



Grow Cook Build Own

Recipes by Hilary Rogerson 2017

Introduction



This is a recipe collection taken from the Grow Cook Build Own cookery sessions. Recipes were put together by Peebles CAN cookery class leader Hilary Rogerson.

In the cookery sessions, we demonstrate how efficient cooking and preserving can reduce our food waste substantially, while also promoting healthy eating with interesting, delicious yet simple recipes.

Amounts for most recipes are suitable for the average sized family, but exact amounts will vary as many recipes were created using surplus fruit, vegetables or leftovers. Preserves tend to be larger amounts as by nature these last longer either in a sterilised jar or in the fridge.

We hope that you enjoy using this recipe book, and if you want to find out more about the project, or take part in the Food Waste Reduction cooking sessions in 2018 please visit www.peeblescan.org or visit our Grow Cook Build Own Facebook page.

Enjoy cooking and wasting less food, helping to reduce your carbon footprint.

Hilary and the CAN team.

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Creamy Mushroom & Cabbage Soup



Fantastic way to use up that half a cabbage sitting at the back of the fridge!

Ingredients:

- Around 2 cups sliced mushrooms of choice - we used chestnut
- 2 onions - finely chopped
- 2 cups cabbage leaves - finely shredded
- 3 cups stock of choice
- 2 tsp butter
- Squeeze of a lemon
- 1 clove garlic finely chopped
- A drizzle of oil for frying veg
- Pinch of paprika
- ½ cup milk
- ½ cup cream or to taste
- A few drops Worcester sauce
- ⅓ cup chopped herbs - we used sage, thyme & parsley
- Salt and pepper to taste

Method:

Fry off onions & garlic until softened, then add mushrooms, butter and fry until golden brown and smelling lovely. Next add Worcester sauce, paprika, lemon juice, herbs and fry for a couple of minutes before adding the stock followed by the shredded cabbage.

Bring to the boil, then turn down, add milk & cream and simmer for about 10 minutes. Take off heat, taste to check seasoning, and serve with lovely warm crusty bread or a cheese scone.

Leafy soup (vegan)



A good way to use any leaves/carrots/onions kicking about in your fridge!

Ingredients:

- 2-3 cups of any leaves you have - shredded
- Around 1-2 carrots or other hard veg - chopped small
- 1 onion - finely chopped
- 1-2 tsp root ginger - finely chopped or grated
- Chopped chilli /chilli flakes - to taste
- Pepper to taste
- Squeeze of lemon or lime
- Stock of choice - about 4 cups
- 2 tbsp soy sauce - or to taste
- A small splash of rice wine vinegar - optional
- A drizzle of sesame oil to add at the end of cooking

If you like, garnish with finely chopped spring onions, herbs and a drizzle of sesame oil

To make it Ramen inspired add noodles once stock is in!

Method:

Fry off all veg with the ginger and chilli, pepper then add stock and bring to the boil (add noodles if you like) then season with soy, rice wine, citrus juice and right at the end of cooking add a drizzle of sesame oil. Taste and adjust if needed. Enjoy as a starter or a light lunch!

Herby Cous-Cous, Roast Apricot, Feta and Toasted Sunflower Seed Salad



Ingredients:

- Cooked cous-cous around 1 cup per person if for a side salad/light meal
- 3 -4 fresh apricots, stoned and quartered
- 1 cup of chopped fresh herbs - mix a few if you have them. we used lemon mint & parsley (dill, basil, coriander or tarragon would be fab)
- 1 standard size pack feta, chopped into cubes
- 1 cup sultanas/dried fruit
- 1 or 2 tbsp honey for drizzling on apricots
- 1 tbsp of olive oil for drizzling over apricots
- 1 lemon or lime, zest & juice
- Pinch salt & pepper to taste
- 1 clove garlic finely chopped

Method:

Prepare cous-cous according to packet instructions per person. I make it in a bowl, cover with correct amount boiling water and cover with cling film for 10 mins, then fluff it up with a fork.

Heat oven to 200c

Put chopped apricot quarters on a lined baking tray, drizzle with the oil & honey & a pinch of salt. Cook in oven for 20 mins or so until starting to caramelise. Leave to cool and keep any juices to add along with apricots to the cous-cous. Mix all together in a bowl, taste to check seasoning and adjust if needed. Keeps for up to 3 days covered in the fridge

Carrot, broccoli & sesame salad with soy & honey dressing (vegan)

This is a great way to use up cooked carrots, broccoli (or other vegetables) leftover from last night's dinner! Just bypass the cooking veg.



Ingredients:

- 5 or 6 carrots, chopped into circles or batons
- A couple heads of broccoli, chopped into bite size chunks
- 2 cups shredded greens – Kale, spinach or other dark greens.
- ⅓ cup sesame seeds, lightly toasted
- 2 red onions - sliced in half then chopped semi finely
- ½ cup vinegar of choice
- 1 tbsp brown sugar or honey
- 1/1.5 tbsp oil for cooking veg
- 1 clove garlic - finely chopped
- 2 tbsp dark soy sauce - or to taste

Method:

Heat oven to 200c

Place carrots & broccoli on a baking tray, not overlapping. Drizzle oil to coat veg, season with garlic, salt & pepper and lightly roast for 20 mins so carrots still have a slight crunch. Or stir fry if you prefer! Leave to cool.

Cook the onions with vinegar & brown sugar/or honey in a pan on the hob for 15/20 mins on a medium heat, stirring regularly, until vinegar reduced & onions caramelising in the pan. Set aside to cool.

Mix cooled veg with caramelised onion, shredded greens, seeds, then add the soy. Taste & adjust seasoning accordingly, if you prefer tangier, add a splash more vinegar, or a spoon of honey if you like it sweeter or more soy :). Keeps for up to 3 days in the fridge.

Instead of eating as a salad, you could enjoy it while hot and mix it with noodles as a main meal :)

Peach, celery, cucumber & feta salad



Ingredients:

- 6 peaches - chopped into large chunks
- Half a cucumber - chopped into small chunks
- 4 or 5 chopped celery sticks - sliced thinly
- 1 standard pack feta - chopped into cubes
- Crunchy leaves of choice - we use iceberg lettuce
- A handful of chopped mint if you have it
- 2 tablespoons honey
- 4 tablespoons balsamic
- Juice of 1 lime
- Pinch salt & pepper
- 2 tablespoons olive oil

Method:

Heat oven to 190c

Lay chopped peaches on an oven dish, pour over 2tbsp balsamic, 1 tbsp honey and 1 tbsp olive oil and mix through. Add a pinch of salt & pepper to taste. Roast for 20 minutes then take out to cool.

In a small bowl mix a little dressing 2 tbsp balsamic, 1 tbsp honey, 1 tbsp olive oil and the lime juice.

Layer everything up in a bowl and drizzle over the dressing as you go. I find layering leafy salads together rather than mixing them up helps the leaves stay crisp, and keeps ingredients in one piece. Once assembled serve and eat on the same day. If making in advance, leave ingredients separate until close to serving time. Perfect as part of a Summer's day lunch!

Carrot & peach salad with shallot & strawberry sauce (vegan)



Ingredients:

- 6-8 carrots - chopped into half moon slices
- 6 peaches - chopped into bite size chunks
- 1 red onion - chopped into small chunks
- 6 shallots - finely chopped
- 2 cups chopped strawberries
- 2 tbsp honey or 1 tbsp brown sugar
- 2 tbsp balsamic
- 1 tsp chopped chilli
- Pinch salt & pepper to taste
- 3 cups salad leaves of choice - washed & chopped

Method:

Heat oven to 200c

Lay carrots, peaches and onion on a baking tray, season and cook in the oven for 20 minutes. Take out and leave to cool.

While veg is in the oven, put chopped shallots, strawberries, honey or brown sugar, balsamic, and chilli in a pan and cook on the hob for 15-20 minutes stirring regularly. Pour over the carrots, onions and peaches, leave to cool for a few minutes then layer up with the fresh leaves in a bowl. Serve as a light lunch or a side salad.

Celeriac, nectarine, cucumber, date and walnut salad



Great way to use nectarines or peaches that don't sweeten up enough to enjoy raw

I will not put exact amounts as it is all to taste.

Ingredients:

- Celeriac - rough parts chopped off, then grated or chopped into matchstick size
- Juice of 1 lemon
- Cucumber - we use a whole one - chopped
- As many nectarines as you want to use up - chopped into chunks (we used 6)
- 2 tsp brown sugar or honey
- A handful of toasted walnuts/almonds whatever nuts you fancy
- Lime juice - we used juice of 3 limes as made a large salad to feed about 8
- Olive oil or similar healthy oil for drizzling
- A handful of chopped dates
- Plenty of chopped herbs - we use basil, parsley and lots of mint! Dill would be lovely
- Salt and pepper to taste
- Add a chopped clove of garlic if you wish, we just didn't have any yesterday!

Method:

Put chopped nectarine in a pan with the sugar and a drizzle of oil or small cube of butter, and lightly cook for around 5-7 mins. Leave to cool.

Fill a bowl with the celeriac and squeeze the lemon juice over it soon as you can to prevent it from discolouring. Add all the other ingredients including the cooked nectarines, stir, taste to check for seasoning and adjust accordingly. Lovely as a filling side salad or light summer lunch.

Tomato, Lemongrass and Lime Chilli Jam (vegan)



Ingredients:

- Around 550g ripe tomatoes - chopped smallish
- 3 -4 red chillies - finely chopped
- 2 lemongrass - bashed with a rolling pin but left whole for cooking in pan
- 1 or 2 clove garlic - finely chopped
- 2 limes - juiced and halves kept for cooking in pan
- 300g castor sugar or jam sugar
- 80ml white wine vinegar

Method:

Heat oven to 140c. Wash a few jars, and turn upside down on a baking tray and heat for 20 mins in oven to sterilise. Or use the boiling water method for a few minutes.

Put all ingredients in a heavy bottomed pan and bring to the boil, stirring carefully. Reduce to a simmer and cook for another 30 mins or so until reduced, stirring regularly. Take out lime halves and lemon grass, then with great care spoon or funnel into the jars while both still hot. Fill to just below the rim, clean any spillage with a clean cloth and hot water and put on lids and fasten. These will keep in the store cupboard for 1 year, once opened, refrigerate and use within 6 weeks.

Easy strawberry vinegar (vegan)



What you need:

- Small-medium pot
- Fine sieve - I used a tea strainer as it is so small and easy to place over the jars
- 2 glass jars or glass bottle with lid - sterilise first with boiling water or in oven at 140c for 20 mins

Ingredients:

- 2 cups whole washed strawberries, greens removed
- 220ml clear vinegar
- 2 heaped tbsp sugar - or to taste

Method:

Put the strawberries, vinegar and sugar in the pan, bring to the boil, then simmer for 10 mins on a low heat. Leave to cool for a few minutes then strain vinegar into the jars/bottle.

Keep the mushy strawberries*. Once cool it has loads of uses and will keep well. whisk with a little oil for a delicious salad dressing, use when making pickles/chutneys/relishes, add a splash to sauces/gravies and whatever else you fancy.

*With the leftover whole pickled strawberries, simply mash them up and enjoy them with things like cheese and oatcakes/crackers etc, tangy & delicious!

Butterbean & lime pate



Ingredients:

- 1 tin butter beans - rinsed & drained
- A handful of herbs like sage or parsley
- 1 200g pack cream cheese
- Zest and juice of 1 lime or lemon
- Pinch of paprika - optional
- 1 clove garlic
- Pinch salt and pepper

Method:

Blitz all with a hand blender or food processor. Adjust seasoning if needed.

Enjoy with toast, oatcakes, crackers or as a dip for crudité's or falafel!

Tomato & Cardamom chutney (vegan)



Ingredients:

- 2 onions
- 6 tomatoes or 2 cups cherry tomatoes - chopped
- 2 tins tomatoes
- A good squirt of tomato puree
- 2-4 cardamom pods depending on your taste - bash with a rolling pin to release seeds
- Chopped chilli to taste
- $\frac{1}{2}$ - $\frac{3}{4}$ cup vinegar, depending on how tangy you want it.
- Brown sugar to taste, try half a cup and add more if you feel the need.
- Salt/pepper to taste

Method:

Fry off onions with cardamom seeds and chilli until softened, then add fresh tomato, tinned tomato, vinegar and sugar. Taste and adjust if you feel the need, then cook on a medium heat for a few minutes stirring regularly. Lower heat to simmer and cook for about 25-30 minutes OR until the chutney has thickened and reduced. Put into hot sterilised jars, or leave to cool and put in a tub in the fridge.

Carrot, Ginger & Lemongrass Chutney (vegan)



Ingredients:

- Around 500g grated carrot
- 1 or 2 onions - chopped small
- 1 lemongrass, bashed with a rolling pin to soften and finely chopped
- 1 tbsp chopped stem ginger or 1 tsp grated root ginger
- 1 tsp ground ginger
- 1 tsp mixed spice
- Squeeze of a lemon or lime
- Half a chilli chopped finely
- We also added a handful of leftover chard stems
- Equal measures of vinegar & sugar to taste. I suggest 200ml vinegar to 200g brown sugar

Method:

Put all the ingredients in a pan and cook on a medium heat for around 20 minutes stirring regularly. Lower heat and cook for a further 15/20 minutes until reduced nicely.

Taste and adjust if needed to your preference, ie if too sweet for you add a little more vinegar and cook for another few minutes / or if too sour, add a little more sugar.

Keeps refrigerated in a tub for a couple weeks/ or sterilise a few jars, fill to just below the rim, seal tightly and keep in a cool dry place for up to one year, once opened refrigerate and use within 4 weeks.

Chard & Sunflower Seed Pesto



Ingredients:

- Approx 10 chard leaves (washed and patted with kitchen roll)
- 1 clove garlic - crushed
- 1 cup fresh herbs - we used parsley and a sprig of lemon balm
- Half a cup grated parmesan
- Third of a cup of toasted sunflower seeds
- Half a cup of olive oil or similar
- A squeeze of lemon juice
- Pinch salt and pepper

Method:

Take thick stalks off chard, (see chard stem chutney or carrot and lemon grass chutney). Steam for a minute if you wish, but we just used raw leaves.

Put all the ingredients apart from the oil in a food processor, add half the oil and blend for a few seconds. Scrape the sides and add as much more oil as needed to bring it to your preferred consistency. Taste for seasoning and adjust if needed.

Keeps for 3-4 days refrigerated in a sealed tub.

We spread ours onto cooked firm polenta, sprinkled it with sunflower seeds and chopped broccoli, then baked it for 25 minutes until crisp. Once cooled a bit, we sliced it into squares and enjoyed it as a light lunch!

Courgette, kale & walnut pesto sauce



Ingredients:

- 1 medium courgette chopped
- $\frac{1}{3}$ cup parmesan or other hard cheese
- 1 clove garlic -chopped
- 1 $\frac{1}{2}$ cups leaves such as basil, parsley or spinach
- 3 to 4 kale leaves
- 3-4 tbsp olive oil depending on how runny you want your sauce
- $\frac{1}{2}$ cup of nuts - we used toasted walnuts and almonds. Pine nuts are great but expensive. Toasted sunflower seeds work well and are cheap!
- Salt and pepper to taste
- A good squeeze of lemon juice

Method:

Heat oven to 200c

*Optional, roast courgettes with a little oil and chopped garlic for 20 minutes.

Put raw or cooked courgettes in a food processor along with the leaves, cheese, lemon juice, nuts, 3 tbsp olive oil and blitz for a couple mins, scrape and blitz again until all combined. Taste and season with salt and pepper accordingly, or add a little more oil if you want it runnier.

Enjoy as a sauce for pasta or would be extremely delicious with fish!

Mushroom, Radish & Chard Stem Salsa (vegan)



Ingredients:

- 1 pack of mushrooms of choice - cleaned & chopped
- A handful of red radish - washed & chopped
- 2 or 3 red onions
- As many chard stems as you have to hand - chopped (great way to use them up!)
- Half a cup of fresh herbs, we used oregano, sage and angelica
- Quarter cup vinegar of choice, we used sherry vinegar
- 1 heaped tbsp brown sugar
- Pinch pepper and salt to taste

Method:

Fry onions and mushrooms for around 10 minutes on a medium heat, stirring regularly. Reduce the heat, add all other ingredients and cook for another 15 minutes or so until reduced, vinegar has mellowed, but radish still has a crunch.

Serve with toast or crackers.

Keeps in a sealed tub in the fridge for 1 week.

Brazil nut, leek & shallot pate



Ingredients:

- Half a cup brazil nuts - lightly toasted
- 2 cups chopped leeks
- 200g shallots - peeled & chopped
- 1 cup spinach or other dark greens - washed & roughly chopped
- 2 cloves garlic - keep skin on for cooking
- Drizzle of olive oil for cooking veg
- 1 pack cream cheese
- 1 tbsp sherry vinegar or other vinegar
- Juice of 1 lime
- Pinch salt & pepper

Method:

Heat oven to 200c

Place chopped leeks, shallots and garlic with skins on, on an oven tray, drizzle with oil, vinegar and a pinch salt & pepper. Cook in oven for 15 mins.

While veg cooling, add all the other ingredients into a food processor (or bowl if using a hand blender). Add veg once cooler and blend on a high speed until all combined and a nice texture.

Enjoy spread on toast or try with savoury scones/muffins etc! Keeps for up to 5 days in a sealed tub in the fridge.

Beetroot stem, lime, green chilli and kale salsa (vegan)



This is a great way to use those pretty stems of beetroot.

Amounts are not exact as it is all to taste and depends how much beetroot stems you have to hand!

Ingredients:

- As many beetroot stems as you have to hand - chopped
- A few kale leaves - rough stems removed, shredded into strips and chopped
- Green chilli - finely chopped, seeds removed
- Juice of 2-3 limes
- 1 tsp sugar or honey
- 1 or 2 onion finely chopped
- A handful of mint/coriander chopped - optional
- Pinch salt and pepper
- 1 clove garlic - finely chopped
- Olive oil for drizzling
- A splash of any vinegar

Method:

Mix all together and lightly drizzle with olive oil. Taste and adjust if needed. Enjoy as a side dish or with crackers and cheese or just on its own!

Broad Bean and Green Bean Hummus (vegan)



If you find yourself with leftover greens/other cooked veg, try whizzing them up into Hummus!

Ingredients:

- Around 200g broad beans
- 1 can drained chickpeas
- A good handful of green beans or other cooked veg you have to use up
- Zest & juice of 1 lemon
- 2 tbsp tahini
- 1 tbsp walnut oil -optional
- 3 tbsp olive oil or similar
- 2 tsp cumin
- 1 tsp coriander
- A good handful of fresh coriander if you have some
- Salt and pepper to taste

Method:

Blend all in a food processor or hand blender. Taste and adjust if needed. If too thick add a little water, oil or lemon juice.

Kaleslaw with walnuts, celery & cheddar



Ingredients:

- 8-10 leaves of kale, washed & shredded
- 4 or 5 carrots, washed & grated
- 1 cup of chopped walnuts
- 1 cup of sultanas/other dried fruit
- 1 cup chopped fresh herbs - we used parsley & lemon mint, dill would be lovely!
- 1 cup crème fraiche or to taste - optional
- 1 cup mayo- or to taste
- 2 tsp clear vinegar
- 1 tsp mustard
- Squeeze of half a lemon
- 1 clove garlic finely chopped
- Pinch salt & pepper to taste

Method:

Mix all apart from crème fraiche & mayo in a bowl. Then mix in mayo and/or crème fraiche to taste so it is as creamy as you want it. You can totally leave out the creamy ingredients and make a lemon/mustard/vinegar/honey dressing with some chopped dill for example.

Keeps wrapped in the fridge for up to 3 days.

Kale Guacamole (vegan)



Ingredients:

- 2 ripe avocados
- A good handful of kale, thickest stalks removed
- 1 level tsp paprika
- 1 clove garlic
- 1 tbsp tomato puree
- Half a chopped red onion
- Handful of fresh herbs - coriander ideal, but parsley & lemon balm works too.
- Squeeze of half a lemon or 1 lime
- 1 or 2 tbsp sour cream/crème fraîche -optional
- Chilli pepper or chilli flakes to taste- optional (I'd use one third of a teaspoon chopped chilli)
- Pinch pepper and sea salt to taste

Method:

Scoop the flesh out of avocados, then put along with all the ingredients into a food processor. Blend for a couple minutes, scrape sides, then blend until combined evenly. Taste and adjust accordingly. We had ours with easy kidney bean chilli and tacos!

Quick and Easy Kidney Bean Chilli (vegan)



Ingredients:

- 1 red onion - finely chopped
- 2 tins chopped tomato
- 1 clove garlic - finely chopped
- 1 tin kidney beans or other beans - drained and rinsed
- 1 tbsp honey
- Half a tsp chopped chilli
- Half a tsp cumin
- 1 tsp coriander
- 1 tsp paprika
- 1 packet Mexican spice mix
- Squeeze of half a lemon or lime
- Pepper/salt to taste

Method:

Fry onion and garlic for a few minutes until softened. Add spices, tinned tomato, honey and lemon/lime. Cook on the hob on a medium heat for around 5 mins, add beans & reduce heat to low and simmer for around 20 mins until the sauce reduced and flavours intensified. Serve as a pasta/rice sauce or with tortillas/ tacos etc.

If you wish, add meat after the frying onion stage and brown off before adding the rest of ingredients.

Kohlrabi & cauliflower mash



Ingredients:

- 1 head cauliflower
- 1 head kohlrabi
- 2 tbsp yoghurt
- 1 tsp horseradish
- Salt pepper to taste
- Herbs to garnish - Tarragon, parsley and chives would all be great

Method:

Steam or boil cauliflower and Kohlrabi for about 10 mins until softened

Add to a food processor, then add the horseradish, yogurt, oil salt/pepper and blend until smooth. For serving garnish with chopped herbs.

If any left over for the next day (which I doubt as it's really good!), shape into pate's, balls or croquettes, dip into flour, egg then breadcrumbs and fry/oven bake till crisp. If the mix is a bit wet, add a bit of breadcrumbs or similar to thicken up.

Herby potato & pickle croquettes



A good one for if there is a lot of leftover mash after a meal.

(As this is a recipe for leftover mash, I will use amounts as a guide only, adjust accordingly.)

Ingredients:

- 350g mashed potato
- 160g breadcrumbs - see herby garlic breadcrumb recipe posted next to this
- 150g plain flour plus extra if needed
- 2 eggs, whisked
- Pinch salt and pepper to taste
- Clove garlic finely chopped
- A good handful of chopped herbs - we used tarragon and parsley
- Tsp of lemon zest

Method:

Heat oven to 190c

Put mash, flour, eggs and breadcrumbs in a row in separate bowls in front of you.

On a floured surface and floured hands, shape your mash into croquettes or balls, dip in the flour, then egg, then a good coat of breadcrumbs and lay on a baking tray. Drizzle lightly with oil and bake in the oven for about 20-25 minutes until beautifully golden and crisp. Enjoy as a light lunch with some greens and mayo or a nice dip. We had ours with Broad bean Hummus.

Herby garlic bread crumbs (vegan)

Ingredients:

- Bread
- Fresh or dried herbs of your choice
- 1 or 2 cloves of garlic
- Pinch of salt and pepper
- Lemon zest

Make, and then freeze until you need it

Amounts are not exact as will depend on how much bread you have to use up and how much garlic/herbs you would like to add.

Method:

Lay your bread on an oven dish, drizzle with oil and lightly toast for a few minutes. Put in a food processor or a bowl for hand blending. Add as many fresh or dried herbs as you wish, add 1 or 2 cloves of garlic, a pinch of salt and pepper. Adding lemon zest is a delicious addition.

Sprinkle over pasta bakes, fish/meat etc or use for things like potato croquettes/goujons and the like!

Courgette fritters & dipping sauce



Ingredients for fritters:

Adjust recipe amounts accordingly if you have more or less courgettes to use

- Around 3 heaped cups grated courgettes
- 2 eggs
- 1 cup self raising flour
- ½ cup chopped herbs - we used chives
- Pinch salt/pepper
- A squeeze of lemon juice
- Oil suitable for frying - enough to coat the pan as needed

Method for fritters:

Mix all together in a bowl, heat up oil in a pan, and drop as many tablespoons of mixture as you can reasonably fit in your pan, while leaving at least a cm between them for easy turning. Flip halfway through cooking, they only take about 3 mins each side.

Enjoy while hot with dipping sauce, or save for a cold snack/lunch the next day.

Ingredients for dipping sauce:

- 1 tbsp honey or brown sugar
- ¼ cup soy sauce
- 2 tbsp rice wine vinegar
- Squeeze of lime juice
- 1 tbsp sesame oil
- 1 tsp finely chopped or grated root ginger

Method for dipping sauce:

Mix all together and heat gently in a pan to dissolve honey. Pour into a serving bowl for dipping.

Cauliflower Falafel (vegan)



Ingredients:

- 1 head of cauliflower – chopped
- 400g cooked and drained chickpeas
- 1 tsp coriander
- 1 tsp cumin
- ½ tsp turmeric
- Juice of 1 lemon
- A good handful of fresh herbs, we used basil and parsley - chopped
- 1 clove garlic
- Pinch salt and pepper
- 1-2 tbsp flour - use gram flour, plain flour or similar
- A splash of oil
- Oil for baking or deep frying if preferred

Method:

Heat oven to 200c

Add chopped cauliflower into a food processor, or a bowl to hand blend. Blitz until crumbly, then add chickpeas along with the other ingredients and mix again until all combined. Taste and adjust if needed. Squeeze a bit of mix in your hand to check if it holds together, if not, add a little more flour, a drizzle more oil.

Roll into balls on a lightly floured surface, lay on a tray and drizzle with enough oil to coat them all, rolling them around gently to make sure each one is covered. Bake for 30-40 mins until crispy and golden brown. (Deep fry if you prefer)

Serve hot with pitta and hummus or dips, or use as a substitute for meatballs with a rich tomato sauce and flatbreads or rice.

Spinach, Red Onion, Leek & Feta Puff Pastry Tart



Ingredients:

- 250 puff pastry (half a standard block)
- 1 cup of crème fraîche
- ½ cup grated parmesan or other cheese (optional)
- ½ a standard size pack of feta crumbled
- 1 large egg or 2 small (if doubling the recipe for a larger group of people, 3 medium eggs will be perfect ratio to the rest of ingredients doubled)
- 1 cup leeks - finely chopped
- 1 red onion - finely chopped
- 1 tbsp oil for frying
- 1 splash sherry vinegar or other vinegar
- 1 cup spinach - washed & shredded
- Pinch salt & pepper

Method:

Heat oven to 200c

Roll out puff pastry to around 8"x8". Gently mark out a half inch border without cutting through pastry. Put in oven and partially bake until lightly cooked & puffed up, around 10 mins.

While pastry cooking, fry up leeks and onions in oil & vinegar for 5 minutes and season to taste. Leave to cool. Whisk up eggs and crème fraîche, in a bowl and add cheese, spinach and veg once cooled for a couple minutes.

Take pastry out of oven and without burning yourself, push down the middle of the pastry with a knife or fish slice, making sure the edges remain puffed up. These raised edges will keep the tart mix from spilling out while cooking.

Pour the savoury custard mix over the pastry and cook for around 15-20 minutes until golden patches appearing and mixture is bouncy to the touch.

Cut into large squares for a meal, or into smaller ones for bite size snacks/picnic food, good hot or cold! Keeps in fridge for up to 3 days.

Spinach, Kale, Feta and Walnut Parcels



Ingredients:

- 4 cups spinach - roughly chopped
- 2 cups kale - roughly chopped
- 1 clove garlic - chopped finely
- 1 red onion - finely chopped
- Handful of walnuts - toasted in oven for 5 mins
- Half a pack feta cheese - crumbled
- 1-2 eggs, whisked for egg wash and sealing edges
- Pinch of nutmeg - optional
- 500g puff pastry (if too much for your household these can be made and frozen for another time, or kept in fridge for up to 3 days and eaten cold/heated up, or just half the recipe and keep half the pastry for another meal!)

Method:

Heat oven to 200c

Fry off onions and garlic for 5 mins, then add spinach and kale and cook for a couple minutes until wilted. Season with a pinch pepper, salt and nutmeg if you have it. Mix in chopped toasted walnuts and crumbled feta cheese and put to the side. Next roll out puff pastry to around 4 inch squares. Egg wash the edges, then put a tablespoon of mixture in the middle of the pastry. Fold over to make a triangle and seal by pressing down with your fingers and egg wash over the top. Bake for around 20 mins until golden and cooked through.

You can substitute the leaves for leftover veg like cooked broccoli and sprinkle things like sesame seeds on top of the parcels prior to cooking.

Spinach & Cheddar scones



Ingredients:

- 125g grated cheese
- A cupful of chopped spinach
- 300g self raising flour plus extra for rolling out
- 1 heaped tsp mustard
- Around 150-180 ml milk
- 60g butter (¼ of a standard block) - Chopped into cubes
- Pinch salt & pepper

Method:

Heat oven to 200c

In a bowl crumb together flour & butter. Add cheese, spinach, mustard, salt & pepper and mix through.

Then add 150ml milk and stir in with a fork until all combined down to the bottom of bowl, if it seems a bit dry, add a splash more milk. The mixture should be sticky for a light and yummy scone. Don't over mix as it will make the scones heavy.

Lay out mix on a floured surface, shape into a ball and gently pat out with your hands until it is about 1.5 inches thick. Cut out with scone cutters, if you hear the air puff out when the cutter goes down you know the scone will be good!

Bake for around 20 mins for medium size scones/or until light golden in colour and they feel light & almost hollow when you tap the bottom of the scone.

Cheese scones are amazing warm with a spread of butter, or try with our Brazil nut, leek & shallot pate.

Kale crisps (vegan)



Ingredients:

- As much curly kale as you have to use up!
- Enough olive oil to drizzle over and lightly coat the Kale
- A sprinkle of sea salt & pepper to taste

Method:

Heat oven to 150c

Tear up kale leaves into bite size chunks, removing tough parts of stalks.

Place kale flat on a baking tray making sure none is overlapping, season to taste and bake for around 20 minutes until the kale is fully crisp but still green. Enjoy!

Oatcakes



Ingredients:

- 300g oat flakes - grind half
- Approx 80g butter - melted (use 2 tbsp oil if you prefer)
- 2 tsp runny honey
- Pinch salt and pepper to taste
- Approx 60-80mls hot water
- (add a couple tbsp grated cheese for extra yum factor)

Method:

Heat oven to 140c

Put aside a small amount of the ground oats to use for rolling. Put the rest of the oats in a bowl then add the melted butter, honey, seasoning and half the water. Mix with a fork before adding as much hot water as you need to make a mouldable dough.

Spread the extra ground oats on a clean surface and roll to the thickness of a £1. Cut out as many as you can with a cookie cutter, or cut into triangles. Lay out on an oven dish and bake for 20 minutes, turn each oatcake halfway through cooking and bake for approx 20 more minutes, or until totally firm in the middle of each side. (If they feel slightly squishy it is not ready yet.)

Keeps for at least 2 weeks in an airtight tub in a cool dry place.

Naan Style Bread



Ingredients:

- 150ml warm milk
- 100ml yogurt (we used the creamy part of coconut milk)
- 2 tsp sugar
- 2 tsp active dried yeast
- Half tsp salt
- 2 tbsp veg oil
- 1 egg
- 450g plain flour plus extra for kneading/rolling

Optional ingredients - 2 tbsp chopped fresh herbs/chopped garlic/chopped chilli - mix with a little oil for spreading on top of uncooked breads

Method:

Mix flour, yeast, sugar and salt in a bowl. Whisk yoghurt (or coconut cream), egg and oil together in a small jug or bowl. Make a well in the flour bowl and add warm milk and the other wet ingredients and knead well until you have a silky and smooth dough, around 8-10 minutes. If mix a little wet add more flour, if too dry, add a splash more warm milk or water.

Put in a lightly greased bowl, cover with a clean cloth and put somewhere warm for half an hour or until doubled in size.

Heat oven to 180c. Roll out into the size you want, either a few small ones or a couple of large ones. Spread on any extra flavours like garlic and herbs. Cook for 10-15 minutes until a light golden colour and cooked through.

Rhubarb scones



Ingredients:

- 60-80g rhubarb stems - chopped
- 300g self raising flour plus extra for patting out and cutting out
- 150ml milk plus a little more if needed
- 60g light brown sugar
- 60g chopped butter
- ½ ground ginger
- ½ mixed spice or cinnamon
- Pinch salt

Method:

Heat oven to 200c

Place chopped rhubarb on a tray and sprinkle 2 tsp of the sugar over, and lightly roast for 10/15 mins. Leave to cool.

Mix chopped butter, flour, spices, salt and sugar together with your fingers in a bowl until resembles breadcrumbs in texture. Pour in milk and stir in with your hand or a fork, making sure you mix to the bottom of the bowl. The mixture should be sticky, but mouldable and don't overwork it or it will not have a good rise. If too wet add a tbsp more flour, too dry add a splash or two more milk or water.

Place on a floured surface, gently pat out to around 1.5" in thickness. You know it will be a light scone if you hear the air when you press the cutter down. Cut out with scone cutters and lay out on a baking tray.

Baking time depends on the size of your scones. Mini scones take about 15 mins, larger 20-25 mins. Tap the bottom of the scone once you think is done, if it feels almost hollow and is a nice colour, it will be ready!

Courgette brownies



Ingredients:

- 150g grated courgettes - juice squeezed out
- 150g plain flour
- 3 eggs
- 150g dark chocolate (plus some extra chopped chunks to stir in if you like) broken up
- 250g castor or light brown sugar
- 250g block butter
- Splash vanilla extract

Method:

Heat oven to 170c

Line a baking tray with parchment paper, ideally around 10"-12"

Melt butter in a pan, take off heat and melt chocolate into the hot butter. After chocolate is melted, whisk in sugar, vanilla, eggs and grated courgettes and finally flour. Mix thoroughly to the bottom of the pan, it needs to be a smooth batter.

Scrape out batter into the lined baking tray, and bake for 25-30 mins until cooked but still has the slightest wobble. If you like a really fudgy brownie, they taste even better a couple days after they are made...if you can make them last that long!

Strawberry Jam (vegan)



Ingredients:

- 1kg ripe but firm strawberries -greens & stalks removed
- 1kg Jam sugar
- Juice of half a lemon or lime
- 6 or 7 sterilised glass jars with metal lids

To sterilise, heat oven to 140 c, wash glass jars with hot soapy water, rinse, turn upside down onto an oven tray and heat for 20 mins.

To be store cupboard sterile, do this while jam is cooking, so they and the jam are still hot when the jam is being poured in. Be very careful when doing this as both hot glass/hot jam can give nasty burns! Use a sterile funnel if you have one.

Strawberry Jam continued...

Method:

Put sugar in an oven proof dish, and heat in the oven at 140 c (with the jars) for 10 mins. If sugar is already hot, the strawberries will need less cooking time, meaning a brighter, tastier & juicer jam!

Mash strawberries, leaving a few pieces if you like it textured, then add to a heavy pan if you have one. Heavy pots mean better heat distribution and less likely to burn. Take out hot sugar and pour over strawberries and add the citrus juice.

Put a plate and a spoon in the freezer, this will help you test when the jam is ready. At testing stage, spoon some jam onto the plate and tip it up, if the jam wrinkles when pressed with your finger or the spoon, it is ready.

Put pan on the hob and turn to a medium heat, stirring until sugar and berries combined, then stop stirring and bring it to what is called a rolling boil for a few seconds, then stir it back down and repeat this 4 times.

This is a good time to check if your jam is ready, so do the cold plate test and if it doesn't seem thickened, repeat the boil until it is ready. How long it takes will depend on many things like your pan, your hob, how hot the sugar was and how moist your strawberries were. Don't let the rolling boil get so high it starts spitting as it this is of course dangerous.

Once it passes the plate test, carefully spoon or ideally funnel the jam into hot sterilised jars, leaving 1 cm below the lid. Carefully place lids on, and tighten with the help of a clean cloth, clean up any sticky mess once jars are cooler. (*Never run hot filled jars under cool water, in my younger cooking years I did this and of course ended up with a shattered sticky glass mess in the sink!)

My favourite way to enjoy homemade strawberry jam is simple.....on warm buttered crusty bread!

Hot jarred jam keeps in the store cupboard for 1 year, once opened keep in the fridge.

Strawberry baked cheesecake



Ingredients:

Base:

- 2 cups broken ginger biscuits/around 250g
- ½ a cup oat flakes
- ½ a cup cocoa powder
- 70g butter

Filling:

- 2 eggs
- 1 cup castor sugar
- 2 cups/400g full fat cream cheese
- 1 cup double cream or sour cream
- heaped cup chopped strawberries plus more for decorating
- Splash vanilla essence
- 1 tbsp plain flour

Method:

Heat oven to 160c

Combine base ingredients in a food processor, then press out onto a 10" spring base cake tin or a flan dish. To firm up base you can chill it in the fridge for 10 mins or cook it in the oven for 5 mins and leave to cool.

For filling, mix the cream cheese, cream and eggs together, then stir in the rest of the filling ingredients and pour over the base. Bake for around 45 mins before checking. If when you touch it is slightly bouncy and your fingers come away clean, then it is ready. It should still have a wobble. If not ready bake for another 5-10 mins.

Take out and leave to cool before refrigerating. I find it tastes better when it has had at least a couple hours in the fridge and is totally chilled and firmed up, even better the next day. Decorate with things like piped fresh cream/ strawberries/toasted almonds/chocolate curls.

Leftover truffle cake



This no bake tray cake uses any cut offs or broken or crumbly bits of cake and turns them into something of a treat! (don't use cakes with fresh cream/cream cheese icing)

Ingredients:

- Broken cake or biscuits/end bits of cake or crumbs
- A good handful of toasted nuts - we used pecans
- Cocoa powder to taste - enough to turn into a lovely chocolatey colour and flavour
- Desiccated coconut - to taste
- Dried fruit - we used dried apricots
- Cherries - optional
- Golden syrup - enough to bind the mix together so doesn't fall apart when cut.
- Splash vanilla
- A good splash of brandy or whisky - optional!

Covering

- Dark chocolate - enough to cover the surface. (Between 150-300g depending on tray size!)
- White chocolate 100-150g
- You need a skewer for chocolate pattern

Method:

Put any significant amounts of broken cake/biscuits into a bowl, mix with all the ingredients apart from the chocolate, press onto an appropriate sized lightly greased tray and put in the fridge to chill for 10 minutes.

Melt brown chocolate & white chocolate separately, then take truffle out of the fridge and spread on dark chocolate first, covering the whole cake surface. While dark chocolate still melty, pour stripes of white chocolate all across the tray, then take skewer and gently pull it across in the opposite direction to create a marbled effect. Leave to chill again for at least an hour before cutting into bite size squares. Keep in fridge.

Peanut Butter & Coconut Balls



Ingredients:

- 1 cup peanut butter
- 1/4 cup brown sugar
- 1 egg
- 1/4 cup desiccated coconut plus extra for rolling
- 1/4 cup oat flakes

Method:

Mix all together in a bowl, shape into balls and bake in the oven at 180c for 15 minutes. Leave to cool for a few minutes, then enjoy!

So easy!