

EASY PLEASY **COOK BOOK**

**Inspiration and ideas
for cooking on a budget**

**The
Children's
Society**

Cheshire East Care Leavers' Group

EASY PLEASY COOK BOOK



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The #£21Challenge story so far...

Cheshire East Care Leavers' Group came together to make plans for National Care Leavers' Week in 2014. The group really wanted,

TO RAISE AWARENESS
of how difficult it
was to budget and
EAT HEALTHILY

So they devised the #£21Challenge.

The ~~#£21~~Challenge

* THE RULES! *

Professionals from far and wide across Cheshire East thought this was a brilliant idea and were keen to support it. The young people wanted those working with them to understand what it was like eating on a small budget so challenged them to do the **#£21Challenge** with some rules set out by the young people...

1. Only £21 per person per week for food, drink, socialising and transport to non-essential activities (the group thought they would let people drive to work).
2. You were allowed to use a number of 'store cupboard' items from a list provided.
3. The participants were to let the group know how they stuck to the **#£21Challenge** through a food diary, receipts, photographs or social media.
4. No collecting large amounts of food from other sources i.e. friends.

Here is what some of the professionals said:

Virtual School Head:

'I was frightened that I would run out before the end of the week. I had cereal for breakfast. Normally I have about four different types of cereal or oatcakes, buns or wraps. It made me realise how lucky I am to have such a choice. I was really glad I was able to do this. It made me realise how fortunate I am not to have to watch every penny when I shop and how fantastic our care leavers are to face and overcome this challenge on a daily basis – they are brave, brilliant young people and I am proud to work with them.'

Cheshire East Council (Bev):

'Biggest challenge was not having any sweet stuff or things like nuts as they are expensive.'

Cheshire East Council (Lorna):

'I made large portions and ate for a few days but by the third day you really want a change.'

The Children's Society

(Laura): 'I love cooking so liked the challenge of coming up with different recipes on a small budget and thinking about how to make it stretch over the week. However, I hated it later in the week when I really felt like cooking something else but not having anything left in my budget to buy it. I also really struggled not buying a lovely cake treat to satisfy my sweet tooth. Also I forgot to take packed lunch on some work training so had to dip further into my budget to buy a sandwich.'

Youth Engagement Service

(Penny): 'I used reduced-to-clear to get bread to make sandwiches. Later in the week I really wanted a cold drink but it was 50p I did not have.'

A woman with long dark hair, wearing a grey t-shirt with a Coca-Cola logo and a striped cardigan, stands behind a stainless steel counter. On the counter are three dishes: a bowl of fruit (kiwi, orange, and pineapple), a plate of stir-fried noodles with vegetables and meat, and a plate of fish and potatoes. The background shows a kitchen with shelves and equipment.

READY STEADY COOK!

National Care Leavers' Week
and our event!

READY, STEADY, COOK!



As part of the #£21Challenge, the care leavers and The Children's Society also organised a Ready, Steady, Cook! event. The young people and adults who support them came together to cook meals which cost £3 or less (the amount that many care leavers have to survive on a day). The event raised awareness of how difficult it is to live on just £21 a week and helped all those who attended to learn new cooking and budgeting skills from each other.

What Next?

We need to help prepare young people to be able to manage budgets and gain basic cooking skills – not just once but over a long period so they become confident in knowing their shopping and eating.

Young people didn't want the #£21Challenge to be forgotten, they wanted to share the recipes and tips that had been created and so the idea of a cookbook was born...

We collected all the recipes and tips that young people and adults had created and shared during the #£21Challenge. The Care Leavers group then decided what other recipes needed to be included and what the cookbook should be called. Finally they tested out the recipes to make sure they were tasty and easy pleasey!

Getting support from Levi Roots really topped the whole thing off - he sent them his ideas for perfect pizza!

Stuck on ideas - search for 'cooking on a budget' or 'cheap eating' on the internet and you'll find lots of websites with even more recipes!

Top tips for cooking

We hope you enjoy our cookbook!

Top tips

1. Do not eat too many 'empty' calories such as processed carbohydrates (pasta, white rice) that fill you up quickly but leave you hungry soon after.
2. Eat as wide a range of types and colours of food as possible.
3. Buy the biggest pasta and rice bag you can afford as they last for ages in your cupboard.
4. If you have a freezer buy a large loaf and freeze half of it as it is more cost effective.
5. Eating left over food for lunch is much cheaper than buying sandwiches.
6. Eggs are cheap and a great source of protein.
7. If you are putting on the oven to cook one potato and some meat/fish you may as well cook two potatoes and keep one for the next day. Cook a large meal and keep for later in the week.
8. Grow your own herbs for delicious healthy recipes.
9. Buy some dried chillies or chilli powder alongside some other dried herbs as they last loads longer than fresh and can be used easily to add that little bit extra to any dish.
10. If your recipe says cover the pan but you have no lid – cover with foil instead.
11. No measuring jug? Save your old milk one pint milk cartons and use instead.

Conversion Charts

Weights

Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
1½ oz	40 g
2 oz	50 g
2½ oz	60 g
3 oz	75 g
4 oz	110 g
4½ oz	125 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900 g
3 lb	1.35 kg

Volume

Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz (¼ pint)	150 ml
10 fl oz (½ pint)	275 ml
1 pint	570 ml
1 ¼ pint	725 ml
1 ¾ pint	1 litre
2 pint	1.2 litre
2½ pint	1.5 litre
4 pint	2.25 litres

Oven Temperatures

Gas Mark	°F	°C
1	275	140
2	300	150
3	325	170
4	350	180
5	375	190
6	400	200
7	425	220
8	450	230
9	475	240

Store cupboard essentials

Popular ingredients

Pasta
Rice
Salt and pepper
Tin of chopped tomatoes
Tin of baked beans
Tin of fish
 (tuna, salmon, sardines)
Dried mixed herbs
Dried chillies or chilli powder
Sunflower, vegetable
 or olive oil
Plain white flour
Soup.

Fresh ingredients

Eggs
Potatoes
Frozen vegetables
Garlic
Onions
Spread or butter.

Other useful ingredients

Mustard
Soy sauce
Honey
Vinegar
Worcester Sauce
Tomato paste or ketchup
Herbs and spices; oregano,
parsley, basil, coriander, cumin,
turmeric, nutmeg.

Breakfast



Pancakes

(makes about seven pancakes)

2 eggs

2 cups (240g) of plain flour

125ml milk

50 ml water

pinch salt

25g butter

1. Sieve the flour into a bowl and add a pinch of salt.
2. Break the eggs into the flour and whisk (quickly stir) with a fork or a whisk.
3. Add the milk and water mixture bit by bit whisking as you go.
4. Put a frying pan on the hob and add a small cube of butter and melt so it covers the pan.
5. Add $\frac{1}{2}$ a ladle (2 tablespoons) of mixture to the hot pan and tip so that it covers the base of the pan.
6. Cook for around $\frac{1}{2}$ minute and check if one side is done by lifting with a spatula to see if it is golden brown.
7. Then flip the pancake and cook the other side for around $\frac{1}{2}$ minute.
8. Continue until all the pancakes are done!
9. Add one of the following; lemon juice and sugar, jam, chocolate spread and banana.

Tasty Tip

For a main meal use savoury ingredients like cheese, ham or mushrooms.

Eggy Bread

2 eggs

90ml/ $\frac{1}{3}$ cup of milk

1 tablespoon butter

4 slices of bread

2 teaspoons sugar

1 teaspoons cinnamon (optional)

1. Beat the eggs and milk in a bowl.
2. Add the sugar and cinnamon.
3. Take one slice of bread and place it in the egg mixture, soak it on both sides for 30 seconds.
4. Meanwhile melt the butter in the pan, making sure it doesn't begin to brown.
5. Add the bread and fry for around 2 minutes on each side.

Tasty Tips

Leave out the sugar and have with honey, jam or maple or golden syrup.

Have alongside some bacon and/or apple slices or berries for a more filling and balanced meal.

Cereal

Cereal can feel boring day after day but there are plenty of ways to perk up your morning.

1. Grab some granola and mix with a flavoured yoghurt – strawberry, mango, summer berries, coconut and add some fruit.
2. Add some bananas and honey to your regular cereal.
3. Mix some dried fruit like raisins with your cornflakes.

Become an eggspert



Become an eggspert

Fried eggs

As many eggs as you want to eat

Some vegetable, olive or sunflower oil

1. Add a teaspoon of oil to a frying pan
2. Crack an egg in and fry on a medium heat for about 5 minutes

Tasty Tip

If you want you can flip the egg over and fry it upside down after the first couple of minutes. This helps if the heat is a bit too high and the bottom is cooked but the top is still runny!

Scrambled eggs - let's get crackin'!

2 eggs

(Portion for 1 person)

4 spoonfuls of milk

salt and pepper

1. Crack 2 eggs into a bowl or a cup.
2. Beat the eggs and add the milk.
3. Add some salt and pepper.
4. Mix together and pour into a frying pan.
5. Cook on the hob on a medium heat, keep stirring the eggs so that it doesn't turn into an omelette.
6. Once it is no longer runny it's ready!

Tasty Tip

You can add some vegetables, herbs, tinned fish or cooked meat like ham if you want to spice your scrambled eggs up a bit.

Become an eggspert

Boiled eggs

As many eggs as you want to eat

1. Fill your pan about $\frac{3}{4}$ full and simmer.
(this is when you can see bubbles in the pan but it is not boiling)
2. Add the eggs.
3. If you want hard boiled, cook for about 8-10 minutes from boiling.
4. If you want a runny middle boil for about 3 $\frac{1}{2}$ minutes for a medium size egg and 4 minutes for a large egg.
5. Remove the eggs from the pan using a sieve/colander or by using a slotted spoon to fish them out of the water.

Poached eggs

As many eggs as you want to eat

1. Bring a pan of water to the boil.
2. Crack an egg into the water.
3. 2 minutes for a soft poached egg.
4. 4 minutes for a harder poached egg.
5. Use a spoon to remove the egg from the water.

Tasty Tip

Adding a teaspoon of vinegar to the water is meant to help the poached egg stay together in the water.

Become an eggspert

Omelette

3 eggs

4 dessertspoons of milk

salt and pepper

butter or oil

1. Crack 3 eggs into a bowl or a cup.
2. Beat the eggs.
3. Add milk.
4. Add some salt and pepper.
5. Mix together.
6. Melt some butter into a frying pan.
7. Pour the mixture into the pan.
8. Cook until the middle of the omelette is no longer runny.
(When the bottom is cooked, press down on the side of the omelette with a spatula to let some of the runny middle run underneath to cook or alternatively flip your omelette over).

Tasty Tips

Add vegetables, herbs, fish, cooked meat or cheese to make your omelette extra yummy. If adding vegetables chop and fry vegetables in a pan for five minutes, set aside until the omelette is only a bit runny on top and add.

Some of our favourite omelette toppings are cheese and ham, spinach, mushroom and cheese and tinned tuna with onion.

Chicken and Meat



Cooking Chicken and Meat

It is hard to give exact cooking times as pieces of chicken, meat and fish can be different sizes and weights but here are a few tips to help you along the way.

Bacon

If you want some bacon with your eggs...

Grill or fry – put under the grill or in frying pan for 6-7 minutes turning half way through. You have to use your judgement a bit for this but your bacon should just be starting to get crispy around the edges.

Tasty Tips

Line your grill pan with foil and make cleaning up easy pleasy!

Meaty meals

Want to add meat to your meals but not sure what to do?

Here is some useful guidance.

Beef

You can have your beef steak rare, medium or well done.

If your steak is fresh then you do not have to worry about cooking your steak all the way through. Lots of people like their steak underdone – some people even eat it raw – not that we're recommending trying this. However, it is ok if your steak is a bit red in the middle. As a general rule if you cook your steak either by frying or grilling 4-6 minutes on each side your steak should be cooked.

Pork

It is a lot more important that you cook your pork all the way through. So if you are having a pork chop make sure you read the cooking instructions carefully but you should be thinking about cooking it for about 8 minutes on each side.

Chick-a-licken!

Grill

For chicken legs, thighs and breast – 15 - 20 minutes
(turn half way through) on 200°C/400°C/Gas Mark 6.

Roast

Read the cooking instructions and they will explain how long you need to cook it for. Roasting can sometimes cause a chicken to dry out so cover it with foil and just take it off for the last 30 minutes so you can get that lovely tasty crispy skin.

Checking it is cooked

Often people tell you to pierce the skin and see if the juice runs clear. This means that the juice that runs out is not red coloured. However, it can sometimes be tricky to be completely sure and even harder if you are cooking your chicken in a sauce. So get out a knife and open the chicken up a bit to look inside. When you do this you should not see any deep red or dark pink parts or bits that look raw. Some parts of the chicken are a slight pinky colour so try not to worry too much about this.

Seasoning tips

Salt and pepper, curry powder, mixed herbs,
lemon juice, crushed garlic in oil, chilli flakes.

Important hygiene

After handling raw chicken try not to touch anything else.
Wash your hands, the knife and the chopping board straight away.



You say potato...



Mashed potato

2 large potatoes (peeled)

1 tablespoon of butter or spread

salt and pepper

¼ of a cup (4 tablespoons or 60ml) of milk

1. Chop 2 large potatoes into quarters.
2. Fill a pan about $\frac{3}{4}$ full with water and bring to the boil.
3. Add the potatoes and boil for about 15 minutes or until you can easily push a fork through them.
4. Drain the potatoes then put them back in the pan.
5. Mash the potatoes with a masher or fork until most of the lumps are gone.
6. Add the milk and butter and some salt and pepper, then mix (make sure the butter melts).

Tasty Tip

Add some grated cheese, some fried leeks or a teaspoon of mustard to make the mash a bit more special.

Did you know?

Potato skin is the healthiest part and one baked potato has more iron in it than a handful of spinach.

Baked potato

Important

Always make sure you prick your potato with a fork several times before baking otherwise... yes it will explode!

Oven

1. Turn your oven on at 200C/400F/Gas mark 6.
2. Wash and prick your potato all over with a fork.
3. Stick it in the oven for about 1 ¼ - 1 ½ hours depending on the size of the potato. You know it is cooked when you can easily put a fork in all the way through.

Microwave

Same as above but instead of putting in the oven cook on a full heat for about 10 minutes.

Tasty Tip

If you do not want to wait for your potato but still want it to be crispy - microwave for 10 minutes before putting it in the oven for about 15 - 20 minutes at a high heat (250C/450F, Gasmark 8).

What to have with your baked potato

*** Sour cream and spring onion/chives ***

*** Left overs ***

Such as chilli (page 37), bolognese (page 39) or fajita filling (page 36) reheat in the microwave or on the hob (for about 5 mins). Add some grated cheese or sour cream to make it extra tasty.

*** Cheese and beans ***

Heat some beans up on the hob or in the microwave (follow the instructions on the tin), then pour on top of your baked potato and grate some cheese on top.

Potato cakes

Tasty Tip

Use your left over mashed potato to make some tasty potato cakes.

2 cups (400g) of mashed potato

1 egg

1/3 cup (or 4 ½ tablespoons/50g) of flour

spoonful of vegetable oil or butter

handful of grated cheese (optional)

2 chopped spring onions (optional)

salt and pepper

1. Mix the mashed potato with the egg and flour.
(Also add the spring onions or cheese if you are using them) to create a paste.
2. Roll out on a chopping board using a rolling pin or a jar/can /bottle until it is about half an inch thick (half your thumb).
3. Use the top of a glass to cut out circles of potato mixture.
4. Heat the butter or oil in a saucepan and fry for about 5 minutes on each side, you might have to do it in two batches.

Roast potatoes for one

2 large potatoes

5 dessertspoons of olive or vegetable oil or goose fat

garlic or herbs (optional)

salt/pepper

1. Peel and quarter 2 large potatoes.
2. Boil for about 10-15 minutes (this is called par boiling, it makes sure that the potatoes are a bit cooked before they go in the oven).
3. Put the lid on the pan and shake to 'fluff up' the potatoes which should make them crispier.
4. Heat the oven to 200C/fan 180C/Gas Mark 6 and place a baking tray with 5 dessertspoons of oil or about 100g of goose fat and heat for about 10 minutes.
5. Add the potatoes to the baking tray – making sure you are careful as the oil/fat will be hot.
6. Try to coat the potatoes with the oil/fat by giving them a bit of stir/flipping them around.
7. If you want to add some chopped garlic or herbs sprinkle some on the potatoes.
8. Cook in the oven for 1 hour turning over about half way through.

Become the 'Masta of Pasta' (and rice)



Become the 'Masta of Pasta' (and rice)

On the hob

1. Fill your pan $\frac{3}{4}$ full and bring to the boil (or boil a kettle and then add this water to the pan if you are in a hurry!)
2. Once it is boiling add the pasta, make sure the water covers the pasta –if not add a bit more.
3. Boil the pasta for the amount of time it says on the packet. Stir the pasta a few times when you first put it in the pan to make sure it doesn't stick together.
4. Drain the pasta in a colander or if you don't have a colander use the lid to tip the water out of the pan.

* What to have with your pasta? *

Tomato Sauce

- 1 tin of chopped tomatoes
 - 1 onion
 - 1 clove of garlic
 - salt and pepper
 - 1 tablespoon of fresh or teaspoon of dried basil/mixed herbs (optional)
 - half a red chilli or a pinch of dried chilli (optional)
1. Chop the onion, garlic and the chilli (if you are using it) and fry in a pan for 5 minutes, stir to make sure they don't burn.
 2. Add the chopped tomatoes and some salt, pepper and basil if you are using it.
 3. Cook for about 15/20 minutes, stirring occasionally, then add to cooked pasta

Tasty Tip 1

Grate some cheese into the pasta to make it extra tasty.

Tasty Tip 2

Add some tuna or sardines when you add the chopped tomatoes to give it a fish twist.

Become the 'Masta of Pasta' (and rice)

Indie's Chicken and Vegetable Pasta

Follow the steps on the previous page but add in some cooked chicken, leeks and mushrooms and stir into the tomato sauce.

Tuna and Sweetcorn

Tin of tuna

Small tin of sweetcorn

2 teaspoons of mayonnaise or cream cheese

Add all the ingredients to cooked pasta and its ready to eat!

Ruzina's Tomato and Veggie Cheesy Pasta Bake

1 onion

1 pepper

handful of mushrooms

tin of sweetcorn

tin of chopped tomatoes

salt and pepper

1 or 2 teaspoons of mixed herbs/oregano/basil/thyme

cheddar cheese grate generously to cover the top of the dish

1. Add oil to large frying pan.
2. Fry onions until soft.
3. Add peppers and mushrooms and fry until soft.
4. Cook pasta. Once cooked drain water and return to pan.
5. Add onions, peppers and mushrooms to pasta.
6. Add sweetcorn.
7. Stir in one can of tinned tomatoes and mix together.
Add salt and pepper and 1-2 teaspoons of herbs.
8. Put into an oven dish. Add cheese to the top and bake until bubbling and cheese is melted.

Become the 'Masta of Pasta' (and rice)



Josie's Tomato and Quorn Chicken Pasta Bake

Follow steps on previous page but add in cooked pieces of chicken flavoured quorn.

Rice

½ cup (100g) of rice

1 cup (50g) of water

 ½ cup of rice will make enough for about 1 person unless it is a really big cup! 

1. Rinse the rice before cooking. This rinses off some of the starch and helps prevent your rice getting sticky and gloopy. If you do not have a sieve then you can put the rice into a pan fill with water and cover the top with a lid or plate to drain the water out.
2. Pour the rice and the water into a pan and bring to the boil
3. When it starts boiling turn the heat down, cover with a lid and cook (for as long as the packet says) on a low heat.
4. If the pan is too hot and keeps boiling for a while after you have turned the heat down (this can happen on some electric hobs) the water might run out before the rice is cooked. Make sure you keep an eye out for this so that the rice doesn't burn and just add a bit more water if it does happen.

You shouldn't need to drain the rice if the ratio of water to rice is right but if you do just use a colander or a sieve.

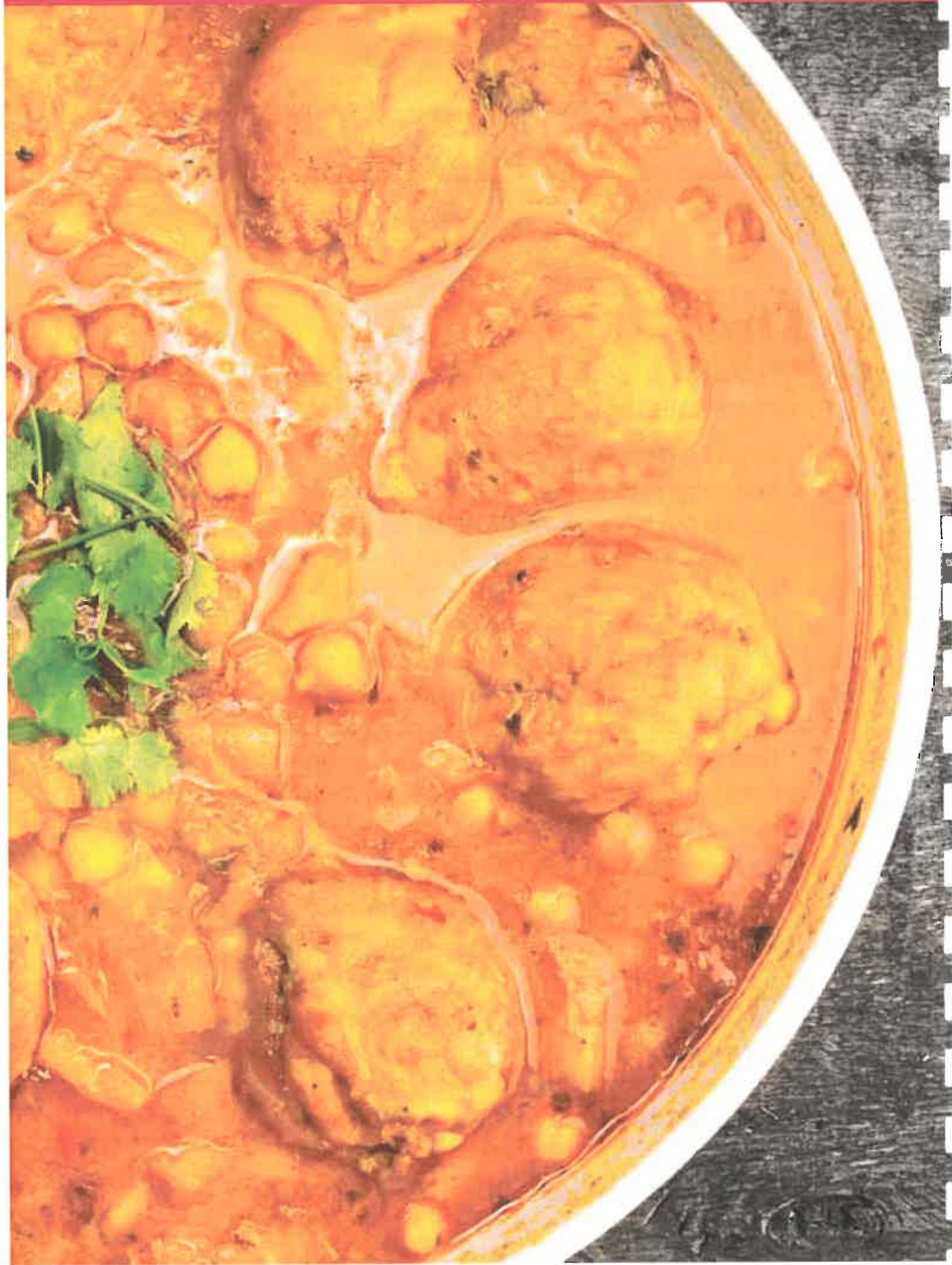
Tasty Tip 1

You can reheat rice once, just make sure that after cooking you have cooled it quickly and put it in the fridge as soon as possible. Make sure you reheat it within one day of cooking.

Tasty Tip 2

Use brown rice for a healthier and more filling version.

Curry on...



Delicious Curry

Make a simple delicious curry from just...

oil (vegetable, sunflower, olive)

2 cloves of garlic

thumb sized piece of ginger

1 medium to large sized onion

4 tablespoons of mild or medium curry powder


chicken, fish, meat or veg

1 litre of stock


medium to large sized pan

(Additional extras – chopped tomatoes, 1 tablespoon of plain yoghurt, extra vegetables or extra chilli if you're feeling brave!)

1. Heat a dessert spoonful of oil in a pan.
2. Add the onions and fry on a low heat for one minute then add the garlic and ginger.

 **Tip** – adding garlic to hot oil can make it burn so add the onions first!

3. Stir the onion mixture until soft and a bit see-through. Try not to let the onions burn or go too brown. This should take about 5 minutes.
4. Stir in your curry powder and mix well and season with salt and pepper. You might find this starts to stick to the bottom of the pan a little bit – add in a teaspoon more of oil and use to unstick the bottom of the pan. You can do this by using a wooden or plastic spoon and scrape the spices off.

 **BEWARE** – don't wait too long otherwise the stuff you're scraping off the bottom of the pan will have burnt.

Continued...

Curry on...

5. Turn the heat up to a medium to high heat and add another small amount of oil if you need to. When you see the oil smoke a little bit add your meat and fry on a high heat for a few minutes until the outside begins to look cooked.
6. Add your stock and bring to the boil. Lower heat, cover with a lid and leave to cook for about 10-15 minutes stirring occasionally.
7. While waiting for your curry to cook make the rice. If your rice is cooked a little bit before your curry is ready do not worry, turn off the heat, drain any water and leave in the pan with the lid on to keep warm.
8. Your curry will taste delicious as it is but adding a dollop of yoghurt can make it extra tasty. Beware of the yoghurt curdling. This happens when you add the yoghurt and the curry is still boiling. Turn off the heat and wait a couple of minutes and then stir in the yoghurt. You can also use cream if you prefer.

Tasty Tip 1

Add potatoes to bulk out your curry.

Tasty Tip 2

Add fresh chopped tomatoes or about half a tin of chopped tomatoes to make a tomato based curry.

Lunch the next day

Take a large spoonful of the curry mixture and mix in with a bowl of rice. You will end up with a biryani style rice dish that is a perfect one pot wonder for lunch the next day hot or cold. Feel free to add in fresh chopped tomatoes, chopped chives or coriander.

Add to a pitta or wrap with some salad (make sure you keep the sauce to a minimum otherwise you will end up with soggy bread).

Dal

This is a hugely popular Indian dish using lentils and it is really easy and cheap to make.

lentils (yellow or red work best but use whatever you have in your cupboard)

1 medium to large onion.

2 cloves of garlic

thumb sized piece of ginger

1 small chilli chopped

1 pint of water

3-4 teaspoons of turmeric (or curry powder if don't have turmeric)

1. Cook the lentils following the instructions on the pack carefully (some lentils need soaking overnight and it is very important that you do this.)
2. Rinse the lentils in cold water.
3. Add lentils to the pan and add half of the water so all the lentils are covered.
4. Bring to the boil and scoop off any foam that rises to the surface.
5. Add your, garlic, ginger, turmeric (or curry powder) and chopped ginger and then let simmer for about 1 hour until the lentils have started to break up.

Adding extra flavours

If you search for dal on the internet you may come across Tarka Dal. Tarka is a cooking technique: add spices to hot oil and see them pop and crackle – then stir them into your dal mixture. Common spices used are mustard seeds and cumin.

Don't have mustard seeds?

Try frying a dessertspoon of wholegrain mustard. It is not quite the same but does add extra flavour to your curry. Alternatively you can buy cumin seeds quite cheaply and they can be used in lots of different dishes.

Mexican meal deals



Fajitas for two

1 pepper

1 onion

2 chicken breasts or 2 handfuls of quorn chicken

pack of tortilla wraps

packet of fajita mix

1 teaspoon of oil

1. Cut the pepper and onion into long thin strips and put on a plate on the side.
2. Cut the chicken into long strips and put in a frying pan with a teaspoon of oil and the fajita mix.
3. Fry until the chicken is cooked on the outside and then add the pepper and onion.
4. Fry until the pepper and onion is soft.
5. Make sure the chicken is also cooked all the way through (so when you cut it in half it is white with no pink bits) and then remove from the heat.
6. Heat up some wraps in the microwave and you're ready to go!

Lunch the next day

Left over fajita filling is great on a baked potato, with rice or in pitta bread for lunch the next day.

Add some of these toppings to make your fajita extra special:

△ Grated cheese

△ Sour cream

△ Guacamole

△ Salsa ...try making this...buy or roughly chop 2 tomatoes into small chunks and finely chop a quarter of an onion, then mix together to create a salsa. Add some fresh chopped coriander for some extra flavour.

Sarah's Chilli Con Carne

Tasty Tip

You can add all the toppings from the previous Fajita recipe on your chilli con carne too.

packet of beef mince
1 onion finely chopped
1 clove of garlic – finely chopped or crushed
1 fresh chilli – finely chopped
(1 teaspoon of dried chilli or chilli powder can also be used)
1 stock cube
tomato puree
1 tin of tomatoes
1 tin of kidney beans
1 green pepper
oil
rice

1. Splash of oil.
2. Add onions, garlic, pepper and chilli and fry until soft.
3. Add and brown mince.
4. Drain excess fat.
5. Add tomato puree, tinned tomatoes, stock cube and beans and cook for 20 minutes.
6. Cook rice.

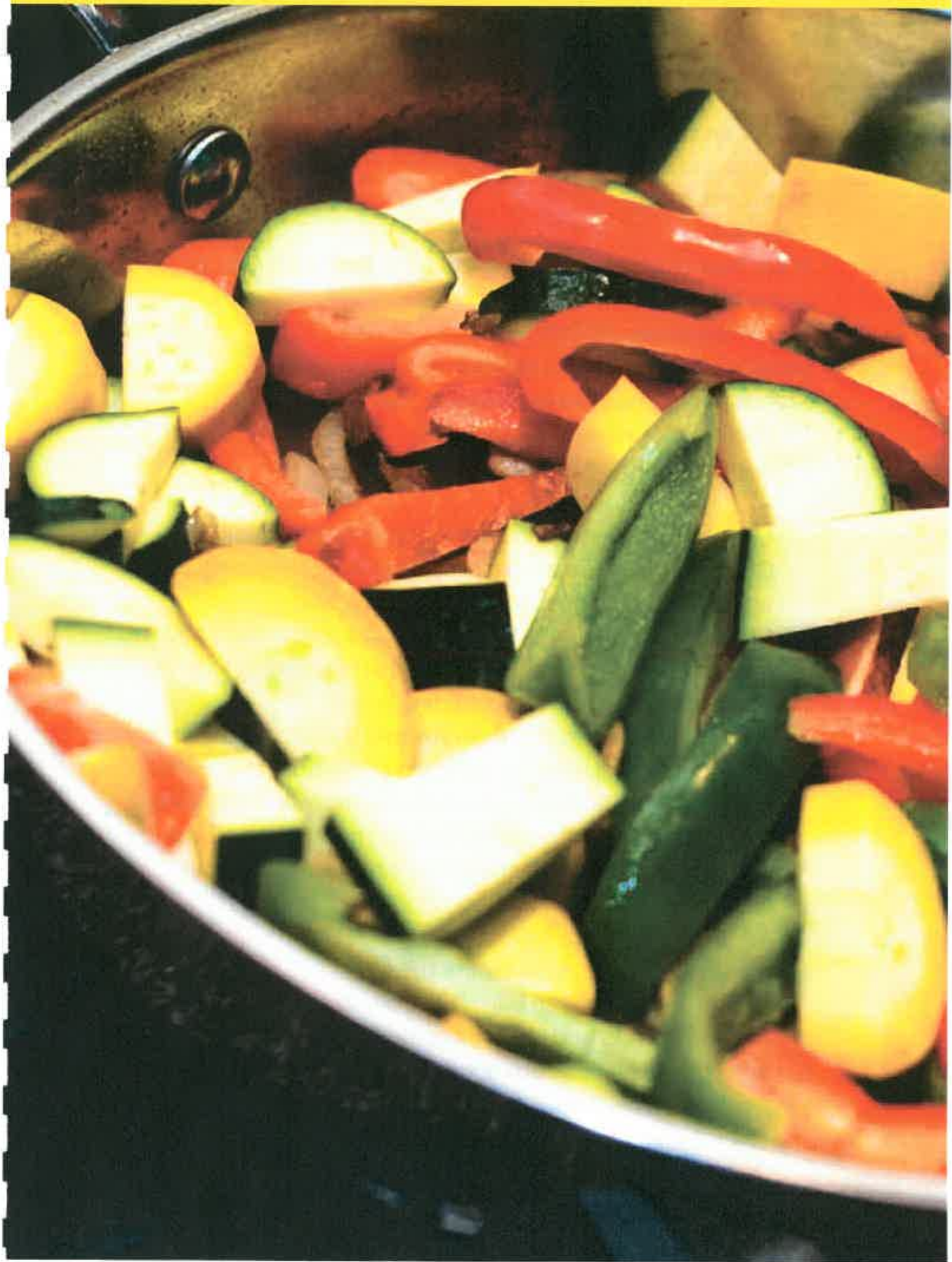
Tasty Tip

Use to top tortilla chips.

Stuffed Peppers (Using remaining two peppers from packet.)

1. Slice in half and deseed.
2. Put in boiling water for 5 minutes.
3. Mix rice with mince mixture and put in peppers.
4. Bake for 20 minutes.

Italian



Bolognese (You can make it with quorn instead.)

- 1 medium sized onion
- 2-3 sticks of celery
- 2 cloves of garlic
- 2 carrots
- 500g beef or quorn mince (doesn't matter if a bit over or under this amount)
- 1 tin of tomatoes (400g)
- tomato purée or tomato ketchup if you have it
- 1 tablespoon mixed herbs, oregano, basil, marjoram
- 1 pint of beef or vegetable stock
- 1 dessertspoon of oil

1. Chop or dice the onion. Chop the carrots into small chunks. Chop the celery in small pieces by cutting the celery long ways to make thinner pieces and then chop.
2. Chop or crush your garlic cloves. It's ok if you don't have a crusher. Just cut thinly. You can also try crushing with the back of a spoon on your chopping board.
3. Heat the oil in the pan. When you see the oil starting to smoke slightly turn the heat down to medium to low and add you onion and celery and stir. You may find it sizzling and hissing a bit - don't worry it just means your oil is a little hot. Turn down the heat some more and stir your onions and celery so they don't burn.
4. Add the garlic a stir in.

Tip - adding the garlic before the onions can cause it to burn in the oil, so add a bit later.

5. Add the carrots and stir until coated in the oil.
6. Add your meat or quorn and stir in until the meat/quorn are completely mixed in.

Continued...

Italian

7. Add the stock and tinned tomatoes. You can also add your tomato purée/ketchup here.
8. Season with salt and pepper and add your herbs.
9. Cook for 20 minutes with the lid on and then a further 10 minutes without the lid. You will have to use your own judgement a bit here as you want the liquid to thicken up but you do not want to end up with your Bolognese being too dry.

 Whilst waiting for you Bolognese
make your spaghetti. 

This takes roughly 10 - 12 minutes so do near to the end.

Following this your Bolognese is ready to add to your spaghetti. Grate some cheese on it if you want to.

Tasty Tip

If you have any leftover vegetables after making this use them to make soup.

Lasagne

Make the Bolognese from the previous page.

Whilst the Bolognese is cooking you can make the white sauce for your lasagne. If you are new to cooking and not quite sure about making your own white sauce you can buy some ready made from the supermarket and practice your white sauce for next time.

lasagne pasta sheets
50g white flour
500ml/1 pint of milk
50g butter
1 cup of cheese
salt and pepper

White sauce

1. Melt the butter in a saucepan on a low heat.
2. Stir in the flour and blend together as much as you can.
3. Add a small amount of milk – about a quarter of a cup or two tablespoons and stir. Keep adding small amounts of milk and stir continuously. This takes a while but is very important if you want to keep your white sauce lump free. If you do get any lumps use the back of your spoon and press the lumps against the side of the pan.
4. You must keep stirring over a low heat the whole time to make sure you do not get lumps and your sauce thickens up. You will know when your sauce is ready when it begins to look like a thick soup.
5. Add pepper. Here you can also add in some nutmeg.

Continued...

Italian

Assembling your lasagne

1. Get your oven proof dish and spread about a quarter of your meat mixture over the bottom of the dish.
2. Place some lasagne sheets on top of the meat and spread the white sauce on top of the lasagne sheets. Repeat the meat, lasagne sheets and white sauce two more times.
3. Finally sprinkle cheese on top.

Vegetable Lasagne

Use the same ingredients as you would if using mince but add lentils instead.

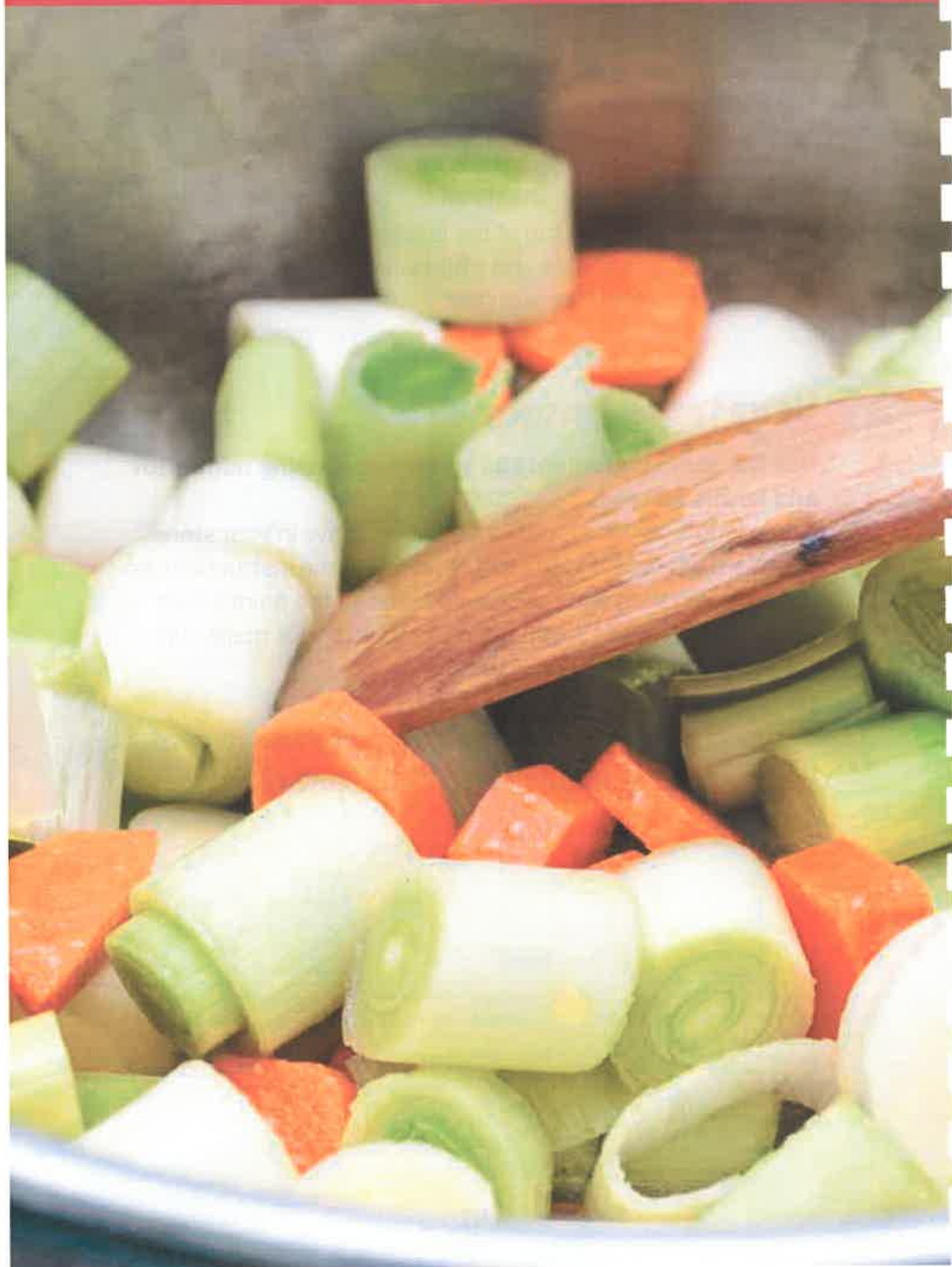
Green lentils work best but whatever you have in your store cupboard will do. Cook the lentils following the instructions on the pack and then add the cooked lentils at the point it tells you to add the meat. If you are using dried lentils make sure you follow the instructions carefully...



some lentils need soaking overnight and it is very important that you do this.



Soup up



Leftover Vegetable Soup

2 cloves of garlic

1 onion

700ml of hot water (3 cups)

whatever left over vegetables you have
(carrots, cauliflower, broccoli, turnip)

1 vegetable stock cube

salt and pepper

oil

1. Roughly chop the onion and the garlic and fry in a large pan in a teaspoon of oil for 5 minutes.
2. Meanwhile roughly chop your vegetables.
3. Add the hot water and the stock cube.
4. Add the vegetables and simmer (gently boil) for 20 minutes or until the vegetables are soft.
5. Take the soup off the heat and blend.

Tasty Tip 1

To make the soup thicker add a few chopped potatoes when you add the vegetables.

Tasty Tip 2

To make the soup creamier add some milk or some crème fraîche, cream or sour cream once you have taken it off the heat.

Minestrone Soup

2 sticks of celery

2 carrots

half a cabbage (any kind)

2 cloves of garlic crushed

1 leek or a small onion

tin of chopped tomatoes

1 rasher of bacon (optional)

half a teaspoon of chilli powder or half a fresh chilli (optional)

750 ml of vegetable stock (1 ½ pints/around 3 cups)

oil

1. Chop the onion/leek and bacon into small pieces and fry with the chilli (if using) in a teaspoon of oil for 2 minutes at a medium heat in a big pan.
2. Chop the celery, carrots and cabbage into small pieces and add with the garlic to the pan.
3. Add the salt and pepper.
4. Put the lid on the pan and leave for about 5 minutes to 'sweat', stirring occasionally to make sure that the vegetables don't stick to the bottom.
5. Add the chopped tomatoes and the vegetable stock and leave on a medium heat for about 30 minutes until the carrots and celery are soft.
6. In a separate pan boil some pasta, put in a bowl and pour some soup over.
7. Grate some cheese on top if you want.

Tasty Tip

You can use some chorizo instead of bacon if you want a spicier soup.

Indie's Leek and Potato Soup

2 large potatoes



4 leeks

1 pint of vegetable stock

¼ pint of milk

Salt and pepper

1. Rinse, peel and chop leeks and potatoes (diced)
2. Lightly fry until soft in oil
3. Add potatoes, season and mix together
4. Add the 1 pint of vegetable stock and ¼ pint of milk.
5. Slowly bring to the boil and simmer until vegetables are soft.
6. When cooked, leave in pan and using an electric hand blender, blend together until smooth.

 **Optional addition....slice bread into cubes and lightly fry in oil to make croutons.** 

Tasty Tip

Add in ham or bacon.

Young people's favourites



Trudy's Sausage and Mash

2 or 3 sausages per person

potatoes

butter or margarine

1. Grill sausages under grill for approximately 15 minutes or follow instructions on the packet.
2. Boil a pan of water and add peeled and chopped potatoes. Cook for about 12-15 minutes until soft.
3. Drain water and mash potatoes – adding a small amount of butter or margarine.

Tasty Tip 1

Add some gravy.

Tasty Tip 2

Lightly fry some onions and add to gravy or a splash of red wine if you want a richer and more flavoursome gravy.

Tasty Tip 3

Add half a teaspoon of mustard (or more depending on taste) to mash potato and mix in.

Ellie's Kedgeree

1 onion
1 red pepper
tin of garden peas
cup of rice (200g)
1 or 2 eggs
smoked peppered mackerel
1 tablespoon of parsley
1 chilli
1 teaspoon of fresh ginger

1. Chop the onions, peppers, garlic, chillies and ginger.
2. Fry for 2 minutes then add the rice and parsley, salt and pepper.
3. Add some water (1 cup of rice to 2 cups of water).
4. Bring to the boil, add the peas and simmer for 15 minutes.
5. Hard boil the eggs for about 5 minutes .
6. Flake the mackerel into the rice and cook for 5 minutes.
7. Put the rice in a bowl or on a plate.
8. Shell the eggs, quarter and place on top of the rice.

Resna and Madi's Stir Fry

dried egg noodles (boil the noodles)
packet of stir fried vegetables
handful of green peppers
2 peppers (chop)
2 chicken breasts or boneless thighs
1 chow mein sauce sachet
1-2 teaspoons of oil

1. Put 1 teaspoon of oil in the pan and add chopped vegetables.
2. Fry the chicken in a separate pan until brown and it is not pink in the middle.
3. In the first pan add the noodles and sauce and stir.
4. Allow the vegetables and noodles to soften.
5. Place on a plate and place the cut chicken on top.

Good 'ole Sunday Roast

uncooked whole chicken

2-3 potatoes

carrots, broccoli, green beans or any veg you like

gravy granules or stock cube

roasting tin

oil

1. Switch on the oven to 190°C/Gas Mark 5.
2. Mix 1 pint of water with some of your gravy granules according to the packet instructions and pour into the roasting tin. You can then use this liquid later to make your gravy. Place the chicken in the roasting tin and cover with foil (this will help keep the chicken moist). Roast in the oven following the instructions on the chicken packet. This can vary depending on the size, however, expect for it to be around 1 ½ hours.
3. Make either roast or mash potatoes following instructions in potato section (pages 23 & 26).
4. Make your vegetables.
Boil carrots, broccoli or green beans in water until soft. Usually about 7-10 minutes. Roast carrots or parsnips. Boil in water first for about 5 minutes and then add to roast tray. Splash about a dessert spoon of oil over and cook for about 20 – 30 minutes. Add a dessertspoon of honey for honey roasted carrots and parsnips – yum!

What does Levi Roots Say on Pizza?



What does Levi Roots Say on Pizza?

What does Levi Roots say?

My Own Pizza serves 1-2

Make your own pizza choosing a mix of colourful vegetables and top with melted cheese and basil. Fabulocious! Fancy making your own pizza dough? It's fun and delicious but remember to make it at least 1 ¼ hours beforehand so the dough has time to rise.

For the base

1 ready-made pizza base or...

100g strong white flour, plus more for rolling out

½ teaspoon fast-action yeast

¼ teaspoon of sugar

a pinch of salt

60ml (4 tablespoons) warm water

1 teaspoon olive oil

1. Measure the flour into a mixing bowl. Add the yeast, sugar, salt, water and olive oil to the flour.
2. Use a tablespoon to stir the liquid into the dry ingredients - take care to use up all the flour around the outside of the bowl and mix it in well so that it forms a ball on the spoon.
3. Time to get your hands dirty! Pull and push the dough so that it gets more stretchy. Don't be too delicate, you should bash the dough around...it's like dough gym!
This is called 'kneading'.

Continued...

What does Levi Roots Say on Pizza?

4. Put the dough back into the bottom of the bowl. Cover it loosely with a piece of clingfilm and leave the bowl in a warm place such as a sunny window ledge or in the airing cupboard.
5. Once it's been left for about 1 ½ hours, it will be much stretchier and easier to handle.

For the toppings

Use 3, 4 or 5 of the following:

2 mushrooms

½ red, orange or yellow pepper, seeds removed

4 cherry tomatoes

a handful of green beans (fresh or frozen)

2 tablespoons of drained tinned sweetcorn

Plus

2 tablespoons passata

2 tablespoons grated Cheddar cheese

3 basil leaves

Make your pizzas!

1. Per person, cut 2 mushrooms and ½ pepper into chunks.
2. Cut 4 cherry tomatoes in half and grate enough cheddar cheese to make 2 tablespoons.
3. If you have made your own dough, roll it out now.
4. Grab a handful of strong flour and sprinkle it over a worksurface. Put the dough on top and sprinkle with another bit of flour. Don't forget to dust your rolling pin with flour too!

Continued...

What does Levi Roots Say on Pizza?

5. Roll out the dough until it is about the thickness of a £1 coin and any shape you fancy - a heart, a square, a diamond, an imaginary island.
6. Use both hands to lift the dough pizza base onto a piece of baking parchment. If you are using a ready-made base, also put it on a piece of baking parchment now.
7. Dollop 2 tablespoons of passata around the pizza base and use the bottom of the spoon to spread this tomato sauce around the base, leaving a small rim (around 4cm) around the outside with no topping. This will make a nice crispy crust for you to hold the pizza.
8. Spread your vegetables evenly around the pizza and sprinkle grated cheese.
9. Cook it for 12-15 minutes, or until the outside is nice and crispy and brown and the cheese and toppings are nice and brown.
10. Take out of the oven. Tear up 3 leaves of basil into about 4 pieces and scatter over the pizza.

*** Leave the pizza to cool for 10 minutes before eating. ***



Toastie without a Toastie maker

2 slices of bread

50g/1/2 cup of grated cheese

Butter

1. Heat up the frying pan to medium.
2. Butter one slice of bread and place it butter side down in a frying pan.
3. Put the cheese on top of the slice of bread.
4. Place another slice of bread, butter side up on top of the cheese.
5. Fry for 2 minutes on each side or until each side is golden brown and the cheese is melted.

Tasty Tip

You could put anything in your toastie, why not try cheese and tuna or cheese and ham. You could also add some vegetables like tomatoes or peppers as well as some salt and pepper.

Cheese On Toast

Cheese

Bread

1. Turn on the grill to a medium heat and put the bread under it.
2. Toast each side for a minute or two until it is slightly browned.
3. Take the toast out and add a handful of grated cheese or some thinly cut slices of cheese to it.
4. Put back under the grill until the cheese is melted and bubbling.

Tasty Tip

Spread the toast with marmite before adding the cheese or add some Worcestershire Sauce for some extra flavour.

Sweet Stuff



Trudy's Fruit Salad

1 banana

1 orange

1 kiwi

1 apple

1. Peel all pieces of fruit and chop. Mix together.

Tasty Tips

Mix in half a teaspoon of sugar and/or squeeze of lemon juice. Chop up fresh mint and stir in. Add Pineapple or papaya for a tropical kick. Stir in some honey.

Fantastic Fruit Cups

There are plenty of ways to make cheap, fresh desserts that taste scrumptiously good and you can even get one of your five a day!

Mix cheap biscuits, fruit and something sweet and end up with fast cheese cakes and mini eton mess.

You might think making a cheesecake will involve lots of mess and hours faffing in the kitchen – well these little tasty pots took just a few minutes.

Rocky Road

125g soft butter cut into pieces

150g dark chocolate broken into pieces

150g milk chocolate broken into pieces

4 ½ tablespoons golden syrup

200g digestive biscuits

75g mini marshmallows or large marshmallows cut into pieces

1. Crush up the digestive biscuits into small pieces by placing them in a plastic freezer bag and crushing them using a heavy object such as a rolling pin. Put to one side.
2. Place all the chocolate, the butter and the golden syrup into a saucepan and melt, keep stirring so it doesn't burn.
3. Take the saucepan off the heat and stir in the broken biscuits.
4. Add the marshmallows.
5. Pour the mixture into a baking tin or container about an inch (2.5cm) deep, push flat with a spoon or a spatula.
6. Place in the fridge and leave to harden for 3 hours or overnight.

Tasty Tip 1

This makes enough for a whole week of snacks.

Tasty Tip 2

Try adding dried fruit, nuts or different types of biscuits.

Mini-Strawberry Shortcake Cheesecake

light cream cheese or double cream

value shortbread biscuits

1 dessertspoon sugar or icing sugar

about 5 fresh strawberries

strawberry jam or dessert sauce (optional)

1. Put about 4 biscuits into a bowl and crush. Using the end of a rolling pin or the back of a spoon is good for doing this. Press the crumbed mixture into the bottom of your pot filling to about a third full.
2. Cover with a layer of jam or sauce if you are using it.
3. Put the cream cheese into a bowl and mix the sugar into the cream cheese. Have a quick taste and make sure the mixture does not taste too cheesy. If it is then add a bit more sugar. Put this mixture on top of the biscuit base until the pot is about two thirds full.
4. Cut up your fruit up and put on top of the cream cheese mixture.

Tasty Tip

You can follow this recipe with many other fruity combinations:

Ginger biscuits, canned pear slices and toffee sauce.
Digestives, raspberries and chocolate.

Cooking can
lighten
up your day!



It's a
great way
to
learn



EASY
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