 175g of Margarine
- 175g of demerara sugar
- 2 tablespoons of golden syrup
- 225g of porridge oats
- a shallow tin lined with grease

Heat in an oven to 160°C
you need to:

1. Snip the apricots into lots of tiny pieces with a pair of clean Kitchen Scissors.
2. put the margarine into a large pan, add the sugar and the golden Syrup.
3. Heat mixture gently until all the Margarine has melted. Don't let it boil
4. take ~~the~~ pan off the heat and add the oats, and apricots. Stir them really well.
5. Spoon the Mixture into the tin and spread it all over with the back of a Spoon.



6. put the tin into the oven for about 25 Minutes until the oats are golden brown.

7. Leave the flapjacks for ten minutes to cool, then cut them into pieces.

Miss Hipkin's Victoria Sponge

Ingredients:

4 free-range eggs

225g/8oz caster sugar, plus a little extra for dusting the finished cake

225g/8oz self-raising flour

2 tsp baking powder

225g/8oz butter at room temperature, plus a little extra to grease the tins

Raspberry jam

Whipped cream

Method

1) Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins. Use a piece of baking paper to rub a little butter around the inside of the tins until the sides and base are lightly coated, then line the bottom with a circle of baking paper.

2) Break the eggs into a large mixing bowl, then add the sugar, and butter. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon), then add your flour, baking powder but be careful not to over mix!

3) Divide the mixture evenly between the tins: this doesn't need to be exact, but you can weigh the filled tins if you want to check. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.

4) Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch. Set aside to cool in their tins for 5 minutes. Run a knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.

5) To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too. Top with the second cake, top-side up. Sprinkle over the caster sugar.

