



Traditional British Recipes





CUPCAKE'S RECIP



Ingredients

For the mixture we need:

- 125 g of butter
- 1 cup of caster sugar
- 3 eggs
- 1 tablespoon of vanilla
- 1 and 1/2 cups of flour
- 1 tablespoon of baking powder
- 3/4 cup of milk (185ml)

For the icing we need:

- 50 g of butter
- 2 cups of icing sugar
- 2 tablespoons of milk

Method:

Mixture:

1. Preheat oven to 180 °C. Put cupcake papers the holes of the cupcake tray.
2. Beat butter until creamy.
3. Add 1/3 of sugar and beat. Continue to add sugar and beat until sugar is finished.
4. Add an egg and beat for about a minute. Repeat with other eggs.
5. Add the vanilla beat for about a minute.
6. Add flour, baking powder and milk to butter mixture with half the milk and mix.
7. Fill cupcake papers 3/4 full with mixture. Put cupcakes in the oven for about 20 minutes.
8. Ready? Leave to cool.

Icing:

1. Beat butter until creamy.
2. Add the milk and icing sugar and beat.
3. Add food colouring and beat.
4. When cupcakes are cool, add icing to cupcakes.

Gaia Aiello e Giorgia Di Simone

BATTENBURG CAKE



Ingredients:

- 1 cup butter, softened
- 1 cup white sugar
- 3 eggs
- 1/4 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 2 drops red food colouring
- 1 cup apricot preserves
- 2 cups ground almonds
- 3 cups confectioners' sugar
- 1 egg, room temperature
- 1 1/2 teaspoons lemon juice
- 1/4 teaspoon almond extract

1. Cream butter and 1 cup sugar together. Beat in 3 eggs, one at a time. Mix in vanilla. Stir in flour, baking powder and salt gently. Add milk if needed.
2. Divide batter into 2 equal parts. Add food colouring to 1 part to make a deep pink colour. Grease two 7 inch square pans. Spread batters into pans.
3. Bake at 350 degrees F (175 degrees C) until an inserted wooden pick comes out clean, about 25 to 30 minutes. Let stand in pans 5 minutes. Turn out on racks to cool.
4. Trim edges from both cakes. Cut each cake lengthwise into 4 strips as wide as the cake is thick. Trim to make strips match. Heat jam slightly. Spread on sides to glue 2 pink and 2 white strips together checkerboard fashion. Spread all 4 sides of completed cake with jam. Repeat with remaining pink and white stripes. Makes two cakes.
5. To Make Almond Paste: Mix almonds, confectioners' sugar, egg, lemon juice, and almond extract together. Knead until smooth, adding a bit of lemon juice or water if too dry to roll. Add only 1/2 teaspoon at a time. It will be stiff. Divide into 2 equal parts.
6. Roll 1/2 of paste 1/8 inch or so thick on a surface lightly dusted with confectioners' sugar. Cut to fit length of cake, and long enough to cover 4 sides leaving ends uncovered. Lay cake on one end of paste. Wrap to completely enclose all 4 sides of cake pinching paste to seal. Roll in granulated sugar. Place with seal underneath on serving plate, or store in plastic bag. Repeat for second cake. Slice thinly to serve.

Annarita Barone e Davì Provvidenza

“ROAST BEEF”



INGREDIENTS

- Beef
- Butter
- Flour
- Mustard
- Salt
- Pepper

PREPARING

Turn on the oven to maximum temperature. Put in a saucepan the flour, mustard and a generous amount of a pepper, making toast over low heat and then pour into a bowl. After shuffling, cover the meat. Melt the butter in a pan and let the meat brown. Cook for 15 minutes and lower the temperature the roast beef with salt and let cook for another 15 minutes. Get out the meat from the oven and let it rest for 10 minutes and then serve it at the table.

Cutrona Martina e Mannino Emanuela

YORKSHIRE PUDDING



INGREDIENTS

- 100g/3½ O
- ½teaspoon salt
- pinch with the pepper
- tablespoon shredded suet
- 2 free – range eggs
- 200ml / 7fl OZ milk
- 50ml / 2fl OZ water
- oil or beef fat, for cooking

PREPARATION:

Preheat the oven to 220C / 425F / Gas 7. Sift the flour into a bowl.

Add the salt, pepper, suet (if using) and eggs and beat with a fork to combine. Mix the milk and water in a jug, then gradually add to the flour and eggs mixture, stirring constantly, to create a smooth and creamy batter. Leave the batter to stand for ten minutes. Pour two tablespoons of oil or beef fat into each of the cups of a muffin tray. Place the muffin tray into the hot oven and leave for 5 – 10 minutes, until the fat is smoking hot. Carefully remove the muffin tray from the oven. Pour approximately 30ml / 1fl OZ of batter into each muffin cup, then carefully return to the oven to bake for 10 – 15 minutes, until risen and golden - brown. Resist the urge to open the oven and check on the puddings for at least ten minutes, as this will hamper their progress. Remove from the oven and serve with the roast of your choice.

Eleonora Lucchese e Federica Lo Bue

CHICHEN TIKKA MASALA



Ingredients

5 cloves garlic roughly chopped
one 1 1/2 inch coin ginger, peeled and roughly chopped
2 teaspoons coriander seeds
2 teaspoons cumin seeds 1 cup Greek yogurt
3 teaspoons paprika
2 teaspoons lemon juice (about 1 1/2 lemon)
1 1/2 teaspoons sugar
1 1/2 teaspoons ground turmeric
1/4 teaspoons cayenne pepper

For the chicken:

Combine cumin, coriander, cayenne, and salt in small bowl. Sprinkle both sides of chicken with spice mixture, pressing gently so mixture adheres. Place chicken on plate, cover with plastic wrap, refrigerate 30 to 60 minutes. In large bowl, whisk together yogurt, oil, garlic, ginger; set aside. For the sauce: Heat oil in large Dutch oven over medium heat until shimmering. Add onion and cook, stirring frequently, until lightly golden, 8 to 10 minutes. Add garlic, ginger, chili, tomato paste, and garam masala; cook, stirring frequently, until fragrant, about 3 minutes. Add crushed tomatoes, sugar, salt; bring to boil. Reduce heat to medium-low, cover, simmer for 15 minutes, stirring occasionally. Stir in cream and return to simmer. Remove pan from heat and cover to keep warm. While sauce simmers, adjust oven rack to upper-middle position (about 6 inches from heating element) and heat broiler. Using tongs, dip chicken into yogurt mixture (chicken should be coated with thick layer of yogurt) and arrange on wire rack set in foil-lined rimmed baking sheet or broiler pan. Discard excess yogurt mixture. Broil chicken until thickest parts register 160 degrees on instant-read thermometer and exterior is lightly charred in spots, 10 to 18 minutes, flipping chicken halfway through cooking. Let chicken rest 5 minutes, then cut into 1-inch chunks and stir into warm sauce (do not simmer chicken in sauce). Stir in cilantro, adjust seasoning with salt, and serve. Serve with basmati rice. Serves 4 to 6.

CRISTINA MAZZOLA E ALISTAN AMRMESHA

FULL ENGLISH-BREAKFAST



Ingredients:

4 higher-welfare pork and leek sausages
4 field mushrooms, wiped
2 small tomatoes, scored on top
4 rashers higher-welfare smoked dry cured back bacon
100g black pudding, sliced
420g baked beans
2 knobs butter
4 free-range eggs, cracked into a bowl and beaten
sea salt
freshly ground black pepper

Method:

Preheat the grill to high. Set the oven to its lowest heat and pop 2 plates in it to keep warm. Put the sausages, mushrooms and tomatoes, scored-side up, on to a large grill, about 5cm from the heat. Cook for about 10 minutes, turning the sausages once or twice.

Add the bacon and black pudding to the pan and grill for 5 minutes, turning halfway through cooking, until they are cooked and crispy. Put the baked beans in a saucepan and warm gently for 2 to 3 minutes, stirring occasionally.

Place a non-stick saucepan over a low heat. Melt 1 Knob for butter in the pan, add the eggs, season to taste and stir gently until just scrambled. Remove from the heat. Put the bread in the toaster, and arrange the sausages, mushrooms and tomatoes with the bacon, black pudding and beans on the warm plates. When the toast pops up, butter it, then put a slice on each plate and top with scrambled egg. Serve with HP sauce or tomato ketchup on the side, and a pot of tea.

Napoli Antonino, Caronia Vittorio e Ribaudò Giorgio

Fish and chips recipe



INGREDIENTS:

- 500g cod
- 500g potatoes
- 1 egg's yolk
- 50g 00 flour
- 60g corn flour
- 200ml milk
- 1 pinch paprika
- 8g beer yeast dehydrated
- 500ml seed oil

PREPARATION:

To prepare the fish and chips started by the batter. Melt 3 tablespoons of yeast in the milk and let rest for 10 minutes in the heat. Take the other ingredients, namely maize 00 flour and sieved, add yolk, paprika, add then and stir with a whisk. Finally add the yeast dissolved in milk. Let the batter rest for about 1 hour and a half in the heat. Then, peel the potatoes and cut into long, getting sticks. Rinsed to remove the starch surface and allow to dry in a kitchen towel. Also clean the cod fillets and cut into rectangles of about 8/10cm in length. After, heat the oil being careful not to exceed 130°/140° and dip the potatoes for about 5 minutes. Drain on a paper towel. Soak the cod in the batter and fry in oil at 180°. After fried fish, in the same oil rehearse potatoes previously fried and drained when you see a nice golden brown.

Palazzotto Roberta e Milano Giovanni

Cheesecake

Prep: 30 min. + cooling Bake: 1-1/2 hours + chilling

Ingredients

- 2-1/2 cups *graham cracker crumbs*
- 1/4 cup *sugar*
- 1/2 cup *butter, melted*

Filling:

- 4 packages (8 ounces each) *cream cheese, softened*
- 2 cups (16 ounces) *sour cream*
- 1-3/4 cups *sugar*
- 1 tablespoon *lemon juice*
- 1 tablespoon *vanilla extract*
- 4 *eggs, lightly beaten*
- 2 tablespoons *caramel ice cream topping*



Directions

In a small bowl, combine the graham cracker crumbs and sugar; stir in butter. Press onto the bottom and up the sides of a greased 9-in. springform pan. Place on a baking sheet. Bake at 325° for 18-22 minutes or until lightly browned. Cool on a wire rack.

In a large bowl, beat cream cheese, sour cream, sugar, lemon juice and vanilla until smooth. Add eggs; beat on low speed just until combined. Pour into crust. Place pan on a double thickness of heavy-duty foil (about 18 in. square). Securely wrap foil around pan.

Place in a larger baking pan; add 1 in. of hot water to larger pan. Bake at 325° for 1-1/2 hours or until surface is no longer shiny and center is almost set. Remove pan from water bath. Cool on a wire rack for 10 minutes.

Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Garnish with caramel topping and candy bar pieces. **Yield:** 16 servings.

Alessia Proietto e Alessia Buscaino

Bangers and mash

Ingredients:

For the sausages and onion gravy

8 sausages

2 onions, sliced

½ tsp dried mixed herbs

½ tsp English mustard

600ml oz stock

salt and black pepper

2 tsp softened butter

2 tsp plain flour

For the mash:

900g potatoes, peeled and chopped into equally sized cubes

50g butter

100ml oz milk

Method:

1. Place the sausages into a roasting tin and place in the preheated oven. Cook for 10 minutes then turn the sausages and cook for a further five minutes, or until they have a good colour on the outside.
2. Add the sliced onions to the tin. Mix the dried herbs, mustard and stock together and pour over the sausages and onions. Return the tin to the oven for a further 20 minutes, or until the sausages are cooked through and the onion gravy thickened. Season to taste with salt and pepper.
3. For the mash, boil the potatoes in a pan of boiling water until tender. Drain and mash.
4. Heat the butter and milk until the butter has melted. Add a pinch of salt and pepper then pour over the mashed potato and mix until smooth. Set aside until ready to serve.
5. Cook the peas in a saucepan of boiling water for 2-3 minutes, or steam them for 1-2 minutes. Drain thoroughly and set aside.
6. For the sausages and onion gravy, mix the softened butter and plain flour together to form a paste. Remove the sausages from the baking tray, set aside and cover to keep warm. Place the baking tray onto the hob, add the flour and butter mix and whisk until combined. Stir over a medium-high heat for 2-3 minutes, or until the gravy has thickened slightly. Add the sausages back to the tray and warm through for 1-2 minutes.
7. Serve the sausages, mash and peas with the onion gravy spooned over.



Romeo Alessia e Bruno Giulia