

The secret Lockdown recipes

By B2.1 and C1.2 students



INTRODUCTION:

During this lockdown, we had to review topics about “food”, “restaurants”, “leisure activities”...and it made us all very HUNGRY. Thanks to this topic, we all started to talk about recipes and things we liked to eat, and how we are spending more time in the kitchen. So, we decided to share our “most valuable” recipes with everyone.

This was originally a B2.1 homework activity, but “people talk” and my C1.2 students also decided to participate. Since there were some really nice recipes I decided to create a sort of booklet for everyone to enjoy.

The recipes are quite easy to do, and the results are a treat for anyone who loves “good food”.

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Healthy Cookies

By Angeles López López from C1.2-1



Ingredients

- **3 cups** of oatmeal
- **A pinch** of sea salt
- **1.5 cups** of wholegrain flour (or another flour that you prefer)
- **1 cup** of raisins
- **1 cup** of chopped nuts (almonds, walnuts and hazelnuts)
- **3 tablespoons** of olive oil
- **2 cups** of peeled and grated apples
- **A squeeze** of lemon
- **2 tablespoons** of sesame seeds (*if you want you can also add 2 tablespoons of sunflower seeds and 1 tablespoon of chia seeds*)

Directions

- ❖ First of all, boil peeled and grated apples with raisins and a pinch of sea salt at low heat and covered for 30 minutes.
- ❖ Then, sift the flour to remove the coarse bran and crush the nuts with a mortar or use a knife to chop them.
- ❖ Next, mix the flour, the oatmeal and the seeds together. After, add olive oil and lemon to the mixture.
- ❖ When the apples are ready and cold, add them to the mixture and blend them in.
- ❖ Afterwards, make small balls with your hands, put them on a baking pan and crush them.
- ❖ Finally, you let them bake for 30 minutes at 180 degrees or until they are golden brown.
- ❖ Once made you let them cool, and then you can have a big glass of milk with cookies!!!



Paris Macaroons with Vanilla Cream

By Aroa Duran Ferrero from B2.1-2



Ingredients *(batter for approx. 35 macaroons)*

- **63 g** Granulated sugar
- **63 g** Icing sugar
- **63 g** Almond flour
- **18 ml** Water
- **3 egg** whites
- *Food colouring (optional)*

Directions *(for the batter)*

- ❖ Blend the almond flour with icing sugar and sieve.
- ❖ Boil the granulated sugar in 18 ml water to obtain a sugar solution.
- ❖ Whisk the eggs whites until half-solid.
- ❖ Reduce the whisking speed and slowly pour the sugar solution while whisking constantly.
- ❖ Leave the whisked froth to cool down a little.
- ❖ Then blend it quickly with the almond mixture.
- ❖ Use a cake decorator or decorating bag to apply equal round balls on the baking paper or the silicone pan.
- ❖ Leave them to rest for at least two hours until the surface hardens.
- ❖ Bake in the oven heated to 160° for 11 to 12 minutes
- ❖ Join the baked and cooled balls into macaroons using the chosen cream.
- ❖ Leave to rest in the pantry until the next day.

Ingredients *(Vanilla cream)*

- **60 ml** Whipping cream
- **65 g** White chocolate
- Seeds from one vanilla pod

Directions *(Vanilla cream)*

- ❖ Chop the white chocolate
- ❖ Slowly bring the whipping cream to boil
- ❖ Add the chopped white chocolate and vanilla seeds, stir until the chocolate melts.
- ❖ Put aside and leave to rest for one hour.
- ❖ Heat the whipping cream again, stir well, strain, leave to cool down for 2 hours and whisk again.
- ❖ *(optional) add several drops of yellow food colouring into the batter for vanilla macaroons.*



Pineapple Cake

By Belén Villanueva Picáns from C1.2-2



Ingredients

- **1 can (500 grams)** pineapple slices
- **500 grams** of cream
- **2 envelopes** of pineapple jelly
- Cookies
- Caramel

Directions

- ❖ Pour the caramel filling on the base of a recipient of your choice..
- ❖ Put the pineapple slices on the caramel. (*You can cut them as you want doing a design covering the base*)
- ❖ Pour the pineapple juice left from the can In a frying pan and cook over medium heat. When it starts to boil, add 2 envelopes of pineapple jelly. Stir continuously until the gelatine particles have dissolved.
- ❖ When the previous mixture boils, remove from heat and add 500 grams of cream. All ingredients must be well mixed.
- ❖ Pour this mixture into the recipient over the pineapple slices.
- ❖ Cover this mixture with cookies over the whole surface.
- ❖ Chill in the refrigerator during 5 hours.
- ❖ Once the cake has chilled, turn it over on a plate and you can serve it with a nice cup of tea!!



Chocolate Cake

By Bruno Senra Quintas from B2.1-1



Ingredients

- 1 plain yogurt
- 2 cup of flour
- 2 cup of sugar
- 1 cup of chocolate powder
- 1 cup of oil
- 3 medium eggs
- 1 envelope of baking powder
- Butter and flour for the mold

Directions

- ❖ Put the eggs and the sugar in a recipient.
- ❖ Beat the eggs and the sugar.
- ❖ Then add the yogurt and oil and blend them in.
- ❖ Then, add the flour and chocolate powder to the mixture, and mix everything very well.
- ❖ Finally spread butter and flour in the cake mold and pour the mixture in it.
- ❖ Finally bake the mixture in a preheated oven to 180-C for 30 minutes (or when the toothpick comes out clean).
- ❖ When the cake is cooled off you could enjoy a nice piece of cake with a hot coffee!!



Estradensis Chorizo

By Carla Eiras Alonso from B2.1-1



Ingredients

- **100 g** of garlic
- **20 g** of basil
- **15g** parsley
- **1 pinch** of salt
- **15 ml** of vinegar
- **1** chorizo
- **1** shallot
- **1** tomato
- **1 piece** of bread
- **1 pinch** of black pepper

Directions (to do the sauce)

- ❖ First, peel and chop the garlic, basil and parsley.
- ❖ Then, put them in a bowl and add salt , oil and vinegar.
- ❖ Mix all the ingredients a reserve it.

Directions (to cook the chorizo)

- ❖ First, peel and slide the shallot.
- ❖ Slice the tomato.
- ❖ Slice the chorizo and sauté it.
- ❖ Toast a piece of bread.

La mise en place:

- ❖ Place the toasted bread on a plate.
- ❖ Place the sliced tomato, the shallot and the sautéed chorizo in this order.
- ❖ Add the sauce
- ❖ Top with black pepper
- ❖ Sprinkle with some basil.



Banana Pudding

By Cristina Brea Terceiro from B2.1-1



Ingredients

- 4 bananas
- 5 eggs
- 4 **tablespoons** of flour
- The juice of 1 lemon
- Cinnamon
- 1 **tablespoon** of chocolate chips
- Sugar to caramelize the cake tin

Directions

- ❖ Peel and slice the bananas.
- ❖ Mash the bananas with the lemon juice.
- ❖ Mix with the electrical mixer for a few minutes the bananas, eggs and flour in a medium sized bowl, until the mixture becomes homogeneous.
- ❖ Add the cinnamon and chocolate chips and stir in with a whisk.
- ❖ Make a caramel with the sugar in a pan
- ❖ Cover the tin with the caramel.
- ❖ Pour in the mixture.
- ❖ Pre-heat the oven to 200·C and bake for about 30 minutes or until the toothpick comes out clean.
- ❖ Let it cool for 2 to 3 hours, then turn over on a plate and serve. I'm sure the whole family will enjoy it!!



Spaghetti Bolognese

By Elia Eiras Alonso B2.1-1



Ingredients

- **4 tablespoons** of virgin olive oil
- **1 clove** garlic
- **1** sweet small onion
- **1** fresh small green pepper
- **1 pinch** of salt
- **1 pinch** of black pepper
- **2** fresh tomatoes
- **2** fresh carrots
- **200g** minced meat
- **1 pinch** of oregano
- **1 cup** of milk
- **1 package** of spaghetti

Directions

- ❖ Put the 4 tablespoons of virgin olive oil in a large pan on low heat.
- ❖ When the oil is hot, add the chopped onion and the chopped garlic with a pinch of salt and a pinch of black pepper. Cook for about 7 min.
- ❖ Shred the tomatoes and carrots with a mixer in a large bowl, and reserve it.
- ❖ When the onion is golden, add the minced meat and a pinch of oregano, and stir everything with a wooden spoon until the meat is done.
- ❖ Add to the pan the tomatoes and the carrots and cook for 10minutes.
- ❖ Add the cup of milk and stir until it evaporates.
- ❖ For the pasta, boil water in a large pot with a pinch of salt and add the package of spaghetti. Cook for around 8 minutes.
- ❖ Once cooked, drain the pasta.
- ❖ Finally, serve the spaghetti on a plate and top it with the meat sauce.



Coffee Custard

By Javier Agra Servide from B2.1-2



Ingredients

- **1 litre** of liquid cream
- **200 ml** of coffee
- **1 envelope** of custard powder
- **1 tablespoon** of sugar liquid candy

Directions

- ❖ Boil the liquid cream and the coffee in a saucepan.
- ❖ Add the custard powder and the sugar and stir it with a wooden spoon.
- ❖ Cook for 8 minutes while stirring.
- ❖ Anoint a mold with the liquid candy and pour the mixture in the mold.
- ❖ Wait until it gets to room temperature and put it in the fridge for at least 12 hours.
- ❖ Flip the coffee custard on a tray.
- ❖ *It can be served with some whipped cream.*



Spreadable cheese donuts

By José Manuel Salgado Iglesias from B2.1-2



Ingredients

- **1 liter** of oil
- **2** eggs
- **100 g** of sugar
- **300 g** Philadelphia cheese
- **1 envelope** of Royal baking powder
- **1** yogurt (any flavor)
- Powdered sugar
- **800 g** of flour

Directions

- ❖ Mix eggs and sugar in a medium size bowl, until it becomes homogeneous.
- ❖ Add the cheese and yogurt and blend in.
- ❖ Then, add the baking powder and $\frac{1}{2}$ a kilo of flour, and continue mixing.
- ❖ Once the dough is consistent, place it on a table, and knead with your hands while the rest of the flour is added little by little, until reaching the consistence of a dough similar to the one used for bread.
- ❖ Let the dough rest for 30 minutes.
- ❖ Dip hands in oil and make balls of dough, with a hole in the middle (donut shaped)
- ❖ Pre-heat the oil in a medium sized pan, and fry the donut shaped dough.
- ❖ Put them on a tray, and when cooled, sprinkle powdered sugar. I'm sure it's a great snack for the whole family to enjoy!!



Easter Brioche (Rosca)

By María del Carmen Barcala Ferradans from B2.1-2



Ingredients

- **450 g** of flour
- **70g** of sugar
- **4g** of salt
- **20g** of bread yeast
- **25g** of butter
- **2** eggs
- **100ml** of milk
- **100ml** of water

Directions

- ❖ Temper the milk and break in the bread yeast.
- ❖ Put flour, salt and sugar in a bowl.
- ❖ Beat the eggs and add to the dry ingredients.
- ❖ Add to the mixture: melted butter, water and the tempered milk with the bread yeast.
- ❖ Knead everything for about 10 minutes.
- ❖ Let the dough rest for 2 to 3 hours.
- ❖ Once rested, braid the dough like a brioche.
- ❖ Paint the surface with egg and add sugar (as pleased).
- ❖ Let it rest for 2 hours.
- ❖ Pre-heat the oven to 200-C and cook for 5minutes, then lower the oven to 180-C and cook for another 15 to 20 minutes.
- ❖ Let it cool. I'm sure the whole family will enjoy it with a nice cup of hot coco!!!



Chinese Pasta

By Paula Calvo Rey from C1.2-2



Ingredients

- **1 package** of spaghetti
- **2** leeks
- **5** carrots
- **1 package** of mushrooms
- Oil
- Salt
- Soy sauce
- Curry powder

Directions

- ❖ Peel and clean the carrots, then strip them with the same peeler.
- ❖ Peel and clean the leeks, and cut into stripes.
- ❖ Cut the mushrooms in small pieces.
- ❖ Add oil to the frying pan, and fry the mushrooms.
- ❖ For the pasta, boil water with a pinch of salt in a pot and add the spaghetti.
- ❖ When the mushrooms are browned, put apart and fry the carrots and leeks in the same oil.
- ❖ When the pasta is done and drained, put aside.
- ❖ When the carrots and leeks are fried, put aside.
- ❖ In a big pan add some oil and all the ingredients previously set aside.
- ❖ Mix well and add curry to taste.
- ❖ Serve, and add soy sauce to taste.



Easter Cake

By Tesesa Mosteiro Paredes from B2.1-2



Ingredients

- **1Kg** of flour
- **7** eggs
- **250 g** of white sugar
- **250 g** of butter
- **¼ cup** of Anis
- **1 teaspoon** of salt
- The zest of one lemon
- **100 g** of baking powder

Directions

- ❖ First put the eggs, the butter, the white sugar, salt anis essence, Anis and lemon zest into a bowl and mix everything together.
- ❖ Next, add the flour and the baking powder to the mixture, and blend in thoroughly.
- ❖ Leave the dough to rest for 3 hours in a warm temperature room.
- ❖ Preheat the oven to 190·C
- ❖ Make a ring shape with the dough and cover it with egg yolk and sugar (as pleased)
- ❖ Finally, bake in the over for 30 minutes or when the toothpick turns out clean.
- ❖ Once cooled I'm sure it is lovely with a nice white coffee!!!



Brownies

By Vanesa Dominguez Collazo from B2.1-2



Ingredients

- **115 g** butter
- **140g** dark chocolate
- **180g** brown sugar
- **3** eggs
- **120g** of flour
- **2 tablespoons** of unsweetened cocoa powder
- *Nuts- to taste*

Directions

- ❖ Preheat oven to 356 degrees F (180 degrees C).
- ❖ Line a pie dish with cocoa powder.
- ❖ Melt butter and dark chocolate over low heat in a medium saucepan.
- ❖ Remove from heat and add brown sugar and eggs and stir with a whisk.
- ❖ Add flour and unsweetened cocoa powder together and sieve them with a strainer.
- ❖ Pour the mixture into the prepared pie dish and add the nuts if wished.
- ❖ Bake in preheated oven for 25 minutes.
- ❖ When baked, remove from the oven.
- ❖ Let it cool in the pie dish for about 5 minutes, then, leave to cool on a rack.



*I hope you enjoy cooking all these recipes...and most of all I hope you
pleasure the moment you share with your loved ones eating this
"dangerously delicious" food!!!!*

