

NOS RECIPE BOOK

Created by the Student Parliament




"Never Give Up"

By TCES National Online School


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**We, the Student Parliament,
have created this recipe book
to fundraise for a charity and
express our favourite and
intresting recipes we love.**

**Our motto “*NEVER GIVE UP*” is there for
motivation and to remind everyone not
to give up, not only with activities but
with cooking and life.**



Chels, Matthew, Bree & the Student Parliament Team.



LENTIL BOLOGNAISE



Ingredients:

1 x Bag of Pasta
Lentils (Pre cooked bag)
1 x Onion
1 x Garlic Clove
Passata / Chopped Tomatoes
1 x Red Pepper
1 x Chilli Flakes Herbs
1x paprika herb powder
1 x Basil Herb
Splash of Olive Oil.

Serves 4 people.

Cooking instructions:

1. Chop Onion
2. Chop Garlic
3. Cook gently (Sautee) Onion & Garlic in a pan
4. Add Passata to pan (the pan with onion and garlic in)
5. Sprinkle in mixed herbs into the pan (+ Add a pinch of salt)
6. Add in Lentils
7. Cook for 15 minutes (this brings all the flavour together)
8. Cook Pasta
9. Add Pasta into the pan with the bolognese sauce (always take pasta to sauce, not the other way around)
10. Serve and Enjoy!

CHOCOLATE BANANA BREAD



Ingredients:

2-3 (340g) mashed medium ripe bananas
75g melted unsalted butter
1/2 teaspoon baking soda
1 pinch salt
75g white sugar
75g brown sugar
1 large egg (beaten)
1 teaspoon vanilla extract
205g plain flour
70g chocolate chunks or chips
1 teaspoon cinnamon (optional)

Cooking instructions:

1. Preheat oven to 180c
2. Lightly grease loaf tin with butter
3. Add bananas to a large bowl and mash with fork
4. Add melted butter to bowl and mix into bananas (can still use same fork)
5. Whisk egg in separate bowl. Add beaten egg, baking soda, salt, vanilla extract, white and brown sugar to the large bowl and mix together
6. 6. Add the flour and cinnamon (optional) to the bowl and mix Use a spatula to scrape the sides and bottom of the bowl to make sure it's all mixed in together.
7. Add the chocolate to the bowl and mix again
8. Pour batter into loaf tin
9. Put loaf tin on middle shelf of oven and bake for 55-65 minutes - check with a toothpick until it comes out clean

FIVE INGREDIENT BROWNIES



Ingredients:

370g chocolate spread
2 large eggs
65g plain flour
1/2 teaspoon of salt
120g milk or dark chocolate chips

Cooking instructions:

1. Put the chocolate spread and eggs in a large mixing bowl and beat together with an electric hand mixer or whisk
2. Add the flour and salt and fold in with a wooden spoon
3. Fold in the chocolate chips until they are evenly distributed
4. Scoop the batter into the baking tin and smooth the top of it with the wooden spoon
5. Bake for 20 minutes until a light, crackly crust forms then leave to cool completely (for 2-3 hours!)
6. Cut into 16 squares and enjoy!
7. You can keep these in an airtight container for up to 5 days.

SUNSHINE SMOOTHIE



Ingredients:

500ml of Carrot Juice or Chopped 200g
Pineapple Fresh or Canned
2 Bananas Broken Into Chunks
Juice 1 Lime

Cooking instructions:

1. Wash your hands
2. Chop fruit
3. Weigh fruit
4. Put in blender
5. Whisk in blender until thick
6. Pour into glass or drinks container

BANANA BREAD



Ingredients:

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

Cooking instructions:

Step 1 Heat the oven to 180C/160C fan/gas 4. Butter a 900g loaf tin and line the base and sides with baking parchment. Beat the softened butter and sugar together using an electric whisk until light and fluffy. Combine the egg and vanilla extract and pour this in, a little at time, mixing between each addition. Fold in the flour, a pinch of salt, the baking powder, mashed banana and all but a handful of the chocolate chips.

Step 2 Scrape the mixture into the prepared tin and scatter over the rest of the chocolate chips. Bake for about 50 mins, or until puffed up and cooked through – a skewer inserted into the middle of the loaf should come out clean. Leave to cool in the tin for 10 mins, then remove to a wire rack and leave to cool completely.

CHICKEN AND PEPPER KEBABS



Ingredients:

2 chicken breasts
2 red peppers
4 medium long shallots (or 1 onion)
8 medium sized mushrooms
2 tbsp olive oil
Salt & pepper
1 tsp of spices to taste (e.g Ras el Hanout, smoked paprika, cumin, garlic granules, whatever you like!)

Cooking instructions:

1. Preheat oven to 180C (fan)
2. Line a baking tray with greaseproof paper and find 4 metal kebab skewers
3. Cut chicken into 16 chunks/cubes, peppers into 16 pieces, peel and cut shallots in half (8 pieces) or an onion into 8 chunks, cut stalks off the mushrooms
4. Put the olive oil in your large mixing bowl and mix in your chosen seasoning's and spices. Add all your chunks of ingredients and mix around well (try and get them all coated)
5. Each kebab will have - 4 pepper, 4 chicken, 2 mushrooms, 2 shallots/onion pieces, in any order you like.
6. Place your skewers onto the baking tray & drizzle over any leftover seasoning.
7. Cook in the oven for 20 minutes, turning the skewers after 10 minutes to ensure that the chicken is properly cooked and the peppers are soft.
8. When taking the skewers out of the oven, be careful not to burn your hands on the metal skewers - they will be hot!

PIE-STIE



Ingredients:

Cheese - as much as you want
Your own pastry any one you would like
3 diced onions
3 potatoes cut into slices

Cooking instructions:

Make sure you have the potatoes peeled and chopped and cooked and before starting anything else then start on the onions.

About 40 degrees and cook it for 30-50 and make sure you used baking paper on the baking tray so it doesn't ruin your pan or your food.

Once it has all cooked put them together in the pastry and then cook it for about 30-50 mins.

FRENCH TOAST BITES



Ingredients:

1-2 slices of bread
1 egg, a pinch of cinnamon
15 g butter
Maple syrup
1 sliced banana
2 tbsp greek yogurt

Cooking instructions:

Cut the bread into 1 inch cubes. Crack 1 egg into a bowl and use a fork to mix the egg with a pinch of cinnamon. Add the bread cubes and cover them with the egg mixture from all sides.

Heat the butter in a frying pan at medium heat. When it's melted add the cubes and fry them until they are golden from all sides. Use a spatula to help you move and flip the cubes. You can then increase the heat for a couple of minutes if you like them darker.

We serve the cubes drizzled with maple syrup on a plate and with banana slices and greek yogurt on the side.

MAPLE PECAN CHOCOLATE CHUNK BANANA BREAD



Ingredients:

For the batter:

3 medium bananas mashed
55g packed light brown sugar
118ml pure maple syrup
60ml sunflower or canola oil
2 large eggs, room temperature
1 teaspoon pure vanilla extract
235g all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
½ teaspoon salt
75g chopped pecans
100g dark chocolate chunks

For the topping:

45g chopped pecans
1 tablespoon coarse sugar

Cooking instructions:

1. Preheat oven to 350°F (175°C). Line an 8.5x4.5-inch or 9x5-inch loaf pan with parchment paper, leaving an overhang for easy removal. Grease any exposed sides.
2. In a large bowl, mash the bananas until smooth. Mix in the brown sugar until combined. Add maple syrup, eggs, oil, and vanilla extract; whisk until the mixture is uniform.
3. In a separate bowl, whisk together flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
4. Gradually fold the dry ingredients into the wet mixture until just combined. Be careful not to overmix. Gently fold in the chopped pecans and dark chocolate chunks.
5. Pour the batter into the prepared loaf pan. Sprinkle the top with the additional chopped pecans and coarse sugar. Bake for 45-55 minutes, or until a toothpick inserted into the center comes out clean.
6. Allow the bread to cool in the pan on a wire rack for 15 minutes. Then, using the parchment overhang, lift the loaf out and let it cool completely on the rack before slicing.

APPLE CRUMBLE



Ingredients:

3-4 large apples peeled, cored, cut into 1 cm cubes + 1 tbsp plain flour
300gr, (1 and 2/3 cups) of flour
50g brown sugar for the filling
200g of butter cubed at room temperature + extra for greasing
175g brown sugar
Pinch of salt, ground cinnamon

Cooking instructions:

1. Preheat the oven to 180C/ Fan 160C / Gas mark 4.
2. Place the flour, sugar, salt in a large bowl and mix well. Taking a few cubes of butter at a time rub into the mixture. Keep rubbing until the mixture resembles breadcrumbs and all the butter is well incorporated.
3. Place the fruit in a large bowl and sprinkle over cinnamon sugar and flour. Stir well, being careful not to break up the fruit.
4. Butter a 24cm ovenproof dish.
5. Spoon the fruit mixture into the bottom and the crumble mixture on top.
6. Bake for 30-35 min, OR until the crumble is browned and the fruit mixture is bubbling.
7. Serve hot with custard.

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CHICKEN KATSU CURRY



Ingredients:

100g flour, seasoned with lots of salt and pepper
1 free-range egg, lightly beaten
200g Japanese panko breadcrumbs
4 boneless chicken breasts
100ml groundnut or vegetable oil
Steamed rice and salad to serve

For the curry sauce:

1 tbsp groundnut or vegetable oil
1 onion, peeled and chopped
5 whole garlic cloves, peeled
2 carrots, peeled and chopped
2 tbsp plain flour
1 tbsp medium curry powder
600ml chicken stock
2 tsp honey
1 tbsp soy sauce
1 bay leaf
1/2 tsp garam masala

Cooking instructions:

To make the sauce, heat the oil in a small pan. Add the onion and garlic and sauté for 2 minutes, then throw in the carrots and cook slowly for 10 minutes with the lid on, giving the odd stir occasionally. You want to sweat the vegetables until softened and starting to caramelise. Stir in the flour and curry powder and cook for a minute. Slowly pour in the stock bit by bit until combined (do this gradually to avoid getting lumps). Add the honey, soy sauce and bay leaf and bring to the boil, then reduce the heat to a slow simmer and cook for 20 minutes. The sauce will have thickened and taken on all of the flavours, although you still need it to have a pouring consistency. Add the garam masala, then pass the sauce through a sieve. (Some people might like a chunky sauce, so feel free not to strain it, but I prefer it nice and smooth.)

Now prepare the chicken. Lay the seasoned flour, egg and breadcrumbs on separate plates. Coat the chicken in the flour, then dip into the egg and finally into the breadcrumbs. Heat the oil in a frying pan and fry the breaded chicken breasts for 5 minutes on each side, or until golden and cooked through. Remove from the pan with a slotted spoon and leave to drain on kitchen paper. Slice the chicken diagonally and serve with the sauce drizzled over, steamed rice and salad.

RED VELVET MUFFIN



Ingredients:

1 tbsp cocoa
1 tsp bicarbonate of soda
1 large egg
150g, (1 and 1/4 cups) of flour
150g or 3/4 cup of caster sugar
1 tsp vanilla paste
50g or 1/4 cup of butter (softened)
100ml or 1/3 cup of buttermilk or kefir
50ml or 1/4 cup of vegetable oil
1 tsp white vinegar
1 tbsp red gel food colouring
100g or 1/2 cup butter (softened)
225g or 1 and 1/8 cup of icing sugar
100g or 1/2 cream cheese

Cooking instructions:

1. Preheat the oven to 180C/ Fan 160C / Gas mark 4.
2. Line a cupcake tin with 12 cupcake cases and set aside. Sieve the flour, cocoa, bicarb and a pinch of fine salt into a medium bowl and mix to combine.
3. Using an electric hand whisk, beat together the butter and sugar until light and fluffy, then beat in the egg, vanilla, buttermilk, oil and vinegar until combined. Gradually mix the wet ingredients into the dried. Once combined, mix in the red food colouring until you have a deep red mix – the colour may vary depending on what brand you use.
4. Divide the batter between the cupcake cases and bake for 15 mins, or until a skewer inserted into the centre of a cake comes out clean.
5. While the cakes are cooling, make the icing.
6. Beat together the butter and icing sugar using an electric whisk or by hand until pale and fluffy, about 3 mins, then beat in the cream cheese for a further 1-2 mins until well combined.
7. Once the cakes are cool, use a piping bag fitted with a star nozzle to cover the cakes with the cream cheese icing, or dollop the icing on top using a spoon.

STEAK PIE



Ingredients:

1 large egg - beaten
Flour seasoned with salt and freshly ground pepper for dusting
200 ml, (3/4 cup) of beef stock
Olive oil or vegetable oil
1 onion, sliced, salt, pepper, parsley, thyme
Ready-rolled shortcrust pastry

Instead of beef you may want to use chicken, meat-free options, vegetables, or sweet, fruity fillings!

Cooking instructions:

1. Dust the cubed steak with the seasoned flour.
2. Heat the oil in a large heavy-bottomed pan and fry the meat, stirring frequently, until browned on all sides.
3. Add the sliced onions, herbs, salt and freshly ground black pepper and the stock and bring to the boil.
4. Reduce the heat and simmer gently.
5. Preheat the oven to 190C/375F/Gas 5.
6. Half-bake the case in an oven proof dish while the filling cooks.
7. Transfer the filling mixture to the baked case and cover it with a sheet of the pastry.
8. Dampen the pastry rim by brushing with beaten egg.
9. Cut a piece of pastry to fit across the top of the dish and place on top of the dish, pressing the edges together to seal.
10. Decorate with pastry trimmings, make a steam hole in the centre of the pie by slashing with a sharp knife, then brush with more beaten egg.

TOAD-IN-THE-HOLE



Ingredients:

4 large eggs, lightly beaten
150gr, 1 cup flour (plain)
250 ml, 1 cup of milk
8 pork sausages
1 onion, finely sliced (skip it if you don't like onion)
1 tbs of oil

For the gravy
1 onion, sliced
1 tbsp vegetable oil
2 tsp plain flour
2 tsp mustard
2 tsp Worcestershire sauce
1 vegetable stock cube, made up to 300ml or a bit more than 1 cup

Cooking instructions:

1. PREHEAT OVEN TO 7, OR 220 Celsius
2. Make the batter. Put the flour in a bowl, add the eggs and slowly mix in the milk then beat until smooth.
3. Put the sausages in an oven proof baking dish, scatter over the sliced onion and drizzle over the oil. Roast for 15 mins.
4. Remove the dish from the oven, pour the batter over and around the sausages then return to the oven.
5. Cook for a further 35 mins or until the sausages are cooked through and the batter is golden on top.

For the gravy

1. Heat a deep frying pan or saucepan and fry the remaining onion in the oil for 5 mins until golden.
2. Sprinkle over the flour and cook, stirring until thickened.
3. Add the mustard, Worcestershire sauce and, gradually, the stock, stirring until smooth and thickened to your liking.

SPAGHETTI MEATBALLS




Ingredients:

2 eggs
100gr breadcrumbs
85g parmesan cheese
500g pork mince and 500g beef mince
1 tbsp of caster sugar
Spaghetti
Olive oil
Chopped tomatoes
Passata
2 cloves of garlic

Cooking instructions:

1. First, make the meatballs. Add the mince, onion, parmesan, breadcrumbs, eggs and lots of seasoning. Get your hands in and mix together really well – the more you squeeze and mash the mince, the more tender the meatballs will be.
2. Heat the oven to 220C/gas 7.
3. Roll the mince mixture into about golf-ball-sized meatballs, then spread them out in a large roasting tin – the meatballs will brown better if spaced out a bit.
4. Drizzle with a little oil (about 1 tsp per portion), shake to coat, then roast for 20-30 mins until browned.
5. Meanwhile, make the sauce. Heat the olive oil in a large saucepan. Add the garlic cloves and sizzle for 1 min.
6. Stir in the chopped tomatoes, caster sugar, and seasoning. Simmer for 15-20 mins until slightly thickened.
7. Stir in a few basil leaves, if using, then add the cooked meatballs to the pan to keep warm while you cook the spaghetti in a pan of boiling, salted water.



The Student Parliament interviewed Edit, our resident chef/baker here at NOS...

I think I have always adored being in the kitchen, especially staying around grandma while she was busy cooking and baking. I guess I learnt most from her from my primary years, but even before that I loved helping her, cleaning, cutting and slicing vegetables, mixing ingredients for her amazing cakes. Granny looked after us most of the time, and she was an amazing cook, could create wonders from the simplest ingredients - or at least that's how I saw her. She inspired me most with her tender love and passion she put in her cooking for the family: simplicity and creativity.

Cooking is my "Me-time". I can be creative, I can experiment with new ingredients, new cuisines, I can be traditional or use the good oldies, I can relax, can recollect memories of huge family occasions, kids' birthdays, graduations and Christmas dinners, as I believe that cooking and meals together will always remain the glue and cement of family life. At my age memories are overflowing, but if I'm pushed for one, it's always the big Christmas celebrations, when it always used to be my job to cook for the extended family for three days. The menu had to include traditional meals with the whole roast turkey, Ujhazi chicken soup, which is a Hungarian speciality, and there's no Christmas lunch without it, stuffed cabbage, duck- and pork dishes with different salads. And every year there were some new additions on the menu I had not cooked before.

I am very lucky with the amazing students who are attending the club either to cook/bake along, or to chat with us and share their cooking experience. I am also very lucky with the fantastic support I get from my colleagues, Jessica and Ben, who used to be my support last year. They are essential to supervise that everything goes to plan and all students are safe, as I can't continuously monitor the screen when working in the kitchen. The parents are also fantastic, I didn't even dare to think how much they'd contribute to the success of this activity, but they ensure that the students have the ingredients and the equipment ready, they are safe in the kitchen, and they can enjoy the session to the full. Yes, sometimes I'd like to be there, and help the students out, but then I realise that the students learn a lot more if they have to solve the occasional practical problems by listening to instructions or collecting visual information.

This is an almost impossible question to answer. There are too many, and even if I try to narrow it down, I'll still have to consider different categories. Let me try. For starter: Cream of Wild Mushroom Soup. Main: Jamaican Oxtail Stew. Dessert: Carrot Cake - But for each I have my own recipe.

Oh, yes. Especially when I was at university, and was always short of time, or forgetting to buy certain ingredients and trying to substitute - things did not always work out. Or I found a recipe that sounded good, but I did not like the end result. But the worst disaster, which literally ended in the bin, was a pineapple-mushroom chicken casserole, where I overdosed the oil to start with, and then I simply hated the seasoning mixture suggested in the recipe - I never again gave it a chance.

Cooking skills have nothing to do with your academic skills - you can be a happy and successful young chef and baker even if your spelling test or maths assignment was 2 marks below that grade you wished for. It's an activity that sets you free, you are producing something, all your senses are involved and in action, perhaps that's what makes Cooking Club a bit different - other parts of the brain get exercised after the school day. And you can invite your family for tea or dinner - what a feeling!

Be brave, be creative, and keep it simple. Everybody CAN cook. Either they just don't want to, or they don't take the courage. But it is a life skill - and as such, it is essential. I love questions from the students beginning 'What if...' - Yes, of course! Do your research, ask for help, our team will always be here to help you out with guidance if you have questions regarding your own recipes that you'd like change, cooking is always chemistry, and chemistry is experimenting. My last piece of advice regards the ingredients. Today we can buy almost anything and everything and find the fanciest creations browsing cook books or online. The nicest dishes however, always come from fresh ingredients, preferably produced nearby, which are still full of flavour, and while consuming those, we protect our planet as well - of that I'm strongly convinced.