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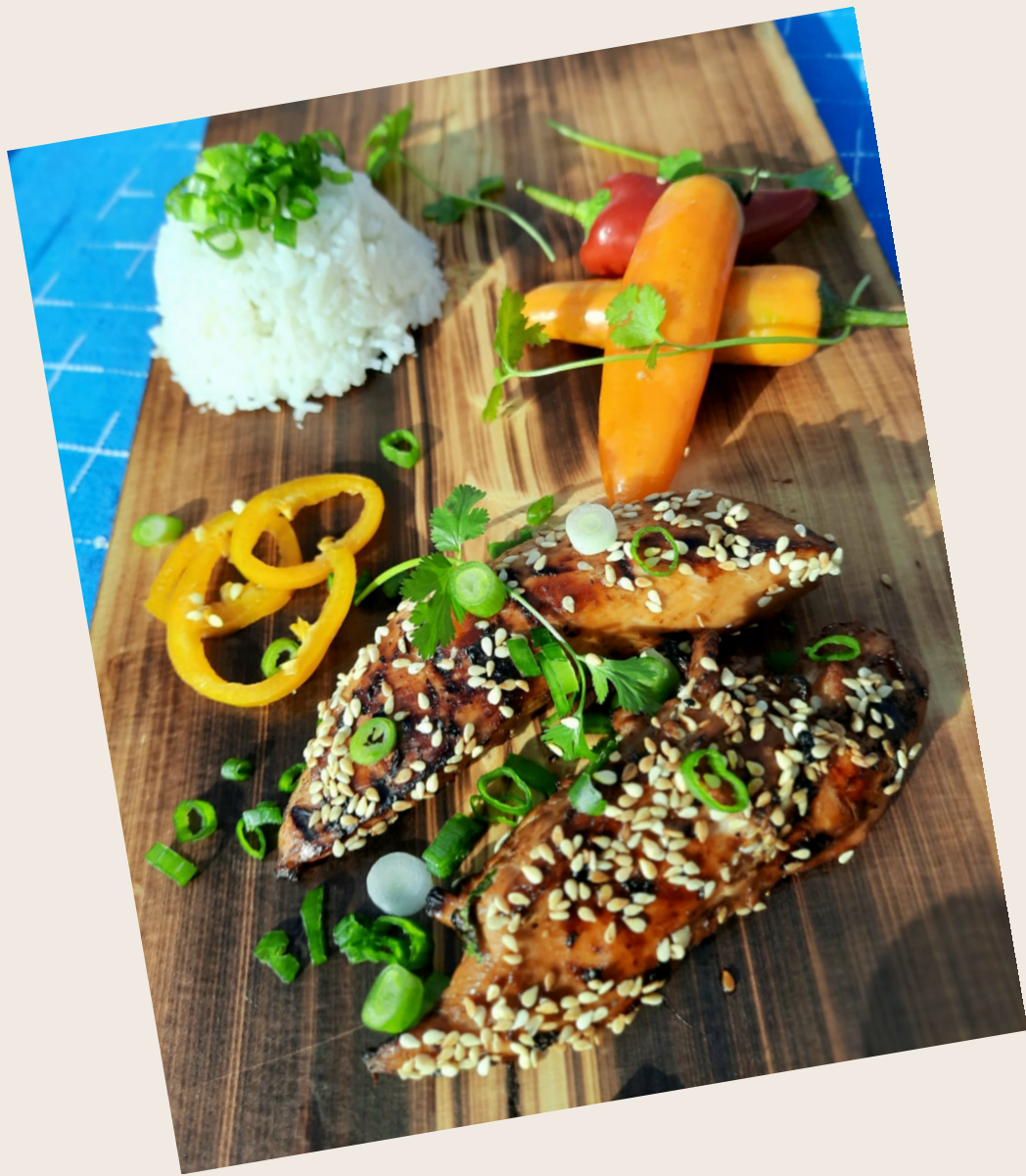
# OUR SCHOOL COOKBOOK

**LOOKING FOR SOME INSPIRATION?  
CHECK OUT SOME OF OUR TEACHER'S  
FAVOURITE RECIPES**

Send a photo of your dish to 086 0439773 to be in  
with a chance to win a Donal Skehan cookery  
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# Dinner Recipes





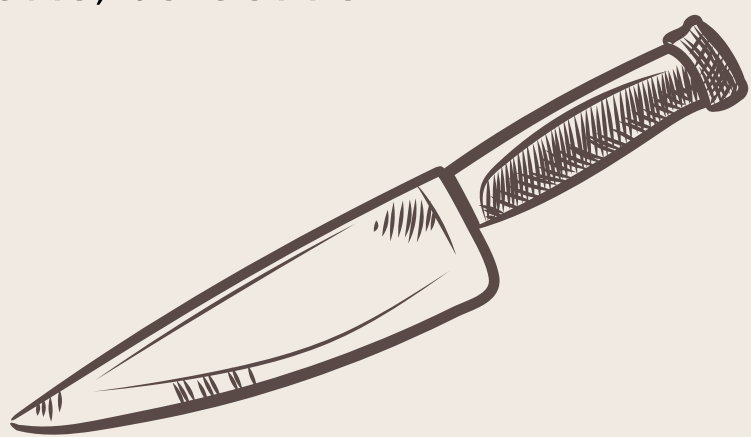


# Chicken Teriyaki

## By Ms. Gerrard

### Ingredients

- 2 tbsp toasted sesame oil
- 6 skinless and boneless chicken thighs, sliced
- 2 large garlic cloves, crushed
- 1 thumb-sized piece ginger, grated
- 50g runny honey
- 30ml light soy sauce
- 1 tbsp rice wine vinegar
- 1 tbsp sesame seeds, to serve
- 4 spring onions, shredded, to serve
- sticky rice, to serve
- steamed bok choy or spring greens, to serve



### Method

- Heat the oil in a non-stick pan over a medium heat.
- Add the chicken and fry for 7 mins, or until golden.
- Add the garlic and ginger and fry for 2 mins.
- Stir in the honey, soy sauce, vinegar and 100ml water.
- Bring to the boil and cook for 2 - 5 mins over a medium heat until the chicken is sticky and coated in a thick sauce.
- Scatter over the spring onions and sesame seeds, then serve the chicken with the rice and steamed veg or salad.





# Cauliflower Tacos

## by Ms. DeNuinseann

### Ingredients

- 1 large head of cauliflower
- 8 mini tortillas
- 1 avocado
- ¼ of a cucumber
- Feta cheese
- Iceberg lettuce (optional, shredded red cabbage would be lovely too!)
- Salt and pepper
- Cumin
- Paprika
- Mayonnaise
- Hot sauce (or ketchup!)
- Butter
- Oil
- Red onion
- Vinegar
- Sesame oil
- Sesame seeds
- Lime juice
- Coriander



### Method

1. Prepare your cauliflower by cutting away all the leaves and giving it a good rinse under the tap. Cut the cauliflower into small florets and place onto a baking tray with oil, salt and pepper, paprika and cumin. Roast in a 250C oven for about 20-25 minutes until cooked through and crispy.
2. Thinly slice the cucumber and avocado. Place into a bowl with 1 tbsp of white vinegar, lime juice and sesame oil (you can leave this out if you don't have it). Top with a sprinkle of sesame seeds and set aside.
3. Make your sauce by mixing mayonnaise with hot sauce (I use sriracha) OR ketchup OR tomato purée. Add melted butter, water and half a teaspoon of paprika. Mix together and set aside.
4. Place red onion into a bowl. Add 2 tablespoons of white vinegar and add just enough boiling water to cover them.
5. Heat your tortillas up for a few seconds in the microwave, cut some feta cheese into cubes, and thinly slice your lettuce or cabbage.
6. Assemble. Put some of your roasted cauliflower, sesame avocado and cucumber, feta cheese, sauce, lettuce and pickled onions into a wrap and enjoy. Top with lime juice and fresh coriander for extra flavour.



# **Crispy Honey Chicken**

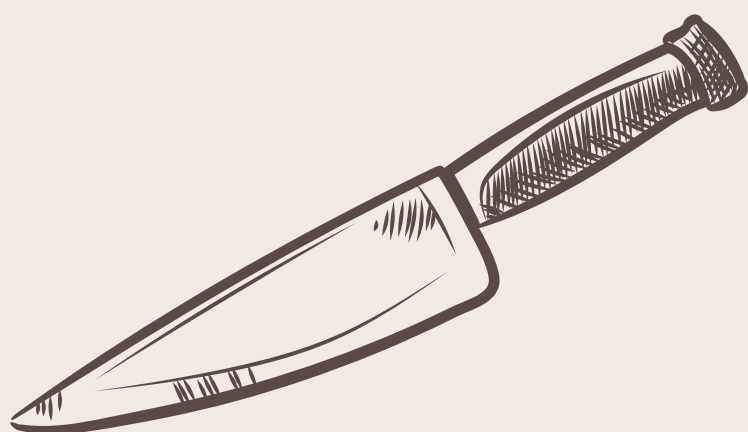
## **by Ms. McMenamin**

### **Ingredients**

- 2 Chicken fillets
- Corn Flour
- Plain Flour
- 1 tbsp Soya Sauce
- 2 Eggs
- 2 tbsp Honey
- Crushed garlic
- 1 tbsp Sesame Oil
- 1 tbsp Ketchup
- 1 tsp Brown Sugar
- 1 Spring Onion
- Rice

### **Methods**

1. For the sauce, mix together the garlic, spring onion, honey, soy sauce, sesame oil, ketchup, brown sugar, corn starch (1 tsp)
2. Cut the chicken into small pieces
3. Dip the chicken into the egg and then coat in a mixture of the plain flour and corn starch
4. Fry the chicken in olive oil for 4-5 minutes on each side
5. Add the sauce to the chicken and cook on a low heat for 5 minutes.
6. Cook the rice – bring a pot of water to the boil, add the rice, cook for 10 minutes.
7. Top with a sprinkle of sesame seeds and spring onion!







# Sweet and Sour Chicken

## By Ms. Quigg

### Ingredients

- 3 chicken breasts (diced)
- Frylight/ oil
- 1 small onion (diced)
- 2 garlic cloves (crushed)
- ½ tsp chilli powder
- ½ tsp fresh ginger
- 1 tsp sweetener
- 1 green pepper (chopped)
- 1 red pepper (chopped)
- 4 tbsp tomato puree
- 200 ml chicken stock
- 2 tbsp rice vinegar
- 2 tbsp soy sauce
- 200g very finely chopped fresh pineapple
- Ground black pepper

### Method

1. Spray pan with frylight/ oil and heat it up. Add onions, peppers, garlic, chilli and ginger to the pan and heat until softened.
2. Add diced chicken to the pan and heat until cooked through.
3. Make up 200ml of chicken stock and add it to the mixture.
4. Add vinegar, sweetener, soy sauce and tomato puree.
5. Season with black pepper.
6. Simmer for 20 minutes.
7. Put in the pineapple at the last minute and stir.







# Homemade Pizza

## By Ms. Clarke

### Ingredients

- Pizza Dough
- 500g strong flour
- 1 packet of yeast
- A little bit of salt
- 325ml warm water
- Pizza sauce
- Toppings:
- Grated mozzarella
- Mozzarella ball
- Chicken
- Peppers(chopped)
- Red onion  
(chopped finely)
- Spinach
- Or any toppings  
you like



### Method

- 1.Heat oven to 240°C
2. Make the base: Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in the warm water and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. It's best if you can leave the dough to rise for about 2 hours, but it will still work without that.
3. Roll out the dough: If you've let the dough rise, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, Using a rolling pin. The dough needs to be very thin as it will rise in the oven.
4. Place in a round tin to cook.
5. Make sure oven is 240°C. Smooth sauce over bases with the back of a spoon. Scatter with cheese and chosen toppings, drizzle with olive oil and season. Bake for about 10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



# SWEET TREATS







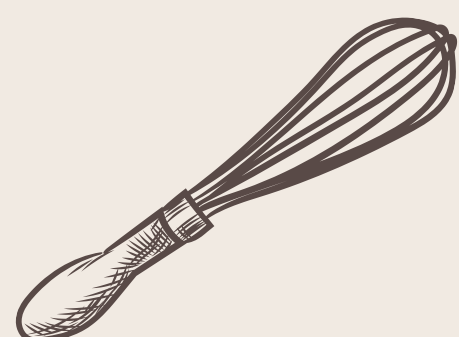
# M & M Cookie Bars

## by Ms. Sherwin

### Ingredients

- 275g plain flour
- 1 egg
- 1 tbsp corn flour
- 1 tsp bicarbonate soda
- 115g unsalted butter(melted)
- 55g light brown sugar
- 1 tsp vanilla
- 250g M&Ms or whatever you prefer
- pinch of salt

**Ready in 25 - 30 minutes  
(including baking)**



### Method

1. Pre-heat oven to 170°C
2. In a bowl add your melted butter and sugar and whisk until smooth.
3. Next, add the egg and vanilla. Whisk again.
4. Combine all the dry ingredients together (flour, corn flour, bicarbonate of soda, salt)
5. Combine the dry and wet ingredients by gradually adding the flour to the wet ingredients until you get a dough consistency. (Mine came out really solid which is grand)
6. Fold in the M & M's (or whatever you are using)
7. Place on a baking tray lined with greaseproof paper and bake in the oven for 17-22 minutes.





# Blueberry Scones

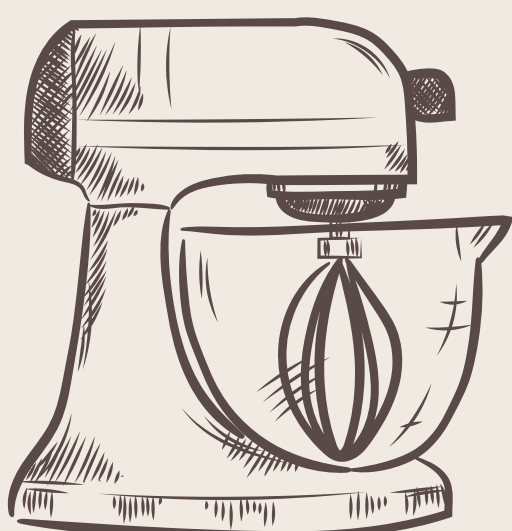
## By Ms. Shaughnessy

### Ingredients

- 2tbsp of coconut oil (melted)
- 200g porridge oats
- Half tsp baking powder
- 3 large ripe bananas
- 4 tbsp of peanut butter
- 2 tbsp of maple syrup 125g of berries of choice!

### Method

- Blitz oats & baking powder in a food processor, set aside.
- Blitz all other ingredients together except for the berries .
- Combine both mixtures together in a bowl.
- Add the berries.
- Bake at 180 for 20 minutes.
- Serve and enjoy!





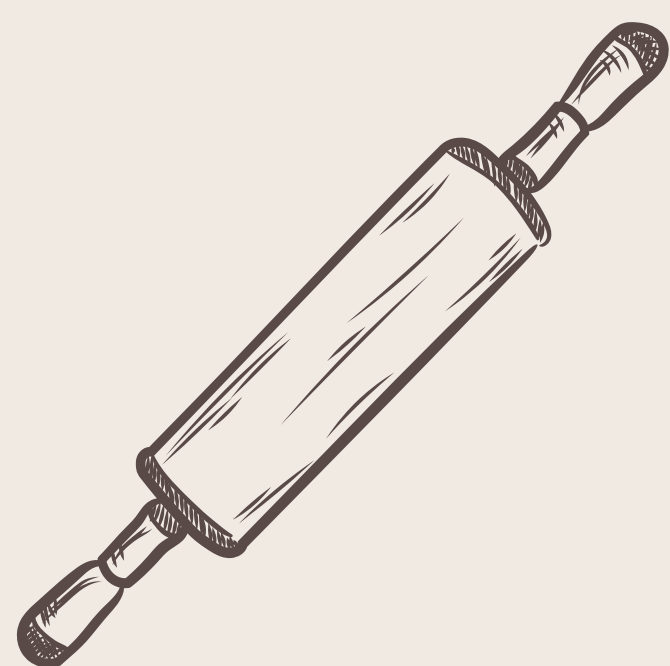


# Caramel Squares

## by Ms. O'Riordan

### Ingredients

- Shortbread
- 225g plain flour
- 170g margarine
- 55g caster sugar
- 1 egg
- Caramel
- 1 tin condensed milk
- 4 level tsp golden syrup
- 115g butter
- 115g caster sugar
- Chocolate
- 170g chocolate



### Method

#### Shortbread

1. Preheat the oven to 180oC.
2. Combine the margarine, flour and sugar with your fingertips until the mixture looks like breadcrumbs.
3. Add the egg to the mixture and mix until a dough is formed.
4. Wrap the dough in clingfilm and leave to rest in the fridge for 1 hour or longer.
5. After 1 hour, flour a flat surface and use a rolling pin to roll out the pastry.
6. Carefully place the pastry in a greased swiss roll tin. If it breaks apart, use the excess pastry to patch up any cracks.
7. Bake for 20 minutes or until golden brown.

#### Caramel

1. Melt the condensed milk, butter, sugar and golden syrup in a large saucepan.
2. When all ingredients have fully melted, boil the mixture for 5 minutes, stirring constantly. Be really careful when doing this as the mixture gets really hot and can burn you.
3. After 5 minutes of boiling, take the saucepan off the heat and beat the mixture for another 2-3 minutes.
4. Pour onto the shortbread and leave to cool.

#### Chocolate

1. Melt the chocolate and pour over the shortbread and caramel. Leave in a cool place to set.





# Rich Chocolate Cake

## By Denise

### Ingredients

- 1 ½ cups flour
- 2/3 cup cocoa powder
- 1 ½ tsp baking soda
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ½ tsp salt
- 1 ½ cups granulated sugar
- 2/3 cup light brown sugar
- 4 large eggs
- ½ cup water
- 2 tsp vanilla extract
- 1 cup sour cream
- ¼ cup vegetable oil



### Method

1. Preheat oven to 160°C. Grease a 9x13 inch baking pan. Line with parchment paper and dust with cocoa powder.
2. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder, cinnamon and salt. Whisk in both sugars until evenly combined. Set aside.
3. In a medium bowl, whisk together the eggs, water and vanilla. Whisk in the sourcream and oil.
4. Make a well in the centre of the flour mixture and add the sour cream mixture. Stir until no dry streaks of flour remain.
5. Pour the batter into the prepared pan and spread evenly. Tap the pan on the work surface to get rid of any air bubbles.
6. Bake until a wooden pick/knife is inserted in the centre comes out clean, 35 to 40 minutes.
7. Cool in the pan on a wire rack for 15 minutes. If necessary, loosen the cake from the sides of the pan with a small knife. Carefully flip the cake upside down onto the wire rack, peel off the parchment paper, and then turn the cake right side up on the rack to cool completely.



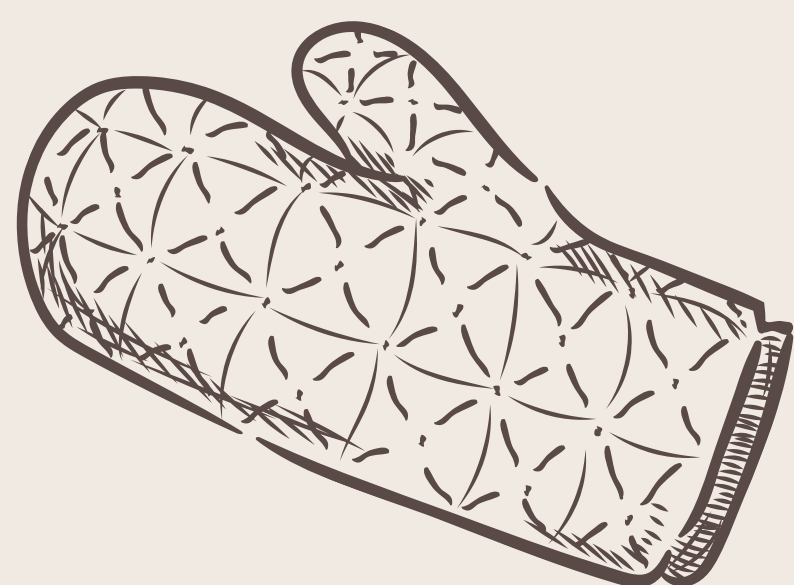


# Sponge Cake

## By Ms. Feery

### Ingredients

6 eggs  
215g sugar  
170g plain flour  
Strawberry jam,  
strawberries sliced,  
icing sugar



### Method

1. Preheat oven to 180C. Butter and flour two 7" sandwich tins.
2. Beat the eggs and sugar until very thick and pale.
3. Carefully fold in the sieved flour.
4. Pour into the prepared tins and bake for 25-30 minutes until the sponge springs back when pressed and a skewer/knife comes out clean.
5. Spread half of the strawberry jam and slices of strawberry. Top with whipped cream. Top with the second cake. Dust with icing sugar.