



Grow Cook Build Own

Volume 2

Recipes by Hilary Rogerson 2017/18



Notes...

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 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 leek, apple and brie soup



Ingredients:

- Around 500g washed and chopped leeks- we used green and white parts
- Around 400g cooking apples - chopped
- 2 onions - chopped
- 200g brie - chopped into chunks
- 400ml veg stock more or less depending on how thick you like soup
- 200ml double cream
- 1 clove garlic
- 1 tsp mustard
- Oil for frying
- Pepper to taste

Method:

Fry off onions, garlic and leeks for 5 minutes, then add cooking apples, mustard and fry for another 5 minutes stirring as you go until the apples have started to break up. Add $\frac{3}{4}$ of the veg stock and turn heat down to a simmer and cook for another 20 minutes until all veg is fully cooked. Add cream and brie and cook for another few minutes to melt the cheese, then blend with a stick blender and taste to check seasoning and thickness. Add more stock if too thick or some milk till it's the desired consistency. Serve with giant French bread toasted croutons for extra yumminess.

Pumpkin, coconut and chilli soup (vegan)



Ingredients:

- Scooped out flesh of 1 medium pumpkin - chopped into small chunks
- 1 tin of coconut milk
- 1 large white onion - chopped
- 2 cloves garlic - chopped
- 1 or 2 tsp grated ginger
- 1 chilli chopped -or more chilli to taste
- A handful of chopped coriander or basil
- 1 lemongrass - bashed with a rolling pin, (toughest end bits removed) and finely chopped.
- About 400ml veg stock

Method:

Fry off onions, lemongrass, ginger, chilli and garlic for a good few minutes. Then add chopped pumpkin and fry for 10 minutes stirring regularly until pumpkin has softened and flavours releasing at the bottom of the pan. Add stock and cook for another 20-25 minutes or so. Next add coconut milk, chopped coriander and simmer for a few minutes before blending to the desired consistency. Taste for seasoning and add a pinch of pepper/salt if needed. Serve and enjoy!

Carrot, mango and poppy seed salad (vegan)



A fab way to use up carrots sitting forlornly in the fridge is a lovely tangy side salad! You could use other fruit instead of the mango. Oranges, figs, apples, pears, peaches or dried fruit would all be lovely! All amounts are a guide only.

Ingredients:

- 4 or 5 carrots - grated
- 2 ripe mangos (or other fruit) - peeled and chopped
- A small bunch of mint - finely chopped
- Juice of 1 lime
- 1 tbsp clear vinegar of choice
- 1 tbsp runny honey (substitute with maple syrup if vegan)
- A drizzle of your favourite oil - we used a nut oil.
- A sprinkle of Poppy seeds or Nigella seeds if you can find them.
- A bunch of spring onions - finely sliced
- Salt and pepper to taste

Method:

Add grated carrots, chopped fruit, spring onions, seeds and mint into a bowl and season with salt and pepper if you wish. Get a jar or tub with a lid, put lime juice, maple or honey, oil and vinegar inside and shake to combine. Pour over the salad and taste, adjust seasoning if you need, then serve as a light lunch or side salad. We had ours as a side to curry!

Cauliflower, sun-dried tomato and basil salad (vegan)



Ingredients:

- 1 or 2 heads cauliflower - chopped and broken into small florets
- About 6 sun-dried tomatoes - sliced
- A good drizzle of oil from the sun-dried tomato jar
- 1/2 cup of torn basil leaves (other leaves like spinach/watercress would be lovely)
- 1 clove garlic finely chopped
- 1 heaped tbsp or more of sun-dried tomato paste
- Pinch salt and pepper
- A squeeze of lemon juice

Method:

Heat oven to 190c

Lay out cauliflower florets on an oven dish. Drizzle with the oil from the sundried tomato jar. Season with salt, pepper, garlic and a squeeze of lemon. Roast for 20 minutes so still have a bite. Leave to cool.

Once cool, gently mix in sundried tomato paste, torn basil, (add any other green leaves like spinach or watercress if you wish to bulk up your salad), season and put in a bowl to serve.

Feta or goats cheese /toasted seeds or nuts like walnuts would be a lovely addition to this salad!

Cucumber, cashew, coconut and passion fruit salad (vegan)



A lovely way to use the last of the seasons cucumber.

Ingredients:

- 2 medium cucumbers - chopped into smallish cubes - we kept seeds in
- ½ a cup of toasted cashew nuts - chopped
- ⅓ cup toasted coconut
- Chopped chilli to taste
- Juice of 1 lime
- A handful of chopped coriander
- 2 passion fruit - seeds scooped out
- ½ tsp brown sugar - optional
- 1 tbsp rice wine vinegar or other vinegar
- 1 or 2 tsp sesame oil - optional
- Salt and pepper to taste

Method:

Prep all the ingredients, add the seasonings and mix together in a bowl.....and serve!

Puy lentil, apple, walnut salad in lemon honey dressing (vegan)



Ingredients:

- 250g uncooked puy lentils
- 1 litre stock or salted water
- 1 bunch flatleaf parsley - finely chopped
- 1 clove garlic - finely chopped
- 2 or 3 crisp eating apples - cored and chopped, skins left on
- Around 50g walnuts - toasted and chopped
- Salt and pepper to taste

Dressing

- 1 or 2 tbsp runny honey or maple syrup if vegan
- 2 tbsp walnut oil or olive oil
- Zest of 1 lemon
- Juice of 2 lemons
- 2 tbsp apple cider vinegar

Method:

Cook puy lentils in a pot in the stock for 25 minutes or until lentils are cooked but still have a 'bite'. Drain and leave to cool.

Make dressing by whisking oil, vinegar, honey and lemon juice in a jug or small bowl.

Then put chopped apples, parsley, walnuts, garlic and cooled puy lentils into a bowl, and stir in enough of the dressing according to your taste. If you don't want to use it all then keep the rest in the fridge for another salad.

Green tomato & lime chilli jam (vegan)



As this is a jam it has a lot of sugar, feel free to reduce it, it will set slightly differently and may need a bit longer cooking to reduce, but should still be yummy.

Ingredients:

- Equal measures of green tomato and jam sugar (We had 1kg of green tomatoes)
- Lime juice to taste - Around 2 limes per kg of fruit
- Root ginger to taste - grated. Around 2 tsp per kg of fruit
- Chopped green or red chilli or chilli paste to taste - About 2 heaped tsp per kg of fruit

Method:

Put a saucer in the freezer at least 20 minutes before heating jam.

Chop up tomatoes into small chunks. Put into a heavy bottomed pot. Add lime juice, chilli and root ginger. Pour sugar over the top and stir. Cook on the hob on a medium heat, bring to the boil and stir back down again. Repeat at least twice more, then test to see if set by using the cold saucer method. Spoon a little jam out onto the cold saucer and move it around with the spoon, if jam thickens/wrinkles then it is set, if not then repeat as much as needed.

Pour into hot sterilised jars and seal. Makes for a lovely gift, it's amazing with cheese, a salad dressing or a dipping sauce for just about anything!

Pumpkin & Ginger jam (vegan)



Ingredients:

- 1kg pumpkin flesh - diced into small chunks
- 1kg granulated sugar
- 1 lemon - seeds take out, chopped into chunks and blended in a food processor
- 2 tsp grated root ginger

Method:

Put chopped pumpkin in a large, ideally heavy bottomed pan, stir in sugar and leave to sit for a couple of hours. Add blended lemon and ginger, then bring to a rolling boil, stir down and repeat for around 20-30 mins until jam is set. While jam is cooking put a plate in the freezer, then once you think jam is ready, spoon out some onto the cold plate, if it ripples then it is ready. Pour into warm sterilised jars and seal.

Rhubarb and bramble jam



Ingredients:

- 500g rhubarb
- 300g brambles
- 600g granulated sugar or jam sugar
- Juice of 1 lemon or lime
- 50g butter

Method:

Turn oven to 140c, then clean and sterilise jars if keeping jam in the store cupboard. Place a cold plate in the freezer to help check when jam is set.

Chop the rhubarb into small slices, then put in a heavy bottomed pan with the butter and cook rhubarb for a few minutes until softened. Add brambles into the pan and mash down with a potato masher. Add sugar and lemon juice into the pan and mix through. Heat gently until fruit softened and getting juicy, then bring to a rolling boil. Stir back down again and repeat 3 more times.

Now check if jam has set by taking the cold plate out of freezer, spoon a little on the plate and if it thickens as it cools then it is set. Repeat rolling boil if need be until set. If using jam sugar with added pectin it should be pretty quick. We used granulated and it took about 5 rolling boils. If you want it smoother mash down a little more. Spoon or funnel hot jam into hot jars, then seal.

We enjoyed ours with spiced apple scones or makes a lovely breakfast with warm buttered toast.

Toasted macadamia nut, spinach and anchovy pesto



Amounts are a guide only, taste and adjust as you wish!

Ingredients:

- 2 or 3 cups of washed and dried spinach leaves
- 2 cloves garlic
- 2 slivers of anchovies
- Juice of 1 lemon
- 100g toasted macadamia nuts
- ½ a cup of hard cheese of choice - we used mature cheddar.
- Olive oil to taste - pour slowly while blending till you get it as runny as you like it.
- Pinch pepper

Method:

Blend all the prepared ingredients, apart from the oil, in a food processor or hand blender and bowl. Scrape the sides and start the mixing again, then slowly add as much olive oil as you need to get it combined. I like mine so you can still see the tiny chunks of nuts and cheese and not too runny or oily. Decant into a clean bowl or tub and if you want it to last a few days, pour a little oil on top to preserve the colour. It will keep nicely in the fridge for 5 days.

We enjoyed ours with some warm flatbreads to dip it in.

Leftover pea pesto



Ingredients:

- 3 cups of fresh herbs like basil or flat leaf parsley
- 1 cup or whatever you have to hand of leftover peas or green beans
- 1 or 2 cloves of crushed garlic
- Squeeze of half a lemon
- ¼ cup nuts like cashew, almond or pine nuts
- ¼ cup of hard cheese - grated or cut into small pieces
- ¼ cup or ⅓ cup olive oil depending on how runny you like your pesto
- Sea salt to taste
- Pepper to taste

Method:

Blitz all the ingredients apart from the oil in a food processor or bowl with hand blender. Add the oil gradually till it is the desired consistency. We used our pesto as a pizza sauce and added sautéed mushrooms, feta, sliced black olives and cherry tomatoes. Fresh pesto keeps for well for up to 5 days, especially if you pour a little layer of oil on top to help preserve colour & flavour. Enjoy!

Red onion marmalade (vegan)



Double or triple recipe if you have lots of onions to use up or want to make more to preserve in jars. This is a very cheap and delicious condiment that tastes far better than the bought onion chutneys.

Ingredients:

- 2 large red onions- Sliced finely into half-moons (you can also use white onions)
- 1 tbsp olive oil
- ¼ cup balsamic vinegar
- ¼ cup brown sugar (we used half maple syrup/half sugar)

To add more delicious depth of flavour add a splash of soy sauce or red wine. A tbsp of chopped fresh herbs such as rosemary is also good.

Method:

Put sliced onions into a small pot with the oil, balsamic, sugar, butter and bring up to a fairly high temperature for a few minutes stirring constantly. Lower temperature to a simmer and cook while stirring regularly for a further 15 minutes or until the onions have absorbed the vinegar and sugar. Leave to cool and serve as a side to main dishes or use as a sarnie filling/to top oatcakes and cheese!

Cranberry and Apple chutney (vegan)



Ingredients:

- Around 400g fresh cranberries
- About 1kg cooking apples - peeled and chopped
- 200g dates - chopped
- 3 red onions - chopped finely
- 50g root ginger or stem ginger
- 250g brown sugar
- 250ml cider vinegar
- 1 tsp mixed spice
- 1 heaped tsp cinnamon
- 1 tsp ground ginger
- ¼ tsp ground cloves - optional
- 1/ tsp ground nutmeg - optional
- salt /pepper to taste
- Juice of 2 oranges
- Zest of 1 orange
- A little oil for frying

Method:

Makes about 6 jars depending on size - To sterilise, wash, turn upside down on a tray and heat in oven at 140c for 20 mins.

Fry off red onions in a medium size pot for a couple of minutes, then add fresh cranberries with the orange juice and zest and gently cook until softened but not burst. Next add the apples, dates, all the spices, sugar and vinegar and cook on a medium heat for about 15 minutes stirring regularly. Lower heat to a simmer and cook for a further 20 mins or until the liquid has evaporated and the chutney has thickened nicely. Taste and adjust sweetness/vinegar/spices if you wish. If it is starting to catch at bottom of pan but you feel it's not ready yet, add a bit of water or vinegar, lower heat and cook some more. Once you are happy with the flavour and texture, pour into hot sterilised jars, or if you will be eating it within a couple of weeks, just put in a clean tub and keep in the fridge.

Pumpkin and apple chutney (vegan)



Ingredients:

- Around 600g pumpkin flesh - Chopped small/grated/or blitzed in a food processor
- Around 4/5 large cooking apples/or 400g at least
- 2 handfuls of sultanas
- 2 tbsp chopped stem ginger
- 1 large onion - finely chopped
- 1 tbsp oil for frying
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp ground nutmeg
- ½ tsp mixed spice
- salt/pepper to taste
- 200ml cider vinegar
- 200g brown sugar

Method:

Add chopped onion and the oil into a heavy pot and fry for a few minutes, then add grated or small chopped pumpkin, and fry for another few minutes until starting to soften. Add apples, sultanas, all spices, vinegar and sugar then bring up to a fairly high heat stirring as you go. Once heated through, turn the heat down to low and simmer for around 45-60 mins stirring regularly until all the mixture has reduced, but make sure isn't sticking or burning at the bottom of the pot. If it has absorbed too much liquid too soon, simply add a little more vinegar or a little water. Taste and check the sweet/sour flavour and adjust if you wish by adding a little more of sugar or vinegar.

Carefully spoon hot chutney into hot sterile jars and seal. Once jar open keep in fridge and use within 1 month. Or if you will use it up within a couple of weeks just put in a clean sealed tub and keep in the fridge.

Mexican style vegetables (vegan)



A good way to use up a mixture of leftover vegetables sitting in the fridge. Most vegetables will do! My amounts are just an example, experiment with amounts of spices a little at a time if you are unsure and have less or more veg than this recipe.

If you have already cooked vegetables leftover, simply add the spices and heat up with the tomato passata

Ingredients:

- 2 courgettes
- 2 red peppers
- 3 red onions
- 3 carrots
- 1 or 2 cloves chopped garlic
- Juice of 1 lime
- Chopped chilli to taste
- A pack of fajita spice mix- bit of a cheat but it is yummy stuff!
- A sprinkle of cumin seeds - optional
- 1 tsp smoked paprika
- 1 tin of drained kidney beans
- 2 tbsp oil
- ½ pack of tomato passata or 2 heaped tbsp tomato puree
- A few drops of vinegar or Worcester sauce (omit if vegan)
- Salt/pepper to taste

Method:

Heat oven to 190c

Lay all ingredients apart from the kidney beans on a large oven tray, not overlapping for even cooking. Add all the seasonings, mix through and oven cook for about 25 minutes, add the beans, stir in and cook for another 5 mins till beans heated through. Serve with tortillas, rice, couscous, pasta, potatoes or whatever you fancy! We had ours with Kale guacamole and homemade flatbreads.

Onion bhaji (vegan)



Ingredients:

- 5 small onions sliced thinly into half moons
- 5 tbsp chickpea flour or plain flour will do.
- 1 clove finely grated garlic
- ½ tsp turmeric
- 1 tsp ground coriander
- ½ tsp ground cumin or cumin seeds
- 1 tsp curry powder or garam masala
- salt/pepper to taste
- Water as needed for batter. It should be thick enough to coat the onions, if too wet add a little more flour.
- Oil for shallow frying

Method:

First make a batter by mixing flour with spices, salt and pepper then gradually add water, whisking as you go until you have a smooth batter. Thinly slice onions, grate garlic and add to batter. If batter too wet to nicely coat the onions, add a little more flour, if too thick and sloppy, add a little more liquid.

Prepare a plate with strong kitchen roll ready to soak up any excess oil from cooked bhajis. Heat cooking oil in a frying pan, test when ready by carefully putting a tiny bit of batter in pan, if it sizzles it is ready. (This isn't one for the kids to help with!) When oil ready, drop a spoonful of onion mix into the pan, and gently pat down with spoon so cooks evenly, cook a few at a time if there is space in the pan. How many you get depends on how small or large your spoonfuls are. They are delicious when freshly made and warm, but any leftover will keep for a couple days in the fridge and can be enjoyed as a cold snack.

Potato and coconut curry (vegan)



If you have surplus tatties that need used quickly, this is a brilliant and cheap curry which can have more or less spices depending on what you can get hold of. Chuck in any leftover boiled potatoes or vegetables!

Ingredients:

- Approx 600-700g of potatoes - chopped into large cubes and partially boiled for 10 minutes
- Any leftover veg - broccoli, greens, carrots or parsnips would all be great
- 1 large onion - sliced
- 1 tbsp grated root ginger
- 1 clove garlic - chopped
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1 tsp coriander seeds
- 1 tsp ground coriander
- 2 heaped tsp curry powder
- 1 tsp turmeric
- 1 tsp chopped chilli
- 1 tbsp mango chutney
- 1 tin of coconut milk or coconut cream
- 100ml stock
- Oil for frying and roasting
- A dollop of yoghurt or a drizzle of pouring cream mixed in at the end - optional!

Potato and Coconut curry continued

Method:

Heat oven to 200C

Put the par boiled tatties on an oven tray and sprinkle with turmeric, coriander and 1 tsp of curry powder, drizzle with a little oil and lightly roast for around 15 minutes until cooked but still with a bite. Stir mango chutney into the potatoes while still on the tray.

While potatoes are cooking in oven, add oil to a heavy pan and lightly fry off mustard seeds, coriander seeds and cumin seeds with the garlic, ginger and chilli for a minute. Then add sliced onion to the pan and fry on a medium heat for at least 5 minutes, stirring as you go until the onions are almost sticking to the bottom, at this stage add a little of the stock and cook for another few minutes, adding more stock if you need.

The curry has a better flavour if the onions and spice are well cooked before adding the sauce. Once onions are well cooked, stir in the cooked spiced potatoes (and any other veg you fancy). Add the coconut milk, the rest of the spices and simmer for at least 20 minutes, stirring regularly. Taste and adjust seasoning if you need. If you fancy it sweeter, add a bit more mango chutney.

It is so filling you may not need rice, we had ours with poppadoms, carrot side salad and raita!

Leftover chicken or turkey tagine



Ingredients:

- 1 tin of chickpeas - drained
- 2 or 3 red or white onions - chopped
- 3 or 4 carrots - chopped small
- A few mushrooms - chopped into chunks
- 1 clove garlic - finely chopped
- About 500g cooked chicken or turkey - shredded or chopped into bite size pieces
- 200g prunes - chopped or whole
- 150g dried apricots - Chopped
- Juice and zest of 1 lemon
- Juice and zest of 1 orange
- 1 chopped preserved lemon if you have them - optional
- 50g grated root ginger
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp ground cumin or cumin seeds
- 1 tsp ground coriander
- A few sprigs of mint - chopped
- A few sprigs of fresh coriander - chopped
- 1 tbsp honey
- Around 250ml chicken stock
- Oil for frying
- Salt and pepper to taste

Method:

Fry off onions, mushrooms, carrots and garlic for a few minutes until softened and starting to brown. Next add all spices, honey, cooked chicken, chickpeas and dried fruit. Stir and cook for a couple minutes before adding $\frac{3}{4}$ of the stock. Lower heat, pop a lid on and simmer for around 20-25 minutes until some of the liquid has reduced but it still has a juicy texture (If it is cooking too quickly and drying out, add more stock). Stir in fresh herbs at the end of cooking. Taste and adjust spices and seasoning if you wish, then serve with seasoned herby couscous.

Leftover cooked veg pancakes



Ingredients:

- Around 250g leftover cooked veg - Shred greens finely, chop any roast veg into small bits.
- 2 eggs
- 280ml milk
- 180g self-rising flour
- Pinch of spice like paprika, nutmeg or ground coriander - optional
- 1 tbsp olive oil
- A drizzle of honey
- ½ tsp baking powder
- Cooking oil for frying
- Pinch salt and pepper
- Grated cheese is a good optional extra

Method:

Put the eggs, milk, 1 tablespoon oil, flour, pepper and salt in a large bowl and whisk lightly to combine. Stir in the veg. Heat oil in your frying pan and ladle a couple of tablespoons of mixture per pancake (go bigger or smaller if you like) cooking up to 3 at a time if a medium size pan. Cook for a couple minutes each side until golden and cooked through. Serve hot as part of a main meal or cold as a snack. Best enjoyed on the day of cooking.

Rice & cheesy leek stuffed tomatoes with herby breadcrumb topping



*If using leftover rice, make sure that the cooked rice was cooled and stored in the fridge promptly after cooking for food safety. I do this by running any surplus rice under the cold tap in the sieve, draining, then putting straight in the fridge in a sealed tub.

Ingredients:

- 6 good size tomatoes
- Around 100g cooked rice
- 1 small or half a large leek - chopped & rinsed
- 1 red or white onion - chopped
- 80-100g grated cheddar
- Half a lemon, zest and juice
- 2 slices of bread - lightly toasted
- A handful of parsley or basil
- 2 cloves garlic - crushed/chopped
- Salt/pepper to taste

Method:

Heat oven to 180C. Sauté the leeks, onion, garlic and a pinch of salt & pepper for a few minutes to soften and release flavour.

Chop off the tops of tomatoes, then scoop out the insides and put in a bowl, leaving enough border so they hold shape. Chop the tomato tops up small and also add to the bowl. Add cooked rice, half the cheese, and a half of the garlic to the tomato. Once leeks & onions are cooked, add them to the mix. Put the tomato shells onto an oven dish that just fits all the tomatoes and fill each tomato with the rice/leek filling.

In a food processor, whiz up the toasted bread, fresh herbs, lemon zest and the rest of the garlic and cheese until combined evenly into crumbs. Squeeze the lemon over the tomatoes, drizzle lightly with olive oil, and sprinkle the tops of each tomato with the breadcrumb topping. Bake for around 35/45 minutes until tomato skin is wrinkled but not collapsing, and filling is piping hot.

The rice filling will be equally delicious with large mushrooms, aubergines or peppers.

Red onion, pear and brie parcels



This recipe makes 8

Ingredients:

- We used one large sheet of ready rolled puff pastry
- 8 teaspoons onion marmalade
- 8 chunks of Brie (Goats cheese, blue cheese or most cheeses are good with this!)
- 1 pear, chopped into small slices or cubes
- 1 egg- whisked. For sealing edges/glazing. (You can use milk for this also)
- A sprinkle of herbs like rosemary - optional

Method:

Heat oven to 200c

Divide your sheet into 8 squares (or if you buy a block of pastry, roll out to thickness of a £1 coin and cut into approx 4 inch squares.)

Fill a large oven tray with your pastry squares.

Brush round the edges of your squares with whisked egg or milk. Put 1 teaspoon of onion marmalade or chutney in the middle of the square, then top with a couple cubes pear and 1 chunk of brie. Bring each edge together and pinch to seal into a parcel shape, or simply fold over into a triangle and press down edges. Brush tops with egg or milk glaze and bake for 15/20 minutes until pastry is light golden and cooked through. Enjoy hot or cold as a snack or part of a meal with veggies or salad.

You can also make tiny ones which are great for party finger food!

Squash and thyme pancakes



Ingredients:

- 200g squash of choice - grated and liquid squeezed out
- 250g self-rising flour
- 1 tsp baking powder
- 2 sprigs of fresh thyme or oregano, finely chopped
- A couple drops of lemon juice
- 1 tbsp maple syrup or honey
- Pinch of salt and pepper
- 2 eggs
- 300ml milk
- 1 tbsp olive oil
- Oil for frying

Method:

Mix together milk, eggs, chopped herbs, maple or honey and lemon drops in a bowl. Mix the flour, baking powder, salt & pepper. Pour the egg/milk mix into the flour, and lightly mix to combine, but for fluffy pancakes don't over beat. Stir in the grated squash, make sure liquid is squeezed out first.

Spoon or ladle onto a hot pan 2 or 3 at a time or cook one large thin one. Takes about 2 mins each side depending on how hot your pan is!

Serve hot with maple syrup for breakfast or with salad for a light lunch!

Sweet and sour crispy squash



Ingredients:

- 1 large or a few small squash of your choice - Chopped into chunky chip shapes or cubes
- Plain flour - enough to coat the squash
- Sesame seeds - enough to sprinkle over squash
- Vegetable oil for drizzling over squash
- 1 Tin of tomatoes
- 2 tsp oil for frying
- 2 finely chopped carrots
- 1 finely chopped onion
- 1 clove finely chopped garlic
- 2 tbsp tomato puree
- 4 or 5 tsp honey or to taste
- $\frac{1}{3}$ cup of clear vinegar of choice - we used rice wine
- 2 tbsp soy sauce or to taste

Method:

Heat oven to 200c

Lay chopped squash on an oven tray. Coat with flour, drizzle with oil and sprinkle over sesame seeds. Oven bake for around 25 mins until crispy and golden.

While squash is cooking, heat a pan with a little oil, add chopped onions, carrots and garlic and fry for 7-10 minutes stirring regularly. Add tinned tomatoes, tomato puree, honey, vinegar and soy sauce and cook at a medium heat for around 20 minutes. Stir in crispy veg and serve with rice or noodles.

Tuna balls with tomato lime sauce



Ingredients:

Tuna Balls

- 3 bread rolls or 5 slices of crustless bread
- 1 cup milk for soaking bread
- 2 tins tuna- drained well
- 150g grated cheese - optional
- 1 onion - finely chopped
- Salt and pepper to taste
- Zest of 1 lime or lemon
- ½ tsp Allspice if you have it - optional
- Oil for frying onions and drizzling tuna balls
- A little flour for rolling balls if needed - you may manage without!

Tomato lime sauce

- 2 tins tomato
- 1 onion
- 1 clove garlic
- 1 tbsp balsamic vinegar or white vinegar
- Juice of 2 limes or lemon

Method:

Heat oven to 200c. Put your bread in a bowl, pour in milk and leave to soak in.

Next start the sauce. Add chopped onions into a pot and fry until browning. Add tinned tomatoes, garlic, balsamic and lime juice and cook gently on a low heat for around 25-30 minutes stirring occasionally.

Once sauce is on the go, add drained tuna, chopped onion, cheese, lime zest, salt, pepper and allspice if you have it, and mix well together. Roll into balls or shape into patties, using flour only if needed. Place on a large oven tray covered with parchment paper, sprinkle with pepper and drizzle or brush each tuna ball with oil. Bake in the oven for 20-25 minutes or until golden brown and crispy. Serve warm with the sauce and a nice crisp green salad

Veg chips with dipping sauce



Great way to use up odds and ends of veg in the fridge.

Chop chosen veg into chips shapes. Cook veg so still has a crunch, either lightly coat in oil and roast for 20 mins or so or steam lightly. You can absolutely do raw too, but it absorbs more of the dipping sauce if cooked.

Dipping sauce

Ingredients:

- 4 tbsp soy sauce
- 4 tsp runny honey
- 2 or 3 tsp sesame oil or similar oil,
- 4 tbsp clear vinegar (rice wine vinegar is good),
- 1 clove finely chopped garlic,
- a handful of finely chopped coriander and a sprinkle of chopped chilli.
- Add ½ a tsp of finely chopped raw or stem ginger if you wish.

Method:

Mix up a dipping sauce. Increase or adjust amounts according to your taste and how many people it is to serve.

Makes a healthy, tasty and easy starter or snack.

Smoked Mackerel pate



Other smoked fish work well too. Smoked trout is particularly delicious but more expensive.

Ingredients:

- Around 225g smoked mackerel - a little more or less is fine.
- 200g cream cheese
- Juice and zest of 1 lime
- 1 crisp apple - peeled, cored and chopped
- A small bunch of flat leaf parsley or similar herbs

Method:

Blend all in a food processor or in a bowl with a hand blender. Serve with savoury biscuits, oatcakes or toast! Keeps well in a sealed tub in the fridge for 3 days.

Roast carrot & squash pate



Ingredients:

- 1 large or 2 small carrots
- 1 small butternut squash - seeds removed
- A couple sprigs of fresh basil
- 1 tsp paprika
- Juice of ½ a lemon or lime
- 2-4 cloves garlic - leave skins on
- 1 tsp honey
- Pinch salt/pepper to taste
- 200g cream cheese - leave out if you want dairy free
- 1 tbsp olive oil

Method:

Heat oven to 190 degrees c

Chop squash and carrot into chunks and put in a roasting dish with the skin on garlic. Roast for 25 mins. Take out and leave to cool. Once cool put in a food processor with the other ingredients and whizz up, scraping the sides halfway through. Taste and adjust seasoning if needed. Enjoy with crusty bread, soda bread, oatcakes or whatever you fancy! Keeps in a sealed tub in the fridge for up to 3 days.

Easy soda bread



Ingredients:

- 200g plain/ or wholemeal flour
- 200g self-rising flour
- 150g oats - leave 50g for rolling/shaping dough
- 1 tsp bicarb of soda
- $\frac{3}{4}$ tsp sea salt
- 280/290 ml buttermilk (1 standard tub)
- 75 ml milk/water or as needed

Optional extras

- 100g grated cheese,
- 1 large onion - finely chopped and browned in a pan
- 1 heaped tsp dried herbs such as oregano or basil

Method:

Heat oven to 200 degrees c

Add 100g of oats and all other dry ingredients into a baking bowl and mix to combine. Make a well and pour in buttermilk and approx 75 ml of milk or water, or enough to make a sticky but mouldable dough. Sprinkle the remaining oats onto a clean baking tray and use the dry oats to help shape the dough into a large circle, Pat down only a little as it will rise. Very lightly score it across the middle in a cross if you wish as it helps when time to cut it.

Bake for around 35-40 minutes, carefully turn it upside down and pat it. If it sounds/feels light and hollow it is cooked. IF when you cut into it you find rawness in the middle, simply cover with foil and bake for another 10 mins or so.

This bread is particularly good with pate, cheese and soup, or warm with butter and jam.

Banana & coconut cream scones (vegan)



Ingredients:

- 2 small or 1 large ripe banana (Overly ripe bananas are perfect for these scones)
- 300g self-rising flour
- 50g/60g veg spread or softened butter
- 1 can of coconut milk - chilled so cream separates from the coconut water
- 1 tbsp Maple syrup/ honey or sugar - optional
- Pinch of salt

Method:

Heat oven to 190 degrees c

Open the chilled can of coconut milk and carefully scoop out the firm cream, leaving the coconut water and any loose bits of cream in the can. Put the firm cream aside to whip up later. Mash up banana/s in a mixing bowl with a fork till lumps are out. Add the flour and margarine/butter to the banana and combine gently with your fingers until mixed evenly. If you are adding extra sweetness from sugar/honey or maple, add this now.

Next make a well in the centre of flour mix and stir half the coconut water from the can, stir in with a fork to see how wet the mix is. If it has become a sticky dough then don't add anymore, but if still dry, then add the rest of the can contents. Don't over work it or the scones will be heavier. If the mix gets too sticky, simply add a little more flour.

Tip the dough out onto a floured surface, and using as much flour as you need, gently pat out the dough to the thickness of your scone cutter, and cut out as many as you can, placing scones on a baking tray. A medium size scone cutter will make approx 12 scones. Bake for around 20 minutes, or until light golden and feel hollow when patted at the base.

Lightly whip up the coconut cream, if you wish add a little lime or lemon zest/vanilla or maple syrup. Once scones are cooled, a dollop of the whipped coconut cream on top is a delicious alternative to dairy cream, with or without jam.

Carrot cake scones (vegan)



*We made ours dairy free, but just substitute for your usual dairy with butter & milk if you prefer.

Ingredients:

- 350g self-rising flour plus extra for patting out/cutting out
- 60g veg spread
- 120-150ml coconut milk or other milk - keep aside any of the separated firm coconut cream for a nice topping.
- 1 cup grated carrot - liquid squeezed out
- 2 tbsp seeds/chopped nuts
- 1 heaped tbsp desiccated coconut
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 heaped tbsp brown sugar
- Pinch sea salt - optional

Method:

Heat oven to 200 degrees c

Crumb together the flour, spices, sugar and veg spread/butter. Add seeds/nuts, coconut, carrot and stir to combine. Then add half the milk, stir with a fork and see how moist it is, then add as much as needed to form a sticky, but not runny, dough. Don't overwork the dough or scones will be too heavy. Tip out onto a floured surface and with as much flour as you need, form the dough into a ball. Pat the dough out to 1 ½ inch thick and cut out as many as you can using scone cutters. Bake for 20-25 minutes until scones are golden and feel light at the base when patted.

If you like whisk up the firm coconut cream and have on top once scones cool, or a little cream cheese whisked up with a little honey is lovely.

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.

Pumpkin slice



Ingredients:

- 100g spelt flour
- 150g plain flour
- 250g butter
- 250g light brown sugar
- 1 tsp baking powder
- 3 eggs
- 300g pureed pumpkin
- 50g poppy seeds
- 60g sunflower seeds
- 100g desiccated coconut
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- 1 tsp nutmeg

Method:

Heat oven to 180c. Grease an 8" baking tin.

Cream butter and sugar together, then alternate adding flour and eggs, whisking in between. Add baking powder, spices and seeds, and whisk in. Then stir in pureed pumpkin and $\frac{3}{4}$ of the coconut and mix to combine. Scrape into the baking tin and sprinkle the rest of the coconut over the top. Bake for 30 mins or so until a knife or skewer comes out clean from the middle.

Leave to cool a little and either slice up to enjoy on its own or completely cool down and top with an orange and cream cheese icing and some toasted walnuts or seeds.

Vegan Pumpkin cake



Ingredients:

- 1 cup brown sugar
- ½ cup veg oil
- ½ cup maple syrup
- 1tsp vanilla
- 2 ½ cups plain flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp ground ginger
- ½ tsp nutmeg
- ½ tsp ground cloves
- ½ tsp salt
- 2 cups of pureed pumpkin
- A sprinkle of seeds over the top - optional

Method:

Heat oven to 190c. Grease and line a 8x8" baking tin

Whisk together sugar, maple syrup, oil and vanilla in a bowl until sugar dissolved.

In a separate bowl mix the flour, spices and salt. Alternate adding the dried ingredients and the pumpkin into the bowl with liquid ingredients, starting and ending with the dry ingredients. Spread evenly onto your baking tin, and bake for around 50-60 mins, until a skewer comes out without wet batter, it should still be moist however. Dust with icing sugar and cinnamon or make a frosting of your choice!

Cranberry mince pies



Due to time constraints we used bought mincemeat but we gave it a homemade flavour by adding fresh cranberries, grated root ginger and orange zest and juice. You can make your pastry or buy it, but homemade isn't too time consuming (even if you do it by hand) and tastes so much nicer! Double the recipe if you want to make loads, they freeze well once cooked.

Ingredients:

Filling:

- 1 jar of bought mincemeat
- 1 pack of fresh cranberries
- 1 large orange - zest and juice
- 1 tbsp brown or castor sugar
- 1 heaped tsp of grated root ginger

Pastry:

- 8oz plain flour
- Half a standard block of cold butter - chopped into small cubes
- 1 heaped tsp icing sugar
- Zest of half an orange
- Pinch salt
- A small amount of cold water

Method:

Heat oven to 180 degrees c

To prepare mincemeat, put fresh cranberries in a small pan, add orange zest, all the juice, the grated ginger and sugar. Cook on a low heat until cranberries soften, then add the jar of bought mincemeat to the pan and mix to combine.

Cranberry mince pies continued

To prepare pastry, measure out plain flour in a medium size bowl and rub the butter, zest, icing sugar and salt into the flour until it has a fine texture and you can almost squeeze it into a dough between your fingers. At this stage add a few drops of cold water, enough so that you can bring the pastry together into one ball. The less water you can get away with adding, the lighter the pastry will be. If you have an electric whisk or a food mixer this process is a bit quicker.

No need to refrigerate this pastry, simply roll it out thinly with a little flour to prevent sticking and cut out with appropriate size cutters for your tartlet trays. Leave enough pastry to roll out lids for each mince pie base. Once your tartlet tray is filled with little bases, fill each base with a teaspoon or so of mincemeat (don't overfill them or mincemeat will spill out and stick to the baking tray making it hard to remove pies). Top pies with a lid and bake for around 15 mins until lightly golden and cooked through. Enjoy hot or cold, with brandy cream or simply a dust of icing sugar!

Leftover fruitcake truffles



Use any sliced leftover Christmas cake, odds and ends of nuts/seeds/dried fruit/broken biscuits to make these quick easy and yummy truffles!

Amounts not exact as will depend on what leftover ingredients you have.

Ingredients:

- Leftover Christmas cake, other cake and/or broken biscuits
- Cocoa powder - to taste
- Chocolate for rolling balls in
- Desiccated coconut - 200g
- Any chopped nuts, seeds, cherries, dried fruit, ginger pieces or similar store cupboard ingredients
- Golden syrup - as much as you need to make the mixture hold together to roll.

Method:

Crush together the cake, 100g of the coconut and other chosen ingredients in a bowl or put in a food processor or food mixer. Check the consistency for rolling and add as much syrup as you need to make the mixture hold together nicely and less crumbly. If it seems too wet or sticky add more coconut or other dry ingredients. Roll into balls and either dip into melted chocolate, roll in coconut, hazelnuts, biscuit crumbs or if you so happen to have them, freeze dried red berries are delicious and pretty. Pop in the fridge to set for around 30 mins and enjoy!

Key Lime pie



This is really quick and easy to prepare and bake, plus a great way to use up citrus. You can substitute limes for 2 oranges or 3 lemons if you prefer. (Or a mix of all!)

Ingredients:

Filling:

- 3 limes - zest and juice
- 1 tin sweetened condensed milk
- 3 eggs - separate yolks from whites

Biscuit base:

- 200g plain flour
- Half a standard block of butter
- 1 heaped tbsp of brown or white sugar

Method:

Heat oven to 180 degrees c

Mix the flour, butter and sugar into a fine crumb, either with your fingers or a food processor. Once it's an even texture, press the floury mixture into a greased flan dish (or make lots of little ones in cupcake trays). Bake for 10 minutes or until slightly golden, then take out and put aside.

For filling, separate the 3 egg whites and yolks. Whisk up the egg whites in one bowl until white and fluffy. In another bowl, mix the egg yolks, condensed milk and all the lime zest and juice. Gently fold the fluffy egg whites into the condensed milk and lime mix making sure evenly combined. Finally, pour the mix on top of the biscuit base and bake for around 20 minutes until the filling is bouncy and set in the middle. Take out to cool.

It can be enjoyed at room temperature but is at its' best when it has spent some time in the fridge and is nicely chilled! If you wish, decorate with things like piped whipped cream and toasted coconut curls, or some melted dark or white chocolate.

Oat Milk (vegan)



Oat milk is really cheap to make. For adding a bit more flavour, you can mix hazelnuts, almonds or coconut in with the cup of oats. For example, each cup could consist of $\frac{3}{4}$ oats $\frac{1}{4}$ chopped toasted hazelnuts.

Ingredients:

- For creamier milk 3 cups water to 1 cup oats
- For less creamy, 4 cups water to 1 cup oats
- A pinch of sea salt, or to taste

Additional seasoning options:

- A teaspoon of cinnamon / drizzle of honey or maple syrup / splash of vanilla or almond essence

Equipment:

- A fine mesh sieve
- A jug blender or a hand blender with bowl
- A large clean bowl or container to catch the milk and a small bowl to put leftover oat pulp in.
- Not essential, but a cheesecloth or muslin cloth with help to gain a smoother consistency quicker than sieve alone, which needs 3 or 4 run runs through the fine mesh sieve to obtain milk free from bits.

Method:

Whiz up your chosen ratio of water/oats in your blender. Add any other flavours, taste to check flavour balance is good. Pour the liquid oat mix through the sieve, while gently using a spoon to help push the milk through. If the sieve is getting blocked up, stop and tip the contents of oats pulp into another bowl and keep for later use*. Rinse the sieve/bowls in between pouring batches of milk as needed as you don't want to get bits in.

Repeat the process as many times as it takes to get a clear milk (unless you are happy with a bit of texture) We sieved it 4 times to get perfect white milk. From start to finish we did this in about 15 minutes without the use of a cheesecloth. *the leftover pulp makes a delicious hot or cold porridge. Add things like fruit compote, nuts, yogurt and honey.