

# THE EASY COOKERY BOOK



## 51 MOST WANTED RECIPES

*Cakes, Pastries, Small Chops*

**VIOLET E.NWOKOREZE**

# THE EASY COOKERY BOOK

## The Easy Cookery Food Book

51 Most Wanted Recipes

Your journey to cooking delicious meals has commenced.

**Violet .E. Nwokoreze**

This book is for sale at [inspirationscatering.facebook](https://www.facebook.com/inspirationscatering)

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# THE EASY COOKERY BOOK

## INTRODUCTION

The culture of home prepared meals is fast losing its place in society. Cooking at home fosters unity, reduces expenditure and encourages healthy eating.

Unfortunately, discussions on these are not easily put in the front burners as attitudes and values towards cooking at home are slowly influencing families to jettison the practice.

The “EASY COOKERY BOOK” is written for persons who want to learn how to cook. My books and tutorials will help you learn to cook; Assorted foods, Pastries, Snacks, Soups and Juices.etc.

This special Edition teaches over 50 foods recipes that you can conveniently prepare at home to enjoy with your family and friends or even as an income earning skill.

This hand book is intended as a guide for students, teachers and entrepreneurs in the food processing industry.

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## Recipe #1 PANCAKES

### INGREDIENTS

1 large egg

½ cup flour

1 tbsp sugar

½ tbsp baking soda

### METHOD

Break egg into clean bowl and add the sugar, whisk mixture until fluffy,

Add the flour and baking soda and continue to mix till mixture is thick and creamy,

Add table spoon of water stir to combine then cover bowl and leave mixture to rest for 20 minutes or more,

Grease pan with oil or butter and place on your burner, gas or stove top,

Use a scoop to add in the batter in the frying pan,

Start frying mixture in batches; flip the other side to fry evenly,

Repeat the process till mixture is finished.

Add the toppings of your choice examples: Strawberry Slices, Banana Slices, Honey, Maple Syrup, Sugar or Molasses.



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## Recipe #2

### SHORTBREAD BISCUITS

#### INGREDIENTS

150 grams plain flour

100 grams sugar

50 grams icing sugar

Powdered milk 250grams or add more

1/4 cup of corn four (for crispiness)

#### METHOD

Mix butter and icing sugar together until creamy, Sieve plain flour and powdered milk into a bowl, mix the icing sugar and milk until the mixture are well combined, the mixture of plain flour, corn flour and powdered milk should be added into the bowl containing the icing sugar and butter,

Knead the mixture in the bowl until dough is formed, form ball with the dough on a table, the dough which is shaped like a ball should rest for 15 to 30 minutes in a cool place, place the dough on a table and roll it out to a thickness of ½ inches width, cut the dough into 2cm by 10cm,

Get a baking tray, place a baking paper on the tray if you have or use butter to grease the tray then sprinkle small flour on the greased pan this will prevent sticking into the tray, transfer the cut dough of 2cm by 10cm into the baking pan,

Place in a pre heated oven and bake for 170 degrees centigrade for 10 to 12 minutes, ensure the biscuits are firm to touch before bringing them out of the oven, allow to cool down and serve with any beverage or soft drink of your choice.



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## Recipe#3

### HOW TO MAKE NIGERIAN FISH ROLLS

#### INGREDIENTS

300 grams Flour

1 medium sized King mackerels or sardines fresh fish

1 litre Vegetable oil

2 Seasoning cubes

1 tsp instant dry Yeast

3 medium sized fresh pepper

Spring onions

50 grams Sugar

Butter

Spices- curry/thyme

Pinch of salt (optional) if you are using salted butter or margarine.

Water

#### METHOD

Stir fry pepper and onions for some minutes,

Add flaked fish, spices, salt and seasoning, steam till it thickens and set aside, Proof yeast,

To proof yeast, add instant dry yeast into a bowl, add 1 tbsp of sugar, add little water, mix well and set aside for 5-10 minutes.

Mix flour, little salt and butter till it becomes like bread crumbs

Add the yeast into the flour mix and knead until smooth dough is formed,

Cover the dough and place in a warm place for 30 minutes or more for dough to rise,

When dough rises, divide into smaller bits and on a floured surface, flatten dough, then place little fish mix into the rolled out dough and roll it up. Repeat the process till all is done and set aside.

In a clean pan, add some vegetable oil and heat,

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Add the fish rolls in batches into the oil and fry till golden brown.

Allow to cool and serve with any soft drink of your choice.



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