

# Recipe Book

COME COOK WITH US

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Design by Rebecca Sainsot-Reynolds



**Company Drinks**

Spring 2023

**Barking &  
Dagenham**

# Cowboy Chilli

## Ingredients:

1 small onion chopped  
1 bell pepper chopped  
1 tin baked beans  
1 tin red kidney beans  
½ tin tomatoes  
1 tsp cumin  
1 stock cube  
1 tsp pepper  
2 tsp sugar  
1 tsp vinegar  
Chilli flakes to taste  
1 tbsp oil  
Frozen mixed veg

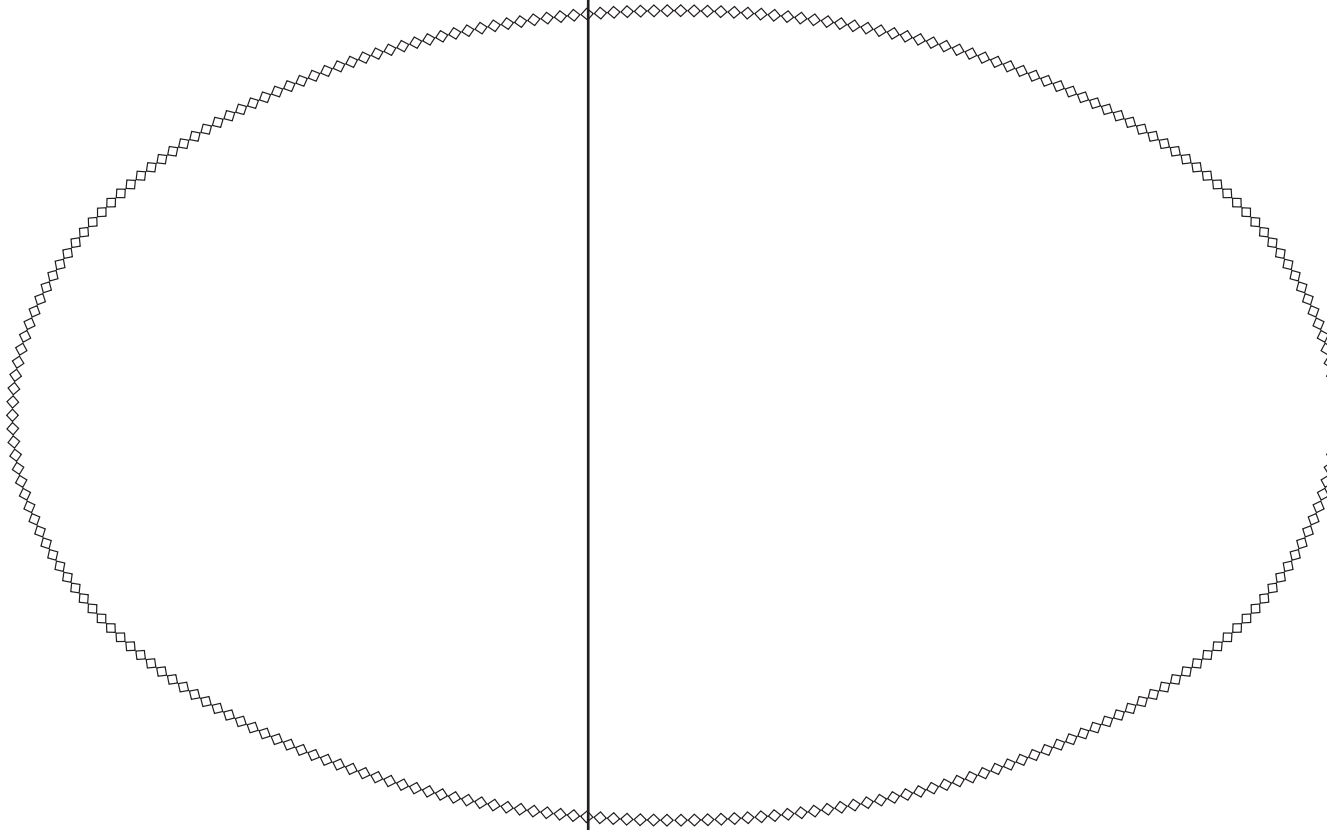
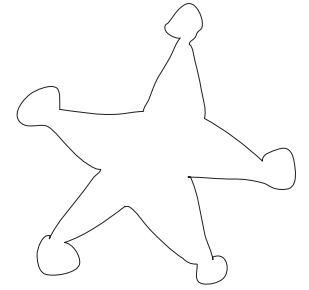
## Instructions:

- > Put oil in pan
- > Cook onion slowly on low heat for about 15 minutes
- > Add bell pepper and fry for 5 more minutes
- > Add cumin, chilli and the rest of the ingredients
- > Bring to the boil and then turn down to low
- > Cook for 30-45 minutes, stirring occasionally

## Top with your choice of...

... some grated cheese  
... a spoonful of yogurt  
... a handful of spring onion  
... a sprinkle of chilli  
... chopped bell pepper  
... a squeeze of lime  
... fresh chopped tomatoes

**Notes:**



**Use this page...**

- ... to draw the ingredients
- ... to note your favourite flavours
- ... to remember tweaks and changes you have made

# American Biscuits

## Ingredients:

3 cups self raising flour

3 cups creme fraiche

Little water

½ tsp salt

## Instructions:

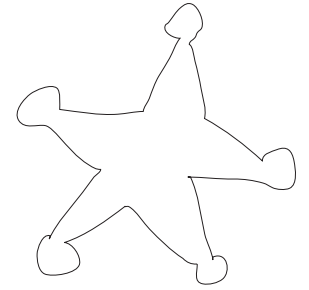
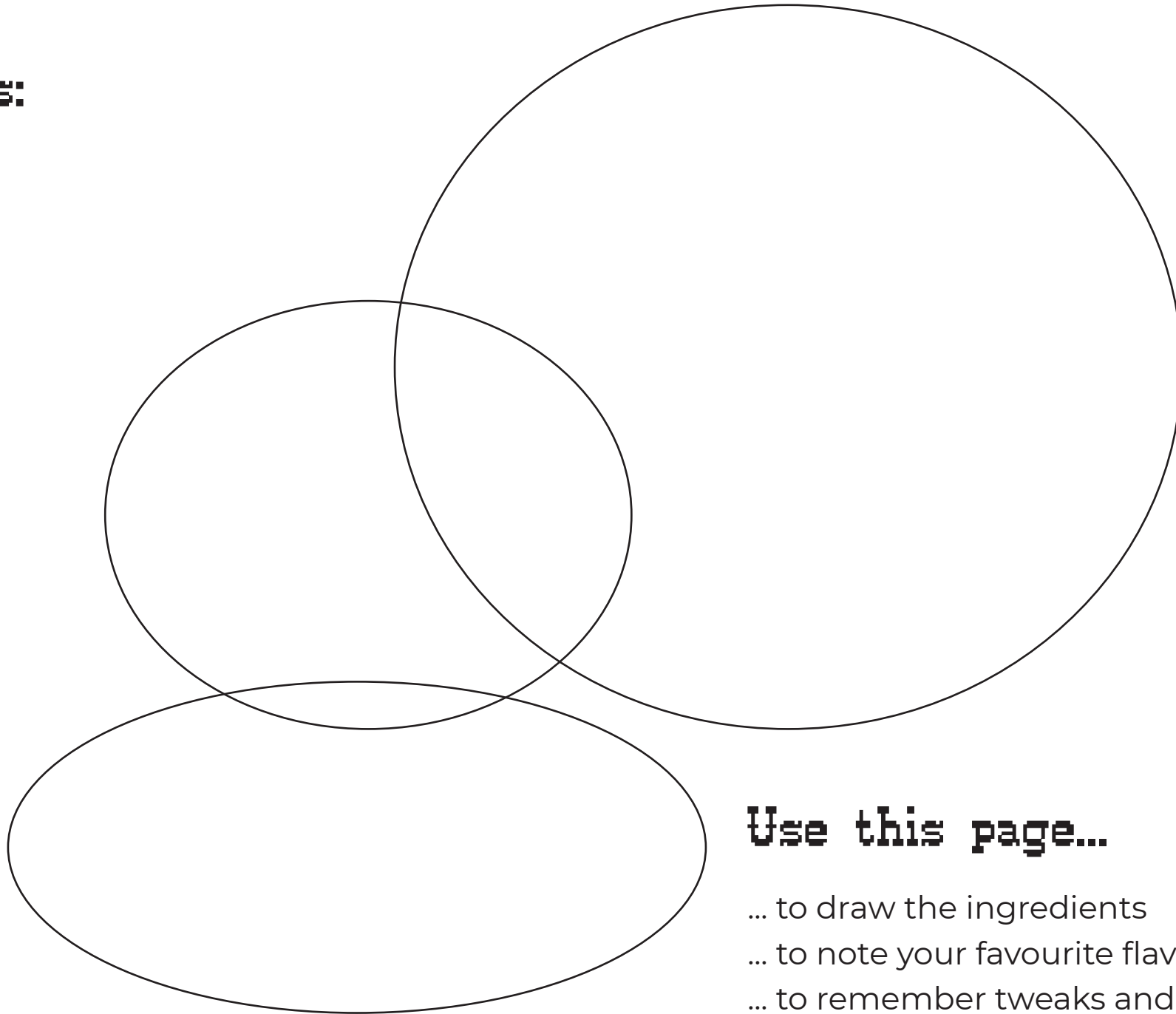
>> Mix all dry ingredients.

>> Add enough water to mix to soft not sloppy dough.

>> Spoon on to baking parchment or greased baking tray

>> Bake at 180 or gas mark 5 for 20-30 minutes or until golden brown

**Notes:**



**Use this page...**

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# Baked Falafel

## Ingredients:

1 tin chickpeas, drained  
1 medium onion, chopped  
1½ cloves garlic chopped  
1 tbsp chopped fresh parsley  
or ½ tsp dried (or coriander  
leaf)  
2 tbsp flour  
1 tsp coriander  
1 tsp cumin  
½ tsp baking powder  
Salt and pepper  
2 tbsp oil  
Spray oil

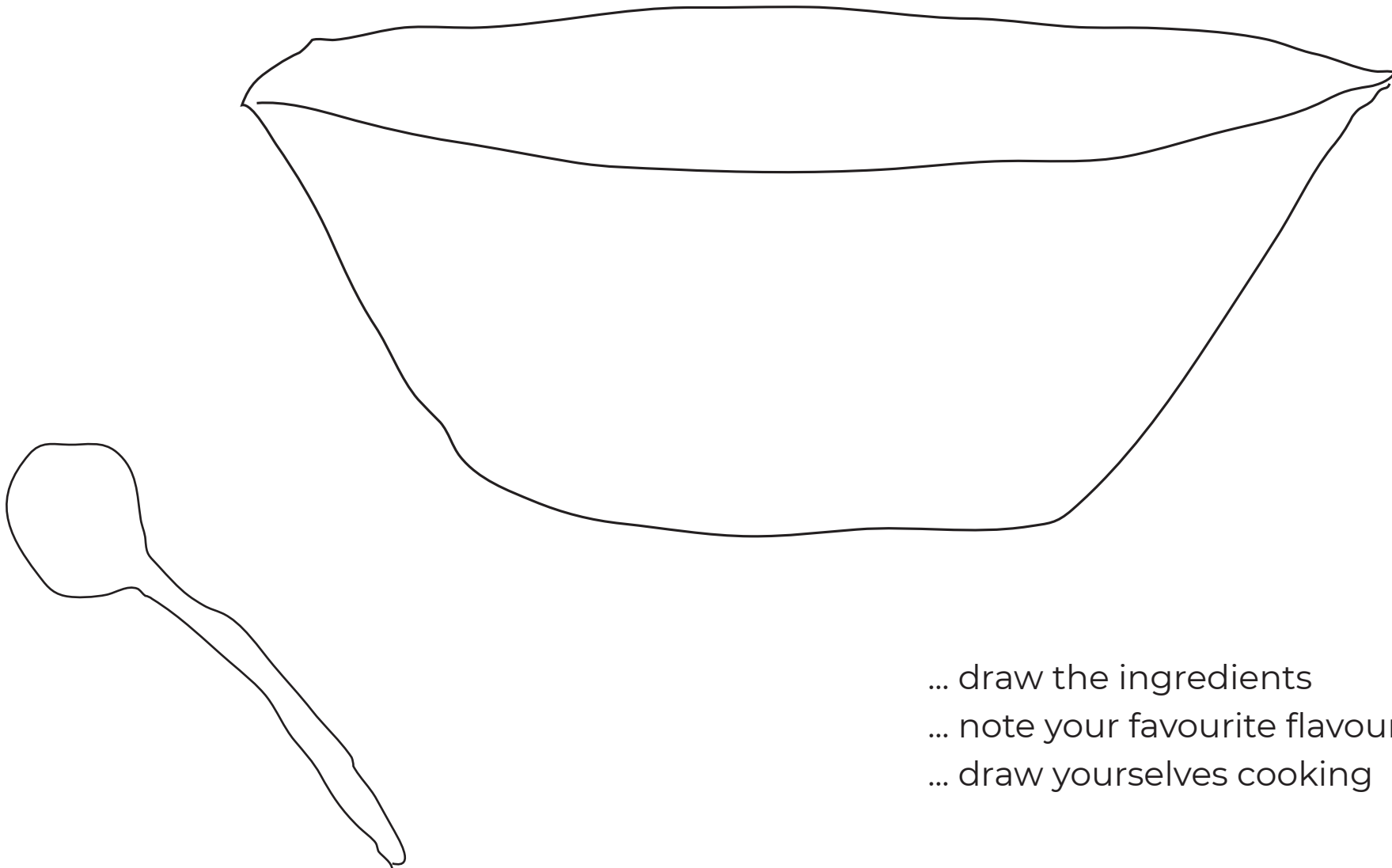
## Instructions:

>> Preheat oven to 180 degrees or gas  
mark 5  
>> Roughly blend all ingredients except  
spray oil  
>> Divide into 8 portions and roll into  
balls put on baking tray  
>> Spray balls with spray oil  
>> Bake for 15-20 minutes

Serve with Tzatziki, cream cheese, chilli  
and salad.

Put the bean juice on the hob, and  
reduce down before adding tomato  
and spices for a sauce.

Notes:



- ... draw the ingredients
- ... note your favourite flavours
- ... draw yourselves cooking

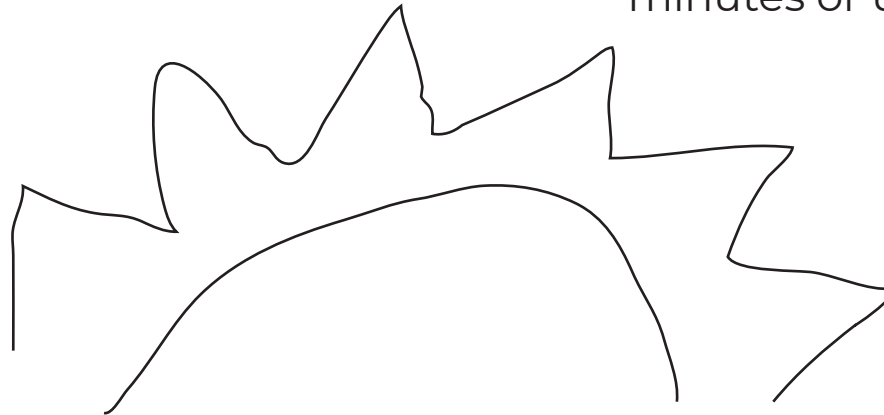
# Surprise Falafel

## Ingredients:

1 tin baked beans, drained  
(keep the sauce)  
1 medium onion, chopped  
1 medium cooked potato  
1-2 tbsp flour  
½ tsp baking powder  
Salt and pepper  
Spray oil

## Instructions:

- >> Preheat oven to 180 degrees or gas mark 5
- >> Blend all ingredients except spray oil
- >> Spoon into 8 portions on baking tray
- >> Spray with oil and bake for 15-20 minutes or until firm





Notes:



... draw the ingredients  
... note your favourite flavours

# Soda bread

## Ingredients:

500g flour

1 tsp bicarbonate of soda

2 tsp cream of tartar

2 tsp salt

About 300ml milk

2 tbsp margarine

## Instructions:

>> Mix all dry ingredients together

>> Melt margarine and mix with milk and pour immediately into dry ingredients

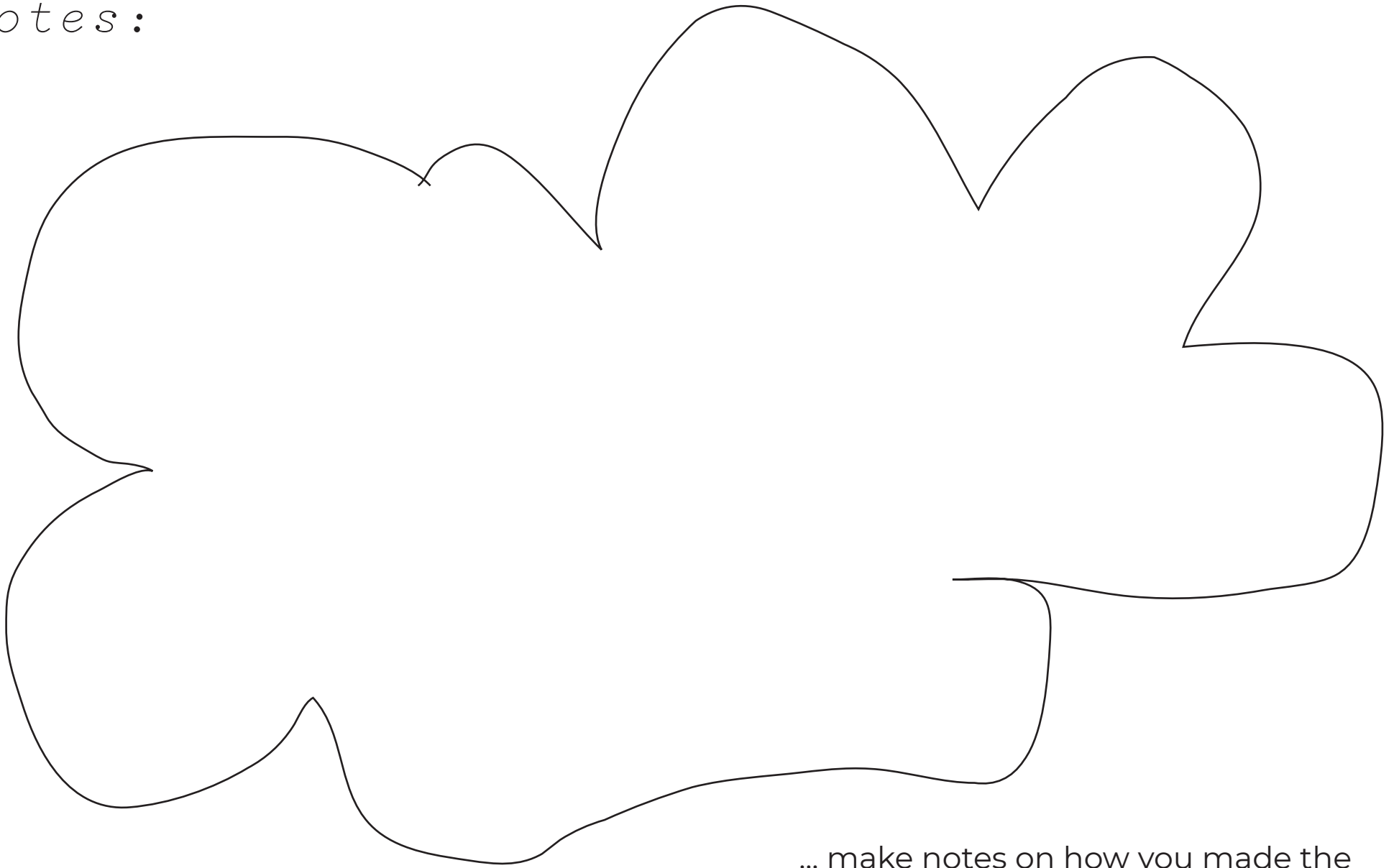
>> Stir together

>> Divide into 2

>> Make one large bread and cut deep cross over top

>> Divide other half into four portions. Put on baking tray and cook for 25-30 minutes

*Notes:*



... make notes on how you made the bread!

... draw the shapes you've made!

# ROCKY ROAD

## INGREDIENTS:

- > 200g digestive or rich tea biscuits, broken into chunks
- > 135g margarine or butter
- > 200g dark chocolate
- > 2-3 tbsp golden syrup
- > 100 mini marshmallows or large ones chopped up

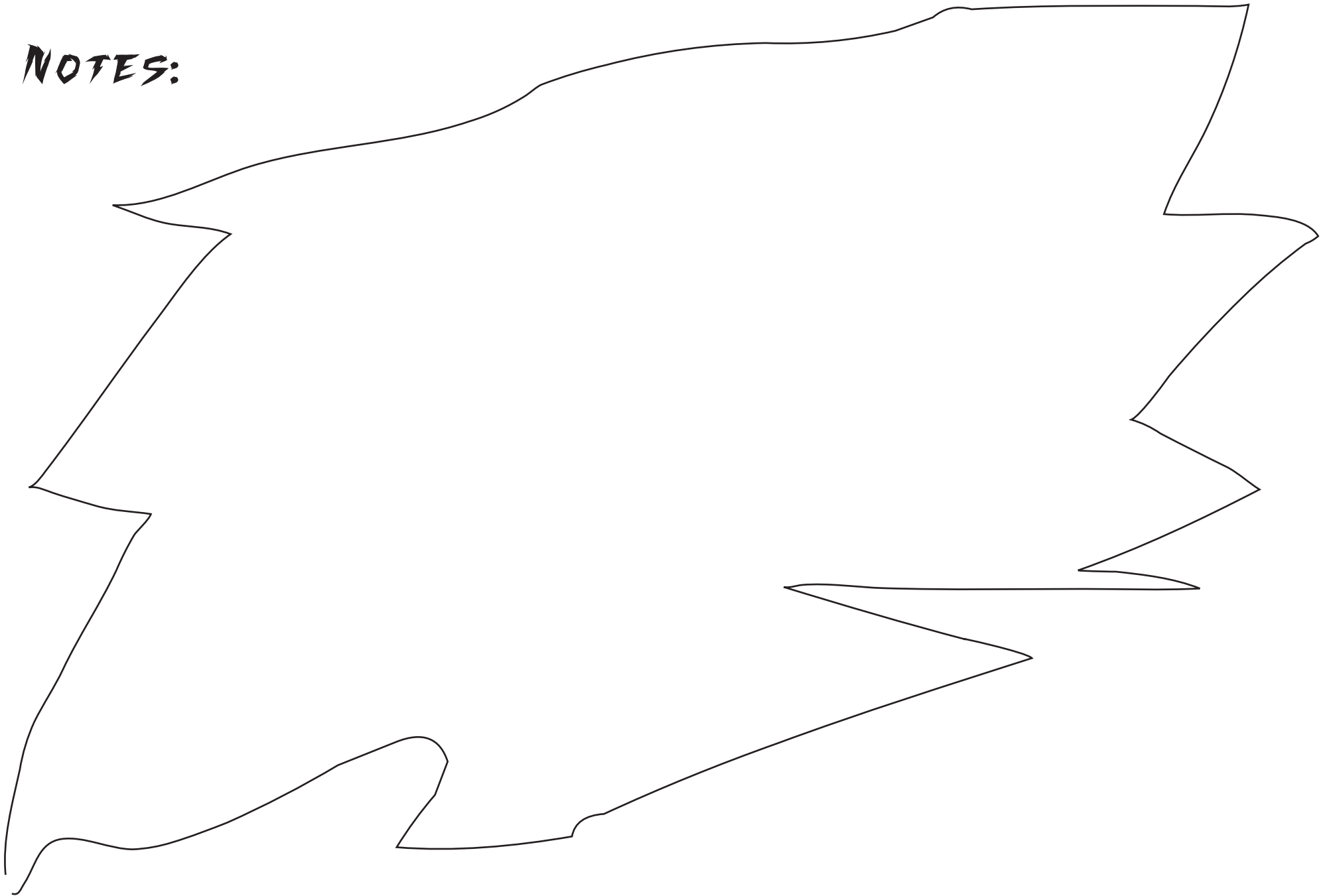
Dried fruits and other sweets as wanted

## INSTRUCTIONS:

- >> Line an 18cm square tin with greaseproof paper
- >> Melt margarine or butter with golden syrup over a low heat
- >> Chop chocolate into pieces and add to pan
- >> Stir while chocolate melts
- >> While chocolate has just melted add the rest of your ingredients
- >> Push into tin
- >> Put in fridge to set for 1-2 hours

Cut into squares and enjoy!

**NOTES:**



... draw yourselves cooking or feasting!

We will collect your drawings and add to the next edition of the recipe book. Fill these pages with notes or pictures as you go!

Whats in your store cupboard?

# Meatso Subs

## Ingredients:

1 medium onion  
1 slice bread  
Meat free mince meat  
1 tbsp milk  
Powder vegetable stock or salt  
Pepper  
Mixed herbs or other herbs of your  
choice  
Spray oil

## Instructions:

Preheat oven to gas mark 5, 180  
degrees

- > Crumb bread mix with milk
- > Chop onion finely
- > Mix all ingredients together
- > Shape into balls pushing together
- > Put on baking tray
- > Spray with oil
- > Cook for 30 minutes until golden  
brown

Notes:

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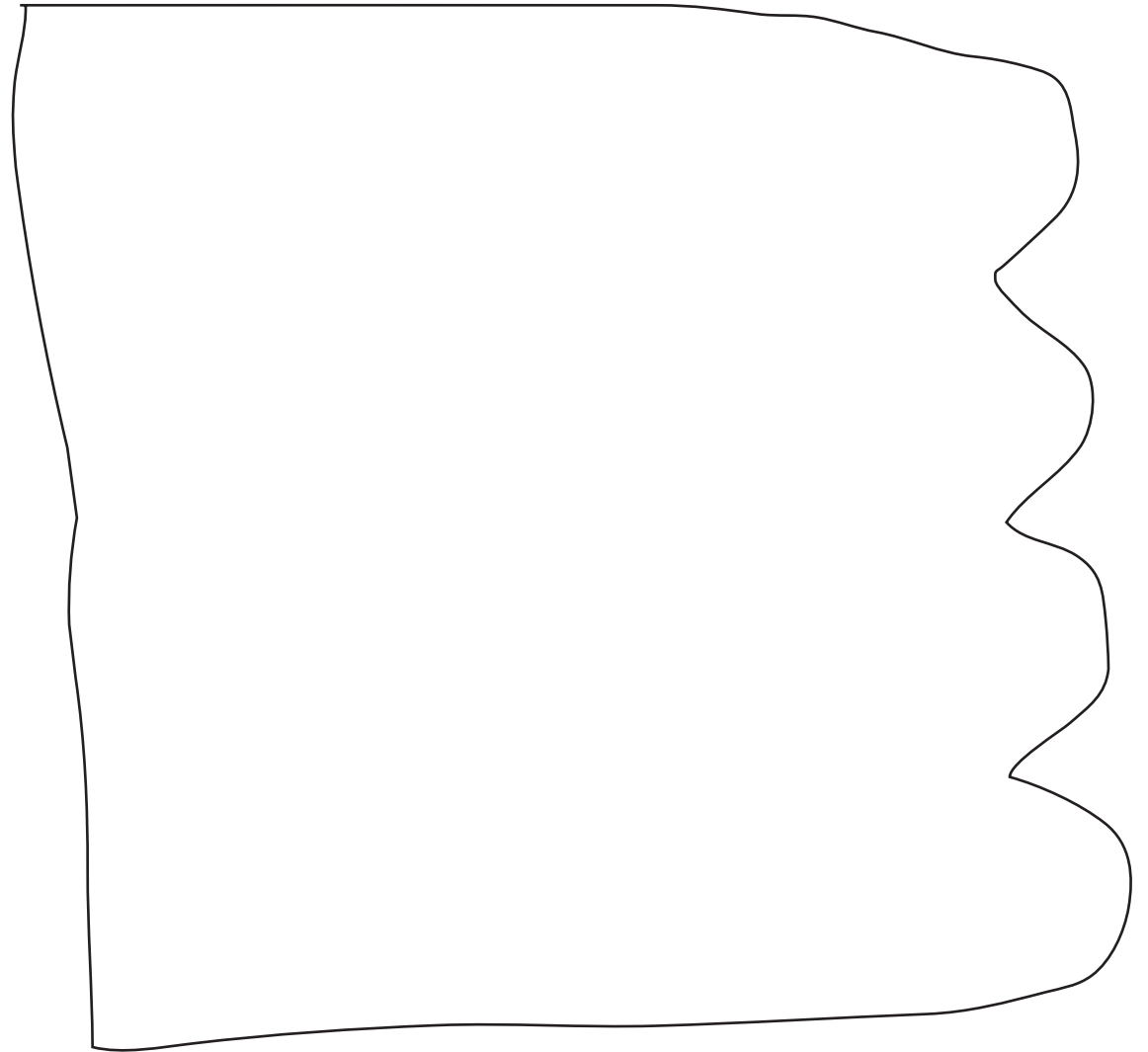
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Use this page:

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# TOMATO SAUCE

## INGREDIENTS:

1 medium onion

1 tin tomatoes

Vegetable stock

Mixed herbs

1 tsp vinegar

1 tsp sugar

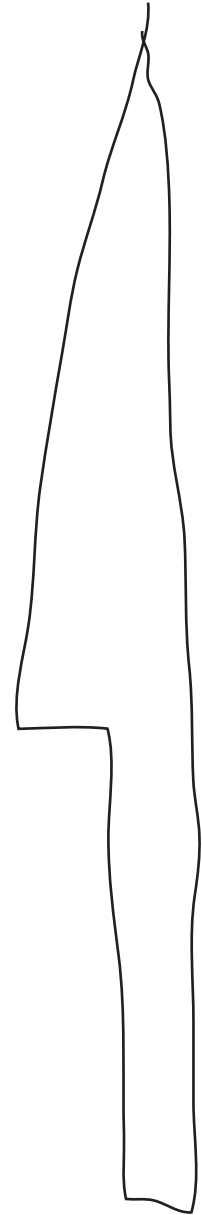
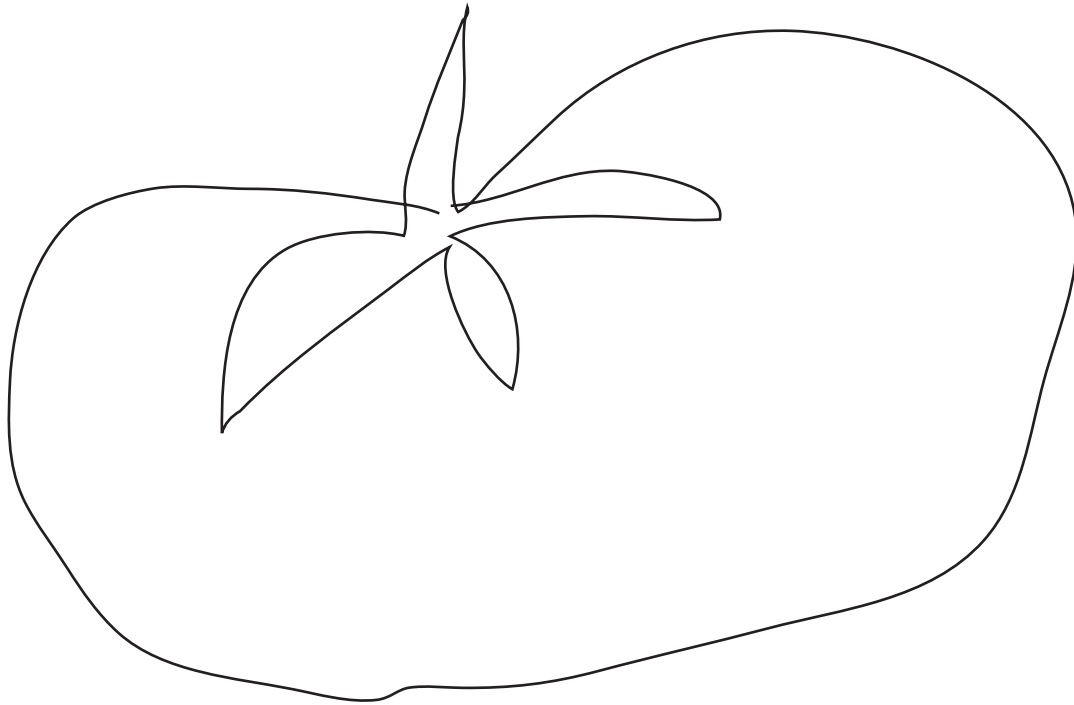
Other herbs and spices of  
your choice such as chilli  
flakes

## INSTRUCTIONS:

>> Chop onion finely and fry over low heat for about 10 minutes until cooked and lightly coloured

>> Add all ingredients and cook until slightly thickened

# NOTES:



# FUNNY FACE CUPCAKES

## INGREDIENTS:

Funny face cupcakes

Cake ingredients:

175g margarine at room temperature

175g caster sugar

175g self raising flour

3 eggs

1 tsp vanilla extract

12 cupcake cases

## INSTRUCTIONS:

>> Preheat oven to 180 degrees, gas mark 5

>> Mix all cake ingredients together until smooth

>> Pour into cake cases and cook for 20-25 minutes until risen and golden brown

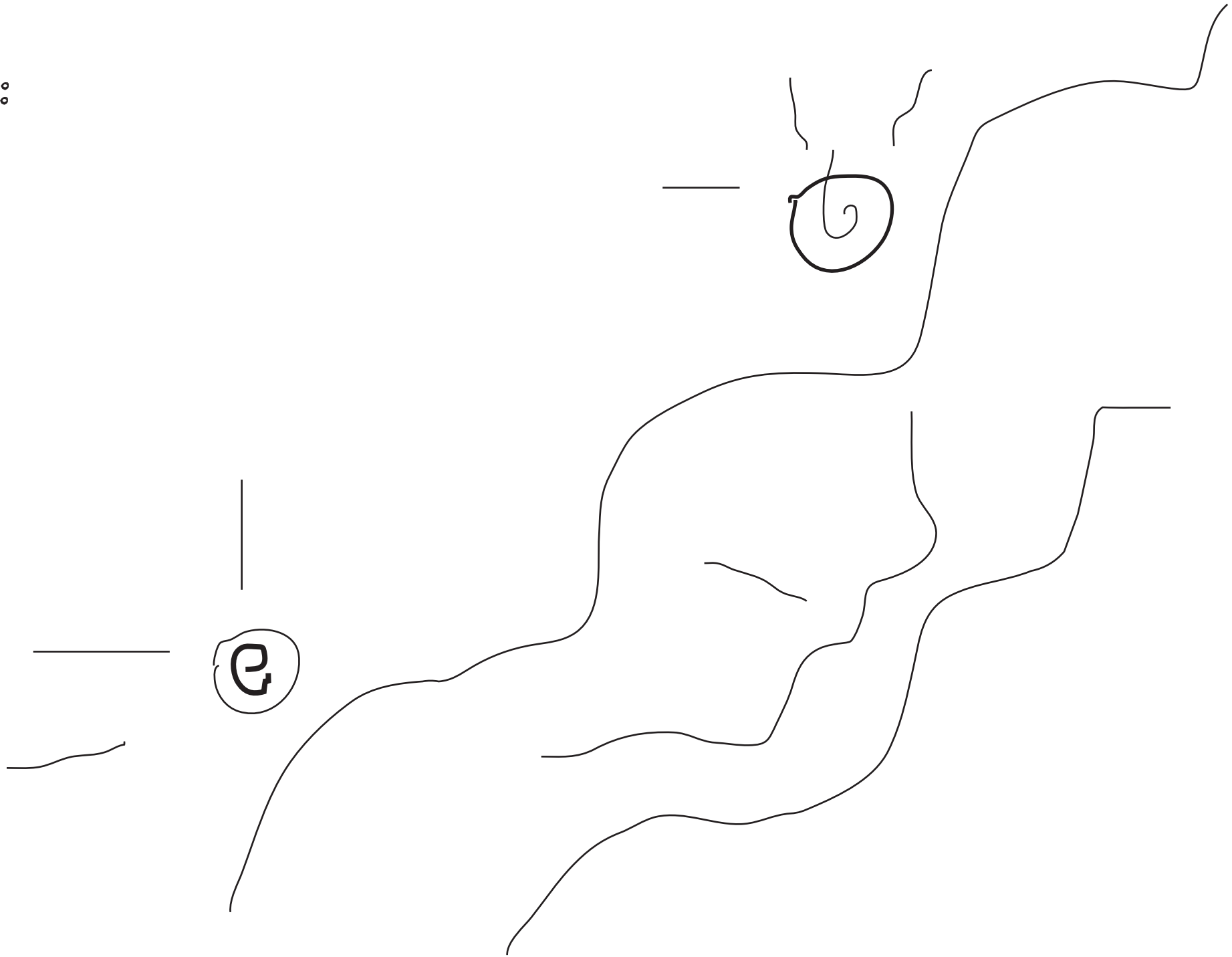
>> Cool on wire rack

>> When cool brush with jam

>> Roll out icing and cut out circles

>> Place circle on top of cake and decorate with royal and writing icing to create faces

# NOTES:



**Write down how everyone made  
their different salads and sides**

# Pea Salad Bowl

## Ingredients:

Frozen peas

Spring onion

Cucumber

Lettuce

Mint sauce or mint jelly

Fresh mint

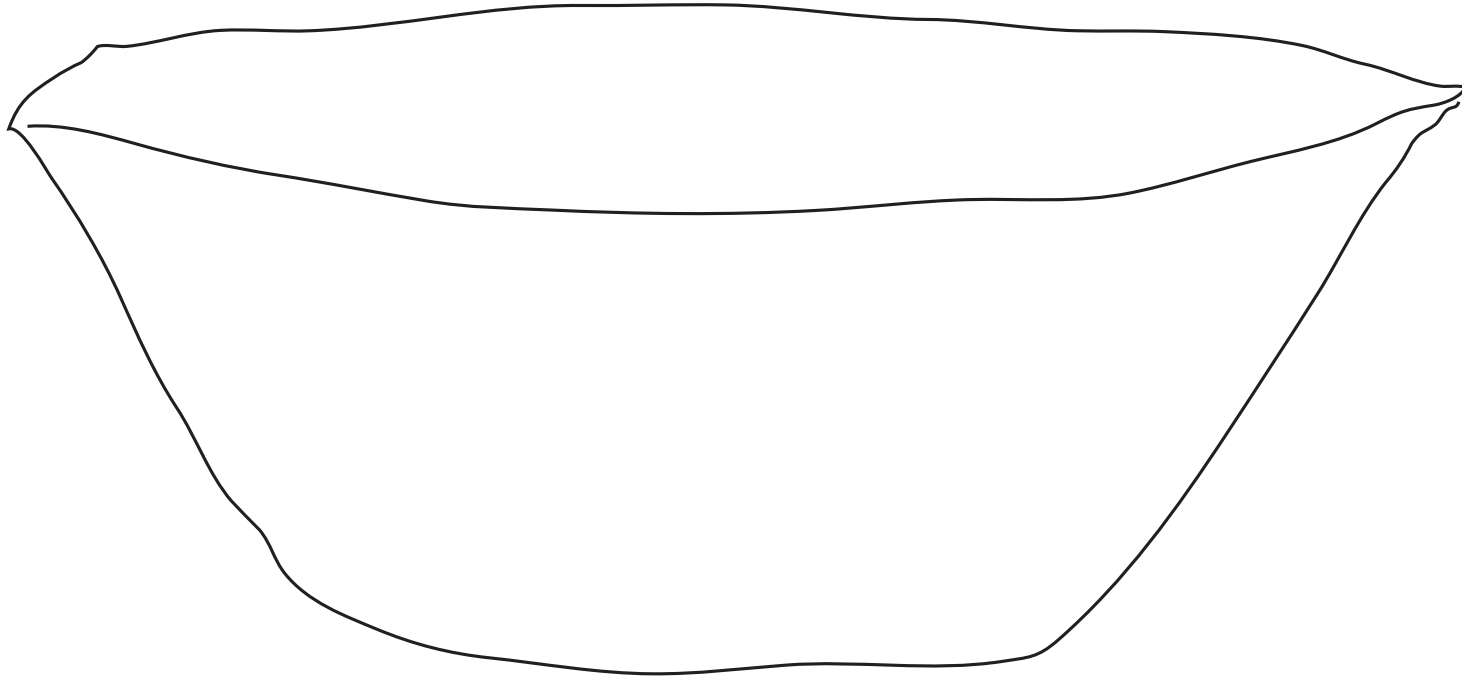
Salt and pepper - to taste

You can also add cream cheese, yoghurt or creme fraiche for a creamy dressing!

## Instructions:

- > Chop the cucumber and spring onions to similar size to the peas
- > Take the peas out of the freezer
- > Combine peas, spring onion and cucumber
- > Add mint sauce or jelly, fresh mint and salt and pepper (and cream cheese if using) to taste
- > Take off a full leaf of lettuce and load up with the vegetable mixture

**Notes:**



**Use this page:**

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# Pizza

## Ingredients:

450g flour

2 packets of fast acting yeast

1 tsp salt

About 300ml just warm water

Tomato sauce

Tinned tomatoes or tomato passata

Salt and pepper

Onion granules, mixed herbs, chilli

## Toppings ideas!

Cheese... Bell pepper... Onion...

Mushrooms... Sweetcorn...

Pineapple... Roasted vegetables...

## Instructions:

>> Put flour, salt and yeast in bowl and mix

>> Add  $\frac{3}{4}$  of water and mix, add more water as needed until smooth, not dry or too sticky

>> Knead for 5-10 minutes until it feels bouncy

>> Cover and leave to rise for about 1 hour

>> To make sauce squish tomatoes or use passata (this is a smooth tomato sauce in jars or cartons) and add salt and pepper and other herbs and spices as you like to taste

## Preheat oven to 240 or Gas mark 9

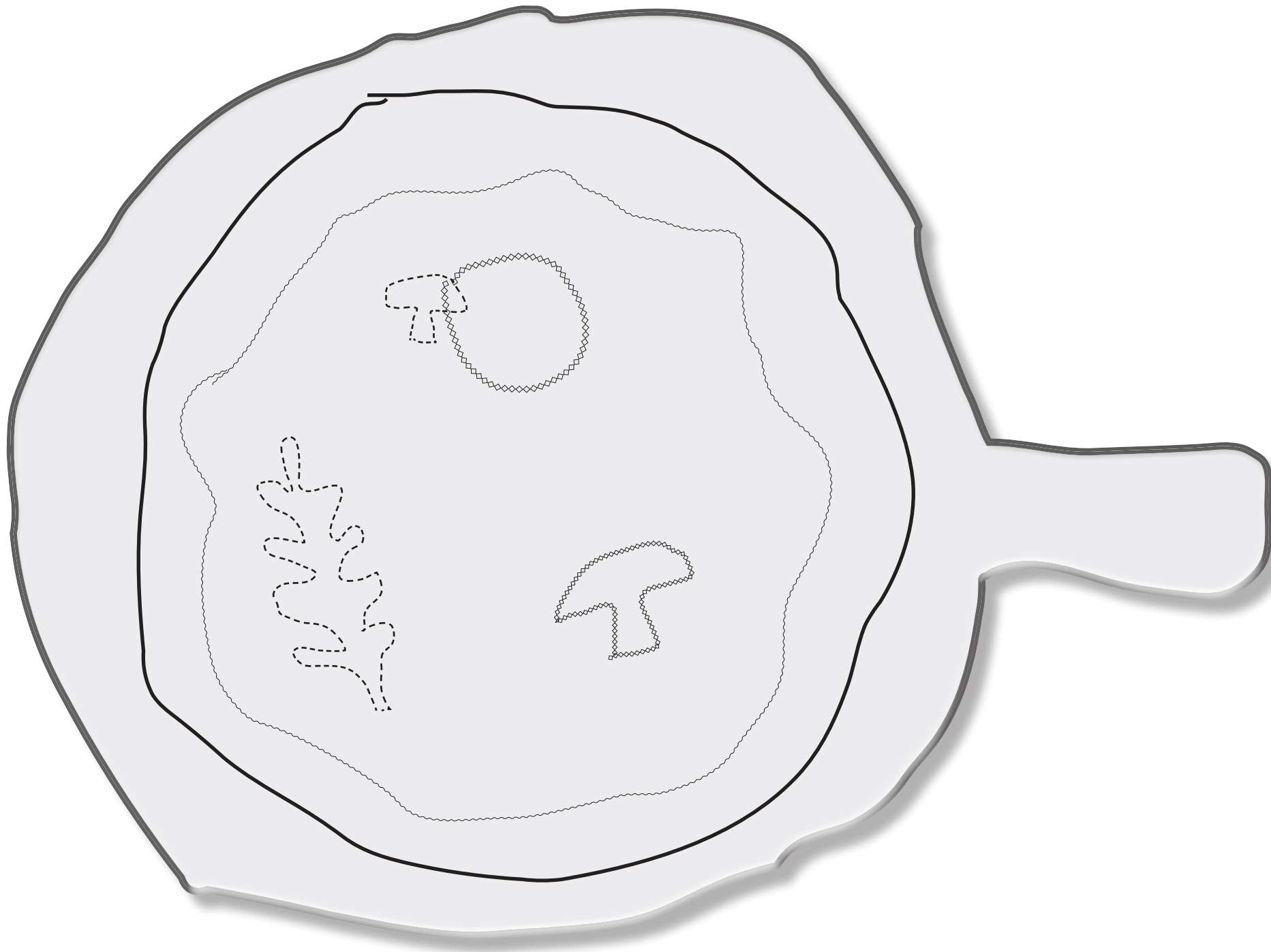
When dough has risen and about doubled in size, flatten and roll out

>> Add sauce and toppings

>> Cook for 10-15 minutes



*Notes:*



# BROWNIE

## INGREDIENTS:

115g plain flour  
5 level tbsp cocoa powder  
140g caster sugar  
140g demerara sugar  
2 eggs, beaten  
115g melted butter  
1 tsp vanilla extract

## INSTRUCTIONS:

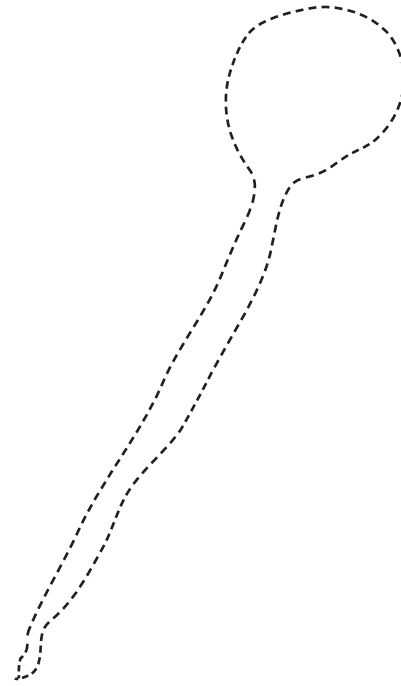
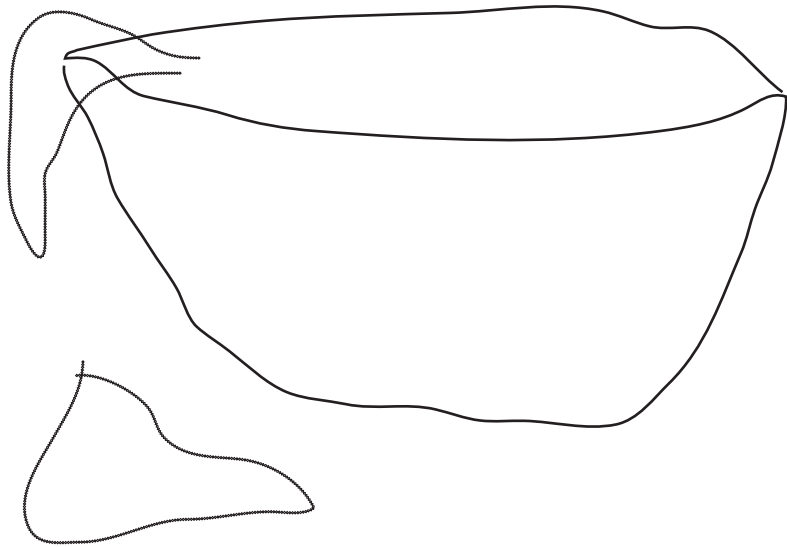
**Preheat oven to 160 degrees**

- >> Grease 8" square cake tin with
- >> Mix flour and cocoa together
- >> Add sugar
- >> Mix in eggs
- >> Add melted butter and vanilla extract
- >> Mix thoroughly
- >> Pour into cake tin

**Bake for about 25-30 minutes**

**Cool in tin**

# NOTES:



**Draw how everyone made their  
different pizzas, salads and sides**