Recipes

These are the recipes that I want to use in my magazine. I want to include recipes that appeal to everyone with different dietary needs

Traybake

Ingredients

½ of an Onion

½ of a bell Peppers

1 whole Carrots

3 whole Garlic cloves

6 large Potatoes

 10 cherry Tomato’s

1tbs Oil

Meat- If wanted

1tsp mix herbs

1tsp garlic powder

1tsp salt

1tsp pepper

1tsp paprika

1. Preheat the oven on gas mark 4/ 180C/ 160C fan
2. Get a baking tray line the tray with the oil.
3. Chop all the vegetables that you have and place in the ma
4. If you want to add meat chop the meat up or leave it as it is.
5. In a separate bowl you then want to mix the oil with the salt, pepper, garlic powder, mix herbs and paprika.
6. Add the oil mixture to the tray and mix.
7. You then want to put the tray in the oven for 45 minutes but you need checking the tray every 15 minutes making sure that the vegetables and the meat that you added does not dry out.
8. If it does start to seem to dry out add some water to it.
9. After cooking grab a plate and serve. Bon Appetit

Teriyaki Salmon

 3 Salmon fillets (depending on how many people are eating)

1 lemon wedge

2tbsp Soy sauce

2tbsp honey

2tbsp Mirin sauce

3 garlic cloves

1tsp salt

1tsp pepper

1. Pre heat the oven on gas mark 4/ 180C/ 160C fan
2. Get a baking tray and line it with greaseproof paper.
3. Place the salmon diagonally on the baking tray
4. Get the green beans and boil them to how you like them cooked
5. You then want to grab a bowl and mix the soy sauce, honey, salt, pepper mirin and the chopped garlic together.
6. You then want to grab a pot to cook your rice or noodles in.
7. You want to cook for 15 minutes and then you want to pour the soy sauce over the salmon in the last 5 minutes.
8. After you take the salmon out of the oven you want to cut a lemon into a wedge and squeeze the lemon over the salmon.
9. You then need to grab a plate and serve the food.

Chickpea Fritters

1 tin of chickpeas

¼ cup of all-purpose flour

¼ cup of parmesan cheese

1tbs chopped parsley

1 tsp cumin

½ tsp garlic powder

½ tsp salt

¼ tsp pepper

2 tbsp water

2 tbsp canola oil

1. You want to grab a bowl. In the bowl you want to mix the parmesan cheese, all-purpose flour, chickpea, cumin, garlic powder, salt and pepper and mix them all together.
2. You then want to add the water. Use a fork or a masher and mash them.
3. Divide the mixture into 6 equal parts and form them into thin patties.
4. Heat some oil in a large pan until the oil is hot. You then need to add the fritters to the pan and wait 2-4 minutes on each side.
5. After cooking you want to place the on a plate with a paper towel so that the excess oil is drained from the fritter.
6. You then want to serve with whatever you want.

Skewers

8 bamboo skewers

2tbsp clear honey

2 tbsp dark soy sauce

750g of any meat you want

250g fresh pineapple

2 red chillies

1 pack of bell peppers.

1 large onions

1tsp paprika

1tsp salt

1tsp pepper

1. You want to get a large bowl that is full of water. You want to get your skewers and place them in the water for 15-20 minutes so that they don’t burn during cooking. Then you need to preheat the grill so that it is ready.
2. While waiting on the skewers you need to grab a bowl you want to make the marinade. In the marinade you want to mix the honey, red chillies, paprika, salt, pepper and the dark soy sauce.
3. Then you want to chop up the meat you are going to use.
4. You want to put the meat in the marinade and toss it together. Tip you should cover the bowl as the marinade will sink in more.
5. The pineapple, onions and bell peppers need to be chopped up.
6. After chopping the pineapple and the vegetables, you then should get the skewers and start placing them on the skewers.
7. Place the skewers on a baking tray and line the tray with foil
8. You need to cook the skewers for about 10minutes on each side.
9. After they are cooked they are ready to eat. Easy right.

Flat bread& garlic butter

Flat bread

250g self-rising flour (you need extra for dusting)

2tbsp olive oil

2 tsp herbs

Pinch of salt

150ml water

Garlic butter:

3 tbsp Butter

3 tbsp Parsley

3 garlic cloves finely chopped

1. The first thing you should do is get the butter and the garlic. You then need to chop the garlic and the parsley.
2. You then need to get a bowl and mix the garlic, parsley and butter together. You need to place the mixture in a fridge.
3. You then need to move onto making the flat bread.
4. In another bowl mix the flour, a pinch of salt, 2 tbsp olive oil and 150ml of water. It going to get messy as you need to use your hands and mix the ingredients together into a rough but slightly sticky dough.
5. You need to cover and leave it to rest for 5 minutes. Then you need to place the dough on a surface and kneed the dough for 1 min straight until it is smooth.
6. Divide the mixture into 6 parts and roll them out into circles.
7. You then need to heat a pan with oil with any herbs of your choice in the pan. Then you need to place one of the doughs in the pan and fry for 3-4 minute on each side until they are golden and cooked through.
8. Get the garlic butter out of the fridge, get the flat bread, spread the garlic butter on the flatbread and serve.

Pizza

Base:

 300g strong bread flour

1tsp instant yeast

1tsp salt

1tsp olive oil

200ml warm water

Toppings:

Hand full tomatoes

1 yellow/ orange pepper

1 red onion

2tbsp sweetcorn

4 thinly sliced mushroom

1 tbsp extra virgin olive oil

½ tsp dried chili flakes

50g mozzarella cheese

1tbsp of mixed herbs

Tomato sauce

100ml passata sauce

Handful fresh basil

1 garlic clove

1. Preheat the oven to gas mark 7/220C/200C fan
2. You need to start to prepare the base of the pizza by pouring out the flour in a bowl and then stir in the yeast and the salt. Pour into the warm water and the olive and mix together until the dough is fairly wet and soft.
3. Place the dough on a surface and knead the dough for five minutes until it becomes smooth. Cover the dough with paper towel and put to a side- this is not necessary if you want to create a thin crust pizza.
4. Chop all the vegetables for your toppings for example the onions, peppers, tomatoes and the mushrooms.
5. Mix the passata, the basil and the garlic together.
6. Then when you want to get the dough and shape the dough.
7. If you left that dough to knead the dough again. You can then split the dough into two ball and roll them out.
8. Heat the oven on gas mark 8/240C/220Cfan and the place the dough on a tray.
9. Start to spread the tomato sauce around and start to place your toppings on your pizza.
10. Drizzle olive oil on top and let it cook for 8-10 min until it is crispy
11. When it is ready cut it up and serve.

Biryani

300g basmati rice

25g butter

1 large onion

1 bay leaf

3 cardamom pods

Small cinnamon sticks

1tsp turmeric

4 skinless chicken breasts/ lamb or no meat

4tbsp Balti curry paste

85g raisins

850 chicken stock

30g coriander.

1. You want to soak the basmati rice in warm water but then wash in cold water. You then want to put the rice in the pot you are cooking it in.
2. In a pan heat the butter and then add the onion, the bay leaf, cardamom pod, cinnamon sticks and let that cook for 10 minutes
3. You then want to add the turmeric, the meat you are using and the curry paste. Let that cook until you can smell the aroma
4. After you can smell the aroma you then need to stir in the rice with the raisins. You need to pour the chicken stock in the pan.
5. Put the lid on the pan and allow it to boil. After it has boiled you then need to minimise fire for another 5 minutes to allow the rice to cook more.
6. While that is happening chop the coriander and the turn the fire off and serve with the coriander sprinkled on top.

Jerk chicken

 Chicken

Marinade:

2-3 tsp crushed/ powdered all spiced (pimento)

1tsp fine salt

4 Spring onion

1 medium whit onion

1-2 scotch bonnet

6-8 garlic cloves

2-3 tbsp thyme leaves

240ml lime/orange/pineapple juice

60ml white/ malt vinegar

½ tsp mixed spice

1-2tbsp dark sugar

1. Put all the ingredients for the marinade in a blender so that it becomes a thick paste.
2. Slit the chicken with a knife, place in a container and pour the marinade over the chicken. You need to make sure that the chicken is fully covered.
3. Place the chicken in the fridge for 4 hours
4. Heat the oven on gas mark 7/ 220C/220C fan
5. Put the chicken on a baking tray cook for 30-45 mins and then place foil on top for a further 10 mins
6. You can now serve once ready with any side dish you wish.

Bami Goreng

½ pack of spaghetti

1 whole carrot

1 stalk of celery

 2 spring onions

1 onion

1 bell pepper

2 tbsp Soy sauce

1 tsp Chinese five spice

1tsp chili flakes

1tsp salt

1tsp pepper

1tsp oil

1. First you need to get a pot with water in it and boil the water. Then you need to put the spaghetti in the pot
2. While the spaghetti is cooking you need to chop the vegetables and then need the pan heat up with the oil and then place the vegetables in the pan.
3. You then need to add the spaghetti and then add the soy sauce, Chinese five spice, chili flakes, salt and pepper.
4. You then need to turn the fire up and let it simmer.
5. Get a bowl ready to serve because it is ready to serve.

Tacos

1 onion

1 red and green pepper

Olive oil

2 garlic cloves

Pinch paprika

1 ½ tsp cumin

500g Quorn mince

Taco shells

1. Preheat the oven on a very low heat and put the taco shells in the oven to keep warm.
2. Chop the onions, garlic and peppers. Get a pan and heat the oil on a low heat.
3. Add the paprika and cumin to the pan. Then add the mince until it brown.
4. Once the mice are browned add the beef stock.
5. Let that simmer down for about 5-10 minutes!
6. Stir the mince and get the taco shells out of the oven.
7. Fill those tacos up and tuck in.

Greek lamb chops

54g olive oil

¼ cup lemon juice

2 tsp oregano

4 cloves garlic

1tsp garlic powder

1tsp paprika

1 tsp salt

½ tsp black pepper

8 lamb chops

Mint leaves

1tbs olive oil

1. Use a paper towel to dry the lamb chops.
2. In a bowl/jug mix all the ingredients together.
3. Put the lamb chops on a baking tray.
4. Pour the marinade over the lamb chops and rub the marinade in.
5. Let the lamb chops sit so the marinade sinks in.
6. After that happens put the lamb chops in the frying pan.
7. Serve the lamb.

Buffalo cauliflower

¾ cup all purpose flour

1tsp paprika

2 tsp garlic powder

1 tsp salt

½ tsp pepper

¾ cup milk

1 head cauliflower

¼ cup buffalo sauce or hot sauce

2 tbsp coconut oil/ vegetable oil

1 tbsp honey

1. Preheat the oven 230C.
2. Line the tray with grease proof paper
3. Get a large bowl in the bowl add the flour, paprika, garlic powder, salt, pepper and milk stir until it is very well combined.
4. Break the cauliflower into pieces and then add the cauliflower in the batter. Place the cauliflower on the baking tray.
5. Bake the cauliflower for 20 minutes and halfway flip the cauliflower.
6. While that is baking in a small bowl mix the buffalo sauce, coconut oil and the honey and stir until combined.
7. Get cauliflower out of the oven and brush the buffalo sauce over the cauliflower and bake for another 20 minutes.
8. Get ready to taste the best thing ever.

Burger

1 chicken breast

100g breadcrumbs

1 large egg

1tsp oil

1 tsp salt

Black pepper

1 brioche burger bun

Serving:

1 slice of cheddar cheese

Lettuce

1 slice of tomato

Sauce

1tbsp tomato ketchup

2tbsp mayonnaise

½ small red onion

1. Get the breadcrumbs in to a large bowl. Add the salt and mix in the salt with your hands. Get another bowl and whisk the egg until light and fluffy.
2. Then you want to dip the chicken breast into the egg and then into the breadcrumbs and place in the pan until golden brown.
3. Then you want to place in the oven to give it the crispy texture.
4. While that is happening make the sauce. Chop the onion and mix the ingredients together and put to aside.
5. While that is happening chop your lettuce and the tomato and prepare the burger bun.
6. You then want to grab your burger and start to build your burger.

Interview Articles

Darren Searle is a chef who is currently working at Barnfield College. He described himself as tall, obsessive when it comes to food chaotically organized. Darren did not want to be a chef, but he fell into it. When he was deciding what to do for college, he wanted to choose something that had the least grade and he found catering when he started the course, he found that he really enjoyed it. Once he left college he went and got a job at the British beefeater. He used to cook with his dad but eventually he took over the cooking. His passions chemistry and cooking. These are his passions because when he became a chef he was interested in both chemistry and food and over a certain amount of time he became passionate about both. I asked Darren what the hardest part is of being a chef and he responded to the question with answers that I was not surprised by. He said the unsociable hours, Not having days off, being called in on your days off, low pay, smelling of food and having to be on the move most off the time. When he does not have a lot of time his go to meal is steak as it quick and easy to cook. His favourite cuisine to cook is French classics with a modern twist as he is classically frenched trained, but he also enjoys cooking Italian cuisine because of the process. He dislikes cooking English food. Asian and Indian foods are what he enjoys eating because off the strong flavours they have. He really enjoys the spice that the food has in it. He says that from experience steak is an easy thing to cook but for those that do not have strong cooking skills he says that pancakes, Yorkshire puddings and fried chicken are also easy recipes to cook. He prefers to cook with fresh ingredients as they taste better. He said that he would grow his own ingredients. I asked him is there a chef that he wanted to meet? He said that is a tricky question but, in the past, he would like to meet Marco Pier White but now he would not want to meet him now as he is a sell out now. If Darren spoke to Marco Pier White, he would not say anything because he would prefer to cook with him instead of speaking. I asked Darren about what advice would he give to those who are planning to become a chef. He said that they should go to college even though it is a great starting point. They should go straight into the industry as they can get more experience. He says that they should walk into the restaurant and show them what you can do.