



COOKERY CORNER

Recipes & Some Helpful Websites



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ROSMINI COMMUNITY SCHOOL
Drumcondra, Dublin 9

Recipes - Baking

All recipes can be found on the Odlum's website at www.odlums.ie

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Cupcakes (www.odlums.ie)

What you need:

- 125g/4oz Odlums Self Raising Flour
- 125g/4oz Butter or Margarine (room temperature)
- 125g/4oz Shamrock Golden Caster Sugar
- 2 Eggs (room temperature)
- Few Drops of Goodall's Vanilla Essence



To Decorate:

- 125g/4oz Butter (room temperature)
- 225g/8oz Icing Sugar (sieved)
- Few Drops of Goodall's Vanilla Essence
- Selection of Goodall's Food Colouring
- Sweets (optional)

How to:

1. Preheat oven to 180°C/350°F/Gas 4. Line cupcake tin with baking cases.
2. Beat the butter/margarine and sugar together until light and fluffy. Gradually beat in the eggs and the vanilla essence. If mixture starts to curdle, add a little of the flour.
3. Gently stir in remaining flour with a spoon. Place spoonfuls of the mixture into the baking cases and bake for 15-20 minutes until firm to the touch.
4. Remove from the oven and leave to cool on a wire tray.
5. Make buttercream by beating the butter, icing sugar and vanilla essence together until smooth and creamy.
6. Divide the icing into separate bowls for each colour you want to use, gradually add the colouring, mixing well until required colour is achieved.
7. Pipe or swirl icing onto each cupcake. Top with sweet if you like!

Chocolate Brownies (www.Odlums.ie)

What you need:

- 175g/6oz Odlums Cream Plain Flour
- 225g/8oz Butter or Margarine (room temperature)
- 125g/4oz Chocolate (good quality, at least 60% cocoa)
- 325g/12oz Shamrock Golden Caster Sugar
- 2 teaspoons Goodall's Vanilla Essence
- 4 Eggs (beaten)
- 80g Shamrock Chopped Walnuts
- Pinch of Salt
- $\frac{1}{2}$ teaspoon Baking Powder



How to:

1. Preheat oven to 160°C/320°F/Gas 3. Lightly grease an oblong brownie tin. 25cm/10" x 15cm/6". Small roasting tin would also do.
2. Melt the butter/margarine and chocolate together over a low heat.
3. Remove from heat, add the sugar and mix well.
4. Add vanilla essence, eggs and chopped walnuts.
5. Sieve the flour, salt and baking powder together and gently stir into chocolate mixture.
6. Pour into prepared tin and bake for about 40-50 minutes until crusty on top.
7. Remove from oven and allow to cool, cut into brownies.

Rocky Road Bars (www.odlums.ie)

What you need:

- 125g/4oz Butter
- 2 heaped tablespoons Golden Syrup
- 150g/5oz Milk Chocolate
- 150g/5oz Plain Chocolate
- 125g/4oz Jacob's Digestive Biscuits, roughly broken
- 125g/4oz Jacob's Rich Tea Biscuits, roughly broken
- 50g/2oz Shamrock Almonds (optional)
- 50g/2oz Shamrock Sultanas (optional)
- 50g/2oz Maltesers
- 125g/4oz Mini Marshmallows



How to:

1. Line a 19cm/7" square tin with greaseproof paper or cling film.
2. Melt the butter, syrup and chocolate over a low heat. Stir occasionally to make sure all ingredients are well mixed together.
3. Add the biscuits, nuts, dried fruit, maltesers and marshmallows. Mix well.
4. Transfer to prepared tin. Level it on top and press down well to avoid air gaps.
5. Allow to harden before cutting into bars. Store in the fridge.

Chocolate Centred Cupcakes (www.odlums.ie)

What you need:

- 175g/6oz Odlums Self Raising Flour
- 150g/5oz Butter or Margarine (room temperature)
- 150g/5oz Shamrock Golden Caster Sugar
- 2 Eggs
- Few drops of Goodall's Vanilla Extract
- 2 tablespoons Water

Filling

Chocolate pieces or chocolate spread

Icing

- 225g/8oz Icing Sugar
- 150g/5oz Butter or Margarine (room temperature)
- 2 tablespoon Cocoa, sieved

How to:

1. Preheat oven to 190°C/375°F/Gas 5. Line cupcake tin with paper cases.
2. Put the flour, butter/margarine, sugar, eggs, vanilla and water into a mixing bowl and beat until smooth.
3. Put spoonfuls of dough into base of paper cases. Place a piece of chocolate or drop teaspoons of chocolate spread/nutella on top, then top with another spoonful of dough.
4. Bake for 20-25 minutes until risen and springs back when gently pressed. Cool on a wire tray.
5. When cool, beat icing ingredients together and pipe or spread on top of cupcakes.



Gingerbread Men (www.odlums.ie)

What you need:

- 250g/8oz Odlums Cream Plain Flour
- 75g/3oz Butter, softened
- 75g/3oz Shamrock Light Muscovado Sugar
- $\frac{1}{2}$ teaspoon Odlums Bread Soda
- 50g/2oz Golden Syrup
- 1 Egg Yolk
- $\frac{1}{2}$ teaspoon Goodall's Ground Cinnamon
- $\frac{1}{2}$ teaspoon Goodall's Ground Ginger



To Decorate

- Icing Pens
- Melted Chocolate (optional)
- Dried Fruit, Nuts or Sweets (optional)

How to:

1. Preheat oven to 180°C/350°F/Gas 4. Cream butter and sugar together until light and fluffy.
2. Add bread soda, golden syrup and egg yolk and stir well.
3. Sift the flour and spices into the bowl and mix with a wooden spoon until well combined.
4. Shape into a ball and knead lightly on a work surface until smooth. Wrap and chill for about 30 minutes before using.
5. Thinly roll out dough and use gingerbread cutters to cut out shapes. Place on lightly greased baking sheets, leaving a space between each.
6. Bake for about 10-12 minutes until slightly risen and golden in colour. Transfer to a wire tray to cool.
7. When completely cool, decorate as desired. Enjoy!

Chocolate Chip Peanut Butter Cookies (www.odlums.ie)

What you need:

- 200g/7oz Odlums Cream Plain Flour
- 125g/4oz Butter or Margarine
- 2 tablespoons Kelkin Peanut Butter
- 125g/4oz Shamrock Light Muscovado Sugar
- 1 tablespoon Cocoa, sieved
- 1 Egg
- 50g/2oz Shamrock Chocolate Chips



How to:

1. Lightly grease a flat baking sheet. Preheat oven to 180°C/350°F/Gas 4.
2. Put the butter/margarine, peanut butter, sugar and cocoa into a bowl and beat until well blended.
3. Add the egg and mix well. Finally, gently stir in the flour and chocolate chips until mixture forms a dough.
4. Roll heaped teaspoons of mixture into balls. Place on prepared tin and gently press down.
5. Bake for about 12 minutes until nicely risen. Stand on tray for 5 minutes, then transfer to a wire tray to cool.

Rolo Cookies (www.odlums.ie)

What you need:

- 200g/7oz Odlums Cream Plain Flour
- 2 tablespoons Cocoa Powder
- 1 level teaspoon Odlums Baking Powder
- 125g/4oz Butter (room temperature)
- 75g/3oz Shamrock Light Muscovado Sugar
- 75g/3oz Shamrock Golden Caster Sugar
- 1 Egg
- A few drops Goodall's Vanilla Essence
- 12 Rolos
- 80g packet Shamrock Chopped Walnuts (optional)



How to:

1. Preheat oven to 190°C/375°F/Gas 5.
2. Place the butter and sugars into a large mixing bowl and beat until light and fluffy.
3. Add the egg and vanilla essence and beat well. Sieve the flour, cocoa and baking powder into the creamed mixture and mix well to form a thick dough.
4. For each cookie, with floured hands, shape a tablespoon of dough around 1 Rolo, covering completely. Roll into a ball.
5. Press one side of each ball into the walnuts, if used.
6. Place cookies about 2 inches apart on an ungreased large flat baking sheet or tray.
7. Bake for 10 minutes until set and slightly cracked.
8. Cool for 2 minutes, remove from baking sheet and cool on wire tray. Once cooled store in an airtight container.

Carrot Cake Slice (www.odlums.ie)

What you need:

- 1 packet Odlums Classic Sponge Cake Mix
- 225g/8oz Grated Carrots
- Small Tin Crushed Pineapple, drained
- 1 teaspoon Goodall's Mixed Spice
- 1 teaspoon Goodall's Vanilla Essence
- Grated Rind Orange



Topping

- 225g/8oz Cream Cheese
- 125g/4oz Icing Sugar
- 1 teaspoon Goodall's Vanilla Essence

Decoration

Orange and Green Fondant Icing (optional)

How to:

1. Preheat oven to 180°C/350°F/Gas 4. Line a swiss roll tin (20cm x 30cm/8" x 12") with greaseproof paper, bringing the paper about an inch above the top of the tin.
2. Prepare cake mix as per instructions, then stir in the carrots, pineapple, mixed spice, vanilla essence and orange rind. Mix well.
3. Transfer to the prepared tin and bake for about 40 minutes until golden brown and firm to the touch. When baked turn onto a wire tray and remove the lining paper. Allow to cool completely.
4. Meanwhile make topping by beating together the cream cheese, icing sugar and vanilla essence. Spread evenly over the cake and cut into slices.

Note:

To make the carrot decorations, roll a small amount of orange fondant into a cone or carrot shape and press onto the top of the slice. Shape a small leaf shape from green fondant icing and add to the top of the carrot.

Strawberry Cheesecake (www.odlums.ie)

What you need:

Base

- 400g packet Jacob's Digestive Biscuits
- 150g/5oz Butter, melted

Filling

- 200g tub Cream Cheese
- 135g packet Strawberry Jelly
- 3 tablespoons Water
- 125g/4oz Fruitfield Strawberry Jam
- 500ml carton Cream
- Few drops Goodall's Strawberry Essence

To Decorate

- Fresh Strawberries
- 150ml carton Cream, whipped (Optional)

How to:

1. Place a 23cm/9" spring form tin on a serving plate.
2. Break the biscuits in a plastic bag with a rolling pin or in a food processor until in fine crumbs.
3. Pour in the melted butter and mix well. Press into the tin. Allow to chill.
4. Meanwhile, break up the jelly and place in a bowl, add the water and slowly melt over a low heat. Allow to cool.
5. Put the cream cheese and strawberry jam into a large bowl and beat well.
6. Add the cream and beat until still quite loose in consistency.
7. Finally, fold in the melted jelly until in a semi whipped state. Pour onto the biscuit base.
8. Transfer to the fridge and allow to set, preferably overnight.
9. Remove the ring from around the sides of the cheesecake and decorate with freshly sliced strawberries.
10. If liked, whipped cream can be piped around the edge of the cheesecake. Enjoy!



Scones (www.odlums.ie)

What you need:

- 225g/8oz Odlums Self Raising Flour
- 150ml/ $\frac{1}{4}$ pt Milk (approx)
- Pinch of Salt
- 25g/1 oz Shamrock Golden Caster Sugar (optional)
- 25g/1 oz Butter or Margarine



Above quantities may be doubled if you wish!

How to:

1. Sieve flour and salt into a bowl, stir in sugar, if used.
2. Rub in butter/margarine.
3. Add sufficient milk to make a soft dough.
4. Turn onto a floured board and gently knead to remove any cracks.
5. Roll out lightly to 1" in thickness. Cut into scones with a cutter dipped in flour.
6. Place on a floured preheated baking sheet/tray, glaze if liked with beaten egg or milk.
7. Bake in a preheated oven 220°C/425°F/Gas 8 on upper shelf position for 10 mins approx.

Pizza (www.odlums.ie)

What you need:

Pizza Dough

- 450g/1lb Odlums Strong White Flour
- 1 teaspoon Granulated Sugar
- Good pinch of Salt
- 1 x 7g sachet Fast Acting Yeast
- 300ml/½pt Warm Water (1 part boiling to 2 parts cold)
- 1 tablespoon Olive or Vegetable Oil
- Shamrock Semolina, for dusting if liked



Tomato Sauce

2 tablespoons Oil

1 x 400g tin Roma Chopped Tomatoes

1 Onion, finely chopped (optional)

1 Garlic Clove, crushed

1 teaspoon Fresh Herbs (Basil, Thyme, Parsley etc.) or ½ teaspoon Dried Mixed Herbs

Suggested Toppings

Cheese (Mozzarella and/or Grated Cheddar)

Slices of Pepperoni or Chorizo

Shredded Cooked Chicken

Sliced Ham

Peppers

Mushrooms

Olives & Anchovies

How to:

1. Make the dough by putting the flour, sugar, salt and yeast into a large bowl. Add the oil to the warm water and pour into the dry ingredients. Mix together to form a dough.
2. Turn the dough onto a floured surface and knead for about 7 to 10 minutes, until dough is smooth and elastic. This can be done in half the time by using dough hooks in an electric mixer. Return to bowl and cover loosely with a tea towel. Leave in a warm enough place to prove until doubled in size. About 45 minutes to 1 hour.
3. Meanwhile, make the sauce: heat the oil in a pan, add the onions (if used) and gently fry until soft. Add the tomatoes, garlic and herbs and bring to the boil. For a smooth sauce this may be blitzed in a food processor. Sauce should be thick enough to coat the back of a spoon. If it needs thickening, bring it to the boil and reduce to thicken, this may take a few minutes. Preheat oven to 200°C/400°F/Gas 6.
4. When dough is ready, dust a board with semolina if used, or flour and roll out to a round, size depends on the thickness and the number of pizzas you wish to make.
5. Place pizzas on baking trays or baking stone. Spread with a little of the tomato sauce, then the cheese and the toppings of your choice.
6. Bake for about 10-15 minutes depending on the thickness of the pizza, until the pizza is golden underneath and the topping is bubbling on top.

Hedgehog Novelty Cake (www.odlums.ie)

What you need:

Cake

- 125g/4oz Odlums Self Raising Flour
- 125g/4oz Butter or Margarine (room temperature)
- 125g/4oz Shamrock Golden Caster Sugar
- 2 large Eggs

Icing

- 25g/1oz Cocoa Powder
- 60ml/3 tablespoons Boiling Water
- 175g/6oz Butter (room temperature)
- 250-350g/9-12oz Icing Sugar

To Decorate

- Chocolate Buttons (for bristles)
- Glacé Cherry (for nose)
- 2 Chocolate Buttons or Smarties (for eyes)

How to:

1. Preheat oven to 180°C/350°F/Gas 4. Grease and base line a 19cm / 7½" sandwich tin.
2. Place all the cake ingredients into a bowl and beat until smooth. Transfer to prepared tin, smooth top with back of spoon.
3. Bake for 30-35 minutes or until risen and when gently touched it springs back.
4. Turn onto wire tray, remove paper and allow to cool.

For Icing

- Dissolve the cocoa in the boiling water, making a paste.
- Beat the butter until softened, then add icing sugar and beat really well until mixture becomes pale in colour.
- Finally, beat in the cooled cocoa.

To Make Hedgehog

- Cut cake in half vertically and sandwich the two halves together with some of the icing.
- Cut off pieces from one end of the cake to shape the head. Now spread remaining icing liberally all over the cake, smooth it neatly around the pointed end for his face and mark all over with a fork.
- Stick the buttons into the icing all over the hedgehog's body to resemble bristles.
- Transfer to serving dish. Place the eyes and nose in position.

Note

For a larger cake, simply double the recipe to make two cakes. Then cut both cakes in half vertically and sandwich 3 of the halves together to make the body. And use the outer sides of the final half to make the head.



Crunchy Snack Bars (www.odlums.ie)

What you need:

- 250g/9oz/2 teacups Odlums Cream Plain Flour
- 2 teaspoons Odlums Baking Powder
- 200g/7oz/1 teacup Shamrock Golden Caster Sugar
- 20g/2 dessertspoons Cocoa Powder, sieved
- 200g/7oz/2 teacups Shamrock Desiccated Coconut
- 50g/2oz/2 teacups Cornflakes
- 225g/8oz Butter or Margarine, melted

Topping

- 125g/4oz Chocolate
- 50g/2oz Butter or Margarine

How to:

1. Preheat oven to 180°C/350°F/Gas 4. Line a swiss roll tin with greaseproof paper, bringing the paper up about an inch over the edge of the tin.
2. Put all the dry ingredients into a large bowl and mix well. Add the melted butter/margarine and mix well, it will be very stiff!
3. Transfer into the prepared tin and press down well.
4. Bake for 20-25 minutes until brown and set. Remove from oven and allow to get cold.
5. Meanwhile, melt the butter/margarine and chocolate in a bowl over a pan of hot water. Stir occasionally until blended, then spread evenly over the cold traybake.
6. When chocolate is set cut into bars.



Easter Cupcakes with Nests (www.odlums.ie)

What you need:

- 300g/10oz Odlums Self Raising Flour
- 225g/8oz Butter (room temperature)
- 225g/8oz Shamrock Golden Caster Sugar
- 2 Eggs (room temperature)
- 1 teaspoon Odlums Baking Powder
- Few drops Goodall's Vanilla Essence
- 4-5 tablespoons Milk



Buttercream Icing

- 125g/4oz Butter (room temperature)
- 225g/8oz Icing Sugar, sieved
- Few Drops Goodall's Vanilla Essence
- Few Drops Goodall's Colouring (optional)

Chocolate Nests

- 125g/4oz Chocolate, melted
- Shredded Wheat
- Mini Eggs

How to:

1. Preheat oven to 180°C/350°F/Gas 4. Line bun tin with baking cases.
2. Beat the butter and sugar together until light and fluffy. Gradually beat in the eggs, milk and the vanilla essence. If mixture starts to curdle, add a little of the flour.
3. Gently add remaining flour and sieve in the baking powder, mix to combine. Place spoonfuls of the mixture into the baking cases and bake for 15-20 minutes until firm to the touch.
4. Remove from the oven and leave on a wire tray to cool.
5. Make buttercream by beating the butter, icing sugar and vanilla essence together until smooth and creamy.
6. If desired, divide the icing into separate bowls for each colour you want to use, gradually add colouring and mix well until required colour is achieved.
7. Pipe or swirl icing onto each cupcake.
8. Make chocolate nests by adding broken shredded wheat into the melted chocolate, shape into a nest, leaving a hollow centre. Allow to cool. When cold put some mini eggs into the nest.
9. Top cupcakes with chocolate nests and mini eggs. Happy Easter!

Apple, Rhubarb or Berry Crumble (www.odlums.ie)

What you need:

- 125g/4oz Odlums Cream Plain Flour
- 125g/4oz Shamrock Demerara Sugar
- 175g/6oz Odlums Porridge Oats
- 125g/4oz Butter
- Fruit of your choice - Apples, Rhubarb, Mixed Berries



How to:

1. Preheat oven to 190°C/375°F/Gas 5.
2. Put the flour into a bowl, add in butter and rub into flour with your fingers.
3. Add in sugar and oats and mix together.
4. Prepare fruit. Stew apples/rhubarb if making apple/rhubarb crumble.
5. Put fruit in ovenproof dish. Spoon crumble over fruit. Bake in oven for about 20 minutes.

To Stew Apples/Rhubarb

- Peel, core and roughly chop apples. Or clean, trim and slice rhubarb stalks into 1"/2½cm pieces.
- Place in a saucepan with a sprinkling of sugar and a little water (3 tablespoons approx) over a low heat, stirring occasionally until softened.
- If liked, add a pinch of cinnamon/ginger to the apples/rhubarb when soft.

3 Ingredient Cookies (www.odlums.ie)

What you need:

- 125g/4oz Odlums Porridge Oats (or Kelkin Gluten Free Porridge Oats)
- 50g/2oz Shamrock Coconut
- 2-3 medium Bananas, mashed (the more ripe the better!)

How to:

1. Preheat oven to 180°C/350°F/Gas 4. Lightly grease a flat baking tray.
2. Combine the oats, coconut and mashed bananas in a bowl.
3. Place spoonfuls of the mixture on the baking tray and flatten to form cookies.
4. Bake for 10-15 minutes until golden brown.
5. Enjoy warm from the oven or cool completely and store in an airtight container.

Notes

For a gluten free version, make sure your porridge oats are gluten free.
Also delicious with Shamrock chocolate chips, chopped nuts or dried fruit.



Orange Chocolate Cake (www.odlums.ie)

What you need:

- 400g Odlums Gluten Free Self Raising Flour
- 400g Shamrock Golden Caster Sugar
- 60g Cocoa
- 2 teaspoons Odlums Bread Soda
- 1 teaspoon Salt
- 450ml Warm Water
- 2 teaspoons Goodall's Vanilla Extract
- 150ml Vegetable Oil
- 2 teaspoons Cider Vinegar



For Buttercream

- 400g Icing Sugar
- 160g Stork Block Margarine, softened at room temperature
- 100g Cocoa
- 100ml Unsweetened Almond Milk
- 1 Orange, zested
- $\frac{1}{2}$ teaspoon Goodall's Vanilla Extract

How to:

1. Preheat oven to 180°C/350°F/ Gas 4. Grease and line the base of 2 x 20cm/ 8" round baking tins with parchment paper.
2. Add all of the ingredients to a large bowl and mix with an electric handheld beater until fully combined.
3. Divide mixture between the two baking tins.
4. Bake in a lower shelf position for 30 minutes. The cakes will look very dark when cooked but this is normal, don't worry they are not burnt, just rich and chocolatey!
5. Allow to cool in the tins for 30 minutes before carefully removing from the tins and placing on to a wire rack to cool completely.

For Buttercream

- Add all of the ingredients to a large bowl. Starting on a slow speed, use a handheld mixer to beat the icing until light and fluffy (approx 1 minute).
- To assemble the cake, carefully place one layer on cake stand and spread half of the buttercream onto it. Add the second cake layer and top with the rest of the buttercream in a swirl. Enjoy!

Notes

Cake turns out quite rich and dark, great as a celebration cake and could very easily be covered in fondant icing and decorated for an alternative Christmas cake.

Stork block margarine is dairy-free but Stork spreadable tubs are not.

Some vinegars, like malt vinegar, are not always safe for coeliacs but cider vinegar is naturally gluten free and, unless processed alongside gluten-containing foods, it is totally safe.

Cake is delicate to handle, despite being so rich, so be quite careful when removing from tins and assembling as it can crack (nothing a bit of icing won't hide though!). This is due to the lack of eggs.

Makes a 2 layer 8" cake.

Gluten Free Pancakes (www.odlums.ie)

What you need:

- 125g/4oz Odlums Gluten Free Tritamyl Self Raising Flour
- Pinch of Salt
- 1 Egg
- 300ml/½pt Milk
- Oil for frying



How to:

1. Sieve flour and salt into a bowl.
2. Make a well in the centre of the flour, break in the egg and add about a third of the milk. Beat well, gradually pouring in the rest of the milk and drawing in the flour to make a smooth batter.
3. Pour batter into a jug, cover and allow to stand for about 30 minutes.
4. Brush a pancake pan or frying pan with oil. When pan is hot, give batter a stir before pouring a thin layer onto pan.
5. Fry until golden brown, then turn and cook the other side. Repeat until batter is used up. Serve with your favourite toppings, enjoy!

Gluten Free Pizza (www.odlums.ie)

What you need:

- 175g/6oz Odlums Gluten Free White Bread Mix
- 150ml/ $\frac{1}{4}$ pt Water
- 1 Teaspoon Vegetable Oil

Filling

- 400g Tin Roma Chopped Tomatoes
- 125g/4oz Grated Cheddar Cheese



How to:

1. Preheat oven to 200°C/400°F/Gas 6. Grease a 25cms 28cms/ 9" -10" pizza tin.
2. Put the bread mix into a mixing bowl, add the water and oil and mix to a batter.
3. Transfer to the prepared tin and spread out evenly.
4. Bake for 10 minutes in the preheated oven, remove from oven and spread over the chopped tomatoes and then the cheese.
5. Return to oven for a further 15 minutes until cheese is melted and golden brown.
6. Serve hot with a salad.

Note:

Other topping suggestions...

Goats Cheese & Pine Nuts

Red Peppers, Onions & Mushrooms

Sliced Pepperoni

Ham & Pineapple

Quick Pavlova (www.odlums.ie)

What you need:

- 3 large Egg Whites
- 1 tablespoon Odlums Cornflour
- 1 teaspoon Chef White Vinegar
- 1 teaspoon Goodall's Vanilla Essence
- 4 tablespoons Boiling Water
- 350g/12oz Granulated Sugar



To Decorate

- 300ml/ $\frac{1}{2}$ pt Cream
- Fresh fruit

How to:

1. Put all the ingredients into a bowl and beat until thick. Shape meringue into a ring on baking parchment. Bake in preheated oven at $120^{\circ}\text{C}/250^{\circ}\text{F}/\text{Gas } \frac{1}{2}$ for 1 hour. Reduce heat to $110^{\circ}\text{C}/225^{\circ}\text{F}/\text{Gas } \frac{1}{4}$ for a further 30 minutes.
2. Allow to cool. Place on serving dish and fill with whipped cream and fresh fruit of your choice.

Cookery Recipes

Recipes - Baking

All recipes contain details of the website source

1. Spicy Meatballs
2. Meatballs in Tomato Sauce
3. Spaghetti Bolognese
4. Spaghetti Carbonara
5. Chicken Curry
6. Vegetable Stir-Fry
7. Lasagne
8. Homemade Soup
9. Kevin's Traditional Beef Stew
10. Fish & Chips

Spicy Meatballs (www.spunout.ie)

Ingredients

- 450g lean minced lamb/beef
- 1 large onion, finely chopped
- 2-3 cloves of garlic finely chopped
- 2 dessertspoons curry powder
- 1 dessertspoon cornflour/flour



About the recipe

- Servings: 4
- Preparation time 15 minutes
- Cooking time 20 minutes.
- Utensils needed: frying pan, large bowl.

Method

1. Place the minced meat in a large bowl.
2. Fry the onion and garlic until golden brown.
3. Mix the curry powder, ginger and cornflour / flour with a little water and add to the pan. Cook for a few minutes.
4. Add this mixture to the mincemeat and mix well.
5. Shape into meatballs with damp hands.
6. Cook in the oven for 25 minutes.

Meatballs with Tomato Sauce (www.bbc.co.uk/food)

For the meatballs (serves 6)

- 2 tbsp [olive oil](#)
- 150g/5oz [onion](#), finely chopped
- 1 clove [garlic](#), crushed
- 900g/2lb [beef mince](#)
- 2 tbsp freshly chopped herbs, such as [marjoram](#), or 1 tbsp rosemary
- 1 free-range [egg](#), beaten
- 3 tbsp [olive oil](#)
- salt and freshly ground [black pepper](#)

For the tomato sauce

- 3 tbsp [olive oil](#)
- 110g/4oz [onion](#), sliced
- 1 [garlic](#) clove, crushed
- 150g/5¼oz [mozzarella](#), grated
- 1 tsp caster [sugar](#)
- 2 x 400g cans tomatoes

Method

1. Heat two tablespoons of olive oil in a heavy stainless steel saucepan over a gentle heat and add the onion and garlic. Cover and sweat for four minutes, until soft and a little golden. Allow to cool.
2. In a bowl, mix the minced beef with the cold sweated onion and garlic. Add the herbs and the beaten egg. Season the mixture with salt and pepper.
3. Fry a tiny bit to check the seasoning and adjust if necessary. Divide the mixture into approximately 24 round balls. Cover the meatballs and refrigerate until required.
4. Meanwhile, make the tomato sauce. Heat the oil in a stainless steel saucepan.
5. Add the sliced onion and the crushed garlic, toss until coated, cover, and sweat on a gentle heat until soft and pale golden.
6. Slice the canned tomatoes and add, with all the juice, to the onion mixture.
7. Season the contents with sugar, salt and freshly ground pepper.
8. Cook the tomatoes uncovered for approximately 30 minutes or until the tomato softens (while this is cooking make the meatballs).
9. Heat a frying pan and cook the meatballs for about 10 minutes in about three tablespoons of olive oil.
10. When they are cooked, put them into an ovenproof dish with the tomato sauce and top with the grated mozzarella. Place under a preheated grill until the cheese has melted.
11. Serve with spaghetti.



Simple Spaghetti Bolognese (www.supervalu.ie)

Serves: 6 people

Ingredients

- 2 tbsp Sun Dried Tomato Paste
- 1 small SuperValu Carrot chopped
- 2 tins SuperValu Chopped Tomatoes 400g each
- A bunch SuperValu Fresh Basil chopped (use could use dried)
- 2 sprigs SuperValu Fresh Rosemary finely chopped (use could use dried)
- 2 cloves SuperValu Garlic crushed
- 1 tbsp SuperValu Olive Oil
- 1 small SuperValu Onion chopped
- 25 g SuperValu Parmesan Cheese Shavings shaved
- 500 g SuperValu Quality Irish Round Steak Mince
- 6 - SuperValu Smoked Bacon Rashers
- 400 g SuperValu Spaghetti



Method:

1. Heat the SuperValu Oil in a frying pan.
2. Add carrot, onion and cook for 5 mins to soften.
3. Add streaky bacon and garlic and toss in pan for 3 mins.
4. Add minced meat to pan and cook for 5 mins or until all meat is cooked.
5. Pour the tomatoes, tomato paste, chopped rosemary and basil into mixture and simmer for 15 mins.
6. Cook spaghetti according to pack instructions with a splash of SuperValu olive oil and a pinch of salt.
7. Reserve some of the cooking water, drain and pour the pasta into the pan along with the sauce.
8. Toss together, thinning with pasta water, if needed, and serve with the extra basil leaves with Parmesan shavings on top.

Spaghetti Carbonara (www.bbc.uk/food)

Ingredients

- 400g spaghetti
- 1 tbsp olive oil
- 200g smoked pancetta cubes or streaky bacon, chopped
- 2 garlic cloves, crushed
- 3 eggs
- 75ml double cream
- 50g Grana padano or parmesan, finely grated, plus extra to serve



Method:

1. Cook the spaghetti. Bring a large, deep pan of salted water to the boil. Plunge 400g spaghetti into the water, stir well and cook, following pack instructions. Aim for 'al dente': cooked, but retaining some bite in the middle. Take a few strands out of the water with a spaghetti spoon or tongs 1-2 mins before the end of the cooking time and bite into it. Repeat until you think it is properly cooked.
 2. Fry the pancetta. Meanwhile, heat 1 tbsp olive oil in a frying pan. When hot, tip in 200g smoked pancetta cubes or chopped streaky bacon. Fry over a medium heat until the fat in the meat has melted down into the pan and the meat has turned lightly golden. Be careful not to crisp the pancetta too much; it will be cooked a little bit more later on in the recipe. Remove from the heat and set aside.
 3. Prepare the sauce. Crack 2 of the eggs into a mixing bowl. Separate the yolk from the third egg: gently crack the side of the shell and, using both hands, slowly open it into two halves over a separate bowl - you want to keep the yolk in one of the halves. Tip the yolk from one shell half to the other and repeat until all the egg white has fallen into the bowl below, taking care not to crack the yolk on any rough shell edges. Tip the yolk in with the other eggs and beat together, along with 75ml double cream, 50g finely grated Grana Padano or parmesan cheese and some seasoning.
 4. Combine the dish. Add 2 crushed garlic cloves to the pancetta and return frying pan to hob. Fry over high heat for 1 min or until garlic is cooked and pancetta warmed through. Meanwhile, drain spaghetti. Tip back into the hot saucepan off the heat. Pour egg mixture over pasta, followed by hot pancetta, garlic, any fat and oils. Toss quickly and thoroughly with spaghetti spoon or tongs. Mix until it has thickened to a smooth, creamy sauce. Serve with extra cheese and freshly ground pepper.
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Chicken Curry (www.spunout.ie)

Ingredients

- 4 chicken fillets
- 5 mushrooms
- 1 green pepper
- 1 onion
- 2 dessertspoons of frozen peas
- 1 clove of garlic
- 2 dessertspoons medium curry powder
- 1 teaspoon of vegetable oil
- 1 dessertspoon flour
- 1 low salt chicken stock cube
- 275mls of boiling water



About the recipe:

- Servings: 4
- Preparation time 30 minutes
- Cooking time 30 minutes.
- Utensils needed: frying pan.

Method:

- Chop up the chicken fillets.
- Slice vegetables and garlic.
- Dissolve the stock cube in 275mls of boiling water.
- Heat the oil in a frying pan and gently fry the onions and garlic. Add chicken and cook for 5 minutes.
- Add mushrooms and pepper to the frying pan and cook for 2 to 3 minutes.
- Add curry powder and flour to the pan and cook for one minute stirring all the time.
- Stir in the stock and peas.
- Reduce heat, cook slowly for 10 minutes without stirring.
- Serve with boiled brown or white rice.

Vegetable Stir Fry (www.spunout.ie)

Ingredients

- 1 green pepper
- 1 yellow pepper
- 10 mushrooms
- 1 onion
- 3 carrots
- 225g french beans/ string beans
- 1 dessertspoon of vegetable oil pepper
- 1 low salt stock cube
- 150ml water



Add chicken, beef or pork for a non-vegetarian option.

About the recipe:

- Servings: 4
- Preparation time: 15 minutes
- Cooking time: 20 minutes
- Utensils needed: Frying pan

Method

1. Peel and slice the carrots.
2. Slice the peppers, onion and mushrooms thinly.
3. Heat the oil in a frying pan. Add the mixed vegetables and stir well.
4. Dissolve the stock cube in 150ml of boiling water and add to the pan. Keep stirring.
5. Cover the vegetables and cook gently for 10-15 minutes, until the vegetables are tender but still crisp. Add the beans and cook for a further 3-5 minutes.
6. Serve with boiled rice, pasta or potatoes.

Lasagne (www.spunout.ie)

Ingredients

- 450g lean minced beef/lamb
- 1 onion
- 1 green or red pepper
- 8 mushrooms
- 1 tin chopped tomatoes
- 2 dessertspoons of tomato sauce
- pinch of salt if desired pepper
- 1 clove garlic
- Cheese sauce : 25g margarine, 25g flour, 3/4 pt Milk, 50g low fat grated cheese.
- 10 sheets of easi-cook lasagne sheets



About the recipe:

- Servings: 4
- Preparation time: 30 minutes
- Cooking time: 40 minutes.
- Utensils needed: Saucepan, casserole dish.

Method:

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. To make meat sauce: Chop onions, peppers, mushrooms and garlic. Put mince into a large pan and fry until completely brown, stirring all the time with a wooden spoon. Add onions and garlic to mince and cook for 3-4 minutes. Add chopped peppers, chopped mushrooms, tin of tomatoes and tomato sauce to the mince mixture. Bring to the boil and leave to simmer on a low heat for 15-20 minutes.
3. To make the cheese sauce: Melt the margarine in a saucepan. Add the flour and cook over a low heat for 1 minute, stirring all the time. Remove from the heat and cool slightly. Add the milk, salt and pepper stirring all the time.
4. Return to the heat and bring to the boil. Keep stirring. Add cheese. Reduce heat and cook slowly for 5 minutes.
5. Put layer of meat sauce in the bottom of casserole dish, cover with easi-cook lasagne sheets. Make 1 or 2 more layers as above finishing with a layer of lasagne sheets. Cover with cheese sauce. Sprinkle with remainder of cheese and bake for 30 to 40 minutes.
6. Serve with salad or vegetables.

Homemade Soup (www.spunout.ie)

At the shop...

- Pick your vegetables. Some nice combinations: broccoli and cauliflower; leek and potato; tomato and mushroom; sweet potato and parsnip and butternut squash and lentils).
- Pick a fresh herb or spice you like - coriander goes well with carrot; basil goes well with tomato; cumin and sweet potato; rosemary, thyme and sage mingle nicely with everything.
- Get quality stock cubes.
- Get some nice bread (this will transform a bowl of a soup to a delicious meal).



On the hob...

- Gently heat some olive oil and a knob of butter in a decent sized pot (enough to coat all the veg you'll be adding).
- When these guys get going, add some chopped garlic & onions.
- When these guys get going, add your veg (peeled, sliced and diced).
- When this gets going, add your herbs or spices (let your nose decide how much to add).
- Stir all this around for about 15 mins on a med heat, maybe a wee bit longer for root veggies.
- When your veggies are getting soft and it all smells lovely, it's time to add the hot stock to your pot (see directions on the stock box).
- Bring the veggies and stock to a boil.
- When it comes to the boil, lower the heat to a simmer (wee gentle bubbles).
- Cook with lid almost covering the pot for about 15 mins.
- Turn the heat off, put the lid on.
- Blend all the ingredients and eat OR leave it sit for a few hours and then blend it up for especially tasty soup.

Tips...

- Use fresh herb instead of dried herbs if you can
- Adding potato to any flavour of soup gives it nice texture.
- Adding celery to any soup gives it a nice added flavour.
- A bit of shredded cheese or creme fraiche on top is a nice touch.
- If you have some vegetables laying around that's starting to go off, save it by making a nice veg soup!
- If you don't have a hand blender to blitz the veg, you can try using a potato masher. It will be a bit chunky, but just as lovely.

Kevin's Traditional Beef Stew (www.supervalu.ie)

Ingredients (Serve 4)

- 750 ml Beef Stock
- 2 - Carrots diced
- 2 sticks Celery diced
- 50 g Mushrooms sliced
- 1 medium Onion diced
- 30 g Plain Flour
- 600 g SuperValu Fresh Irish Stewing Beef
- 1 tsp SuperValu Tomato Purée



Method:

1. In a large saucepan heat a little oil. Add the stewing beef and fry quickly until coloured or sealed all over. Add the vegetables with the sealed beef and mix them well around and cook for 3-4 minutes until all the vegetables are coloured and glazed as well as the beef.
2. Next, add the tomato puree and sprinkle the 30g flour. Stir to coat and colour the flour.
3. Pour in the stock and allow to come to the boil and then reduce the heat to a gentle simmer and cook for 2¹/₂ hours, covered until the meat and vegetables are tender and the sauce is a nice consistency.

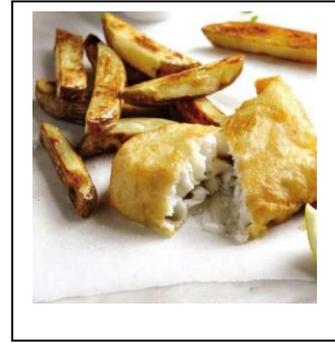
Fish & Chips (www.bbcgoodfood.com)

For the chips

800g unpeeled, even-size potatoes
2 tbsp olive oil

For the peas

300g frozen garden peas
1 tbsp olive oil
2 tsp lemon juice



For the fish

650g (approx) skinless haddock, hake or cod fillet cut into 4 equal-size pieces
50g self-raising flour, plus 1 tbsp
50g cornflour
1 egg white
125ml ice-cold sparkling water
1 lemon cut into wedges
600ml sunflower oil for frying

Method

1. Scrub the potatoes, cut into 1.5cm thick lengthways slices, then cut each slice into 1.5cm thick chips. Tip the chips into a large saucepan, pour in enough water to just cover, bring to the boil, then lower the heat and gently simmer for 4 mins only. Drain, tip onto a clean tea towel, pat dry, then leave to cool. Can be done 1-2 hrs ahead. Heat oven to 220C/fan 200C/gas 7. Put a large shallow non-stick roasting tray in the oven with 1 tbsp olive oil and heat for 10 mins.
2. Transfer the chips to a bowl and toss in the remaining oil using your hands. Tip out in a single layer onto the hot roasting tin. Bake for 10 mins, then turn them over. Bake 5 more mins, then turn again. Bake for a final 5-8 mins until crisp. Drain on paper towels.
3. While the chips are in the oven, cook the peas in boiling water for 4 mins. Drain, then tip into the pan and lightly crush with the back of a fork. Mix in the oil, lemon juice and freshly grated pepper. Cover and set aside.
4. The fish can also be cooked while the chips are in the oven. Pat the fillets dry with paper towels. Put the 1 tbsp of flour on a plate and use to coat each fillet, patting off the excess. Pour the oil for frying into a heavy, medium non-stick wok or wokshaped pan. Heat to 200C (use a thermometer so you can check the oil stays at that temperature). Mix 50g flour, cornflour, a pinch of salt and some pepper. Lightly whisk the egg white with a balloon whisk until frothy and bubbly, but not too stiff. Pour the water into the flour mix, gently and briefly whisking as you go. The batter shouldn't be completely smooth. Add the egg white, then lightly whisk in just to mix. Try and keep as many bubbles as you can so the batter stays light. Cooking two pieces of fish at a time, dip them in the batter to coat, let some of it drip off, then lower into the hot oil using a slotted spoon. Fry for 5-6 mins, making sure the oil stays at 200C and turning the fish over halfway through so it is golden all over. Lift out with a slotted spoon, drain on kitchen paper. Check the oil is back up to 200C, then repeat with remaining fish. Reheat the peas and serve with the fish, chips and lemon wedges.

Links

<https://spunout.ie/health/category/recipes>

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<https://tasty.co/article/melissaharrison/cooking-with-kids>

<https://www.jamieoliver.com/family/>

<https://www.odlums.ie/category/odlums-recipes/recipe-categories/baking-with-kids/>

http://www.foodnetwork.co.uk/?utm_source=foodnetwork.com&utm_medium=domestic