

AFM



COOKING CAMPS

GETTING STARTED

Before starting to use a recipe, it's a good idea to read the recipe twice.

The first time you read it, you can decide if it is something that you can and would like to cook or eat if you have the time to get everything done and if it is something you will enjoy making.

The second time you read it, it's good to ask yourself the following.

Do I have all the ingredients?

What equipment do I need?

How long will it take to make it?

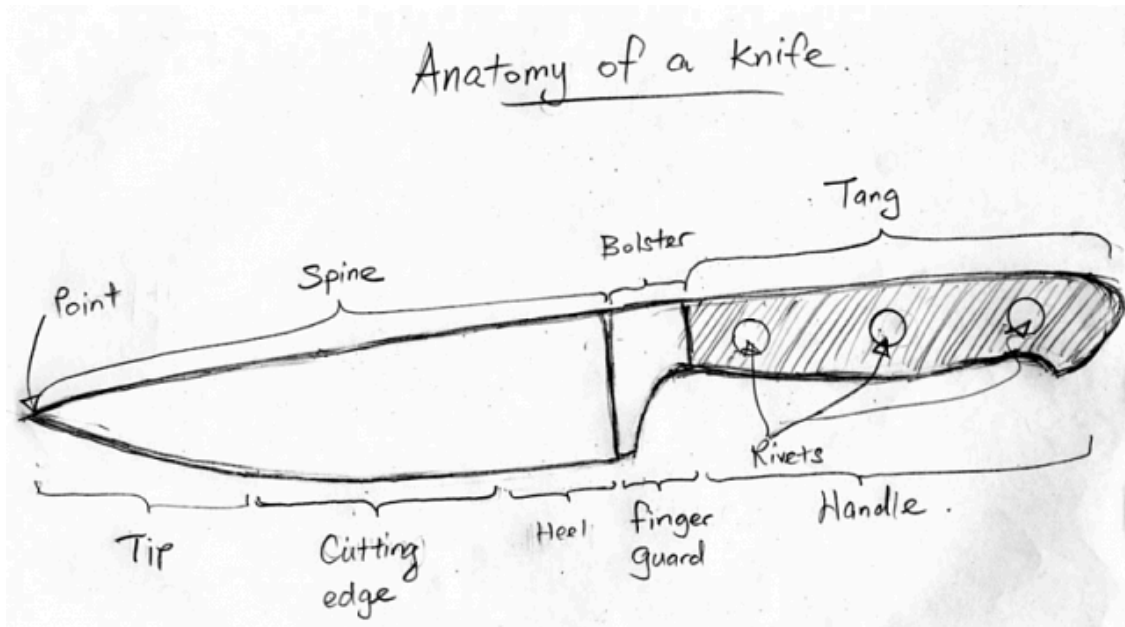
Before you begin to cook anything, go through your recipe and make a list of all equipment you will need to cook your dish. Which bowls, pots, measuring spoons, measuring cups, etc.

Next, take out all the ingredients you need. You can tick these off your ingredient list as you are taking them out to be doubly sure you have everything you need.

Try to not limit yourself to choosing only recipes that include foods you like.

Try something new or try a food that you did not like in the past— you may be surprised.

Remember sometimes the recipes might not work the first time—don't let that keep you trying again. Some recipes may need a bit of extra practice



Knife Skills - Three Basic Cutting Techniques

Proper cutting technique is both safer and produces a better ingredient for your dish.

Though there are plenty of fancy cuts and advanced techniques, these will all be useless without a solid foundation in the most basic cuts

Three of the most basic cuts are the tap chop, rock chop, and the cross chop.

All three are very similar but can produce a variety of cuts.

Now for the culinary school graduates, there may be other names to these cuts. Maybe even something in French. For the home enthusiast, these names should do.

Safety First

Before trying any new movements with a knife, make sure you're using the knife safely. It's generally agreed that "the pinch" is the best way to hold a knife.

This means holding the handle of the knife with the middle, ring, and pinky finger. The index finger should be on one side of the flat of the blade, and the thumb on the other side.

It's also important to keep your guide fingers safe so that fingertips don't wind up in your dinner. Always keep the fingers curled backwards into a claw-like conformation.

Keep the thumb tucked behind the fingers so that it doesn't get the knife either. The section between the first and second knuckles acts as a guide and keeps everything nice and safe.

Tap Chop

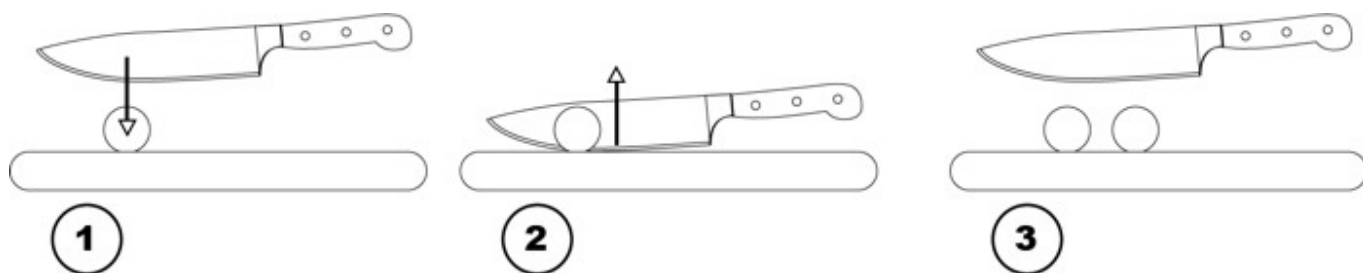
The tap chop is literally just that... a tap that chops. It's a vertical motion with the blade that is great for slicing thick or thin. Keep the fingers on your off hand way back stabilising whatever you're cutting, and then bring the middle (or belly) of your blade down.

If you're maintaining your knife well, then it should have a sharp enough edge to just shave off whatever thickness of cut you just aimed for.

This is a great way to chop or slice narrow, stable objects. If it's round and wobbly (like a carrot or cucumber), then cut the item lengthwise first to make a flat surface.

This cut works best of firm items like crunchy fruits and vegetables. A sharp knife will also make short work of softer items like tomatoes, but it's not a very effective way to deal with most meats, fish and seafood.

How to Tap Chop



Rock Chop

This cut is named after the rocking movement it produces, not the ability to chop up stones. The rock chop is great for dealing with flat or thin items like spring onions, chilli peppers, or even meats (so long as a rough cut is all right).

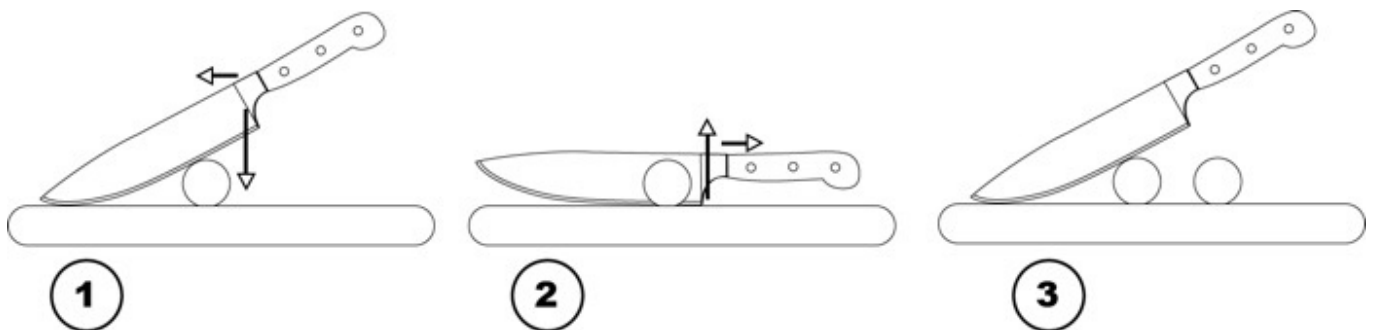
The roll chop is based on the tip of the knife being stationary and the blade rotates up and down off that pivot point.

The motion is still entirely vertical, but now it's only the handle of the knife that moves up and down, not the whole blade.

The rock chop can also be a fast-moving cut, so it's important to keep the fingers well out of the way. The edge of the knife should never be lifted above the second knuckle. If you're rock chopping a thicker item that would need the knife to come up over the level of the second knuckle, raise the guiding hand to keep contact with the flat of the knife.

This cut can be used for a variety of cuts, from fine to rough. It's also handy for making thin strips or slices of veggies so long as they're not too wide.

How to Rock Chop



Cross Chop

The cross chop uses the rock chop as its foundation.

Again, the tip of the knife stays in one place and the blade pivots around that point. But instead of being a mostly vertical motion, the cross chop also moves the knife in a sideways arc.

It's ideal for fine chopping, mincing, or quick rough cuts. How finely chopped the results are depends only on how many passes you make with the knife.

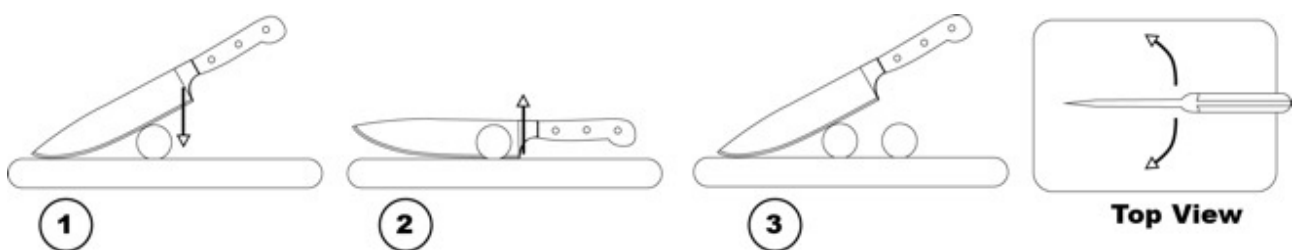
There is a safety concern with the cross chop, though. With the sideways motion, there's no safe place to put the guiding hand on the cutting surface. Instead, rest the guiding hand on the spine of the knife.

Keep the hand flat, and apply gentle pressure to the knife.

If you place the guiding hand close to the tip, it will help keep it anchored as the knife pivots up, down and side-to-side. Be very careful not to let the fingers curl downward as they can get caught on the edge and take one or more fingertips off.

The cross chop is often fairly chaotic and messy. Should your ingredients start spreading out over the cutting surface, just use the knife edge to scrape everything back into a pile and keep chopping until you get the desired fineness.

How to Cross Chop



CHICKEN STIRFRY



2 servings



35 minutes

INGREDIENTS

- Handmade noodles
- 1 Chicken fillet
- Rapeseed oil
- 2 cloves garlic, peeled and finely sliced
- 5g of fresh ginger
- 1 Fresh red chilli
- Soy sauce x 1 tbsp
- Sesame oil x 2 tsp
- 1 tsp of maple syrup
- 1 lime, juice of
- 60 grams Broccoli florets.
- 1 handful of mangetout
- 2 spring onions
- 1/3 of a Courgette
- 1 handful of fresh coriander leaves picked and roughly chopped.

DIRECTIONS

Start with your veg prep:

1. Peel and finely slice the garlic and ginger.
2. Trim and finely slice the chillies and spring onions, then deseed and cut the broccoli, mangetout, mushrooms & courgette.
3. Cook the noodles in boiling salted water then drain, coat with oil and set aside.
4. Slice the chicken. Wash your hands and remove any utensil that has touched the raw meat.
5. Heat a splash of oil in a large wok or a heavy-based frying pan over high heat, add the chicken slices, garlic, ginger, and chillies, and stir-fry until the chicken is cooked - no pink in the middle!
6. Add a good splash of soy sauce and sesame oil, lime juice and maple syrup and taste to check the flavours are balanced.
7. Add all the vegetables. Stir-fry for 1 to 2 minutes, then add the cooked noodles and mix well over the heat.
8. Add the coriander and mix until well mixed with the chicken and serve.

Equipment

2 Chopping Boards, Chopping Knife, Saucepan, Wok OR large frying pan, Wooden Spoon. 2 medium bowl Measuring jug. Saucepan.

FLATBREADS



2 -3 servings



1.15 minutes

INGREDIENTS

- 1/2 teaspoon of dried yeast
- 1/3 teaspoon of salt
- 1/3 teaspoon of Sugar
- 160g Plain Flour
- 1tsp olive oil.
- 100ml of Lukewarm Water

DIRECTIONS

1. Add yeast, sugar, and flour, and whisk in a mixing bowl. Leave aside for 5 mins.
2. Make a well in the dry ingredients and gradually add the warm water. Stir with a spoon or fork to mix.
3. Add more water as needed until a dough forms.
4. Transfer to a clean, floured surface and knead until smooth and elastic - about 2 minutes - adding more flour as needed to prevent sticking.
5. Cover with a damp towel or plastic wrap. Set in a warm place to rise for 1 hour.
6. Once doubled in size, cut dough into even pieces, arrange it on a clean surface, and lay a damp towel on top. Let rest.
7. In the meantime, heat a large pan to medium-high heat.
8. One at a time on a lightly floured surface, roll each piece of dough into a large circle that's relatively thin (not paper-thin).
9. Lightly grease a preheated pan and lay down flatbread. Don't touch; cook for 2 minutes. Flip and cook for 2 minutes on the other side. Repeat, adding more oil to the coat surface until all sides of the flatbread are cooked.

EQUIPMENT NEEDED

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. . Frying pan.. Measuring Jug. Tea towel. Cling film. weighing scales.

PICKLED CUCUMBER



4-6 servings



15 minutes

INGREDIENTS

- 1/2 a cucumber.
- 120 mL apple cider vinegar 120 mL water
- 1 Tbsp sugar
- 1 clove garlic *minced*
- 1 tsp salt
- ¼ tsp ground black pepper
- 1/2 tsp of mustard seeds
- 1 bay leaf.

DIRECTIONS

1. Slice or pare the cucumber.
2. Add cucumber to a large glass jar or a bowl and all other ingredients.
3. Seal jar and shake, or simply stir bowl and cover. Set on the counter for at least 2 hours (up to 6), shaking/stirring occasionally.
4. Serve over kebabs!

GARLIC SAUCE



2-3 servings



5 minutes

INGREDIENTS

- 2 tsp of garlic paste
- 200g Greek yogurt
- 100g Feta cheese
- A handful of chopped mint.
- 1/2 cucumber
- 1 tsp dill
- 1/2 Tsp of honey

DIRECTIONS

Combine the crushed garlic with the Greek yoghurt, feta and chopped mint, dill and honey in a food processor.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. Frying pan. Tea towel. Cling film.

HOT SAUCE



8-10
servings



1.45 minutes

INGREDIENTS

- 250 grams peppers of your choosing (a mix of sweet peppers and hot peppers), tops/stems removed, halved
- 2 cloves garlic, peeled
- 250ml filtered water
- 1 tsp sea salt
- 40ml apple cider vinegar
- 2 tsp of maple syrup,

DIRECTIONS

1. Combine the peppers, garlic, water, sea salt, apple cider vinegar, and maple syrup in a medium pan over medium-high heat. Bring to a boil, reduce heat, and simmer for 10-15 minutes, or until the peppers and garlic have softened.
2. Pour mixture into a blender (leaving the cover vent open, but covered with a kitchen towel) and blend until very smooth.
3. While the blender is running, sprinkle in the xanthan gum, if using, and blend for an additional minute.
4. Transfer the mixture to a bottle and store it in the fridge for 2-3 weeks.

Equipment

BOMBAY POTATOES



2 -3 servings



30 minutes

INGREDIENTS

- 6-8 baby potatoes
- 4 tbsp rapeseed oil.
- 1/2 tsp cumin
- 1/2 tsp mustard seeds
- 1 spring onions, roughly chopped.
- 1/2 tsp turmeric
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 3/4 tsp chilli powder
- a small handful of chopped coriander leaves
- 1 clove of garlic minced.
- Salt & Pepper to taste

DIRECTIONS

1. Bring a large pot of water to a boil and salt it generously. Place in the potatoes and boil until just tender (up to 15 minutes). Peel if you prefer when cool enough to handle, and then chop in half.
2. Heat the oil in a large non-stick frying pan. Add the cumin and mustard seeds, and, once the cumin starts to darken, add the spring onion—Cook for a minute before adding the ginger and garlic mixture, the ground spices and salt.
3. Tip in the potatoes and cook for three to five minutes to absorb the flavours. Check the seasoning, stir in the chopped coriander and spring onion greens serve.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, 2 small bowls, Tasting spoons. Wooden spoon. Frying pan. Saucepan.

TURKEY GYROS KEBABS



2 -3 servings



30 minutes

INGREDIENTS

- 250 grams turkey mince.
- 2 spring onions.
- 2 cloves of garlic.
- 1 teaspoon of cumin.
- 1 teaspoon of Paprika.
- 1 tsp of dill
- Fresh coriander x 1/2 handful
- Pinch of salt and pepper

DIRECTIONS

1. Finely chop the onion and coriander and mince the garlic.
2. Mix together the turkey mince, onion, garlic, cumin, paprika, and coriander with a pinch of salt and pepper in a large bowl.
3. Combine well with your hands, then shape into 8 oval shapes.
4. Transfer the turkey shapes to skewers. The wooden skewers should be pre-soaked in cold water to avoid scorching.
5. Preheat your grill pan or bbq to medium to medium-high heat. Do not use high heat, or the kebabs will dry out.
6. Cook the kebabs, turning several times, for 7 to 10 minutes, or until the meat is nicely coloured on all sides. Be careful not to overcook.

EQUIPMENT NEEDED

Chopping Board, Chopping Knife, 2 medium bowls, Tasting spoons. Frying pan. Tea towel. 2 pairs of Gloves

PASTA



2 -4 servings



1.45 minutes

INGREDIENTS

- 140g plain flour
- 3 medium eggs (1 whole and 2 yolks)

DIRECTIONS

1. Pour the flour into a mound on a large, clean work surface.
2. Make a well in the centre about 10cm wide.
3. Pour whole eggs, egg yolks, and salt into the well and, using a fork, beat thoroughly.
4. When combined, gradually incorporate the flour into the eggs until a wet, sticky dough has formed.
5. Press the heel of your hand into the ball of dough, pushing forward and down. Continue until the dough develops a smooth, elastic texture similar to a firm ball of Play-Doh.
6. If the dough feels too wet, add flour in 1 teaspoon amounts at a time, or if the dough feels too dry, add water slowly by wetting your fingertips.
7. Knead to form into a ball shape. Knead it briskly for 1 minute; it should be quite stiff and hard to knead. Wrap in cling film and leave to rest in a cool place for 30 minutes before using
8. When the dough has finished resting, shape it into a fat log and cut it into 5 or 6 equal sections. Leave one section out and rewrap the others
9. Flour your counter well, and use your rolling pin to roll out the dough into a long strip.
10. With each pass as you roll, lift the dough up, re-dust the counter beneath, and flip it over.
11. When you're finished, you should have a long, thin piece of dough. It should be just about paper-thin but strong enough to be lifted off the countertop.

SUGO AL POMODORO, GARLIC & CRISPY SALAMI & TAGLIATELLE.



2 servings

INGREDIENTS

- 1 x 400 gram can of good quality crushed tomatoes
- ½ an onion, diced
- 1 small carrot diced.
- 2 tablespoons extra virgin olive oil
- 5 fresh basil leaves
- 1 clove of garlic 1
- tsp of oregano
- 200grms of fresh pasta

DIRECTIONS

1. Let's get started by preparing the vegetables. Begin by dicing your onion and carrot, and mincing the garlic.
2. Heat a large fry pan over medium heat and drizzle it with olive oil.
3. Add the salami to the pan and cook until it becomes crisp, stirring occasionally to ensure even cooking.
4. Once the salami is crisp, remove it from the pan and set it aside.
5. Next, heat some olive oil in a pan and add the onions and carrots. Cook them until they become soft and translucent, then add the garlic and oregano.
6. Now it's time to add the tomatoes. Stir occasionally as the sauce cooks for 20-25 minutes on low heat.
7. Meanwhile, cook the pasta in a separate pot until it's al dente. Reserve some of the pasta cooking water.
8. Once the pasta is cooked, add it to the fry pan with the remaining olive oil, just enough to coat the pasta. Use some of the reserved pasta cooking water to help create a sauce and prevent the pasta from drying out.

Toss the pasta with the warmed tomatoes in the pan, allowing the flavours to mingle. Return the crisped salami to the pan and toss it with the pasta and tomatoes. Add picked basil leaves to the pan and toss them with the pasta until they wilt slightly. Divide the pasta between plates, ensuring each serving gets a good amount of the salami, tomatoes, and basil. Finish off each plate with a sprinkle of cracked pepper and extra basil leaves for garnish.

SPICE MIX



2-3 servings



5 minutes

INGREDIENTS

- 4 tsp chilli powder
- 3 tsp ground cumin
- 2 tsp of oregano
- 3 tsp paprika
- 2 tsp onion powder
- 2 tsp garlic powder
- A pinch of cayenne pepper

DIRECTIONS

Mix all of the ingredients in a bowl and seal in an airtight container to keep fresh.

Equipment

GUAC



2 servings



25 minutes

INGREDIENTS

- 1 handful of fresh coriander, chopped
- Salt, to taste
- Squeeze of lime.
- 1 ripe avocado

DIRECTIONS

1. In a pestle and mortar, pound the chillies, coriander, salt and onion into a fine paste.
2. In a bowl, mash the avocados.
3. Then add the chopped coriander mixture
4. Add lime juice to make a looser mixture.
5. Add a pinch of salt to taste.

PICO DE GALLO

INGREDIENTS

- 2-3 medium-sized fresh tomatoes
- 1/2 red onion
- 1/2 chilli
- Juice of 1/2 of a lime
- 5 grams of fresh coriander
- Salt and pepper to taste
- Pinch of dried oregano
- 20ml of olive oil

DIRECTIONS

1. Finely dice the ingredients
2. Place in a bowl.
3. Add salt and pepper to taste.
4. If the chillies make the salsa too hot, add more chopped tomatoes.
5. If not hot enough, carefully add a few of the seeds from the chillies.

Equipment

Chopping Board, Chopping Knife, 2 medium bowls, 2 small bowls, Tasting spoons.

FLOUR TACO'S



4 tortillas



35-50 minutes

INGREDIENTS

- 190g plain flour, plus extra for kneading and rolling
- 120 ml water
- 1/2 tsp of baking powder
- 1/2 tsp fine sea salt
- 30ml of olive oil

DIRECTIONS

1. To make the tortillas, Combine the flour, salt and baking powder in a large bowl and gradually add the oil and water, stirring constantly until the mixture comes together to form a rough dough.
2. Transfer to a lightly floured surface and knead for 5 minutes. Roll into a ball, wrap in cling film and chill for 15-30 minutes.
3. Now heat a large pan over medium heat.
4. Roll each dough piece into a rough circle, about 6-7 inches in diameter, keep work surface and rolling pin lightly floured. Don't stack uncooked tortillas on top of each other or they will stick together.
5. When the pan is hot, place one dough circle into the pan and allow to cook for 50 seconds to 1 minute. If browning too fast, reduce the heat a bit. Flip to the other side and cook for 15-20 seconds. The tortillas should be nice and soft but have a few small brown spots on the surface.
6. Remove from pan with tongs and stack in a covered bowl or plate to keep soft.

SLOW COOKED CHIPOTLE CHICKEN



6-8 servings

INGREDIENTS

- 1kg of boneless, skinless chicken thighs
- 400grms of chopped tomatoes
- 45 ml of honey
- 200ml of chicken stock
- 2 tbsp of spice mix
- 5 grams sea salt
- 2 Tbsp of Chipotles in adobo sauce
- 1 can (400 grams) black beans.
- Juice of 1 lime
- Fresh Coriander

DIRECTIONS

Preheat your oven to 150°C.

In a large bowl, combine the chicken thighs, honey, spice mix, and chipotle peppers in adobo sauce. Mix well to ensure the chicken is evenly coated with the spices. Let it marinate for at least 30 minutes.

Add the marinated chicken to a baking dish or Dutch oven. Stir in the black beans and lime juice. Then add the chopped tomato and chicken stock, making sure the chicken is fully covered with the liquid.

Cover the baking dish with tin foil or a lid and bake in the preheated oven for 35 to 45 minutes at 150°C. Then turn the oven to 180°C and cook for an additional 45 minutes. (Check for an internal temperature of 75°C.)

Remove the baking dish from the oven. Using two forks, shred the chicken into coarse pieces directly in the sauce.

Taste the mixture and adjust the seasoning with more salt or lime juice if desired.

Serve in taco's, topped with pico de gallo, guacamole, coriander, sour cream, and our hot and spicy sauce.