



EASY PEASY RECIPES



E class
109th Primary School
of Thessaloniki
2024–2025

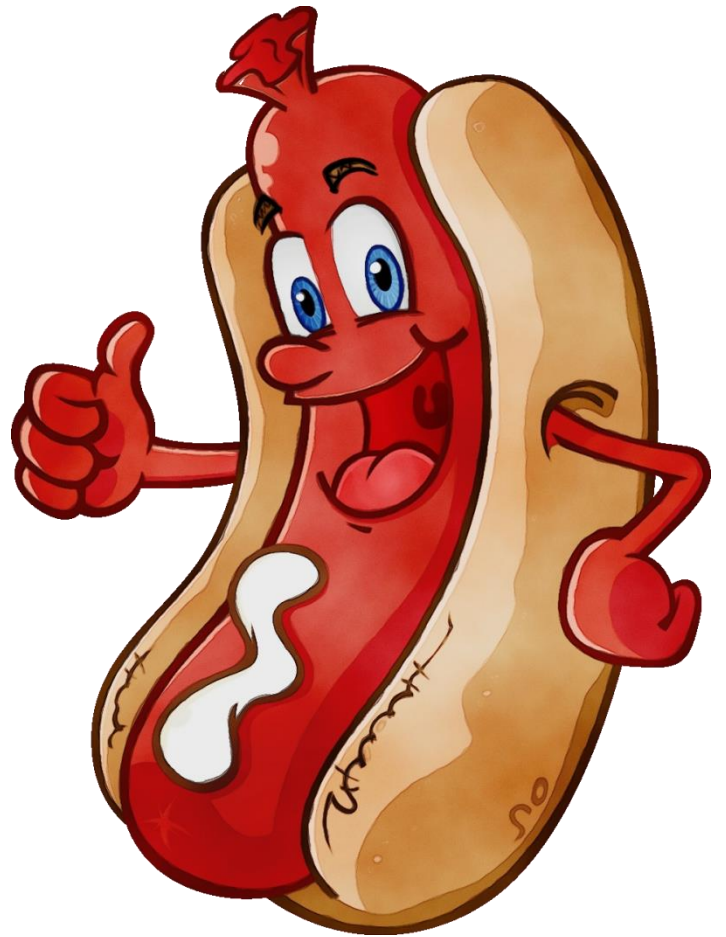


In our English lessons during the second trimester of the school year 2024-2025 we had a lesson about cooking and recipes and decided to create our own recipe book. We collected easy recipes suitable for young chefs and this is our book. We hope you'll have fun cooking and enjoy our suggestions!

The pupils of E1 and E2

& their proud teacher Mrs Poppy Nakou

Food & Snacks



ENGLISH MUFFINS

by I.K.

INGREDIENTS

tomato sauce
grated cheese
ingredients for garnish (pepperoni or vegetables).

PROCEDURE

Slice muffins in pieces, spread the tomato sauce in each half, add grated cheese and whatever garnish you want ,and bake until the cheese melts.

GREEK SALAD I

by V.V.

INGREDIENTS

sliced cucumbers
chopped tomatoes
olives
red onion
feta cheese
lemon juice
olive oil
oregano

PROCEDURE

Mix the cucumber, the olives, the tomatoes and the red onion in a large bowl.
Sprinkle feta cheese.

For the dressing: Beat olive oil, lemon juice and oregano in a small bowl. Pour the dressing on the salad, mix well and serve.

<p>GREEK SALAD II by T.K.</p>

INGREDIENTS

2 tomatoes
1 cucumber
1 onion
100 gr. feta
olive oil
1 lemon
salt and pepper

PROCEDURE

Cut the tomatoes and the cucumber. Cut the onion and add all the ingredients in a large bowl. Then put feta on top. Add olive oil and lemon juice. Finally add salt and pepper and mix. The salad is ready!

<p>GREEK SALAD III by R.L.</p>
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INGREDIENTS

2 tomatoes	salt
1 cucumber	pepper
coloured peppers	oregano
½ onion	olive oil
caper	
olives	
200 gr. feta	

PROCEDURE

Cut the tomatoes, cucumber, pepper and onion into small pieces and put them in a bowl. Add the caper, olives, feta cheese, pepper, oregano, olive oil and serve with bread.

HOT DOGS by I-N.S.

INGREDIENTS

4 sausages
4 small hot dog buns
ketchup
mustard
tomato
salt
oregano

PROCEDURE

First, take the sausages and boil them for 10-15 minutes. Then, take one bun and put in one sausage. Add some ketchup or mustard. You can also add tomato or whichever salad you want. Add salt, pepper and oregano.

NOODLES by D.K.

INGREDIENTS

a glass of water
a 'ball' of thin noodles
salt
oil

PROCEDURE

Put the water in a kettle and wait about 2 minutes for the water to heat up. Then get a pot and pour the water and heat it until it boils. Then add a drizzle of oil, the salt and the noodles. After 4 minutes start mixing and finally serve.

OMELETTE I

by T.K.

INGREDIENTS

4 eggs
6 slices of ham
10 slices of yellow cheese
1 red pepper
1 yellow pepper
½ cup of mushrooms
½ cup of milk
salt
pepper
oregano

PROCEDURE

Crack the eggs into a bowl and beat for 5 minutes. Chop the peppers, the ham and the cheese in small pieces. Add them in the bowl. Pour the milk and mix. Take a pan, add some butter and then put the egg mix. Cook for 10 minutes.

OMELETTE II

by T.M.

INGREDIENTS

4 eggs
2 spoons of milk
50 grams of margarine
salt
pepper

PROCEDURE

Beat the whites separately from the egg yolks, then combine them and add milk, salt and pepper. Heat the margarine in a pan with and then add the beaten eggs. Use a spatula to turn it over. When the omelette is cooked fold serve it folded in half.

OMELETTE WITH TOMATOES

by I.G.

INGREDIENTS

4 eggs

2 tomatoes

salt

pepper

PROCEDURE

Put some olive oil in a pan. Then cut the tomatoes into slices and put them in the pan. Let it sizzle a little and then pour the eggs, one at a time, into the pan. Watch over the pan until the egg whites are ready and add salt and pepper, then serve.

PASTA WITH TOMATO SAUCE

by K.K.

INGREDIENTS

300 ml water

250 grams pasta

salt

100 grams tomato sauce

PROCEDURE

Pour the water into a pot and heat it until it boils. Then add the spaghetti. Heat the tomato sauce in a saucepan and when the spaghetti is ready add it into the saucepan and mix. Serve with grated cheese on top.

PASTA WITH TOMATO SAUCE II

by H.K.

INGREDIENTS

pasta
tomato sauce
oil
salt
pepper

PROCEDURE

Pour water into a pot and heat it until it boils. Add the pasta and boil for about 10 minutes. Strain the pasta and then put it back in the pot with some oil, salt, pepper and the sauce. Mix it all very well and it is ready to serve.

PASTA WITH MINCED MEAT

by A.K.

INGREDIENTS

1 pack of spaghetti
1 kilo of minced meat
1 onion
1 carrot
1 fresh red pepper
8 tablespoons of olive oil
2 ripe tomatoes
salt, pepper, cumin

PROCEDURE

Put in a pan 4 tablespoons of olive oil with meat, and mix for few minutes until the meat whitens. Add the onion, the carrot, the red pepper and the tomatoes and mix. Add the salt, the pepper and the cumin mix and finally add the rest of the oil. Cover the pan and cook in medium temperature for 10-11 minutes. Serve on top of the spaghetti.

SPAGHETTI WITH MINCED MEAT

by N.D.

INGREDIENTS

1 pack of spaghetti
1 kilo of minced meat
1 onion
1 carrot
olive oil
tomato sauce
salt, pepper

PROCEDURE

Blend the onion and the carrot. Put the olive oil in the pan and then add the onion and the carrot. Then put the minced meat and add salt, pepper and the tomato sauce. Mix very well and pour some water at the end. Cook for 30 minutes. Take another pot, fill it up with water and when the water boils add the spaghetti and cook for 10 minutes. When the spaghetti is ready mix it with the minced meat and serve.

PEPPERONI PIZZA

by F. K.

INGREDIENTS

For the dough:

500 grams of pizza flour

1 cup of warm water

1 envelope of yeast

a little salt

a little oil

For the topping:

tomato sauce

oregano

various kinds of grated cheese

pepperoni slices

PROCEDURE

Put the flour and water in a bowl and mix. Dissolve the yeast in a little water and add it in the mixture along with salt and oil. Knead the pizza dough and then let it rest covered in a warm environment for about 1 hour. After it swells knead it a little and roll it to the size you want.

Heat the tomato sauce and add the oregano. Then spread it on the dough. Add the grated cheese on top and the pepperoni. Bake it for about 15-20 minutes.

POP CORN

by M.F.

INGREDIENTS

corn

seed oil

salt

PROCEDURE

Put a pot on the hot plate and pour seed oil until the bottom is covered. Put the corn and add some salt. Then put the pot lid on and turn on the hot plate at high temperature. Wait until all the corn pops and turn off the cooker. The pop corn is ready to serve.

<p>SANDWICH by D.P.</p>

INGREDIENTS

lettuce
tomatoes
cheese
a slice of ham
2 slices of bread

PROCEDURE

Take a slice of bread and put on top of it lettuce, tomatoes, cheese and ham and then put the second slice on top of all that. If you want the bread extra crispy, put it in the toaster first and then add the ingredients.

<p>SANDWICH WITH CHICKEN NUGGETS by M.G.</p>
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INGREDIENTS

2 slices of bread
mayonnaise
ketchup
cheese
chicken nuggets

PROCEDURE

Take the bread and spread the mayonnaise. Put the chicken nuggets and the cheese and add some ketchup.

SUPER TOAST by M.K.

INGREDIENTS

3 slices of bread
2 slices of Gouda cheese
2 slices of turkey
1 toaster with 3 levels (minimum, medium, maximum)

PROCEDURE

Take out a cutting board. Put the 3 slices of bread on it. On the first slice OF bread put one slice of cheese and one slice of turkey. On top of that, put the second slice of bread. Put another slice of cheese and another slice of turkey on it. Lastly, put the third slice of bread. Put the super-sandwich on the toaster and set at "medium". Leave it for 5 minutes. Serve it with crisps and orange juice.

TOAST by V.T.

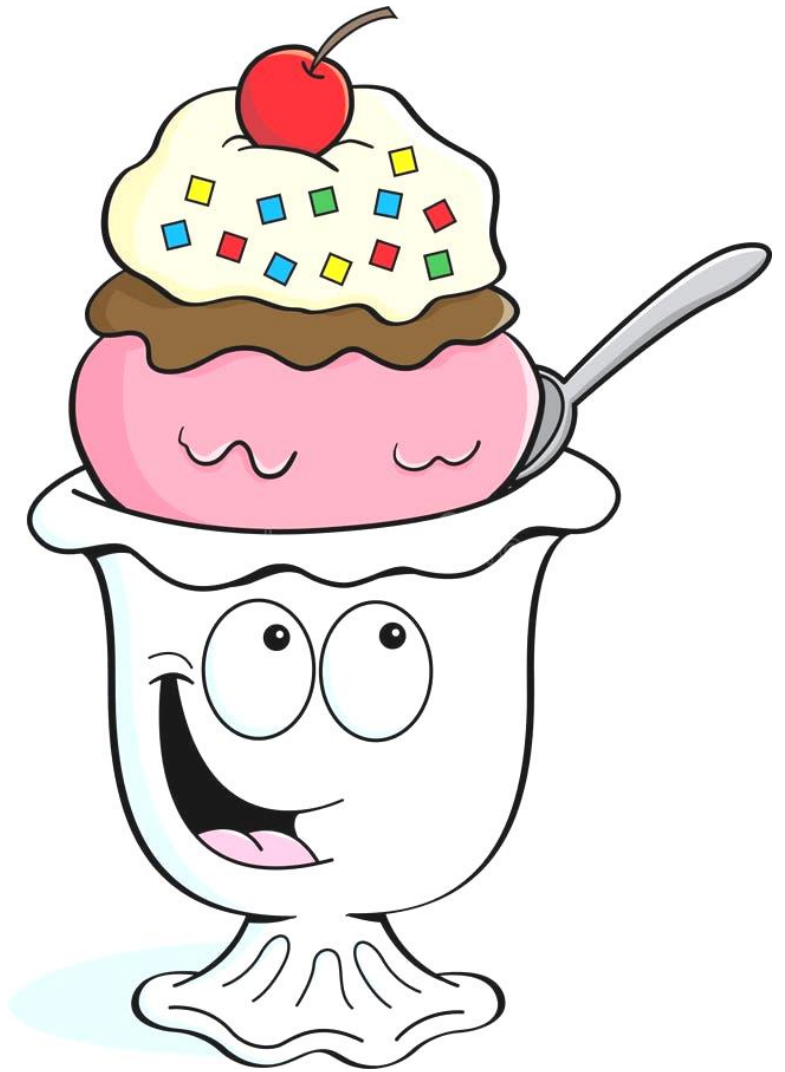
INGREDIENTS

2 slices of bread
1 slice cheese
1 slice of turkey
1 toaster

PROCEDURE

Put one slice of turkey and one slice of cheese between 2 slices of bread. Then put it in the toaster. Leave it for a while and then serve.

Desserts



BISCUIT CAKE

by P.S.

INGREDIENTS

2 packets of biscuits

200 grams of butter

½ cup of sugar

2 eggs

1 bottle of cold milk

5 spoons of corn flour

whipping cream powder

a glass of milk

1 tablespoon of sugar

PROCEDURE

Put the butter and the sugar in a pot and let it cream. Add the milk, the corn flour and the eggs and remove it from the cooker. Then let it cook. Mix the whipping cream powder with the milk and sugar in the mixer. Finally put the biscuits next to each other and then cover them with cream. Put one more layer of biscuits and cream and at the end put the whipping cream and cool for 5 hours.

BUTTER COOKIES

by E.A.

INGREDIENTS

1 teaspoon of salt

300 grams of soft flour

100 grams of icing sugar

250 grams of cold butter

1 vanilla

PROCEDURE

Put in the mixer bowl the butter, the salt, the icing sugar and the vanilla and mix. Sift the flour and add it in the bowl. Mix well until the dough gets soft. Roll into small round biscuits and bake for about 20 minutes.

<p>CAKE by D.M.</p>

INGREDIENTS

250 grams of butter
250 grams of sugar
4 eggs
250 grams of flour
lemon zest
2 vanillas
25 grams of cocoa
3 tablespoons of milk

PROCEDURE

Preheat the cooker at 100°C. Put flour and butter in a round baking tray. Mix the butter and the sugar in the mixer and then add the eggs. Then add the vanillas, the lemon zest, the milk and the cocoa. Mix it all together and then place the dough in the baking tray. Bake at 160°C for 35 minutes.

<p>CHEESECAKE by R.V.</p>

INGREDIENTS

150 grams of crushed biscuits
800 grams of sugar milk
1 kilo of strained yoghurt
2 lemons (juice and zest)
jam of your choice

PROCEDURE

Mix the biscuit crumbs with 150 grams of the sugar milk in a bowl and then spread the mixture in a 20 cm tart pan. Bake in a preheat oven at 180 °C for 15 minutes. Then mix the yoghurt with the rest of the sugar milk (650 grams), the lemon juice and zest. After this, pour the mixture over the biscuit mixture and let it cool for 1 hour and a half. Finally, add any kind of jam you like and serve.

CHOCOLATE CAKE

by T.G.

INGREDIENTS

2 cups of rising flour
¾ cup of cacao
¾ cup of soft margarine
2 cups of sugar
6 eggs
½ cup of milk
some vanilla
¼ teaspoon soda

PROCEDURE

Put the ingredients into the mixer bowl. First mix the ingredients with a spoon then beat the ingredients in an electric mixer in max speed for 4 minutes . Pour the mixture in a empty buttered cake tray. Bake at 175°C for 1 hour.

CHOCOLATE MOUSSE

by M.G.

INGREDIENTS

500 grams of heavy cream
150 grams of milk
250 grams of couverture chocolate

PROCEDURE

Whip the heavy cream. Heat the milk and melt the couverture in it. Mix the whipped cream with the chocolate mixture. Fill the cups and place them in the fridge for 10 hours.

COOKIES

by A.O.

INGREDIENTS

100 grams of flour
100 grams of butter
50 grams of sugar
50 grams of cocoa

PROCEDURE

Beat sugar and butter, add flour and cocoa and combine well. Make a soft dough. Use your hands and make small balls, put them on a baking sheet. Put the tray in the oven and bake the cookies for 15 minutes.

CREPES

by K.D.

INGREDIENTS

1 cup of flour
2 eggs
300ml of milk

PROCEDURE

Add all ingredients on a metallic bowl and cream them. When it is creamed well, turn on the electric stove on high temperature and put on a pan. When the pan is hot, add some butter. After that, add some of the mixture using a ladle. Bake it as much as you want and put it on a dish. You can put inside whatever you want, for example: chocolate spread, jam or honey.

MOSAIC by C.L.

INGREDIENTS

250 grams of butter
200 grams of sugar
50 grams of cocoa
100 grams of coconut
250 grams of cookies
50 grams of cognac

PROCEDURE

Put the butter, sugar and cocoa in a bowl and mix. In another bowl put the biscuits and crush them. Add the cookie crumbles, the cognac and the coconut in the butter mixture and mix well. Then spread the mixture on baking paper and roll it up. Put it in the fridge for 3-9 hours and serve.

MUFFINS WITH APPLES by M.T.
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INGREDIENTS

$\frac{3}{4}$ cup of sugar	1 teaspoon of baking soda
2 eggs	1 teaspoon of salt
1 cup of oil	1 teaspoon of cinnamon
3 cups of flour	$\frac{1}{2}$ cup of brown sugar
3 cups of apples , peeled and diced	

PROCEDURE

Preheat the oven to 200 degrees. Butter a pan with 12 muffin cases. For more convenience you can put a paper form in each case. In a bowl mix the flour, soda, salt and cinnamon. Put the eggs in the mixer bowl and beat until fluffy. Add the sugar and the beating continues. Add the oil and little by little the flour mixture. Stir until the mixture is homogeneous. The dough should be a little firm. Then add the apples, mix and pour into the cupcake pans. Fill up to $\frac{3}{4}$ (no more). Sprinkle with brown sugar and bake in the preheated oven for 30 minutes. At the end, take out the muffins and let them cool.

<p>PANCAKES I by T.G.</p>

INGREDIENTS

1 cup of flour
1 cup of milk
1 egg
2 tablespoons of butter
2 teaspoons of baking powder
2 teaspoons of sugar
1 teaspoon of salt

PROCEDURE

Put all the ingredients in a bowl and mix until it becomes well combined. Grease a non-stick pan with a little olive oil or butter and pour two tablespoons of the mixture. When blisters appear, use a wooden spatula to turn it over. Serve with the topping you like.

<p>PANCAKES I by G. K.</p>
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INGREDIENTS

1 cup of flour
1 teaspoon of sugar
50 grams of butter
1 egg
200 ml of milk
salt
honey

PROCEDURE

Put all the ingredients in a bowl (except for the honey) and mix. Pour small amounts of the mixture in a baking sheet and bake for 15 minutes. Serve with honey.

<p>SUMMER FRUIT SALAD by Y.G.</p>

INGREDIENTS

watermelon
melon
bananas
peaches
oranges
apples

PROCEDURE

Dice the fruits in small pieces, put them in a bowl and mix well. Put them in the fridge for a while and serve.

<p>TORTILLA WRAPS by F.K.</p>

INGREDIENTS

1 tortilla
210 grams of praline
3 biscuits

PROCEDURE

Spread praline on a tortilla, add 3 crushed biscuits and wrap.

<p>VANILLA CAKE by M.K.</p>

INGREDIENTS

250 grams of butter
2 cups of sugar
2 eggs
1 cup of milk
½ kilo of flour

PROCEDURE

Cream the butter and the sugar with the mixer. Add the eggs slowly, the milk and the flour. Then place the mixture in a buttered form. Bake it at 180 degrees for 1 hour. Let it cool before you cut the slices.

<p>WHITE MOSAIC by T.B.</p>

INGREDIENTS

2 packets of biscuits (petit beurre)
1 can of sugar milk
1 bottle milk
500 grams of whipped cream
2 vanillas
Some syrup

PROCEDURE

Put everything in the mixer, mix well and then add the biscuits. Roll it up like a salami and put it in the fridge for two hours.