

HOW TO COOK A FRIED EGG

And Other Lockdown 2020 Recipes by Kit Jay

March 2020: “A” Levels cancelled with months of lockdown ahead of me I thought it was time to learn to fry an egg.....

Kit's Summer 2020 Student Lockdown Recipes

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I started lockdown in March 2020 not really able to do much cooking but I have been practising and can now confidently do all of the following recipes. Apart from the Chocolate Guinness cake they are all pretty easy and successful. Just remember my mum's advice and prepare carefully, remember to turn off the hob and oven after use and make sure you clean up properly afterwards!

Breakfast & Brunch Recipes

Iced Coffee (can be dairy free)

5 minutes prep time

Ingredients & Equipment:

Ice

Large glass and reusable or paper straw

Instant coffee (Nescafe Coffee Azeero) or Freshly brewed coffee (can be decaf)

Fresh milk (can be almond milk)

Agave syrup or Monin flavoured syrup

Method:

1. Fill half a glass with ice. You can add more ice at the end if you like a lot of ice in your drink.
2. Add ½ cup of instant or freshly brewed coffee – I use Nescafe Azeero and it works well. You can use decaf if you prefer.
3. Add 2 -3 teaspoons of agave syrup or Monin coffee syrups.
4. Top up with cold milk – you can use almond milk if you wish.

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Iced Coffee (can be dairy free) to impress

I don't think this tastes as good but it looks quite impressive!

10 minutes prep time

Ingredients & Equipment:

Ice

Electric whisk

Large glass and reusable or paper straw

Instant coffee – can be decaf (Nescafe Coffee Azeero)

Fresh milk (can be almond milk)

Agave syrup or Monin flavoured syrup

Method:

1. Mix 2 teaspoons of instant coffee (I use Nescafe Azeero) with 2 tablespoons of water and 2 teaspoons of agave syrup.
2. Using an electric whisk, whisk the instant coffee mix until really frothy.
3. Fill half a glass with ice and cold milk (almond milk is fine too)
4. Spoon the whisked coffee on top of the milk
5. You need to add a straw to enjoy this.

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Perfect Fried Eggs on Toast

5 minutes prep time & 5 minutes cooking time

Most people can make fried eggs but before lockdown I couldn't! I have now perfected this and it is my go to snack as well as a great breakfast!

Ingredients & Equipment

Non Stick frying pan

Fish Slice/ Slotted Turner

Hot buttered toast

Ketchup, Brown sauce or Barbecue sauce

Free Range eggs (I like the double yolk ones)

Rapeseed Oil (great source of healthy fats)

Method

1. Get everything ready – I have found that timing is the key to perfect fried eggs on toast
2. Carefully crack 2 or 3 eggs into a small bowl
3. Make hot buttered toast
4. Heat a good slug of rapeseed oil in a small non stick frying pan (don't leave this unattended)
5. Once the oil is really hot carefully add the eggs to the pan making sure the yolks don't break.
6. Keep a close eye on the eggs then using a fish slice flip them "over easy" just before you serve next to the toast.

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Banana and Chocolate Eggy Bread

10 minutes prep time & 10 minutes cooking time

Ingredients & Equipment:

1 loaf of white unsliced bread

2 bananas (good source of energy and manganese for your skin)

3 eggs

1 tsp cinnamon powder

Nutella

Butter and rapeseed oil for frying

Maple syrup and cooked bacon to serve or blueberries (if you want a vitamin c packed superfood)

Sharp bread knife

Fish slice

Large frying pan

Shallow dish for soaking bread and egg

Method:

1. Cut the bread into a very thick slice and make an incision in one end to fill with Nutella and sliced banana. Take care with the bread to avoid any leaks of the filling.
2. Beat the eggs and add to shallow dish big enough to soak the bread "sandwiches" in.
3. Add the cinnamon to the egg mixture.
4. Dip the filled bread and gently turn over in the mixture to make sure it is all covered.
5. Gently heat the butter and rapeseed oil and fry the "sandwich" turning half way through and ensuring a crispy finish.
6. Carefully remove from the pan and slice into 4 and serve with maple syrup and cooked bacon – or just eat on its own!

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Lunch & Supper Recipes

Mexican Chicken Salad

15 minutes prep time

Ingredients and Equipment:

2 skinless ready cooked chicken breasts (you could use avocado if you don't want meat)

Small tin sweetcorn (drained)

150g mixed cheddar and mozzarella grated cheese

25g chopped jalapeno slices (great vitamin source)

400g tin of kidney beans (rinsed well and drained)

½ finely sliced red onion

½ shredded iceberg lettuce

Sea salt and black pepper

50g soured cream

Juice of 1 lime

50g Cool Original Doritos gently crushed (I use more as I normally eat half of them whilst making the salad!)

Doritos Salsa and Fresh Guacamole to serve

Method:

1. Cut chicken into bite sized pieces and put in a large bowl
2. Add the sweetcorn, kidney beans, cheese, jalapenos, onion and lettuce and season with salt and black pepper.
3. In a separate small bowl mix the soured cream, juice of 1 lime with a pinch of sea salt and freshly ground black pepper
4. Mix the dressing into the salad along with the doritos.
5. Serve with fresh guacamole and salsa.

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Chicken noodle Soup

15 minutes prep time & 10 minutes cooking time

Ingredients & Equipment:

1 cooked chicken breast

4 tbsp dark soy sauce

500ml boiling water

2 sachets miso soup

Dash light soy sauce

Dash fish sauce

4 spring onions diagonally cut

1 grated garlic clove (helps to fight the common cold)

1/4inch grated ginger (good for muscle pain)

1 packet instant noodles

Fresh coriander to garnish

Sesame oil to garnish

Large saucepan

Wooden spoon

Soup ladle to serve

Method:

1. Put 500ml boiling water in saucepan and add the miso sachets.
2. Add the light soy sauce and fish sauce, spring onions, garlic and ginger. Cook for 20 seconds
3. Add the noodles and cook until soft
4. Season and add a drizzle of sesame oil, the cooked chicken and fresh coriander
5. Enjoy!

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BLT Salad with Avocado

15 minutes prep time

Ingredients & Equipment:

1 packet ready made ciabatta croutons from supermarket (any flavour)

1 packet smoked streaky bacon

2 tbsp red wine vinegar

4 tbsp extra virgin olive oil

1 ½ tsp wholegrain mustard

2 avocados sliced (superfood packed with vitamins, minerals and healthy fat)

300g cherry tomatoes halved (great source of vitamin c)

1 romaine lettuce heart roughly shredded

Baking tin for bacon lined with aluminium foil

Screw top jar for salad dressing

Large serving bowl or platter

Kitchen Scissors

Method:

1. Heat the oven to 200C and put the bacon on the foil lined baking sheet and cook until crispy (about 10 minutes but keep an eye on it)
2. Allow cooked bacon to cool then cut into pieces with kitchen scissors
3. Make the dressing by combining the mustard, extra virgin olive oil and red wine vinegar in a jam jar with the lid tightly screwed on shake really well.
4. Prepare all the salad: lettuce, avocados, tomatoes, bacon and croutons and then arrange them in a large serving bowl or platter.
5. Just before serving add the dressing and mix well.

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Sweet Treat Recipes

Chocolate Guinness Cake

(This requires a bit of concentration with the measuring and mixing)

15 minutes prep time & 45 minutes cooking time

Ingredients & Equipment:

250 ml bottle Guinness (you can drink the other half of the 500ml bottle)

250g unsalted butter sliced into small pieces

50g cocoa powder

150ml sour cream

2 large eggs beaten

1 tbsp vanilla extract

275g plain flour

2 ½ tsp bicarbonate of soda

Icing sugar sprinkled to serve (optional)

Blueberries to serve (optional but a superfood packed full of vitamins)

2 x lined baking loaf tins

Large pan

Whisk (electric if you have one)

Spatula

Large mixing bowl

Measuring spoons (tsp and tbsp)

Weighing scales

Method:

1. Preheat the oven to 170C or gas mark 4
2. Measure all ingredients into small individual bowls – this makes it easier to follow the recipe and not forget anything!

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3. Pour the Guinness carefully into a large pan and add the sliced butter. Heat gently stirring all the time until the butter is melted.
4. Transfer the Guinness and butter mixture carefully to a large mixing bowl making sure you use a spatula to scrape the pan and get all of the mixture.
5. Whisk in the eggs and sour cream and vanilla and whisk for a few minutes until light and bubbly.
6. Carefully whisk in the flour and bicarbonate of soda until it is well mixed and there are no lumps of flour.
7. Split the mixture between the 2 loaf tins. Don't panic as the mixture will be very liquidy.
8. Bake in the pre heated oven for 45 minutes.
9. Check the cake is cooked by inserting a skewer into the middle and checking it comes out clean.
10. Allow to cool fully before taking out of the tin.
11. Once cool sprinkle with icing sugar and enjoy!

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Chocolate Peanut Butter Fudge Ice Cream Sundae (sorry nothing very healthy in this recipe)

5 minutes prep time & 5 minutes cooking time

This is enough for 4 people so you can just half the ingredients if you want to make enough for 2

Ingredients & Equipment:

175ml double cream

100g milk chocolate (broken into pieces)

100g smooth peanut butter

3 tbsp golden syrup (squeezy bottle is easiest to measure from)

4 scoops caramel ice cream (Haagen Dazs salted caramel is really good!)

4 scoops chocolate ice cream

4 scoops vanilla ice cream

4 tbsps chopped salted peanuts

Medium saucepan

Wooden spoon

Method:

1. Put the double cream, chocolate pieces, peanut butter and golden syrup in the pan and heat gently stirring all the time. This will take about 2 minutes
2. Put a scoop of each flavour ice cream in a bowl
3. Pour some of the chocolate, peanut butter fudge sauce over the ice cream
4. Sprinkle chopped peanuts on top and eat!

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Universally useful ingredients:

- Eggs
- Pasta, Couscous
- Salt and Pepper
- Flour
- Garlic
- Olive oil
- Butter
- Bread
- Potatoes
- Meat
- Fish
- Chocolate
- Tomatoes
- Lemons
- Avacado

Notes & Acknowledgements:

I have made all of these recipes during lockdown so all of the recipes are tried and tested by me. I have based these recipes on recipes from Waitrose monthly recipe cards, Nigella Lawson's recipe books and from Gok Wan and John Torode on This Morning on ITV. If you don't want to use chicken or bacon for the Chicken Noodle soup or Mexican or BLT salads the recipes are still good without them. I also made the Eggy Bread recipe with ham and grated cheese in the middle which was a good lunch.

A HUGE THANK YOU TO:

Thank you to my mum for having a lot of patience in the kitchen with me, to my dad for eating all my cooking, to Liz Gallagher Coates for inspiring me to try some new recipes and for her recommendation of the cookbook "Nosh For Students" (this is a brilliant book), to Helen Sharp for mentoring and inspiring me during the lockdown College 2 project, to my amazing and kind tutors Sarah O'Keefe (really looking forward to watching Sarah show College 2 how to cook a roast chicken) and Shazma White for keeping in touch with me during lockdown and to whom I also owe my passion for Business Studies, to my lovely teachers who have continued to inspire me during the lockdown Sarah Allen, Tracey Copestake, Harriet Ennis, to James Ratcliffe and Beth Steer for coming up with ideas to occupy the lockdown time like the Covid Shoal recycled bottle fish and True Crime, and finally to Chris Jeffery

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for keeping morale up when there is so much uncertainty about the A Levels and University with his videos and lunchtime recitals.

And finally to my friends from Cundall, Bootham and future friends I will meet at University; hopefully sometime soon we will all be able to get together to cook and enjoy a meal. I never thought this would be something I would look forward to so much as it has been weird and unexpected not being with friends during lockdown and being able to enjoy the simple pleasure of a meal in the actual company of friends is something I can't wait to do. It's such a shame I won't get the chance to cook for David and the Fox House team (although they might be relieved!)

Lockdown has been such a strange time in my life and one I will never forget but I will always be grateful to my family, friends and my Bootham family for helping me to get through it. To be honest nobody is more surprised than me (apart from maybe my mum) that I have actually managed to master a few cooking skills too!

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Coronavirus Lockdown June 2020

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