

Recipe

Submission Date	2015-07-26 06:43:24
Name of Mini Chef	Cerine Boreland
Mini Chef likes to eat	Chicken Chocolate Fondants Puff Pastries
Mini Chef can't eat	I can eat everything
Name of Taller Chef	Vaska
Taller Chef likes to eat	Oatcakes, fine asparagus, sausages, sweet potatoes, pesto
Taller Chef can't eat	Gluten, dairy, egg, chicken
Name of dish	50/50 pizza
Ingredients	<p>Cerine's side:</p> <p>1 Jus-Rol™ Puff Pastry sheet 200g fresh, skinless chicken, cut into thin strips Mozzarella</p> <p>Vaska's side:</p> <p>Gluten-free pizza base:</p> <ul style="list-style-type: none">- 60 ml extra virgin olive oil, plus extra for greasing- 650g white spelt flour, plus extra for dusting- 1 heaped tsp of sea salt- 2 tbsp fresh yeast, crumbled, or 2 tsp fast-action dried yeast- pinch of sugar- 1/2 tsp dried oregano <p>Both:</p> <p>Tomato puree Pesto Tomatoes Peppers Courgettes Salad</p>

Method / Recipe

1. Preheat the oven to 190 C / Gas 5 and grease baking tray
2. Cut and fry the tomatoes, courgettes and peppers (for both)
3. Cut and fry the chicken (for Cerine)

Cerine's half

Unroll pastry sheet.

Top with:

Tomato puree, mozzarella, chicken, pesto and some vegetables, leaving a 2.5cm border all round edges

Vaska's half

Make gluten-free pizza base night before (as it ideally should be left to rise overnight)

Top with:

Tomato puree, pesto and the fried vegetables.

Bake for 20 mins

Serve with salad.

Equipment

Baking tray
Frying pan
Rolling pin
Knife
Chopping board

Recipe

Submission Date	2015-07-26 06:43:33
Name of Mini Chef	Eboney-Mae
Mini Chef likes to eat	Pasta with red sauce and chicken
Mini Chef can't eat	prawns
Name of Taller Chef	Jenny
Taller Chef likes to eat	Fish
Taller Chef can't eat	n/a
Name of dish	Seasoned Fish with Rice & Vegetables
Ingredients	Potatoes- cubed Salmon Rice Carrots - cubed sweet Corn Sweet Peppers - small pieces Petit Pois Onion - finely chopped Thyme Butter Vegetable stock cubes Hot pepper sauce (will bring own) Coarse ground black pepper *Coriander fresh - chopped roughly *Fresh lime - cut in wedges SALAD Pre-made bag

Method / Recipe

Peel and chop the potatoes (cubed)
wash and chopped all the veg
(carrot, onion, peppers)

Wash the rice and set aside for later

Par boil the potatoes, then drain and rinse under cold water.

Soften the onion in the butter, then add the rice and coat the grains with the butter and onion mixture.

Add the stock cube and water to the rice and bring to the boil 3-5 minutes then reduce heat to medium setting.

Add the chopped vegetables and par boiled potatoes, thyme and hot pepper sauce, cook for 5 minutes then add the salmon fillet on top of the rice, sprinkle with some of the coriander and add 2 lime wedges.

Cover and cook for another 10 minutes. Let this cool down for 3-5 minutes then flake the salmon into the rice and vegetable making sure everything is evenly mixed in.

Serve!

Add some fresh coriander and lime wedges with salad on the side.

Equipment

Pans x 2

Chopping board

knives

vegetable peeler

sieve

fork

wooden spoon x 2

Plates

Kitchen towel

Cling film

Bowl

Aprons

Recipe

Submission Date	2015-07-26 06:40:32
Name of Mini Chef	Ellie
Mini Chef likes to eat	Porrige,chicken korma,thai curry,pancakes,crumble,mexican,blueberries, strawberries,cake and chiorizo
Mini Chef can't eat	not allergic to anything
Name of Taller Chef	Karen/mum
Taller Chef likes to eat	roasts,parsinp,butternut squash,raspberries,salads,pinenuts, chiorizo and walnuts.
Taller Chef can't eat	No allergies
Name of dish	Perfect paella
Ingredients	0.5 tbsp olive oil 200g frozen chopped onion 2 tsp frozen chopped garlic 2 tsp paprika 250g Spanish paella rice Pinch of saffron 800ml hot chicken stock made with 0.5 chicken stock cube 300g frozen British garden peas 400g pack British mini chicken fillets, cubed 1 tbsp frozen chopped parsley 100g chorizo ring, roughly chopped
Method / Recipe	<ol style="list-style-type: none">1 Heat the olive oil in a large, deep frying pan over a medium-high heat. Add the chopped onion and cook, stirring frequently, for 8-10 minutes until soft and any excess liquid has evaporated. Add the chopped garlic and the paprika for the last minute.2 Stir through the paella rice, then add the saffron and stock. Bring to the boil, then reduce to a simmer and cook, covered, for 15 minutes. Stir in the peas for the final 2 minutes.3 Meanwhile, heat another frying pan over a medium heat, add the chorizo and cook for 3 minutes until browned. Remove with a slotted spoon and set aside. Add the chicken and cook for 10 minutes until golden and cooked through with no pink remaining.4 Stir the chicken and chorizo through the paella rice mixture, along with the parsley.

Equipment

access to a clock

scales

deep frying pan with lid

frying pan

knife

chopping board

spatula

teaspoon

tablespoon

slotted spoon

Recipe

Submission Date	2015-07-27 13:09:35
Name of Mini Chef	Hassan
Mini Chef likes to eat	Meatballs and pizza
Mini Chef can't eat	pork
Name of Taller Chef	Jan
Taller Chef likes to eat	Sweet things
Taller Chef can't eat	Dairy and gluten
Name of dish	Sputniks
Ingredients	200g butter or margarine 225g toffee 225g pink & white marshmallows (the large marshmallows are tastier than the mini ones) Rice Krispies (as much as you can stir in. No more than 1 box)
Method / Recipe	Melt the butter or margarine in a large pan. Add the toffee & stir until nearly melted. Add the marshmallows & continually stir until all the ingredients are completely melted & combined together in a delicious syrup. Remove from heat & stir in Rice krispies until they are completely covered in the syrupy mixture. The mixture should be quite stiff. Put into a lined baking tray until cool, cut into bite buddy sized pieces & . . . eat!
Equipment	Large pan Wooden spoon Scales Baking tray

Recipe

Submission Date	2015-07-26 06:42:21
Name of Mini Chef	jadian
Mini Chef likes to eat	cottage pie omelette brownies roast dinner
Mini Chef can't eat	nut mushroom
Name of Taller Chef	Charlotte
Taller Chef likes to eat	cottage pie omelette brownies roast dinner
Taller Chef can't eat	Nothing!
Name of dish	Courageous Cottage Peachy Pie
Ingredients	1 tablespoon olive oil 1 large onion, chopped 1 clove garlic, crushed 2 medium carrots, chopped 500g beef mince 2 tablespoons tomato purée 500ml beef stock 1 teaspoon dried mixed herbs dash Worcestershire sauce salt and freshly ground black pepper to taste 500g potatoes 500g sweet potatoes 75g butter 4 tablespoons milk grated cheese paprika / herbs

Method / Recipe

Preheat the oven to 190 C / Gas mark 5.

Heat the oil in a large frying pan over medium high heat.

Add the onion, garlic and carrot and cook over a medium heat until soft. Add the mince and cook to brown.

Add purée, beef stock, mixed herbs and Worcestershire sauce. Season to taste with salt and pepper.

Cover and simmer for 30 minutes.

Meanwhile, boil the potatoes in water until soft. Drain and mash with the mustard, butter and milk.

Season with salt and pepper to taste.

Spoon the mince mixture into a casserole dish.

Top with the mash and bake for 30 minutes until golden brown.

Then once it's ready you can enjoy your delicious meal! :)

Equipment

x2 big saucepans

1 Frying Pan

Potato masher

Cheese grater

wooden spoon

plate / knife and fork

casserole dish for pie

Cardboard and scissors to cut shape at the end

measuring jug

Recipe

Submission Date	2015-07-26 06:25:33
Name of Mini Chef	Jamari
Mini Chef likes to eat	Chicken, cakes, spaghetti
Mini Chef can't eat	peanuts
Name of Taller Chef	Joy
Taller Chef likes to eat	Mac n cheese, chicken, everything
Taller Chef can't eat	strawberries, raspberries
Name of dish	BBQ Chicken
Ingredients	<p>1 teaspoon kosher salt 1 teaspoon garlic powder 1/2 teaspoon sugar 1/2 teaspoon paprika 1/2 teaspoon black pepper 1/4 teaspoon cayenne cooking spray Sauce</p> <p>1 cup barbecue sauce, preferably Hickory Smoke Flavor 1/2 cup honey 2 tablespoons ketchup 2 tablespoons hot sauce 4 tablespoons butter 1/2 teaspoon garlic powder</p>

Method / Recipe

1 teaspoon kosher salt
1 teaspoon garlic powder
1/2 teaspoon sugar
1/2 teaspoon paprika
1/2 teaspoon black pepper
1/4 teaspoon cayenne
cooking spray
Sauce

1 cup barbecue sauce, preferably Hickory Smoke Flavor
1/2 cup honey
2 tablespoons ketchup
2 tablespoons hot sauce
4 tablespoons butter
1/2 teaspoon garlic powder

DIRECTIONS

Wash, dry, and season the wings with the salt, garlic, pepper, cayenne, sugar, and paprika. Preheat the oven to 375.

Spray a cookie sheet with a generous spray of cooking spray.

Place the wings in a single layer on the cookie sheet, and place in the oven.

Cook for 35-40 minutes, depending on the size of the wings, turning once.

While they are baking, make the sauce by slowly simmering the sauce ingredients over the lowest heat.

When the wings are done baking, carefully dip them in the sauce, and place them back in the oven for another 5 minutes, or until the sauce is bubbling.

ENJOY! And remember to save some for everyone else

Equipment

Baking tray
2 mixing bowls
spoons
tongs

Recipe

Submission Date	2015-07-26 06:38:34
Name of Mini Chef	Jasmine
Mini Chef likes to eat	cake,strawberries,chocolate,raspberries,oreos,
Mini Chef can't eat	celery,raisins
Name of Taller Chef	Vas`
Taller Chef likes to eat	Chocolate buttons, fruit, jam
Taller Chef can't eat	celery, too much spice,
Name of dish	Choco-berry sponge cake
Ingredients	125g/4oz butter or margarine, softened 125g/4oz caster sugar 2 medium eggs 125g/4oz self raising flour chocolate powder (whole tin of powder) caburys dairy chocolate (big bar of chocolate) strawberries 400g raspberries 400g oreo's (big oreo packet) blue berry jam (1 jar) Milk (100ml)
Method / Recipe	Heat the oven to 180C/350F/Gas 4. Line two 18cm/7in cake tins with baking parchment Grease and line cake tins Cream the butter and the sugar together until pale. Use an electric hand mixer if you have one. Beat in the eggs. Sift over the flour and chocolate powder and fold in using a large metal spoon. The mixture should be of a dropping consistency; if it is not, add a little milk. Divide the mixture between the cake tins and gently spread out with a spatula. Bake for 20-25 minutes. Allow to stand for 5 minutes before turning on to a wire rack to cool. Sandwich the cakes together with jam and berries. And melt chocolate onto the top, and place strawberries around the side, and an oreo biscuit in the middle
Equipment	bowl (big bowl and a small bowl), spoon, cake tin, wire rack, plate, sift, scale, knife, oven gloves, whisk

Recipe

Submission Date	2015-07-27 17:23:12
Name of Mini Chef	Khusro
Mini Chef likes to eat	Lots of things
Mini Chef can't eat	pork
Name of Taller Chef	Lalitha
Taller Chef likes to eat	<ol style="list-style-type: none">1. Prawn or Chicken curry (mild) with wholemeal rice.2. Avocado, poached egg with cherry tomatoes, cucumber, mushroom, rocket and olives salad topped with vinegar dressing.3. Chunky fish fingers and garlic wedges4. Soya Vanilla desserts5. Fruit salad, strawberries, blueberries, kiwi, banana topped up with whipped cream6. Strawberry, Chocolate or Vanilla ice cream with hundreds and thousands topping.
Taller Chef can't eat	Button beans, kippers, boney fish and very spicy food
Name of dish	Dark Chocolate dipped coconut macaroons
Ingredients	2 large egg whites 2½ cups desiccated coconut ¼ cup local honey 1 tsp vanilla pinch of unrefined sea salt dark chocolate double cream
Method / Recipe	<ol style="list-style-type: none">1. Preheat oven to 160 C and line a tray with baking or parchment paper.2. In a large bowl, whisk together egg whites, honey, sea salt and vanilla.3. Once combined, add in shredded coconut and mix with your hands until well combined. When mixing sticky ingredients with your hands, it helps to wet your hands with cold water. The ingredients will stick less!4. Using a tablespoon, grab some of the mixture and scoop it into your hands, then make a tiny 'ball' out of it. Make sure there are no cracks otherwise the macaroon may easily break apart later when you pick it up.5. Now place the macaroon balls on the baking sheet, making sure that there is enough space between them.6. Bake in the oven until the edges of the macaroon are golden (for about 10-15 minutes). Let cool on a wire rack.7. Melt some dark chocolate with double cream in the microwave to make a thick chocolate sauce. It's very important to make sure the sauce is nice and smooth, you may need to adjust the amount of chocolate or double cream to reach that consistency. I sometimes also add honey to sweeten the chocolate a little.8. Once the macaroons are cooled, take a single macaroon and dip it in the melted chocolate. Place the macaroon on an empty plate, and repeat this for all of them making sure there is adequate space between them.9. Place the plate in the fridge to cool the macaroons down. The chocolate coating will soon thicken and harden around the macaroons.

Equipment

baking paper

baking tray

bowl

whisk

tablespoon

Recipe

Submission Date	2015-07-26 06:38:44
Name of Mini Chef	Madeehah
Mini Chef likes to eat	Generally everything that tastes good!
Mini Chef can't eat	Pork
Name of Taller Chef	Jannette
Taller Chef likes to eat	Everything especially mediterranean foods.
Taller Chef can't eat	Shellfish

Name of dish Fish tagine with saffron & almonds

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- good pinch saffron
- 600ml fish stock or vegetable stock
- 2 garlic cloves, crushed
- thumb-sized piece ginger
- 1 green chilli
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp cinnamon
- 1 tbsp tomato purée
- 10 cherry tomatoes
- 2 tbsp ground almonds
- zest 1 orange, juice of ½
- 1 tbsp honey
- 700g white fish, cut into large chunks
- small bunch coriander, chopped
- handful flaked almond, toasted
- plain couscous and natural yogurt

Method / Recipe

1. Heat the oil in a large pan. Add the onion and cook for a few mins until soft. Meanwhile, put the saffron in the hot stock and leave to steep. Add the garlic, ginger and chilli to the pan and cook for a few mins more. Tip in the spices and tomato purée, stir for a few mins until fragrant, then add the tomatoes, ground almonds, orange zest and juice, honey and saffron-scented stock, making sure that you use all of the saffron strands. Simmer, uncovered, for 10 mins, until the tomatoes have broken down and the sauce has thickened a little.
2. Add the fish to the pan, making sure the pieces are all nestled under the sauce. Cover with a lid and simmer on a low heat for 2-3 mins until just cooked. Check seasoning, add the coriander and scatter with the toasted almonds. Serve scattered with the chilli, along with some couscous and a blob of natural yogurt, if you like.

Equipment

Large pan

Large measuring jug (for stock)

Large bowl (for couscous)

Stirring spoon

Chopping board

Knife

Measuring spoons

Recipe

Submission Date	2015-07-26 06:44:38
Name of Mini Chef	Nashyrah
Mini Chef likes to eat	I like to eat pancake with strawberry,i also like cheesy pasta
Mini Chef can't eat	i have no known allergy.
Name of Taller Chef	Jaye Thomas
Taller Chef likes to eat	i will try just about anything.
Taller Chef can't eat	mushroom,okra,milk
Name of dish	pancake with strawberry
Ingredients	1 1/4 cup flour 1 teaspoon baking powder 1/2 cup granulated sugar strawberry lemon 2 eggs 1 tablespoon honey 3/4 cup milk oil for greasing the pan

Method / Recipe

Preparation

Get two large clean bowls put the wet ingredients in one bowl and the dry ingredients in the other bowl.

Whisk all the wet ingredients together, making sure the eggs have been mixed well in the milk, put this egg and milk mixture to one side.

Place a sieve over the egg and milk mixture and sift the dry ingredients into this, take a hand whisk and mix the flour and egg mixture together.

This should result in a thick but fluid batter, if it is too thick and runs slowly off the whisk when raised add 1 serving spoon of milk and whisk. You want a thick but fluid batter that spreads slowly when poured.

Place a clean frying pan on medium heat, and add a little oil, wipe away any excess. Take a serving spoon or shallow ladle full of the batter and place this in the centre of the pan, the batter will naturally spread into a circle on it's own.

Once air bubbles start forming on top of the batter in the pan, use a spatula to gently flip the pancake over. It should be beautifully soft and brown on the opposite side, leave this for about 20 seconds then remove it from the pan onto a clean plate.

Cover with clingfilm, and repeat the above process till you have used up all the batter.

Add what ever filling you like, or serve it cut in lengths as I did for my deconstructed version.

Equipment

frying pan
jug
whisk
ladle/spatula
pastry brush

Recipe

Submission Date	2015-07-26 06:51:24
Name of Mini Chef	Shai- Lilly
Mini Chef likes to eat	Macaroni and Cheese Fried Chicken and Chips Lasagna Cod (fish shop style) Pizza
Mini Chef can't eat	Coconut rice Fish fingers
Name of Taller Chef	Lola
Taller Chef likes to eat	Lasagna Stew Chicken Pizza Salmon
Taller Chef can't eat	Green peas
Name of dish	Lilly Cuisine
Ingredients	Macaroni Chicken Breast Cheese Peri peri seasoning Carrots strips Runner beans Salt and Pepper Milk Flour Onions Butter Garlic Paprika Olive oil

Method / Recipe**Macaroni and cheese**

225g pasta
2.5 cups milk
55g unsalted butter
35g all-purpose flour
1/4 teaspoon black pepper
255g Mature cheddar cheese
70 g Red Leicester cheese
salt to taste

Method

Bring pasta to boil

Melt butter in a pan, add flour until it becomes a paste, add cheese and milk then stir until cheese melts completely

Place pasta in a Pyrex dish, sprinkle cheese on top of the macaroni and cheese mix then place into the oven

Peri peri Chicken

4 fresh red chillies,
1 tbsp garlic
1/2 tbsp paprika
100ml olive oil

Place chicken into a bowl with all the ingredients.

Let it sit for 15 minutes in the fridge.

Par cook in a frying pan

Remove from the pan then place under the grill for 30 mins

Boil Carrots and runner beans together then add a sprinkle of salt and pepper to taste

Equipment

Sauce pan
Wooden Spoon
Bowl
Oven tray