

RECIPES



FOREWORD

City Catering believes that learning to cook is an essential and enjoyable life skill which offers important benefits for all ages.

City Catering's Junior Chef of the Year competition is giving pupils the opportunity to experience cooking in a specially designed fully equipped kitchen whilst competing against pupils from other schools.

Pupils were asked to produce a savoury dish for four people that car be prepared and cooked within an hour.

The following recipes are the pupil entries for the 2016 competition.

Why not give them a try ...

.. get cooking!



SHOPPING LIST

250g Spaghettini 1 Medium Onion

100g Red Pepper

1 Chicken Stock Cube

Salt and Pepper

150g Courgette

1 Clove of Garlic

3 Fresh Tomatoes

12fl oz. Boiling Water

4 Wraps

2 table spoons Vegetable Oil

150g Carrots

2 Spring Onions

1 table spoon Soy Sauce

SPAGHETTINI WITH SPRING VEGETABLES

- 1. Cook Spaghettini in a large saucepan of lightly salted boiling water for about 10 minutes.
- 2. Refresh under cold water, drain and set aside.
- 3. Chop all vegetables.
- **4. Heat the oil** in a wok or frying pan then add onion and garlic. Cook for 3 minutes stirring occasionally.
- 5. Add the carrots, red peppers and courgette for 4 minutes stirring occasionally.
- **6.** Add the tomatoes and spring onions then cook for another two minutes whilst stirring.
- 7. Pour in the chicken stock and soy sauce then cook for one minute.
- **8.** Add pasta together with the vegetables.
- 9. Serve in a wrap.

Recipe by Zoe Louise Foster, aged 9





- 2. Dip into the egg.
- 3. Dip into the breadcrumbs.
- 4. Peel potatoes then boil in water with a pinch of salt.
- **5.** Put a drop of oil in a frying pan, fry the chicken for
- 6. Chop carrots and cabbage add lemon juice then
- 7. Drain potatoes.
- 8. Place chicken and potatoes on a plate.
- 9. Serve vegetable salad in a separate bowl.

40g Potatoes

20fl oz. Vegetable Oil

1 Egg

If loz. Lemon Juice

Salt and Pepper to season

- 1. Peel potatoes place in salted water
- 2. Simmer the fish in milk for 4
- 3. Remove fish from the liquid, drain
- 4. In a large bowl mash flaked fish,
- 5. Shape into round patties.
- 6. Heat some oil in a frying pan,
- 7. Serve with fresh salad or

SHOPPING LIST

200g Smoked Cod 200g Potatoes 50g White Breadcrumbs 20ml Rapeseed Oil 2 Spring Onions

1 tablespoon Plain Flour 1 tablespoon Chives

1 Egg

1/2 Lemon Zest and Juice

Salt and Pepper to taste

BAKE ×2 WITH SIDE SALAD

- 1. Cook the pasta and spaghetti in
- 2. Chop the lettuce, tomatoes, cucumber and red onion for the
- 3. For the meat dish, put a little oil in
- 4. Heat the baked beans then divide into two, one amount for each dish.
- 5. Split the cooked pasta in to two amounts, use the first half mix with the Beans, Bacon and Chorizo.

- 6. Place in an oven proof dish, sprinkle with grated Cheese, place in an oven for ten to fifteen minutes.
- 7. For the vegetable dish cook the water and drain well.
- 8. Mix the remaining pasta and spaghetti with the Beans, Broccoli and Cauliflower, place into an oven Cheese.
- **9.** Place dish in the oven for ten to
- 10. Once both dishes are cooked remove from the oven and serve with the side salad.



SHOPPING LIST 700g Diced Potatoes 3 x 180g Fish Portions 200g Carrot Baton 150g Béchamel Sauce 150g Grated Cheese 50g Spinach 50ml Milk



1. Place fish in a tin and cover with milk.

40ml Water

powder

1/4 teaspoon Mustard

Pinch of Black Pepper

- **2.** Place in oven gas mark 4-5 for twenty minutes or until cooked.
- 3. Peel and cut carrots into batons, place in water.
- 4. Peel and dice potatoes place them in a saucepan of boiling salted water.
- 5. Drain fish retaining cooking liquid for sauce.
- 6. Place fish stock in saucepan adding béchamel sauce, add spinach, ¾ of the cheese & mustard powder.

- 7. Once potatoes are cooked drain well then mash.
- 8. Place carrots into boiling salted water.
- 9. Place cooked fish in a dish cover with sauce then top with mashed potatoes, (piped or spread on top).
- 10. Sprinkle with remaining cheese.
- 11. Place in oven to warm through and melt the cheese.
- **12. Once carrots are cooked** drain well and place in a serving dish.
- 13. Remove fish pie from oven and serve with cooked carrots.

Recipe by Raby Lemba Lemba, aged 9



CREAMY SPAGHETTI

- 1. Place spaghetti in boiling water
- 2. Cook the spinach in a saucepan
- 3. Slice cucumber and chop other
- 4. Crush garlic clove, mix with butter
- 5. Chop the bacon and onions into
- **6.** Add the bacon, onions and the crème fraiche and add this to
- 7. Put the garlic slices in a medium
- 8. Add the cheese to the pasta
- **9.** Mix together well with tongs
- 10. Garnish with parsley and serve

CHILLI SURPRISE

- 1. Fry the onion and mince in a large pan until browned.
- 2. Add the chopped peppers and garlic and continue to cook for a further five minutes.
- 3. Add the chopped tomatoes and kidney beans, stir until everything is coated.
- 4. Add cumin, chilli and the tomato puree.
- 5. Leave to cook until the peppers have softened, season with salt and pepper and taste, add extra chilli powder if needed.
- 6. If mixture gets too thick add some boiling water.
- 7. Cook the rice in boiling salted water and once cooked, drain well.
- 8. Serve the chilli with boiled rice and garlic bread.

Recipe by Nellija Markouva, aged 11

SHOPPING LIST

250g Spaghetti

60g Streaky Bacon

60g Onion

50g Frozen Spinach

50g Grated Cheddar Cheese

50g Lettuce



- 1. Cut any fat off the bacon.
- 2. Chop the bacon into small bits and
- 3. Chop the vegetables into 1cm cubes.
- **4. Evenly spread** the whole wrap with
- 5. Place the cooked bacon bits down the centre of the wrap followed by a
- **6.** Carefully fold from the outside in.
- 7. Cut the wrap into two equal halves.
- 8. Ready to eat.



4 Floury Wraps 200g Bacon

100g Iceberg Lettuce

100g Houmous

100g Cucumber

2 Fresh Tomatoes

1 Yellow Peppers



400g Tinned Tomatoes 250g Minced Beef 50g Pasta Twists

1 medium White Onion

1 Red Pepper

5 Mushrooms

1 Beef Stock Cube

I tablespoon Tomato Pure

1 tablespoon Garlic Granules

1 teaspoon Vegetable Oil

5ml Worcestershire Sauce

Pinch of Salt

- 1. Place a pan of water on the stove
- 2. Chop the onion, mushrooms and
- 3. Put oil in a frying pan and fry the
- 4. Add the minced beef and fry until
- 5. Add the tinned tomatoes, stock
- 6. Cook the pasta in the boiling
- 7. Once the pasta is cooked drain
- 8. Add a splash of Worcestershire
- 9. Serve with the freshly cooked



TURKEY AND SWEET POTATO CURRY

- 1. Place a saucepan of salted water on the stove and bring to the boil.
- 2. Cook diced sweet potato in some boiling water until just cooked.

 Drain well and refresh under cold water. Put to one side.
- **3.** Heat some oil in a large pan add, diced onion and chopped garlic to the pan until onion starts to brown.
- **4.** Add diced turkey and cook for a further four minutes stirring regularly to stop from sticking.
- **5.** Add the chopped, deseeded pepper, and stir in the curry paste.
- **6.** Add the chopped tomatoes and sultanas.
- **7.** Turn down the heat and simmer, add a pinch of demerara sugar.
- **8.** Cook rice in boiling water for 8 minutes or until cooked. Drain well.
- **9. Place sweet potatoes** back in the curry bring to the boil and serve with the rice.

Recipe by Joshua Williams, aged 9





JESSICA'S 'STOKIE' LASAGNE

- 1. Chop onions and soften in a little oil in a large saucepan.
- **2. Grate carrot** and add to the vegetables along with the vegetarian mince.
- 3. Chop the pepper and add to the pan.
- **4.** Cook on a medium heat for two to three minutes.
- **5.** Add the chopped tomatoes, herbs and black pepper.
- 6. Pre-heat your oven to 180°C
- 7. To make the white sauce, melt the butter in a small saucepan on a low heat, add the flour cook for one to

- two minutes staring all the time.
- 8. Gradually add the milk a little at a time to prevent lumps, Bring to the boil then simmer for one to two minutes to cook out the flour, season with ground pepper, add the chopped parsley and chopped chives.
- **9.** Layer up the oatcakes, tomato mixture and sauce until all used up.
- 10. Sprinkle the grated cheese on top.
- **11. Place in the preheated oven** for fifteen to twenty minutes until cooked and golden brown on top.
- 12. Serve.

Recipe by Jessica Watson, aged 11

SHOPPING LIST

Chicken Strips

1 Large Halal Skinless Chicken Breast

250ml Semi Skimmed Milk

150g Low Fat Natural Yoghurt

100g Cornflakes

1 tablespoon Dried Mixed Herbs

2 teaspoons Hot Pepper Sauce

1 teaspoon Garlic Powder

1 teaspoon Table Salt

1 teaspoon Black Pepper

½ teaspoon Chilli Powder

1/4 teaspoon Sunflower Oil

1/4 teaspoon Cumin

Spicy Sweet Potato Wedges

4 Sweet Potatoes

2 teaspoon Sunflower Oil

¹/₄ teaspoon Dry Jerk Seasoning

Spicy Salsa

3 Ripe Fresh Tomatoes

30g Fresh Coriander

1 Fresh Red Chilli

1 Garlic Clove

1 Lime

1 tablespoon Extra Virgin Olive Oil

Pinch of Sea Salt

HEALTHY KFO

- 1. To make the salsa, finely chop the tomatoes, coriander also stalks onion and the chilli with the seeds taken out.
- 2. Place all together in a large bowl.
- 3. Peel and finely grate garlic, add to the bowl with the lime juice and a table spoon of extra virgin olive oil.
- **4. Mix well** then season with salt and pepper.
- **5.** For the chicken strips, mix the milk and yoghurt with the hot pepper sauce in a bowl.
- **6.** Cut the chicken into strips, 3-4 pieces, leave them to soak and marinate in the mixture.
- 7. Put the cornflakes in a plastic bag and crush, place into a bowl, add herbs, cumin, garlic, salt, pepper, and chilli mix well then wash your hands.

- 8. Lift the chicken from the mixture and drain well, coat them in the cornflakes, Place on a lightly oiled foil on a baking sheet, wash hands, drizzle ½ teaspoon of oil on each chicken breast, place in the oven until golden brown and cooked.
- 9. For the spicy wedges, preheat the oven to 200°c and place a baking sheet on the top shelf.
- **10. Cut potatoes into wedges,** just wash the potatoes do not peel them.
- 11. Put them onto the pre-heated oven tray, spread them out so will go crispy.
- **12. Cook** for 20-25 minutes turning half way through cooking.
- **13. Place all items** on a plate and serve.





HELAVA'S QUICK, SWEET & CRUNCHY STIR FRY

3 Egg Noodles Nests

Preparation

1. First wash your hands.

3 Spring Onions 2 Garlic Cloves

15g Fresh Ginger

- 2. Wash the vegetables and brush the
 - The Don't wash the mushrooms, they get
- Crush the garlic.
- **4.** Chop the ginger into thin strips. LE Cutting the vegetables into strips will

- **5.** Chop the pepper into thin strips. Eut the pepper in half. When you are
- **6.** Chop the carrots into strips; be
- 7. Chop the spring onions into small diagonal pieces; use these for
- 8. Beat the egg and put to one side

Cooking

- 1. Turn the hob on to a medium heat
 - make sure the pan is nice and dry as
- 2. While the pan is heating up, boil
 - Make sure you only cook the noodles
- 3. Put the garlic, ginger, carrots, Cook for four minutes.
- 4. Strain the noodles and refresh under cold water.
 - This will stop the noodles from carrying

- 5. Once the vegetables have softened
- **6.** Add the soy sauce and the five
- and noodles have been coated in
- 8. When everything is hot, remove III If you put the serving plate in the oven
- 9. Sprinkle with the spring onions and

Look out for

SHOPPING LIST

400g Chopped Tomatoes

200g Lamb Sausage

200g Sweet Potato

75g Onions

75g Carrots

30g Celery

30g Pearl Barley

2g Lemon Zest

2 Garlic Cloves

1 Vegetable Stock Cube

1 sprig Thyme

1 Bay leaf

Pinch of Fennel Seeds

Pinch of Chilli Flakes

200ml Water

10ml Olive Oil

SAUSAGE STEW SURPRISE

- 1. Wash and slice the sweet potatoes
- 2. Part boil, spray with fry light.
- 3. Cook the sausages in a large saucepan for eight to ten minutes until even in colour then remove from pan and set to one side.
- **4.** Chop the onions, carrots, celery, add this to the saucepan.
- **5.** Add the bay leaf and thyme, cook for five to seven minutes.
- **6.** Add the tinned tomatoes, vegetable stock, pearl barley and lemon zest.
- 7. Return the sausages to the saucepan bring to the boil and then reduce the heat, cover and simmer for 30 minutes
- **8.** Place sweet potatoes in oven.
- **9. Once sausage surprise stew** is ready, serve with golden browr sweet potatoes.

Recipe by Gracie Pepper, aged 9





SHOPPING LIST

400g Tinned Tomatoes

400g Chick Peas

200g Couscous

100g Carrot

100g Sweetcom

50g Mangetout

30g Pomegranate Seeds

25g Fresh Coriander

15g Tomato Paste

5g Ground Ginger

5g Ground Turmeric

5g Ground Cinnamon

1 Medium Onion

1 Garlic Clove

2 table spoon Vegetable Oil

1 Vegetable Stock Cube

MAGICAL MOROCCAN STEW

- 1. Finely chop onions.
- **2. Peel and thinly slice** the carrots into 1cm discs (approximately).
- **3. Peel and crush** the garlic clove.
- **4. Using a small amount** of vegetable oil fry the onions and garlic until the onions are soft.
- **5.** Add the spices and fry for one minute.
- **6.** Add the carrots and sauté for a further 5 minutes on a low heat.
- **7. Drain the chickpeas** and add to pan along with the tomatoes.
- 8. Simmer for another 10 minutes

- before adding sweetcorn and mangetout.
- **9. Dissolve 1 stock cube** in 300ml of warm water.
- **10. Whilst this is simmering** put the couscous in a bowl and cover with water/stock mixture. Set aside.
- **11. Continue to stir** the stew.
- **12. Add a handful** of pomegranate seeds to the couscous.
- **13. Put a serving spoon of couscous** and Moroccan stew on to a plate, sprinkle with fresh coriander.
- 14. Ready to eat.

Recipe by Evie Gardner, aged 10

SAM'S MUSHROOM CHICKEN

- 1. Season the chicken fillets and place in an oven proof dish, put 25 ml of water in the dish cover with foil and put in a medium oven for fifteen to twenty minutes.
- 2. Put two saucepans on the stove, fill with water season with salt and bring to the boil, put the potatoes in one of the saucepans, bring back to the boil then simmer for ten minutes or until cooked. Place the green beans in the other saucepan, bring back to the boil and simmer for five to seven minutes or until cooked.
- 3. Dissolve chicken stock cube in boiling water, chop the mushrooms then put in a pan with a little oil, cook on the stove for one minute,

add the stock and reduce a little, add the cream, bring back to the boil and simmer until correct consistency is achieved.

4. Remove chicken from oven, drain potatoes and green beans, put on a warmed serving plate, spoon sauce over chicken then garnish with fresh parsley.

Recipe by Sam Ashton, aged 10

SHOPPING LIST

200ml Double Cream
125g Chicken Fillet
100g Button Mushrooms
50g Green Beans
5 per portion New Baby
Potatoes
10ml Vegetable Oil
1 Chicken Stock Cube
Fresh parsley to gamish
Salt and Pepper to taste



SPAGHETTI CARBONARA

- Soften butter and add garlic granules and place in fridge.
- **2. Slice the lardons,** pancetta, mushrooms and onion.
- **3.** Put a large pan of water on the heat and bring to the boil.
- **4. Slice the ciabatta** and butter the slices.
- 5. Heat the oven to 180°C
- **6.** Now grate the cheese and mix with the cream and black people
- **7. Put ciabatta** in the oven for eight minutes.
- **8.** Add the pasta to the boiling water with a splash of oil.
- **9.** Fry the lardons, mushrooms and onions, till cooked.
- **10. Carefully drain the pasta** and put back into the same pan back on a low heat.
- **11. Add egg,** cheese and cream and stir together.
- **12. Add the lardons,** mushrooms, onion & the pancetta, stirring continuously.
- **13. Serve** with the garlic buttered ciabatta and some fresh rocket leaves.

Recipe by Ethan Gregory, aged 10

ERIN'S SPICY OATCAKES

- 1. Chop the onion into small pieces and soften in a saucepan with a little oil for 5 minutes.
- 2. Add chopped garlic, tomato puree, curry powder, and chopped pepper, cook for a further two to three minutes.
- **3.** Add the turkey mince and cook for five minutes.
- 4. Add the chopped tinned tomatoes and simmer for 15 minutes.
- **5. Melt the butter** in a small saucepan, on a low heat add the flour and combine making a roux.
- **6.** Add the milk slowly, stirring all the time to prevent lumps, once all the milk is added cook out the flour for two minutes.
- **7.** Add the ground black pepper and chopped parsley.
- 8. Lay the oatcakes on a chopping board and put about 2 x 15g spoons of the meat mixture in the centre of each one.
- Fold into quarters around the mixture and place into a serving dish.
- **10. Pour the sauce** over the top and put under the grill for a few minutes to brown
- 11. Serve straight away.

Recipe by Erin Franklin, aged 10



VEGETABLE BHUNA

- 1. Chop the spring onions, peppers and dwarf beans and place them on the bottom of a baking dish.
- **2.** Place the baby sweetcorn and sliced potatoes on top of the vegetables.
- **3. Mix curry paste** and tinned tomatoes and pour on top of the vegetables and potatoes.
- **4. Top up** with some water, just enough to cover and place on a lid.
- **5.** Place the dish onto a baking tray then put in a preheated oven for forty minutes until the potatoes are cooked
- 6. Boil the rice until cooked.

7. Serve sprinkled with chopped coriander.

Recipe by Ava Grace Fenton, aged 9

SHOPPING LIST

400g Tinned Tomatoes

160g Long Grain Rice

100g Fresh Red Pepper

75g Baby New Potatoes

50g Baby Sweetcom

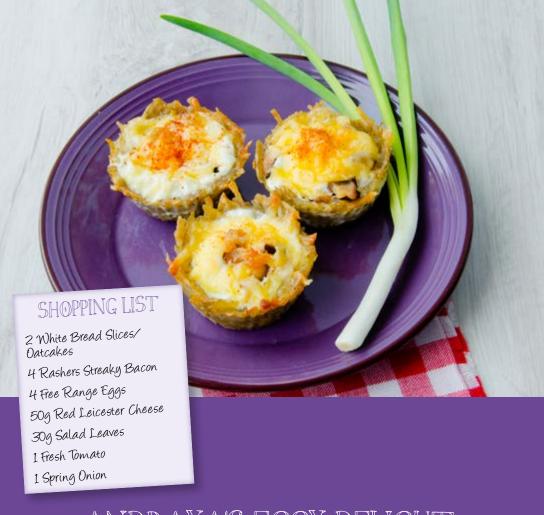
50g Dwarf Beans

2 Spring Onions

20g Chopped Coriander

1 teaspoon Curry Paste





ANDRAYA'S EGGY DELIGHT

- 1. Preheat the oven to 200°C
- **2.** Cut out 2 circles from one slice of bread or one of the oatcakes.
- **3. Place the bread** circles in a muffin tin.
- **4. Line the muffin cases** with the rashers of streaky bacon.
- **5. Fill the centre of the bacon** with grated red Leicester cheese.

- **6.** Crack one egg on top of the cheese.
- 7. Sprinkle with black pepper.
- **8.** Place in the oven for 15 minutes.
- **9.** While the Eggy Delight is cooking, slice the spring onion and tomato.
- **10. Remove the Eggy Delight** from the oven, served with the home grown salad leaves spring onions and tomatoes.

SHOPPING LIST 200g Goat's Cheese 2 Fresh Peppers 4 Eggs 1 Fresh Tomato 1 Spring Onion Salt and Pepper to season

VEGGE STUFFED BREAKFAST PEPPER

- 1. Cut the peppers in half lengthways, scoop out any seeds and white pith. Cut off a little of the pepper from the edge for the filling chop this up into small pieces.
- **2.** Add the sliced goat's cheese to the scooped out peppers.
- 3. Place the peppers on a lightly oiled baking sheet and place in the oven 200°C for five minutes.
- 4. Crack the eggs into a bowl, chop the spring onion and tomato into small pieces, add to the egg along with the chopped pepper.
- 5. Mix the egg mixture well so all the ingredients are evenly distributed then pour equal amounts into the pepper shells.
- **6.** Place back in the oven 200°C for twenty to thirty minutes or until the egg mixture is set and a nice golden brown.
- 7. Remove from oven and rest for two to three minutes then serve your delish Veggie Stuffed Breakfast Peppers. Enjoy!

Recipe by Alicia Hackett, aged 10

Recipe by Andraya Knight, aged 10

SHOPPING LIST

400g Tinned Tomatoes

200g Spaghetti

200g Minced Beef

100g Onion

25g Tomato Paste

15ml Vegetable Oil

5g Garlic Clove

1 Beef Stock Cube

1/4 pkt Fresh Basil

Salt and Pepper to taste

SPAGHETTI BOLOGNAISE

- 1. Chop the onions and garlic, fry a little oil in a saucepan for three to five minutes, and do not burn.
- **2.** Add the minced beef and cook for another five minutes until mince is starting to brown.
- **3.** Add tomato paste, tinned tomatoes and beef stock cube.
- **4. Season with a pinch** of salt & pepper and a little chopped basil and then simmer for 15 minutes.
- **5.** Cook spaghetti in a saucepan with boiling water, add a pinch of salt.
- **6. Once cooked,** drain well and serve with the sauce.
- 7. Garnish with a few basil leaves and serve.

Recipe by Alexandra Jacobs, aged 9



THANK YOU

City Catering would like to thank the following schools for participating in Junior Chef of the Year 2016:

Blurton Primary School

Burnwood Community School

Heron Cross Primary School

Kemball School

Kingsland CE (C) Primary School

Newstead Primary Academy

Our Lady's Catholic Primary Academy

Packmoor Primary Schoo

Sandford Hill Primary School

St Augustine's Catholic Primary Academy

St George & St Martin's Catholic Primary Academy

St Gregory's Catholic Primary Academy

St Maria Goretti Catholic Primary School

St Mary's Catholic Primary Academy

St Peter's Catholic Primary Academy

New Ford Primary School





Junior Chef the year 2016





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