

# MFL Kitchen Corner

This half-term, why not try out your language skills in the kitchen while cooking up some tasty treats?

Here are three simple recipes for you to make while learning some Spanish, Mandarin and French. Say the words out loud as you cook and teach them to your family. Send your photos of your delicious culinary triumphs to [suzie.tall@sanctonwood.co.uk](mailto:suzie.tall@sanctonwood.co.uk) Maybe you'll try other French, Mandarin and Spanish recipes too? We look forward to sharing your photos in the MFL Kitchen Corner!



## Mœlleux minute au chocolat

par Mme Truche-Gordon

### Pour 6 personnes, il faut:

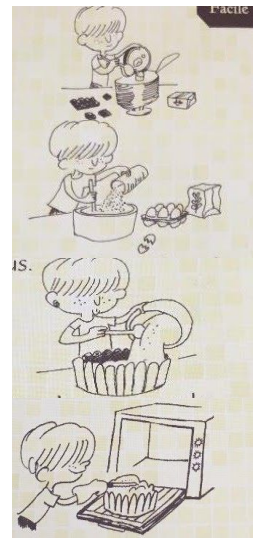
- 200 grammes de chocolat.
- 200 grammes de beurre.
- 4 œufs.
- 300 grammes de sucre.
- 125 grammes de farine.



Temps de préparation: 10 minutes.    Temps de cuisson: 20 à 25 minutes.

### Méthode:

- 1) Casse le chocolat et coupe le beurre en petits morceaux. Faire fondre à feu doux dans une casserole.
- 2) Dans un saladier, mélange le sucre, la farine et les œufs, puis ajoute le chocolat et le beurre fondu.
- 3) Verse la préparation dans un moule beurré.
- 4) Enfourne le gâteau et fais le cuire 20 à 25 minutes à 200 °C (thermostat 6/7).



**Astuce de pâtissier: C'est encore meilleure servi avec une boule de glace à la vanille!**

### You may need these words

le beurre - butter  
les œufs - eggs  
le sucre - sugar  
la farine - flour

les morceaux - bits  
ajouter - to add  
faire fondre - to melt  
une casserole - a pan

un saladier- a bowl  
mélanger - to mix  
fondu - melted  
verser - to pour

casse - break  
un moule - baking tin

à feux doux - low heat  
enfourner - to put in the oven

la preparation - the mixture  
faire cuire - to cook



## Chinese Rice Cake 米糕

Ingredients: (材料Cái Liào)

米 Raw Rice 250g  
水 Water 150g  
酵母 Yeast 10g  
糖 Sugar 60g  
葵花油 Sunflower oil 15g  
芝麻 Sesame 15g

Method: (方法 Fāngfǎ)

1. Soak the rice 米 with water 水 overnight in a container.
2. Pour away the water 水 from the container, then put rice 米 into a blender, add in sugar 糖 60g and water 水 150g, blend them for 10-15 minutes.
3. Pour the mixture into a pan and keep blending it while heating up the pan with medium heat until the mixture turns into a thick texture like soup.
4. Leave the pan cool down then add in 10g yeast 酵母, give it a quick blend. Place a kitchen film on the pan and leave it somewhere warm (at least 30 degrees) for 1-2 hours.
5. Take away the kitchen film then add into sunflower oil 葵花油 15g, give it a quick blend.
6. Brush some oil 葵花油 into small containers (can be any shape glass mould), divide the rice mixture into each mould (80% of the total capacity) then leave them to sit there for 30 minutes, spread some sesame on the top.
7. Steam these small containers for 20 minutes with highest heat: use a steamer or put some water 水 into a bigger pan, then place a tin in the middle of the pan, finally place all these small containers into the tin, cover the pan with a lid and heat up with highest heat.
8. Turn off the heat and leave the pan until it cools down. Open the pan, you will see these rice cakes are smiling to you! Miss Li.



## Tortilla Española



Prep: 30 mins



Cook: 50 mins

This classic Spanish omelette, filled with potatoes and onion, makes an easy vegetarian meal or a tasty tapas dish. Ideal for a picnic!

**Ingredientes**



**una cebolla** - 1 large white onion, sliced



**el aceite de oliva** - 4 tbsp olive oil



**la mantequilla** - 25g butter



**las patatas** - 400g waxy potatoes, peeled, quartered and finely sliced



**el ajo** - 6 garlic cloves



**los huevos** - 8 eggs, beaten



**una ensalada verde** - a green salad, to serve

## Método

1. Place a large non-stick frying pan on a low heat. Cook the onion (**la cebolla**) slowly in the oil (**el aceite**) and butter (**la mantequilla**) until soft, but not brown – for around 15 mins.
2. Add the potatoes (**las patatas**) to the pan, cover with a lid and cook gently for another 15-20 mins, stirring occasionally so they fry evenly. When the potatoes are soft and the onion is shiny, crush 2 garlic cloves (**el ajo**) and stir in, followed by the beaten eggs (**los huevos**).
3. Put the lid back on the pan (**el sartén**) and leave to cook gently. After 20 mins, the edges and base of your **tortilla** should be golden, the top set but the middle still a bit wobbly. To turn it over, slide it onto a plate (**el plato**) and put another plate on top. Now turn the whole thing over and slide it back into the pan to finish cooking.
4. Once cooked, transfer to a plate and serve the tortilla warm or cold. To accompany your **tortilla**, make a fresh green salad (**la ensalada verde**) of your favourite leaves and salad vegetables.

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**¡Buen provecho!** Enjoy! Mrs Tall

