

**RUBY TANDOH**



**Cook**



**As**



**You**



**Are**



**10 EASY-READ RECIPES  
WITH STEP-BY-STEP COLOUR PHOTOS**

Cover illustrations by Sinae Park

# CONTENTS

	PAGE
INTRODUCTION	2
15-MINUTE CREAM OF TOMATO SOUP	3
EASY PEANUT BUTTER SOUP	10
SIZZLING TUNA FRITTERS	21
ROASTED TOMATO, COCONUT + BUTTER BEAN STEW	33
GNOCCHI WITH HARISSA BUTTER AND BROCCOLI	44
BASIL AND EGUSI PESTO	54
CHICKEN AND MUSHROOM PIE	63
DARK CHOCOLATE CHUNK COOKIES	76
SALTED, MALTED, MAGIC ICE CREAM	85
CLEMENTINE HOT CHOCOLATE	91

# INTRODUCTION

In this booklet there are 10 easy-read recipes for anybody who loves food and cooking but needs some help to get started. This booklet may be useful if you have a learning disability because the easy-read recipes have simple instructions and lots of photos. You might need the help of a friend, family member or carer so that you can cook safely and happily.

All of these recipes have been adapted from my cookbook, **Cook As You Are**. If you want to try some more challenging recipes, that cookbook has over 100 recipes. They are not easy-read recipes, but they are appropriate if you're confident at reading, cooking and following instructions. You can buy **Cook As You Are** from any good bookshop.

Other easy-read cookbooks are the **Cook and Eat** books from EyUp! charity, and the **Easy Read Cookbook** from Bromley Mencap charity.

Enjoy cooking (and eating) these recipes!

*Ruby Tandoh*

# 15-MINUTE CREAM OF TOMATO SOUP









This is an easy and comforting soup recipe. It's like a tinned tomato soup but you can feel proud of yourself for making it from scratch. It is a good option if you have a little bit extra time to spare and want to practise your cooking skills.

Serves: 2 people








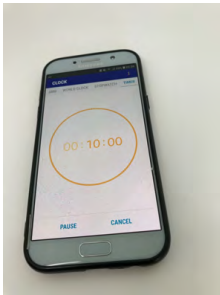




Ready in: 15 minutes

This recipe is **vegetarian** or **vegan**



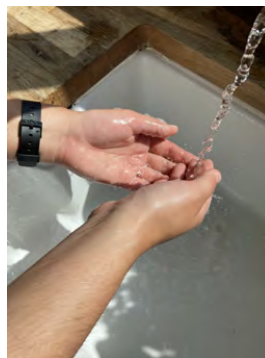
Ingredients		
		
1 garlic clove	2 tins of chopped tomatoes	1 tablespoon of oil or butter
		
1 teaspoon of dried mixed herbs	200ml whole or semi-skimmed milk <b>or</b> Half of a tin of coconut milk	1½ teaspoons white sugar
		
A sprinkle of salt	4 slices of buttered bread	



Equipment		
		
Garlic press	Chopping board	Tin opener
		
Measuring spoons	Medium saucepan	Stove/hob
		
Wooden spoon	Timer	Stick blender
		
2 deep bowls	1 large plate	Spoons

## How to make the soup:

1. Wash your hands.



2. Peel the papery skins off the garlic clove.

Use a garlic press to crush the garlic cloves onto the chopping board.



3. Use a tin opener to open the tins of chopped tomatoes.



4. Turn on one ring of the hob onto a medium heat and put the saucepan on the hob.



🔥 medium heat 🔥

5. Use your measuring spoons to measure the 1 tablespoon of oil or butter into the medium saucepan.

Let the butter melt or the oil get hot.



6. Add the crushed garlic to the butter or oil in the saucepan. Use the wooden spoon to stir the garlic when it cooks. Count to 30 while you do this.



 **30 seconds** 

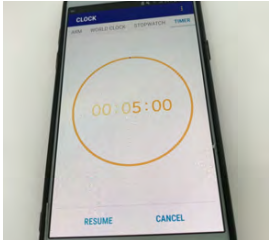










7. When you have counted to 30, pour the chopped tomatoes from their tins and into the saucepan.



8. Use your measuring spoons to measure the 1 teaspoon of dried mixed herbs into the saucepan.





<p>9. Wait for the mixture in the pan to start bubbling. When it starts bubbling, set a timer for 5 minutes.</p>	  <b>5 minutes</b> 
<p>10. Keep stirring the soup while you wait for the timer.</p>	   
<p>11. When the timer makes a sound, turn off the heat.</p>	 <b>turn <u>off</u> the heat!</b> 
<p>12. If you are using milk, measure 200ml by filling half of one of the empty chopped tomato tins. Pour it into the saucepan.</p> <p>If you are using coconut milk, open the tin using your tin opener and pour half of the coconut milk into the saucepan. Pour the rest of the coconut milk into a plastic tub and put into the fridge for a different meal.</p>	 

13. Use the measuring spoons to measure the 1½ teaspoons of sugar. Add the sugar to the saucepan.



14. Add a sprinkle of salt to the saucepan.



15. Plug in a stick blender and push the blending end deep into the soup mixture in the pan. Turn on the blender and blend the soup carefully until it is smooth. Be careful! Watch out for spatters or spray.



16. Serve the soup into 2 deep bowls. Put the buttered bread on a plate on the table to share.



# EASY PEANUT BUTTER SOUP

This is a West African dish made with peanut butter and chilli. It creates a smooth, thick soup that is delicious with rice.

Serves: 2 people




Ready in: less than 45 minutes

This recipe is **vegan**








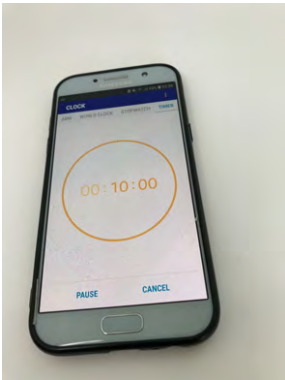










Ingredients		
		
½ tablespoon of cooking oil	½ of an onion	2 medium tomatoes
		
1 small piece of ginger	2 garlic cloves	3 tablespoons of tomato puree
		
4 tablespoons of peanut butter	1 teaspoon of paprika	Sprinkle of chilli flakes

		
<p>600ml water</p>	<p>½ of a chicken or vegetable stock cube</p>	<p>1 sachet of microwave rice</p>

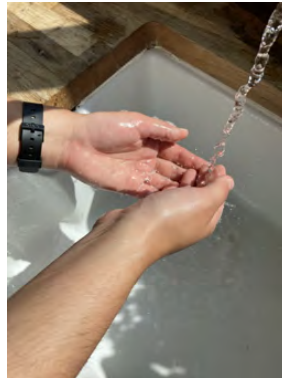


Equipment		
		
Measuring spoons	Medium saucepan	Chopping board
		
Small sharp knife	Garlic press	Box grater
		
Hob/stove/cooker	Timer	Wooden spoon

		
Measuring jug	Stick blender	Microwave
		
Two bowls	Spoons	

### How to make this soup:

1. Wash your hands.



2. Use your measuring spoons to measure the  $\frac{1}{2}$  tablespoon of oil into a medium saucepan.



3. On a chopping board, use a small sharp knife to cut the onion into little pieces.



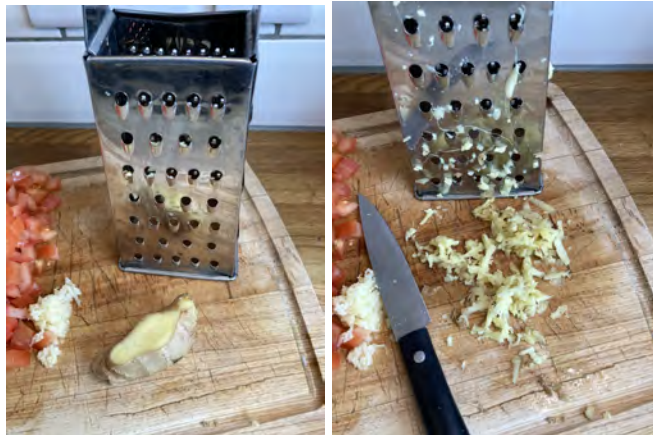
4. On the chopping board, use a small sharp knife to chop the tomatoes into little pieces.



5. Peel the skins off the garlic cloves. Use a garlic press to crush the garlic onto the chopping board.



6. Use a box grater to grate the ginger onto the chopping board. You do not need to peel the ginger.



7. Put the onion, tomato, garlic and ginger into the saucepan with the oil.

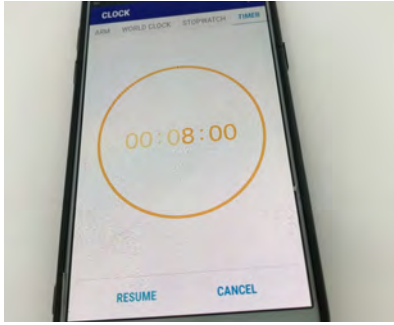



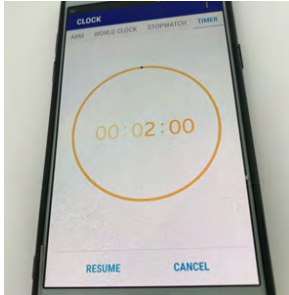


8. Put the saucepan on the hob and turn it on to a medium heat.



🔥 medium heat 🔥



<p>9. Set a timer for 8 minutes.</p>	 <p>🔥 8 minutes 🔥</p>
<p>10. Use a wooden spoon to stir all the time while everything cooks.</p>	
<p>11. When the timer makes a sound, turn down the heat to low.</p>	<p>turn down to 🔥 low heat 🔥</p>
<p>12. Use your measuring spoons to add the 3 tablespoons of tomato puree to the pan.</p>	
<p>13. Stir everything together.</p>	
<p>14. Set a timer for 2 minutes or count to about 100 in your head.</p>	 <p>🔥 2 minutes 🔥</p>



15. When the 1 minute is over, use your measuring spoons to add the 4 tablespoons of peanut butter to the pan.



16. Add the 1 teaspoon of paprika to the pan.



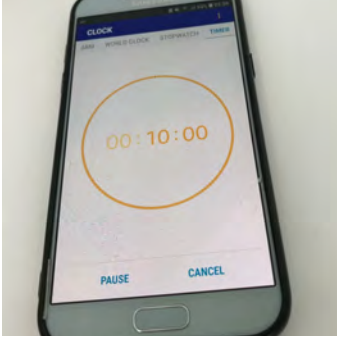




17. Add a sprinkle of chilli flakes to the pan.



18. Measure the 600ml water using a measuring jug.  
  
Pour the water into the saucepan.



<p>19. Use your fingers to crumble the ½ of a stock cube into the saucepan.</p>	
<p>20. Use your wooden spoon to stir everything together.</p>	
<p>21. Wait until the mixture is bubbling, then set a timer for 10 minutes.</p>	 🔥 <b>10 minutes</b> 🔥
<p>22. Stir a few times while you wait for the timer to make a sound.</p>	
<p>23. When the timer makes a sound, turn off the heat.</p>	🔥 <b>turn off the hob</b> 🔥
<p>24. Plug in a stick blender and push the blending end deep into the soup. Press the button to blend the soup until it is smooth.</p> <p>Unplug the stick blender and put it to one side.</p>	

25. Microwave the sachet of microwave rice following the instructions on the packet. This should take about 2 or 3 minutes.



🔥 2 minutes 🔥

26. Serve the hot rice into two wide bowls and pour the soup on top. Enjoy!



# SIZZLING TUNA FRITTERS

These tuna fritters are a simple, speedy lunch. You can find chipotle paste in most big supermarkets: look for a small jar near the herbs and spices. If you can't find it, you can use a sprinkle of chilli flakes and 1 teaspoon of smoked paprika instead.

Makes: 8 little fritters (serving 2 people)




Ready in: less than 30 minutes
















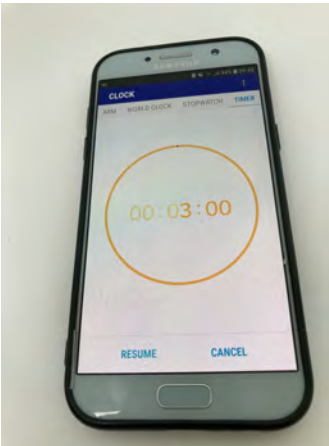


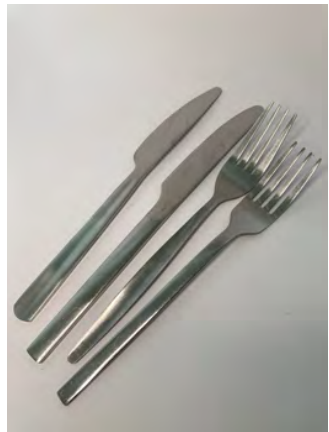


Ingredients		
		
1 small tin of tuna	½ of a small tin of sweetcorn (you need 75g)	2 teaspoons of chipotle paste
		
1 teaspoon of baking powder	Sprinkle of salt	3 spring onions
		
1 carrot	100g of plain flour	110ml of water



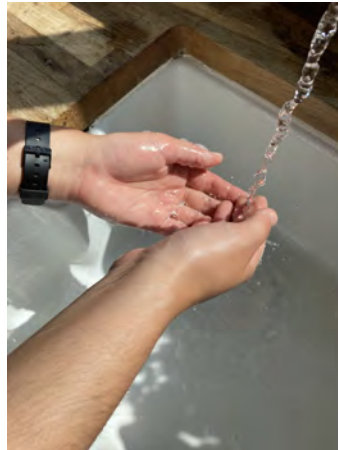
		
<p>1-1½ tablespoons of cooking oil</p>	<p>Green salad</p>	<p>½ lemon</p>

Equipment		
		
Tin opener	Large mixing bowl	Measuring spoons
		
Chopping board	Small sharp knife	Peeler
		
Box grater	Kitchen scales	Measuring jug

		
Wooden spoon	Frying pan	Hob/stove
		
Two spoons	Timer	Spatula or fish slice
		
Two dinner plates	Knives and forks	

### How to make these fritters:

1. Wash your hands.

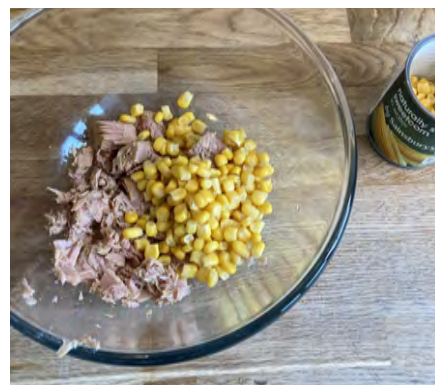


2. Use a tin opener to open your tin of tuna and the tin of sweetcorn. If your tins have ring pull tins, you won't need to use the tin opener.



3. Hold the lid over the tin of tuna and tip the tin upside down over a sink, to drain away the liquid. Do the same with the tuna.

4. Empty the tuna into the large mixing bowl. Put half of the tin of sweetcorn into the mixing bowl. Save the rest of the sweetcorn to serve with the fritters later.





5. Use your measuring spoons to measure the 2 teaspoons of chipotle paste into the mixing bowl.



6. Use your measuring spoons to measure 1 teaspoon of baking powder into the mixing bowl.



7. Add a sprinkle of salt to the mixing bowl.

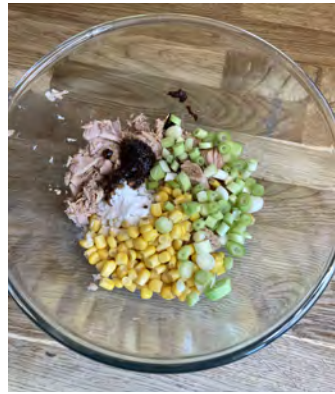


8. On a chopping board, use a small sharp knife to cut the 3 spring onions. Cut off the roots and the dark green parts at each end, then cut the rest of the spring onion into little slices.

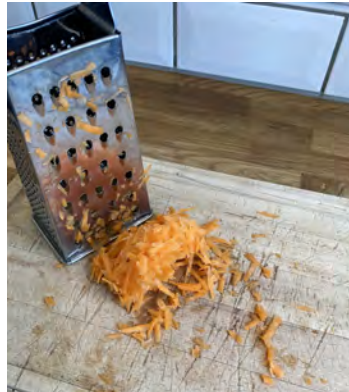




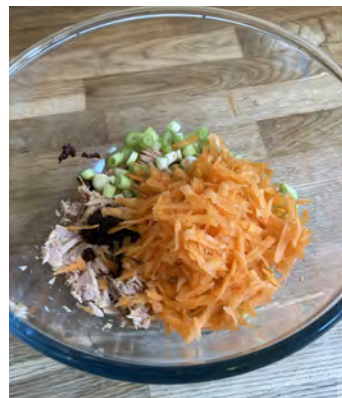
9. Add the sliced spring onion to the mixing bowl.



10. On your chopping board, peel the carrot. Use a box grater to grate the carrot.














11. Add the grated carrots to the mixing bowl.



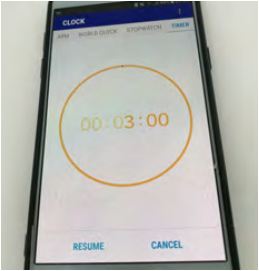

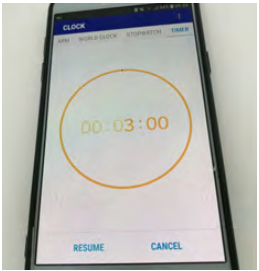

12. Put the mixing bowl onto your kitchen scales and make sure that the display shows '0g'.



<p>13. Measure 100g of plain flour into the mixing bowl.</p>	
<p>14. Use a measuring jug to measure 110ml of water.</p> <p>Add the water to the mixing bowl.</p>	 
<p>15. Use a wooden spoon to mix everything together in the mixing bowl.</p>	
<p>16. On a chopping board, use a small sharp knife to cut the lemon into wedges.</p>	

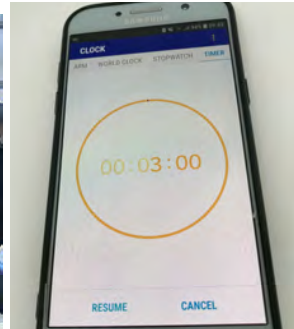
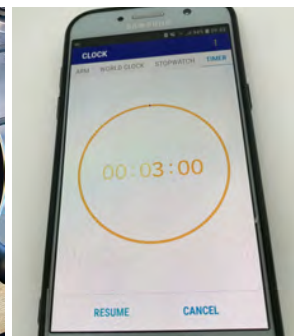
<p>17. Put 1 wedge of lemon onto each plate. Put green salad onto each plate. Put some of the leftover sweetcorn onto each plate.</p>	
<p>18. Now we can cook the tuna fritters. Put a frying pan on the hob and turn on the heat to medium or high.</p>	  <b>medium or high heat</b> 
<p>19. Use your measuring spoons to put <math>\frac{3}{4}</math> tablespoon of cooking oil into the frying pan.</p>	
<p>20. When the oil is hot, use two spoons to scoop four spoonfuls of the mixture from the mixing bowl into the frying pan. Dollop the four spoonfuls spread out in the frying pan, then pat them down so that they are circles and about 1cm thick.</p> <p>You will still have half of the mixture in the mixing bowl.</p>	



<p>21. Set a timer for 3 minutes.</p>	 <p>🔥 3 minutes 🔥</p>
<p>22. When the timer makes a sound, use a spatula or fish slice to turn over the fritters.</p>	
<p>23. Set a timer for 3 minutes.</p>	 <p>🔥 3 minutes 🔥</p>
<p>24. When the timer makes a sound, use your spatula or fish slice to take the fritters out of the frying pan and onto one of the plates.</p>	



25. Repeat the frying process with the other half of the mixture: dollop four spoonfuls into the pan, and fry for 3 minutes on each side. When they are cooked, put these fritters onto the other plate.



repeat the cooking process with the rest of the mixture

26. Turn off the hob.

🔥 turn off the hob 🔥

27. Enjoy your meal!



# ROASTED TOMATO, COCONUT AND BUTTER BEAN STEW

This simple dinner can be made in a roasting dish: this means that it cooks in the oven so you don't have to stand by the cooker stirring for a long time. Tomatoes are roasted with garlic and fragrant seeds called nigella seeds. Then butterbeans and coconut milk are added and the dish is cooked so that the tomatoes and beans sit in a curried broth.

You can buy nigella seeds from large supermarkets. Sometimes they are labelled 'black onion seeds'.







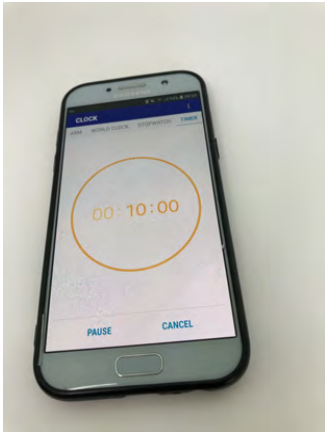


Serves: 2 people

Ready in: less than 1 hour 15 minutes (most of this time is relaxed time while the dish is in the oven)







This recipe is **vegan**



Ingredients		
		
500g tomatoes (5 or 6 medium tomatoes)	1 tablespoon of cooking oil	¼ teaspoon of salt
		
2 garlic cloves	A sprinkle of nigella seeds	A sprinkle of chilli flakes
		
Half of a tin of coconut milk	One tin of butter beans	One sachet of microwave rice

Equipment		
		
Oven	Chopping board	Small sharp knife
		
Measuring spoons	Medium roasting dish	Oven gloves
		
Timer	Garlic press	Tin opener



		
Small plastic tub	Wooden spoon	Colander or sieve
		
Microwave	2 large bowls or plates	Knives and forks

### How to make this meal:

1. Wash your hands.



2. Turn on the oven to 200°C or 180°C in a fan oven.



🔥 200°C 🔥 or 🔥 180°C + fan 🔥

3. Put the tomatoes on the chopping board and cut them in half using the small sharp knife.



4. Measure the  $\frac{1}{4}$  teaspoon of salt using your measuring spoons. Sprinkle the salt over the cut sides of the tomatoes.



5. Use your measuring spoons to measure the 1 tablespoon of cooking oil into the medium roasting dish.



6. Add the halved tomatoes to the roasting dish. Arrange them so that their cut sides face down.


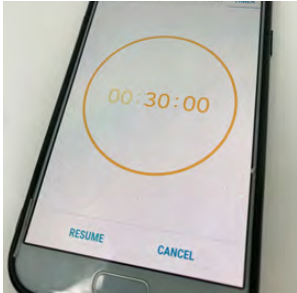






7. Put the garlic cloves (in their skins) in the roasting dish, pushing them into the gaps between the tomatoes.



8. Sprinkle the nigella seeds and the chilli flakes over the tomatoes.



<p>9. Put on oven gloves, and put the roasting dish into the hot oven.</p>	
<p>10. Set a timer for 30 minutes.</p>	  <b>30 minutes</b> 
<p>11. When the timer makes a sound, use your oven gloves to take the roasting dish out of the oven.</p>	
<p>12. Remove the garlic cloves from the roasting dish and let them cool for a couple of minutes.</p>	



13. Peel the papery skins off the garlic cloves and throw the skins away.



14. Use your garlic press to crush the garlic into the roasting dish.








15. Use a tin opener to open the tin of coconut milk.


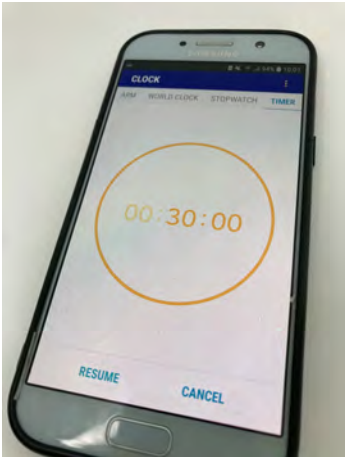







16. Pour half of the coconut milk into the roasting dish.

Pour the rest of the coconut milk into a plastic tub and put into the fridge for a different meal. It can be used in the recipe for **15-minute cream of tomato soup**.



<p>17. Use a tin opener to open the tin of butter beans.</p>	
<p>18. Put the colander or sieve in the sink. Pour the butter beans into the colander or sieve so that the liquid drains away</p>	
<p>19. Tip the drained butterbeans into the roasting dish.</p>	
<p>20. Use a wooden spoon to stir together the tomatoes, garlic, coconut milk and butter beans in the roasting dish.</p>	 

<p>21. Use your oven gloves to put the roasting dish in the oven.</p>	
<p>22. Set a timer for 30 minutes.</p>	  <b>30 minutes</b> 
<p>23. When the timer makes a sound, use your oven gloves to take the roasting dish out of the oven.</p>	
<p>24. Turn off the oven.</p>	 <b>turn <u>off</u> the heat!</b> 

25. Put the sachet of microwave rice in the microwave. Cook it according to the instructions on the packet. It will probably take 2 or 3 minutes.



🔥 2 minutes 🔥

26. Divide the cooked rice and stew between two large bowls or plates and eat!





# GNOCCHI WITH HARISSA BUTTER AND BROCCOLI

This is an easy dinner that you can make in the oven. Gnocchi are little chewy potato dumplings. In this recipe, the gnocchi are mixed with butter and a spice paste called harissa. Broccoli and walnuts are also added to give colour and crunch.


Harissa is easy to find in most big food shops: look near the dried herbs and spices and you will find it in a small jar. It's also a good ingredient to add to pasta or soup.




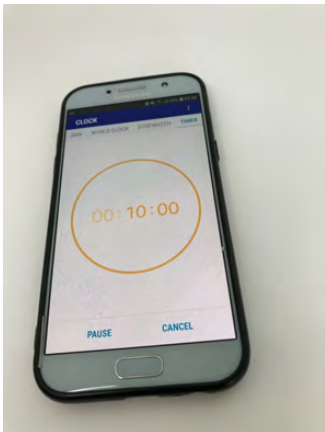





This recipe is **vegetarian**

Serves: 2 people

Ready in: less than one hour

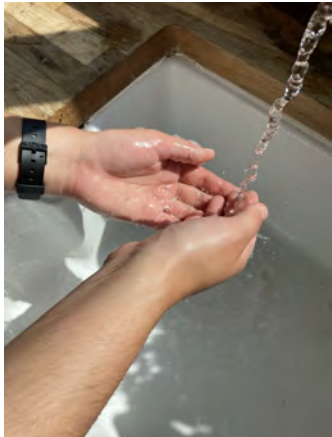







Ingredients		
		
500g packet of gnocchi	1 broccoli	Small chunk of butter
		
2 tablespoons of harissa	Pinch of salt	1 handful of walnuts

Equipment		
		
Oven	Kettle	Large mixing bowl (this must be heatproof)
		
Timer	Colander or sieve	Chopping board
		
Small sharp knife	Roasting dish	Oven gloves

		
Measuring spoons	Wooden spoon	2 large plates
		
Knives and forks		

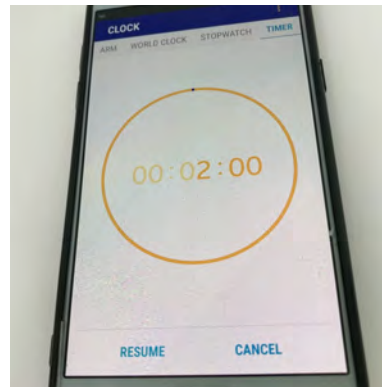


How to make this dish:	
1. Wash your hands.	
2. Turn on the oven to 180°C or 160°C in a fan oven.	  🔥 180°C 🔥 or 🔥 160°C + fan 🔥
3. Fill the kettle and turn it on until the water boils.	 
4. Put the gnocchi in the large mixing bowl.	

5. Pour the boiled water from the kettle into the bowl with the gnocchi.



6. Set a timer for 2 minutes.



🔥 2 minutes 🔥

7. Put the colander or sieve in the sink.



8. When the timer makes a sound, pour the water and gnocchi into the colander or sieve, so that the water drains away.



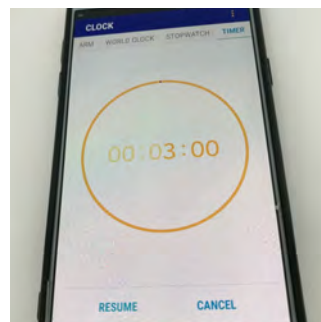
9. Put the broccoli onto a chopping board. Cut the broccoli into small florets using a small sharp knife.



10. Put the butter into the roasting dish and use your oven gloves to put the roasting dish in the oven.










11. Set a timer for 3 minutes.



🔥 3 minutes 🔥

12. When the timer makes a sound, use oven gloves to take the roasting dish out of the oven. The butter is now melted.



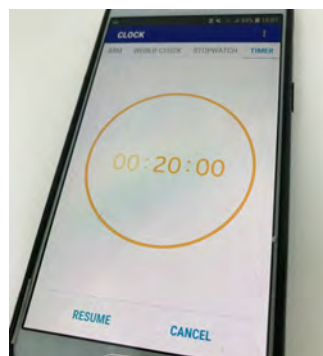
<p>13. Put the gnocchi and broccoli into the roasting dish.</p>	
<p>14. Add the sprinkle of salt to the roasting dish.</p>	
<p>15. Measure the 2 tablespoons of harissa using your measuring spoons and add the harissa to the roasting dish.</p>	
<p>16. Use a wooden spoon to stir everything together.</p>	 <div data-bbox="922 1774 1129 1872">    </div>



17. Use oven gloves to put the roasting dish in the oven.

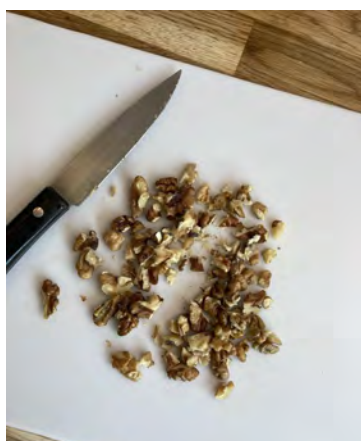


18. Set a timer for 20 minutes.



🔥 20 minutes 🔥

19. Put the small handful of walnuts on the chopping board and cut into smaller chunks using a small sharp knife.



20. When the timer makes a sound, use your oven gloves to take the roasting dish out of the oven.

Add the walnut chunks to the roasting dish.



<p>21. Use oven gloves to put the roasting dish back in the oven.</p>	
<p>22. Set a timer for 5 minutes.</p>	 🔥 <b>5 minutes</b> 🔥
<p>23. When the timer makes a sound, use your oven gloves to take the roasting dish out of the oven.</p>	
<p>24. Turn off the oven.</p>	🔥 <b>turn <u>off</u> the oven</b> 🔥
<p>25. Serve the dinner onto two large plates. Enjoy your dinner!</p>	

# BASIL AND EGUSI PESTO

Homemade pesto is surprisingly easy and it's a process that you can really enjoy. I use egusi seeds in my pesto: they are small seeds that are common in Nigerian cooking, and you can find them in most West African shops. You can use pine nuts or almonds instead of the egusi if that is easier for you.

This pesto is best served with pasta. This recipe makes enough pesto for 4 servings of pasta.

Serves: 4 people










Ready in: less than 30 minutes



















Ingredients		
		
One big handful of egusi seeds <b>or</b> pine nuts <b>or</b> almonds (about 50g)	Two bunches of fresh basil (about 60g)	6 tablespoons of extra-virgin olive oil
		
1 tablespoon of water	One third of a block of Parmesan (about 75g)	1 garlic clove
		
A sprinkle of salt		



Equipment		
		
Frying pan	Stove/hob	Wooden spoon
		
Food processor	Chopping board	Measuring spoons
		
Spoon or spatula	Box grater	Plastic tub or glass jar

How to make this pesto:	
1. Wash your hands.	
2. Put the egusi seeds (or pine nuts or almonds) into a frying pan.	
3. Put the frying pan onto the hob and turn on one ring of the hob. The hob ring should be on a low or medium heat.	   medium heat 
4. Use a wooden spoon to gently stir the seeds or nuts while they cook.	   

<p>5. Watch the seeds or nuts: when they are ready, they will have little golden brown patches on them and they smell nutty and toasted. If you use egusi seeds, they'll start to pop! Make sure they don't burn.</p>	
<p>6. Turn off the heat.</p>	<p>🔥 <b>turn <u>off</u> the heat</b> 🔥</p>
<p>7. Tip the seeds or nuts into a food processor.</p>	
<p>8. Turn on the food processor and watch it spin. When the nuts or seeds are in tiny pieces like soil, turn off the food processor. If there are still big chunks, turn the food processor on for some more time.</p>	
<p>9. Put the basil bunches on a chopping board.</p>	



10. Use your hands to pick the leaves off the stalks. Throw the stalks away.



11. Use a small sharp knife to cut the basil leaves into smaller pieces.



12. Put the chopped basil leaves into the food processor with the seeds or nuts.



13. Use your measuring spoons to measure 6 tablespoons of olive oil and put it into the food processor.





14. Use your measuring spoons to measure 1 tablespoon of water and put it into the food processor.



15. Turn on the food processor and watch while it spins. When the basil leaves are in tiny pieces and the mixture is like a puree, turn off the food processor.



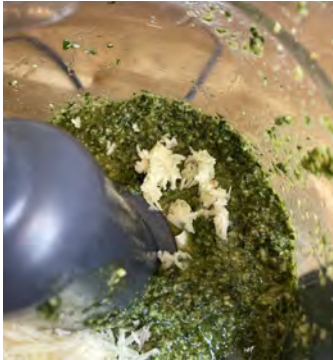





16. If the basil leaves get stuck on the sides of the food processor, turn off the food processor and use a spoon or spatula to scrape down the edges. Then turn on the food processor again until the mixture is pureed.



17. On a chopping board, use a box grater to grate the Parmesan cheese as small as possible.



<p>18. Add the Parmesan cheese to the food processor.</p>	
<p>19. Peel the skins off the garlic clove and use the box grater to grate it.</p>	
<p>20. Add the grated garlic to the food processor.</p>	
<p>21. Turn on the food processor for a short amount of time until everything is mixed. This should not take longer than about 10 to 15 seconds.</p>	

<p>22. Turn off the food processor and scrape down the sides again if things are sticking.</p>	
<p>23. Add a splash of water if the pesto is too thick. Add a sprinkle of salt if the pesto needs more salt.</p>	
<p>24. Put the pesto into a plastic tub or glass jar and put it in the fridge. It is safe to store in the fridge for up to 5 days.</p>	
<p>25. When you are ready to eat the pesto, boil pasta following the instructions on the packet. Use one quarter of the pesto for one serving of pasta. Mix the pesto with the pasta when the pasta has been cooked and drained.</p>	



# CHICKEN AND MUSHROOM PIE

This chicken and mushroom pie has a buttery sauce inside and crispy pastry on top. It is perfect for special occasions when you want to cook something impressive for your friends or family. You can cook some boiled vegetables and mashed potato to serve with this pie.





Serves: 6 people




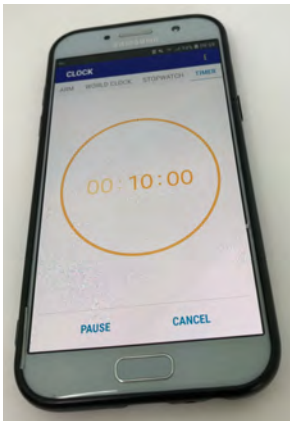





Ready in: less than 1 hour 30 minutes












Ingredients		
		
750g chicken thighs (choose ones that are skinless and boneless)	A large chunk of unsalted butter (about 50g)	2 leeks
		
1 medium packet of mushrooms (about 250g)	2 teaspoons of dried thyme	2 tablespoons of plain flour
		
375ml water	1 chicken stock cube	1 tablespoon of Dijon or wholegrain mustard

		
<p>2 tablespoons of soured cream or crème fraîche</p>	<p>A sprinkle of salt</p>	<p>250g ready rolled shortcrust pastry</p>
		
<p>1 egg</p>		

Equipment		
		
2 chopping boards	2 small sharp knives	Large saucepan
		
Timer	Wooden spoon	Measuring spoons
		
Measuring jug	Oven	23cm pie dish or 20cm square roasting dish

		
Small bowl	Fork	Pastry brush or new clean paint brush
		
Oven gloves	Serving spoon	Dinner plates
		
Knives and forks		



### How to make this pie:

1. Wash your hands.



2. On one of the chopping boards, use a small sharp knife to cut the leeks into slices. Throw away the root end and the dark green bits at the other end.  
  
Cut the mushrooms into slices.







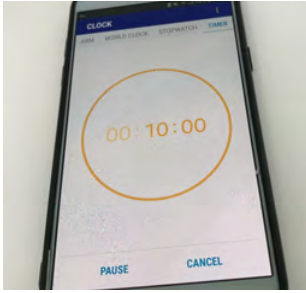




3. Put the chicken on the other chopping board and use a different small sharp knife to cut it into medium chunks.



4. Wash your hands again after touching the chicken.



<p>5. Put the butter into the large saucepan.</p>	
<p>6. Put the saucepan on the hob and turn the hob on to a medium heat.</p>	<p>🔥 medium heat 🔥</p>
<p>7. Put the leeks and mushrooms in the pan.</p> <p>Put the chicken in the pan.</p>	
<p>8. Use your measuring spoons to measure 2 teaspoons of dried thyme. Put this into the saucepan.</p>	
<p>9. Stir everything together.</p>	

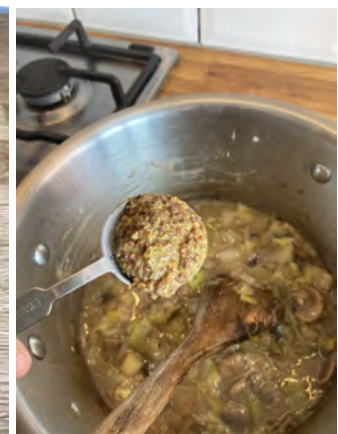
<p>10. Set a timer for 10 minutes.</p>	 <p>🔥 10 minutes 🔥</p>
<p>11. Keep stirring in the pan while you wait for the timer. The vegetables will become soft and the chicken will start to cook.</p>	
<p>12. When the timer makes a sound, use your measuring spoons to add the 2 tablespoons of flour to the saucepan.</p>	
<p>13. Stir everything together. Count to 30 while you keep stirring.</p>	 <p>30 seconds</p>
<p>14. Once you have counted to 30, use your measuring jug to measure the 375ml of water. Pour the water into the saucepan.</p>	



15. Crumble the stock cube into the saucepan.



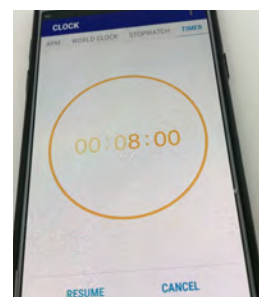
16. Use your measuring spoons to measure the 1 tablespoon of mustard and put it in the saucepan.



17. Stir everything with your wooden spoon.








18. When the mixture starts to bubble, set a timer for 8 minutes.



🔥 8 minutes 🔥



<p>19. Stir occasionally while you wait for the timer.</p>	
<p>20. Turn on your oven to 180°C. Turn it on to 160°C if you are using a fan oven.</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>🔥 180°C 🔥</p> </div> <div>or</div> <div style="text-align: center;">  <p>🔥 160°C + fan 🔥</p> </div> </div>
<p>21. When the timer makes a sound, turn off the heat on the hob. The sauce will be thicker now.</p>	<p style="text-align: center;">🔥 turn off the hob 🔥</p>
<p>22. Use your measuring spoons to measure the 2 tablespoons of soured cream or crème fraîche. Put the soured cream or crème fraîche into the saucepan.</p>	
<p>23. Stir everything in the saucepan.</p>	<div style="text-align: center;">  </div>
<p>24. Taste the sauce and add a sprinkle of salt if you want.</p>	

25. Pour the chicken pie filling into a pie dish or a square roasting dish.



26. Open the packet of ready-rolled shortcrust pastry and unroll the pastry. Remove the paper.

Lay the pastry on top of the chicken pie filling in the dish.






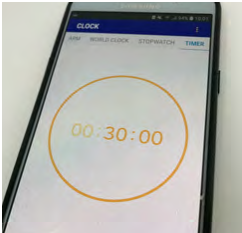

27. Use a small sharp knife to cut off any extra pastry that is hanging over the sides.



28. Crack the egg into a small bowl.

Whisk the egg using a fork so that the yolk is broken up.



<p>29. Use a pastry brush or new clean paint brush to brush a small amount of the egg on top of the pastry.</p>	
<p>30. Poke a hole in the middle of the pastry with your knife. This is so the steam can escape.</p>	
<p>31. Use oven gloves to put the pie in the hot oven.</p>	
<p>32. Set a timer for 30 minutes.</p>	 

33. When the timer makes a sound, use your oven gloves to take the pie out of the oven. Careful! It will be hot.



34. Turn off the oven.

🔥 turn off the oven 🔥

35. Serve the pie out onto plates using a large serving spoon. You can eat this with boiled vegetables and mashed potatoes. Enjoy!





# DARK CHOCOLATE CHUNK COOKIES

These chewy cookies are filled with chocolate chunks. They are easy to make and perfect for sharing with people.










Makes 16 cookies




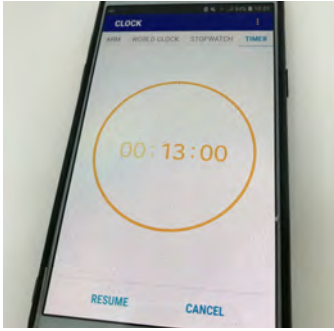
Ready in: 30 minutes

This recipe is **vegetarian** or **vegan**.



Ingredients		
		
150g of soft light brown sugar	90g of olive oil	50g of milk (you can use non-dairy milk if you want to)
		
1½ teaspoons of vanilla extract	200g of plain white flour	1 teaspoon of baking powder
		
A sprinkle of salt	150g dark chocolate	

Equipment		
		
Oven	Large mixing bowl	Kitchen scales
		
Measuring spoons	Wooden spoon	Chopping board
		
Small sharp knife	Two baking trays	Scissors

		
Baking paper	Two spoons	Oven gloves
		
Timer		



## How to make these cookies:

1. Wash your hands.



2. Turn on your oven to 180°C. Turn on your oven to 160°C if it is a fan oven.



🔥 180°C 🔥 or 🔥 160°C + fan 🔥

3. Put your large mixing bowl onto some kitchen scales.

Weigh 150g of soft light brown sugar into the mixing bowl.



4. Press the '0' or 'tare' button to reset the scales to zero.

Weigh 90g olive oil into the mixing bowl.



5. Press the '0' or 'tare' button to reset the scales to zero.

Weigh 50g milk into the mixing bowl.



6. Use your measuring spoons to add the 1½ teaspoons of vanilla extract into the mixing bowl.



7. Use a wooden spoon to stir everything together. Mix really well while you count to 30.






**30 seconds**







8. Put the mixing bowl back on the scales and make sure the scales are set to zero.

Measure 200g flour into the mixing bowl.






<p>9. Use your measuring spoons to measure 1 teaspoon of baking powder and add this to the mixing bowl.</p>	
<p>10. Add a sprinkle of salt to the mixing bowl.</p>	
<p>11. Use your wooden spoon to stir everything together until it is a golden coloured dough.</p>	
<p>12. Put the dark chocolate on a chopping board and use a small sharp knife to chop it into little chunks.</p>	

<p>13. Add the chocolate chunks to the mixing bowl.</p>	
<p>14. Stir to mix everything together.</p>	 
<p>15. Get out your baking trays. Use scissors to cut two big rectangles of baking paper. Put one piece of baking paper on each baking tray.</p>	 
<p>16. Use two dessert spoons to scoop balls of the cookie dough.</p>	



<p>17. Arrange the cookie dough balls on the baking trays so that they are spaced apart.</p> <p>You might be able to fit 6 or 8 cookie dough balls on each tray: you can use an extra baking tray if you need to.</p>	
<p>18. Use oven gloves to put the trays in the oven.</p>	
<p>19. Set a timer for 13 minutes.</p>	 <p>🔥 13 minutes 🔥</p>
<p>20. When the timer makes a sound, use your oven gloves to take the baking trays out of the oven. The cookies will be <b>hot</b> so let them cool before you eat them.</p>	
<p>21. Turn off the oven.</p>	<p>🔥 <u>turn off</u> the oven 🔥</p>

# SALTED, MALTED, MAGIC ICE CREAM

This homemade ice cream is very simple and contains malt powder. The taste of malt is like Horlicks drinks or the crunchy middle of a Maltesers chocolate.

Serves: roughly 4 people

Ready in: 6 hours (this ice cream needs a few hours to freeze)

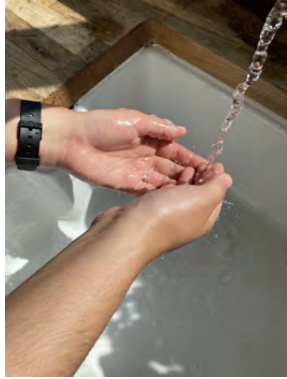




This recipe is **vegetarian**
















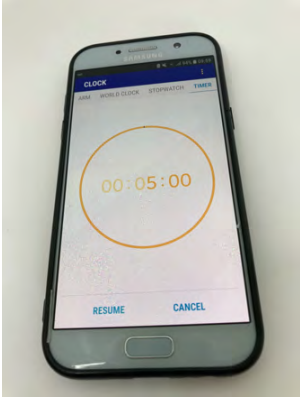

Ingredients		
		
200g of condensed milk (that's ½ of a tin)	60g malt drink powder (such as Horlicks or Ovaltine)	300ml double cream (that's 1 medium tub)
		
A sprinkle of salt	Fresh berries	

Equipment		
		
Tin opener	Large mixing bowl	Small plastic tub with lid
		
Kitchen scales	Whisk	Large plastic tub with lid
		
Large spoon or spatula	Freezer	



How to make the ice cream:	
1. Wash your hands.	
2. Use your tin opener to open the tin of condensed milk.	
3. Pour 200g of condensed milk (that's half of the tin) into a large mixing bowl.  Pour the other half of the tin of condensed milk into a small plastic tub and put it into the fridge for another day.	
4. Put the mixing bowl on the kitchen scales and make sure the scales read zero. Add malt drink powder to the bowl until the scales read 60g.	 

<p>5. Use your whisk to stir the condensed milk and the malt drink powder together until they are smooth.</p>	 
<p>6. Pour the double cream into the bowl.</p> <p>Add a sprinkle of salt to the bowl.</p>	 
<p>7. Whisk the mixture. Move the whisk quickly and with lots of energy. Do this until the mixture is thick and slightly foamy. When it is ready, it will be thick like yoghurt instead of being runny like milk.</p>	 
<p>8. Pour the mixture from the bowl and into a large plastic tub. Scrape out the bowl using a spoon or spatula.</p> <p>Put a lid on the plastic tub.</p>	 

<p>9. Place the tub in the freezer.</p>	 
<p>10. Wait for 6 hours for the ice cream to freeze.</p>	<div style="display: flex; align-items: center; justify-content: center;">  <div style="margin: 0 10px;"><b>6 hours</b></div>  </div>
<p>11. When you want to eat the ice cream, remove the tub from the freezer and put it on the kitchen counter.</p> <p>Set a timer for 5 or 10 minutes. When the timer makes a sound, the ice cream will be slightly softer. It will be easier to scoop.</p>	  <p style="text-align: center;"><b>5 or 10 minutes</b></p>
<p>12. Scoop the ice cream into little bowls with the fresh berries.</p>	



# CLEMENTINE HOT CHOCOLATE

This recipe uses clementine skins to add a chocolate-orange flavour to hot chocolate.





Makes: 1 mug of hot chocolate


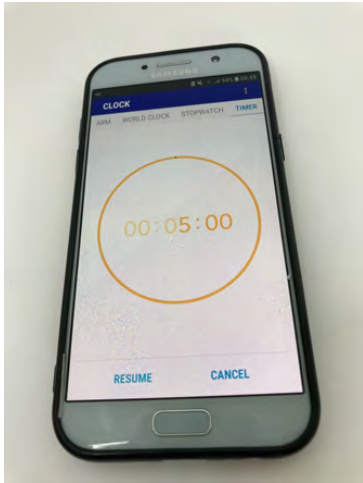


Ready in: less than 10 minutes

This recipe is **vegetarian**. If you use non-dairy milk like oat milk, it will be **vegan**.



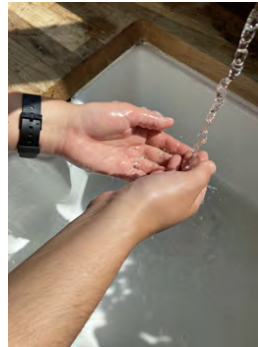


Ingredients	
	
Peel from 2 clementines or 1 orange	250-300ml milk
	
1½ teaspoons of cocoa powder	2 teaspoons of white sugar

Equipment		
		
Measuring jug (one that is safe to go in the microwave)	Microwave	Timer
		
Your favourite mug	Teaspoon	

### How to make this hot chocolate:

1. Wash your hands.



2. Scratch the outside of the clementine peels with your nails to unlock the citrus flavour. If you sniff the peel now, you will notice it smells strongly of orange.



3. Put the clementine peel in the measuring jug. Measure 250-300ml milk into the measuring jug.


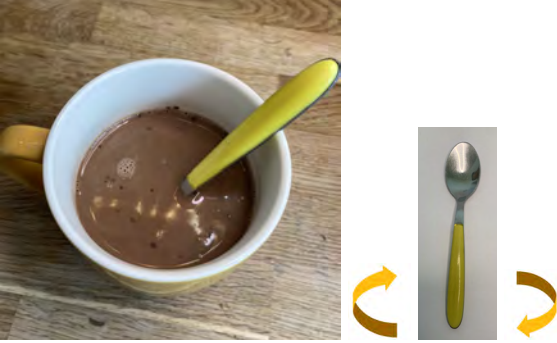


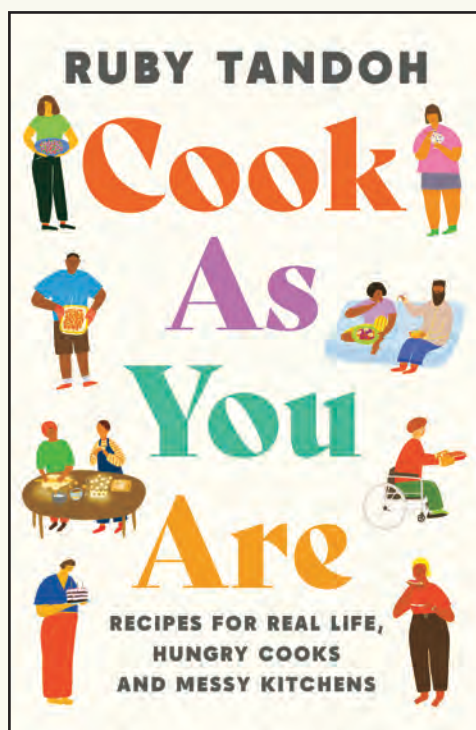
4. Put the measuring jug into the microwave.



<p>5. Turn on the microwave on full power for about 1½ minutes.</p> <p>If it is not hot yet, microwave it for another 30 seconds</p>	<div data-bbox="790 159 1268 241" data-label="Image"> </div> <p>at least 1½ minutes</p>
<p>6. When the milk is steaming and very hot, take the jug out of the microwave.</p> <p>Let the milk and clementine peels sit for 5 minutes so that the flavour of the clementine can mix into the milk.</p>	<div data-bbox="679 495 1380 871" data-label="Image"> </div> <p>wait 5 minutes</p>
<p>7. Put 1½ teaspoons of cocoa powder into your favourite mug.</p> <p>Put 2 teaspoons of white sugar into your favourite mug.</p> <p>Stir the cocoa powder and sugar together.</p>	<div data-bbox="668 947 1393 1326" data-label="Image"> </div> <div data-bbox="920 1339 1133 1552" data-label="Image"> </div>
<p>8. After 5 minutes, use a teaspoon to take the clementine peel out of the milk. Put the peel in the bin.</p>	<div data-bbox="793 1592 1265 1993" data-label="Image"> </div>



<p>9. Slowly pour just a little bit of hot milk into your mug. Stir it to help the cocoa powder dissolve.</p>	
<p>10. When the cocoa powder and sugar have mixed into a smooth paste, slowly pour the rest of the hot milk into your mug. Stir some more until it is smooth.</p>	
<p>11. If the hot chocolate is not hot enough, put it back in the microwave for 30 seconds.</p> <p>Enjoy!</p>	



These recipes are adapted from

# Cook As You Are: Recipes for Real Life, Hungry Cooks and Messy Kitchens

by Ruby Tandoh  
Serpent's Tail (2021)

You can buy the full, unabridged cookbook (for more confident readers and cooks) from any good bookshop.

~~To order more copies of this easy read cookbook, visit:  
[cookasyouare.bigcartel.com](http://cookasyouare.bigcartel.com)~~