



- 36 Kid-friendly Recipes!
- Weblinks to live shows for every recipe
- Proper meals to feed a family
- Tips to convert recipes into vegan and vegetarian
- Kids grown-up cookbook – it's not all about baking cupcakes (except for when we made cupcakes...)

# *Five*Dinners Kids Lockdown Cookbook!

By Theo Michaels and 'Kids'

# Introduction

The Kids Lockdown Cookbook features all the recipes we cooked in our live cookalongs that we hosted three times a week (every week!) for three months from the start of lockdown (so yes, 36 recipes in total – one for every episode!)

If truth be told, I never thought it would last that long nor actually help so many people. There were a few times when we skidded into the show just on time, other times when the whole house was about to explode with high tempers and then suddenly everyone is smiling and cooking together. And I thank the cookalongs for that, it gave us as a family some structure and well needed diversion.

The Kids Lockdown Cookbook is for kids who want to cook grown up food, a sort of kids, grown-up cookbook if you like. But also, deep down for me, I can't help feel it is a small token of memorabilia of a time that none of us ever expected to experience. Maybe we'll look back on this moment in years to come, some through tears, some hopefully remembering rare moments of real beauty and communities bonding and supporting each other in a way, that certainly I haven't ever experienced.

I also want to thank so many of you that took part in our cookalongs and sent messages, posted pictures, shared what we were doing – I can't tell you how much that meant and inspired us as a family to continue the cookalongs even when we were close to stopping.

But ultimately, this is a cookbook, one that the kids will enjoy, the adults will clean up after and hopefully, if you're really, really lucky, you might just get dinner out of it!

Theo x

PS. Unlike my other published books, this ebook is all my own doing so if you spot a mistake – email me! 😊

# Some things you should know...

**Seasoning** – everything tastes better with a little seasoning; salt and pepper. I haven't specified that in the recipes but please do season as you go.

**Drizzles, glugs, splashes, a handful** – all the recipes are developed to be as foolproof as possible, It doesn't matter if your drizzle is bigger than my drizzle.

**It's just a guide!** – Please use what you have and what you like. These are fun recipes to feed a family, if the recipe states to use a courgette and you don't like courgette – use something else!

**Olive oil** - I'm Greek, I use olive oil in almost everything. Feel free to use something else; but I'll state vegetable oil for frying sometimes, go with that.

**Safety** – the kitchen is a dangerous place and I can't say what your kids are capable of. Please stay with them when cooking and use your own judgement to what they can and can't do, children shouldn't be left alone when cooking.

**Finally** - if you get stuck; send me a message! I'll try to help.

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# Dedication

This book is dedicated to my three kids; Eva, Lexi and Luca who negotiated their own talent contracts better than any agent I've ever met.

But the one person in the family that no one ever saw was my wife Anna, who took the role of Director, Producer, Critic and generally without Anna none of this would have happened.

Thank you darling x

# Useful links

<https://FiveDinners.com>

**Give your friends and family 1 month FREE on FiveDinners using code: FIVEDINNERS1M**

Watch Live Shows for every recipe:

<https://www.theocooks.com/kids-cookalong-live/>

Theo's other books on Amazon:

<https://amzn.to/2UtGrmU>

More about Theo:

<http://www.TheoMichaels.com>

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There are no page numbers; the first part of the book is savoury, the second part is the naughty treats that every Friday's cookalong evolved into. But in case you want some direction, here's a list of what's inside.

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# HOME MADE GNOCCHI

Gnocchi is surprisingly easy to make and is the perfect base for a bunch of different sauces. It's best made with floury potatoes rather than waxy ones.

**Serves 4**

Ingredients	Equipment
400g potatoes 300g / 500ml plain flour 1 egg	Frying pan Saucepan Mixing bowl Fork
<b>Sauce</b> 2 tbsp butter Splash of olive oil 1 clove garlic, sliced 2 tbsp tomato puree Grated cheese and ripped basil for garnish	<b>Theo's tip</b> <i>I find it best to peel and then boil the potatoes whole, then let them steam dry before mashing (but save some of the cooking liquid for the sauce!)</i>

## METHOD

Cook the potatoes (as described in my tip above) and mash as fine as possible then crack an egg into the mixture and stir through. Start adding the flour in stages, mixing at first, then kneading until you reach a dough type consistency.

On a floured worksurface, roll the dough into a long sausage and cut into bite size pieces. Drop the pieces into salted boiling water for a few minutes until they start to float – that means they're cooked. Remove with a slotted spoon and drizzle with a little olive oil to stop them sticking. Continue until all gnocchi are cooked.

Add a splash of oil and butter to a hot pan and fry the gnocchi for a couple of minutes each side until coloured then add the garlic and let cook for a minute before adding the tomato puree and a few tablespoons of the cooking liquid to make a sauce. Once coated, serve with grated cheese and basil.

# HOMEMADE PIZZAS & FLATBREADS

My two ingredient flatbreads are great on their own but also make the perfect base for an oven cooked pizza, this is always one of our most popular recipes!

Serves 4

Ingredients	Equipment
2cups/280g/500ml self raising flour	Frying pan
250ml/1 cup milk	Mixing bowl
<b>Toppings</b>	Rolling Pin
1/2 cup/125ml passata	Pre-heated oven 220cFAN
2 tbsp oil	
Pinch dried oregano	<b>Theo's tip</b>
500g grated cheese (Mozzarella & Cheddar mix)	<i>For a vegan version you can use water instead of milk for the flatbreads and just swap the cheese for vegan cheese.</i>
Any other toppings you want!	

## METHOD

First make the dough, mix the flour and milk together in a mixing bowl using a spoon. Once it starts to bind, tip it out onto a floured worksurface and kneed until it forms a very soft dough. Divide the dough into golf ball size pieces and roll out to the thickness of about ½ cm.

Heat an oven-proof pan on the hob and lay your flatbread in the pan, cook for a couple of minutes - if you want to make flatbreads turn it over for another minute then keep warm on a plate covered with foil.

If you want to make pizzas, don't flip the flatbread over, simply spoon over some of the passata (on the uncooked side), add a handful of cheese and any other toppings you want and whack the whole pan into the pre-heated oven for about 6-8 minutes until the cheese browns.



# PROPER OMELETTE

Omelettes are great at any time of day and can be filled with whatever you want. Our favourite fillings are ham and cheese and mushrooms

Serves 1

Ingredients	Equipment
2 eggs Handful grated cheese Knob butter 4 tbsp diced vegetables (onions, courgette, mushrooms)	Non-stick frying pan Mixing bowl Fork  <b>Theo's tip</b> <i>For the little kids I get them to make one big one and then cut it in half once cooked.</i>

## METHOD

Whisk the eggs in a bowl and season generously, then reserve.

In a hot pan, add a little olive oil and sauté the diced vegetables for a few minutes until softened, then add a small knob of butter and turn the heat up.

Soon as the butter starts to foam pour in the whisked eggs and tilt the pan to cover the base. As soon as the eggs start to cook (this should happen almost instantly, gently pull the edges of the eggs towards the centre of the pan with the side of a fork or spatula. This creates a void in the pan, tilt the pan to fill the 'void' with the egg mixture. Continue a few times.

Quickly the omelette will start to cook through, so sprinkle in the cheese and fold one side of the omelette over. Tilt the pan and roll out the omelette onto a plate and serve!

# STUFFED POTATO SKINS

These were a real hit during our cookalongs; mainly because they are so easy to make and a lot of fun mixing everything together. I've noted the list of ingredients, but besides the potatoes and cheese you can add what you want!

Serves 4

Ingredients	Equipment
4 pre-cooked baked potatoes 200g grated cheddar cheese 4 tbsp butter Splash milk Fillings (choose any): <ul style="list-style-type: none"><li>- cooked bacon</li><li>- tinned tuna</li><li>- ripped chorizo/ham</li><li>- roasted vegetables, diced</li></ul> Sour cream to garnish & chives to garnish	Non-stick frying pan Mixing bowl Fork Pre-heated oven 180cFAN then 200cFAN  <b>Theo's tip:</b> <i>Swap the cheese/butter for vegan alternatives for vegan or with whatever you like!</i> <i>The secret is to have crispy potato skins and fluffy potato!</i>

## METHOD

Bake the potatoes; wipe with a little oil and bake in a pre-heated oven (180cFAN) for about 90 minutes or until cooked through, then leave to cool.

Once cooled, slice the potatoes in half lengthways, scoop out the flesh into a bowl and roughly mash (its good to have some lumps!). Save for the chives, sour cream and half the grated cheese; mix everything else together with the mash then spoon back into the potato skins and finish with the remaining grated cheese on top.

Place the stuffed potato skins on a lined baking tray and cook in the pre-heated oven at 200cFAN for about 20-30 minutes or until the cheese has melted and they are warmed through. Serve with sourcream and chives!

Today's dinner  
from our live cookalong..  
by my 8yo!

#kidscookwiththeo



## FOOD PARCELS

These food parcels use a French technique called 'en papillote' which translates to 'in paper' and is a great kid-friendly method for cooking dinner! You can use whatever vegetables your kids enjoy – just cut them thin.

Makes 1

Ingredients	Equipment
Main ingredient: 6 king prawns 1/4 cup cannellini beans Knob butter 1 tbsp olive oil 2 slices tomato 1 portion vegetables (few green beans, thinly sliced courgette...) 2tbsp water or stock ½ clove garlic thinly sliced Pinch smoked paprika 1 tbsp fresh parsley chopped	1 sheet baking parchment 18 x 18 inches 12 inches string (natural not synthetic) Pre-heated oven 200cFAN  <b>Theo's tip</b> <i>Swap the prawns (the 'main ingredient') for a fillet of fish, sliced chicken breast or a chunks of vegetables to meet your dietary preferences.</i>

### METHOD

Lay the baking parchment out flat on a clean work surface. Drizzle with the olive oil in the middle of the parchment then pile the vegetables, beans, garlic and paprika, saving your main ingredient, in this case, the prawns for the very end. Finally, place the butter and herbs on top and pour on the stock/water.

Bring the sides of the parchment together creating a 'parcel' and tie with string. Place on a baking tray in the pre-heated oven for 20 minutes or until cooked through.

Serve the whole thing in a bowl with some bread to mop up the juices!

# GREEK MEATBALLS

Known as keftedes, these Greek meatballs are delicious and are perfect served warm or at room temperature for a picnic!

Serves 4

Ingredients	Equipment
450g Lamb mince 1 potato, grated (size of a tennis ball, skin on – squeeze juice out) 1 small onion, finely diced or grated 1 clove garlic, chopped 1 slice of bread soaked in milk, then gently squeezed Small handful fresh parsley and coriander chopped Squeeze of lemon juice Flour for dusting Vegetable oil for frying	1 mixing bowl Frying pan and spatula Kitchen towel for resting  <b>Theo's tip</b> <i>I often use pork mince or a mixture of pork and lamb mince. You can use beef mince but they tend to result in heavier meatballs</i>

## METHOD

Add all the ingredients to a bowl except the flour and vegetable oil and mix together (put that spoon down and get your hands dirty!).

Take a piece of the mixture and roll into a ping-pong ball sized ball and then gently flatten with the palm of your hand.

Heat the oil in a pan, lightly dust the keftedes and shallow fry for a 3-4 minutes each side until golden and crisp. Remove the cooked keftedes and rest on kitchen paper, season with salt, squeeze of lemon before serving.

Note: test the temperature of the oil by dropping a little piece of the mixture into the oil, if it sizzles immediately and takes a minute to brown you are good to go.





## KIDS PAELLA

Everyone loves this one! Kids love rice and with lots of flavours it's totally versatile to make it exactly as you like! You choose whether you want a seafood, meat or vegan paella – see my tip below!

**Serves 4**

Ingredients	Equipment
500g main ingredient – (see tip) 1 onion, diced 2 cloves garlic, sliced Splash olive oil 1 mug of basmati rice 1 stock cube (chicken or veg) 3 tbsp tomato puree 1 cup frozen peas (or any other) 2 tbsp smoked paprika Handful fresh parsley, chopped Lemon wedges for garnish	Frying pan + lid  <b>Theo's tip</b> <i>Choose which paella you want and use this as your '500g main ingredient';</i> <i>Seafood: frozen mixed seafood, as it comes</i> <i>Meat: chicken or pork belly, cut into large bitesize pieces</i> <i>Vegan: tender stem broccoli, left whole</i>

### METHOD

Fry the onions and garlic in a hot frying pan with a splash of olive oil for a couple of minutes then add the meat (if using, if using fish or veg – save this for later) and fry till slightly coloured. Add the rice and fry for another minute, then add all the rest of the ingredients and mix together in the pan, including the stock cube.

Now pour in 2 mugs (or basically whatever you used to measure the rice – 2 of those) of hot water into the pan. Carefully combine everything.

If using fish or vegetables instead of meat; add these now.

Cover the pan and leave on a low heat so it is just bubbling for about 10-12 minutes or until all the water is absorbed. Remove from the heat and leave to rest for 5 minutes. Serve with a scattering of fresh herbs and squeeze of lemon!

# HOMEMADE FISH FINGERS

These are so good, I mean like, really good! They taste a zillion times better than shop bought fishfingers and dare I say, slightly more healthier. We always have these in a burger bun with lots of mayo and ketchup!

Serves 4

Ingredients	Equipment
500g white fish fillets, cut into 1 inch wide strips 1 cup / 140g flour 1 egg + splash milk 2 cups /500ml breadcrumbs (fresh or pre-bought) Burgers: 1 iceberg lettuce, shredded 4 brioche or burger buns Mayonnaise & Ketchup	3 mixing bowls Baking tray with wire rack Pre-heated oven 200cFAN  <b>Theo's tip</b> <i>Rather than using bowls; large zip lock bags work really well to bread the fishfingers!</i>

## METHOD

This couldn't be easier.. you're going to have a little conveyor belt of bowls. Place the three mixing bowls in front of you. In the first bowl pour in the flour. In the second bowl whisk the egg with a splash of milk and in the third bowl add the breadcrumbs.

Place the fish into the bowl of flour and ensure they are well coated. Take a piece of fish, shake off the excess flour and dip into the egg wash, again, ensuring it is well covered then roll into the bowl with breadcrumbs. Continue until all are done.

Place on a wire rack on a baking tray and cook in the pre-heated oven for about 12 minutes (a little less if the fish is quite thin). Once cooked, make up your fish finger burgers and enjoy!





# SAUSAGE ROLLS

Who doesn't love homemade sausage rolls?! These are a great fun to make and are really delicious, served with side salad (or in my kids case, baked beans and some steamed veg!)

**Serves 4**

Ingredients	Equipment
1 packet puff pastry (400g) 500g sausage meat 1 egg Handful fresh parsley, chopped Few tbsp flour for dusting Optional: 1 apple, diced Fennel seeds for garnish	1 mixing bowls Baking tray + baking paper Pre-heated oven 180cFAN Rolling pin  <b>Theo's tip</b> <i>Add whatever flavours you like to the sausage meat (I like diced apple and cheddar cheese!)</i>

## METHOD

Mix all the filling ingredients together with the sausage meat and reserve.

On a dusted worksurface roll out the puff pastry into rectangles about 12x6inch and to about the thickness of a pound coin.

Take out chunks of the sausage meat mixture and form a line of filling along one side of the pastry (leaving a couple of inches space from the edge of the pastry). I like to make big ones so have the filling about the same thickness as a toilet roll tube! Once done, wipe the edge of the pastry with some of the egg wash and fold the pastry over the filling, press down the edges to help stick together.

Once all the filling and pastry is used, brush the tops with egg wash, scatter over any seeds if using. You can cut the sausage rolls into small sizes if preferred.

Bake in pre-heated oven for 30 minutes and done!

# FISH CAKES

Fish cakes are always a winner in our house; really easy to make, very 'hands-on' and fun to do; plus you get a great meal at the end of it!

Serves 4

Ingredients	Equipment
400g white fish fillets 400g potatoes (peeled, diced) 1 cup / 200g flour 1 egg + splash milk 2 cups/500ml breadcrumbs 1/2 cup peas 1 tbsp dill or parsley, chopped Vegetable oil to shallow fry (about an inch deep)	3 mixing bowls Frying pan Potato masher  <b>Theo's tip</b> <i>Add prawns for an upgrade or swap the fish for chunks of chorizo or even diced tednerstem broccoli for a vegan version!</i>

## METHOD

Place the fish in a pan of water and poach for 5 minutes until cooked through, then leave to cool and flake.

Boil the potatoes and once soft, drain the water and mash the potatoes back in the saucepan, it doesn't have to be smooth. Fold the fish, peas and herbs into the mash and form into four (or more) fishcake looking patties about 2 inches thick. You can place these into the fridge at this stage to firm up or just carry on!

With the three bowls, add the flour to one, whisk the eggs with a splash of milk in the second bowl and finally add the breadcrumbs to the third bowl.

Gently dust the patties in the flour, then dip into the eggwash followed by the breadcrumbs. Heat the vegetable oil in a pan and when its hot enough that a breadcrumb sizzles immediately but takes 30 seconds to brown you are good to go.

Carefully fry each fishcake for 4/5 minute until golden then turn over for another few minutes. Cook in batches until all done and then serve!





# MAC 'n' CHEESE

Such a classic and for good reason! This mac'n'cheese is an all time family winner that the kids love to make and EAT!

**Serves 4**

Ingredients	Equipment
400g pre-cooked macaroni 1 cup grated cheddar cheese 2 tbsp plain flour 2 tbsp butter 1 pint milk OPTIONAL – handful diced ham or pre-cooked bacon	1 saucepan and wooden spoon Whisk  <b>Theo's tip</b> <i>If you want this extra cheesy and deeper colour, some grated Red Leicester cheese is a good option to add (as is a little parmesan for some umph!)</i>

## METHOD

Heat the butter in the saucepan and once melted whisk in the flour. Continue cooking on a medium heat for a few minutes then remove from the heat. Whilst whisking the whole time, and add a splash of milk and whisk thoroughly into the flour mixture, repeat, adding more milk until the mixture is quite smooth then pour in the remaining milk and start to heat, whisking periodically.

Once it starts to bubble and thicken remove from the heat and pour in the grated cheese; you might want to swap to a wooden spoon at this stage. Mix until the cheese is fully melted then pour in your pre-cooked macaroni. If the macaroni is cold you might want to heat it back up to warm through.

Done! At this stage you can add cooked bacon or ham or even a cup of peas!

# UPSIDE DOWN CHICKEN PIE

We all love this one – upside down chicken pie using tinned chicken soup for a really great cheat and a nice one to make with the kids! It's surprisingly easy but really impressive -everyone went 'oooh' when it came out of the oven!

Serves 4

Ingredients	Equipment
320g ready rolled puff pastry Pinch flour for dusting 300g diced chicken breast 1 clove garlic, chopped 1 small onion, chopped 1 tin cream chicken soup 150g mushrooms, sliced Splash olive oil Pinch thyme or other dried herbs Gravy for serving!	Rolling pin Saucepan Baking tray Pre-heated oven 200cFAN  <b>Theo's tip</b> <i>For a vegan version swap the chicken for vegan meat or triple the quantity of mushrooms for a mushroom filling.</i>

## METHOD

Roll the pastry into sheets about the thickness of a pound coin (do this in batches) then cut the pastry into 8 squares about 5x5inches. Brush half the squares with milk and place the other half of squares on top giving you 4 double layer squares (you can make more if you have enough pastry!). Bake on a baking tray lined with parchment for 18-20 minutes. Once done, remove and reserve.

Meanwhile, fry the onions and garlic in a little olive oil for a few minutes then add the chicken and mushrooms and fry till the chicken starts to colour. Now pour in half the soup with a pinch of dried herbs and let it simmer. Add more soup if it thickens too much. Once the chicken is cooked (about 6 minutes – cut a piece to check) turn off the heat and reserve. Now for the pastry...

Cut a square inside each puffed up pastry package leaving about an inch border from the edge, try not to cut through the bottom, and push down the middle creating a container of sorts, divide the filling amongst the pastry cases and serve with steamed greens and extra gravy!





## EASY KIDS CURRY

I've made this curry with coconut milk to keep it mild and delicious which seems to work for most kids! We eat all these together so I usually have a little chili on the side for the adults and plenty of fresh coriander to garnish! (by the way, you know those flatbreads that make a huge mess? These go great with this!)

**Serves 4**

Ingredients	Equipment
400g main ingredient (see tip) Splash olive oil 1 onion, diced 3 cloves garlic, diced 1 inch fresh ginger, chopped 1 tin coconut milk 3 tbsp mild curry powder (or 1tbsp of ground cumin, coriander, garam masala) Pinch sugar or 1 tsp honey 1 tin chickpeas 100g green beans 1 tbsp cornflour	Frying pan  <b>Theo's tip</b> <i>The base of this curry is perfect for any main ingredient, be it meat, fish or vegan. Choose:</i> Fish: fish fillets or mixed seafood Meat: diced chicken Vegetable: 1 whole cauliflower broken into florets

### METHOD

Fry the onions, garlic and ginger in a little olive oil for a few minutes till softened then add the curry powder or spices and stir through before adding the 'main ingredient' along with the chickpeas and frozen peas. Once fully coated in the spices, carefully pour in about 2/3 of the coconut milk and leave to simmer gently for about ten minutes, adding more coconut milk if needed then remove from the heat.

Mix the cornflour with an equal quantity of cold water and pour into the curry, stirring to fully incorporate. Return to the heat stirring and it will start to thicken, then take the pan off the heat. You're done!

Serve with flatbreads or plain basmati rice.

# VEGAN BURGERS (THAT KIDS ACTUALLY EAT)

This was probably the biggest surprise of doing our cookalongs; I just wasn't sure my kids were going to enjoy these – but they polished them off in no time! A great vegan dish for everyone!

Serves 4

Ingredients	Equipment
1 tin black beans ½ tin puy lentils Small tin sweetcorn ½ cup porridge oats 1 large onion, finely diced 2 cloves garlic, diced 2 tbsp smoked paprika Splash oil for frying Handful fresh coriander	1 mixing bowl Frying pan Potato masher or food processor  <b>Theo's tip</b> <i>Burger buns, ketchup, shredded lettuce – all the stuff you need for burgers!</i>

## METHOD

Drain the bean, lentils and sweetcorn from their tins but keep them separate.

Fry the onion and garlic in a pan for about 6 minutes until soft and coloured, then add the porridge oats with 1 tbsp water, remove from the heat and reserve (you can leave them in the pan).

In a mixing bowl, start with the blackbeans; use the back of a fork to mash them down as much as possible (it's ok for a few to escape and it will be lumpy – you just need to bread them down!) Once done, add the rest of the ingredients including the other tinned products and the cooked onions/garlic and porridge oats. Combine this really well and then form patties to your preferred size, I like mine about an inch or two thick.

Heat the oil in a pan until very hot, then carefully place the patties in the pan, don't touch them. Leave them for five minutes to form an almost burnt crust (that helps hold them together) then carefully turn over to do the otherside. Once done, build your burgers and enjoy!





# KIDS CHILLI NACHOS

We've tried eating chili in tacos and they just break and fall apart; so we've embraced chili on nachos instead! The chili works just as well with rice but it always seems like a treat having the nachos as well!

**Serves 4**

Ingredients	Equipment
400g beef mince 1 onion, diced 2 cloves garlic, sliced 2 tbsp tomato puree 250ml stock (1 chicken stock cube) 1 tin kidney beans Splash olive oil 1 tbsp smoked paprika 1 tbsp ground cumin 2 tbsp gravy granules 1 tbsp dried oregano Grated cheese and fresh coriander for garnish	Frying pan + spatula  <b>Serving Suggestion</b> Large packet tortilla chips/nachos!  <b>Theo's tip</b> <i>You really need the spices in this to give it that Mexican vibe, but you can swap out the meat for quorn mince or even 1 kg mushrooms finely diced for a vegan version.</i>

## METHOD

Fry the onions and garlic in a little olive oil for a few minutes then add the mince and cook this for about ten minutes until it is well charred. Stir in the herbs and spices, kidney beans, tomato puree and finally the chicken stock. Bring this to a simmer for a few minutes so everything melts together a little then remove from the heat and stir through the gravy granules to thicken everything (that's my secret ingredient!)

Finally, pour the nachos onto a large serving dish, spoon over the chili and garnish with coriander and grated cheese (if you want an adult version – follow the same but add a teaspoon of chipotle chili flakes for a bit of a kick!).

# SALMON WELLINGTON

A beautiful piece of salmon wrapped in puff pastry and baked in the oven; it couldn't be easier to make with the kids, no cooking involved until it's popped in the oven. You have the option of topping the salmon with spinach before encasing in the pastry.

Serves 4

Ingredients	Equipment
500g skinless salmon (either 1 whole piece or 4 fillets) 320g pre-rolled puff pastry 1 egg, whisked 2 heaped tbsp honey 1 heaped tbsp mustard (Dijon or English) 200g spinach OPTIONAL – sprig rosemary	Baking tray Frying pan + spatula Sheet baking paper or foil Pre-heated oven 200c FAN  <b>Theo's tip</b> When building your 'wellington' have the pastry sitting on baking parchment so when you need to turn the whole thing over you can use the parchment to lift it.

## METHOD

Roll out the pastry if using a block to the thickness of a pound coin, to double the size of the salmon piece/s and place a line of spinach leaves along the centre.

Mix together the mustard and honey and paste over the top of the salmon then flip the salmon over onto the spinach. At this stage you'll have a large piece of pastry with a pile of spinach along the centre and the salmon on top (honey mustard side facing down).

Bring the sides of the pastry up and over the salmon to create a parcel then carefully turn over so the seams of the parcel are at the bottom. Place this on a baking tray lined with parchment, score a few lines in the top to help release the steam and brush the whisked egg over the whole thing, sprinkling with rosemary and salt if desired. Bake for 30 minutes.





# BACON BROCCOLI PASTA

This was our competition winner Emma's amazing pasta dish! A really simple but delicious pasta recipe that was great to make and even better to eat!

**Serves 4**

Ingredients	Equipment
300g penne pasta 8 rashers smoked bacon, sliced 1 broccoli head, broken into florets 1 clove garlic, sliced Splash olive oil 200g creme fraiche Fresh parsley for garnish	Frying pan Saucepan Colander  <b>Theo's tip</b> You can swap out the bacon for mushrooms if you want a vegetarian version.

## METHOD

Boil the pasta in salted boiling water to packet instructions (about 8 minutes should do it) and drop the broccoli florets into the pasta about half way through cooking (so you're now cooking the pasta and broccoli together in the same pan – this is efficiency at it's finest!)

While the pasta is cooking, fry the bacon in a little olive oil on a high heat for about five minutes until it goes crispy then remove the pan from the heat and stir in the sliced garlic. .

Once the pasta is cooked; drain the pasta and broccoli through a colander and tip into the pan with the bacon and garlic and stir everything together. Finally spoon in the crème fraiche and warm through in the pan and serve finishing with a scattering of parsley. Voila!

# HOMEMADE CRISPY PANCAKE ROLLS

These are really delicious and makes for a fun hour of cooking and getting creative with the kids.

Serves 4

Ingredients	Equipment
<b>Pancakes:</b> 1 cup/250ml plain flour 1 cup/250ml milk 1 egg	Frying pan Saucepan Colander
<b>Filling:</b> 2 tbsp soy sauce + 1 tsp honey 500g stir fry vegetables (store bought stir fry packets are ideal) 200g rice vermicelli noodles Handful fresh coriander OPTIONAL – 2 precooked chicken breasts, shredded Splash vegetable oil for frying	<b>Theo's tip</b> Poach chicken breasts in simmering water for 10 minutes, then dice quite small. Leave out for a veg version.  <i>Make rice noodles – simply submerge in just boiled water for 10 minutes then drain – its that easy!</i>  <i>PS. Sweet chili sauce is great to dip!</i>

## METHOD

Whisk the pancake ingredients together and pour half a ladle into a hot non-stick pan wiped with oil. Soon as you pour in the batter tilt the pan to spread it out. After a minute, flip the pancake and cook the other side for another minute, then place on a plate. Continue making pancakes until all the batter is used up.

For the filling, fry the vegetables in a little oil for five minutes until almost cooked through then add 2 tbsp water to steam the veg (careful this will be hot!) keep on a high heat until the water evaporates then add the soy and honey, stir and remove from the heat.

Assemble the pancakes; spoon some vegetables along the middle of the pancake adding a little chicken, noodles and coriander. Fold the edges of the pancake over like an envelope and roll. In a hot pan with a little oil, finish by frying them seam side down until crisp then do then do other side. Serve immediately!





# DUTCH BABY PANCAKES

These are good fun to make; a Dutch baby pancake is more a Yorkshire pudding but oh so impressive and this recipe makes one large one for the family, we serve it with some steamed veg and lashings of extra gravy!

**Serves 4**

Ingredients	Equipment
<b>Dutch Baby Pancakes</b> 1 cup plain flour 1 cup milk 3 eggs	Oven-proof frying pan Mixing bowl Hand whisk Preheated to 220cFAN
<b>Filling</b> 300g beef mince 2 cloves garlic, sliced 1 small onion, diced ½ cup passata Splash olive oil Pinch sugar or honey Pinch dried herbs (any) 1 tsp Worcestershire sauce 1 tbsp gravy granules Salt/Pepper to taste Fresh herbs for garnish	<b>Theo's tip</b> A delicious vegetarian version is to swap the mincemeat for mushrooms which is delicious! For the mushroom topping follow the recipe below, except replace the mince for mushrooms (and leave out the Worcestershire sauce as that isn't vegetarian).

## METHOD

Start with the filling, simply fry the onions, garlic for a few minutes, add the mince (or mushrooms if making veg version), once the meat is browned add the rest of the ingredients including half cup water; leave this to thicken and reduce (about five minutes) then turn off the heat while you make the Dutch Baby!

Whisk the pancake ingredients together then pour the lot into a hot oven-proof frying pan with 3 tbsp vegetable oil. Let it sizzle for a second then straight into the oven for about 15 minutes – don't open the door while it's cooking! Once done, remove from the oven (the handle is hot!) warm the filling and pour into the centre – serve immediately (cutting slices like a cake) with steamed veg!

# TUNA PASTA BAKE

A student classic! But oh so easy and delicious!

Serves 4

Ingredients	Equipment
350g fusilli pasta, cooked (or penne, etc.) 4 tbsp olive oil 1 clove garlic, sliced 1 medium onion sliced 2 tomatoes, diced 100g Cheddar cheese, grated 2 tins tuna (approx 220g) 1 tbsp cornflour 1 tbsp fresh parsley, chopped	Saucepan Oven-proof frying pan Preheated to 200cFAN  <b>Theo's tip</b> Swap the tuna for a large tin of sweetcorn for a vegetarian friendly version instead!

## METHOD

Cook the pasta in lightly salted boiling water till just done, drain and reserve a little of the cooking liquid.

Fry the onions and garlic in half the olive oil for five minutes until golden then introduce the diced tomatoes and tinned tuna (don't break it up much) and about ¼ cup of the pasta cooking liquid and simmer till reduced by half.

Mix the cornflour with the remaining olive oil then stir into the pan and keep stirring until it thickens, just a minute or two. Fold in the cooked pasta along with two-thirds of the cheese and remove from the heat.

Finally, scatter the remaining cheese on top of the pasta and pop into the oven for about 8 minutes to brown the top a little, garnish with fresh parsley and serve!





# CHICKEN AND HALLOUMI NUGGETS

These are so good! The chicken and halloumi nuggets are crispy on the outside, soft and succulent on the inside and incredibly more'ish! We often just do a mixture of halloumi and chicken nuggets and treat it as a bit of Russian roulette on who gets what!

Serves 4

Ingredients	Equipment
4 chicken breasts, cut into thin bite sized pieces OR 2 blocks halloumi cut into bitesize pieces 2 eggs + splash milk 1 cup plain flour 1/2 cup cornflour 2 cups vegetable oil for frying	3 mixing bowls Frying pan for frying + slotted spoon Kitchen paper towels (optional)  <b>Theo's tip</b> Served with oven chips, lashings of ketchup and if we're feeling healthy a salad (that my kids won't eat) so some baked beans as well. Note: you can make these 'hot' by dusting the chicken/halloumi in cayenne pepper first.

## METHOD

Line three bowls in a row; in the first bowl add half the plain flour; in the second bowl whisk the eggs and milk; in the third bowl add the remaining plain flour and cornflour (mix together).

Put all the chicken (or halloumi) into the first bowl of plain flour, shake off the excess, then dip into the egg wash, then drop into the cornflour/flour mix and ensure they are well coated. You can prep all the chicken/halloumi up to this stage. Heat the vegetable oil in a pan till you can drop in a little flour and it sizzles immediately – you don't want it too hot.

Carefully deep fry all the pieces of chicken/halloumi for about 3 minutes each side (depending how thick your chicken pieces are) cut open a piece to check it's cooked. Fry in batches and let drain on paper towels. Serve immediately.

# SPAGHETTI CARBONARA

This was always my guilty pleasure when visiting an Italian restaurant! This recipe cheats a little using cream and no eggs, but makes it easy to make every time!

Serves 4

Ingredients	Equipment
350g spaghetti 8 rashers smoked streaky bacon cut into 1 inch pieces (smoked lardons/pancetta diced are good) 1 clove garlic, sliced Ground black pepper ½ cup parmesan cheese, grated Handful fresh parsley, chopped 300ml single cream	Frying pan – big enough to hold all the pasta Saucepan  <b>Theo's tip</b> Easily converted to vegetarian by swapping out the bacon for mushrooms!

## METHOD

Cook the pasta to packet instructions for al dente (fractionally undercooked), then drain, saving half a cup of the cooking water. While the pasta is cooking...

In a bowl, mix together the cream, parsley and parmesan cheese and reserve.

Fry the bacon/lardons in a pan with a tiny splash of olive oil until crisp (about five minutes), pour away any excess oil then add the garlic and leave on the heat for another minute.

When the pasta is cooked al dente, lift it out (or drain) and pour it into the frying pan with the bacon. Stir it round then pour in the cream/parmesan mixture along with a few tablespoons of the pasta cooking water. Leave this on a low heat for a couple of minutes to help the pasta absorb all those flavours (if it gets to thick just add another little splash of the pasta water. Serve immediately!





# RAMEN SOUP

I think my kids fell in love with this after going to Wagamamas! This delicious bowl of warming soup is a firm favourite packed with lots of yummy goodness the kids enjoy cooking and eating.

Serves 4

Ingredients	Equipment
2 stock cubes, chicken 2 large chicken breasts 250g noodles 150g bok choi (about 4 small) trim stalks and halve lengthways 1 small tin sweetcorn 2 tbsp dark soy Pinch sugar 1 clove garlic, very finely sliced 2 inches ginger, finely diced 2 eggs 1 lime Bunch fresh Coriander	2 saucepans  <b>Theo's tip</b> Make it vegetarian; swap chicken stock for vegetable stock and chicken for lightly fried shitake mushrooms.  You can also make this with thinly sliced beef or prawns or even instead of chicken and feel free to use any greens you can get instead of bok choi (spinach or chard works well)

## METHOD

Put the garlic, stock cubes, ginger, sugar, soy sauce and chicken breasts (if using) into a saucepan with 1.5 litres of water and bring to simmer for about 10 minutes or until chicken is cooked through (skim off any foam while cooking).

In another saucepan of boiling water cook the eggs for 7 minutes, then remove, peel, rinse and slice in half lengthways. Add the noodles to the pot and cook to packet instructions. Once done, drain, drizzle with olive oil to stop noodles sticking.

Finally, blanch the bok choi for a minute, remove the chicken to rest then slice. Divide the chicken, noodles, bok choi, eggs and the sweetcorn (straight from the tin) into four soup bowls and pour over the chicken stock, garnish with coriander and wedge of lime – and plenty of napkins!

# CUPCAKE PIZZAS

These are really mini quiches disguised as cupcake pizzas with a few extra pizza flavours! Fun to make and eat and super simple for the kids to have fun!

Serves 4

Ingredients	Equipment
8 small shop-bought tortillas 4 eggs 8 tbsp tomato ragu 2 cups diced veg (broccoli, peppers, mushrooms, etc.) Splash olive oil 200g grated cheddar cheese Pinch dried oregano Basil leaves for garnish Extras: pepperoni or ham or chorizo OR prawns OR mushrooms (for veg)	Muffin tin Frying pan Mixing bowl Pre-heated oven 180cFAN  <b>Theo's tip</b> The secret of this recipe is to make sure you have a lot of filling with just enough egg to coat everything. This keeps it feeling like a pizza rather than a quiche!

## METHOD

Whisk the eggs into a large mixing bowl with half the grated cheese & oregano.

Add a splash of oil to a frying pan along with the diced vegetables and 'extras' (pepperoni, prawns, etc.) and cook until the vegetables are softened and any extras are cooked through, then pour into the egg mixture.

Take the tortillas and gently push them into the muffin tin, if they are brittle and crack, microwave the tortillas for 10 seconds to soften. Once all eight are in, spoon in the egg mixture into each tortilla filling it almost to the top (I scoop as much of the filling as possible shaking off some of the excess egg).

Spoon a tbsp of tomato ragu over each one and top with remaining cheese. Bake in the oven for about 12minutes then rest for five minutes before serving. You want to take the out while still fractionally underdone so as they rest they finish cooking to perfection!





# CHANGE YOUR LIFE TRAY-BAKE SPAGHETTI

This is the recipe that made the most impact and has changed the way we cook. I love that everything goes into a tray uncooked (yes, even the spaghetti!) and 30 minutes later you have a delicious entire meal ready to be served straight from the tray! It took a while to get it right but now we cook this a lot at home.

**Serves 4**

Ingredients	Equipment
300g spaghetti (or other pasta) 1 onion, sliced 2 cloves garlic, sliced 4 tbsp oil 1 cup/250ml passata 650ml chicken stock (use a cube) 2 tbsp tomato puree 6 sausages Basil and Parmesan cheese for garnish	High sided roasting tin - just big enough to fit the pasta in (that's important, the liquid needs to cover the pasta) Measuring jug Oven – preheated 200c FAN
NOTE: Swap sausagemeat for chunks of fish, or vegan version with mushrooms and vegan stock.	<b>Theo's tip</b> Try a creamy version; swap passata for more stock and pour in 100ml single cream after it's finished cooking.

## METHOD

This couldn't be easier.. first add the spaghetti to the tray and pour over the oil (massage a little to ensure the spaghetti is coated), then add everything else except the sausages. The tray will now be very wet with the passata and stock and should be covering the pasta by about a cm.

Squeeze out bite size chunks of sausage meat all over the top of the dish and then bake in the oven for 30 minutes. Once cooked, remove from the oven and let it rest for five minutes, this is important to let it finish cooking and absorb the last of the liquid. Garnish and serve with a rather smug look across your face. 😊

# ONE POT CHINESE RICE

I love recipes where everything is cooked in one pot – save washing up and makes dinner time just so much quicker! This is a fun one as the kids get to chop, rip and bung everything into a saucepan and ten minutes later you have dinner!

Serves 4

Ingredients	Equipment
300g diced chicken breast 1.5 cups basmati rice 1 stock cube (chicken) 1 small onion diced 2 cloves garlic sliced 2 inches ginger diced 1/2 cup frozen peas Few broccoli florets Fresh coriander to garnish Splash of olive oil	Chopping board Saucepan with a lid
<b>Sauce:</b> 4 tbsp dark soy 1 tbsp honey 1 tbsp vinegar	<b>Theo's tip</b> Try adding a pinch of Chinese five spice for some extra flavour or topping with bok choi at the end.  You can swap the chicken for fish, a different meat or chunks of cauliflower for a vegetarian version.

## METHOD

Fry the onions, ginger and garlic in a little olive oil in the saucepan, then add your meat or fish (if using) and stir around. Pour in the uncooked rice along with any vegetables you are using.

Mix the stock cube with two cups hot water to dissolve and pour into the saucepan, add another little splash of water. Bring it to a simmer, pop the lid on and then turn down to the lowest setting and leave to cook for 10 minutes. Let it rest for five minutes with the lid on once cooked.

Mix all the sauce ingredients together and drizzle over the rice. That's it! Get some bowls and serve! Garnishing with fresh coriander.





# TOAD IN THE HOLE

Such a winning dinner! I love anything cooked in one tray! Served with lashings of gravy, baked beans (obviously!) and some steamed greens on the side!

**Serves 4**

Ingredients	Equipment
1.5 cup plain flour	Mixing bowl
1.5 cup milk	Large high sided roasting tin
4 eggs	Frying pan
4 tbsp vegetable oil	Pre-heated oven 220cFAN
12 sausages	
1 red onion, sliced into chunks	<b>Theo's tip</b>
Few sprigs of rosemary	Try adding a bunch of asparagus spears to the pan for some hidden greens!

## METHOD

Put the roasting tin in the oven and leave to get hot. While it's in the oven...

Start frying the sausages in a frying pan with the vegetable oil on a medium heat, we're not cooking the sausages we're just giving them a headstart and a little colour.

Now to make the batter, simply whisk together the flour, eggs and milk until fully combine.

Now to assemble the dish, take the roasting tin out of the oven (it is very hot!), pour in the sausages along with the oil and immediately pour over the batter, scatter the onions and rosemary sprigs across the top and immediately put back in the oven for about 30 minutes – don't open the oven while cooking! Remove and serve.

**SWEET STUFF!**



# BLUEBERRY MUFFINS

These blueberry muffins are simple to make and delicious to eat! Feel free to swap out the blueberries for a different berry or even chocolate chips!

**Serves 4**

Ingredients	Equipment
140g plain flour 140g butter, softened 80g caster sugar 2 eggs 1/2 tbsp baking powder 150g blueberries	Muffin Tray Mixing bowl Paper muffin cases Hand whisk Pre-heated oven 200cFAN  <b>Theo's tip</b> These go great with a glass of milk...

## METHOD

Cream the sugar and butter together with the handwhisk then whisk in one egg at a time until fully incorporated, but try not to over-work the mixture (a lumpy mixture will give you even better muffins!)

Using a wooden spoon or spatula add the flour and baking powder until combined then drop in most of the blueberries – saving a few for topping.

Spoon one heaped dessert spoon into each muffin case, drop a blueberry or two on top and bake in the oven for 15-20 minutes or until just done. Leave to cool for ten minutes before eating (if you can manage that!)

# FRENCH TOAST CARAMELISED BANANAS

This supercharged French toast is somewhere between a naughty brunch and a mild dessert! Its easy to make and gives the kids a chance to get their hands dirty!

Serves 4

Ingredients	Equipment
4 thick slices bread 6 eggs 4 bananas 4 tbsp butter Splash oil 1 tbsp sugar Few fresh berries to garnish Drizzle of honey / maple syrup	Mixing bowl Frying pan x2  <b>Theo's tip</b> If you want, you can throw the berries into the pan the bananas were cooked in to break down a little and release their juices and then use these to top the French toast.

## METHOD

Slice the bananas in half lengthways (I find it easier to do whilst they are unpeeled), then peel the bananas, keeping them whole if possible. Sprinkle the sugar over the bananas, then heat the butter in a frying pan and commence with frying the bananas for a few minutes each side to give them some colour, then remove from the pan and reserve on a plate.

Whisk the eggs in a large mixing bowl and proceed to dunk each slice of bread in the eggs, don't leave the bread in long, just enough to cover it in the egg, then place each slice into a hot frying pan with a little oil. Cook for a minute then flip it over to do the otherside. Continue until all the bread is cooked.

Finally, top each slice of French toast with a couple halves of banana, scatter over the fresh berries and finish with a little drizzle of maple syrup





## EVA'S CHOCOLATE TIFFIN

Trust Eva to come up with a chocolate dessert! This was Eva's creation and didn't fail to deliver, even if we were eating chocolate for breakfast the next day!

**Serves 4**

Ingredients	Equipment
100g butter 25g soft brown sugar 3 tbsp cocoa powder (we use hot chocolate powder!) 4 tbsp honey 200g rich tea biscuits 100g raisins or other dried fruit 200g milk chocolate, broken into chunks	Mixing bowl Microwaveable bowl Saucepan Baking tray  <b>Theo's tip</b> We usually save a few crumbs from the biscuits and raisins to scatter over the top of the tiffin just before putting it in the fridge.

### METHOD

In a saucepan add the cocoa powder, honey, sugar, butter and raisins and heat it until the butter melts and all the ingredients are combined. Once it's all come together, tip in the broken biscuits and mix thoroughly, leave this on the hob, heat off.

Place the broken milk chocolate into a microwavable bowl and microwave on high for about 2 minutes until it melts (it's a good idea to stir it every minute to stop it burning). Once its fully melted fold the chocolate into the saucepan with the biscuits.

Now line a baking tray with clingfilm or parchment paper and pour over it the chocolate mixture. Spread this out with the back of a spoon, cover it with clingfilm and store in the fridge for a couple of hours to firm up.

Break off chunks every time you open the fridge door until you've eaten too much. That's what we do.

# ETON MESSY

Whipped cream, strawberries, jam, three kids, what could possibly go wrong! This classic dessert is always a winner! We cheat using jam and frozen berries but it works perfectly and is a real treat...

Serves 4

Ingredients	Equipment
300ml double cream 4 tbsp icing sugar 80g / about 5 ready made meringues (store bought) 3 tbsp strawberry jam 200g frozen raspberries (thawed)	Mixing bowl Electric whisk  <b>Theo's tip</b> To avoid making a coulis I use frozen raspberries that once defrosted release lots of lovely juice to use.

## METHOD

Whisk the double cream with the icing sugar until it just starts to firm up, you want this looser than you would normally whisk cream to. Break up the meringues and drop into the cream, folding them through. Now fold through the thawed raspberries and pour in any juice. You don't want a monotone colour so fold the berries through and stop before it is too combined.

Next, mix the jam with a tablespoon of hot water to dilute it a little.

Spoon the Eton Mess mixture into bowls/glasses to serve drizzling over the jam sauce over the top.





# APPLE PIE

There is something just so comforting about an apple pie; and for the record; it's not a pie if the bottom doesn't have pastry!

**Serves 4**

Ingredients	Equipment
500g shortcrust pastry 8 apples, cut into wedges, unpeeled Knob of butter 1/2 cup sugar 1 egg 1 tbsp ground cinnamon 1 tbsp lemon juice 2 tbsp plain cornflour	Mixing bowl Rolling Pin Pie tin Pre-heated oven 200cFAN  <b>Theo's tip</b> Traditionally Bramley apples are used for an apple pie but to be honest I just use whatever I can get my hands on!

## METHOD

On a dusted worksurface roll out two sheets of pastry; one big enough to line your pie tin overhanging the edges by an inch, the other sheet just big enough to cover the top. Rub the knob of butter over the pie tin and lay the larger of the sheets inside. Brush this with a little eggwash and leave to dry.

Mix all the apple wedges with the cinnamon, lemon juice, cornflour and the sugar. Once they are well combined pour this into the pie tin, level the surface a little and then wipe the edges of the overhanging pastry with a little water and then lay the top piece of pastry on it, pushing the edges together to seal, trim any overhanging pastry. Brush the top with eggwash and cut a few slits to let steam escape when cooking.

Pop into a pre-heated oven for about 30-40 minutes and leave to rest for 10 minutes before serving. Ice cream or custard? I always go custard...

# BANOFFEE CUPS

This is my 'sling it together' banoffee dessert, served in cups and really easy to make with a few cheats!

Serves 4

Ingredients	Equipment
4 digestive biscuits, crumbled	4 small coffee cups/tumblers to serve
Pinch salt	Electric whisk (or hand whisk)
2 bananas	Mixing bowl
4 tbsp caster sugar	Frying pan
6 tbsp butter	<b>Theo's tip</b>
300ml double or whipping cream	
2 tbsp icing sugar	
Few drops vanilla essence	
1 tbsp ground cinnamon	
1 flake for garnish	

## METHOD

Melt the butter in a frying pan and pour half into a mixing bowl with the crumbled digestive biscuits, pinch salt and one tablespoon of caster sugar. Mix together then divide the crumbled biscuit amongst four serving cups/tumblers and pat it down – store in the fridge. Combine the rest of the caster sugar with the cinnamon into a bowl.

Slice the bananas into 1 inch pieces fold through the cinnamon/sugar mix. Heat the pan with the remaining butter, once the butter starts to foam shake off any excess sugar from the bananas and place into the frying pan for about 2 minutes before turning over; they should start to caramelize as the sugar melts. After another minute add a couple tablespoons of cream into the pan, shake it around then spoon out the bananas into the four serving cups with the crumbled biscuits in, not forgetting to spoon in any leftover sauce from the pan.

Finally, whisk the remaining cream with the icing sugar and vanilla essence until it starts to firm up then once it holds its shape (try tipping the bowl upside down!) top the bananas with cream and finish with some crumbled flake. Enjoy!





## LEFTOVER CHOCOLATE MOUSSE

We made this for our Easter cookalong to use up leftover Easter eggs – its fabulous as a quick chocolate dessert fix and makes use of any chocolate you have lying around (does anyone have chocolate lying around?!)

Serves 4

Ingredients	Equipment
200g chocolate, broken up small 1 tbsp sugar 2 tbsp butter 1 tbsp milk 400g double cream ½ tbsp icing sugar Few drops vanilla essence 4 rich tea biscuits, broken into small pieces	2 Mixing bowls + wooden spoons Electric whisk (or hand whisk) 1 saucepan  <b>Theo's tip</b>

### METHOD

Pour 100ml of the double cream into a saucepan and bring to a simmer then remove from the heat and stir in the chocolate, sugar and butter. Continue stirring thoroughly and once it all combines into a silky looking chocolate sauce stir in a tablespoon of milk to help it hold together. Pour this into a bowl and put it in the fridge to chill.

Now whisk the double cream with the icing sugar and vanilla essence until it holds its shape. Once the chocolate sauce has reduced in temperature a little, stir in the broken biscuits and fold the whole thing into the whipped cream until fully incorporated.

Decant into small coffee cups or tumblers and chill until ready to serve.

# PEANUT BUTTER & CHOC CHIP COOKIES

Oh we literally inhaled these cookies! Soft, crumbly, peanut buttery, but with pockets of oozing chocolate.. All that and so simple to make!

Serves 4

Ingredients	Equipment
2 scant cups flour (about 250g)	2 mixing bowls
1/2 tsp baking powder	Baking tray, lined with parchment
1 cup smooth peanut butter	Hand whisk
200g butter (room temp)	Pre-heated oven 180cFAN
200g brown sugar	
Pinch sea salt	<b>Theo's tip</b>
Few drops vanilla essence	
2 eggs	
Handful chocolate chips (or broken chocolate bar!)	

## METHOD

In a large mixing bowl, whisk together the sugar, eggs, peanut butter and vanilla essence. Separately, mix the baking powder into the flour and then mix into the creamed eggs and peanut butter, finally fold in half the chocolate chips.

Once everything is combined, put a dollop of cookie dough (about a heaped tablespoon) on to the baking tray lined with parchment and stab a few chocolate chips on top of each dollop. Continue to fit on as many as you can on the baking tray whilst leaving some space around each one (they will flatten and expand).

Pop into the oven for about 9-10 minutes, they will look a little under-done, but let them cool and they'll harden just enough but still have a little 'chew'. I like a glass of milk with these!





## NO-COOK NUTELLA CHEESECAKE

These are so good! Really easy to make and what kid doesn't love Nutella! Use store-own brands for a cheaper alternative.

Serves 4

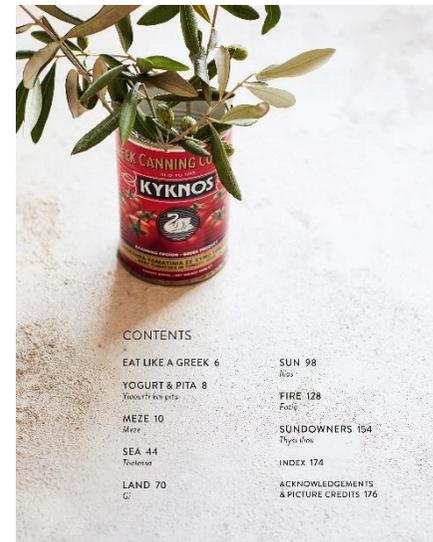
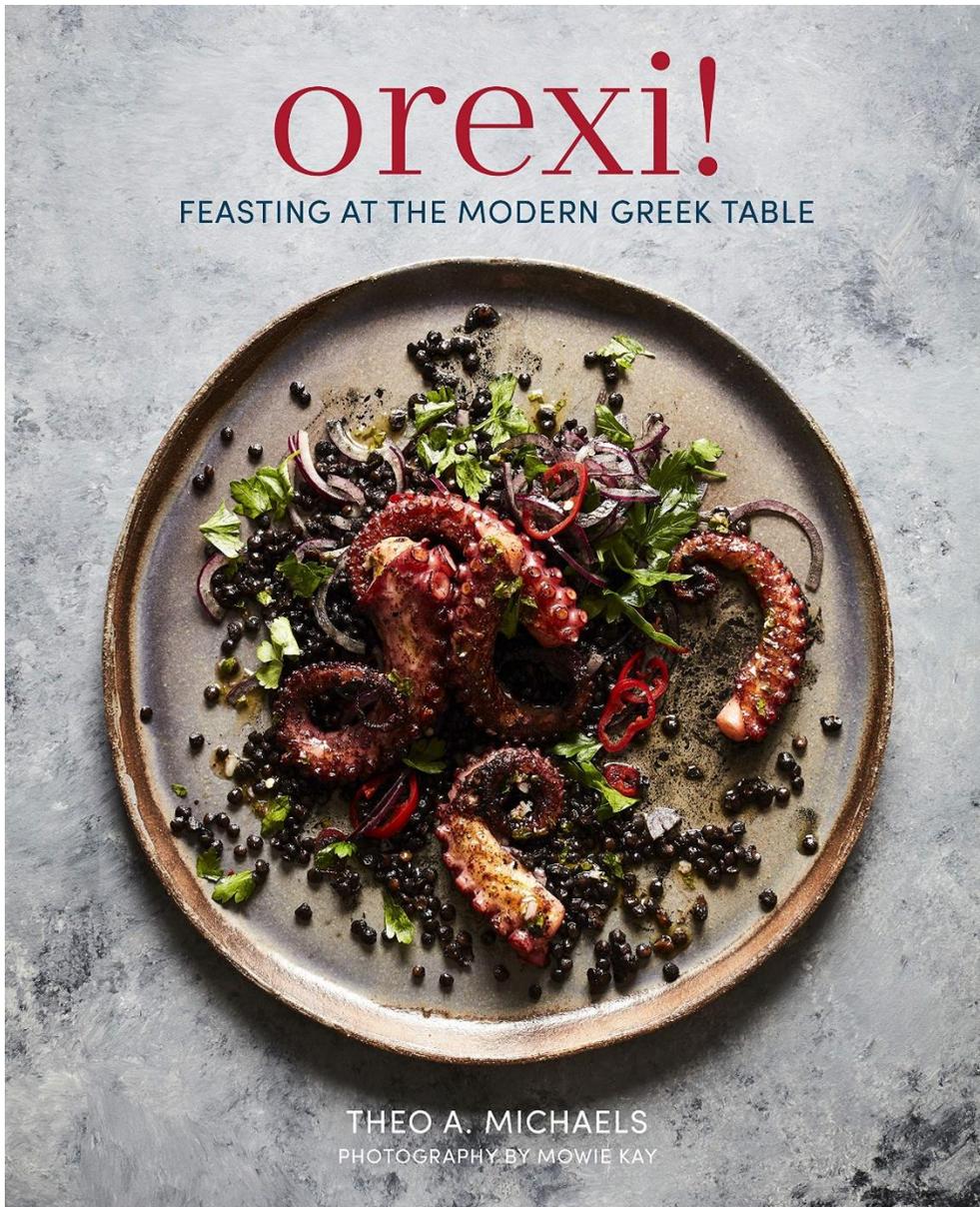
Ingredients	Equipment
500g cream cheese 350g nutella 100g digestive biscuits 6 tbsp melted butter 1 tbsp sugar Pinch salt Chopped nuts for decoration	2 mixing bowls 9inch spring form cake tin  <b>Theo's tip</b> You can easily make these as individual cheesecakes served in tumblers.

### METHOD

Mix the melted butter and digestive biscuit crumbs together with the sugar until fully combined then place in a cake tin and press down to level and compact. Reserve in the fridge to harden.

Mix the nutella, creamcheese and a pinch of salt together until fully combined then gently spread over the biscuit base. Sprinkle with chopped nuts to decorate and store in the fridge to firm up for a minimum of 2 hours or overnight.

# Other books by Theo...



## Goat's cheese, date and pancetta skewers

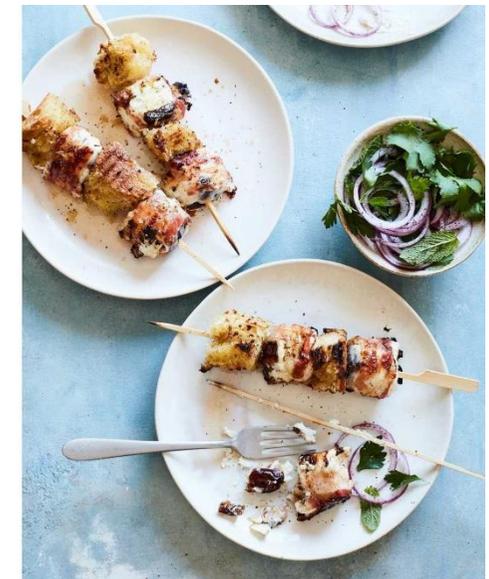
These little parcels – containing molten goat's cheese cushioning a sweet, warm date, wrapped tidily in a salty pancetta duxet – are a delight especially when skewered and immersed with charred chunks of bread. I like to make a large pile of them for everyone to help themselves and prefer to cook them on the barbecue/outdoor grill, but if it's raining (and you're not Greek and not willing to stand under an umbrella next to a burning barbecue/outdoor grill) they do equally well under an indoor grill/broiler. (Don't say that just for effect, many times I've found my dad outside in the pouring rain standing next to our barbecue/outdoor grill holding a beery – and I love you for it! Papa!)

**450 g/1 lb. semi-soft goat's cheese log (la Blanche is very good)**  
**12 stoned/pitted dates**  
**12 rasher/slice of pancetta**  
**1 small loaf bread**  
**1 tablespoon dried oregano**  
**a pinch of dried chilli flakes/ hot red pepper flakes**  
**salt and freshly ground black pepper**  
**olive oil, for drizzling**  
**barbecue/outdoor grill, lit and hot**  
**12 skewers (if wooden, soak for 30 minutes first)**

SERVES 6

Cut the goat's cheese into discs about 5 cm/2 inches thick, and then gently push one date on top of each piece of goat's cheese in the middle. Lay a rasher/slice of pancetta on a flat surface and then place one piece of cheese near the top. Start to wrap the pancetta around the cheese, turning the pancetta by 90 degrees halfway to create an almost-sealed parcel. Season with a little black pepper and then repeat until all the parcels are done. Now for the croutons. Rip the bread into similar size pieces as the goat's cheese parcels, and drizzle some olive oil over, followed by a little seasoning, the oregano and dried chilli flakes/hot red pepper flakes. Skewer the goat's cheese parcels and bread, alternating between the two. Try to pierce the skewer through the centre of the goat's cheese, ideally going through the date and, if possible, the end of the piece of pancetta to help hold it all together. Place the skewers on the barbecue/outdoor grill, turning them every few minutes as soon as the pancetta starts to crisp. Serve while still warm and gooey.

24 MEZZE



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# 'SHARE' Featuring 10 different themed sharing boards and over 80 recipes



## STEAMED RAZOR CLAMS WITH GARLIC BUTTER

Razor clams are interesting... their white flesh actually resembles squid more than their closer cousin clams and mussel. They take only a few minutes to cook and all they need is a splash of white wine and a little seasoning to make them taste seriously good. They are great to share, and don't forget the bread for dunking in the delicious liquor!

### SERVES 6

500 g/1 lb. a oz. razor clams, cleaned  
 40 ml/1 1/2 cup olive oil  
 3 garlic cloves, sliced  
 a splash of white wine  
 30 g/1 1/2 tablespoons butter

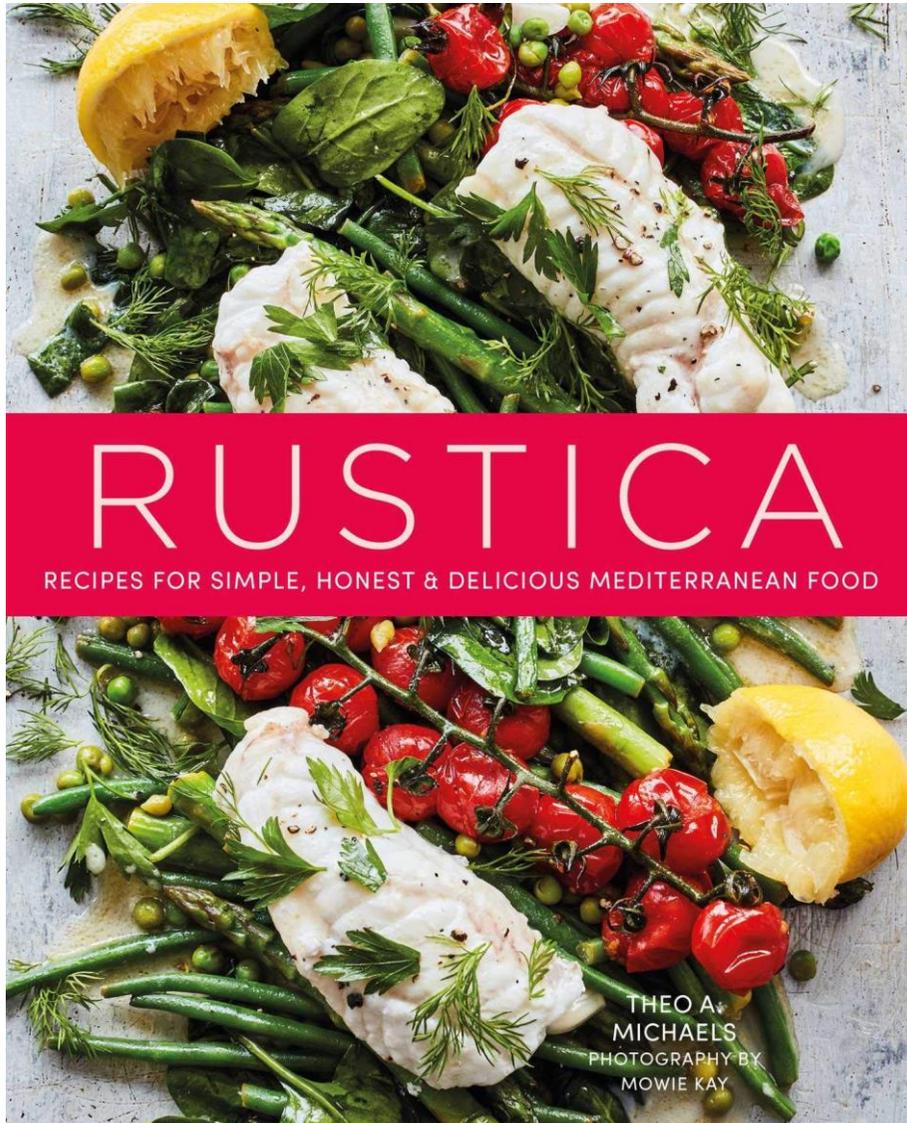
a handful of freshly chopped flat-leaf parsley  
 a pinch of dried chili/hot red pepper flakes  
 freshly squeezed juice of 1/2 lemon  
 salt, to taste (optional)  
 some good bread, to serve

Rinse the razor clams well in cold, running water, discarding any that don't close properly when handled.  
 Heat the olive oil in a large heated sautépan and drop in the garlic slices. Just before the garlic starts to brown, add the razor clams and give the pan a little shake. Pour in the wine, cover the pan with the lid and cook for just a minutes or so, until all the shells have opened and the meat has turned opaque.  
 Remove the lid, let the wine reduce for a further minute, then drop in the butter and turn off the heat, swirling the pan gently to incorporate the butter. Just before serving, throw in most of the parsley (holding a few pinches back to garnish) and chilli (hot red pepper flakes and squeeze in a little lemon juice. Taste one and if it needs salt. (It doesn't usually, but always worth checking), sprinkle a little over the clams.  
 Place the razor clams on your board or arrange them in a shallow dish or platter, drizzle over the sauce and sprinkle over the reserved chopped parsley. Serve with bread.



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