

Cooking MasterCLASS

Scintilla's MasterCLASS



IMPORTANT: please make sure to check the ingredient lists carefully if you are allergic to something. If you are, we suggest to leave out this ingredient (if possible), or find a suitable replacement e.g. halal meat or lactose free alternatives. We have kept in mind some dietary wishes, which are indicated at each recipe, but by making some adjustments many of the recipes can be made accessible for (almost) everyone.

You do not have to make all dishes, especially if you're cooking with a few people or by yourself. Choose the dishes that you would like to eat and make those. If you're cooking by yourself or just a few people, we recommend that you choose one main dish and perhaps a side dish. Please note that the Chocolate Mousse needs quite some time to chill out in the refrigerator, so make it one of the first recipes you work on!

The recipes in this booklet are made for 2 people, made with the smallest portions available from the supermarket. You have to get the ingredients yourself so it's useful to think of what you want to eat beforehand and scale it to the amount of people you will be eating with.

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1 Chocolate mousse

★★★★☆ *What is the difference between a cow that produces normal milk and a cow that produces chocolate milk? A mootation.*

vegetarian

~~vegan~~

glutenfree

lactosefree

halal

Preparation time: 20 min preparation, 2 hours in the refrigerator

Ingredients

- 75 grams of pure chocolate
- 1 medium sized egg
- 25 grams of caster sugar
- 100 milliliters of whipped cream



Directions

- Step 1.** Split the egg. Beat the egg white and half the sugar with a mixer or a whisk about five minutes until stiff.
- Step 2.** Put the whipped cream and the rest of the sugar in a large bowl and whisk about three minutes until stiff.
- Step 3.** Chop the chocolate in small pieces. Melt the pieces au bain-marie in a bowl above a pan filled with boiling water.
- Step 4.** Mix the egg yolk.
- Step 5.** Stir the egg yolk together with the molten chocolate.
- Step 6.** Scoop the chocolate mixture through the whipped cream.
- Step 7.** Scoop the egg white through the chocolate mixture and make sure the mixture remains airy.
- Step 8.** Divide the mixture into 1 or 2 bowls and put the bowls in the refrigerator for approx. 2 hours.



2 Garlic bread

★★★★★ *What do you call someone who has been raised by garlic? Garlic bred.*

vegetarian

vegan

glutenfree

lactosefree

halal

Preparation time: 10 min preparation, 10 min in the oven.

Ingredients

- 1 ciabattas
- 125 g plant-based butter
- 4 cloves of garlic
- 1 tbsp fresh parsley
- salt

if u feel sad, remember that the world is 4.5 billion years old and u just happen to exist at the same time as garlic bread

Directions

- Step 1.** Pre-heat the oven on 220°C and put a sheet of baking paper on a baking tray.
- Step 2.** Cut the ciabatta in two pieces lengthwise, and then each half in pieces the size that you like. Put these inside up on the baking tray.
- Step 3.** Press the garlic and mix it with the butter, some salt, and the parsley.
- Step 4.** Put the butter mixture on the pieces of bread.
- Step 5.** Put in the oven for 10 minutes or until the bread turns brown.



3 Mini hamburger

★★★★★ *Why did hamburger go to the gym? To get better buns.*

vegetarian

vegan

glutenfree

lactosefree

halal

Preparation time: 20 min

Ingredients

- 85g Lettuce
- 1 Red onion
- 1 Tomato
- 4 'Cheddar' cheese slice
- 4 Mini buns (Kaiserbroodjes)
- 4 Mini hamburgers
(or 200gr minced beef meat if you cannot find mini burgers)



Directions

- Step 1.** Bake the mini buns in the oven according to the instructions on the packaging.
- Step 2.** Cut the onion in rings by peeling it, cutting the top off and continuing to slice in that same direction.
- Step 3.** Cut the tomatoes in slices too, but this time don't remove the skin. This works best with a serrated knife (kartelmes).
- Optional.** If you do not have mini hamburgers make them from minced meat by making four equally sized balls and flattening them to hamburger thickness with the palm of your hand. Add some bread crumbs to the meat if you have it available.
- Step 4.** Heat a pan to medium-high heat, once it is warm add some oil or butter.
- Step 5.** Add some salt and pepper to both sides and bake the burgers shortly on both sides. Add the cheddar cheese (not lactose free!) on top after you have flipped the burgers. Bake the onions until they are soft and brown.
- Step 6.** If the burgers are almost finished, slice the mini buns and place them in the pan with the sliced side down. Remove them if the buns are lightly toasted.
- Step 7.** Remove leaves from the lettuce and use them together with the other ingredients to create an epic burger. Perhaps your fellow kiddos would like to customise their own burger!

4 Pasta pesto

★★★★★ *Did you hear about the pasta and its cooking water? Their relationship was strained.*

vegetarian

vegan

glutenfree

lactosefree

halal

Preparation time: 30 min

Ingredients

- 200g Pasta (Penne)
- 1 Red onion
- 2 Cloves of garlic
- 250g Cherry tomatoes
- 300g Chicken/vegan chicken
- 400g Spinach
- 190g Green pesto
- 85g Rocket (Rucola)
- 50g Sun dried tomatoes
- 50g Parmesan cheese

Directions

- Step 1.** Cut the cherry tomatoes in halves. Cut the onion and garlic into small pieces.
- Step 2.** Cut the chicken in small cubes. Make sure to do this last because raw chicken can contain the salmonella bacteria!
- Step 3.** Fill your kettle to the indicated maximum and boil the water.
- Step 4.** If the kettle is done, add it to a pan, add some salt and bring it to a boil again. Add the pasta and cook it for the indicated amount of time on the packaging and strain it once done. Be careful the pan does not overflow when the stove is too hot; in that case turn the flame down but make sure the water keeps boiling.
- Step 5.** Heat up a pan to medium-high heat and add some oil. Then add the chicken and bake it until it turns light brown.
- Step 6.** Add the onion and garlic and bake this along. When they turn brown, continue to add the dried tomatoes and break them apart using your spatula.
- Step 7.** Add the spinach and wait until it reduces and then add the remainder. Afterwards add half of the pesto and the cherry tomatoes.
- Step 8.** Once the pasta is done, add it to the pan and some more pesto, salt and pepper to taste.
- Step 9.** Add the rocket and the parmesan cheese when serving.



5 Nachos

★★★★★ *What do you call a row of trucks hauling nachos? A cheesy pickup line.*

vegetarian

vegan

glutenfree

lactosefree

halal

Preparation time: 15 min preparation, 15 min in the oven.

Ingredients

- 300g Minced beef meat
- 125g Creme fraiche
- 3 Spring onions
- 200g Nacho chips
- 200g Grated cheese
- 2 Tomatoes

Directions

Step 1. Pre-heat the oven on 200°C.

Step 2. Cut the tomatoes into small dices. Be sure to remove the crowns!

Step 3. Bake the (halal) minced meat in a pan on medium-high heat.

Step 4. If the meat is almost done, add the diced tomatoes, some salt and pepper and bake for another few minutes.

Step 5. When the tomatoes and meat are done add them to an oven tray, add a layer of nacho chips and some cheese. Repeat this process until all of the ingredients are in, and top with a royal amount of grated cheese and some blobs of creme fraiche.

Step 6. Insert the oven tray into the oven and bake for 15 minutes or until the top seems a nice golden brown.

Step 7. Wash the spring onions and cut them into small rings. Use all of the stem, except for the top and bottom 1cm. Use the spring onions as garnish over the oven tray once you get it out of the oven.

Tip! Have you got some tomatoes, unions or cheese left from other dishes? Add them to the nachos so you don't have to throw them away.



6 Guacamole

★★★★★ *What do you call two male avocados who hang out and drink together? Avocabros.*

vegetarian

vegan

glutenfree

lactosefree

halal

Preparation time: 10 min

Ingredients

- 1 avocado
- 0.5 red onions
- 1 garlic clove
- 1 tomato
- 10 g fresh coriander
- 1 tbsp lime juice

Directions

- Step 1.** Cut the tomato in quarters, remove the seeds and cut the rest in cubes of approx 0.5 x 0.5 cm. Finely chop the coriander, onions, and garlic.
- Step 2.** Cut the avocado lengthwise. Remove the pit and make a diamond pattern in the fruit. Scoop out the fruit and mash it into a puree. Mix it with the tomato, coriander, onion, lime juice and season with salt.



7 Fruit salad

★★★★★ *This dish is very fruitful.*

vegetarian

vegan

glutenfree

lactosefree

halal

Preparation time: 10 min

Ingredients

- mango pieces
- pineapple pieces
- 1 apple
- 1 pear
- a banana
- any other fruit you like

Directions

Step 1. Cut the fruit in bitesize pieces.

Step 2. Put everything in one bowl.

Step 3. ???

Step 4. Profit.



8 Milkshake

★★★★★ *What do you get when a cow is caught in an earthquake? A Milkshake*

vegetarian

vegan

glutenfree

lactosefree

halal

Preparation time: 10 min

Ingredients

- 0.5 bucket of ice cream
- 250 milliliters of whole milk
- Cocoa powder (optional)
- Whipped cream (optional)
- Hagelslag (optional)

Directions

- Step 1.** Add the milk and the ice cream to a bowl and mix it together with a fork or stamper. If desired, add the coco powder here.
- Step 2.** Close the bowl and shake until or use a whisk to mix all of it together to get a delicious milkshake.
- Step 3.** Top off with some whipped cream and/or hagelslag.

