

Primary 5 2019-2020



Recipe Book

Hello!

During the period of lockdown we gathered together some of our favourite recipes and have now put them together in our very own cookbook.

We are very excited to share with you these wonderful recipes and hope you will enjoy cooking and (more importantly) eating them too!

Flip to the back page to find some happy music to listen to while you are cooking.



Bon appetit!



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Best Chicken Ramen (A Classic Japanese Noodle Soup)

By Jack

Ingredients:

- 1.2L of chicken stock
- Small pack of coriander (stalks and leaves separated)
- 1 red chilli (optional) (deseeded if you don't like too much spice)
- 200ml of water
- 2 tbsp of light soy sauce
- 100g pack of baby pak choi
- 2 skinless cooked chicken breasts (sliced)
- 100g of medium egg noodles
- Black pepper grinder

Equipment:

- 2 measuring jugs
- Large saucepan
- Vegetable/chopping knife
- Ladle
- Pasta/noodle serving spoon
- Chinese serving bowls

Method:

1. First, put a large saucepan over a medium heat and pour in the stock.
2. Then finely chop the coriander stalks and add it to the stock. You may add the chilli at this stage if you would like a bit of spice to your stock. This is optional for those of you that may like your food to have a bit of heat and spice.
3. And then bring the stock to the boil and add 200ml of water.
4. Then when your stock is boiled, reduce the heat and let it simmer gently for 5-10 minutes to lock in the flavour of the coriander and optional chilli.
5. Next, add the soy sauce and a grinding of black pepper, pak choi, chicken slices and noodles.
6. Then what you must do is stir your stock and ingredients to make sure all your ingredients are warmed through.
7. After that, let your ingredients gently simmer again on the heat for another 2 minutes to allow your noodles to soften.
8. Finally, serve your beautiful warm and tasty Chicken Ramen into deep Chinese bowls and place some chopped coriander leaves on the top.
9. All that is left to do is to sit with your family and enjoy this most delicious dish.

Other creative ideas

Substitutions can be made if you prefer Salmon to Chicken. It is such a versatile dish that you can add your preferred meat and vegetables. Lots of people seem to like a half soft boiled egg on the top.

Have fun and create your own Ramen!

Healthy Pizza

By Aaron S

Ingredients:

- 1 wrap
- 3 tbsp tomato puree
- 40g cheese
- 100g ham and chicken
- 4 cherry tomatoes
- Any other toppings you want

Equipment:

- Oven/grill
- Spoon
- Baking/wire tray
- Plate
- Pizza cutter/sharp knife

Method:

1. Place wrap on plate.
2. Spread tomato puree on the wrap with a spoon.
3. Add the cheese.
4. Add the ham and chicken.
5. Any other toppings can be added now.
6. Place on baking tray.
7. Put into the oven under the grill for 3-5 mins.
8. Remove from oven when it's cooked.
9. Cut into slices using pizza cutter or knife.
10. Serve on a plate.
11. Eat it and enjoy.

Mrs Davies' Jamaican Jerk Chicken

Ingredients:

- Approximately 12 chicken thighs

For the marinade:

- 1 big bunch spring onions, roughly chopped thumb-sized piece
- 3 garlic cloves
- 1 small onion
- 3 scotch bonnet chillies (de-seeded if you want less heat)
- 1 tsp dried thyme or tbsp thyme leaves
- 1 lime, juiced
- 2 tbsp soy sauce
- 2 tbsp vegetable oil
- 3 tbsp brown sugar
- 1 tbsp ground allspice

Method:

1. To make the jerk marinade, combine the spring onions, ginger, garlic, onion, scotch bonnet chillies, dried thyme, lime juice, soy sauce, vegetable oil, brown sugar and ground allspice in a food processor along with 1 tsp salt, and blend to a puree. If you're having trouble getting it to blend, just keep turning off the blender, stirring the mixture, and trying again. Eventually it will start to blend up - don't be tempted to add water, as you want a thick paste.
2. Taste the jerk mixture for seasoning - it should taste pretty salty, but not unpleasantly, puckering salty. You can now throw in more chillies if it's not spicy enough for you. If it tastes too salty and sour, try adding in a bit more brown sugar until the mixture tastes well balanced.
3. Make a few slashes in 12 chicken thighs and pour the marinade over the meat, rubbing it into all the crevices. Cover and leave to marinate overnight in the fridge.
4. To cook in the oven, heat to 180C/160C fan/gas 4. Put the chicken pieces in a roasting tin with the halved lime and cook for 45 mins until tender and cooked through.
5. While the chicken is cooking, prepare the rice & peas. Rinse the basmati rice in plenty of cold water, then tip it into a large saucepan. Add the coconut milk, spring onions, thyme sprigs, garlic and ground allspice.
6. Squeeze the roasted lime over the chicken and serve with the rice & peas, and some hot sauce if you like it really spicy.

Or for a quick dinner you could buy Reggae Reggae's jerk marinade.

How to Make Lasagne

by Lewis

Ingredients:

- Cheese
- Mince
- 1 onion
- 1 tin of chopped tomatoes
- 1 tbsp tomato puree
- Lasagne sheets

For the sauce:

- Milk
- 50g flour
- 50g butter

Equipment:

- Pot
- Wooden spoon
- Chopping board
- Knife
- Oven proof dish
- Oven gloves
- Whisk

Method:

1. Brown mince. Then add onion. Then add chopped tomatoes and tomato puree and stir.
2. White sauce: Melt 50g butter, add 50g white flour and mix. Then gradually add the whole milk. Mix altogether til it thickens.
3. Place half bolognes mix in the oven proof dish, add sheets over top to cover. Spread half white sauce over the top. Repeat again for the second layer then sprinkle cheese on top.
4. Bake in oven for 45 minutes.
5. Ready!

Ava's Amazing Chicken and Chorizo

by Ava

Ingredients:

- 2 sliced chicken breast
- 1 diced onion
- 130g chorizo
- 2 cloves of garlic
- 1 diced red pepper
- 100g paella rice
- 400mls chicken stock
- 4 large tomatoes peeled and chopped
- 1 tsp of smoked paprika
- 1 large handful of frozen peas
- Salt and pepper

Equipment:

- A sharp knife
- A chopping board
- Measuring jug
- Scales
- A large pan
- A wood spoon
- A garlic press

Method:

1. Heat the oil in the pan. Add the chicken and seal.
2. Stir in the paprika, onion and garlic and cook for a couple of minutes.
3. Add the chorizo, rice and stock and bring it to the boil.
4. Cover the pan with the right pan lid, turn down the heat and let it simmer for 15 minutes.
5. Add the chopped tomatoes, red pepper and the frozen peas.
6. Cover and cook for another 10 minutes until cooked.
7. And that's you done! Split and share this meal and enjoy!

How to Make Mini Quiches

By Hollie

Ingredients:

- 300g shortcrust pastry
- Plain flour, it is used for dusting
- 4 fat trimmed, chopped back bacon rashers
- 50g of finely chopped chorizo
- Oil, for frying
- 100g mild cheese grated
- Parmesan, for the top
- 2 medium eggs
- 125ml of double cream

Equipment:

- x2 Muffin trays (you do not need to use all the holes)

Method:

1. Roll the shortcrust pastry out onto a lightly floured surface, then roll until very thin.
2. Cut out about 14 circles that are 1cm longer than the holes in the tray.
3. Next line the holes with the circles you just made (you might need to bake these in batches).
4. Now press the edges of the circles up the sides of the holes.
5. Next re-roll all of your pastry offcuts until you have lined all or most of the tins.
6. After that, chill your pastry in the fridge for 30 mins.
7. Now, heat your oven to 200C/180 C fan/gas mark 6.
8. Remove the pastry from the fridge after 30 mins.
9. Line each pastry case with tin foil and fill with baking beans or uncooked rice.
10. Now bake for 10 mins, then lift out the foil and uncooked rice or baking beans.
11. Next out the tray back in the oven for another 5 mins.
12. Meanwhile fry the bacon in a little oil until crisp.
13. Divide the chorizo, bacon and half of the cheese between pastry cases.
14. Beat the eggs and the double cream and mix together, and pour evenly over all the quiches.
15. Scatter over the remaining mild cheese and finely grated parmesan over the top of the quiches.
16. Bake for 20-25 mins until puffed up and golden brown.
17. Leave to cool, then chill before serving.
18. ENJOY.

Recipe for Pizza

By Ellie

Ingredients:

- Tomato base
- Pepperoni
- Cheese
- Pizza dough

Equipment:

- Oven tray
- Rolling pin
- Spoon
- Knife

Method:

1. Roll the dough.
2. Add the tomato base to the dough.
3. Place cheese on top of the tomato base.
4. Add pepperoni slices.
5. Put in the oven for 15 minutes.

Zack's Steak and Haggis Pie

By Zack

Ingredients:

- Garlic (3)
- Sunflower oil
- Dried oregano
- Diced beef
- Haggis
- Tomato sauce
- Peppercorn sauce
- Beef stock
- Puff pastry

Equipment:

- Spoon (wooden)
- Table spoon
- Garlic crusher
- Instant pot
- Pie tray

Method:

1. Measure oil into the instant pot then add the garlic (crushed and peeled) and oregano and beef. Saute for five minutes or until the beef has browned.
2. Add the peppercorn sauce and tomato sauce and stir well.
3. Add the stock and haggis and slow cook for 12 hours.
4. Then put the pie in the pie tray.
5. Then put the pastry on top and put in the oven at 200C for 30 minutes.
6. Then take it out of the oven.
7. The ENJOY your meal!

Miss Gorman's Mum's Fijian Potato Curry

Ingredients:

- 5 medium size potatoes (cut into bitesize pieces)
- 4 tablespoons of vegetable or olive oil
- 1 small onion (diced)
- 4-5 cloves of garlic (crushed)
- 2 teaspoons of turmeric
- 1 teaspoons of curry powder
- Salt (to taste)
- 200ml of hot water

Method:

1. Heat the oil in a medium sized pot.
2. When the oil is hot, add the diced onions and turn your cooker onto a low heat (you don't want the onions to burn!).
3. When the onions are soft and turning brown in colour, add the turmeric and curry powder.
4. Stir all the ingredients that are in the pot.
5. Add the cut potatoes and continue to mix well.
6. Put the lid on the pot and let the potatoes cook on a low heat.
7. After about 5 minutes, check the potatoes and stir. Keep doing this every 5 minutes or so until cooked. If the potatoes are getting dry, add some hot water from the kettle.
8. Add the garlic and stir thoroughly.
9. Salt to taste.
10. Serve with rice and wraps (or homemade roti!)

Vanilla Cake By Aiden

Ingredients:

- 1/2 cup cake flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup unsalted butter
- 1 cup sugar
- 1/2 tsp vanilla extract
- 1/2 cup whole milk

Equipment:

- 8 inch cake pan
- Large mixing bowl
- Electric mixer
- Wire rack

Method:

1. Heat oven to 400 degrees Fahrenheit.
2. Lightly coat cake pan with butter.
3. Mix flour, baking powder and salt into a large mixing bowl.
4. Beat in butter using electric mix, low speed beat in the sugar until mixture is like damp sand.
5. Add in eggs, vanilla, milk and blend.
6. Pour mixture in pan and cook for 30 to 35 minutes,
7. Cool cake on wire rack for 5 minutes.
8. Decorate.

Zoe's Billionaire Shortcake

By Zoe

Ingredients for Shortbread

- 185g butter
- 75g caster sugar
- 250g plain flour

Ingredients for the Caramel Filling

- 185g butter
- 3 tbsp golden syrup
- 300g sweetened condensed milk
- 1 tsp salt

Ingredients for the Chocolate topping

- 150g of special chocolate

Equipment:

- Mixing bowl
- Spoon
- Sieve
- Oven
- Hob cooking tray
- Grease proof paper
- Scales
- Clean hands

Method for Shortbread:

1. Preheat oven to 180 degrees.
2. First put 185g butter in a bowl and 75g caster sugar and mix with a spoon until creamy.
3. Then sieve the flour onto the mixture. Mix in the flour until it makes a soft dough.
4. Line your tray with grease proof paper.
5. Press the mixture evenly into the tray.
6. Bake in the oven 20 to 25 minutes til golden brown.
7. Leave to cool.

Method for Caramel:

1. Add the 75g of caster sugar, the golden syrup, butter and condensed milk into a sauce pan, and heat on the hob at medium and mix until all the sugar has dissolved.
2. Turn up the heat a little and stir continuously for 5 to 7 minutes. Be careful not to burn the mixture.
3. When it has turned a deep golden colour and is like a soft fudge consistency, it is ready.
4. Pour over the shortbread and leave for at least an hour to cool.

Method for Shortbread:

1. Melt the special chocolate by heating in a bowl over a sauce pan of boiling water on a gas hob.
2. Pour over the shortbread and caramel.
3. Leave to cool then cut into squares.

Enjoy!

Please note that this will keep up to 7 days but with my experience it only kept up to 2 because everyone was eating it because it was so good.

Banana and Strawberry Smoothie

By Maja

Ingredients:

- 2 bananas
- 200g strawberries
- 1 spoon honey
- 150ml milk

Equipment:

- Blender
- Knife
- Glass or cup

Method:

1. First clean the strawberries.
2. Second cut the strawberries in halves.
3. Thirdly peel the bananas.
4. Then cut the bananas.
5. After pour the milk and honey into the blender.
6. Put the strawberries and bananas into the blender and mix.
7. Finally pour the smoothie into a cup.

Liam's Spring Smoothie

By Liam

Ingredients:

- Banana
- Apple juice
- Kiwi
- Ice cream

Equipment:

- Spoon
- Knife
- Juicer

Method:

1. Chop the fruit.
2. Add to the juicer bottle.
3. Add 2 cartons of apple juice.
4. Add 3 scoops of ice cream.
5. Mix in the juicer.

Miss Gorman's Ridiculously Rocky Road

Ingredients:

- Approximately 600g of cooking chocolate (I used a mix of milk and dark chocolate)
- Hob, water
- Approximately 10 biscuits (e.g. Digestives or Rich Tea) (I used Lotus Biscoff, as these are smaller I used 20)
- 1 bag of maltesers (approximately 50g)
- 1 bag of M&Ms (approximately 50g)
- A handful of mini marshmallows

Equipment:

- Heat-proof bowl
- Microwave (or & saucepan)
- Medium-sized cake tin
- Spoon
- Sandwich bag
- Rolling pin

Optional Extras:

- Any other chocolatey goodness (e.g. Mini Eggs,)
- 50g of white chocolate (to drizzle on top)

Method:

1. Line your cake tin with the butter.
2. Melt the 600g of chocolate. This is best done in small batches with plenty of mixing to ensure the chocolate doesn't burn. You can do this in the microwave, or by creating a 'bain marie' - heat water in a pot on the hob and place your bowl on top of the pot (ensure the bowl does not touch the water). Allow the water to heat and gently melt the chocolate.
3. Place your biscuits and chocolate goodies in a sandwich bag and seal tightly. Use the rolling pin (or your hands) to crush. You want there to be a mix of fine pieces and chunky bits! You may need to do this in batches.
5. Once the chocolate has melted, pour carefully into the cake tin and mix in the contents of the sandwich bag and the marshmallows
6. Place in the fridge for 2+ hours until chocolate is solid.
7. Chop up and enjoy!

If you want to finish with a drizzle of white chocolate, repeat step 2 to melt the chocolate.

Drizzle on the chocolate after step 5.

Matthew's Spicy Banana Cake

By Matthew

Ingredients:

- 75g unsalted butter
- 100g caster sugar
- 125g self-raising flour
- 2.5ml bicarbonate of soda
- 5ml ground ginger
- 5ml mixed spices
- 1 medium egg
- 2 ripe bananas (mushed up)
- 100g mixed dried fruit

Equipment:

- 900g loaf tin
- Sieve
- Measuring spoons
- Mixing spoons
- Large mixing bowl
- Wire rack
- Whisk

You can use any dried fruit you like and swap the spices for something else. I like to eat this with vanilla ice cream.

Method:

1. Preheat the oven to 170C/325F/gas mark 3. Grease and line 900g loaf tin.
2. Cream the butter and the sugar until light and fluffy.
3. Sieve the flour and spices and add the bicarbonate of soda. Beat in the egg and bananas until smooth.
4. Add the mixed dried fruit and stir until combined.
5. Turn into the loaf tin and bake for about 30 mins until golden brown. When a metal skewer comes out clean it is ready.
6. Cool on a wire rack and store in an air tight container.

Alanna's Amazing Truffles

By Alanna

Ingredients:

- 20 digestives
- 125g butter
- 2 tablespoons cocoa
- 200g condensed milk
- Chocolate flavour strands

Equipment:

- Rolling pin
- Plastic bag x 2
- Pot
- Plate
- bowl

Method:

1. Put the biscuits in the plastic bag.
2. Use the rolling pin to bash the biscuits in the bag until they are crumbs.
3. Put butter and condensed milk in a pot. Place on low heat. Once melted leave to cool for 5 minutes.
4. Add biscuit and cocoa powder then mix it well.
5. Roll the mixture into small balls.
6. Put chocolate strands in a bag.
7. Drop truffle balls into the bag.
8. Place truffles on a plate and then in a fridge to set.

Ice Cream Toastie By Branden

Ingredients:

- Ice cream
- Bread
- Toppings

Equipment:

- Frying pan
- Cooker
- Spatula
- Plate
- Spoon

Method:

1. Choose what kind of ice cream and bread you like.
2. Place 2 slices of bread in the frying pan, toast each side of the bread by flipping it with the spatula.
3. Place on a plate, put ice cream in the middle and squish down.
4. Then serve, with toppings if you want.

How to Bake a Cake

By Aalia

Ingredients:

- 225g softened butter
- 225g golden caster sugar
- 4 large eggs
- 1 half lemon
- 1 tsp vanilla
- 225g flour
- Milk
- Jam
- Icing sugar
- Oil

Equipment:

- Bowl
- Measuring spoons
- Pan
- Oven
- Whisk
- Spatula

Method:

1. Using a whisk beat the butter and sugar together until pale and fluffy.
2. Crack the eggs in one at a time and whisk well, scraping down the sides of the bowl after each addition.
3. Add the lemon, vanilla, flour, milk and a pinch of salt.
4. Whisk until just combined.
5. Spray oil into the pan and put the mixture in.
6. Once you've done that put it in the oven and let it bake for 1h -1h 30m.
7. Next take the cakes out and let it cool for 30m.
8. Finally decorate the cake and enjoy.

Vanilla Berry Smoothie

By Macy

Ingredients:

- Strawberries
- Raspberries
- Banana
- Vanilla yogurt
- Vanilla ice cream

Equipment:

- Blender
- Knife
- Chopping board
- Table spoon
- Ice cream scoop
- Mason jar

Method:

1. Cut 8 strawberries into half.
2. Cut the banana into chunks.
3. Get 7 raspberries and put them in the blender cup,
4. Add strawberries to the cup.
5. Add half the banana chunks to the cup.
6. Put 2 scoops of vanilla ice cream into the cup.
7. Put 3 table spoons of vanilla yogurt into the cup.
8. Blend altogether for 30 seconds.
9. Now pour into the mason jar and decorate with a strawberry/

Our Playlist

Artist

Zac Brown Band
Ty & Carly Rae Jepsen
Lizzo
Justin Timberlake
Meghan Trainor
Little Mix
Mark Ronson
McCreamy (YouTube)
George Ezra
Nirvana
DJ Casper
Pharrell Williams
Bruno Mars
Touch the Sky (from Brave)
Randy Newman
Andy Grammar

Song

Chicken Fried
Good Time
Good as Hell
Can't Stop the Feeling!
Me Too
Black Magic
Uptown Funk
Fortnite's Kinda Dying
Paradise
Breed
Cha Cha Slide
Happy
Just the Way You Are
Julie Fowlis
You've Got a Friend in Me
Don't Give Up On Me

Thank you!

Thank you for all your hard work this year Primary 5.

We have really enjoyed teaching you and getting to know you.

We want to wish you every success in Primary 6 and beyond.

Enjoy your summer holidays and see you in August.

Mrs Davies & Miss Gorman
June 2020

