



# **THE RECIPES' BOOK OF SIXTH COURSE**

(El Libro de Recetas de Sexto Curso)

Alumnos y alumnas de Sexto  
CEIP 'El Prado' (Lucena)  
Curso 2019/2020

## RECIPE: 'CHEESECAKE'

Today I'm going to speak about cheesecake.

It is a dessert that comes from Greece and the Roman Empire.

Ingredients	Instructions
200gr of Fontaneda Digestive biscuits 80gr of butter 100gr of liquid cream 500gr of Philadelphia cheese 300ml of milk 175gr of sugar 2 envelopes of Royal curd 1 jar of strawberry jam 100gr of berries	<ol style="list-style-type: none"><li>1. Shred the biscuits, add the melted butter and work the mixture. Place it in a round mold. Leave cool 10 minutes in the fridge.</li><li>2. On the other side, bring the milk in a boil to medium heat; add the cream, the Philadelphia and the sugar. Once all is melted, add the envelopes of Royal curd.</li><li>3. Pour the mix on the base of biscuits. Leave cool in the fridge for 6 hours.</li><li>4. Cover the cake with strawberry jam and decorate the cake with berries. Remove from the mold and it is ready to taste.</li></ol>

*BY LAURA MERINO ORTEGA (60A)*

## RECIPE: 'PIE'

Ingredients	Instructions
One patty dough 200gr tomato 400gr tuna 200gr bacon 30gr onion 50gr olives 200gr mozzarella cheese A pinch of oregano One egg	<ol style="list-style-type: none"><li>1. Extend the base of the dough.</li><li>2. Spread the tomato.</li><li>3. Add the tuna all over the base.</li><li>4. Add the bacon.</li><li>5. Cut the onion (very thin) and add it; then, sauté with olives and oregano.</li><li>6. Cover with the other dough.</li><li>7. Close by pressing the edges with a fork.</li><li>8. Separate the egg (white) from the yolk.</li><li>9. Paint the upper base.</li><li>10. Bake in the oven at 180° for 25 minutes.</li></ol>

*BY YERAY MENDOZA VARGO (60A)*

## RECIPE: 'BROWNIE'

Ingredients	Instructions
<p>½ cup of butter 2 large eggs 1 cup of all-purpose flour 1 cup of semisweet chocolate chips ½ cup of brown sugar ½ cup of chopped walnuts Vanilla</p>	<ol style="list-style-type: none"><li>1. Preheat the oven at 175°.</li><li>2. Grease a 20x20cm pan.</li><li>3. Combine butter and chocolate chips in saucepan on low heat. Stir often until melted. Do not overheat. Remove to a hot pad.</li><li>4. Beat the eggs in a mixing bowl until frothy. Add sugar and vanilla. Beat to mix the ingredients. Add the chocolate mixture to this mixture. Stir.</li><li>5. Add flour and walnuts. Stir just until moistened.</li><li>6. Bake into the oven for 25 minutes. Cool the brownie in the fridge before cutting.</li></ol>

BY DAVID ÁVILA MARTÍN (6ºA)

## RECIPE: 'RICE PUDDING'

Ingredients	Instructions
<p>One litre and a half of milk 250gr of round rice 1 cinnamon stick 1 lemon skin 50gr of butter 200gr of cream cooking 150gr of sugar Cinnamon on dust A splash of anise (optional)</p>	<ol style="list-style-type: none"><li>1. In a large pot, put the milk with the rice, the cinnamon stick and the lemon peel. Cook over at very low heat, circling very often, about 30 minutes.</li><li>2. Add the butter, the cream, the sugar and simmer another 10 minutes at slow heat; always giving turns during cooking to make it creamy.</li><li>3. Dump into containers, sprinkle with cinnamon on dust, and ready to serve it.</li></ol>

BY ELENA PÉREZ CABELLO (6ºA)

## RECIPE: 'VEGETABLE BROTH'

Ingredients	Instructions
<p>100gr of celery 100gr of turnip 120gr of carrot 120gr of leek 50gr of fennel 1,3 litres of water Salt and parsley</p>	<ol style="list-style-type: none"><li>1. Pour all the vegetables in a cooking pot; add water to cover the vegetables.</li><li>2. Add salt; and let it boil for 40 minutes.</li><li>3. Then, strain the broth and ready to eat.</li></ol>

BY PAULA GONZÁLEZ HENARES (6ºA)

## RECIPE: 'CHOCOLATE CAKE'

Ingredients	Instructions
A yogurt 200gr of flour 50gr of walnuts 200gr of melted chocolate 4 eggs 2 teaspoons of baking powder 2 teaspoons of sugar	<ol style="list-style-type: none"><li>1. Put the flour, the sugar and the baking powder in the bowl. Then, mix these ingredients.</li><li>2. Then, add the yogurt and the eggs. Mix them until the mixture is smooth.</li><li>3. Pour the melted chocolate slowly, as well as the walnuts, and mix them.</li><li>4. Next, pour the mixture into a greased baking tin.</li><li>5. Finally, introduce the cake into the oven and bake it for 25 minutes at 180°. Leave the cake to cool for 2 hours.</li></ol>

BY ARACELI SERVIÁN PÉREZ (60B)

## RECIPE: 'LENTILS'

Ingredients	Instructions
3 garlic 1 green pepper 1 tomato 1 small onion 2 potatoes 1 bay leaf The half of an oil' glass 10gr of salt ½ kg of lentils 1,5 litres of water	<ol style="list-style-type: none"><li>1. Clean the lentils; and put them to cook until they are soaked (2 hours approximately).</li><li>2. Add all the vegetables to the lentils, and stew everything for 20 minutes.</li><li>3. Once stewed everything, take out all the vegetables and pass with the blender and return to the lentils. Let the mixture boil for 5 minutes, so that the broth stays together with lentils.</li><li>4. Once stewed, take it out to serve and enjoy it!</li></ol>

BY MARINA MUÑOZ LUQUE (60B)

## RECIPE: 'GARLIC CHICKEN'

Ingredients	Instructions
500gr of chicken 3 or 4 cloves of garlic 2 tablespoons of oil A carrot A pinch of salt and pepper A glass of wine 0,5 litres of water	<ol style="list-style-type: none"><li>1. Pepper the chicken.</li><li>2. Put the oil in a pan or a casserole; add the garlic cloves and fry them.</li><li>3. Then, throw the chicken and fry it.</li><li>4. Add the wine, the water, and the carrot (cut into small squares). Let it boil until the water reduces.</li><li>5. Enjoy this dish!</li></ol>

BY CELIA ARMERO RODRÍGUEZ (60B)

## RECIPE: 'MEATBALLS IN ALMOND SAUCE'

Ingredients	Instructions
500gr of minced pork 1 small onion 150gr of almond ½ beer can 1 tablespoon of salt 2 tablespoons of oil	<ol style="list-style-type: none"><li>1. First, peel the onion and cut it.</li><li>2. Then, put the oil into a casserole at low heat, with the onion.</li><li>3. Mix the onion with the minced pork and the almonds.</li><li>4. Next, add the beer.</li><li>5. Last, add water and cook them for 30 minutes.</li></ol>

BY ARACELI MORANTE MORENO (60B)

## RECIPE: 'CROQUETTES'

Today's recipe are very delicious croquettes.

The croquettes are very simple to make.

Ingredients	Instructions
100gr of tuna Half a litre of milk 5 tablespoons of flour 20gr of nutmeg 30gr of butter Half a litre of cooked broth 2 eggs 300gr of minced bread A pinch of salt 100ml of oil	<ol style="list-style-type: none"><li>1. The butter and flour are mixed in a pan; then the milk is added.</li><li>2. The nutmeg is thrown into the mixture, and the broth is seasoned and oiled for five minutes.</li><li>3. Put the tuna; remove the sauce, and let it cool in a bowl.</li><li>4. Then, breaded the croquettes in egg and bread, and finally, fry them in oil.</li></ol>

BY NATALIA MONTES GUZMÁN (60B)

## RECIPE: 'MY GRANDMOTHER'S MUFFINS'

It is a traditional bun from France or Spain of uncertain origin.

Ingredients	Instructions
10 eggs ½ litre of oil ½ hg of sugar ½ kg of flour A packet of yeast Molds	<ol style="list-style-type: none"><li>1. Beat all the eggs, and then add the rest of the ingredients, and beat again.</li><li>2. Let it ferment for 15 minutes.</li><li>3. Fill the molds with the dough (by using a spoon).</li><li>4. The molds are placed in the oven at 180° for 25 minutes. Then, let them cool.</li></ol>

BY INÉS JURADO LARA (60C)

## RECIPE: 'CAKE OF 3 CHOCOLATES'

This cake is a cake that contains three types of chocolate and a base of biscuit.

Ingredients	Instructions
150gr of dark chocolate 150gr of milk chocolate 150gr of white chocolate 150gr of sugar 90gr of butter ½ litre of milk 150gr of biscuits 1 litre of cream 3 packets of junket	<ol style="list-style-type: none"><li>1. Mix the cream with the milk; divide the mixture into three portions and reserve them.</li><li>2. Crush the biscuits to make the base. Mix the butter with the crushed biscuits. Then, put the mixture in a mold, and reserve it in the fridge.</li><li>3. Put the dark chocolate into the pot with a half-litre of the reserved mixture (from point 1). Add 50 gr of sugar and 1 packet of junket. Heat this mixture.</li><li>4. Stir the mixture until you have a homogeneous mixture.</li><li>5. Pour this mixture over the base of biscuits.</li><li>6. Repeat the steps 3-4-5 with milk chocolate.</li><li>7. Repeat the steps 3-4-5 with white chocolate.</li><li>8. When the three layers of chocolate are over the base of biscuits, leave the cake in the fridge for two hours.</li></ol>

BY LOLA MOLINA PRIETO (60C)

## RECIPE: 'RICE WITH VEGETABLES AND TAIL'

Ingredients	Instructions
One tail 300gr of rice 1 carrot 1 onion 1 leek 1 tomato 2 artichokes 2 chives 2 garlic cloves Some chopped parsley Meat broth Salt and pepper Oil	<ol style="list-style-type: none"><li>1. Chop the tail and put it to cook in a casserole with the vegetables (carrot, onion, leek, tomato, chives), salt and water. This process it takes about 3 hours.</li><li>2. When it is done, remove the tail; cut the vegetables and put them to poach in a pan with a little oil.</li><li>3. When it is poached, add the artichoke cut in julienne.</li><li>4. Sauté and add the rice.</li><li>5. Mix all the ingredients very well and add the broth and salt.</li><li>6. Cook for 15 minutes and add the tail again.</li><li>7. Cook for another 15 minutes with the casserole covered.</li><li>8. Before serving, sprinkle with chopped parsley.</li></ol>

BY LUCÍA PARRA GORDILLO (60C)

## RECIPE: 'FRIED COOKIES'

Ingredients	Instructions
One puff pastry cookies package One envelope of vanilla flan Half a litre of milk 2 eggs Oil Sugar Ground cinnamon	<ol style="list-style-type: none"><li>1. Put to heat the milk, by reserving a glass to dilute the envelope of flan. Once dissolved, it is added to the milk and let it boil.</li><li>2. Remove from the heat once it begins to boil.</li><li>3. Take the cookies and put a layer of flan between two cookies.</li><li>4. Take this 'big cookie', soak it in milk, and then soak it in the beaten eggs.</li><li>5. Fry each 'big cookie' in a pan with hot oil (little time). Finally, once each 'big cookie' is fried, soak them in a bowl with a mix of sugar and cinnamon.</li><li>6. These cookies are left to cool for 30 minutes.</li></ol>

BY ANTONIO JESÚS CASTELLANO ALCÁNTARA (60C)

## RECIPE: 'CHOCOLATE MUFFINS'

Ingredients for making handmade and fluffy chocolate muffins.

This is an easy recipe for 24 muffins.

Ingredients	Instructions
300gr of wheat flour 60gr of pure cocoa powder 100ml of extra virgin olive oil 100ml of sunflower oil 250ml of milk 3 eggs 200gr of white sugar A pinch of salt One envelope of Royal yeast 50gr of nuts (optional)	<ol style="list-style-type: none"><li>1. Shell the eggs, put them in a bowl and add sugar. Then, beat these ingredients until the sugar is dissolved.</li><li>2. Gradually, add the oil, both olive and sunflower ones, and mix them. Add salt too.</li><li>3. Then, pour the milk and mix.</li><li>4. Add the flour and the Royal yeast, by passing them through a strainer.</li><li>5. Finally, add the cocoa powder by passing it through the strainer, and mix everything again until there isn't lumps.</li><li>6. Let the dough rest in the fridge for at least 30 minutes (Very important).</li><li>7. Preheat the oven at 200°; meantime fill the silicone molds with the dough (about <math>\frac{3}{4}</math> parts of the mold).</li><li>8. Introduce the molds in the oven and bake for 15-18 minutes.</li><li>9. The muffins will be ready when they begin to brown. If you have doubts, do the stick test: click a muffin with a stick, and if it comes out without any stuck remains, they are ready.</li><li>10. Let them cool at least one hour once they are outside the oven.</li></ol>

BY ALBA ARROYO PÉREZ (60C)

## RECIPE: 'STUFFED COURGETTES'

Ingredients	Instructions
2 courgettes 1 small can of peppers 1 onion 7-8 prawns Some grated cheese ½ glass of bechamel	<ol style="list-style-type: none"><li>1. First, peel the courgettes and chop them.</li><li>2. Then, peel and chop the onion. Chop the peppers too.</li><li>3. Fry the onion with the prawns, the chopped pepper and the bechamel. When it is done, remove from the heat.</li><li>4. Next, fill the courgettes with the mixture.</li><li>5. Then, put grated cheese over the mixture.</li><li>6. Last, bake the courgettes in the oven for 10-12 minutes.</li></ol>

BY AURORA ÁLAMOS RUIZ (60C)