



Savoury recipes ...

Chicken curry, rougail
saucisse, shrimp
fritters, ...



and sugary recipes

Tiramisu, chocolate
cake, 4-quart, cookies,
waffles, ...

OUR RECIPES

June 2024

Collège Max Jacob, Quimper



**Recipes written
by the pupils of
5ème4**

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EDITORIAL

This booklet
gathers recipes
chosen and
written by the
pupils of 5ème4
at the end of a
chapter about
food.

Enjoy
discovering
them, and
maybe have a go
at some recipes.

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Chicken curry

15 MINUTES PREPARATION
5 MINUTES COOKING

INGREDIENTS :

4 chicken breasts
2 big yellow onions
1 cup fresh cream
Some curry, salt,
cumin, pepper, black
pepper

UTENSILS :

knife
a pan

PREPARATION :

Put the pan to heat.
Cut the onions into
small pieces, and cook
them.
Add curry and cumin
to the mixture.
Cut the chicken, add
to the pan.
Add half the cream.
After five minutes of
cooking, add the
cream and the spices.

Serve with rice.

Enjoy your meal !

Carbonara pasta



Malone

CARBONARA PASTA

INGREDIENTS :

200g pasta
120ml cream
1 pack of bacon sticks
600ml of water
salt/pepper
herbs

Recipe :

Cook the pasta in boiling water and add the salt.
Filter the pasta.

Cook the bacon and the cream together.
Add pepper and herbs to your taste.

Shrimp Fritters



FOR THE MARINADE

*2 teaspoons of soy sauce - 1 teaspoon of powdered ginger
1 teaspoon of coriander - 1 teaspoon sesame oil - pepper*

ingredients (6 people)

*1kg of shrimp
2 eggs
1 good pinch of salt
1 sachet of baking powder
15cl of water or milk
flour
salt / pepper*

Batter preparation :

Beat the eggs with salt and pepper then add the flour, the baking powder and water or milk to get a smooth and fluid dough but still quite thick then leave to rest for 30min.

Marinade

In a dish, mix the soy sauce, ginger, coriander and oil. Peel the shrimps, leaving the tail.

Rinse them and dry them with absorbent paper then put them in the marinade. Mix, cover the dish and place in the fridge for at least 30min.

After this time, drain the shrimps.

Whisk the batter again.

Cooking :

Heat the frying oil to 175°C. Coat the shrimp in the batter, holding them by the tail and add them to the frying pan in small quantities.

Remove them from the oil when they are golden brown and swell and enjoy them !



"Rougail saucisse"

Ingredients :

4 tomatoes
2 onions
4 sausages
(4) chili peppers
ginger
oil
spices

Recipe :

Cut four tomatoes.
Slice two onions.
Slice four sausages
Crush four pepper
(adjust to your taste) and
the ginger.
Heat the oil in a pan.
Colour the pieces of
sausages.
Add the onions.
Add the spices.
Cook all the ingredients.
Add the tomatoes and
mix.
Cover and simmer for
twenty minutes.

Serve with rice.

have a good meal!

ONIGIRI



Raffaella

INGREDIENTS

3 cups of rice
2 avocado
1 tuna
100g of guacamole
1 bag of algae/seaweed sheets

METHOD

Wash 2 times the rice in a bowl.

Put the rice in a saucepan, add water and boil for ten minutes.

Cut the tuna and the avocado.

Chill the rice, add 1 cup of rice vinegar and put in on the fridge for 10 minutes.

Make thin triangle shapes with the rice, put the guacamole on half the shaped rice triangles.

Put the tuna and pieces on avocado on the guacamole, put another rice triangle on the top and cover it with seaweed sheets.

Brownie Recipe

For this recipe, we need a mixing bowl, a blender, a mold, an oven and baking paper.

Preheat the oven to 325°F.

Melt the butter.

Pour the butter and sugar in a mixing bowl.

Mix the mixture with a Blender.

Pour two eggs and the vanilla in the mixture.

Mix the mixture.

Add the oil.

Add the cocoa powder and mix.

Add the flour, the corn starch, the salt and mix.

Add the chocolat chips and mix.

Pour in the mixture in the mold.

Bake it for 40 minutes.

Cut in squares when cooked.



Ingredient :

- 5 tbsp butter
- 1/4 cups sugar
- 2 eggs - 1 tsp vanilla
- 1/3 cup oil
- 1/2 cup flour
- 1 tbsp corn starch
- 1/4 tsp salt
- 3/4 cup chocolat chips

Chocolate cake



Léo

HOW TO MAKE A CHOCOLATE CAKE

Ingredients :

- 200g chocolate
- 3 eggs
- 150g flour
- 150g butter
- 125g sugar
- 1 pack baking powder

Instructions :

Put the eggs in a bowl.
Whip the eggs.
Melt the butter, the chocolate and add to the mixture.

Add the sugar to the mixture.

Add the baking powder in the bowl and mix.

Pour the mixture in a mold and bake in the oven for 30 minutes.

Chocolate cake



Eleana

Chocolate cake recipe for 6 people

Ingredients

- 200g of dark chocolate
- 100g of butter
- 3 eggs
- 50g of flour
- 100g of powdered sugar

Recipe steps

Preheat the oven to 180°C.
Melt the chocolate and the butter cut into pieces (over very low heat in a salad bowl).
Add the sugar, eggs and flour.
Mix.

Add the chocolate-butter mixture and mix well.
Butter and flour your mold then pour the cake batter into it.
Bake in the oven for about 20 minutes.



Chocolate cake

Lilian



Ingredients :

4 eggs
300g flour
2 packs of baking powder
Chocolate
100ml milk

Recipe :

Preheat the oven.
In a bowl, pour in 300g of flour.
Add 100 ml of milk.
Add 4 eggs, chocolate and 2 backing powder packets.
Whip the mixture.

Put the mixture into the mold.
Place the mold inside the oven and bake for 30 to 45 minutes.



Quatre quarts



Marguerite

Ingredients

- 250 g flour
- 250 g butter
- 240 g sugar
- 10 g vanilla sugar
- 2 teaspoons of baking powder
- 4 eggs

Ustensils

- oven - microwave
- cake mold

Instructions :

- Preheat the oven to 180 degrees.
- Melt the butter in the microwave.
- Mix the butter and the sugar and vanilla sugar.
- Add the eggs.
- Then add the flour little by little.
- Mix the mixture, then add the baking powder.
- Butter the cake mold.
- Pour the dough in the mold and bake in the oven for 40 min.

Tiramisu



Nour

How to make Tiramisu

Ingredients :

- 250g mascarpone cheese
- 20 lady fingers
- 100g sugar
- 4 eggs
- 1 cold black coffee
- 1 vanilla bean or a tbsp of vanilla extract
- 20 speculos cookies
- amaretto or marsalo or rum
- 2 tbsp powdered sugar
- 2 tbsp unsweetened cocoa powder

Recipe steps :

1. Make a long coffee and let it cool down. You can flavor it with some alcohol or caramel syrup or leave it as it is.
2. Separate the egg yolks from the whites and put the egg whites aside.
3. Beat the egg yolks, sugar and vanilla until you get a foamy texture.
4. Beat the mascarpone with a whisk, then add the egg yolk mixture and sugar. Mix gently with a spatula.

5. Beat the egg whites until stiff peaks are formed, then gently add to the mixture.
6. Dip the lady fingers into the cold coffee for 3 seconds and place them at the bottom of the dish.
7. Spread a layer of the mixture on top, then add some speculos cookies, and add another layer of the mixture.
8. Refrigerate.
9. Before serving, sprinkle some powder sugar on top and then some cocoa powder.

Flavie

Cookies recipe

INGREDIENTS :

- 3 eggs
- 200g flour
- chocolate chips
- 100g vanilla sugar
- 50g baking powder

USTENSILS :

- an oven
- a rolling pin
- scales
- bowl
- mixer

STAGES :

stage 1 : Beat three eggs in the bowl and add flour, whip.

stage 2 : Add the sugar and the vanilla sugar in the mixture, whip.

stage 3 : Add the baking powder and the chocolates chips, whip.

stage 4 : Separate the mixture on the cooking paper.

stage 5 : Cook for 10 minutes at 200°C.



Macarons



Tuana

INGREDIENTS

- 3 eggs
- 1 cup almond flour
- 1 3/4 cup powdered sugar
- 1/4 cup granulated sugar
- 1/2 teaspoons vanilla extract
- food coloring
- 1/2 cups heavy cream

1- Prepare the shells

- Line baking sheets with parchment paper.
- In a food processor, pulse 3/4 cup of powdered sugar and 1 cup of almond flour until combined. Sift the mixtures.
- In a bowl, beat 3 eggs whites until foamy. Gradually add 1/4 cup of granulated sugar and beat until stiff peaks form. Add 1/2 teaspoons of vanilla extract and food coloring, if you want.
- Fold the almond mixture into the eggs whites.
- Transfer the batter to a piping bag with a round tip. Pipe 1 inch circles onto the baking sheets, spacing them about 1 inch. Tap the baking sheets to release air bubbles.
- Let sit for 30-60 minutes until a skin forms.

2- Bake

- Preheat the oven to 300°F (150°C)
- Bake the macarons for 15-18 minutes.

Let cool completely before removing from the parchment paper.

3- Make the filling

- Beat 1/2 cup of softened until creamy. Gradually add 1 1/2 cups of heavy cream and 1 teaspoons of vanilla extract. Beat until fluffy.

4- Assemble

- Pair similar sized shells. Pipe the filling onto one shell.

Chocolate chip banana muffins



Mai-Li

Ingredients :

1/2 cup mashed bananas
2/3 cups sunflowers seed oil
1 egg beaten
1/2 teaspoon vanilla extract
2 tablespoons unsweetened cocoa powder
1 tablespoons baking powder
1/2 teaspoon salt
1 cup semisweet chocolate chips

Recipe :

Preheat the oven to 425°F.
Cut and mash the bananas.
Put the bananas in a bowl.
Add 2/3 cups sunflowers seed oil.
Beat 1 egg in bowl.
Mix the dough.
Add 2 tablespoons unsweetened cocoa powder.
Whip the dough.
Add 1 tablespoon baking powder.
Add 1/2 teaspoons salt.
Add 1 cup semisweet chocolate chips.
Mix the dough.
Pour the dough in individual dishes and bake in the oven during 15 to 20 minutes.

Cooking time

15 to 20 minutes
425 degrees F



Sacha

Pear and chocolate crumble

for 4 people
preparation time : 10min
cooking time : 20min

Ingredients :

4 pears

100g chocolate

For the crumble dough :

100g of flour

100g of semi-salted butter

80g of brown sugar

1 tablespoon and a half
chopped hazelnuts

Prepare the dough :

In a bowl, combine the flour, the semi-salted butter (cut into small pieces), the sugar and the hazelnuts. Mix. Preheat the oven to 356°F.

Prepare and cook the crumble :

Grate the chocolate.

Peel and cut the pears into 2 to 3cm pieces.

Place the pears in a dish, add the chocolate shavings, then the crumble dough.

Bake the crumble for between 20 et 30 minutes, depending on the ripeness of the fruits.

The crumble should be golden brown on top.

Waffles Recipe

INGREDIENTS :

- one pinch salt
- 135 g flour
- two eggs
- 16.5 cl milk
- 13.5g butter

USTENSILS :

- waffle appliance
- a bowl
- a mixer
- scales



STAGES :

1 : Put the flour inside the bowl, add the sugar and the egg yolk. Melt the butter and add to the mixture.

2 : Mix everything together, adding milk so that there are no lumps.

3 : Beat the egg whites with a pinch of salt and add them to the mixture and stir gently.

4 : Cook everything in a lightly buttered waffle iron.

Flavie

Bread

William

Recipe :

Preheat the oven at 250°C.

Put the flour in a bowl, add salt and add the water.

Mix for 2 minutes.

Add the baking power.

Add the milk and mix .

Put in a mold.

Bake in the oven 250°C for 15 minutes.

Ingredients :

- 500g flour
- salt
- 32cL water
- baking power*1
- 3cL milk



