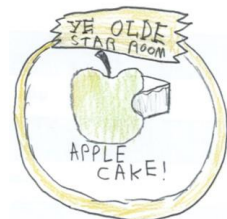
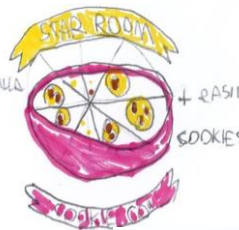


# The Star Room



# Cook Book!

Made by all the pupils in the Star Room

Second Edition—Spring/Summer 2021



# *The Star Room Cook Book!*

**Second Edition - Spring/Summer 2021**

**Made by the Star Room Team**

**Enjoy :)**

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# *Let the Star Room Team teach you how!*

This book is amazing. With 18 tried and tested recipes for you to try.

Star Room pupils have created these recipes during their cookery sessions during Spring & Summer terms.

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!

# The Star Room Cheese Scones

Today we are cooking a dish perfect for people who like cheese, with these cool Classic Cheese Scones!

## Ingredients

225g (8oz) self-raising flour  
1 pinch of salt  
1 pinch of cayenne pepper  
1 tsp baking powder  
55g (2oz) chilled butter, cut into cubes  
120g (4oz) grated mature cheddar  
100ml (4 fl.oz) milk

## What we did

Step 1: Heat the oven to 200c/180c fan/Gas 6. Sift thoroughly the flour, salt, pepper and baking powder into a bowl.

Step 2: Add the butter to the bowl and combine with your fingertips to make breadcrumbs.

Step 3: Sprinkle 100g of the cheese into the breadcrumb mixture and mix in enough milk to make a soft but firm dough.

Step 4: Lightly flour a surface and roll out the dough to approx. 2cm.

Step 5: Cut out the scones with a medium (8cm) cutter then put on a sheet of baking parchment.

Step 6: Glaze the scones with the remaining milk and sprinkle the remaining cheese onto the scones, then bake in the oven for 15-20 minute or until cooked through.

**Then enjoy!**

STAR ROOM  
BRAND



MOIST AND  
CRISPY  
CHEESE  
SCONES

# The Star Room Vanilla & Raisin Biscuits

## Ingredients

300g plain flour  
 $\frac{1}{4}$  tsp salt  
150g (diced) unsalted butter  
1 tsp vanilla extract  
1 large egg  
Handful of raisins  
2 tsp icing sugar



## What we did

1 - Mix the flour, salt and sugar in a mixing bowl, add the butter then rub in with your fingers until it resembles breadcrumbs. Beat the egg and stir it and the vanilla extract into the mixture, then knead to make a smooth dough.

2 - Divide the dough into 2 and knead the raisin into one, then wrap both halves in cling film and chill in the fridge for 15-20 minutes.

3 - Preheat the oven to 180C/160C Fan and line 2 baking trays with baking parchment. Roll out both dough balls onto a floured surface to 5mm thick and use a cookie cutter to cut out the dough. Place the raisin biscuits onto one tray and the vanilla ones on the other then chill for 10 minutes.

4 - Bake for 15 minutes until lightly golden, swap the trays over half way through cooking. Cool the trays then sprinkle with the icing sugar.

**Then enjoy!**

# Star Room Mac and Cheese!

## Ingredients

- ★ 25g/1oz butter
- ★ 400-500ml/14-18fl oz milk
- ★ 80g/3oz cheddar cheese, grated
- ★ Salt and white pepper
- ★ Macaroni

## What we did

1. Melt the butter in a saucepan.
2. Stir in the flour and cook for 1-2 minutes.
3. Gradually stir in the milk, stirring constantly. Ensure that the milk is completely absorbed and the sauce is smooth and shiny before each addition of more milk. This will help ensure you get a smooth sauce with no lumps. Once all the milk is added, keep stirring and bring the sauce to a gentle boil.
4. Reduce the heat and simmer gently for 5 minutes. Season with salt and pepper.
5. Stir in cheese and allow to melt. Don't re-boil the sauce or it will become stringy, add the macaroni to the pot.

**Then enjoy!**





# The Star Room Hummus

The Star Room brings an ever-so-vegan offering of delicious food to the table today with this fantastic vegan hummus recipe!

## Ingredients

400g (14 Oz) Drained can of Chickpeas.

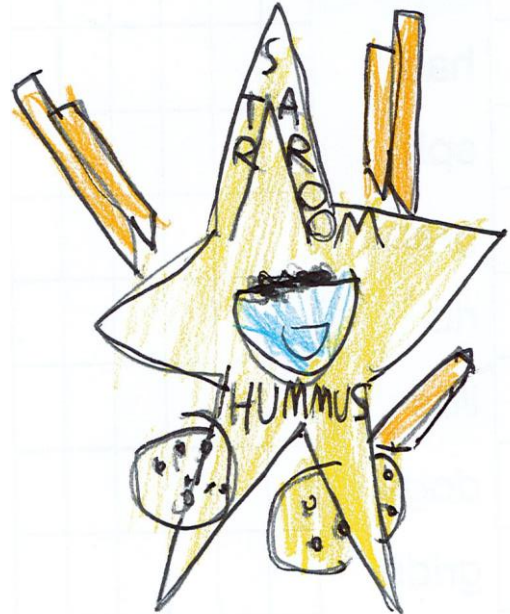
80ml (3 Fl. Oz) Extra Virgin Olive Oil.

1-2 Fat Garlic cloves (Peeled and Crushed)

1 Lemon, juiced and half-zested.

3 Tbsp Tahini.

Toasted Pitta Bread (To serve, optional)



## What we did

Step 1: Thoroughly rinse the chickpeas in a colander under cold running water.

Step 2: Tip the chickpeas into the large bowl of a food processor with 60ml olive oil and blitz until almost smooth.

Step 3: Add the garlic, lemon and tahini with 30ml of water then blitz again until smooth and silky.

Step 4: Add 20ml water a little bit at a time if the mixture looks too thick.

Step 5: Season the mixture and transfer it to a bowl.

Step 6: Swirl the top of the hummus over the remaining oil and serve!

**Then enjoy!**

# The Star Room Galette!

This classic French pastry is the perfect dessert all year round. We hope you enjoy trying out this recipe as much as we enjoyed making (and eating) it!



## Ingredients:

- ✚ 400g of ready-made puff pastry
- ✚ 2 rounded tbsps apricot jam
- ✚ 100g unsalted butter, softened (plus extra for greasing)
- ✚ 100g caster (superfine) sugar
- ✚ 1 egg, lightly beaten (plus 1 for brushing)
- ✚ 100g ground almonds, ground up

## What we did

1. Preheat the oven to 200°C (180°C fan/400°F/gas mark 6).
2. Half the ready-made puff pastry, roll out each half and cut both into a 25cm round circle.
3. Put one of the now-circular halves onto a baking sheet, and spread it with the apricot jam to within 2cm of the edges.
4. Beat together the butter and sugar in a mixing bowl until light and fluffy, then beat in the egg. Stir in the ground almonds.
5. Spoon the mixture over the apricot jam, spreading it evenly. Brush the edges of the pastry with water, then cover it with the second circle you made earlier, pressing the edges in to seal the Galette. Mark the top of the pastry with a zig-zag pattern, then brush the top with beaten egg.
6. Bake the pastry in the middle of the oven for 25-30 minutes, or until crisp and golden. Serve warm or cold.

**Then enjoy!**

# Star Room Chocolate Pears!

Yet another recipe from the famed Star Room. We will show you how to cook and prepare your own scrummy chocolate pear desert.

## Ingredients:

750g golden caster sugar  
1 cinnamon stick  
2 strips lemon zest  
4 ripe pears, peeled

## For the chocolate sauce:

200g good quality dark chocolate  
142ml double cream  
150ml full fat milk  
Pinch ground cinnamon  
Vanilla ice cream, to serve



## What we did

In a large pan, add all ingredients except for pears, half fill the pan with water and bring to boil. Simmer for 10 minutes, drop in pears cover and poach for 30 minutes till soft. Then set aside.

For the chocolate sauce -

Break up the chocolate into chunks and place into heatproof bowl. Bring the cream, milk and cinnamon to the boil and pour this over the chocolate. Stir until the chocolate has all melted.

To serve drain the pears and holding them by the stem, dip them into the chocolate sauce. Serve with a generous scoop of vanilla ice-cream if you so desire.

**Then enjoy!**

# The Star Room Specialty Shortbread



## Ingredients

125g butter

55g caster sugar

180g plain flour

## What we did

1 - Heat the oven to 190C/375F/Gas 5.

2 - Beat the butter and sugar together until smooth.

3 - Stir in the flour to get a smooth paste, then turn onto a work surface and gently roll out until the paste is 1cm thick.

4 - Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.

5 - Bake in the oven for 15-20 minutes or until pale golden brown. Set aside to cool on a wire rack.

**Then enjoy!**

# The Star Room Rhubarb Fool

## Ingredients

115g rhubarb

0.5 tbsp sugar

0.5 tbsp orange juice

60ml cup heavy cream

1 tbsp plain greek low fat yogurt

## What we did

Step 1: Trim the ends off the rhubarb and slice into small pieces. Put the rhubarb, sugar and orange juice in a small pan and stir gently. Bring to a low simmer and cook until the rhubarb softens. Avoid breaking up the rhubarb.

Step 2: Set the rhubarb aside to cool, then put the cream and yogurt in a bowl and beat the mixture. Fold the rhubarb into the cream mixture. Chill until ready to serve.

**Then Enjoy!**



# The Star Room Specialty Margherita Pizza

This is a quick and easy recipe, using pre-made pizza dough bases for your convenience, great for those with busy lifestyles.

## Ingredients

- 120g Passata
- 1 tbsp tomato puree
- $\frac{1}{2}$  tsp sea salt
- 10 pepperoni slices (or other toppings of choice)
- 30g mozzarella or cheddar, grated

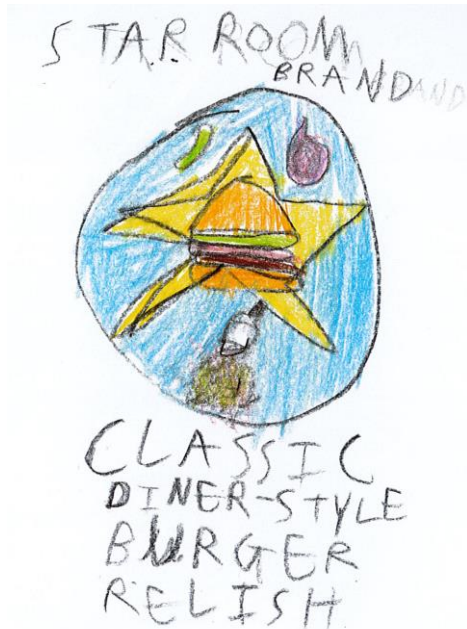


## What we did

1. Firstly preheat the oven at 200C / 180C Fan / Gas 6.
2. Mix the passata, tomato puree and salt in a bowl and then cover your pizza base in the tomato sauce.
3. Sprinkle on the cheese and add all the toppings you want.
4. Then put it in the oven for 15 minutes or until the cheese is golden and bubbling.

**Then enjoy!**

# The Star Room Classic-Style Burger Relish!



Jam-packed with fruit, veg, herbs & spices and BURSTING with flavour, this recipe is the perfect companion to a barbie burger on a summer day. Why not try with our Specialty Lean Burger and Side Salad?

## Ingredients

- ✚ 50g of fresh, grated root ginger
- ✚ 300ml of red wine vinegar
- ✚ 500g of peeled and finely chopped eating apples
- ✚ 200g of chopped pitted dates
- ✚ 200g of dried cranberries and/or raisin
- ✚ 1 tbsp of mustard seed
- ✚ 1 tbsp of curry powder
- ✚ 400g of light muscovado sugar
- ✚ 700g of rhubarb (slice into two centimetre chunks first!)
- ✚ 500g of peeled red onion

## **What we did**

1. Put the onions in a large pot with the ginger and the vinegar. Bring it to a boil, then leave it to simmer for ten minutes. Add it the rest of the ingredients, except the rhubarb, as well as two teaspoons of salt to the pot, and bring to a boil, stirring all the while. Then, simmer the mixture, uncovered, for ten minutes until the apples are nice and tender.
2. Stir in the rhubarb and cook the mix, uncovered, until the relish is thick and of a jam-like consistency. This usually takes between fifteen and twenty minutes. Then leave the relish to sit for between ten and fifteen minutes, then spoon it into warm, clean, airtight jars, and seal them. When the jars are cool, label them. Remember that the relish should be kept sealed for at least a month before opening and using it.

**Then Enjoy!**



# The Star Room Oat Pancakes



## Ingredients

- 80g porridge oats
- 100ml milk
- 3 eggs
- 2 tsp Vanilla extract
- 2 tbsp granulated sweetener
- Low calorie cooking spray

## What we did

Spray your frying pan with the cooking spray, then mix all your ingredients together and drop small amounts of the mixture onto the frying pan and cook through.

**Then enjoy!**

# The Abbey Park Star Room Crustless Quiche

## Ingredients

- 250g half fat Cheddar cheese
- 250g fat-free Cottage cheese
- 6 large eggs
- Salt and pepper



## What we did

1. Heat the oven to 200c/180c Fan/Gas 6.
2. Crack the eggs into the bowl and mix with the Cheddar and Cottage cheese.
3. Add 3 pinches of salt and pepper.
4. Bake for 20 mins, in a muffin tin. To check whether your quiches are ready, stick a skewer in them and, if the skewer comes out clean they are done.

Then enjoy!

# The Abbey Park Star Room Fruit Flapjacks

## Ingredients

- 250g jumbo porridge oats
- 125g butter
- 125g light brown sugar
- 3-4 tbsp golden syrup
- Dates, raisins and sultanas



## What we did

1. Heat the oven to 200C / 180C Fan / Gas 6.
2. Mix the oats, butter, golden syrup, sugar and fruits.
3. Lightly butter a 20cm x 20cm baking tin and add the mixture.
4. Press into the corners of the tin and score into 9 pieces.
5. Bake for 15 minutes.

Then enjoy!

# Star Room Chocolate Rice Krispy Cakes

## Ingredients

100g milk chocolate  
broken up

50g dark chocolate  
broken up

100g butter

4 tbsp. golden syrup

100g rice krispies

## What we did

Step 1 - put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt it over a pan of simmering water. Stir until smooth, then take off the heat and stir in the rice krispies, coating them gently with the chocolate until they are all fully covered.

Step 2 - divide the mixture between 12 fairy cake paper cases - it is easier if you slide these into a muffin tin as it will help them hold their shape. Leave it to set. If you want them to set faster put in the fridge for 1 hour. Will keep in an airtight container for five days.

Then enjoy!



# The Star Room Elderflower and Lemon Cordial

## Ingredients

1.8 kg granulated sugar

1.2 l water

20 clean heads of Elderflower

2 lemons

75g Citric Acid

## What we did

Dissolve sugar in water over a gentle heat, then bring to a simmer. Pour over the Elderflower heads and the zest from the lemons. Slice the lemons then add to the syrup with Citric Acid. Stir well, cover and leave for 24 hours in a cool place. Strain and pour into sterilized bottles. Refrigerate once open.



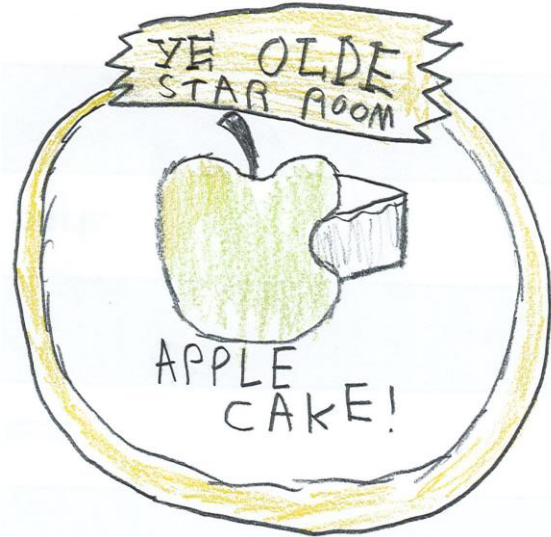
HOMEMADE  
NATURAL  
ELDERFLOWER  
& LEMON  
FRUIT CORDIAL

**Then enjoy!**

# The Star Room Dorset Apple Cake

## Ingredients

- 225g softened butter, plus extra for the tin
- 450g cooking apples
- $\frac{1}{2}$  juiced lemon, 2 tsp vanilla extract, 2 tsp baking powder
- 280g golden caster sugar
- 4 eggs
- 350g self-raising flour
- Demerara sugar, to sprinkle



## What we did

1 - Heat the oven to 180C/160C Fan/Gas 4. Butter and line a rectangular baking tin (Approx. 27x20cm) with baking parchment. Peel, core, and thinly slice the apples, then squeeze over the lemon juice.

2 - Put the butter, caster sugar, eggs, vanilla, flour and baking powder into a large bowl and mix well until smooth. Spread half the mixture into the prepared tin. Arrange half the apple slices over the top of the mixture, then repeat the layers. Sprinkle over the demerara sugar.

3 - Bake for 45-50 mins until golden and springy. Leave to cool for 10 mins, then turn out of the tin and remove the parchment. Cut into bars or squares.

**Then enjoy!**

# The Star Room Tomato and Basil Soup

## Ingredients

- 1 tbsp olive oil
- 2 crushed garlic cloves
- 5 roughly chopped sundried tomatoes in oil
- 3 x 400g cans of plum tomatoes
- 500ml vegetable stock
- 1 tsp sugar
- Fresh basil pesto
- Fresh basil leaves, to serve



## What we did

Step 1 : Heat the olive oil in a large pan, then add the garlic and soften for a few minutes over a low heat.

Step 2 : Add the sundried tomatoes, canned tomatoes, stock, sugar and seasoning, then bring to a simmer. Let the soup bubble for 10 minutes until the tomatoes have broken down a little.

Step 3 : Whizz with a stick blender, and serve with 1 tbsp of pesto swirled on top and scatter with fresh basil leaves.

**Then enjoy!**

# The Star Room Classic Scones with Jam & Clotted Cream

These scones are quick and easy to rustle up and delicious for afternoon tea or anytime you have unexpected guests.

## Ingredients

- 350g self-raising flour, plus some for dusting
- 1 tsp baking powder &  $\frac{1}{4}$  tsp salt
- 85g butter, cut into cubes
- 3 tbsp caster sugar
- 175ml milk, 1 tsp vanilla extract, squeeze of lemon juice
- Beaten egg or milk to glaze



## What we did

1. Firstly preheat the oven at 220C / 200C Fan / Gas 7. Add the flour, salt and baking powder to a large bowl and mix.
2. Add the butter to the dry ingredients, rub in with your fingers until the mix looks like fine breadcrumbs. Stir in caster sugar.
3. Pour the milk into a jug and heat in the microwave until warm, but not hot! Add the vanilla extract and squeeze of lemon.



4. Make a well in the dry mix, then add the liquid and combine quickly with a cutlery knife.
5. Scatter some flour onto the surface and tip the dough out. Shape and pat the dough into a round with your hands to about 4cm deep. Use a 5cm cutter, plunge into the dough and cut out the scones.
6. Brush the tops with beaten egg or milk and arrange on a baking sheet. Bake for 10 minutes until risen and golden.

Eat just warm or cold on the day of baking, generously topped with jam and clotted cream

**Then enjoy!**

Thank you for supporting the Star Room enterprise,  
'The Star Room Cook Book'.

We very much hope you enjoy making these dishes, at home with your families, as much as we did during our cookery sessions in school.

When you try out our recipes we would be delighted to see pictures of your results. You can e-mail us on: [allbasestaff@abbeypark.worcs.sch.uk](mailto:allbasestaff@abbeypark.worcs.sch.uk).

Enjoy!