

THE BIG EAT

Global Recipes from the Global Classroom





Welcome to the **Big Eat!**

Nord Anglia Education schools are incredibly diverse places. Our students represent over 100 different nationalities and the Global Classroom is somewhere for them to share and celebrate their varied experiences and passions.

The Big Eat gave students the opportunity to share their favourite recipes with each other, whether they were a family favourite or a local delicacy.

This recipe book showcases the best of our students' culinary ideas and experience.

The recipes are divided into three different sections:

- Savoury Eats
- Sweet Treats
- Wartime Delights (these were the outcome of a special project on World War II by the British International School Shanghai, Puxi).

We hope you enjoy looking through the recipes. Why not try your hand at making some of them yourself?



Contents

Savoury Eats

Chicken fajitas	9
Fried plantain	11
Ham and cheese pizza	13
Homemade pizza dough	15
Macaroni and cheese	17
Pumpkin soup	19
Red chilaquiles with chicken	21
Stuffed peppers	23
Sushi	25
Wallace's famous fried chicken	27
Yorkshire pudding	29

Sweet Treats

Ambrosia	33
Apple pie	35
Best chocolate salami ever!	37
Cake pops	39
Chocolate coulant	41
Chocolate ice-cream bites	43
Cold winter's warm hot chocolate	45
Delicious pancakes	47
French macarons	49
Pavlova	51
Ukrainian pancakes with cottage cheese	53

Wartime delights

Cheese dreams	57
Pear crumble	59
Rock buns	61
Vegetable stew	63



Savoury eats



Chicken fajitas

By Simran Moger, The British International School Abu Dhabi

Ingredients

- Chicken breast strips
- Any fajita mix
- Onion
- Peppers (optional)
- Tortilla wraps

Possible toppings:

- Sour cream
- Guacamole
- Cheese
- Jalapenos
- Salsa

Method

1. Coat the chicken strips in the fajita mix.
2. Slice the onion and peppers (if used).
3. Fry the onions until soft.
4. Add the chicken strips and fry until cooked.
5. Add peppers and continue frying.
6. Meanwhile, grate some cheese and prepare chosen toppings.
7. Heat up the tortilla wraps.
8. Ready to serve!





Fried plantain

By Abdul Rahman Tijani, The British International School Abu Dhabi

Ingredients

- Plantain (however much you would like!)

Method

1. Remove the skin from the plantain, cut it in any shape (I usually do a circle) and add some salt.
2. Take a frying pan, add some oil and heat it up.
3. When the oil is starting to get hot, put all the plantain in and wait until it becomes a little bit brownish.

A little tip...

Don't let the plantain become too brownish or it means it's already been burnt!



Ham & cheese pizza

By Antoni Harmsen, The British International School Bratislava

Ingredients

- Pizza base
- Tomato sauce
- Onions
- Ham
- Cheese
- Salt and pepper

Method

1. Buy a pizza base and spread some tomato sauce on it.
2. Next add some onions and ham.
3. Add salt and pepper.
4. Add the cheese.
5. Put the pizza in the oven and cook for 15 minutes.
6. Finally you've made the pizza, so enjoy your meal!!

I chose this recipe because I like pizza a lot and my favourite things all start with 'p'.





Homemade pizza dough

By Sara Al Nobani, The British International School Abu Dhabi

Ingredients

- 250ml warm water
- 1½ teaspoons of dried yeast
- 1 teaspoon of sugar
- Salt and pepper
- 2 tablespoons of olive oil, plus extra for oiling
- 375g strong plain flour, plus extra for sprinkling

Method

1. Mix the yeast with 3 tablespoons of water. Set aside for 10 minutes or until frothy.
2. Sift the flour into a bowl and add the sugar, salt and pepper. Then dig a well in the centre.
3. Pour the yeast, water and oil into the well. Use your hands to mix everything together.
4. Sprinkle flour over a clean work surface.
5. Knead for 8 minutes, until it's smooth and elastic.
6. Oil a large bowl, pop in the dough and cover with Clingfilm. Leave in a warm place until the dough has doubled in size.
7. Poke holes in the dough to test if it is ready. If the holes remain, it's ready. Punch down with your fists and place on a floured surface, ready to make your pizza!

I chose this tasty recipe because I love pizza and homemade pizza dough is more healthy.



Macaroni and cheese

By Nicholas von Eper, The British International School Shanghai, Pudong

Ingredients

- Cheese
- Noodles

I chose this recipe because it is quick to make, fun to do and good to eat.

Method

1. Put water in the cooking pan and heat on the stove.
2. When the water bubbles, pour the noodles into the water.
3. Once the noodles are soft, pour them into a strainer over the sink.
4. Pour the noodles onto a plate.
5. Shred the cheese.
6. Sprinkle the cheese onto the noodles.





Pumpkin soup

By Fabian Tan, The British School of Beijing, Sanlitun

Ingredients

- 2 tablespoons margarine/butter
- 1kg pumpkin
- 2 large potatoes
- 1 onion (finely chopped)
- Salt and pepper
- 1 tablespoon cream
- 5 cups chicken stock (made using stock cubes)

Method

1. In a large saucepan, fry the finely chopped onion.
2. Add peeled pumpkin cut in small pieces, 5 cups of chicken stock, salt and pepper.
3. Wait to boil, then make the pumpkin tender by simmering.
4. Cool it down.
5. Pour the mixture into the blender slowly.
6. After that put it back in the saucepan, turn the heat down and add the cream.
7. When serving, you can decorate the soup with things such as pumpkin seeds, raisins, milk or a sprig of parsley.

I chose this so that I could share with everyone the amazing taste and the unique flavours of homemade food. This is a family favourite recipe and my family were pleased to share their homemade secret with everyone on Global Classroom.





Red chilaquiles with chicken

By Carolina Robles, The British International School Abu Dhabi

Ingredients

- Tomato
- Onion
- Garlic
- Salt and pepper to taste
- Corn tortilla
- Guajillo chilli
- Cheese
- Sour cream
- Cooked chicken

Method

1. Liquidise the tomato, onion, garlic, salt, pepper and guajillo chilli to make salsa.
2. Put the salsa in a preheated pan over a low heat for 10 minutes.
3. Place the tortillas in the salsa, leave for 10 minutes and turn off the heat.
4. Serve the chilaquiles in a dish with the cooked chicken, cheese and sour cream.

I chose chilaquiles because it is my favourite food from my country. It is special to me because it tastes really delicious and reminds me of my country because each ingredient tastes to me like Mexico.





Stuffed peppers

By Anna Gee, The British International School Abu Dhabi

Ingredients

- 6 bell peppers
- 500g pork mince
- 150g cooked rice
- 1 onion
- 300g sour cream
- $\frac{3}{4}$ teaspoon salt
- 3 tablespoons olive oil

Method

1. Mix the pork mince with the chopped onion, rice and egg.
2. Season the mixture with salt.
3. Cut the tops of the peppers out and take the seeds out.
4. Stuff the mixture into the peppers and stew them for 30 minutes.
5. Serve with sour cream.



Sushi

By Aya Okumura, The British International School Abu Dhabi

Ingredients

- Sushi rice
- Nori sheet
- Fillings

Method

1. Place the nori sheet on top of a bamboo mat.
2. Then take a handful or half a cup of sushi rice and spread it onto the nori sheet. Remember to leave some space at the top of the nori sheet, so when you roll it it will stick to the nori sheet.
3. Cut any vegetable you like and place it at the bottom of your nori sheet.
4. Roll the bottom edge of the bamboo mat over the rice, nori and the fillings, shaping it into a rectangular shape. Be sure all the fillings are inside.
5. Pull the mat back and put it over the roll again and press more firmly this time.
6. Remove the roll from the bamboo mat. Place the mat over it and give it a last press.
7. Don't worry if you cannot find wasabi, Japanese pickled ginger and a serving platter. Please do not worry because wasabi and pickled ginger are very spicy. You could use a plate instead of a serving platter.

I chose sushi for my recipe because it's my family's favourite. It was very popular at the International Buffet at BISAD too! I enjoy making them a lot.



Wallace's famous fried chicken

By Ciara Wallace, The British International School Abu Dhabi

Ingredients

- Boneless chicken breast
- Egg
- Ritz crackers
- Olive oil

Method

1. First chop the chicken into bite size chunks.
2. Crack an egg in a bowl then whisk it.
3. Empty a packet of Ritz crackers into a sandwich bag.
4. Beat the crackers into crumbs with a rolling pin.
5. Take each piece of chicken and dip in egg first then the cracker crumbs.
6. Heat the oil in a frying pan and lightly fry the chicken pieces until brown and crispy.
7. Serve with BBQ sauce and I like steamed rice with mine.

I chose Wallace's famous chicken because it is absolutely delicious and everyone loves it. It is my family's favourite food.





Yorkshire pudding

By Emily Stedall, The British International School Abu Dhabi

Ingredients

- 125g plain flour
- Pinch of salt
- 1 egg
- 200ml milk
- 25g lard

Method

1. Mix the flour and salt in a bowl. Make a little hole in the centre and break in the egg.
2. Add half the milk and use a wooden spoon to gradually work in the flour. Beat the mixture until smooth then add the remaining milk and 100ml of water. Beat until well mixed and the surface is covered with tiny bubbles.
3. Put the lard in a small roasting tin or other baking tin and place in the oven at 220°C (425°F) for about 10 minutes, until the fat shows a haze.
4. Pour in the batter and return to the oven to cook for 40-45 minutes, until risen and golden brown. Don't open the door during cooking. Serve with roast of your choice.

I love Yorkshire puddings as they are tasty and go well with mashed potatoes. They also remind me of home.





Sweet treats



Ambrosia

The British International School Abu Dhabi

Ingredients

- 300ml whipping cream
- 1 tin pineapple pieces drained
- 1 teaspoon vanilla essence
- 1 packet marshmallows
- 1 teaspoon icing sugar
- 500ml berry yoghurt
- Shaved chocolate
- 2–3 punnets of berries (strawberries, raspberries and boysenberries are nice. If using strawberries, then hull and slice in half)

Method

1. Whip the cream with the vanilla and icing sugar.
2. Fold in the yoghurt, berries, pineapple and marshmallows.
3. Place in a large serving bowl and decorate with shaved chocolate (use a potato peeler on a bar of chocolate to make shavings).
4. Chill for at least 2 hours before serving. Also fabulous served on top of pavlova (another great New Zealand dessert!).

This is my family's favourite dessert recipe. We used to live in New Zealand and would go berry picking to get the berries. But now we have to go to the shops to get the berries because we live in Abu Dhabi.



Apple pie

By Maya Mcentyre, The British International School Shanghai, Pudong

Ingredients

- Apples
- Sugar
- Pastry

Method

1. Put pastry at the bottom of the bowl.
2. Put apple in the middle.
3. Put pastry on top.
4. Let bake.

The reason I chose apple pie for my recipe is because pie is one of my favourite desserts. Apple pie is sweet and goes great with ice-cream. Apple pie is one of the recipes that reminds me of America, my home. We eat it during holiday time. It is sweet and sticky and I am going to share it with you now!



Best chocolate salami ever!

By Tommaso Raccavilla, La Cote International School

Ingredients

- 1 egg
- 250g petit beurre crunched
- 200g sugar
- 100g soft butter
- 50g sweet cocoa powder

Method

1. Crunch the biscuits in the mixer.
2. Add all the ingredients and, with your hand, mix everything very, very well.
3. Give the mixture a salami shape and wrap it in aluminium kitchen foil.
4. Put it in the fridge for at least 3 hours.
5. To serve, cut into slices as a salami. Delicious!

This is our secret family recipe, a must. Give it a try! I chose this recipe because we always eat chocolate salami. It is as popular in Turin, Italy, as fish and chips in England! Pizza and chocolate salami are my favourite foods. I can also make it by myself; it is really easy.



Cake pops

By Daranee Sinot, Regents International School Pattaya

Ingredients

- Muffins (any flavour)
- Some icing or dessert sauce
- Sprinkles (optional)
- Lollipop sticks

Method

1. Take a muffin and roll it up into a small ball.
2. Stick a lollipop stick into the bottom.
3. Repeat this with all the other muffins.
4. Refrigerate them for 10 minutes. When you take them out, they will be quite hard. This reduces the chance of the ball breaking.
5. Take a muffin ball and dip it gently into the icing or sauce. Make sure you don't get the lolly stick sticky! Do this with all the others.
6. If you want, put sprinkles on.
7. Pop in the freezer for one hour.
8. When you take them out, the icing will have frozen on. You're done. Enjoy! Mmm... Looks good!

Hey everyone! I will show you my favourite dessert; cake pops. These are easy to make and very tasty.





Chocolate coulant

By Victoria Sarabia, The British School of Beijing, Sanlitun

Ingredients

- 300g butter
- 380g dark chocolate
- 150g sugar
- 130g flour
- 7 eggs
- 1 egg yolk

Method

1. Preheat your oven to 225°C.
2. Grease 12 individual moulds with butter.
3. Melt the chocolate in the microwave.
4. Mix all ingredients together.
5. Fill all of the individual moulds with the chocolate mixture.
6. Put in the oven for about 6 minutes and keep an eye on them to make sure they don't get overcooked.
7. Take them out of the oven and put them on a plate.
8. Enjoy eating them! Try them with a bit of ice-cream – they will be so delicious...

I've chosen chocolate coulant because it is my favourite dessert. I love it when I cut it in half and the melted chocolate inside just spreads everywhere.





Chocolate ice cream bites

By Jeongmin Sophia Lee, The British International School Shanghai, Puxi

Ingredients

- 600ml good-quality ice-cream
- 200g plain chocolate
- 2 tablespoons unsalted butter

Method

1. Line a baking tray with Clingfilm.
2. Using a melon baller, scoop out balls of ice cream and place them on the prepared baking tray. Alternatively, cut the ice cream into bite-sized cubes and stick a cocktail stick in each piece.
3. Put in the freezer until ice cream is very hard.
4. Place the chocolate and the butter in a heatproof bowl set over a saucepan of gently simmering water until melted.
5. Quickly dip the frozen ice cream balls into the warm chocolate and return to the freezer. Keep them there until ready to serve.

The ice-cream is yummy and I like it. I can't eat them here because I don't have a freezer. I miss eating them.



Cold winter's warm hot chocolate

By Rishil Ghurki, The English International School Prague

Ingredients

- 4 pieces of any chocolate bar
- 1 glass of milk

Method

1. Keep 4 pieces of chocolate bar at room temperature, then add it to a bowl and keep it in the microwave for 10 or 20 seconds.
2. Mash the melted chocolate a little. After that, pour in a little milk (to the thickness you want) and stir it.
3. Serve the hot chocolate in a mug. If you want you could heat it up a bit more and add some marshmallows. Hope you enjoy!

My favourite drink, especially in the winter, is hot chocolate. The taste of the hot chocolate is just so yummy! The creamy texture of the milk or sometimes thick or whipped cream gives you such a rich flavour to your tastebuds. This is my recipe for homemade hot chocolate.



Delicious pancakes

By Eve Cooper, La Côte International School

Ingredients

- 250g flour
- 300ml milk
- 2 tablespoons sugar
- ½ teaspoon baking powder
- ½ teaspoon bicarbonate of soda
- 2 eggs

Method

1. Put all ingredients, apart from the milk, in a bowl and add the milk slowly, bit by bit, until all the milk is mixed in.
2. Heat a pan to a fairly hot temperature and put the pancake mixture in little blobs on the pan (so that you can fit about 3 pancakes in a pan).
3. Turn the pancakes over when you see quite a lot of bubbles on the surface.
4. Repeat this until you have no more mixture left. Enjoy!!

This is a special recipe for me because I make it every weekend for my family. We all love pancakes, so I decided to find a recipe from my family cookbook. It is the first thing that I ever learnt to cook all by myself and now I don't even need the recipe. Mmm, delicious!



French macaroons

By Shreya Seshan, The British International School Budapest



Ingredients

- 2 cups powdered sugar
- ¼ cup of regular sugar
- Almond flour
- Salt
- Food colouring
- 3 egg whites

Method

1. Take your powdered sugar and sieve into a big mixing bowl. A tip is not to do all of the sugar at the same time – please make sure that you don't get any big lumps or your cookies won't be smooth.
2. No sift the almond flour too.
3. Lightly whisk the flour and sugar together until it's properly combined and set this aside.
4. Take your egg whites and put them into another big mixing bowl. Measure out ¼ cup of sugar and gradually add it to the egg, blending it with a beater on medium speed. Beat the mixture for 8 minutes in total.
5. Add a pinch of salt and your food colouring. When macaroons bake they go lighter, so you need to add more than you would usually. Mix on medium speed.
6. Now slowly mix the almond flour and powdered sugar mixture into the coloured meringue. Add it slowly, about 1/3 cup at a time, folding it in gently. The mixture should be thick, but still move.
7. Take a frosting bag and put a little circle tip on the end. Scoop the batter into the bag and evenly pipe your cookies onto a baking tray. Leave about an inch of space between them. Tap the baking tray on the table so all the air bubbles come out.
8. Let them sit for about 30 minutes and preheat the oven to 150°C.
9. Put the macaroons on the top rack and bake them for 20 minutes.
10. Take your macaroons out of the oven and fill them with any filling – I recommend raspberry jam. I hope you guys enjoyed reading!

A little tip...

Do 4 minutes just with the eggs and slowly add the sugar in the other 4 minutes, until the mixture looks fluffy and white.

I chose this recipe because it's one of my most favourite recipes in the world and is one of my family favourites. It's also really fun to make!





Pavlova

By Alex Laidlaw, The British School of Beijing, Sanlitun

Ingredients

- 5 egg whites
- Pinch of salt
- 1 cup caster sugar
- 1 teaspoon white vinegar
- 2 teaspoons cornflour
- Whipped cream and fruit of your choice (for the topping)

Method

1. Preheat the oven to 300°C.
2. Brush a baking tray with melted butter. Line the tray with a very wet piece of brown paper.
3. In a mixing bowl, add the egg whites and salt. Using an electric mixer, beat until stiff peaks form.
4. Gradually add the sugar, about ¼ cup at a time, beating well after each addition. Continue beating until the egg and sugar mixture is thick and glossy and the sugar has dissolved completely.
5. Add the cornflour and vinegar and beat on a gentle speed until combined.
6. Spoon the mixture onto the baking tray into a mound. Gently flatten the top and smooth the sides. It should be a cake shape and be about 3 to 4cm high.
7. Reduce the oven to 150°C and bake the pavlova for 1 hour or until it changes to a pale cream colour and is crisp on the outside.
8. Remove from the oven and turn upside down onto a serving plate while it is still warm.
9. Once it has cooled, spread the top with whipped cream and top with fruit of your choice. I like raspberries, strawberries and blueberries. It's a really yummy dessert! Enjoy!

This is my family's most favourite dessert – the pavlova!! My dad usually bakes it on special occasions such as family parties, Christmas and Halloween.





Ukrainian pancakes and cottage cheese

By Maria Merenych, The British International School Abu Dhabi

Ingredients

- 110g flour
- 200ml milk
- 75ml water
- Pinch of salt
- 2 eggs
- Butter for pan

For the filling:

- 200g cottage cheese
- 50ml milk
- 200ml sour cream
- 3 tablespoons sugar
- Pinch of vanilla sugar

Method

1. Sift the flour into a deep bowl and add the pinch of salt.
2. Make a hole in the flour and break 2 eggs into it.
3. Mix carefully and continue mixing, adding liquids.
4. Melt a small piece of butter in the hot pan.
5. Put a scoop of mixture in the pan and distribute it quickly.
6. When one side of the pancake is ready, turn it. Be prepared that the first pancake never comes right! Adjust the quantity of mixture and butter for the next one.
7. Fry as many pancakes as possible.
8. For the filling, mix all the ingredients, apart from the sour cream. Smear the filling evenly on the pancakes and roll them up.
9. Cut the rolled pancakes in half and put a layer in the bottom of a buttered dish, followed by a layer of sour cream powdered with sugar, another layer of pancakes and sugared sour cream.
10. Put the dish in the oven for 20 to 30 minutes at 200°C.
11. Serve with even more sour cream on the plate if you wish. Smachnogo!





Wartime delights

All of the recipes in this section were researched as part of a special project on World War 2 by students at the British International School Shanghai, Puxi.



Cheese dreams

By Elliot Debruyne and EHASH Sinha

Ingredients

- Salad
- Wholewheat bread
- Grated cheese
- Egg
- Milk

Method

1. Cut the crusts off the bread and cut the bread in half.
2. Fill the bread with grated cheese.
3. Mix the milk and egg.
4. Soak the sandwich in the mixture.
5. Fry the sandwich.
6. Serve with salad on a plate.

Hi, we are
Etash Sinha from India and
Elliot Debruyne from Belgium.
This year we have been learning
about World War 2 and had to make
rationed food for homework.
We made a cheese dream.





Pear crumble

By Yong Pyo Lee

Ingredients

- 100g brown sugar
- 100g oatmeal
- 100g flour
- 6–8 pears
- Lemon
- Raisins
- Butter
- Spice

Method

1. Preheat the oven to 200°C.
2. Cut out the cores of the pears and slice them (skin on).
3. Put the pear in a 7 inch cake tin.
4. Squirt lemon juice on it.
5. Add raisins and brown sugar.
6. In a different bowl, mix the flour and oatmeal. Rub it with butter until it looks like breadcrumbs.
7. Spread the mixture evenly on top of the fruit.
8. Cook in the preheated oven for 40 minutes.
9. Let it cool down and help yourself!





Rock buns

By Nur Sophia Matthe and Ethan Carmody

Ingredients

- 8oz wholemeal/wholewheat flour
- 4 teaspoons baking powder
- ½ teaspoon mixed spice/all spice
- 2oz margarine
- 2oz sugar
- 2oz sultanas or dried mixed fruit
- 1 egg or 1 reconstituted dried egg
- Milk
- 2 teaspoons sugar for topping

Method

1. Sift the flour, baking powder and spice.
2. Rub in the margarine.
3. Add the sugar, dried fruit and egg.
4. Gradually add enough milk to make a sticky mixture.
5. Sprinkle with the sugar.
6. Cook in a hot oven for 12 to 15 minutes.





Vegetable stew

By Jeongmin Sophia Lee

Ingredients

- ½ white or green cabbage
- Small cauliflower
- 2 large onions
- Several carrots
- Several potatoes
- 1 large can tomatoes or several large fresh ones
- Peas, sweetcorn, parsnip or whatever else needs using up
- Oxo and Bisto (or any vegetable stock)
- Salt, pepper, herbs such as thyme and rosemary
- Water

Method

1. Wash every vegetable.
2. Chop potatoes in quarters.
3. Chop the rest of the vegetables to the regular size.
4. Saute onions in a saucepan with butter.
5. Put the rest of the vegetables in the saucepan and add herbs and seasoning.
6. Wait 10 minutes
7. Then eat!!





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