



# *Knockmahon NS*

COOKERY BOOK 2021/2022



# September

## EGG MUFFINS

*The perfect back to school lunch box filler*



### INGREDIENTS

- 6 eggs slightly beaten
- 2 tbsp milk
- ½ tsp salt and pepper
- ½ cup chopped vegetables (white onion, spring onion, tomato, spinach all work well)
- 3 slices of chopped ham
- 60g grated cheddar
- Parsley to serve

### PREP TIME

- Makes | 12 muffins
- Prep | 10 m
- Cook | 25 m
- Ready in | 35 m
- Store| In fridge for 3 days

### PROCEDURE

**01** Preheat oven to 180 degrees.

**02** Grease Muffin tray with fry lite or low calorie spray.

Wash and chop vegetables finely. On a separate board slice the ham into thin strips. Sprinkle the vegetables and cheese evenly into the muffin tray.

**03**

Bake 20 minutes or until toothpick inserted into muffin and it comes out clean. Cool in pans on wire rack 5 minutes.

**04**



October

# PUMPKIN & LENTIL SOUP

*A micronutrient rich dish to warm up little Trick-or-Treaters*



## INGREDIENTS

- 1 tbsp olive oil, plus 1 tsp
- 2 onions, chopped
- 2 garlic cloves, chopped
- 800g chopped pumpkin flesh, plus the seeds
- 100g split red lentil
- Tbsp of thyme
- 1l hot vegetable stock
- Pinch of salt and sugar
- 50g crème fraîche

## PREP TIME

- Makes | 12 muffins
- Prep | 15 m
- Cook | 30 m
- Ready in | 45 m
- Store | In fridge for 3 days or freeze

## PROCEDURE

**01** Heat the oil in a large pan. Fry the onions until they are softened and starting to turn golden.

**02** Stir in the garlic, pumpkin flesh, lentils and thyme, then pour in the hot stock. Season with salt and pepper, cover and simmer for 20-25 mins until the lentils and vegetables are tender.

**03** Meanwhile, wash the pumpkin seeds. Remove any flesh still clinging to them, then dry them with kitchen paper. Heat the 1 tsp oil in a non-stick pan and fry the seeds until they start to jump and pop.

**04** When the seeds look nutty and toasted, add a sprinkling of salt and a pinch of sugar, and stir well. When the seeds look nutty and toasted, add a sprinkling of salt and a pinch of sugar.

05

Whizz the cooked pumpkin mixture with a hand blender or in a food processor until smooth, then add the crème fraîche and whizz again. Taste for seasoning.

06

Serve with a spoonful of crème fraîche, a few thyme leaves and the toasted seeds scattered on top.

# SPOOKY COOKIES



*A bonus dish for the spookiest time of the year*

## INGREDIENTS

- 250g unsalted butter, softened
- 250g caster sugar
- 2 eggs
- ½ tsp vanilla extract
- 500g plain flour

To decorate

- red and black food colouring
- Halloween-themed cookie cutters
- red, white and black writing icing
- 200g ready-to-roll fondant icing
- Jellies

## PREP TIME

- Makes | 12 muffins
- Prep | 2 hours
- Cook | 15 m
- Ready in | 3 hours
- Store| In air tight contain in cool dry space for 5 days

Beat together the butter and sugar in a large bowl until the mixture is light and fluffy. Beat in the eggs and vanilla extract.

Sift together the flour and baking powder in a separate bowl. Stir the flour into the butter mixture and work it into a dough. Turn onto a floured work surface and knead into a ball. Divide the dough into two portions, wrap in cling film and leave to chill in the fridge for at least one hour.

Preheat the oven to 170C. Line two baking trays with greaseproof paper. Roll the dough out to a 0.5cm thickness on lightly floured work surface.

Cut shapes out with the Halloween cutters. Take a few limbs and heads off the gingerbread man for added gore if you like!

Place the cookies onto the baking tray, leaving a gap between them in case they spread a little. Bake for 12-15 minutes Then leave to cool on a tray.

Once cool, design and decorate the cookies as you like! The spookier the better!





November

# CHEESY VEGGIE PASTA BAKE

*A great way of warming up little tummies on dark days*

## PROCEDURE

### INGREDIENTS

- 280g penne
- 280g broccoli, cut into florets
- 25g butter
- 25g plain flour
- 300ml milk
- 1 tbsp wholegrain mustard
- 140g cheddar, grated
- 1/2 tsp salt
- 1/2 tsp pepper

### PREP TIME

- Makes | 4 portions
- Prep | 10 m
- Cook | 20 m
- Ready in | 30 m
- Store| In fridge for 3 days or freeze

01

Wash and chop the broccoli into florets. Cook the pasta, adding the broccoli for the final 4-5 mins and cooking until tender. Drain well, then heat the grill.

02

Heat the butter in a saucepan and stir in the flour so it makes a paste. Cook for 1 min, then gradually add the milk, stirring well between each addition. Bring to the boil, stirring, then simmer for 2 mins.

03

Gently stir in the mustard, half the cheese and seasoning.

04

Mix the pasta and broccoli into the sauce and spoon into an ovenproof dish. Scatter over the remaining cheese and place under a hot grill for 3-4 mins until golden and bubbling.

December

# CHRISTMAS CUPCAKES

*A staple recipe in any house is a queen  
cake recipe*



## INGREDIENTS

- 100 g softened butter
- 100 g caster sugar
- 2 large eggs
- 100 g self-raising flour
- 1 level tsp baking powder
- Decorations of choice

## PREP TIME

- Makes | 12 cakes
- Prep | 10 m
- Cook | 20 m
- Ready in | 30 m
- Store| In fridge for 3 days

01

Preheat the oven to 180°C

02

Measure all the ingredients into a large bowl and beat for 2-3 mins until the mixture is well blended and smooth. Fill each paper case with the mixture.

03

Bake in the preheated oven for 15-20 minutes until the cakes are well risen and golden brown

04

Allow to cool on wire rack before adding decorations of choice.



January

# BANANA BREAD

*A warm and delicious treat*



## INGREDIENTS

- 125 g unsalted butter
- 2 large eggs
- 4 ripe bananas
- 2 tablespoons runny honey
- 2 tablespoons unsweetened apple juice
- 250 g self-raising flour
- 1 big pinch of ground cinnamon
- Optional 50g dark chocolate chips, 50g pecans

## PREP TIME

- Makes | 8 portions
- Prep | 15 m
- Cook | 50 m
- Ready in | 1hour 5m
- Store| In airtight container for 4 days

## PROCEDURE

**01** Preheat the oven to 180°C

**02** In a large bowl, use a wooden spoon to beat the soft butter until creamy. Crack in the eggs and beat them with the butter.

**03** Peel 3 of the bananas, then mash them into the mix with a fork.

**04** Stir in the honey and the apple juice, then use a spatula to fold in the flour and cinnamon, taking care not to over mix. If using pecans or chocolate chips add them in here.

**05** Spoon all the mixture into the loaf tin, then peel and slice the remaining banana and poke into the top. Bake for 40 to 50 minutes, or until golden and cooked through.

# February

## PANCAKES

*A yummy early morning favourite*



### INGREDIENTS

- 1 banana
- peeled
- Tbsp butter
- 3 eggs
- 2 tbsp chia seeds
- 1 tbsp Honey
- 125 g Jumbo Oats
- Fruit of choice - blueberries, raspberries, strawberries and banana all work well
- 4 tbsp of high protein yoghurt

### PROCEDURE

- 01** Blitz the eggs, banana, oats, flaxseeds and honey in a blender until well combined.
- 02** Melt the butter in a frying pan set over a high heat, then add in spoonfuls of the batter.
- 03** Cook for 4 minutes on each side, until golden brown. Serve straight away, while still warm, with yoghurt and fruit of choice.

### PREP TIME

- Makes | 2 portions
- Prep | 5 m
- Cook | 5 m
- Ready in | 10m
- Store| Best eaten on the day



# March

# CHICKPEA EASTER BROWNIES

*Showing kids that healthy can be delicious*



## INGREDIENTS

- 400g chickpeas
- 80g nut butter (or sunflower seeds if nut free)
- 170g maple syrup
- 1/2 tbsp vanilla extract
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 35g flour
- 3 tbsp cocoa powder
- 60g dark chocolate
- 60g white chocolate and Easter bits to decorate

## PREP TIME

- Makes | 8 portions
- Prep | 20 m
- Cook | 25 m
- Ready in | 45m
- Store| In airtight container in fridge for 4 days

## PROCEDURE

01

Preheat the oven to 180°C

02

Open the can of chickpeas, rinse, drain and dry/rub the chickpeas in a clean towel to remove all the water or moisture.

03

Place the chickpeas in a food processor, add peanut butter/seeds, maple syrup, vanilla, baking soda, baking powder, and salt. Blend until smooth.

04

Add in flour and cocoa powder and process again at high speed for 15-30 seconds to blend evenly.

05

Add in flour and cocoa powder and process again at high speed for 15-30 seconds to blend evenly.

06

Remove the food processor blade, stir in dark chocolate chips. Spread the brownie batter evenly onto the prepared baking dish.

07

Bake 20 - 30 minutes or until the top is set, crusty and crackle. Let rest for 1 hour before adding decorations as they can be fragile. It is best to let them rest in fridge as they then become fudgy.

April

# SAUSAGE ROLLS

*An introduction to puff pastry*



## INGREDIENTS

- 175g Plain Flour
- Salt & Pepper
- 125g Margarine
- Cold Water
- 450g Pork Sausage Meat
- Pinch of Mixed Herbs
- 1 egg

## PREP TIME

- Makes | 8 portions
- Prep | 20 m
- Cook | 25 m
- Ready in | 45m
- Store| In airtight container in fridge for 4 days

## PROCEDURE

- 01** Preheat the oven to 200°C
- 02** Sieve flour, salt and pepper into a bowl. Rub in the margarine.
- 03** Bring the ingredients together with some cold water. Turn dough onto a lightly floured board and roll out into a strip
- 04** In a separate bowl mix the sausage meat and mixed herbs together.  
  
Moisten one long edge of the pastry with cold water. Roll out the sausage meat into a long sausage and place onto the pastry and press the moistened side well so that the pastry is sealed, then cut into individual rolls.
- 05** Place on the prepared tin, brush with egg glaze if liked and bake for about 25 minutes until golden brown.
- 06**



May

# PIZZA FLATBREAD

*A super easy snack for any time of the day*



## INGREDIENTS

- 1 Flatbread
- Tbsp of tomato purée
- 1/2 tsp of basil
- 1/2 tsp of garlic granuels
- 30g Mozzarella cheese
- Protein of choice: salamai, pepperoni, ham, chicken, quorn
- Vegetables of choice: peppers, onion, tomato, spinach, sweetcorn

## PREP TIME

- Makes | 8 portions
- Prep | 20 m
- Cook | 25 m
- Ready in | 45m
- Store| In airtight container in fridge for 4 days

## PROCEDURE

- 01** Preheat the oven to 180°C. Wash, chop and prepare your vegetables.
- 02** In a bowl mix tomato purée with basil and garlic. Spread over the flatbread.
- 03** Sprinkle the mozzarella over the top.
- 04** Add your toppings of choice.
- 05** Place into oven for 8-10 minutes until cheese is melted, bubbling and golden.

June

# SUMMER FRUIT SMOOTHIES

*A super way of getting micronutrients in*



## INGREDIENTS

- 3 cups of frozen fruit of choice (mango chunks, strawberries, pineapple, blueberries, raspberries)
- 2 cups orange juice
- 1 cup vanilla yogurt

## PROCEDURE

- 01** Add all ingredients into a blender and blitz.

## PREP TIME

- Makes | 2-3 portions
- Prep | 5 m
- Cook | N/a
- Ready in | 5m
- Store| In airtight container in fridge for 3 days