

Scouts – International Cooking

Pizza in a cup (2)

Ingredients

- 4 tablespoons plain flour
- 1/8 teaspoon baking powder
- 1/16 teaspoon baking soda
- 1/8 teaspoon salt
- 3 tablespoons milk
- 1 tablespoon oil
- 1 tablespoon pasta sauce
- 1 generous tablespoon grated cheese
- Some pepperoni or ham
- 1/2 teaspoon dried Italian herbs (basil or oregano will work)

Instructions

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug
2. Add in the milk and oil with mix together. There might be some lumps but that is ok
3. Spoon on the pasta sauce and spread it around the surface of the batter
4. Sprinkle on the cheese, pepperoni/ ham and dried herbs
5. Microwave for 1 minute 10-20 seconds, or until it rises up and the topping are bubbling (timing is based on a 1200W microwave so your timing might vary)
6. Enjoy straight away!

Thai Green Curry (2)

Ingredients

- ½ cup (4fl oz/120ml) coconut milk
- 1 teaspoon green curry paste
- 3 tablespoons frozen carrots and peas (or whatever frozen veggies you like)
- 1 handful vermicelli rice noodles
- 1 tablespoon lime juice

Instructions

1. In a microwave safe mug add your coconut milk, green curry paste, lime juice and frozen veggies
2. Give this a good stir to combine then add in your noodles.
3. Microwave for 1 minute and 30 seconds to 2 minutes or until the noodles are soft and fully cooked (timing is based on a 1200W microwave so your timing might vary)
4. Enjoy straight away!

Cheese-broccoli in a cup (2)

Ingredients

- 5 tablespoons rice (quick cooking)
- ¾ cup (5oz/150g) cold water
- 2 broccoli florets (finely chopped)
- ½ teaspoon cornflour
- 3 tablespoons milk
- 4 tablespoons grated cheddar
- Salt to taste

Instructions

1. In a large, microwavable bowl add in your rice, broccoli and cold water. Place a plate over the top of the bowl. It's best to use a quick cooking as it cooks faster.
2. Microwave for 3 ½ - 4 minutes. Keep a close eye on it as it cooks as the water can overflow if the bowl is too small.
3. When the rice is fully cooked, remove from the microwave and mix in cornflour, milk, grated cheese, milk and a pinch of salt.
4. Place back in the microwave to heat the ingredients together, around 1 minute 30 seconds. The cornflour needs to get hot for it to activate. It helps to create a thick sauce for your rice bowl
5. Enjoy your rice warm, straight from the microwave.

Noodle Soup in a Mug (2)

Ingredients

- 1 cup Chicken stock (or veg stock)
- A few strands of instant noodles (¼ portion)
- 2 tablespoons frozen mixed vegetables
- 2 teaspoons soy sauce
- ½ teaspoons chili sauce
- 1 tablespoon spring onions, sliced

Instructions

1. In a large microwavable mug add in all of your ingredients. Use a large mug as the stock can bubble up while cooking. Break the noodles so they fit in the mug
2. Microwave for 2-2 ½ minutes or until the noodles are tender. The timing is based on a 1200W microwave so yours might vary.
3. Serve hot from the microwave. Feel free to add more chili sauce, sesame seeds or any flavours you like.

Scouts – International Cooking

Brownie in a cup (2)

Ingredients

- 3 tablespoons plain flour
- 3 tablespoons brown sugar
- 3 tablespoons Cocoa Powder
- 3 tablespoons flavourless oil (canola oil/coconut oil/sunflower oil)
- 3 tablespoons water
- pinch of salt
- 1/2 teaspoon vanilla extract
- 2 teaspoons chocolate chips

Instructions

1. In a microwavable mug (roughly 1 cup measurement) mix together all of the ingredients.
2. Mix in the chocolate chips.
3. If you don't want to cook them off straight away, then place them in the refrigerator for up to 24 hours.
4. Microwave for 45-60 seconds. (Timing is based on a 1200W microwave so your timing might vary). Allow to cool for at least 5 minutes.
5. Serve warm & enjoy!

White Chocolate Mug Cake (1)

Ingredients

- 55g/ 2oz / 1/4 cup butter, softened
- 55g/ 2oz / 1/4 cup sugar
- 1 egg
- 55g/ 2oz / 1/4 cup self-raising flour
- 1 tbsp white chocolate chunks

Instructions

1. Beat the butter and sugar together in a mug until pale and smooth
2. Break the egg in to a second mug. Beat gently with a fork, then gradually stir the egg in to the butter mixture.
3. Fold in the flour followed by the white chocolate chunks, then spoon half of the mixture into the mug you used to beat the egg and level the tops
4. Transfer the mugs to a microwave and cook on full power for 1 1/2 minutes. Test the cakes by inserting a skewer in to the centre – if it comes out clean, the cakes are ready. If not, return to the microwave for 15 seconds and test again. Leave the cakes to cool completely.

Chocolate Espresso Mug Cake (1)

Ingredients

- 55g/ 2oz / 1/4 cup butter, softened
- 55g/ 2oz / 1/4 cup sugar
- 1 egg
- 55g/ 2oz / 1/4 cup self-raising flour
- 1 tsp instant coffee powder
- 1 tbsp cocoa powder

Instructions

1. Beat the butter and sugar together in a mug until pale and smooth
2. Break the egg in to a second mug and beat gently with a fork, then gradually stir the egg in to the butter mixture
3. Fold in the flour, espresso powder and cocoa powder. Spoon half of the mixture in to the mug you used to beat the egg and level the tops
4. Transfer the mugs to a microwave and cook on full power for 1 1/2 minutes. Test the cakes by inserting a skewer in to the centre – if it comes out clean, the cakes are ready. If not, return to the microwave for 15 seconds and test again. Leave the cakes to cool completely.

Coconut Mug Cake (1)

Ingredients

- 30g/ 1oz / 1/8 cup butter
- 30g/ 1oz / 1/8 cup sugar
- 1 egg
- 30g/ 1oz / 1/8 cup self-raising flour
- 1 tbsp coconut milk
- 1 tbsp desiccated coconut

Instructions

1. Mix the butter and sugar in a large mug
2. Add the egg and stir until well mixed
3. Gradually stir in the flour, then add the coconut milk and mix well
4. Fold in the coconut
5. Place the mug in the centre of the microwave and cook for 1 1/2 minutes until well risen or until a skewer inserted in the centre comes out clean
6. Sprinkle with a little desiccated coconut and serve immediately

Sources:

(1) Let's Get Cooking – Mug Cakes – Igloo Books

(2) Gemma's Mug Meals - <https://www.biggerbolderbaking.com/gemmas-mug-meals/>