

WHILE YOU ARE AT
HOME TRY OUR:

The Campus Kitchen Recipes

THE CAMPUS
KITCHEN

ALSO FEATURING RECIPES FROM UEA NURSERY

Bombay Potato and Spinach Breakfast Hash.



INGREDIENTS:

- 2 potatoes
- Pinch of turmeric
- Pinch of curry powder
- Bay leaf
- 100g Spinach
- Ginger, chilli & garlic, finely chopped (as much as you like)
- 1 onion, finely chopped
- Sesame seeds
- Flaked almonds
- Cumin or caraway seeds
- 1 egg

PS: You don't need to add any of the spices if you don't wish to, you can keep it plain with just salt and pepper.



METHOD:

- First, I chop 2 potatoes into cubes. (you can use new potatoes and chop them in half.)
- Bring them to the boil with salt, turmeric and a bay leaf until soft. Let them drain and air dry in a clean frying pan.
- Gently toast some sesame seeds, flaked almonds, cumin or caraway seeds together. Then take them out of the pan and let them cool.
- I wiped the same pan dry (save the washing up) and fried some onions, garlic, ginger and chilli until soft.
- Add a pinch of curry powder and cook that out. You don't need to add any of the spices in this or the water. Keep it plain with just salt and pepper. If you don't like the spice, take the ginger and chill out.
- Add the potatoes to the onion mix. Turn up the heat and create some colour on the potatoes.
- Add the spinach and let it wilt down or alternatively, add it in last minute to keep crunchy and fresh.
- Toss the seeds in and plate up!
- I chose to do a poached egg but If you wanted to use the pan again you could make a fried egg and add on top.

Most hash can be made with anything you've got left over or in the fridge as long as it has onions, potatoes and eggs. This is a Hash. I'm not trying to enter the Michelin guide so do what you fancy! One of my favourites is sweet potato, chorizo and pine nut hash. A perfect brunch time option.

Callum

Veggie Sausage Cassoulet

INGREDIENTS:

- 6/8 Quorn sausages
- 200g diced courgette, pepper, celery, carrot and onion
- 1 clove crushed garlic
- 2 small potatoes peeled and diced
- 200g tinned chopped tomatoes
- 1 vegetable stock cube made up to 300ml with water
- 1 small tin baked beans
- 1tsp dried mixed herbs
- 1tsp tomato puree

METHOD:

- Preheat the oven to 180° and cook the sausages.
- While the sausages are cooking, heat a little oil in a saucepan and gently cook the onion, carrot, courgette, celery, potato, pepper and garlic until soft.
- Add the tomatoes, herbs, tomato puree and stock simmer gently for 10 minutes then add the baked beans.
- Slice the cooked sausages, add them and the baked beans to the sauce, transfer to an ovenproof dish, cover and bake in the oven for 20 mins.

Serves 6.

Spring greens or broccoli goes well with this.



THIS
RECIPE IS
FROM UEA
NURSERY



Fennel & Red Onion Sausage Rolls

This recipe is fun, easy and dynamic! You can change most of the ingredients to whatever you fancy or have lying around or if you're a vegan or vegetarian you can substitute meat products for vegetables or stuffing mix and most puff pastry products are now vegetable oil based so there is no butter in the puff pastry.

INGREDIENTS:

- 320g puff pastry sheet or try and make your own!
- 400g sausage meat or an 8 pack of sausages (maybe try a different meat like minced turkey or make veggie with vegetable stuffing mix)
- 1 large red onion, finely diced
- 1 large apple, cored and chopped
- 1 tbsp of fennel seeds
- 2 tbsp dark soy sauce
- 1 large free-range egg, beaten



METHOD:

- Heat the oven to 220C or 200C fan
- Make sure your sausages are at room temperature
- Gently fry the onion in a pan (with your preferred oil) until soft and then pour in the dark soy sauce and leave to cool down letting the onion soak up all the soy sauce and natural juice from the onions
- With a sharp knife or scissors cut down the length of your sausages and peel the skin back allowing you to put the sausage meat into a bowl (discard skin)
- In the sausage meat bowl, add the cooled onions, the chopped apple, a pinch of salt & pepper
- Use the pan you cooked the onions in and gently fry on the lowest heat your fennel seeds (for one or two minutes until they are nice and toasted) then transfer to your sausage meat and onion mixture
- Mix together well, incorporating the mixture together and get the fats and oil binding the mixture together
- Unroll the puff pastry sheet and cut in half (lengthways)
- Divide the mixture in half, place down the bottom of the pastry (in a sausage shape) and then roll till the pastry is covering the sausage shaped mix and cut away any left-over pastry and press together with a fork
- Divide into the preferred shape you want your sausage rolls and place on a baking tray
- Lightly score the top of the pastry with a sharp knife (a few lines of criss cross), then brush each roll with the beaten egg. An optional touch would be to sprinkle some sesame seeds, chilli flakes or black onion seeds on top.
- Bake for 20 minutes, or until golden brown

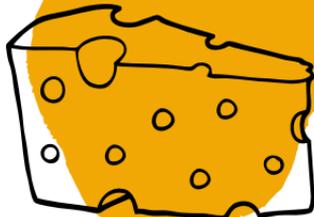
These can then be cooled down or eaten warm!

Simply the best cheese biscuits

THE
CAMPUS
KITCHEN

INGREDIENTS:

- 100g/3½ oz cold unsalted butter, cut into chunks
- 100g/3½ oz plain flour, plus extra for flouring
- Pinch salt
- Pinch cayenne pepper
- 1 heaped tsp mustard powder
- 50g/1¾ oz finely grated mature cheddar
- 50g/1¾ oz finely grated parmesan, or similar vegetarian hard cheese, plus a little extra
- 1 egg, beaten



METHOD:

- Preheat the oven to 180C/350F/Gas 4.
- Place the butter and flour into the bowl of a food processor with the salt, cayenne, mustard powder and cheeses. Process together to begin with, and then finely pulse the mixture in short spurts as you notice the mixture coming together - it will eventually bind without the need for egg or water. Wrap in cling film and leave to chill in the fridge for at least 30 minutes.
- Lightly flour a work surface and gently roll out the pastry to about the thickness of two pound coins. Cut out the biscuits to the size and shape you wish - anything between 3cm/1¼in and 5cm/2in, depending on the occasion. Lay them out on a greased baking tray about 2cm/¾in apart - it may take two lots of baking to use up the entire mixture.
- Carefully brush the surface of each biscuit with the egg and sprinkle over a little finely grated parmesan. Bake for 10 minutes, or until they are a gorgeous golden-brown colour; the superb smell will also inform you that they are ready.
- Carefully lift the biscuits off the tray using a palette knife and place on a rack to cool.

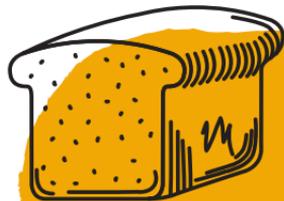
Although the biscuits will keep well in a sealed container for a few days, I have never known this to happen!

The Mother Loaf



INGREDIENTS:

- 500g self raising flour
- Good pinch of sea salt (don't be tight)
- 2 tablespoons of baking powder
- 1 tea spoon dried herbs (oregano/thyme)
- 2 pinch black pepper
- 300mls milk
- Splash of olive oil (any oil is fine really)



METHOD:



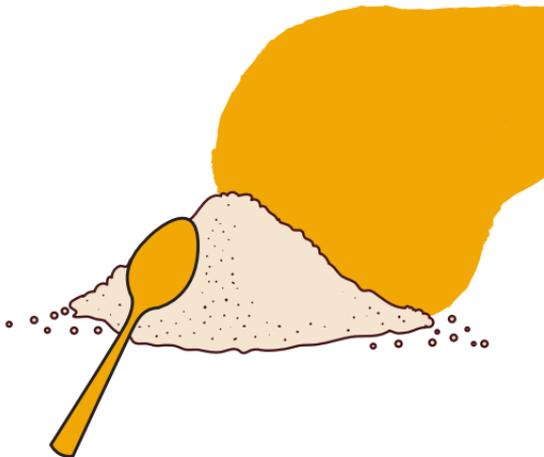
- Sieve all dry ingredients into a bowl (minus herbs)
- Repeat stage 1 (This ensures baking powder is thoroughly mixed through)
- Add dried herbs to the bowl
- Add the milk
- Keep mixing to form a dough
- Knead the dough for approx. 5 mins till smooth, add the oil about 3 mins into this process
- Sprinkle on more flour and roll to desired shape (cannot be any taller than 3-4 cm high)
- When have the desired shape drizzle with oil the top of the dough
- Line a baking tray with baking parchment, put in the oven at 180°C for 40 mins
- Check bread by tapping the base, if it sounds hollow its done, enjoy

Our Flapjack

THE CAMPUS
KITCHEN

INGREDIENTS:

- 750g oats
- 320g soft brown sugar
- 375g cake margarine
- 125g golden syrup



METHOD:

- Mix sugar and margarine till soft and fluffy
- Fold in the syrup and oats until all oats are covered and even.
- Press into a paper lined 10x10 inch tray bake tin pressing into all 4 corners and edges.
- Bake at 160c until light golden and smelling fantastic
- While hot cut into 12 squares and leave to cool in the tray.
- Once cold break into portions, store in an air-tight container for up to 5 days. (if you don't eat them all straight away)

Thai Tofu Jungle Curry

THE CAMPUS
KITCHEN

INGREDIENTS:

- 100g tofu, drained and cut into 1/2 inch cubes
- 5ml vegetable oil
- 1 sliced shallot or red onion
- 50g green beans (cut in half)
- 1 aubergine, cut into 1/2-inch cubes
- 2 sliced carrots
- 1 red bell pepper, cut into strips
- Fresh curry paste - 1/2 coriander seeds + 1/2 bunches fresh coriander + 2 lime leaves + 3 cloves garlic + 200g ginger
- 500 ml water
- 5g green peppercorns
- 25 ml soy sauce
- 10g sugar
- 1 fresh limes grated
- 1/2 bunches ripped basil



METHOD:

- Oil and roast tofu for 5 - 10 minutes until beginning to brown, take out oven and set aside.
- Heat a large pot or brat pan. Add oil to pan
- Add shallot/onion sauté 4 minutes or until lightly browned, stirring occasionally
- Add paste fry to cook out for several minutes then add sugar/soy allow
- 30 seconds to reduce/caramelise then add water
- Bring to boil add the green peppercorns then reduce to simmer
- "Roast" in high oven the aubergine/ peppers
- Add carrots and beans to pot
- Next add the roasted aubergine peppers and finally the green beans & mangetout
- Garnish with the ripped thai basil and top with roasted tofu

Mick's Steak Strips



INGREDIENTS:

- 4 medium potatoes
- 2 large red onion
- 460g approx. steak strips
- 2 medium punnets of mushrooms
- 2 florets of broccoli
- 16g plain flour
- 200ml red wine
- 250ml beef stock
- 50g butter



METHOD:

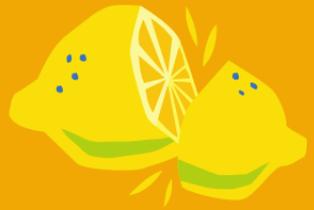
- Cut potatoes into 2cm wide wedges. Place on large baking tray, drizzle with oil and season well. Put on top shelf of oven and cook 25-30 mins.
- Meanwhile peel and thinly slice red onion. Chop broccoli into small trees and place on separate baking tray. Drizzle with oil and season well. Toss to coat and leave to one side.
- Heat a drizzle of oil in large frying pan and add the steak strips. Season well and cook for 2-3 mins till brown. Remove from heat and put in a bowl. Add onions and mushrooms to pan and fry till golden brown. Add wine and simmer to reduce a little for around 3-4 mins.
- At this point put broccoli in oven and check on the wedges. Broccoli should take 15 mins.
- When your wine is reduced, add flour and stir in, add the butter and the beef stock little by little (you may not need to use it all) and cook for 10-15 mins.
- Serve.

Hummus



INGREDIENTS:

- 1 can of chickpeas - drained
- 4 tbsp. of olive oil, rapeseed or sesame oil.
- 2 garlic cloves - crushed & minced
- 1 lemon (juiced)
- 4 tbsp. of tahini



METHOD:

Blitz together and season as you wish - add more lemon juice or water to find your favourite consistency.

Eat with carrots, cucumber or pitta breads.



Gnocchi Vegetable Bake

INGREDIENTS:

- 500g gnocchi
- 200g mixed veg eg celery, peppers, courgette, onion
- 1 tin chopped tomatoes
- 1 vegetable stock cube
- 2 garlic cloves crushed or garlic paste
- 1/2 teaspoon dried basil
- 1/2 teaspoon mixed herbs
- 1 tablespoon oil
- 1 tablespoon tomato puree
- 200g cherry tomatoes
- 150g grated cheese



THIS
RECIPE IS
FROM UEA
NURSERY



METHOD:

- Heat a little oil in a saucepan, add the chopped mixed veg, crushed garlic, and herbs and cook gently till soft.
- Add chopped tomatoes, tomato puree, crumbled stock cube and simmer till thickened
- Puree the sauce or leave whole if preferred
- Cook the gnocchi in boiling water until it floats, strain the water off and transfer gnocchi to an ovenproof dish
- Pour the sauce over the gnocchi, top with quartered cherry tomatoes and grated cheese
- Bake in the oven for about 30 minutes 180 degrees till browned
- Serve with garlic bread to mop up the sauce!

Jade's Chocolate Oaties

INGREDIENTS:

- 250g pack of butter
- 175g self raising flour
- 175g oats
- 140g sugar
- 40g cocoa powder

METHOD:

- Melt the butter
- Add all the other ingredients and mix
- Put into a semi deep baking dish and cook at 180 for 20 minutes.
- That's it!



Cheese Scotch Egg

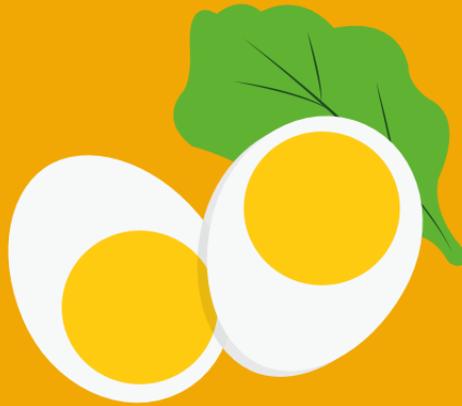
INGREDIENTS:

- 5 small sized eggs, hard-boiled
- 150g grated cheese
- ¼ tsp english mustard
- 60g plain flour
- ¼ beaten egg
- 2 tbs milk
- Pinch of salt and pepper

METHOD:

- Shell eggs
- Place cheese, flour and seasoning in a bowl
- Add beaten egg and milk to form a dough (similar to shortcrust pastry)
- Knead lightly to bind together
- Remove from bowl and form into a roll on a lightly floured surface
- Cut into 5 equal pieces
- Flatten each piece with a rolling pin and mould around each egg
- Ensure there are no cracks or coating will split during cooking
- Deep fry until golden brown, approx 3 mins

Serve warm with a dressed fresh salad



Joffee Cream Tart

INGREDIENTS:

- 90g butter or margarine
- 60g plain flour
- 150g golden syrup
- ½ pint milk
- 18-20cm baked shortcrust pastry case
- Grated chocolate to decorate



METHOD:

- Melt the butter or margarine in a saucepan
- Add the flour and mix well over a low heat
- Remove from the heat and whisk in the milk
- Return to low heat and mix continuously until mixture thickens
- Leave mixture to cool slightly, add the golden syrup and mix well
- Pour into pastry case and leave to cool
- Decorate with grated chocolate. Yummy!

Debra's Old School Chocolate Crunch



INGREDIENTS:

- 140g self-raising flour
- 140g plain flour
- 15g cocoa
- 140g sugar (reserve 2tbs)
- 140g margarine, melted
- $\frac{3}{4}$ tsp vanilla essence
- 1 small egg, beaten



METHOD:

- Melt margarine and add vanilla essence
- Mix dry ingredients (save a little bit of the sugar)
- Add melted fat (cooled) and beaten egg
- Press lightly into greased tin
- Brush top with water and sprinkle with remaining sugar
- Bake in a slow oven for 30 mins

For coconut crunch omit the cocoa and add 50g desiccated coconut.

Must be served with pink custard!

