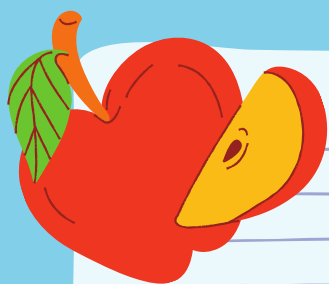
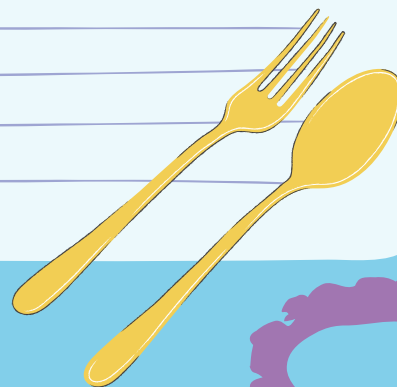




outside the box



Community Cook Book



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<https://otbds.org/>

Community Cook Book

This cook book contains lots of recipes both from our projects and shared with us from communities and groups across Scotland.

Have a flick through, we have starters, mains, snacks and desserts including lots of vegan and vegetarian dishes! Lots of these recipes can be done in an air fryer or slow cooker too.

We hope you enjoy and please do let us know how you get on.

Recipes

Starters and snacks

Mains

Soups

Desserts and treats



Starters and snacks

Cream cheese, chive & pepper dip

Cheese stars

Fruit scones

Air Fryer Scones

Cheese scones

Roasted chickpeas

Sweet potato chips

CREAM CHEESE, CHIVE & PEPPER DIP

INGREDIENTS (SERVES 4)



200g light cream
cheese



1 handful of fresh chives
or 2 spring onions



1/2 a large red pepper
or 1 small

Starters and snacks

CREAM CHEESE, CHIVE & PEPPER DIP

METHOD



Wash and chop red pepper into small cubes.



Wash & finely chop the chives or spring onions.



In a bowl add the cream cheese, chopped pepper, chives or spring onions and mix well.



Serve.

CHEESE STARS

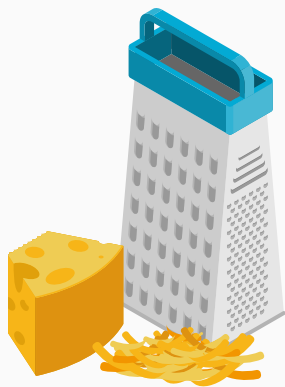
INGREDIENTS (MAKES 20)



Flour for dusting



1 puff pastry sheet
(320g)



1 mug (85g approx) grated cheese eg, edam, cheddar or parmesan



2 tbsp milk



Poppy seeds, sesame seeds or dried mixed herbs for topping (optional)

Starters and snacks

CHEESE STARS

METHOD



Heat oven to 200C/180C fan/gas 6 and line two baking sheets with baking parchment.



Sprinkle most of the cheese over one half of the sheet of pastry. Fold in half to cover and seal it in.



Dust a rolling pin and work surface with a little flour. Roll the filled pastry out until double in size.



Using cookie cutters, cut the pastry into shapes and put them on the prepared baking sheets.

CHEESE STARS

METHOD



Brush the shapes with milk and add a pinch of cheese and a sprinkling of your chosen topping.



Bake in the oven for 10-12 mins or until risen and golden.(Will keep in an airtight container for 3 days).

FRUIT SCONES

INGREDIENTS (SERVES 6)



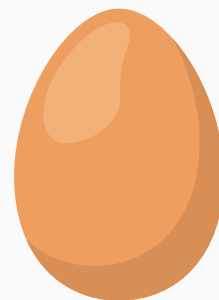
225g self raising flour



1 tbsp vegetable oil



1 tsp sugar



1 egg



130ml milk (9 tablespoons)



70g (handful) raisins
or dried fruit of your
choice

Starters and snacks

FRUIT SCONES

METHOD



Preheat oven to 220°C/fan 200°C/ gas mark 7.



Sift the flour into a large bowl.



Beat the egg and oil together with the milk.



Mix the wet and dry mixtures together with the dried fruit to form a soft dough.

FRUIT SCONES

METHOD



Turn onto a floured board or clean surface, knead lightly and shape into a round with your hands, patting it down to about 2cm thick.



Cut the round of dough into 6 wedges.



Place scones onto a lightly floured baking tray spread well apart.



Bake on top shelf of oven for 10-15 minutes. Allow to cool for 5-10 minutes then serve.

AIR FRYER SCONES

INGREDIENTS (SERVES 6)



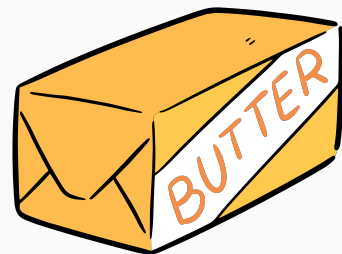
225g self raising flour



1 tbsp baking powder



50g caster sugar



50g unsalted butter



120ml milk



70g (handful) raisins or dried fruit of your choice (optional)

Starters and snacks

AIR FRYER SCONES

METHOD



In a large bowl, combine your flour, sugar, baking powder and a pinch of salt.



Add the butter and rub it into the flour using your fingers until it resembles fine breadcrumbs. Add dried fruit if using.



Make a well in your mixture, pour in the milk and start combining to form a dough.



Turn out your dough onto a lightly floured surface.

AIR FRYER SCONES

METHOD



Roll it out to about 3 or 4 cm thick, and use a round cutter to cut out your scones.



Line the air fryer basket with some baking paper and add the scones, remembering to leave room for them to expand.



Brush them with a little milk for a beautiful, golden finish and let them bake for about 8 to 10 minutes at 180°C until golden brown and well-risen.



Allow to cool for 5-10 minutes then serve.

ROASTED CHICKPEAS

INGREDIENTS



1 tin of chickpeas



1 tsp vegetable oil



1 tsp garlic powder



Half a tsp salt

Starters and snacks

ROASTED CHICKPEAS

METHOD



Heat the oven to 180C/gas mark 4.



Open the can, empty the chickpeas into a colander or sieve and rinse them with water.



Gently pat the chickpeas dry with some paper towel, then put them in a big bowl with the oil, mix them around so all the chickpeas get covered in the oil.



Spread the chickpeas out on a baking tray so there's an even layer of them. Sprinkle well with garlic powder and salt, and any extra seasonings you like.

ROASTED CHICKPEAS

METHOD



Roast in the oven for 35-40 minutes, or until crunchy, gently shaking once or twice to move the chickpeas about.

Cooking Tips:

- These chickpeas are nice when they're fresh out of the oven, as they have a lovely crunchy and warm texture, but they are also great when they've cooled down too.
- Try roasting them in the air fryer instead of the oven to cut down cooking costs.
- Add different spices like paprika or serve with a sauce like barbeque for an extra kick.

CHEESE SCONES

INGREDIENTS (SERVES 6)



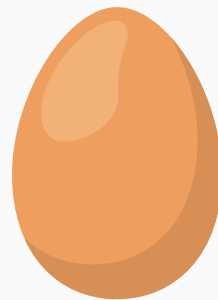
225g self raising
flour



50g sunflower spread



75g mature cheddar cheese



1 egg



75ml milk (5 tablespoons)



½ tsp mustard
powder (optional)

Starters and snacks

CHEESE SCONES

METHOD



Preheat oven to 220°C/
fan 200°C/gas mark 7.



Sift the flour (and mustard
powder if using) into a
large bowl.



Add the sunflower
spread and gently rub
into the flour using your
finger tips until the
mixture resemble
breadcrumbs.



Grate the cheese, keeping
a little back for the top of
the scones, stir the rest
into the flour mix.

CHEESE SCONES

METHOD



Beat the milk and egg together. Stir into the dry mix to form a soft dough.



On a lightly floured surface- Use your hands to shape the dough into a round, about 2cm deep.



Cut into 6 triangles/ wedges.



Place scones onto a lightly floured baking tray and sprinkle the tops with spare grated cheese. Bake on top shelf of oven for 10-15 minutes.

SWEET POTATO CHIPS

INGREDIENTS



2 large sweet potatoes



1 tbsp vegetable oil



Black pepper

Tip: Spice up the sweet potatoes by sprinkling them with 1 teaspoon of cumin seeds, paprika, cayenne pepper or any other spice you fancy!

Starters and snacks

SWEET POTATO CHIPS

METHOD



Preheat the oven to 200C (180C fan oven, gas mark 6).



Slice each sweet potato lengthways into 6 wedges and put them in a roasting tin.



Add the vegetable oil, season with black pepper and toss to coat.



Roast in the oven for 35 to 40 minutes, or until tender, turning them over after 20 minutes

Tip: If you have an air fryer you could follow the same steps but put them in for 15 - 18 minutes.

Mains

Hidden vegetable sauce

No yeast pizza dough

Lasagna

Spaghetti bolognese

Chilli con carne

Slow cooker macaroni cheese

Chicken & banana korma

Spaghetti carbonara

Mains

Burns Supper

Beef stew

Vegetable chilli

Mustard glazed salmon

Vegetarian chilli with chocolate

Fruit curry with peanuts

Scrambled tofu

HIDDEN VEGETABLE SAUCE

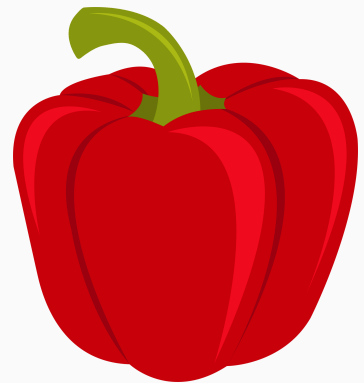
INGREDIENTS (SERVES 4)



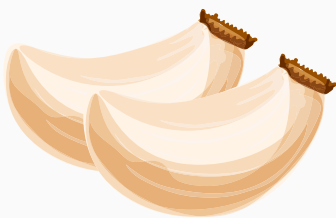
1 tbsp
vegetable oil



1 medium
onion



1 red or
yellow
pepper



2 cloves of
garlic



1 medium
carrot



500g tomato
passata or
tinned
tomatoes



1 tsp
Italian/mixed
herbs

Mains

HIDDEN VEGETABLE SAUCE

METHOD



Peel and chop onion and garlic.



Heat oil in a medium saucepan, add onion and garlic and cook for 2-3 minutes.



Chop the pepper.



Grate the carrot.



Add pepper & carrot to the saucepan with the herbs, cook for 2-3 minutes stirring well.

HIDDEN VEGETABLE SAUCE

METHOD



Stir in the tomato passata or tinned tomatoes, cover, and simmer gently for 15-20 minutes.



Remove from heat, use a hand blender or potato masher to make this a 'hidden vegetable' sauce.

Batch Cooking Tips:

- Double up the recipe and keep half for another day; fridge for 3-4 days, freezer for up to 6 months.
- Think about what dishes you could incorporate this sauce into, here are a few options:
 - Lasagne
 - Spaghetti Bolognese / lentil and vegetable Bolognese
 - Chilli / vegetable chilli
 - Pizza sauce
 - Pasta sauce

NO YEAST PIZZA DOUGH

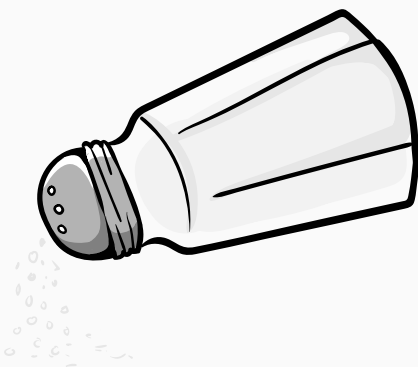
INGREDIENTS (MAKES 2 PIZZAS)



2 3/4 tsp baking powder



350g plain flour



1/2 tsp salt



1 tbsp vegetable oil

Mains

NO YEAST PIZZA DOUGH

METHOD



Heat the oven to 200C/
180C fan/ Gas 6.



Mix together 350g flour, 2
 $\frac{3}{4}$ tsp baking powder and 1
tsp salt in a small bowl.



Add 1 tbsp oil and 170ml
water then stir until it
forms a ball. If stiff, add
more water, it should be
soft but not sticky.



Knead on a floured surface
for 3-4 mins.

NO YEAST PIZZA DOUGH

METHOD



Roll into 2 balls, then flatten out.



Add hidden vegetable sauce to you base.



Add toppings.



Bake each on a baking sheet in oven for 15 mins.

LASAGNE

MEAT SAUCE INGREDIENTS (SERVES 4)



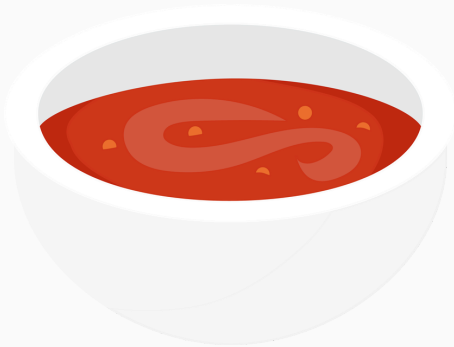
1 tbsp
vegetable oil



200g lean minced beef
(5% fat)



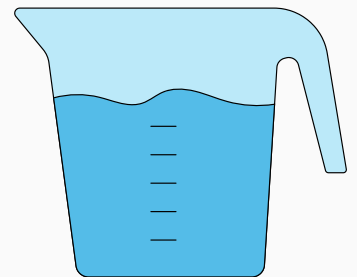
100g
mushrooms



1 portion hidden
vegetable sauce



1
vegetable
stock cube



150ml water

Tip: If you like chunky vegetables in your lasagne add some extra mushrooms and celery

Mains

LASAGNE

WHITE SAUCE INGREDIENTS (SERVES 4)



50g
sunflower
spread



50g plain flour

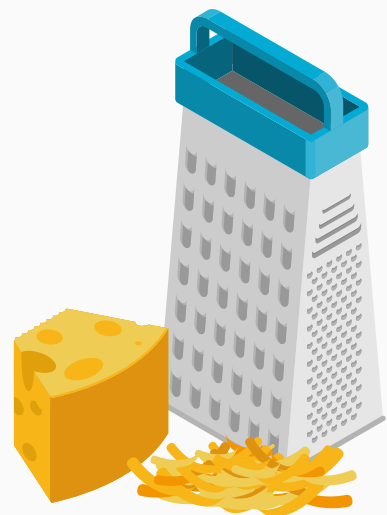


650ml semi
skimmed
milk

To Finish



Approx 8 sheets
lasagne



100g grated
cheese

Mains

LASAGNE

METHOD



Heat the oven to 200C/180C fan/gas 6.



Add the oil to a frying pan, add the mince, browning and stirring well to stop sticking.



Add mushrooms and any other vegetable you have chosen, stirring for a further 5 minutes.



Add the hidden vegetable sauce and the stock, allow to simmer for 10-15 minutes, or until most of the liquid has gone and then set aside.

LASAGNE

METHOD

On hob white sauce



Put all the ingredients into a saucepan over a medium heat.



Whisk continuously until the sauce starts to thicken (5-10 minutes) then remove from heat.

In microwave white sauce



Put flour, spread and milk into a large microwaveable jug or bowl. Whisk together really well, cook in the microwave on HIGH for 1 minute.



Whisk again and cook for a further 3-5 minutes- **stirring well after each minute.**

LASAGNE

METHOD

To finish



In a large oven proof dish start with a layer of meat sauce, then lasagne sheets then white sauce. Repeat layers.



Finish with a layer of white sauce, sprinkle over the grated cheese and bake for 35-45 minutes in your pre-heated oven until golden brown.

Top Tips:

- Switch the minced beef for minced turkey, chicken or pork
- For a vegetarian option, switch out the mince for extra beans, pulses or vegetables
- You can further bulk out the meat sauce with extra beans/ pulses or vegetables – you might need to add a little more water to simmer



SPAGHETTI BOLOGNESE

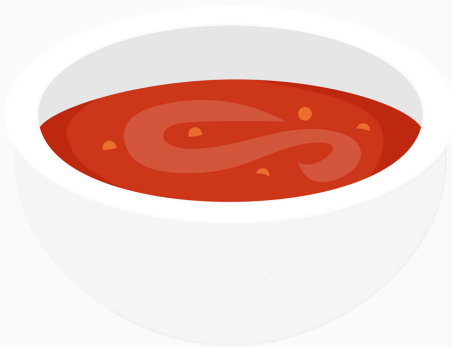
INGREDIENTS



1 tbsp
vegetable oil



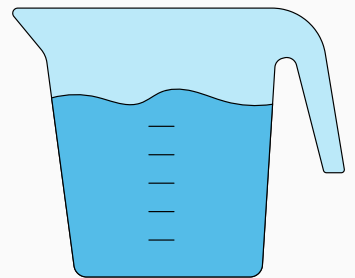
200g lean minced beef
(5% fat)



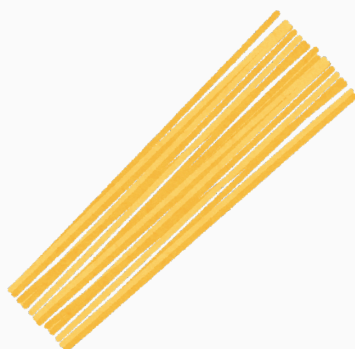
1 portion hidden
vegetable sauce



1
vegetable
stock cube



150ml water



400g of
spaghetti

SPAGHETTI BOLOGNESE

METHOD



Add the oil to the pan, add the mince, browning and stirring well to stop sticking.



Add the hidden vegetable sauce and the stock, drain and add the lentils, turn down the heat.



Simmer gently for 30-40 minutes, stirring occasionally.



Meanwhile, bring a large pan of water to the boil. Stir in the spaghetti and cook for 8-10 minutes, drain & serve topped with the sauce.

CHILLI CON CARNE

INGREDIENTS (SERVES 4)



1 tbsp
vegetable oil



200g lean minced
beef (5% fat)



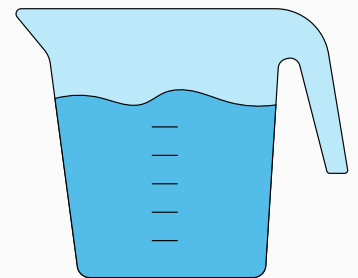
1 tin kidney
beans



1 portion hidden
vegetable sauce



1 vegetable
stock cube



150ml water



200g long
grain rice



1 tsp chilli
powder or chilli
flakes

Mains

CHILLI CON CARNE

METHOD



Add the oil to the pan, add the mince, browning and stirring well to stop sticking.



Add the hidden vegetable sauce and chilli powder and vegetable stock, bring the sauce to the boil then cover and lower the heat and simmer gently for 10-15 minutes. Stirring occasionally.



Bring two mugs of water to the boil, add the rice and follow instructions on packet for cooking.

CHILLI CON CARNE

METHOD



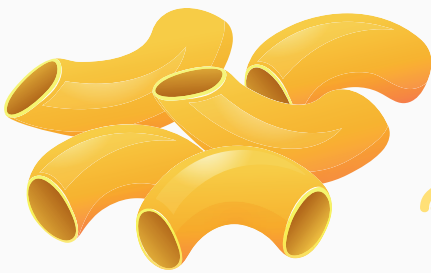
While rice is cooking, drain the beans and add to the sauce, simmer for 10 minutes.



Serve the rice topped with the chilli con carne.

SLOW COOKER MACARONI CHEESE

INGREDIENTS (SERVES 4)



400g dried
macaroni



200g extra mature
cheddar coarsely grated



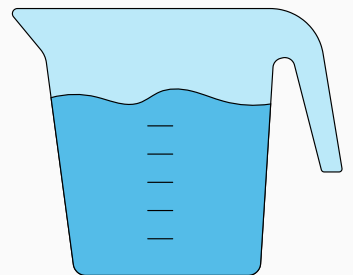
200g ready
grated
mozzarella
from a
packet



410g can
evaporated milk



freshly ground
pepper



700ml water

SLOW COOKER MACARONI CHEESE

METHOD



Put the macaroni and both types of cheese in a slow cooker.



Pour over the evaporated milk.



Add 700ml of water.
Season with pepper and stir.



Cover and cook on high for 1½ hours, or until all the cheese has melted and the pasta is almost tender.

SLOW COOKER MACARONI CHEESE

METHOD



Stir well, then cover and cook for a further 15 minutes, or until the pasta is tender but holding its shape.



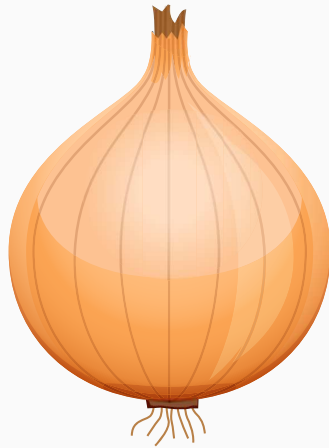
Serve immediately.

CHICKEN & BANANA CURRY

INGREDIENTS (SERVES 4)



2 tsp
vegetable
oil



1 onion



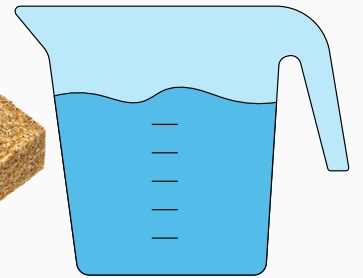
500g boneless,
skinless chicken
breast



1 apple
cored



2 tbsp korma
curry paste



400ml vegetable
or chicken stock



2 cloves
garlic

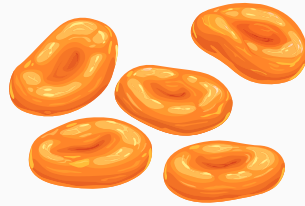
Mains

CHICKEN & BANANA CURRY

INGREDIENTS (SERVES 4)



25g raisins or sultanas



25g ready to eat dried apricots



300g easy-cook brown rice



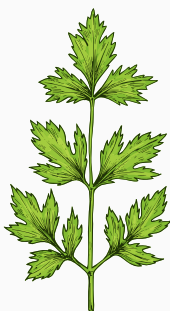
1 tbsp cornflour



1 banana sliced



4 tbsp low fat natural yoghurt



1 tbsp fresh coriander to garnish



1 pinch black pepper

Mains

CHICKEN & BANANA CURRY

METHOD



Chop the chicken into chunks.



Peel and chop the onion and apple, remember to core the apple too.



Peel and finely chop or crush garlic.



Heat the vegetable oil in a large saucepan. Add the chicken, onion, apple and garlic, and cook for 2 to 3 minutes, stirring often.

CHICKEN & BANANA CURRY

METHOD



Add the curry paste and cook for a few seconds, stirring.



Add the stock, raisins (or sultanas) and apricots. Bring to the boil, then reduce the heat and simmer for 35 minutes.



Cook the rice. Brown rice takes 30 to 35 minutes to cook, so put it in plenty of simmering water.



When chicken is cooked blend the cornflour with 2 tbsp cold water and add to the curry, stirring until thickened.

CHICKEN & BANANA CURRY

METHOD



Slice in the banana to the korma, cooking gently for another few moments.



Check the seasoning, adding pepper, if needed.



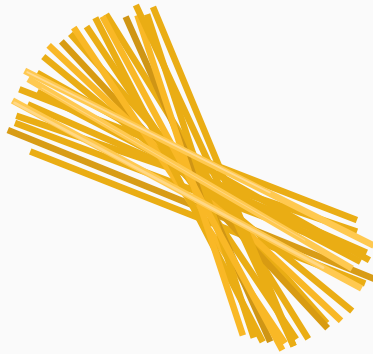
Serve, topping each portion with 1 tablespoon of yoghurt and accompanied with the rice. Garnish with coriander.

SPAGHETTI CARBONARA

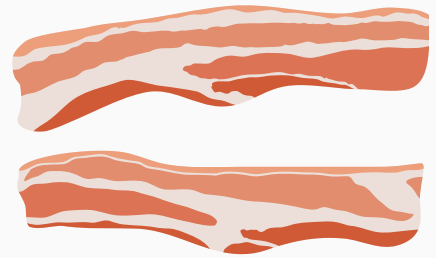
INGREDIENTS (SERVES 2)



1 tsp
vegetable
oil



150g dried
spaghetti



2 slices back
bacon



75ml semi-
skimmed
milk



20g parmesan
cheese



2 spring
onions

Tip: To make this vegetarian, a popular substitute is mushroom and leek instead of bacon and a vegan parmesan alternative.

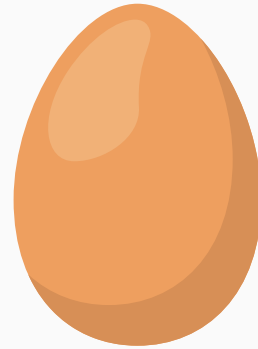
Mains

SPAGHETTI CARBONARA

INGREDIENTS (SERVES 2)



75g low fat garlic
and herb cream
cheese



1 egg



Pinch black
pepper



1 tbs parsley

Tip: To make this vegetarian, a popular substitute is mushroom and leek instead of bacon and a vegan parmesan alternative.

Mains

SPAGHETTI CARBONARA

METHOD



Cut the bacon into pieces.



Trim and chop the spring onions.



Finely chop the parsley (put to side for later).



Bring a large saucepan of water to the boil. Add the pasta and cook for 8 to 12 minutes, according to packet instructions.

SPAGHETTI CARBONARA

METHOD



Heat the oil in a large non-stick pan. Add the bacon and spring onions, and cook for about 5 minutes, stirring often. Remove from the heat



Beat together the soft cheese and egg in a mixing bowl.



Stir in the cooked bacon and spring onions. Add the milk, half the parmesan and parsley. Season with pepper.



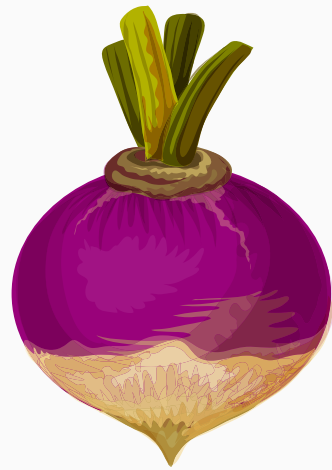
Drain the pasta and return it to the saucepan. Add the egg mixture and heat gently for 2 to 3 minutes, stirring constantly until the mixture thickens. Serve sprinkled with the remaining parmesan.

BURNS SUPPER

HAGGIS, NEEPS & TATTIES
INGREDIENTS (SERVES 4)



500g potatoes



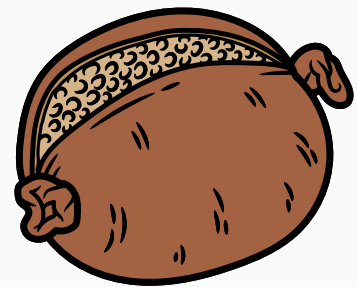
500g turnip



1tbsp vegetable or
sunflower spread



50ml semi
skimmed
milk or
alternatives



Haggis or
vegetarian
haggis

Mains

BURNS SUPPER

METHOD



1
Peel & dice potato and turnip to the same size.



2
Place in a large pan and add water.



3
Bring to the boil, reduce heat, cover with pan lid on and simmer for 20 or 30 mins or until soft.



4
Remove from heat and drain in a colander.

BURNS SUPPER

METHOD



Place back into the pan, add milk and spread then mash with a potato masher until chunky or smooth.



Cook the haggis to the cooking guidelines that is on the packaging it is in.

Tips/Suggestions

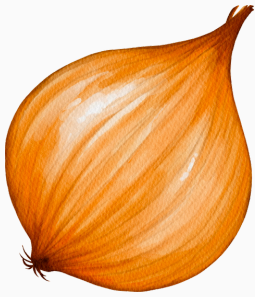
- Keep potatoes separate and mix with sweet potato
- Make a sweet potato, turnip and carrot mix
- Or swede with carrot
- Pepper to taste

You can cook it in the oven, microwave or in a pan of boiling water

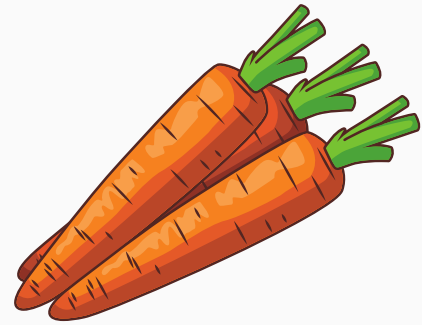


BEEF STEW

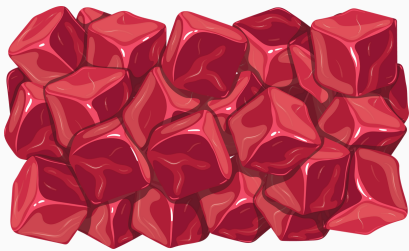
INGREDIENTS (SERVES 4)



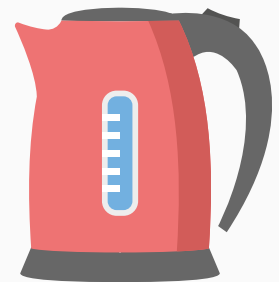
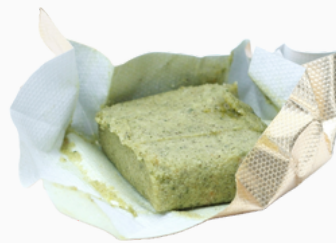
1 onion



1 or 2 carrots



450g - 500g cubed
stewing or casserole
beef



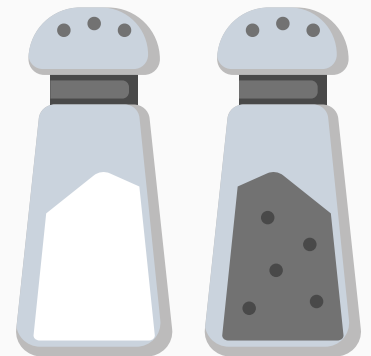
1 beef stock cube & 400ml
boiling water



2 tbs of oil



Few ounces of
mushrooms
(however many
you like!)



Salt and pepper

Mains

BEEF STEW

METHOD



Peel and chop the onion and carrots into chunks (whatever size you like). Use a pot that can go on top of the stove and in the oven. Heat the oven to 170C. Warm the pot, heat the oil and then gently cook the onion until it is soft. Add carrots to onion and cook for a few minutes.



Add in the beef and cook for about 5 minutes. Stir it to get the beef browned and mixed in well with the onions and carrots.



Add in the mushrooms at this stage if you want them. Add in the stock and give it a good stir.

BEEF STEW

METHOD



Bring to point where it is just simmering.

Put a lid on the pot and put in the oven.

Leave it for 2 and a half to 3 hours. Take it out. Check seasoning and add more salt and pepper to taste.

Tips

To make life easier:

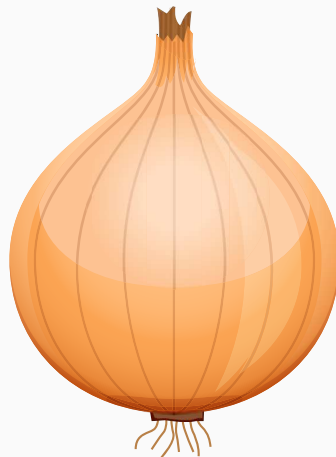
- This freezes well. You'll have another meal from it.
- Use vegetables that are already chopped.
- Serve it with something else that goes in the oven such as a precooked potato dish.
- Instead of using the oven you could make this dish in a slow cooker instead. Slow cookers are designed to cook food slowly, at a low temperature and keep it hot. Although slow cookers take longer to cook food, they are one of the most energy-efficient appliances in your kitchen!

VEGETABLE CHILLI

INGREDIENTS (SERVES 4)



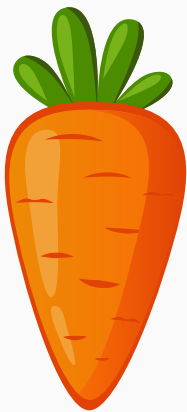
1 tbsp
vegetable
oil



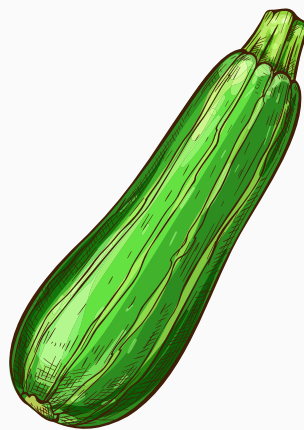
1 onion



1 red or
yellow
pepper



1 carrot



1 courgette



150g
mushrooms



2 cloves
garlic

Mains

VEGETABLE CHILLI

INGREDIENTS (SERVES 4)



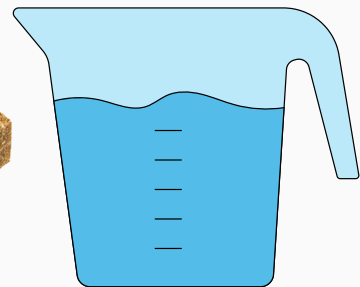
1 400g tin
chopped
tomatoes



1 400g tin mixed beans
or kidney beans
(drained & rinsed)



1/2 tsp dried chilli
flakes (use 1 tsp if
you like it hotter)



1 vegetable stock cube
with 150ml water

Mains

VEGETABLE CHILLI

METHOD



Peel and chop the onion and carrot.



Chop pepper, courgette and mushrooms.



Peel and finely chop or crush garlic.



Heat oil in pan. Add onions, chilli flakes and garlic, cook for 5 minutes.

VEGETABLE CHILLI

METHOD



Add remaining vegetables, cook for 5-10 minutes, stirring occasionally.



Add chopped tomatoes, beans, vegetable stock cube & water.



Simmer gently for 30-40 minutes until vegetable are tender. Serve.

MUSTARD GLAZED SALMON

INGREDIENTS (SERVES 2)



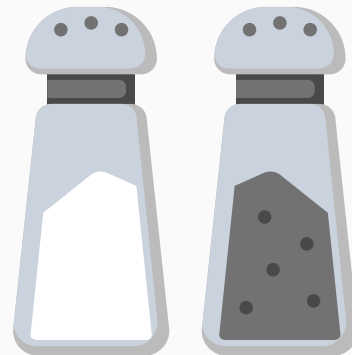
2 salmon fillets



1 tbsp of whole-grain mustard



Lemon wedge for serving



Salt and pepper

Mains

MUSTARD GLAZED SALMON

METHOD



Season both sides of the salmon fillets with salt and pepper, then brush them with the mustard.



If you want to cook in a frying pan: cook for about 10 minutes, depending on thickness of the fish.

Tips

Another way is to cook in the oven. Put in an oven proof dish and cook at about 200C for 20 minutes. Test with tip of a knife to see if it is cooked. Put back for a few minutes longer if needed.

To give this a stronger flavour:

- You can mix a tablespoon of honey in with the mustard.
- Squeeze lemon over the fish just before you serve it.
- Another favourite is to swap the mustard for sweet chilli sauce.

VEGETARIAN CHILLI WITH CHOCOLATE

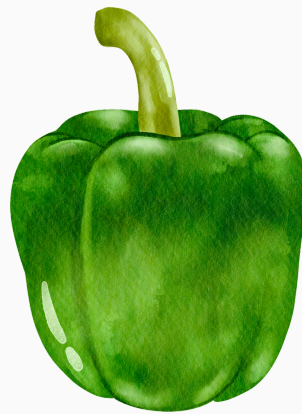
INGREDIENTS



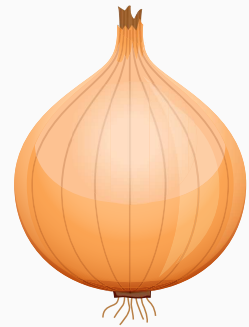
1 tbsp olive
oil



1 garlic clove,
minced



1 green
pepper



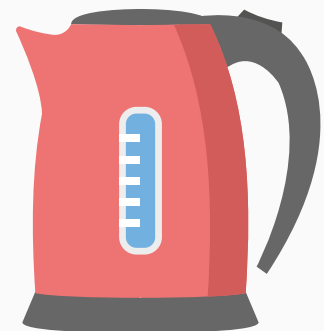
1 small onion



Tin of chopped
tomatoes



1 vegetable stock cube &
600ml boiling water



Mains

VEGETARIAN CHILLI WITH CHOCOLATE

INGREDIENTS



1 tin of chickpeas



1 tin of kidney beans



2 tsps of ground cumin



1 tsp salt



40g of dark chocolate
(70% if you can get it)

Mains

VEGETARIAN CHILLI WITH CHOCOLATE

METHOD



In a large pot, cook the oil, garlic, onion, and green pepper over medium heat, until they are slightly softened stirring occasionally. This will take about 5 minutes.



Add the tomatoes, chickpeas, kidney beans, vegetable stock, cumin, and salt. Bring to a boil over high heat.



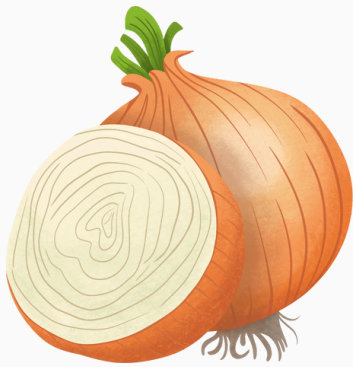
Reduce heat to low, cover, and simmer, stirring occasionally, until thickened. This will take about one to one and a half hours.



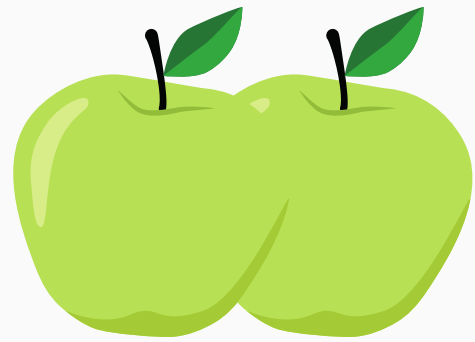
Before serving, stir in the chocolate until it has melted. Just do this nice and slowly. Serve the chilli with rice, couscous or tortilla crisps.

FRUIT CURRY WITH PEANUTS

INGREDIENTS (SERVES 4)



140g of chopped onion



350g of tart apples (like Granny Smiths), peeled, with the core removed and chopped



120g of raisins



2 tbsp vegetable oil



2 tsp of curry powder

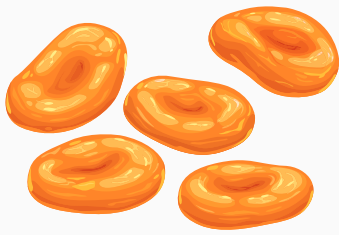


2 tbsp of water

Mains

FRUIT CURRY WITH PEANUTS

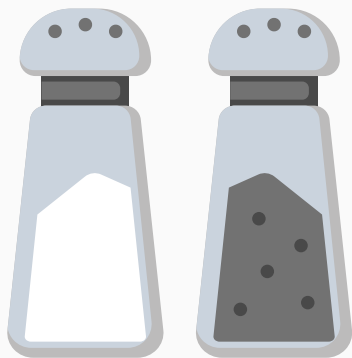
INGREDIENTS (SERVES 4)



120g of chopped
dried apricots



60g of roasted
peanuts



Salt and pepper



Carton of coconut
milk

Mains

FRUIT CURRY WITH PEANUTS

METHOD



Heat up the vegetable oil in a large frying pan over a medium heat.



Add the apple and onion and fry them, while you keep stirring for 6 to 7 minutes or until translucent.



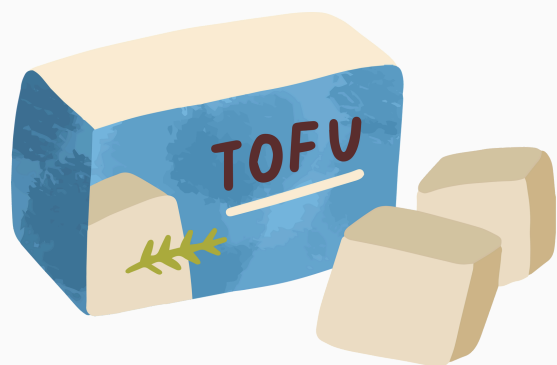
Add the curry powder, water, raisins, apricots, peanuts, salt, pepper and coconut milk.



Stir everything and bring the heat down on the hob; cook for 12 minutes. You can serve this warm with rice or cold.

SCRAMBLED TOFU

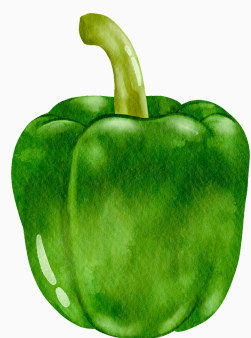
INGREDIENTS (SERVES 2)



One block of tofu



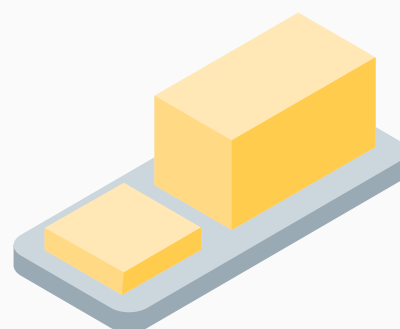
1 or 2 onions



1 green pepper



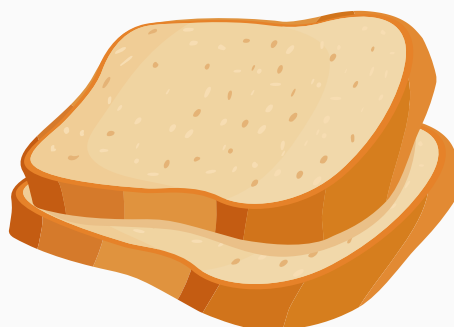
1 big tomato



Vegan butter



1 tin of peas and
sweetcorn



Slice of bread



Herbs and spices

Mains

SCRAMBLED TOFU

METHOD



Cut the tofu and all the vegetables into little cubes. If you're using firm tofu you can just crumble it up using your fingers.



Put a little bit of oil in a frying pan and add the onion and pepper until almost cooked.



Add the tofu, peas and sweetcorn and your spices. If you have regular tofu (that isn't the 'firm' type) as you mix everything around squash the tofu in the pan between the holes in the spatula then it should take on more of an egg consistency.

SCRAMBLED TOFU

METHOD



As you cook keep tasting the tofu. It can take a lot of flavour so feel free to keep adding herbs, spices or some soy sauce until you are happy with the taste.



When you're happy with the taste, and all the vegetables are cooked, you are ready to make your toast. 'Butter' your toast and add the scrambled tofu on top.

Soups

Campfire rustic bean

Apple, parsnip and potato

Red Pepper, tomato & courgette

Potato, leek & sweetcorn

Curried parsnip

Slow cooker spiced parsnip

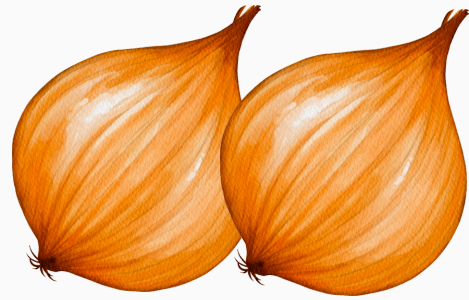
Butternut squash & apple

CAMPFIRE RUSTIC BEAN SOUP

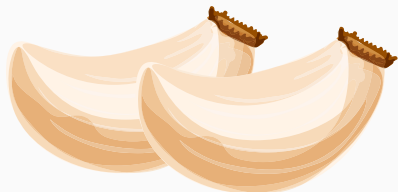
INGREDIENTS (SERVES 4)



2 tbs vegetable
oil



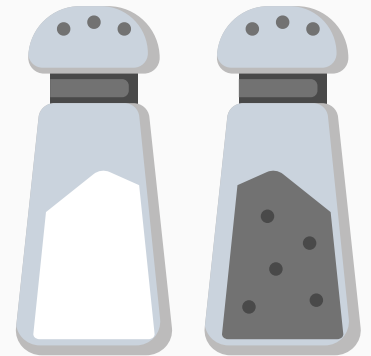
2 medium onions, chopped



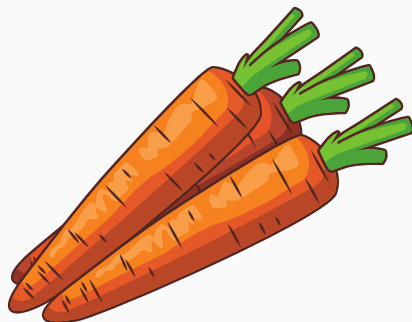
2 large garlic
cloves, crushed



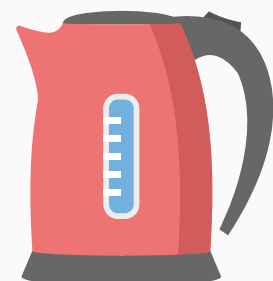
Tin of chopped
tomatoes



Salt and pepper



2 large carrots,
diced



1 vegetable stock cube
and 900ml boiling water

Soups

CAMPFIRE RUSTIC BEAN SOUP

INGREDIENTS (SERVES 4)



2 tbsp of tomato puree



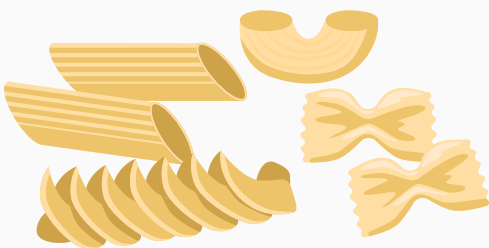
2x 400g tins butter beans, rinsed & drained



½ tsp dried thyme or oregano



1 small green cabbage, shredded or cut into small wedges



Handful of pasta shapes



Grated cheese and crusty bread to serve

CAMPFIRE RUSTIC BEAN SOUP

METHOD



Heat the oil in a pot.



Cook the onion, carrot and garlic for about 10 minutes until softened but not coloured, stirring occasionally.



Add the stock, tomatoes, tomato puree and herbs, cover with a lid and cook for 30-40 minutes or until the vegetables are soft.



15 mins before end, add the pasta shapes.

CAMPFIRE RUSTIC BEAN SOUP

METHOD



Stir in the beans and the cabbage. Cover and cook for 5 mins or just until they are soft but not lost their colour or texture.



Add salt and pepper to taste.



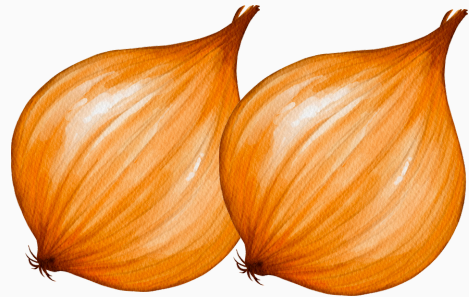
Ladle into bowls and serve immediately with some grated cheese and crusty bread on the side.

APPLE, PARSNIP & POTATO

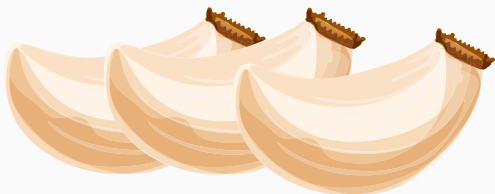
INGREDIENTS (SERVES 4)



1 tbsp vegetable oil



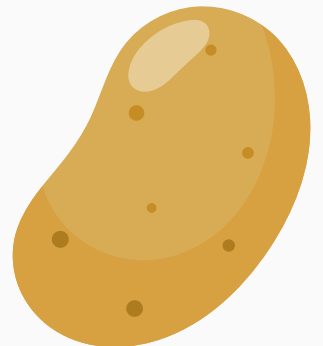
2 medium onions, diced



3 large garlic cloves, minced



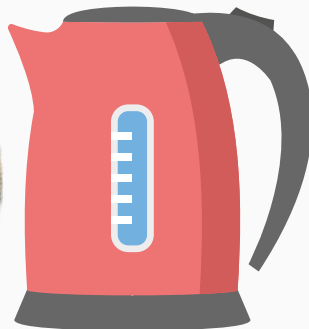
1 large parsnip



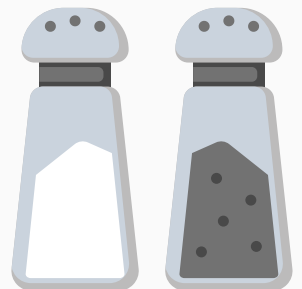
1 large potato



1 apple



1 vegetable stock cube and 400ml boiling water



Salt and pepper

Soups

APPLE, PARSNIP & POTATO

METHOD



Heat the oil in a large saucepan, and cook the onion and garlic over a medium - low heat for 5-10 minutes, stirring every minute or so, until soft and translucent.



While the onions are cooking, prepare your other vegetables - chop the potato into chunks (we like the skins left on, but you can peel if you want), and peel and chop the parsnip and apple.



When the onions are cooked, add the other vegetables to the pan, and mix well.



Add the vegetable stock (it should be almost covering the vegetables - adjust the quantity as needed, depending on the size of your pan), and cover with a lid, leaving just a small gap for the steam to get out.

APPLE, PARSNIP & POTATO

METHOD



Simmer over a medium heat for around 25 minutes, stirring every now and then, until all the vegetables are very soft.



When the vegetables are ready, use a hand blender to blend the soup until smooth.



Season with a generous amount of black pepper - you probably won't need salt but add some if it is needed.



Adjust the thickness of the soup as desired - if you'd like it to be thinner, just add a little more stock, and if you'd like it to be thicker, cook over a medium heat for a few minutes, stirring constantly.

RED PEPPER, TOMATO & COURGETTE SOUP

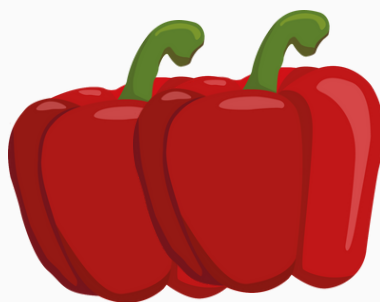
INGREDIENTS (SERVES 4)



1 tablespoon of
olive oil



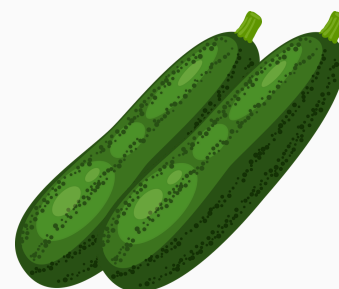
2 medium onions



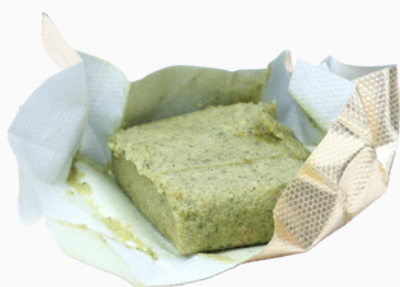
2 red peppers



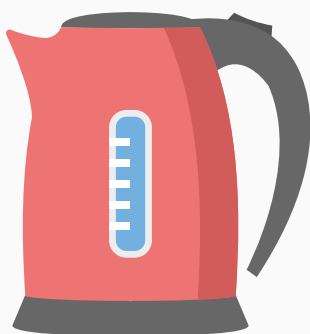
3 cloves of garlic



2 courgettes



1 vegetable stock cube and
500ml boiling water



Tin of chopped
tomatoes

Soups

RED PEPPER, TOMATO & COURGETTE SOUP

METHOD



Peel and chop the onions and garlic.



Wash and chop the red pepper and courgettes.



Dissolve the stock cube in boiling water.



Heat the oil in a large saucepan, add the onions, and cook for 5 minutes stirring occasionally.

RED PEPPER, TOMATO & COURGETTE SOUP

METHOD



Add the garlic, peppers and courgettes, cook for a further 5 minutes.



Add the tomatoes and stock to the saucepan. Stir well, then leave to simmer over a gentle heat, for about 15 minutes.



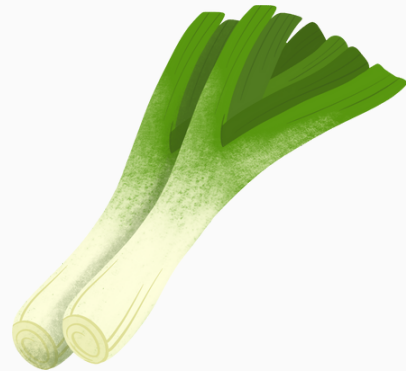
Blend the soup or serve chunky if preferred.

POTATO, LEEK & SWEETCORN SOUP

INGREDIENTS (SERVES 4)



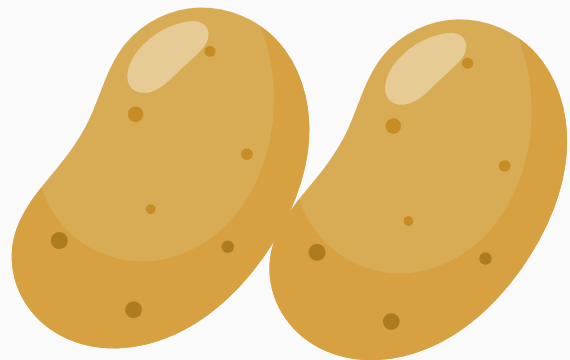
1 tablespoon of vegetable oil



2 small or 1 large leek



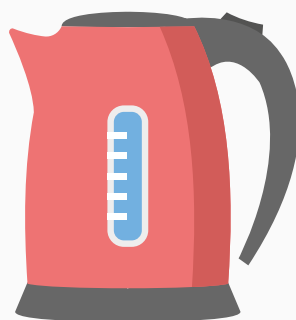
2 handfuls of frozen sweetcorn or 1 small tin



2 large potatoes



1 vegetable stock cube and 750ml boiling water



Black pepper to season (optional)

Soups

POTATO, LEEK & SWEETCORN SOUP

METHOD



Wash and chop or slice the leeks.



Heat the oil in a large pan over a medium heat.



Add the leeks stirring well.



Peel and chop the potatoes into small pieces and add to the pan with the sweetcorn.

POTATO, LEEK & SWEETCORN SOUP

METHOD



Crumble in the stock cube and add the water.



Bring to the boil, stirring well.



Turn down the heat and simmer gently for 30 minutes.



For a smoother soup use a hand-blender or simply mash with a potato masher.

CURRIED PARSNIP SOUP

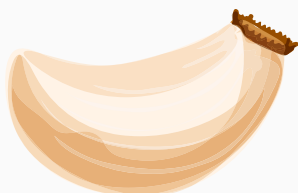
INGREDIENTS (SERVES 4)



1 tablespoon of vegetable oil



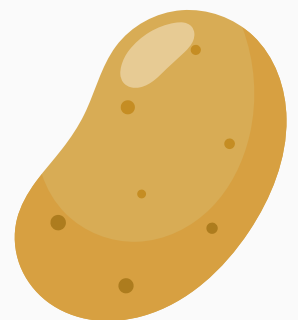
1 medium onion



1 large garlic clove (optional)



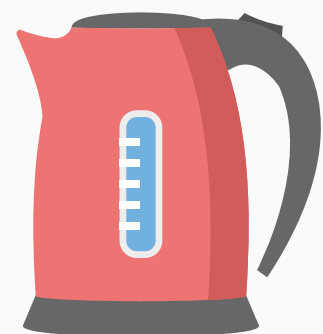
3-4 medium parsnips



1 medium potato



1 teaspoon mild curry powder



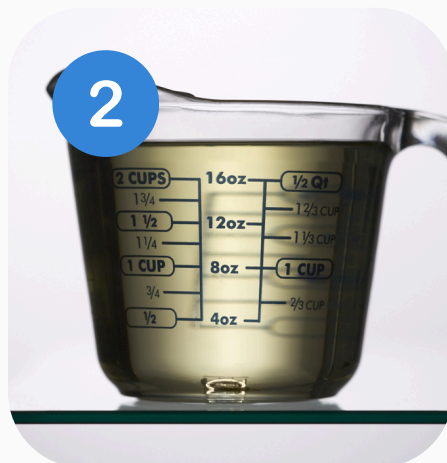
1 vegetable stock cube and 800ml freshly boiled water

CURRIED PARSNIP SOUP

METHOD



Peel and chop the onion, potato, parsnips and garlic.



Boil kettle, pour water into measuring jug. Crumble stock cube into water and stir until dissolved.



Heat the oil in a medium pan over a medium heat.



Add the chopped onion to pan cooking for 2-3 minutes until soft.

CURRIED PARSNIP SOUP

METHOD



Add in garlic, parsnips and potatoes then cook for another 5 minutes on a low heat.



Stir in the curry powder and cook for 2 minutes on a medium heat.



Add stock slowly stirring well, bring to the boil then turn down the heat, cover with a lid and simmer gently for 25 minutes or until parsnips are soft.



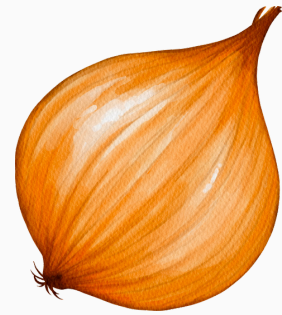
Remove from the heat and blend with a hand blender for a smooth texture.

SLOW COOKER SPICED PARSNIP SOUP

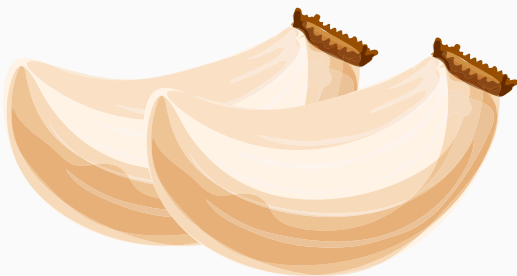
INGREDIENTS (SERVES 6)



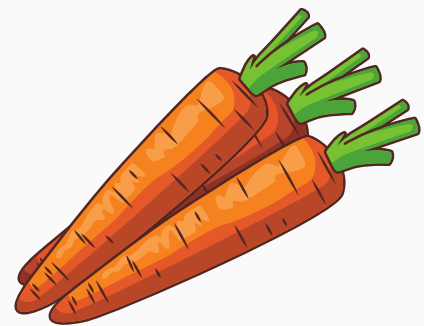
750g parsnips



1 medium onion



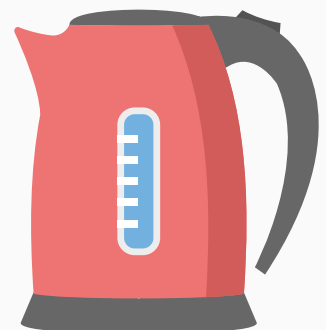
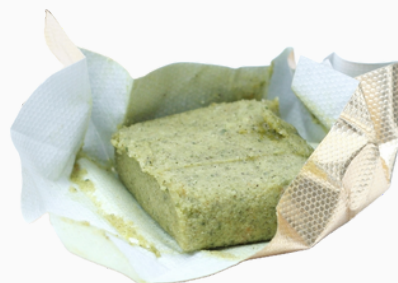
2 large garlic
cloves



400g carrots



2 teaspoon curry
powder



2 vegetable stock cubes and 1
litre freshly boiled water

Soups

SLOW COOKER SPICED PARSNIP SOUP

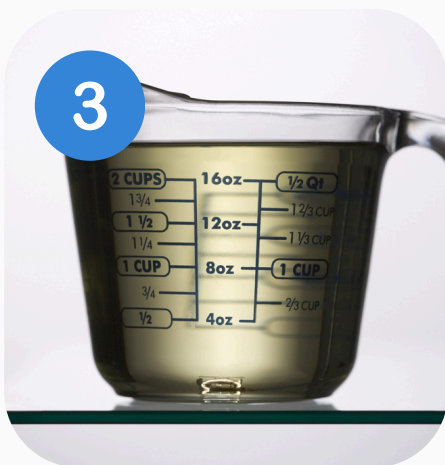
METHOD



Peel and chop the onion, carrots, parsnips and garlic.



Tip the parsnips, carrots, onions, garlic and curry powder into a slow cooker, and mix well so all the vegetables are coated in the curry powder.



Pour in the vegetable stock, then mix again.



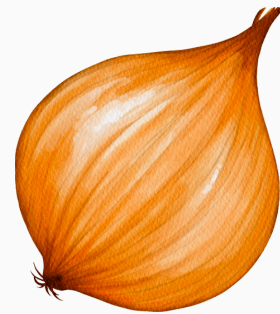
Cook on low for 8 hours. Once ready use a hand blender or mash with a potato masher.

BUTTERNUT SQUASH & APPLE SOUP

INGREDIENTS (SERVES 4)



1 tablespoon of
vegetable oil



1 medium onion



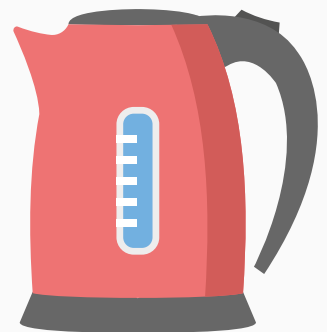
2 apples



1 medium butternut
squash



2 cm or ½ inch piece
fresh ginger
(optional)



1 vegetable stock cube and
800ml freshly boiled water

Soups

BUTTERNUT SQUASH & APPLE SOUP

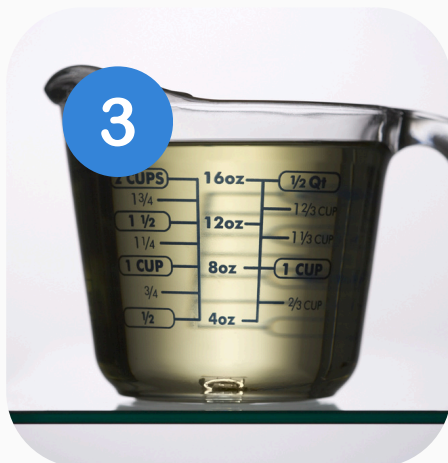
METHOD



To prepare butternut, cut in half across the middle.



Cut each half lengthways, and scoop out the seeds using a spoon, peel and chop into smaller chunks.



Boil kettle, pour water into measuring jug. Crumble stock cube into water & stir until dissolved.



Peel and chop the onion and apples.

BUTTERNUT SQUASH & APPLE SOUP

METHOD



Peel and grate/chop the ginger (if using).



Heat the oil in a medium cooking pan over a medium heat.



Add the onion and ginger (if using) and cook for 2-3 minutes until it begins to soften.



Add in the chopped apple and butternut squash chunks, cooking for 10 minutes, stirring occasionally.

BUTTERNUT SQUASH & APPLE SOUP

METHOD



Cover with the vegetable stock.



Bring to the boil, stirring well.



Turn down the heat, cover with a lid and allow to simmer gently for 30 minutes until the vegetables have softened.



Remove from the heat and blend with a hand blender or mash well with a potato masher.

Desserts and treats

Easy fruit trifle

Spiced apple muffins

Crepes with fruit

Scotch Pancakes

Vanilla pancakes with berries & cinnamon custard

Vegan chocolate pudding

Gooseberry crumble

Vegan brownies

Vegan banana bread

EASY FRUIT TRIFLE

INGREDIENTS (SERVES 4)



4 small plain muffins or 1/2 a pack of trifle sponges



200ml low fat custard (ready made)



150g tub low fat natural or Greek yoghurt



400g tinned fruit in juice (not syrup) of your choice eg peaches

Desserts and treats

EASY FRUIT TRIFLE

METHOD



Open and drain tinned fruit and cut into desired size, keeping aside a little fruit to decorate.



Break muffins or trifle sponges into the bottom of one large glass or dessert dish or into 4 small glasses.



Add a layer of fruit on top of the muffins or sponges.



Top with a layer of the custard.

EASY FRUIT TRIFLE

METHOD



Finish by spooning over the yoghurt.



Decorate with the fruit set aside.

SPICED APPLE MUFFINS

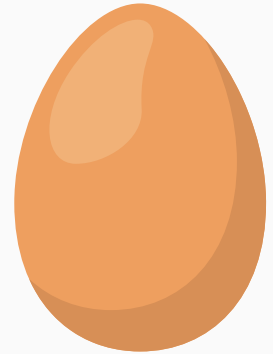
INGREDIENTS (MAKES 6)



1 large apple



30g caster sugar



1 egg



3 tbsp
sunflower
oil



3 tbsp semi
skimmed
milk



100g self
raising
flour



1/4 tsp
mixed
spice or
cinnamon

Desserts and treats

SPICED APPLE MUFFIN

METHOD



Preheat oven to 190oC/
Fan 170oC/ Gas 5.



Place muffin cases into a
muffin tin.



Break the egg into a
medium mixing bowl.



Add the oil, sugar and semi-
skimmed milk stirring well
until blended.

SPICED APPLE MUFFIN

METHOD



Sift the flour and mixed spice/cinnamon into another bowl.



Peel and grate or chop the apples into small pieces and add to flour then stir.



Add the dry and wet ingredients together, stir until combined – do not overbeat.



Spoon the mixture into 6 muffin cases (in a muffin tin).

SPICED APPLE MUFFIN

METHOD



Bake for 20-25 minutes until golden and springy to touch.

CREPES WITH FRUIT

INGREDIENTS (SERVES 4)



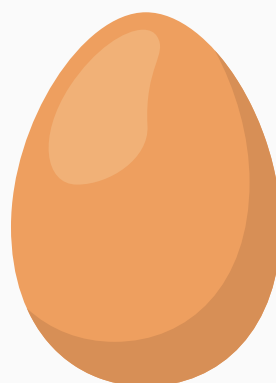
1 cup (140ml) milk



2.5 tbsp (50g)
plain flour



1tbsp (15g) low fat
spread



1 egg



80 (160g)
blueberries

Desserts and treats

CREPES WITH FRUIT

METHOD



Pour flour into a bowl, add the egg and mix together well for 2 minutes.



Gradually add milk until all the flour is mixed in.



Continue to mix for another 2 minutes and then add any remaining milk.



Melt half the low fat spread in a frying pan and add 3 tbsp of mixture to the pan.

CREPES WITH FRUIT

METHOD



When golden brown, turn and cook the other side.



Remove the crepe and add more mixture to the pan.



After two crepes melt the remaining low fat spread to cook the remaining two crepes.



Serve with blueberries.

SCOTCH PANCAKES

INGREDIENTS (SERVES 4)



8 tbsp (120ml)
semi skimmed
milk



6 level tbsp (110g)
self raising flour



4 tsp (20g) low fat
spread



1 tbsp (10g)
vegetable oil

Desserts and treats

SCOTCH PANCAKES

METHOD



Crack the egg into a bowl and beat with a fork. Sieve the flour into the bowl and add the milk to make a thick batter.



Grease a frying pan with the oil and heat until it is moderately hot.



A spoonful at a time, drop the batter onto the frying pan. The pancakes should be a neat round shape. The batter should make 8 small pancakes.

SCOTCH PANCAKES

METHOD



When the pancakes are covered with bubbles, slip a broad knife or spatula under them. If they are a golden brown colour underneath, turn and brown the other side. Turn once only.



When cooked, wrap them in a clean tea-towel until cool, unless they are to be eaten hot.



Spread with low fat spread and enjoy!

VANILLA PANCAKES WITH BERRIES & CINNAMON CUSTARD

INGREDIENTS (SERVES 4)



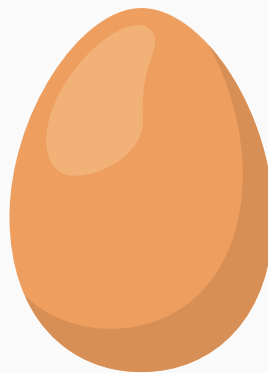
150ml (5fl oz) milk



55g (2oz)
plain flour



2 tsp vegetable
oil



1 egg



A few drops
vanilla
extract

Desserts and treats

VANILLA PANCAKES WITH BERRIES & CINNAMON CUSTARD

INGREDIENTS (SERVES 4)



55g (2oz) 0% fat
Greek yoghurt



120g pot light
custard



240g mixed berries



large pinch
ground
cinnamon



1/2 tsp icing
sugar

Desserts and treats

VANILLA PANCAKES WITH BERRIES & CINNAMON CUSTARD

METHOD



Put the flour in a mixing bowl and make a well in the centre.



Crack the egg into the middle and pour in about 50ml of milk and half the oil.



Start whisking from the centre, gradually drawing the flour into the egg, milk, 1 tsp of oil and the vanilla. Once all the flour is mixed in, beat until you have a smooth, thick paste.

VANILLA PANCAKES WITH BERRIES & CINNAMON CUSTARD

METHOD



Add a good splash of milk and whisk to loosen the batter. Still whisking, pour in the remaining milk until you have a batter the consistency of single cream.



Heat a small frying pan over a moderate heat and wipe with oiled paper.



Ladle some batter into the pan, tilting the pan to move the mixture over the base in an even layer. Leave to cook for 30 seconds. Flip over and cook for a further 30 seconds.

VANILLA PANCAKES WITH BERRIES & CINNAMON CUSTARD

METHOD



Continue with the rest of the batter oiling between each one. Stack the crepes onto a plate. Keep warm in a low oven, or freeze for future use.



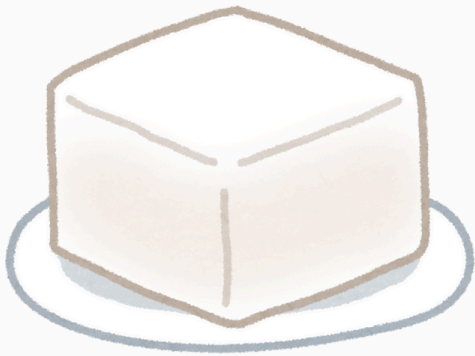
Beat together the custard and the yoghurt with the cinnamon.



Serve the crepes with plenty of berries and a spoonful of cinnamon custard. Dust very lightly with icing sugar.

VEGAN CHOCOLATE PUDDING

INGREDIENTS



340g of Silken tofu



96g of cocoa powder



100g sugar



78ml of almond or a
non-dairy milk

To add more calories:

Serve with dairy free cream or yoghurt.

Desserts and treats

VEGAN CHOCOLATE PUDDING

METHOD



Put the tofu, cocoa powder, sugar, and almond milk into a food processor or blender. Blend ingredients until they are smooth.



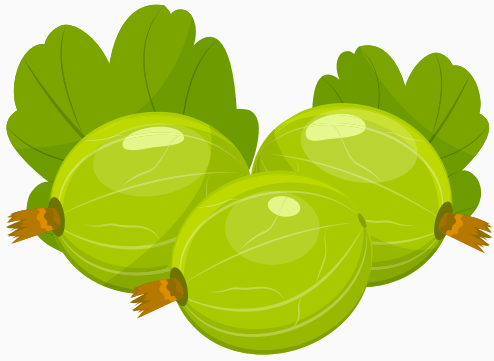
Pour the pudding into cups or small bowls for individual portions or into a bigger bowl for sharing out.



Place into the refrigerator. Allow to set for at least 15 minutes. This can be stored in the fridge for up to 5 days.

GOOSEBERRY CRUMBLE

INGREDIENTS



500g fresh gooseberries



200g plain flour



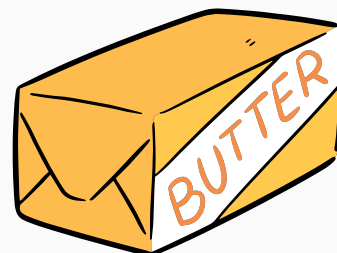
80g white sugar



100g brown sugar



50ml water



100g cold butter or
vegan substitute

GOOSEBERRY CRUMBLE

METHOD



Put your oven onto 180C/gas mark 4 so it heats up while you prepare the crumble.



Put the gooseberries in a 1.2 litre oven proof dish. Sprinkle over the water and the white sugar.



Pop the flour into a big mixing bowl and rub in the butter with your fingers.



Keep rubbing in the butter until the mixture goes into the texture of breadcrumbs. Mix in the brown sugar.

GOOSEBERRY CRUMBLE

METHOD



Pour the flour mixture over the gooseberries to create an even layer but don't squash the flour mixture down.



Put the crumble into the oven for 40 minutes, or until the top is a lovely golden colour.

To make life easier

- You can do this with different fruits like apple, rhubarb or plum, to get more variety.
- Make up a few crumbles and freeze them so you have them handy when you need them.

To give it more calories

- Serve with dairy free ice cream or vegan yoghurt.

To give it a stronger taste

- Grate in a little fresh ginger into the gooseberry mixture.

VEGAN BROWNIES

INGREDIENTS



280g of plain flour



170g brown sugar



67ml sunflower
oil



94g of cocoa powder



1/2 tsp of baking
powder



225ml water

Desserts and treats

VEGAN BROWNIES

INGREDIENTS



200g white sugar



1 tsp salt



67g of nuts



1 tsp vanilla
extract

VEGAN BROWNIES

METHOD



Put the oven on to 180C/gas mark 4. Grease and line an oven proof dish approx. 11 by 7 inches with greaseproof paper.



Put the water in a pan along with one cup of flour on a low heat, keep stirring the mixture until it looks like a gluey paste.



Take the mixture off the heat and let it completely cool down.



In a bowl mix the sugar, salt, vanilla, cocoa powder and vegetable oil and then add this to the flour and water mixture and mix this well.

VEGAN BROWNIES

METHOD



Spread the mixture into the oven proof dish.



Bake the mixture for 25 minutes or until you can put a knife into the mixture and it comes out clean.



Leave to cool in the dish for at least 15 minutes before removing from the tin and removing the greaseproof paper.

VEGAN BANANA BREAD

INGREDIENTS



300g of plain flour



2 tsp of baking powder



120ml of almond or a non-dairy milk



3 ripe bananas



1 tbsp of water

Tips

- Try adding raisins, dried fruit or nuts to the mixture.

Desserts and treats

VEGAN BANANA BREAD

INGREDIENTS



130g brown sugar



80ml sunflower
oil



1 tsp cider
vinegar



50ml agave
nectar (or maple
syrup)



$\frac{1}{2}$ tsp
bicarbonate of
soda

Tips

- Try adding raisins, dried fruit or nuts to the mixture.

Desserts and treats

VEGAN BANANA BREAD

METHOD



Preheat oven to 170C/gas mark 3. Grease and line an 900g loaf tin.



Mix the flour, sugar, baking powder, bicarbonate of soda in a large bowl until combined.



In another bowl mash the bananas to a pulp, then gently whisk in the almond milk, cider vinegar, agave nectar, sunflower oil and water.



Make a well in the centre of the dry ingredients bowl and pour in the banana mixture. Mix together.

VEGAN BANANA BREAD

METHOD



Transfer the mixture into the loaf tin and bake for 45-50 minutes.



Leave to cool for at least 10 minutes before removing from the tin.

The recipes in this booklet were shared and made by the below community groups and funded projects.



outside the box

A decorative graphic consisting of four overlapping squares. From left to right: a large light blue square, a smaller medium purple square, a small light pink square, and a medium light blue square. The squares are slightly offset and overlap each other.