



CLARA
NICHOLL
CATERING

Extra

GRUB

Perfect for working from homers,
homeschoolers and all-round
needing inspirationers!



Meet your chef Clara Nicholl

I am so excited to be able to share my passion for food with you all.

I'm Clara! A part-time chef, full-time mother to Sam & Elsie, wife to William and our Northumberland rural farm is home to 5 dogs, 6 horses and 4 friendly chickens. Life is pretty fast-paced and at times chaotic.

I'm hugely passionate about food, health, and people believing they can cook too! Enjoying food and enjoying eating isn't about graduating with honors from cooking school - It shouldn't be a performance art! The answer is to cook in a way that doesn't involve a huge amount of effort or time!

With lockdown three now in place and working from home/homeschool added to our daily routines... I figured we all need a little extra sparkle to add to our kitchen! I hope you find a few ideas here to create together with the children when mathematics becomes too much, a welcoming warmer on these cold winter evenings, or even a new addition to add to your fancy Friday lunchbox!

Don't forget to share your creations with me on social media - you can tag me @claranichollcatering or use my hashtag #cookingwithclara

Clara x



Chicken & wild rice soup

Perfect for winter feeding! Gluten Free + Dairy Free

The Ingredients

- 2 tblsp olive oil
- 2 large celery stalks, sliced
- 3 large carrots, sliced
- 1 large onion, diced
- 75g mushrooms, thinly sliced
- 2 cloves garlic - minced
- 1 teaspoon dried parsley
- 1 1/2 teaspoon dried rosemary
- 120 ml chicken stock (1/2 stock cube)
- 200g uncooked wild rice blend
- 450g skinless chicken breast
- 3 tblsp cornflour + 115ml water (mixed together in a small cup)
- 950ml chicken stock, aim for low sodium (2 stock cubes)
- 1/2 teaspoon sea salt or more to taste

The Method

- Add the olive oil to a large saucepan. When the oil is warm add the chopped onion, celery, carrots and mushrooms. Cook for about 3 minutes until the vegetables are softened.
- Add the minced garlic, rosemary and parsley and stir and cook for 1 minute.
- Stir in the 120ml chicken stock and add wild rice.
- Add the chicken (just drop the whole breast in), cornflour mixture, and remaining stock (950ml)
- Cook on the hob on medium heat with a lid on until the rice is cooked.
- Remove the lid, carefully take out the chicken breasts from the soup and transfer to a cutting board or a plate resting the chicken for a few minutes. Carefully chop the chicken into small bits and add back to the soup. Taste and season with additional salt and pepper if needed – you may want to add more herbs.

Chicken Kiev

This is a firm family favourite, could not be easier and can be gluten-free by using gluten-free breadcrumbs

The Ingredients

- 4 Chicken Breasts
- 150g breadcrumbs
- 35g parmesan
- 3 eggs beaten
- 50g plain flour with a sprinkle of paprika
- oil for frying

For the garlic butter:

- 2 garlic cloves - minced
- 2 tbsp chopped parsley
- 100g butter

The Method

- Pre-heat oven to 180c
- Start by making the garlic butter: Soften the butter a little and stir in the parsley and garlic - season well with salt and pepper, if you can roll into a sausage shape (easier to slice) and pop in the fridge while you prepare the chicken.
- Taking the thick end of the chicken breast, make a slit into the side making a pocket - be careful not to cut all the way through otherwise the butter will leak out when cooking.
- Mix the parmesan and breadcrumbs and put on a large plate.
- Whisk the eggs in a deep bowl.
- Mix the flour and paprika and put on a large plate.
- Insert a slice of butter or two into each chicken breast, fold down to close the flap. Dip the breast into the flour then into the egg and finally roll in the breadcrumbs covering the whole breast well. Dip back in the egg and roll in breadcrumbs again, this will give you double the crispiness! Repeat until all breasts are covered.
- Heat the oil in a large frying pan and cook the kiev on all sides until they are a light golden brown, remove and put on a baking tray and bake in the oven for 25 mins.

YUM.....



Butternut Massaman Curry

Massaman paste is not spicy, it's beautifully fragrant. You can add chicken, vegetables or both to this dish. I tried to adapt this recipe but there's no point changing something that works. So I thank you
Dr Rupy Aujla.

The Ingredients

- 2 tbsp oil
- 3 tsp shop-bought massaman curry paste
- 100g coconut cream
- 500g butternut squash (*Peeled and cut into cubes*)
- 300ml vegetable stock
- 2 tsp fish sauce
- 1 tsp runny honey
- 50g sugar snaps
- 50g spinach *roughly chopped*
- 25g coriander *roughly chopped*
- 20g almonds *roughly chopped*
- salt and pepper
- rice to serve

The Method

Put the oil in a pan over medium heat, add the massaman paste and fry, stir in the coconut cream. Add the butternut squash, season and cook for 3 minutes. Pour in the stock, add fish sauce and honey and simmer for 25 minutes until the sauce has reduced. Remove from the heat, fold in the sugar snaps and spinach, cover and leave for two mins. Sprinkle with coriander and serve with rice.



Splodge

Serves 4 +

This, I believe, was invented by my mother. Many might dispute this, but I have loved this easy pudding for some time, as have my children. It can be used at a dinner party too and couldn't be easier.

The Ingredients

- 1 tub of really good thick greek yoghurt
- 300ml pot or double cream - whisked to stiff peaks
- 1/2 pot of fromage frais
- Dark brown muscovado sugar
- 1 bag of frozen summer fruits - defrosted and sweetened with maple syrup

The Method

- In a large bowl mix the greek yoghurt with the whisked cream and fromage frais.
- In a pretty serving bowl, put in the defrosted summer fruits.
- Carefully spoon on the yoghurt mixture smoothing the top a little.
- Sprinkle about 2/3 tblsp of muscovado sugar on top.
- Put in the fridge and let the sugar dissolve - it looks like a fake brûlée but not crunchy - however it is just as tasty!



Easy Blueberry Muffins

Makes 12 muffins

Another one to make with the children!

A sweet treat but with the goodness of a blueberry! I used to make these and eat them with a takeaway coffee at my desk back in the day! I found them almost addictive.

The Ingredients

- 110g butter
- 250g plain flour
- 250g caster sugar
- 2 eggs
- 125ml milk
- 2tsp baking powder
- 1/2 tsp salt
- 225g fresh blueberries (frozen work too)
- Demerara sugar to sprinkle

The Method

- Preheat the oven to 180c
- Put a muffin case into the muffin tin holes.
- Sieve the baking powder, flour and salt into a bowl.
- In another bowl cream butter and sugar until fluffy with an electric whisk.
- Add the eggs and beat, add the milk and stir in the flour - whisk until all combined and stir in the blueberries.
- Share the mixture between muffin cases and then sprinkle demerara sugar onto each one.
- Bake for 25 - 30 mins.

Easy Peasy Chocolate Biscuits

Makes 12 biscuits

Children will enjoy making these, they can roll the dough into balls and flatten the biscuits with a fork then reap the benefits! I made these with my two when they were little and I think they ate more dough than a biscuit!

The Ingredients

- 100g softened butter
- 50g caster sugar
- 125g self-raising flour
- 15g cocoa powder

The Method

- Pre heat the oven 180c and line baking tray with baking paper.
- Ask your children to measure the ingredients into little bowls.
- Beat the butter and sugar together until it is well mixed and soft.
- Add the flour and cocoa powder and mix until a dough is formed. You may want to use your hands if it is easier.
- Get walnut sized bits of dough and roll them into a nice ball. Now put the ball onto the baking sheet and dip a fork into cold water then press down onto the biscuit with the fork - leaving a little space between balls. Repeat until the dough has run out.
- Bake the biscuits for 12 - 15 minutes - leave on the baking tray for a few minutes as they will be too soft to move then carefully pop them on a cooling rack.
- Eat when cool!



Vitamin C Loaded Smoothie

Try making it into an ice lolly for a refreshing treat for the kids!

The Ingredients

- 2 oranges, peeled and roughly chopped
- 1 banana
- 115ml water or milk
- 56g pineapple, frozen is fine
- 40g mango, frozen is fine
- 70g plain Greek yogurt
- 1-2 tbsp honey (optional)
- A few ice cubes

The Method

- In a blender, add in all of the ingredients and blend for 1-2 minutes until completely smooth and creamy.
- For smoothie – pour into a cup and serve.
- For lollies – pour into lollies molds and place in freezer for at least 4 hours to harden.

Note - Suitable for aged 12 months and up.
For babies under 1 year of age, omit the honey.



A guide to cooking with children

Here is a helpful guide to what children should be able to do by 10 years old. It's a messy job but so worth it - my son can cook us a delicious supper now at the age of 11 and even washes up (I may rewash a bit but he tries).

Three 3 and Under

- Stir, feel and taste ingredients

Age 3 -5

- Cutting soft food using a butter knife
- Put their own choices on to a pizza (December Grub has recipes)
- Make Smoothies (recipe in the free PDF Extra Grub)
- Pressing the button with supervision.
- Mixing wet and dry ingredients (chocolate biscuits or blueberry muffin recipe in free PDF Grub Extra)
- Help to lay the table and learning to clear up after themselves

Age 6-8

- Turning on the oven to the correct temperature
- Scrambled Eggs (no milk! It's a sin!!)
- Help to make their pack lunch
- Presenting food so it looks nice
- Learn how to be safe

Age 8-10

- Sharp knife skills
- Peeling and chopping meat and vegetables
- Food hygiene and safety
- Simple meal planning – i.e.: healthy breakfast, pack lunch, good supper using vegetables and fruit
- Understanding the importance of the correct food and where it comes from.



With the recipes included in my free PDF Extra Grub, your children can join in with the preparation and cooking of some of the recipes.

Children aged 3 years upwards can help with the following recipes from Extra Grub:

Splodge – the name itself will get children intrigued.

Easy Peasy Chocolate Biscuits

Easy Blueberry Muffins

Children aged 8 years upwards can help with the following recipes from Extra Grub:

Chicken and Wild Rice Soup – under supervision they can chop the vegetables and weigh out stock. Please be sure to supervise any kettle boiling and attend children at all times by an oven.

Most of all, have fun!