



RECIPES

MY ADAPTIONS AND COMMENTS



Recipes from notes
www.innovativebooksandmore.com





PREP TIME
10 MIN



COOK TIME
15 MIN



SERVINGS
2

Sweet and Sour Sauce

(I used chicken as well)

Ingredients

- 200ml pineapple juice
- 4 tbsp tomato ketchup
- 3 tbsp vinegar
- 100g light brown sugar
- 1 tbsp Cornflour
- 1 tbsp Cold water

Some recipes mention white wine vinegar but I found malt vinegar just as good, tried my way and the recipe taste was excellent

Instructions

1. Put all the ingredients in a saucepan - apart from the water and the cornflour, gently mix and heat and keep stirring.
2. In a small cup mix the cornflour and the cold water, then add to the saucepan, stirring all until the ingredients are combined, I add pineapple chunks and cut red pepper as well. I usually wok fry my chicken with diced onions, strain and add at the end



Sweet and Sour Chicken - my comments from the above

1. Never checked but I think the basmati rice is the best rice for you, lower in sugary carbs. I think long grain rice is best. You mix eggs and fry on the wok, mentioned before but a stainless steel gets to higher temperatures, I think gas is better than electric, but now a lot of cookers are effective.
2. I season with some salt prior to cooking. Then I bring the rice to the boil. I put the cooked rice in a sieve and rinse, helps get the starch out of the rice.
3. With chicken cut to the same size, some people marinade their chicken breast, I prefer legs which are higher in iron, my old chestnut, vitamin C and Iron, helps oxygenate the blood?
4. With my sweet and sour sauce, I mix the ingredients as detailed, I add cut pineapples and red peppers. The cornflour is added at the end.
5. When I cooked my chicken, I sautéed frozen chopped onions which added to much water to the wok. I ended up cooking the chicken more in the sauce, go for a hot wok with chopped onions, chunks or sliced your choice.
6. From the college they used frozen peas, beware though as some can be too cold, again a hot wok should help.
7. With heat and constant mixing the chicken should cook though, if not sure, I would place the chicken in the sauce.





PREP TIME
20 MIN



COOK TIME
45 MIN



SERVINGS
2

Hunters Chicken

Ingredients

- Uncooked chicken breast
- 8 slices streaky bacon
- Mozzarella cheese to coat with barbeque sauce - both to suit.
- Onion chunks (optional)
- Rosemary chopped
- Garden peas
- Frozen chips

I would check the chips in the fryer or oven so they do not burn, why I prefer deep fried chips.

Instructions

1. I buy uncooked chicken in a foil tray, if not I use like a bread dish. I chop some Rosemary and place some into the chicken. I cover and cook for 30 minutes, I use a temperature probe to check, make sure above 65 degrees.
2. I fry some streaky bacon say 8 slices, keep soft and not crispy. Place the bacon on top of the chicken and cook for a further 10 minutes.
3. I then put barbeque sauce on top of the chicken as well as mozzarella cheese and cook for a further 5 minutes.
4. I serve the chicken with garden peas and chips



Hunters Chicken - my comments from the above

1. I use fat chips with the dish. Also, with garden peas.
2. Others might use double or triple cooked chips; French fries are also an option. You could also use the Air fryer; I prefer the chips deep fried.
3. I like strips of streaky bacon, they are like 50% fat and 50% meat, when cooked and crispy they give a good taste to the cooked dish.
4. A temperature probe is a must, I would also confirm the tin foil so the chicken doesn't burn in the oven. I would aim for a temperature of 65 degrees as well.
5. I use barbeque sauce from the squeeze bottle.
6. Rosemary is a good option with chicken.
7. You could also use onions cooked beside the chicken outside the tin foil, maybe consider fried in sugar to caramelise.
8. Heat wise for the chips, I would say 10 minutes at 130 degrees and then 5 minutes at 190 degrees, after the first cooking rest for 15 minutes or so, this is for double cooked chips though.





PREP TIME
20 MIN



COOK TIME
75 MIN



SERVINGS
2

Ingredients

- Roast Beef Joint
- Cooked or made Yorkshire puddings
- Roast Potatoes, either bought or made
- I use peas and carrots as an accompaniment

Some people use roast beef slices but I find you get a better taste with a cooked joint. I prefer my slices on a sandwich with horseradish sauce.

Roast Beef Dinner

Instructions

1. Roughly chop carrots, celery and onions and place on the base of a lightly oiled tray.
2. I would sear your beef joint in a frying pan, I would advise a tied joint.
3. Place the beef on top of the vegetables. I would consider placing thyme, sage, rosemary and bay leaves, would put them on top of the vegetables.
4. Place tin foil over the roast and cook for 1 and a half hours, basting every 15 minutes, let cook initially for 30 minutes.
5. Floury potatoes could be used as the roasts instead of waxy. I find frying the potatoes in a pan first is an option then place on the vegetables
6. You cook the peas and carrots to suit.



Roast Beef Dinner – my comments from the above

1. You can make your own Yorkshire puddings with an even mix of eggs, plain flour and milk. You can consider a large Yorkshire pudding in a frying pan – pan heated in the oven – pour mixture in and cook in the oven for 10 minutes or so. With the smaller ones you can use a cake tray, like lightly oil, I prefer using 1g oil as I have diabetes.
2. With your roast beef you can place on a bed of chopped carrots, onions and celery, you can part cover the joint. I would baste the joint after 20 minutes with juices in the tray. A kitchen foil layer is placed just on top of the beef to prevent burning.
3. After cooking you are advised to let the joint rest. You add beef stock to the beef joint tray. Plain flour is added as well. You can use a masher to crush all the vegetables as well. I would add a little beef cube. I would skim the fat from the tray, also make the gravy to taste. I would place the tray mix through a sieve, you can mash through.
4. You can roast potatoes in the oven, prebought else make yourself. An option is to part boil, drain then fry in the pan, then place them on top of the vegetables.





PREP TIME
10 MIN



COOK TIME
15 MIN



SERVINGS
2

Fish n Chips

with chips, tartre sauce and peas

Ingredients

- 4 slices of haddock fish
- Deep frying, oven or air fried chips
- Peas
- Tartre Sauce
- Wedges of lemon

Some people do not like tartre sauce, would consider coleslaw as a possible substitute.

Instructions

1. I would cook the chips first, mentioned details previous.
2. Coat the fish, I mention details below, I prefer deep frying to order.
3. The tartre sauce I buy to suit.
4. Peas can be cooked to suit as well,
5. Lemon wedges I cut and place on the plate.



Fish n Chips - my comments from the above

1. Someone mentioned you coat your fish, like the below:
2. You compile an egg mixture, a plain flour mixture as well (mixed with turmeric – someone else mentioned the idea to me). I like haddock. I dip the uncooked fish in the flour first then into the egg and back into to the flour before deep frying (air fryer is a consideration – I prefer fish cooked to order).
3. Cook for 10 minutes, I was told pan at 160 degrees, cooking at too high a temperature crispens the fish and ruins the taste.
4. Others use a lemon wedge at the side of the plate; you can squeeze over the fish.
5. Chips can be cooked to suit; I prefer deep fried.
6. Thinking of carvery food, the peas etc are in casserole dishes, under heat lamps, I thought of tin foil if not busy, not tried, maybe with the pea juice there as well.





PREP TIME
10 MIN



COOK TIME
25 MIN



SERVINGS
2

Steak & Chips

Ingredients

- 2 slices of sirloin steak, marinated
- Garden peas
- Chips to your taste
- Peppercorn sauce

Some people present their steak with peppercorn sauce. I use the sauce with black peppercorns

Instructions

1. I would cook the steak after marinating. Using the garlic rub or brush throughout the cooking coat, like every 5 minutes.
2. Chips can be cooked to suit, fat chips are my preference here but french fries are my favourites.
3. You can use packet mix with milk or make your own sauce.
4. I like garden peas
5. Lucozade is an option as a drink, not sure in a restaurant situation.



Steak & Chips - my comments from the above

1. Someone mentioned drinking Lucozade with steak.
2. I know people like:
 - 3.1. Rare
 - 4.2. Medium
 - 5.3. Well done
6. I prefer mine well done. I mention details about cooked steak elsewhere.
7. In regard to steak consider:
 - 8.1. Sirloin
 - 9.2. Braised
 - 10.3. Rump
11. Also, like marinade in red wine, not sure if true but I was told it relaxed the steak.
12. The following is a consideration:
 - 13.1. Use garlic and rub the meat
 - 14.2. Use a herb brush, throughout cooking as well

