



# KITCHEN CREATIVITY

A range of recipes  
by ND and SN

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## **Banana bread**

### **Ingredients**

100 grams, soft butter  
175 grams, caster sugar  
2 eggs  
2 ripe bananas, mashed  
1 teaspoon of baking powder  
2 tablespoons of milk

You will also need a loaf tin, one that is about 17cm x 9cm x 9cm.

**See the next page for how to make this banana bread.**

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# Banana bread

## Method:

Pre-heat the oven to 180C / 350F / gas mark 4. Lightly grease the loaf tin with a little bit of butter and line it with non-stick baking paper. Set aside.

1. Put all the ingredients into a mixing bowl. Beat them together for about 2 minutes until they are blended well. You can use an electric mixer or do it by hand with a wooden spoon.
2. Spoon the mixture into the tin and make sure the top of the mixture is level.
3. Bake for about 1 hour, until it is well risen and golden brown. When you put a knife or a skewer into the loaf, it should come out clean.
4. Take the loaf out of the oven and leave it to cool in the tin for a few minutes.
5. Loosen the edges with a knife and turn the loaf out.
6. Remove the lining paper and leave the loaf to cool on a wire rack.
7. Serve the loaf in thick slices.



## **Carrot cake**

### **Ingredients**

300 grams wholemeal flour  
1 teaspoon baking powder  
2 teaspoons mixed spice  
3 eggs, beaten  
1 banana, mashed  
3 tablespoons granulated sweetener  
50ml rapeseed oil (plus 2 tablespoons to oil the tin)  
50 grams sultanas  
400 grams grated carrots

For the topping:

250 grams fat-free cream cheese  
1 tablespoon granulated sweetener  
Zest from 1 orange  
20 grams walnut pieces

**See the next page for how to make this carrot cake.**

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# Carrot cake

## Method:

Heat the oven to 180C / gas mark 4. Lightly grease a 20cm x 25cm cake tin with the rapeseed oil. Set aside.

1. In a bowl, mix together the flour, baking powder and spice.
2. In a different bowl add the beaten eggs to the mashed banana and mix them together well. Then add in the sweetener and oil.
3. Gradually add the dry ingredients (the mixture of flour, baking powder and spice) into the banana, egg and oil.
4. Mix in the sultanas and carrots.
5. Scoop the mixture in the cake tin. Bake for 25 to 30 minutes.
6. Remove from the oven and allow to cool on a wire rack.
7. When the cake is cool, cover it with cream cheese and top with orange zest and walnut pieces.

### TOP TIP

Make sure the cake is completely cooled before you add the topping otherwise the cream cheese will melt.





## Quick pizza

### Ingredients

350 grams plain flour

2 and  $\frac{3}{4}$  tablespoons of baking powder

Jar of tomato sauce or garlic pizza sauce

1 teaspoon of salt

1 tablespoon of oil

170ml water

Mozzarella cheese

Suggested toppings: onions, mushrooms, peppers, sweetcorn, ham, bacon, pepperoni, smoked sausage, Italian herb mix.

**See the next page for how to make this pizza.**

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# Quick pizza

## Method:

Heat the oven to 200C / 180C fan / gas mark 6.

1. Mix together the flour, baking powder and salt in a large bowl.
2. Add 1 tablespoon oil to 170ml water. Stir it until it forms a ball. If it feels stiff, you can add more water. The mixture should be soft but not sticky.
3. Put the dough on a floured surface.
4. Knead the dough for 3 or 4 minutes then divide it into 2 balls.
5. Flatten the 2 balls so you have 2 pizza bases. Put the pizza dough on baking sheets.
6. Bake in the oven for 5 or 6 minutes then remove.
7. Add your cheese, tomato sauce and any toppings.
8. Put it back into the oven and bake for 10 to 15 minutes until the cheese is melted and the pizza dough is light brown.

Enjoy!





## **Leek and potato gratin**

### **Ingredients**

6 leeks

3 onions

3 carrots

3 or 4 large potatoes (or two packets of mashed potato)

Garlic powder or chopped garlic

3 spring onions

2 jars of white sauce or carbonara sauce

**See the next page for how to make this recipe.**

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# Leek and potato gratin

## Method:

Preheat the oven to 200C / 180 fan / gas mark 6.

1. Chop the leeks, carrots and 2 of the onions. Put them in a large pan with some butter and cook for 10 to 15 minutes until the vegetables have softened. Add some salt and pepper if you like.

2. Chop the other onion and fry it in a medium pan in a bit of butter. Add the white sauce and place on a low heat.

3. If you are making the mashed potatoes yourself, peel the potatoes and put in a microwavable bowl with some butter. Cover the bowl with clingfilm. Microwave on a high heat for 4 to 5 minutes. Stir, then heat again for another 4 to 5 minutes. Add salt and pepper and mash the potatoes.

4. Put some of the leek mix on a large baking tray. Add a layer of the sauce. Add another layer of leeks then another layer of sauce. Keep going until you have used up all your leeks mix.

5. Add the mashed potato to the baking tray as the final layer. Smooth it out to cover the leeks.

6. Put in the oven for 25 to 30 minutes or until golden on top and bubbling.

7. Add your seasoning like salt or pepper and enjoy!



## **Creamy chicken and mushroom soup**

### **Ingredients**

2 teaspoons oil

2 onions, chopped

2 skinless chicken breasts (about 200 grams), chopped into small pieces

250 grams mushrooms

2 cloves of garlic, crushed

1 chicken stock cube, dissolved in 500ml water

1 heaped teaspoon of cornflower

A pinch of white pepper

300ml skimmed milk

100 grams of fat free Greek yoghurt

2 teaspoons of chopped chives

1 grind of black pepper

**See the next page for how to make the soup.**

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# Creamy chicken and mushroom soup

## Method:

1. Add the oil to a pan and gently cook the onion in it for 5 minutes, stirring them regularly.
2. Add the chicken and stir for 2 to 3 minutes.
3. Add the mushroom and the garlic and cook for a further 2 to 3 minutes.
4. Add the stock, mix well, bring to the boil. Then turn down the heat, cover with a lid and simmer gently for 15 minutes.
5. In a jug, mix the cornflour and white pepper together and stir in the milk.
6. Gradually stir the milk and cornflour mixture into the chicken and mushrooms. Stir constantly and then turn up the heat to almost boiling.
7. Stir in the yoghurt and remove the pan from the heat. Blend the mixture well until it is smooth. Serve with a sprinkle of chives and black pepper.

### TOP TIP

Add herbs like fresh tarragon, parsley or basil.



## Easy chicken noodle soup

### Ingredients

500ml chicken stock

200ml water

1 garlic clove, sliced

A small nugget of fresh ginger, peeled and sliced

1 cooked skinless chicken breast

100 grams of dried fine egg noodles

3 spears of tender stem broccoli OR 100 grams of frozen peas

2 or 3 teaspoons of low salt soy sauce

3 spring onions, trimmed

A handful of beansprouts, rinsed

Optional: chilli oil or sesame oil

**See the next page for how to make this soup.**

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# Easy chicken noodle soup

## Method:

1. Pour the chicken stock into the pan and add 200ml water.
2. Add the garlic and ginger to the pan and put the pan on a very low heat for 5 minutes. This gently simmers the liquid and it allows the garlic and ginger to infuse.
3. Using a slotted spoon, remove the garlic and ginger from the pan and discard them.
4. Shred the chicken breast into small, bit-sized pieces and add them to the broth. Add the noodles too.
5. Simmer the broth for 2 to 3 minutes or until the noodles are tender and the chicken is hot.
6. If you are using broccoli, cut into small pieces and add in. (Or if you are using peas, add them in now.)
7. Thinly slice the spring onions and add them in.
8. Add the soy sauce and simmer for 1 minute.
9. Add the beansprouts and simmer for 30 seconds.
10. Pour your chicken soup into bowls and serve. You can add a drizzle of chilli oil or sesame oil if you like.





## Rhubarb custard tart

### Ingredients

#### For the pastry:

225 grams plain flour

125 grams butter, diced

1 egg yolk

A couple of extra eggs (beaten) to use for the egg wash

#### For the topping:

8 sticks of rhubarb

1 orange (the juice and the zest)

#### For the custard:

400ml whipping cream

8 egg yolks

1 x 5cm ginger, diced

1 teaspoon dried ginger

60 grams caster sugar

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# Rhubarb custard tart

## Method:

Preheat the oven to 130C / 110 fan / gas mark 1

1. To make the pastry, mix the flour and butter together using your hands until it looks like breadcrumbs. Add the egg yolk and stir the mixture together. Chill in the fridge for 30 minutes.

2. After the pastry mixture has chilled, roll it out onto a floured worktop or table. Then line a 23cm tart tin with the pastry.

3. Put in the oven and blind bake it for 15 minutes. (You can line the pastry with foil or parchment and add 'baking beans'.)

4. Brush the inside of the pastry with egg wash.

5. Heat the cream and ginger in a pan until warmed through. Then pour through a sieve to get rid of the ginger.

6. Whisk together the eggs and the sugar, and add to the cream.

7. Gently pour the custard mixture into the pastry case.

8. Bake again for 45 minutes to an hour. Then leave it to cool.

9. Slice the rhubarb and put it on a baking sheet. Add the juice and the zest. Roast in the oven for 20 minutes or until tender.

10. Add the rhubarb to the top of your tart.

