

THE
GOOD
FOOD
CONNECTION



TRADITIONALLY ENGLISH

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Introduction

Painsley Catholic College is a secondary comprehensive school with students aged 11-16. Our head teacher is called Mr Bell, and there are over 1000 pupils at our school. Each student works hard to achieve their GCSEs at the end of year 11. We also have a 6th form college attached to the school, which is for 16-18 year olds who study for their A-level qualifications before heading to university.

At Painsley we study a variety of subjects, and we have the opportunity to learn French, German and Spanish. In my German class, we had the opportunity to join in with this Comenius project, which is going to allow us the opportunity to meet other people and improve our German speaking technique and expand our vocabulary. (COOK BOOK / GOOD FOOD CONNECTION)

It will help us to experience the German culture and food, and it will also help us to make friends and become close to people in different countries. We will be able to stay in contact throughout the time we are on this project, communicating by email and blogging about our experiences.



NEWSLETTERS



The Good Food connection / Comenius

For the past few weeks, ourselves and fellow Year 10 students have been working towards the Comenius project, building up to the final trip next year in Germany. The Comenius project is a European exchange programme. Recently, we have met every week to work on a scheme based on the baking culture of the UK. Eventually, we will make recipes of traditional English meals or desserts that we will send to the other German students who are taking part in the project with us, and in return receive traditional German recipes from them. Then, we will create a cross-cultural cook book that will consist of a contents page, a dictionary, background information on the different meals and a glossary of key terms. We will each create videos of us making the different meals, as a way of not only improving our German skills, but a way of becoming acquainted with the German food and pupils at the partner school; Otfried-von-Weißenburg-Gymnasium Dahn.

Joe Edge & Anna Mansell

Comenius Visit March 2014

On the 10th March the German exchange students arrived in England. We met them for the first time on Tuesday 11th March; the students came into school and experienced English lessons. That night the German students who had partners went home with their partners, got to know them better and stayed for tea with them. On Wednesday and Thursday the German students visited a sausage factory and also wright's pies and "Povey's" oatcakes. Then on Friday 14th both the English and German students visited Cadbury's world, the German students were expected to take notes with help from their partners, it was a great day enjoyed by everyone! Then in the evening all of the students went out for a meal at the dapple grey and the German pupils with exchange partners went home with their partners. Over the course of the weekend the German pupils did a variety of things with their partners, they went shopping, out for meals, on walks, met up with friends, visited tourist attractions and much more. On Monday period 4 and 5 the students made lemon and ginger cake to be sold at the gym festival and potato soup. On Tuesday, the English students took the Germans around Cheadle to show them the town; the Germans were able to experience fish and chips and then stayed after school to watch the gymnastics festival. In the evening they also sold cakes and other German food for donations. On Wednesday the students said goodbye to everyone and then left England early on Thursday morning!

Yasmin Akram

British Cuisine

In England we eat a variety of foods as different cultures have all brought different tastes and foods with them. However we are going to tell you about traditional British foods... The first food people associate with Britain is fish and chips, although fish and chips have become a global food many people want to try traditional fish and chips from England.



The clue is in the name really, a full English breakfast is a traditional breakfast in England. It usually consists of sausages, bacon, fried egg, tomatoes, mushrooms, and fried bread. Although it tastes lovely it is highly calorific. The traditional full English breakfast is a British tradition which dates back to the 1800's, the Victorians.



The first food people associate with Britain is fish and chips, although fish and chips have become a global food many people want to try traditional fish and chips from England. Because of the popularity of fish and chips we have many fish and chip shops across the country, cod is the most popular fish sold there.



Sticky toffee pudding is a traditional English pudding. It is a steamed dessert consisting of moist sponge cake covered in rich toffee sauce served warm and often served with ice cream or custard.



The Sunday roast is a traditional British and Irish main meal traditionally served on a Sunday however can be eaten any day of the week. It consists of a cooked meat (normally chicken, turkey, beef, lamb or pork), roast potatoes, mashed potato accompanied by Yorkshire puddings (made out of fat, egg, flour and lard), stuffing, vegetables and gravy. The Sunday roast can be traced back to medieval times and also in the industrial revolution. This is a hearty meal.



Oatcakes are not an item of food specific to England however they are a delicacy in Staffordshire, hence the name "Staffordshire Oatcakes". They made from oatmeal, flour and yeast and are laid out flat, filled and then rolled up. Inside oatcakes you can have various fillings, oatcakes are more or less a savoury version of a pancake, they can be filled with cheese, bacon, sausages and many others, they taste the nicest warmed. It was once common in stoke for oatcakes to be sold directly out of a window in a house to customers on the street.



Lobby, like oatcakes, is not a traditional English dish, however it is typical around where we live in Stoke-on-Trent. Lobby is a stew which consists of diced potatoes and beef. Onions and various other ingredients can also be added.

German Bread



Germany is a "bread country" where bread is more than just food - it is part of the culture.

In German bread baking, there are seven categories of breads, based on ingredients and bread shape.

Bread dates back over 10,000 years when people began harvesting grains for food. These grains were ground down and mixed with water to make porridge. Later, the porridge was baked on hot stones or in ashes to make flat breads.



Bread making changed completely with two discoveries.

(1) Surrounding bread with heat (as opposed to just cooking it on stones) allowed round loaves to be baked. This led to the invention of ovens.

(2) Allowing the bread dough to stand for several days attracted yeast to the dough, which made the dough rise.

This resulted in lighter more airy breads to be developed. Germany produces more varieties of breads than any other country. Over 300 varieties of dark and white breads and over 1,200 varieties of rolls and mini-breads (*Brötchen & Kleingebäck*) are produced in Germany.

Bread makes up a large part of the German cuisine. It is the basis of both the morning and evening meals and its influence stretches into holiday celebrations and festivals.

For breakfast, rolls and mini-breads (*Brötchen & Kleingebäck*) are most common and are accompanied with other German favourites, such as butter, hard-boiled eggs, wurst and cheese. The evening meal (*Abendessen*) is often a light meal, as Germans traditionally eat their large, hearty meal at mid-day. Like breakfast, the evening meal often consists of bread slices served with wurst, cheese, and/or vegetables. At festivals, the most common breads are the pretzel and rolls and mini-breads (*Brötchen & Kleingebäck*) served with bratwurst. For holidays, specially shaped breads are baked.



Pancake Day

Shrove Tuesday (widely known as Pancake Day) is a day in February or March, before Ash Wednesday (the first day of Lent), which is celebrated in many countries by eating pancakes. It is a common tradition that we eat pancakes, and religiously it symbolises us using up all the foods in our cupboards and fridge so that when we fast, similar to how Jesus fasted in the desert for forty days and forty nights, we are not wasting any foods. On our pancakes, tradition is to have lemon and sugar or chocolate/chocolate spread (Nutella).



EASTER TRADITIONS

EASTER EGG HUNT:

In the England, one of the traditions is where the Easter bunny comes in the night and hides some Easter eggs around the house and then in the morning when you wake up, you have to go for a hunt and find the Easter eggs.



HOT CROSS BUNS:

Another tradition is to eat hot cross buns on Easter Sunday. So when you wake up in the morning, people have hot cross buns for either breakfast, dinner or tea. You cut the bun in half and butter. Also you can cook them and then butter them.



CHEESE ROLL:

You get a cheese roll and roll it down the hill. Then a whole group of people join in and chase after the cheese down the hill and the winner is the person who got the cheese first.



EGG MODELLING:

Egg modelling is where you boil an egg and then add decorations to the egg to make it look like something. So you decorate your egg in paint and glitter etc.





Halloween

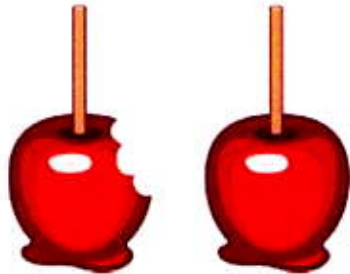
On 31st October every year, we have an annual festival called Halloween. It is a scary themed night, where everyone dresses up for parties and "trick or treating".



"Trick or Treating" is where people walk from house to house and knock on doors asking for sweets, they would say "trick or treat" and if the person answering the door doesn't give them any sweets the tradition is that they would "trick" their house, for example throw eggs at it.

Also, we have lots of Halloween parties with games like apple bobbing- where people dip their heads into a big barrel full of water and apples and try to pick up an apple with their teeth.

We also have toffee apples and lots of sweets!



Bonfire Night:

In England, we celebrate Bonfire Night on 5th November, and our celebrations symbolise the night when Guy Fawkes attempted to blow up the Houses of Parliament, which is named the Gunpowder Plot.

In order to celebrate this:

Have fireworks, where families themselves light them, or go to community bonfires, which can involve burning down a structure which will have built.

Food:

They bake potatoes wrapped in tin foil, and people also eat lots of soup, often Pumpkin which has been made at Halloween, and the bonfires heat the food.



The traditional food is also cake, which is called Parkin Cake, and it's a sticky cake containing a mix of oatmeal, ginger, treacle and syrup.] Sausages are also a popular food cooked over the flames, and the marshmallows are toasted on sticks. Bonfire is also a time where people celebrate certain events with fireworks.

Christmas traditions

We celebrate Christmas on the 25th December and have Christmas Eve on the 24th December. Traditionally we put up a Christmas tree which we decorate and put presents under, also on Christmas Eve Santa (Saint Nicholas) comes and puts more presents in stockings and under the tree.

On Christmas day we traditionally have a Christmas dinner which consists of roast vegetables, roast turkey or goose, boiled vegetables, stuffing and Yorkshire pudding.

A couple of weeks before Christmas we would write a list of presents that we would like to have on Christmas day and our parents would send our list of to Santa and we will wait until Christmas day to see if we have the presents we have asked for.

When we go sleep on Christmas Eve the mother, father or children will put milk or whiskey with a carrot for the reindeers and a mince pie for Santa to eat and in the morning the drink and food should have been eaten and drunk by Santa and his reindeers, this is to show that Santa has come to your house and gave you presents that you asked for.

With our Christmas dinner we will have Christmas crackers that would have little presents and gifts inside e.g. small playing cards and nail clippers. Also for pudding after Christmas dinner we would have Christmas pudding which is like a fruit cake with brandy butter or white sauce.



Recipes



Prawn Cocktail



- Bowl
- Spoon
- Mayonnaise and tomato ketchup
- Knife
- 4 Little Gem lettuces, leaves only
- 2 cucumbers, chopped
- 2 lemons, juice only, plus extra lemon wedges, to serve
- Prawns
- Bread (cut into for triangles)

Method

1. Cut up your cucumber and salad and place into a bowl
2. Mix mayonnaise and tomato sauce together (to make the marie rose sauce)
3. Place the prawns on top of the salad and pour the sauce on top of the prawns
4. Cut the bread (either plain or toasted) into four triangles and place on the side of the plate (eaten with the prawns)
5. Put the bowl on a plate ready for serving (lemon can be added)

Yorkshire pudding

Ingredients

- 125g/4½oz plain flour
- 2 medium free-range eggs
- 300ml/10fl oz full-fat milk
- sea salt and freshly ground black pepper

Preparation method

1. Sieve the flour into a large bowl.
2. Add the eggs and whisk.
3. Once combined, gradually whisk in the milk a little at a time. Whisk until it is a smooth batter.
4. Season with salt and pepper and then pour the batter into a jug.
5. Cover with cling film and refrigerate for 30 minutes.
6. Preheat the oven to 200C/400F/Gas 6.
7. Put half a tablespoon of fat or oil into each of eight holes of a deep muffin tin.
8. Leave in the oven for 5-7 minutes to heat up, or until the fat is smoking hot.
9. Pour the cool batter into the holes dividing it equally and return to the oven.
10. Cook for 20 minutes without opening the door, then check and cook for a further 2-3 minutes if necessary or until golden-brown and risen.
11. Remove and serve immediately.

Serving Yorkshire pudding

In Yorkshire and many other places in Britain you would serve the Yorkshire pudding traditionally with gravy as a starter dish followed by the meat and vegetables. More often smaller puddings cooked in muffin tins are served alongside meat and vegetables. Yorkshire puddings are not only for Sunday lunch. You can fill a large pudding with a meaty stew or even chilli to make a delicious meal. You can make a snake by spreading jam or honey cold left-over Yorkshire Puddings.



Chicken Tikka Masala

Chicken tikka masala is a type of curry with roasted chunks of chicken in a spicy sauce. The sauce is usually creamy, spiced and orange-coloured.

Chicken tikka masala has been said to be the most popular dish in British restaurants and it has been called "a true British national dish". Now in Britain there are many different curry shops/houses where you can take it home or have the food delivered to your house. You can eat chicken tikka masala with rice/pilau rice, naan bread, chips or on its own. Naan bread is a type of bread which is seasoned, it could be seasoned with garlic, garlic and butter, garlic and coriander, cheese or plain.



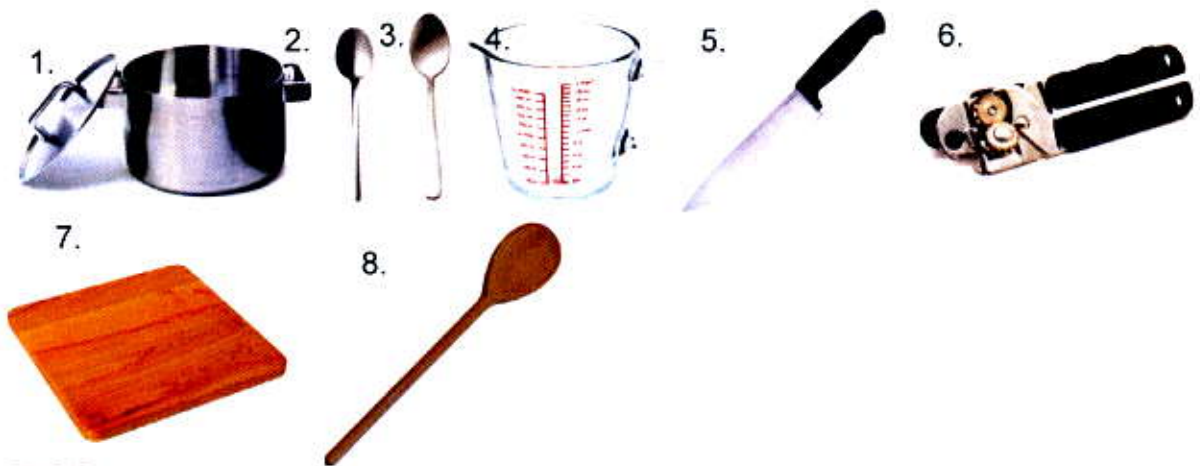
Ingredients;

- 4 table spoon vegetable oil
- 25g butter
- 4 onions, roughly chopped
- 6 table spoon chicken tikka masala paste (see recipe below) or you can buy it ready made
- 2 red peppers, deseeded and cut into chunks
- 8 boneless, skinless chicken breasts, cut into 2½ cm cubes
- 2 x 400g cans chopped tomatoes
- 4 table spoon tomato purée
- 2-3 table spoon mango chutney
- 150ml double cream
- 150ml natural yogurt
- chopped coriander leaves



Equipment;

1. Cooking pot
2. Tea spoon
3. Table spoon
4. Measuring jug
5. Knife
6. Can opener
7. Chopping board
8. Wooden spoon



Method;

1. Heat the oil and butter in a large cooking pot on the hob.
2. Add the onions and a pinch of salt and cook for 15-20 minutes until soft and golden.
3. Add the paste and peppers, then cook for 5 minutes more
4. Add the chicken to the pot and stir well to coat it in the paste.
5. Cook for 2 minutes, then add the tomatoes, the tomato purée and 200ml water.
6. Cover with a lid and gently simmer for 15 minutes, stirring occasionally, until the chicken is cooked through.
7. Stir through the mango chutney, cream and yogurt, then gently warm through.
8. Season, then add in the coriander leaves and serve with your choice of side dish.

How to make chicken tikka Masala paste:

Ingredients:

1. 5 garlic cloves
2. 1 large knob of fresh root ginger
3. 1 red chilli, deseeded and chopped
4. 2 teaspoon ground cumin
5. 2 teaspoon coriander
6. 1 teaspoon of turmeric
7. 1 teaspoon paprika
8. 1 teaspoon of garam masala
9. the seeds from 4 cardamom pods
10. Water
- OR
11. vegetable oil



Method:

Throw all the ingredients into a food processor and then blitz all the ingredients together until it looks like a paste.

Recipe adapted from; <http://www.bbcgoodfood.com/recipes/12798/chicken-tikka-masala> (14/10/13)

Bryony Whittaker

Toad in the hole

Preparation time: 20 minutes

Cook: 40 minutes

Serves 4

Ingredients:

- 100g plain flour
- ½ tsp English mustard powder
- 1 egg
- 300ml milk
- 3 thyme sprigs, leaves only
- 8 plain pork sausages
- 2 tbsp sunflower oil
- 2 onions, peeled and sliced
- 1 tsp soft brown sugar
- 500ml beef stock

Equipment:

Large mixing bowl, measuring spoons, wooden spoon, measuring jug, scissors, 20 x 30cm shallow roasting tin, timer, knife, chopping board, large non-stick frying pan

Method:

1. Making the batter: Heat oven to 220C/fan 200C/gas 7.
2. Tip flour into the large mixing bowl and stir in the mustard powder with a good pinch of salt.
3. Make a well in the centre, crack in the egg, then pour in a dribble of milk.
4. Stir with a wooden spoon, gradually incorporating some of the flour, until you have a smooth batter in the well.
5. Now add a bit more milk and continue stirring until all the milk and flour has been mixed together.
6. When the batter is ready: You should now have a smooth, lump-free batter that is the consistency of double cream.
7. Tip it back into the jug you measured your milk in, for easier pouring later on, then stir in the thyme.



8. Use scissors to snip the links between your sausages, then drop them into a 20 x 30cm roasting tin.
9. Add 1 tbsp of the oil, tossing the sausages in it to thoroughly coat the base of the tin, then roast in the oven for 15 mins.
10. Cooking the batter: Take the hot tray from the oven, then quickly pour in the batter – it should sizzle and bubble a little when it first hits the hot fat.
11. Put it back into the oven, then bake for 40 mins until the batter is cooked through, well risen and crisp. If you poke the tip of a knife into the batter in the middle of the tray it should be set, not sticky or runny.
12. Making the gravy: Soften the onions with the remaining oil in a large nonstick frying pan for about 20 mins, stirring often, until they are golden brown.
13. Sprinkle in the sugar for the final 5 mins. Add the spoonful of flour, then cook, constantly stirring, for 2 mins, so it coats the onions and there is no dry flour left.
14. Gradually pour in the stock, stirring well to make a smooth sauce. Bubble for 4-5 mins to thicken, then season.
15. Cut the toad in the hole into large wedges and serve with the gravy spooned over.

Cornish Pasties

Many people in the UK have Cornish pasties as an “on the go” snack. Cornish pasties are commonly known from the area of Cornwall which is located in the south of the UK but they are eaten across the country. They are sold all around the UK in our “on the go bakeries” such as ‘Gregg’s’ and ‘Wrights’.

- 2 table spoon of olive oil
- 1 large onion, roughly chopped
- 2 garlic cloves, crushed
- 4 springs of thyme
- 250g beef mince
- 1 medium size potato, diced (about 7x7x7mm)
- 1 large carrot, diced
- 1 table spoon of flour
- 500 ml beef stock
- salt, pepper
- chopped parsley
- 500 g Ready roll short crust pastry
- 1 egg, beaten

Equipment

- Rolling pin
- Table spoon
- Baking tray
- Knife
- Mixing spoon
- Mixing bowl
- Measuring jug
- Weighing scales
- Oven

How to make

1. Place the flour, butter and salt into a large bowl.
2. Rub the butter into the flour until the mixture looks like breadcrumbs.
3. Add the water to the mixture and using a cold knife stir until the dough binds together; add more cold water a teaspoon at a time if the mixture is too dry.
4. Wrap the dough in Clingfilm and chill for between 15 minutes and 30 minutes
5. Divide the pastry into 4 and roll each piece into rounds the size of a fist
6. Place the onion, potato, swede and meat into a large mixing bowl and mix thoroughly. Season well with salt and pepper.
7. Divide the meat mixture between each pastry circle and place to one side of the circle.
8. Brush the edges with a little beaten egg.
9. Fold the circle in half over the filling so the two edges meet.
10. Crimp the two edges together to create a tight seal.
11. Brush each pasty all over with the beaten egg.
12. Place the pasties on a greased baking sheet and bake for 45 minutes at 210degrees until they turn golden brown.



Chocolate Rice Crispy Cakes

Ingredients:

- 150g Broke Up Milk Chocolate
- 175g Rice Krispies/Crisp Rice



Equipment:

- Pan
- Rubber Or Wooden Spoon
- Heatproof Bowl
- Cupcake Cases
- Tablespoon
- Muffin Tray



Time Taken: 30-40 minutes
Makes 16 large cakes

Before you start cooking make sure you:

- Tie up hair.
- Take of all jewellery.
- Wear an apron.
- Make sure you clean your hands with hot soapy water.

Method:

1. Weigh out your 150g milk chocolate and 175g rice krispies/ crisp rice.



2. Secondly put the cupcake cases into the muffin tray.



3. Thirdly add hot tap water to your pan so the heatproof bowl just sits slightly above the water and put it on the hob, so it is gently boiling.



4. Add the broken up milk chocolate to the heatproof bowl and put the bowl in the pan so it is just sitting above the water. This is called the bain-marie method.



5. Keep stirring the chocolate till it has fully melted and looks thick and creamy. Then remove the bowl from the pan with a tea towel/oven gloves and place on the side.



6. Turn of the hob and empty the boiling hot water down the sink. Then get the rice krispies/ crisp rice and add it to the melted chocolate.



7. Mix up the rice krispies/ crisp rice with the melted chocolate, until all the rice krispies/ crisp rice are covered with chocolate.



8. Finally add the mixture to the cupcake cases with a table spoon and place in the fridge till cool. Then place the cakes into a box and eat within 4-5 days. (Make sure you clean up after you have finished).





Anna Mansell



Trifle



Trifle means 3 layers but we use 4: the sponge (fingers), tinned strawberries in strawberry jelly, custard and lots of cream. It isn't very healthy but that doesn't matter because normally they are eaten at parties. My grandma always makes trifle for birthday parties because it is my Granddad's favourite dessert!! It was my sister's birthday last

week and my Grandma forgot to make her trifle, everyone was laughing but my Granddad was very upset! Although in my family we traditionally eat trifle in the summer at picnics, other people have told me that this is weird and they only eat it at Christmas?!?

Ingredients:

- Fruit (I used cherries, blueberries, and raspberries)
- Alcohol of your choice (I used sherry)
- Whipped cream to top (optional)
- Sponge cake
- Custard:
 - There isn't really a German equivalent to custard but in England we can buy custard from shops like Tesco and they sell it in the aisle with the cream, yogurts and milk. The most popular brand is ambrosia which is a well known, traditional brand. It is also eaten with bananas.

- 570ml/1 pint milk
- 55ml/2fl ounces single cream
- 1 vanilla pod or $\frac{1}{2}$ teaspoon vanilla extract
- 4 eggs, yolks only
- 30g/1 ounce caster sugar
- 2 level teaspoon cornflour



1. Bring the milk, cream and vanilla pod to simmering point slowly over a low heat.
2. Remove the vanilla pod (wash the vanilla pod, dry and store in jar with caster sugar to make vanilla sugar).
3. Whisk the yolks, sugar and cornflour together in a bowl until well blended.
4. Pour the hot milk and cream on to the eggs and sugar, whisking all the time with a balloon whisk.
5. Return to the pan, (add vanilla extract if using) and over a low heat gently stir with a wooden spatula until thickened (it should be a yogurt consistency).

Anna Mansell

6. Pour the custard into a jug and serve at once.
7. To keep hot, stand the jug in a pan of hot water and cover the top with cling film to prevent skin forming.

Method:

1. Chop cake and layer



You can make the sponge cake or buy a madeira cake from the shop, it doesn't really matter for this recipe. Chop your cake into smaller pieces, about 1 inch thick, and spread them in a dense layer across the bottom of your trifle dish or bowl. The white interior of the cake looks best facing outwards for contrast with the fruit, so keep the darker edge pieces facing up.

2. Drizzle the sponge with sherry



As shown in the picture, the sponge should not start to disintegrate or even feel soggy! It only requires a small drizzle so that the sponge is still spongy. You can skip this step if you don't want the alcohol, and instead add a bit of fruit juice to help soften the cake. There are enough wet ingredients that everything will turn out well anyway. Some people use different kinds of alcohol e.g. amaretto (almond), goldschlager (cinnamon), chambord (raspberry), triple sec (orange), irish cream (one of my favorites) or kirschwasser (cherry): this adds different flavours to the trifle.

3. Add fruit



Cover the cake layer with the fruit of your choice; we normally use tinned strawberries. But this time for a change I used frozen cherries, raspberries, blackberries and blueberries since this was what we happened to have in the freezer: you can use almost any fresh fruit available; though I find berries best complement the texture. Don't worry about thawing frozen fruit, as it will thoroughly melt while the trifle sits.

4. Add custard, then repeat



Cover the berries with a layer of custard. Don't worry about 100% coverage or being tidy- everything will get layered over, so just dump it on there. The whole idea of a trifle is that it is the remaining ingredients after making desserts instead of wasting the cake, custard and fruit but still keep an eye on the sides to get a nice layered look. Now add another layer of cake, drizzle it with sherry, sprinkle with berries, and add more custard. Continue until you've filled your trifle bowl or run out of ingredients. My trifle bowl held 3 layers of cake and fruit, with two layers of custard. You can cover the top in a layer of whipped cream if you like; I put a dollop in the centre to make it look a bit tidier, since I was out of pudding. If I'd had more whipped cream I would have filled the rest of the bowl.

Anna Mansell

If you are only feeding a small amount of people then you don't need to repeat otherwise you will have lots of leftovers for breakfast the next day! Most of the time, we just make each layer bigger so that we don't need to repeat however this is the traditional way of doing it.

5. Chill, serve and enjoy



Cover the finished trifle in cling film, and put it in the fridge until ready to serve. It can easily be made the night before, or earlier in the day, as the flavours only improve with time. Garnish with a couple of fresh berries, a dusting of spice, or a sprig of mint if you're feeling particularly fancy, then just add a large spoon and serve to your impressed guests.



Homemade apple and blackberry crumble

Ingredients:

- Lots of apples (about 6)
- A handful of blackberries
- Sugar - 150g (Max - for a very sweet one!)
- Butter - 75g
- Flour - 100g

STEP 1: I peeled the apples so that they were easy to cook.



STEP 2: I chopped up the apples and mixed them in with the blackberries



STEP 3: I mixed/rubbed butter, sugar and flour with my fingers until it was a crumbly texture like breadcrumbs/biscuits.



STEP 4: Spread the crumble over the blackberries and apples.



STEP 5: Cover in custard and serve warm.



Sticky Toffee Pudding

Ingredients;

- 190g plain flour
- 1 1/2 teaspoons baking powder
- 120g soft brown sugar
- 1 pinch salt
- 120ml milk
- 2 eggs
- 6 tablespoons melted butter or margarine
- 2 teaspoons vanilla extract



Toffee Sauce;

- 120g butter or margarine
- 200g soft brown sugar
- 250ml double cream

Method;

1. For the sticky toffee pudding, grease a 1 litre/1¾ pint pudding basin with a little butter. Sprinkle with the Demerara sugar and tip out any that has not stuck to the basin.
2. Put a heatproof plate in the bottom of a large saucepan. Fill the kettle and put it on to boil.
3. Place the dates in a pan with 200ml/7fl oz. water. Cook for 3-4 minutes, then transfer to a food processor and blend with the vanilla bean paste. Set aside.
4. In a large bowl, beat the softened butter and dark brown sugar together until smooth.
5. Add the golden syrup, treacle, flour, eggs, bicarbonate of soda and the blended dates. Mix until combined.
6. Pour the mixture into the prepared basin. Fold a large piece of aluminium foil in half and grease one side with butter. Wrap the pudding in the greased foil, greased side facing into the pudding. (Pleat the foil a few times as you wrap it to allow room for the pudding to expand.) Secure the foil to the rim of the pudding basin with string.
7. Sit the basin on the plate sat inside the prepared saucepan. Place over a low heat and pour boiling water around the basin until it reaches half way up the side. Place a lid on the saucepan and steam the pudding for 2½-3 hours (check occasionally to make sure the water hasn't completely evaporated – top up with more boiling water if needed).



8. For the toffee sauce, in a pan set over a low heat combine the cream, butter and sugar. When the butter and sugar have melted, whisk in the syrup and treacle.
9. Remove the pudding from the pan, discard the foil lid and turn it out onto a plate.
10. To serve, cut a wedge of the pudding, pour over the toffee sauce and serve with a scoop of ice cream.

http://www.bbc.co.uk/food/recipes/steamed_sticky_toffee_84947

Victoria Sponge Cake Recipe

Ingredients:

For the sponge:

- 4 eggs
- 8oz caster sugar
- 8oz flour
- 8oz butter
- 2 tsp of baking powder

For the butter cream:

- 5oz icing sugar
- 3oz butter
- 2 tbsp of milk
- Strawberry Jam

Equipment:

- A mixing bowl
- A whisk
- 2 x 20cm tins
- Foil
- A sieve

1) Pre-heat oven to 180°C.



2) Measure all ingredients for the sponge mixture.



3) Mix all ingredients together and stir.



4) Find two tins with the same width.



5) Fold up foil and use it to grease the tins with butter.



6) Divide the mixture into two and add to both tins. Then, put in the oven for 30 minutes.



7) While in the oven, mix together the icing sugar and butter for the butter cream.



8) After 30 minutes, take both cakes out of the oven and remove them from the tins. Turn them over and leave to cool.



9) Spread the butter cream over one cake and the jam over the other.



10) When covered, place them over each other.



11) Sift more icing sugar over the top.



12) Enjoy!



Ingredients

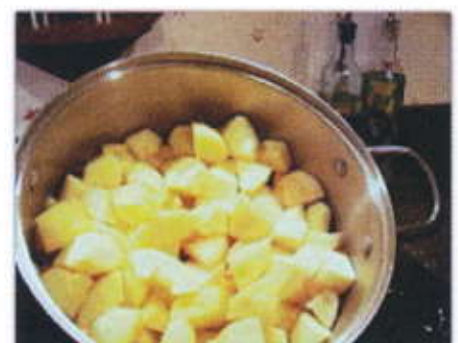
- 3-4 Bramley cooking apples
- 100g granulated sugar
- 150g plain flour (also works well with gluten-free flour)
- 75g salted butter, softened



1. preheat the oven to 180C/350F/gas 4.



2. First, you need to prepare the apples. Half fill a large saucepan with water, and peel, core and chop the apples into 1-2cm chunks. Place them in the saucepan to stop them from ruining.



3. Drain all of the water from the saucepan, add another 2 tbsp of water and 50g of the sugar, and place on a medium heat on the hob. Stew until the apples become mushy. Once mushy, put the apples into an ovenproof dish.



4. Place the flour and the remaining sugar in a mixing bowl. Add the cinnamon and add the butter and use your hands to mix everything together until the mixture resembles large breadcrumbs. Pour this evenly on top of the apples.



5. If you are making the crumble in advance, cover it with cling film and allow to cool to room temperature before placing in the fridge. When ready to cook, place the crumble in the preheated oven and bake for 30 minutes. Don't worry if the crumble doesn't look cooked properly, it most likely is! Eat hot from the oven and you can add custard, ice cream or just have it on its own.



Fancy a Flapjack?

Some people prefer their flapjacks thick and chewy, however others prefer theirs thin and crispy. By using different size tins and varying the cooking time, this recipe can be adapted to suit all tastes. We have made a classical English traditional flapjack in order to emulate tradition English cooking, and to allow you to experience the delectable flavours as well.

This recipe makes 12 flapjacks, and 10 minutes preparation time, and about 25 minutes cooking time.

Ingredients:

170 grams (g) /6oz of butter cut into pieces

140 grams (g) /5oz of golden syrup

50 grams (g) /20z of light muscovado sugar
(unrefined brown cane sugar)

250 grams (g)/90z of oats



1. Preheat the oven to 180C/Gas 4/ fan oven 160C from cold.
2. Line the base of a shallow 23cm/9inch square tin with a sheet of baking parchment (greaseproof paper can be used instead). For a thicker, chewier flapjack use a 20cm/8inch square tin.



3. Weigh out 6oz of butter into a bowl and then chop it up into little chunks using a sharp knife.



4. After that, weigh out the sugar and golden syrup into a bowl and then place in a median pan with the chopped up butter.



5. Next, stir over a low heat until the butter has melted and the sugar has dissolved.



6. Then, remove from heat and stir in oats using a spoon. When you do this, ensure that you remove all oats, as this will mean that you are being more economical, and have more flapjacks to eat.



7. Press the mixture firmly into the tin, and make sure that the texture and width is the same throughout. Doing this will ensure that the flapjacks are equal width and neat, meaning that they are more aesthetically pleasing.



8. Bake for 20-25 minutes in the oven (25 minutes makes a more crunchy and crispy flapjack) until golden brown on top. Then, allow cooling in the tin for 5 minutes.



9. After that, mark into bars or squares with the back of a knife while still warm. Cool in the tin completely before cutting and removing – this prevents the flapjack from breaking up.



10. Then, using the left over paper from the edges of tin, pull out the flapjacks using both edges (this ensures that the flapjacks stay straight and don't break apart).



11. After that cut out properly the flapjacks into 12 pieces.
12. Finally, place on a plate and enjoy!



Made by Eleanor
and Georgia 😊

Homemade Egg Custard

Equipment required:



- Muffin tray
- Wire rack
- Mixing Bowl
- Whisk
- Rolling pin
- Pastry/cookie cutter
- Wooden spoon
- Cling film

Ingredients:



For the sweet pastry

- 165g/5¾oz plain flour
 - plus extra for dusting
- 25g/1oz ground almond
- 120g/4¼oz chilled unsalted butter
- 55g/2oz caster sugar
- 1 free-range egg

For the custard filling

- 700ml/1¼ pint full-fat milk
- 7 free-range egg yolk
- 90g/3¼oz caster sugar
- Freshly ground nutmeg



STEP 1: Add the ground almonds to the flour and mix in a bowl then add butter to the bowl and rub through your fingertips until it resembles bread crumbs. Then stir in the sugar.

STEP 2:



After mixing the butter, almonds, sugar and butter, break in one egg, then, mix it together with your hands until it resembles sweet dough.

STEP 3:



After making the dough, shape it into a disk, cover it in cling film and place it in the fridge for about 30 minutes.

STEP 4:



Roll out the pastry on a flat work surface and use a pastry cutter to cut out circles that will fit inside your muffin tray.

STEP 5:



For the custard filling, warm the milk in a saucepan, and beat the egg yolks and sugar together in a separate bowl until pale and creamy. Pour the milk onto the egg yolk mixture and stir well, creating little bubbles. Transfer the custard mixture into a pouring jug with a lip, then fill each of the tart cases.

STEP 6:



Place on a tray/plate and allow to cool for 30 minutes

Dictionary - Wörterbuch

English – Deutsch

150 grams of sugar – 150 Gramm Zucker
250 grams of flour – 250 Gramm Mehl

A bowl – Eine Schüssel
A packet of sugar – Ein Paket Zucker
A pound of tomatoes – Ein Pfund Tomaten
A recipe for pizza – Ein Rezept für Pizza
A tablespoon – Ein Teelöffel
A tablespoon of salt – Ein Esslöffel Salz
Add the sugar to the bowl – Zucker in eine Schüssel geben
An oven – Ein Ofen
Asparagus – Spargel

Bake in the oven – Im Ofen backen
Baked potato – Gebackene Kartoffeln
Beans – Bohnen
Boiled potato – Salzkartoffel
Broad beans – Dicke Bohnen
Broccoli – Brokkoli

Cabbage – Kohl
Cake tin - Kuchenform
Carrot – Karotten
Carrot – Möhren
Cauliflower – Blumenkohl
Celery – Sellerie
Chips – Pommes
Chop the carrots – Die Karotten kleinschneiden
Cook the chicken – Das Hähnchen
Corn/ Sweet corn – Mais
Cucumber – Gurke
Cutlery – Besteck

Garlic – Knoblauch
Green pepper – Grüner paprika

Ingredients – Die Zutaten
In the oven – In den Ofen

Leek – Lauch
Lentil – Linsen
Lentil soup – Linsensuppe
Lettuce – Kopfsalat

Mash potato – Kartoffelmus
Mix – Mischen

Mixed vegetables – Gemischte Gemüse

Onion – Zwiebel

Onion soup – Zwiebelsuppe

Pancake - Pfannkuchen

Parsnip – Pastinake

Pea soup – Erbsensuppe

Peas – Erbsen

Peel the potatoes – Die Kartoffeln

Pepper – Paprika

Pepper – Pfeffer

Potato – Kartoffel

Pour 200ml of water - 200 Milliliter Wasser gießen

Pour the milk – Das Milch gießen

Radish – Rettich

Red cabbage – Rotkohl

Red pepper – Roter paprika

Roast – Braten

Roast potato – Bratkartoffel

Runner beans – Grüne Bohnen

Slice – Schneiden

Spicy - Pikant

Spinach – Spinat

Spring onion – Frühlingszwiebel

Sprouts – Rosenkohl

Sticky bun - Krapfen

Stir – Rühren

Stir with a spoon – Mit einem Löffel rühren

Take 100 grams of cheese – 100 Gramm Käse nehmen

Take 3 eggs – 3 Eier nehmen

Take a pinch of salt – Eine Prise Salze nehmen

Tasty – Lecker

Tomato – Tomate

Turnip – Rübe

Vegetable soup – Gemüsesuppe

Vegetables – Gemüse

Wait for an hour – Eine Stunde warten

Deutsch – English
Wörterbuch – Dictionary

100 Gramm Käse nehmen – Take 100 grams of cheese
150 Gramm Zucker – 150 grams of sugar
200 Milliliter Wasser gießen – Pour 200ml of water
250 Gramm Mehl – 250 grams of flour
3 Eier nehmen – Take 3 eggs
Besteck – Cutlery
Blumenkohl – Colliflower
Bohnen – Beans
Braten – Roast
Bratkartoffel – Roast Potato
Brokkoli – Broccoli
Das Hähnchen im Ofen kochen – Cook the chicken the oven
Das Milch gießen – Pour the Milk
Dicke Bohnen – Broad Beans
Die Eier und das Milch mischen – Mix the eggs and milk
Die Karotten kleinschneiden - Chop the carrots
Die Kartoffeln schälen – Peel the Potatoes
Die Zutaten – Ingredients
Ein Esslöffel Salz – A tablespoon of salt
Ein Ofen – An oven
Ein Paket Zucker – A packet of sugar
Ein Pfund Tomaten – A pound of tomatoes
Ein Rezept für Pizza – A recipe for Pizza
Ein Teelöffel – A teaspoon
Eine Prise Salze nehmen – Take a pinch of salt
Eine Schüssel – A bowl
Eine Stunde warten – Wait for an hour
Erbsen – Peas
Erbsensuppe – Pea Soup
Frühlingszwiebel – Spring Onion
Gebackene Kartoffeln – Baked Potato
Gemischte Gemüse – Mixed Vegetables
Gemüseuppe – Vegetable Soup
Grüne Bohnen – Runner Beans
Grüner Paprika – Green Pepper
Gurke – Cucumber
Im Ofen backen – Bake in the oven
In den Ofen – In the Oven
Karotten – Carrot
Kartoffel – Potato
Kartoffelmus – Mash Potato
Knoblauch – Garlic
Kohl – Cabbage
Kopfsalat – Lettice
Krapfen – Sticky Bun

Kuchenform – Cake Tin
Lauch – Leek
Lecker – Tasty
Linsen – Lentil
Linsensuppe – Lentil Soup
Löffeln – Spoon
Mais – Courn/Sweetcourn
Mischen – Mix
Mit einem Löffel rühren – Stir with a spoon
Möhren – Carrot
Obstkuchen – Pie
Paprika – Pepper
Pastinake – Partshnip
Pfannkuchen - Pancake
Pikant – Spicy
Pommes – Chips
Pommes Frites – Chrips
Rettich – Radish
Rosenkohl – Sprouts
Roter Paprika – Red Pepper
Rotkohl – Red Cabbage
Rübe – Turnip
Rühren – Stir
Salzkartoffel – Boiled Potato
Schneiden - Slice
Sellerie – Celary
Sirupartig – Syrupy
Spargel – Asparagus
Spinat – Spinach
Tomate – Tomato
Zucker in eine Schüssel geben – Add the sugar to the bowl
Zwiebel – Onion
Zwiebelsuppe – Onion Soup

Gemüse – Vegetables
Blumenkohl – Colliflower
Bohnen – Beans
Bratkartoffel – Roast Potato
Dicke Bohnen – Broad Beans
Die Karotten kleinschneiden - Chop the carrots
Die Kartoffeln schälen – Peel the Potatoes
Ein Pfund Tomaten – A pound of tomatoes
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Mais – Courn/Sweetcourn
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Pastinake – Partshnip
Rosenkohl – Sprouts
Roter Paprika – Red Pepper
Rotkohl – Red Cabbage
Rübe – Turnip
Salzkartoffel – Boiled Potato
Sellerie – Celary
Spargel – Asparagus
Spinat – Spinach
Tomate – Tomato
Zwiebel – Onion
Zwiebelsuppe – Onion Soup

Glossary

- **Knead** – *Work into the dough or paste with hands.*
- **Sieve** – *A kitchen tool used for separating lumps from powdered material, straining liquids, grading particles, etc., consisting of a container with a mesh or perforated bottom through which the material is shaken or poured.*
- **Stir** – *Move a spoon or other implement round and round in (a liquid or other substance) in order to mix it thoroughly*
- **Whisk** - *Stir (a substance, especially cream or eggs) with a light, rapid wrist movement.*
- **Blend** - *Mix (a substance) with another substance so that they combine together, usually in an electrical kitchen device.*
- **Mix** – *To put two or more items/ingredients to form one substance.*
- **Crumble** – *To break down into smaller pieces with your hands.*
- **Chop/Cut** – *To cut something into small pieces.*
- **Melt** – *To apply heat to turn a solid ingredient to a liquid.*
- **Roll out** – *To flatten to substance.*
- **Tablespoon** – *15ml a larger spoon, to serve food.*
- **Teaspoon** – *5ml a small spoon used typically for adding sugar to and stirring hot drinks or for eating some foods.*
- **Whip** – *To move fast or suddenly in a specified direction.*
- **Season** - *Add salt, herbs, pepper, or other spices to food.*
- **Fold** – *Turning sections into the mixture, on top of each other.*
- **Grill** – *To cook something using the top of an oven which browns the top of the food.*
- **Bake** - *To cook food with dry heat.*
- **Sprinkle** – *To scatter something in drops.*
- **Grate** – *A way to 'shred' cheese using a kitchen tool.*
- **Dice** – *To chop something into very small pieces.*
- **Slice** – *To cut something into a thin piece.*
- **Coat** – *To cover something, with a spread.*
- **Cover** – *To put a coat over something.*
- **Spread** – *To cover with a layer.*
- **Flip** – *To throw or toss with a light brisk motion.*
- **Scoop** – *A shovel -like kitchen tool, usually having a curved dish and a short handle.*