

PHSG STUDENT COUNCIL SUMMER HOLIDAY NEWSLETTER

Week 4 - Thursday 13th August

Thank you to Marlie-Mae and Daisy for this delicious newsletter! You have put together a great collection of recipes. Thank you also to Bella and Katie for contributing their recipes.

Baking is something we have all enjoyed, now and during lockdown - apart from when we couldn't buy flour, yeast or baking powder!

I really enjoy baking, it's a good way to relax and take a break from school work. My favourite recipe is chocolate brownies! I have two recipes, one for a healthy brownie made with weetabix and one for... well let's just say a not-so-healthy traditional brownie! Mrs Carter and I have both made the 'not-so-healthy' traditional brownie and we can confirm it tastes great!

I hope you don't mind, Marlie-Mae, Daisy, Bella and Katie, I have added my recipes at the end of this newsletter.

Happy reading and happy holidays!
Zoe :)

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The topic for this week is... BAKING!!!

Cooking and baking is a brilliant way to relax and have fun. It is a great way to express yourself through cakes and bakes!!! As well as being super fun, baking is meditative (an activity which takes your whole attention) and stimulates the ~~SENSES~~! Here are some cool recipes for you to have a go at!



Here we have 6 different recipes from savoury to sweet:

For allergy reasons, please look at the ingredients before baking

Bread

Ingredients:

500g bread flour (plain flour will also work)
2tsp salt
2tsp sugar
14g yeast
2 tbsp olive oil
320ml warm water



Method:

1. Sift the flour into a bowl and add the salt.
2. In the jug with the water, add the yeast and sugar and stir. Seal the top with cling film or any alternative, then leave for 5 minutes.
3. Now gradually add the water mixture to the flour and salt. When the water mixture is mixed well, add the olive oil.
4. Knead the bread dough until you can see through it when you stretch it without the dough tearing.
5. Pour about 1tbsp oil into a large bowl and spread it around with your hand. Put in the kneaded dough and make sure it is coated in oil, before leaving it in a warm place to rise for 1 hour.
6. Take the risen bread out of the bowl and shape it with your hands into the shape you would like your bread to be. Line a tray with baking paper and place the bread carefully onto it, before leaving it in a warm place for 30 minutes.
7. After 25 minutes, preheat the oven to 200C. When the 30 minutes is up, you can score the bread with a knife (this is optional).
8. Bake the bread in the oven for 30-35 minutes with a tray filled with water below. This will give the bread a nice crust.
9. To find out if your bread is ready, tap the bottom. If it sounds hollow then your bread is well cooked. Leave to cool for a bit before eating!

Savoury Pancakes

Ingredients:

200g plain flour
2 large eggs, beaten
500ml milk
oil, for frying
130g ham, cut into small chunks
150g cheddar cheese, grated



Method:

1. Using electric beaters or a hand whisk, combine the flour, eggs and milk with a big pinch of salt in a large bowl.
2. Heat a 20cm crêpe pan until very hot, then pour a little oil into the pan. Swirl the pan so the oil creates an even covering.
3. Ladle a spoonful of the pancake mixture into the pan and tip the pan so the mixture fills the pan in an even layer.

4. Cook for 30 seconds, then flip and scatter with some cheese and ham, and cook until the cheese is melting. Add a crack of black pepper and fold.
5. Keep on a plate covered with foil in a warm oven while you make the remaining pancakes.

Beef Goulash (or mushroom if you're a vegetarian)

Ingredients:

2lbs chopped steak (or quartered mushrooms)
 1 tbsp vegetable oil
 3 medium onions, cut into smallish wedges
 4 garlic cloves, crushed
 2 tsp hot paprika (smoked is best)
 1 tbsp paprika

1 tsp chilli powder (optional)
 1 beef stock cube (or vegetable)
 1 pint of water
 400g can of chopped tomatoes
 2 tbsp tomato purée



2 bay leaves (optional)
 3 bell peppers, cut into roughly 1" pieces
 flaked sea salt
 freshly ground black pepper

Method:

1. Preheat the oven to 170°C/Fan 150°C/Gas 3½.
2. Season the beef well with salt and pepper. Heat the oil in a large flameproof casserole dish. Add the steak (or mushrooms) and fry over a high heat until nicely browned all over, turning regularly.
3. Tip the onions into the pan and cook with the beef (or mushrooms) for 5 minutes until softened.
4. Add the crushed garlic and cook for a further minute, stirring regularly. Sprinkle both paprika and the chilli powder over the meat and crumble the beef (or vegetable) stock cube on top.
5. Add the water, tomatoes, tomato purée and bay leaves. Season with salt and pepper, stir well and bring to a simmer. Cover with a tightly fitting lid and transfer the dish to the oven. Cook for 1½ hours.
6. While the beef (or mushrooms) is (are) cooking, remove the core and seeds from each pepper and discard. Cut each pepper into chunks of about 1 inch.
7. When the beef has cooked for 1½ hours, carefully remove the dish from the oven. Stir in the peppers, put the lid back on and put the goulash back in the oven for a further hour or until the beef is meltingly tender.
8. Serve with rice, pasta or mashed potatoes depending on personal preference.

Strawberry and White Chocolate Mousse Cake

Ingredients:

175g digestive biscuits
75g butter, melted
400g white chocolate
400g strawberries
300g tub full-fat soft cheese
200ml double cream



Method:

1. Crush the biscuits with a rolling pin into fine crumbs, add the melted butter and mix well. Tip the mix into a 20cm lined, loose-bottomed cake tin, smooth with the back of a spoon and put in the fridge for 30 mins.
2. Melt 375g of the chocolate in a microwave or glass bowl, set over a pan of simmering water, then allow to cool slightly.
3. Take out 6 nice-looking strawberries and set aside. Blitz the remaining strawberries in a food processor until smooth, then add them to a bowl with the soft cheese and cream. Beat until really smooth and thick, then stir in the melted white chocolate. Pour on top of the biscuit base and smooth the top. Place in the fridge and chill overnight.
4. Halve the reserved strawberries and place on top of the cheesecake. Melt the remaining 25g chocolate and drizzle over the top, then keep chilled until ready to serve.

Chocolate Chickpea cake

Ingredients:

150g unsalted butter
350g golden caster sugar
150g dark chocolate
400g tin of chickpeas
3 large eggs
150g plain flour
1 tsp baking powder
2 oranges
4 tbsp olive oil



Method:

1. Preheat the oven to 170C and line a baking tray (20cmx30cm) with baking paper.
2. In a pan, on a very low heat, melt the butter with 4 tablespoons of olive oil and 250g of the sugar, until combined. Stir with a rubber spatula.
3. Add the chocolate, turn off the heat and stir until the chocolate has melted and the mixture is smooth.
4. Drain the chickpeas then put them in a food processor. Pour in the chocolate mixture and process until smooth.
5. With the processor still running, add in the eggs one at a time. Gradually add in the flour, baking powder and a pinch of salt until combined, before pouring the mixture evenly into the prepared tray. Bake for 20-25 minutes until risen and springy to the touch.

6. While the cake is in the oven, make the syrup. Peel off strips of zest from both oranges into a small pan. Squeeze in all the juice, add in the remaining 100g of the sugar then simmer on a medium low heat until it is a nice syrupy consistency. Leave to cool without stirring or touching.
7. As soon as the cake comes out of the oven, make holes in it with a skewer then spoon out most of the cooled syrup so it soaks into the sponge. Arrange the peel on top to decorate, then leave to cool. Slice and serve like brownies with a drizzle of the remaining syrup.

Quick Victoria sponge

Ingredients:

175g unsalted butter at room temperature
175g golden caster sugar
175g self-raising flour, sifted
1tsp baking powder
1tsp vanilla extract
3 eggs
1-2 tbsp milk (optional)

Sponge filling:

4 tbsp strawberry jam (any jam is good)
140ml whipped double cream
icing sugar for dusting



Method:

1. Heat the oven to 180C/ fan 160C/ gas 4. Line and butter 2 x 18cm sandwich tins.
2. Beat all the cake ingredients together in a large bowl, add the milk if the mixture is too stiff to drop off a spoon when tapped gently.
3. Divide the mixture between the tins. Make sure they are level.
4. Bake side by side in the oven for 20-25 minutes, until the sponges are risen, slightly shrunk away from the edge of the tin and spring back when lightly pressed.
5. Leave to cool for 5 minutes then turn out onto a rack and peel off the paper. Cool completely before filling.
6. Spread the jam onto the base of one sponge. Spread the cream on top of the jam. Sandwich the sponges together. Dust with icing sugar.



Traditional brownie

Ingredients:

200 g dark chocolate (roughly chopped)
175 g unsalted butter
325 g caster sugar
130 g plain flour
3 eggs
icing sugar, to decorate



Method:

1. Preheat the oven to 170°C/325°F/gas mark and line a 33 x 23 x 5 baking tray with greaseproof paper.
2. Put the chocolate and butter in a heatproof bowl over a saucepan of simmering water. Leave until melted and smooth.
3. Remove from the heat. Add the sugar and stir well. Add the flour and stir well. Finally, stir in the eggs and mix until thick and smooth.
4. Spoon the mixture into the prepared baking tray, and bake in the preheated oven for about 30 to 35 minutes, or until flaky on the top, but still soft in the centre. Be careful not to overcook, otherwise the edges will become hard and crunchy. Leave to cool completely before dusting with icing sugar, to decorate.

Weetabix Brownies

Ingredients:

4 crushed Weetabix
110g caster sugar
110g self raising flour
2 tbsp cocoa powder
100g dark chocolate chips (or chocolate buttons)
110g melted margarine
1 medium egg



Method:

1. Mix all dry ingredients together.
2. Add the melted margarine and egg. Mix thoroughly and tip into a square 20cm tin, lined with baking paper.
3. Spread out evenly and cook at 180°C/350°F/Gas Mark 4 for 20 mins. Leave to set before cutting into 9 pieces or 36 mini brownies.

DISCLAIMER: This newsletter was prepared and written by the students of Plymouth High School. All information in this newsletter was gathered by students of the PHSG Student Council. Any opinions expressed in this newsletter are from the students.