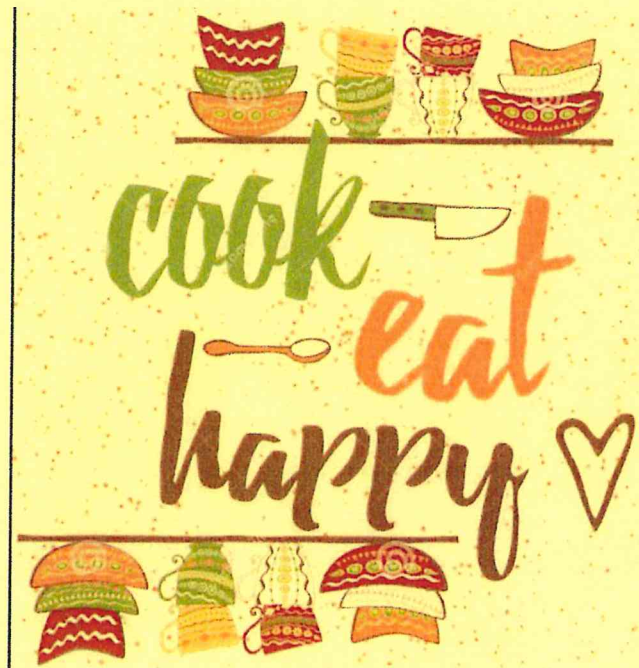
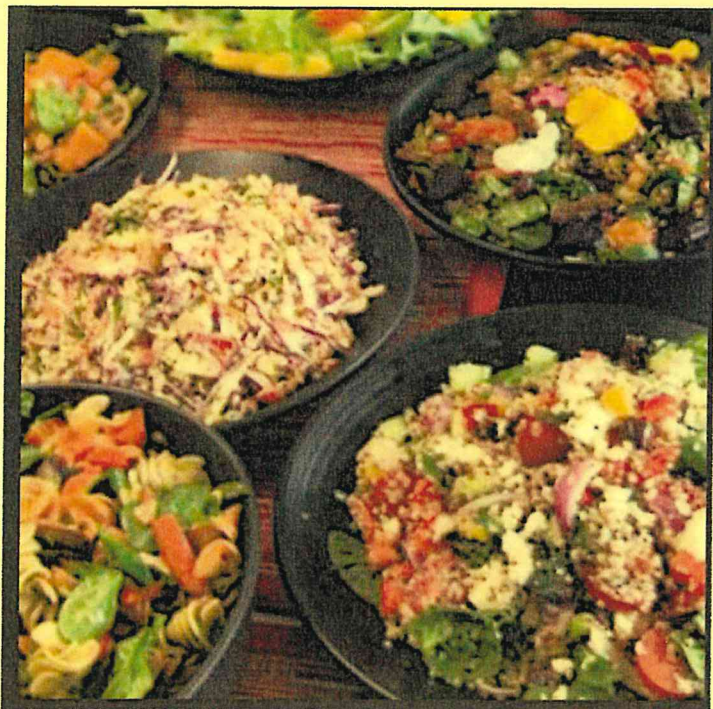
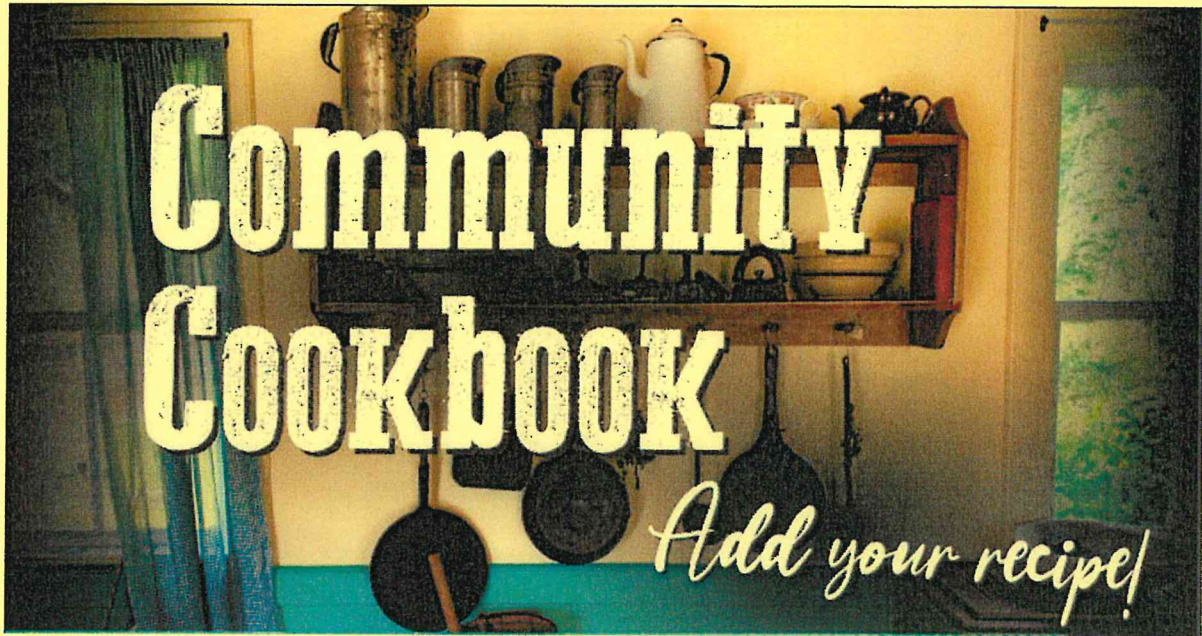


Parkfield Primary School





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Our Community Cookbook

We feel very lucky to have such a diverse school community and have collected all these recipes from families in our school.

We hope you will enjoy making and tasting these dishes from all over the world!

From
Parkfield Primary
School
London

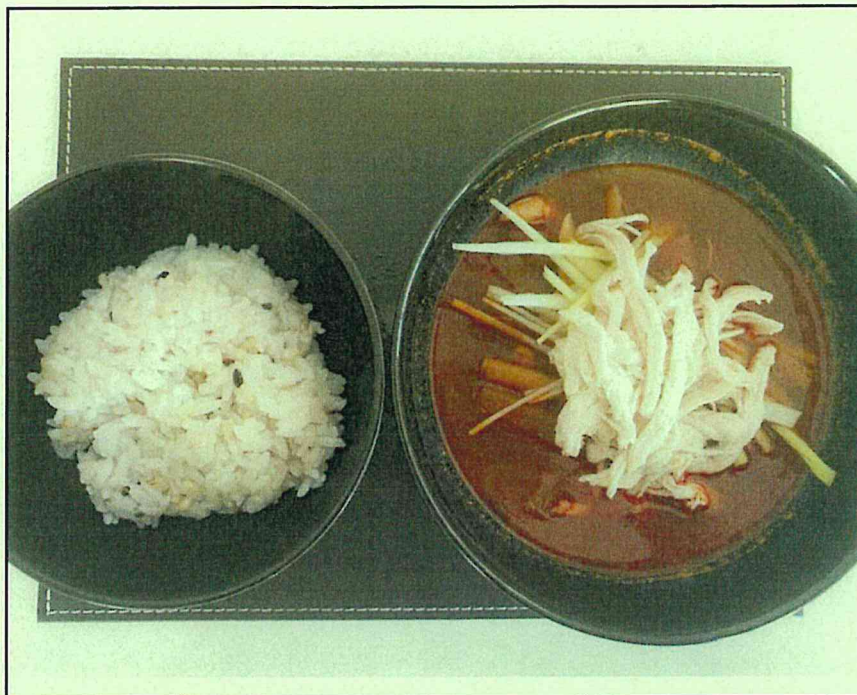


Main
Dishes



Recipes





닭 개 장

[daig-gaejang]

Korean spicy
chicken soup

Ingredients

1. Chicken
2. Leeks
3. Radish
4. Sesame oil
5. Galics
6. Onion
7. Chili powder
8. Pepper
9. Say sauce
10. Oyster sauce
11. Water

Step 1. Make base

1. Wash chicken and remove the chicken skin (don't throw the skin)
2. Put the half of onion, some leeks, washed chicken and 2L waters in the pot
3. Boiling it for an hour
4. Take out the boiled chicken and cool it



Step 2. Make secret sauce

1. Fry the chicken skin over low heat
2. Then you can extract chicken oil on there
3. Remove the chicken skin
4. Add 2 tablespoons of chili powder and 1 tablespoon of chopped garlicks on the chicken oil
5. Fry it over low heat



Step 3. Make garnish

1. Chop the radish like finger
2. Add 2 teaspoons sesame oil and 2 teaspoons of salt on it
3. Fry it over low heat (Not too soft)
4. Tear the cooled chicken by the hand



Step 4. Mix, boil and serve

1. Mix the base, secret sauce, garnish on the pot
2. Boiling it 30 mins
3. Add some salts, say sauce, oyster sauce, pepper and chili powder
4. Topping some teared chicken and chopped leeks.
5. Serve with rice



POLISH POTATO & CHEESE DUMPLINGS

(Pierogi)



Ingredients for dumpling dough:

500 g wheat flour
cheese
1 glass of hot water
4 tablespoons of oil
half teaspoon of salt

Ingredients for the stuffing:

300 g semi-skimmed cottage
cheese
1 onion
500 g of boiled potatoes
2 tablespoons of butter
half teaspoon of salt & pepper

How to make pierogi

Start by boiling the potatoes. Drain and mash them and set aside to cool.

Fry the onion in a little oil until softened but not brown. Leave to cool, then combine with the mashed potato and cheese, season well and stir thoroughly.

Prepare the dough for dumplings.

Sift flour into a bowl. Add salt and oil. Pour a glass of hot boiled water and stir the dough with a spoon and then start kneading them. The dough should be soft and flexible. Roll out one piece thinly on a board. Cut out round shapes, use a glass or cutter (7 cm). Put the dumpling stuffing in the middle of the round dough shape. Fold the dumplings in half and stick the edges together with tips of your fingers. Boil the water and drop pierogi in, when pierogi rise to the surface, simmer for 2- 3 min. Serve them hot with caramelized onion on the top or sour cream.

Children and adults love them!!!

Sarmale

Equipment

- a bowl
- a chopping board
- a spoon
- a knife

Ingredients

- ★ 2 cabbage
- ★ 1 kg pork mince meat
- ★ 200 gr rice
- ★ salt and pepper
- ★ tomato paste
- ★ 1 onion
- ★ 1 carrot
- ★ 2 pieces of pork shoulder



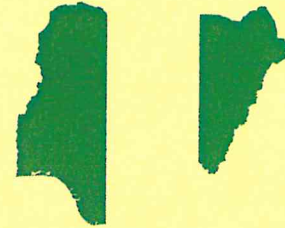
Method

First you need to separate the leaves from cabbage.
Then mix the pork meat with rice , onion, carrot salt and pepper.
Take a cabbage leave and fill it up with the meat, than roll it.
Put them in a pot and add tomato paste and pork shoulder .
Cook it inside the oven for 3-4 hours at 180 degrees.

Tip!

You can use just vegetables instead of meat.

This recipe is traditionally from ROMANIA and we cook it especially for Easter and Christmas. My family is using turkey meat instead of pork because is much healthy!



Suya chicken

Suya Chicken is my favourite because it is juicy, spicy and delicious. It originated from the Hausa people in Nigeria. It has been adapted by my family because my mum sometimes uses Asian spices (Curry, Masala spice) and fresh herbs into the mix and we have the suya chicken with tortilla wraps and some vegetables like lettuce, tomatoes and sweet peppers. You can also make it spicier by adding fresh chilli peppers, red onion and lime juice.

How to make Suya Chicken

Equipment

1. oven/grill
2. Bowl
3. Skewers
4. Baking tray
5. Cling film

Ingredients

- 1kg of Chicken
- 4 tablespoons of Suya spice
- 2 tablespoons of Groundnut oil
- 3 teaspoons of Garlic powder
- 2 teaspoons of sea salt
- 150 g of Tomato
- 3 Sweet Peppers
- 1 teaspoon of Dried thyme



Preparation

1. Skinned chicken. (Note: You do not need to skin the chicken)
2. Add groundnut oil
3. Add a tiny bit of salt
4. Add garlic powder and mix
5. Marinate on both sides. (This helps the suya spice to stick properly on the chicken and also it helps grilling the process) with some suya spice.
6. Place the chicken on the clingfilm and coat the other side with some suya spice.
7. Insert skewers through the chicken pieces
8. Place in the refrigerator for a minimum of 4 hours. The longer you leave it the tastier it is.
9. Preheat the grill. This makes the grill time shorter and turn the oven grill to knob 5.
10. Place the marinated chicken on wire rack and grill for 20 min
11. Turn the chicken to the other side.
12. Leave for ten mins or more depending how juicy/dry you want your chicken to be for 10 mins.
13. Best eaten with tortilla wraps, fried plantain, rice or on its own.

READY TO EAT.....Yummy!!!!

Pirate hotdogs

PARTY FEAST

Ingredients

500g of small chicken cubes,
1/3 a teaspoon of salt
1/3 a teaspoon of Black Pepper
Cumin powder - 1/3 a teaspoon
1/3 a teaspoon of coriander powder
Paprika powder - 1/3 a teaspoon
2 teaspoons of lemon juice
Ginger & Garlic paste - 1 tablespoon
Chicken tikka masala - 1/3 a teaspoon
And patience!



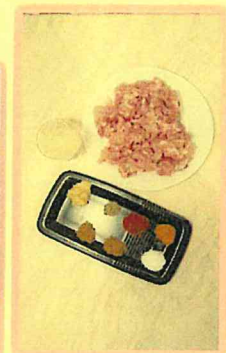
Marination

Cover the small chicken pieces in salt, black pepper, cumin powder, coriander powder, paprika powder, lemon juice, ginger and garlic paste and chicken tikka masala. After that heat up a pan and leave the chicken in there for 40 - 30 minutes to cook. After that let the chicken simmer for 7 - 10 minutes.



Decoration & preparation

Put the hotdog buns onto a medium sized baking tray. In the meanwhile pre-heat the oven. take the chicken cubes and put as much as you want into the hot dog buns and top it off with some mozzarella cheese. Put the baking tray into the oven for 5 - 7 minutes and enjoy your pirate hotdogs! For the decoration take some cucumber and carrots. Stick the cucumber into the carrots to make swords! To make the wind sails take the skin of a cucumber, a skewer stick and small baby tomatoes. stick them onto each other to make sails!



Chicken Biryani Recipe



Ingredients:

- | | |
|-----------------------|------------|
| ★ Chicken with bone | 1 kg |
| ★ Cloves | 8-10 |
| ★ Black pepper | 1 tsp |
| ★ Black cardamom | 3-4 |
| ★ Green cardamom | 5-6 |
| ★ Plums | 8-10 |
| ★ Mace | ¼ tsp |
| ★ Nutmeg | ¼ tsp |
| ★ Cinnamon stick | 1 inch |
| ★ Crushed chilli | ½ tsp |
| ★ Salt | 1 tsp |
| ★ Chilli powder | 1 tsp |
| ★ Coriander powder | 1 tsp |
| ★ Cumin seeds | 1 tsp |
| ★ Green chillies | 5-6 |
| ★ Lemon (sliced) | 1 |
| ★ Tomato (sliced) | ½ |
| ★ Minls leaves | (optional) |
| ★ Ginger/Garlic paste | 1 tbsp |
| ★ Onions (sliced) | 2-3 |
| ★ Kewra water | ½ tsp |
| ★ Yoghurt | 3 tbsp |

- | | |
|------------------------------|--------|
| ★ Rice | 2 cups |
| ★ Bay leaves | 4-5 |
| ★ Star aniseed | 2-3 |
| ★ Food color (orange/yellow) | ¼ tsp |



Equipment:

- ★ Chopping board
- ★ Pot
- ★ Sieve
- ★ Bowl

Method:

1. Put oil in a pot and fry onions (sliced) until light brown. Add ginger/garlic paste to this and fry for another minute.
2. Add chicken to this and add all the spices, fry for 5 minutes. Then cover and cook for another 10 minutes until chicken is cooked.
3. In a separate pot add water and salt and bring to boil.
4. Add rice to the boiling water and cook for around 7-8 minutes until rice is almost cooked.
5. Drain the water from the rice and sprinkle food colour on top.
6. Once the chicken is cooked ensure no water is left in the pot. Beat the yoghurt with Kewra water and add to the chicken.
7. Cook till all the water evaporates and thick gravy is left.
8. Now in a separate pot spread a layer of rice and a layer of the chicken masala on top. Continue layering like this until all the rice and masala is used up.
9. On the top add 4-5 slices of lemons, tomatoes, green chillies and mint and cover and cook on low heat for another 5 minutes.

SIERRA LEONEAN JOLLOF RICE



Ingredients:

Rice, Tomatoes, Onions, Spring onions, Aubergines, Hot peppers, Seasoning, Spices, Rosemary, Bay leaves, Sage, Thyme, Chicken, Tomato paste, Oil, Half cup of water for each bowl of rice.

Equipment:

Knife, Chopping Board, Bowl, 2 Pots, Frying Pan, Sieve, Jug, Wooden Spoon, Cup of Glass, Plastic Bowls, Plates and Cutlery.

Method:

1. Wash rice in the sieve and pour it into a pan of hot oil.
2. Add Onions, Hot Pepper, Tomato paste, seasoning, herbs and salt to the rice in the pot.
3. In another pot add the seasoned chicken along with some chopped onions to the oil and let it fry. Fry until it becomes brown, add water and let the chicken marinate.
4. As the rice cooks, add a cup of water until the rice comes to boil.
5. Add diced spring onions to the pot, cover, and bring to a boil.
6. Finished! All that's left is for you to enjoy eating 😊

TUNISIAN COUSCOUS WITH LAMB



INGREDIENTS

- 500g of couscous
- Whole shoulder of lamb cut into pieces
- 3 green peppers
- 1 tube of tomatoes puree
- 1 carrot
- 3 potatoes
- 1 can of chickpeas
- blend of tunisian spices
- 1 onion
- 2 boiled eggs

METHOD

- Heat the oil and fried onion until brown, then add the lamb and cook for 15 min.
- Add tomatoes puree, 2 cups of water and simmer for next 20 min.
- Then carrot, peppers and potatoes goes in with chickpeas.
- While sauce is cooking add couscous to a top part of the steamer dish
- Gradually add cooking sauce from bottom part into a couscous and mix it properly

When all vegetables, meat and couscous cooked transfer to a dish and add some eggs.
We do not adding anything as this is traditional dish and is delicious!

ENJOY!

COUSCOUS STEAMER





SHAMI BEEF PATTIES

453g Ground Beef

1 Medium Potato

2 Medium Garlic Cloves

1 Small Onion Persian

1 Small carrot

Spice (Advieh Shami) Ground Chili Pepper, Black Pepper Powder,
Turmeric, Salt

PREPARATION:

1- Grate the onion.

2- Grate the garlic cloves.

3- Grate the carrot

3- Grate the potatoes.

DIRECTIONS:

1- In a big bowl, combine the grated onions, garlic cloves, carrot and potatoes. 2- Add the ground beef and sprinkle Persian spice mix, ground chili pepper, black pepper powder, turmeric and salt and mix thoroughly until well combined.

3- Take a fist full of the mixture and flatten the patties (using the palm of hand).

4- Fry the beef patties in vegetable oils and flip for both sides to fry.

Desserts



philipka@creations.com

recipe for pancakes

The English connection

Ingredients

250g of flour

400ml of milk

2 eggs

a pinch of salt

oil to coat the frying pan

Directions

1. mix together in a mixing bowl the flour and salt
2. make a well in the middle and add the eggs and milk
3. mix all the ingredients together with an electric whisk the mixture should have a smooth texture
4. coat a frying pan with a little oil using the baking brush and heat
5. measure the mixture out with a ladel and pour into the heated frying pan
6. bake on one side then turn or toss the pancake and cook the other side

delicious pancakes

cheese slicer

electric whisk

mixing bowl

ladel

lemon squeezer

lemon

cheese

frying pan

syrup

sugar

Tuesday 1st March 2022

PANCAKE DAY

2021

Pancake Day - Tuesday 1st March 2022

Use this recipe to make pancakes and be as creative as you like with your topping for the pancake! You could choose to have fruit with your pancake, make a sweet dessert pancake with ice cream or a chocolate sauce or perhaps you would like to try making a savoury pancake (such as a mushroom pancake).



FLAPJACKS

Butter = 125g

Golden Syrup = 3 tablespoons

Brown Sugar = 125g

Porridge oat = 250g

Instructions

- 1) Put the butter, sugar and syrup into a pan and melt on a low heat.
- 2) Turn off the heat and mix in the oats.
- 3) Pour into a tray lined with greaseproof paper.
- 4) Bake in oven at 180C for 20 minutes
(If you want you can add a handful of sultanas or any dried fruit to make them even tastier. Just add when you are mixing the oat.)



My Favourite Recipe

Chocolate Scones

50g Very soft butter cut in cubes
205g Self raising flour
20g Cocoa powder
1tsp Vanilla extract
10 tbsp Milk - warmed
20g Caster sugar
¼ tsp Bicarbonate of soda
1 tsp Baking powder

For the filling:

Clotted cream or whipped up double cream
Cherry jam or any other flavour you like
You can also add nutella or your favourite chocolate spread.

Method:

- Preheat the oven to 200oC/ gas 5
- Line a baking tray with baking paper
- Sift flour baking soda and powder, cocoa powder and sugar together in a large bowl
- Add in soft cubes of butter and rub in to the flour with your figure tips until the mix looks like light and crumbly
- Add vanilla extract to the warm milk
- Using a butter knife stir in warm milk and vanilla mixture to the flour until a dough is formed.
- NOTE: Do not over mix, dough should be very soft.
- Tip out the dough onto a floured surface and roll out gently to about 3cm thickness
- Cut out shapes (I like mine round), place them spaced out on to your baking tray
- Brush the tops with a little milk and bake for 10-12 minutes

Once cooled eat with your favourite filling
Mine is with more chocolate spread.

This is my mum's recipe. She added the cocoa powder to make chocolate scones because I love chocolate so much. You can leave the cocoa powder out and add 20g more self raising flour if you want normal vanilla scones with strawberries and cream (that's my mums favourite!). My dad eats them hot with butter for breakfast!



Negresa cu ciocolata (ROMÂNIA)
Chocolate brownie (England)

Ingredients: for the chocolate brownie

- 250 ml of milk
- 250 g flour
- 200 g brown
Sugar
- 100 ml melted
butter
- 50 g cocoa

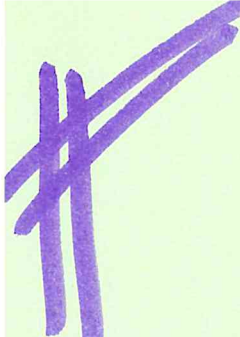


- 5 grams of baking powder
- 3 eggs
- 2 sachets of vanilla sugar
- a little salt

For the glaze

- 200 g milk chocolate
- 100ml sour cream
- 50g dark chocolate

Mix all the solid ingredients: flour, brown sugar, cocoa, vanilla sugar, salt and baking powder, mix until all the ingredients are homogeneous. Then mix all the liquid ingredients: milk, eggs and melted butter. Mix all three liquid ingredients. Pour the liquid ingredients over the solid ingredients and mix well. Then the composition is poured into a tray and then goes in the preheated oven at 150 degrees for 40-50 minutes. Then take it out of the oven. For the glaze to put a pot on the fire with water on low heat, add a bowl on the pot where you put milk chocolate, dark chocolate and sweet cream and chew until melted. When the icing is ready, take the bowl after the fire and let the icing cool for 5-10 minutes, then place it over the black cake. Then leave at room temperature for an hour for the glaze to harden. Then the cake is cut and placed on a plate to be served. Enjoy! 😊



Papanasi

(Romanian Cheese Doughnuts)

Equipment:
One large bowl
One deep pan



Ingredients:

Dough

1 kg well-squeezed
sweet cottage cheese

400 g White flour

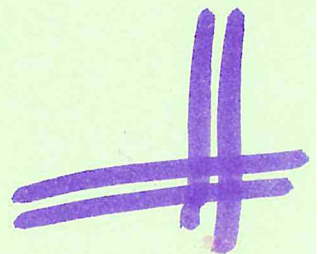
20 g vanilla sugar

3-4 Eggs

1 peel of lemon

A pinch Salt

1 teaspoon baking
soda



1 Lemon Juice

cooking oil

Method:

Put the flour, cheese, vanilla sugar, salt and lemon peel in a large bowl, add in the baking soda mixed with lemon juice and “knead” with your fingers so that the mixture comes together, avoiding cheese lumps.

On a work surface sprinkled with flour, form a thick roll to a diameter of about 6 cm, and cut it into 1.2-1.5 cm thick slices.

Roll the slices into round balls, and use a finger to make the classic doughnut hole. Then leave everything on the work surface until the oil heats up.

In a deep pan, heat enough oil so that it covers the papanași slices. Fry over a medium heat for 3-4 minutes on each side, turning constantly and checking they do not burn.

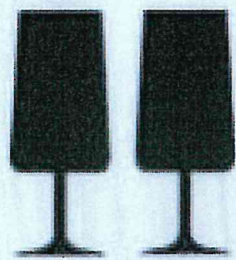
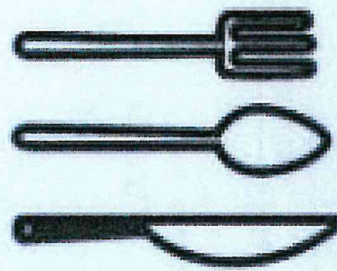
Mix the vanilla flavoured powdered sugar with the cream.

Serve hot with cream sauce and your favourite jam.

This is a simple, tasty and easy to make dessert.

I hope you enjoy making and eating this dish!

Eat



drink



BE HAPPY



Enjoy
COOKING
time