

St. Cuthbert's



Celebrity Recipe Book



What's it all about?

This recipe book has been written in partnership with the Year 4 pupils at St. Cuthbert's Primary School in Seaham.

This has been in response to the school council setting the class the fiver challenge. We are also trying to promote a healthy lifestyle within school. As part of that, Year 4 have taken part in gardening club growing fruit and vegetables, and are helping restore our school allotment.

They decided to contact celebrities via twitter and email to find out what their favourite recipes are.

Any funds created through this recipe book will help us buy much needed resources for school and outside area.

Thank you to all involved.

A healthy diet is all about making healthy choices



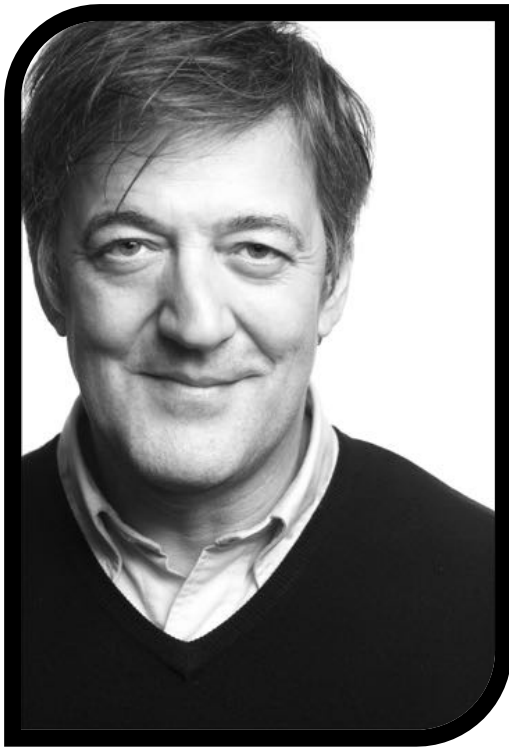
Always try to choose a variety of foods from each of the food groups in the proportions shown.



The role of the food group

Food group	The role of the food group
Fruit & Vegetables	Provides Vitamins and Minerals to build up your immune system to fight infection.
Carbohydrates	Gives you lots of energy.
Dairy	Provides Calcium for strong teeth and bones.
Protein	Builds muscles and takes care of your cuts and bruises.
Fats and Sugars	Have Fats and Sugars as a treat, but Omega Oils are good to eat.
Fluids	Water and milk is best. Drinking plenty of water can give you extra brainpower. Milk will give you extra Calcium





Stephen Fry

(comedian, actor, writer, presenter)

HONEY BUNS



Ingredients

2 eggs
75g caster sugar
1 teaspoon soft
dark sugar
Pinch salt
90g SR flour
1 teaspoon baking
powder
90g melted butter
— cooled
1 tablespoon
honey

Method

Whisk together the eggs
and sugars
Fold in the sifted flour,
baking powder and salt
Leave the mixture to rest
for 30 minutes
Stir in the melted butter
and honey

Bake in cases, approx 25
minutes at gas 6, 180 C

Stephen Fry.





Kirsty Gallacher

(British television presenter)

EASY BANANA CAKE

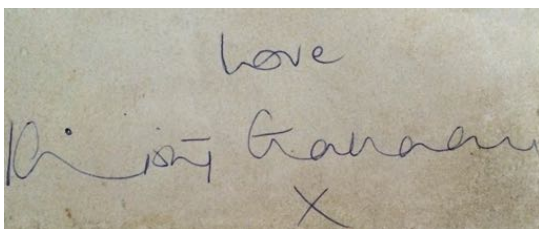


Ingredients

2 Ripe Bananas
170g Caster Sugar
170g Flour
170g Soft Margarine
3 Eggs
Few Drops of Vanilla
Essence

Method

1. Pre-Heat oven to 160C/Gas Mark 3
2. Mix all the ingredients in a blender and blend until well mixed
3. Pour the mixture into a lined loaf tin-sprinkle with a tablespoon of demerera sugar to give a crunchy topping if you like
4. Bake for 1 hour
5. Cool and enjoy





Nigel Harman

(British actor)

POACHED EGG ON TOAST

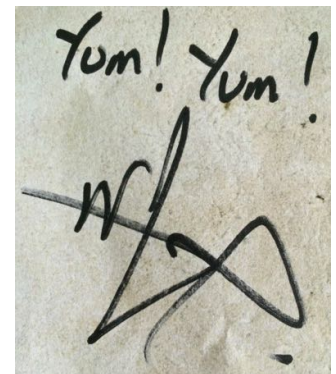


Ingredients

2 Fresh Eggs
2 Slices of Bread
30mls Water
1/8 Cup of Vinegar
Salt & Pepper
Ketchup
Butter (for the toast)

Method

1. Place your bread in your toaster.
2. Get yourself a wide saucepan and fill it with boiling water from the kettle. Bring it to a light simmer over a medium heat, add a pinch of salt, then crack one of your eggs into a cup or small bowl and gently pour it into the water in one fluid movement (Repeat with the rest of the eggs)
3. You'll see them begin to cook immediately – don't worry if the edges look a little scruffy depending on your pan, a really soft poached egg should take around 2 minutes and a soft to firm one will need 4 minutes (it depends on the size of the eggs and whether your using them straight from the fridge.
4. Remove one egg carefully from the pan with a slotted spoon and give it a gentle push with a teaspoon. If it feels too soft, put it back and give the eggs a minute or two more in the water to firm up. When they're ready, remove them onto some kitchen paper to dry off. Butter your toast and then serve the eggs on top, sprinkle with a little salt and pepper.





Lucy Liemann

(British actress)

BACON AND COMBOZOLA RISOTTO



Ingredients

Olive Oil
1 Medium Onion
200g Bacon
200g Mushrooms
1 clove of garlic
300g risotto rice
1 glass of wine
1 litre hot chicken stock
250g garden peas
170g Cambozola cheese

Method

1. Heat the oil in a large pan, add the onion and sweat over a low heat for 15 minutes. Add the bacon and fry until the fat has rendered down and the bacon is cooked. Add the mushrooms and cook until any liquid has evaporated. Add the garlic and cook for 30 seconds, then add the rice, and stir.
2. Add the wine (the mixture may sizzle at this point).
3. Stir in the stock, a little at a time, stirring until absorbed. Continue to add more stock, stirring gently and continuously, until the risotto has a creamy texture but the rice is still al dente – this will take about 20 minutes.
4. Add the peas, stir and leave for 1 minute, then stir in the cheese, salt and pepper to taste. Cover and leave to rest for 3 minutes to allow the cheese to melt before serving.





George Clark
(Architect, presenter and writer)

River Café Bolognese



Ingredients

Olive Oil
2 Small red onions
15 ounces pork sausages
Rosemary
2 bay leaves
2 chilli peppers
28 ounces of tomatoes
11 ounces penne
Single cream (small tub)
parmesan (small block)

Method

1. Heat oil & sauté onions until light brown
2. Add crumbled sausage, rosemary, bay leaves & chilli
3. Sauté over high heat stirring to mash sausages
4. Remove all but 1 teaspoon fat and continue to cook for 20 minutes
5. Add the tomatoes, stir & return to a boil
6. Continue to cook to desired thickness
7. Cook penne in boiling salted water then drain thoroughly
8. Stir in cream with sauce & parmesan
9. Serve over pasta with remaining parmesan





John Cena

(WWE Wrestler)

Salmon Burgers



Ingredients

- 4 boneless, skinless salmon fillets
- Thai red curry paste
- Fresh root ginger
- 1 tsp soy sauce
- 1 bunch coriander
- 1 tsp vegetable oil

Method

1. Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.
2. Meanwhile, use a peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Divide the salad between 4 plates. Serve with the burgers and rice.





Steph Houghton

(International footballer)

Chicken Fajitas



Ingredients

- 1 red pepper
- 1 medium red onion
- 1 skinless chicken breast
- 1 teaspoon smoked paprika
- 1 small pinch of cumin
- 2 limes
- olive oil
- 2 large tortillas
- 50g cheddar cheese
- 150ml fat-free yoghurt

Method

Use a griddle pan and keep the ingredients moving about so that nothing burns or sticks to the bottom. Normally I wouldn't recommend adding extra oil to a hot pan, but in this case it's good to give everything a drizzle now and then so the chicken and peppers stay nice and shiny.

Put your pan on high heat. Halve and deseed your pepper and cut it into thin strips. Peel, halve, and finely slice your onion. Slice your chicken lengthways into long strips roughly the same size as your pepper strips.

Put the peppers, onion, and chicken into a bowl with the paprika and cumin. Squeeze the juice and tomatoes into a second bowl with the salt and pepper and the juice of 1 lime, and then stir in your chopped coriander.

Use a pair of tongs to put all the pieces of pepper, onion, and chicken into your preheated pan and cook for 6 to 8 minutes until the chicken is golden and cooked through.

Warm your tortillas up in a microwave or a warm dry frying pan. Divide your warmed tortillas between your serving plates. Halve your remaining lime and squeeze the juices over the sizzling pan.





Jordan Mutch

(Professional footballer)

Dover Sole



Ingredients

- 4 Fillets of Dover Sole
- 12 Asparagus Spears
- 12 slices of Parma ham
- Grated Cheese
- 1 Sweet potato
- Golden syrup
- Butter
- Salt and Pepper
- Olive Oil
- Vegetables to serve

Method

Preheat oven to 200C. Put a teaspoon of oil in a cooking tray and place in the oven to warm. Meanwhile, peel the sweet potato and slice into batons. Once the oven is up to temperature place into the cooking tray and cook for 30-45 minutes (depending on whether you prefer soft or crispy) turning occasionally.

Place the fish in some cooking foil with a little butter, make a parcel with the foil and cook in the oven for 15 minutes. If you like, add a little garlic to the parcel.

Top and tail the Asparagus and place in a pan of boiling, salted water and boil for 2 minutes. Remove from the pan and drain, leave to cool for a minute then wrap each asparagus spear in a slice of parma ham, if you like you can sprinkle cheese on the ham before wrapping. Season with salt and pepper and place on a baking tray (rub the baking tray with butter to stop them sticking) and cook in the oven for 10 minutes.

5 minutes from the end remove the sweet potato from the oven and drizzle a little golden syrup over them, return to the oven for the remaining time.





Fiona Evans

(Writer)

Quorn Curry



Ingredients

2 packets of quorn pieces
1oz fresh garlic
1oz fresh ginger
1 green pepper
Cooking oil
Large onions
1tsp turmeric powder
1tsp chilli powder
2 tsp garam masala
3 tsp tomato puree
170g peeled plum tomatoes
Parsley

Method

Place the garlic, ginger and green chillis (or green pepper) in a liquidizer and process until finely chopped. Heat the oil to a high temperature in a pan.

Add the chopped onions and cook until they are golden brown. Add quorn pieces, the contents of the liquidizer, turmeric powder, chilli powder, garam masala, tandoori masala, tomato puree, tomatoes and salt.

Stir continuously for a few minutes. Reduce the heat and simmer for about an hour stirring every 5 to seven minutes, keeping the pan covered all the time.

Garnish with chopped parsley or fresh dhanyia





Adam Bushnell

(Author)

Chickpea couscous



Ingredients

2 cloves of diced garlic
1 teaspoon olive oil
1 teaspoon smoked paprika
1 large red onion
1 tin chickpeas
1 tin sweetcorn
200g couscous
tomato puree
diced chorizo (optional)


Method

1. Fry the paprika in some oil with the garlic.
2. Add finely chopped onion.
3. Add chorizo (optional).
4. Cook the couscous by adding boiling water (simply cover the couscous with the boiling water).
5. Place the chickpeas, sweetcorn and tomato puree to the onions and fry for 2 minutes.
6. After 5 minutes add the couscous and stir in.

Done!

A photograph of a handwritten signature in black ink on a light-colored background. The signature reads "Adam Bushnell" in a cursive, stylized font. Below the signature is a horizontal line.





Thank you to everybody
who has contributed to our
recipe book.



www.stcuthbertsprimary.com

