

Culinary Creations

by Rupert at Shaping Futures

Today we're looking at cooking. Whether you're in year 9 and interested in whipping up a simple dish in your home-stead, or a sixth former concerned about your kitchen performance when you move away to university, I have put together some hints and tips for recipes and etiquette.

It's never too early to learn, just make sure that you're safe when you do it!

Speak to your parent or guardian about how to stay safe in the kitchen, watch how they use a knife and be careful around boiling water. If cooking isn't your thing - you can start now!

Below are some links to websites to help you get started, as well as my own modified noodle recipe to try at any time you want.

Top Tips

If possible, talk to the people you're living with before you buy every pot and pan possible - see who needs what, but you don't need 6 frying pans!

Buy some basic seasoning used for every day dishes (salt, pepper, garlic granules, mixed herb, chili flakes) as well as investing in some spices to enhance your dishes (smoked paprika, cayenne pepper, turmeric, garam masala, curry powder).

Experiment with some simple dishes before arriving - learn how to make a basic tomato sauce, how to roast potatoes/vegetables and make sure to add water to the pan before cooking your rice or pasta (there is someone in every student accommodation who has tried it without!).

Do the washing up! Either have a system in place (whoever does the cooking, doesn't wash the plates) or a rota for the week. You may not have a dishwasher, so don't let everything pile up on the side as though something or someone else, is going to appear and wash it for you.



Learn how to be safe when cutting vegetables! To help with this, [here](#) is bad-tempered chef and global culinary superstar Gordon Ramsay teaching you how to prepare an onion



This (link to the left) gives some more tips, check out the rest of their 'blogging students' pages for more information on conquering the student way of life:

Here are 11 essential cooking tips from students for students



I still Ask Jeeves/Google/YouTube loads of recipes and techniques and particularly if there's something you want to replicate (Le Big Mac, perhaps?) there is always someone online who has done it justice.

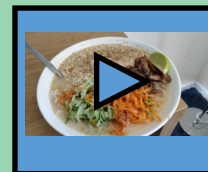
Here is my recipe for Peanut Noodles.

!WARNING CONTAINS NUTS!

It's quick, simple and cost effective. I tend to use whatever vegetables or salad I have left in the house so no pressure if you don't have everything exactly.

Noodles are a staple of the student household and I would recommend chicken Koka noodles for all your noodle needs. Often found 3 for a £1 and infinitely adaptable they'll save you from the empty cupboard scare, help you out for a late-night snack and raise your spirits when you need a lift.

Ingredients:
1x Chicken Koka Noodles
1x · Carrot
1x · Cucumber
1x tablespoon of peanut butter
1x · Lime
Salt & Pepper.
(4 mushrooms optional, some folk hate mushrooms and I respect that)



Step 1: Grate the carrot into a small bowl, cut your lime into two chunky segments and squeeze one over the grated carrot, sprinkle with salt and pepper and leave to the side.

Step 2: Grate your cucumber and set aside (it can go next to the carrot, they're friends).

Step 3: Cook your noodles to packet instructions - this is a soupy noodle, don't you dare drain them. Around the 3 minute mark (as the noodles are looking close to done) add a tablespoon of peanut butter and stir it in until the soup looks welcoming and delightful.

(Optional Step 4): If you're mushroom mad and loving it, then chop up your mushrooms into slices and fry them off as your noodles are cooking. I recommended seasoning with some salt, pepper and soy sauce (or some chili flakes if you're feeling 2 hot 2 handle). Fry off in a little bit of oil and season as they cook.

Step 5: Pour your peanutty noodle soup into a nice big bowl and garnish with the limey carrots, cucumber and optional mushrooms. Final season with another squeeze of lime over the noodle - if you're concerned about using too much citrus, or you think the carrots have enough flavour to carry through the noodles, just leave it for your next dish! Hopefully you will now have a warming sweet and sour noodle dish, with a few vegetables to help make the packet ramen a little healthier. Plus, it's vegetarian, what a boon!

Check out our Social Media @ShapingFutures_ to see our team trying out some of these!