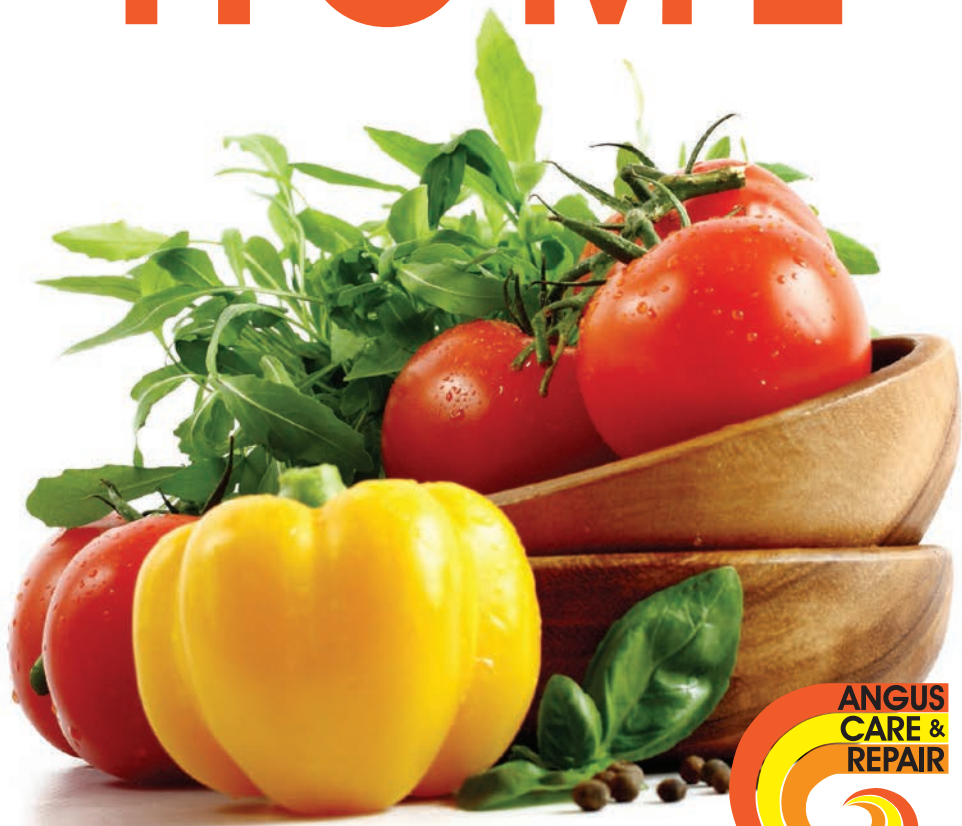


FRESH INGREDIENTS • OPEN YOUR EYES TO NEW RECIPES

FREEZE SOME • EXERCISE BY COOKING FROM SCRATCH • COOK AT HOME • ORDER

COOK AT HOME



KEEP HEALTHY • ASK A FRIEND TO JOIN YOU • REDUCE PRESERVATIVES • ONLY EAT

PRE-PACKED FOOD OCCASIONALLY • MAKE EXTRA AND



Introduction

This recipe book was put together to encourage people to cook fresh recipes in their own kitchen for family and friends instead of relying on pre packed frozen food for one person that merely needs heating up. It is a shame to see someone reduced to preparing food from the freezer to the microwave to be eaten in an armchair.

We are lucky that people are able to remain in their own homes for longer now and that people are living longer. In order to stay healthy it is important to eat well, exercise and socialise. Shopping locally, cooking recipes from scratch and inviting friends for tea helps you to do all three.

When planning your meals consider cooking double or triple portions and freezing some for another day or for swapping with friends.

Thank you to the Big Lottery Fund - Awards for All and Angus Council Community Grant Scheme for the funding to print this booklet.

Please note that the images are purely decorative and not a true reflection of the actual recipes.

It is a good idea for people to keep an emergency store of some goods such as -

- Milk e.g. long-life, evaporated, dried milk and tinned milky puddings
- Canned meat and fish e.g. tins of corned beef, stewed meats, ham, sardines, salmon, tuna
- Tinned fruit and vegetables e.g. tinned peaches, baked beans, sweet corn, peas, tomatoes
- Dried fruit
- Breakfast cereals or porridge oats
- Crackers, biscuits, crisp-bread and oatcakes (in an airtight tin)
- Rice and pasta
- Soups (tinned and packet)
- Drinks e.g. cocoa, malted milk, long-life fruit juice, tea and coffee and meal replacement drinks.
- Other: stock cubes, gravy, honey, jam, peanut butter, pickles and sauces

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Cock-a-Leekie Soup

(a 16th century recipe)

INGREDIENTS

4lb Chicken

1lb Leeks (cleaned and cut into 1 inch pieces)

4 pints of chicken stock

1oz Long Grain Rice

4oz stoned prunes

1 tsp of brown sugar

Bay leaf, parsley and thyme (bouquet garni)

Salt and Pepper

Fresh parsley

METHOD

Put the chicken into a large saucepan and cover just over the drumsticks with stock. Bring to the boil then remove any scum. Add three quarters of the leeks, garni, salt and pepper and return to boil. Simmer for 2-3 hours adding more water if necessary.

Remove the chicken, cut the meat into small pieces and add them back to the soup. Add the rice and drained prunes and the remaining leeks then simmer for another 30 mins.

Check for seasoning and serve with chopped fresh parsley.

Corn Chowder

(Add cooked diced chicken to turn this low-fat soup into a hearty meal)

INGREDIENTS

¼ cup water

½ celery stalk, minced

½ small onion, minced

¼ green pepper, minced

1½ cup water

1 10ounce package of frozen whole kernel corn

2 small potatoes, peeled and diced

Pepper

Salt (optional)

¼ tsp Paprika

2 cups skimmed milk

2 tbsp flour

METHOD

Sauté the finely minced onion, celery and pepper in ¼ cup of water in a large soup pot until vegetables are soft (2-4 mins). Add water, corn, potatoes, salt, pepper and paprika—bring to the boil, then simmer covered for 15 mins.

Put ½ cup milk in a jar with tight fitting lid and add flour and shake to mix—or put in small cup and whisk until blended. Gradually add milk/flour mixture to soup—then gradually add the rest of the milk. Turn up heat and stir constantly until soup is boiling and thickening. Garnish with parsley.

Roasted Chicken and Butternut Squash Soup

INGREDIENTS

1 onion, diced into medium sized chunks

1 butternut squash, cut into bite sized pieces

4 cups low-sodium chicken broth

2-3 boneless, skinless chicken breasts (about 1lb) cut into bite sized pieces (chicken thighs work well too)

Salt and pepper

2-3 tablespoons olive oil

¼ teaspoon coriander

¼ teaspoon cumin

METHOD

On a rimmed baking sheet (or in baking dish) toss together onion, squash and chicken with the olive oil (enough to coat) and salt and pepper to taste. Roast until chicken is cooked through and squash is tender, about 30-40 minutes.

Remove the roasting pan from the oven and scrape chicken and squash into a big pot on the stove top. Add the broth and spices and bring to a simmer. Once the mixture reaches a simmer use the back of a wooden spoon to mash some of the pieces of squash (the broken pieces will help thicken the soup).

Continue to simmer for 10-15 minutes to allow soup to thicken.

Serve and season with salt and pepper as needed.



Parsnip and Smokie Soup

INGREDIENTS

Extra virgin olive oil

1 onion, peeled, chopped

2 garlic cloves, peeled, chopped

2 celery sticks, peeled, chopped

2 tsp ground cumin

1 kg parsnips, peeled, chopped

1.2 litres hot chicken stock

50ml dry white wine

1 pair Smokies boned, skinned and flaked

METHOD

Heat 2 tbsp oil in a saucepan and gently fry the onion, garlic and celery for about 10 minutes. Add the cumin and stir.

Add the parsnips and stir to coat in the oil.

Cook for about 5 minutes then add the hot stock and a little salt and pepper and bring to the boil. Cover, reduce to a simmer and cook for about 25 minutes or until tender.

Tip into a liquidiser or blender with the wine, puree until smooth and then check the seasoning. Meanwhile, wrap the smokies in foil and heat in a low oven for 10-15 minutes.

To serve, ladle the soup into warm bowls, top with some smokies, drizzle with oil.

Carrot and Coriander Soup

INGREDIENTS

25g (1oz) butter

**1 medium onion,
finely chopped**

1 garlic clove, crushed

**550g (1¼ lb) carrots of
which 450g (1lb) roughly
chopped and 110g (4oz)
coarsely grated**

**1 litre (1¾ pints)
vegetable stock**

**A pinch of freshly
grated nutmeg**

**1 tbsp chopped
fresh coriander**

**150ml (¼ pint)
single cream**

**Salt and freshly ground
black pepper**

TO GARNISH

150ml (¼ pint) yoghurt

**2 tbsp chopped
fresh coriander**

METHOD

Melt the butter and cook the onion and garlic gently until soft in a covered saucepan without colouring.

Add the roughly chopped carrots, stock and nutmeg.

Cover, bring to the boil and simmer gently until the vegetables are tender.

Cool a little, then puree in a liquidiser. Return the soup to a clean saucepan and stir in the grated carrots, coriander and cream. Taste for seasoning.

Serve garnished with a swirl of yoghurt and a sprinkling of chopped fresh coriander.

Vegetable Soup

INGREDIENTS

50g (2 oz) butter

**1 medium onion,
finely chopped**

**225g (8oz) potatoes,
peeled and sliced**

110g (4oz) parsnips, sliced

110g (4oz) carrots, sliced

**50g (2oz) cabbage,
finely sliced**

**2 tbsp freshly chopped
flat-leaf parsley**

½ tsp dried mixed herbs

**Freshly grated nutmeg
to taste**

**1.2 litres (2 pints)
vegetable stock**

**Salt and freshly ground
black pepper**

TO GARNISH

**1 small leek, cut into 5cm
(2in) strips**

METHOD

Melt half of the butter and cook the vegetables gently for 10 minutes in a covered saucepan, without colouring.

Add the parsley, herbs, nutmeg and stock. Cover, bring to the boil and simmer gently for 30 minutes. Cool a little, then puree in a liquidiser. Taste for seasoning.

Meanwhile fry the leek strips in the remaining butter until crisp. Drain on kitchen paper. Reheat the soup and serve garnished with the crisp leek strips.

Cauliflower Cheese Soup

INGREDIENTS

Knob of butter

**Large cauliflower
(cut into florets)**

1 onion (chopped)

1 potato (cut into cubes)

**700ml vegetable stock
(cube)**

400ml milk

100g cheese

METHOD

Put butter and onion in the pan to soften for 5 minutes.

Add the vegetable stock, milk, potato, cauliflower and bring to the boil. Then simmer for 30 minutes.

Either whizz with hand blender until smooth or crush with a fork. Add the cheese and stir until melted, season with salt and pepper and serve.



Mushroom Soup

INGREDIENTS

25g butter

½ medium onion, chopped

1 garlic clove, chopped

40g plain flour

700ml vegetable stock

**250g chestnut mushrooms,
sliced**

**1 tbsp fresh parsley,
finely chopped**

75ml single cream

Salt and pepper

METHOD

Melt half butter and sauté onion for 5 minutes and garlic without colouring. Stir in flour and cook for 1 minute. Gradually add stock, stirring all the time. Add half the mushroom and parsley. Cover, bring to the boil and simmer for 10-15 minutes until vegetable is tender. Puree in a liquidiser.

Sauté remaining mushrooms in butter until they begin to brown, add to puréed soup.

Simmer gently for a few minutes. Stir in cream and parsley and taste for seasoning.

Easy Minestrone Soup

INGREDIENTS

3oz butter

1 onion

1 potato

1 carrot

2 pints stock

**Large tin chopped
tomatoes**

Small tin of beans

Squeeze of tomato puree

Handful of pasta

METHOD

Chop onion, potato and carrot and sauté in butter for 15 minutes.

Add 2 pints of stock, one large tin chopped tomatoes, small tin of beans, squeeze of tomato puree plus handful of pasta.

Simmer all together for 30 minutes.



Baked Falafel

INGREDIENTS

1 can chickpeas, drained

¼ red onion, chopped

½ cup fresh coriander leaves (optional)

2 tbsp Olive oil

3 tsp minced garlic

¼ tsp ground cumin (optional)

1/8 tsp cinnamon (optional)

Salt and pepper to taste

METHOD

Preheat oven to 350F/180C/Gas 4.

Line a large rimmed baking tray with baking paper or coat with olive oil.

In a food processor, or with a hand held blender, combine the chickpeas, red onion, coriander, olive oil, garlic, cumin, cinnamon, salt and pepper.

Process until smooth, about 1 minute

Using your hands or a spoon, scoop out about 2 tablespoons of the mixture at a time. Shape the falafel into small patties, about 2 inches wide and ½ inch thick. Place each falafel on your oiled baking tray.

Bake for 15 minutes, then remove the falafel from the oven and carefully flip each one. Return to the oven for another 13 to 15 minutes, until the falafels are lightly browned on both sides.

SERVING SUGGESTION

Fill fresh pita bread pockets with 2-3 falafels and your favourite vegetables and salad dressing.

Use the falafels to bulk up a summer salad.

Serve on a platter as an appetiser.

Freeze leftover falafel or refrigerate and eat the next day.

VARIATIONS

Substitute the canned chickpeas for 1 cup dried chickpeas. These need to be rinsed and soaked for at least one hour or overnight.

Add your favourite spices to the mixture.

These can be cooked in a fry pan in a layer until browned on each side.

Baked Chickpea Burgers

INGREDIENTS

2 tbsp Olive oil, divided

1 small onion, finely diced

1 carrot, peeled chunked

2 cloves garlic

½ cup fresh parsley

**1½ cups chickpeas, rinsed
and drained**

½ cup bread crumbs

½ tsp salt

¼ tsp coriander

¼ tsp cumin

METHOD

Preheat oven to 400F/200C/Gas 6.

Heat 1 tbsp olive oil in a small saucepan over medium heat. Add onion and sauté stirring occasionally, for 5 minutes until soft and translucent. Remove from heat and place in a large bowl.

In a food processor, blend carrot, garlic, parsley and chickpeas until smooth. Add chickpea mixture to bowl with onions and mix until fully combined.

Lightly grease a baking sheet . Form chickpea mixture into four patties about 3 inches across and ½ inch thick. Place on prepared baking sheet and use a pastry brush to brush patties with remaining 1 tbsp olive oil.

Bake 15 to 20 minutes, or until beginning to turn golden brown.



Twice-Baked Broccoli and Kale Stuffed Potatoes

INGREDIENTS

2 russet potatoes

**1 cup cooked broccoli
(roasted or steamed is fine)**

6 large tuscan kale leaves

½ cup milk

**2-3 tbsp cheddar cheese,
grated**

Salt and pepper to taste

METHOD

Preheat oven to 425F/220C/Gas 7.

Scrub potatoes, then poke each several times with a fork (making sure to press well into the potato flesh).

Place the potatoes on a baking tray, and bake for 50-60 minutes, until tender. Once cooked, remove from the oven.

While the potatoes are cooking, prep the kale leaves—wash and dry, remove and discard the thick inner stems and roughly chop the leaves.

Cook in a pot of rapidly boiling water for 2 minutes, then drain and run under cold water to stop cooking process. Set cooked kale aside.

METHOD (continued)

Slice potatoes lengthwise, and scoop the insides out into a blender, leaving a good 1 inch of potato flesh still attached to the potato skin (otherwise your potato might fall apart)

(Note if you don't have a blender you can use a hand blender, a food processor or simply mash the ingredients with a fork)

Add the broccoli, kale and milk to the blender and blend until smooth. Season to taste with salt and pepper.

Scoop the pureed broccoli-kale-potato mixture back into the potato skins. Sprinkle with the grated cheese, return to the baking sheet and bake for another 10 minutes.

Change the oven setting to grill and continue cooking on high for 3 minutes to brown the cheese. Remove from the oven and serve.



Cheesy Stuffed Tomatoes

INGREDIENTS

6 tomatoes

1 tbsp olive oil, plus more to grease pan

¾ cup crumbled feta

Handful of parsley

Salt

Pepper

METHOD

Preheat oven to 400F/200C/Gas 6.

Slice tops off of each tomato about ½ inch down from stem making a cap. Set caps aside. Using a spoon, scoop out flesh being careful not to pierce skin.

Lightly grease a glass baking dish with olive oil and space tomatoes evenly in pan with sliced sides up.

Mix feta and parsley. Stuff mixture into tomatoes.

Season tomato caps with salt and pepper and drizzle with 1 tbsp olive oil. Place caps on tomatoes and bake for about 10 minutes, or until tomatoes soften and begin to look shrivelled and cheese is melted.

Eggs and Potatoes in Spicy Tomato Sauce

INGREDIENTS

2 tbsp Olive oil

1 large onion, chopped

**6 large cloves garlic,
minced**

**½ pound small thin-skinned
potatoes, thinly sliced**

1 tbsp paprika

Sea Salt

1 can crushed tomatoes

1 tbsp harissa

4 eggs

**Chopped parsley, for
garnish (optional)**

METHOD

In a large frying pan, heat olive oil over medium heat.

Add onions and sauté until soft and translucent stirring occasionally. Add garlic and cook for 1 to 2 minutes more, until fragrant.

Add potatoes, paprika and sea salt to taste. Stir to mix in spices and let cook for 15 minutes or until potatoes begin to soften, flipping potatoes occasionally to ensure they cook evenly.

Add tomatoes and harissa, bring to a simmer and cook until potatoes are fully tender when pierced with a fork.

Make four wells in tomato sauce and gently crack eggs into wells. Cover pan and cook until eggs are set but yolks are still slightly runny, about 6 to 7 minutes. Taste for seasoning and adjust if necessary. Serve topped with parsley, if desired.

Sweet and Sour Vegetables

INGREDIENTS

1 tbsp oil

1 small onion, chopped

3 cups vegetables, chopped (frozen vegetables or a mix of seasonal vegetables such as carrot, mushroom, capsicum, shredded cabbage etc.)

1 x 225g tin or ½ x 420g tin pineapple pieces in juice, reserve juice

1 tbsp Cornflour

½ tsp garlic, minced

2 tsp minced ginger or ½ tsp powder ginger

2 tsp Soy sauce

1 tbsp Sugar

2 tsp vinegar

1 tbsp tomato paste or sauce

METHOD

Heat oil in fry pan or wok over medium-high heat. Add onion and stir fry for about 3 minutes until partially cooked. Add vegetables and pineapple pieces, without the juice (drain the juice into a separate small bowl) and stir fry for 3-5 minutes until almost cooked. In a small bowl mix the pineapple juice and cornflour until smooth. Add remaining ingredients to the bowl and mix.

Add the juice mixture to the vegetables. Heat until bubbling and thick and cook for another 2-3 minutes stirring constantly until sauce is smooth and clear.

Mushroom Bolognese

INGREDIENTS

½ tbsp butter

2 cups chopped
cremini mushrooms

1 large onion, diced

1 stalk celery, diced

1 large carrot, diced

Salt

Pepper

1 cup crushed tomatoes

1 cup water (or vegetable
stock)

2 servings pasta, cooked
according to package

Fresh basil

METHOD

In a large saucepan over medium heat, cook vegetables in butter until tendering, seasoning with salt and pepper

When onion begins to appear translucent, add tomatoes and water. Mix and cover. Leave to simmer for about 5 to 8 minutes.

Uncover and continue to cook sauce until it reaches desired consistency. (the longer it cooks, the thicker it will become)

Serve over pasta, garnished with basil

Mexican Sweet Potatoes

INGREDIENTS

2 sweet potatoes

1 tbsp Extra-virgin olive oil

½ white onion, diced

½ red pepper, diced

1 clove garlic, minced

½ tsp sea salt

1 can (13 ounces) black beans, rinsed and drained

1 lime, juiced

Parsley, chopped

METHOD

Preheat oven to 400F/200C/Gas 6.

Bake sweet potatoes for 1 hour. Remove from the oven and slice lengthwise. Scoop out flesh so there is only a thin layer remaining lining the edges. Set aside.

Heat olive oil in a frying pan over medium heat. Add all vegetables and garlic and cook until tender, about 7 minutes. Season with salt to taste. Add black beans and lime juice. Mash mixture with edge of a fork to break up beans. Add sweet potato flesh and mix until thoroughly combined. Stuff each potato skin with bean mixture and serve with a drizzle of extra virgin olive oil and chopped parsley

Pesto Cheese Pizza

INGREDIENTS

1 package refrigerated whole-wheat pizza dough

2 packed cups basil leaves

¼ cup pine nuts, toasted

¼ cup grated parmesan cheese

3 tbsp extra virgin olive oil

2 tbsp water

1 large clove garlic, quartered

½ tsp salt

½ tsp freshly ground pepper

¼ cup part-skim ricotta cheese

¼ cup shredded low fat mozzarella cheese

METHOD

Preheat oven to 425F/220C/Gas 7.

Grease a pizza pan and spread dough evenly onto a pan. Set aside. To make pesto, place basil, pine nuts, parmesan, oil, water, garlic, salt and pepper in a food processor.

Pulse a few times, then blend until fairly smooth, occasionally scraping down the sides. Spread ¼ cup pesto onto pizza dough, covering evenly. Put remaining pesto in a tight sealed container and store in the refrigerator.

Spread ricotta on top of pesto (it may not cover entire pizza). Sprinkle mozzarella on top. Bake for 20 minutes or until golden brown and bubbly



Chicken Leek and Pea Pasta Bake

INGREDIENTS

1 tbsp oil

1 cup shell shaped pasta
or fettuccini

1 small cup leek, roughly
chopped

1 small clove garlic peeled
and finely chopped

¼ cup chicken stock

2 tbsp white wine
(optional)

1/3 cup frozen peas

1 small courgette, diced

½ cup chicken, cooked
and diced

¼ cup milk

80g light cottage cheese
or light ricotta

1 tbsp Parsley or chives,
chopped (optional)

¼ cup edam cheese

2 tbsp Wholemeal
breadcrumbs, seeds or
walnuts chopped

METHOD

Preheat oven to 350F/180C/Gas 4.

Lightly grease a loaf tin.

Cook pasta in a medium saucepan of salted water until lightly undercooked. Drain water, run under cold water to prevent further cooking.

Return to saucepan and lightly drizzle with some of the olive oil.

Meanwhile place ½ tbsp of oil in a frying pan and sauté leeks on low heat until soft (about 10 minutes).

Add garlic, cook for 1 minute.

Add stock and wine, cook for 8-10 minutes until most of the liquid has evaporated.

Add peas and courgettes, cook for 2 minutes.

To the pasta add vegetable mix, cooked chicken, milk, cottage cheese and herbs. Mix gently to combine and season with pepper to taste.

Spoon mixture into loaf tin.

Combine cheese, a drizzle of olive oil and seeds, nuts or breadcrumbs. Spread evenly over pasta mix.

Bake in the oven for 20-25 minutes or until golden and crisp on top

Macaroni Cheese

INGREDIENTS

350g dried macaroni

300g broccoli, trimmed,
cut into florets

Olive oil spray

1 leek, trimmed,
thinly sliced

20g reduced fat margarine

2½ tbsp plain flour

500ml (2 cups) low fat milk

70g (2/3 cup) coarsely
grated reduced fat
cheddar

1 tbsp wholegrain mustard

310g can corn kernels
drained

25g (1/3 cup) finely grated
parmesan

Mixed salad leaves to serve

METHOD

Preheat oven to 350F/180C/Gas 4.

Cook pasta in a saucepan of salted boiling water until al dente. Add broccoli in the last 2 minutes of cooking.

Drain. Transfer to a bowl.

Meanwhile heat oil in a saucepan over medium heat.

Sauté leek, stirring occasionally for 5 minutes or until soft.

Add margarine and stir until melted. Add flour and stir for 1 minute. Gradually whisk in milk until smooth. Bring to the boil.

Whisk for 5 minutes or until mixture thickens.

Remove from heat. Stir in cheddar, mustard and corn.

Add to pasta.

Spray a 2L capacity oven-proof dish with oil. Pour in pasta and top with parmesan. Bake for 15 minutes or until golden.

Pasta Carbonara

INGREDIENTS

3 rashers of bacon

1 red onion

**½ tub of light single cream
(or crème fraîche)**

**¼ block of parmesan
cheese**

2 egg yolks

Sprinkle of chives

Pasta twists or spaghetti

METHOD

Fry the onion and bacon for 10 minutes

In a separate pan boil the pasta or spaghetti, when the pasta is cooked drain and add to a mixing bowl.

Separate the egg yolks from the egg whites and add the yolks to the cooked pasta along with the cheese and cream and the bacon and onion from the frying pan. Sprinkle with the chives and serve. Add salt and pepper to taste.



Tuna Bake

INGREDIENTS

350g fresh or dried
tagliatelle

1 tbsp Olive oil

200g small button
mushrooms, halved

1 bunch spring onions,
sliced

200g low fat soft cheese
with garlic and herbs

4 tbsp Semi skimmed milk
200g frozen broccoli florets

150g frozen petit pois

185g can tuna

75g grated mature
cheddar cheese

METHOD

Preheat oven to 425F/220C/Gas 7.

Cook 350g fresh or dried tagliatelle in boiling salted water according to the pack instructions. Meanwhile heat 1 tbsp olive oil in a large frying pan and cook 200g halved small button mushrooms and 1 sliced bunch of spring onions for 5 minutes or until tender.

Stir in 200g low fat soft cheese with garlic and herbs, 4 tbsp semi skimmed milk, 200g frozen broccoli florets and 150g frozen petit pois.

Heat gently, stirring occasionally until the cheese has melted and combined with the milk to make a sauce and the vegetables have thawed.

Stir in a drained 185g can tuna.

Drain the tagliatelle and mix with the tuna and vegetable sauce. Transfer to a baking dish and sprinkle with 75g grated mature cheddar cheese.

Bake for 10 minutes or until lightly browned (or brown the top under the grill for 5 minutes).

Pasta and Salmon

INGREDIENTS

2 Salmon fillets

2 Onions

2 Chillies

Can of tinned tomatoes

1 tbsp Parsley, chopped

1 cup Pasta

METHOD

Fry onions and chilli and sauté in oil until onions are soft.

Add tin of tomatoes and parsley.

Meanwhile boil pasta until al dente.

Chop salmon into cubes and then add to sauce.

Stir and cook. Add pasta to sauce and stir well. Add extra oil if needed.



Crunchy Vegetarian Pasta

INGREDIENTS

4oz pasta twists

**1 red pepper, cored
and sliced**

2 courgettes, sliced

1 oz butter

1 oz flour

½ pint milk

3oz Edam cheese

1 tbsp English mustard

1 tsp Tarragon vinegar

Salt and pepper

**2oz brown or white
breadcrumbs**

1 oz butter, melted

**2oz salted peanuts,
chopped**

METHOD

Mix cooked pasta with pepper and courgettes.

Make sauce with butter, flour and milk.

Off the heat, add cheese, mustard, vinegar and salt and pepper. Add to the pasta and mix to bind. Put into oven-proof dish.

Mix breadcrumbs with melted butter and sprinkle onto pasta with peanuts. Put into moderate oven and cook until brown and crunchy.



Seafood Pasta

INGREDIENTS

1 tbsp. olive oil

1 onion, chopped

1 garlic clove, chopped

1 tsp. Paprika

400g can of chopped tomatoes

1L chicken stock
(from a cube is fine)

300g spaghetti,
roughly broken

240g pack frozen seafood
mix, defrosted

Handful of parsley leaves,
chopped and lemon
wedges to serve

METHOD

Heat the oil in a wok or large frying pan, then cook the onion and garlic over a medium heat for 5 minutes until soft.

Add the paprika, tomatoes and stock, then bring to the boil.

Turn down the heat to a simmer, stir in the pasta and cook for 7 minutes, stirring occasionally to stop the pasta from sticking.

Stir in the seafood, cook for 3 minutes more until its all heated through and the pasta is cooked, then season to taste.

Sprinkle with parsley and serve with lemon wedges.



Mackerel and Rice Supper

INGREDIENTS

300g long grain rice

600ml hot vegetable or fish stock (from a cube is fine)

1 tbsp korma curry paste

100ml frozen peas

150g pack smoked mackerel, skinned

3 tbsp Low fat crème fraîche

2 hard boiled eggs, quartered

Handful coriander, to serve

METHOD

Tip the rice into a large microwavable container.

Mix together the stock and curry paste then pour over the rice. Cover with cling film and pierce a few times with a fork. Microwave for 6 minutes on high.

Break the mackerel into large chunks and stir through the rice along with the peas and crème fraîche, then microwave for 6-8 minutes more on medium until the rice is tender. Top with the eggs and serve sprinkled with the coriander.

Lentil and Haddock Pilaf

INGREDIENTS

**250g easy cook
basmati rice**

3 red onion, finely sliced

2 tbsp olive oil

140g smoked haddock fillet

140g haddock fillet

**250g pack ready cooked
puy lentils**

**Zest 1 lemon (then cut the
lemon into wedges)**

**Large bunch flat leaf
parsley, roughly chopped**

25g toasted flaked almond

METHOD

Cook the rice in boiling water until just tender, then drain.

Meanwhile fry the onions in the oil in a large non-stick frying pan over a medium heat for 10-12 minutes until golden.

Bring some water to the boil in a shallow pan. Add the haddock fillets, poach for 4 minutes until the fish is just cooked, then drain and break into large flakes.

Spoon half the onions onto a plate, then set aside.

Stir the drained rice and lentils into the onion pan, then fold through the fish, lemon zest and parsley to heat through.

Serve topped with the reserved onions and a handful of almonds, with the lemon wedges on the side for squeezing over.

Fish Pie

INGREDIENTS

For Potato Topping

2 medium potato, scrubbed, peeled and cubed

2-4 tbsp milk

2 tsp margarine or butter

For Fish Filling

1 packet of cheese sauce mix

½ cup milk

½ cup water

1 x 185g can of canned fish, drained or flaked or 2 fish fillets, cooked and flaked

½ cup frozen peas 2 hard boiled egg

¼ cup tasty cheese, grated

METHOD

Preheat oven to 350F/180C/Gas 4.

Combine cheese sauce mix with cold water and milk in a saucepan. Mix well. Bring to the boil, stirring, then simmer 2 minutes stirring occasionally.

Remove the sauce from the heat and stir in fish, hard boiled egg and frozen peas. Pour into a small ovenproof dish. Top with mashed potato. Sprinkle with grated cheese. Bake for 30 minutes.



Prawn Pea and Tomato Curry

INGREDIENTS

1 tbsp vegetable oil

2 onion, halved, each cut into 6 wedges

6 ripe tomato, each cut into 8 wedges

Large knob of fresh root ginger, chopped

6 garlic clove, roughly chopped

3 tbsp Curry paste (we used Pataks tikka masala paste)

400g shelled raw king prawn

250g frozen peas

Small bunch coriander leaves, chopped

Basmati rice or chapattis, to serve

METHOD

Heat the oil in frying pan, then fry the onions over a medium heat until soft and beginning to brown, about 5 minutes.

Meanwhile reserve 8 of the tomato wedges, then whizz the remainder in a food processor with the ginger and garlic.

Add the curry paste to the pan for 30 seconds.

Stir through the tomato mix and remaining tomato wedges, then bubble over a high heat for 5 minutes, stirring so the sauce doesn't catch.

Mix in the prawns and peas, simmer until prawns are pink and cooked through, scatter with coriander then serve with rice.

Fish Cakes

INGREDIENTS

**185g tinned salmon or
leftover cooked fish**

**2 cups cold mashed
potatoes**

**1 small onion,
finely chopped**

**1 tbsp fresh parsley,
chopped**

Salt and pepper to taste

¼ cup flour

1 egg

1 tbsp Water

**1½ cups polenta or
breadcrumbs**

2 tsp oil

METHOD

Drain tinned fish and flake.

Place in a bowl with potato, onion, parsley, salt and pepper.

Mix well to combine.

Shape the mixture into small balls and gently roll in flour.

Flatten into rounds.

Lightly beat egg and water together. Dip each fish cake in egg mixture.

Pour the polenta/breadcrumbs onto a plate and roll each fish cake to coat.

Lightly oil and heat fry pan. Add fish cakes and cook until golden on both sides.

Salmon Burgers

INGREDIENTS

4 boneless, skinless salmon fillet about 550g/1lb

4oz in total cut into chunks

2 tbsp Thai red curry paste

Thumb size piece fresh root ginger grated

1 tsp soy sauce

1 bunch coriander, half chopped, half leaves picked

1 tsp vegetable oil

For the Salad

2 carrot

Half large or 1 small cucumber

2 tbsp white wine vinegar

1 tsp golden caster sugar

METHOD

Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non stick frying pan, then fry the burgers for 4-5 minutes on each side turning until crisp and cooked through.

Meanwhile use a swivel peeler to peel strips of carrot and cucumber into bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Divide the salad between 4 plates. Serve with the burgers and rice.



Ham and Haddie Pie

INGREDIENTS

12oz (375g) smoked haddock

4oz (125g or half cup) chopped bacon

8oz (250g) tomatoes, sliced

2oz (60g or half a stick) grated Scottish cheddar cheese

Small quantity butter for frying

1 small onion, chopped

2oz (60g or half a cup) breadcrumbs

2-3 tbsp water

METHOD

Heat the oven to 375°F (190°C or Gas Mark 5)

Grease a medium size ovenproof dish. Melt the butter in a pan and fry the onion until it is soft.

Add the chopped bacon and cook for another 2-3 minutes.

Arrange half of the tomato slices in the dish and cover with the onion and bacon mixture. Put the haddock on top of this and top with the remaining tomato slices. Pour on the water and sprinkle with the breadcrumbs and cheese.

Cover with a lid or kitchen foil and cook for 20 minutes at 375°F (190°C or Gas Mark 5). Remove the lid or foil and cook for another 10 minutes until the topping has turned brown.



Bolognese

INGREDIENTS

1 tbsp olive oil

**1 medium brown onion,
finely chopped**

1 garlic clove, crushed

1 tsp dried oregano

800g beef mince

2 tbsp tomato paste

½ cup red wine (optional)

**400g can chopped
tomatoes**

**1 cup Campbells Real
Stock Beef**

1 tsp caster sugar

METHOD

Heat oil in a large heavy based saucepan over medium heat. Cook onion and garlic for 3-4 minutes or until onion has softened. Increase heat to medium-high. Add oregano. Cook for 1 minute or until fragrant. Add mince. Cook stirring with a wooden spoon to break up mince for 8-10 minutes or until browned.

Add tomato paste. Cook, stirring, for 1 minute.

Add wine (if using), tomato, stock and sugar.

Bring to the boil. Reduce heat to medium-low. Cook, partially covered, stirring occasionally for 30-40 minutes or until thick. Season with salt and pepper.



Beef in Red Wine

INGREDIENTS

1 tbsp olive oil

200g sirloin or rump steak

1 small onion, sliced

1 garlic clove, finely sliced

Pinch dried oregano

Glass of red wine

200g can chopped tomato

METHOD

Heat the oil in a pan. Fry steak for 2 minutes on each side until brown. Remove steak to a plate then throw the onion, garlic and oregano into the pan.

Fry for 5 minutes until starting to turn golden.

Tip the wine and tomatoes into the pan then simmer for 10 minutes until thickened and rich. Slice the steak into chunks, return to the pan with any juices, then simmer for a few minutes to reheat.

Serve with pasta, chips or some fried potatoes



Pork Pan Fry

INGREDIENTS

500g pork tenderloin fillet

1 tbsp plain flour

2 tsp dried rosemary

3 tbsp olive oil

**250g chestnut mushrooms,
sliced**

**1 fat garlic clove,
finely chopped**

300ml vegetable stock

METHOD

Coat the pork - cut the pork diagonally into finger thick slices.

Tip the flour and rosemary into a large plastic food bag, add some salt and pepper and the pork, and toss until the meat is well coated.

Start cooking - heat 2 tbsp of the oil in a large wide frying pan. Add the pork and fry for about 3-4 minutes until nicely browned on both sides, turning once. Remove from the pan.

Fry the mushrooms—heat the remaining oil in the pan, tip in the mushrooms and fry until they start to soften, about 2 minutes.

Sprinkle in the garlic and return the pork to the pan with any flour left in the bag. Stir in the stock and bring to the boil.

Simmer for 5 minutes or until the pork is cooked .

Goulash

INGREDIENTS

1 tbsp vegetable oil

**300g stir fry beef strips or
minute steak cut into strips**

**100g chestnut mushrooms,
quartered**

2 tsp paprika

**500g potato, peeled and
cut into smallish chunks**

**600ml hot beef stock
(a cube is fine)**

**500g jar tomato based
cooking sauce**

**Handful of parsley leaves,
roughly chopped**

**Natural bio yoghurt,
to serve**

METHOD

Heat half the oil in a large non-stick pan and fry the beef for 2 minutes, stirring once halfway through. If your pan is small, do this in two batches. Tip the meat onto a plate.

Heat the remaining oil in the pan (no need to clean) and fry the mushrooms for 2-3 minutes until they start to colour.

Sprinkle the paprika over the mushrooms, fry briefly, then tip in potatoes, stock and tomato sauce. Give it all a good stir, cover and simmer for 20 minutes until the potatoes are tender. Return the beef to the pan along with any juices and warm through.

Stir in the parsley and a swirl of bio yoghurt.

Quick Curry

INGREDIENTS

1 tbsp sunflower oil

1 red onion, thinly sliced

1 garlic clove

**2 tsp ready-prepared
ginger from a jar**

**½-1 tsp ready chopped
chillies, from a jar**

**200g can chopped
tomatoes**

**200g raw peeled prawns
or chopped skinless
boneless chicken**

**2 tsp gujarati masala or
garam masala**

3 tbsp Low fat yoghurt

**Handful coriander leaves,
roughly chopped or torn**

METHOD

Heat the oil in a pan, add onion and fry until they colour.

Crush the garlic into the pan, add ginger and chilli, cook briefly. Add tomatoes and a quarter of a can of water and bring to the boil. Simmer for 2 minutes, add prawns or chicken and Gujarati masala, cover and cook for 2-3 minutes for prawns and 5-6 minutes for chicken.

Reduce the heat to a simmer, then stir in the yoghurt, a tablespoon at a time. Sprinkle with coriander and serve with warm garlic and coriander naans and a crisp salad of cucumber, shredded lettuce, sliced red onion and wedges of lemon.



Skin Stew

INGREDIENTS

Olive oil

2 red onions, peeled and roughly chopped

3 carrots, peeled and roughly chopped

3 sticks of celery, trimmed and roughly chopped

4 cloves garlic, unpeeled

A few sprigs fresh rosemary

2 bay leaves

1 small handful dried porcini

1 stick cinnamon

1 kg quality shin of beef, bone removed, trimmed and cut into 5cm pieces

Sea salt

Freshly ground black pepper

1 tbsp flour

2 x 400g good quality tinned plum tomatoes

2/3 bottle Chianti

METHOD

Preheat your oven to 180°C/350°F/Gas 4.

In a heavy-bottomed ovenproof saucepan, heat a splash of olive oil and gently fry the onions, carrots, celery, garlic, herbs, porcini and cinnamon for 5 minutes until softened slightly.

Meanwhile toss the pieces of beef in a little seasoned flour shaking off any excess. Add the meat to the pan and stir everything together, then add the tomatoes, wine and a pinch of salt and pepper.

Gently bring to the boil, cover with a double thickness piece of tinfoil and a lid and place in your preheated oven for 3 hours or until the beef is meltingly tender and can be broken up with a spoon.

Taste and check the seasoning, remove the cinnamon stick and rosemary sprigs and serve.

Lemon Linguine with Ham

INGREDIENTS

400g linguine

Cupful frozen peas

200ml tub crème fraiche

Grated zest ½ lemon and
juice of 1 lemon

3-4 slices of cooked ham,
cut into strips

METHOD

Cook pasta following pack instructions, adding the peas for the final 2 minutes of cooking

Drain the pasta well and return to the pan.

Stir in the crème fraiche, lemon zest and juice, then season.

Serve with the ham strips scattered over



Beef, Mushroom and Greens Stir Fry

INGREDIENTS

4 tbsp oyster sauce

2 tbsp dark soy sauce

1-2 tbsp vegetable oil

400g beef rump steak,
thinly sliced across the
grain into ½cm thick pieces

Finger tip length chunk
fresh root ginger, chopped

300g spring greens, sliced

150g pack chestnut
mushroom, sliced

METHOD

Mix the sauces together and set aside.

Heat a wok until smoking hot, add 1 tsp oil, then stir fry the meat until browned all over.

You may need to do this in 2 batches, adding a little more oil.

Remove the meat, then wipe the wok clean.

Add a little more oil. Stir fry the ginger until golden, then add the spring greens and mushrooms.

Cook for 3 minutes, stirring often then add the steak and soy sauce mixture.

Cook for 3-4 minutes more until the sauce has thickened a little and everything is warmed through.

Serve over rice or noodles.



Fat Free Roast

INGREDIENTS

1 large roast beef

2 tins tinned tomatoes

1 tsp tomato puree

2 cloves garlic, crushed

½ glass red wine

½ tsp sugar

Roast or boiled potatoes

Carrots, grated

Olive oil

METHOD

Put the roast and olive oil into pan to brown meat then add tomatoes and puree with garlic to simmer for a few hours.

After simmering, add the grated carrots and sugar.

Boil or roast potatoes. Pour wine in to the meat and sauce until potatoes are ready.

Serve with vegetables of your choice.

Leftovers can be eaten the day after or frozen for a night of your choice.



Cottage Pie

INGREDIENTS

3 tbsp olive oil

1 ¼kg beef mince

2 onions, finely chopped

3 carrots, chopped

3 celery sticks, chopped

2 garlic clove,
finely chopped

3 tbsp plain flour

1 tbsp tomato puree

Large glass red wine
(optional)

850ml beef stock

4 tbsp worcestershire sauce

Few thyme sprigs

2 bay leaves

For the Mash

1.8kg potatoes, chopped

225ml milk

25g butter

200g strong cheddar,
grated

Freshly grated nutmeg

METHOD

Heat 1 tbsp oil in a large saucepan and fry mince until browned—you may need to do this in batches.

Set aside as it browns.

Put the rest of the oil into the pan, add the vegetables and cook on a gentle heat until soft, about 20 minutes. Add the garlic, flour and tomato puree, increase the heat and cook for a few minutes, then return the beef to the pan. Pour over the wine, if using, and boil to reduce it slightly before adding the stock, Worcestershire sauce and herbs.

Bring to a simmer and cook, uncovered for 45 minutes. By this time the gravy should be thick and coating the meat.

Check after about 30 minutes—if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. Season well, then discard the bay leaves and thyme stalks.

Meanwhile make the mash. In a large saucepan cover the potatoes in salted cold water, bring to the boil and simmer until tender. Drain well, then allow to steam-dry for a few minutes.

Mash well with the milk, butter and three quarters of the cheese, then season with the nutmeg and some salt and pepper.

Spoon meat into 2 ovenproof dishes. Pipe or spoon on the mash to cover. Sprinkle on the remaining cheese. If eating straight away, heat oven to 425F/220C/200C Fan/Gas 7 and cook for 25-30 minutes or until the topping is golden.

Chicken Fajitas

INGREDIENTS

1 tbsp Chilli powder

1 tsp cumin

1 tsp paprika

¼ tsp cayenne pepper

¼ tsp garlic powder

1 tsp salt

1 tsp ground black pepper

3 tbsp olive oil, divided

1 ½ lb boneless, skinless
chicken breast, sliced
into strips

2 bell peppers, sliced

1 onion, thinly sliced

8 small tortillas

●

METHOD

Preheat oven to 350F/180C/Gas 4.

Make fajita seasoning—whisk together chilli powder, cumin, paprika, cayenne pepper, garlic powder, salt and pepper in a small bowl. Set aside.

Heat 1 tbsp olive oil in a cast iron grill pan or frying pan over medium-high heat.

Add chicken and sprinkle with $\frac{3}{4}$ of fajita seasoning. Mix together and cook for 6-10 minutes or until browned.

In a second pan heat remaining 2 tbsp oil over medium heat. Add peppers and onion. Stir in remaining fajita seasoning. Cook until vegetables are soft about 8 to 10 minutes stirring occasionally.

While veggies and meat are cooking wrap tortillas in tin foil and warm in the oven.

To assemble fajitas fill warmed tortillas with chicken, peppers and onions. Top with favourite garnishes.

Baked Orange Chicken

INGREDIENTS

2 chicken pieces

4 tbsp orange juice

2 tsp orange rind, grated

¼ cup dry breadcrumbs

½ tsp chicken stock powder

¼ cup hot water

1 tbsp Honey

1 tsp prepared mustard

1 tsp cornflour

Salt and pepper to season

METHOD

Preheat oven to 350F/180C/Gas 4.

Lightly grease an ovenproof dish with a pastry brush and oil or oil spray. Place orange juice and rind in a bowl and the breadcrumbs in another bowl. Dip each piece of chicken in the juice and then the crumbs.

Place in ovenproof dish and bake for 30 minutes.

While the chicken is cooking make the sauce. Add chicken stock powder and hot water, honey, mustard, cornflour, salt and pepper to the leftover orange juice. Mix well.

Pour over chicken and return to the oven for a further 10 minutes.



Sweet and Spicy Chicken

INGREDIENTS

1 tbsp dark brown soft sugar

2 tbsp honey

4 tbsp soy sauce

2 tbsp hot sauce

Salt and pepper to taste

4 skinless boneless chicken breast fillets, cut into 1 cm strips

2 tsp chopped fresh root ginger

2 tsp chopped garlic

1 tbsp vegetable oil

METHOD

Mix together dark brown soft sugar, honey, soy sauce, ginger, garlic and hot sauce in a small bowl.

Lightly salt and pepper the chicken strips .

Heat oil in a large frying pan over medium heat.

Add chicken strips and brown on both sides about 1 minute per side. Pour the sauce over the chicken. Simmer uncovered until the sauce thickens about 8-10 minutes.



Claypot Chicken

INGREDIENTS

1 tbsp Cornflour

2 tbsp gluten free soy
sauce

60ml (¼ cup) dry sherry

600g chicken thigh fillets,
excess fat trimmed, cut into
3cm pieces

60ml (¼ cup) peanut oil

3 garlic cloves, thinly sliced
lengthways

1 tbsp finely grated
fresh ginger

1 red capsicum, seeded,
thinly sliced

250ml (1 cup) Campbells
Real Stock Chicken

1 cinnamon stick

½ tsp sesame oil

1 long fresh red chilli,
thinly sliced

Steamed sunrice white
medium grain rice

METHOD

Combine cornflour, half the soy sauce and 1 tbsp sherry in a bowl. Add chicken and turn to coat.

Heat half the peanut oil in a wok over high heat until just smoking. Cook half the chicken for 2 minutes or until golden.

Transfer to a plate lined with paper towel. Repeat with remaining peanut oil and chicken.

Drain peanut oil from the wok, reserving 1 tablespoon. Heat reserved oil in the wok over high heat. Stir-fry garlic and ginger for 30 seconds or until aromatic. Add capsicum and stir-fry for 3 minutes or until tender. Add chicken, stock, cinnamon and remaining soy sauce and sherry. Reduce heat to medium. Simmer, stirring occasionally, for 12 minutes or until the chicken is cooked through and the sauce is reduced.

Drizzle over the sesame oil. Top with chilli and serve with rice.

Marmalade Chicken

INGREDIENTS

For blackening seasoning:

- 2 teaspoons salt
- 1 teaspoon pepper
- 1½ teaspoons cayenne
- 1 tablespoon paprika
- ½ teaspoon thyme
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- ½ teaspoon nutmeg

For chicken:

- 2½ cups yellow or brown rice
- 4 skinless, boneless chicken breasts
- 1 package (16 ounces) frozen mixed vegetables
- ¼ cup orange marmalade

METHOD

Combine all seasoning ingredients.

Preheat oven to 350F/180C/Gas 4.

Cook rice according to package directions.

While rice is cooking, coat chicken in a liberal dose of blackening seasoning. Sear chicken for 1 minute on each side until nicely blackened and crisp. Transfer to a non-stick baking dish (or oven-safe pan) and bake for 5 to 10 minutes (depending on thickness of meat), or until juices run clear.

Heat frozen vegetables in the oven or microwave.

Mix with cooked rice and divide among four plates.

Plate 1 chicken breast over rice mixture, and add 1 dollop marmalade on top of each.

Balsamic Grilled Chicken

INGREDIENTS

4 skinned, boned chicken breasts, about 125g (4½ oz) each

1 tablespoon butter, melted

1 clove garlic, crushed

Salt and black pepper

2 teaspoons clear honey

1 tablespoon lemon juice

1 tablespoon balsamic vinegar

To garnish: fresh flat-leaved parsley

METHOD

Heat the grill to medium. Place the chicken breasts between two sheets of cling film and beat them with a rolling pin to an even thickness.

Brush them with the butter and place in a wide flameproof dish or pan.

Sprinkle the chicken with the garlic, season lightly, then drizzle with the honey and lemon juice.

Place the chicken under the grill and cook for 5-6 minutes until golden, then spoon the balsamic vinegar over. Turn the breasts over, baste with the pan juices and continue grilling for 5-6 minutes until the chicken juices run clear when the breasts are pierced with a knife.

Serve the chicken breasts, spoon the pan juices over them and garnish with parsley.



Melting Moments

INGREDIENTS

3oz plain flour

1oz cornflour

Pinch of salt

3oz butter

1oz caster sugar

Few drops of vanilla essence

For the Filling

1oz butter

2oz sieved icing sugar

Few drops of vanilla essence

Few drops of food colouring (optional)

METHOD

Sieve flour, cornflour and salt on to a plate

Cream butter, sugar and vanilla essence until soft and light.

Add half sifted ingredients and mix to soft dough.

Add remaining and mix.

Shape mixture in rounded teaspoons onto a greased baking tray. Cook at 350F/180C/Gas 4 for 15 minutes until pale brown.

Cream together with filling when cold.



Date and Walnut Loaf

INGREDIENTS

12oz self raising flour

½ level tsp salt

2oz butter

4oz soft brown sugar

2oz chopped walnuts

4oz chopped dates

1 tbsp black treacle

2 eggs

¼ pint of milk

METHOD

Sift flour and salt into a bowl, add butter cutting into pieces and rub in with fingertips.

Add sugar, walnuts, dates and treacle. Stir to mix. Lightly mix eggs and milk.

Add to dry ingredients and using a wooden spoon beat to a medium soft consistency.

Spoon into greased and lined (9x5x2) loaf tin.

Bake for 1 hour at 350F/180C/Gas 4. Cool.

Use after 1 day.



Cloutie Dumpling

INGREDIENTS

1 cup fruit

1 cup suet

2 tbsp treacle

1-2 cups self raising flour

1 tsp baking powder

Milk

2 eggs

METHOD

Add flour, suet, fruit, baking powder to bowl.

Mix in eggs, milk and treacle until a thick sticky consistency. Cover bowl with grease proof paper, tie up with string leaving enough for a handle.

Place in a pan of boiling water. Boil for a few hours making sure it doesn't boil dry.

Chocolate Sponge

INGREDIENTS

4oz self raising flour

4oz castor sugar

4oz margarine

2 tbsp chocolate powder

1 tsp baking powder

For Chocolate Cream

Icing sugar

Margarine

METHOD

Cream all ingredients together with electric mixer.

Bake in a moderate oven for 20-30 minutes.

Make chocolate cream for the centre.

My godmother lived alone and in her later years stopped cooking from scratch. She still went to the local supermarket on a weekly basis but gradually began purchasing cook-in sauces and tins of soup instead of making them from scratch. This resulted in less time spent on her feet in the kitchen and she also stopped baking for visitors who came in to see her and instead bought biscuits and cakes.

She then resorted to pre-packed meals although still going to the supermarket, fortnightly instead of weekly. Finally she stopped going to the supermarket at all and bought in frozen pre-packed food.

Gone were the chats with fellow shoppers and staff at the supermarket, the exercise walking around the supermarket and time spent on her feet cooking and baking stopped and the quality and variety of her food dropped.

This happened over a period of three years and, looking back, the changes happened so gradually that it wasn't really noticed.

It was only when she stopped getting up to make a cup of tea for herself or visitors and instead kept a flask by her chair that the extent of her immobility was apparent. When challenged she would say 'I hear you' with no intentions of change.

If we can stay active, engage in conversation, cook and eat healthily there is a much better chance of us living in our own homes for as long as possible.

If we can help others to do the same by encouraging or taking them to the shops or sharing recipes or sharing dinners on different nights even better.

Hopefully you can use the back pages to add some recipes of your own.

Enjoy and bon appetit!

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