



THE

TACTICAL
PRACTICAL

COOKBOOK

MOUNT TEMPLE | 2026

3rd Year Practical Exams Cookbook

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Snacks



Jess's Flapjacks

By jess cepeda

Recipe by sarah rossi

Ingredients

- 225g of butter
- 150g brown sugar
- 450g oats
- 100g melted dark chocolate
- 1tsp salt
- 1tbs golden syrup

Method

- 1)preheat oven(180 degrees) and line your tray
- 2)add your butter,syrup,sugar and salt into a pan
- 3)once sugar is dissolved, take pan of heat and stir your oats in till oats are fully covered
- 4)pour mixture into tray and bake for 30 mins
- 5)once baked leave to sit for 20 minutes
- 6)melt your chocolate and drizzle on flapjacks
- 7)cut into squares

Photo



Seán OB's Nut-free protein balls

Recipe adapted from:

<https://www.yummymummykitchen.com/2018/01/nut-free-no-bake-energy-balls-gluten-free.html>

Ingredients

- 1 cup quick oats
- 1/3 cup flax meal
- 4 big tbsp biscoff spread
- 1/8 cup raw or toasted sunflower seeds
- 1/8 cup Enjoy Life mini chocolate chips

Method

1. Place the oats and flax meal in a medium sized bowl. Stir to combine. Add the biscoff spread and stir to combine. Stir in the sunflower seeds and chocolate chips. This mixture should form a dough that's easy to form into balls that stick together.
2. Using a small cookie scoop or tablespoon, roll the dough into balls. Transfer to a small storage container and keep in the refrigerator.

Photo



Daniel's Banana and Oat Muffins

By Daniel Horne O'Connor

Ingredients

2 Bananas
1 egg
50g chocolate chips
100g plain flour
25g oats
1 tsp chia seeds
1 tsp baking powder
25g light brown sugar
½ tsp vanilla extract
50ml sunflower oil
45g greek yoghurt
45g milk
Dusting of icing sugar

Method

- 1). Turn oven on to 160 degrees
- 2). Line the muffin tin with 6 muffin cases
- 3). Combine dry ingredients, flour, baking powder, chia seeds, ⅔ chocolate chips, oats and light brown sugar. Mix
- 4). Mash bananas
- 5). Combine wet ingredients, bananas, greek yoghurt, milk, sunflower oil, vanilla extract and egg. Mix
- 6). Combine dry and wet ingredients and mix until fully combined.
- 7). Transfer the mixture to the muffin cases. Top them with chocolate chips and oats.
- 8). Put in oven and bake for 25 minutes
- 9). Remove them from the oven and let them sit in the tin on a cooling rack for 5 minutes
- 10). Take them out of the tin and let them sit for another 5 minutes on the cooling rack
- 11). Serve them with icing sugar



Oisin's Protein Balls

By Oisin Heraughty

Ingredients

- 200g porridge oats
- 70g greek yoghurt
- 50g white chocolate chips
- 30g chia seeds
- 2 Tbsp maple syrup

Method

- Add everything except the chocolate chips to a food processor and blitz
- Put that into a bowl and mix in chocolate chips
- Roll into balls and put in the fridge for 1 hour

Photo



Remi's Energy Balls

By:Remi Hillman

Source:@ Home with the Practical by laura healy

Ingredients:energy balls:

- 10 dates
- 1 teaspoon vanilla extract
- 3 tablespoon cocoa powder
- 100g desiccated coconut
- 100g oats

Method: energy balls:

- Cut dates length ways
- put the dates in a food processor with oats 2 teaspoons of cocoa powder and vanilla extract
- Blend until sticky (use water if it isn't sticking)
- Roll the paste into balls
- Cover in cocoa powder and roll in coconut
- Leave in the fridge for half an hour



Isabel B's mini pizzas

By Isabel Bothwell

[pizza dough recipe \(BBC good food\)](#)

Ingredients

- 75g plain white flour
- 1 sachet fast action dried yeast
- ½ tsp caster sugar
- 2 tbsp tomato sauce
- 2 tbsp mozzarella cheese
- 20g pepperoni
- basil
-

Method

1. Pre heat the oven to 220 degrees celsius
2. Pour the flour, yeast and sugar into a large mixing bowl and stir until combined with a wooden spoon
3. Make a well in the center and pour in the warm water, little by little
4. Once you have a dough, pour it onto a floured work bench and knead for 5 minutes until the dough is soft
5. Place the dough back in the bowl with a clean tea towel over it and put it near a warm area
6. After 5 minutes, roll out the dough into 4 mini pizza bases and place on a backing tray or pizza tray.
7. Add your toppings
8. Cook for 8-10 minutes

Photo



By isabel bothwell



Clara's flapjacks with dark chocolate drizzle

By Clara Lally

Bbc good food

Ingredients

- 250g jumbo porridge oats
- 125g butter (and extra for the tin)
- 125g light brown sugar
- 3 tbsp golden syrup

Method

1. Heat the oven to 200 degrees celsius
2. Add all the ingredients into a food processor and pulse until mixed (be careful not to overmix or the oats could lose their texture)



Marcus's Choco Energy Balls

Ingredients:energy balls:

- 10 date
- 1 teaspoon vanilla extract
- 3 tablespoon cocoa powder
- 100g desiccated coconut
- 100g oats

Method: energy balls:

- Cut dates length ways
- put the dates in a food processor with oats 2 teaspoons of cocoa powder and vanilla extract
- Blend until sticky (use water if it isn't sticking)
- Roll the paste into balls
- Cover in cocoa powder and roll in coconut

Leave in the fridge for half an hour



Liam's Veggie Frittata

Recipe adapted from: Conor

By Liam O Reilly

Ingredients

- 2 eggs
- 2 mushrooms
- 4 small tomatoes
- 1 white wrap
- 5g spinach
- 15g chorizo
- 20g grated cheese
- Salt and pepper to taste
- Garnish: fresh basil

Method

- 1: Crack the eggs into a bowl and whisk for 1-2 mins
- 2: Chop the tomatoes, mushrooms and spinach and then place into the bowl with the eggs
- 3: Mix the eggs with the veg for 1-2 mins
- 4: Pour the mixture onto the white wrap on the pan and spread out the mixture fully, put the grated cheese and chorizo on top
- 5: Place into the grill, cook for 5-10 mins
- 6: Once it is done, take it out of the grill and garnish with fresh basil, then serve

Photo



Avas Chocolate And Coconut Protein Balls

By Ava Kearns

Source:Supervalu Website

Ingredients:

2 tbsp of cocoa powder

2 tbsp of honey

4 tbsp of sunflower seed paste

50g porridge oats 10g of whey protein powder

30g shredded desiccated coconut + extra for coating

Garnish:

Shredded desiccated coconut

Method

1. Mix all ingredients in a bowl and mix with a spoon.
2. Mix together until it forms a paste.
3. Roll into 6-8 balls.
4. Put it into a lunchbox and store in the fridge until the end.
5. At the end sprinkle coconut on the balls and the plate.



Eve's Blueberry Streusel Muffins

By Eve Galbraith

Source - adapted from → [TillyRamseyInstagram](#)

Portions - 12

Garnish - icing sugar

Ingredients:

- 115g greek yogurt
- 85g melted butter
- 2 eggs
- 75ml milk
- 100g brown sugar
- 100g caster sugar
- 2tsp chia seeds
- 200g self-raising flour
- 150g blueberries

Streusel -

- 120g oats
- 45g caster sugar
- 100g melted butter
- Dash of cinnamon



Method:

- ★ Preheat the oven to 180 degrees
- ★ Streusel : mix melted butter , sugar, oats and cinnamon till combined - set aside
- ★ In a large mixing bowl, whisk together melted butter, brown sugar, caster sugar, eggs, greek yogurt , milk and chia seeds on a low speed until combined
- ★ Sieve in flour, mix on low speed - * don't over mix
- ★ Gently fold in blueberries
- ★ Fill muffin cases until $\frac{3}{4}$ full to leave room for crumble
- ★ Spoon in streusel to cover mixture
- ★ Bake for 20-25 mins till golden brown in colour or if toothpick comes out clean
- ★ To finish, sieve icing sugar evenly over top - ready to serve !

Katie's protein balls

By Katie o'toole

Ingredients

Rolled oats

Flaxseeds

Chia seeds

Almond butter

Honey

Vanilla extract

Salt

Dried cranberries

White chocolate chips

Method

Step 1. Add all dry ingredients into a large mixing bowl

Step 2. Add wet ingredients into large mixing bowl

Step 3. Mix wet and dry ingredients till fully combined

Step 4. Roll into small balls

Step 5. Stick in freezer for 15 to 25 minutes

Step 6. Take out and serve



Esme's Coconut protein Balls

By Esme Iremonger

Ingredients

- 1 cup oats
- 2.5 cups shredded coconuts
- half cup peanut butter
- half cup ground flaxseed
- Half cup choc chips
- One third cup honey
- One third tsp vanilla extract

Method

1. Combine all ingredients in a mixing bowl
2. place in the fridge for about an hour
3. take out of fridge and roll into balls

Photo



Eleni's creamy pesto pasta

By Eleni O'Sullivan

Recipe adapted from: @home with the practical

Ingredients:

- 75g penne pasta
- 4 sundried tomatoes
- 2tbs creme fraiche
- 2tbs pesto
- salt
- 5g parmesan cheese
- basil leaves

Method

1. Boil the kettle, then pour the boiled water into a pot on high heat. Once the water is bubbling add salt and then pasta. Cook pasta for the amount of time stated on the packet.
2. When the pasta is done, drain it and let it cool for 3 minutes.
3. Put the cooled pasta, creme fraiche, and pesto into a large bowl and mix.
4. Garnish with parmesan cheese and basil leaves, serve and enjoy.



Hannah's Cocoa and Date Energy Balls

By Hannah Martin

Source: BBC

Ingredients:

- ~90g of rolled oats
- ~2 tbsp cocoa powder
- ~12 pitted fresh dates
- ~80g desiccated coconut
- ~2 tbsp maple syrup
- ~2 tbsp desiccated coconut(to coat)

Method:

- 1.Add all ingredients to cup and blend on nutri-bullet
- 2.When blended,scrape mixture out with hands and roll into evenly shaped balls
- 3.Roll onto coconut covered plate and cover with cling film
- 4.Leave in fridge

Photo





Lunches



Eleni's Quiche Lorraine

By Eleni O'Sullivan

Recipe adapted from: [odlums](#)

Ingredients:

- 75g plain flour
- 30g butter
- 2tbs cold water
- half an onion or 1 small onion
- 1 tomato
- 1 slice of bacon
- 40g cheddar cheese,
- 2 eggs
- 120ml milk
- 3 chives
- flour for rolling
- oil for greasing

Method:

1. Preheat the oven at 170 degrees fan. Cut the butter into small cubes, then rub the butter and flour together in a large bowl. When there are no lumps left, slowly add the cold water little by little until it forms a dough.
2. Sprinkle some flour onto a counter top and roll out the dough, making sure to sprinkle the rolling pin with flour throughout. When the dough is the right size for your dish, grease your dish with oil before carefully lining the dish with dough, cut off any excess dough around the edges. Put it in the oven for 2-4 minutes.
3. Slice the onion and tomato. Cut the bacon into cubes. Chop the chives. In a jug whisk the eggs and milk together, add salt and pepper. Grate the cheddar cheese.
4. When the dough is out of the oven add in the tomato, onion, egg mix, and cheese. Then put it back in the oven for 25-30 minutes.
5. When the quiche is done garnish with chives, serve and enjoy!



Jess's Cajun chicken power bowl-

By jess cepeda

Jessica Gavin's recipe

Ingredients

- :1 chicken fillet
- wholemeal rice
- 1 pepper
- half avocado
- tomatos
- spring onions
- spice mix(2 tbsp olive oil- 2 tsp kosher salt- 1 tsp garlic powder- half tsp onion powder- half tsp black pepper- half tsp dried oregano- half tsp dried thyme- half tsp cayenne pepper- 1tbs unsalted butter- green onion)

Method:

- 1)beat chicken in sandwich bag. And start boiling your rice
 - 2)evenly season both sides of chicken with spices
 - 3)heat large skilled- medium heat and add olive oil
 - 4)add chicken-presentation side down and cook for 3 mins then low heat cook till golden brown and flip chicken. Occasionally baste
- Using meat thermometer once its 71-74 degrees transfer chicken to clean plate and shred
- 5)slice your pepper,spring onions,tomatoes and avocado
 - 6) add rice,chicken and garnish and serve!

Photo:



Seán OB's Chilli Con Carne with Rice

Recipe adapted from: <https://www.bbcgoodfood.com/recipes/chilli-con-carne-recipe>

Ingredients:

- 1 large onion
- 1 red pepper
- 2 garlic cloves
- 1 tbsp oil
- 1 heaped tsp hot chilli powder
(or 1 level tbsp if you only have mild)
- 1 tsp paprika
- 1 tsp ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- ½ tsp dried marjoram
- 2 tbsp tomato purée
- 400g can red kidney beans
- plain boiled long grain rice
to serve

Method:

- Step 1
Prepare your vegetables. Chop 1 large onion into small dice, about 5mm square. The easiest way to do this is to cut the onion in half from root to tip, peel it and slice each half into thick matchsticks lengthways, not quite cutting all the way to the root end so they are still held together. Slice across the matchsticks into neat dice.
- Step 2:
Cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop. Peel and finely chop 2 garlic cloves.
- Step 3:
Start cooking. Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave it for 1-2 minutes until hot (a little longer for an electric hob).
- Step 4:
Add the onion and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft, squidgy and slightly translucent.
- Step 5:
Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin.
- Step 6:
Give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.
- Step 7:
Brown 500g lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula. The mix should sizzle a bit when you add the mince.
- Step 8:
Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform,



mince-sized lumps and there are no more pink bits. Make sure you keep the heat hot enough for the meat to fry and become brown, rather than just stew.

- Step 9:
Make the sauce. Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.
- Step 10:
Add a 400g can of chopped tomatoes. Tip in ½ tsp dried marjoram, 1 tsp sugar and add a good shake of salt and pepper. Squirt in about 2 tbsp tomato purée and stir the sauce well.
- Step 11:
Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.
- Step 12:
Check on the pan occasionally to stir it and make sure the sauce doesn't catch on the bottom of the pan or isn't drying out. If it is, add a couple of tablespoons of water and make sure that the heat really is low enough. After simmering gently, the saucy mince mixture should look thick, moist and juicy.
- Step 13:
Drain and rinse a 400g can of red kidney beans in a sieve and stir them into the chilli pot. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry.
- Step 14:
Taste a bit of the chilli and season. It will probably take a lot more seasoning than you think.
- Step 15:
Now replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving. This is really important as it allows the flavours to mingle.
- Step 16:
Serve with plain boiled long grain rice.

Photo:



Daniel's Tuscan Chicken Pasta

By Daniel Horne O'Connor

Ingredients: 2 Chicken breasts

200g of wholemeal pasta

150ml fresh cream

2 tsp tomato puree

1 red pepper

1 onion

2 cloves of garlic

1 vegetable stock

2 tbs olive oil

2 tbs flour

2 tbs paprika

150g spinach

55g parmesan cheese

Method:

- 1) Chop chicken and mix with flour and paprika
- 2) Chop onion, pepper and garlic, put off to the side
- 3) Put on kettle and prepare vegetable stock with 200ml of water
- 4) Put pan on medium heat and add oil
- 5) Add chicken to pan, cook for 5-6 minutes
- 6) Take off chicken with slotted spoon to keep oil on the pan
- 7) Add onion and pepper to unwashed pan for 4-5 minutes
- 8) After 4-5 minutes add garlic to onion and pepper, fry for 30 seconds
- 9) Add tomato puree and vegetable stock
- 10) Bring back to boil then add chicken
- 11) Simmer and then cover
- 12) Let it sit for 30 minutes
- 13) Cook pasta until its al dente
- 14) After 30 minutes add cream and spinach leaves, mix
- 15) When the pasta is done, serve and add parmesan cheese



Hannah's Chicken and Vegetable Curry with boiled wholemeal rice

By Hannah Martin

Source: Niamh Forkan(my last home ec teacher)

Ingredients:

- ~2 chicken fillets
- ~2 peppers (red+green)
- ~1 small onion
- ~1 chicken stock cube
- ~1 tin of low fat coconut milk
- ~2 packets of boil in a bag,wholemeal rice
- ~1 tbsp olive oil

~~~~~

## Curry Spice Mix

- ~1 tbsp plain flour
- ~2 tbsp curry powder
- ~1 tsp turmeric
- ~1 tsp cumin
- ~1 tsp garlic granules

~~~~~

- ~1 tsp mango chutney
- ~1 tbsp tomato puree
- ~coriander
- ~salt+pepper



Method:

- 1.Wash hands,begin to cut peppers into bite size pieces,dice the onion and place both into small separate bowls(done on the white chopping board)
2. On the red chopping board,cut the chicken into small chunks and leave in a small bowl,then wash hands
- 3.Preheat pan and add oil,let heat on high heat for 1 minute before adding the onion and reducing the heat to medium and letting cook for 2 minutes ,before adding the pepper and stirring
- 4.After 2 minutes,add chicken to the pan and cook for 10 minutes,boil the kettle
- 5.Start some clean up and wash dishes
- 6.Mix 50ml of hot water with stock cube in measuring jug and use the rest to cook bags of rice in saucepan for 30 minutes on medium heat
- 7.After checking chicken is cooked,add spice mix to the pan and stir
- 8.Add tomato puree,mango chutney,tin of coconut milk and stock to the pan and mix
- 9.Lower heat and let simmer till cooked
- 10.Wash and dry more dishes+clean unit
- 11.Take off curry and add to serving dish,drain rice and open bags to serving dish,serve

Oisín's Chicken and Broccoli Pasta Bake

By Oisín Heraughty

Source: [Jamie Oliver Chicken Pasta Bake Recipe](#)

Ingredients:

- 500g chicken breast
- 300g fusilli pasta
- 400g tinned chopped tomatoes
- 200ml double cream
- 1 onion
- 2 garlic cloves
- 200ml chicken stock
- 200g broccoli
- 1 tsp oregano
- 2 Tbsp tomato puree
- 150g grated cheese

Method:

- Preheat the oven to 180 degrees.
- Boil kettle for pasta then pour water into a saucepan and add the pasta when the water is boiling
- Dice the onion
- Saute the onion with crushed garlic in a wok for roughly 5 mins
- Chop the chicken into bite sized pieces
- Add the chopped tomatoes, oregano, chicken stock and tomato puree
- Simmer for a few mins
- After that, add in the chicken, double cream and broccoli and let that cook
- Drain the pasta and add it into a glass dish along with the chicken, broccoli and sauce. Sprinkle the cheese on top so it gets a golden colour
- Put it in the oven for 10-15 mins

Photo:



Remi's Chicken curry

By: Remi Hillman

Chicken curry: (mams recipe)

Ingredients:

- 3 Chicken breasts
- Half can of chopped tomatoes
- 2 desert spoons mango chutney
- 2 peppers
- 1 onion
- 250g rice
- Handful of raisins
- 1 garlic clove
- 2 tablespoons curry powder

Method:

- Start by dicing onion and peppers and throw in pan with oil at high heat
- Than chop up garlic and put in once diced
- After all vegetables have cooked for 5 minutes throw in cut up chicken
- Start to boil rice
- Cook chicken for around 15 minutes until golden and crispy
- Than put in curry powder and can of tomatoes along side the half pint of cream
- After few minutes of cooking put in mango chutney and raisins
- Leave at low heat until ready to serve with rice



Isabel B's chicken curry and rice

By Isabel Bothwell

@home with the practical, the second edition- Laura Healy

Ingredients:

- 1 chicken fillet
- ½ red pepper
- 1 small onion
- 1 chicken stock
- 100ml low fat coconut milk
- 75ml water
- 1 packet boil in the bag wholegrain rice
- 1tsp olive oil
- 1tbsp plain flour
- 1tbsp curry powder
- 1tsp turmeric
- 1tsp cumin
- 1tsp tomato puree
- Coriander

Method:

1. Add oil to pan on a medium-high heat
2. Dice your onion and add this to the pan once it is hot enough, the onions should be sizzling
3. Chop your peppers into small even chunks and add them to the pan
4. Slice the chicken into even bite sized pieces and add to the pan
5. Once the chicken is cooked, it should be white all the way through
6. Add the flour and spices to the pan along with the coconut milk, the tomato puree and the chicken stock
7. Let the chicken curry simmer on a low heat for 10 minutes if it is too thick, add some water
8. While the curry is simmering, boil the kettle and boil the rice for 10 minutes

Photo:

By isabel bothwell



Clara's chicken and vegetable curry with wholemeal rice

By Clara Lally

Home ec with the practical, second edition

Ingredients:

- 1 onion
- 2 cloves garlic
- 1 red pepper
- 1 yellow pepper
- 1 tablespoon vegetable oil
- 3 chicken breasts
- 150ml water
- 1 chicken stock cube
- 2 tablespoons curry powder
- 1 teaspoon turmeric
- 200ml coconut milk
- 1 tablespoon tomato puree
- Pinch of salt
- 300g wholemeal rice

Method:

1. Dice the onion finely , peel and crush the garlic
2. Cut the peppers into chunks (make sure to get rid of all of the seeds)
3. Cut the chicken fillets into bite size pieces
4. Heat the frying pan to a high heat, add the oil and heat it for 30 seconds. Add the onion and saute for 2-3 minutes or until it's soft. Add the garlic and saute for 1 minute
5. Add the chicken pieces and fry for 5-6 minutes or until it turns white
6. Boil the kettle,add the chicken stock cube into 150ml of boiling water, stir to dissolve.
7. Add the chopped peppers and cook 2-3 minutes
8. Add the curry powder and stir + cook for 1 minute
9. Add the stock , coconut milk, tomato puree, and a pinch of salt to the curry mix, stir well.
10. Bring the mixture to a boil, then simmer for 20 minutes, stirring occasionally,until the mixture has thickened.
11. Meanwhile, boil the kettle. Pour the boiling water into a saucepan and add a pinch of salt,place the saucepan on high heat add the rice and cook for 15-25 minutes



Marcus's Chicken Broccoli Bake

Marcus Conway

from cookbook

Ingredients; tbsp butter, onion, sprig parsley, 150g broccoli, 2 small chicken breasts, paprika, salt+pepper, 1 tbsp oil, 150 g penne pasta, 30g parmesan, 30g butter, 30g plain flour, 150ml milk, 150g breadcrumbs and 150ml cream

Method:Preheat the oven to 200° C/gas mark 6. Grease an ovenproof dish.

Grate all the Parmesan cheese onto a plate using the fine side of the grater.

Cut the top off the onion and divide it in half through the root. Remove the skin and dice the onion very finely. Discard the root.

Peel and crush the garlic.

Wash the broccoli and divide it into bite-sized florets.

Cut the chicken into bite-sized chunks.

Bowl: chopped chicken, salt and pepper, paprika, herbs and chilli if using.

Preheat the frying pan or saucepan over a medium heat and add the oil. Sauté the onion for 2–3 minutes until soft. Add the garlic and sauté for 1 minute.

Add the chicken and cook for 5–6 minutes.

Pasta: Meanwhile, boil a full kettle. Pour the boiling water into a large saucepan and add a pinch of salt. Place the saucepan on a high heat and bring to the boil. Add the pasta to the boiling water. Cook for 5 minutes, then add the broccoli florets and boil for a further 5 minutes. Stir the pasta from time to time to stop it from sticking together. Drain the pasta and broccoli in a colander. Set aside.

Meanwhile, melt the butter in a saucepan over a medium heat. Add all the flour in one go, mix well and cook for 1 minute until it appears 'sandy' in texture.

Remove the saucepan from the heat and GRADUALLY add the milk and cream little by little, whisking each time to remove any lumps.

Return the saucepan to the heat and stir until it comes to the boil and thickens. Reduce the heat and simmer for 2–3 minutes.

OFF THE HEAT: Add the mustard and half the Parmesan cheese and stir into the sauce until it melts. Set aside.



Add the pasta, the broccoli and the chicken mixture to the ovenproof dish. Pour the roux sauce over to coat the ingredients.

Melt the butter in the microwave for 30 seconds and stir in the breadcrumbs. Spread the breadcrumb topping over the pasta mixture and sprinkle the remaining Parmesan cheese on top.

Bake for 15-20 minutes until piping hot and golden brown on top. Breadcrumbs should be crispy.



Liam's Mac n Cheese

By Liam O Reilly

Recipe adapted from: Ms Cusack

Ingredients:

- 20g parmesan
- 100g cheddar cheese
- 300ml milk
- 20g plain flour
- 20g butter
- 90g breadcrumbs
- 150g macaroni
- Salt and pepper to taste
- Optional: 1 tsp mustard of choice

Method:

- 1: Preheat oven to fan 180C
- 2: Cook the macaroni according to packet instructions
- 3: While pasta cooks, in a large saucepan melt the butter over a medium heat
- 4: Once the butter is melted, stir in the flour to form a roux. Stir on the heat for 2 mins with a wooden spoon
- 5: Gradually whisk in the milk and cook, stirring for 5-10 mins to a thickened and smooth sauce
- 6: Off the heat, stir in the cheese until fully melted and mixed in
- 7: Add the macaroni into the cheese sauce and mix until all the macaroni is fully coated in the sauce
- 8: Transfer the Mac n Cheese into a casserole dish and sprinkle the breadcrumbs on top of the mac n cheese
- 9: Bake for 15-20 mins until golden and bubbling
- 10: serving suggestion: garnish with fresh herbs, and serve with salad and steamed greens

Photo:



Lewis's Thai Red Curry and Boiled Rice

By: Lewis Farrington

Recipe adapted from: Ann McCabe

Ingredients:

- 2 chicken breasts
- 60 grams sugar snap peas
- 60 grams un-cooked boiled rice
- 400ml coconut milk
- 1tbsp red curry paste
- 1-5 grams fresh coriander

Method

1. Chop chicken breast into even chunks
2. Chop sugar snaps in half lengthwise
3. Add splash of oil into pan and tbsp of red paste in wok
4. Fry on medium heat with tiny bit of coconut milk
5. Add in chicken and rest of coconut milk on high ish heat for 10 mins
6. Put rice into a pot and once boiling put lid on and let simmer
7. Add veg into wok and leave it on low heat
8. Drain rice and plate up curry
9. Garnish with coriander

Photo:



Kai's Chicken and Black Bean Wrap

By Kaifina Quearney

Source: goodFOOD

Ingredients:

Chicken breast 150g

Onion x1

Garlic clove x3

Cumin 1.5 tsp

Oregano 2 tbsp

Paprika 2 tbsp

Black beans 400g

Tomato x1

Lime x1

Sour cream $\frac{1}{3}$ cup

Red bell pepper x1

Pinch of salt

Method:

1. Chop the onion, garlic, tomato, lime and bell pepper. Slice chicken breast into even chunks.
2. Heat up wok on a high heat and add a tbsp of olive oil. Add chicken.
3. When cooked through, move chicken to a bowl.
4. Add onions and fry until golden. Add garlic and spices.
5. 2 minutes later add back the chicken, beans and tomatoes. Salt.
6. After a few minutes turn the heat to low.
7. Lay out tortillas, spread sour cream, add filling and squeeze some lime juice.
8. Serve on a plate with sour cream, bell peppers and lime.

Photo:



Ava's Chicken, Veg And Noodle Stir-Fry

By Ava Kearns

Source: My mom

Ingredients:

Sauce

Half a lime

5 tablespoons of dark soy sauce

3 tablespoons of oyster sauce

Half tbsp of White ground pepper

2 Chicken Breasts

125g egg fried Noodles

1 red pepper

1 garlic clove

1 chili

10 mangetout

Pinch of salt

1-2 tbsp of oil

Garnish:

Sesame seeds

5 Spring Onions



Method:

1. Fill the saucepan with water and place it on the hob. Put it on high heat and wait for it to boil.
 2. Start chopping all of the vegetables.
 3. When water is boiled, place noodles in water and wait 6-7 minutes.
 4. Finish chopping vegetables.
 5. When the noodles are finished, drain them using a colander and place in a big bowl with a lid on top to keep them warm.
 6. Preheat the wok and then add oil.
 7. Chop chicken and then wash hands thoroughly. Then lightly season with sea salt..
 8. Add chicken to the wok and cook for 5 mins.
 9. Add chilli and garlic into the wok and cook for 2 minutes.
 10. Add the chicken chilli and garlic into a bowl on the side and add more oil to the wok.
 11. Cook the vegetables for 2 minutes .
 12. Add the chicken, garlic and chilli back into the wok.
 13. Add the noodles into the wok and mix with two wooden spoons for 2 minutes.
 14. Then add the sauce to the mixture and stir.
- Serve on a dish with sesame seeds and spring onions sprinkled on top

Eve's Butter chicken

By Eve Galbraith

Source - instagram

Portions - 1

Garnish - fresh coriander

Ingredients

- 1 chicken breast
- Olive oil - for cooking
- ¼ tsp ground coriander
- Spice mix : ¼ tsp
 - Turmeric
 - Curry powder
 - Garam masala
 - Paprika
 - Garlic granules
- 10g butter
- ½ onion
- ½ red pepper
- 1 tbsp tomato paste
- 50ml greek yogurt



* served with wholemeal flatbread

Method

- ★ On a green chopping board, dice onion and slice peppers
- ★ On a red chopping board, dice chicken into even pieces - * remember to wash hands after
- ★ Add oil to pan on high heat, cook chicken with coriander for 5-7mins
- ★ Set aside cooked chicken, melt butter in pan
- ★ Sauté onion for 2-3mins, add in peppers for a further minute
- ★ Add in tomato paste, greek yogurt and spice mix
- ★ Cook for 3mins , then serve

Esme's Chicken Tomato Pasta Bake

By Esme Iremonger

Recipe from bbc good food

Ingredients:

2 chicken breasts
150g pasta
40g cheddar
3 tbsp mascarpone
1 small onion
2 tbsp olive oil
Half tsp caster sugar
1 garlic clove
Pinch chilli flakes
Pinch of salt

Method:

- 1.boil water for the pasta and preheat oven to 200 degrees
 - 2.when water has boiled add pasta and salt and set ten minute timer
 - 3.chop onions and garlic
 - 4.drain the pasta and set aside
 - 5.in a small saucepan heat 1 tbsp of oil drop onions and garlic in and fry for 10 mins
 - 6.tip in tomatoes and sugar,simmer uncovered for 20 mins
- While sauce is simmering:
- 7.chop the chicken
 - 8.heat one tbsp of oil in a frying pan
 - 9.season chicken and fry for 5-7mins until cooked
 - 10.when sauce timer beeps add mascarpone and stir
 - 11.tip pasta and chicken into an oven dish with sauce
 - 12.bake for 20 mins

Photo





Starters



Kate's Chicken Salad

By Kate Brooks

Recipe adapted from: Aileen Keogh

Ingredients:

- Lettuce (about half a pack)
- Pepper 1
- Spring onion 2
- Tomatoes 5
- Chicken breast 1
- Breadcrumbs
- Flour
- Egg 1
- Cucumber ¼
- Honey 1 tbsp
- Butter 1 tsp
- 30g sauce
- Pumpkin seeds 35g

Method:

Preheat airfryer to 200C

Chicken: cut evenly - pat dry - season - chopping board - 5mins

Season – salt and pepper into breadcrumbs - transfer chicken into flour - egg- breadcrumbs

Airfryer 10 mins

Clean up / wipe unit

Check chicken -flip - 10 mins

Check chicken - more time if need

Salad: chop veg - add to bowl - check chicken , microwave sauce - pour onto chicken - cut chicken evenly - bowl with veg - add pumpkin seeds

Photo:



Isabel Pixy's Greek style chicken and halloumi skewers served with tzatziki

Recipe by Isabel Pixy Murphy Hunt

Ingredients

- 1 red pepper
- 1 white onion
- half a courgette
- 200g of chicken breasts
- 200g of halloumi
- clove of garlic
- chives
- mint
- 1 cucumber
- 1 lemon
- 200g of greek yoghurt
- salt and pepper
- oil
- 1tbs of paprika,cajun and chilli seasoning

Method:

Skewers=

- Soak skewers in water
- chop onions ,pepper ,courgettes and halloumi into 1inch by 1 inch cubes
- chop chicken into 1inch by 1inch cubes
- place chicken, vegetables and halloumi into a bowl with oil and seasonings,MIX
- build skewers=place veg, chicken and halloumi o the skewers insuring your rotating between veg, chicken and halloumi each time
- place in a airfryer a 180 degrees celsius for 15 minutes or until chicken is cooked and veg is soft

Tzaziki=

- grate cucumber ,ensure you drain excess liquid.
- place cucumber into a bowl alongside yoghurt with the juice of half a lemon .
- finally chop the garlic,chives and mint and add to the bowl of cucumber and yoghurt

:



Emily's Spicy tomato, red pepper and basil soup

By Emily Bonny

Ingredients:

- tomatos 450g (small+big)
- red pepper 2x
- medium onion
- 1 clove of garlic
- vegetable stock 500ml
- olive oil 1-2 tbsp
- Chilli flakes (1 pinch)
- basil
- heavy cream 1-2 tbsp

Method:

- 1.pre-heat oven to 180
- 2.wash + chop all the vegetables then add to baking tray with paper
- 3.put into oven for 20-30 mins
- 4.take out vegetables and add to jug+blend with hand blender
- 5.serve with basil+heavy cream

Photo:



Kayla's Spicy chicken skewers with veg.

By Kayla Blanc

The recipe came from my nanny, Daphne Blanc.

Ingredients for chicken skewers-

- 1 large chicken fillet
- 1 white onion
- 1 red onion
- olive oil
- paprika
- chicken seasoning
- parsley
- salt
- pepper

Method:

- 1.Chop up chicken on a red chopping board.add chicken seasoning and paprika and olive oil.
- 2.Chop up onions and pepper on a green chopping board.
- 3.Turn the hob on and let the frying pan heat up. When heated up, put chicken on the pan and then the vegetables.
- 4.Leave to fry until chicken is fully cooked. Take the biggest piece out and see if cooked.
- 5.Take the frying pan off the hob and put it on a pot stand.
- 6.Take the chicken off the pan with tongs and put in a small bowl, do the same with the veg, put them all in separate bowls.Red onion in one bowl, white in another and pepper in another.
- 7.Put veg&chicken on skewer sticks and put on a serving dish.Garnish with parsley.

Photo: 67



Ailbhe's Prawn and Red Curry Noodle Laksa

By Ailbhe Kavanagh

Recipe adapted from: Jerry Kavanagh (My Dad)

Ingredients:

- ★ 7 dried chillis
- ★ 1 bell pepper
- ★ 2 pieces of turmeric
- ★ 1 stick of lemongrass
- ★ 2 shallots
- ★ 1 lime
- ★ 30g coriander
- ★ 1 piece of galangal
- ★ 2 tbsp garlic purée
- ★ 1 tsp shrimp paste
- ★ 1 tbsp caster sugar
- ★ 300g king prawns
- ★ 600g straight to wok udon noodles
- ★ 150g beansprouts
- ★ Butter and garlic purée for frying
- ★ Coriander for garnish



Method:

1. Put on the kettle to heat up
2. Cut dried chillies and remove seeds
3. Once kettle is boiled, soak chillies in the water for 10 minutes
4. Cut: bell pepper, turmeric, galangal (thinly sliced), lemongrass (thinly sliced), coriander (keep just the stems) and the shallots
5. Blend: garlic purée, chillies and their water, coriander stems, turmeric, lemongrass, galangal, shrimp paste, bell pepper, shallots, juice of half the lime and the sugar to make the red curry paste
6. Fry the prawns in butter and garlic purée for 3 minutes (till cooked)
7. Remove the prawns from the wok and fry the blended paste for 5 to 10 minutes
8. Add the coconut milk and continue frying till it begins to boil
9. Add the noodles and the prawns till the noodles are fully cooked
10. Add the beansprouts and leave for 1 to 2 minutes
11. Remove from wok - dish up and garnish with coriander leaves and lime juice

Fia Ni C's vegetable spring rolls

By Fia Ní Chíobháin

Recipe adapted from: aoife ryan

Ingredients:

- 1 carrot
- ½ red pepper
- 2tbsp of bean sprouts
- 1tsp garlic paste
- ¼ cabbage
- 2 spring onion sticks
- Sunflower oil
- 2 tbsp dark soy sauce
- 1tbsp oyster sauce
- ½ garlic paste
- ½ ginger paste
- 1 tsp salt + pepper
- 1tsp brown sugar
- 5-6 spring rolls sheets

Method:

-firstly start by making your sauce in a small bowl

Combine:

-Dark soy sauce, oyster sauce, Sesame seed oil, Garlic paste, Ginger paste, Salt and pepper
Brown sugar.

-Start by peeling and cutting carrots and peppers into match stick size pieces

-Then chop up spring onion sticks and cabbage into small pieces

-Place oil in frying pan as well as garlic paste and fry for around 30s

-After that add all of your cut up vegetables to the pan and continue to cook for around 5 mins

-add in your bean sprouts

- when the vegetables start to get soft and a little bit transparent add in your sauce.

-then continue to cook down your vegetables and sauce for around another 3mins

- Place spring rolls sheets on a clean work top-then start taking a small amount of your vegetables and place them at the end of the sheet. Fold them.

-when all folded place them in the airfryer for around 5-7 mins



Sam S's Garlic Prawns with Brown Bread

By Sam Stephens

Source: My own recipe

Ingredients

- 3 garlic cloves
- Salt
- Pepper
- 50g butter
- Half a lemon
- Brown Bread for serving
- 1 tbsp white wine
- 1 tbsp olive oil



Method

- Add prawns, salt, pepper and olive oil to bowl and leave to marinate for 10 minutes
- While prawns are marinating, peel and mince the garlic cloves
- Sear prawns in saucepan on high heat for 45 seconds on each side
- Add butter
- When butter is fully melted in pan squeeze lemon in and white wine
- Turn heat down to low and cook for 5 minutes
- While prawns are cooking, cut the brown bread into small triangular pieces
- Serve in small bowl

Isabelle's Breaded Chickens Skewers And Garlic Mayonnaise

By Isabelle O'Connell

Recipe adapted from bbc good food

Ingredients:

For chicken

2 chicken breasts

1 egg

60g plain flour

70g panko bread crumbs

Salt and pepper to taste

1tsp garlic powder

1tsp smoked paprika

For sauce

1tsp olive oil

1 clove garlic

1/8 of a lemon

10g parsley

4tbsp mayonnaise

Method:

-Chop chicken into cubes

-chicken and egg into a bowl and whisk

-Lay flour and bread crumbs on large plates

-Pre heat pan

-Dip into the flour then egg then breadcrumbs and repeat for half the chicken

-Put this half on pan on medium heat cook till golden brown

-Bread other half of the chicken

-Cook other half of the chicken

-Leave on tissue to drain excess oil

-Chop garlic and parsley very small

-Mix in a bowl with lemon and mayonnaise

-Put the chicken on skewers

Photo



Nora's Bang Bang Cauliflower

By Nora Ardifff

Adapted from: noracooks.com

Ingredients:

700g cauliflower

230ml milk

2 tbs milk

2 tsp white wine vinegar

65g breadcrumbs

1 tbs sweet chilli sauce

1.5 tbs soy sauce

1 tsp honey

1tbs mayonnaise

2 tsp white wine vinegar

1 tsp oyster sauce

1 tsp sesame seeds

1 tsp scallions

Method:

Preheat the oven to 180 degrees celsius and line a baking tray with parchment paper, chop the cauliflower into bitesized pieces and set aside.

In a mixing bowl add the 2 tbs milk and the 2 tsp white wine vinegar and let it curdle. Toss the cauliflower in the milk mixture and drain excess liquid.

Add breadcrumbs to the mixing bowl and toss until the cauliflower is fully coated.

Spread on the baking tray and bake for 20 - 25 mins.

In a mixing bowl, mix all the sauce ingredients and set aside

When the cauliflower is fully baked, add it to the sauce and toss until fully coated. Return to the oven and bake for 5 mins.

Garnish and serve.

Photo:



Mya's Vegetarian Spring Rolls

By Mya Deegan

Recipe adapted from Good Food bbc.

Ingredient :

- 100g chinese leaf cabbage
- 75g of beansprouts
- 1 carrot
- 1 spring onion
- 1 tbsp sesame oil
- 1 tbsp of soya sauce
- 1 tbsp shaoxing wine
- 7g coriander
- 1 pack spring rolls
- 2g of coriander for garnish
- 2 tbsp soy sauce for dip

Method:

- Chop carrot, spring onion and mix beansprouts and lettuce in a large bowl.
- Heat wok with sesame oil and add vegetables, cook for 1-2mins.
- Add soya sauce and shaoxing wine, coriander and green parts of spring onion.
- When cooled, transfer to a plate, then arrange spring rolls in diamond shape and seal with water.
- Put spring rolls in the airfryer for 20 mins at 200 degrees.
- Then remove from the airfryer and leave to cool.
- Then serve.
- <https://www.bbcgoodfood.com/recipes/vegetarian-spring-rolls>

Photo:



Minnie's Chicken Quesadilla

By Minnie Swan

Chicken quesadilla recipe from - Karl Swan

Ingredients:

Chicken quesadillas:

2 large chicken breast

2 large tortillas

1 white onion

1\2 yellow pepper

1\2 red pepper

1 teaspoon paprika

1 teaspoon chilli powder

100g cheddar and mozzarella cheese mix

Pinch of salt

1 1\2 tablespoon olive oil

50g iceberg lettuce

5 jalapenos

1 Avocado

1 teaspoon Mixed herbs

1 teaspoon Chilli flakes

1 teaspoon honey

Method:

- preheat oven to 180 degrees and wash hands
- On a white chopping board dice onion and pepper (leave a bit to the side for the guac)
- to a hot pan with oil on it.cook till soft (around 5 mins)
- Butterfly the chicken and cut into bit size pieces
- Add seasonings on the chicken
- Add chicken to a separate pan with oil , cook until white and crispy (around 10 mins)
- Take chicken off the heat and add mixed veg in with it
- Put tortilla on the pan and wait till browned slightly, flip tortilla then add cheese , chicken mix,lettuce and jalapenos
- Assemble quesadilla and put aside ready to serve
- Mash avocado get left over onion and pepper and put it in a ramekin
- Mix in chilli flakes, mixed herbs and honey
- Ready to serve

Photo:



Casey's Bang Bang Cauliflower

By Casey Homer

<https://www.bbcgoodfood.com/recipes/bang-bang-cauliflower>

Ingredients

125g plain flour
1 small head of cauliflower
200ml milk
1 tsp paprika
1 tsp garlic granules
75g pako bread crumbs
1 tsp toasted sesame seeds
1 red chilli- to serve
1 spring onion finely chopped- to serve

3 plates
large mixing bowl
baking tray
chopping board
sharp knives
fork
whisk
shallow bowl

For the sauce:

80g sweet chilli sauce
20g sriracha
1 lime
1 tsp honey



Method

1. Preheat the oven to 200C/fan. Tie back hair, wash hands and get out equipment. Line a baking tray with parchment paper
2. Break off florets from the cauliflower and set aside. In a large bowl mix the flour, paprika, garlic granules and a crack of salt and pepper. Gradually whisk in the milk until it forms a smooth batter that can coat a spoon.
3. Put the breadcrumbs in a shallow bowl. Put each floret into the batter mix and then toss into the bread crumbs and transfer onto the lined baking tray. After they are all done, place them in the oven for 20-25 mins until golden brown.
4. Meanwhile, put the ingredients for the sauce in a bowl and whisk to combine, season with salt and pepper.
5. Put the cauliflower in a large bowl with the sauce and mix until fully coated. Then sprinkle the sesame seeds over and top with the chilli and spring onion to serve.

Fiona's Chicken Caesar Salad

Recipe adapted from <https://www.recipetineats.com/chicken-caesar-salad>

By Fiona Lee

Ingredients:

- 2 Chicken Thighs
- 2 Bacon Rashers
- 170g Stale Sourdough Bread
- 2 Little Gem Lettuce Heads

Dressing

- 90g Natural Yoghurt
- 80g Mayonnaise
- 2 Anchovy Fillets
- 2 Cloves of Garlic
- 2tbsp Balsamic Vinegar
- 1tsp Wholegrain Mustard
- 1tsp Worcestershire Sauce



Method:

1. Preheat the oven to 180°C
2. Slice up the chicken into small bites size pieces, place on a preheated oiled grill pan and season with salt and pepper
3. Place the bacon onto a pan to cook, you do not need to oil the pan
4. Turn the chicken and bacon occasionally using a tongs
5. Chop the bread into chunks, place on a baking tray and drizzle oil on the bread and season to taste
6. Place in the oven for 10-15 mins or until the croutons are golden brown

Dressing

1. Chop the anchovy fillets and chop/crush the garlic and place in a small bowl
2. Add the yoghurt, mayonnaise, mustard, worcestershire sauce to the bowl and salt and pepper to taste
3. Grate the parmesan cheese and add to the dressing

To serve

1. Chop the lettuce and place into serving bowl
2. Drizzle half the dressing over the lettuce
3. Then add the cooked chicken, bacon and croutons and drizzle the remainder of the dressing on top
4. Finish with some extra parmesan grated on top

Sophiemai's Bang Bang Cauliflower

By sophiemai doyle

Ingredients:

- Small head of cauliflower
- 65g of plain flour
- 100mls of milk
- 1tsp of paprika
- 1tsp of garlic granules
- 60g of panko breadcrumbs

For the sauce

- 80g of sweet chilli sauce
- 20g of sriracha
- 1 lime
- 1tsp of honey

Garnishes

- 1 red chilli pepper
- 1 spring onion
- Large lettuce leaves



Method:

1. Preheat your oven to 200 degrees celsius, line a large baking tray with baking paper
2. Wash your head of cauliflower and slice into small, evenly sized florets
3. In a large bowl, whisk together the 65g of flour, 1tsp of paprika, 1tsp of garlic granules. When combined, whisk in the 100ml of milk till it resembles a smooth batter.
4. Put the florets of cauliflower in the bowl of mixture and mix gently until there coated evenly
5. Put the 60g of panko breadcrumbs on a plate, put a pinch of salt and pepper in the breadcrumbs.
6. Coat each battered cauliflower floret in the breadcrumbs individually using a fork and your fingers and place each floret on the lined baking tray.
7. When you're ready place the florets in the oven for 20 minutes until golden and crispy
8. In a large bowl mix the 80g of sweet chilli sauce, 20g of sriracha, the juice of 1 lime and 1tsp of honey to make the sauce
9. Once the cauliflower is cooked, coat them in the sauce
10. Put lettuce leaves on the serving dish and put the coated cauliflower on top, add garnishes and serve.

Photo:



Skye's chicken wings, celery sticks and garlic dip

By Skye O'Callaghan

Sources: tastesbetterfromscratch.com , allrecipes.com

Ingredients:

For the chicken wings;

- 7 chicken wings
- garlic powder 1 tsp
- baking powder -2tbsp
- paprika 1 tsp

For the garlic dip;

- garlic powder ½ tbsp
- dried parsley ½ tbsp
- sour cream - 178g
- mayonaise - 59g
- pinch of salt
- pinch of black pepper
- 2 celery sticks

Method:

1. Preheat the air fryer to 200 degrees
2. Mix the spices and baking powder to make the seasoning for the chicken wings
3. Dip the chicken wings one by one into the spice mixture and lay onto baking paper in the airfryer
4. Put the chicken wings on for 25 minutes but turn them over half way
5. Mix sour cream and mayonnaise with other spices together for garlic dip
6. Serve chicken wings once they are crisp and golden
7. Garnish with fresh parsley

Photo:



Fia's roasted tomato soup with garlic croutons

by - Fia Povey

Source - sile carroll

Ingredients:

- 700g cherry tomatoes
- 1 red onion
- 2 tsp of salt
- 2 tsp black pepper
- 10 basil leaves
- 6 cloves of garlic
- 1 tsp of smoked paprika
- 1 vegetable stock cube
- 100mls of cream
- 75ml boiled water
- 125g of sourdough baguette
- 2 tsp of garlic granules
- 6 tbsp oil
- salt and pepper to taste

Method:

- 1- Pre heat the oven to 220 degrees
- 2- Wash and dry your cherry tomatoes and add to a big roasting pan.
- 3- Peel your garlic and onion, then quarter the onion and add to roasting dish with the garlic
- 4- add 2 tbsp of the olive oil over your veg and season with your salt and pepper- Place in the oven for 25 minutes till the tomatoes have bursted
- 5- while you tomatoes are roasting add the stock cube to the boiling water in a jug and let dissolve measure, out half of your cream and wash the basil
- 6- cube your sourdough then place on a roasting dish, drizzle in olive oil and season with salt , pepper and garlic granules
- 7- Take out the tomatoes & onions and put in the croutons for 7 minutes till golden
- 8- Then spoon the roasted veg into a jug along with the cream,stock and 7 basil leaves - blend till smooth with an immersion blender
- 9- serve with a swirl of cream and your basil



David's Pork Gyozas

By David Simoes Faustino

Source: <https://www.justonecookbook.com/gyoza/>

Ingredients:

- ¼ green cabbage (+leaf for garnish)
- ¼ pound mince pork
- 2 mushrooms
- Soy sauce 2tsp (sauce+extra for garnish)
- Rice wine vinegar 2 tsp (sauce)
- Sesame oil 2 tsp (sauce)
- Salt 1 tsp
- Pepper ⅛ tsp
- Water (lukewarm)77g (plus extra for wetting dough during wrapping)
- Flour 110g (plus extra for flouring dough)
- Oil for pan
- Sweet chilli oil for garnish



Method:

1. Add water to a bowl and combine until it resembles dough
2. Chop the cabbage and mushrooms and add to a bowl, add the pork and the sauces after and mix
3. Cut dough to into 12 equal pieces and roll into flat thin circles
4. Put the pork mix in the wrappers, moisten the edges and wrap like a gyoza (roughly four folds on each side)
5. Heat the oil on the pan and place the gyozas on the pan
6. When the bottom of the gyozas are brown place 2 tbsp of water in the pan and cover the top so it steams
7. Serve on the cabbage leaf and garnish

Alastair's vegetable soup

By Alastair Kehoe

Recipe from - @home with practical by Laura healy

Ingredients:

1 onion
1 leek
2 potatoes
2 carrots
2 sticks of celery
1 veg stock cube
25g butter
60ml cream

Method:

- 1) Cut the top of the onion in half and dice
- 2) trim off top and bottom and cut into slices
- 3) peel the potatoes and cut into cubes
- 4) top and tail the carrots peel them and dice
- 5) cut celery into sticks
- 6) boil kettle and pour ½ litre into a jug with the stock cube
- 7) preheat a saucepan and let butter melt for 30 seconds
- 8) add all veg and steam
- 9) add stock and stir well and simmer till veg has softened
- 10) remove from heat, add cream salt and pepper
- 11) use hand blender, and puree

Photo:



Anna's Spicy Chicken Quesadillas with Guacamole

By Anna McHugh

Source: Melanie McHugh

Ingredients:

- 1 Chicken breast
- 1 Red pepper
- 1 Onion
- 20g of Sour cream
- 4 Tortilla wraps
- Fadiyat spice
- 40g Red cheddar cheese
- 1 Avocado
- Coriander
- Red chilli flakes
- 1 Lime



Method:

1. Start slicing your pepper and dice the onion and save half for the guacamole.
2. Place your chopped veg into a frying pan with oil for 5 mins.
3. Slice the chicken, once that's done take the veg out and pour it in a bowl.
4. Put some more oil in the frying pan and put the chopped chicken in the pan with the fadiyat spice for 10 mins.
5. While your chicken is cooking, cut the avocado in half and mash it till there's no chunks, add the rest of the onion, half lime juice, chilli flakes and salt and pepper.
6. When you see that the chicken is white on the inside, add your veg to the frying with the chicken and let it cook for 2 mins.
7. Assemble your quesadilla by laying out one wrap, spread sour cream on it, add the chicken/veg, cheese and place the other wrap on top.
8. Put the tortilla on the pan on medium heat and place another pan on top to flatten it. Cut it into eights and serve on a board with the guacamole on the side.

Amelie's Buffalo chicken wings and garlic sauce By Amelie Blonde

Source: <https://www.recipetineats.com/truly-crispy-oven-baked-buffalo-wings-my-wings-cook-book/>

Ingredients:

- 800g chicken wings
- 2tbsp corn
- 1tbsp soya sauce
- 1tbsp white wine vinegar
- 8tbsp franks red hot sauce
- 2tbsp paprika seasoning
- 20g butter

For Garlic dip

- 2tbsp mayonnaise
- 1 garlic clove
- 2 stems of parsley
- Squeeze of lemon
- Salt
- Pepper
- 1 stick of celery



Method:

- Preheat oven to 200 degrees
- Line baking tray with tin foil and add a wire rack on top
- get lots of tissue and dry your chicken wings in the tissue to remove grease.
- mix the corn flour and paprika together
- coat the dry chicken wings in the corn flour mixture then place on the wire rack
- put the tray in the oven for twenty minutes
- while in the oven start to make the garlic sauce
- After twenty minutes in the oven take the chicken wings out and using tongs flip them over
- Then put back into the oven for 15 minutes
- to make the sauce get a sauce pan add the hot sauce, soya sauce, white wine vinegar and butter
- Leave to heat for on minute the take off the heat
- pour the sauce for the pot into a large bowl
- when the 15 minutes is over take the chicken wings out of the oven and add them to the bowl of sauce
- mix the chicken wings in the sauce using two spoons making sure they are all covered in sauce
- move chicken wings from bowl to a serving dish

To make garlic sauce

- add the mayonnaise, squeeze of lemon, crushed garlic, salt and pepper and mix
- Then cut the parsley leaves into small pieces
- add parsley to other ingredients





Main Courses



Jacques' Cajun chicken pasta

By Jacques Saint-Amand

Ingredients:

3 chicken fillets,
1 tbsp of a cajun seasoning container,
1 onion,
2 cloves of garlic,
1 red pepper,
500ml of double cream
100g of parmesan
500g of penne pasta

Method: 1. Slice vegetables (onions, garlic, pepper,)

2. Cut chicken into thin strips and mix with cajun spice

3. Boil pasta

4. Fry chicken

5. Wait for chicken to brown then add vegetables

6. Wait for vegetables to fry then add 500ml of double cream and 100g of parmesan to wok

7. Drain pasta and then add it to the wok and let it simmer

8. Put wok on pot stand and then pour contents into a serving dish

9. Garnish with basil or parsley

10. evaluate

Photo:



Josh's Spaghetti Bolognese

By Josh Kelly

Recipe adapted from:

Ingredients:

- 300g mince
- 1 medium onion
- 200g spaghetti
- 2 cloves of garlic
- 1 beef stock cube
- Table spoon of tomato puree
- 20g of parmesan cheese
- 1 tin of chopped tomatoes
- 1 stick of celery

Method:

1. First, you wash all the vegetables, onion, garlic and the celery.
2. Then you peel and chop the onion, chop the celery and peel and chop the garlic.
3. Then you boil the kettle and wait for it to be ready.
4. Turn on the hob while the kettle is boiling.
5. When the kettle is ready, pour the water into a pot and put the pot on the hob.
6. Place the spaghetti in the pot and use a wooden spoon to push the rest of the spaghetti under the boiling water.
7. Put a lid on the pot and wait for the spaghetti to cook.
8. Put the mince and all of the chopped vegetables in the pan and add spices.
9. Add half the tin of chopped tomatoes and a table spoon of tomato puree.
10. When the spaghetti is done cooking add it to the pan with everything else and mix it in.
11. Put your parmesan on top for your garnish.



Molly's Steak Mac N Cheese

By Molly Deegan

Source: Molly Deegan

Ingredients:

- 1 sirloin steak
- 40g butter + tsp for cooking steak
- 40g flour
- 450ml milk
- 250g cheddar cheese
- 2 slices american cheese
- 30g breadcrumbs
- 1 tsp smoked paprika
- 2 tsp garlic granules
- salt&pepper to taste
- 175g macaroni pasta

Method:

1. Add butter to a heated up saucepan and allow it to melt, once melted add flour and seasonings gradually and stir till combined. Boil water in a pot for the pasta with a pinch of salt. Preheat the oven to 200 degrees fan.
2. Once the roux is made, start adding milk gradually and stir using a whisk, once pasta water has come to a boil, reduce the heat and add the macaroni.
3. Take the cheese sauce pot off the heat and stir in the cheese, let the pasta cook according to the directions on the packet.
4. Get your oven proof dish and mix the strained pasta and sauce together then sprinkle your breadcrumbs on top then put in the heated oven till the breadcrumbs turn golden brown.
5. Heat a pan with no oil and once high heat put steak on, leave to cook for 4 minutes on the first side then add butter and flip to cook for another 4 minutes. Once steak is cooked, slice it up and place it on top of mac and cheese.

Photo:



Honey's Spaghetti Meatballs

By Honey Byrne Grube

Recipe adapted from: school notes from ms morris

Ingredients:

-150g pork mince	-2 onions
-5g parsley	-4 garlic cloves
-5g oregano	-1 tin chopped tomatoes
-30g breadcrumbs	-15g tomato pure
-1 egg	-300g spaghetti
-Pinch of salt and peeper	

Method:

- Turn on oven to 180+ boil kettle
- Dice 1 onion, 2 garlic cloves and add to a bowl with salt, pepper, parsley, oregano, 1 egg, breadcrumbs and pork mince.
- Mix together and roll up into small balls onto a backing tray.
- Put in the oven for 10-15 mins .
- Boil water and add pasta and salt for 10mins.
- Dice the rest of the garlic and onion.
- Then add to a jug with tinned tomatoes and pure and blend together.
- Strain pasta and add sauce to the pan to heat up.
- Take out meatballs and serve dishes.



Derry's Healthy Chicken Pasta

By Derry Maguire

Source https://www.bbc.co.uk/food/recipes/healthy_penne_with_04395

Ingredients:

- 1–2 chicken breasts, boneless,
- 1 tbsp olive oil,
- 2 garlic cloves, finely chopped
- pinch chilli flakes
- 1 tbsp tomato purée
- 300g tomato passata
- sea salt and freshly ground black pepper
- 200g whole wheat penne pasta
- 150g broccoli, sliced into bite-sized chunks
- 90g baby spinach, washed
- ½ bunch basil, leaves picked

Method:

1. Carefully slice the breast almost in half horizontally into the edge. Keep that edge intact and open up the breast like you are opening up a book.
2. Heat a large saucepan over medium heat. Add the olive oil to the pan. Once warm, add the garlic and chilli flakes and cook for 2 minutes, then stir in the tomato purée and cook for 2 more minutes. Add the passata to the pan, stir to mix well and leave
3. Bring a large saucepan of salted water to the boil, add the pasta and cook according to the packet instructions. Add the broccoli 3 minutes before the end of cooking. Drain.
4. Meanwhile, heat a griddle pan over a high heat. Rub the chicken with a little oil and season with salt and pepper then griddle for 3–5 minutes on each side. Set aside to rest for 5 minutes before slicing into bite-sized pieces.
5. Add the cooked pasta and broccoli to the pan with the tomato sauce. Stir to mix well and then add the griddled chicken, spinach and basil leaves. Season again with plenty of black pepper and allow the spinach and basil to wilt., and serve.



Caoilinn's thai green curry and rice

By Caoilinn O'Carroll

Recipe adapted from:

Paula ni murray

Ingredients:

- potatoes 4
- Baby corn 4
- Clove of garlic 1
- Sugar snap peas 20g
- Chicken fillet 1
- Brown rice 50g
- Salt
- Coconut milk 300ml
- Curry paste 1 tsp
- Green beans 50g
- Olive oil



Method:

- Chop chicken and veg, put them in separate bowls.
- Boil the kettle, put the rice in the pot and put the lid on the pot. Boil it on a low heat for 25 minutes.
- Put a bit of olive oil in a pot, add the curry paste and garlic.
- Add the coconut milk to the mixture and let it simmer for 2 minutes with the lid on the pot.
- Add the chicken after 2 minutes and let the chicken cook in the sauce for 5 minutes.
- Add the potatoes and let it simmer for 2 minutes.
- Add the rest of the veg and put the lid on the pot and let it simmer for 5 minutes.
- Strain the water out of the rice.

Amelia's Fried Hake, Air Fried Potatoes, Salad and Pea Puree

Recipe By: MY MOM

Ingredients:

- 3 HAKE
- 12 BABY POTATOES
- 12 CHERRY TOMATOES
- LETTUS HEAD
- 35G FLOUR
- 70G PEAS
- LEMON
- PARSLEY
- SALT
- PEPPER
- OIL
- 30G / 20G BUTTER

Photo:



Method:

1. Wash then peel potatoes, cut the potatoes into halves. Put cold water into a pot and add a generous amount of salt. Put the potatoes into the pot and let boil till soft.
2. Get a different pot and add hot water in, then drop your peas in and let boil till soft. Preheat the air fryer to 180 degrees.
3. Get potatoes and drain in the collider, fluff the potatoes with the collider and then put the potatoes into the pot and add a nice amount of oil, salt and pepper. Then shake the potatoes with a pot lid on top until the potatoes are fully coated. Put the potatoes in the air fryer and cook until golden brown.
4. Clean dishes.
5. Drain peas and add butter, salt and pepper. Once the butter is melted add water, then transfer the peas into a measuring jug and use your stick blender till the peas turn into a nice and thick consistency.
6. Get a freezer bag and add flour, salt and pepper then mix it up. Put in your fish and coat the fish with the flour.
7. Clean dishes.



- 8. Wash lettuce, lemon, parsley and cherry tomatoes. Cut the cherry tomatoes in half and cut your lemon into quarters. Put your lettuce and tomatoes on the plates.**
- 9. Heat up the pan, after a minute add some butter to the pan. Put your fish in once butter is all melted, fry fish until golden brown.**
- 10. Add pea puree and potatoes to the plate, then add your fish.**



Juno O'C's Chicken Curry with boiled rice

By Juno O'Connell

Source- my mam Sinead

Ingredients:

1 onion	3tbsp of greek yoghurt
1 red pepper	1tsp of ginger powder
2 garlic cloves	1tsp of coriander powder
1 can of coconut milk	1tsp of cumin powder
1tbsp of tomato paste	25g of green beans
1tbsp of medium curry powder	½ cup of rice
1 chicken breast	

Method:

- 1) Chop garlic and peeper, dice onion
- 2) Put garlic,pepper,and onion into wok with oil and cook on medium heat for 5 mins until onions are soft and translucent
- 3) Chop chicken into small cubes
- 4) Take garlic,peppers and onion out of wok into a small bowl
- 5) Place chicken into wok with oil and cook on a medium heat for 10 mins until chicken has sealed
- 6) When chicken is sealed put garlic,peppers and onion back into wok with chicken Add more oil if needed
- 7) In a pot add the rice and boiled water (if the rice is ½ a cup then add 1-1 ½ of water) and boil for 12 mins until rice is soft
- 8) In wok put curry powder, cumin powder, ginger powder and coriander powder on top of chicken and garlic peppers and onions cook for 2mins
- 9) Put coconut milk, tomato paste, and yoghurt into wok cook for 5 mins
- 10) Put green beans into wok and cook for 5 mins
- 11) Dish out chicken curry and boiled rice into a bowl and top with coriander

Enjoy!



Billy's Mediterranean Pasta

By Billy Watson

source : connoisseurs veg

Ingredients:

5 nests of dried fettuccine
250 ml Tomato sauce
3 cloves of Garlic
100 ml White wine
1 cup Artichoke hearts
2 tbsp of Olive oil
1 cup Cherry tomatoes
1 cup Kalamata olives
1 cup Char grilled red peppers
Sugar
25 g of red pepper flakes
Fresh basil
salt

Method:

1. Fill a large pot with salted water
2. Place a large skillet over medium heat and add 2 tbsp of olive oil
3. when the oil is hot add the garlic and cook for 1 minute until very fragrant
4. add the wine, cherry tomatoes, bring the wine to a simmer and let it cook for about 4 minutes
5. stir in the sauce, artichoke hearts, olives, peppers, sugar and pepper flakes and let it cook for about 5 minutes until the sauce thickens slightly
6. add the pasta to the boiling water and boil for 7 minutes
7. add the pasta to the sauce and add basil and parmesan to garnish.

photo:



Sam C's Italian Sausage Vodka Pasta

By Sam' Connor

Source: <https://www.bbcgoodfood.com/recipes/pasta-alla-vodka>

Ingredients:

- 150ml of Cream
- 100g of Tomato Puree
- 1tsp of chilli Flakes
- 2 italian sausages,
- 2tsp of olive oil
- 2tbsp of vodka
- 1 pepper



Method:

- Cut the peppers and make sausages into balls
- Place the sausages in a wok and let them cook while u put on the pasta
- When sausages are done put them a side ans cook peppers for 2 minutes
- Put peppers aside
- Start the sauce by putting the tomato puree in and then add the cream
- After put the chilli flakes and vodka in an mix let sit for 2 minutes then add ur sausages and peppers and pasta in the wok and mix
- Serve with fresh basil

Niamh's breaded chicken broccoli chicken alfredo pasta

By Niamh Looker Massey

Recipe: My Nanny Tracy's recipe

Ingredients:

- 6 Chicken breasts
- Half a pack of Breadcrumbs
- 2 Eggs
- Couple stems of Broccoli
- 350ml Heavy cream
- Half a pack of Egg noodles Pasta
- 2 teaspoons Butter
- Sprinkle Nutmeg
- Pack of premade Parmesan cheese
- One leaf of Parsley



Method:

- Step 1. Pound the chicken breasts with a rolling pin in parchment paper to flatten.
- Step 2. Boil water and then put pasta in for 2 minutes
- Step 3. then add broccoli and then put a pot cover to let boil
- Step 4. Then coat chicken breasts with egg then flour then breadcrumbs do two layers of this.
- Step 5. Then fill pan with 1cm of oil and fry chicken breasts on a medium heat for about 3 minutes each side
- Step 6. then drain the pasta with a sieve and put back in the pot to keep warm
- Step 7. Then take the chicken out of your pan and let rest
- Step 8. Put your diced garlic and a teaspoon of butter in the same pan you took your chicken off of.
- Step 9. Then pour 350ml of double cream into your pan and let sit on a medium heat till bubbling continuously mix and make sure it isn't sticking.
- Step 10. Add seasoning such as garlic powder, salt, pepper and nutmeg
- Step 11. Add a good amount of parmesan to your sauce and mix till it's all melted and there's no clumps.
- Step 12. Then after letting sit for about a minute add pasta and broccoli into your pan with your sauce and combine.
- Step 13. Then slice chicken into evenly thick pieces
- Step 14. then plate your pasta and sauce combination into your serving dish
- Step 15. Place your chicken strips on top of your pasta
- Step 16. Lastly garnish with parsley and parmesan sprinkle

Nadia's meatballs with marinara sauce and spaghetti.

By Nadia Kurcok

Source: <https://casuallypeckish.com/spaghetti-and-meatballs/>

Ingredients:

Spaghetti and marinara sauce:

20g Pasta
1 Chicken stock cube
3 garlic cloves
1 cup passata
½ teaspoon dark brown sugar
½ onion
½ canned tomatoes
1tsp worcestershire sauce

Meatballs:

250g beef mince
½ cup breadcrumbs
1 garlic clove
Olive oil
½ onion
½ tsp Worcestershire sauce
50g parmesan
2 basil leaves

Method:

Line baking tray with parchment paper

Set oven to 190 degrees

Dice garlic and slice onion

Place mince meat, breadcrumbs, onion, garlic, worcestershire sauce, salt and pepper in a large mixing bowl and mix till combined

Shape meatballs into small round balls

Place meatballs on the baking tray and place in the oven for 10 mins

In a wok add oil. And sliced onions. Fry on medium low heat until softened

Add garlic, chopped tomatoes, passata, a chicken stock cube, worcestershire sauce, dark brown sugar, salt and pepper to the wok.

After 3-5 mins pour the sauce into a jug and blend with a hand blender until smooth

Place the sauce back in the wok and turn up to medium heat and wait for it to boil

Take the meatballs out of the oven if they are cooked through and place them in the sauce for 20-25 mins.

Boil the kettle and put the boiled water in a pot

Place the pasta in

Once the pasta is cooked, drain it and place it in your serving dish

Pour the sauce and meatballs over the pasta in the dish

Grate parmesan cheese on top and place basil leaves on top



Ryan's Sloppy Joes

By Ryan Taylor

Ingredients: minced beef, diced onion, minced clove of garlic, 2 tbsp worcester sauce, 2 tbsp bbq sauce, 1 tsp mustard, ½ tsp bovril

Method: Dice onion and mince garlic, put mince in pot on high heat and add diced onion and minced garlic and let the meat brown when the meat is browned get rid of the grease with tissue and then

Photo:



Kim's Honey Garlic Chicken and Rice

By Kim McMullen

Source: TikTok

Ingredients:

- 3 chicken breasts
- $\frac{3}{4}$ cup of honey
- $\frac{1}{2}$ cup of soy sauce
- 3 garlics cloves
- 3 tsp ginger paste
- $\frac{1}{2}$ cup corn flour
- 250g rice
- Salt and pepper

Garnish(optional)

- Spring onion
- Sesame seeds
- Chilli(fresh)

Method:

1. Wash your hands. Cut up the chicken and place in a mixing bowl with cornflour, salt and pepper. Set aside.
2. Pre-heat the wok with oil, boil the kettle.
3. Add chicken to the wok. Wash and cut up garlic, spring onion and chilli.
4. When chicken is cooked add honey, soy sauce and garlic and ginger paste.
5. Strain rice over the sink and add to the bowl.
6. Take your chicken off the heat and add on top of rice, garnish.



Juno S.'s Chicken Katsu curry and rice

By Juno Sadlier

Source: Eva Pau's chicken katsu curry

Ingredients

2 chicken breast

Salt and pepper

60g plain flour

1 large eggs

120g panko breadcrumbs

500–700 ml neutral oil, for frying

For the curry sauce:

1 tbsp neutral oil

2 medium-sized onions, finely diced

3 cloves garlic, minced

2 cm piece of fresh ginger, grated

1/2 apple, peeled and finely grated

2 tbsp plain flour

2 tsp Japanese curry powder or mild curry powder

600ml water

3tbsp Lee Kum Kee Premium Light Soy Sauce

1 tsp Lee Kum Kee Premium Dark Soy Sauce

2tsp Worcestershire sauce

2tsp tomato puree

To serve:

One packet of boil in the bag rice

Method

1 In a hot pan add oil when hot add the onion and apple , cook for 8-10 minutes until lightly golden and soft

2 Add the garlic and ginger stir fry for 1-2 minutes

3 Sprinkle in the flour and curry powder, stirring constantly for 1–2 minutes then gradually add the water, stirring well to avoid any lumps forming.



4 Use a hand blender and blitz the sauce for 2-3minutes until really smooth. Add the light soy sauce, dark soy, worcestershire sauce, tomato puree, sugar, salt and simmer over a low heat for 2-3minutes,

5 Use a hand blender and blitz the sauce for 2-3minutes until really smooth. Add the light soy sauce, dark soy, worcestershire sauce, tomato puree, sugar, salt and simmer over a low heat for 2-3minutes,

6 Season both sides with salt and pepper then place the flour into a bowl. Beat the eggs in a second, separate bowls and place the panko into a third bowl. Coat each piece of chicken in the seasoned flour then dip in the beaten egg and finally, coat in the panko breadcrumbs. Set aside.

7 heat 2 tablespoons of oil fry the chicken for 5 minutes on each side

8 To serve, place a mound of steamed rice on each plate and slice each chicken katsu thinly. Spoon some of the hot curry next to or over the rice and top with sliced katsu.

Fried broccoli

1 boil broccoli for 3-5 minutes with lid on



Florence's Sweet and Sour Chicken and Egg Fried Rice

By Florence Moorhouse

Source: Helen Moorhouse

Ingredients:

- 2 large chicken breasts
- 1 tbsp rice wine vinegar
- 1 tbsp soy sauce
- 1 green pepper
- 1 red pepper
- 1 spring onion
- 1 egg
- 2 tbsp corn flour
- 300ml chicken stock
- 1 tbsp sugar
- 2 tbsp tomato puree
- 1 tbsp water
- 1 white onion
- 1 tin pineapple
- Sesame seeds
- 1 boil in the bag rice
- 1 egg



Method:

1. Dice the chicken breasts into small cubes
2. Put on the rice to cook in a pan of boiling water
3. Whisk together 1 egg and 1 tbsp cornflour into a small bowl and combine with chicken
4. Leave to sit for five minutes
5. Heat oil in a pan and when its hot enough add in chicken
6. Combine 300ml of chicken stock, 1 tbsp soy sauce, sugar, vinegar and tomato puree and mix.
7. Add to pan and on a medium heat wait until it boils
8. Lower the heat and add in all peppers and onion.
9. Cook for four minutes
10. Combine leftover cornflour and water and add it to the sauce
11. Add chicken into sauce and keep on a low heat
12. Add a small amount of oil to a frying pan
13. Once it heats up add in the egg and scramble it until rubbery
14. Add in your rice and combine
15. Take the chicken and sauce off the heat and add the tin of pineapple
16. Serve the chicken with sauce and rice.
17. Chop up spring onions finely and sprinkle all over
18. Get a small amount of sesame seeds and sprinkle on top



Elvie's Chicken Alfredo

By Elvie Terry

source:<https://www.bbcgoodfood.com/recipes/chicken-alfredo>

Ingredients: 150g pasta,
1 chicken breast,
1 broccoli,
1 bell pepper,
parmesan, 175 ml cream,

Method:

1. chop up chicken breast
2. chop up vegetables
3. start frying chicken
4. boil pasta
5. To a pan add, chicken, cream, parmesan and cook for 5 minutes
6. add veg and pasta
7. serve hot



Katie's sweet chilli chicken and egg fried rice

By Katie O'Toole

Ingredients:

2 chicken breasts
1 tsp paprika
1 tsp garlic powder
1 tsp black pepper
1 tsp sea salt flakes
60 g corn flour
3 egg
1 tsp freshly minced garlic
1 tsp minced garlic
125g sweet chillie
50 ml soy sauce
50 ml cider vinegar
2 bags of rice

#Garnish

Sesame seeds
Coriander
Peppers or chillie (both)



Method:

Step 1. put chicken spices, corn flour and egg in a bowl and mix till chicken is fully covered
Step 2. put oil on the pan
Step 3. half chicken in batches for even cooking speed
Step 4. cook till crispy and fully cooked through on high heat
Step 5. while chicken is frying, make the sauce
Step 6. pour sauce in a small bit at a time on low heat
Step 7. boil rice
Step 8. When rice is boiled start scrambling egg on frying pan and add rice to make egg fried rice
Step 9. Serve chicken and rice together
Step 10. Put garnish on top to complete dish

Dario's chicken and vegetable curry with white rice

By Dario White

Recipe from: @Home with the Practical By Laura Healy

Ingredients:

- 1 onion
- 2 cloves garlic
- 1 red pepper
- 1 yellow pepper
- 1 table spoon vegetable oil
- 2 chicken breast filets
- 150ml of water
- 1 chicken stock cube
- 2 tablespoons curry powder
- 1 table spoon turmeric
- 200ml coconut milk
- Small bunch of coriander
- 200g basmati

Method:

1. cut top off onion and divided through the root remove the skin and dice
2. peel and crush the garlic
3. cut the pepper in half, remove the seeds and membrane and chop into chunks
4. cut chicken into bite size pieces
5. preheat the frying pan to high heat add the oil for 30 seconds add the garlic for 1 Minute
6. add chopped chicken and fry 5-6 mins
7. Boil the kettle. Pour 150 ml of boiling water into a measuring jug, add the stock cube and stir to dissolve.
8. Add the chopped peppers and cook for 2-3 minutes.
9. Add the curry powder or paste and turmeric, stir and cook for 1 minute.
10. Add the stock, coconut milk, tomato purée and a pinch of salt to the curry mix. Stir well.
11. Bring the mixture to the boil, then simmer for 20 minutes, stirring occasionally, until the mixture has thickened.
12. Meanwhile, boil the kettle. While the kettle is boiling, put the rice in a sieve and rinse it under cold running water for about 1 minute to remove the starch. Pour the boiling water into a large saucepan and add a pinch of salt. Place the saucepan on a high heat. Add the rice and cook for 10-15 minutes or until al dente
13. Add the peas to the curry mixture and cook for 4-5 minutes.
14. Drain the rice using a colander or sieve.
15. Wash the fresh coriander, roughly chop it and stir it into the curry mixture.
16. Serve the curry on a bed of rice with a spoonful of natural yoghurt. Garnish with fresh coriander. Serve with flatbreads



Daniel's Steak Noodle Stirfry and Vegetable Skewers

By Daniel Dunne

Ingredients:

1 Ribeye Steak	1 Red Pepper
400g Noodles	1 Yellow Pepper
150ml light Soy Sauce	1/2 Courgette
Paprika Seasoning	1 Small Onion
All spice Seasoning/Garnish	Vegetable oil

Method:

1. Put oil in Wok and set it on stove at high heat. Slice Steak into strips and let marinate in Soy sauce
2. After washing hands, Slice peppers into Strips or chunks and chop Courgette evenly. Cut the onion thick.
3. Put Steak into a small bowl and Season it well with Paprika and All Spice, then put the steak in the wok.
4. Stir Steak well for 5 minutes and make sure both sides of it are cooked and then put the noodles in and set to medium heat.
5. Put 2 Tablespoons of soy sauce on the noodles as you stir. Stir for 4 minutes then put noodles and steak in a large bowl. Check Steak is fully cooked through the middle. If so, place into serving bowl.
6. Put Vegetables in wok and stir with 2 wooden spoons for 8 minutes.
7. Place Vegetables in variety on around 5 skewers. Place Skewers on Plate. Garnish both the Steak Noodle Stirfry and the Vegetable Skewers with All Spice.





Accompaniments



Elvie's Flatbreads

By Elvie Terry

Ingredients:

- .100g yoghurt
- .160g flour
- .Pinch of salt

Method

- 1.heatup pan
- 2.mix ingredients
- 3.roll out onto flat surface about ½ cm thick
- 4.put one at a time onto heated pan for about 2 minutes each
- 5.serve warm

Photo



Florence's Egg Fried Rice

By Florence Moorhouse

Ingredients

- 1 bag rice
- 2 tbsp oil
- 1 egg
- Salt
- Pepper

Method

- Put a drizzle of oil in the pan and let it heat up.
 - Add in 1 egg and scramble until rubbery and slightly overdone.
 - Once it's done, add in the rice, salt and pepper.
 - Combine and keep it mixing for about five minutes
- 1) To serve, chop up some spring onion and sprinkle it on top.



Molly's Greek salad

By Molly Deegan

Source: google

Ingredients

4 mini cucumbers

8 cherry tomatoes

1/3 block of feta cheese

8 pitted black olives

2 tsp olive oil

1 tsp rice wine vinegar

oregano

Method

1. Chop up all the vegetables and put them in a bowl (quarter the tomatoes)
2. Cut feta cheese into cubes and add to the bowl.
3. Mix together the olive oil and vinegar.
4. Pour dressing into the bowl and mix.
5. Garnish with oregano.

Photo



Derry's Summer Salad

By Derry Maguire

Ingredients

- 1 red pepper
- 1 yellow pepper
- 100 of spinach
- 100g of tomatoes
- Hair an iceberg lettuce
- Salad dressing extra virgin olive oil and vinaigrette

Method:

1. Chop up all the pepper
2. Tear up the iceberg lettuce
3. Chop up the tomatoes
4. Add the spinach
5. Add everything in a bowl
6. Add the salad dressing



Caoilinn's flat bread

By Caoilinn O'Carroll

Ingredients

- Flour 80g
- Milk 20ml
- Salt
- Pepper
- Garlic seasoning 1 tsp
- Olive oil
- Sugar 1 tsp
- Baking powder half a tsp



Method

- Sift your flour and baking powder into a bowl.
- Add milk and mix.
- Add salt, pepper, garlic and mix it all together.
- Once it turned to dough.
- Section the dough into 4 balls.
- Roll them into flat ovals.
- Put the pan on the heat and add oil to the pan.
- Put the ovals of dough on to the pan.
- Flip when they're golden brown .
- Take them off the pan when ready.
- Serve.

Ryan's Salad

By Ryan Taylor

Ingredients 2 carrot, quarter cucumber, 12 croutons, microgreens, parmesan, mayo, worcester sauce, mustard, olive oil, salt, pepper, 2 ts0 garlic mill,

Method

Peel and cut carrot, cut cucumber, wash microgreens and dry them, mix $\frac{1}{2}$ tsp worcester sauce in bowl with $\frac{1}{2}$ tsp mustard, $\frac{1}{2}$ tsp olive oil, 2 tbsp mayo, 1 tsp lemon juice, and 2 tsp garlic mill

Photo



Niamh's Side salad with homemade vinaigrette

By Niamh Looker Massey

Recipe from my nanny ally

Ingredients

- Pack of iceberg Lettuce
- Ponnet Tomatoes
- Half a Cucumber
- 3teaspoons of Oil
- Squirt Mustard

Method

Put all lettuce in a bowl

Slice cucumbers into thin slices

And chop tomatoes in half

Then make your dressings add your oil, mustard and salt,pepper,onion powder and nutmeg.



Kim's Flatbreads

By Kim McMullen

Source: Nikki McMullen

Ingredients

- 200g strong bread flour
- 1 tsp baking powder
- 1 tsp salt
- 175g natural yogurt

Method

1. Sieve flour and baking powder into a separate mixing bowl. Add yoghurt and salt. Mix until a dough forms then knead for 2 minutes.
2. Roll dough into 5 balls.
3. Add flour to your surface and your rolling pin
4. Roll each ball into a flat circle, about half a centimeter thick.
5. Add 2 flatbread circles to pan at a time, cook for 2–3 min each side



Sam C's Caprese salad

By Sam Connor

Ingredients

- 2 tomatoes
- 2 mozzarella balls
- Rocket
- Basil

Method

- Chop your tomatoes and mozzarella balls into thinly sliced pieces
- Put rocket on plate as a carpet and place ur ingredients in a italian flag way



Eve's Wholemeal Flatbread

By Eve Galbraith

Source - The Happy Pear Boys

Portions - 2

Ingredients :

- 100g wholemeal flour
- ½ tsp baking powder
- 75ml greek yogurt



Method :

- ★ In a mixing bowl, mix together the flour, baking powder and greek yogurt till an even consistency
- ★ Bring together with your hands and knead for 5mins till soft and pliable
- ★ Lightly dust a clean surface with flour and roll out each dough separately till flat and thin.
- ★ Put a large non stick pan on a high heat, once hot reduce heat to medium
- ★ Place one of rolled out flatbreads in a pan and cook till it starts to golden, it may start to form air pockets. Turn and cook on the other side. Repeat with the remaining flat breads.
- ★ Serve whatever way you like !



Desserts



Kate's Apple Tart with cream and fruit

By Kate Brooks

Recipe adapted from: adapted from the book @home with practical by laura healy

Ingredients:

- Butter 100g (50 +50)
- Plain flour 175g (+extra for pastry 30g)
- Eggs 1(+1 if needed)
- 2 cooking apples
- Cream (1 squirt)
- Raspberries 3
- Strawberry 1
- Blueberries 2

Method:

Preheat oven to 180C , butter pie dish - wash hands

Pastry: mixing bowl - sieve four - butter (cubes)

Food processor - 1min -mixing bowl - stir in sugar

Separate bowl: beat egg, add to mixture gradually

- Table knife to form dough
- Wash hands

Counter - flour knead dough , cut in half

Flour - counter form base - roll - dish - cut edges

Apples: chopping board, peel , core ,cut thinly x2

Put in dish , sprinkle sugar on top

Flour - counter: form top dough, cut edges , poke holes on top, glaze with egg wash, re poke holes - into oven 30 mins

Clean up / wipe unit - wash hands

Wash equipment - dry

Evaluate - take out of oven - garnish - serve

Photo:



Emily's Orange Chocolate Cupcakes

By Emily Bonny

Ingredients

- 125g butter
- 125g caster sugar
- 2 eggs
- 150g self-raising flour
- 2 tbsp cocoa powder
- 1-2 tbsp milk
- 1 tbsp orange extract
- 140g of butter
- 275g icing sugar
- 1-2 tbsp milk
- orange food colouring
- chocolate orange slices 12x

Method:

- 1.cream the butter +sugar then add the eggs
- 2.add dry ingredients, cocoa powder +flour
- 3.whisk slowly add food dye and milk
- 4.Spoon batter into cases and put in the oven for 15-20mins
- 5.mix butter+icing sugar slowly add food dye
- 6.whisk until light and fluffy scoop into icing bag
- 7.take out cupcakes to cool
- 8.pipe and decorate to serve

Photo



Isabel Pixy's Chocolate Swiss Roll

By Isabel Murphy Hunt

Recipe-@home with the practical Second edition by Laura Healy

Ingredients

- 3 large eggs
- 100g of caster sugar
- 65g of self raising flour
- 20g of cocoa powder
- 150ml of heavy whipping cream
- 1-2 tsp of icing sugar
- 1tsp of icing sugar for dusting

Method

- preheat the oven to 180 degrees celsius,line the swiss roll tin with greaseproof paper
- place sugar and eggs into a mixing bowl and beat with an electric whisk until light in colour,airy and doubled in size.
- sive the cocoa powder and flour into the egg mixture and gently fold with a spatula [make sure to not knock the air out of the mixture.]
- pot mixture into the lined tin ,ensuring it's flat and reaches every corner.
- bake in the oven for 10-15 minutes or until the sponge bounces back when pressed.
- in a bowl pour heavy cream and icing sugar and whisk using an electric whisk until soft peaks are formed
- Take the swiss roll out of the oven,turn out the swiss roll onto sugared greaseproof paper,peel off discarded greaseproof paper backing,gently roll up your swiss roll and allow to cool for 4-5 minutes .
- gently un-roll swiss roll
- spread whipped cream over the swiss roll and re-roll
- place swiss roll on plate and dust with icing sugar and sprinkles

Photo



Ailbhe's Lemon Soufflé

By Ailbhe Kavanagh

Recipe adapted from: Mary Berry (BBC Food)

Ingredients:

- ★ 2 lemons
- ★ 4 eggs (4 whites, 2 yolks)
- ★ 6 tbsp caster sugar
- ★ 3 tbsp cornflour
- ★ 1 tbsp plain flour
- ★ 90 ml double cream
- ★ 110 ml full fat milk
- ★ Butter for greasing
- ★ Caster sugar for the ramekins



Method:

1. Preheat the oven to 180°C fan
2. Melt the butter in a microwave safe bowl
3. Spread the butter inside 6 ramekins with a pastry brush and spread your extra sugar on the ramekin walls (it should stick to the melted butter)
4. Leave the ramekins in the fridge to cool
5. Grate the zest of the lemons off and juice them
6. Separate the eggs (2 yolks and 4 whites) into two separate bowls
7. Add the caster sugar to the yolks and mix with a fork until it creates a pale paste
8. Using an electric whisk, mix the cream, flour and the cornflour into a paste
9. Heat milk over medium heat on the hob till it begins to boil
10. Whisk (hand whisk) the milk into the cream, flour and cornflour paste
11. Thicken using hand whisk over heat
12. Add the lemon juice and zest and whisk in
13. Add the yolk and sugar paste and mix continuously on the hob till it begins to thicken (the texture should be like custard)
14. When it thickens leave the mixture to cool till step 16
15. Whisk the egg whites using an electric whisk into soft peaks
16. Slowly fold the cooled mixture into the egg whites with a spatula till it has a pale yellow colour all over
17. Pour your mixture into your pre prepared ramekins, fill to the brim, then run a thumb or knife around the inner rim to help the soufflé rise
18. Place the ramekins onto a baking tray then into the oven for 10 to 15 minutes till the soufflés rise, being careful not to open the oven door while they cook
19. When finished lightly dust with icing sugar, serve and enjoy!



Alastair's apple and blackberry crumble

By Alastair Kehoe

Recipe - @home with practical by Laura healy

Ingredients

filling:

2 cooking apples

50g caster sugar

60g blackberry

Crumble:

175g plain flour

110g butter

110g sugar

1 tablespoon oats

Method

- 1) Preheat oven to 180
- 2) Peel and core the apples and cut into slices
- 3) Place apples and blackberries into the saucepan and stew for 5-6 minutes
- 4) Sieve the flour into mixing bowl
- 5) Cut the butter into cubes and rub the butter into the flour using your finger tips
- 6) Stir in caster sugar
- 7) Pour the stewed fruit into the ovenproof dish
- 8) Place the crumble evenly on top
- 9) Bake for 30-35 minutes till golden

Photo



Fia Ni C's Red velvet cupcakes with cream cheese frosting

By Fia Ní Chíobháin

Recipe adapted from: janes pastries

Ingredients

175g flour
2 eggs
150g caster sugar
75g butter
1tsp vanilla extract
1tsp red food colouring
15 g cocoa powder
125ml buttermilk
1tsp of sodium bicarbonate+baking powder
1tsp of vinegar
185g cream cheese
150g icing sugar
150g butter
1tsp vanilla extract

Method

- start by putting your oven on to 180 and lay out your bun cases in the cupcake tin.
- Then combine your butter and sugar and mix until fluffy.
- Add your 2 eggs
- Add food coloring and vanilla extract and mix
- turn hand mixer to slow setting and then add in cocoa powder.
- then add in half of your buttermilk and half of your flour and beat.
- then the other half of your buttermilk and flour and beat again.
- finally add your vinegar and bicarbonate soda and baking powder and mix
- fill $\frac{3}{4}$ way up in cupcake cases and place in oven

Cream cheese frosting

- combine butter and icing sugar and beat
- add cream cheese and vanilla extract
- Pipe onto buns with a piping bag and garnish with crumbs of a cupcake
- You can either cut the top off of a couple or use a whole one and crumble up pieces and sprinkle on top.
- Clean up and evaluate.

Photo



Sam S's Apple Tart

By Sam Stephens

Source: Ms Cusack

Ingredients:

Pastry

- 100g cold butter + 1 tsp for greasing
- 50g caster sugar
- 1 egg
- 175g plain flour

Filling

- 2 bramley apples
- 50g caster sugar

Method:

- Preheat the oven to 190°C
- Grease pie tin with butter
- Peel, core and chop the apples
- Stew apples in pot with sugar and water for 5 minutes
- Blend butter and flour together until they resemble breadcrumbs
- Move to bowl and add mix in egg
- Half pastry, roll both sides out for base and top
- Place base in tin then add apples and top
- Poke holes in top with fork and add to oven for 10 minutes.



David's Tiramisu

By David Simoes Faustino

source: <https://tastesbetterfromscratch.com/easy-tiramisu/>

Ingredients

Mascarpone 225g

Heavy cream 360g

Sugar 65g

Lady fingers 24

Coffee 500 mls

Chocolate 40g

Heavy cream 30g

Method

1. With an electric whisk, whip the heavy cream until soft peaks form
2. Add the mascarpone and sugar and gently fold
3. Dip the half the lady fingers in the coffee and place in a glass tray then add a layer of the cream on top and repeat
4. Place in the fridge at last 30 minutes
5. Using a double boil method melt the chocolate and then mix in the extra heavy cream
6. Pour the chocolate sauce on the tiramisu and serve



Nora's Rice Pudding

By Nora Ardiff

Adapted from: hintofhelen.com

Ingredients

700ml milk

125g pudding rice

2 ½ tbs sugar

1 tsp vanilla extract

¾ tbs cinnamon

1 tsp ground clove

2-3 edible flowers

Method

Combine milk and rice in a saucepan and warm on low heat

Once the milk has soaked into the rice a little bit, add the rest of the ingredients and increase the temperature.

Stir the pudding periodically, remove from the heat once the milk has fully thickened, serve.



Isabelle's Raspberry And Dark Chocolate Streusel Muffins

By isabelle O'Connell

Recipe adapted from @home with the practical by laura healy

Ingredients

For the crumble

75g plain flour
50g butter
50g brown sugar

For the muffin

75g raspberries
50g butter
32g brown sugar
32g caster sugar
1 egg
62g greek yoghurt
1 tsp vanilla extract
50 ml milk
125g self raising flour
1tsp backing powder
50g dark chocolate

Method

- Preheat oven to 180
- Put 6 muffin cases in a tray
- Rub in the crumble mixture together
- Cream the butter with an electric whisk
- Add sugar
- Add eggs
- Add yoghurt milk and vanilla extract
- Folded in the sieved flour
- Gently fold the raspberries and dark chocolate
- Put to tables spoons of batter in each muffin
- Cook for 20-25 mins till golden brown and a clean skewer inserted

photo;



Mya's Apple and Blackberry Crumble

By Mya Deegan

Recipe adapted from Good Foods bbc.

Ingredients

- 120g plain flour
- 60g caster sugar
- 60g unsalted butter
- 300g braeburn apple
- 30g unsalted butter
- 30g demara sugar
- 115g blackberries
- ¼ tsp cinnamon
- Pinch of demerara sugar for garnish
- 6 blackberries on top for garnish

Method

- Mix flour, sugar and butter in a bowl with fingertips.
- Place on a baking tray in the oven for 15 mins.
- Peel and cut apples and add butter, sugar, apples, blackberries and cinnamon to the saucepan for 9 mins.
- Add crumble and fruit to an oven proof dish for 5-10 mins in the oven.
- Take out of the oven and leave to cool.
- Then serve.
- <https://www.bbcgoodfood.com/recipes/apple-blackberry-crumble>

Photo:



Fiona's Coffee Cupcakes

Recipe adapted from <https://charlotteslivelykitchen.com/coffee-cupcakes/>

By Fiona Lee

Ingredients

165g Margarine
165g Brown Sugar (I use light soft brown or light muscavado)
150g Self Raising Flour
½ tbsp Cocoa Powder
¼ tsp Salt
3 tbsp Coffee (I use liquid coffee not powdered)

Icing

125g Softened Butter
250g Icing Sugar
1 ½ tbsp/ 2 tbsp Coffee (depending on how strong you want it)



Method

1. Preheat your oven to 160°C
2. Whisk the margarine and sugar together in a mixing bowl using an electric whisk, until the butter is soft and the sugar is fully mixed in. Scrape down the sides with a spatula
3. In a small bowl crack in the eggs and mix with a fork
4. Whisk in the eggs and coffee to the sugar and butter mixture, it will look slightly lumpy/seperated but it will become smooth when the flour is mixed in
5. Sieve in the flour, cocoa powder and salt and whisk them in until the batter is smooth, make sure to scrape down the sides
6. Spoon the batter into a lined cupcake/muffin tin, it should make 12 cupcakes
7. Place in the oven and bake for 20-25 minutes or until a skewer/chopstick comes out clean and the top of the cupcakes bounce back
8. Move onto a wire rack to cool

Icing

1. Place the butter into a bowl with the coffee
2. Sieve in the icing sugar
3. Whisk the ingredients until the icing is smooth and spreadable with an electric whisk, if needed add a little milk to make the icing softer
4. Spread the icing over the cooled cupcakes with a warm offset spatula/knife
5. Decorate with sprinkles of your choosing or sieve a little cocoa powder over



Casey's Apple Pie

by Casey Homer

Source: @home textbook by Laura Healy & BBC good food

Ingredients:

Pastry

100g butter, plus teaspoon for greasing
175g plain flour
50g caster sugar
1 egg save some for glaze
1-2 tablespoons of milk*

equipment

2x mixing bowls
sieve
sharp knives
wooden spoon
peeler
corer
white chopping board
rolling pin
fork knife and spoon
pie dish

Filling

3-4 medium cooking apples
140g caster sugar
1 Tsp of cinnamon with a pinch of nutmeg
3 tbsp of flour

Method:

Step 1: pastry

Preheat the oven to 190C/fan. Grease pie dish with a little butter. Sieve the flour into one of the bowls and add the cubed butter. Rub the butter into the flour using your finger tips until it resembles breadcrumbs. Stir in the caster sugar. In a separate bowl beat the egg with a fork and add it to the butter mixture. Mix it by using a table knife to bind the mixture until it forms a ball (add a little milk if needed). Wrap it up in cling film and put it in the fridge for 10-15 mins.

Step 2: filling

Peel and core the apples. Slice them into 5mm slices not too thin. Add the flour, sugar, cinnamon and nutmeg to the other bowl and whisk together then toss in the apple slices and fully coat them.

Step 3: assembling

Get out the pastry. Flour the work surface with flour and put the pastry on it ready to roll. Cut the pastry in half, one for top and one for base. Flour rolling pin and roll out base turning constantly while rolling gently lift it onto the plate and place the apple slices in the centre. Roll out the top and place it on the pie, closing the edges with a fork and glazing it with the leftover egg. Cook for 20-25 minutes. Let it cool and serve.



Minnie's apple crumble

By Minnie Swan

Apple crumble Recipe from - Ann Faherty

Ingredients

2 medium cooking apples
100g plain flour
50g caster sugar
50g rolled oats
60g butter + some for greasing
2 teaspoon cinnamon
50g caster sugar
2 tablespoon water

** I halved the original recipe**

Method

- On a white chopping board peel and core apples
- Then cut into slices and add to a pot with sugar cinnamon and water
- While apples are stewing combine flour,sugar and butter into a bowl and rub in till it looks like bread crumbs,and no lumps
- Sprinkle over oats and cinnamon sugar on top
- Assemble apples and crumble in a oven proof dish and bake for **25mins** until golden brown

Photo:



Sophiemai's Apple Crumble

By sophiemai doyle

Source: Ms Morris

Ingredients

For the crumble topping

- 180g of plain flour
- 110g of caster sugar
- 110g of butter
- 1tbsp of oats

For the filling

- 2 small cooking apples
- 50g of caster sugar
- 2 tbsp of cinnamon

Garnishes

- 1tbsp of cinnamon
- 1tbsp of caster sugar
- Mint leaves
- Whipped cream

Method

1. Preheat the oven to 180 degrees, grease a cooking dish with butter
2. Peel, core and slice the 2 cooking apples into even 1 inch pieces
3. In a saucepan, and your sliced apples along with 3-4 tbsps of water, 50g of sugar and 2tbsps of cinnamon. Stew on a low heat until the apple becomes soft
4. In a large bowl, sift in the 180g of plain flour and mix in the sugar
5. When the flour and sugar is mixed, add in your cubbed 110g of butter and rub into the flour and sugar till it resembles breadcrumbs.
6. When the apples are done stewing, pour them into a greased cooking dish and then spoon the crumble topping on top.
7. Sprinkle a bit of caster sugar and cinnamon and 2tbsp on oats of top before baking for 20-25 minutes
8. After its ready, take out the apple crumble from the oven and allow it to cool before putting the garnishes on top
9. When cooled, sieve some icing sugar on top and put a pit of whipped cream in the middle and place mint leaves on top.

Photo



Fia P's Raspberry and Dark Chocolate Streusel Muffins

Source - <https://bromabakery.com/blueberry-streusel-muffins/>

By Fia Povey

Ingredients

(for the muffins)

-130g froze raspberries

-57g softened butter

-100g caster sugar

-1 large egg

-3 tbsp milk

-3 tbsp greek yogurt

-130g plain flour

-½ tsp of baking powder

-60g dark chocolate

(for the strusel)

-55g butter

-70g brown sugar

-83g flour

-1 ½ tsp cinnamon

Method

- 1- Preheat the oven to 180 degrees and line a tray with six muffin cases
- 2- (Struesel)- melt the butter in a sauce pan, take off the heat and then add in the sugar, flour and cinnamon — place to the side
- 3- (Muffins)- Beat the butter and sugar till very pale and fluffy, around 5 minutes
- 4- Add in the eggs, milk and greek yogurt and beat till combined
- 5- Sieve your flour and baking powder in and fold in gently
- 6- Chop your dark chocolate, add to the bowl with your frozen raspberries and fold till combined
- 7- Spoon your mixture into the muffin cases and add the crumble on top making sure to press it down before baking
- 8- Bake for 17-20 minutes until golden on top and risen. Let them cool and dust with icing sugar



Anna's Apple and Blackberry crumble

By Anna McHugh

Source: @Home with the practical second edition by Laura Healy

Ingredients

- 2 Medium cooking apples
- 25g caster sugar
- 2tbsp water
- 87g plain flour
- 55g butter
- 50g caster sugar
- 25g blackberries
- Icing sugar
- Cream

Method

1. Preheat the oven to 180 degrees, peel core and slice the apples
2. Place apples in a saucepan with the 25g or caster sugar and water on a low temperature for 8 mins
3. Sieve flour into a blender add butter and mix, once it looks like bread crumbs stir in the 50g of caster sugar
4. When its been 8 mins your apples should be soften, pour them into an ovenproof dish add the 25g of blackberries and put your crumble on top
5. Leave in the oven for 35 mins
6. Once its been 35 mins serve in our dish and sprinkle icing sugar on top



Amelie's Vanilla cupcakes with buttercream topped with maltesers 🧁

Source; adapted from <https://www.bbcgoodfood.com/recipes/vanilla-cupcakes>

Ingredients

- 100g soften butter
- 100g caster sugar
- 100g self rising flour
- 2 eggs
- 1 tsp vanilla extract

For buttercream

- 100g icing sugar
- 100g soften butter
- 1 tsp vanilla extract
- 1tbsp milk
- Maltesers



Method

- Preheat oven to 180 degrees
- Line cupcake tin with cases
- Beat the Butter and sugar using an electric mixer until you form a creamy texture
- Add the egg and vanilla extract and beat
- Add the self rising flour and mix with a wooden spoon
- Evenly separate the mixture into the cupcake cases and put in the oven for 15-17 minutes
- Take out of the oven and leave to cool on a wire rack

For buttercream

- Beat the icing sugar and butter until creamy
- Add the vanilla extract and milk and beat

To decorate

- Put icing into icing bag and ice the cupcakes
- Crush a few maltesers and sprinkle them on top
- Place a full maltesers on each cupcake

By Amelie Blonde

Skye's red velvet cookies

By Skye O'Callaghan

Source; bbcgoodfood.com

Ingredients

- cream cheese -1tbsp
- brown sugar - 100g
- vanilla extract - 1 tsp
- icing sugar - 3 tbsp
- butter - 88g
- caster sugar -50g
- small egg - 1
- red food colouring - 1 tbsp
- plain flour - 113g
- cocoa powder 13g
- bicarbonate of soda - ¼ tsp
- white chocolate chips - 75g

Method

- 1.preheat the oven to 170 degrees fan
- 2.use electric whisk to mix butter and sugar together
3. Beat in the egg, vanilla extract and food colouring to the bowl
4. Sieve in the flour , cocoa powder and bicarbonate of soda
- 5.fold until evenly coloured dough , add in the chocolate chips
6. Chill the dough in the freezer for 10 minutes in a ziplock bag
- 7.get cookie dough out of freezer and roll into balls
8. Have two baking trays with baking paper and then put the cookies in the oven for 15 minutes
9. Mix cream cheese and icing sugar together
- 10.once cookies are out , drizzle icing and taste

Photo;

