Acknowledgement

Food is an integral part of all our lives and as an enthusiastic cook myself I am very happy to present the "Funky Food" Cookery Book.

Cooking can open many doors for us.

Companionship, cultural diversity and good health are just a few of the benefits we can gain from developing some skill in the kitchen, not to mention tasty meals.

It was with this in mind that the staff and young people from the Residential Child Care Service, Dublin North East, produced the "Funky Food" Cookery Book.

The staff and young people from the four residential centres have worked together to produce this book. From coming up with recipes to actually cooking the food and taking the step by step photographs, they have worked hard to bring this project to fruition.

We hope this book can act as a further companion and guide as you continue your culinary journey.

I would like to thank the project group who have driven the production of the "Funky Food" Cookery Book:

Yvonne Buckley, John Collier, Marie Connolly, Sinead Farrell, Trine Kelly, Deirdre McCabe, and Gwen Walsh.

I would also like to thank all the young people and the social care staff in the residential centres for their help and advice, from what recipes to include down to the actual cookery and photography.

We are delighted that award-winning chef Neven Maguire has written the forward. Neven has a passion for fresh and tasty food. His promotion of the social enjoyment we can gain from cookery makes him the ideal person to launch this book. We hope that the book can launch lots of journeys into positive kitchen experiences.

Learning to cook is a journey that never ends, new friends, new experiences, new foods, will all produce new results.

We hope that the "Funky Food" Cookery Book helps you get started on your own personal culinary adventure.

Rose McCaffrey,
A/Director Children and Family Services

January 2008
Foreword
by Award-winning chef,
Neven Maguire of MacNean House
& Restaurant, Blacklion, Co. Cavan.

I am one of those people who has been cooking from a young age. I began cooking with my mother in the restaurant of what was then my parent’s, MacNean Bistro, at the age of 12 and have loved cooking, tasting and creating new recipes ever since.

Being able to cook is a very important and enjoyable skill, allowing us to eat healthily, enjoy cooking and food and treat our friends and family with our culinary delights!

I would like to congratulate Trine Kelly and her team at the Residential Child Care Services in HSE Dublin North East on the launch of ‘Funky Food’. This book is a great introduction to cooking with lots of healthy, nutritious and tasty recipes and practical cooking tips throughout.

I always say that as a Chef, I am only as good as the produce I use and 90% of the food used in MacNean Restaurant is locally sourced, organic ingredients. My parents were passionately interested in good quality ingredients cooked properly so from an early age I learned to appreciate taste and know about the ingredients and nutritional values of food.

Today many young people skip breakfast and then fill up with all the wrong foods. ‘Funky Food’ gives all the recipes and practical guidelines needed to prepare and create wholesome and nutritious meals from breakfast to lunch, dinner, snacks and deserts.

I believe that if young people are taught to cook, the interest will stay for life and I hope this fantastic new book will help you create good, nourishing meals everyday.

Happy Cooking!

Neven Maguire
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Before you start
Before you begin here are a few tips to keep you safe in the kitchen.

1. Wash your hands before handling food.
2. Tie back long hair.
3. Always check "use by" dates on food when buying and storing food.
4. Store food correctly:
   Raw food, i.e. meat and fish should always be covered and placed on the lower shelf of the fridge.
   Cooked food should be covered and placed on a higher shelf in the fridge.
5. Store fruit and vegetables in a cool area and always wash before using.
6. Always defrost food in the fridge.
7. If you are heating cooked food, make sure that food is hot through. Reheat food only once.
8. Never put tin foil or stainless steel items in the microwave.
9. Use proper kitchen equipment, for example, chopping boards, sharp knives, oven gloves.
10. Use oven gloves when handling or removing hot food from the oven. Never use a damp cloth.
11. Never leave the kitchen and forget you have something cooking. Turn oven off.
12. Clean as you go.
13. Turn off the cooker/oven when finished using same.
Here are a few ideas of what to have in your fridge/cupboard and fridge freezer:

In your fridge:

Milk, cream, mayonnaise
Eggs, yogurt
Butter, margarine
Fresh meat, fish
Cooked meats
Orange, apple juice
Cheese
Salad, vegetables

Remember

1. The temperature of your fridge should be at a maximum of 5 degrees.
2. Store food correctly in the fridge, for example any left over tinned food should be stored in a covered container in the fridge.
3. Clean fridge weekly.
BEFORE YOU START

Cupboard "bits and bobs"

- Tin foil, cling film
- Salt, pepper
- Mixed herbs, spices
- Stock cubes
- Gravy granules
- Sugar
- Tea, coffee
- Flour
- Pasta, lasagne, rice, noodles
- Soups and sauces (packets)
- Tinned tomatoes, baked beans, tuna
- Cooking oil, olive oil
- Tomato ketchup
- Breakfast cereals
- Bread, fruit, vegetables

*And a little bit of whatever you fancy yourself*

**Remember**

1. Always check the “use by” dates of stored food.
2. Keep food covered and lids on.
3. Use older food first.
Freezer / Fridge Freezer

Frozen fruit, vegetables
Bread, breadcrumbs, burger baps
Meat, fish
Ice cream

Remember

1. The temperature of your freezer should be -20 degrees.
2. When buying frozen foods, place in the freezer as soon as possible.
3. If freezing prepared food, e.g., lasagne, make sure food has fully cooled down, before placing it in the freezer.
4. Make sure food is sealed and properly covered.
5. Once food is defrosted do not refreeze.
IT IS ALWAYS USEFUL TO HAVE A FEW UTENSILS IN THE KITCHEN TO MAKE YOUR JOB THAT LITTLE BIT EASIER.

Here are a few suggestions:

1 x small saucepan
1 x medium saucepan
1 non stick frying pan
2 x medium sized baking trays
1 x kitchen weighing scales
1 x glass measuring jug
1 x chopping board (plastic)
1 x chopping knife
1 x bread knife
1 x wooden spoon
1 x hand whisk
1 x lifting tongs
1 x egg lifter
1 x sieve
1 x colander (for draining food)
1 x small pyrex dish
1 x 8 inch cake tin (spring form)
2 x mixing bowls
1 x electric food whisk
1 x hand blender
1 x food blender
First things first!

Here is a simple guide to measurements and oven temperatures.

A small kitchen weighing scales and a measuring glass jug will make this part easy.

### Measurement Guide

#### WEIGHT

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#### VOLUME

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### Oven Guide

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Breakfast
Boiled Eggs

**INGREDIENTS**

- 2 eggs

**METHOD**

1. Place eggs in a saucepan. Cover with cold water. Bring to the boil.

2. Boil gently, 3 minutes for soft egg, 10 minutes for hard egg.

3. Place in egg cup and serve.

**TOP TIP**

Breakfast is the healthiest start to your day.
French Toast

EGGS

INGREDIENTS

2 slices of bread
1 egg
2 tablespoons of milk
Salt and pepper (optional)
1 teaspoonful of butter or oil

METHOD

1. Beat up the eggs, milk, seasoning, in a bowl.
2. Melt butter or oil in a frying pan.
3. Dip bread into egg mix.
4. Fry until crispy and golden.

Makes 1 portion
Scrambled Eggs

INGREDIENTS

- 2 eggs
- 2 tablespoons of milk
- Salt and pepper (optional)
- 1/2 tablespoon of butter

METHOD

1. Break the eggs into a bowl, add milk, butter and seasoning. Beat well with a fork.

2. Pour into a saucepan and stir over a moderate heat until thick and creamy.

3. Serve with toast.

TOP TIP

Add cheese for flavour.

Makes 1 portion
**Poached Eggs**

**INGREDIENTS**

- 1 egg
- 1 tablespoon of vinegar

**METHOD**

1. Bring water to the boil in a saucepan. Add one tablespoon of vinegar.
2. Break an egg into a plate.
3. Gently slide the egg into the boiling water.
4. Turn heat down to a simmer.
5. Poach gently until egg is set (2-3 minutes).

Makes 1 portion
**INGREDIENTS**

- 2 eggs
- 2 tablespoons of milk
- Salt and pepper
- 1 teaspoon of oil

**METHOD**

1. Beat milk and eggs together and season.
2. Heat oil in frying pan.
3. Add in egg mix and cook on the frying pan.
4. Add fillings.
5. Place under hot grill to finish cooking.
6. Alternatively, place all ingredients into a small pyrex dish. Place in a moderate oven at 180c or gas mark 4 for 15-20 minutes, or until egg has set.

**TOP TIP**

Serve with some salad and potatoe wedges for a tasty evening meal.

**Makes 1 portion**

**Fillings:**

- fried onion,
- mushrooms,
- chopped ham,
- grated cheese,
- mixed herbs.
**Full Irish Breakfast**

**INGREDIENTS**
- Rasher
- Sausage
- Egg
- Tomato

**METHOD**
1. Preheat oven to 180°C/Gas Mark 5. (You can place tin foil on baking tray)
2. Place rashers and sausages on baking tray, and cook for 10 minutes - turn regularly.
3. Cut tomato in half, and place on baking tray, and cook with rasher and sausage for a further 5 minutes.
4. Fry egg using pan for 1 to 2 minutes.

Makes 1 portion
SMOOTHIES

RED BERRY SURPRISE

**INGREDIENTS**

- 2 pears
- 5 strawberries
- 8 raspberries
- 1 small carton of natural yogurt
- 3 ice cubes (optional)

**METHOD**

1. Wash fruit.
2. Peel and chop pears.
3. Put chopped pears, strawberries and raspberries into the blender.
4. Add natural yogurt and ice cubes.
5. Cover with lid and blend until smooth (approx 2 minutes).
6. Pour into a tall glass and enjoy the fruity flavour.

**HERE ARE SOME "SMOOTH" SMOOTHIE IDEAS**

The choice is endless. Just blend up whatever fruit you like, add some plain yogurt and off you go.

Makes 1 glass
SMOOTHIES

SECTION 2

BREAKFAST

MIXED FRUIT DELIGHT

INGREDIENTS

1 apple
1 banana
1 peach
Juice of 3 oranges or 1/2 mug of orange juice
3 ice cubes (optional)

METHOD

1. Wash fruit.
2. Peel and chop apple and remove apple core.
3. Peel and chop banana and peach, remove stone.
4. Put fruit into blender with juice of 3 squeezed oranges (remove pips) or use ready made orange juice.
5. Add ice cubes, cover with lid and blend until smooth.
6. Pour into tall glass and enjoy the tangy taste.

Makes 1 glass
Lunch & Snacks
**INGREDIENTS**

1/2 white cabbage  
1 carrot  
3 to 4 tablespoons of mayonnaise  
1 onion (optional)

**METHOD**

1. Shred the white cabbage finely with a sharp knife. Grate the carrot.

2. Season and mix with mayonnaise.

3. Add chopped onion if you like.

Makes 2 portions
Egg Mayonnaise

**INGREDIENTS**

- 3 eggs
- 2 tablespoon of mayonnaise

**METHOD**

1. Place 3 eggs in a small saucepan and cover with cold water.
2. Boil for 12 minutes.
3. Peel and cut in half.
4. Place on a plate (mash, if you like) and cover lightly with mayonnaise.

Makes 2 portions

**TOP TIP**

Paprika is a nice colourful season to use for this dish.
POTATO SALAD

INGREDIENTS

- 3 potatoes
- 1 spring onion
- 1 tablespoon parsley
- 3 to 4 tablespoon mayonnaise

METHOD

1. Peel and cut potatoes into small equal sizes. Place in a saucepan and cover with cold water. Boil until cooked. Drain and allow to cool.

2. Chop spring onion and parsley.

3. Mix into potatoes with mayonnaise.

Makes 2 portions
Again the choice is endless. So here are a few ideas, and all you have to do is mix and match what you like.

**Mix and match whatever combinations you like**
VEGETABLE SOUP

INGREDIENTS

1 leek
2 carrots
1 onion
2 potatoes
4 sticks of celery
1 vegetable stock cube
1 1/2 pints of water
Salt and pepper

METHOD

1. Wash, peel and chop all vegetables and place in a large pot.
2. Cover with water. Add stock cube.
3. Bring to boil and then simmer for 30 minutes, or until vegetables are cooked.
4. Blend with a hand blender until smooth.
5. Season for taste.

Makes 2 portions
BEEF BURGERS / MEAT BALLS

INGREDIENTS

- 8 oz/200g minced beef
- Salt and pepper
- 1 small onion
- 1 clove garlic
- 1 small egg
- 2oz/50g breadcrumbs

DINNER TOP TIP

Don't put much oil on the pan as there are a lot of juices present in mince.

Makes 1 portion
1. Peel and chop onion and garlic.

2. Lightly beat egg.

3. Place all ingredients in a bowl and mix together.

4. Shape into 2 burgers or 8 meat balls.

5. Pre heat oven to 180 c, gas mark 4.

6. Heat one tablespoon of oil in a frying pan and brown burgers/meatballs, on each side.

7. Place on a tray and cook in the oven for
   15 - 20 minutes (burgers)
   10 - 12 minutes (meatballs).

   **Burgers:**
   Serve on toasted burger baps, with salad.

   **Meat Balls:**
   Serve with tomato sauce and pasta.
POT STEW

INGREDIENTS

8oz/200g stewing beef
2 potatoes
2 carrots
1 onion
1/2 pint water
1 beef stock cube
2 tablespoons gravy granules
1. Wash, peel and chop all vegetables.
2. Boil water, add stock cube and granules.
3. Place all ingredients into a large pot.
4. Simmer slowly on a low heat until meat is tender and vegetables are cooked.
5. Serve with vegetables and potatoes.

**TOP TIP**

Alternatively place all ingredients into a casserole dish.

Place in the oven at 180°C / gas mark 4.

Cover and cook for 1½ to 2 hours.

Makes 2 portions
CHICKEN CASSEROLE

INGREDIENTS

- 6 fl. oz., 150g or 1/2 can of chicken/mushroom soup
- 4 fl. oz. (1 cup) milk
- 2 chicken fillets
- 2 tomatoes
- 1 green pepper
- 1 pinch of mixed herbs
- 1 onion
- 1 clove of garlic
1. Slice chicken fillets into strips.
2. Peel and chop onion and garlic.
3. Chop pepper and tomato.
4. Pre heat the oven to 200 c of Gas mark 6.
5. In a casserole dish mix soup and milk.
6. Add chicken, tomatoes, onions, pepper, herbs and garlic.
7. Cover loosely with tinfoil.
8. Cook in the oven for 25 - 30 minutes.
9. Serve with potatoes and vegetables or rice.

Makes 2 portions

TOP TIP

At step 3 why not try adding:

A dash of soy sauce and a little sweet chilli sauce or
A drizzle of honey and a squeeze of fresh lemon.
CHICKEN CURRY

INGREDIENTS

2 chicken fillets
1 teaspoonful of oil
1 onion
15 mushrooms
1 clove of garlic
1 tin tomatoes
2 dessert spoons of curry powder
1 chicken stock cube
1/4 pint water
1 teaspoon of flour

Makes 2 portions
1. Slice chicken into strips.
2. Peel and chop onion and garlic.
3. Wash and slice mushrooms.
4. Heat oil in a frying pan or medium sized pot.
5. Fry chicken in the oil.
6. Add onion, garlic and mushrooms.
7. Add flour and cook for one minute.
8. Add curry powder, and stir it in.
10. Stir in the tomatoes and the stock.
11. Reduce heat, cook slowly, for ten minutes, stirring once or twice.
12. Serve with boiled rice or potato wedges.

**TOP TIP**

1. For a vegetarian option chop some of your favourite vegetables, peppers, aubergines, courgettes, potatoes into small pieces.
2. Fry at step 2 for 20 minutes on a low heat until cooked.
3. To jazz it up stir in some plain yogurt and fresh coriander just before serving.
INGREDIENTS

Choose from chicken fillet, small beef steak, pork/lamb chops

Salt and pepper
Tablespoon of olive oil

DELICIOUS!!
1. Preheat oven to 180 c, gas mark 4.

2. Season the meat with salt and pepper and coat with oil.

3. Preheat a frying pan and fry meat until browned on both sides.

4. Place on baking tray - cover loosely with tinfoil.

5. Bake for 25 - 30 minutes.

At step 3 why not add in:

**An Italian Kick:**
Some chopped tomato's, chopped garlic, onions and herbs.

**A Chinese Twist:**
A dash of Soy Sauce and a dollop of sweet chilli sauce.

**A Barbeque Bake:**
A drizzle of honey, a teaspoon of mustard, some chopped onion and garlic and a squeeze of lemon juice.

**TOP TIP**

Makes 1 portions
FISH PARCEL

INGREDIENTS

2 pieces of fish, e.g. salmon, or cod
1 lemon
1 onion
Fresh herbs, (chopped parsley, chives)
2oz/50g butter
1. Preheat oven to 180°C, gas mark 4.

2. Peel and slice the onion.

3. Place all ingredients on a large square of tin foil.

4. Fold up, to make a parcel.

5. Place on tray, in the oven.

6. Bake for 15 minutes.

**TOP TIP**

Add some fresh chilli, garlic, lime juice, to fish before cooking.

Makes 2 portions
LASAGNE

INGREDIENTS

- 8oz/200g minced beef
- 1 onion
- 1 clove garlic
- 8 mushrooms (optional)
- 1 tablespoon tomato puree
- 1 tin chopped tomatoes
- Salt and pepper
- 8 sheets of lasagne
- 3/4 pint cheese sauce
- 2oz/50g grated cheese
1. Preheat oven to 180°C/Gas Mark 4.

2. Peel and chop the onion and garlic.

3. Fry off mince, onion and garlic and mushrooms.

4. Add tomato puree and chopped tomatoes.

5. Season with salt and pepper and cook for 30 minutes on a low heat.

6. Place half of meat sauce into a dish, cover with lasagne sheets. Repeat with remainder of meat and lasagne sheets.

7. Cover lasagne sheets with cheese sauce and grated cheese.

8. Bake in the oven for 45 - 50 minutes.

Makes 2 portions
ROAST CHICKEN

INGREDIENTS

1 small whole chicken
25g butter
Salt and pepper
8 small potatoes

Gravy:
Gravy granules

Stuffing:
2oz/50g margarine
1 tablespoonful of mixed herbs
1 onion
8oz/200g breadcrumbs
1. Wash and peel potatoes.

2. Preheat the oven to 180°C.

3. Place chicken on a roasting tray. Season with salt and pepper. Smear butter over the chicken.

4. Cover loosely with tin foil. Place in the oven and cook for one hour. Remove foil.

5. Place the potatoes around the chicken, baste with the juices and return to the oven for 35 minutes.

6. Carve the chicken and serve with roast potatoes, vegetables and gravy.

**Makes 4 portions**

**Gravy:**

1. When chicken is cooked place on a plate.

2. Scrape all juices from the roasting tray into a pot.

3. Add a little water and bring to boil. Thicken with some gravy granules and simmer for 5 minutes.

**Stuffing:**

1. Peel and chop the onion.

2. Melt margarine in a pot, add chopped onion and cook slowly for 5 minutes until soft.

3. Remove from the heat and add mixed herbs and breadcrumbs.

4. Place in a small pyrex dish and place in the oven for 10 minutes.
INGREDIENTS

8oz/200g minced beef
1 onion
2 carrots
1 clove of garlic
1 packet shepherds pie mix
4 potatoes
1/2 cup of milk
1 tablespoon of butter
2oz/50g grated cheese
Salt and pepper
1. Preheat the oven to 180°C/Gas Mark 4.

2. Peel and chop potatoes, onions, carrots and garlic.

3. In a large pot, fry off mince, add onions, garlic and carrots. Cook for 10 minutes.

4. Mix shepherds pie mix with water and add to the meat.

5. Cook on low heat for 5 minutes stirring at times.

6. Place in an oven proof dish and allow to cool.

7. Meanwhile cook the potatoes in salted boiling water until soft. Drain and mash with butter and milk. Season.

8. Cover the meat mixture with potato and sprinkle with cheese on top.


Makes 2 portions
INGREDIENTS

8 oz/200g minced beef
1 onion
1 clove garlic
1 teaspoon mixed herbs
6 mushrooms
Salt and pepper
1 tin of chopped tomatoes
1 good squeeze of tomato puree
8oz/200g spaghetti
1. Peel and chop onion and garlic, slice the mushrooms.

2. Place mince, onion, garlic and mushrooms in a pot. Add salt, pepper and mixed herbs. Cook for 10 minutes, stirring with a wooden spoon - on a low heat.

3. Add tomatoes and tomato puree. Cook for 20 minutes, on a low heat. Taste and season.


5. Serve with bolognaise sauce on top.

**TOP TIP**

This sauce can be used to make a lasagne or as a hearty baked potato filling.

Why not add some chilli powder and a small tin of kidney beans for a tasty chilli con carne.

**Makes 2 portions**
BEEF STIR FRY

INGREDIENTS

- 8oz/200g beef strips
- 1 onion
- 2 mixed peppers
- 8 mushrooms
- 1 carrot
- 1 clove of garlic
- A few drops of soy sauce
- Small jar of stir fry sauce, e.g. "Sweet Chilli"
- 1 tablespoon vegetable oil

TOP TIP

For a Vegetarian Meal, just leave out the meat, and add extra vegetables. Serve this dish with rice or noodles.
1. Peel and slice the onion, carrot, peppers and garlic.

2. Slice the mushrooms.

3. Heat the oil in frying pan, until very hot.

4. Add beef strips and stir fry for 5 minutes.

5. Add garlic and sliced vegetables. Stir fry for 2 minutes.

6. Add jar of sauce and soy sauce and heat through.

7. Serve with rice or noodles.

Makes 2 portions
VEGETABLE RISOTTO

INGREDIENTS

5oz/125g long-grain rice
1 vegetable stock cube dissolved in \( \frac{1}{4} \) pint of boiling water
1 tablespoon cooking oil
1 small bag of mixed frozen vegetables
4 mushrooms
1 onion
1 clove of garlic
1 can of kidney beans
1 green pepper
1. Peel and chop the onion and garlic, chop the green pepper.

2. Slice the mushrooms.

3. Place stock into a large pot. Add rice. Cook on a low heat for 10-12 minutes.

4. Drain in a colander.

5. Heat the oil in a frying pan and cook the onion, garlic, pepper and mushrooms in the oil for 5 minutes.

6. Add the frozen vegetables, and kidney beans.

7. Add the cooked rice and fry gently for 2 - 3 minutes. Check seasoning and serve.

---

**TOP TIP**

Why not add some toasted cashew nuts, just before serving.

For a meaty version add some cooked beef or chicken at step 4.

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**Makes 2 portions**
VEGETABLE PASTA BAKE

INGREDIENTS

1 teaspoon of vegetable oil
1 onion
1 garlic clove
1 green pepper
8 mushrooms
1 tin of tomatoes
1 teaspoon of tomato puree
1 teaspoon mixed herbs
3/4 pint of cheese sauce
5oz/125g grated cheese
3 dessertspoons of breadcrumbs
6oz/150g pasta

Makes 2 portions
1. Peel and chop the onion and garlic.

2. Chop the pepper & slice the Mushroom.

3. Pre heat oven to 200 c, gas mark 6.

4. Cook pasta in water, bring to the boil and simmer for 10 minutes, until soft.

5. Drain pasta

6. Fry the onions, peppers, mushrooms and garlic, in the oil for 5 minutes.

7. Add tomatoes, tomato puree, seasoning and mixed herbs. Simmer for 10 minutes.

8. Add cooked pasta.

9. Place the mixture into a casserole dish. Cover with cheese sauce, (see page 67 cheese sauce) breadcrumbs and grated cheese.


**TOP TIP**

Add some cooked chopped chicken or tinned tuna, to the pasta, for a meaty option.
Side Orders
INGREDIENTS / METHOD

Garlic Mayonnaise:
Add some chopped garlic, fresh parsley to mayonnaise.

Marie Rose (Burger Dip):
Add some ketchup to mayonnaise and blend together.

Spicy Dip:
Add ketchup to the mayonnaise. Add a couple of pinches of chilli flakes or some sweet chilli sauce.

Curry Mayonnaise:
Dissolve one tablespoon of curry powder in a little boiling water. Stir into some mayonnaise.

TOP DIPS
These are some ideas for dips to serve with nachos, tortilla, potato wedges etc.
SECTION 5

SIDE ORDERS

NOODLES & PASTA

1. Bring a large pot of water to the boil.
2. Add a teaspoon of salt and a teaspoon of oil.
3. Add pasta and simmer for 10-12 minutes or until cooked to your taste.
4. Drain and serve.

NOODLES

1. Bring to the boil a pot of water.
2. Add noodles and cook for 4 minutes.
3. Drain and rinse with cold water.

PASTA

INGREDIENTS / METHOD

INGREDIENTS / METHOD
**RICE**

**INGREDIENTS**
1 mug of rice

**METHOD**

1. Place 4 mugs of water into a pot.
2. Bring to the boil.
3. Add one mug of rice and cook for 10 - 15 minutes.
4. Drain and serve.

_Makes 1-2 portions_
1. Peel 3 potatoes.
2. Cut in half if large.
3. Place in a pot and just cover with cold water.
4. Bring to the boil and simmer for 20 minutes, or until cooked through.
5. Drain water from the potatoes. Return to heat for one minute.

INGREDIENTS / METHOD

- Peel 3 potatoes. Cut into small even pieces.
- Place in a pot and just cover with cold water.
- Bring to the boil and simmer for 20 minutes, or until cooked through.
- Drain water from the potatoes. Return to heat for one minute.
- Mash, adding a little salt, pepper, milk and butter.

Makes 1 portion
ROAST & WEDGES

POTATOES

INGREDIENTS / METHOD

ROAST

1. Peel and cut 2-3 potatoes into equal sizes.

2. Place on a baking tray.

3. Shake some vegetable oil over them and roast in a hot oven, 180°c - 200°c, gas mark 6 for 45 minutes to 1 hour.

WEDGES

1. Wash and peel 2 or 3 potatoes.

2. Cut into wedges.

3. Season with salt and coat with vegetable oil.

4. Place on a baking tray in a pre-heated oven, 180°c/gas mark 4 for 45 minutes to 1 hour.

Makes 1 portion

Makes 1 portion
1. Choose 1 or 2 good sized potatoes. Scrub them clean.

2. Wrap in tin foil and place in a hot oven (200 c or gas mark 6) for one hour or until cooked.

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**TOP TIP**

Serve

1. On their own with a little butter.
2. With grated cheese on top.
3. With Tuna and Sweet Corn.
4. With Baked Beans.
5. With Bolognaise Sauce.
TOMATO SAUCE

INGREDIENTS

- 1 teaspoon of olive oil
- 1 onion
- 1 clove of garlic
- 2 squirts of tomato puree

METHOD

1. Chop and peel onion and garlic.
2. Fry onions and garlic in olive oil for 5 minutes.
3. Add tomato puree and cook for 2 minutes.
4. Add chopped tomatoes, herbs, salt and pepper.
5. Cook slowly for approx. 30 minutes.

TOP TIP

For a spicy sauce, add some chilli flakes.

Makes 1 portion
1 oz/25g margarine
1 oz/25g flour
$\frac{3}{4}$ pint of milk
Salt and pepper

1. Melt margarine in a pot. Add flour and cook on low heat for one minute.
2. Add milk, salt, pepper. Cook slowly and bring to the boil. Stir at all times.
3. Cook for 5 minutes, on a low heat and until thick and creamy.

**White Sauce**

**Onion Sauce:**
Fry chopped onion in margarine (as at stage 1) before adding the flour.

**Cheese Sauce:**
Add 2 oz/50g of grated cheese at stage 3.

**Parsley Sauce:**
Add some finely chopped parsley or one teaspoon of dried parsley, at end of cooking.

**Mushroom Sauce:**
Slice some mushrooms and fry in a little butter or oil. Add at stage 3.

Makes 1-2 portions
CARROTS

1. Peel and slice 2 carrots.
2. Chop top and bottom off and discard.
3. Place in a pot and cover with cold water.
4. Bring to the boil and cook for 10 - 15 minutes.
5. Drain, season and serve.

Makes 1 portion

TOP TIP
Vegetables are better undercooked than overcooked.

FROZEN VEGETABLES

1. Bring a large pot of water to the boil.
2. Add small packet of frozen vegetables and cook according to packet instructions.

Makes 1 portion
CAULIFLOWER IN CHEESE SAUCE

INGREDIENTS

- 1 head of cauliflower washed
- 3/4 pint of cheese sauce
- 1 oz/25g grated cheese

METHOD

1. Wash and break cauliflower into small florets.
2. Bring a large pot of water to the boil.
3. Add cauliflower and cook until tender. Drain in a colander.
4. Place in a pyrex dish. Cover with cheese sauce (see page 65). Sprinkle grated cheese on top.
5. Place in a pre heated oven 180 c/gas mark 4, for 10 - 15 minutes, until golden and delicious.

Makes 2-3 portions
SECTION 6

Desserts
APPLE PIE

INGREDIENTS

- 4 cooking apples
- 1 oz/25g castor sugar

PASTRY:

- 4 oz/100g plain flour
- 4 oz/100g margarine
- 1 oz/25g castor sugar
- 1/2 cup of cold water
- 1 egg yolk
- 1/2 cup of milk

TOP TIP

Serve with whipped cream, ice cream or custard.
METHOD

1. Wash, peel and slice the cooking apples.
2. Pre heat oven to 180c, Gas mark 5.
3. Mix the flour and margarine together in a bowl, until the mixture looks like breadcrumbs. Stir in Castor Sugar.
4. Add enough water to make a firm dough.
5. Cover with cling film and chill in the fridge for 20 minutes.
6. Cut pastry into half and place on a floured surface.
7. Roll out one half with a rolling pin to cover a plate.
8. Cover with the sliced apples. Add sugar to sweeten.
9. Cover with remaining pastry and trim off any extra pastry.
10. Mix egg yolk and milk together, using a pastry brush to glaze the top of the apple tart.
11. Place in the oven and bake for 35 - 40 minutes until golden.

Makes 4-6 portions
BANOFFI PIE

INGREDIENTS

1 small packet of digestive biscuits
4 oz/100g margarine
2 cans of condensed milk
3 bananas
1/2 pint of fresh cream, whipped

TOP TIP

Put the biscuits in a plastic food bag when you are crushing them as it creates less of a mess.
1. Melt the margarine in a small pot.

2. Place the unopened can of condensed milk into a large pot.

3. Cover with water, and boil for 1 1/2 hours.
   Make sure that the can is covered with water at all times.

4. Remove from heat, and allow to cool, by placing tin in cold water for 10 minutes.

5. Meanwhile, crush the biscuits and add the melted margarine.

6. Press into a flan dish. Chill in fridge for 30 minutes.

7. Open can of condensed milk. Use contents to cover the biscuit base.

9. Slice the 3 bananas and arrange on top. Cover with whipped cream and sprinkle grated chocolate over it.

Makes 4-6 portions
CHOCOLATE CAKE

INGREDIENTS

3 oz/75g self raising flour
1 oz/25g cocoa powder
4 oz/100g castor sugar
4 eggs
1 pint of fresh cream

TOP TIP

Some jam or fresh fruit (e.g. sliced strawberries) can be added at step 8.
1. Preheat oven to 190°C / gas mark 5.

2. In a bowl, whisk eggs and castor sugar together, until thick and creamy. This will take 8 minutes with an electric whisk (approx).

3. In a separate bowl sieve the flour and cocoa powder.

4. Fold gently into egg mix.

5. Pour into an 8 inch round cake tin that has been lined with grease proof paper.

6. Bake in the oven for 20 minutes. Remove and allow to cool on a wire rack.

7. Whip 1 pint of cream using electric whisk or hand whisk.

8. Split cake into two and fill with whipped cream.

9. Sprinkle icing sugar over the top of the cake.

Makes 4-6 portions

**TOP TIP**

Melt some cooking chocolate (see page 78) and drizzle over the top of the cake.
ICE CREAM & CHOCOLATE SAUCE

INGREDIENTS

Vanilla ice cream
8 Oz/200g dark cooking chocolate
125ml of fresh cream

METHOD

1. Pour cream into a pot. Add broken up chocolate.
2. Heat slowly stirring until all chocolate is melted. Stir with a wooden spoon.
3. Pour into a glass jar and cover.
4. Cool and store in the fridge. This will keep fresh for one week.
5. Place 2/3 scoops of ice cream in a large glass tumbler.
6. Crush up one crunchie bar and a bag of malteesers and sprinkle over ice cream.
7. Drizzle chocolate over mixture and sprinkle chopped roasted nuts over chocolate sauce.

Makes 1-2 portions
ICE CREAM & SCOTCH SAUCE

**INGREDIENTS**
- 4 oz/100g butter
- 4 oz/100g brown sugar
- 125ml of fresh cream

**METHOD**
1. Place butter and sugar into a pot. Melt over a low heat until sugar is dissolved.
2. Pour in cream and bring to the boil. Stir continuously with a wooden spoon.
3. Pour into a glass jar. Allow to cool. Cover the glass jar.
4. Store in fridge. This will keep fresh for one week.

**TOP TIP**
*Banana Split*
Toast some flaked almonds on a tray in the oven. Split a banana lengthways into two pieces. Add some ice cream and cover with chocolate sauce and toasted almonds.

Makes 1-2 portions
LEMON CHEESE CAKE

INGREDIENTS

- 1 small packet of digestive biscuits
- 4 oz/100g margarine
- 1 tub creamy soft cheese
- 1/2 pint of fresh cream
- 1 packet of lemon jelly
- 1 lemon

TOP TIP

For a strawberry cheese cake use strawberry jelly. Stir in some sliced strawberries, at step 7.
METHOD

2. Press the mixture into a loose bottomed 8 inch cake tin.
3. Chill in the fridge for 30 minutes.
4. Melt the jelly with 1/2 cup of boiling water.
5. Add juice of the lemon to the jelly.
6. Whisk together 1 pint of soft cheese and 1/2 pint of lightly whipped cream.
7. Add in jelly-mix and mix together.
8. Pour on top of the biscuit base.
9. Chill in the fridge for 1 hour.

Makes 4-6 portions
FRESH FRUIT MERINGUES

**INGREDIENTS**

- 3 meringue nests
- 1/2 pint of fresh cream
- Fresh fruit (e.g. strawberries, raspberries)

**METHOD**

1. Wash, peel and chop the fruit.
2. Whip the fresh cream.
3. Fill meringue nests with fruit and cream.

Makes 3 portions

CHOCOLATE MERINGUES

**INGREDIENTS**

- 3 meringue nests
- 1/2 pint of chocolate sauce
- 1/2 pint of fresh cream

**METHOD**

1. Whip the fresh cream.
2. Fill the meringues with cream.
3. Drizzle with chocolate sauce on top (see page 78).

Makes 3 portions
SCONES

INGREDIENTS

18 oz/450g self-raising flour
2 oz/50g castor sugar
4 oz/100g margarine
1 egg
\( \frac{1}{2} \) cup of milk

METHOD

1. Pre heat the oven to 200 c, gas mark 6.
2. Place flour, sugar into a bowl. Rub in margarine.
3. Beat egg and Milk together. Add to the flour and make a soft dough.
4. Place on a floured surface and roll out with a rolling pin.
5. Use scone cutter or a knife to cut out the scones.
6. Brush with egg wash and place on a floured baking tray.
7. Bake in over for 15 - 20 minutes.

TOP TIP

Add 2oz/50g sultanas at stage 2.

Makes 8 scones