

# Esthers Eats!

Cooking Show  
Reviews

**Flavoursome  
Flatbread**

Interview with top chef  
Darren Searle

**Student Savings!**

**Free**



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# Introduction

Hi welcome to Esthers eats. In this magazine you will find some amazing recipes that will blow your mind, Interviews and vouchers. So whether you can cook or not get ready to try something new. Each recipe has different levels, different flavours and you can make them your own.

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# Tasty Tacos!

## SHOPPING LIST

1 Onion  
1 Red and Green Pepper  
Olive oil  
2 Garlic Cloves  
Pinch of Paprika  
1  $\frac{1}{2}$  tsp Cumin  
500g Quorn Mince  
Taco Shells

Preheat the oven on a very low heat and put the taco shells in the oven to keep warm. Chop the onions, garlic and peppers, add to a pan with the oil on a low heat. Add the paprika and cumin to the pan. Then add the mince until it browns. Once the mince is ready add the beef stock. Let that simmer down, stirring for 7-10 minutes. Remove the taco shells from the oven. Fill those tacos up, tuck in and Enjoy!

Preheat the oven on gas mark 4/ 180C/ 160C fan. Get a baking tray and line the tray with the oil. Chop all the vegetables that you have and place in the tray. If you want to add meat chop the meat up or leave it as it is, add this to the tray. In a separate bowl mix the oil with the salt, pepper, garlic powder, mix herbs and paprika. Add the oil mixture to the tray and mix. Put the tray in the oven for 45 minutes but check the tray every 15 minutes making sure that the vegetables and the meat that you added does not dry out. If it does start to seem to dry out add some water to it. Bon Appetit!

## SHOPPING LIST

- 1/2 an Onion
- 1/2 a bell Peppers
- 1 Carrot
- 3 Garlic cloves
- 6 Large Potatoes
- 10 Cherry Tomato's
- Oil
- Meat (optional)
- 1tsp mix herbs
- 1tsp garlic powder
- 1tsp salt
- 1tsp pepper
- 1tsp paprika

# Quick and Easy Traybake



# Skewers



## SHOPPING LIST

8 bamboo skewers  
2tbsp honey  
2 tbsp 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

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. Grab a bowl and mix the honey, red chillies, paprika, salt, pepper and the dark soy sauce. Then you want to chop up the chicken or the Beef. You want to mix the meat in the marinade and toss it together. Chop the pineapple, onions and bell peppers. Get the skewers and start placing them on the skewers. Put the skewers on a baking tray. You then need to cook the skewers on the grill for 10 minutes on each side. After they are cooked. They are ready to eat. Eat up!

# Chicken Burger

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. 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. While that is happening make the sauce. Chop the onion and mix the ingredients together and put to aside. Divide the mince into equal parts. You then want to dip the mixture in the egg then in to the breadcrumbs. 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. While that is happening chop your lettuce and the tomato and prepare the burger bun when the burger is ready you can build your burger.

## SHOPPING LIST

225g-250g Chicken mince  
1 tsp salt  
Black pepper  
1 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



# Chickpea fritters

## SHOPPING LIST

1 tin of chickpeas  
1/2 cup of all-purpose flour  
1/4 cup of parmesan cheese  
1tbs chopped parsley  
1 tsp cumin  
1/2 tsp garlic powder  
1/4 tsp pepper  
1/4 tsp paprika  
1/2 tsp salt  
2 tbs water  
2 tbs canola oil

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. . You then want to add the water. Use a fork or a masher and mash them. Divide the mixture into 6 equal parts and form them into thin patties. 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. After cooking you want to place them on a plate with a paper towel so that the excess oil is drained from the fritter. Enjoy!



# Flatbread with garlic butter



## SHOPPING LIST

250g self-rising flour  
(you need extra for  
dusting)  
2tbsp olive oil  
2 tsp herbs  
Pinch of salt  
150ml water  
3 tbsp Butter  
3 tbsp Parsley  
3 garlic cloves finely  
chopped

The first thing you should do is get the butter and the garlic. You then need to chop the garlic and the parsley and mix them together with the butter. You need to place the mixture in a fridge. You then need to move onto making the flat bread. In another bowl mix the flour, a pinch of salt, 2 tbsp olive oil and 150ml of water mix the ingredients together into a rough but slightly sticky dough. You need to cover and leave it to rest for 5 minutes. Then you need to place the dough on a surface and knead the dough for 1 min straight until it is smooth. Divide the mixture into 6 parts and roll them out into circles. 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.

Get the garlic butter out of the fridge, get the flat bread, spread the garlic butter on the flatbread and serve.

# Vouchers

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points when  
you  
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# Pizza

## SHOPPING LIST

300g strong bread flour  
1tsp instant yeast  
1tsp salt  
1tsp olive oil  
200ml warm water  
Hand full tomatoes  
1 yellow/ orange pepper  
1 red onion  
1 tbsp extra virgin olive oil  
1/2 tsp dried chili flakes  
50g mozzarella cheese  
1tbsp of mixed herbs  
100ml passata sauce  
Handful fresh basil  
1 garlic clove

Preheat the oven to gas mark 7/220C/200C fan. 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. lace the dough on a surface and knead the dough until it becomes smooth. Cover the dough with paper towel and put to a side. Chop up all your toppings. Mix the passata, the basil and the garlic together. Then when you want to get the dough and shape the dough. You can then split the dough into two ball and roll. Place the dough on a tray. Start to spread the tomato sauce around and start to place your toppings on your pizza. Drizzle olive oil on top and let it cook for 8-10 min until it is crispy.



# Lamb Chops



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. Use a paper towel to dry the lamb chops. Mix the garlic powder, the paprika, salt, pepper, lemon juice, oregano and olive oil. Put the lamb chops in the bowl of the marinade and mix them together. You want to rub the marinade into the lamb. After that happens put the lamb chops in the frying pan on high heat for 10-15 minutes. While the lamb chops are frying you want to pour the rest of the marinade over the

10 lamb chops. Savour the taste!

## SHOPPING LIST

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

# Teryaki Salmon

## SHOPPING LIST

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

Pre heat the oven on gas mark 4/ 180C/ 160C fan get a baking tray and line it with greaseproof paper. Place the salmon diagonally on the baking tray.. You then want to grab a bowl and mix the soy sauce, honey, salt, pepper mirin and the chopped garlic together.. 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. 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. You then need to grab a plate and serve the food. Dig in!



# Jerk Chicken



For the marinade you want to get the scotch bonnet, spring onion, salt, pepper, thyme, garlic, dark sugar, lemon, pimento, Malt vinger, mixed spice and dark spice. You want to place all these ingredients in the blender so that it becomes a thick paste. 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. When the marinade poured over the chicken. Place it in the fridge for 4 hours. When it comes close to the end of 4 hours you want to pre-heat the oven on gas mark 7/ 220C/220C fan. Grab the chicken on a baking tray and cook for 30-45 mins. You want to cook it with foil on top for 15 minutes and then take the foil off for the rest of the time.

## SHOPPING LIST

- 1 Chicken drumsticks
- 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
- $\frac{1}{2}$  tsp mixed spice
- 1-2tbsp dark sugar

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# Biryani

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. In a pan heat the oil and then add the onion, the bay leaf, cardamom pod, cinnamon sticks and let that cook for 5 minutes. You then want to add the turmeric, the oil you are using and the curry paste. After you smell the aroma you then need to stir in the rice and the raisins. You need to pour the chicken stock in the pan. 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.

## SHOPPING LIST

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 Goring



## SHOPPING LIST

$\frac{1}{2}$  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  
1tsp chili flakes  
1tsp salt  
1tsp pepper

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. While the spaghetti is cooking you need to chop the vegetables. Heat up with the oil on high heat. When the pan is heated you then want to place the vegetables in the pan. While the vegetables are cooking you want to drain the spaghetti. After draining the spaghetti you then need to add the spaghetti. You then add the soy sauce, Chinese five spice, chili flakes, salt and pepper. You then need to turn the fire up and let it simmer. Get a bowl and serve.

# Cooking show reviews

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.



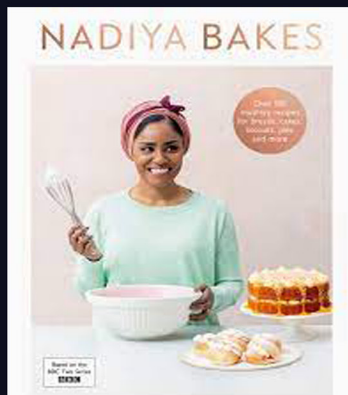
## Ready Steady Cook

This show is becoming one of my  
favourite 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.



## 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 her and not at  
home and that she was talking  
straight to me and not to anyone else.



# Darren Searle

Can you describe yourself and your work ethic in three words?

Darren Searle is a chef who is currently working at Barnfield College. He described himself as tall, obsessive and 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.

Why are you so passionate about food? 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.

What is the hardest part of being a chef? 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.

What is your go-to meal when you don't have a lot of time?

When he does not have a lot of time his go to meal is steak as it quick and easy to cook.

What is your favourite cuisine to cook? And why

French classics with a modern twist as he is classically french trained, but he also enjoys cooking Italian cuisine because of the process.

What dish do you dislike cooking?

He dislikes cooking English food.

What food do you like to eat?

Asian and Indian foods are what he enjoys eating because off the strong flavours they have.

What dish do you dislike cooking?

He dislikes cooking English food.

What is the easiest dish to cook?

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.

Do you prefer to cook with readymade ingredients or with fresh ingredients?

He prefers to cook with fresh ingredients as they taste better. He said that he would grow his own ingredients.

Is there a chef that you admire the most? And why 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 you had the opportunity to meet that chef what would you say to the chef?

If Darren spoke to Marco Pier White, he would not say anything because he would prefer to cook with him instead of speaking.

What advice would you give about becoming 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.

