



# SUMMER 2024 MOCA COOKBOOK

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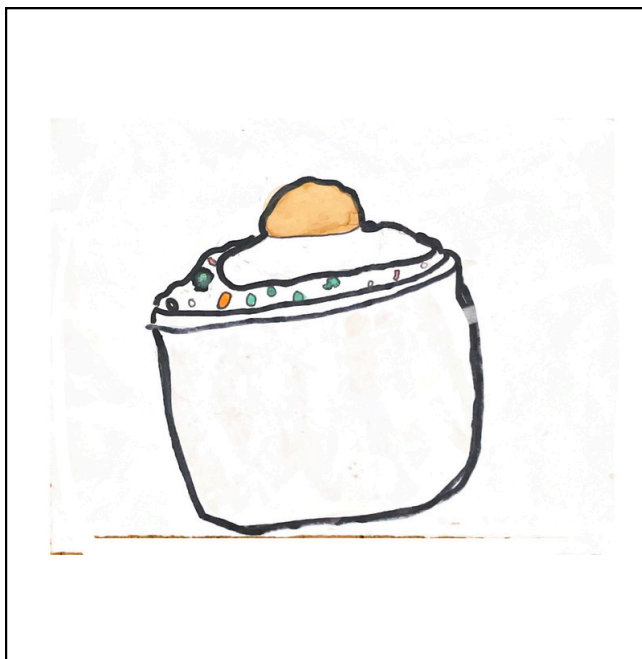
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**MAINS**

# BIBIMBAP

<b>SERVES :</b> 5	<b>PREP TIME :</b> 30 mins	<b>COOK TIME :</b> 10 mins
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## INGREDIENTS

1 carrot	
1 zucchini	1/2 cup
1 cup mushroom	<u>gochujang</u> (Korean chili paste)
1 cup bean sprouts	1/4 cup toasted sesame oil
1 cup kimchi	1/4 cup sugar
2 lbs ground beef	1/4 cup water
2 tbsp rice wine	1/4 cup toasted sesame seeds
2 tbsp soy sauce	4 tsp vinegar , apple cider
2 tbsp minced garlic	vinegar or rice vinegar
4 eggs	4 tsp minced garlic
cooked white rice	

## DIRECTIONS

1. Juilliene carrots and zucchini
2. Sauté/ stir fry carrot, zucchini, mushrooms and beansprouts individually with 1tsp salt and put in separate bowls.
3. Fry ground beef in an oiled pan and once browned add in the rice wine , soy sauce and minced garlic and then set aside.
4. Mix ingredients for sauce and adjust to taste
5. Fry eggs (1 per person)
6. Build your bowl on a base of white rice, choose which ingredients you would like and don't forget the egg and the sauce!



# MISO EGGPLANT

**SERVES :**

**PREP TIME :**

**COOK TIME :**

4	20 mins	20 mins
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## INGREDIENTS

3 tbsp miso  
1 tbsp sugar  
1 tbsp mirin  
1 tbsp soy sauce

2 medium eggplants  
Oil (for frying)

## DIRECTIONS

1. Cut eggplant lengthwise into slices about 1 inch thick slices
2. Cut diagonal slits into the eggplants both ways to create a crosshatch design.
3. Mix ingredients for the glaze in a bowl.
4. Heat up a frying pan and once hot add oil.
5. Sear eggplant on both sides until brown and then brush the glaze onto both sides of the eggplant.

Broil eggplant for 2-3 minutes on high until bubbly and brown. Then take out and glaze again and put under broiler for a further 2-3 minutes

# SOUVLAKI

**SERVES :**

5

**PREP TIME :**

30 mins

**COOK TIME :**

30 mins

## INGREDIENTS

5 Chicken breasts  
1 Lemon juice  
3 tbsp good olive oil  
1 tbsp salt  
1 tbsp pepper  
2 large tomatoes  
1 onion  
potatoes

### Tzatziki

1 tsp lemon juice  
1 clove garlic  
Handful mint  
Handful of dill  
1 cucumber  
2 cups yoghurt  
1 tbsp salt  
1 tbsp extra virgin olive oil  
Extra salt and pepper to taste

## DIRECTIONS

1. Cut chicken breasts into small cubes.
2. Marinade in juice of 1 lemon, olive oil, salt and pepper for 30 mins to overnight.
3. Cut the potatoes into thin fries at cover with oil, salt and pepper.
4. bake in oven for 20 minutes or until cooked through and crispy. Alternatively one can deep fry the fries.
5. Grate the cucumber into a cheese cloth and sprinkle with 1 tbsp salt and mix. Set aside in a bowl for 10 mins.
6. Slice tomato into round slices and thinly slice onions. Finely chop mint and dill and mince garlic.
7. Squeeze all the moisture out of the cucumber and mix with the mint, garlic, dill, lemon juice
8. Fry the chicken (or grill on a kebab stick!)
9. Spread thick layer of tzatziki onto a Greek flatbread, then sliced tomatoes and onions and then chicken.
10. Enjoy! :)



# MAC AND CHEESE

**SERVES :**

5

**PREP TIME :**

30 mins

**COOK TIME :**

30 mins

## INGREDIENTS

50g butter

50g Flour

1 pint Milk

500g Macaroni

Cheddar

Colby jack

Any cheeses of your choice (measure with your heart)

1/2 cup panko breadcrumbs

Handful thyme

1/2 tsp garlic powder

1tbsp olive oil

Pinch salt and pepper

## DIRECTIONS

1. make a roux by melting the butter and flour in a sauce pan and cooking until a paste forms.
2. slowly and gradually add milk, whisking each time until sauce thickens. You may need to adjust the amount of milk, season with thyme, sage and nutmeg or any other spice combinations you would prefer.
3. Grate all the cheeses you want. It is important that you grate the cheese by hand as pre-grated cheese will make the sauce much starchier.
4. take the white sauce off the heat and stir in the cheese.
5. Boil some salted water and cook macaroni until al dente. Stir cooked pasta into the cheese sauce and put into a casserole dish.
6. heat up olive oil in a frying pan and toast the panko with the thyme, garlic powder, salt and pepper.
7. top the macaroni with more cheese and toasted breadcrumbs, then bake for about 15 minutes or until bubbly, golden and crispy.
8. Serve and enjoy :)

# ALOO GABI

**SERVES :**

**PREP TIME :**

**COOK TIME :**

4	15 mins	20 mins
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## INGREDIENTS

- 4 cloves garlic
- 1" knob of ginger
- 1 onion
- 1 large cauliflower
- 2 potatoes
- 2 large tomatoes
- 3 tsp cumin
- 1 tsp ground coriander
- 1-2 tbsp turmeric
- 1-2 tbsp garam masala

## DIRECTIONS

1. Cut potatoes into 1/2 inch cubes and cut cauliflower into small florets. Make sure to chop the leaves into small pieces as these are perfectly edible and very tasty!
2. Finely slice your onion and mince the garlic and ginger. Chop the tomato into chunkier 1/2 inch pieces.
3. Fry cumin seeds and add minced garlic and ginger. Once fragrant add in the finely diced onion and let cook for about 3-5 minutes.
4. Add in the potato and stir fry for about 3-5 minutes. Then cover with a lid and let steam for about 8 minutes or until potato feels still firm but cooked. You may need to add a splash of water to stop the potatoes getting dry.
5. Add in the cauliflower along with the ground cumin, coriander powder, garam masala and turmeric as well as salt to taste. Let cook for another 5 minutes. If it starts to look dry add more water.
6. Add in the tomato and stir fry. Cook until the tomato has softened melted into the dish.
7. Garnish with cilantro and enjoy! :)



# GREEK SALAD

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	10 mins	0 mins
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## INGREDIENTS

2 tomatoes

1 cucumber

2 bell peppers

1/2 cup olives

1 block feta

1 red onion

1/4 cup olive oil

2 tbsp lemon juice

1-2 tsp salt

1 tsp pepper

## DIRECTIONS

1. Chop the tomatoes and cucumbers into large chunks, about 1" cubes.
2. Cut the peppers into slices and thinly slice the onion.
3. Make the dressing with olive oil, salt, pepper and lemon juice.
4. Mix in a bowl with vegetables, olives and add the feta. Feta can be cubed, crumbled or served in a slab on top of the salad.

# RATATOUILLE

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	20 mins	40 mins
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## INGREDIENTS

- 2 large tomatoes
- 1 zucchini
- 1 eggplant
- 1 large onion
- 1 carrot
- 1 Bell pepper
- Thyme
- Oregano
- Pepper
- Salt
- 1 can chopped tomatoes
- 1 tbsp tomato puree

## DIRECTIONS

1. Finely slice zucchini and eggplant into thin round slices. Cut the pepper into 1" chunks and shred/ grate the carrot.
2. Place zucchini, bell pepper and eggplant on a baking tray and brush with oil and sprinkle salt and pepper. Roast for about 15-20 minutes
3. In a saucepan sauté onions in 2tbsp olive oil. Then once translucent add the shredded carrot and stir. Add tomato puree and fry for about 2 minutes.
4. Add in canned tomatoes and bell peppers, let cook for about 5-10 mins. Make sure to season with thyme, oregano, sage, salt and pepper.
5. In a casserole dish, layer the tomato sauce and carefully layer all the thinly sliced vegetables in a neat and colourful pattern.
6. Roast covered for 20 minutes then uncover and cook for a further 25-35 minutes at 375 degrees.



# FETTUCCINE ALFREDO

**SERVES :**

**PREP TIME :**

**COOK TIME :**

4	1 hour	5 minutes
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## INGREDIENTS

400g Plain flour

4 eggs

1 1/2 cups heavy cream

25g butter

1-2 tsp pepper

1-2 tsp salt

1 clove garlic

1/3 cup Parmesan

## DIRECTIONS

1. Make a mound of flour with a well in the middle and crack 4 eggs into this well.
2. Whisk the eggs in the middle and slowly incorporate the flour until a shaggy dough forms. It will be very dry but once you start kneading it, it will get stickier.
3. Knead the dough on a work surface for 5-10 minutes until it is smooth and even in colour and texture.
4. Roll out gradually on each setting of a pasta maker (or with a rolling pin) until desired thickness.
5. Either cut into fettuccine shape with the pasta maker or with a knife and let the pasta noodles dry in individual strands for about 10 minutes.
6. Boil some water and salt generously, then cook pasta for about 3 minutes. Make sure to reserve some pasta water. (About 1 cup)
7. Melt butter in a frying pan and once bubbling add minced garlic and black pepper. Once browned add the cream and mix to emulsify. Add the cooked pasta and Parmesan and pasta water. Turn off the heat and mix until sauce has thickened to a creamy smooth consistency.

# PESTO GNOCCHI

**SERVES :**

**PREP TIME :**

**COOK TIME :**

4	1 hour	5 minutes
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## INGREDIENTS

500 g potatoes (clean but not skinned / not new potatoes)

130 g flour

0.5 teaspoon salt

1 egg (room temperature)

1 packet of basil

1/3 cup roasted nuts

1/4 cup parmesan

1/3 cup olive oil

1 clove garlic

## DIRECTIONS

1. roast or boil large baking potatoes until soft and fully cooked
2. Mash the potatoes in a bowl and add flour. Tip onto a work surface, Make a well in the middle and add in the eggs.
3. using a dough scraper, carefully incorporate the eggs and potato and flour using a scrape and chop method. Once a dough like mound has formed start to knead until easier to handle.
4. roll the dough into a thin log and cut small pillows about 1/2 inch thick.
5. to make the pesto, blend the ingredients listed or use a pestle and mortar. More cheese can be added to taste.
6. boil the gnocchi in salted water. Once cooked they will float to the top of the water and should then be removed.
7. heat some butter in a deep frying pan and saute the gnocchi, then add the pesto and stir to combine or simply mix in the pesto straight into the fresh boiled gnocchi.

# OKONOMIYAKI

**SERVES :**

**PREP TIME :**

**COOK TIME :**

4	20 mins	10 mins
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## INGREDIENTS

1/2 head of cabbage  
4 eggs  
1 cup all purpose flour  
1/4 tsp salt  
1/4 tsp baking powder  
3/4 cup water or dashi stock

for sauce:

1/4 cup oyster sauce  
3 Tbsp sugar  
1/2 cup ketchup  
7 Tbsp Worcestershire sauce

## DIRECTIONS

1. Mix all dry ingredients in a bowl. (Flour, sugar, salt and baking powder.)
2. Add in water or dashi stock, whisk and set aside.
3. Finely chop/ mince cabbage.
4. Mix in 4 eggs and minced cabbage into the batter.
5. Heat large frying pan and add some oil.
6. Once hot add one portion of batter to the pan and flatten to about 3/4 inch thickness. Cover with lid and let cook for 5 mins.
7. Add mozzarella and optional bacon and flip. Let crisp up for a couple minutes and serve with okonomiyaki sauce.

For sauce:

1. Mix all ingredients together

to serve cover with sauce and Japanese kewpie mayo and enjoy :)

# NASHVILLE HOT CHICKEN

**SERVES :**

**PREP TIME :**

**COOK TIME :**

8-10	24 hrs	5-10 mins
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## INGREDIENTS

Marinade:

1 kg Chicken  
2 pints Buttermilk  
1 pint Pickle juice

sauce:

2 tbsp cayenne pepper  
1-2 tsp Salt  
1 tbsp Garlic powder  
1 ladle Frying oil

dredge:

2 cups Flour  
1/2 tsp Cayenne  
1/2 tsp pepper  
1/2 tsp Salt  
1/2 tsp Garlic powder

white bread  
pickles

## DIRECTIONS

1. Marinade chicken with buttermilk and pickle juice overnight
2. After 24 hours remove chicken and prepare dredging station. This requires a plate of flour mixed with pinch of cayenne, pinch of garlic and a pinch of salt.
3. Bowl of buttermilk (can use marinade for this but may need to be topped up)
4. Dip chicken in flour until fully coated, then into buttermilk, then back into flour until fully coated and press in more shaggy bits of flour to give it the signature texture. Put aside and repeat with the rest of the tenders.
5. Let rest for 20mins to 1 hour.
6. Heat cast iron pan with 3 inches of oil. One 400 degrees place in about 4 pieces of chicken. Try to put in as many as possible without overcrowding the pan.
7. Put cayenne, garlic powder and salt in a bowl and pour in a ladle of hot frying oil and let it sizzle. This forms the sauce.
8. Brush the sauce over the fried chicken and serve with slice of fluffy white bread and pickles.

# CHICKEN PARMESAN

SERVES :

PREP TIME :

COOK TIME :

5	30 mins	30 mins
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## INGREDIENTS

2 cups panko

Parmesan

Oregano

Salt

2 eggs

1 cup flour

5 chicken breasts

Mozzarella

1 can Crushed tomatoes

1 tbsp tomato paste

1 small onion

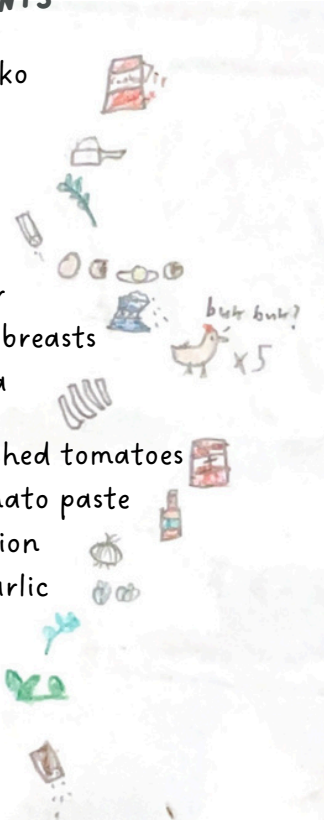
2 cloves garlic

Oregano

Basil

Salt

Pepper



## DIRECTIONS

1. Start with marinara. Heat 1 tbsp olive oil in a pan and saute onions and garlic u til translucent and slightly browned.
2. Add tomato paste and fry for about 2 minutes, then add canned chopped tomatoes.
3. Add in seasonings and herbs to taste. Set aside
4. Butterfly the chicken and pound until thin.
5. Set up breading station with a plate of flour, a plate of eggs whisked and a plate of panko mixed with parm, salt, pepper and oregano.
6. Coat chicken in flour, then dip in egg mixture, then into breadcrumb mixture.
7. Shallow fry for 3-4 minutes on each side. Place on baking tray and ladle on about 1/2 cup of marinara and mozzarella on top.
8. Broil for 3 minutes or until mozzarella is brown and bubbly.
9. Serve immediately



# SPANISH OMELETTE

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	25 mins	10 mins
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## INGREDIENTS

2 medium potatoes  
1 large onion  
6 eggs  
½ cup good quality olive oil  
Salt  
Pepper  
Parsley

## DIRECTIONS

1. Peel potatoes and thinly slice into coins. Thinly slice onions into thin strips.
2. Heat 1 tbsp olive oil in a pan on a medium heat and once hot add the onions. Cook and stir onions occasionally and let caramelize until browned.
3. Heat a pot of hot water. Once boiling add potatoes and let cook for about 5 minutes or until can be pierced easily with fork but still slightly firm.
4. Add potatoes to onions and continue to fry until slightly coloured. Season with salt and pepper.
5. In a large bowl whisk together 6 eggs and the onion potato mixture. Carefully mix together.
6. Add in olive oil to pan until about ½ cm oil in pan. Once hot add in the egg mixture and let crisp up on a medium/ high heat. Cover and let cook for about 5 minutes.
7. Get a plate and flip omelette onto plate. Then pour in more olive oil and carefully place in back in the pan to cook on the other side.
8. Once cooked serve with crack of pepper, flakey salt and fresh parsley. Cut into slices like a cake

# SHAKSHUKA

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	25 mins	10 mins
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## INGREDIENTS

- 1 onion
- 3 cloves garlic
- 1 red pepper
- 1 can tomatoes
- 1 tbsp tomato paste
- 1 tbsp paprika
- 1 tbsp cumin
- 4 eggs (1 egg per person)

## DIRECTIONS

1. Finely dice onions and peppers and mince garlic.
2. Heat 1 tbsp oil in a pan. Once hot add in onions and garlic and cook until browned. Add in red pepper and cook until jammy and soft. Add in spices and seasonings.
3. Add tomato paste and fry for 1 minute. Then add canned tomatoes and cook for a further 5 minutes
4. Make wells and crack in each egg. Cook for about 1-2 minutes or until whites begin to cook. Then broil for a further 5 Minutes or cover with a lid and allow to steam until whites are cooked but the yolks are still runny.
5. Serve with fresh bread and enjoy.

# TABBOULEH

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	15 mins	0 mins
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## INGREDIENTS

- 2 tomatoes
- 1 onion
- 1 cucumber
- Half bunch cilantro
- Half bunch parsley
- Half bunch mint
- Lemon juice
- 1 tbsp olive oil
- Large pinch salt
- Large pinch pepper
- $\frac{3}{4}$  cup couscous

## DIRECTIONS

1. dice the tomatoes, cucumber, onion and pickles into very small and uniform cubes.
2. finely chop the herbs.
3. in a bowl measure out the couscous with equal parts boiling water to couscous. Cover and let the water be absorbed for 10 minutes.
4. meanwhile mix the dressing of lemon juice, olive oil, salt and pepper and mix.
5. toss all ingredients in a large salad bowl and voila.
6. enjoy!

# FRIED RICE

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	15 mins	10 mins
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## INGREDIENTS

- 4 cloves of garlic
- 2 green onions
- 4 cups day old rice
- 1 cup veg, diced (your choice; peppers, carrots, snap peas, sweetcorn, etc)
- 4 eggs
- 3 tbsp Soy sauce
- 3 tbsp sesame oil
- Crispy chilli oil to taste

## DIRECTIONS

1. Finely slice or mince the garlic and dice the vegetables.
2. Cut the whites of the green onions into thin discs. Save the greens for garnish.
3. Heat up some neutral oil in a wok. Once hot add the garlic and the whites of the green onion and fry until fragrant. Then add veg
4. Push the vegetables aside and add more oil, then crack in the eggs. Quickly use some chopsticks to pop the yolks and whisk the eggs while in the wok.
5. Once mostly cooked add in your day old rice. It is important the rice is old as otherwise it will be too mushy.
6. Stir fry for about 3-5 minutes. Then add in soy sauce and sesame oil and continue to stir fry for about 3-5 mins.
7. Serve up and enjoy!!

# SUMMERY RISOTTO

**SERVES :**

**PREP TIME :**

**COOK TIME :**

4-5	15 mins	10 mins
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## INGREDIENTS

- 2 Zucchini
- 2 shallot or 1 onion
- 2 cloves garlic
- 1 lemon
- Handful basil
- Handful of roasted nuts (almonds, pine nuts or sunflower seeds work best)
- 1/3 cup Parmesan
- 2 cupps arborio rice
- 6 cups warm veg stock

## DIRECTIONS

1. To make the pesto, crush the garlic to a paste with a pinch of salt using a pestle and mortar. Add the nuts and pound to a coarse paste, then tear in the basil and mint, pounding again until they've broken down. Stir in the oil and cheese, then taste for seasoning - add more cheese if you like.
2. Heat the oil and butter in a large non-stick frying pan over a medium heat. Add the courgettes, sprinkle in the chilli flakes and nutmeg, and season with salt and pepper. Fry for 3-5 mins until the courgettes are golden and softened. Add lemon zest, and stir for a minute or two. Tip in the rice and stir to coat in the oil until translucent, about 2 mins.
3. Add a ladleful of the stock and stir for a few minutes until it's absorbed. Continue adding a ladleful at a time for 20-30 mins, stirring continually, until all of the stock is absorbed.
4. stir in the peas and warm through for 2 mins. Remove from the heat and stir through the parmesan. Allow to sit for about 5 mins, then swirl through half of the pesto.
5. serve and enjoy!



# SIDES

# SAUSAGE ROLLS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	10 mins	25 mins
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## INGREDIENTS

- 1 roll Puff pastry
- 1 pack Sausage meat
- 1-2 Garlic clove
- Handful of Thyme and rosemary
- Egg wash

## DIRECTIONS

1. Mix the sausage meat with the garlic, rosemary and thyme in one direction.
2. Roll out the puff pastry into a thinner sheet and place the sausage meat on top in a 'log'
3. Fold over the puff pastry to encase the sausage filling and crimp the edges
4. Cut the sausage roll into equal sized mini sausage rolls
5. Cut a slit in the top and brush with egg wash
6. Bake for 20-25 minutes or until golden and fully cooked

# CHIPS AND GUACAMOLE

SERVES :

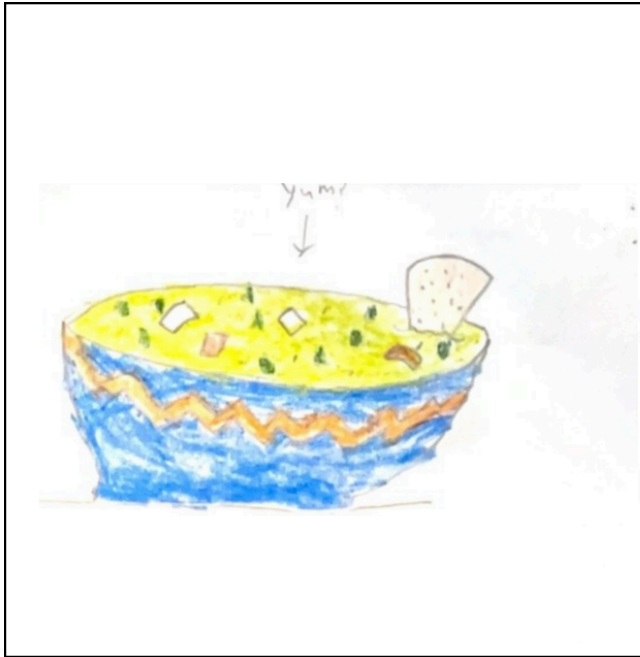
PREP TIME :

COOK TIME :

5

10 mins

5 mins



## INGREDIENTS

2 avocados  
1 tomato  
1 small onion  
Handful of cilantro  
Juice of ½ lime  
Salt (to taste)  
Pepper (to taste)  
Jalapeño (optional)

Tortillas  
Oil for frying  
Garlic salt



## DIRECTIONS

1. Finely dice tomato and onion. Finely chop the cilantro.
2. Mash avocado and then mix in the cilantro, tomato, onion, lime juice, salt, pepper and optional finely chopped jalapeños.



3. Cut tortillas into small triangles (chip sized). Heat up a large deep dish sauce pan with oil for deep frying.



4. Heat oil to 325 degrees and then gag tortilla triangles,
5. Fry for about 3 minutes, continuously mixing, then remove and toss with garlic salt and leave to cool on kitchen towel.

# PITA

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	3 hrs	10 mins
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## INGREDIENTS

- 3 cups flour
- 2 tsp Yeast
- 2 tsp salt
- 2 tbsp Olive oil
- 1 cup Lukewarm water

## DIRECTIONS

1. Mix ingredients for pita in a bowl with wooden spoon until a shaggy dough forms, reserving 1/2 cup flour for shaping and dusting the worktop.
2. Knead the dough for about 7 minutes then let rest for 2 hours.
3. After two hours divide into 8 balls and leave to rest for another 30-60 minutes.
4. Roll the balls into thin circles about 1 cm thick
5. Heat a pan and brush on a small amount of olive oil. Place in the pita and let cook for about 2 minutes per side.

# HUMMUS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	10 mins	0 mins
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## INGREDIENTS

- 1 can Chickpeas
- 1/2 cup Tahini
- Lemon juice from 1 lemon
- 1 Garlic clove
- 1/3 cup Olive oil



## DIRECTIONS

1. Mix ingredients for pita in a bowl with wooden spoon until a shaggy dough forms, reserving 1/2 cup flour for shaping and dusting the worktop.
2. Knead the dough for about 7 minutes then let rest for 2 hours.
3. After two hours divide into 8 balls and leave to rest for another 30-60 minutes.
4. Roll the balls into thin circles about 1 cm thick
5. Heat a pan and brush on a small amount of olive oil. Place in the pita and let cook for about 2 minutes per side.
6. For the hummus, add all ingredients apart from olive oil to blender and blend on high until smooth. Add in a couple of tablespoons of ice cold water or a couple of ice cubes to make the hummus smoother.
7. Slowly drizzle in the oil while it is blending.
8. Serve with fresh pita and enjoy



# BABAGANNOUSH

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	5 mins	35-40 mins
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## INGREDIENTS

2 Italian eggplants  
1/4 cup tahini paste  
1 lemon, juice of  
1 garlic clove, minced  
Salt and pepper to taste  
Extra virgin olive oil

## DIRECTIONS

1. on the stove or coals of a fire, roast the two eggplants, ensuring the skin is completely charred and the eggplants are soft and squishy. This needs to be done over an open flame to get the smokey flavour and soft texture. If the eggplant is still too hard, roast it in the oven until soft (about 30-60 mins).
2. Once eggplant has roasted, place in a bowl and cover with a lid until soft enough to handle.
3. Peel off the skin of the eggplant and place in a bowl with tahini, lemon juice and minced garlic.
4. Season with salt and pepper and add olive oil. Seasonings should be adjusted to taste.

# DUMPLINGS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	35 mins	5-10 mins
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## INGREDIENTS

- 1 lb Ground chicken or pork
- 1/4 head cabbage
- 2 cloves minced garlic
- 1 tbsp minced ginger
- 1 tbsp soy sauce
- 1 tbsp shaoxing wine
- 1 tsp sesame oil

## DIRECTIONS

1. Mix ingredients for dough in a bowl (flour and warm water) and knead for a few minutes until stiff dough forms. Leave to rest for 30 minutes.
2. Finely chop/ mince cabbage and mix with chicken, garlic, ginger, soy sauce, shaoxing wine and sesame oil. When mixing try to mix continuously in one direction so that the filling sticks together.
3. Roll out dough and cut out into small circles with a cookie cutter, alternatively roll into a log and cut small sections to roll into small circles.
4. Fill each wrapper with 1 heaped teaspoon of filling and then pleat the dumpling edges to seal.
5. Pan fry for 2 mins on each side and then add 2 tbsp water to the pan and cover with a lid to let steam for 5 minutes.
6. Serve with favourite dumpling sauce.

# KOREAN FRIED CHICKEN

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	10 mins	10 mins
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## INGREDIENTS

2 pounds of chicken wings (or chunks of chicken)  
1/2 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
2 eggs  
1/4 cup potato starch  
1/4 cup all purpose flour  
1/2 teaspoon baking powder

Honey butter sauce:  
4 tbsp unsalted butter  
2 garlic cloves, minced  
1/4 cup white or brown sugar  
2 teaspoons soy sauce  
2 teaspoons honey

Spicy gochugang sauce:  
2 teaspoons vegetable oil  
3 garlic cloves, minced  
1/3 cup ketchup  
1/3 cup rice syrup  
1/4 cup gochujang (Korean hot pepper paste)  
2 teaspoons white vinegar

## DIRECTIONS

1. Put the chicken in a bowl and mix with salt and ground black pepper.
2. Crack the eggs into the bowl and add starch, flour, and baking powder.
3. Mix well by hand.
4. Heat up a 12 inch skillet with the cooking oil over high heat for 5 to 7 minutes until it reaches 350° F. You can dip a tip of chicken into the hot oil to see if it is right temperature or not. If several bubbles come up, it's time to fry.
5. Put all the chicken pieces into the hot oil one by one. Let cook for about 5 minutes until the bottoms of the chicken turn a little crunchy. Then flip them over with tongs, splitting up any pieces that have fused together.
6. Let cook another 5 minutes and then turn them all over.
7. Keep frying and occasionally turning over for another 10 minutes until all sides are nice and crunchy.
8. Transfer the crunchy chicken one by one into a strainer over a stainless steel bowl.
9. Let the oil heat up for 1 minute and then put all the chicken back in. Cook for 7 to 8 minutes until all sides are crunchy and look golden brown.
10. Strain the chicken and turn off the heat.
11. For honey butter: Heat up a large skillet for a couple of minutes. Add butter and garlic and stir it up until the garlic turns fragrant and a little crispy. Add soy sauce, sugar and stir until well melted. Add honey and stir.
12. Keep stirring until it bubbles vigorously.. add to chicken in stainless steel bowl and toss to coat.
13. for spicy: Heat the 2 teaspoons vegetable oil in a large skillet over medium high heat. Stir in garlic until light brown for about 30 seconds. Add the ketchup, rice syrup, gochujang, vinegar and stir well with a wooden spoon. Reduce the heat to low and stir until bubbling. Remove from the heat. Toss chicken in sauce and enjoy!

# KOREAN CORN DOGS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	15 mins	10 mins
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## INGREDIENTS

- 1 3/4 cups flour
- 1 1/4 cups water
- 2 tbsp sugar
- 1/2 tsp salt
- 2 tsp yeast
- 4 hotdogs
- 4 mozzarella sticks

## DIRECTIONS

1. Combine water, sugar and yeast in a measuring jug and leave to get bubbly/foamy for 10 mins.
2. Mix together flour and salt and then pour in the yeast mixture.
3. Mix until combined, add more water if needed. The batter should be a sticky and wet.
4. Let rise for 1 hour or overnight in the fridge.
5. Cut up potatoes into tiny 1/4 inch cubes, about and fry for 3-4 minutes until cooked. Alternatively frozen potato fries can be cut up and used straight away.
6. Cut hotdogs and mozzarella sticks into 1" pieces and skewer like a kebab in an alternating order.
7. Dip and rotate the kebab stick in the riser batter, it should be very bubbly. Then cover in panko breadcrumbs and potato cubes/ french fries.
8. Deep fry at 375 degrees for about 5-6 minutes.
9. Put on a frying rack and let cool, then sprinkle with sugar and ketchup.
10. Bon appetite!

**SWEETS**



# KITCHEN SINK COOKIES

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	15 mins	10 mins
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## INGREDIENTS

- 2 cups All-Purpose Flour
- 1 teaspoon Baking Soda
- 1/2 teaspoon Kosher Salt
- 2 sticks Unsalted Butter, softened to room temperature
- 3/4 cup Light Brown Sugar, packed
- 1/2 cup White Sugar
- 1 large Egg
- 2 teaspoon Pure Vanilla Extract
- 1 1/2 cups Semi-Sweet Chocolate Chips
- 1 cup Toffee Bits
- 1 cup Crushed Potato Chips
- 1/2 cup Chopped Pretzels
- 1/2 teaspoon Flaky Sea Salt, for topping

## DIRECTIONS

1. Preheat oven to 350 degrees F
2. In a medium mixing bowl, whisk together flour, baking soda, and salt. Set aside.
3. Beat together butter and both sugars until light and fluffy.
4. Add egg and vanilla extract and mix on low, scraping down the bowl as needed.
5. Add dry ingredients to mixer and mix on low just until everything is combined.
6. Stir in chocolate chips, toffee bits, potato chips, and pretzels.
7. Roll cookie dough into golf ball-sized balls. (Roll them extra toppings if you would like.)  
Spread cookie dough out on prepared pans, leaving about 6 inches between them.
8. Bake cookies until edges are crisp and centers are still soft, 10-12 minutes. Sprinkle the cookies lightly with flaky sea salt.
9. Allow the cookies to cool on the pan for 5 minutes before transferring to a cooling rack.
10. Let cool for 10 mins then enjoy!

# ETON MESS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	15 mins	10 mins
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## INGREDIENTS

500ml whipping cream  
3 egg whites  
130g caster sugar  
500g strawberries

## DIRECTIONS

1. Separate egg whites into mixing bowl and whip until soft peaks form.
2. Continue to whip while adding 1tbsp of sugar at a time until stiff peaks form. This can be tested by holding it upside down on top of someone's head.
3. Spread onto greaseproof paper on baking tray and bake for 1 hr on bottom shelf of oven at 220 degrees.
4. Dice strawberries into small pieces.
5. Whip cream with 1 tbsp icing sugar until soft peaks form.
6. Fold together strawberries and cream and crumble in the hard meringue
7. Serve immediately

# GRANOLA

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	15 mins	10 mins
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## INGREDIENTS

2 cups oats  
1 cup bran flakes  
1/3 cup dried fruit  
1/3 cup maple syrup  
1/4 cup butter  
1/2 tsp salt  
1 tbsp cinnamon  
1/3 cup nuts or seeds

## DIRECTIONS

1. Mix oats, crushed bran flakes, salt, cinnamon and nuts or seeds in a large mixing bowl.
2. Melt butter and maple syrup for 30 seconds and then mix into bowl.
3. Bake at 325 degrees for 8 mins then remove and mix in dried fruit and bake for a further 8 minutes.
4. Remove and let cool. Best served with yogurt and honey.

# APPLE AND RHUBARB CRUMBLE

**SERVES :**

**PREP TIME :**

**COOK TIME :**

5	15 mins	10 mins
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## INGREDIENTS

500g/ 4 1/2 cups rhubarb stems , cut into 2 cm/  
1 inch pieces  
1/3 cup white sugar  
3 Granny Smith apples cut into 2 cm cubes  
1 tsp cornstarch

150g plain flour  
100g cold butter, cubed  
70g sugar  
50g oats  
1tsp cinnamon  
Pinch salt

## DIRECTIONS

1. Cut rhubarb and apples. Mix with sugar and cornstarch and place in large casserole dish
2. Mix the ingredients for the crumble mixture by using your fingertips to delicately rub the butter sugar and flour together until it forms a sandy but chunky texture.
3. Sprinkle all the crumble on top of the filling and bake at 325 degrees for 40 minutes. Serve warm with either pudding, custard or ice cream.

# SALLY STEIN'S NEBAGA-FAMOUS PIE

**SERVES :**

**PREP TIME :**

**COOK TIME :**

6-8

10 mins

40 mins



## **INGREDIENTS**

1 3/4 cups flour

1/2 cup sugar

1/2 cup butter

1 tbsp milk

2 cups of fruit of your choice

## **DIRECTIONS**

1. Mix together and pat into pie tin
2. Cover with arranged fruit and sprinkle with 2 tbsp sugar, 2 tbsp flour and 1/2 tsp cinnamon
3. Bake at 375 degrees for 40 minutes.

# COOKIE DOUGH CROISSANTS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

6-8	20 mins	8 mins
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## INGREDIENTS

6-8 Stale croissants  
1/2 cup butter  
1/2 cup caster sugar  
1/2 cup brown sugar  
1 1/2 cups plain flour  
1 egg  
1 tsp vanilla extract  
1/2 tsp baking soda  
1 cup chocolate chips

## DIRECTIONS

1. Cream together butter and sugars.
2. Beat in eggs and vanilla until fluffy and well combined.
3. Add in flour, baking soda, salt and chocolate chip is and gently mix until cookie dough forms.
4. Cut each croissant in half lengthwise like a sandwich and layer on some cookie dough, about 1/4 cup. Put 1/4 cup of cookie dough on top and smush down.
5. Bake for about 8 minutes at 375 degrees.

# BANANA CHOC-CHIP MUFFINS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

12	20 mins	18-20 mins
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## INGREDIENTS

- 1 1/2 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 3/4 cup caster sugar
- 1 cup mashed bananas
- 1 large egg at room temp
- 1/2 cup vegetable oil
- 1 tsp vanilla extract
- 3/4 cup chocolate chips

## DIRECTIONS

1. preheat oven to 375 degrees
2. Combine flour, baking soda, salt and chocolate chips in a small bowl and stir to mix.
3. Combine sugar, bananas, eggs, oil and vanilla in a large bowl.
4. Add dry ingredients and mix to combine.
5. Pour into muffin tin lined with muffin liners and bake for 18-20 minutes. Be careful not to over bake.



# BANOFFEE PIE

**SERVES :**

**PREP TIME :**

**COOK TIME :**

12	20 mins	18-20 mins
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## INGREDIENTS

1 1/2 cups all purpose flour  
1 tsp baking powder  
1/2 tsp salt  
3/4 cup caster sugar  
1 cup mashed bananas  
1 large egg at room temp  
1/2 cup vegetable oil  
1 tsp vanilla extract  
3/4 cup chocolate chips

## DIRECTIONS

1. preheat oven to 375 degrees
2. Combine flour, baking soda, salt and chocolate chips in a small bowl and stir to mix.
3. Combine sugar, bananas, eggs, oil and vanilla in a large bowl.
4. Add dry ingredients and mix to combine.
5. Pour into muffin tin lined with muffin liners and bake for 18-20 minutes. Be careful not to over bake.

# BREAD AND BUTTER PUDDING

**SERVES :**

**PREP TIME :**

**COOK TIME :**

8-10	50mins-24hrs	35-40 mins
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## INGREDIENTS

250ml whole milk  
300ml heavy cream  
3eggs  
3 tbsp caster sugar  
12 slices of old white bread  
50g salted butter  
75g cranberries  
Zest 1/2 lemon  
2 tbsp Demerara sugar

## DIRECTIONS

1. Butter each slice of bread on both sides and then slice into half diagonally.
2. Spread the bread out by layering in a casserole dish. Once halfway sprinkle over cranberries (or any toppings of your choice) and then proceed to layer the rest of the bread. Sprinkle top with more toppings.
3. Whisk 3 eggs with 3 heaped tbsp caster sugar. Mix in lemon zest.
4. In a separate saucepan heat the milk and cream and vanilla extract until almost boiling. Remove from heat and slowly pour into egg mixture while whisking thoroughly to form basis of the custard (or pudding).
5. Pour the custard evenly over the bread in the casserole dish and sprinkle top with Demerara sugar. Let soak for 30+ mins (even overnight!).
6. Let bake at 375 degrees for 35-40 minutes or until golden brown.
7. Serve plain, with ice cream, cream or classically with custard (English version of pudding).

# DERBY PIE

**SERVES :**

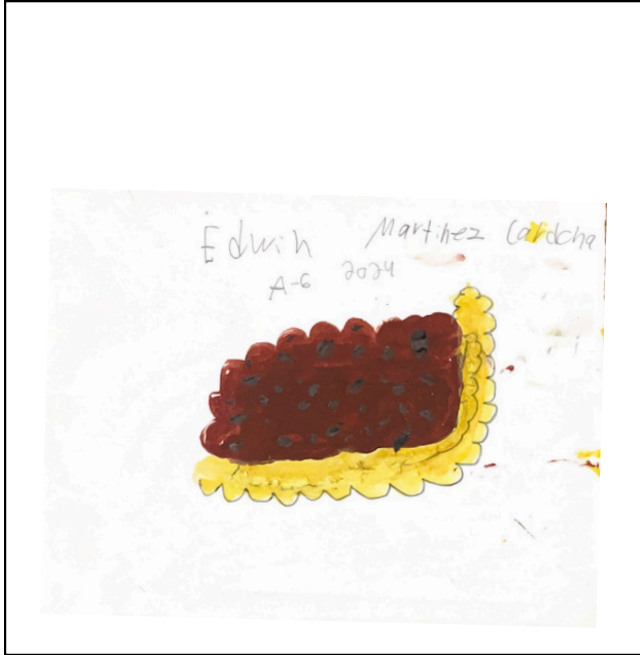
**PREP TIME :**

**COOK TIME :**

8-10

10 mins

35-40 mins



## INGREDIENTS

- 1 cup sugar
- 1 cup flour
- 1/2 cup butter
- 1 cup chocolate chips
- 1tsp vanilla
- 2 eggs
- 1 ready made pie crust

## DIRECTIONS

1. Cream together the butter and the sugar until well combined.
2. Add in each egg one at a time making sure to thoroughly incorporate into the batter each time.
3. Add flour and chocolate chips and gently mix into the batter.
4. Scoop out into the pie crust and level out.
5. Bake at 375 degrees for 35 minutes or until golden brown.

# RICE KRISPIE TREATS

**SERVES :**

**PREP TIME :**

**COOK TIME :**

8-10

10 mins

0 mins



## INGREDIENTS

1/4 cup Butter  
4 cups marshmallow  
5 cups Rice Krispies  
Food colouring

## DIRECTIONS

1. Melt butter and marshmallow
2. Add food colouring to the melted mixture
3. Mix in Rice Krispies
4. Lightly butter a tray and your hands and smush mixture into a neat rectangle, arranging the colours in a fun design.
5. Let chill and then cut into small squares
6. Enjoy!!