



Smethwick CAN

Cookery Classes with Kitchen School & Albert

KITCHEN

6 week course programme

Week	Date	Time & Place	Class	Notes
Week 1	20 th April 15	10.30am – 2pm Raglan Road Christian Church B16	Introduction to the course Cook Lunch	Group talk about cookery – issues, problems favourite meals Meal: Mediterranean Fish Stew (Albert makes bread?)
Week 2	27 th April 15	10.30am – 2pm Meet at Raglan Road – or near supermarket of choice	AM Shopping for a store cupboard & bargains PM – cook lunch as a group	Trip to local supermarket to buy lunch. JB bring store cupboard list and we discuss what is basic store cupboard items Make lunch using pasta and what we find in supermarket
Week 3	11 th May	10.30am – 2pm Raglan Road Christian Church B16	Bread making with Albert	Group bread making Tomato & basil Soup
Week 4	18 th May	10.30am – 2pm Raglan Road Christian Church B16	One Pot Cookery	Everyone brings a pot and their own recipe and we each make their own lunch to eat and share and take home
Week 5	1 st June	10.30am – 2pm Raglan Road Christian Church B16	Sunday Lunch for under £5.	As a group we cook Sunday Roast with Veg and Yorkshire Pudding and Gravy – all from scratch Sticky toffee pudding and custard
Week 6	8 th June	10.30am – 2pm Edible Eastside Digbeth	BBQ – Jerk Chicken	Jerk Chicken, Sweet Potato Salad and Coleslaw

Week 1 Meal: Mediterranean Fish Stew

Fish is exceptionally good for you. We should all try to eat it at least once a week if not more (high in calcium, protein, Vitamin D and omega 3,6 & 9). I have chosen this as our first class because some people don't like fish but this is a recipe to get everyone into it, Mediterranean food is also famous for being the best diet for our health. Again eat tomatoes at least once a week to boost your immune system.

If you are allergic to fish or vegetarian, supplement the fish with one tin of chick peas

Ingredients (serves 4 as a soup or 2 as a main course)

large onion, sliced
2 garlic cloves, sliced
1 red chilli, finely chopped
2 tbsp tomato purée
1kg tomatoes, roughly chopped or 2 tins of tomatoes
350ml fish or chicken stock
3 strips orange zest and or squeeze lemon
1kg skinless white fish fillets, cut into large chunks – or 3 tins of fish like mackerel sardine or pilchards
handful flat-leaf parsley, chopped
Salt & pepper for seasoning

For the garlic toast croutons

1 large ciabatta or crusty loaf, cut into 1cm slices
5 tbsp olive oil
2 garlic cloves, halved

Method

To make the garlic toasts, drizzle the bread with oil, then griddle or grill until golden all over. While the toasts are still hot, rub them with garlic and the chop in 1 cm cube and set aside.

Heat the oil in a wide, deep frying pan. Add the onion and cook over a gentle heat for 5 mins until softened. Stir through the garlic and chilli and cook a couple of mins more. Add the tomato purée and tomatoes. Turn up the heat and cook for 10-15 mins, stirring until the tomatoes are pulpy. Add the fish stock and orange zest and heat until gently simmering. Nestle the fish chunks into the liquid and cook for 5 mins. (You can add shell fish if you have some at this point and cook for 5 mins more until the fish is cooked through and the clams have opened (discard any that haven't)) Sprinkle the parsley over the stew and serve with the garlic croutons.

Week 3 – Bread and Soup

Tomato & Basil Soup

1-1kg/2lb ripe tomatoes or three tins of tomatoes

1 medium onion

1 small carrot

1 celery stick

2 tbsp olive oil

2 squirts of tomato purée (about 2 tsp)

a good pinch of sugar

2 bay leaves

Handful of fresh basil leaves

1.2 litres/ 2 pints hot vegetable stock (made with boiling water and 4 rounded tsp bouillon powder or 2 stock cubes) only use 1.5 pints if using tinned tomatoes

Method

Firstly, prepare your vegetables. You need 1 kilo ripe tomatoes. Throw the vines and green bits away and wash the tomatoes. Now cut each tomato into quarters and slice off any hard cores (they don't soften during cooking and you'd get hard bits in the soup at the end).

Peel the onion, celery and carrot and chop them into small pieces. Spoon 2 tbsp olive oil into a large heavy-based pan and heat it over a low heat. Hold your hand over the pan until you can feel the heat rising from the oil, then tip in the onion, carrot and celery and mix them together with a wooden spoon. Still with the heat low, cook the vegetables until they're soft and faintly coloured. This should take about 10 minutes.

Squirt in about 2 tsp of tomato purée, then stir it around so it turns the vegetables red. Add the tomatoes, sprinkle in a good pinch of sugar and grind in a little black pepper. Add bay leaves into a few pieces and throw them into the pan. Stir to mix everything together, put the lid on the pan and let the tomatoes stew over a low heat for 10 minutes until they shrink down in the pan and their juices flow nicely. From time to time, give the pan a good shake – this will keep everything well mixed. Slowly pour in the hot stock stirring at the same time to mix it with the vegetables. Turn up the heat as high as it will go and wait until everything is bubbling, then turn the heat down to low again and put the lid back on the pan. Cook gently for 25 minutes, stirring a couple of times. At the end of cooking the tomatoes will have broken down and be very slushy looking.

Remove the pan from the heat, take the lid off and stand back for a few seconds or so while the steam escapes, then fish out the pieces of bay leaf and throw them away. Ladle the soup into your blender until it's about three-quarters full, fit the lid on tightly and turn the machine on full. Blitz until the soup's smooth (The soup may now be frozen for up to 3 months. Defrost before reheating.) Pour the puréed soup back into the pan and reheat it over a medium heat for a few minutes, stirring occasionally until you can see bubbles breaking gently on the surface. Taste a spoonful and add a pinch or two of salt if you think the soup needs it, plus more pepper and sugar if you like. If the colour's not a deep enough red for you, plop in another teaspoon of tomato purée and stir until it dissolves. Add the fresh basil leaves just before serving.

Week 4 – One Pot Cookery

Lancashire Hot Pot (jayne's recipe)

100g oil or butter
500g stewing lamb, cut into large chunks
2 medium onions, chopped
4 carrots, peeled and sliced
25g plain flour
2 tsp Worcestershire sauce
500ml lamb or chicken stock
2 bay leaves
500g potatoes, peeled and sliced

Heat oven to 160C/fan 140C/gas 3. Heat some dripping or butter in a large shallow casserole dish, brown the lamb in batches, lift to a plate.

Fry the onions and carrots in the pan with a little more oil until golden. Sprinkle over the flour, allow to cook for a couple of mins, shake over the Worcestershire sauce, pour in the stock, then bring to the boil. Stir in the meat and bay leaves, then turn off the heat. Arrange the sliced potatoes on top of the meat, then drizzle with a little more dripping. Cover, then place in the oven for about 1½ hrs until the potatoes are cooked.

Remove the lid, brush the potatoes with a little more butter, then turn the oven up to brown the potatoes, or finish under the grill for 5-8 mins until brown.

Week 4 – One Pot cookery

Cheryl's Chicken Stew

2 -3 pieces of halal Chicken Breast
2 Leeks
2 onions
2 carrots
½ swede
1 parsnip
2-3 potatoes
Stock / flour to thicken

Put everything in the pan, bring to the boil and simmer until cooked (about 40 mins)

Eunice's Stir Fry

3 peppers
2-3 cloves garlic
2 tables spoons olive oil
200g Sausages
100g cooked tiger Prawns
2 hot Chillis
500g spaghetti

Fry off the sausages and then slice. Cook the spaghetti for 10 mins (al dente)

Chop onion and peppers and garlic – fry until soft. Add the sausages and prawns

Add the spaghetti to the mix and serve.

Week 5 – Sunday Roast (serves 4 or 6)

Roast Beef

1 tsp plain flour
1 tsp mustard powder
Salt & pepper
1 kilo - beef top rump joint
1 onion, cut into 8 wedges

For the gravy

1 tbsp plain flour (if necessary)
250ml beef stock

For the Yorkshire pudding

3 eggs
115g/4oz flour
275ml/½ pint milk
beef dripping, lard or sunflower oil.
salt

Heat oven to 240C/220C fan/gas 9. Mix the flour and mustard powder with some seasoning, then rub all over the beef. Put the onion and carrots into a roasting tin and sit the beef on top, then cook for 20 mins. Reduce oven to 190C/170C fan/gas 5 and continue to cook the beef for 40 mins if you like it rare, 50 mins for medium and 70 mins for well done.

Remove the beef and carrots from the oven, place onto warm plates or platters and cover with foil to keep warm. Let the beef rest for 30 mins while you turn up the oven to cook your Yorkshire puds and finish the potatoes.

For the gravy, put the tin with all the meat juices and onions back onto the hob. Stir in the flour, scraping all the stuck bits off the bottom of the tin. Cook for 30 secs, then slowly stir in the stock, little by little. Bubble to a nice gravy, season, then serve with the beef, carved into slices, carrots and all the other trimmings.

For the Yorkshire pudding, mix together the eggs, flour and a pinch of salt. Add the milk, stirring constantly, until you have a runny batter. Leave this to rest, covered, in the refrigerator for up to 12 hours but at least an hour.

Place 1cm/½in of fat in the bottom of each pudding mould, or if you are using a rectangular roasting tray, place 1cm/½in of beef dripping across the bottom. Heat the dripping in the oven (at 240C/460F/Gas 8) for about ten minutes, until it is piping hot.

Remove the roasting tray from the oven, pour in the batter, and immediately return to the oven. Bake for 25 minutes, until golden brown and crispy, making sure not to open the oven door for the first 20 minutes. Serve immediately with the carved roast beef.

Sunday Pudding - Sticky Toffee Pudding

175g medjool dates, stoned and roughly chopped
1 tsp bicarbonate of soda
300ml boiling water
50g unsalted butter, softened
80g golden caster sugar
80g dark muscovado sugar
2 eggs, beaten
175g flour
1 tsp baking powder
Pinch of ground cloves
75g walnuts

For the sauce:

115g unsalted butter
75g golden caster sugar
40g dark muscovado sugar
140ml double cream

1. Pre-heat the oven to 180C. Butter a baking dish approximately 24cm x 24cm.
2. Make the sauce by putting all the ingredients into a pan with a pinch of salt and heating slowly until the butter has melted, then turn up the heat and bring to the boil. Boil for about 4 minutes, until the sauce has thickened enough to coat the back of a spoon. Pour half the sauce into the base of the dish and then put it in the freezer while you make the rest of the pudding.
3. Put the dates and bicarbonate of soda in a heatproof dish and cover with the boiling water. Leave to soften while you prepare the rest of the pudding.
4. Beat together the butter and sugar until fluffy, and then beat in the eggs, a little at a time. Stir in the flour, baking powder, cloves and a pinch of salt until well combined, and then add the dates and their soaking water, and the walnuts, and mix well.
5. Take the dish out of the freezer and pour the batter on top of the toffee sauce. Put into the oven for 30 minutes, until firm to the touch, and then take out of the oven.
6. Heat the grill to medium, and poke a few small holes evenly over the surface with a skewer or fork, and then pour over the rest of the sauce. Put briefly under the grill, keeping an eye on it as it can easily burn.

Serve with vanilla ice-cream or custard, or cream or even yoghurt.

TIME PLAN FOR THE SUNDAY DINNER

Always start from where you want to eat and work backwards. Make sure you know how long everything takes. Today we want to eat at 1pm.

10.45am	Make up the Yorkshire pudding mix Make caramel sauce for the pudding (then freeze)	Pre heat oven
11am.	Meat goes in the oven (1.30mins cooking time and 30 mins resting (should be ready by 1pm)	
11.15am	Prepare the veg	
11.30am	Par boil the potatoes for roasting	Turn down the oven
12.00	Potatoes in the oven	
12.15pm	Make the sticky toffee pudding mix Heat oil for the Yorkshire puddings	
12.30pm	Roast out of the oven to rest Yorkshire pudding in the oven Cook carrots and cabbage	turn the oven up
12.45pm	Make the gravy Warm plates Drain vegetables leave to keep warm with lid on	
1pm	Everything ready to serve Yorkshire out of the oven Potatoes out of the oven Put sticky pudding in the oven	turn oven down
1.30pm	Sticky pudding ready	Turn oven off

Week 6 – BBQ

Jerk Chicken

- 1 tbsp allspice berries
- 1 tbsp black peppercorns
- ½ tsp cinnamon
- ½ tsp ground nutmeg
- 1 tbsp fresh thyme leaves, chopped
- 4 spring onions, chopped (use the white part and most of the green)
- 3 scotch bonnet chillies, finely chopped
- 1 tbsp dark brown sugar
- 1 tsp salt
- 2 tbsp dark soy sauce
- Juice of 1 lime
- 6 chicken legs (thigh with drumstick attached), skin-on (or 6 thighs and 6 drumsticks)

Method

1. Pound the allspice and the peppercorns in a pestle and mortar to a powder, then add to a food processor along with the cinnamon, nutmeg, thyme, spring onions and chillies. Whizz to a purée, then stir in the sugar, salt, soy sauce and lime juice.
2. Pour the marinade into a bowl then add the chicken and massage it into the meat, making sure you get it underneath the skin. Cover and leave to marinate for at least 6 hours, or overnight.
3. Light a barbecue and allow it to cool to a medium heat – you should be able to hold your hand over the grill for 4 seconds without getting singed. Add the chicken and sear on both sides, then move to the edges of the barbecue, put the lid on the barbecue and cook for about 25 minutes, turning occasionally, until the chicken is cooked through.

Alternatively, pre-heat the oven to 180C and then cook the chicken in a roasting tray covered with foil for about an hour, until cooked through.

Heat a griddle pan on a high heat, and then sear the legs on both sides until charred and crisp.

Sweet Potato Salad

1.2kg sweet potatoes, peeled and cut into biggish chunks
1 tbsp olive oil

For the dressing

half a small red onion, finely chopped
4 spring onions, finely sliced
small bunch chives, snipped into quarters or use mini ones
5 tbsp orange juice
2 tbsp extra-virgin olive oil
1 tbsp honey (optional)
salt and pepper

Heat oven to 200C/180C fan/gas 6. Toss the sweet potato chunks with the olive oil and some seasoning, and spread on a baking parchment-lined baking sheet. Roast for 30 - 35 mins until tender and golden. Cool at room temperature.

When just about cool whisk together all the dressing ingredients with a little more seasoning and gently toss through the potato chunks – use your hands to avoid breaking them up.

Coleslaw

6 tbsp plain yogurt
½ tsp Dijon mustard
juice of 1 lemon
½ white cabbage
2 carrots
½ onion

Mix the yogurt, mustard and lemon juice together in a bowl.

Grate the carrots and onion

Either grate the cabbage or chop as finely as you can.

Tip all of the vegetables into the bowl and stir through the dressing. Leave to rest for an hour for flavours to fuse

Will keep in the fridge for up to 3 days.