

The **K**ippy Cookbook

Recipes from
Summer 2016



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Apple & Cinnamon Slices

Ingredients:

- 1 cup self-raising flour
- 2/3 cup caster sugar
- 2/3 cup margarine
- 3 eggs
- 1 apple
- Topping:
- 1/4 cup caster sugar
- 1 tsp cinnamon



Method:

1. preheat oven to 350 degrees
2. Cream the margarine and sugar until creamy and then add the eggs.
3. Add the flour and fold
4. Grate the apple into the mixture and mix it together
5. Spread onto a prepared baking sheet
6. Bake until golden brown and firm to touch (15 mins)
7. Cover with cinnamon and sugar mixture
8. Cut into even sized fingers

Chocolate Brownies

Ingredients:

- 1 cup dark chocolate drops
- 1/2 cup cocoa powder
- 1/2 cup plain flour
- 1tsp baking powder
- 1 cup caster sugar
- 3/4 cup muscovado sugar
- 2 sticks butter
- 4 eggs
- 1/2 cup dark chocolate drops
- 1/2 cup white chocolate drops



Method:

1. melt chocolate and butter in a saucepan until fully melted
2. Allow to cool fully, stir until cool
3. add the eggs and sugar to a large bowl and beat together using the electric whisk
4. add the cooled chocolate and butter mixture gently folding together with a rubber spatula
5. Sieve the flour and cocoa powder into the large bowl and fold together
6. Add baking powder and mix
7. Stir in the dark chocolate and white chocolate chunks
8. Add to a baking tray and place in the oven for 25 mins
9. To check if cooked, shake the tin. If it wobbles in the middle, it's not quite done.

Oreo Truffles

Ingredients:

- 1 packet Oreos
- 8 ounces of Philadelphia cream cheese
- 8 ounces semi sweet baking chocolate
- vanilla essence



Method:

1. Take all of the Oreos out of the packet and add to a food bag. Grab rolling pin and bash until the Oreos are complete crumbs.
2. Put cream cheese into a large bowl and add a splash of vanilla extract and mix through.
3. Add the bashed Oreos to the cream cheese and mix
4. Take a teaspoon of Oreo mixture into your hands and roll it into a small ball. Continue to roll all of the mixture into small balls and place on parchment paper.
5. Ideally the Oreos need an hour to cool in the fridge
6. Melt chocolate in a saucepan a few minutes before removing the Oreos from the fridge
7. Using a fork dip the truffles in the chocolate and if you have any leftover crushed Oreo you can sprinkle this on the top
8. Allow chocolate to cool
9. Enjoy!

Lemon Drizzle Cupcakes

Ingredients:

- 1 cup of margarine
- 1 1/4 cups of caster sugar
- 3 eggs
- less than 2 cups self-raising flour
- Zest and juice of 3 lemons



Method:

1. Cream together 1 1/4 cups of sugar and butter in a large bowl, use the electric whisk to make it nice and fluffy
2. Add the three eggs and beat together
3. Add the zest and juice of 2 lemons to the mix
4. Sift in the flour and fold together
5. Add to bun cases and bake for 10-15 mins until golden brown
6. When finished prick the top of the cupcakes with a needle and drizzle with a mix of 3/4 cup sugar and the zest and juice of one lemon.
7. Enjoy!

Iced Lemon Biscuits

Ingredients:

Biscuits:

- 1 medium Lemon
- 1 cup plain flour
- 1/2 cup confectionary sugar
- 1 medium egg 1/2 cup butter

lemon icing:

- 2 cups confectionary sugar
- 3 tablespoons lemon juice
- yellow food dye
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Method:

1. Grate the rind of a lemon onto a small plate
2. Sift the flour and icing sugar into a large mixing bowl and the sifted lemon rind
3. Squeeze the juice of 1 lemon into a bowl
4. Add the egg white of one egg into the large bowl and beat together
5. Add the butter and a tablespoon of lemon juice, stir the mixture with a wooden spoon until smooth and then make it into a ball and flatten it slightly
6. Wrap the dough in plastic film and place in the fridge. While the dough is in the fridge preheat the oven to 375 degrees.
7. Dust a clean work surface and a rolling pin with flour. Take the dough out of the fridge and roll it out so that it is about 1/4 inch thick.
8. Use the cutter to cut out the biscuits and place onto a baking tray (that has been greased)
9. Bake for 8-10 mins until the biscuits are golden brown.
10. Let the biscuits fully cool and ice them

For the icing:

Sift the icing sugar into a bowl and add three tablespoons of lemon juice. Add yellow food coloring to half of the mixture and decorate.



Chocolate Chip Cookies



Ingredients:

- 1 cup plain flour
- 1 cup bread flour
- 1 1/4 tsp baking soda
- 1 1/2 tsp baking powder
- 1 1/2tsp salt
- 2 1/2 sticks butter
- 1 1/4 cup light brown sugar
- 1 cup granulated sugar
- 2 eggs
- 2 tsp vanilla extract
- 16 oz semi-sweet chocolate chips
- sea salt

Method:

1. Preheat oven to 350 degrees Fahrenheit
2. Sift flours, baking soda and powder and salt in a bowl and set aside
3. Cream the butter and sugars together with mixer until light and fluffy
4. Add eggs in one at a time stirring after every addition
5. Stir in the vanilla
6. Add the dry ingredients and mix until just combined
7. coop heaped table spooned size portions onto a baking sheet
8. Sprinkle with sea salt and bake for 12 minutes

Spinach and Cream Cheese Wontons

Ingredients:

- Wonton wraps
- 8oz low fat cream cheese
- 12oz spinach
- olive oil
- pinch cayenne pepper
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- pinch of salt



Method:

- 1) Preheat oven to 375 degrees Fahrenheit
- 2) In a bowl mix together all the ingredients together apart from the oil and wrappers
- 3) Place 2 teaspoons of cream cheese mixture in the middle of each wrapper and fold it in half to make a triangle. Run your finger along the edges with a little water to secure the edges. Brush a little oil on top and place on a cookie tray lined with parchment paper.
- 4) Bake for 15 mins until wrappers are brown

Savory Pancakes

Ingredients:

- For the pancakes
- 55g/2oz plain flour
- pinch salt
- 1 free-range egg
- 140ml/5fl oz milk
- oil for frying

For the cheese sauce

- 25g/1oz butter
- 25g/1oz plain flour
- 225ml/8fl oz milk
- 100g/3½ oz Cheddar, grated
- Freshly ground black pepper, to taste

To top

- 3 spring onions, finely sliced
- 4 sun-dried tomatoes in oil, drained and chopped
- 80g/3oz good quality smoked ham

Method:

- 1) Sift the flour and salt into a large bowl. Whisk together the egg and milk in another bowl then, slowly pouring the liquid into the dry ingredients, whisk together until the batter is smooth. Set aside.
- 2) For the cheese sauce, melt the butter in a small pan, then whisk in the flour. Cook for one minute, then gradually add the milk whisking continuously. Bring to the boil and reduce the heat to a simmer for one minute until the sauce is thick and smooth. Stir in half of the cheese and season with black pepper.
- 3) To make the pancakes, heat a 20cm/8in crêpe or omelette pan until very hot, drizzle in a small amount of oil and tip the pan to swirl the oil around. Ladle in about two tablespoons of batter mix and immediately tilt the pan from side to side to get a thin, even layer of batter to cover the base of the pan. Cook for around 30 seconds until the underside is golden then flip or turn with a pallet knife.
- 4) As soon as the pancake is turned scatter over some ham, spring onions and sundried tomatoes. Spoon over some cheese sauce then top with a scattering of the remaining cheese.
- 5) Once you've topped the pancake the underside will be done. Fold the pancake in half then slip it out of the pan onto a warmed serving plate and keep warm under some foil while you make the remaining pancakes.



Banana Muffins

Ingredients:

- 1 Cup Flour
- ½ teaspoon Baking Powder
- ½ teaspoon Baking Soda
- 1 Cup Caster sugar
- 1 Cup butter
- 2 Eggs
- 1 Banana



Method

- 1) Preheat oven to 350°F.
- 2) Put muffin cases in a muffin tray.
- 3) Cream together sugar and butter in a bowl.
- 4) Melt the butter.
- 5) Add the eggs
- 6) Add butter to the sugar and butter making sure to stir it quick so it doesn't cook the eggs.
- 7) Mash the banana with a fork in a bowl.
- 8) Add the banana to the sugar and the butter.
- 9) Fold in the flour.
- 10) Add evenly to the bun cases and bake for 20 minutes

Chili Chicken Pasta Salad



Ingredients:

- 1 ½ cup pasta
- 1 chicken fillet
- ½ pepper
- 1 tomato
- ¼ red onion
- 1 tin sweetcorn
- 1 Bottle Chilli Sauce
- 2 large spoons of mayonnaise

Method:

- 1) Boil the pasta and let it cool.
- 2) Meanwhile, very finely slice pepper and onion and dice the tomato.
- 3) Grill the chicken fillet
- 4) When the pasta has cooled add the onion, tomato, pepper, sweetcorn and chicken and mix.
- 5) Add chilli sauce and mayonnaise.
- 6) Eat!

Disney Donuts

Ingredients:

- 1 Cup All Purpose Flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 egg
- 1/3 cup light brown sugar
- ¼ cup milk
- 2 tablespoons of butter
- 1 ½ teaspoon vanilla extract



Method:

- 1) Preheat the oven to 350°F and grease the donut pan.
- 2) Add all dry ingredients to a bowl and mix (Flour, Baking powder, Baking Soda & light brown sugar).
- 3) Then add the wet ingredients to the dry ingredients and mix well (Egg, milk, Butter & vanilla extract).
- 4) Distribute evenly in the donut pan.
- 5) Leave to cook for 15 minutes or until golden brown.
- 6) In class we used candy melts to decorate but you can add sugar or do whatever you would like to decorate.

Guacamole



Ingredients:

- 1 Avocado
- 1 Onion
- 1 Tomato
- 1 tablespoon Lime Juice
- Salt & Pepper

Method:

- 1) Peel the avocado and add to a bowl.
- 2) Using a fork mash the avocado.
- 3) Once the avocado is mashed dice the onion and add to the bowl.
- 4) Then dice the tomato and add to the onion and avocado.
- 5) Once you have stirred them you can then add the lime juice.
- 6) Put in a blender for a smoother texture.
- 7) Add salt and pepper and season to taste.

Salsa

Ingredients:

- 2 Tomato
- 1 Onion
- 1 tablespoon Lime Juice
- 1 tablespoon of Hot Sauce
- Salt & Pepper



Method:

- 1) Dice the onion and add to the bowl.
- 2) Then dice the tomatoes and add to the onion.
- 3) Once you have stirred them you can then add the lime juice and the Hot Sauce.
- 4) Put in a blender for a smoother texture.
- 5) Add salt and pepper and season to taste.

Rice Krispy Treats

Ingredients:

- 1 stick butter
- 1 Cup Marshmallows
- 2 Cup Rice Krispy's
- Assorted colour of Candy Melts



Method:

- 1) Melt the butter in a pan.
- 2) Add the Marshmallows to the pan and melt them.
- 3) Once melted then add the Rice Krispy's to the mix and stir.
- 4) Have the Rice Krispy's all covered and take off the heat.
- 5) Shape the Rice Krispy Treat however you would like before it cools.
- 6) Melt the Candy Melts.
- 7) Decorate Rice Krispy Treat.

Mini Toad in the Hole

Ingredients:

- 2-3 tablespoons sunflower oil
- 2 ½ Ounces of milk
- 1 egg
- ½ cup of plain flour
- Salt
- 12 cocktail sausages



Method:

- 1) Preheat the oven to 360°F and put a half- teaspoon of sunflower oil in the bottom of each cup of a muffin pan and set it on the baking tray.
- 2) Pour the milk into a bowl and add the egg, flour and whisk everything together. You need a smooth batter to have formed.
- 3) Put the muffin pan in the oven and heat the oil up. Be careful when taking the pan out of the oven. When you have taken the pan out of the oven you need to fill the cups to just under two thirds full.
- 4) Bake for 20-25 Minutes or until golden brown, well risen and crisp.