

The Star Room



Cook Book!

Made by all the pupils in the Star Room

First Edition—Autumn 2020

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Made by the Star Room Team

Enjoy :)

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Let the Star Room Team teach you how!

This book is amazing. With over 15 tried and tested recipes for you to try.

Star Room pupils have created these recipes during their cookery sessions this term.

Each recipe has been written and illustrated by the pupils, with easy-to-read instructions and clear ingredient lists.

Fun for the family to make and delicious to eat, you will get cooking in no time!

Now enjoy!

Star Room Apple & Blackberry Crumble



This recipe was made using home-grown apples and blackberries from the Arts Garden and our school grounds.

The ingredients

- 🍎 120g plain flour
- 🍎 60g caster sugar
- 🍎 90g unsalted butter at room temperature, cut into pieces
- 🍎 300g apples
- 🍎 115g blackberries
- 🍎 50g Demerara sugar
- 🍎 ¼ tsp ground cinnamon

What we did

- 1: Heat oven to 190c/170c fan/Gas Mark 5. Tip 120g plain flour and 60g caster sugar into a large bowl.
- 2: Add 60g unsalted butter, then rub into the flour to make a light bread crumb texture. 3: Sprinkle the mixture onto a baking sheet and bake for 15 minutes or until lightly coloured.
- 4: Meanwhile, for the Compote, peel, core and cut 300g apples into 2cm dice
- 5: Put 30g unsalted butter and 50g Demerara sugar in a medium saucepan over a medium heat for 3 minutes or until the mixture turns a light caramel.
- 6: Stir in the apples and cook for 3 minutes. Add 115g blackberries and ¼ tsp ground cinnamon and cook for 3 minutes more.
- 7: Cover, remove from the heat and leave for 2 to 3 minutes to continue cooking in the warmth of the pan.
- 8: To serve, spoon the warm fruit into an ovenproof dish, top with the crumble mix, then re-heat in the oven for 5 to 10 minutes. **Serve with vanilla ice cream or single cream.**

Then enjoy!

Star Room Courgette & Tomato Soup



This is how you make a proper soup, a recipe that will get you readier than you've ever been for Winter. And it's delicious!

Makes 8 tasty bowls, 10 minutes to prepare, 35 minutes to cook.

The ingredients:

- 1 tablespoon of unsalted butter
- 2 large chopped onions
- 1 kilogram of sliced courgette
- 1 kilogram of diced tomato
- 2 tablespoons of all-purpose flour
- ½ a teaspoon of turmeric
- 2 litres of low-sodium chicken or vegetable stock from cubes

and to serve, some crusty bread.

What we did:

1. Melt the butter in a large saucepan. Add the onions and courgette. Cook it for 5 minutes on a medium heat, stirring occasionally.
2. Add the tomato and flour, then cook it again for a couple of minutes, stirring around to prevent the flour from making lumps.
3. Add the turmeric and stock, and then cover it and simmer for half an hour.
4. Purée the soup with a hand blender, then sieve it for a super smooth texture.
5. Serve it hot with the bread, or you can chill it, then freeze it for up to 2 months.

Then enjoy!

The Star Room pizza recipe!



Today we shall be sharing the Star Room pizza recipe! It also takes inspiration from outside sources. Let's get to it!

The ingredients:

- 120g Passata
- 1 tbsp tomato puree
- ½ tsp sea salt
- 1 mozzarella ball, torn into pieces
- 10 pepperoni slices
- 30g mozzarella or cheddar, grated

What we did.

1. Firstly you will need to preheat the oven at the warm temp of 200C/180C Fan/Gas 6.
2. Mix the passata, tomato puree and salt in a bowl.
3. Then cover your pizza base in the tomato sauce.
4. Add all the toppings you want.
5. Then put it in the oven for 15 minutes or until the cheese is golden and bubbling and ta da! A pizza for you!

Then enjoy!

Star Room chutney!



This is another recipe made from the love of the star room to you! We grow our plants in the arts garden! Now to the recipe!

The ingredients.

- 😂 1 tbsp Mixed spice
- 😂 2 tbsp Mustard seed
- 😂 1 Cinnamon stick
- 😂 500ml Cider vinegar
- 😂 400g Brown sugar
- 😂 4 Onions - chopped
- 😂 1kg Courgette - diced
- 😂 4 Apples -peeled & diced
- 😂 300g Sultana
- 😂 1kg Tomato - chopped

What we did.

- 1: put the vinegar, 300ml water, sugar and spices in a large pan, heat it while stirring until the sugar dissolves and then add the rest of the ingredients with a tsp of salt.
- 2: bring the liquid to a simmer uncovered for two and a half hours until darkened, thick and chutney like.
- 3: wash the jars thoroughly and dry them completely.
- 4: pour the chutney in a jar and leave for 3 weeks in a dark place before opening.

Then enjoy!



Star Room Specialty Whole Wheat Pumpkin Loaf!

Made with the finest ingredients chosen by the Star Room staff.

The ingredients.

- 1/2 Cup raisins
- 1 Cup whole wheat flour
- 2/3 Cup all-purpose flour
- 1 tsp ground cinnamon, 1 tsp baking soda, 1/2 tsp baking powder, 1/2 tsp salt, 1/2 tsp ground cloves, 1/4 tsp ground nutmeg.
- 1 Cup pumpkin puree.
- 1 Cup white sugar.
- 2 Eggs.
- 1/4 Cup Rapeseed oil.

What we did.

- 1: Preheat the oven to 190c/170c fan/Gas Mark 5.
- 2: Place raisins in a bowl and pour in boiling water to cover. Allow to sit until raisins are plump and rehydrated, 3 to 4 minutes. Drain raisins and reserve 1/3 cup of the soaking water in a separate bowl.
- 3: Combine whole wheat flour, all-purpose flour, cinnamon, baking soda, baking powder, salt, cloves and nutmeg in a large bowl.
- 4: Combine pumpkin puree, sugar, eggs, reserved soaking water and Rapeseed oil in another large bowl; mix with a spoon or a whisk until well combined.
- 5: Stir pumpkin mixture into flour mixture until well moistened. Fold in raisins. Pour batter into a 9x5 in/ 22.5 cm x12.5 centimetre loaf pan.
- 6: Bake for 50 to 55 minute. Allow to cool in the pan for 15 minutes then transfer to a wire rack.

Then enjoy!

Star Room Specialty Pumpkin Squares!



Made with the finest ingredients chosen by the Star Room staff.

The ingredients.

- 2 Cups plain flour
- 2 tsp ground cinnamon, 1 tsp baking soda, 2 tsp baking powder, ½ tsp salt, ½ tsp ground cloves, ½ tsp ground nutmeg, ½ tsp ground ginger.
- 1 Cup pumpkin puree.
- 2 Cup white sugar.
- 4 Eggs.
- ¼ Cup Rapeseed oil.
- 1 cup of vegetable oil

What we did.

- 1: Preheat the oven to 175 C
- 2: In a medium bowl, mix together the eggs, oil, sugar and pumpkin until smooth.
3. Sift together the flour, cinnamon, cloves, ginger, nutmeg, baking soda, baking powder and salt.
4. Stir into the pumpkin mixture.
5. Spread evenly into prepared baking tray and bake for 25 – 30 mins. Allow to cool in the pan for 15 minutes then transfer to a wire rack.

Then enjoy!

How to make Star Room Pumpkin Seeds



It's so odd that so many people don't know about this. These crispy seeds are a very addictive and delicious snack *and* another use for your soon-to-be jack-o-lanterns.

Time: 3 mins prep / 10 mins bake

Tastiness: 10/10

All you need is:

- ✚ A pumpkin
- ✚ Fine sea salt
- ✚ Cracked black pepper
- ✚ Spray oil

How do I make these, though?

1. First, open a pumpkin. Use a big, flat spoon to scrape the seeds from your pumpkin.
2. Next, pull away the flesh and rinse your seeds clean in a bowl of water.
3. Spread the seeds evenly over a large baking tray and season with the salt and pepper.
4. Spray oil over the top and mix together so the seeds are well coated.
5. Then, bake at 180°C (350°F/gas mark 4) for 10 minutes or until the seeds are lightly golden brown.

Then enjoy!



Star Room Specialty Lean Burger and Side Salad.

Made with care by the Star Room staff and pupils,

The ingredients.

- Low-calorie cooking spray
- 1 small onion, finely chopped
- 200g Portobello mushrooms, finely chopped
- 500g extra-lean beef mince (5% fat)
- Tsp of dried thyme
- Freshly ground black pepper

For the salad:

1 Little Gem lettuce, leaves separated. 120g cherry tomatoes, sliced. 1/3 cucumber, sliced.

What we did.

1: Spray a small frying pan with oil and cook the onion and mushrooms over a medium heat for 5 minutes, or until well softened, stirring regularly. Tip into a heatproof bowl and leave to cool for 5 minutes.

2: Add the beef, thyme and ground pepper. Mix well and form into 4 balls. Flatten into burger shapes, each around 2cm thick.

3: Clean the pan and return to the hob. Spray with some more oil and cook the burgers over a medium heat for 10 minutes, turning occasionally, until browned on the outside and cooked through inside.

4: Serve with lettuce, tomatoes and cucumber.

Then enjoy!

The Star Room speciality staff presents: THE TRIO OF TERRIFIC SMOOTHIES!



Banana & strawberry smoothie -

The ingredients.

- 1 small banana, sliced
- 10 Strawberries, chopped
- 100ml orange juice, chilled

What we did.

Put the bananas and strawberries into a jug. Combine with the orange juice. Mix together using a stick blender.

Kiwi fruit smoothie –

The ingredients.

- 3 kiwi fruit, peeled
- 1 mango, peeled, stoned and chopped
- 1 banana, sliced
- 500ml pineapple juice

What we did.

Pour the ingredients into a jug, then blitz with a blender.

Strawberry and yogurt surprise –

The ingredients.

- 1 Cup of low-fat plain yogurt
- 3 strawberries, chopped
- 2 raspberries

What we did.

Squeeze the berries into a jug, mix with yoghurt and blend.

Then enjoy!

Super Star Room Kebabs!



This is another recipe made with love by the Star Room pupils. This recipe is very diverse as you can add whatever you want and it will taste delicious. Here we go!

The ingredients. Whatever fruit or vegetables you want! What we used:

- 🍌 Banana
- 🍇 Grapes – red & green
- 🫐 Blueberries
- 🍊 Mandarin segments
- 🍓 Strawberries
- 🥝 Kiwi slices
- 🍍 Pineapple chunks
- 🥭 Mango cubes
- 🍓 Raspberries

What we did.

We washed and chopped lots of fruit and put our choice of fruit on our skewers. It is that easy!

Then enjoy!

Star Room pasta bake!



The ingredients.

- Whole wheat pasta
- ½ fat grated cheese
- Chopped lean ham
- Grated carrot
- Chopped and grated onion
- Chopped tomatoes
- Salt
- Pepper
- Garlic

The equipment.

- A good kitchen knife
- Chopping board
- Measuring jug
- Measuring spoons
- Large saucepan
- Colander
- Ovenproof baking dish or individual portion dishes
- Grater

What we did.

1. Preheat the oven to 190c/375f/170c fan. Boil a large pan of water and cook the pasta for 1 min less than recommended. Drain.
2. Whilst the pasta is cooking, chop the ham and onion.
3. Grate carrot and add salt, pepper, garlic and chopped tomatoes.
4. Stir & cook for 2-3 minutes.
5. Stir in tomatoes, then stir all ingredients together and transfer mixture to baking tray.
6. Top with cheddar cheese and cook for 20 - 25 minutes or until the cheese is golden brown.

Then enjoy!

Star Room Satay Sweet Potato Curry!



This recipe has been inspired by our learning around Diwali – The Hindu festival of lights.

The ingredients.

- 1 tbsp coconut oil.
- 1 onion, chopped.
- 2 garlic cloves, grated.
- Thumb – sized piece of ginger, grated.
- 3 tbsp Thai red curry paste.
- 1 tbsp smooth peanut butter.
- 500g sweet potato, peeled and cut into chunks.
- 400ml can coconut milk.
- 200g bag spinach.
- 1 lime, juiced.

What we did.

1. Melt the coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 minutes. Add both garlic cloves and the ginger, and cook for 1 min until fragrant.
2. Stir in the curry paste, peanut butter and sweet potato, then add the coconut milk and 200ml of water.
3. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 minutes.
4. Stir through the spinach and lime juice, and season well. Serve with cooked rice.

Then enjoy!

Star Room Cranberry Sauce!



Another Star Room food recipe! This time we are creating cranberry sauce for our roast dinners! Let's get to the recipe!

The ingredients:

- 200g light brown sugar
- 200ml apple juice, fresh or from a carton
- 500g pack fresh or frozen cranberries

This makes approximately 16 servings

What we did:

1. Put sugar and apple juice into a pan and then bring to the boil.
2. Stir in the cranberries, then simmer until tender but still holding their shape – this will take about 5 mins if using frozen cranberries or 8-10 mins if using fresh.
3. The sauce will thicken as it cools. Will keep in the fridge for 1 week. On the day, bring to room temperature before serving.

Then enjoy!

Star Room Cake Pops!



Fun to make and yummy to eat, have a go and make this Star Room treat!

The ingredients.

- 113kg / 4oz caster sugar
- 113g / 4oz margarine
- 113g / 4oz self-raising flour
- 3 eggs
- Cooking chocolate of your choice
- Sprinkles to decorate
- Spray oil

What we did.

1. Heat the oven to 180C / gas mark 4. Spray oil inside both sides of the cake pops mould.
2. Mix together margarine and sugar, in a large bowl, using a wooden spoon.
3. Crack the eggs in one at a time and whisk well.
4. Add the flour and combine until smooth.
5. Fill the bottom of the cake pop mould $\frac{3}{4}$ of the way up, enclose with the top mould and place in the oven for 20 minutes.
6. Once cooked allow the cake pops to completely cool, then remove from the mould.
7. Melt some chocolate, put a stick in each cake pop and dip them in melted chocolate before rolling in sprinkles.

Then enjoy!

Star Room gingerbread!



The Ingredients:

- 250g self-raising flour, plus extra for rolling out
- 2 x tsp ground ginger
- 1 tsp ground cinnamon
- 50g butter
- 50g soft brown sugar
- 1 free-range egg
- 2 tbsp golden syrup

What we did:

1. Preheat the oven to 180C Fan / Gas 4. Line two baking trays with greaseproof paper.
2. Break the egg into a small bowl, add the golden syrup and beat together with a fork.
3. Sieve the flour, ginger and cinnamon into a mixing bowl and add the sugar.
4. Add the butter to the flour and chop into small pieces, rub into the flour until the mixture looks like breadcrumbs.
5. Add the egg and syrup mixture and stir to form a stiff, smooth paste. Squeeze the dough into a ball.
6. Sprinkle flour onto a clean, dry work surface and rolling pin and roll the dough out evenly to a 0.5cm/¼in thickness
7. Using cutters, cut out the gingerbread shapes and place on the baking tray, leaving a gap between them.
8. Bake for 8-10 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations, if using.

Then enjoy!