



The Sutton Academy

The Great Cook – Off Challenge Week 1

**Make something delicious
to share with your family!**



Why Cook?

- Baking and cooking can help you relax
- Studies show that cooking "soothes stress, builds self-esteem and curbs negative thinking by focusing the mind on following a recipe."
- Your family will appreciate a tasty home cooked treat

If you chose to participate, take a photo of your cookery or baking and email it to:

Jennifer.Dempsey@thesuttonacademy.org.uk

Anyone who participates will be put in the drawer to receive a Dominos pizza, delivered straight to your door !!

**Got a recipe you'd love to share with other students and staff?
– email it in.**

This weeks recipes

Savoury

Sweet Potato and chickpea curry

Sweet

Chocolate Chip Cookies



Chocolate Chip Cookies

- **Preparation time**
- **15 minutes**
- **Cooking time**
- **10 minutes**
- **Serves**
- **Makes 30 cookies**

Ingredients

150g salted butter, softened
80g light brown muscovado sugar
80g granulated sugar
2 tsp vanilla extract
1 large egg
225g plain flour
½ tea spoon bicarbonate of soda
¼ teaspoon salt
200g chocolate chips

Chocolate Chip Cookies

Method

STEP 1 Heat the oven to 190C/fan170C/gas 5 and line two [baking sheets](#) with non-stick baking paper.

STEP 2 Put 150g softened salted butter, 80g light brown muscovado sugar and 80g granulated sugar into a [bowl](#) and [beat](#) until creamy.

STEP 3 Beat in 2 tsp vanilla extract and 1 large egg.

STEP 4 Sift 225g plain flour, ½ tsp bicarbonate of soda and ¼ tsp salt into the bowl and mix it in with a wooden spoon.

STEP 5 Add 200g plain chocolate chips or chunks and stir well.

STEP 6 Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays. This mixture should make about 30 cookies.

STEP 7 Bake for 8–10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.

Sweet Potato & Chickpea Curry

Preparation time

less than 30
mins

Cooking time
30 mins to 1
hour

Serves
Serves 4

Ingredients

- ☐ 1 tbsp [vegetable oil](#)
- ☐ 1 tbsp [cumin](#) seeds
- ☐ 1 [onion](#), finely sliced
- ☐ 2 [garlic](#) cloves, crushed
- ☐ ½–1 tsp [chilli](#) flakes (to taste)
- ☐ 50g fresh root [ginger](#), peeled and grated
- ☐ 600g tins [chickpeas](#), drained and rinsed
- ☐ 400g tin [chopped tomatoes](#)
- ☐ 750g [sweet potato](#), peeled & cut into bite-sized cubes
- ☐ salt and [black pepper](#)

Sweet Potato & Chickpea Curry

Method

1. Heat the oil in a large saucepan over a medium heat. Once hot, add the cumin seeds and fry for a minute.. Add the onion and a pinch of salt and cook for 5–6 minutes. Add the garlic, chilli flakes and ginger and fry for a further 3 minutes.
2. Add the chickpeas, tomatoes and sweet potato to the pan. Add enough water (approximately 500ml) to cover the chickpeas and sweet potatoes and bring to a simmer, stirring to mix everything together.
3. Cover with a lid and simmer over a medium–low heat, stirring now and again, for 25–30 minutes, or until the potatoes are soft and beginning to break apart and the sauce has thickened. Top up with a little more water during cooking if needed.

https://www.bbc.co.uk/food/recipes/sweet_potato_and_68565