

College Recipes

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Salmon Bowl

Ingredients (1 serving)

- 1 salmon fillet
- 1 cup rice
- 1 avocado
- 1/2 tablespoon soy sauce
- 1/2 tablespoon sriracha
- 2 tablespoons (kewpie) mayo
- 1 teaspoon sesame seeds
- 8 leaves dried seaweed
- 2 green onions

Instructions

1. Preheat the oven to 200c. Place rice in a saucepan and rinse with cold water until clear. Add 2 cups of water to rice and bring to a boil before lowering the heat and covering, leaving to simmer for 10 minutes without taking the lid off.
2. While rice cooks, wash salmon fillet in cold water and dry with a paper towel before placing it on a foiled baking tray and putting it in the oven for 10-15 minutes if refrigerated or 25-30 minutes if frozen.
3. Using a fork, break up the salmon after removing it from the skin. Put rice in a bowl and add broken up salmon before mixing together. Cut up the avocado into small square pieces and cut up the green part of the green onion. Add soy sauce, sriracha, mayo, and avocado and mix again. Garnish with sesame seeds, dried seaweed, and spring onion before enjoying.

Sesame Tofu

Ingredients (2 servings)

1 block of silken tofu

3 tbsp soy sauce

1 tbsp sesame oil

1/2 tbsp rice vinegar

1/2 tbsp brown sugar

1 tbsp sesame seeds

2 cloves garlic

1 green onion

Instructions

1. Press tofu under a paper towel with something heavy before chopping tofu block into small squares. Whisk together soy sauce, sesame oil, rice vinegar, brown sugar, and sesame seeds. Pour over tofu and allow to marinate for 30 minutes.
2. Place rice in a saucepan and rinse with cold water until clear. Add 2 cups of water to rice and bring to a boil before lowering the heat and covering, leaving to simmer for 10 minutes without taking the lid off.
3. While rice cooks, chop up green onions and mince garlic. Pour a bit of sesame oil into a frying pan over medium heat before adding garlic. Once garlic becomes fragrant, add tofu to the frying pan and cook until golden.
4. Place rice in a bowl and top with tofu, seasoning with more sesame seeds and green onion before serving.

Vodka Pasta

Ingredients (4 servings)

16 ounces rigatoni or penne pasta

1/2 cup extra virgin olive oil

3 cloves of garlic

2/3 cup tomato paste

1 1/3 cup heavy cream

2 teaspoons red pepper

5 leaves fresh basil or 2 teaspoons dried basil

1/2 cup grated parmesan

2 tablespoons butter

Salt and pepper to taste

Instructions

1. Bring a large pot of salted water to a boil. Cook pasta according to instructions, and save 1/2 cup of pasta water before draining the pasta in a colander.
2. Using a saucepan, heat olive oil over medium heat. Add garlic and tomato paste and cook for 4 to 5 minutes, until the tomato paste darkens from bright red to reddish brown.
3. Add heavy cream slowly, mixing until incorporated. Simmer for 2 to 3 minutes.
4. Add red pepper flakes, basil, salt, and black pepper, mixing well.
5. Add grated parmesan, butter, and 1/2 cup of pasta water. Mix until smooth and creamy.

6. Add pasta to sauce and mix, serving topped with more grated parmesan and basil as garnish if desired.

Chocolate Chip Cookies

Ingredients

115 grams salted butter

100 grams white sugar

50 grams brown sugar

1 teaspoon vanilla extract

1 egg

188 grams all purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

168 grams chocolate chips

Instructions

1. Preheat the oven to 175 celsius.
2. Soften butter in the microwave until soft and partially melted.
3. Beat the butter and sugar together with a whisk until fully combined.
4. Add the vanilla extract and egg before whisking to combine.
5. Add flour, baking soda, and salt and whisk until combined.
6. Gather chocolate chips and add to the cookie dough, using a wooden spoon or spatula to combine. For best results, chop the chocolate chips into smaller pieces in order to get a chocolate dust that mixes better into the cookie dough.
7. Roll cookies into little balls, sprinkle with salt, and put in the oven for 9-11 minutes. Cookies should be slightly browned at the edges.

Brownies

Ingredients

180 grams salted butter

115 grams chocolate

85 grams all purpose flour

1 teaspoon vanilla extract

2 eggs

130 grams white sugar

1/4 teaspoon salt

Instructions

1. Preheat the oven to 175 celsius.
2. Melt butter and chocolate together, either in the microwave or preferably using a double boiler
3. Remove from heat and add the sugar, mixing well before allowing to cool for 10 minutes
4. Add the eggs one at a time along with the vanilla extract
5. Sift in the flour and salt, mixing to combine
6. Pour into a square greased pan, topping with sea salt and bake for 25-30 minutes, until a toothpick comes out clean from the centre

Mushroom Risotto

Ingredients

Instructions

- 1.

Sesame Tofu

Ingredients (2 servings)

1 block of silken tofu

3 tbsp soy sauce

1 tbsp sesame oil

1/2 tbsp rice vinegar

1/2 tbsp brown sugar

1 tbsp sesame seeds

2 cloves garlic

1 green onion

Instructions

5. Press tofu under a paper towel with something heavy before chopping tofu block into small squares. Whisk together soy sauce, sesame oil, rice vinegar, brown sugar, and sesame seeds. Pour over tofu and allow to marinate for 30 minutes.
6. Place rice in a saucepan and rinse with cold water until clear. Add 2 cups of water to rice and bring to a boil before lowering the heat and covering, leaving to simmer for 10 minutes without taking the lid off.
7. While rice cooks, chop up green onions and mince garlic. Pour a bit of sesame oil into a frying pan over medium heat before adding garlic. Once garlic becomes fragrant, add tofu to the frying pan and cook until golden.
8. Place rice in a bowl and top with tofu, seasoning with more sesame seeds and green onion before serving.

Creamy Garlic Shrimp

Ingredients (4 servings)

450 grams shrimp

1 tablespoon olive oil

2 tablespoons

6 cloves of garlic

1/2 cup dry white wine or broth

1 1/2 cup heavy cream

1/2 cup grated parmesan

2 tablespoons chopped parsley

Salt and pepper to taste

Instructions

1. Heat olive oil in a skillet over medium-high heat. Season shrimp with salt and pepper before frying for 1-2 minutes on each side, until cooked through and pink. Place in bowl and set aside
2. Melt butter in the same skillet. Sauté garlic until fragrant, about 30 seconds. Pour white wine or broth into skillet and allow to reduce to half.
3. Reduce heat to low-medium and add cream, bringing to a simmer while stirring. Add salt and pepper to taste.
4. Add parmesan and allow to gently simmer until the cheese melts and sauce thickens, about a minute.
5. Add shrimp back to the pan and sprinkle with parsley. Add salt or pepper as necessary.
6. Serve with rice or pasta.

