

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 180C
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.
5. 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 jug and use when required.

Maple Baked Oats

Abi Browne

30 minutes • Makes 1 servings



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

Preparation

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	½ cup milk
2 cups all-purpose flour	1 teaspoon vanilla extract
1 cup white sugar	½ cup vegetable oil
¾ cup chocolate chips	¼ cup chocolate chips
½ cup unsweetened cocoa powder	
1 teaspoon baking soda	
1 egg	
1 cup plain yogurt	

Preparation

1. Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper muffin liners.
2. Combine flour, sugar, ¾ cup chocolate 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 ¾ full and sprinkle with remaining ¼ 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

Preparation

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.
- 2.Add the grated garlic and ginger.
- 3.Add the cut scotch bonnet first and fry for a minute.
- 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

Can be topped with cooked prawn or chicken.

Can be eaten on its own, with jacket potato or rice.

Italian Chicken Soup

Charlotte Stephen

40 minutes • Makes 4 servings



Ingredients

- | | |
|---|--|
| 1 box Ditalini Pasta (very Short Macaroni-type Pasta Noodles) | 1 tbsp. Olive Oil |
| 1 tbsp. Olive Oil | 1 can (28-ounce) Can Whole Tomatoes |
| 1 whole Cut Up Fryer Chicken | 2 c. Heavy Cream |
| 8 c. Low Sodium Chicken Broth | 1/3 c. Extra Virgin Olive Oil |
| 1 whole Medium Onion, Diced | 4 tbsp. Minced Fresh Oregano |
| 2 whole Green Bell Peppers, Diced | Salt And Freshly Ground Pepper, To Taste |
| 2 stalks Celery, Diced | Parmesan Cheese Shavings, For Serving |
| 2 whole Fresh Jalapenos, Diced | |

Preparation

1. 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

Creamy Tuscan Chicken

Abi Browne

40 minutes • Makes 4 servings



Ingredients

1tbsp. Olive Oil	60g Heavy Cream
4 Boneless Skinless Chicken Breasts	35g Grated Parmesan
Salt	Lemon Wedges (for serving)
Ground Black Pepper	
1 tsp. Dried Oregano	
3 tbsp. Butter	
3 Cloves Garlic (grated)	
200g Cherry Tomatoes (halved)	
250g Spinach	

Preparation

1. Put the oil in a pan over a medium heat.
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.
5. 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.

Madras Lamb Curry

Valency Gonçalves

2 hours 30 minutes . Makes 8 servings



Ingredients

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

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

Preparation

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, heavy-bottomed 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.
5. 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.

Chicken Cafreal

Valency Gonçalves

35 minutes . Makes 2 servings



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
1/2 cup fresh mint leaves
6-7 green chillies, 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 tbsp butter
1 tbsp oil
1 tbsp lemon juice

Preparation

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.
3. 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.
5. Once it is hot, add the chicken pieces, cook until golden brown on both sides.
6. 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.
7. Once done, sprinkle lemon juice and serve hot along with some potato wedges, lime wedges, and salad.

Saag Aloo

Valency Gonçalves

30 minutes . Makes 4 servings



Ingredients

- 3 tbsp vegetable oil
- 2 tsp cumin seeds
- 5 garlic cloves, sliced
- 2 bird's-eye green chillies finely chopped
- 115g/4oz onion, finely chopped
- 1 tbsp ground coriander
- 1 tsp ground turmeric
- 400g/14oz frozen chopped spinach
- 350g/12oz potatoes, peeled, cut into large cubes and boiled
- 1cm/½in piece fresh root ginger, cut into slivers
- salt

Preparation

further 5 minutes.

1. Heat the oil in a large saucepan or wok 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
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 | 150ml Chicken stock cube |
| 1 Onion Diced | Handful Olives (10 mins before the end) |
| 2 tsp Turmeric | Coriander (added at the end of add some during cooking) |
| 3/4 Lemon slices | |
| Small amount of Grated Ginger | |

Preparation

1. Fry the chicken with the onion in a pan until browned
2. Add in the turmeric, ginger, stock cube 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
6. In the last 5-10 minutes add the olives and allow to cook for the remaining time
7. Then serve with rice or the Carrot Salad (See Starters)

Lamb shank rogan josh

Valency Gonçalves

04 Hours Makes 4 servings



Ingredients

vegetable oil	garlic 6 cloves
butter 25g	onions 2, roughly chopped
lamb shanks 4	ground coriander 1 tsp
cardamom 6 pods, bruised	ground cumin 2 tsp
cloves 4	paprika 2 tsp
bay leaves 2	hot chilli powder 2-3 tsp
cinnamon stick 7cm piece	yogurt 150ml
black peppercorns 1 tsp	coriander a bunch, chopped
ginger 2 thumb-sized pieces, chopped	

Preparation

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.
2. 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
3. 180C/gas 6 and cook for a further hour, turning the shanks regularly to colour the meat and reduce the sauce.
4. For the lime yogurt, stir the zest and juice of the lime through the yogurt, season and keep in the fridge.
5. 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.
6. 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
- 1 1/2 tsp ground cumin, mixed with 1 1/2 tsp of ground coriander
- chilli powder, to taste
- 1 handful of fresh coriander, chopped

Preparation

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
4. Add the salt, chilli powder, coriander and cumin powder and turmeric powder and stir through with a fork. Add the blocks of
5. 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
5. 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) | 2 teaspoons sea salt flakes |
| 100 milliliters cold-pressed rapeseed oil (or extra-virgin olive oil, plus more for drizzling on the chicken when cooking) | 4 teaspoons fennel seeds |
| 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) | 4 teaspoons Dijon mustard |
| | 12 chicken thighs with skin on and bone in (preferably organic) |

Preparation

1. Remove the fronds from the fennel and put them in a resealable bag in the fridge for serving. Cut the bulbs of fennel into quarters and then cut each quarter, lengthways, into 3. Leave on the chopping board while you get on with the marinade.
2. 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.
3. 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.
4. 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, I promise.
5. Leave in the fridge overnight or up to 1 day.
6. 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 preheat the oven to 200°C/180°C Fan/gas mark 6/400°F.
7. 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

5 minutes • Makes 4 servings



Ingredients

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

Preparation

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)

Dropped Scones

Emily Matthews

30 minutes • Makes 8 servings



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

Preparation

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.

Spiced coffee kulfi

Valency Gonçalves

1 Hour 15 minutes • Makes 6 servings



Ingredients

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

Preparation

1. Stir together the cream, evaporated and condensed milks, espresso, cardamom, cinnamon, star anise and $\frac{1}{4}$ tsp of salt in a medium pan over a medium-high heat 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.
4. 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.

Lemon Fork Biscuits

Charlotte Stephen

30 minutes • Makes 8 servings



Ingredients

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

Preparation

1. Preheat the oven to 180C/350F
2. Cream the butter and sugar together in a 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.
6. Lightly grease two baking trays and place the dough balls on the trays, leaving space between them so they can spread during cooking.
7. 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.

Chocolate Fork Biscuits

Charlotte Stephen

30 minutes • Makes 8 servings



Ingredients

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

Preparation

1. 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.

Brownies

Anastasia Papatolidou

60 minutes • Makes 6 servings



Ingredients

5 1/3oz Semi Sweet Chocolate	2/3 tsp Salt
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	

Preparation

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

Blueberry Nut Smoothie

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)

Preparation

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

Long Island Ice Tea

Abi Browne

10 minutes • Makes 4 servings



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

Preparation

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.

Blue Lagoon

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

Preparation

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

Preparation

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.

Indian Chai Latte

Valency Gonçalves

20 minutes - Makes 1 cup



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 cinnamon stick– 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, almond milk, oat milk, soy milk, cashew milk, hemp milk
- 2–3 teaspoons (or more or less) maple syrup, honey, sugar or alternative.

Preparation

- simmer once more, turn off the heat.
- 1. Lightly crush cardamom pods, whole cloves, star anise and peppercorns, and place in a small pot with 1 cup of water. Add ginger, cinnamon 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. Strain into a chai glass or mug.
- 5. Feel the love. xoxo



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