

Esther Eat's

Interveiw With
Darren
Searle

Cooking Show
Reviews



Recipes

Vouchers



Contents

page 1	Introduction
page 2.....	Tacos
page 3.....	Traybake
page 4.....	Skewers
page 5	Burgers
page 6	Chickpea fritters
page 7	Flat bread with garlic butter
page 8	Vouchers
page 9.....	Pizza
page 10	Lamb chops
page 11	Salmon
page 12	Jerk chicken
page 13	Biryani
page 14	Bami Goreng
page 15	Cooking
Show reviews	



Introduction

Hi welcome to Esther Eat's. In this magazine you will find some amazing no some fantastic recipes that will blow your mind. Competitions that you can enter, interviews and vouchers.

So whether you can cook or not get ready and cook. Each recipe has different levels, flavours and you can make each recipe your own by adding your twist to the recipe.



TESCO

Every little helps

40%
off your
shopping when
you spend
£50 or more



Expires 25/07/2021

Tacos

Ingredients:

1 onion
1 red and green pepper
Olive oil
1 red chilli
Salsa
1 Lettuce
2 garlic cloves
Pinch paprika
1 beef stock
1 1/2 tsp cumin
1 1/2 tsp chili
500g Quorn mince
1 pack Taco of 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, red chili, garlic and peppers. Get a pan and heat the oil on a low heat. Add the paprika and cumin to the pan. Then add the mince until it brown.
3. Once the mince are browned add the beef stock.
4. Let that simmer down for about 5-10 minutes!
5. While the Mince is cooking you want to chop up your lettuce and get your salsa
6. Stir the mince and get the taco shells out of the oven.
7. You then want to put the mince in the shell then your lettuce and add you salsa.
8. You then can tuck in and enjoy!

Traybake

Ingredients:

1/2 of an Onion
1/2 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 dry out add some water to it and add it back in the oven.
9. After cooking grab a plate and serve. Bon Appetit



Pineapple Skewer

Ingredients

8 bamboo skewers
2tbsp honey
2tbsp dark soy sauce
750g of chicken or Beef
250g fresh pineapple
2 red chillies
1 pack of bell peppers.
1 large onions
1tsp paprika
1tsp salt
1tsp pepper



1. You want to grab a large bowl that is full of water. You want to get your skewers and place them in the water for 15-20 minutes
2. Then you need to preheat the grill so that it is ready.
3. 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.
4. Then you want to chop up the chicken or the Beef you are going to use.
5. 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.
6. The pineapple, onions and bell peppers need to be chopped up.
7. After chopping the pineapple and the vegetables, you then should get the skewers and start placing them on the skewers.
8. Place the skewers on a baking tray and line the tray with foil
9. You need to cook the skewers for about 10 minutes on each side.
10. After they are cooked. They are ready to eat. Easy right!

Chicken Burger

Ingredients

225g-250g Chicken mince

1 tsp salt

Black pepper

1 brioche burger bun

1 slice of cheddar cheese

Lettuce

1 slice of tomato

Sauce

1tbsp tomato ketchup

2tbsp mayonnaise

1/2 small red onion

1 egg

3 tbsp breadcrumbs



1. You want to get two bowls. In one you want to beat the egg and in the second bowl you want to put the breadcrumbs

2. Get the mince and break it up in a large bowl. Add the salt and mix in the salt with your hands. Mix the mixture until it is soft. Cover it and let the mixture stand so that it gets to room temperature for 25 minutes.

3. While that is happening make the sauce. Chop the onion and mix the ingredients together and put to aside.

4. Divide the mince into equal parts. You then want to dip the mixture in the egg then in to the breadcrumbs.

5. Grab a non-stick frying pan add the oil on high fire. Put the burgers in the frying pan and allow it to cook for a minute until it is browned.

6. While that is happening chop your lettuce and the tomato and prepare the burger bun.

7. When the burger is ready you can build your burger.

Chickpea fritters

Ingredients:

- 1 tin of chickpeas
- $\frac{1}{4}$ cup of all-purpose flour
- $\frac{1}{4}$ cup of parmesan cheese
- 1tbs chopped parsley
- 1 tsp cumin
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ tsp paprika
- $\frac{1}{2}$ tsp salt
- 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 until there are no more chickpeas.
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 them 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.

Flatbread & Garlic butter

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.

Ingredients:

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



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.

Vouchers

<p>TESCO <i>Every little helps</i></p>  <p>696979706-605695850606056895040472839</p> <p>24/08/2021</p>	<p>Spend £30 in Technology and get 30% off</p>  <p>696979706-605695850606056895040472839</p> <p>29/11/2021</p>
<p>Sainsbury's</p>  <p>696979706-605695850606056895040472839</p> <p>23/07/2021</p>	<p>Get 50% off when you buy any thing in homeware</p> <p>TESCO <i>Every little helps</i></p>  <p>696979706-605695850606056895040472839</p> <p>3/08/2021</p>
<p>TESCO <i>Every little helps</i></p>  <p>696979706-605695850606056895040472839</p> <p>7/07/2021</p>	<p>Spend £25 in F&F and get double points</p> <p>Sainsbury's</p>  <p>696979706-605695850606056895040472839</p> <p>29/10/2021</p>
<p>Sainsbury's</p>  <p>696979706-605695850606056895040472839</p> <p>24/08/2021</p>	<p>Spend £25 in TU and get double points.</p> <p>TESCO <i>Every little helps</i></p>  <p>696979706-605695850606056895040472839</p> <p>21/09/2021</p>

Pizza

Ingredients:

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.

Greek Lamb Chops

Ingredients:

1/4 cup lemon juice
2 tsp oregano
4 cloves garlic
1tsp garlic powder
1tsp paprika
1 tsp salt
1/2 tsp black pepper
4 Lamb chops
Mint leaves
1tbs olive oil
1 onion

1. Get a bowl and put the lamb in the bowl. You want to get 1 tbsp of lemon juice and rub that all over the lamb. You then want to get some water. Pour the water on the lamb and drain off the water.

2. Use a paper towel to dry the lamb chops.

3. Create the marinade in a separate bowl you want to mix the garlic powder, the paprika, salt, pepper, lemon juice, oregano and olive oil

4. Put the lamb chops in the bowl of the marinade and mix them together. You want to rub the marinade into the lamb. Then you want to place the lamb on the baking tray.

5. With the rest of the marinade you want to pour the marinade over the lamb chops.

6. After that happens put the lamb chops in the frying pan on high heat for 10-15 minutes.

7. You then can serve the lamb with some mint leaves to garnish.



Teriyaki Salmon

Ingredients:

3 Salmon fillets
1 lemon wedge
2tbsp Soy sauce
2tbsp honey
2tbsp Mirin sauce
3 garlic cloves
1tbsp Paprika
1tbsp cumin
1tbsp cayenne pepper
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. You then want to grab a bowl and mix the soy sauce, honey, salt, pepper mirin and the chopped garlic together.



5. You want to cook the salmon for 15 minutes and then you want to pour the soy sauce over the salmon in the last 5 minutes.
6. 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.
7. You then need to grab a plate and serve the food.

Jerk Chicken

Ingredients:

Chicken

Marinade:

2-3 tsp crushed/ powdered
pimento

1tsp fine salt

4 Spring onion

1 medium white onion

1-2 scotch bonnet

6-8 garlic cloves

2-3 tbsp thyme leaves

240ml lemon juice

60ml malt vinegar

1/2 tsp mixed spice

1-2tbsp dark sugar

1. For the marinade you want to get the scotch bonnet, spring onion, salt, pepper, thyme, garlic, dark sugar, lemon, pimento, Malt vinegar, mixed spice and dark spice. You want to place all these ingredients in the blender so that it becomes a thick paste.

2. While that is blending you want to 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. When the marinade poured over the chicken. Place it in the fridge for 4 hours

4. When it comes close to the end of 4 hours you want to pre-heat the oven on gas mark 7/ 220C/220C fan

5. Grab the chicken on a baking tray and cook for 30-45 mins.

6. You want to cook it with foil on top for 15 minutes and then take the foil off for the rest of the time.

7. You can now serve once ready with any side dish you wish.



Biryani

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.

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.

Ingredients:

300g basmati rice
25g butter
1 large onion
1 bay leaf
3 cardamom pods
Small cinnamon sticks
1tsp turmeric
or no meat
4tbsp Balti curry paste
85g raisins
850 chicken stock
30g coriander.



Bami Goreng

Ingredients:

1/2 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
1 tsp chili flakes
1 tsp salt
1 tsp pepper
1 tsp 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.

3. Heat up with the oil on high heat.

4. When the pan is heated you then want to place the vegetables in the pan.

5. While the vegetables are cooking you want to drain the spaghetti.

6. After draining the spaghetti you then need to add the spaghetti.

7. You then add the soy sauce, Chinese five spice, chili flakes, salt and pepper.

8. You then need to turn the fire up and let it simmer.

9. Get a bowl ready to serve because it is ready to serve.

Cooking Show Reviews



Ready Steady Cook

This show is becoming one of my favoured shows because of the host. The show is an absolute joy to watch because of participants personalities. The host gets involved with the cooking and interacts with everyone. The show inspires you as the audience to make the recipes or create a different recipe that you would not

think about making.

Celebrity masterchef

Over the years we were able to see amazing cooks and try out different recipes. All the different celebrities come from different cultures and have different personalities. What made me enjoy this? All the different personalities they have made the show come together and the recipes they bring to the show. The participants made me laugh and try the recipes that they were making.



Nadiya bakes

What can I say about this show! The show is a fantastic show you have classics that have a modern twist. Nadiya brings a new perspective to the dish. Her personality on the show is always upbeat she is always smiling. This made me enjoy the show more because she made me feel like I was there with there with her and not at home and that she was talking straight to me and not to anyone else.



