



ASPIRE CATERING

Cook Book (4): *Something for the weekend*



NOTE FROM CHEF PAUL

Welcome to your Fourth edition of the Aspire family cook book.

I hope you enjoyed making some of the delicious recipes from book 1,2 & 3 with your family.

Now it's time for you the parents to have something to look forward to at the end of a week, when all the home schooling is packed away and the home office locked.

These recipes may look like there is a lot to do, but once the preparation is done they either go in the oven for some time or cook in 30 mins.

Who knows, even the children might like these easy grown up recipes.

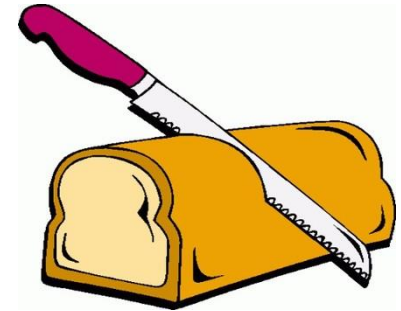
Happy cooking 😊



HOT TIP
Always read the recipe in full before you start 😊

KITCHEN SAFETY RULES

- Always wash your hands before and after handling food
- Tie back long hair
- Wear an apron and roll up your sleeves
- Keep food preparation surfaces clean
- Wash fruit and vegetables with cold water before use
- Always check with an adult before using a knife or going near hot things
- Handle knives and other sharp equipment with care
- When using a knife, always cut away from your body or downwards on a chopping board to avoid cutting yourself
- Turn handles of saucepans away from the front of the stove when cooking
- Use oven cloths/mitts when taking items in and out of the oven or microwave
- Do not run around the room where food is being prepared
- Wipe up spilled foods immediately
- Store food appropriately in sealed containers
- Always keep raw meat away from cooked or ready to eat food at the bottom of the fridge
- Wash all equipment and utensils in hot, soapy water when finished



Never leave children unattended when using sharp or hot equipment



HELPFUL TIPS

Weight Conversions – Grams to Ounces

Grams	Ounces	Grams	Ounces	Grams	Ounces
1g	0.03 oz	70g	2.5 oz	350g	12.3 oz
2g	0.07 oz	80g	2.8 oz	375g	13.2 oz
3g	0.10 oz	90g	3.2 oz	400g	14.1 oz
4g	0.14 oz	100g	3.5 oz	425g	15.0 oz
5g	0.17 oz	110g	3.9 oz	450g	15.9 oz
6g	0.21 oz	120g	4.2 oz	475g	16.8 oz
7g	0.24 oz	130g	4.6 oz	500g	17.6 oz
8g	0.28 oz	140g	4.9 oz	550g	19.4 oz
9g	0.31 oz	150g	5.3 oz	600g	21.2 oz
10g	0.35 oz	160g	5.6 oz	650g	22.9 oz
15g	0.5 oz	170g	6.0 oz	700g	24.7 oz
20g	0.7 oz	180g	6.3 oz	750g	26.5 oz
25g	0.9 oz	190g	6.7 oz	800g	28.2 oz
30g	1.1 oz	200g	7.1 oz	850g	30.0 oz
35g	1.2 oz	225g	7.9 oz	900g	31.7 oz
40g	1.4 oz	250g	8.8 oz	950g	33.5 oz
45g	1.6 oz	275g	9.7 oz	1000g	35.3oz
50g	1.8 oz	300g	10.6 oz	*All measures are approximate and rounded up*	
60g	2.1 oz	325g	11.5 oz		

Always weigh out your ingredients first

Weight Conversions –Ounces to Grams

Ounces / Pounds	Grams	Ounces / Pounds	Grams
1oz	28g	16oz = 1lb	454g
2oz	57g	1.5lb	680g
3oz	85g	2lb	907g
4oz = 0.25 lb	113g	2.5lb	1134g
5oz	142g	3lb	1361g
6oz	170g	3.5lb	1588g
7oz	198g	4lb	1814g
8oz = 0.5lb	227g	4.5lb	2041g
9oz	255g	5lb	2268g
10oz	283g	*All measures are approximate rounded up*	
11oz	312g		
12oz - 0.75lb	340g		
13oz	369g		
14oz	397g		
15oz	425g		

Always pre-heat your oven for best results and even cooking

Oven Baking Temperatures

Fahrenheit (°F)	Celsius (°C)	Gas Mark
225 °F	110 °C	1/4
250 °F	130 °C	1/2
275 °F	140 °C	1
300 °F	150 °C	2
325 °F	165 °C	3
350 °F	177 °C	4
375 °F	190 °C	5
400 °F	200 °C	6
425 °F	220 °C	7
450 °F	230 °C	8

MONGOLIAN BEEF

Serves 2/3

Ingredients

600g beef stir fry strips or
braising steak cut into strips
2 tbls corn flour
20g fresh root ginger, peeled and
grated
3 cloves garlic, peeled and grated or
crushed
½ fresh red chilli finely diced
(if you like a little more heat to your
dish add the whole chilli)
1 medium carrot, peeled and grated
100ml dark soy sauce
100g granulated sugar
1 bunch spring onions trimmed and
sliced on the diagonal
200ml of water

Garnish

1 tbls sesame seeds
Chopped fresh coriander
Thinly sliced fresh chilli rings

Method:

- Preheat your oven to 160*c / GM 3 / 320F or use a slow cooker
- Place the beef strips and corn flour into a bowl and mix well. Add the ginger, garlic, soy sauce, carrot, spring onions, chilli, sugar and water
- Mix well then transfer to an oven proof dish with a lid or cover with tin foil. Place in the oven and cook for 2.5 – 3 hours, until the meat is tender and the sauce is thick and glossy
- If your sauce is too thin, add a little more corn flour (make corn flour paste first) add to the sauce and return to oven for 15 mins
- When serving, finish dish with sesame seeds, coriander and chillies
- When ready, serve with rice noodles, basmati rice or both



CREAMY TUSCAN CHICKEN

Serves 4/6

Ingredients

4 medium skinless chicken breasts
cut in half length ways
500g cherry tomatoes, halved and
seasoned with salt and ground black
pepper
2 onions peeled and sliced thinly
4 cloves of garlic, peeled and minced
in a crusher
500ml chicken stock (1 chicken stock
pot dissolved in 500ml boiling water)
1 tub of cream cheese (I prefer
Philadelphia but any cream cheese
will work)
80g fresh spinach roughly torn
½ tsp dried oregano
Handful of fresh basil leaves roughly
chopped into strips (you can use 1tsp
of dried basil but fresh is best and
gives more flavour)

Serving Suggestions

Serve with fresh tagliatelle or ciabatta
garlic bread

Method:

- Preheat your oven to 230*c / GM 8 / 445F
- Drizzle with oil and place the tomatoes on a lined baking tray in a single layer cut side up.
- Roast in oven for 20 mins until they've started to wrinkle. Remove and set to one side until later.
- Whilst the tomatoes are cooking add a tbls of olive oil in a large frying pan and gently fry the onions, oregano and garlic over a medium heat until they have gone soft
- Add the chicken breasts and lightly colour all over
- Once your chicken has some colour, add in the chicken stock and let it simmer until it has reduced by half the amount. Once reduced, turn the heat to low and remove the chicken and place on a plate
- Add the cream cheese to the stock and whisk to create the sauce. Add back in the chicken, now add in the fresh basil, spinach and cherry tomatoes, then cover with a lid until the spinach has softened into the sauce. Season with salt and pepper (to taste)



EASY BEEF BOURGIGNON

Serves 4/6

You will need an oven proof dish or slow cooker

Ingredients

8oz Braising steak cut into good size chunks seasoned well with salt and pepper

1 Double pack of smoked diced pancetta

400g Baby pearl onions (shallots)

200g Button mushrooms

1 Btl of red wine (any will do but make sure its French)

2 Large cloves of garlic crushed

2 Bay leaves

3 Big sprigs of fresh thyme

2 Tbls tomato puree

1 Rich beef stock pot

2 Tbls cornflour

1 Tbls water

50g Butter

Olive oil

Salt & pepper for seasoning

Serving Suggestions

Serve with Mash potato or Rice

Method:

- Preheat your oven to 170*c / GM 3 / 325F or use slow cooker
- In a frying pan, heat 25g butter and a tablespoon of olive oil and fry off the beef on all sides to seal the meat, make sure it has a nice colour to it. Place in to your cooking bowl.

- In the same pan add the other 25g butter and cook the pancetta, onions, mushrooms and garlic until they are golden and caramelised (this means they will have a caramel colour when cooked). Add to the meat

- In the same frying pan, again on a high heat, add the tomato puree, thyme and bay leaves and ¼ btl of wine. Using a wooden spoon, make sure to scrape the bottom of the pan, loosening all the sticky goodness from the ingredients before, then add to the meat and vegetables

(Do not wash out your frying pan between uses as we will capture all of the flavours at the end)

- Add the rest of the wine to the meat and veg ensuring it covers everything, if you need more liquid just top up with water then add the stock cube

- Cook for 2.5hrs, add in a cornflour paste (mix water and cornflour in a small bowl until smooth) return to oven for 15 mins



EASY CARIBBEN VEGETABLE STEW

Serves 4/6

Ingredients

2 Tbls Olive oil
1 Large onion, peeled and cut into large diced squares
2 Peppers, deseeded and cut into large diced squares (red, orange or yellow work best)
1 Chilli deseeded and finely chopped (if you like a kick leave the seeds in)
2 Cloves of Garlic, peeled and crushed
1 x 400g tin chopped tomatoes
1 x tin coconut milk
3 Large sweet potatoes, peeled and cut into chunks
2 medium carrots, peeled and cut into chunks
1 x Tin sweetcorn, drained
1 x Tin kidney beans, rinsed and drained (optional)
Juice 1 lime
1 vegetable stock pot
½ Tsp cayenne pepper
1 ½ Tsp ground mixed spice
1 Tsp dried thyme
1 spring onion – trimmed and sliced on the diagonal

Method:

- You will need a large/ deep sauce pan
- On a medium heat add the olive oil, onions and peppers then cook until they begin to soften.
- Add the garlic, chilli and spices to the pan and stir for 1 min until fragrant
- Pour in the tomatoes, coconut milk and vegetable stock pot, stir well and add the sweet potatoes and carrots
- Bring to the boil, then reduce the heat so that the stew is simmering. Cover and cook for 20mins or until the sweet potatoes and carrots are soft
- Add in the sweetcorn and kidney beans and cook for a further 10 mins
- To serve squeeze in the lime juice and scatter the spring onions over the top.



HAND MADE DORITO CRUMB CHICKEN NUGGETS

Serves 4/6

Ingredients

2/3 boneless, skinless
chicken breasts
1 Large family bag of Doritos
(your choice of flavour)
1 Cup of flour
2 Eggs beaten

This is a great
recipe to do with
children, you might
just need to help
with the cutting of
the chicken and the
cooking

Method:

- Cut the chicken into bite size pieces or fingers and put to one side
- Open the Doritos to release the air then roll the bag up and crush the crisps until crumb like
- Set out 3 plates and place the flour on one, the beaten egg on another and crushed Dorito crumbs on the other
- The process and rhythm for coating the chicken is...
Flour, egg, crumb – Repeat for each nugget/finger until you have coated all of the nuggets and placed on a tray

Cooking: You can either deep fry the nuggets until golden (5-6 mins) or in a shallow tray add some oil to coat the bottom and bake at 220°C / GM 7 / 425 F for 20 mins

Top tip: Use one hand for the dry ingredients and the other hand for the wet ingredients, this way you do not get gloopy hands



EASY IRISH SODA BREAD

Makes 1 loaf

Ingredients

570g cups all-purpose flour
160g Caster sugar
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
115g butter, at room temperature
225g raisins
355ml buttermilk, at room temperature
3 eggs, at room temperature

Butter Milk

Alternative

350mls milk and
5ml of lemon juice
and let sit for 10
mins to sour

Method:

- Preheat oven to 175°C, 350°F GM 4
- Grease a 9-inch cake tin
- Stir together the flour, sugar, salt, baking powder and baking soda in a large bowl
- Using your fingers, rub the butter gently into the flour mixture until well combined and stir in the raisins
- In another bowl, whisk the buttermilk and eggs together - Add the buttermilk mixture into the flour mixture and mix together to form a sticky dough
- Place the dough into the prepared cake pan
- Bake in the preheated oven until the bread has risen and the top is golden brown, 45 minutes to 1 hour
- A knife inserted into the centre of the bread should come out clean
- Cool the bread in the pan on a wire rack for 10 minutes before removing. Serve warm



EASY BANANA BREAD

Makes 1 loaf

Ingredients

200g plain flour
200g caster sugar
50g butter, softened
1 teaspoon vanilla extract
1 teaspoon bicarbonate of soda
1/2 teaspoon baking powder
1 egg beaten
3 very ripe bananas

Method:

- Preheat oven to 180 C / Gas 4 / 350F
- Grease and flour a 13x23cm loaf tin or cake tin
- Sift the flour, baking powder and bicarbonate of soda and put to one side
- In a bowl or a mixer bowl, mash bananas, sugar, butter, vanilla and egg. Mix well
- Fold in the flour mix
- Pour into loaf tin
- Bake for 30 minutes or until skewer inserted into centre of cake comes out clean

Why not top your delicious loaf with toffee icing or drizzle melted chocolate to make it that little bit extra special 😊



Share with us on Social Media...

#ASPIRESTARTS

We would love to see and hear about your cooking experiences!

Why not take part in our #AspireStars campaign and share photos with us of your children baking.

Communication and feeling part of a community is extremely important in these times, and we would love to still celebrate the children's achievements at home by sharing these experiences online.

If you would like to join in, please just post a picture/video on Twitter or Facebook tagging Aspire Academies Trust and we will share across our social pages.

It would be fantastic if you could include the name of your child's school and #AspireStars.

Please like & follow us on social media here:

