

Flavours of



Years

**An RGS Cookbook**

*A Junior HistSoc &  
RGS Diversity Soc  
collaboration*



**RGS**  
NEWCASTLE

# CONTENTS

|                     | <b>PAGE</b> |
|---------------------|-------------|
| Introduction        | 3           |
| The RGS Dining Hall | 4           |
| Recipes             | 5 - 6       |
| Mains               | 7 - 29      |
| Desserts            | 30 - 40     |
| Snacks              | 41 - 49     |
| RGS Food: 1931-45   | 50          |
| Thanks              | 51          |

**PLEASE NOTE:**

These recipes have been provided by third parties. Readers of this book are responsible for the outcome of the recipes and their nutritional value. Some ingredients will not be suitable for everyone and may contain allergens, please review all ingredients before cooking to make sure they are suitable for your family and carefully check all food labels.

# FLAVOURS OF 500 YEARS

## AN RGS COOKBOOK

**Specially created for our Quincentenary year, the RGS Cookbook: Flavours of 500 Years celebrates our rich heritage. This unique project has been produced by Junior HistSoc students in collaboration with the RGS Diversity Society.**

The project was inspired by an earlier RGS Cookbook, produced for charity in 1989, which featured recipes from parents of students, teaching staff, and our Catering Superintendent Jenny Sims (staff 1972-98). The recipes from Mrs Sims would have been used in the dining hall at the time, giving us an idea of the cuisine available at the school in 1989. Another book was produced in 2007, "COOK: A charity cookbook from The Grammar".

This book has been led by students in Junior HistSoc. They have written histories of food at RGS, as well as 'Food History Facts' which are dotted throughout the pages!

The school's cultural diversity has changed since the earlier cookbooks were created, and we now enjoy a much more diverse school menu. Recipes today come from across the globe, along with more traditional English meals.

We wanted to make this book to celebrate all the cultures in our school now and show how meals have changed over the school's recorded history. Lunch is still an important part of our school timetable, it's when we meet with friends and engage in co-curricular clubs.

By Jude K, Y10





# THE RGS DINING HALL

The RGS has had two dining halls during its time at Eskdale Terrace, but dining halls have not always been the norm.

Before school lunch was provided, students would go into town during the lunch break to grab something to eat, bring in something from home, or even go home for lunch if they lived near school. However, adverse accounts of the boys' behaviour in town seeking lunch, led E.R. Thomas, Headmaster at the time, to introduce in-house provision.



The first dining hall opened in the winter of 1907 and was situated where the current Sixth Form common room is. It had a warm yet majestic atmosphere with oak panelling and golden chandeliers.

However, in the late 1960s, the school decided that a new dining hall was needed.

The first meal in the new dining room took place on the 12th of September 1968.

Surprisingly, it wasn't very popular with many of the students and staff who mainly regretted that the new dining hall didn't have the same depth of character as the old one; the oak panelling and chandeliers being replaced by steel girders and fluorescent lighting.



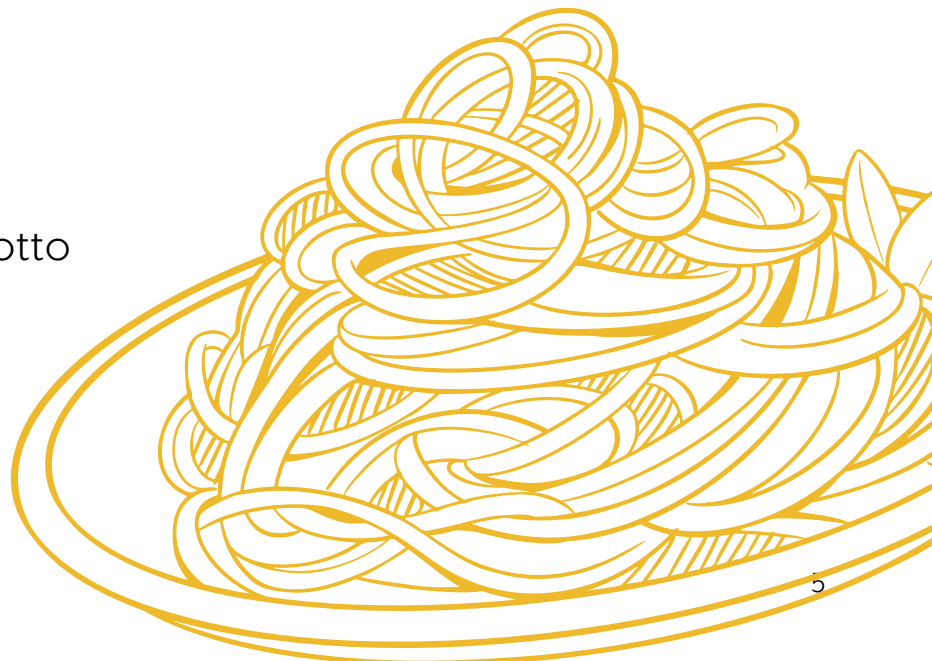
At first the new dining hall used a waitress service but this was later replaced by students receiving their food next to the kitchen. Recently, a new self-service method of dining has been introduced, marking a new chapter in the dining halls' history.

# RECIPES

In this cookbook, you will find recipes for:

## MAINS

1. Baozi
2. Beef Lasagne
3. Beef & Mushroom Pie
4. Chicken, Chickpea & Chorizo Stew
5. Chicken Katsu Curry
6. Chilli Con Carne
7. Creamy Rigatoni
8. Mbakbaka (Libyan Pasta)
9. One-Pot Tomato Pasta
10. Paneer Makhni
11. Peanut Butter with Beef and Oxtail
12. Pierogi Ruskie
13. Pink Pasta
14. Saag Aloo
15. Spanakopita
16. Steamed Sea Bass
17. Vegan Mushroom Risotto



## DESSERTS

1. Banana Cake
2. Custard
3. Drożdżówki
4. Eggless Airfryer Cheesecake
5. Mr Moore's Perfect Fluffy Pancakes
6. Naan Khatai
7. Ras Malai
8. Sprinkle Cake



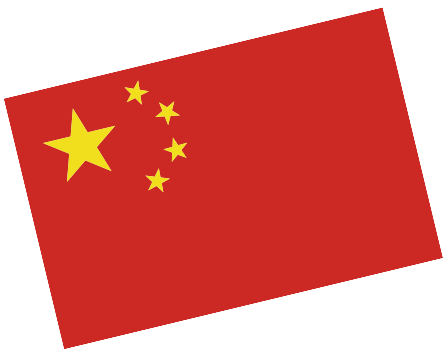
## SNACKS

1. Butter Lemon Cookies
2. Flapjack
3. Fruit Skewers
4. Ginger Snaps
5. Masala Chai
6. Ultra-Moreish Cheese Shortbread
7. Vanillekipferl
8. Yorkshire Parkin



# MAINS





# BAOZI (包子)

~ Jadey F, Y9

**Time: 1 hour 30 minutes**

**Allergens:**

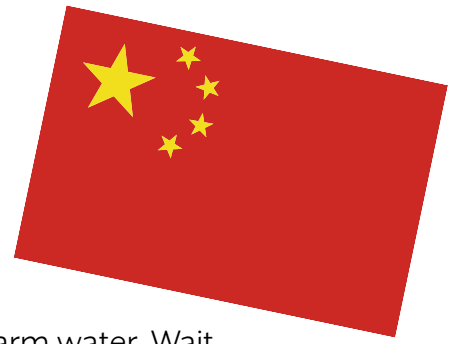
**Gluten, soya, sesame,  
molluscs**

“It comes from Northern China but this is a family recipe that my Grandma passed down, so the filling's a bit different to normal baozi.”

## **INGREDIENTS (MAKES 20 BUNS):**

- 5g active dry yeast
- 8g (2 tsp) granulated sugar
- 1 ½ cups (355 ml) lukewarm water
- 580g all purpose flour (plus extra for kneading and rolling)
- 700g ground pork (can substitute ground chicken or beef)
- 3 tbsp water (45 ml)
- 3 tbsp vegetable oil (45 ml)
- 2 tbsp ginger (about 20g, minced)
- 1 large onion (about 200g, minced)
- 1 tbsp dark soy sauce (15 ml)
- 1 tbsp sweet bean sauce (can substitute hoisin sauce)
- 2 tbsp ground bean sauce
- 1 tbsp oyster sauce
- 1 tsp sugar (4g)
- ½ tsp white pepper
- 2 tsp sesame oil
- 1 ½ tsp cornstarch (mixed with 1 tbsp water)
- 3 scallions (spring onions, finely chopped)

# BAOZI (包子)



## METHOD

1. In a large mixing bowl fully dissolve yeast and sugar in lukewarm water. Wait 10-15 minutes to let the yeast become active and foam up.
2. Add in the flour  $\frac{1}{2}$  cup at a time and knead for about 15 minutes. The dough should be soft, not sticky and not too firm. Once the dough is even and smooth, form it into a ball. Cover it with a damp kitchen towel and let it prove for one hour in a warm place. While it's proving, make the filling.
3. Add the ground meat to a large mixing bowl and stir in 3 tablespoons water until well mixed.
4. Now preheat the wok or a cast iron pan until it starts to smoke lightly. Add in 3 tablespoons oil, along with the minced ginger and diced onion. Cook over medium heat until the onions soften. Add in the ground pork and turn up the heat, stirring to break up any large chunks. Cook until all the pork turns pale and opaque.
5. Add dark soy sauce, sweet bean sauce, ground bean sauce, oyster sauce, sugar, white pepper, and sesame oil. With the heat on high, stir everything together until well-combined. Taste the filling and adjust seasoning if needed.
6. Cook for a couple of more minutes to cook off any remaining liquid. Stir in the cornstarch and water mixture, allowing everything to bubble together for 30 seconds to a minute. Turn off the heat and let the filling cool uncovered. After the filling has cooled, mix in the chopped scallions.
7. After the dough has finished proving, put it onto a clean surface dusted with flour. Knead for 2 minutes. Divide the dough into 20 equal pieces with the same mass.
8. Take each dough ball, and with a rolling pin, roll it from the edge towards the center, without actually rolling the center of the dough. The middle should be thicker than the edges. Add some filling to the center. Start with a smaller amount of filling until you get the hang of the folding. The buns are folded with one hand holding the skin and filling, and the other hand folding the edges of the dough. Fold and make it all the way around the circle, until you've sealed it at the top.
9. Lay the buns on a small piece of parchment paper and put it directly on your steaming rack. Repeat until all are assembled. Let the buns proof for another 15 minutes before steaming.
10. Steam for 10-15 minutes, let it cool down for 2 minutes and enjoy!

# BEEF LASAGNE

~ Mr Toms

RGS Head of Catering Services

**Time: 2 hours**

## INGREDIENTS (4 PORTIONS):

1kg beef mince  
1 onion (finely chopped)  
2 cloves garlic (minced)  
2 carrots (finely diced)  
800g chopped tomatoes  
20g tomato purée  
5g dried oregano  
5g dried basil  
250g dried lasagne sheets  
100g grated mozzarella  
50g grated parmesan  
Vegetable oil  
Salt and pepper

## White Sauce

50g butter  
50g plain flour  
600ml warm milk  
Salt and pepper



**Allergens:**  
Gluten, milk

## METHOD

1. Heat the oil in a large pan over a medium heat. Add the onion, garlic and carrot, cook until soft.
2. Add the beef mince and brown all over.
3. Add the chopped tomatoes, tomato puree, oregano, basil, salt and pepper.
4. Simmer for 40/45 mins until thickened.
5. In a separate pan melt the butter over a low heat.
6. Stir in the flour and cook for two minutes.
7. Gradually whisk in the warmed milk, stirring constantly until smooth and thick.
8. In an oven proof dish spread a spoonful of beef mixture on the base. Top with lasagne sheets, more ragu then white sauce. Repeat the layers finishing with white sauce on top.
9. Sprinkle both cheeses on top.
10. Bake in the oven 170°C for 35/40 mins until golden and crispy on top.
11. Leave to stand for 10 mins before portioning.

# BEEF & MUSHROOM PIE

~ Mr Toms

RGS Head of Catering Services

**Time: 2 hours**

## Ingredients:

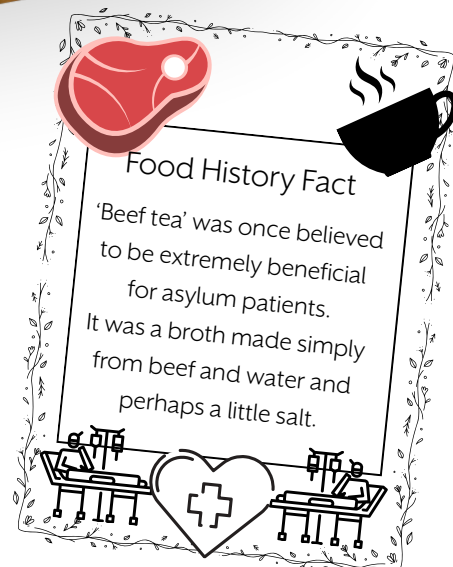
1kg diced beef stewing steak  
1 large onion (roughly chopped)  
350g button mushrooms (cut in quarters)  
1 litre beef stock  
30ml vegetable oil  
30g plain flour  
Salt and pepper

## For the Pastry:

450g plain flour  
220g cold butter  
150ml cold water  
4 egg yolks



**Allergens:**  
**Gluten, Milk**



## METHOD:

1. In a bowl, coat the diced stewing steak in the flour, salt and pepper.
2. In a heavy based pan, add the oil.
3. Add the beef stock making sure the meat is covered, put a lid on the pan and simmer for 45 mins.
4. Remove the lid and continue to cook for 25/30 mins.
5. Add the mushrooms and continue to cook for a further 10 mins until the meat is tender.
6. Leave the mixture to cool.

## Pastry:

1. In a food processor, mix the butter and flour until it resembles breadcrumbs.
2. Mix in half of the egg yolks then slowly add the water until the mix just comes together.
3. Form into a ball and cling wrap, leave to chill in the fridge for 30 mins.

## Assembly:

1. Heat the oven to 190°C.
2. Roll out half the pastry to fit around the pie dish, it should be ¼" thick.
3. Line the dish making sure there is enough hanging over the edges.
4. Spoon in the chilled beef and mushroom mix.
5. Roll the rest of the pastry for the lid, place on top, pinch to seal around and trim the edges.
6. Brush with the remaining egg yolk and put a few holes in the top to prevent it puffing up.
7. Bake for approx 45mins until golden brown.



# CHICKEN, CHICKPEA AND CHORIZO STEW

Time: 30 mins

~ Mr Williams

RGS staff

## INGREDIENTS:

6-8 chicken thighs (boneless and skinless, cut into chunks)  
1 large onion roughly chopped  
1 chorizo (sliced, approx. 0.5cm thick)  
1 can of chickpeas (drained)  
2 cans of chopped tomatoes  
2 tablespoons tomato puree  
3 cloves of garlic (crushed)  
a punch (not a pinch!) of oregano



## Allergens:

**Gluten**

(if served with bread)

## METHOD

1. Heat a large frying pan, add the sliced chorizo to the dry pan and fry for a minute or two until it starts to brown and it has released oil into the pan.
2. Add the garlic and onion and fry for a further minute.
3. Add the chicken and cook for about 10 minutes, stirring regularly.
4. Add the remaining ingredients and stir, turn the heat down to a medium temperature and allow to bubble gently for about 20 minutes.
5. Serve with crusty bread.

# CHICKEN KATSU CURRY

~ Mr Toms

RGS Head of Catering Services

Time: 45 minutes

## INGREDIENTS (4 PORTIONS):

450g chicken breasts (cut into strips length wise)

50g plain flour

100g panko breadcrumbs

1 egg

50ml milk

50ml vegetable oil

### Sauce

1 onion (finely chopped)

1 carrot (finely chopped)

2 garlic cloves (crushed)

10g grated fresh ginger

10g plain flour

10g medium curry powder

500ml chicken stock

1 tbsp soy sauce

Salt and pepper



**Allergens:**  
Gluten, milk, egg

## METHOD

1. In a heavy based pan on a low heat add a little oil and fry off the onions and carrots until soft but not coloured.
2. Add the garlic, ginger and curry powder and cook for 1 minute. Add the flour and continue to cook for 30 seconds then gradually add the hot chicken stock, stirring constantly. Bring to the boil, then simmer for 10 mins until thick.
3. Blend the sauce with a stick blender then add the soy sauce, salt and pepper to taste.
4. To prepare the chicken: have three bowls, one with flour, one with beaten egg and milk and the other with the breadcrumbs.
5. Coat the chicken strips in the flour (shake off the excess), then dip in the egg mixture, then the breadcrumbs ensuring that each piece is evenly coated.
6. Heat the oil in a large frying pan on a medium heat. Add half the chicken and cook for  $\frac{3}{4}$  mins on each side until golden. Remove and keep warm and repeat with the remaining chicken.
7. Serve the chicken with the hot curry sauce and jasmine rice.



# CHILLI CON CARNE

Time: 50 mins

~ Anonymous

## INGREDIENTS:

2 tsp oregano  
2 tsp cumin  
2 tsp smoked paprika  
1 tsp chilli powder  
½ tsp dried chilli flakes (add if you like a little more spice)  
½ tsp brown sugar  
3 tbsp gluten-free plain flour  
½ tsp salt  
½ tsp pepper  
2 tbsp garlic infused oil for frying  
1 red pepper chopped into big chunks  
1 courgette chopped into big chunks (optionally replace with a diced onion)  
500g minced beef  
1 gluten-free beef stock cube mixed with 165ml of boiling water  
400g canned chopped tomatoes  
3 tbsp tomato puree  
250g canned kidney beans drained  
Long-grain rice or potato wedges



### Food History Fact

Traditional Haggis has been banned in the USA since 1971 as it contains sheep lungs, which are considered unsafe to eat.

## METHOD

1. In a small, dish add everything for your spice blend and mix together until well-combined.
2. In a large pan, add 2 tbsp of garlic-infused oil and place over a medium heat. Fry your pepper and courgette briefly until slightly browned, before adding in your minced beef. Break up the mince and cook for 2-3 minutes until slightly browned.
3. Add your paste and mix in - stir fry for 2-3 minutes until fragrant.
4. Add your stock, chopped tomatoes and tomato puree - stir in thoroughly.
5. Bring to the boil and reduce to a simmer, then add your kidney beans and bay leaves. Simmer for 30-45 minutes or until the sauce has thickened. Remove the bay leaves.
6. Serve up with rice or potato wedges and some grated cheese, if you fancy. Throw on some chopped spring onion and serve. Enjoy!



# CREAMY RIGATONI

~ Dahunsi O, Y10

**Time: 45minutes**

## INGREDIENTS:

100g rigatoni  
50g double cream  
1 tbsp tomato paste  
1 diced onion  
3 cloves of diced garlic  
1 tbsp oil  
Seasonings  
Mozzarella ball  
Basil



## METHOD

1. Add oil to a pan and heat for 2 mins.
2. Add in onions and sauté.
3. Add in diced garlic and cook for 3 mins.
4. Add in tomato paste and stir for 2 mins.
5. Add in double cream to the pan and cover for 4mins.
6. In another pot boil rigatoni until done.
7. Drain pasta and set aside.
8. Stir in the rigatoni.
9. Then add the mozzarella and stir.
10. Serve with cut basil and enjoy.

**Allergens:**

**Gluten**

**Dairy**



# MBAKBAKA

## LIBYAN PASTA

~ Saja A, Y9

**Time: 1 hour**

### INGREDIENTS:

Chicken, or other meat of choice  
Tomatoes  
2-3 cloves of garlic  
Potatoes  
2 tbsp tomato purée  
½ tsp turmeric  
Chilli peppers  
500g pasta  
Onions  
Vegetable oil  
⅓ tsp salt  
Chickpeas

“The name 'mbekbka' or 'mbakbaka' originates from the sound of pasta boiling over a fire, reflecting the cooking method.”

Note: This is an halal recipe, so while you could make it with meat that isn't halal, it is traditionally made with halal meat.

### METHOD

1. Chop the vegetables and the meat.
2. Pour the tomato puree, salt, turmeric, onions, tomatoes, chickpeas, chilli peppers and meat in a saucepan with the vegetable oil at 50°C.
3. Then pour 1L of hot water straight from the kettle.
4. Turn up the temperature to 60°C.
5. Let the meat cook for around half an hour.
6. Pour the pasta in the saucepan.
7. Wait for the pasta to become soft and cook and whilst waiting chop 2 or 3 cloves of garlic depending on how strong you want to taste the garlic.
8. Make sure the sauce is quite watery compared to a creamy soup but not completely runny and then serve in bowls (however culturally everyone eats from the same large bowl).

**Allergens:**

**Gluten**



# ONE-POT TOMATO PASTA

Time: 15 mins

~ Anonymous

## INGREDIENTS

2 tbsp garlic-infused oil  
400g gluten-free sausages  
1 red pepper chopped into chunks  
1 tsp smoked paprika  
1 tsp fennel seeds or ground fennel  
2 tsp dried oregano  
½ tsp dried chilli flakes

400g tin of chopped tomatoes  
500ml gluten-free stock  
1 tbsp tomato puree  
250g gluten-free pasta  
2 tbsp cream cheese  
2 tbsp parmesan  
pinch salt and pepper  
tiny handful fresh basil



**Allergens:**

**Gluten, milk, egg**

## METHODS:

1. Remove the sausages from their skins and break into smaller chunks.
2. Heat the garlic infused oil in a large pan over a medium heat.
3. Add the sausage chunks and red pepper to the pan and fry until slightly browned (5 minutes should do it).
4. Stir in the smoked paprika, fennel seeds, oregano and chilli flakes and cook for a couple of minutes more.
5. Pour in the chopped tomatoes, stock and tomato puree, mix it all around and then add in the pasta.
6. Bring to a simmer, pop the lid on the pan and allow to cook for around 12 minutes until the pasta is cooked.
7. Spoon in the cream cheese and parmesan and stir through to get a creamy thicker sauce.
8. Season with salt and pepper, stir in, then finish with some fresh basil.



# PANEER MAKHNI

~ Anonymous

Time: 1 hour

## INGREDIENTS:

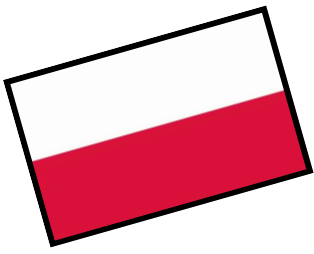
Onion  
Tomato  
Cashew Nuts\*  
Ginger  
Garlic  
Butter  
Cream  
Red Chili Powder  
Garam Masala  
Turmeric Powder (optional)  
Pinch of Sugar  
Salt  
Dried Fenugreek Leaves  
Cinnamon  
Cloves  
Cardamon  
Paneer  
\*Nuts are optional



**Allergens:**  
Milk, tree nuts (cashew, if included)

## METHOD

1. In a large lidded pan, put the chopped tomatoes, onions, ginger, garlic, red chilli powder and all your spices, plus salt and cashew nuts (optional). Cook on a medium heat for 30 minutes.
2. Let the sauce cool down, then blend and strain it to get a nice smooth makhni sauce.
3. In a new pan, sauté some paneer cubes with butter, then add your makhni sauce. Cook on a low heat for 10 minutes and then add cream to taste.



# PIEROGI RUSKIE

POLISH DUMPLINGS WITH POTATO AND CHEESE FILLING

Time: 60 mins

~ Bernard S, Y9

## INGREDIENTS

### Dough:

500g flour  
a glass of hot water - 250 ml  
4 tbsp oil - 50 ml  
½ tsp salt

### Filling:

300g farmers cheese/cottage cheese  
large white or yellow onion - 300 g  
650-700g potatoes  
2 tbsp butter or frying oil  
½ flat teaspoon each of salt and pepper

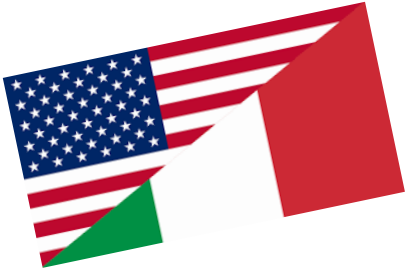
**Allergens:**  
Gluten, Milk



*Note: This recipe is vegetarian. Farmers cheese is tricky to get hold of so cottage cheese is a good alternative.*

## METHOD:

1. Peel the potatoes and boil until tender in salted water. Drain the water, dry and mash the potatoes thoroughly. You should get no more than 500g of potato mass. Leave to cool. Then add the salt and pepper to the bowl.
2. Peel and chop a large onion. Add the butter or oil to a heated pan., then add the chopped onion and fry on a medium heat for about 10 minutes.
3. For the stuffing, fold the farmers or cottage cheese into the potatoes with the salt and pepper and mix the onions in too.
4. To prepare the dough for the dumplings. Sift the flour into a wide bowl, add the salt and the oil. Pour in a glass of hot, boiled water and stir the dough with a spoon, then start kneading it. The dough should be soft, malleable and elastic. Wrap the finished dough in tin foil and leave for about 30 minutes.
5. After this time, cut the dough into reasonably sized pieces to start rolling, keep the other pieces under a cloth to prevent them from drying out. Roll one piece of the dough thinly on a work surface dusted with flour. Then, use a round cup (or a round cookie cutter) to cut circles out of the dough. Once you have cut out all of the circles, add a spoonful or so of filling in the middle of each circle. Then, you can fold each circle in half and glue the joints by pinching them, making sure that none of the filling gets in the seam. Add any of the unused dough into the next piece of dough and repeat this step until you have used up all of the dough.
6. You can now cook the pierogi, keep all the pierogi that are waiting to be cooked under a cloth to prevent them from drying out. Place each batch of pierogi in a pot of salted, boiling water. The water should not bubble strongly. Fish out the dumplings after about 3-4 minutes from them floating to the surface.
7. Your pierogi are now ready to eat, serve with more fried onion sprinkled on top of the pierogi.



# PINK PASTA

~ Giulian F, Y10

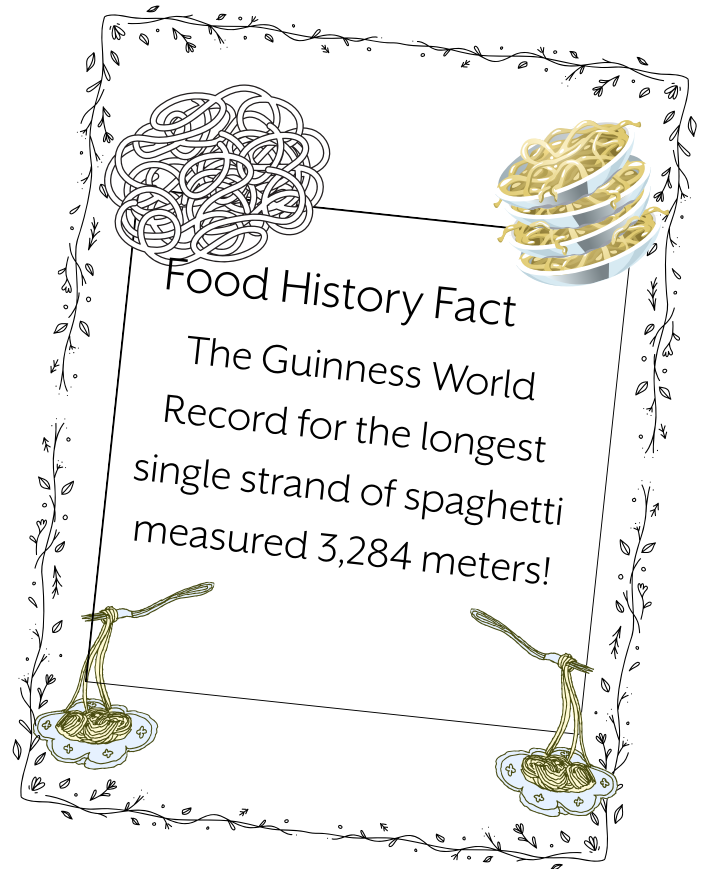
Time: 20 mins

## INGREDIENTS:

Pasta of your choice  
Beetroots (from the chiller)  
Cream Cheese  
Parmesan (optional)

### Allergens:

Milk, Egg (with some pasta and traditional Parmesan),  
Sulphites (possible with beetroots, check the packet)



## METHOD

1. Cook some pasta as usual in a pot.
2. Once ready, take it out, drain and put in a bowl.
3. Add the liquid from the beetroot packet (and cut up some beetroots and add them, if you want).
4. Mix until it turns red.
5. Add cream cheese until it turns pink.
6. Add some parmesan if you want.



# PEANUT BUTTER WITH BEEF AND OXTAIL

~ Shoshana S, Y7

## INGREDIENTS (SERVES 5):

### For the rice

3 cups long-grain white rice  
6 cups water  
1 tsp salt

### For the sauce

Meat:

700 g beef, cut into medium pieces  
500 g oxtail, cut into sections

### Peanut base

1½ cups smooth peanut butter (about 375 g)  
3 cups water

### Vegetables (to blend)

2 medium onions  
4 medium tomatoes (seeded)  
2 bell peppers  
1 small chilli pepper (optional)  
2 cloves garlic

### Other ingredients

2 tbsp tomato paste  
1 cup chopped sawa-sawa / sorrel leaves  
1–2 tbsp cooking oil (optional)  
2 Maggi cubes (adjust to taste)  
1½ tsp all-purpose seasoning  
1 tsp salt (adjust to taste)  
1 lemon (for washing meat)



### Allergens:

**Peanuts. Possibly in ingredients: Gluten, Soy, Celery, Mustard**

### Tips for Best Results:

- Oxtail thickens the sauce naturally - don't rush it.
- If the sauce is too thick, add warm water ¼ cup at a time.
- Let it rest 5–10 minutes before serving for best flavour

## METHOD:

1. Prepare the meat and wash the beef and oxtail with lemon, then rinse with clean water.
  2. Season with 1 tsp salt, 1½ tsp all-purpose seasoning and 1 crushed garlic clove.
  3. Cook the oxtail first and place it into a pot with no water.
  4. Cover and cook on medium heat until it releases its natural juices.
  5. Add ½ cup water, cover, and cook for 45–60 minutes until soft.
  6. Set aside with the cooking liquid.
  7. Cook the beef, and add it into a separate pot with no water.
  8. Cover and cook until tender (about 25–30 minutes). Set aside with its juices.
  10. Blend the following vegetables together until smooth: onions, tomatoes, bell peppers, chilli (if preferred) and one clove of garlic.
  11. Separately, wash the sorrel leaves thoroughly, steam lightly for 2-3 minutes, drain and set aside.
  12. Mix 1½ cups of peanut butter with 3 cups of water in a pot
  13. Turn the temperature up to boiling, boil for 10 minutes, then set aside.
  14. Heat 1–2 tbsp oil in a large pot (optional) and add the blended vegetables and 2 tbsp tomato paste. Cook for 3–5 minutes, stirring, until slightly thickened.
  16. Combine everything, add the cooked oxtail, its stock, the cooked beef and its stock. Stir and simmer for 5 minutes.
  18. Then, add boiled peanut butter mixture, steamed sorrel leaves and 2 Maggi cubes. Stir well and simmer gently for 10–15 minutes.
- Tip: Anything you add, stir well (important to prevent separation)!
20. Cook the rice and rinse it until the water runs clear.
  21. Boil 6 cups water with 1 tsp salt, and add the rice, cover and cook on low heat for 15-18 minutes.
  22. Serve the hot peanut butter sauce with beef & oxtail over white rice.



# SAAG ALOO

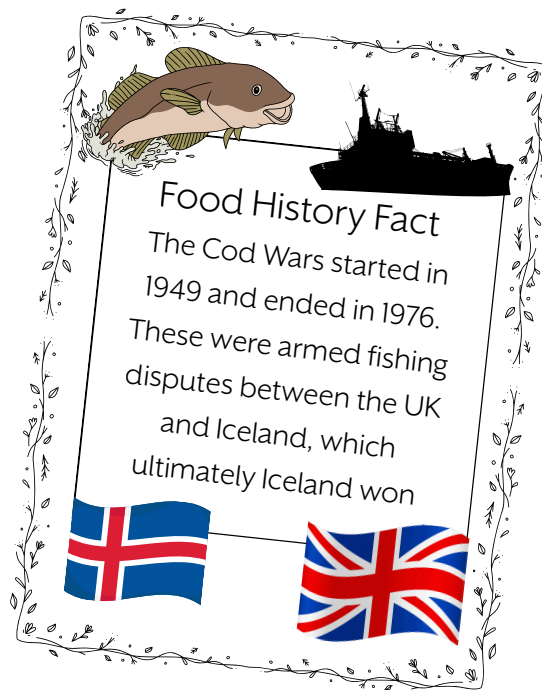
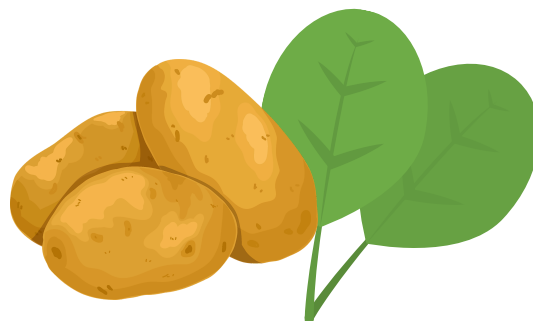
~ Mr Toms

RGS Head of Catering Services

Time: c.40minutes

## INGREDIENTS (4 PORTIONS):

700g floury potatoes, peeled and cut into bitesize pieces  
20ml vegetable oil  
2 red onions (finely chopped)  
1 tsp black mustard seeds  
2 tsps cumin seeds  
2 tsps garlic paste  
2 tsps ginger paste  
1 green chilli (finely chopped)  
1 tsp garam masala  
1 tsp turmeric  
1 tbsp tomato puree  
125 ml chicken stock  
100g spinach  
50 fresh coriander  
Salt and Pepper



### Allergens:

Milk, Gluten, Soy, Celery,  
Mustard, Sulphites

## METHOD

1. Par boil the potatoes in salted water, drain and set aside
2. In a heavy based pan on a medium heat add the oil and mustard seeds, once they start to pop add the cumin seeds and fry for 30 seconds
3. Add the diced red onions and fry until soft and starting to colour
4. Add the garlic, ginger, chilli and spices and mix well to coat the onions
5. Add the par-cooked potatoes then add the stock
6. Continue to simmer until the potatoes are fully cooked
7. Add the spinach, season with salt and pepper and finish with the fresh coriander



# SPANAKOPITA

## GREEK SPINACH + FETA PIE

traditional greek dish

**Time: 45 minutes**

~ Ioanna P, Y9

### INGREDIENTS

400-500g spinach leaves  
100-200g of feta cheese (to personal taste)  
1-2 tablespoons olive oil  
2 eggs  
2 large layers of Filo Pastry (e.g. 2 Jus-Rol Puff Pastry Ready Rolled Sheet 320g will do the trick)\*

### Optional

1 tsp of milk  
Pinch of salt (optional – as feta cheese is already quite salty)

\*Note: this can of course also be home-made, but is more time-consuming and challenging!



**Allergens:**  
Milk, eggs, gluten

Note: There are different versions of this with/without the feta cheese. Technically, some call the version with feta cheese 'σπανακοτυρόπιττα' (or spinach-cheese-pie).

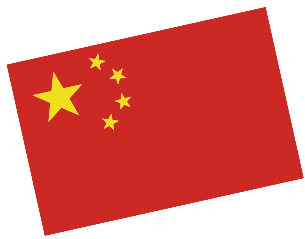
If spinach is not your thing, you can replace with another kind of soft, or grated hard, cheese (or a combination of cheeses), to make a 'τυρόπιττα' (cheese pie) instead.



This particular recipe was taken from a close family friend and outstanding cook (Παρασκευή) who recently passed away in her mid-90s.

## METHOD

1. Wash the spinach leaves with cold water.
2. Grate the desired amount of feta cheese finely (personal recommendation: one supermarket pack of around 200 grams gives a clear taste, without overwhelming the spinach)
3. Whisk 2 eggs in a bowl (optional: add 1-2 tablespoons of milk, and mix well).
4. Mix spinach, grated feta and egg-milk mixture in a large container: first place spinach, then sprinkle feta onto leaves, dressing them with the egg-milk mixture. If you enjoy your food salty, add a pinch of salt. Stir mixture well. (Recommendation: do the mixture preparation in 2 steps, with half of each component on each step – as a huge container will otherwise be required!).
5. Take a large tray (e.g. 25 cm \* 35 cm) and spread it with a teaspoon of olive oil (to avoid bottom pastry sheet sticking onto tray).
6. Spread the ready-made puff pastry (or homemade filo) onto the oiled tray covering the vertical tray edges for full sealing and crispy pie edges.
7. Place all the spinach-cheese-egg-milk mixture onto the pastry surface.
8. Add the second puff pastry on top, and ensure that the bottom and top pastry sheets join together for a perfect sealing of the mixture. Do not worry if there is some extra pastry left when doing so – simply wrap it up nicely at the edge and keep: this will give the final pie a crispier taste (a personal favourite!).
9. Add another teaspoon of olive oil on top sealed pastry, to ensure it acquires a crispy taste (and a nice dark brown colour) once baked.
10. After oiling, make sure that you slice the pie to desired smaller size portions – as slicing is much easier to do before it is baked (trust me!): in so doing make sure you slice all the way to the bottom of the tray, to create individual identifiable portions.
11. Now place into the middle shelf of a (180-200°C) pre-heated oven and leave to bake for approximately 80 minutes, until top layer looks nicely crisp and dark brown. Feel free to taste if mixture has reasonably solidified by using a knife vertically into the pie – but don't worry if top gets too crispy, it's all part of the process!



# STEAMED SEA BASS

~ Jialin D, Y10

**Time: 50 mins**

## INGREDIENTS:

1 whole sea bass  
4 slices of fresh ginger  
A few spoons of cooking rice wine  
A few spoons of light soybean sauce  
50ml sunflower oil  
A few cups of water  
Spring onions, cut into long strips  
Salt



## Allergens:

**Fish, Soya, Wheat (Gluten)**

*May also contain sulphites depending on the rice wine used.*

## METHOD

1. Wash the fish and then use a small knife to scrape the scales off the fish.
2. Prepare the fish by gutting, removing the gills and cutting off the fins.
3. Spoon the cooking rice wine over and inside the fish, to get rid of the bitter taste.
4. Rub salt all over the fish, including the inside, and spoon some light soybean sauce over it as well.
5. Cut two small slits on both sides of the fish, in 45 degree angles in the direction of the gills, then slot the four slices of ginger into the cuts.
6. Put it on a big/long dish plate for around half an hour, with cling film covering it.
7. Pour a few cups of water into a steamer pot, and wait for the water to boil.
8. Remove the cling film and put the plate with the fish into the steamer pot.
9. Put on the steamer pot lid and wait for around 10 minutes.
10. Spoon some more light soybean sauce onto the fish, then put the spring onions onto the fish, and heat up some sunflower oil in a pan until sizzling.
11. Carefully and slowly pour the sizzling sunflower oil over the fish, particularly over the spring onions.
12. Take the plate out of the pot and serve straight away.



# VEGAN MUSHROOM RISOTTO

Time: 60 mins

~ Mr Shepherd  
RGS staff

## INGREDIENTS

300g fresh mushrooms (ideally a mix of oyster, shiitake and chestnut, but you can use all chestnut mushrooms)  
50g dried porcini soaked in 500ml hot water for 30 minutes  
1 medium onion, finely chopped  
3 tbsp olive oil  
50g coconut oil or vegan butter  
300g risotto rice (I prefer the texture of carnaroli rice, but arborio is fine)  
1000 ml vegetable or vegan "chicken" stock  
175ml white wine (this can be omitted)  
50g vegan parmesan (this can be omitted but adds depth of flavour)  
Handful of chopped parsley



### Allergens:

May contain celery, tree nuts (including cashew and coconut), soy and gluten, depending on products used.

## METHOD

1. Clean and slice your fresh mushrooms.
2. Remove the soaked porcini mushrooms from the hot water, keeping the porcini liquid to add later, and finely chop them. Add them to the fresh mushrooms.
3. In a saucepan, heat the stock and porcini liquid until just below boiling.
4. In a saute pan, fry the onion in the olive oil and butter/coconut oil until softened and beginning to colour. Add the mushrooms and fry over a moderate heat for 4-5 minutes.
5. Add the rice and stir continuously.
6. Add the wine. Continue to heat until the rice has absorbed any liquid and it begins to look dry, but do not let it catch on the bottom of the pan.
7. Add the hot stock one ladle at a time and stir continuously until the rice has absorbed most of the liquid.
8. Repeat adding stock and stirring continuously until the rice is cooked to your liking; traditionally this is al dente.
9. Stir through the parmesan and scatter with the chopped parsley. Spoon into bowls.





# DESSERTS





# BANANA CAKE

~ Iason F, Y7

**Time: 1 hour, 15 mins**

## INGREDIENTS

- 1/3 cup (75g) extra-virgin olive oil
- 1/2 cup of honey (168g)
- 2 eggs
- 3-4 mashed ripe bananas
- 1/4 cup (56g) of milk
- 1 teaspoon baking soda (not powder)
- 1 teaspoon vanilla extract
- 1 teaspoon tahini
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon (and some extra to sprinkle on top)
- 220g of whole wheat flour

Note: Tahini can be replaced with peanut butter, especially for those with sesame allergies.



**Allergens:**  
**Gluten, Milk, Eggs,  
Sesame, Nuts**

## METHOD:

1. Preheat oven to 325°F (165°C) and grease a 9x5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok!
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirl affect, run the tip of a knife across the batter in a zig-zag pattern.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the centre comes out clean. Let the cake cool in the loaf pan for at least 10 minutes. You may need to run a butter knife around the edges to loosen the bread from the pan.
6. Carefully transfer the loaf to a wire rack to cool before slicing.

“ When we adopted our first batch of rescue hens, Birds Custard was banished from the cupboard. With fresh eggs on tap, I was 'eggstatic' to finally try making custard from scratch. ”

# CUSTARD

~ Ms Hutchinson  
RGS staff

**Time: 5 Minutes**

## INGREDIENTS:

1 egg  
300ml milk  
3 drops of vanilla extract  
sugar to taste



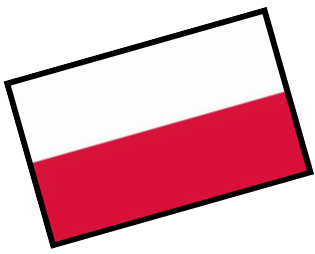
## METHOD:

1. In a large cup, mix the corn flour, sugar, vanilla essence and the egg together
2. Warm the milk in a jug in the microwave, aim for lukewarm (if the milk is too hot, the egg will scramble).
3. Pour approx. 50ml of the warmed milk into the egg mixture, mix well
4. Pour the mixture from the cup back into the milk jug. Whisk like mad for a minute.
5. Put jug into the microwave and heat, take out every 30 seconds or so and whisk with vigour.

It should thicken in approx. 3 minutes. If you like it thicker, then heat for longer.

If you are feeling decadent, then add some cream.

Enjoy!



# DROŻDZÓWKI

POLISH SWEET BUNS

Time: 1 hour

~Bernard S, Y9

## INGREDIENTS

### Dough

- 265g wheat flour
- 125ml warm milk
- 9g dry yeast
- 50g sugar
- 1 large egg (+1 egg for brushing)
- 50g butter (melted)

### Topping

- 550g of apples
- 4 flat tablespoons of brown sugar
- 1 teaspoon of cinnamon
- 1 tablespoon of butter



**Allergens:**  
Gluten, Milk, Eggs



## METHOD:

1. Heat the milk (it should be warm) and add it to a large bowl, then add the yeast.
2. Add the flour, sugar, egg, and melted butter and mix in a stand mixer on a low speed for about 15 minutes.
3. Cover the bowl with a cloth and let it stand for about 1 hour 30 minutes to rise.
4. Whilst you are waiting for the dough to rise, you can make the filling. Peel and dice about 550g of apples to be left with 500g of apple mass and add into a pan along with the butter, cinnamon and brown sugar. Heat at medium power until the apples are soft but not falling apart.
5. Roll out the dough onto a floured work surface until it is about 1.5cm thick. Then cut the dough into circles with a diameter of about 8.5cm. After that, form a dip in each circle for the filling. Add the cinnamon-apples into the dip of each circle and leave for 30 minutes in a warm place.
6. After that time, beat one egg and brush the sides of the dough with it
7. Preheat the oven to 180°C and bake for about 18 – 20 minutes.

# EGGLESS AIRFRYER CHEESECAKE

“We make it at every event, it's famous in our circle of families and friends! We love changing it up every time, mixing up the flavours and combinations; our best ones so far have been chocolate, biscoff and banana, pistachio, and mango and raspberry.”

**Time: 1 hour**

**Allergens:**  
Milk, Gluten

~ Anonymous

## INGREDIENTS:

Crushed biscuits (any of your choice)  
Butter (6tbsp)  
Cream cheese (1.5 cups)  
Double cream (6tbsp)  
Condensed milk (3/4 cup)  
Vanilla essence (1 tsp)  
Cornflour (1.5 tbsp)  
Spread (optional)  
Gelatine (optional)



## METHOD

1. Crush some biscuits of your choice and mix them with melted butter.
2. Lay them in a circular baking tin, and pat them (with a cup or spoon) so it's a flat, even layer at the bottom. Put it in the fridge for it to set.
3. Mix the cream cheese, double cream, condensed milk, vanilla essence and cornflour in a bowl so you get a creamy batter.
4. Once you're sure the batter is smooth with no bits, take the baking tin out the fridge. Pour the batter over the biscuit layer.
5. Seal the open baking tin with foil.
6. Fill your airfryer basket with water until it reaches the level of the grill pan.
7. Airfry for 30-35 minutes on 160 degrees.
8. Once it is finished, let it cool for a few minutes before adding a mixture of some spread and gelatine as a top layer (optional). Decorate as you like, and enjoy!

# MR MOORE'S PERFECT FLUFFY PANCAKES

~ Mr Moore  
RGS staff

“I've spent years perfecting this recipe and now make these pancakes most weeks for family and friends. RGS even asked me to record a video for Pancake Day to share it with the wider school community. It has become a firm favourite.”

**Time: 45 mins**

## INGREDIENTS:

350g plain flour  
10g (1 tbsp) baking powder  
125 caster sugar  
Pinch of salt  
375ml milk  
30g melted butter  
1 egg

Alternatively, use 350g self-raising flour and omit the baking powder.



**Allergens:**  
Gluten, Milk, Eggs

## METHOD

1. Add the flour, baking powder or self-raising flour, caster sugar and salt to a large bowl. Mix well to combine.
2. Melt the butter in the microwave and allow it to cool slightly.
3. Add the milk, egg and melted butter to the dry ingredients and stir until combined.
4. The most important step is to wait. Leave the batter to rest for around 30 minutes. This allows the ingredients to absorb the liquid fully and results in beautifully light, fluffy pancakes.
5. Heat a non-stick frying pan over a medium heat. If your pan is not non-stick, add a small amount of butter to prevent sticking.
6. Pour a ladle of batter into the pan. Wait until bubbles appear across the surface of the pancake.
7. Flip carefully and continue cooking until the second side is golden and the top feels soft to the touch.



# NAAN KHATAI

~ Aila A, Y7

**Time: 30-35 minutes**

## INGREDIENTS:

- ½ cup powdered sugar
- 1 cup of all purpose flour
- ½ cup butter or oil
- 2 tbsp gram flour
- ½ tsp baking powder
- ½ tsp baking soda
- 3-4 cardamoms
- 2 medium egg yolks



*Note: cardamom can be hard to find in the shops, as an alternative you can use vanilla essence.*

## Allergens:

**Gluten, Egg, Dairy**  
(if using butter)

## METHOD

1. Pre heat oven for 5 minutes at 180C
2. Mix sugar and oil/butter in a mixer
3. Add grinded cardamoms, baking powder, baking soda, gram flour and all purpose flour
4. Make a soft dough out of mixture
5. Using the dough, make balls and flattem them
6. Whisk the egg yolks for about 1-2 minutes and then brush on top of the flattened biscuits
7. Bake for 23-25 minutes
8. Cools down for about 15 minutes and enjoy!



# RAS MALAI

INDIAN DESSERT

~ Nadia U

RGS Parent

Time: 3 hours

## INGREDIENTS

- 1 cup powdered milk
- 1 egg
- 1 tsp baking powder
- 1 litre milk
- 6 tbsp sugar
- 1 green cardamon (elachi)
- 1 tsp chopped pistachio
- ½ tsp rose / elachi essence

I loved to eat this as a kid and me and my 4 brothers would go crazy for it and I would always get the lion's share as the oldest. It holds a deep memory in my heart remembering when me and my brothers used to fight about it before I moved to the UK and left them.



**Allergens:**  
Milk, Nuts, Eggs

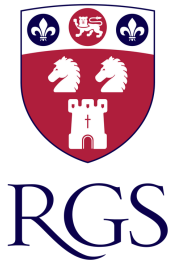
## METHOD

### Prepare the Chenna (Cheese Balls)

1. In a bowl, mix powdered milk and baking powder.
2. Add the egg and mix until it forms a smooth dough. The dough should be soft and pliable.
3. Divide the dough into small, equal-sized portions. Roll each portion between your palms to form smooth, round balls. Slightly flatten them into discs.
4. In a pot, combine milk and sugar. Add crushed green cardamom for flavor. Bring the mixture to a boil, stirring until the sugar is dissolved.
5. Gently drop the prepared chenna balls into the boiling milk mixture.
6. Cook the balls on low heat. They will start to swell and double in size as they cook. This usually takes about 15-20 minutes.

### Make the Rabri (Thickened Milk)

1. In a separate pan, simmer the remaining milk on low heat. Stir occasionally to prevent scorching.
2. Allow the milk to reduce to about half its original volume. This process thickens the milk, creating a creamy rabri.
3. Add sugar to the thickened milk and mix well. Stir in rose essence or elachi essence for fragrance.
4. Once the chenna balls are cooked, gently transfer them from the milk mixture to the rabri. Lightly squeeze the balls to remove excess milk before adding them to the rabri.
5. Allow the ras malai to cool, then refrigerate for at least 2 hours to allow the flavors to meld together.
6. Before serving, garnish with chopped pistachios.



# SCHOOL SPRINKLE CAKE

~ Mr Toms

RGS Head of Catering Services

**Time: 2 hours**

## INGREDIENTS (10 PORTIONS):

225g unsalted butter  
225g caster sugar  
225g self-raising flour  
4 large eggs  
225g icing sugar  
coloured sprinkles  
75ml milk  
2 tsp vanilla extract



### Allergens:

**Milk, Egg, Gluten, Soya**  
(if using sprinkles)

## METHOD

1. Heat the oven to 160°C/170°C. Grease a 30cm cake tin and line with baking parchment.
2. Place the butter and sugar in a large bowl and whisk with an electric mixer until light and fluffy. Gradually add in the eggs, flour, milk and vanilla and beat until you have a smooth batter.
3. Scrape the mixture into the prepared cake tin ensuring it is nice and smooth and bake for approx. 40/45mins. Insert a metal skewer in the centre and ensure it comes out clean. Leave to cool on a wire rack.
4. Combine the icing sugar with a little water to form a thick paste. Spread the mixture over the cooled cake then top with sprinkles.
5. Leave to set for approx. 1 hour



# FLAPJACK

~ Mr Toms

RGS Head of Catering Services

**Time: 45 mins**

## **INGREDIENTS (15 PORTIONS):**

230g granulated sugar  
230g unsalted butter  
230g Golden Syrup  
460g oats  
160g milk chocolate (optional)



## **Allergens:**

**Milk, Gluten, Soya (if using chocolate)**

## **METHOD**

1. In a heavy based pan combine butter, sugar and golden syrup. Bring slowly to the boil and mix until the sugar has dissolved.
2. Remove from the heat and add in the oats and mix until the oats are well coated with the mix
3. Spread evenly on a greased tray and bake at 140°C for 25-30 mins until golden brown
4. Once baked remove from the oven and gently mark out 15 bars then leave to cool
5. Melt the chocolate in a bowl over a pan of simmering water. Dip the flapjack bars in the chocolate, place on a wire rack and leave to set.

A large, thick, teal-colored curved shape that starts from the top left and curves downwards and to the right, ending at the bottom right. It has a slight gradient and is set against a white background.

**SNACKS**





# BUTTER LEMON COOKIES

Time: 40 minutes

~ Iason F, Y7

## INGREDIENTS

600g self-raising flour  
200g butter  
grated rind of two waxed lemons  
juice of 1 lemon  
1 or 2 beaten eggs, depending on size  
1 teaspoon of sugar



“ This recipe has been handed down through generations of our family. It is made by lemons grown in our family's citrus orchard in Peloponissos, in the south of Greece. We do it regularly in our home in Tynemouth with lemons that my grandfather sends us from our orchard every winter. ”

**Allergens:**  
Gluten, Milk, Eggs

## METHOD:

1. Rub the butter into the flour until it looks like breadcrumbs.
2. Add sugar, lemon rind and beaten egg and stir.
3. Add lemon juice until the mixture is creamy and stiff.
4. Spoon onto a greased baking tray and bake for about 30 minutes at 180°C



# FRUIT SKEWERS

~ Seb F, Y7

## INGREDIENTS:

Any amount of:

Pineapple

Apple

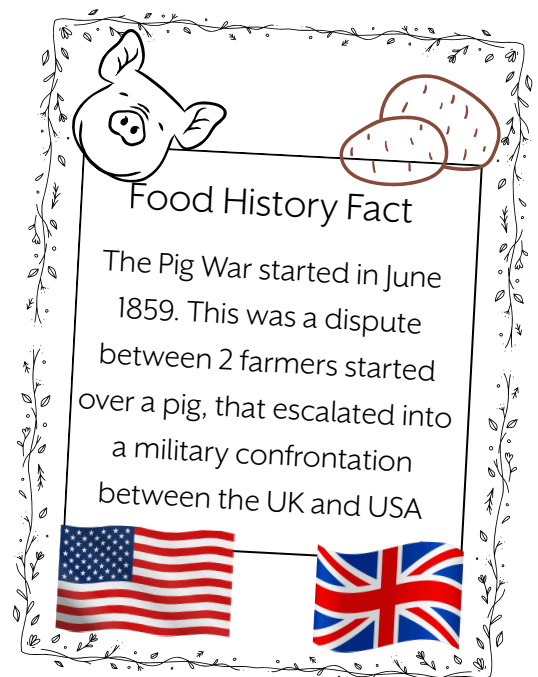
Banana, Strawberries

Kiwi



## METHOD

1. Carve the skin off the pineapple and kiwi
2. Cut the stems off the strawberries
3. Peel the bananas
4. Chop the fruit into smaller pieces
5. Place the fruit onto the skewers



# GINGER SNAPS

~ Mrs Sims

RGS Catering Superintendent, 1972-98

Time: 30 mins

## INGREDIENTS

225g of flour  
Pinch of salt  
1 tsp of ground ginger  
100g of sugar  
75g margarine  
100g syrup  
1 beaten egg

### Allergens:

**Gluten, Dairy, Eggs.**

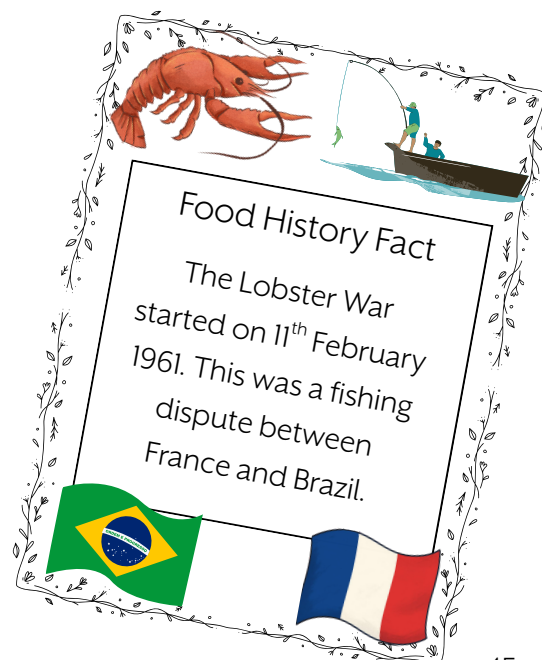
Main contain soy, and seed/nut oils depending on margarine brand used.

“ This recipe is taken from an earlier cookbook produced by RGS in November 1989. The recipes were contributed by parents, staff and friends of the school, with proceeds from copies sold going towards school Development projects. Jenny Sims was our Catering Superintendent. ”



## METHOD:

1. Mix all of the dry ingredients together thoroughly
2. Warm margarine and syrup, beat together
3. Add dry ingredients and beaten egg
4. Alternatively to margarine and sugar
5. Mix well
6. Place teaspoonfuls in rounds on a greased baking sheet
7. Bake for 15 minutes at 160°C





# MASALA CHAI

~ Aila A, Y7

Time: 8-9 mins

## INGREDIENTS:

- 1 cup of water
- 1 cup of milk
- ¼ cup evaporated milk
- 3 tea bags
- 3 cloves
- ½ inch cinnamon stick
- 1 inch piece of ginger
- 2 green cardamoms
- 1 star anise seed

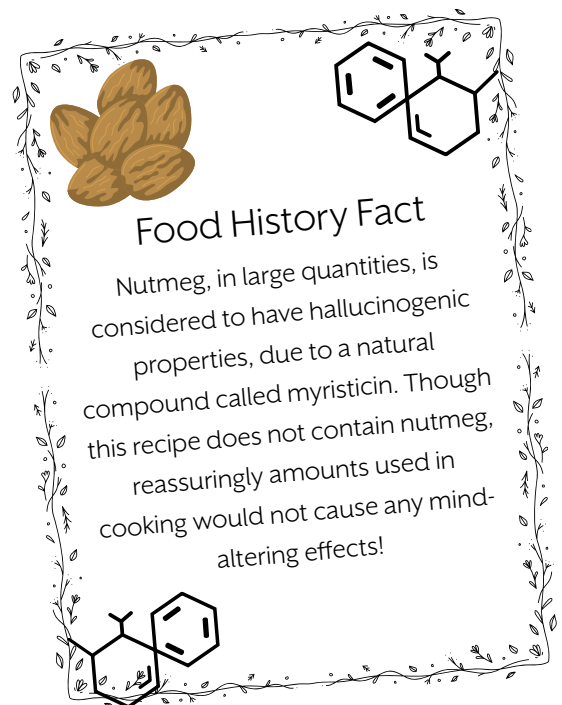


**Allergens:**

Dairy

## METHOD

1. Boil water and add tea bags in
2. Add the cloves, cinnamon stick, ginger, cardamoms and the star anise seeds
3. Boil for three minutes
4. Then add in the milk and evaporated milk
5. Boil for another 3 minutes on low heat



Try paprika as an optional extra - delish!

# SLICE, BAKE, DEVOUR: ULTRA MOREISH CHEESE SHORTBREAD

Time: 90 mins

~ Dr Thomas  
RGS staff

## INGREDIENTS:

150g Plain Flour  
100g Chilled and Diced Butter  
Pinch of Salt  
85g Cheddar / Parmesan Cheese  
Gruyere or Similar - Finely Grated  
Some love and care!

### Optional Extras:

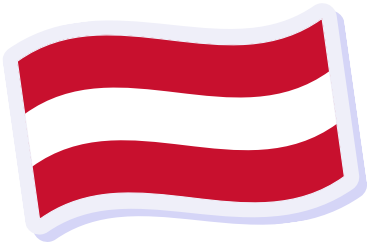
1 tsp Dried Thyme or Rosemary  
1 tsp Caraway or Cumin Seeds  
1/2 tsp Cayenne or Chipotle powder



**Allergens:**  
Gluten, Dairy

## METHOD

1. Mix all ingredients together in a processor (or rub by hand) until you form a dough
2. Turn the dough onto a lightly floured work surface and knead until smooth
3. Divide in half and roll each piece into a 'log' or 'sausage' of about 4cm diameter. Wrap and chill in the fridge for 60 mins.
4. After an hour cut 'logs' into roughly 5mm rounds - arrange on a baking tray.
5. Sprinkle with optional extras!
6. Bake in a pre-heated oven at 180°C fan, for 15-18 mins (until very lightly brown around the edges)



# VANILLEKIPFERL

~ Mrs Towns

RGS staff

Time: 45 mins

## INGREDIENTS:

For about 50 cookies;  
200g cold butter, cut into cubes  
200g plain flour  
100g ground almonds (or hazelnuts)  
75g caster sugar  
2 vanilla pods  
1 pinch of salt  
Icing sugar for dusting

**Allergens:**

**Gluten, Milk, Nuts**



## METHOD:

1. Place the butter, flour, ground almonds, sugar, salt, and the seeds scraped from the vanilla pods into a large bowl and quickly knead into a smooth dough.
2. Flatten the dough ball slightly and wrap in cling film. Chill in the fridge for 1 hour.
3. Cut the dough into finger-thick strips and divide into equal portions. Roll each portion between your hands into small rods, tapering the ends to a point (I use 10g of dough per vanilla crescent).
4. Preheat the oven to 170°C (top/bottom heat)
5. Place the crescents on a baking tray lined with parchment paper and bake for 13 minutes. I prefer them when the tips are just starting to turn golden.
6. Dust the still-hot crescents with icing sugar while they are on the baking tray. Let them cool slightly (they break easily when hot), then transfer to a wire rack to cool completely. Once fully cooled, store in a cookie tin.



# YORKSHIRE PARKIN

## TRADITIONAL GINGERBREAD CAKE

Time: 60 mins

~Dr Argyle  
RGS staff

### INGREDIENTS

150g self-raising, gluten-free flour  
150g gluten-free porridge oats  
2tsp ground ginger  
1tsp ground cinnamon  
150g Dairy- & gluten-free spread  
225g light muscovado sugar  
3 medium eggs beaten  
75g golden syrup  
75g black treacle



**Allergens:**  
Gluten, Milk, Eggs

*Note: This recipe has been made as gluten-free. If you do not require gluten free, you can use standard flour, porridge oats and butter.*

### METHOD:

1. Place the flour, oats, ginger and cinnamon into a mini chopper - blitz the dry ingredients until they resemble oatmeal.
2. Place a mixing bowl on scales and weigh out the spread and sugar.
3. Using an electric whisk cream the spread and sugar until it is smooth.
4. Alternate between gradually adding the beaten egg and flour/oat mix - to ensure mix does not curdle - using an electric whisk.
5. Once mix is looking on the dry side - stop whisking - place mixing bowl back on the scales. Add the golden syrup and black treacle.
6. Stir in the syrup and treacle - then using electric whisk ensure that ingredients are well combined.
7. Place mixing bowl in fridge to allow flavours to develop - this shocks the batter and ensures an even rise - Parkin is traditionally a dense tray bake.
8. Line two 2lb loaf tins. Set the oven to 140 (fan)/160.
9. Once oven reaches correct temperature divide the batter evenly between two tins.
10. Bake for 50 to 60 mins - Parkin should be golden and firm to touch. Use a metal skewer to check that is cooked through.
11. Allow cake to cool. Remove ends - and cut cake into 16 pieces.
12. Place into a cake tin for at least 24 hours to allow flavour to develop and the cake to become sticky.

# RGS FOOD: 1931-1945

Prior to 1931, the school canteen was almost empty. The food was bland and cold, leading to most students buying or bringing their own lunch. But something happened in 1931 which made all of this change. The Head of Catering job was given to Miss Stevens who would change the school lunches at RGS forever.

Under the leadership of “Ma” Stevens, the school started serving hot meals and very quickly, the canteen was filled with pupils who wanted to try the new food on offer.

However, in September 1939, the RGS pupils were evacuated to Penrith, a small town in Cumbria. Students were given three meals a day; breakfast, lunch and high tea. For breakfast, the hostel that they were staying at offered porridge or toast with either jam or marmalade. The high point was lunch which was served at 12:45, this was because of the variety on offer compared to the other meals of the day. Finally, at 6pm, high tea was served but was described as a rather frugal meal.



*RGS students in Penrith, 1940s*

Post-war, RGS pupils who could, had to go home for lunch due to the limited supply of food. Pupils who couldn't go home however could eat food at school.

It's clear that this short time period made a massive impact on school lunches at the RGS and is also one of the most interesting periods in the whole of England.

By Jude H, Y8

# THANK YOU

We would like to say a big thank you to everyone who has contributed to this cookbook. A special thanks to RGS Diversity Soc who shared many of the recipes, particularly to Bobbie D who created the submission form - it is very much appreciated. It has truly been a collaboration with the whole RGS community.

Junior HistSoc have worked incredibly hard on this project, and they have been brilliant champions of our heritage during the RGS Quincentenary.

With thanks to:

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**JULY 2026**



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