

# Old Blighty Cookbook Four

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Recipe Book on Dishes from the by gone era (Adapted for the 1 hour and 10 mins, lesson for period 7)

By Mr. Millard

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<https://www.bbc.co.uk/food/recipes>



# Chicken Kiev's

- **Ingredients**
- 4 [chicken breast](#)
- 225g dried breadcrumbs
- 75g [parmesan](#), grated
- 4 [eggs](#),
- 100g [plain flour](#)
- pinch [paprika](#)
- 4 tbsp sunflower or vegetable oil, for frying
- **For the garlic butter**
- 4 [garlic cloves](#), crushed
- 2 tbsp finely chopped [parsley](#)
- 200g [butter](#), softened
- ½ [lemon](#), juiced
- Oven proof baking dish
- 10 wooden skewers



# Chicken Kiev's

- **Method**

- **STEP 1**

- Place all the garlic butter ingredients in a bowl and season well. Mash with a fork until well combined, shape into two sausages using cling film to help you shape it, then tightly wrap and chill or freeze until really firm. *Can be made up to three days in advance.* When firm, slice each into eight even pieces.

- **STEP 2**

- Lay a chicken breast on a chopping board and use a sharp knife to make a deep pocket inside the breast. The easiest way is to push the point of a knife into the fat end, keep going halfway into the fillet. Be careful not to cut all the way through or the butter will leak out when cooking. Repeat with the remaining breasts. Push two discs of butter inside each chicken breast, press to flatten and re-seal with your hands. Set aside.

- **STEP 3**

- Mix the breadcrumbs and parmesan on one plate, and tip the eggs onto another. On a third plate, mix the flour with paprika and some salt. Dip each breast in the flour, then the egg and finally the breadcrumbs, repeating so each kiev has a double coating (this will make them extra crisp and help to keep the butter inside). Chill for at least 1 hr before cooking, or freeze now – see tips, below.

- **STEP 4**

- To cook, heat the oven to 180C/160C fan/gas 4. Heat the oil in a large frying pan over a medium-high heat. Fry the kiev's for 2-3 mins each side until golden – you may need to do this in batches. Transfer to a baking tray and cook for 20-25 mins until cooked through.





# CLASSIC BEEF- STUFFED PEPPERS

- INGREDIENTS:
- 250g [Ground Beef](#) (for the vegetarians bring in two packs of Halloumi Cheese or paneer Cheese instead of the meat)
- 4 medium red, yellow or green bell peppers
- 1 onion
- 2 teaspoons minced garlic puree
- 1 can diced tomatoes
- 1/2 cup cooked white or brown rice
- 3 tablespoons tomato paste
- 2 teaspoons dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Chopped fresh parsley (optional)
- Oven Proof Dish



# CLASSIC BEEF-STUFFED PEPPERS

- **COOKING:**

- Coat a large baking dish with cooking spray; set aside. Preheat oven to 475°F. Cut tops off bell peppers; set tops aside. Using a paring knife, carefully remove the membranes and seeds from bell peppers. Arrange peppers about 2 inches apart in prepared baking dish. Place tops on empty peppers. Cover baking dish tightly with aluminum foil; bake 15 minutes. Remove from oven; cool slightly.
- Meanwhile, heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and garlic; cook 3 to 4 minutes, breaking beef into 1/2 inch crumbles and stirring occasionally. Stir in tomatoes, rice, tomato paste, dried parsley, salt and black pepper; cook 3 to 4 minutes until heated through, stirring occasionally.
- Remove pepper tops. Divide beef mixture evenly among peppers; replace tops. Bake in 475°F oven 17 to 22 minutes until instant-read thermometer inserted into center of beef mixture registers 160°F and bell peppers are tender. Garnish with parsley, if desired.

# Chicken Pakora



- 4 [chicken breast](#)
- 2 tbsp cornflour
- 90g plain [flour](#)
- 3 dried chillies crushed or 3 green chillies, finely chopped
- ½ tsp [chilli powder](#)
- ½ tsp curry powder
- ½ tsp ground coriander
- ½ tsp cumin
- 2 small [onions](#)
- small bunch of coriander
- Small bottle vegetable oil
- Oven Proof Dish



# Chicken Pakora

- Method

- **step 1**

- Put the chicken in a large bowl, then use your hands to coat the pieces in the cornflour. Mix in the rice flour, followed by the gram flour. Add the chillies, spices, onion, coriander and 1 tsp salt. Mix well with your hands.

- **step 2**

- Gradually add around 150ml water until the ingredients have become moist and ever-so-slightly wet. You may not need all the water (adding too much will stop the pakora mixture binding).

- **step 3**

- Fill a deep pan no more than a third full with vegetable oil and heat to 180C. Coat the chicken in a small amount of the pakora mixture before carefully lowering into the hot oil with a spoon. Fry for 8-10 mins, turning regularly, until cooked through and browned all over. Set aside on a plate lined with kitchen paper while you repeat with the remaining mixture, frying in small batches. Serve hot with a sweet chilli sauce or green chutney.



# Chicken or Beef Pot Pie

- **Ingredients**
- 2 tbsp vegetable oil
- 4 chicken breast
- Or 500g Diced Beef
- 2 onions,
- 2 celery sticks,
- 2 carrots,
- 50g butter
- 50g plain flour
- 500ml milk
- 1 chicken stock cube
- 1 tbsp Dijon mustard
- small bunch of thyme, leaves picked, or use 1 tsp dried thyme
- 1 egg, beaten
- 375g sheet ready-rolled puff pastry
- Pie dish





# Chicken or Beef Pot Pie

- **Method**

- **STEP 1**

- Heat 1 tbsp vegetable oil in a large flameproof casserole or deep frying pan over a high heat. Once hot, brown half the chicken pieces on both sides, season and transfer to a plate or bowl. Repeat with the remaining chicken pieces.

- **STEP 2**

- Reduce the heat to medium and heat the remaining oil in the pan. Fry the onions, celery and carrots for 8-10 mins, stirring occasionally and scraping any browned bits from the base, until all the veg has softened. Tip into the bowl with the chicken and return the pan to a medium heat.

- **STEP 3**

- Melt the butter in the pan and stir in the flour to make a paste. Cook for a couple of minutes, stirring until the paste turns golden. Add a splash of the milk, then [whisk](#) to combine. Continue slowly adding the milk, whisking continuously until you have a smooth, creamy sauce.

- **STEP 4**

- Crumble the stock cube into the sauce and add 250ml water. Return to a gentle simmer, then return the chicken and veg to the pan. Stir in the mustard and thyme, and season well. Cover with a lid and simmer over a low heat for 15-20 mins, stirring occasionally until the chicken is tender. Heat the oven to 200C/180C fan/gas 6 if you're cooking the pie straightaway. Shred the chicken in the pan using two forks, pulling it into bite-sized pieces. *Once completely cool, the filling will keep chilled for up to two days (providing the chicken is within its use-by date), or frozen for up to two months.*

- **STEP 5**

- Transfer the filling to a pie dish (or divide between individual pie dishes). Brush a little of the beaten egg around the rim of the dish. Unravel the pastry and lay it over the top of the dish, then trim the edges with kitchen [scissors](#), leaving a little pastry overhanging the edge. Crimp this excess to seal the pie. Brush the pastry all over with some more of the beaten egg and poke a few holes in the top using a skewer (this will release any steam inside during baking). Roll out any pastry offcuts and cut out decorations for the top, if you like. Stick these to the pastry and brush with any remaining beaten egg. Bake for 35-40 mins until the pastry is golden brown and the filling is bubbling at the edge.

# Chicken Pasta Alfredo

- **Ingredients**
- 200g Linguine Pasta
- 1 tbsp [olive oil](#)
- 2 [chicken breast](#)
- 1 tbsp [butter](#)
- 200ml [double cream](#)
- ½ a [nutmeg](#), grated
- 100g [parmesan](#)
- [parsley](#), chopped, to serve
- Oven Proof dish



# Chicken Pasta Alfredo

- **Method**

- **STEP 1**

- Heat the olive oil in a non-stick frying pan over a medium high heat. Add the chicken breast and fry for around 10 mins, turning half way, until they are golden brown and cooked through. Set aside to cool a little, then use two forks to shred.

- **STEP 2**

- Bring a pan of salted water to the boil and add the pasta, cook for 1 minute less than package instructions. Whilst the pasta is cooking, add the butter to the frying pan over a medium heat, scraping the bottom a little to get any of the browned bits. Tip in the cream along with the nutmeg and bring to a simmer. Add the chicken back to the pan.

- **STEP 3**

- Once the pasta is cooked, use tongs to transfer the pasta straight from the water into the frying pan with the cream mixture. Sprinkle most of the parmesan over and use the tongs to toss it all together, adding a splash of the pasta water if it looks a little stiff. Season well, then tip into bowls. Top with the remaining parmesan, a scattering of parsley, and black pepper.



# Chicken & chorizo jambalaya

- **Ingredients**
- 1 tbsp [olive oil](#)
- 2 [chicken breasts](#), chopped
- 1 [onion](#), diced
- 1 [red pepper](#), thinly sliced
- 2 [garlic cloves](#), crushed
- 75g [chorizo](#), sliced
- 1 tbsp Cajun seasoning
- 250g [long grain rice](#)
- 400g [can plum tomato](#)
- 350ml chicken stock
- Oven Proof Dish



# Chicken & chorizo jambalaya

- **Method**

- **STEP 1**

- Heat 1 tbsp olive oil in a large [frying pan](#) with a lid and brown 2 chopped chicken breasts for 5-8 mins until golden.

- **STEP 2**

- Remove and set aside. Tip in the 1 diced onion and cook for 3-4 mins until soft.

- **STEP 3**

- Add 1 thinly sliced red pepper, 2 crushed [garlic](#) cloves, 75g sliced chorizo and 1 tbsp Cajun seasoning, and cook for 5 mins more.

- **STEP 4**

- Stir the chicken back in with 250g long grain rice, add the 400g can of tomatoes and 350ml chicken stock. Cover and simmer for 20-25 mins until the rice is tender.