

The English B family recipe book



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SAVORY

Eggs (3 types) - Samyar YOSEFNEJAD

Ingredients

Eggs

Olive Oil/Butter (you choose)

Sunny-side up egg

So first of all, butter the pan, then crack the egg and leave it until, what we are looking for here is no colour or crispiness on the white, and a yolk that is just runny and ready to burst, after 1-2 minutes the egg should be ready (or whenever it matches the description) and now (after adding some salt and pepper) you can enjoy, a slippery white and a yolk that has barely jelled, this is what you want on your rice bowl.

Olive oil fried and basted egg

We are going to fry another egg, but this time we are going to baste it (basically spooning the hot oil that is in the pan over the egg) for about 1-2 minutes, the biggest difference is the little bit of undercooked around the yolk, but now it is completely cooked.

Olive oil fried and steam egg

This time instead of basting the egg with hot oil, we are going to add a little bit of water and put on the lid which is going to produce steam that's going to help cook the egg, we are going to leave the egg for about 1 minute, the biggest difference this time is the crispy outside part and it's pretty well browned underneath and you still have that nice runny yolk but it is much thicker than the other yolks so far.

French Onion Soup - Jed CATLEY

Ingredients

60g butter, chopped
2 tbsp olive oil
6 (1kg) brown onions, thinly sliced
2 tsp brown sugar
2 tbsp plain flour
4 cups Massel beef style liquid stock
Cheesy bread
12 baguette bread slices, each 1.5cm thick
olive oil cooking spray
1 garlic clove, halved
1 cup grated Swiss cheese

Method

1. Heat butter and oil in a heavy-based saucepan over medium-low heat until sizzling. Add onions and 1 teaspoon salt. Cook, uncovered, stirring often, for 45 to 50 minutes or until onions are very soft. Stir in sugar and cook, stirring often, for 10 minutes or until onions caramelize.
2. Add flour to the saucepan and cook, stirring, for 2 minutes. Add stock and 2 cups water. Reduce heat to low and simmer, uncovered, for 15 minutes to allow flavours to combine.
3. Make cheesy bread: Preheat oven to 180°C. Spray both sides of bread with oil. Rub both sides of the bread with garlic. Arrange bread on 2 baking trays. Bake, turning once, for 10 to 12 minutes or until bread is lightly golden. Sprinkle cheese over 1 side of bread. Return to oven for 3 to 4 minutes or until cheese melts.
4. Ladle soup into bowls. Top with cheesy bread, season with pepper and serve.

Greek Style Pilaf - Alessi ZAMBAS

Ingredients

- 1 ½ cups rice - see note 1
- 10 cloves garlic - see note 2
- 3 tbsp butter
- 1 ½ cups vegetable broth, hot - see note 3
- ½ tsp salt
- fresh parsley - optional garnish

Method

1. Rinse the rice in cold water at least three times to remove any excess starch. (see note 3)
2. 1 ½ cups white rice
3. Peel and finely chop the garlic.
4. 10 cloves garlic
5. Add the butter to a large shallow skillet/pan (one with a lid).
6. 3 tbsp butter
7. Add the garlic and place over low heat.
8. Once the garlic has softened and is smelling aromatic, remove a tablespoon of butter and garlic from the pan and set to one side.
9. Add the washed rice to the remaining butter in the pan and stir to coat.
10. Pour in the hot broth and the salt, then bring to a simmer.
11. 1 ½ cups hot broth ½ tsp salt
12. Reduce the heat to low, cover, and simmer for 20 to 25 minutes until the rice is tender and the liquid has been absorbed.
13. Remove from heat, but don't lift the lid. Let the finished pilaf stand for 5-10 minutes, then fluff with a fork.
14. Serve the cooked rice with the reserved garlic butter and a sprinkle of fresh herbs.

Recipe continued on next page...

Greek Style Pilaf Continued - Alessi ZAMBAS

Notes

1. Use long-grain white rice for this recipe; that way, the broth volumes will give you perfectly cooked rice.
2. 10 cloves of garlic are roughly one head of garlic. The cooking process will mellow it.
3. You can use vegetable or chicken broth, just ensure that it is a well-flavoured broth.
4. Rinse the rice thoroughly to ensure the finished pilaf will be fluffier. How to rinse rice: Place the rice in a bowl and cover it with water. Use your hand to turn the rice over in the bowl, be gentle; you don't want to break the grains. Carefully drain the water away and repeat this process twice more. Once you have rinsed the rice three times, use a fine-mesh sieve to drain the rice. To ensure you have washed away as much starch as possible,
5. possible, place the sieve under the flow of running water for 10-15 seconds. Leave the rice to drain.

Mousakka - Alex ANASSIS

I created moussaka because it's one of the best-tasting Greek dishes, and it's important to me because it's a family favourite that my family has been making for years. It's one of my favourite dishes, and I never get tired of it. The nicest part is that you don't have it very frequently, but when you do, there's enough for a couple of days.

Website: <https://www.taste.com.au/recipes/classic-moussaka/88513a78-4b3d-4546-b985-32f4c33382a7>

Ingredients

2 large eggplants (thinly sliced)
Olive oil (as much as necessary)
1 medium brown onion (finely chopped)
2 garlic cloves (crushed)
800g lamb mince
420g crushed tomatoes
1 tsp cinnamon
1/3 cup shredded cheese
Lemon wedges (to serve)

Cream

75g butter
1/3 cup plain flour
2 cups milk



Method

1. Spread oil on the eggplant, over medium-high heat, heat a large frying pan. Cook eggplant for 2 to 3 minutes per side, in batches, until golden. Place on a big platter.
2. In a large saucepan, heat the oil over medium-high heat. Combine the onion and garlic in a bowl. Cook for 5 minutes, stirring occasionally, or until onion is softened. Toss in the mince. Cook, breaking up the mince with a wooden spoon, for 6 to 8 minutes, or until browned. Add the tomatoes, cinnamon, and spices to the pot. Bring the water to a boil. Reduce the heat to a medium-low setting. Cook for 30 minutes, or until the sauce thickens and the liquid has evaporated.

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Mousakka Continued - Alex ANASSIS

3. Meanwhile, melt butter in a skillet over medium-high heat to make the sauce. Toss in the flour. Cook, stirring constantly, for 1 minute or until the mixture is bubbling. Stir in the milk gradually. Bring the water to a boil. Reduce to a medium heat setting. Cook for 5 minutes, stirring occasionally, or until the liquid has thickened. Remove the pan from the heat.
4. Preheat the oven to 180 degrees Celsius/160 degrees Celsius fan-forced. Grease an ovenproof dish with an 8-cup capacity. Place one-third of the eggplant on the prepared dish's base, slightly overlapping. Half of the beef sauce should be spread over the eggplant. Layers should be repeated, ending with eggplant. Cover eggplant with white sauce. Cheese should be sprinkled on top.
5. Preheat oven to 350°F and bake for 45 minutes, or until golden brown. Allow 15 minutes to stand. Serve with lemon slices on the side.

Pizza - Janica LA BROCCA

I chose to make pizza because it's easy, quick to make and delicious, also a family favourite. This recipe is important to me because one side of my family is Italian and it's one of my favourite foods. I made mine with olives, mushroom, chicken, parsley, and oregano and of course can't forget the cheese. the website I got this recipe from is:

<https://www.allrecipes.com/recipe/244447/two-ingredient-pizza-dough/>

Ingredients

1-1/2 cups self-rising flour, plus more for kneading
1 cup plain Greek yoghurt
Cooking spray

Method

1. Mix flour and Greek yogurt together in a bowl; transfer to a work surface floured with self-rising flour. Knead the dough, adding more flour as needed to keep the dough from being too sticky, for 8 to 10 minutes.
2. Spray a 12-inch pizza pan with cooking spray and spread dough to the edges of the pan.
3. add any toppings you like and enjoy :)



SWEETS

Bumblebee Cake - Hailey MAY

Chocolate cake

Ingredients

4 tbsp plain flour
2 tbsp sugar
1/2 tsp baking powder
4 tbsp milk
1 1/2 flavourless oil
(sunflower, vegetable, coconut oil)
1/4 vanilla extract
2 tbsp cocoa powder
6 Oreos (optional)



Equipment

One medium-sized bowl
2 small bowls (both microwavable)
Whisk
Spoon (wooden or plastic silicone spatula)
Spoon (smaller spoon)
Rolling pin
Ziplock bag
skewer

Method

1. Put the six Oreos in a closed zip lock bag and crush them into tiny pieces with the rolling pin.
2. Put all dry ingredients (flour, sugar, baking powder and cocoa) into a medium-sized bowl.
3. Add in the milk, oil and vanilla extract until combined.
4. Spoon the mixture into the two microwave-safe bowls with the smaller spoon
5. Now half the crushed Oreos into both small bowls and stir till combined.
6. Place in microwave for 1 minute (may need more depending on microwave power) until firm to touch.
7. Stick a skewer inside the centre of your cakes to ensure they are cooked
8. Place in fridge for five minutes to cool down your cake.

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Bumble Cake Continued - Hailey MAY

Honey Cake

Ingredients

- 4 tbsp plain flour
- 2 tbsp sugar
- 1/2 tsp baking powder
- 4 tbsp milk
- 1 1/2 flavourless oil
(sunflower, vegetable, coconut oil)
- 1/4 vanilla extract
- 2 1/2 tsp honey

Method

1. Put all dry ingredients (flour, sugar and baking powder) into medium sized bowl.
2. Add in the milk, oil, honey and vanilla extract until combined.
3. Spoon the mixture into the two microwave safe bowls with the smaller spoon
4. Place in microwave for 1 minute (may need more depending on microwave power) until firm to touch.
5. Stab a skewer into the centre of your cakes to insure they are cooked
6. Put in fridge for 5 minutes

Constructing Bumblebee Cake

Components

- A chocolate cake
- A Honey cake
- Whipped cream

Method

1. Cut around edges of honey cake to get it out of your bowl
2. Spread cream on top of your chocolate cake
3. Place honey cake on top of your chocolate cake
4. Cover cake with cream
5. Decorate with Oreos or other toppings
6. Enjoy :)

Caramel Cookies - Hailey MAY

Serves 2

Ingredients

½ cup (115g) butter (room temperature)

½ cup (110g) packed brown sugar

2 tablespoons golden syrup

1 cup self-raising flour



Method

1. Preheat oven to 180 degrees (160 fan forced)
2. In a bowl, cream the butter and sugar
3. Add the syrup and stir until light and fluffy
4. Mix in the flour until you are able to roll the mixture into table spoon sized balls
5. Place on baking paper lined with baking paper, 2cm apart, and press each with a fork
6. Bake for 12-15 minutes or until golden.
7. Cool completely before eating
8. Enjoy :)

Chocolate Mousse - Hailey MAY

Ingredients

300g baking dark chocolate
3 eggs (room temperature)
¼ cup (55g) caster sugar
(can substitute granulated sugar)
1 tbsp cocoa powder (sifted)
300ml thickened cream
(Extra for whipped cream to serve)
Grated chocolate to serve



Method

1. Place eggs and sugar in a large bowl and beat with electric beaters for five minutes or, until the mixture is pale, thick and doubled in volume.
2. In a separate bowl, whip cream until thickened (be careful not to overbeat).
3. Place the chocolate in a heatproof bowl over a pan of gently simmering water and stir until melted (try to make the bowl hardly touch the water to prevent burning your chocolate).
4. Leave the chocolate to cool slightly
5. Fold chocolate and cocoa powder into egg and sugar mixture until combined
6. Use a large metal spoon to fold in cream, trying to keep the mixture as light as possible
7. Scoop the mixture into 6 small bowls and chill in the fridge for at least an hour
8. Remove from fridge 15 minutes before serving, then top with whipped cream and grated chocolate
9. Enjoy :)

Easy and Delicious Chocolate Marble Mousse - Imogen PAPPAS-ZANATTA

Serves 6-8 people

Fun Fact: This mousse can be kept in the freezer and stays good for up to a month!

Ingredients

115g of milk chocolate, broken into small pieces
115g of white chocolate, broken into small pieces
A knob of butter (3 tablespoons)
3 large eggs separated into whites and yolks
150ml of double cream, lightly whipped
Fresh raspberries
Coconut Shreds

Materials

2 large mixing bowls
1 saucepan
A stove
A mixer
A spoon or spatula
A fridge
Glass or plastic cups for serving in

Recipe continued on next page...

Easy and Delicious Chocolate Marble Mousse Continued

- Imogen PAPPAS-ZANATTA

Method

1. Measure both the white and milk chocolate into separate bowls. (Leave the white chocolate for now as it will be used later). Sit the milk chocolate over a saucepan of simmering water. Melt slowly and do not allow the chocolate to become too hot or burn.
2. Once the milk chocolate has melted down into a smooth consistency, take the bowl off the saucepan and add the butter and egg yolks into the milk chocolate. Stir until combined then let it rest to cool for 5 minutes.
3. Whilst the milk chocolate is cooling, using your mixer, whip the egg whites until just stiff. Fold the egg whites and whipped cream into the milk chocolate.
4. Once the milk chocolate is mixed into a mousse-like texture sit aside for 5 minutes. Taking your white chocolate, melt that over a saucepan of simmering water until smooth.
5. Once the white chocolate is melted thoroughly add it to the white chocolate stirring lightly, so the white chocolate creates a marble effect through the milk chocolate.
6. Once the combined chocolate is ready for plating, collect the glass or plastic cups to prepare to plate.
7. Scoop spoon by spoon of the mousse into the glass or plastic cups until nearly full.
8. Place the mousse into the fridge and let it set for 1 hour.
9. Once the mousse is set add the fresh raspberries and coconut shreds on top as a garnish.
10. Enjoy!

Madeleines - Jed CATLEY

Ingredients

2 free-range eggs

100g/3½oz caster sugar

100g/3½oz plain flour

Plain flour (extra for dusting)

1 lemon juice, juice and zest

¾ tsp baking powder

100g/3½oz butter (melted)

Butter (extra for greasing)



Method

1. Preheat the oven to 200C/400F. Brush the madeleine tray with melted butter then shake in a little flour to coat, tapping out the excess.
2. Whisk together the eggs and the sugar in a bowl until frothy. Lightly whisk in the remaining ingredients. Leave to stand for 20 minutes before carefully pouring into the prepared madeleine tray.
3. Bake for 8-10 minutes, or until the mixture has risen a little in the middle and is fully cooked through. Transfer the madeleines to a wire rack and leave for a few minutes to cool slightly. These are best eaten within an hour of cooking.

Milk Chocolate Mousse - Camille CRAWFORD

Ingredients

225g Milk Chocolate

1/2-1 tbs Butter

3 eggs, separated

150 ml heavy cream

(lightly whipped)

To Serve

Raspberries

Strawberries

Blackberries



Method

1. Place roughly chopped chocolate in a heat-proof bowl, and sit over a saucepan of simmering water. Make sure the bottom of the bowl doesn't touch the water, otherwise the chocolate will burn. Stir chocolate slowly until it is fully melted, then remove from heat. Add butter and egg yolks, once combined let sit for 5 minutes.
2. Whip egg whites until soft peaks form. Once the chocolate mixture has cooled for 5 minutes, softly fold in egg whites and heavy cream. Either spoon the mousse mixture into 4 separate glasses/ramekins or place the whole bowl in the fridge, then let the mousse set for 1-2 hours.
3. Garnish your mousse with raspberries, strawberries and blackberries or something else you'd like.
4. Enjoy!

Raspberry and Lemon Roll Cake - Sasha ALEXANDER

Ingredients

Sponge

5 egg yolks (room temperature)
30g caster sugar
1g salt
2 tsp vanilla extract
40ml Vegetable oil (room temperature)
60ml milk (room temperature)
85g plain flour
2g Baking powder

Simple syrup

4 raspberries
2 tbs water
4 tbs sugar

Meringue

5 egg whites
80g sugar

Filling

100ml heavy cream
15g Sugar
3 small lemons juiced
1 Small lemon zested



Recipe continued on next page...

Raspberry and Lemon Roll Cake Continued - Sasha ALEXANDER

Method

1. Line a tray (38cm x 25cm. Does not have to be exact). And preheat your oven to 170 C.
2. Make the simple syrup. In a small saucepan on medium heat, add the water and sugar. Heat the mixture until all the sugar dissolves. Add the raspberries to the mixture. Leave for 5 minutes. Mix the mixture and leave until slightly bubbling. Take off heat. Leave to cool for 5 minutes then strain.
3. In a bowl, with a whisk, mix together the egg yolks, sugar, salt, simple syrup, vegetable oil and milk.
4. Next sift in the plain flour and baking powder, mix well to avoid lumps.
5. In a separate bowl whip the egg whites on a moderate to high speed. Add 1/3 of the sugar once you can see some foam formed. Add the next third after you can see the sugar is incorporated and continue until you have no sugar left. The end result should be a stiff peak.
6. Add in 1/3 of the meringue into the egg yolk mixture and fold in gently. Add in the remainder of the meringue.
7. Pour mixture into tray and level out the top of the batter.
8. Bake in oven for 25 - 27 minutes.
9. Take it out of the tray placing brown face down on a large piece of baking paper and let cool.
10. Whip cream and sugar together. Then fold in the juice and zest of the lemons.
11. Trim all sides of the cake.
12. Spread whipped cream across the cake but make it thicker towards one of the widths of the sponge sheet.
13. Start to roll the cake with the width towards you and the longer lengths facing outwards. Use the baking paper to help you roll the cake so that the browned cake doesn't stick to your fingers.
14. Tighten the baking paper around the roll and refrigerate for an hour or more before serving.
15. Serve with raspberries and other toppings of your choice.
16. Enjoy!

Strawberry and Condensed Milk Roll Cake

- Ally MARSDEN and Tiana HARDIE

Ingredients

Sponge

5 egg yolks (room temperature)
30g caster sugar
1g salt
2 tsp vanilla extract
40ml Vegetable oil (room temperature)
60ml milk (room temperature)
85g plain flour
2g Baking powder

Meringue

5 egg whites
80g sugar

Filling

100ml heavy cream
30ml condensed milk
Strawberry
Condensed milk



Recipe continued on next page...

Strawberry and Condensed Milk Roll Cake Continued

- Ally MARSDEN and Tiana HARDIE

Method

1. Line a tray (38cm x 25cm. Does not have to be exact). And preheat your oven to 170 C.
2. In a bowl mix, with a whisk, together with the egg yolks, sugar, salt, vanilla extract, vegetable oil and milk.
3. Next, sift in the plain flour and baking powder and mix well to avoid lumps.
4. In a separate bowl whip the egg whites at a moderate to high speed. Add 1/3 of the sugar once you can see some foam formed. Add the next third after you can see the sugar is incorporated and continue until you have no sugar left. The end result should be a stiff peak.
5. Add 1/3 of the meringue into the egg yolk mixture and fold in gently. Add in the remainder of the meringue.
6. Pour mixture into tray and level out the top of the batter.
7. Bake in the oven for 25 - 27 minutes.
8. Take it out of the tray placing brown face down on a large piece of baking paper and let it cool.
9. Whip cream and condensed milk together.
10. Trim all sides of the cake.
11. Drizzle some extra condensed milk across the sponge sheet and spread evenly.
12. Spread whipped cream across but make it thicker towards one of the widths of the sponge sheet.
13. Add chopped strawberries across.
14. Start to roll the cake with the width towards you and the longer lengths facing outwards. Use the baking paper to help you roll the cake so that the browned cake doesn't stick to your fingers.
15. Tighten the baking paper around the roll and refrigerate for an hour or more before serving.
16. Cut up and enjoy!