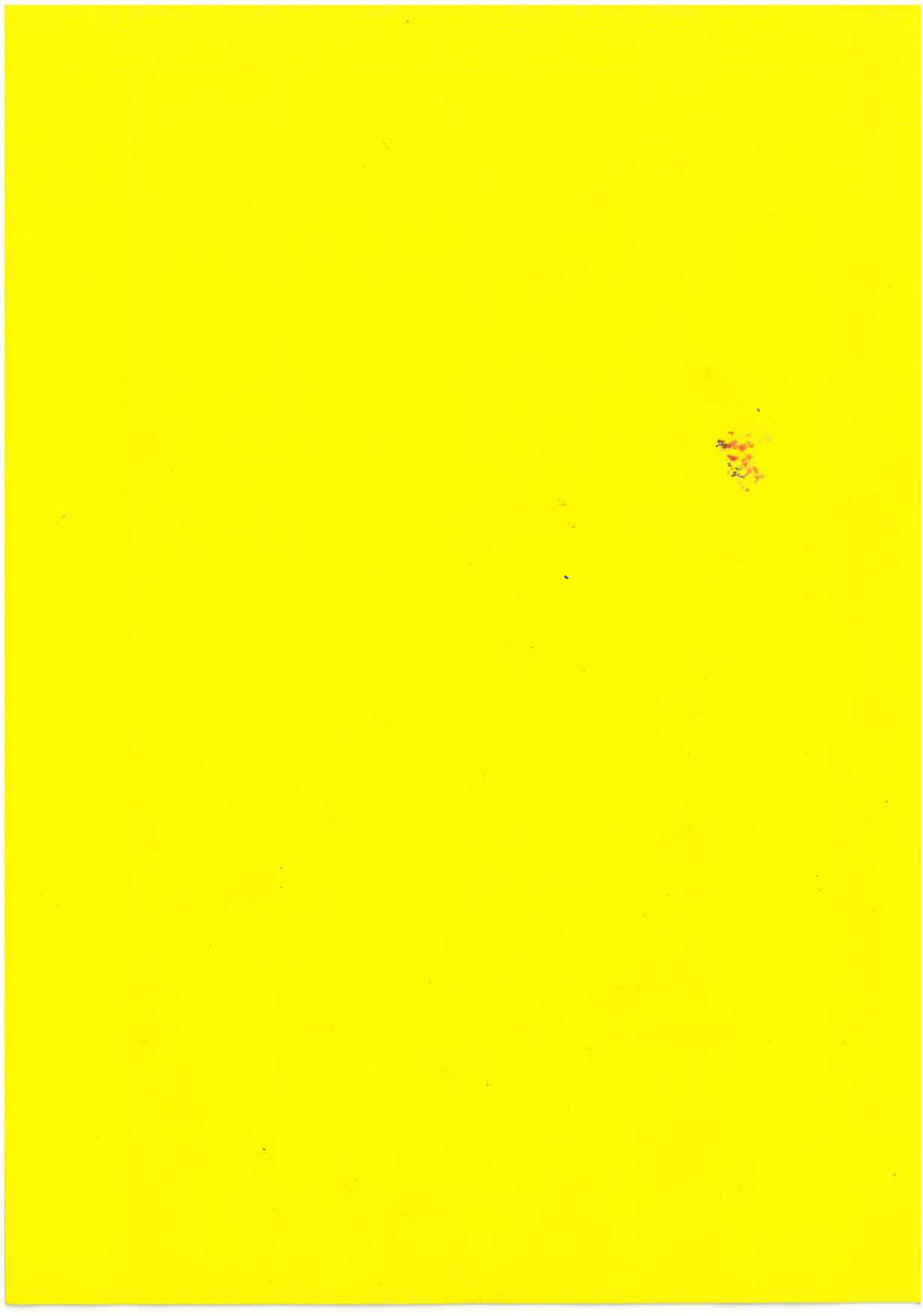


R.25

COOK

BOOK





CONTENTS:

- Cooking Equipment
- Cooking verbs
- Snacks 🥑
- Meals 🍝 🍕
- Deserts/Treats 🍪

Equipment

You will probably need this
equipment...

Enjoy!

1. Bowl, to mix 
2. Tray, to put the snacks 
3. Knife, Cut With adult! 
4. Cracker tray, to make 
5. Whisk, to mix with 
6. plate, to serve food 
7. glass cup, to drink 
8. Measuring cup  (to see what to add)
9. Chopping board use to not scratch the table 
10. pan, to cook with 

You can enjoy

You may need more or different
equipment

By

Room

25

Cooking Bassy Verbs!

Beat

to mix ingredients together, using a wooden spoon or hand mixer, until soft and stretchy.

Blend

To mix together using a blender or food processor to make a liquid or a smooth mix.

Chop

to chop food into small pieces with a knife.

Cream

To beat butter and sugar together using a wooden spoon or a hand mixer the Creamed mixture

Cooking bossy verbs!

grease

to brush a baking tray or cake tin with oil or rub with butter to stop the food from sticking.

Knead

to work with bread dough on a board so it becomes smooth and elastic.

Snacks!!!



the 1990s, the number of people in the world who are undernourished has increased from 600 million to 800 million (FAO 1996).

There are a number of reasons for this increase. First, the world population has increased from 5 billion in 1987 to 6 billion in 1996, and is projected to reach 7 billion by 2015 (UNEP 1996). Second, the world population is ageing, and the elderly are more vulnerable to malnutrition (WHO 1996).

Third, the world population is becoming more urbanized, and the urban population is growing faster than the rural population (UNEP 1996). Fourth, the world population is becoming more educated, and the educated population is growing faster than the uneducated population (UNEP 1996).

Fifth, the world population is becoming more mobile, and the mobile population is growing faster than the stationary population (UNEP 1996). Sixth, the world population is becoming more affluent, and the affluent population is growing faster than the poor population (UNEP 1996).

Seventh, the world population is becoming more diverse, and the diverse population is growing faster than the homogeneous population (UNEP 1996). Eighth, the world population is becoming more heterogeneous, and the heterogeneous population is growing faster than the homogeneous population (UNEP 1996).

Ninth, the world population is becoming more complex, and the complex population is growing faster than the simple population (UNEP 1996). Tenth, the world population is becoming more dynamic, and the dynamic population is growing faster than the static population (UNEP 1996).

Eleventh, the world population is becoming more volatile, and the volatile population is growing faster than the stable population (UNEP 1996). Twelfth, the world population is becoming more unpredictable, and the unpredictable population is growing faster than the predictable population (UNEP 1996).

Thirteenth, the world population is becoming more uncertain, and the uncertain population is growing faster than the certain population (UNEP 1996). Fourteenth, the world population is becoming more risky, and the risky population is growing faster than the safe population (UNEP 1996).

Fifteenth, the world population is becoming more dangerous, and the dangerous population is growing faster than the safe population (UNEP 1996). Sixteenth, the world population is becoming more threatening, and the threatening population is growing faster than the safe population (UNEP 1996).

Seventeenth, the world population is becoming more harmful, and the harmful population is growing faster than the safe population (UNEP 1996). Eighteenth, the world population is becoming more destructive, and the destructive population is growing faster than the safe population (UNEP 1996).

Nineteenth, the world population is becoming more damaging, and the damaging population is growing faster than the safe population (UNEP 1996). Twentieth, the world population is becoming more devastating, and the devastating population is growing faster than the safe population (UNEP 1996).

Twenty-first, the world population is becoming more catastrophic, and the catastrophic population is growing faster than the safe population (UNEP 1996). Twenty-second, the world population is becoming more disastrous, and the disastrous population is growing faster than the safe population (UNEP 1996).

Twenty-third, the world population is becoming more calamitous, and the calamitous population is growing faster than the safe population (UNEP 1996). Twenty-fourth, the world population is becoming more ruinous, and the ruinous population is growing faster than the safe population (UNEP 1996).

Maia Jam croissant.



Methods

- 1.) You mix the flour, sugar and butter.
(Sugar = 50g flour = 250g butter = 225g)
- 2.) then you make the dough, cut the dough in triangles then put the Jam inside the dough then put it in the oven.
(Oven = 180°C min = 20)  $\rightarrow$ 

3.) You got a Jam croissant! ENJOY!

EGGY Bread Fingers

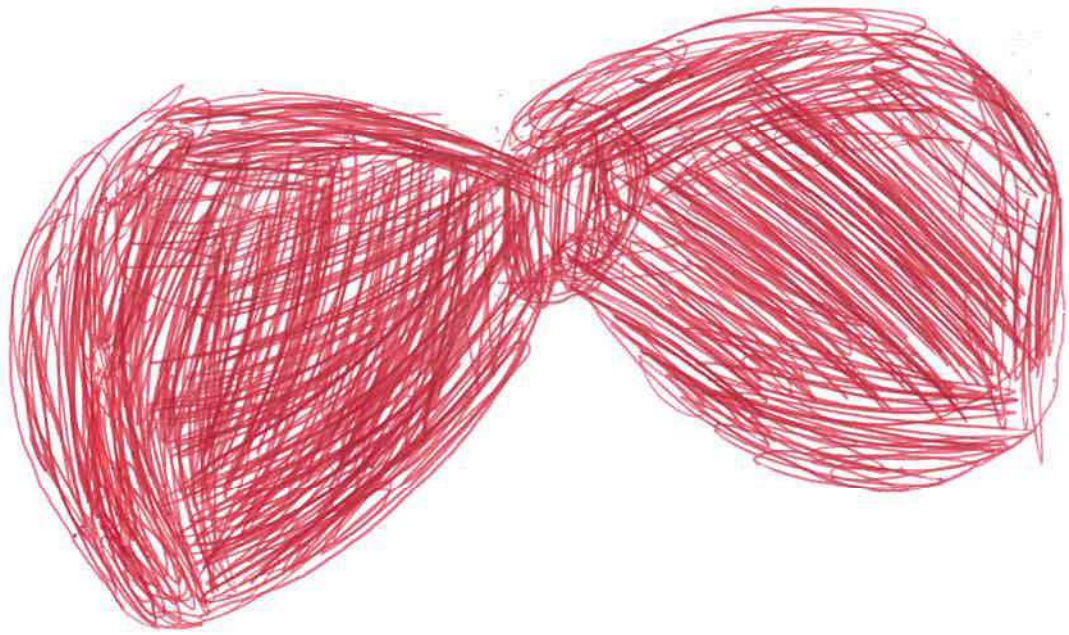
Ingredients

- 1 Large egg
- 1 Tbs milk
- 2 Small slices of bread
- 1 Tbs butter



Method:

- (1) Break the egg into a shallow dish.
- (2) Add milk and whisk together.
- (3) Cut each slice of bread into Fingers.
- (4) Dip the bread in the eggs and turn to coat on both sides.
- (5) Heat the butter in a frying pan until melted and bubbling.
- (6) Add the bread Fingers and cook until golden brown.



(7.) Turn half way though to cook on both sides.

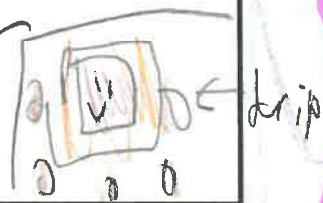
(8.) Serve with fresh sauce and yoghurt.

(9.) ENJOY

Sweet Bread !!!

Ingredients

2 slices of bread (white), $\frac{1}{2}$ a cup of sugar, $\frac{1}{2}$ a cup of water, 2 cardamom (green), 2-3 cups of oil. $\neq$ Thermometer

Methods

- 1.) First put all the oil in a pan. Put all the sugar and water and cardamom in a separate pan. Heat for 15 minutes.
2. Cut the bread into any shape, when the oil reaches 200 Fahrenheit (measure) put the bread into the oil pan for 15 minutes.
3. Take out the bread when ready ^(15 min) and put it in a clean paper towel for 7 minutes.
4. Finally put the bread into the sugar and ~~etc~~ other stuff pan for 7 minutes.

Sprinkle it with any toppings
of your choice, Then eat,



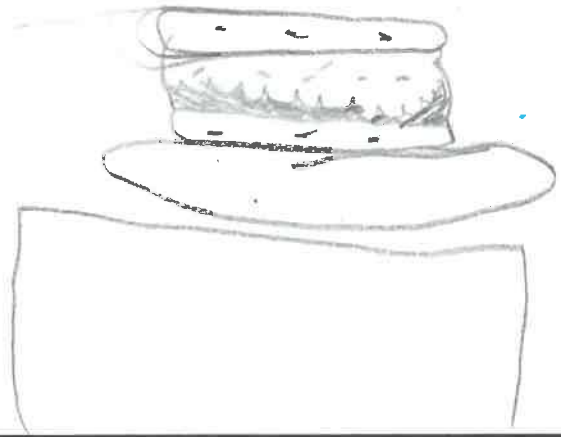
Chocolate Cracker Tostitos

Ingredients

marshmallows
chocolate
two crackers
sprinkles

equipment

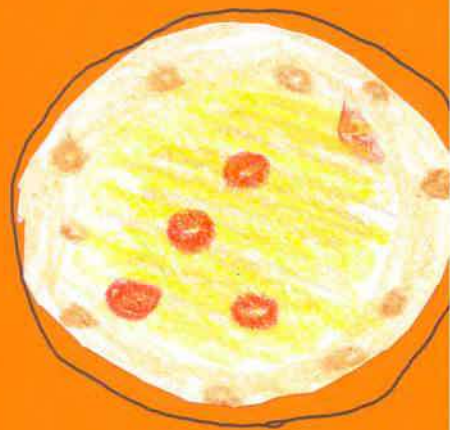
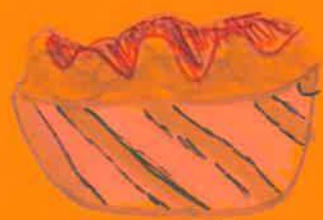
a plate
microwave



Method:

- 1.) First get two cracker then put chocolate in on both of the crackers.
2. Next put some marshmallows on top of the chocolate.
3. last sprinkle some sprinkles on top of the marshmallows Next microwave it and enjoy your snack

MEALS!



Best-ever Burger & Chips

 Warning: Guardian needed

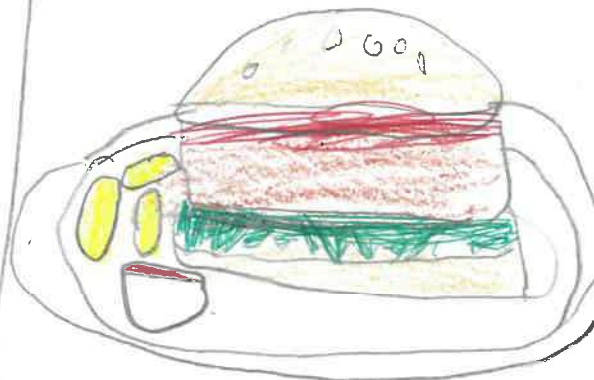
Ingredients

- 450 g minced beef
- 1 onion finely chopped
- 2 large potatoes
- Olive Oil
- 1 egg beaten
- Salt and freshly ground black pepper
- 1 tsp flour for shaping
- 1 tsp olive oil
- 8 burger buns
- 1/2 lettuce
- 2 tomatoes
- Mustard, Ketchup or mayo

What to use

- baking tray
- brush
- Mixing bowl
- fork
- chopping board
- grill pan
- pastry brush
- cooking tongs
- sharp knife

This serves 4 people

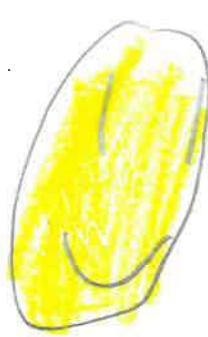


Method

- 1) Put the mince in the mixing bowl and add the onion, egg and seasoning. Mix well.
- 2) Lightly flour your hands on the chopping board. Divide the mixture into 4 equal portions and shape into burgers.
- 3) Chill the burgers in the fridge for 10 minutes. Preheat the grill. Place the chilled burgers on the grill pan and brush with oil.
- 4) Grill the burgers for 4-6 minutes. Turn the burgers over, brush again with oil. Grill for a further 4-6 minutes until done.
- 5) Toast your buns under the hot grill if you wish. Slice the tomatoes thinly. Wash and shred lettuce.
- 6) Place a handful of lettuce in each bun, then add the burger. Garnish with a slice of tomato. Serve with your choice of sauce.

7.) Cut each potato into how many wedges you want. Then, place on a baking tray and brush over half the oil. Turn the potatoes to coat them all over. Season

8.) Bake the chips for 35-40 minutes until golden, turning occasionally

Now  Enjoy!

By David

Amazing chips/Schnitzel

Ingredients

one egg

potato

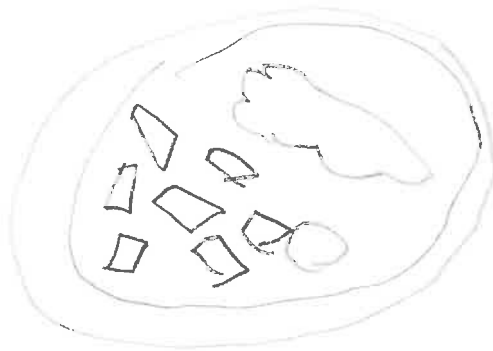
flour

chops

bread

crumbs

oil.



Method

- 1) Pound the chops until very thin.
- 2) Dip chop in flour both sides.
- 3) Beat eggs.
- 4) Dip chop in egg both sides.
- 5) Dip chop in bread crumbs both sides.
- 6) Heat oil in pan.
- 7) Fry chop in oil 4 minutes each side.
- 8) Take out chop put on paper for 9 minutes to drain.
- 9) Cut the potatoes to equal width.
- 10) Soak the potatoes for 30 minutes.
- 11) Once soaked dry them off properly with a paper towel.
- 12) Heat oil to 190°C.
- 13) Cook potatoes until golden in hot oil.
- 14) Fry them until crispy and golden brown.
- 15) Turn the chips onto paper towel to drain.
- 16) Add them to the plate.

Rice With Broad Beans And Lamb Shank

Ingredients

X For Lamb Shank

- 2 pieces Lamb Shanks
- 2 medium onions diced in silvered shape
- Salt as much as required
- Turmeric as much as required
- Pepper as much as required
- Brewed Saffron as much as required
- 1 Cinnamon Stick
- Oil as much as required

X For Rice With Green Broad Beans

- 2 units rice
- 1 unit Broad beans
- 1 unit Fresh dill chopped finely

- Brewed Saffron as much as required
- Melted butter as much as required
- Bread or lettuce or carrots for the rice chips

Method 8 Preparing Lamb Shank

- 1.) Stir and fry the chopped onions with hot oil to have them soft and golden. Place the lamb shank into the pot and fry it.
- 2.) Add the remaining half of the silvered onions and also the garlic, pepper, turmeric, cinnamon stick and brewed saffron to the pot and stir the ingredients. Let it cook for about 3 hours.
- 3.) After 3 hours, when the juice is too condensed add the salt to the lamb shanks. Flip the shanks and let them cook for another 1 hour and half.

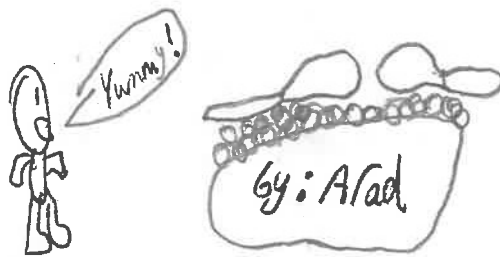
Preparing Rice With Broad Beans

- 1.) Clean the green broad beans and clean them. Cook them in a pot with some water for about 5 mins. Rinse the beans and put them aside

2.) Bring a pot full of water to the boil. Then add the rice to it and let it cook for 3 mins. Then add the cooked broad beans to the boiling water and rice, also add the fresh and finely chopped dills to

to the content and stir them properly. When the rice is ready, rinse the content.

3.) Put the rice ingredients in the pot then add some oil to the rice and let it steam forty-five mins.



Recipe How to make penne carbonara

Ingredients

penne
olive oil
onion
Garlic
Eggs
cream
parmesan cheese
Black pepper
Salt

Bacon
parsely



Method:

- 1.) put in to the saucepan, medium heat and saute the onion and Garlic for 3 minutes
- 2) The pan heat and brown over a high heat. drain off excess fat. reduce
- 3) reduce heat, to low and stir in the cooking cream, parsely, parmesan cheese and black pepper well combined and heated through for 2-3 minutes
- 4) toss the freshly cooked pasta through the sauce

5) Serve hot garnished with parmesan cheese

Spaghetti

Scamius

Ingredients

- Pasta
- Tomato Sauce
- Mince, Beef,
- Garlic + Onion
- Olive Oil
- Grated Cheese

- Wooden Spoon
- Sauce Pan
- Strainer



Method

- 1) Heat the sauce pan with olive oil and sauté the garlic and oil until it gets brown.
- 2) Then, put the mince beef in the pan until it gets brown too.
- 3) Mix the tomato sauce into the mince beef and let it cook for 7 mins. Then set a side.
- 4) Now, cook the pasta in boiling water for 10 min.
- 5) Next, use the strainer to remove the water from the pasta. After mix altogether with the spaghetti sauce and the pasta.
- 6) Lastly, put the grated cheese on top of the spaghetti. Now Enjoy Your Meal!

Cheese pizza

Ingredients

- strong flour
- boiled water
- olive oil
- yeast
- cheese
- tomato puree
- bowl
- cling film



Method

- 1.) Put the strong flour into a bowl.
2. Add yeast and mix it in.
3. Make a hole in the middle of the flour.
4. Mix the olive oil and boiled water together and put it in the hole. 5. Mix it.
5. Mix it all together.
6. Loosely wrap it in cling film and leave it in a warm place until it expands.
7. Now put tomato puree and mozzarella cheddar.
8. Put it in the oven at 200°C for 15 to 20 minutes. 9. Enjoy!

Ingredients

- 400g beef mince
- 1 can chopped tomato
- 2 cloves of garlic
- 1 chopped onion
- 1 teaspoon of parsley
- fistful of spaghetti



Method

- 1.) Fry the mince until browned.
- 2.) Fry the onion and garlic together on a low heat.
- 3.) Add the chopped tomato and parsley.
- 4.) Let the mixture simmer on a low heat for 10 mins.
- 5.) Combine the mince and the sauce.
- 6.) Add salt and pepper.
- 7.) Cook the spaghetti for 10 min in boiling water.
- 8.) Strain the spaghetti.
- 9.) Combine the spaghetti with the mince and sauce.
- 10.) Grate some cheese if you like and Enjoy!!!

Pierogi

Ingredients

3 1/2 cups (450g) all purpose flour

1 teaspoon

1 egg

1 cup (240ml) warm water

2 tablespoons oil



warning: parent needed

Method 8 for the filling: 2 lbs (900g) potatoes

1. peeled and quartered, 16 oz (450g) farmer's cheese

or twaróg, 1 large onion, finely chopped, 2 tablespoons

butter, salt and pepper to taste. Instructions: prepare

the filling: 1. Boil the potatoes in salted water until soft,

then drain and mash. 2. Sauté chopped onion in butter until

golden brown. 3. Mix mashed potatoes, farmer's cheese and

sautéed onions. Season with salt and pepper. Make the dough:

1. Mix flour and salt in a large bowl. 2. Create a

well in the centre and add egg, warm water, and oil.

3. Knead the dough for about 5 mins until smooth and

elastic. 4. Cover and let rest for 30 mins. Assemble and

cook: 1. Roll out the dough to about 1/8 inch (3mm)

thick. 2. Cut out circles using a 3-inch (7.5cm) cutter

or glass. 3. Place a spoonful of filling in the centre of

each circle. 4. Fold the dough over and pinch edges to

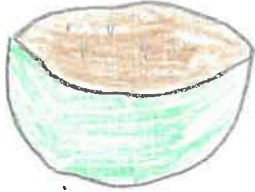
seal. 5. Bring a large pot of salted water to boil. 6. Cook

pierogi in batches for 3-5 mins, until they float to the surface. 7. Remove

with a slotted spoon and drain well.

By: Leon W.

Jarole Mestexatã

Ingredients	Equipment	
red beans salt oil garlic	chopper	

Methods

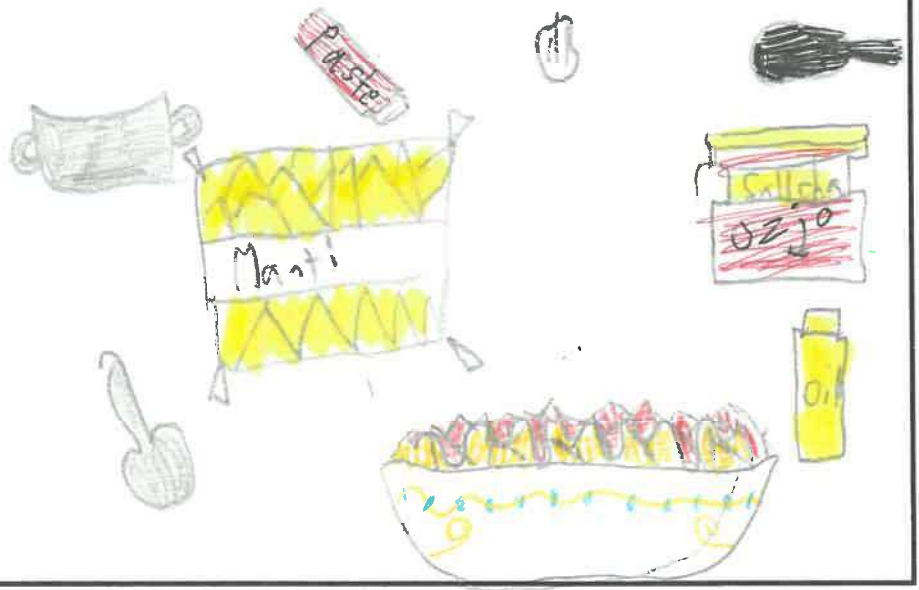
- 1.) You boil the beans 10 minutes.
- 2.) You let all the water drain into a bowl but keep a bit.
- 3.) You put in the beans, salt, oil, garlic and the bit of water from the beans into the chopper.
- 4.) You mix it until it's a paste.
- 5.) Take it out put it on bread and enjoy.

By Aida

How to make Manti.

Ingredients

Manti: Pot: Pan: Salcha
oil: Spoon: Tomato paste
Garlic: Smasher:



Method:

- 1.) Put the manti into the pot and put water and let it boil for 10 min.
 - 2.) Drain the water from the pot.
 - 3.) When you do that, put the oil in the pan and smash your garlic.
 - 4.) Scoop the salcha and pour the tomato paste and ~~put your~~ garlic into the pan.
 - 5.) Let it sizzle for 10 min and pour it on to the manti.
- (Enjoy your meal! Warning: If you put too much Salcha it will be really spicy!)



Ingredients

- 200ml of milk
- One whole banana
- and one cup of cooked rice



Equipent needed

- big bowl
- measuring cup
- Spoon

Methods

- 1.) Frist put a cup of cooked rice into a big bowl.
- 2.) Then get a glass of milk and pour it in.
- 3.) Then mix it with a spoon.
- 4.) After get a banana and mash it up and put it in the bowl.
- 5.) After mix it well and then you have ଝୁର୍ ଝମ୍ବ ଖାଦ୍ୟ!

Domate Me Lengé Claire

Ingredients

- Tomatoes
- Cheese
- olive oil
- One bowl
- One spoon
- One fork
- Salt



Methods

- 1.) Slice your tomatoes and put them in the bowl.
- 2.) Then sprinkle cheese on top of the tomatoes and a pinch of salt.
- 3.) Then add five tsp of olive oil.
- 4.) Then mix it all up and then enjoy.

Sausage Pasta

Ingredients

4 thick Sausage (rolled into balls)
2 garlic cloves crashed
200 ml stock
1 tbsp purée
1 tin tomatoes
500 g penne Pasta



Method

- 1) heat the olive oil in a heavy-based pan and add the Sausages. Fry for about 9 minutes until golden and cooked through. Tip in the garlic and fry for 1 minute. Pour in the stock and boil until reduced by half.
- 2) Stir in the purée and Tomatoes, season to taste, simmer for 15 minutes until sauce is thick.
- 3) while the cooks, boil the pasta.

that is how you make sausage pasta

Jacob Garlic cheesy chips

Ingredients

- Potatoes
- Garlic Mayo
- Grated cheese



Method:

1.) Chop the potatoes into thin slices

and put the chips in the

air fryer for 10 minutes

2. Then put the chip into a

big bowl. 3. Add your garlic

mayo sauce and cheese and mix

together. 4. Add more cheese

if you want and enjoy.

DESSERTS AND TREATS



Delicious!

Yummy!

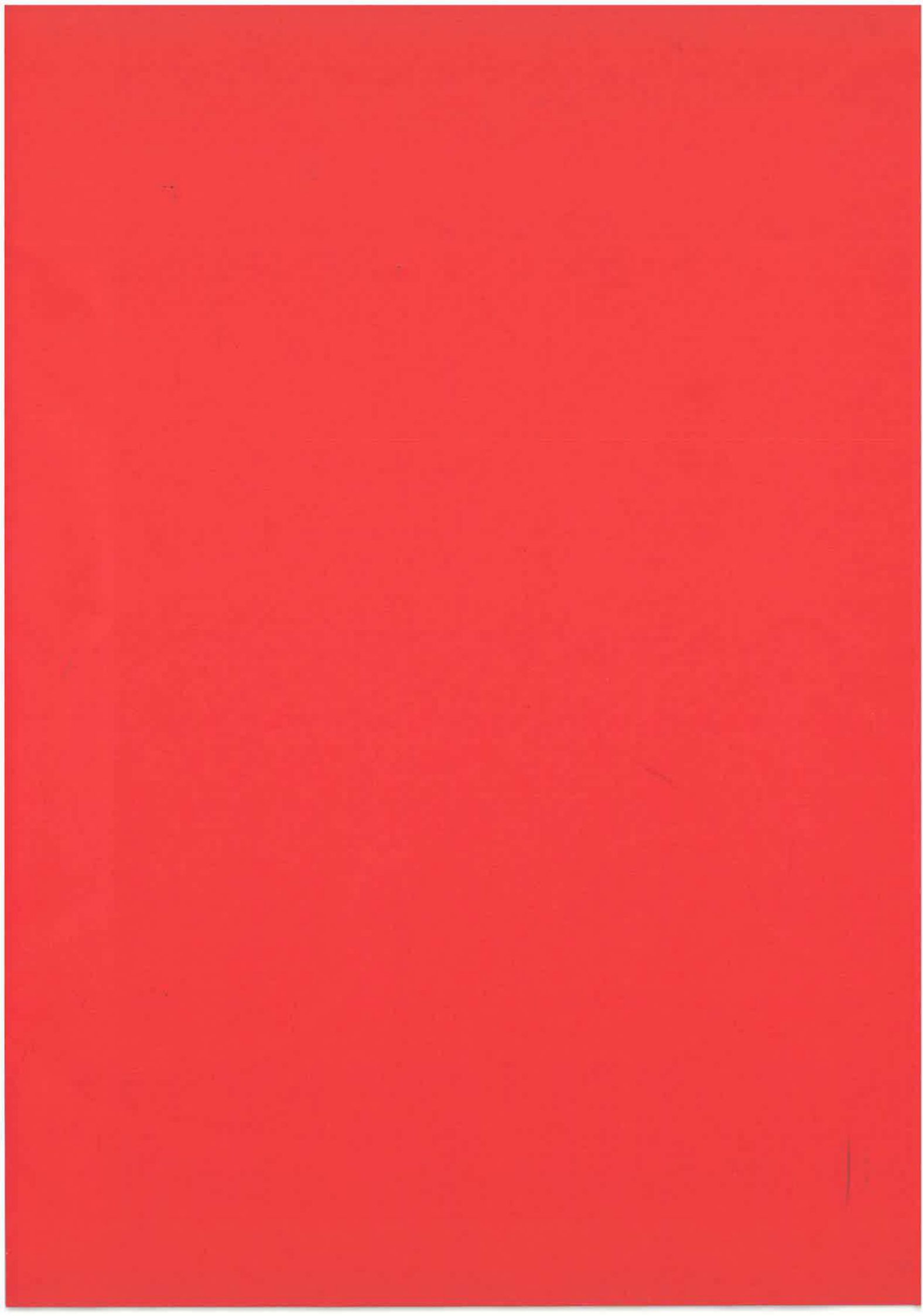


Hot
chocolate



Candy





Gingerbread men Coner

Ingredients

salt
baking soda
cinnamon
75g butter
100g sugar
ginger



100g golden syrup

Method:

- 1) Heat oven to 190C
- 2 Sieve the dry ingredients
- 3 melt butter in a bowl, add sugar and syrup
- 4 mix all the ingredients together
- 5 Roll out the dough and cut out shapes Bake for 10-15 mins.

Ice Pops

Ingredients

1. Juice
- Equipment
2. Freezer
3. silicone mould
4. lollipop sticks



Method:

1.) Get your juice.

2.) Put your juice inside the silicone mould.

3.) Stick your lollipop stick into the mould.

4.) Put it in the freezer for a few hours.

5.) Take it out.

6.) Enjoy. BY EMUJIN

Amazing pavlova

Ingredients

4 egg whites
1/2 cup sugar
1/2 cup corn
1/2 cup flour
1/2 cup cream
Vanilla essence



Method

- 1) pre heat the oven to 180°C
- 2) Put your four egg whites in the bowl and whisk them
- 3) Add 1/2 cup of sugar to the bowl and continue to mix
- 4) Add the 1/2 cup of corn flour
- 5) Add 1/2 teaspoon of vinegar
- 6) Add vanilla essence beat until stiff
- 7) Spoon the mixture on to a baking tray with baking paper. Whip the cream and put it on top. Let it set until you think its right.

yummy

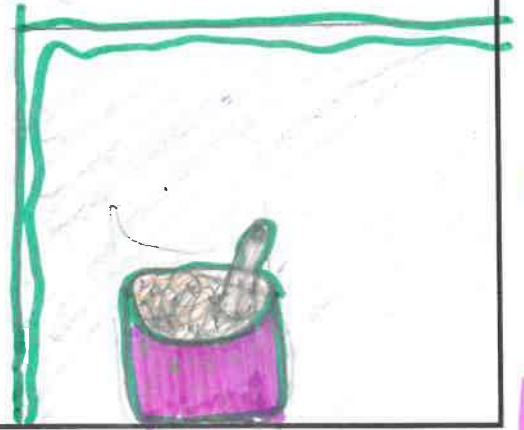
Boeber

Ingredients

- 1x pack of fried vermicelli
- $\frac{1}{4}$ cup of sugar
- 1 litre of Milk
- 2x pieces of cinnamon sticks
- 3x cardamom pods
- 2 tsp of butter
- $\frac{1}{4}$ cup of Sage seeds

Equipment or

frying pan



Method:

- (1.) Put Sage seeds in water for 1 hour and set a side. Then put in a frying pan the butter and cinnamon sticks, cardamom pods fry for 2 mins then add vermicelli fry until brown then add sugar stir for 5 mins
- (2.) then add milk and sage seeds then cook until sage is see through. And the enjoy it

Delicious Tanghulu

Aaleyah

Ingredients

- Strawberries
- Grapes
- Chopsticks
- Sugar
- Food coloring
- Cooking thermometer
- Pot (any)



rec

Methods

- (1) Cut off the stem from the strawberries.
- (2) Slide the strawberries on to the chopping spoon.
- (3) Don't forget the grapes.
- (4) Then pour a handful of sugar into the pot.
- (5) Put water inside of the pot add honey for sweetness.
- (6) Don't stir it just yet.
- (7) Turn on the gas boil your mixture make sure it's at 150° make it boil for 8-10 minutes.
- (8) Dip your strawberries and grapes into the sugar mixture into the sugar mixture.
- (9) Place the coated strawberries and grapes.
- (10) Wait at least 10 mins for it to harden.

Aaleya

Rice Crispy Buns by Leo

Ingredients

rice krisps
chocolate
toppings
bowl
wooden spoon
bun cases
tray

Equipment



Methods

- 1) First put your delicious chocolate in a bowl.
- 2) Next put your chocolate in the microwave for it to melt.
- 3) Then stir the chocolate until it's smooth.
- 4) Next add the rice krisps into the melted chocolate.
- 5) Then add the chocolate rice krisps into the bun cases.
- 6) Next put the rice krispy buns in the fridge until they're ready.
- 7) Finally take them out of the fridge and add any toppings of your choice.

Oreo

Cupcakes

Ingredients



Do
this
with a
parent

~~Ingredients~~
↓
½ cup of milk
1 cup of Butter
½ cup of sugar
1 tsp vanilla
8-10 oreos
crushed
cup of plain flour

Bowl
spoon
oven

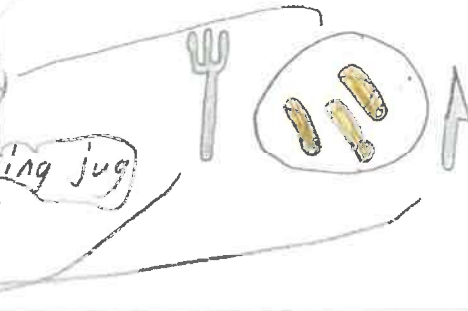
Methods

- 1) Mix all the wet ingredients together in a bowl
- 2) Mix all dry ingredients together into a bowl and combine wet and dry
- 3) Divide equally into the cases
- 4) Bake for 15-20 min

How To Make Delicious Crêpes

Ingredients/Tools

- 25 Grams Butter (Favorite toppings)
- 2 eggs
- 120 Grams self raising flour
- 120ml butter milk
- Oil/butter
- icing sugar
- vanilla
- brush
- big bowl
- Saucepan
- Fridge
- hob
- plate
- Ladle
- Spoon
- spatula
- measuring jug
- weighing scales
- whisk
- pan (non stick)
- knife
- fork



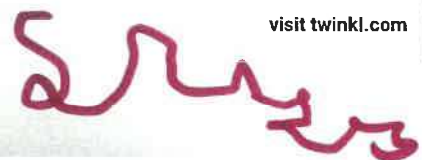
Method:

- 1.) Melt the butter in the sauce for 5-10 mins until the butter has melted and put the butter aside. Then in the large bowl crack the eggs into it and whisk them until they are fully yellow and then weigh the flour and mix the flour into it. After pour the butter milk into the measuring jug and pour it into the bowl. Finally add the butter in for a glossy finish.
- 2.) Put the pan on the hob and turn up the heat to a medium/high heat.
- 3.) Brush on the oil/butter and pour some of the mixture into the middle of the pan before swirling it all over the pan with a spoon. If you are not careful the crêpes won't be thin.



By

Noah.C.



4) Cook until the edges start to
crisp. Then flip the Crêpes. and
put them on a plate.

Put in your favorite toppings,
roll up the Crêpes and sprinkle
on some icing sugar.

6) ENJOY!

॥ श्री गुरुभ्यो नमः ॥ ॐ नमो भगवते वासुदेवाय ॥

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

Room 25 Cook Book is filled
with different types of recipes
all over the world.

This Book is interesting
For every Body.

It's good to start a restaurant

Enjoy !!!!

