Eggs Benedict with Bacon / Spinach
Serves: 1

Ingredients:
For the hollandaise sauce:
½ stick / 60g good quality butter
2 egg yolks
1 tsp lemon juice
Salt and pepper
For the eggs benedict:
2 English muffins
3 rashers bacon / 2 large handfuls of baby spinach, washed
1 tbsp butter (for the spinach)
2 eggs

Method:

1. To make the hollandaise first melt the butter in a small stainless steel bowl over a pan filled with an inch of barely simmering water (this is known as a double boiler), then pour it into another bowl and set aside to cool. This can also be done in a small bowl in a microwave.
2. Wipe the bowl clean with a piece of kitchen paper. Carefully crack the eggs and place the yolks into the bowl, reserving the whites for another time. Add the lemon juice and whisk well until the mixture has thickened.
3. Place the bowl back over the pan of barely simmering water and continue to whisk it until it starts to thicken further. Add spoonfuls of the melted butter to the bowl at a time, whisking well all the time, so that it continues to thicken. Do not try and speed up the process by turning up the heat – it will only scramble the eggs. If at any point the sauce starts to look too thick remove it from the heat and continue the process – adding more of the butter should slow down the cooking process.
4. Once the sauce is made you can remove the pan and bowl from the heat and leave the bowl on top of the pan to keep warm.
5. If you are using bacon cook it until it is nice and crisp – for a large number of people it can be baked in a single layer on a rimmed baking sheet lined with greaseproof paper at 375°F for 15 minutes.
6. If you are using the spinach wash it well and leave it a little damp. Melt the butter in a small frying pan and fry the spinach, turning it frequently, until it just wilts. Squeeze it dry of any moisture, season it well and leave it in the pan to reheat at the last minute.
7. Bring the pan of boiling water you used to cook the hollandaise back to a boil. When it is boiling crack the remaining two eggs carefully into it and poach them at a low simmer for 2 – 3 minutes until the whites have solidified and look opaque.
8. To make the eggs benedict toast or broil the muffins, having first trimmed the tops off to leave an open surface. Top them a small smear of the sauce, either halved bacon slices or the reheated spinach, a poached egg on each and a final topping of the warm hollandaise sauce.
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Sushi – Maki Rolls – makes 3 rolls / 24 pieces

**Ingredients:**
*For the rice:*
1 cup / 200g sushi rice  
1 ¼ cups cold water  
2 tbsp rice vinegar  
2 tsp fine white sugar  
½ tsp fine salt  
3 sheets dried nori seaweed, for rolling  
Selection of ingredients for the sushi: salmon / tuna / crabsticks / avocado / cucumber etc  
Pickled ginger and wasabi – optional

**Method:**

1. To make the rice first place it in a sieve and rinse it well under cold running water for a minute or two, rubbing it together with your fingers to release as much starch as possible. Place it in a small, heavy based saucepan and cover it with the cold water.
2. Bring it to the boil, stirring occasionally, then cover it and cook it on a very low heat for 18 – 20 minutes, until all the rice is absorbed. Remove it from the heat and leave it to rest, covered for a further 10 minutes.
3. While the rice is cooking make the vinegar dressing by whisking together the rice vinegar, sugar and salt until the sauce is well combined and the sugar has dissolved.
4. Next cut any of the fillings you would like into long, thin pieces, suitable for rolling up inside the sushi.
5. When the rice has rested turn it out onto a large plate and spread it out evenly. Drizzle the rice vinegar solution over it, mixing it in well so that all the grains are coated, then leave it to cool.
6. To make the sushi prepare your work station with a rolling mat, the nori, the section of sliced fillings, a small bowl of water, a clean hand towel and some wasabi, if desired.
7. Place one piece of nori, shiny side down, on the rolling mat. Wet your hands with a little of the water and take a handful of the rice. Place it on the side of the nori nearest you, pressing it down in a thin layer until 1/3 to ½ of the nori is covered in rice. Take care not to let the uncovered nori get wet.
8. Place a thin strip of your chosen fillings along the nori, about 1 inch in from the edge nearest you. Smear with a little wasabi if needed.
9. Now brush a very little water on the uncovered nori and, working quickly, roll the nori up from the side nearest you, taking care to tuck the fillings in as you roll. Apply a gentle yet even pressure when the rice is entirely rolled in on itself to stick the remaining nori down. Set aside and continue with the rest of the maki.
10. Once the sushi is all rolled they are ready to cut. Trim the ends to ensure neatness, then cut each roll in half. Cut theses halves in half, then in half again, to make 8 even slices.
11. Place on a serving plate and serve immediately with wasabi and ginger, if desired, as well as soy sauce for dipping.
Red Velvet Cupcakes With Cream Cheese Frosting
Makes approximately 9 cupcakes

Ingredients:
2oz / ½ stick butter, at room temperature
4oz caster sugar
1 egg
1 tsp red velvet extract
100ml buttermilk
4 oz flour
2 tbsp cocoa powder
1 ½ tsp baking powder
For the frosting:
1 ½ oz cream cheese, at room temperature
1 ½ oz / 3 tbsp butter, at room temperature
6 oz powdered sugar
¼ tsp vanilla extract

Method:
Preheat oven to 180°C, 350°F
1. Place the butter and sugar in a large bowl and use a wooden spoon to cream them together until the mixture is very light and fluffy. Beat in the egg, then red velvet extract until they are well combined.
2. Sift together the flour, cocoa powder and baking powder. Add 1/3rd of the flour mix to the cake batter and whisk it in well. Add ½ of the buttermilk and whisk it again, then another third of the flour, the rest of the buttermilk and the final 3rd of the flour, making sure to whisk well between each addition.
3. Place cupcake papers in a deep muffin tin (this will help the cupcakes keep their shape on cooking). Carefully spoon the cake mixture into the papers, filling them 2/3rds full. Bake for around 20 - 22 minutes, until lightly coloured, firm and springy to touch, and a toothpick inserted into the centre of a cupcake comes out clean. Do not be tempted to open the oven until at least 20 mins baking time. Transfer the cupcakes to a wire rack to cool.
4. To make the frosting beat the cream cheese and butter together until very light and fluffy. Add the powdered sugar a little at a time, beating well between each addition, then add the vanilla extract and beat until thoroughly smooth, light and creamy. Transfer it to a piping bag fitted with a star shaped nozzle, if using.
5. When the cakes are completely cold they are ready to decorate. Pipe the frosting onto the cupcakes, and decorate with a variety of sprinkles or leave plain, if you prefer.
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Ricotta Stuffed Chicken with Asparagus and Pea Risotto

Ricotta Stuffed Chicken Breast

**Ingredients:**
*For the chicken:
1 tbsp ricotta cheese
½ tbsp grated parmesan cheese
½ tbsp basil, finely chopped
1 tsp flat leaf parsley, finely chopped
¼ tsp finely grated lemon zest
salt and pepper
1 chicken breast, skinless and boneless
1 tbsp olive oil
2 slices of Palma ham or proscuitto
1 wooden toothpick

**Method:**
Preheat the oven to 200°C, 400°F
1. In a bowl mash the ricotta well with the parmesan, herbs and lemon zest. Season well to taste.
2. Take the chicken breasts and cut a pocket into the thicker side of meat, being careful not to cut right through the breast.
3. Stuff the chicken with the ricotta mixture. Rub the breast with a little olive oil. Lay 2 pieces of palma ham on a chopping board vertically, overlapping them slightly and place the chicken, breast side down, on top of the ham. Carefully wrap the ham up around the chicken, making sure that it meets underneath the breast. If necessary use a toothpick to secure the ham.
4. Flip the chicken breasts over and place them breast side up on a baking sheet, brush them with a little more olive oil and cook at the top of the oven for 20 – 25 mins, until they are golden brown and cooked through. When pressed with your forefinger the meat should spring back, not yield to the pressure (it should feel bouncy, not hard).
5. Remove the toothpicks before serving, if necessary.
Asparagus and Pea Risotto

Ingredients:
2 tbsp olive oil
½ small onion, finely chopped
1 small clove garlic, finely chopped
75g / 1/3 cup risotto rice, such as arborio or carnaroli
¼ cup white wine, optional
250ml hot chicken or vegetable stock (you may not use it all)
2 – 3 asparagus stalks, trimmed, chopped small and briefly blanched
2 – 3 tbsp frozen petit pois, briefly blanched
2 tbsp freshly grated parmesan + extra for serving
1 tsp butter

Method:
1. Heat 1 tbsp of the olive oil in a small heavy based frying pan, with deep sides. Cook the onion over a medium heat for 2 - 3 mins, until it softens, but does not brown. Add the garlic and cook for a further minute.
2. Add the remaining oil and rice to the pan, and turn it through so that it is all well coated. When it begins to sizzle pour in the wine (if using) and allow it to evaporate. Season well with a little salt and freshly ground black pepper.
3. Continue to add the warm stock a ladleful at a time, stirring the rice constantly for approximately 20 mins (this will depend on the type of rice used), allowing the liquid to evaporate between ladlefuls.
4. When the rice is cooked, but still al dente add a handful of the cooked asparagus and peas and continue to cook the risotto stirring, until it is quite dry (the cheese and butter will loosen it up again).
5. Take the risotto off the heat and stir in the parmesan and butter to serve, with extra parmesan to sprinkle over. Check the seasoning before serving.
Quick Flatbreads – 2 students – each make 1 quantity of below

Makes: 8 flatbreads

**Ingredients:**
350g plain flour
2 tsp baking powder
½ tsp fine salt
2 tbsp olive oil
Light oil for frying

**Method:**

1. Use a large balloon whisk to blend together the dry ingredients in a large bowl.
2. Whisk the oil into 1 cup of cold water. Make a well in the centre of the flour and pour in the water. Bring the mixture together to form a soft dough, then turn it out on a floured surface and knead it briefly to bring it together. Cover with a clean tea towel and leave to rest for 10 mins.
3. Divide the dough into 8 pieces. Roll each one into a ball and roll it out into a thin oval shape.
4. Preheat a little oil in a large cast iron skillet over a medium heat and fry the flatbreads for 2 mins per side, turning when the bread is puffed up and light golden brown in patches underneath. Serve immediately or keep warm in a low oven until needed.

Hummus – 1 student

**Ingredients:**
3 tins of chickpeas, drained and rinsed, with
½ - 1 cup of the chickpea water reserved
6 tbsp tahini
6 tbsp olive oil + extra to serve
6 tbsp lemon juice
4 large cloves garlic, crushed
1 tsp cumin
1 tsp salt
Black pepper
paprika, to serve

**Method:**

1. Put all of the ingredients, except the paprika, into a blender or food processor and process until completely smooth. Use ½ cup of the chickpea water to start with, adding more as needed.
2. Taste the hummus and adjust the seasoning or amount of garlic or lemon juice if you want.
3. Serve the hummus in a bowl with a swirl of olive oil and a sprinkling of paprika.
Muhammara – 1 student

**Ingredients:**
2 cups walnut pieces
2 x 12oz jar roasted red peppers, drained and patted dry
2/3 cup panko breadcrumbs
2 large clove garlic, crushed
1 tsp cumin
½ tsp cayenne
2 tsp lemon juice
2 tsp honey
Salt and pepper

**Method:**

1. Toast the walnut pieces over a medium heat in a dry, non stick skillet, stirring frequently, until they are lightly toasted. Place on a plate to cool.
2. Place all the ingredients in a food processor and process to a rough paste. Season to taste.

Cucumber and Mint Raita – 1 student

**Ingredients:**
800g Greek yoghurt or thick plain yoghurt
1 English cucumber, quartered lengthways and deseeded
1 bunch mint leaves, finely chopped
2 cloves garlic, crushed
Salt and pepper

**Method:**

1. To make the raita grate the lengths of cucumber and press it through a sieve to remove most of the excess water. Put the grated cucumber in a clean tea towel and squeeze it well to remove the last of the water. Place the squeezed ball of cucumber on a chopping board and chop it up to make it even finer. Mix it together with the remaining raita ingredients and season to taste. Chill until needed, covered.

Vegetarian skewers – 1 student, as above

**Ingredients:**
2 tbsp olive oil
1 clove garlic, crushed
¼ tsp cumin
¼ tsp mild chilli powder
salt and pepper
Selection of vegetables, such as zucchini, mushrooms, eggplant, cut into 1 inch dice

**Method:**
1. Whisk everything except the vegetables together in a large bowl.
2. Add your chosen diced vegetables and toss them in the oil mixture, rubbing it in well so that all the vegetables are covered.
3. Place chunks of vegetables onto the soaked skewers (see below) and cook under a hot broiler for 3 – 5 minutes on each side, until the vegetables are softened and charred slightly at the edges.

**Chicken Tikka Skewers – 4 students**

32 wooden skewers

**Ingredients:**
*For the marinade:*
4 tbsp olive oil
¼ cup tbsp lemon juice
1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp turmeric
1 tsp chilli powder
2 tsp salt
1 tsp sugar
4 cloves garlic, crushed
1 large thumb of ginger, peeled and grated
240g plain natural low fat yoghurt
2.4kg skinless, boneless chicken breast diced into 1 inch cubes

**Method:**

1. Soak 32 wooden skewers in a large, shallow dish, making sure they are fully submerged. This will stop them burning when you broil the chicken.
2. Combine all the marinade ingredients together except the yoghurt and whisk them together well in a large bowl. Remove a tablespoon of the mixture for the dairy free skewers, then whisk the yoghurt into the remaining marinade ingredients. Add the diced chicken to the marinade and coat it well. Chill the chicken while you clean up and line 4 oven trays with aluminium foil. If you were making this at home you would chill for a minimum of 1 hr to allow the yoghurt to tenderise the meat.
3. When the chicken is ready thread it equally onto the soaked skewers. Line it up on the prepared trays making sure that the chicken kebabs do not touch each other. You may have to do several trays.
4. Preheat the broiler and cook the chicken for 3 – 5 mins on each side, turning once the meat is golden brown and starting to char at the edges. If you have more to cook layer the cooked kebabs on another tray and keep warm in a medium oven, well covered with foil.
5. Serve with raita as a dipping sauce.

**Oven Baked Pilaff – 2 students**

**Ingredients:**
400g yellow split peas
800g basmati rice
½ cup sunflower oil
1 stick butter
2 red onions, very finely chopped
6 cloves garlic, finely chopped
1 large thumb of ginger, finely chopped
2 large jalapenos, deseeded and very finely diced
1 tbsp mild chilli powder
1 tbsp coriander
1 tbsp cumin
1 tbsp turmeric
240g natural yoghurt
1.4L vegetable stock

Method:
1. Put the split peas in a large pan of boiling water and cook them, uncovered, for approximately 20 mins until they are just cooked through. Drain them, rinse them under cold water and set aside. While they are cooking put the rice in a sieve and run it under a cold tap for a couple of minutes, rubbing it together with your fingers, to get rid of any excess starch. Drain and set aside.
2. Preheat the oven to 160°C, 325°F. Heat the oil and butter in a large saucepan. Fry the onion over a low/medium heat for 5 mins, until softened but not browned. Add the garlic, ginger and jalapenos and cook for a further minute. Finally add the spices and cook over a low heat for a minute until they start to smell fragrant. Add the yoghurt to the pan a few spoonfuls at a time and cook it over a low heat until it reduces and thickens.
3. Add the rice, cooked split peas and stock to the pan and stir it well to combine. Turn out into a large, heatproof dish, and cover tightly with aluminium foil. Cook it in the centre of the preheated oven for 30 mins, stirring it half way through, until the rice is cooked and the liquid evaporated.

Indian Style Salad – 1 student

Ingredients:
For the dressing:
8 tbsp extra virgin olive oil
4 tbsp lime juice
1 tsp sugar
½ tsp cumin
¼ tsp chilli powder
Salt and pepper
For the salad:
Plenty of mixed leaf salad
1 red onion, peeled and very finely sliced
4 large, firm tomatoes, halved, de-seeded and finely sliced
1 English cucumber, halved, de-seeded and finely sliced
1 handful radishes, trimmed and finely sliced
Small handful of mint, finely chopped
Large handful of cilantro, roughly chopped

Method:
1. To make the dressing whisk together the dressing ingredients in the bottom of a serving bowl until emulsified. Season well with salt and pepper.
2. Add the salad leaves, red onion, tomatoes, cucumber, radishes and most of the herbs and toss to combine. Serve with the remaining herbs scattered on top.

CHOCOLATE FONDANTS – 4 students – working in pairs, each pair to make 1 quantity of the recipe below for 8 desserts.

Ingredients:

300g unsalted butter + extra for greasing
300g good quality dark chocolate, minimum 60% cocoa solids
6 large eggs
150g castor sugar
2 heaped tbsp plain flour

cocoa powder for dusting

METHOD:

Preheat the oven to 200°C / 400°F.

1. Thoroughly grease 8 x 10cm ramekins with butter and put them in the fridge while you make the fondant batter. Melt the chocolate and butter together in a heatproof bowl over a small saucepan of gently simmering water, taking care that the water does not touch the bottom of the bowl. Set aside to cool.
2. In a separate bowl whisk together the eggs and castor sugar until they are very light, pale and fluffy, and have tripled in volume. Whisk the cooled chocolate mixture into the eggs and sugar. Sift the flour over the top and gently fold it in. Put a little cocoa powder into each buttered ramekin and swirl it around until the inside is lightly coated, tipping out any excess.
3. Divide the mixture between the ramekins, making sure that the mixture does not come right up to the top. At this stage the fondants can be refrigerated for up to 12hrs, as long as they are brought back to room temperature before cooking. Cook the fondants in the middle of the oven for approximately 12 minutes. The sides should be set, but the middles soft to the touch.
4. Turn the fondants out onto individual serving plates by placing a plate on top and inverting the whole thing. Gently remove the ramekin and dust with cocoa powder or icing sugar if desired. Serve immediately with cold cream.