



# Good Start Recipe Booklet

# Let's Cook

How are ye lads? I'm Macdara Burke, Good Start Ambassador. I am thrilled that I got the chance to put together a few of my college staples and favourites for you. Especially for those of you who've never known a time without a lovely, hot dinner appearing in front of you every evening à la Mammy.



These recipes were hand-picked because they are cheap, filling and very straightforward to make. Most of the recipes you can make to last you a few days (the leftovers can very handy to sort lunch the next day) or to feed a few friends, which is handy if you want to chip in together.

The main message is this: the next time ye're considering your third takeaway of the week, even if it is one of those weeks, Stop. Drop the Phone. Have a look in here and let's cook. You can do it.

Chance things, experiment, use cheap ingredients to make delicious food. Allow it to be a place where you relax and an activity that helps you chillax.

There'll be no bother on ye - ye'll be laughing in no time.  
Bain sult as an gcócaireacht agus an itheacháin!

- Macdara Burke



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# Essential Kit

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## Knives

Having two decent knives is a must. One main one for chopping and a smaller paring knife for the jobs requiring a bit more dexterity. While it's always advisable you mind your fingers it's important you mind your knives. Be greedy with them. Knives are speedily blunted if shared around with your friends who may use their own 'unique' technique.

## Frying Pan & Saucepan

Go for the best of your budget. Make sure it's a decent, roomy size (20-25cm) and lidded. Again, mother them. No scraping the bottom with forks, spoons or spatulas. They're better cleaned the old school way in a sink as frequenting the dishwasher will only subject the coating to erosive dishwasher salts.

## Chopping Board

Once again here traditional supersedes the modern day. The flashy, hip maniacally coloured plastic boards may catch your eye and be reinforced by their price tag but trust me repress the urge they don't age well. The marks left by your knife are prone to be pockets for moisture to sit and allow fungi to fester. And they're not the sort you want in your omelette. Go for the trusty wooden ones for safer, cleaner cooking.

## Ovenproof Dish

Cast-iron or ceramic tick the box here. Cast iron can be a bit scary price-wise but are well worth the few extra quid if spotted in a sale. 28cm x 15cm is an ideal size.



# Miscellaneous Gear

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Once you get the ball rolling on this cooking lark the following few kitchen items become fairly indispensable:

Can opener

Measuring jug

Colander

Wooden Spoon

Grater

Peeler

Tongs

Spatula

Baking tray

Loaf tin

Muffin tin



# Break-“feasts”

Eggs - Scrambled, Omelette

Shakshuka / Heuvos Rancheros

Primary Pancakes

Mustiola



# Eggs

The mighty 'ubh'. No other food comes within a sniff of its versatility. These are some old-time originals for you to chance and then experiment with to your heart's content. They are a super way of upping protein in your pasta, couscous, stir-fries, rice or any other carb or veg meal.

## Scrambled Eggs

**2 eggs per person**

**Knob of butter/Tbsp Olive Oil**

**Salt & Pepper**

**Mixed Herbs/Chili Flakes/ Minced Garlic**

## METHOD

1. Put oil/butter into pan on a low heat.
2. Break eggs into a bowl and whisk well. Season in bowl with salt and pepper/mixed herbs/chili flakes/minced garlic.
3. Using a wooden/plastic spatula scrape the eggs from the sides towards the centre of the pan, making shards and separate into strands. Don't overcook here. The eggs should still have a slight wobble left.
4. Serve on hot buttered toast.

## Mix it up: Omelette

Same procedure as above until step 3, but on a medium heat.

3. Leave to colour lightly.
4. Add in some fillings such as ham, tomatoes, mushrooms, cheese or anything you'd like.
5. Prise from the edges of the pan to fold in half.
6. Lovely served sandwiched or with a simple green salad.



# Shakshuka / Huevos Rancheros

4 tbsp olive oil  
1 onion, finely sliced  
1 red pepper, diced  
1 green pepper, diced  
6 garlic cloves, crushed  
2 tsp sweet paprika  
1/2 tsp cumin seeds  
1/2 tsp cayenne pepper  
800g tinned tomatoes (or ripe tomatoes in season)  
2 tsp sugar  
1 tbsp lemon juice  
4-8 eggs, depending on hunger  
Small bunch of fresh coriander, roughly chopped

If you manage to make nothing else out of this booklet make this. They are the bee's knees. A go-to option for breakfast or with your cheeky cuppa.

## METHOD

1. Heat the oil in a large lidded frying pan over a medium heat and add the onion.
2. Cook until golden, then add the peppers. Fry until both are soft, then stir in the garlic and spices and cook for another couple of minutes.
3. Pour in the tomatoes and roughly mash. Stir in the sugar and bring to a boil, then turn down the heat and simmer for 30 minutes. Taste and season, adding more cayenne if you prefer it spicier.
4. Make 4-8 divots in the sauce and break in the eggs. Season them lightly, turn the heat right down as low as possible, cover and cook for about 10 minutes until they're just set. Sprinkle with coriander and serve.





# Primary Pancakes

**1 cup flour**  
**1 cup milk**  
**1 egg, beaten**  
**Butter/ Oil for frying**

## METHOD

1. This is dead simple, firstly dump the flour in your mixing bowl.
2. Make a well in the centre with your whisk and pour in half the milk and beaten egg.
3. Beat this and add the remaining milk as it begins to come together and then whisk until air bubbles rise.
4. Put the butter/oil in the pan on a medium heat and pop a ladleful into the pan. The first pancake is always a bit flukey, it'll likely be edible but may not be cooked to perfection or the most aesthetic. It doesn't matter, it allows you discern and learn your pan's optimum pancake temperature.

Once found, your pile of pancakes should begin their disappearing act as hungry hands nab them.

## Mix it up: Pancakes

For a change, try filling pancakes with thinly sliced fruit and toasted almonds. Delicious.



# Musliola

Oats are absolutely terrific. Great energy, easy eat, endlessly adaptable. To start you off you need to arm yourself with the bog-standard muesli recipe and in doing so will possess the base of a rake-load of banging breakfasts!

**Porridge oats 200g**  
**Dried dates 100g**  
**Goji Berries 75g**  
**2 tbsp pumpkin seeds**  
**2 tsp cinnamon**  
**Pinch of salt**

**Walnuts/Almonds 75g**  
**Dried figs/raisins 50g**  
**2 tbsp chia/poppy seeds**  
**2 tbsp sunflower/sesame seeds**  
**1 tsp nutmeg**  
**Milk/Natural Yoghurt**

## METHOD

Combine all the ingredients in a bowl together. This served with milk or natural yoghurt is excellent.

Add apple, banana, berries and soak overnight and lo and behold you've upgraded yourself to a bircher.

Add a few spoonful into your Primary Pancakes batter for a boisterous boost.

### +2 Ingredients

**4 tbsp rapeseed oil**

**2tbsp honey**

Incorporate these into the mix, pop into the oven to bake at 170°C for 20-25mins. Bang you've museliola!

### +4 Ingredients

**150ml honey**  
**60g linseed/flaxseed mix**

**100ml rapeseed oil**  
**40g dessicated coconut**

Mix in and press firmly into tin/baking dish and smooth out with back of a spoon. Bake at 175-180°C for 40-45 mins. Leave to cool completely – and I know it's no mean feat but they'll be in bits if you don't – and cut into bars.



# Lord's Luncheon with Pauper's Pockets

Masterkey Mince

Asian Chicken "Sticky Wicket"

Eggcellent Fried Rice

L'arrabiata or Tuna & Capers Pasta

Chicken & Broccoli Gratin



# Masterkey Mince

This recipe operates on a pay it forward model. Make this and you'll instantly have three new meal possibilities which will can grow exponentially.

**4 tbsp olive oil**  
**1 onion, finely chopped**  
**2 garlic cloves, finely chopped**  
**2 carrots, finely chopped**  
**500g beef mince**  
**1 glass red wine (optional)**  
**400g tin chopped tomatoes**  
**Salt and pepper**

Not just spag bol but cottage pie, tacos, baked potatoes and lasagna.

**2 celery sticks, finely chopped**  
**2 tbsp tomato purée**  
**1 pint veg. stock**  
**2 tbsp Mixed herbs**

## METHOD

1. Heat 2 tbsp of oil in a large saucepan on medium heat. Once up to temperature, add the onion, garlic, carrots and celery. Cook this off for about 10 mins, giving it a stir every now and then to prevent burning.

2. In another saucepan heat the rest of the oil over a very high heat. Add in half of the mince. Brown the meat off and break it up with spatula. 3-4 mins should be loads of time for this. Refrain from over stirring to brown it off as effectively. Tip into the other pan with the vegetables. Repeat with the rest of the mince.

3. Once all the mince is added season with salt and a good amount of black pepper.

4. Add in the tomato purée, mixed herbs. Fry for 2-3 mins, keep it moving in the pan so it doesn't stick and burn. If using, pour in the red wine at this stage. Immediately it should start to boil and then reduce. Continue to boil the wine to get rid of the alcohol flavor. Pour in the tomatoes and add the stock. Bring up to boiling point then reduce the heat and simmer uncovered.



5. If you're going 90, this Masterkey Mince will be grand after the 10 min mark. However, if you want do as the Italians do simmer for a minimum of 1½ hours, popping in a bit of water now and again. If you're hard-core keep it going for 3 hours for a super-intense, mouth-boggling meal.

## +2 Ingredients

**Penne pasta (75g per person)**

**2 sheets puff pastry**

Blind bake the pastry base then add in the mince and pasta and bake at 180°C for approx. 30 mins or until golden brown.

“Molto bene!” you’ve made a timpani.



# Asian Chicken “Stickey Wicket”

**2 chicken breasts diced into bite sized pieces**

**Oil for roasting**

**salt and pepper season to taste**

I have made a lot of varying takes on this for my friends. This can be cooked any way you like. Pan – fry, bake, barbecue it doesn't matter. Licky, sticky winner winner chicken dinner.

## Marinade

**4 tbsp. soy sauce**

**2 tsbp. sesame oil**

**3 tbsp. honey**

**2 cloves**

**Thumb thick piece of ginger, diced**

**1 medium sized chili, diced**

## METHOD

1. Preheat the oven to 200°C.
2. Combine all the ingredients into one bowl.
3. Chop up the chicken and add to the marinade.
4. It can be used fairly immediately but ideally should be left to marinade for 45 – 60mins or overnight if possible.
5. Put in roasting dish and roast for 25 – 30mins.

## Mix it up

This can also be cooked on a BBQ if you fancy. For this, I would advise slicing the chicken breasts instead of dicing them and barbecue for around 5/6mins (2.5/3mins on each side).



# Eggcellent Fried Rice

This is such a handy recipe lads. I often boil rice just so I can make this. Completely worth it.

**1-2 eggs, beaten with 1 tbsp soy sauce and sesame oil/vegetable oil**

**Boiled rice (75g per person)**

**100g frozen peas**

**Bunch of scallions, sliced**

**2 tbsp oil**

**Black pepper & Salt**

**1 tsp ground coriander/crushed seeds**

## METHOD

1. Heat the oil on a low/medium heat in a wok or frying pan. Once heated add in the boiled rice. Heat it through and then make a well in the centre.
2. Drop in the beaten egg mixture allow to cook slightly and stir the rice in gradually coating it and cooking it through.
3. Add in the sliced scallions and the peas and cook them through.



# L'arrabiata or Tuna & Capers Pasta

## L'arrabiata

**Pasta (75g per person)**

**Olive Oil 2 tbsp**

**1 onion, chopped**

**2 cloves garlic, finely chopped**

**1 tin (400g) chopped tomatoes**

**1 stock cube, broken in good**

**Add in a pinch of cayenne pepper/chili flakes.**

## Tuna & Capers

**Add a can of tuna and one or two tbsp Capers and the vinegar that they're in.**

## METHOD

1. Prepare the onion and garlic.
2. Add pasta to a saucepan of well salted water at a rolling boil. Cook for 12mins.
3. Heat the oil in a pan over a medium heat.
4. Add the onions and cook until soft (5 – 8mins) then add the garlic.
5. When they have sweated nicely, add your tin of chopped/plum tomatoes. (If plum run a knife through them while still in the tin).
6. Allow to cook for 2 – 4mins then add the stock cube and cayenne pepper/chili flakes. (Allow to cook for another 2 mins).
7. Season well and taste.





8. If making tuna capers the arrabiata recipe can be used but if desired replace the cayenne pepper with the can of tuna. Mix in well.
9. Then add the capers with a little of the vinegar they are stored in.
10. Taste and adjust seasoning as desired.
11. Before draining your pasta hold back some of the cooking water and add it to your sauce (4 – 8 tbsp).
12. Add your sauce to the hot pasta and mix.
13. Divide into portions and serve.



# Chicken and Broccoli Gratin

Now lads this is not exactly weekday meal material when you're flying around like a headless chicken. This might be for if you've had a rough week and need a bowl-hug. This has to be my all-time favourite.

**1 whole chicken about 1.5kg in weight or 6 chicken breasts**

**2 onions peeled and chopped**

**3-4 carrots peeled and chopped**

**2 celery sticks chopped**

**a few sprigs parsley or tsp dried parsley/mixed herbs**

**1 bay leaf**

**1 tbsp peppercorns (black or mixed) slightly crushed**

**300ml double cream**

**100g roux (see below)**

**2 medium heads of broccoli divided into florets**

**25g butter**

**75g strong cheese grated**

**150g breadcrumbs**

## METHOD

1. Place the chicken in a large saucepan with the onions, carrots, celery, parsley/mixed herbs, bay leaf, peppercorns and enough water to cover.
2. Bring slowly to the boil then reduce heat and simmer until the chicken is cooked (about an hour for a whole chicken, 20 minutes for chicken breasts).
3. Remove the chicken from the pan and leave to cool. Strip meat off the bones, tear up into large bite size pieces and set aside.
4. Strain the cooking liquid into a saucepan and boil until reduced to 600ml/1 pint.



5. Add the cream, return to the boil then whisk in the roux a little at a time to form a thick sauce.
6. Blanch the broccoli in boiling water until just tender, then drain and refresh under cold water.
7. Stir chicken, broccoli and strained veg into the sauce and season to taste.
8. Pour this mixture into an ovenproof dish.
9. Melt the butter and mix with the breadcrumbs and cheese. Spread over the chicken mix (I find the quantities make one large oven proof dish plus a 2 person portion in a pyrex freezer/overproof dish so I freeze a 2 person portion. If you had one deeper dish for the whole lot you wouldn't need as much breadcrumb/cheese mix).
10. Bake in a preheated oven at 180°C for 20mins or until brown and bubbling.

### To make the Roux

Melt 50g butter in a small sauce pan, add 50g flour and stir until combined, take off the heat.



# The Sweet Spot

Bae-utiful Blondies/Brownies

Scones

Banana Loaf



# Bae-utiful Blondies/ Brownies

## BLONDIES

**225g/8oz caster sugar**

**4 free-range eggs**

**225g/8oz butter, melted, plus extra for greasing**

**150g/5½oz plain flour, sifted**

**225g/8oz white chocolate, chopped**

**100g/3½oz macadamia nuts, chopped (optional)**

## BROWNIES

**275g (10oz) butter, softened**

**375g (13oz) caster sugar**

**4 free-range eggs**

**75g (3oz) cocoa powder**

**100g (4oz) self-raising flour**

**100g (4oz) plain chocolate chips**

**This recipe makes 24 brownies**

## METHOD

The blondie/brownie recipes literally just involves whacking the above ingredients into a bowl and mixing with an electric whisk. Spoon it out then into a pre-lined tin and bake in a preheated oven at 175° for 40-45mins. Check with 10 mins to go and if the top is colouring too much cover with tinfoil.



# Scones

**1lb/450g self-raising flour**

**A pinch of baking powder**

**A generous pinch of salt**

**2oz/50g caster sugar**

**4oz/110g unsalted butter, diced**

**1 egg, lightly beaten**

**2fl oz/50ml double cream**

**7fl oz/200ml milk (you may need a little more)**

**Makes 8-12**

## METHOD

1. Sift the flour, baking powder and salt into a bowl and stir in the sugar. Using your fingertips, lightly work in the butter until the mixture resembles breadcrumbs. Add the egg, cream and enough milk to moisten. Mix well until it has a soft doughy texture – but it shouldn't be too moist.

2. Gather the dough into a ball and turn it out onto a floured surface, then roll lightly with a rolling pin to 1 inch/2.5cm thick. Cut out with a round cutter, transfer to a greased baking sheet and brush the tops with the egg glaze. Bake in the oven preheated to 350F/180°C/Gas mark 4 for 15-20 minutes or until well browned.



# Banana Loaf

3 bananas  
1 egg  
200g porridge oats (flour)  
100g dark brown sugar  
2 tbsp poppy seeds  
2 tbsp linseed mix (milled)  
50g walnuts  
100ml milk  
75g coconut oil (melted)  
½ tbsp salt

## METHOD

1. Blitz the oats in a scuffy flour and put into a bowl with the sugar, poppy seeds and linseed and mix.
2. Preheat the oven to 150°C fan.
3. Toast walnuts for 10mins
4. Blitz the bananas with the egg, milk and cooled melted coconut oil.
5. Make a well in the mixture and stir in the banana mix until fully incorporated. Also add in the walnuts.
6. Bake for 45 – 60mins or until a skewer inserted comes out clean.



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