



# The Bishop's C of E Primary Academy Community Recipe Book



Our children are lucky to be growing up in a diverse and welcoming community. We all have some much to learn from each other and so many opportunities to enjoy our different cultures.

We want to celebrate the different cultures in our community by sharing recipes that our families and children enjoy cooking and eating. We hope that you try some of these recipes and share the enjoyment



Bolo de Bolacha – Portuguese Biscuit Cake

Chocolate Brownies – From Cedar Class

Polish Broth



Homemade Chicken Nuggets from Year 2

Portuguese Custard Tarts

Chocolate Dipped Biscuits from Year 2



Polish Papal Cream Cake

Grandma's Chocolate Cake

Jamaican Ginger Cake



Bolo de Bolacha  
Portuguese Biscuit Cake



**Ingredients:**

- 2 packs of Maria biscuits
- 4 egg yolks
- 125g butter (soft)
- 250g sugar
- 1 cup strong coffee



**Preparation:**

1. Mix the egg yolks with the sugar and the soft butter until the mixture is creamy;
2. Prepare a cake tin with removable base to start layering the cake;
3. Use the coffee to dip the biscuits and layer them at the bottom of your tin. Do not dip for too long, just enough so they don't break;
4. After the first layer of biscuits, add a generous layer of the creamy mixture, followed by another layer of coffee dipped biscuits and so on until you ran out of both. The last layer should be a nice cover of the creamy mixture all over the cake, as per the picture above;
5. You can also add some chocolate shavings or biscuit crumbs on top of the cake once finished and it's ready for the fridge.
6. Please allow a few hours in the fridge before eating.

## Chocolate Brownies from Cedar Class

### Ingredients

300g sugar  
250g softened butter or margarine  
200g dark chocolate  
3 beaten eggs  
60g plain flour  
60g cocoa powder  
½teaspoon baking powder

### Preparation

- Preheat the oven to 180° C or 160° C in a fan oven.
- Line an 8"/20cm square baking tin with baking paper.
- Put the sugar and butter into the bowl of a mixer and beat for a few minutes until white and fluffy.
- Meanwhile, break the chocolate into pieces. Set 50g of it aside and melt the rest in a bowl over a pan of simmering water or melt in a microwave on a super-low setting - checking every 30 seconds. Once the chocolate begins to melt, stir to melt fully.
- Pour the beaten eggs - a bit at a time - into the sugar and butter mixture, stirring as they go in.
- Separately sift the flour, cocoa and baking powder into another bowl.
- Add in the melted chocolate to the egg, sugar and butter mixture.
- Lastly fold in the flour and cocoa powder mixture, gently but firmly, trying not to knock any air out.
- Put the mixture in the tin and bake for 25-30 minutes.
- It will rise slightly and be a bit softer in the middle. If the brownie wobbles in the middle it will need three more minutes.
- Leave to cool before you remove it from the tin.

## Polish broth – Rosół

Polish broth – Rosół is the most popular Sunday dinner choice in Polish Families – just before serving another delicious dish: Polish schnitzel – kotlet schabowy.

Rosół is a Polish chicken soup. However, not only chicken is used – you can cook it with beef, veal or pork too.

Rosół is often called Polish penicillin; traditionally it is served when someone gets sick.

Rosół is my kids' favourite soup 😊

### **This is my recipe:**

#### Ingredients:

- 4 chicken thighs
- 3-4 medium carrots
- 1 big parsley root
- ¼ celeriac (white root)
- 1-2 onions
- 2 small leeks
- Small bunch of green parsley
- Small bunch of lovage
- Turmeric and pepper
- 2-3 teaspoons of salt
- About 3 liters of filtered cold water



#### Method:

1. Wash the chicken and place in the big pot, fill with water and put on the stove. When it starts to simmer, use the little strainer to remove all the foamy stuff that come off the meat.
2. Peel and wash vegetables. Cut carrots, parsley and celeriac into slices.
3. Toast the onion over the gas. I've got an electric cooker, so I use one of the burners to do it. Simply, put the onion on the fork and toast it. You can also do it on the hot dry pan.
4. Add all your vegetables, herbs and 2 teaspoons of salt into the pot.  
At this point you should only have as much water as it covers the veg in your pot.
5. Heat the soup slowly, bring to boil and let it simmer for 2-3 hours.
6. Add more salt, if needed. Add the pepper at the end.
7. Serve with Polish egg pasta (noodles), a piece of cooked carrot and sprinkle with chopped green parsley.



Bon appetite!

Smacznego!

## Homemade Chicken Nuggets and Chips – Year 2

### Ingredients

- Cornflakes
- Chicken breasts cut into chunks
- Egg
- Large potatoes
- Beans
- Oil or fry light

1. Cut the potatoes into chip shapes and place them on an oiled tray. Put a small amount of oil on the chips.



2. Put some cornflakes in a bag and crunch them into small pieces.



3. Crack the egg into a bowl and mix.



4. Dip the chunks of chicken into the egg, then the cornflakes and place on an oiled tray.



5. Cook the chips for 40 minutes on 200 °C and chicken nuggets for 30 minutes or until golden brown.



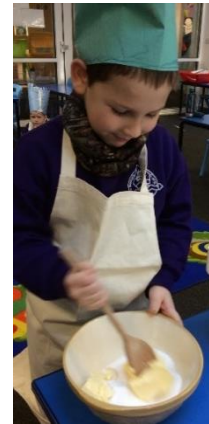
6. Heat the beans up and enjoy!

## Chocolate dipped biscuits -Year 2

### Ingredients:

200g butter  
200g sugar  
400g flour  
1 medium egg  
Chocolate (to melt)

1. In a large mixing bowl, whisk the softened butter and sugar until light and fluffy.



2. Beat the egg.

3. Mix the flour and egg with the light and fluffy mixture until it forms a dough.



4. Knead the dough, roll it out and cut into the desired shapes.

5. Bake on 180 °C for 12-15 minutes.



6. Whilst the biscuits are cooling, melt the chocolate.



7. Dip half of the biscuit in the chocolate. When they are all dipped, place them in the fridge to allow the chocolate to harden.



## Portuguese Custard Tarts – Miss Raven

I went to Lisbon last February with my family and we did a food tour where we tried Portuguese custard tarts for the first time and all really enjoyed them. In lockdown we were missing not being able to get away so I decided to do a Portuguese themed meal and make the Custard tarts as part of it. Below is the ingredients list of how to make them which I found really easy.

### Ingredients

- 1 whole egg (large)
- 2 egg yolks (large)
- 115g golden caster sugar
- 2 tbsp cornflour
- 400ml full fat (creamy) milk
- 2 tsp vanilla extract
- 1 sheet ready rolled puff pastry



### Method

- 1 Lightly grease a 12 hole muffin tin and pre-heat oven to 200C/180C fan/Gas 6
- 2 Put egg, yolks, sugar & cornflour in a pan and mix well together then gradually add the milk until mixture is well mixed and smooth.
- 3 Place pan on medium heat and stir constantly until mixture thickens and comes to the boil. Remove pan from heat and stir in vanilla extract.
- 4 Put custard in a glass/ceramic bowl to cool and cover with cling film to prevent skin forming.
- 5 Crust pastry sheet into two pieces and place them on top of each other. Roll the pastry tightly, from the short side, into a log and cut the log into 12 even sized rounds.
- 6 On a lightly floured board, roll each round into a disc (approx. 10cm) and press the pastry discs into the muffin tin.
- 7 Spoon in the cooled custard and bake for 20-25mins until golden on top. Leave to cool in the tin for 5mins then move to a cooling rack to finish cooling although they can be eaten warm.



## Polish Papal Cream Cake.

### INGREDIENTS

- 500ml of milk
- 200g of caster sugar
- 1 tsp of vanilla sugar
- 1 tbsp of butter
- 6 egg yolks
- 4 tablespoons of potato starch (potato flour)
- 500ml heavy cream (at least with 36% fat)
  - 1 tbsp of sugar
  - 50g of powdered sugar
  - 2 puff pastry sheets



### DIRECTIONS

- Bake the puff pastry according to the instructions on the package. Set aside.
- Heat up 400ml of milk and add the regular and the vanilla sugar into it. Bring to boil and then lower the heat to low.
- Meanwhile, mix the leftover 100ml milk with the egg yolks. Add the potato starch one tablespoon at the time and mix well.
  - Pour the egg mixture into the hot milk and stir constantly. After a while, the cream should start to thicken. Once it does, turn the heat off and set the cream aside to cool down completely. Once cooled add the butter, this step will help the cream thicken even more so it's easier to cut later on.
  - Beat the heavy cream to whipped cream. \*optionally you can add 1 tbsp of sugar at the end to make it bit sweeter.
  - Place 1 baked puff pastry sheet on a flat surface and pour on the vanilla cream. Then add the whipped cream on top and cover with the second puff pastry sheet.
  - Place the cake into the fridge for at least one hour.
  - Dust the top with the powdered sugar and cut into squares.



## Grandmothers special chocolate cake recipe.

You will need:

5oz self raising flour

3oz drinking chocolate

6oz butter or margarine

6oz sugar

3 eggs

1 tablespoon boiling water

1 bar of chocolate for the top

How to make:

Preheat oven to 180°C

Mix all the ingredients together in a bowl

Grease a cake tin

Pour the mixture into the tin and lightly shake it to level it

Cook for 1 hour

Test it's ready with a skewer or cocktail stick in the middle, if it comes out clean it's cooked, otherwise it needs a little longer

Break up the chocolate and place on top of the cake while still warm

Spread the melting chocolate with a spatula

Use a fork to make a spiked pattern on the top

Cut and enjoy!

My Grandmother used to work with children with additional needs and adapted her mother's recipe to create this one to use with the children she taught. She passed it on to my Mum who used it within the NHS and the Mental Health practice she worked with. My mum then introduced it to me and my little sister and we both learnt to cook it. I've now made it for my daughter to enjoy....sometimes all the chocolate ends up on the cake, sometimes only half of it!



## Jamaica Ginger Cupcakes

Ginger originated in Asia, but the Spanish transported it to Jamaica in the early 1700s. Jamaica ginger is used to add flavour to drinks, baked goods and to spice up foods. It is also widely used to help cure many ailments such as nausea, dizziness, motion sickness, vertigo, morning sickness, digestion and stomach problems.

### Ingredients to make 12 cupcakes:

7oz / 200g Self Raising Flour  
7oz / 200g Margarine or Butter  
7oz / 200g Brown Sugar  
2 eggs  
2 teaspoons Ground Ginger  
1 teaspoon Ground Cinnamon (optional)  
2 tablespoons / 40g Golden Syrup



### Method:

Put all the ingredients in one bowl and mix together with a hand mixer or electric mixer. Mix until all the ingredients turn to a creamy consistency.

Put 12 paper cases into a cupcake or muffin tray.

Spoon the mixture into the paper cases.

If you have extra mixture, use another tray and more paper cases. Bake them on the middle shelf of the oven at 180 degrees centigrade, 350 degrees fahrenheit or gas mark 4 for 20 minutes.

Leave the cupcakes to cool in the tray for 10 minutes, then put them onto a baking rack to cool.

When completely cool, store them in an airtight container.

If you can possibly resist them for a day or two, they actually get softer and yummiier!  
Enjoy! x