



Week 2 cookalong recipes

How to use the videos and recipes

I'd recommend watching the video all the way through before you start cooking. Just like you would if you came to one of my classes in my home. You can always go back and watch specific bits if you need to while you cook.

Now we're only allowed to shop once a week at most, I really don't want people going to the shops to get any of the ingredients. If you don't have everything for a certain recipe, please leave a comment on my Instagram post and I'll talk to you about what you can swap around. You don't have to cook everything, can just watch it, learn, and cook it in future.

I don't go into detail of measurements and all the substitutions in the videos so I've written this booklet so you have all the detail. These recipes are written to work for a range of ages, so if you are making them with younger children you will need to help them read and digest the instructions. Perhaps they can draw out their own method before they start?

How to say thank you

It would be lovely if you could say thank you by telling your friends about the videos and asking them to [follow me on Instagram](#). Or they can sign up for the emails by [clicking here](#).

It will make my day when I see you cooking these recipes in your own home so please comment on my posts and tag me in any photos you share using the hashtag #cookwithgem

Gemma xxx

Tuesday - noodle bowls

This 10 minute meal is packed with protein, veg, good fats and flavour and works on its own as a vegan dinner or with leftover cooked chicken stirred through. It is a great meal for children to help with or for older children to make alone. I always make extra sauce and keep some in a jar for future even faster meals. The sauce will last in the fridge for weeks.

This sauce contains the flavours (sweet, salt, sour, bitter, umami) that work together to make food taste delicious, use this as a chance to tinker with the balance of each to understand how they work together. I'll explain this further in the video

Some noodles need boiling, some just need to be soaked in boiling water so follow the pack instructions.

If using broccoli or a green vegetable that needs brief cooking, add it to the pan with the noodles for the last couple of minutes of cooking time.

Ingredients (serves 4) see substitutions below

The sauce:

150g (5 oz) almond butter

Zest of 2 limes and juice of 1 (keep one of the zested limes to quarter and serve with the noodles)

1 tablespoon soy sauce

1 tablespoon sweet chilli sauce

chilli flakes to taste

Noodles and veg

280g (10 oz) dried noodles

4 spring onions (green onions)

30-60g (1-2 oz) coriander (cilantro)

2 carrots, scrubbed but not peeled

2 courgettes (zucchini)

2 tablespoons sesame seeds

Optional – leftover cooked chicken, finely sliced

Equipment

- Knife and chopping board
- Grater
- Zester (for the lime)
- Juicer (for the lime)
- Saucepan
- Metal tongs
- A piece of kitchen paper/kitchen roll or a damp cloth
- Silicone spatula

To make

1. Boil the water for your noodles while you grab all your ingredients.
2. Put all the sauce ingredients in a medium-sized glass bowl. Stir, taste and adjust the balance of flavours and set aside.

3. Boil/soak noodles according to the package instructions.
4. Chop the spring onions and the basil – stalks and all. Coarsely grate the carrots and courgettes.
5. Use metal tongs to pick the noodles out of the pan and dump them into the sauce. Gradually add more of the cooking water as you gently stir your noodles into the sauce. This water helps loosen the sauce, making it stick to the noodles and making it creamy rather than sticky. You'll need about 5 tablespoons of the water.
6. Add the herbs, onions, carrots and courgettes as well as chicken if using and stir. Taste and add more lime for sourness/sugar or sweet chilli for sweetness/soy or tamari or fish sauce or miso for saltiness/ chilli for heat until it tastes balanced. Serve immediately scattered with sesame seeds alongside a wedge of lime. This recipe is meant to be served at room temperature. If you'd like it to be warmer, zap it in the microwave for 20 seconds or heat it in the pan the noodles cooked in.

Substitutions - Instead of...

almond butter - peanut butter or tahini

limes - white wine or rice vinegar

soy sauce - tamari (gluten free) or Thai fish sauce or miso paste

sweet chilli sauce - a pinch of brown or coconut sugar

chilli flakes, or fresh chilli or Sriracha or Tabasco

noodles – rice, soba, udon, ramen or egg noodles. Or you can even use spaghetti

spring onions – chives

coriander – basil or mint

carrots - a red pepper

courgettes (zucchini) –broccoli, green beans, shredded cabbage or asparagus

Wednesday - potato wedges/chips and dips

Who doesn't love chips? These oven baked chips or wedges are so easy to make and work brilliantly with all sorts of meals. They're great with a steak or a burger, with a fried egg and baked beans or even in a chip butty (a chip sandwich for any non Brits, yep double carb all the way).

You can adjust the flavour of these so try adding whole cloves and stems of garlic and rosemary to the potatoes before cooking them. Or sprinkle them with smoked paprika or garam masala if you fancy something a bit spicier.

To dunk

They really do need that final hit of vinegar. I always love to dunk mine in ketchup or mayo. If you are a bit posher than me, you might like to make your own dip so I'm giving you the recipe for a ranch style yoghurt dip. This dip is also great with roast chicken or fish as an alternative to mayonnaise. If you can't eat dairy, just make this with a vegan mayo in place of the yoghurt.

Which potatoes

The difference between large and small potatoes is that large potatoes are *starchy* so you'll get a fluffier chip. Smaller salad or new potatoes are *waxy* so they taste sweeter and hold their shape when cooked. Either type will work here but I prefer the fluffy interior you get with a big potato such as a red potato or a King Edward, Maris Piper or Russet.

Chip/wedges ingredients (serves 4)

4 fist size potatoes

1 tablespoon olive oil or rapeseed (canola) oil

a half teaspoon sea salt or a teaspoon of sea salt flakes

1 teaspoon vinegar – malt, white wine or red wine

Optional flavours -

4-6 cloves of garlic

2 stems of rosemary

2 teaspoons smoked paprika or garam masala

Ranch style dip

250g (1 cup) full fat natural yoghurt – Greek is lovely if you can get it

2 tablespoons olive or rapeseed (canola) oil

30g (1 oz) chives or 3 spring onions

A large pinch of sea salt

Half a teaspoon freshly ground black pepper or chilli flakes or smoked paprika

Equipment

- Knife and chopping board
- Small saucepan
- Large and shallow metal baking sheet/tray
- Fish slice
- A piece of kitchen paper/kitchen roll or a damp cloth

- Spoon
- Small bowl

To make

1. Preheat oven to 210°C (190°C fan) 420°F (375°F convection).
2. Scrub the potatoes but leave the skin on. Chop your potatoes in half or thirds, length-ways, then slice each half into 4-6 thumb size strips. Lay the potato on a large parchment or foil-lined baking sheet.
3. Sprinkle over the oil then use your hands to coat everything. Sprinkle with salt and bake for 30-40 minutes, turning once with a fish slice after 25 minutes. If any bits stick when you turn them, don't worry – they will be the extra crispy bits you fight over when you come to eat.
4. Your chips will be ready when the potatoes are crunchy and golden on the outside, fluffy within. Just before serving, scatter a little white or red wine vinegar over the chips.
5. While your chips cook, make your dip. Finely slice the chives or spring onion and put them in a small saucepan or frying pan with the oil. Cook on a medium heat while you mix the salt and yoghurt together. You want the yoghurt to taste a little salty and more savoury so add the salt gradually and taste as you go.
6. Pour the onion oil over the yoghurt and swirl together without mixing fully. Scatter black pepper or chilli flakes over the top before serving.

Thursday - scones

These scones have always been a fixture in my life. They can be rustled up in minutes with barely any ingredients. They were one of the first things I learned to make and are a great baking activity with children.

Scones are best eaten with an hour or two of them being made. They freeze really well so you can make a batch and have a few more afternoon tea treats to look forward to. Just freeze them once they are cooked and then reheat them in a hot oven for 5 minutes.

You can find a recipe for [lemon curd](#) to go with these on my site.

English scones are lighter and smaller than the scones served in many American coffee shops and are traditionally served with jam and cream. Clotted cream or whipped cream is the ultimate topping if you can get hold of it. I also love them with crème fraîche or cream cheese to add a sour balance to the sweet jam or lemon curd. Not at all traditional but yummy.

How to measure your ingredients

When baking I always use weight rather than cups to measure my ingredients. It is much more precise and, I find, results in much more consistent success. For American readers, the recipe below does have cup measurements too but be aware of the need to not over pack your cup of flour. I've written the recipe in order of most accurate first - Metric weight/imperial weight (volume).

notes

- I cut these with cookie/scone cutter rings but you can also use a knife to cut the whole ball of dough into wedges.
- The real key is not to over handle the dough, doing so will reduce the rise and also result in a tougher, less flaky scone
- Cold butter is often the best in pastry but in this recipe you want it to be room temperature to allow you to rub it in without over working the dough. Soften hard butter by leaving it in a warm place or by slicing it thinly and putting it in the microwave for 5-10 seconds.

Ingredients see substitutions below

Makes 10-12 scones (depending on the size of your rings and thickness of the scones)

455g (16oz or 3 and 3/4 cups) un-sieved plain (all purpose) flour
5 teaspoons baking powder
113g (4oz or 1 stick) salted butter, at room temperature
55g (2oz or 4 tablespoons) sugar
285ml (10 fluid oz) milk, plus a little extra for brushing the finished scones
A pinch of salt

Optional flavours

1. Zest of 1 lemon or orange
2. 110g (4oz) dried fruit – I love sultanas/golden raisins or finely chopped dried apricots, dates or figs

Equipment:

- Large bowl

- Oven
- Butter knife
- Baking tray/cookie sheet
- Digital scale or measuring cups and spoons
- Round cookie/scone cutter around 5cm/2 inches across
- Pastry brush (or use your fingers)
- Cooling rack

To make:

1. Heat the oven to 220°C (200°C fan) 425°F (400°F convection). Put the metal baking tray in the oven to preheat.
2. Place the flour, sugar, salt and baking powder in a large bowl and whisk together.
3. Add the room temperature butter and chop it into the flour with a knife.
4. With clean hands, rub the flour into the butter until it resembles breadcrumbs. The little lumps of butter will not be totally incorporated as it is these lumps that will melt when they are cooked and result in a light flaky scone.
5. Use a knife to gently stir any flavours (zest, dried fruit etc) into the flour mixture before gradually adding the milk around the side of the bowl, still stirring with the knife until the dough starts to come together. Finish pulling it together with your hand.
6. Scatter a little flour on your counter top and lift the dough onto it. Gently pat the dough into a ball then flatten into a circle using your hands or a rolling pin. The dough should be at least 2.5cm (1 inch) thick (close to 4cm/1.5 inch is ideal), any thinner and they won't rise enough. Try not to overwork the dough at this stage.
7. Use a round cutter to cut the scones out of the dough, try to cut straight down and without twisting the cutter as this can reduce how well the scones rise.
8. When all the scones are cut out, gently form the leftover dough into a circle and either cut out again or leave as a freeform scone (cooks treat!)
9. Place the scones onto the heated tray and brush the tops with milk and sprinkle with a little sugar if you would like a crunchy top
10. Cook for around 10-12 minutes until they are golden and tall. They should sound hollow underneath when knocked
11. Cool on a wire tray then split and eat with your favourite toppings.

Substitutions

plain (all purpose) flour – use self raising flour but reduce the baking powder to 2 teaspoons

baking powder – if using self raising flour you can leave this out but they won't rise much so will be heavier

salted butter – unsalted butter but add a quarter teaspoon of fine grain sea salt, or use vegan spread/margarine

milk - plant milk