# Residence Inn

RECIPE BOOK





# **STARTERS**

# **Butternut Squash Soup**

Abi Browne

1hr 30 minutes • Makes 4 servings



# **Ingredients**

1tsp Sunflower/Olive Oil

1 Onion diced Finely

1 Medium Butternut Squash (peeled & deseeded) cut into wedges

900ml Vegetable Stock

1 Small potato (peeled and cut into chunks)

2 Garlic Cloves

Red Chilli Flakes (optional)

## **Preparation**

- 1. Pre-heat oven to 1800
- 2. Place the cut up butternut squash in an oven tin and pour over the oil making sure to coat all the squash and roast until brown and crispy
- 3. Finely dice the onion and place in a pot with the grated garlic and cook until translucent
- 4. Pour the hot vegetable stock in to the pot and add in the potato
- 5. Let this cook out until the potato is soft

- 6. When the squash is cooked place in the pot with the stock and allow to cook out for 5-10 mins.
- 7. Add in the chilli Flakes if desired
- 8. Using a hand blender, blitz the soup until smooth and serve.

Add nutritional information

# **Melting Brie and Tomato Salad**

Emily Matthews 20 minutes • Makes 4 servings



### **Ingredients**

3 Lean Bacon Rashers (rindless) 75ml (5tbsp) Olive Oil 12 crushed Garlic Cloves 30ml (2tbsp) White Wine Vinegar 10ml (2 tsp) French Mustard 6 Fresh Plum Tomatoes (sliced) 350g Brie (cut into 8 Slices) Fresh Basil/Oregano

#### Preparation

- 1. Fry the bacon until crisp and then cut into small pieces
- 2. Cut the tomato's slices in half.
- 3. Arrange the brie and tomatoes in a shallow ovenproof dish, sitting upright against each other.
- 4. Pre-heat grill to a medium/hot heat.
- Pour half the dressing over the tomatoes, then place under the grill for around 3 minutes or until melted and bubbly
- 6. Add the remaining dressing and then garnish with the bacon.
- 7. Serve with fresh crusty bread.

#### **Dressing**

1. Whisk oil, garlic, vinegar and mustard in a jog and use when required.

Abi Browne



# **Ingredients**

40g Rolled Oats 75ml Oat Milk (or alternative milk) ½ tsp Baking Powder 1tbsp Maple Syrup ½ tsp Cinnamon

# **Preparation**

- 1. Pre-heat oven to 160C
- 2. Place the Oats, Cinnamon and Baking Powder in a blender and blitz until it's a fine flour
- 3. Place the oat flour in a oven safe dish and pour in the milk of your choice and stir until combined
- 4. Pour in the maple Syrup and stir
- 5. Place in the oven for around 20mins or until golden.

6. Remove from oven add any desired topping and enjoy!

# Dates Energy Balls

Valency Gonçalves



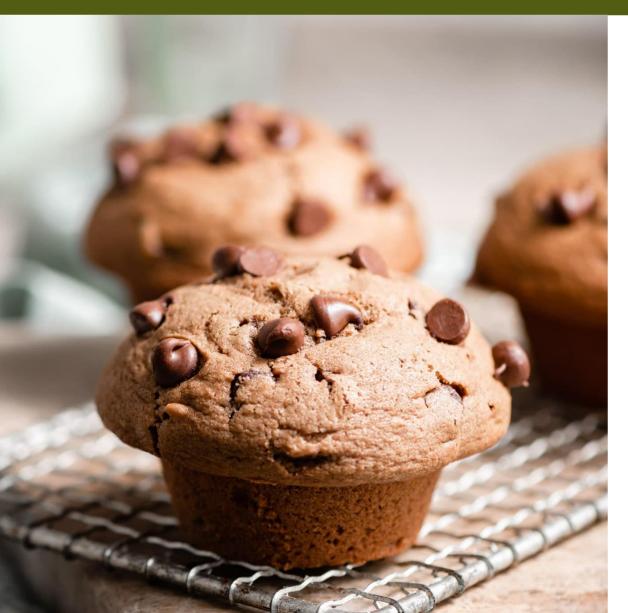
# **Ingredients**

1 cup (about 10) Medjool dates, pitted
1/2 cup raw nuts (cashews, walnuts, almonds, pecans, etc.)
1 tsp of cocoa powder
1/2 tsp of coconut oil
1 tbsp. smooth peanut butter
1/2 tsp chia seeds

- 1. Add nuts to the food processor and grind until fine, then add dates, cocoa powder, coconut oil, peanut butter and chia seeds. Process until mixture is well combined and sticking together.
- 2. Scoop dough from food processor with your hands(or a cookie scoop) and form into small balls using your hands. Enjoy right away or store in fridge for later.

# **Chocolate Muffins**

Valeria Barnoczki-Suto



# **Ingredients**

**Chocolate Muffins** 

2 cups all-purpose flour

1 cup white sugar

3/4 cup chocolate chips

½ cup unsweetened cocoa powder

1 teaspoon baking soda

1 egg

1 cup plain yogurt

½ cup milk

1 teaspoon vanilla extract

½ cup vegetable oil

½ cup chocolate chips

- 1. Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- 2. Combine flour, sugar, 3/4 cup chocolate on a wire rack. chips, cocoa powder, and baking soda in a large bowl. Whisk egg, yogurt, milk, vanilla, and vegetable oil in another bowl until smooth; pour into chocolate mixture and stir until batter is just blended. Fill prepared muffin cups 3/4 full and sprinkle with remaining 1/4 cup chocolate chips.
- 3. Bake in preheated oven until a toothpick inserted into the centre comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

# **Carrot Salad**

Jennifer pow



# Ingredients

3 Carrots peeled Small Amount of Grated Ginger 1 Lemon juiced Handful of Cashew nuts Pinch of Coriander

- 1. Peel Carrots into ribbons
- 2. Squeeze the juice of a whole lemon onto the carrots
- 3. Add a small of grated ginger
- 4. Add a handful of cashew nuts
- 5. Chop a handful of fresh coriander and mix that all together and serve!!

# **Spicy Crunchy Cabbage Sauce**

Abisola Obayomi



#### **Ingredients**

Ingredients:

1 medium sized cabbage

4 bell peppers (red, green, yellow and orange....or as preferred)

1 red scotch bonnet

1 cooking spoon of vegetable oil Half teaspoon of grated fresh garlic Half teaspoon of grated fresh ginger Pinch of salt

#### Preparation

1. Heat the oil on low heat for a couple of minutes.

minutes.

2.Add the grated garlic and ginger.

Can be topped with cooked prawn or chicken.

3.Add the cut scotch bonnet first and fry for a minute.

Can be eaten on its own, with jacket potato

4.Add the finely cut bell peppers, stir and fry for 2 minutes.

5.Add a pinch of salt and add the cut cabbage.

6. Reduce heat and let it steam up for 3

or rice.

# **Italian Chicken Soup**

**Charlotte Stephen** 



#### **Ingredients**

1 box Ditalini Pasta (very Short Macaronitype Pasta Noodles)

1 tbsp. Olive Oil

1 whole Cut Up Fryer Chicken

8 c. Low Sodium Chicken Broth

1 whole Medium Onion, Diced

2 whole Green Bell Peppers, Diced

2 stalks Celery, Diced

2 whole Fresh Jalapenos, Diced

1 tbsp. Olive Oil

1 can (28-ounce) Can Whole Tomatoes

2 c. Heavy Cream

1/3 c. Extra Virgin Olive Oil

4 tbsp. Minced Fresh Oregano

Salt And Freshly Ground Pepper, To Taste Parmesan Cheese Shavings, For Serving

- Cook pasta in a pot according to package directions, being sure not to overcook it. Drain and rinse in cold water to cool. Toss in 1 tablespoon olive oil and set aside. Place chicken in a large pot or dutch oven and cover in chicken stock.
- 2. Bring to a boil, then simmer chicken, covered, for 30 minutes. Turn off heat and leave covered for 30 minutes. Remove chicken from pot and shred meat. Discard bones and set meat aside.
- 3. Dice canned tomatoes and return them to their juice. Set aside. Heat a small skillet over medium high heat. Add olive oil and oregano and turn off heat, stirring over the next minute to keep oregano from burning.

- 4. Set this aside. Either pour off chicken broth into a separate container or use a new pot to sauté onion, green pepper, celery, and jalapenos in 1 tablespoon olive oil over medium heat until tender and golden brown, about 10 minutes.
- 5. Add chicken broth, shredded chicken, and tomatoes with their juice. Bring to a boil, then reduce to a simmer.
- 6. Add cooked pasta, cream, and all the oregano and olive oil from the small skillet. Stir to combine. Turn off heat. Serve with lots of Parmesan sprinkled on the top--the more the better! Crusty Italian bread is good, too.



# MAIN DISHES

Abi Browne 40 minutes • Makes 4 servings



### **Ingredients**

1tbsp. Olive Oil 4 Boneless Skinless Chicken Breasts Salt Ground Black Pepper 1 tsp. Dried Oregano 3 tbsp. Butter 60g Heavy Cream 35g Grated Parmesan Lemon Wedges (for serving)

3 Cloves Garlic (grated) 200g Cherry Tomatoes (halved) 250g Spinach

- 1. Put the oil in a pan over a medium heat. 5. Stir in the heavy cream and parmesan
- 2. Add chicken and season with salt/pepper & oregano. Cook through until there is no pink. Remove from the pan and set aside.
- 3. In the same pan melt the butter over a medium heat. Stir in the garlic and cook for about 1 minute.
- 4. Add the tomatoes and season. Cook until the tomatoes begin to burst then add the spinach and cook until it begins to wilt.

- Stir in the heavy cream and parmesan and bring to a simmer.
- 6. Reduce the heat to low and simmer until the sauce has reduced slightly.
- 7. Add the cooked chicken to the pan and cook until heated through.
- 8. Serve with a lemon wedge.

#### Valency Gonçalves



1 tsp. cumin seeds 1 tsp. poppy seeds

6 peppercorns

6 cloves

3 pieces of cinnamon

1 bay leaf

1 tsp. fennel seeds

2 tbsp. coriander powder

1 tsp. red chili powder

Ingredients

1/2 fresh coconut

2 tsp. garlic paste

1 tsp. ginger paste

3 to 4 tbsp. vegetable or sunflower cooking oil

2 onions (chopped fine)

1 kg. lamb (cut into 2" chunks)

3 large tomatoes (chopped fine)

1 cup thick coconut milk

Salt to taste

- 1. Heat a griddle or flat pan on medium heat. Add the whole spices (cumin, poppy and fennel seeds, bay leaf, cinnamon, cloves, peppercorns). Roast till spices get slightly darker and aromatic.
- 2. Remove from heat and keep aside for 10 minutes. Grind to a fine powder in a clean, dry coffee grinder
- 3. Put the coconut slivers, garlic and ginger pastes, cumin and red chili powders, and the above-mixed spice powder into a food processor. Add 3 to 4 tablespoons of water and grind to a smooth paste.
- 4. Heat the cooking oil in a deep, heavybottomed pan on medium heat. Add the onion to it when hot. Fry till almost golden. Add the above masala (spice paste) and

- reduce heat slightly (just below medium heat). Fry, stirring often until the oil begins to separate from the spice paste. You may need to sprinkle water occasionally to keep the masala from burning and sticking to the pan.
- Add the meat and fry till it starts to brown.
  Add the chopped tomatoes, coconut milk,
  and 1 cup of hot water. Season with salt to
  taste and stir well. Cook until the meat is
  soft. There should be a fair amount of thick
  gravy at this stage. If required, add hot water
  to maintain the amount of gravy as you
  cook.
- 6. When the meat is done, turn off the heat and serve immediately.

35 minutes . Makes 2 servings

#### Valency Gonçalves



### **Ingredients**

Measuring cup used, 1 Cup = 250 ml, 1 tsp = 5 ml

1.5 lbs chicken thighs

1/2 tbsp ginger garlic paste

1 tbsp lemon juice/vinegar

1 tsp salt

1 cup yogurt

#### For the cafreal masala

1 cup loosely packed cilantro/coriander leaves with tender stalks, about 30 stalks

½ cup fresh mint leaves

6-7 green chilies, adjust as per desired heat

6-7 large garlic cloves

1 & 1/2 inch piece of ginger

4 cloves

8 peppercorns

1 inch of cinnamon

1 tsp cumin seeds

1/2 tsp turmeric powder

Juice of half a lime

#### Other ingredients

2 thsp butter

1 tbsp oil

1 tbsp lemon juice

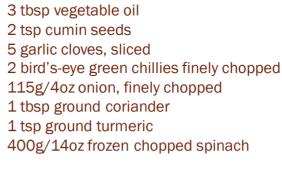
- 1. Pat dry the chicken, make some gashes on the chicken thighs. Rub it well with lemon juice. ginger garlic paste, yogurt & salt. Set aside for 30 minutes. In the meanwhile prepare the cafreal masala.
- 2. In a blender/grinder, add all the ingredients listed under cafreal masala and make a smooth paste using water as required.
- Apply half of the prepared marinade to the chicken and let it marinate 2-3 hours or overnight preferably. Reserve the remaining marinade in the refrigerator.
- 4. Before you cook the chicken, remove it out from the refrigerator and let it come to room temperature. Heat butter and oil in a pan.

- Once it is hot, add the chicken pieces, cook until golden brown on both sides.
- 5. Then add the reserved marinade along with 1/2 cup water, cook covered on medium heat for about 15-20 minutes, depending on the size of the chicken pieces. When the chicken is almost done, cook uncovered, till the gravy dries up a bit and the masala coats the chicken well.
- Once done, sprinkle lemon juice and serve hot along with some potato wedges, lime wedges, and salad.

# Saag Aloo

Valency Gonçalves





350g/12oz potatoes, peeled, cut into large cubes and boiled 1cm/½in piece fresh root ginger, cut into slivers salt

### **Preparation**

further 5 minutes.

- over a medium heat. Add the cumin seeds and, as they begin to sizzle, add the garlic and chillies. Fry for a minute, then add the onion and continue to fry for 7-8 minutes, stirring well.
- 2. Add the coriander and turmeric and stir well. Add the frozen spinach, put a lid on the pan and cook over a medium heat for 5 minutes. Season with salt. As the spinach begins to release its moisture, turn the heat to low and cook for a
- 1. Heat the oil in a large saucepan or wok 3. Add the cubed potato and ginger and cook for 5 minutes: the potato will absorb any residual moisture. Serve with chapatis or rice.



# Moroccan Chicken

Jennifer Pow Add time and number of servings



# **Ingredients**

6 Chicken Thighs 1 Onion Diced 2 tsp Turmeric 3/4 Lemon slices Small amount of Grated Ginger

150ml Chicken stock cube Handful Olives (10 mins before the end) Coriander (added at the end of add some during cooking)

- 1. Fry the chicken with the onion in a pan 6. In the last 5-10 minutes add the olives until browned
- and the water.
- 3. Sprinkle on some coriander, add in three to four slices of lemon
- 4. Let simmer for around 20-30 minutes or until cooked through.
- 5. Add more water if you would like a thinner consistency

- and allow to cook for the remaining time
- 2. Add in the turmeric, ginger, stock cube 7. Then serve with rice or the Carrot Salad (See Starters)

# Lamb shank rogan josh

Valency Gonçalves



# Ingredients

vegetable oil
butter 25g
lamb shanks 4
cardamom 6 pods, bruised
cloves 4
bay leaves 2
cinnamon stick 7cm piece
black peppercorns 1 tsp
ginger 2 thumb-sized pieces, chopped

garlic 6 cloves onions 2, roughly chopped ground coriander 1 tsp ground cumin 2 tsp paprika 2 tsp hot chilli powder 2-3 tsp yogurt 150ml coriander a bunch, chopped

- 1. Heat the oven to 160C/fan 140C/gas 3. Heat 3 tbsp oil and the butter in a large casserole and brown the lamb shanks well on all sides, then remove and set aside.
- Add the cardamom, cloves, bay leaves, cinnamon and peppercorns to the pan and cook for several minutes. Meanwhile, whizz the ginger, garlic and onions to a purée in a food processor with 3 tbsp of water. Turn the heat to low and add to the pan with a pinch of salt. Cook gently for 20-30 minutes, stirring regularly, until golden. Add the ground coriander and cumin, paprika and chilli powder and cook for 2-3 minutes before adding the lamb shanks back to the pan with the yogurt and 500ml of water. Bring to the boil, then put in the oven with a lid for 2 hours. After 2 hours remove the lid, turn the oven up to 200C/fan
- 180C/gas 6 and cook for a further hour, turning the shanks regularly to colour the meat and reduce the sauce.
- For the lime yogurt, stir the zest and juice of the lime through the yogurt, season and keep in the fridge.
- Once the meat is coming away from the bone, remove the shanks to a plate. Skim the sauce of any fat that may be on top and add the shanks back to the sauce to reheat.
- Either serve with the yogurt, rice and a scattering of coriander or allow to cool, transfer to freezer-proof containers and freeze.

# Quick chickpea and spinach curry

Valency Gonçalves 20 minutes - makes 2 servings



#### **Ingredients**

3 tbsp of oil, vegetable or sunflower
1 tsp small black mustard seeds, heaped
1 tsp cumin seeds, heaped
800g of tinned chickpeas, undrained weight frozen chopped spinach, 8 blocks
3/4 tsp turmeric powder
salt, to taste

chilli powder, to taste

1 handful of fresh coriander, chopped

1 1/2 tsp ground cumin, mixed with 1 1/2 tsp of ground coriander

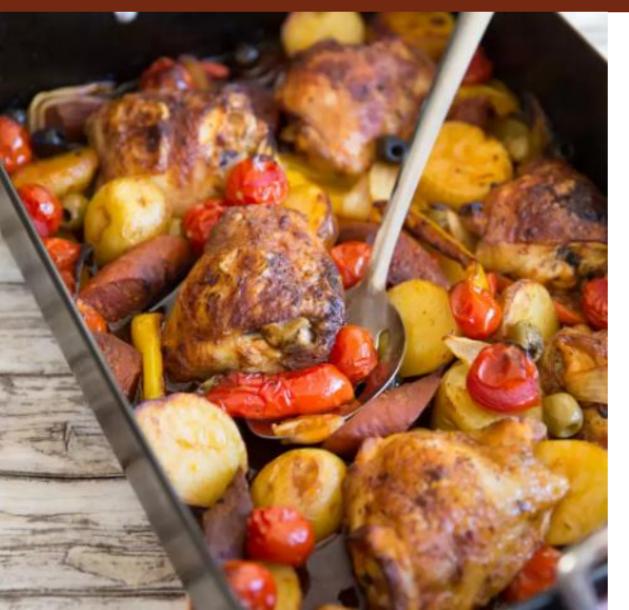
- 1. Drain the chickpeas from the tins and set aside. Put the oil in a saucepan that will be large enough for all the chickpeas
- 2. Put it on a medium heat until the oil is hot. Test this by adding a few mustard seeds. If they fizzle and pop the oil is ready
- 3. Add the cumin and mustard seeds and then quickly add the drained chickpeas
- Add the salt, chilli powder, coriander and cumin powder and turmeric powder and stir through with a fork. Add the blocks of

- chopped spinach and a few tablespoons of water and then cover the pan and leave on a medium heat for about 15 minutes. The spinach should then be soft
- Turn the heat off, stir the spinach through and then serve hot with rice or bread. I like these mini seeded pitta breads

# Chicken Tray bake with Bitter Orange and Fennel

**Charlotte Stephen** 

60 minutes - makes 4 servings



#### **Ingredients**

- 2 large bulbs fennel (approx. 1kg/2 1/4lbs total, though less wouldn't matter)
- 100 milliliters cold-pressed rapeseed oil (or 4 teaspoons Diion mustard extra-virgin olive oil, plus more for drizzling on the chicken when cooking)
- 2 Seville oranges (zested and juiced, or zest and juice of 1 eating orange and juice of 1 lemon, about 100ml /scant half cup of juice)

- 2 teaspoons sea salt flakes
- 4 teaspoons fennel seeds
- 12 chicken thighs with skin on and bone in (preferably organic)

- Remove the fronds from the fennel and put them 5. Leave in the fridge overnight or up to 1 day. in a resealable bag in the fridge for serving. Cut the bulbs of fennel into quarters and then cut

  6. When you want to cook, remove the marinat each quarter, lengthways, into 3. Leave on the chopping board while you get on with the marinade.
- Placing a large freezer bag in position inside a wide-necked measuring jug or similar, pour in the oil, add the orange zest and juice (and lemon juice, if using), and spoon in the salt, fennel seeds and mustard. Stir briefly to mix.
- Remove the bag from the jug and, holding it up, add a quarter of the chicken pieces, followed by a quarter of the fennel pieces, and so on until everything's been used up.
- Seal the bag tightly at the top, lay the bag in something like a lasagna dish and squelch it about so that you make the small amount of marinade cover as much of the chicken as possible. It will look as if it isn't enough, but it is, l promise.

- When you want to cook, remove the marinating chicken and fennel from the fridge and tip the contents of the bag marinade and all into a large shallow roasting tin (I use a tin that measures 46 x 34cm with a lip of 1.5cm/half-sheet pan with a lip of ½ inch). Using tongs, or whatever implement(s) you prefer, arrange the chicken pieces so that they are sitting, skin-side up, on top of the fennel. Leave it for 30 minutes or so to come up to room temperature while you or so, to come up to room temperature while you preheat the oven to 200°C/180°C Fan/gas mark 6/400°F.
- Drizzle some more golden oil onto the chicken, and cook in the oven for 1 hour, by which time the fennel will be soft and the chicken cooked through and bronzed on top.



# **DESSERTS**

# **Chia Pudding**

**Abi Browne** 



# **Ingredients**

500ml Oat Milk (or alternative Milk) 2 tbsp. Maple Syrup ½ tsp Vanilla Extract 85g Chia Seeds

- 1. Add the liquid ingredients to a mixing bowl and whisk until combined
- 2. Stir in the chia seeds
- 3. Cover and place in the fridge for 2 hours or overnight
- 4. When ready to eat stir it well and serve with your choice of toppings (fruit, nuts etc)

**Emily Matthews** 



# **Ingredients**

220 g Self-Raising Flour Pinch Salt 50 g Caster Sugar 2 Free-range Eggs 280 ml Milk Couple drops of lemon juice 1 Tbsps. Sunflower/Vegetable Oil Butter or oil for frying

- 1. Sift the flour, salt & sugar into a large bowl.
- 2. Whisk the milk, lemon juice & eggs together in a separate bowl with a fork and then gradually add them to the dry ingredients whilst mixing together.
- 3. Once combined add the oil and mix again until just combined.
- 4. Grease your frying pan with a little butter. Once hot, spoon a small amount of the batter (around 2 tablespoons) onto the pan. Your pancakes are ready to flip once bubbles have started to pop on top & they appear dry.

- 5. Using a spatula, flip the pancakes & cook the other side for around a minute or until a golden brown.
- 6. Remove from the heat & enjoy with your topping of choice.

# Serradura ~ Portuguese Sawdust Pudding

Valency Gonçalves

03 hours 20 minutes • Makes 6 servings



### **Ingredients**

1 cup heavy whipping cream
1/4 cup sweetened condensed milk, adjust as per desired sweetness
1/2 tsp vanilla extract
16-18 Marie biscuits(Rich tea)
Cherries/chocolate shavings, for garnishing, as required

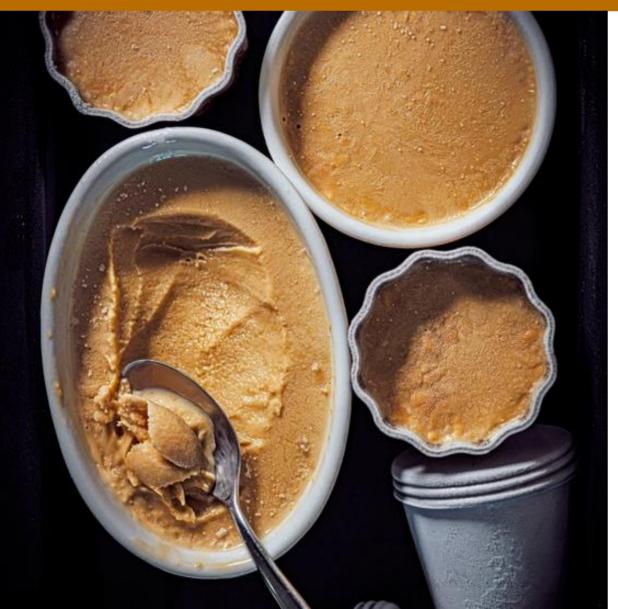
### **Preparation**

- 1. Transfer the Marie biscuits into a food processor/blender and make a fine powder that almost looks like sawdust.
- 2. In the bowl of your stand mixer fitted with a whisk attachment/ or use a hand blender, add in the chilled heavy cream, beat on medium-high speed until it forms soft peaks.
- 3. Now add in the condensed milk along with the vanilla extract and beat until it forms stiff peak. Do not overbeat or else you will end up with butter.
- 4. Assembling the pudding- Spoon the whipped cream mixture in a serving

glass (You may use a piping bag for a neater finish), then top with the crushed Marie biscuit powder, continue layering with the cream and Marie biscuit powder, ending with the cream layer. Sprinkle some of the crushed Marie biscuit powder on top, and refrigerate it for about 4-6 hours so that it sets well. Garnish with cherries or chocolate shavings and serve chilled.

Valency Gonçalves

1 Hour 15 minutes • Makes 6 servings



### **Ingredients**

double cream 240ml evaporated milk 400g tin sweetened condensed milk 400g tin instant espresso or coffee granules 1 tbsp green cardamom pods 2, cracked cinnamon stick 1 star anise 1-2 toasted hazelnuts 35g, roughly chopped

- 1. Stir together the cream, evaporated and condensed milks, espresso, cardamom, cinnamon, star anise and ½ tsp of salt in a medium pan over a medium-high heat 4. until the espresso dissolves and the liquids are combined. Bring to a boil and remove from the heat.
- 2. Press a piece of baking paper against the surface of the mixture to prevent a skin from forming and let the mixture steep for 1 hour at room temperature.
- 3. Remove the whole spices and discard. Pour the liquid into six freezer-safe ramekins or lidded kulfi moulds. Cover the tops and transfer to the freezer and

- allow to firm up for at least 6 hours or preferably overnight.
- . The kulfi can be served directly in the ramekins. If using kulfi moulds, run under water for a few seconds, flip, then tap gently to release the kulfi. Garnish with toasted hazelnuts to serve.

#### **Charlotte Stephen**



# **Ingredients**

- · 100 g butter (can be vegan butter)
- · 50 g icing or caster sugar
- · 150 g self raising flour
- · 1 lemon zest only

- 1. Preheat the oven to 180C/350F
- Cream the butter and sugar together in a 7. food mixer or with a wooden spoon until light and fluffy
- 3. Add the flour and lemon zest and stir together
- 4. Draw the mixture together with your hands until you have a dough ball
- 5. Take walnut sized pieces of dough and roll into balls you should get about 15.
- Lightly grease two baking trays and place the dough balls on the trays, leaving space between them so they can

- spread during cooking.
- Dip a fork into water and press onto each dough ball to spread them into biscuit shapes.
- 8. Bake in the preheated oven for 10 15 minutes or until just beginning to brown.
- 9. Cool on a wire rack.

30 minutes • Makes 8 servings

**Charlotte Stephen** 



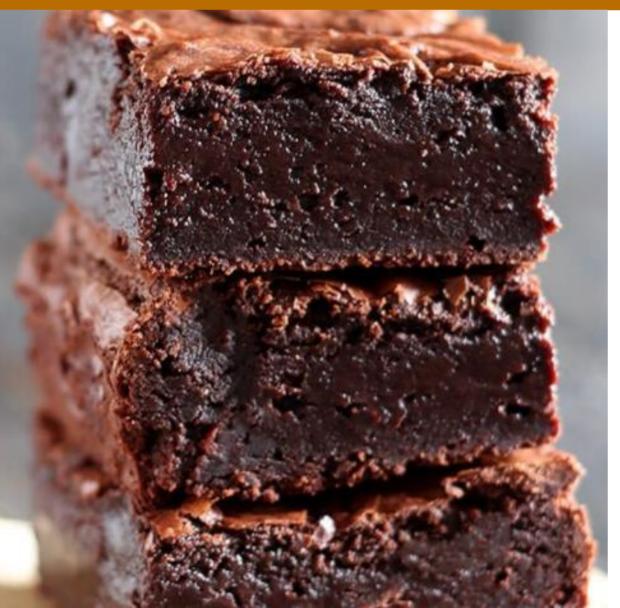
## **Ingredients**

- · 100 g butter (can be vegan butter)
- · 50 g icing or caster sugar
- · 125 g self raising flour
- · 20 g cocoa powder

- Cream the butter and sugar together in a food mixer or with a wooden spoon until light and fluffy
- 2. Add the flour and cocoa powder and stir together
- 3. Draw the mixture together with your hands until you have a dough ball
- 4. Take walnut sized pieces of dough and roll into balls you should get about 15.
- 5. Lightly grease two baking trays and place the dough balls on the trays, leaving space between them so they can spread during cooking.

60 minutes • Makes 6 servings

### Anastasia Papatolidou



## **Ingredients**

5 1/3oz Semi Sweet Chocolate 8 tbsp. Butter 3/4 cup Sugar 1 Egg 1 1/3 tsp Vanilla Extract 1/2 cup All Purpose Flour 1/8 cup Cocoa Powder 2/3 tsp Salt

- 1. Preheat oven to 180C and line and 20cm square baking tin with baking paper
- 2. Chop the chocolate into chunks. Melt half in the microwave or over double boiler until melted
- 3. In a large bowl mix the butter and sugar with an electric mixer then beat in the egg and vanilla until the mixture is fluffy
- 4. Whisk in the melted chocolate then sift in the flour, cocoa powder and salt. Fold to incorporate the dry ingredients be careful not to overmix as this will a more cakey texture.

- 5. Fold in the leftover chocolate chunks then transfer the batter to the lined tin.
- 6. Bake for 20-25 minutes depending on how fudgy you want them
- 7. Slice then serve!



# DRINKS

Abi Browne 10 minutes • Makes 2 servings



# Ingredients

200g Frozen Blueberries 2 Ripe Bananas 2 tbsp. Cashew Butter (or alternative) 2 tbsp. Chia Seeds 600ml Oat Milk (or alternative)

- 1. Add all ingredients into blender
- 2. Blend until smooth.

# 10 minutes • Makes 4 servings

Abi Browne



**Long Island Ice Tea** 

#### Ingredients

50ml Vanilla Vodka 50ml London Dry Gin 50ml Reposado Tequila 50ml Rum 50ml Triple Sec 50ml Fresh Lime Juice Ice 500ml Cola 2 Limes cut into wedges

- 1. Pour the vodka, gin, tequila. Rum and triple sec into a large jug and add the lime juice to taste
- 2. Half fill the jug with ice and then stir until cold
- 3. Add the cola then stir to combine and then drop in the lime wedges
- 4. Fill 4 tall glasses with ice cubes and pour in the ice tea.

Abi Browne 10 minutes • Makes 4 servings



#### Ingredients

Few handfuls of ice cubes and some crushed ice
100ml Blue Curacao

100ml Vodka

- 1 Lemon juiced
- 1 Orange Juiced 1 Lime Juiced

8 Maraschino Cherries 1 tsp of the cherry syrup 200ml Soda Water

- 1. Put the ice cubes in a large jug, pour over the curacao, vodka, fruit juices and the syrup stir until the glass feel cold
- 2. Half fill the tall glasses with crushed ice, then strain in the cocktail
- 3. Top up the glasses with soda water and stir then garnish with the cherries

# Basil, strawberry and watermelon cooler

Valency Gonçalves 15 minutes - Makes 6 servings



#### Ingredients

2 cups finely chopped watermelon 250g strawberries, thinly sliced 1 cup (250ml) coconut water, chilled 1 tbsp fresh basil, shredded 750ml chilled sparkling wine Ice cubes, to serve Basil leaves, to serve

- 1. Process the watermelon and strawberry
- 2. In a food processor until smooth. Add the coconut water and shredded basil and process until well combined.
- 3. Place the watermelon mixture in a serving jug and top up with wine and ice cubes. Serve with the basil leaves.

20 minutes - Makes 1 cup

#### Valency Gonçalves



#### Ingredients

- 5–7 green cardamom pods
- 3-4 whole cloves
- 1-2 star anise (optional)
- 5-7 *peppercorns*(optional)
- 1 cup of water
- 2-3 slices ginger (or more! skins ok)
- ½ <u>cinnamon stick</u> split lengthwise
- 1–2 tablespoons loose leaf black tea, (or 1–2 tea bags) Or sub decaf black tea

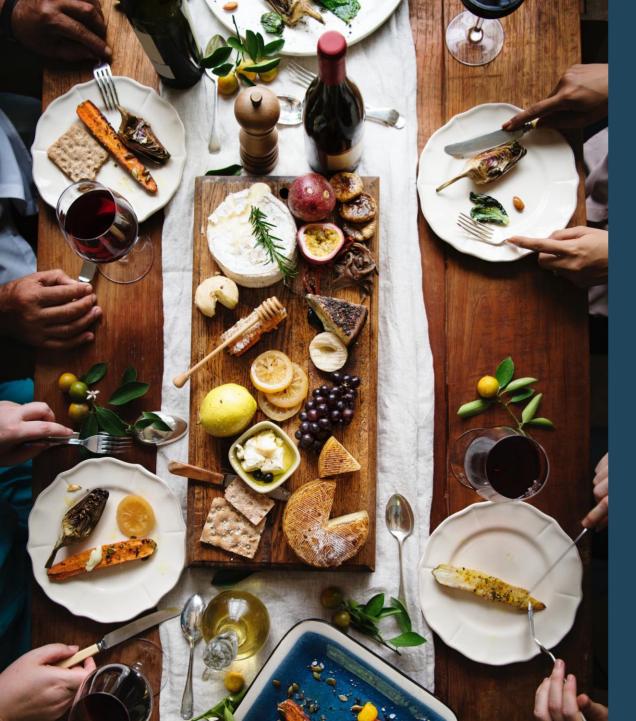
- 1 cup milk of your choice- organic whole milk, <u>almond milk</u>, oat milk, soy milk, cashew milk, hemp milk
- 2–3 teaspoons (or more or less) <u>maple</u> <u>syrup</u>, <u>honey</u>, <u>sugar</u> or alternative.

#### Preparation

simmer once more, turn off the heat.

- 1. Lightly crush cardamom pods, <u>whole</u> <u>cloves</u>, <u>star anise</u> and <u>peppercorns</u>, and place in a <u>small pot</u> with 1 cup of water. Add ginger, <u>cinnamon</u> and black tea. I like to muddle the ginger a bit right in the pot.
- 2. Bring to a boil and turn the off heat (don't continue to boil the tea, it may get bitter) and let it steep at least 10 minute. The longer, the more flavor!
- 3. Add your choice of milk. Bring to a

- 4. Stir in your choice of sweetener, taste, adding more sweetener to taste. If it tastes bitter, you need more sweetener. <u>Strain</u> into a chai glass or mug.
- 5. Feel the love. xoxo



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