



GETTING STARTED

Before starting to use a recipe, it's a good idea to read the recipe twice.

The first time you read it, you can decide if it is something that you can and would like to cook or eat if you have the time to get everything done and if it is something you will enjoy making.

The second time you read it, it's good to ask yourself the following.

Do I have all the ingredients?

What equipment do I need?

How long will it take to make it?

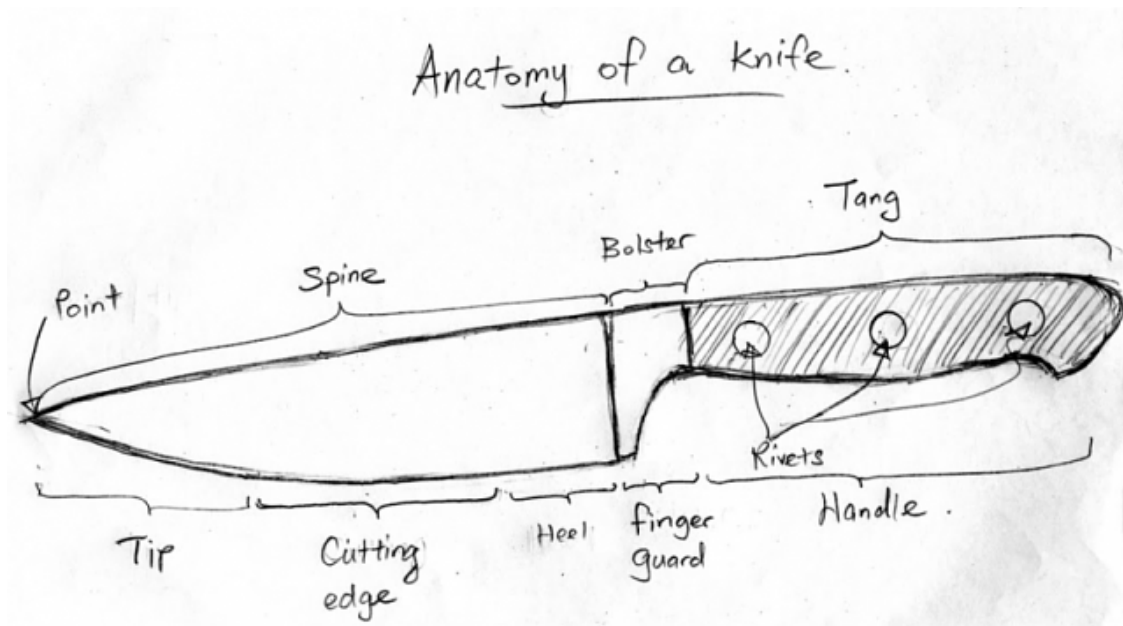
Before you begin to cook anything, go through your recipe and make a list of all equipment you will need to cook your dish. Which bowls, pots, measuring spoons, measuring cups, etc.

Next, take out all the ingredients you need. You can tick these off your ingredient list as you are taking them out to be doubly sure you have everything you need.

Try to not limit yourself to choosing only recipes that include foods you like.

Try something new or try a food that you did not like in the past—you may be surprised.

Remember sometimes the recipes might not work the first time—don't let that keep you trying again. Some recipes may need a bit of extra practice



Knife Skills - Three Basic Cutting Techniques

Proper cutting technique is both safer and produces a better ingredient for your dish.

Though there are plenty of fancy cuts and advanced techniques, these will all be useless without a solid foundation in the most basic cuts

Three of the most basic cuts are the tap chop, rock chop, and the cross chop.

All three are very similar but can produce a variety of cuts.

Now for the culinary school graduates, there may be other names to these cuts. Maybe even something in French. For the home enthusiast, these names should do.

Safety First

Before trying any new movements with a knife, make sure you're using the knife safely. It's generally agreed that "the pinch" is the best way to hold a knife.

This means holding the handle of the knife with the middle, ring, and pinky finger. The index finger should be on one side of the flat of the blade, and the thumb on the other side.

It's also important to keep your guide fingers safe so that fingertips don't wind up in your dinner. Always keep the fingers curled backwards into a claw-like conformation.

Keep the thumb tucked behind the fingers so that it doesn't get the knife either. The section between the first and second knuckles acts as a guide and keeps everything nice and safe.

Tap Chop

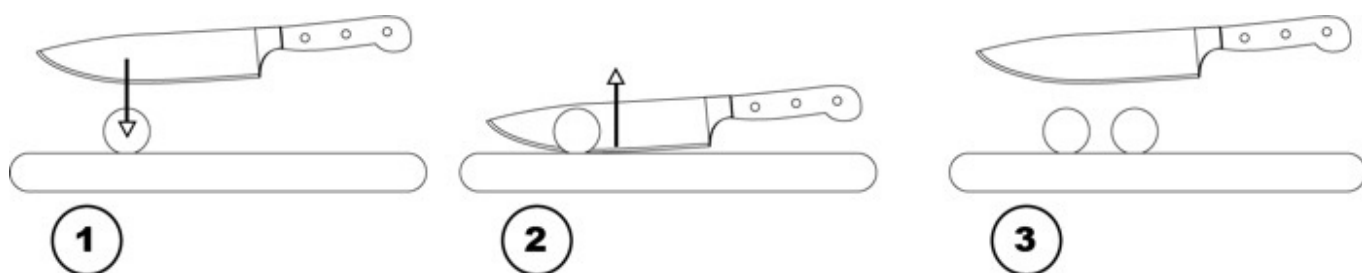
The tap chop is literally just that... a tap that chops. It's a vertical motion with the blade that is great for slicing thick or thin. Keep the fingers on your off hand way back stabilising whatever you're cutting, and then bring the middle (or belly) of your blade down.

If you're maintaining your knife well, then it should have a sharp enough edge to just shave off whatever thickness of cut you just aimed for.

This is a great way to chop or slice narrow, stable objects. If it's round and wobbly (like a carrot or cucumber), then cut the item lengthwise first to make a flat surface.

This cut works best of firm items like crunchy fruits and vegetables. A sharp knife will also make short work of softer items like tomatoes, but it's not a very effective way to deal with most meats, fish and seafood.

How to Tap Chop



Rock Chop

This cut is named after the rocking movement it produces, not the ability to chop up stones. The rock chop is great for dealing with flat or thin items like spring onions, chilli peppers, or even meats (so long as a rough cut is all right).

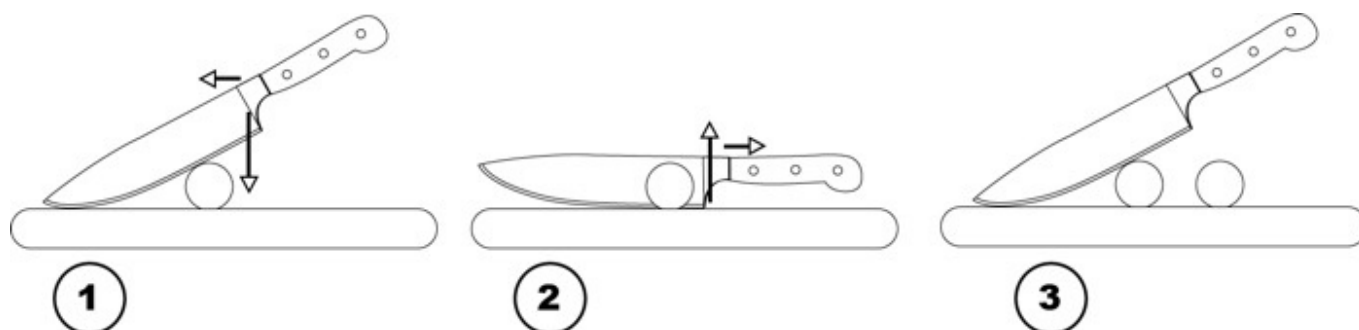
The roll chop is based on the tip of the knife being stationary and the blade rotates up and down off that pivot point.

The motion is still entirely vertical, but now it's only the handle of the knife that moves up and down, not the whole blade.

The rock chop can also be a fast-moving cut, so it's important to keep the fingers well out of the way. The edge of the knife should never be lifted above the second knuckle. If you're rock chopping a thicker item that would need the knife to come up over the level of the second knuckle, raise the guiding hand to keep contact with the flat of the knife.

This cut can be used for a variety of cuts, from fine to rough. It's also handy for making thin strips or slices of veggies so long as they're not too wide.

How to Rock Chop



Cross Chop

The cross chop uses the rock chop as its foundation.

Again, the tip of the knife stays in one place and the blade pivots around that point. But instead of being a mostly vertical motion, the cross chop also moves the knife in a sideways arc.

It's ideal for fine chopping, mincing, or quick rough cuts. How finely chopped the results are depends only on how many passes you make with the knife.

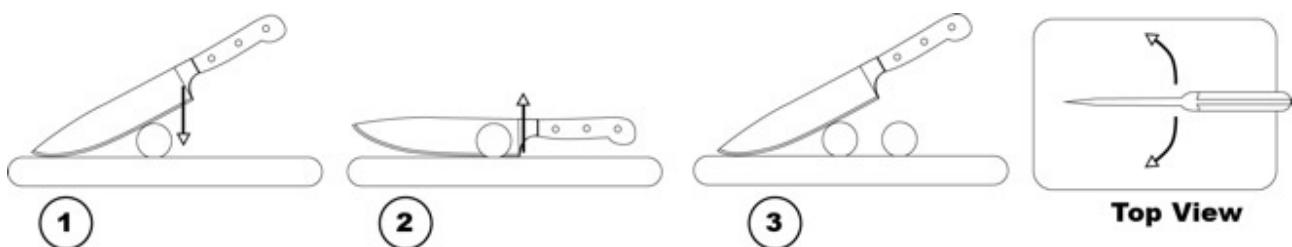
There is a safety concern with the cross chop, though. With the sideways motion, there's no safe place to put the guiding hand on the cutting surface. Instead, rest the guiding hand on the spine of the knife.

Keep the hand flat, and apply gentle pressure to the knife.

If you place the guiding hand close to the tip, it will help keep it anchored as the knife pivots up, down and side-to-side. Be very careful not to let the fingers curl downward as they can get caught on the edge and take one or more fingertips off.

The cross chop is often fairly chaotic and messy. Should your ingredients start spreading out over the cutting surface, just use the knife edge to scrape everything back into a pile and keep chopping until you get the desired fineness.

How to Cross Chop



CREPES



2 servings



35 minutes

INGREDIENTS

- 20grms unsalted butter,
- 65g plain flour
- 1 Tablespoon granulated sugar
- 1/8 teaspoon salt
- 90ml whole milk, at room temperature*
- 60ml room temperature water
- 2 large eggs, at room temperature
- 1.5 teaspoons pure vanilla extract.

DIRECTIONS

1. Melt half of the butter on the stove. Let cool for about 5 minutes.
2. Combine the cooled melted butter, flour, sugar, salt, milk, water, eggs, and vanilla in a large mixing bowl and whisk by hand.
3. The mixture should be smooth. Cover the bowl tightly, and leave to set for about 20 minutes.
- 4 Place a 28cm pan over medium heat and grease it with some of the remaining butter.
5. Once the pan is hot, pour the batter into the centre of the pan and tilt the pan so the batter moves around evenly. The thinner the crepe, the better the texture. Turn over as soon as the bottom is set.
7. Transfer the cooked crepe to a large plate and repeat with the remaining batter, making sure to butter the pan between each crepe.

NOODLES



2-4 servings



1hr

INGREDIENTS

- 400 grams strong flour
- 1/3 teaspoon salt
- 200 ml water

DIRECTIONS

1. Add the Strong flour and salt to the bowl.
2. Gradually add the water in two batches, giving the flour time to absorb the water with each addition.
3. After 3 minutes of mixing, the mixture will eventually form a shaggy dough, and now you can push the dough together with your hands to form a ball.
4. Knead for 15 minutes.
5. Cover the dough with clingfilm in a bowl and allow it to rest for 30 minutes.
6. After the dough has rested, knead it a few more times to remove any bubbles. Form into a ball and cut the ball in half.
7. On a floured surface, roll one-half of the dough into a thin sheet, about 2mm thick. Flour the sheet's surface, flip over, and thoroughly flour the other side.
8. Once floured, fold the dough, so you have 4 layers. Cut them about 1/8-inch thick. As you cut the noodles, gently separate them with your hands and toss them in flour, so they don't stick.
9. Bring a pot of water to a boil and cook the noodles for 1 to 3 minutes.

Equipment

Weighing scales, 1 Chopping Board, Chopping Knife, Saucepan. 2 medium bowls, and a Measuring jug. Chopstix.

CHICKEN STIRFRY



2 servings



35 minutes

INGREDIENTS

- Handmade noodles
- 1 Chicken fillet
- Rapeseed oil
- 2 cloves garlic, peeled and finely sliced
- 5g of fresh ginger
- 1 Fresh red chilli
- Soy sauce x 1 tbsp
- Sesame oil x 2 tsp
- 1 tsp of maple syrup
- 1 lime, juice of
- 60 grams Broccoli florets.
- 1 handfull of mangetout
- 2 spring onions
- 1/3 of a Courgette
- 1 handful of fresh coriander leaves picked and roughly chopped.

DIRECTIONS

Start with your veg prep:

1. Peel and finely slice the garlic and ginger.
2. Trim and finely slice the chillies and spring onions, then deseed and cut the broccoli, mangetout, mushrooms & courgette.
3. Cook the noodles in boiling salted water then drain, coat with oil and set aside.
4. Slice the chicken. Wash your hands and remove any utensil that has touched the raw meat.
5. Heat a splash of oil in a large wok or a heavy-based frying pan over high heat, add the chicken slices, garlic, ginger, and chillies, and stir-fry until the chicken is cooked - no pink in the middle!
6. Add a good splash of soy sauce and sesame oil, lime juice and maple syrup and taste to check the flavours are balanced.
7. Add all the vegetables. Stir-fry for 1 to 2 minutes, then add the cooked noodles and mix well over the heat.
8. Add the coriander and mix until well mixed with the chicken and serve.

Equipment

2 Chopping Boards, Chopping Knife, Saucepan, Wok OR large frying pan, Wooden Spoon. 2 medium bowl Measuring jug. Saucepan.

HOT SAUCE



8-10
servings



1.45 minutes

INGREDIENTS

- 250 grams peppers of your choosing (a mix of sweet peppers and hot peppers), tops/stems removed, halved
- 2 cloves garlic, peeled
- 250ml filtered water
- 1 tsp sea salt
- 40ml apple cider vinegar
- 2 tsp of maple syrup,

DIRECTIONS

1. Combine the peppers, garlic, water, sea salt, apple cider vinegar, and maple syrup in a medium pan over medium-high heat. Bring to a boil, reduce heat, and simmer for 10-15 minutes, or until the peppers and garlic have softened.
2. Pour mixture into a blender (leaving the cover vent open, but covered with a kitchen towel) and blend until very smooth.
3. While the blender is running, sprinkle in the xanthan gum, if using, and blend for an additional minute.
4. Transfer the mixture to a bottle and store it in the fridge for 2-3 weeks.

Equipment

HUEVOS RANCHEROS



2 -3 servings



45 minutes

INGREDIENTS

- 1 Tsp of Rapeseed Oil
- 1/2 onion, chopped.
- 1 tin of chopped tinned tomato (400g) .
- 1 chilli, chopped.
- 2 cloves of garlic, chopped.
- 1 teaspoon of ground coriander.
- 1 teaspoon of ground paprika.
- ¼ teaspoon of sugar.
- ¼ teaspoon of freshly ground black pepper.
- 2 medium eggs
- 1 handful of fresh coriander.
- Nachos
- Sour cream.

DIRECTIONS

1. Heat the oil in a frying pan.
2. Sauté the onion until golden.
3. Add the tomatoes, and chilli, then cook gently for 5 to 6 minutes.
4. Add the garlic, coriander, paprika and sugar, then season with pepper.
5. Break an egg in each quarter of the pan and cover the pan with a lid.
6. When the eggs are cooked to your liking, remove them from the pan.
7. Sprinkle with the chopped coriander and serve sour cream & nachos.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, 2 small bowls, Tasting spoons. Wooden spoon. Frying pan & lid.

GARLIC PASTE



4-6servings



15 minutes

INGREDIENTS

- 10 garlic cloves, roughly chopped
- 1 tbsp rapeseed oil

DIRECTIONS

1. Pound the garlic in a mortar and pestle until broken down (or use a small food processor). Add the oil and continue to pound until smooth paste forms.

SPICE MIX



2 -3 servings



5 minutes

INGREDIENTS

- 4 tsp chilli powder
- 3 tsp ground cumin
- 2 tsp of oregano
- 3 tsp paprika
- 2 tsp onion powder
- 2 tsp garlic powder
- A pinch of cayenne pepper

DIRECTIONS

Mix all of the ingredients in a bowl and seal in an airtight container to keep fresh.

Equipment

GUAC



2 servings



25 minutes

INGREDIENTS

- 1 handful of fresh coriander, chopped
- Salt, to taste
- Squeeze of lime.
- 1 ripe avocado

DIRECTIONS

1. In a pestle and mortar, pound the chillies, coriander, salt and onion into a fine paste.
2. In a bowl, mash the avocados.
3. Then add the chopped coriander mixture
4. Add lime juice to make a looser mixture.
5. Add a pinch of salt to taste.

PICO DE GALLO

INGREDIENTS

- 2-3 medium-sized fresh tomatoes
- 1/2 red onion
- 1/2 chilli
- Juice of 1/2 of a lime
- 5 grams of fresh coriander
- Salt and pepper to taste
- Pinch of dried oregano
- 20ml of olive oil

DIRECTIONS

1. Finely dice the ingredients
2. Place in a bowl.
3. Add salt and pepper to taste.
4. If the chillies make the salsa too hot, add more chopped tomatoes.
5. If not hot enough, carefully add a few of the seeds from the chillies.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, 2 small bowls, Tasting spoons.

FLOUR TACO'S



4 tortillas



35-50 minutes

INGREDIENTS

- 190g plain flour, plus extra for kneading and rolling
- 120 ml water
- 1/2 tsp of baking powder
- 1/2 tsp fine sea salt
- 30ml of olive oil

DIRECTIONS

1. To make the tortillas, Combine the flour, salt and baking powder in a large bowl and gradually add the oil and water, stirring constantly until the mixture comes together to form a rough dough.

2. Transfer to a lightly floured surface and knead for 5 minutes. Roll into a ball, wrap in cling film and chill for 15-30 minutes.

3. Now heat a large pan over medium heat.

4. Roll each dough piece into a rough circle, about 6-7 inches in diameter, keep work surface and rolling pin lightly floured. Don't stack uncooked tortillas on top of each other or they will stick together.

5. When the pan is hot, place one dough circle into the pan and allow to cook for 50 seconds to 1 minute. If browning too fast, reduce the heat a bit. Flip to the other side and cook for 15-20 seconds. The tortillas should be nice and soft but have a few small brown spots on the surface.

6. Remove from pan with tongs and stack in a covered bowl or plate to keep soft.

CHICKEN SKILLET TACO'S



2 servings



35 minutes

INGREDIENTS

- 1-2 Chicken Breasts
- 1 heaped tbsp of Spice Mix
- Salt & Pepper
- 2-3 tsp of Rapeseed Oil
- 1/2 Lime

To Serve:

- Pico de gallo.
- Guacamole.
- Sour cream.
- Hot spicy sauce

DIRECTIONS

1. Slice the chicken breasts - First butterfly and then slice about 2-3 thick.
2. Season chicken with chilli powder mixture.
In a small bowl, add 1 tablespoon of our spice mixture and 1/4 teaspoon salt and 1/4 teaspoon pepper. Add the juice of half a lime.
3. Heat 2 tsp of rapeseed oil in a large skillet over medium-high heat.
4. Working in batches, add chicken to the skillet in a single layer and cook until brown and cooked through. About 4-5 minutes per side. No pink in the middle.
5. Serve the chicken in tortillas, topped with pico de gallo, guac, coriander, sour creme, and our hot and spicy sauce.

CAULIFLOWER SKILLET TACO'S



2 servings



35 minutes

INGREDIENTS

- 1/2 of a head of Cauliflower
- 1 heaped tbsp of Spice Mix
- Salt & Pepper
- 2-3 tsp of Rapeseed Oil
- 1/2 Lime

To Serve:

- Pico de gallo.
- Guacamole.
- Sour cream.
- Hot spicy sauce

DIRECTIONS

1. Cut each cauliflower in quarters and remove the core. Cut quarters into 1/2-inch-thick slices.
2. Season the cauliflower with chilli powder mixture.
In a small bowl, add 1 tablespoon of our spice mixture and 1/4 teaspoon salt and 1/4 teaspoon pepper. Add the juice of half a lime.
3. Heat 3 tsp of rapeseed oil in a large skillet over medium-high heat.
4. Add cauliflower and toss to coat using a spatula, repeatedly turning the cauliflower. Adjust heat as necessary to keep them sizzling nicely but not burning. Cook for about 10 to 12 minutes until it is tender when pierced in the centre.
5. Serve the cauliflower in tortillas, topped with pico de gallo, guac, coriander, sour creme, and our hot and spicy sauce.

PICKLED CUCUMBER



4-6servings



15 minutes

INGREDIENTS

- 1/2 a cucumber.
- 120 mL apple cider vinegar 120 mL water
- 1 Tbsp sugar
- 1 clove garlic *minced*
- 1 tsp salt
- ¼ tsp ground black pepper
- 1/2 tsp of mustard seeds
- 1 bay leaf.

DIRECTIONS

1. Slice or pare the cucumber.
2. Add cucumber to a large glass jar or a bowl and all other ingredients.
3. Seal jar and shake, or simply stir bowl and cover. Set on the counter for at least 2 hours (up to 6), shaking/stirring occasionally.
4. Serve over kebabs!

GARLIC SAUCE



2 -3 servings



5 minutes

INGREDIENTS

- 2 tsp of garlic paste
- 30g Mayo
- 1/4 of a lemon , juiced
- A handful of chopped mint.

DIRECTIONS

Combine the crushed garlic with the Greek yoghurt, lemon juice, tahini and chopped mint.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. Frying pan. Tea towel. Cling film.

FLATBREADS



2 -3 servings



1.15 minutes

INGREDIENTS

- 1/2 teaspoon of dried yeast
- 1/3 teaspoon of salt
- 1/3 teaspoon of Sugar
- 160g Plain Flour
- 1tsp olive oil.
- 100ml of Lukewarm Water

DIRECTIONS

1. Add yeast, sugar, and flour, and whisk in a mixing bowl. Leave aside for 5 mins.
2. Make a well in the dry ingredients and gradually add the warm water. Stir with a spoon or fork to mix.
3. Add more water as needed until a dough forms.
4. Transfer to a clean, floured surface and knead until smooth and elastic - about 2 minutes - adding more flour as needed to prevent sticking.
5. Cover with a damp towel or plastic wrap. Set in a warm place to rise for 1 hour.
6. Once doubled in size, cut dough into even pieces, arrange it on a clean surface, and lay a damp towel on top. Let rest.
7. In the meantime, heat a large pan to medium-high heat.
8. One at a time on a lightly floured surface, roll each piece of dough into a large circle that's relatively thin (not paper-thin).
9. Lightly grease a preheated pan and lay down flatbread. Don't touch; cook for 2 minutes. Flip and cook for 2 minutes on the other side. Repeat, adding more oil to the coat surface until all sides of the flatbread are cooked.

EQUIPMENT NEEDED

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. . Frying pan.. Measuring Jug. Tea towel. Cling film. weighing scales.

BOMBAY POTATOES



2 -3 servings



30 minutes

INGREDIENTS

- 6-8 baby potatoes
- 4 tbsp rapeseed oil.
- 1/2 tsp cumin
- 1/2 tsp mustard seeds
- 1 spring onions, roughly chopped.
- 1/2 tsp turmeric
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 3/4 tsp chilli powder
- a small handful of chopped coriander leaves
- 1 clove of garlic minced.
- Salt & Pepper to taste

DIRECTIONS

1. Bring a large pot of water to a boil and salt it generously. Place in the potatoes and boil until just tender (up to 15 minutes). Peel if you prefer when cool enough to handle, and then chop in half.
2. Heat the oil in a large non-stick frying pan. Add the cumin and mustard seeds, and, once the cumin starts to darken, add the spring onion—Cook for a minute before adding the ginger and garlic mixture, the ground spices and salt.
3. Tip in the potatoes and cook for three to five minutes to absorb the flavours. Check the seasoning, stir in the chopped coriander and spring onion greens serve.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, 2 small bowls, Tasting spoons. Wooden spoon. Frying pan. Saucepan.

TURKEY KOFTA KEBABS



2 -3 servings



30 minutes

INGREDIENTS

- 250 grams turkey mince.
- 2 spring onions.
- 2 cloves of garlic.
- 1 teaspoon of cumin.
- 1 teaspoon of Paprika.
- Fresh coriander x 1/2 handful

DIRECTIONS

1. Finely chop the onion and coriander and mince the garlic.
2. Mix together the turkey mince, onion, garlic, cumin, paprika, and coriander with a pinch of salt and pepper in a large bowl.
3. Combine well with your hands, then shape into 8 oval shapes.
4. Transfer the turkey shapes to skewers. The wooden skewers should be pre-soaked in cold water to avoid scorching.
5. Preheat your grill pan or bbq to medium to medium-high heat. Do not use high heat, or the kebabs will dry out.
6. Cook the kebabs, turning several times, for 7 to 10 minutes, or until the meat is nicely coloured on all sides. Be careful not to overcook.

EQUIPMENT NEEDED

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. Frying pan. Tea towel. 2 pairs of Gloves

FALAFEL



2 -3 servings



45 minutes

INGREDIENTS

- 100 g dry chickpeas
- 10 grams chopped fresh parsley
- 30g chopped white onion
- 1 clove of garlic
- 5g flour
- 1/2 tsp sea salt (plus more to taste)
- 1 tsp ground cumin
- a pinch ground paprika
- 1/2 tsp ground coriander
- Rapeseed oil

Chopping Board,
Chopping Knife,
2 medium bowls,
Tasting spoons.
Frying pan.
Tea towel.
2 pairs of Gloves

DIRECTIONS

1. Rinse (uncooked) chickpeas in a fine mesh strainer and add to a large pot. Cover with 2 inches of water and bring to a boil over high heat. Boil for 1 minute. Then cover, remove from heat, and let sit for 1 hour. Then drain and lightly rinse and dry thoroughly.

2. In the meantime, add parsley, onion, and garlic to a food processor. Mix until well processed. Set aside.

3. Once the chickpeas are slightly cooled and dried, add them to the food processor, along with flour, salt, cumin, cardamom, coriander, and cayenne (optional). Mix to combine thoroughly, scraping down sides as needed.

4. Sample a small bit and adjust spices/salt/herbs as needed. Then cover and set in the refrigerator for 1 hour to allow the flavours to meld and the texture to become more firm.

5. Once cooled, remove from refrigerator and scoop out using a Tablespoon and gently form into small discs using your hands.

6. heat a large metal or cast-iron skillet over medium/medium-high heat.

Once hot, add enough oil to create a thin layer on the bottom of the pan and wait 1-2 minutes for the oil to heat up. Then place only as many falafels as will fit comfortably in the pan and cook for 2-3 minutes on each side. Once the bottom side is browned, flip gently as they can be fragile

PASTA



2 -4 servings



1.45 minutes

INGREDIENTS

- 140g plain flour
- 3 medium eggs (1 whole and 2 yolks)

DIRECTIONS

1. Pour the flour into a mound on a large, clean work surface.
2. Make a well in the centre about 10cm wide.
3. Pour whole eggs, egg yolks, and salt into the well and, using a fork, beat thoroughly.
4. When combined, gradually incorporate the flour into the eggs until a wet, sticky dough has formed.
5. Press the heel of your hand into the ball of dough, pushing forward and down. Continue until the dough develops a smooth, elastic texture similar to a firm ball of Play-Doh.
6. If the dough feels too wet, add flour in 1 teaspoon amounts at a time, or if the dough feels too dry, add water slowly by wetting your fingertips.
7. Knead to form into a ball shape. Knead it briskly for 1 minute; it should be quite stiff and hard to knead. Wrap in cling film and leave to rest in a cool place for 30 minutes before using.
8. When the dough has finished resting, shape it into a fat log and cut it into 5 or 6 equal sections. Leave one section out and rewrap the others.
9. Flour your counter well, and use your rolling pin to roll out the dough into a long strip.
10. With each pass as you roll, lift the dough up, re-dust the counter beneath, and flip it over.
11. When you're finished, you should have a long, thin piece of dough. It should be just about paper-thin but strong enough to be lifted off the countertop.

BEEF RAGU



2 -3
servings



45
minutes

INGREDIENTS

- 200g of Beef.
- 2 tbsp. Rapeseed oil.
- 1 onion finely chopped.
- 1 carrot finely chopped.
- 1 stick of celery.
- 2 garlic cloves, minced.
- 2 tsp of Oregano.
- 1 can of chopped tomatoes.
- 250 ml beef stock.
- 1 bay leaf

DIRECTIONS

1. In the pan, add about 2 tbsp. oil.
2. Now, the onions, carrots, celery and garlic with a pinch of salt and cook for 8-10 mins over low-medium heat.
3. Add in the minced beef and cook until brown, making sure to break up & separate the meat using a spatula.
4. Add the oregano, tomatoes and stock and bay leaf, season and bring to the boil, then reduce to a simmer for about 15mins.
5. Stir occasionally using a wooden spoon to make sure the sauce doesn't stick to the bottom of the pan & burn.
6. Cook the pasta in a large pan of salted water for 3 mins.
7. Using a pasta lifter, remove the pasta from the pot, tip it into the ragu, and toss it together.
8. Place the pasta into bowls, scatter over the parmesan and serve.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. Frying pan. Saucepan Tea towel. 2 pairs of Gloves. Measuring Jug

VEGATABLE LENTIL RAGU



2 -3
servings



45
minutes

INGREDIENTS

- 2 tbsp. Rapeseed oil.
- 1 onion finely chopped.
- 1 carrot finely chopped.
- 1 stick of celery.
- 150grms of mushrooms.
- 2 garlic cloves, minced.
- 2 tsp of Oregano.
- 1 can of chopped tomatoes.
- 75 grams of green lentils
- 1.5 tsp of soy sauce
- 90 ml of veggie stock
- 1 bay leaf
- Parmesan cheese

DIRECTIONS

1. In the pan, add about 2 tbsp. oil.
2. Now, the onions, carrots, celery, and mushrooms with a pinch of salt and cook for 8-10 mins over low-medium heat. (until soft)
3. Add in the lentils, soy sauce and garlic and cook until fragrant, stirring frequently.
4. Add the oregano, tomatoes, bay leaf and stock, season and bring to the boil, and then reduce to a simmer for about 30mins.
5. Stir occasionally using a wooden spoon to make sure the sauce doesn't stick to the bottom of the pan & burn.
6. Cook the pasta in a large pan of salted water for 3 mins.
7. Using a pasta lifter, remove the pasta from the pot, tip it into the ragu, and toss it together.
8. Place the pasta into bowls, scatter over the parmesan and serve.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. Frying pan. Saucepan Tea towel. 2 pairs of Gloves. Measuring Jug

LEMON MASCARPONE CHEESECAKE



2 servings



2hrs

INGREDIENTS

- 5 digestive biscuits
- 20g butter
- 10-15 grams light brown soft sugar -to taste.
- 175g mascarpone
- lemon, zested
- 1 lemon, juiced.

DIRECTIONS

1 Crush the digestive biscuits in a food bag with a rolling pin.

2. Melt the butter in a saucepan, take off the heat and stir in the biscuit crumbs.

3. Line the base of a loose-bottomed cake tin with baking parchment. Press the biscuit into the bottom of the tin and leave aside or refrigerate while making the topping.

4. 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.



PIZZA DOUGH



2 servings



1 hr 35
minutes

INGREDIENTS

- 300g Plain flour
- 1 teaspoon active dry yeast.
- 200 ml lukewarm water (not hot).
- ½ teaspoon sugar
- 1 teaspoon salt
- 1 tbsp olive oil.

DIRECTIONS

1. Add yeast, sugar, flour, and whisk in a large mixing bowl. Leave aside for 5 mins.
2. Measure out your dry ingredients into a large bowl and a well in the middle, and gradually add the warm water.
3. Stir with a spoon or fork to mix. Add more water as needed until a dough forms.
4. Transfer to a clean, floured surface and knead until smooth and elastic - about 2 minutes - adding more flour as needed to prevent sticking.
5. Place into a clean bowl and cover with a damp towel or plastic wrap. Set in a warm place to rise for 30 mins.
6. Heat the oven to 240C/220C fan/gas
7. Once doubled in size, cut dough into even pieces.
8. On a floured surface, roll out the dough about 25cm across, using a rolling pin. and lift onto two floured baking sheets.
9. Smooth sauce over the bases, add your toppings of choice, and season.
10. Bake for 10 - 12mins until crisp

PIZZA SAUCE

INGREDIENTS

- 200ml passata
- 1 handful fresh basil
- 1 garlic clove, crushed
- 1 tsp dried oregano

Make the sauce:

Mix the passata, basil, crushed garlic, and oregano.

CHOC CHIP SKILLET COOKIE



2 servings



1 hr 35
minutes

INGREDIENTS

- 50g of butter
- 120g of brown sugar
- 1 medium egg
- ½ tsp vanilla extract
- 225g plain flour
- ½ tsp baking powder
- 50grms chocolate chips

DIRECTIONS

1. Place a non-stick frying pan, about 23cm, on medium heat.
2. Add the butter and let it begin to melt, then add the sugar and stir until it has dissolved.
3. Take off the heat and let it cool for a few minutes.
4. Lightly beat the egg in a bowl with the vanilla extract.
5. Now add the flour, and baking powder to the mixture in the frying pan, followed by the egg mixture.
6. Stir until you have a smooth batter.
7. Press the batter down with baking paper and sprinkle over the chocolate chips.
8. Leave on low heat for 15-20 minutes and cover with a lid after 10 mins.

You should end up with a crisp cookie bottom and gooey top. Let the cookie cool for 15 minutes.