



Toad Hall
Nursery Group

Recipe Book

for Parents

Contents

Pasta recipes

Pasta bows in tomato and vegetable sauce	4
Creamy white fish and vegetable pasta bake	5
Pippa's Salmon and broccoli pasta	6
Pasta Prima Vera	8

Dessert recipes

Applejacks	9
Lemon and yoghurt loaf	10
Banana bread	11
Pineapple, carrot and raisin muffins	12
Apricot squares	13
Fruit crumble	14
Pippa's Weetabix loaf	15
Creamy rice pudding	16
Lorraine's fruit shortbread	17
Nikki's date and orange muffins	18
Lorraine's bread and butter pudding	19
Natalie's carrot cake	20
Jamaican pineapple and raisin pudding	21
Fruit scone	22
Ginger pudding	23
Raisin sponge with custard	24
Oat and raisin cookies	25

Sauce recipes

Tomato sauce	26
Hummus	27
Salsa	28

Soup recipes

Minestrone soup	29
Lorraine's lentil and vegetable soup with cheesy topped croutons	30
Butternut squash soup	31

Snack recipes

Lorraine's mackerel pâté and toast	32
Summer salmon filled jacket potatoes	33
Tuna melt	34
Ham and cheese toasties	35
Vegetable frittata	36

Poultry recipes

Chicken fajitas	37
Fruity chicken and vegetable curry with rice	38
Oven baked chicken risotto	39
Turkey or lamb koftas with tomato and vegetable rice	40
Homemade turkey meatballs with Neapolitan vegetable rice	41
Emma's chicken and vegetable casserole	42

Fish recipes

Nikki's kedgeree	43
Salmon fishcakes	44
White fish and broccoli, potato topped pie	46
Lorraine's fish and spinach Mornay	48
Nikki's sardine Bolognese	50

Meat recipes

Homemade lamb burgers	51
Shepherd's pie	52
Lorraine's sausage & cheese bubble and squeak	53
Spaghetti Bolognese	54
Lucile's minced beef quesadillas	56
Lorraine's toad in the hole	58
Nikki's meatballs and mozzarella spaghetti	59
Emma's sweet and sour pork with vegetable rice	60
Nikki's beef and butternut squash stew	62
Pippa's sausage and bean hot pot	63
Emma's beef and onion pie	64
Lorraine's braised lamb with flageolet beans	66
Emma's Cornish pasties	68

Vegetarian recipes

Brian's homemade bean burger with wedges	70
Emma's vegetable lasagne with garlic bread	71
Vegetable and lentil Loaf	72
Chickpea and aubergine tagine	73
Nikki's vegetable & bean curry and rice	74



Welcome to the Toad Hall Recipe Book for Parents.

We hear a lot about the importance of healthy food for children but getting the balance between healthy, delicious and enjoyed by children is difficult. We know from our own experience that the children at Toad Hall nurseries love these recipes. This book is full of over sixty of the great tasting healthy dishes that your children enjoy at our nurseries every day and many of you have requested these so that you can also cook these at home.

All the recipes have been checked to be nutritionally balanced, tasty and enjoyable with a range of ingredients to widen their interest in different foods.

There are snacks and soups, pasta and poultry, desserts and vegetarian dishes. In fact, it's called a Recipe Book for Parents, and we think you will enjoy these dishes as much as your child!

Have fun and *Bon Appétit!*

Ruth Pimentel
Chief Executive

Pasta recipes

Pasta bows

in tomato and vegetable sauce



INGREDIENTS: serves a family of 4-6

- | | |
|------------------------------------|--|
| 1 onion chopped | 2 tsp dried mixed herbs |
| 1 clove garlic, crushed | 4 tbsp full fat cream cheese (120g) |
| 1 tbsp oil | 400g frozen mixed vegetables |
| 2 cans chopped tomatoes (4 x 400g) | 450g dried pasta bows (553g when boiled) |
| 2 tbsp tomato puree (2 x 20g) | |

METHOD:

1. Sauté the onion and garlic in a saucepan until soft.
2. Add the tomatoes, tomato puree, herbs and frozen mixed vegetables. Simmer for 6-7 minutes.
3. Stir in the cream cheese until melted.
4. Serve over cooked pasta bows.

FOR WHEAT-FREE DIETS USE WHEAT-FREE PASTA, RICE OR CRISPY POTATO WEDGES.

FOR MILK-FREE DIETS USE DAIRY-FREE MELTING CHEESE.

FOR EGG-FREE DIETS USE BUITONI OR ASDA OWN BRAND PASTA ONLY.

COOK SOME EXTRA MIXED VEGETABLES TO MAKE A PUREE **FOR PUREE DIETS**.

Creamy white fish and vegetable pasta bake



INGREDIENTS: serves a family of 4-6

- | | |
|---------------------------------|---|
| 300g/10oz pasta bows (farfalle) | 400g frozen mixed vegetables |
| 40g/1.5oz unsalted butter | 100g/4oz grated cheese |
| 30g/1oz flour | 250g skinless and boneless white fish e.g. hake, whiting, coley |
| 600ml/1 pint milk | ½ teaspoon mustard |

METHOD:

1. Gently poach the white fish in a little milk.
2. Pre-heat oven 220°C/425°F/gas mark 7.
3. Cook pasta as per pack instructions.
4. To make sauce melt butter in a saucepan stir in flour and cook for 2 minutes.
5. Gradually whisk in the milk until creamy.
6. Add the mixed vegetables and gently simmer for 4-5 minutes.
7. Remove from the heat and flake in the fish and stir in the mustard and two-thirds of the cheese.
8. Add the pasta bows, mix together and place in an ovenproof dish.
9. Sprinkle the rest of the grated cheese on top and bake in the oven for 10 minutes.

FOR WHEAT-FREE DIET USE GLUTEN-FREE PASTA AND FLOUR.

FOR MILK-FREE DIETS USE SOYA MILK AND PURE NON-DAIRY SPREAD AND SOYA CHEESE.

FOR VEGETARIAN DIETS SUBSTITUTE QUORN FOR FISH USING 1-2OZ PER PORTION.

FOR PUREE DIETS COOK EXTRA MIXED VEGETABLES AND PREPARE A PUREE.

Pippa's salmon and broccoli pasta

INGREDIENTS: serves a family of 4-6

600g fusilli (pasta twists)
4 tbsp (60ml) sunflower oil
2 (300g) onions, peeled and finely chopped
2 (12g) garlic cloves, peeled and crushed
300g red peppers, deseeded and chopped
300g broccoli florets
3 (360g) courgettes, sliced
750g salmon fillets
2 bay leaves
450g crème fraîche
600ml Kallo low salt vegetable stock
300g tomatoes cut into chunks
250g cheddar cheese, grated



METHOD:

1. Cook the pasta according to the pack instructions, drain and stir in 1 tbsp of oil to prevent from sticking.
2. Make the stock using 1 Kallo low salt stock cube and 600ml boiling water.
3. In a large pan, heat the remaining oil, add the onion, garlic and peppers and cook for 3-4 minutes.
4. Add the broccoli and courgettes and sauté for a further 7-8 minutes.
5. In another pan, cover the salmon fillets with water, add the bay leaves. Heat gently to simmering point and poach the fish for 5-6 minutes.
6. Drain the fish, flake into bite sized pieces and keep warm.
7. Add the crème fraîche to the vegetables and melt. Add the stock a little at a time to make a creamy sauce (you shouldn't need all 600ml).
8. Now stir the tomatoes and the salmon into the sauce and bring to the boil. Take off the heat, and add the grated cheese to melt into the sauce.
9. Pour the sauce over the pasta and gently stir until all the pasta is coated in the sauce.
10. Serve immediately.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE PASTA.

FOR DAIRY-FREE DIETS, REPLACE THE CRÈME FRAICHE AND CHEESE WITH 500g DAIRY-FREE CREAM CHEESE.

FOR VEGETARIAN DIETS, OMIT THE SALMON AND REPLACE WITH QUORN PIECES. USE VEGETARIAN CHEDDAR CHEESE.

Pasta Prima Vera



INGREDIENTS: serves a family of 4-6

450g (1lb) pasta bows	125g (5oz) frozen peas
3 courgettes, cut into thin strips	1 can chopped tomatoes
2 carrots, peeled and cut into thin strips	5 tbsp cream cheese (150g)
1 head of broccoli, cut into small florets	75g grated cheddar cheese

METHOD:

1. Cook the pasta in plenty of boiling water.
2. After 5 minutes add the courgette, carrot and broccoli.
3. Add the peas 3 minutes before the end.
4. Drain the pasta and vegetables.
5. Over a low heat stir in the tomatoes and cream cheese.
6. Stir until the cream cheese has melted.
7. Serve with a little grated cheese sprinkled over the top.

FOR WHEAT-FREE DIETS USE WHEAT-FREE PASTA.

FOR MILK-FREE DIETS, EXCLUDE CREAM CHEESE AND GRATED CHEDDAR FROM SAUCE, REPLACE WITH SOYA MILK AND MELTING NON DAIRY CHEESE.

FOR EGG-FREE DIETS, USE BUITONI OR ASDA OWN BRAND PASTA ONLY.

FOR VEGETARIAN DIETS USE SOYA OR VEGETARIAN CHEESE.

FOR PUREE DIETS PREPARE EXTRA BROCCOLI AND COURGETTE TO MAKE A PUREE.

Dessert recipes



Applejacks

INGREDIENTS: Makes 10 bars

150g (5oz) margarine	30ml (2tbsp) lemon juice
150g (6oz) light brown sugar	300g (10oz) rolled oats
3 eating apples, peeled and chopped	100g (4oz) raisins

METHOD:

1. Heat oven to 200°C/400°F/gas mark 6.
2. Melt the in a large saucepan.
3. Add the sugar, heat and stir until bubbling.
4. Add the chopped apples, stir and coat with caramel mixture, cook for about 5 minutes.
5. Stir in the lemon juice, then the oats and raisins.
6. Line a 17.5cm (7 inch) shallow cake tin and spoon in the mixture. Flatten with a potato masher and bake in the oven for approx 20 mins.
7. Allow to cool in the tin, and then turn out onto a wire rack.
8. When cool, cut into 10 bars.

FOR MILK-FREE DIETS, EXCLUDE MARGARINE AND REPLACE WITH 'PURE' SOYA SPREAD OR 'PURE' DAIRY-FREE SPREAD.

FOR PUREE DIETS MAKE APPLE AND PEAR PUREE.

Lemon and yoghurt loaf



INGREDIENTS: makes 20 portions

Loaf:

2 eggs
3 fl oz natural yoghurt
6oz sugar
3.5oz margarine
Zest and juice of 1 lemon
8oz self-raising flour

Syrup:

2oz sugar
Juice and zest ½ lemon

METHOD:

1. Cream the margarine and sugar until pale and fluffy.
2. Gradually add the beaten egg.
3. Stir in the yoghurt and lemon zest and juice.
4. Fold in the flour.
5. Pour in lined loaf tins or baking tray and bake until knife comes out clean in a medium oven for approximately 1 hour.
6. Meanwhile for the glaze mix the sugar and lemon zest/juice and leave to dissolve.
7. When the cake comes out of the oven make holes with a fork and pour over syrup.
8. Leave to stand and portion.

FOR ALL SPECIAL DIETS USE TRUFREE CAKE MIX, OR USE DIARY-FREE SPREAD, WHEAT-FREE FLOUR, SOYA YOGHURT AND EGG REPLACER.

Banana bread



INGREDIENTS: serves a family of 4-6

175g (6oz) self-raising flour
½ tsp bicarbonate soda
½ tsp mixed spice
150g (5oz) caster sugar
60g (2oz) margarine, softened

2 large ripe bananas,
peeled and mashed
3 tbsp milk
1 egg, beaten

METHOD:

1. Pre heat oven to 180°C/350°F/gas mark 4.
2. Sift flour, bicarb and mixed spice into a bowl.
3. Stir in caster sugar.
4. Add softened margarine, mashed banana, milk and beaten egg and mix until all the ingredients are well combined.
5. Spoon the mixture into a lined, greased 1kg (2lb) loaf tin.
6. Bake in the centre of the oven for 40-45 minutes or until the cake has risen and is firm to the touch.
7. Remove loaf from the oven.
8. Leave loaf in the tin for approx 10 minutes, and then transfer to a wire cooling rack.

FOR WHEAT-FREE DIETS, EGG-FREE DIETS AND MILK-FREE DIETS FOLLOW THE RECIPE USING WHEAT-FREE SELF-RAISING FLOUR, EGG REPLACER AND SOYA MILK.

FOR DAIRY-FREE DIETS, USE SOYA CUSTARD.

MAKE BANANA AND APPLE PUREE **FOR PUREE DIETS**.

Pineapple, carrot and raisin muffins



INGREDIENTS: makes 10-12 muffins (17-18 if made in fairy cake cases)

100g (4oz) plain flour	75g (3oz) caster sugar
100g (4oz) plain wholemeal flour	2 eggs
1 tsp baking powder	125g (4½ oz) grated carrot
¾ tsp bicarbonate soda	225g (8oz) can crushed pineapple, drained
1 tsp ground cinnamon	100g (4oz) raisins or apricots or cranberries
1 tsp ground ginger	
½ tsp salt	
4floz vegetable oil	

METHOD:

1. Pre heat oven to 180°C/350°F/gas mark 4.
2. Sift flours, baking powder, bicarb, cinnamon, ginger, salt and mix well.
3. Beat the oil, eggs, sugar until blended well. Add the grated carrots, pineapple and other fruit.
4. Gradually add the flour mixture, mixing gently.
5. Line a muffin tray with paper cases.
6. Pour the mixture into the cases and bake for 25 minutes or until golden brown. If using fairy cake tins, reduce the cooking time by up to 10 minutes.
7. Cool on a wire rack.

FOR ALL SPECIAL DIETS USE 'TRUFREE' CAKE MIX.

Apricot squares



INGREDIENTS: makes 16 squares

4oz butter
2oz caster sugar
4oz plain flour
Icing sugar for dredging

Topping:

5oz dried apricots
6oz soft brown sugar
2oz plain flour
2 eggs beaten
½ tsp vanilla essence
¼ tsp salt

METHOD:

1. Preheat oven to 350°F/gas mark 4.
2. Grease and line a shallow 8" square baking tin.
3. Cream butter and sugar until light and fluffy, then work in the flour to make a crumbly mixture.
4. Press the mix into the cake tin and bake for 25 mins.
5. Put the apricots into a small saucepan and cover with water. Cook with a lid for approx 15 mins.
6. Drain and chop finely. Mix with the remaining topping ingredients.
7. Pour the topping over the biscuit base.
8. Return to the oven for a further 25 minutes.
9. Cool in the tin and cut into squares, dredge with icing sugar.

FOR WHEAT-FREE, DAIRY-FREE AND EGG-FREE DIETS, SERVE APPLEJACKS.

Fruit crumble and ice cream



INGREDIENTS: serves a family of 4-6

900g (2lb) fruit, peeled and chopped 2 tbsp soft brown sugar

TOPPING:

90g (3oz) plain wholemeal flour Pinch of salt
90g (3oz) plain flour 100g (4oz) margarine
100g (4oz) Demerara sugar 90g (3oz) porridge oats

METHOD:

1. Preheat oven to 180°C/350°F/gas mark 4.
2. Mix the fruit and soft brown sugar and place in an oven-proof dish.
3. Make the crumble. Rub the flours, sugar, salt and margarine until the mixture resembles fine breadcrumbs.
4. Add the oats.
5. Cover the fruit and cook in the oven for about 35 minutes.
6. Serve with ice cream.

FOR WHEAT-FREE DIETS, REPLACE WHOLEMEAL AND PLAIN FLOUR WITH 180G (6OZ) BROWN RICE FLOUR AND ASDA OR ANOTHER NON HEAT CONTAINING SOFT SCOOP VANILLA ICE CREAM.

FOR DAIRY-FREE DIETS, USE DAIRY-FREE SPREAD TO MAKE THE CRUMBLE AND SERVE DAIRY-FREE ICE CREAM.

FOR PUREE DIETS, PREPARE EXTRA FRUIT WITHOUT SUGAR AND MAKE A PUREE.

COOK'S TIP: YOU MAY WISH TO BLANCH THE FRUIT WITH THE SUGAR AND A LITTLE WATER FOR A SOFTER FRUIT BASE.

Pippa's Weetabix loaf



INGREDIENTS: serves a family of 4-6

300g self-raising flour 1 tsp (5g) mixed spice
225g caster sugar 2 (200g) ripe bananas, mashed
200g raisins 275 ml milk
2 Weetabix, crushed 1 egg beaten

METHOD:

1. Pre heat the oven to 130°C/250°F/gas mark 3.
2. Measure all the ingredients, except the milk and egg into a large bowl.
3. Pour in the milk and beaten egg (the mixture will look like a lumpy batter at this stage).
4. Line a 1lb loaf tin with greaseproof paper.
5. Pour the batter into the loaf tin and bake in the oven for 1hr 15 mins until the loaf is firm to touch.
6. Turn out onto a wire rack, allow to cool and cut into 10 slices.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE SELF-RAISING FLOUR AND REPLACE THE WEETABIX WITH OATS.

FOR DAIRY-FREE DIETS, USE SOYA MILK.

FOR EGG-FREE DIETS, USE ORGRAN EGG REPLACER.

Creamy rice pudding on the hob



INGREDIENTS: serves a family of 4-6

50g pudding rice
1 pint whole milk
1 tbsp (15g) sugar
50g raisins

METHOD:

1. Place all the ingredients in a saucepan and gently bring to the boil, stirring all the time.
2. Simmer for 15-20 minutes until the rice is thick and creamy.
3. Serve immediately.

FOR DAIRY-FREE DIETS, USE SOYA MILK.

Lorraine's fruit shortbread



INGREDIENTS: serves 30

750g plain flour
500g margarine
250g caster sugar
100g dried cranberries
2 orange zests

METHOD:

1. Cream the margarine and sugar together.
2. Add the flour, zest and cranberries. Mix to form a dough.
3. Line a tray with baking parchment paper. Press the dough onto the tray.
4. Bake in a low oven – 140°C for 30-40 minutes.
5. Cut into 30 squares while still in the tray, allow to cool in the tray.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE FLOUR.

FOR DAIRY-FREE DIETS, USE DAIRY-FREE SPREAD.

Nikki's date and orange muffins



INGREDIENTS: serves 12

1 thin skinned orange (160g),
cut into eighths and seeded

1 egg

110ml milk

75g chopped pitted dates

110g unsaturated spread

225g plain flour

150g caster sugar

1 tsp (5g) bicarbonate of soda

1 tsp (5g) baking powder

1 tsp (5g) ground cloves

1 tsp (5g) ground ginger

METHOD:

1. Preheat oven to 200°C/gas mark 6. Grease muffin tin or line with paper muffin cases.
2. Place orange pieces into the blender with the egg, milk, dates and spread. Blend thoroughly until mixture is thick, fairly smooth with flecks. Pour out into a large mixing bowl.
3. In a separate bowl, stir together flour, sugar, bicarb, baking powder, salt, cloves and ginger. Stir flour mixture into the orange mixture and stir or fold gently with a wooden spoon or spatula only until dry ingredients have combined. Don't worry about any lumps that may be present. Fill muffin tin to just under rims with batter.
4. Bake in preheated oven for 20 minutes, until a skewer inserted into centre of muffin comes out clean. Let stand in tin for five minutes, then remove to wire racks for cooling.

FOR DAIRY-FREE DIETS USE SOYA MILK AND DAIRY-FREE SPREAD.

FOR WHEAT-FREE DIETS , USE WHEAT-FREE FLOUR.

Lorraine's bread and butter pudding



INGREDIENTS: serves a family of 4-6

10 slices white bread

125g unsaturated margarine

100g jam

300ml milk

5 eggs

50g caster sugar

1 tsp (5ml) vanilla essence

METHOD:

1. Pre heat oven to 150°C/300°F/gas mark 3.
2. Spread the margarine, then the jam on each side of the bread slices.
3. Cut the bread diagonally into triangles and layer in a shallow oven proof dish or tray.
4. Beat together the milk, eggs, sugar and vanilla essence.
5. Pour over the bread triangles.
6. Allow the liquid to soak into the bread for 20-30 minutes. Bake in the oven for 30 minutes until the egg mix has set.
7. Serve immediately.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE BREAD.

FOR EGG-FREE DIETS, USE ORGRAN EGG REPLACER.

FOR DAIRY-FREE DIETS, USE SOYA MILK AND SOYA NON DAIRY SPREAD.

FOR VEGETARIAN DIETS, CHECK IF EGGS ARE EATEN.

COOK'S TIP: SOAK 225G FLAGEOLET BEANS OVERNIGHT TO USE IN TOMORROW'S LAMB DISH.

Natalie's carrot cake



INGREDIENTS: serves a family of 4-6

225g wholemeal self-raising flour	100ml sunflower oil
1 tsp (5g) ground cinnamon	225g carrots, peeled and grated
2 eggs	1 tbsp (15ml) lemon juice
4 tbsp (60ml) honey	225g fromage frais
100g soft brown sugar	50g icing sugar
	1 tbsp (5ml) lemon juice

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Spray a 1 litre loaf tin with a little cooking oil and line with baking paper
3. Sift the flour and cinnamon into a mixing bowl; add the residue grains from the sieve to the flour.
4. In another bowl, beat together the eggs, honey, sugar and oil. Add the carrots, followed by the lemon juice. Stir this mixture into the flour until well combined. Spoon the mixture into the prepared loaf tin and smooth the surface with a knife.
5. Bake for 25 minutes, or until a skewer inserted into the centre of the cake comes out clean. When cooked, leave the cake to cool a little in the tin, then remove and turn out onto a wire rack to cool completely.
6. Meanwhile, in a bowl, mix the fromage frais, icing sugar and lemon juice until well combined.
7. Using a clean knife, ice the top of the cake with the fromage frais mixture.

FOR WHEAT-FREE DIETS USE WHEAT-FREE WHOLEMEAL FLOUR.

FOR EGG-FREE DIETS, USE ORGRAN EGG REPLACER.

FOR WHEAT-FREE DIETS, USE NATURAL SOYA YOGHURT FOR THE ICING.

COOK'S TIP: THE CAKE CAN BE PREPARED UP TO THREE DAYS IN ADVANCE AND STORED IN AN AIRTIGHT CONTAINER IN THE FRIDGE. DO NOT ADD ICING UNTIL READY TO SERVE.

Jamaican pineapple & raisin pudding with custard



INGREDIENTS: serves a family of 4-6

125g margarine	25g cocoa powder
100g caster sugar	75g drained crushed pineapple chunks in natural juice
3 beaten eggs	75g raisins
125g self-raising flour	300ml custard

METHOD:

1. Pre heat oven to 180°C/350°F/gas mark 4.
2. Grease a 7" sandwich tin.
3. In a mixing bowl, cream the margarine and sugar together.
4. Beat in the eggs one at a time.
5. Sift the flour and cocoa powder, and add a little at a time to the cake mixture.
6. Fold in the raisins and the pineapple.
7. Bake the cake in the centre of the oven for approx 20 minutes until the centre is springy.
8. Allow to stand 2-3 minutes, and then transfer to a wire cooling rack.
9. Serve warm with custard. You may like to add a little cocoa powder to the custard to make chocolate custard.

FOR ALL SPECIAL DIETS USE TRUFREE CAKE MIX OR ADAPT RECIPE USING WHEAT-FREE SELF-RAISING FLOUR, EGG REPLACER AND DAIRY-FREE SOYA SPREAD.

FOR MILK-FREE , AND EGG-FREE DIETS USE SOYA CUSTARD.

Fruit scone with jam



INGREDIENTS: serves 20

1 kg self-raising flour	200ml milk (approx)
250g unsaturated margarine	150g sultanas
250g sugar	200g jam for spreading
3 eggs	

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. In a bowl, rub the margarine into the flour, until it resembles fine breadcrumbs.
3. Add the rest of the ingredients (not the jam) and mix to form the dough. You may need to add a little more milk.
4. Roll the dough out to ¾" thick. Cut out the scones using a 2" cutter.
5. Brush the top of the scones with milk and bake in the oven for 15-18 minutes.
6. When cooked, cool the scones on a wire rack.
7. When ready to serve, cut the scones in half and spread with a little jam.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE SELF-RAISING FLOUR.
FOR DAIRY-FREE DIETS , USE DAIRY-FREE SPREAD AND SOYA MILK.
FOR EGG-FREE DIETS, USE ORGRAN EGG REPLACER.

Ginger pudding and custard



INGREDIENTS: serves a family of 4-6

125g unsaturated margarine	125g ground rice
125g caster sugar	1 tsp (5g) baking powder
100g preserved ginger, finely chopped	2 eggs
	1 tbsp (15ml) milk

METHOD:

1. Preheat oven to 120°C/250°F/gas mark 2.
2. Cream margarine and sugar in a bowl.
3. Add all the other ingredients with enough milk to make a soft dropping consistency.
4. Lightly oil a 1kg (2lb) loaf tin and line with baking paper.
5. Place the cake mixture in the tin, and bake in the oven for 1½-2 hours or until the centre is firm to the touch.
6. Allow to stand for 10 minutes before transferring to a wire cooling rack.
7. Serve with custard.

FOR MILK-FREE DIETS, REPLACE MILK WITH SOYA MILK IN CAKE RECIPE, AND SERVE WITH SOYA CUSTARD.
FOR EGG-FREE DIETS, USE SOYA CUSTARD.

COOK'S TIP: THE CAKE CAN BE MADE UP TO 3 DAYS IN ADVANCE AND KEPT IN AN AIRTIGHT CONTAINER.

Raisin sponge with custard



INGREDIENTS: serves a family of 4-6

150g caster sugar	220g self-raising flour
220g margarine	110g raisins
4 eggs	300g custard

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Cream together the sugar and margarine.
3. Whisk the eggs, one at a time into the creamed mixture.
4. Sift together flour into the mixture and gently fold in until smooth.
5. Add the dried fruit.
6. Pour into baking tray, bake for 15-20 minutes until the centre of the sponge is springy.
7. Remove from the baking tray and cool on a wire rack.
8. Serve with a dessert spoon of custard.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE SELF-RAISING FLOUR.
FOR DAIRY-FREE DIETS, USE DAIRY-FREE SPREAD AND SOYA CUSTARD.
FOR EGG-FREE DIETS, USE ORGRAN EGG REPLACER.

Oat and raisin cookies



INGREDIENTS: Makes 40-45 cookies

100g unsaturated margarine	½ tsp (2.5ml) vanilla essence
75g caster sugar	75g oats, pre-toasted. Place on a baking sheet and toast in a hot oven for 4-5 minutes
75g soft brown sugar	125g raisins
1 beaten egg	
175g plain flour	

METHOD:

1. Pre heat oven to 180°C/350°F/gas mark 4.
2. Grease 3 baking sheets.
3. Cream the margarine and sugars. Beat in the egg.
4. Sift the flour and fold into the creamed mixture with the remaining ingredients.
5. Drop heaped teaspoons of the mixture about 5cm (2in) apart onto greased baking sheets. Allow room for the cookies to spread.
6. Bake in the oven for 12-15 minutes until lightly browned.
7. Remove from the baking sheet and cool on a wire rack.

FOR DAIRY-FREE DIETS, USE SOYA DAIRY-FREE SPREAD.
FOR EGG-FREE DIETS, USE ORGRAN EGG REPLACER.
FOR WHEAT-FREE DIETS, USE WHEAT-FREE FLOUR.

COOK'S TIP: UNCOOKED COOKIES FREEZE WELL.

Sauce recipes

Homemade tomato sauce

INGREDIENTS: makes 2 litres (20 servings)

3 onions	2.5kg canned chopped tomatoes
1 stalk of celery	100g tomato puree
1 leek	500ml low salt vegetable stock
2 carrots, peeled and grated	Fresh or dried basil and oregano, pinch of each
4 garlic, peeled and crushed	

METHOD:

1. Roughly chop the peeled and washed onion, celery, leek and add to the grated carrot and crushed garlic.
2. Put in medium saucepan with the oil, crumbled bouillon and herbs.
3. Sweat on a medium heat uncovered for approximately 15 minutes.
4. Add tomato puree and cook for 1 minute more.
5. Add the tinned tomatoes, bring to the boil and simmer for 30-40 minutes on a very low heat.
6. Blitz. Sauce is ready.

COOK'S TIP: THIS SAUCE CAN BE FROZEN. IT CAN BE USED AS A PASTA OR PIZZA SAUCE OR TO ACCOMPANY FISH FINGERS AND FISH CAKES.

COOK'S TIP: MAKE YOUR MUFFINS FOR TUESDAY TEA.

Mild hummus

INGREDIENTS: serves a family of 4-6

- 1 x 400g can chickpeas
- 1 lemon (or lemon juice)
- 1 clove garlic (or garlic puree)
- 3 x 15ml (dessert spoon) of sesame oil
- 3-4 x 15ml spoons of water
- 1 red, yellow or green pepper

METHOD:

1. Drain the chickpeas and place into the blender.
2. Squeeze the lemon and add the juice to the blender.
3. Crush the garlic and add to the blender with the sesame oil.
4. Place the lid on the blender and switch on for 15-20 seconds.
5. Turn the blender off. Use a spatula to move the chickpeas away from the edge of the blender and switch on for another 15-20 seconds.
6. Repeat this until a smooth paste is produced.
7. Put into the serving bowl, cover and refrigerate.
8. Slice the pepper and put onto the platter, cover and refrigerate.

COOK'S TIP: SWAP THE LEMON FOR A LIME. ADD MORE GARLIC FOR EXTRA PUNCH. ADD FRESH OR DRIED CHILLI FOR A KICK. ADD FRESH HERBS SUCH AS CORIANDER, PARSLEY OR BASIL FOR A Milder TASTE.

Salsa

INGREDIENTS: serves a family of 4-6

- | | |
|--|-----------------------------|
| ½ cucumber | 1 x 10ml spoon of olive oil |
| 4 ripe tomatoes | 1 lemon or lemon juice |
| 4 spring onions | ½ pack of baby sweet corn |
| Small handful of mint leaves and parsley chopped | |

METHOD:

1. Chop the cucumber and tomato into small chunks.
2. Finely chop the parsley and mint.
3. Cut the spring onions into small pieces with a knife or scissors.
4. Halve the lemon and use the juicer to squeeze the juice from one half and pour into a small bowl.
5. Place all the chopped ingredients into a mixing bowl and add the olive oil and a 5ml spoon of the lemon juice.
6. Mix all the ingredients together.
7. Put into the serving bowl, cover and refrigerate.
8. Prepare the baby corn and put onto the platter and cover.

COOK'S TIP: YOU COULD USE A SMALL CAN OF CHOPPED TOMATOES INSTEAD OF FRESH TOMATOES. YOU COULD GRATE THE CUCUMBER INSTEAD OF CHOPPING IT. TRY ADDING A 10ML SPOON OF RAISINS TO ADD SWEETNESS.

Soup recipes



Minestrone soup with crusty bread

INGREDIENTS: serves a family of 4-6

- | | |
|---|--|
| 600ml vegetable stock made with Kallo low salt stock cube | Handful (5g) chopped parsley |
| 1 (400g) tin chopped tomatoes | Handful (5g) chopped basil |
| 1 (150g) potato, cubed | 1 (400g) tin mixed beans in unsalted water |
| 1 (150g) onion, chopped | 200g frozen sweet corn |
| 1 (30g) stalk celery, chopped | 1 (120g) large courgette, sliced |
| 1 (100g) carrot, chopped | 200g dried macaroni |
| ½ (300g) head cabbage, finely chopped | |

METHOD:

1. In a large soup pot combine the vegetable stock, tomatoes, potato, onion, celery, carrot, cabbage and herbs. Bring to the boil and reduce heat. Simmer for about 15 minutes.
2. Stir in the beans, sweet corn, courgette and pasta; simmer for 10 to 15 more minutes until the vegetables are tender.

FOR WHEAT-FREE DIETS, OMIT PASTA AND SERVE WITH WHEAT-FREE BREAD.

Lorraine's lentil and vegetable soup with cheesy topped croutons



INGREDIENTS: serves a family of 4-6

100g red lentils (dry)
½ (200g) swede, peeled and diced
3 (360g) carrots, peeled and chopped
2 (60g) stalks of celery, chopped
1 (100g) leek, roughly chopped
1 Kallo low salt vegetable stock cube
50g tomato puree

Cheesy topped croutons:

10 slices of wholemeal or granary bread
200g cheddar cheese

METHOD:

1. Soak the lentils in cold water over night, rinse thoroughly.
2. Wash, peel and chop all the vegetables and place in a large saucepan with the lentils the stock cube and tomato puree. Cover with water.
3. Bring to the boil and simmer for 30 mins.
4. Puree the soup in a blender to the desired consistency. If necessary add a little extra stock to thin the soup down.
5. Toast the bread and grill the cheese on top.
6. Cut into fingers and serve with the soup.

FOR WHEAT-FREE DIETS USE WHEAT-FREE BREAD.
FOR DAIRY-FREE DIETS USE SOYA CHEESE.
REMOVE SOME OF THE VEGETABLES AND PUREE **FOR PUREE DIETS**.

Butternut squash soup with wholemeal rolls



INGREDIENTS: serves a family of 4-6

1 tbsp (15g) sunflower oil	2 (320g) red peppers, deseeded and chopped
1 (150g) large onion, peeled and roughly chopped	800g butternut squash, peeled, deseeded and cut into 2 cm chunks
2 (12g) cloves garlic, peeled and crushed	1 tsp ground cumin
2 (60g) celery stalks, washed, trimmed and chopped	Pinch of pepper
1 (100g) leek, trimmed and sliced	800 ml vegetable stock, made from Kallo low salt stock cubes
	10 wholemeal rolls

METHOD:

1. In a large saucepan, heat the oil.
2. Add the onion, garlic, celery and leek and soften for 5-10 minutes.
3. Add the red pepper and butternut squash and stir well. Add the ground cumin and season with pepper and cook for a further 10 minutes.
4. Add the stock, bring to the boil, then reduce the heat and simmer for 15-20 minutes.
5. Blitz the soup in a blender until smooth and serve with wholemeal rolls.

FOR WHEAT-FREE DIETS SERVE WHEAT-FREE ROLLS OR WHEAT-FREE BREAD.

COOK'S TIP: IF BUTTERNUT SQUASH IS DIFFICULT TO OBTAIN, YOU CAN REPLACE WITH THE SAME QUANTITY OF SWEET POTATO, FOLLOW THE SAME COOKING ORDER AND TIMES. FOR PUREE DIETS, PREPARE EXTRA BUTTERNUT SQUASH AND LEEKS AND MAKE A PUREE.

Snack recipes

Lorraine's mackerel pâté with toast and vegetable sticks



INGREDIENTS: serves a family of 4-6

- | | |
|--|---------------------------|
| 4 (600g) skinned smoked mackerel fillets | 1 tbsp (15ml) lemon juice |
| 200g cream cheese (full fat) | 10 slices bread |
| Pepper | 3 (480g) mixed peppers |
| | 4 (400g) carrots |

METHOD:

1. In an electric mixer, blend the fish, cream cheese, pepper and lemon juice.
2. Toast the bread and cut sticks from the peppers and peeled carrots.
3. Serve immediately.

FOR VEGETARIAN DIETS REPLACE THE FISH WITH BUTTER BEANS.
FOR WHEAT-FREE DIETS SERVE WHEAT-FREE TOAST OR RICE CAKES.
FOR DAIRY-FREE DIETS USE DAIRY-FREE CREAM CHEESE.

Summer salmon filled jacket potatoes



INGREDIENTS: serves a family of 4-6

- | | |
|---------------------------------------|--------------------------|
| 5 large baking potatoes | 4 spring onions, chopped |
| 400g canned skinless, boneless salmon | ¼ cucumber, diced |
| 4 tbsp mayonnaise | 20 cherry tomatoes |
| 1 tsp mild paprika | 400g carrot sticks |

METHOD:

1. Pre heat the oven to 200°C/400°F/gas mark 6.
2. Wash the potatoes and prick the skins with a fork, bake in the oven for 1-1½ hours.
3. Prepare the spring onion, cucumber and carrot sticks.
4. In a bowl, mix the salmon, mayonnaise and paprika until well combined.
5. Add the cucumber and spring onion to the salmon mixture.
6. When the potatoes are cooked, remove from the oven and cut in half.
7. Spoon out the potato flesh and combine with the salmon mixture.
8. Spoon the mixture back into the skins and serve half a filled jacket with 2 cherry tomatoes and 40g carrot sticks.

FOR VEGETARIAN DIETS OMIT SALMON (IF NOT EATEN) AND REPLACE WITH HARD BOILED EGGS (IF EATEN) OR GRATED CARROT AND MASHED BUTTER BEANS.
FOR EGG-FREE DIETS OMIT MAYONNAISE AND USE WAISTLINE SALAD CREAM OR YOGHURT.

Tuna melt

with tomato and cucumber sticks



INGREDIENTS: serves a family of 4-6

2 tins of tuna in spring water (2 x 130g when drained)	4 tbsp mayonnaise
1 cucumber	10 thick slices of granary bread
5 spring onions	5 tomatoes
4 celery sticks	10 slices of cheese 30g each
	Tomato and cucumber sticks

METHOD:

1. Drain the tuna and flake.
2. Chop the cucumber into small dice.
3. Wash and peel the spring onions and chop into small dice.
4. Wash and trim the celery sticks and chop into small dice.
5. Mix the tuna, cucumber, onion and celery with the mayonnaise.
6. Toast the bread slices.
7. Pile the tuna mixture on the untoasted side of the bread slices.
8. Place a cheese slice on top of the tomatoes.
9. Cook under the grill or in a hot oven until the cheese has melted.
10. Serve with tomato and cucumber sticks.

FOR WHEAT-FREE DIETS USE WHEAT-FREE BREAD SLICES.

FOR EGG-FREE DIETS EXCLUDE MAYONNAISE, REPLACE WITH WAISTLINE SALAD CREAM OR NATURAL YOGHURT.

FOR MILK-FREE DIETS EXCLUDE CHEESE, REPLACE WITH SOYA CHEESE.

FOR VEGETARIAN DIETS EXCLUDE TUNA, REPLACE WITH FULL FAT PHILADELPHIA CHEESE AND USE SOYA OR VEGETARIAN CHEESE.

FOR PUREE DIETS MAKE APPLE AND PEAR PUREE.

Ham and

cheese toasties

with vegetable sticks



INGREDIENTS: serves a family of 4-6

10 slices of white bread	200g cheddar cheese, grated
10 slices of wholemeal or granary bread	250g carrots, peeled and cut into strips
200g unsaturated margarine	250g cucumber, cut into strips
10 slices of lean ham	20 (300g) cherry tomatoes

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Spread the bread with the margarine.
3. Place 10 slices of white bread, buttered side down on a baking sheet.
4. Place 1 slice of ham on each slice of bread.
5. Divide the grated cheese between the 10 slices of ham.
6. Top the ham and cheese with the wholemeal or granary bread, buttered side up.
7. Place the sandwiches into a hot oven for 10-15 minutes, until the cheese inside the sandwiches has melted and the buttered sides of the bread are browned and bubbling.
8. Cut each toastie into quarters and serve with carrot and cucumber stick and 2 cherry tomatoes.

FOR WHEAT-FREE DIETS USE WHEAT-FREE BREAD.

FOR DAIRY-FREE DIETS USE SOYA NON DAIRY SPREAD AND SOYA HARD CHEESE.

FOR VEGETARIAN DIETS OMIT HAM AND USE 1 TSP MARMITE FOR EACH TOASTIE.

Vegetable frittata

INGREDIENTS: serves a family of 4-6

2 tbsp (15ml) vegetable oil	200g baby spinach, washed and chopped
1 (100g) leek, washed and sliced	6 eggs
2 (60g) celery sticks, washed and chopped	Black pepper
1 (160g) red pepper, deseeded and chopped	100g grated cheddar cheese

METHOD:

1. Put the oil in a large frying pan and heat. Add the leek, celery and red pepper and cook for about 5 minutes or until softened.
2. Add the spinach and cook for a further 2 minutes.
3. In a bowl, beat the eggs with a little black pepper. Pour the eggs over the vegetables.
4. Cook over a medium heat until the base begins to set. Sprinkle on the grated cheese and place under the grill or in the oven until the cheese melts and the top of the frittata is set.
5. Serve with crusty bread or bread sticks.

FOR EGG-FREE DIETS YOU WILL NEED TO SERVE A SEPARATE DISH. SERVE PITTA BREAD, HUMMUS AND CARROT AND CUCUMBER STICKS.

FOR WHEAT-FREE DIETS SERVE WHEAT-FREE TOAST.

FOR DAIRY-FREE DIETS USE DAIRY-FREE SPREAD AND SOYA MILK, OMIT CHEESE.

FOR PUREE DIETS PREPARE EXTRA LEEKS AND SPINACH TO MAKE A PUREE.

Poultry recipes



Chicken fajitas

INGREDIENTS: serves a family of 4-6

2 tbsp olive oil	2 medium red peppers, deseeded and sliced
4 medium skinless chicken breasts, cut into strips	½ a medium lettuce, shredded
1 tsp paprika	110g mozzarella cheese
1 tsp ground cumin	10 tsp guacamole
2 medium onions, peeled and sliced	10 tortilla wraps

METHOD:

1. Heat half the oil in a frying pan and cook the chicken strips over a medium heat until cooked through. Remove to a plate.
2. Add the remaining oil to the pan and fry the onion and red pepper for approx 10 minutes.
3. Return the chicken to the pan and stir in the paprika and cumin. Stir everything well together.
4. Fill the wraps with a spoonful of the chicken mixture adding the shredded lettuce, the mozzarella and the guacamole. Fold over and serve.

FOR WHEAT-FREE DIETS, OMIT TORTILLA WRAPS, SERVE WITH BOILED RICE.

FOR DAIRY-FREE DIETS, OMIT MOZZARELLA AND REPLACE WITH DAIRY-FREE CHEESE SLICES.

FOR PUREE DIETS, MAKE A FRUIT PUREE.

Fruity chicken and vegetable curry with rice



INGREDIENTS: serves a family of 4-6

- | | |
|---|--|
| 10 boneless, skinless chicken thighs or ½kg of diced chicken breast | 2 eating apples, cored and thinly sliced |
| Plain flour (5 tbsp altogether) | 2 carrots, peeled and thinly sliced |
| Oil (3tbsp) | 50g chopped spinach (fresh or frozen) |
| 2 onions, chopped (120g) | 75g (3oz) sultanas |
| 6 tbsp tomato puree | 1 dessertspoon brown sugar |
| 2 tbsp mild curry powder | 450g rice |
| 900ml (1½ pts) chicken stock | |

METHOD:

- Pre heat oven to 180°C/350°F/gas mark 4.
1. Coat the chicken in flour (3tbsp), and fry in 2 tbsp oil until golden brown. Drain and place in an oven-proof casserole dish.
 2. Fry the onion in 1 tbsp oil until golden, then add the tomato puree.
 3. Add the curry powder; continue to stir for a couple of minutes.
 4. Stir in 2 tbsp flour, and then add 300ml (10floz) of the stock mixing well.
 5. Add the apple, carrots, sultanas and remaining stock.
 6. Season and add the brown sugar.
 7. Pour the sauce over the chicken thighs, add spinach and stir in, cover and cook in the oven for 1 hour.
 8. Serve with boiled rice.

FOR WHEAT-FREE DIETS REPLACE PLAIN FLOUR WITH RICE FLOUR.

FOR VEGETARIAN DIETS EXCLUDE CHICKEN, REPLACE WITH DICED QUORN OR BUTTER BEANS. REDUCE THE COOKING TIME TO 30 MINUTES.

FOR PUREE DIETS MAKE CARROT AND SPINACH PUREE, ADD A LITTLE APPLE PUREE TO SWEETEN.

Oven baked chicken risotto



INGREDIENTS: serves a family of 4-6

- | | |
|-----------------------|-----------------------------------|
| 480g chicken, diced | 100g tomato puree |
| 10ml sunflower oil | 100g frozen sweet corn |
| 60g mushrooms | 1 tsp (5g) herbs |
| 200g onions, diced | 320g long grain rice |
| 100g frozen peas | 800ml water |
| 180g tomatoes chopped | Kallo low salt chicken stock cube |

METHOD:

1. Pre heat the oven to 150°C/300°F/gas mark 3.
2. Cook the chicken in a little oil until lightly brown. Keep warm. Make the stock, by adding 800ml boiling water to the stock cube.
3. Sauté the diced onions and mushrooms. Add the rice to the pan and stir continuously. Cook the rice for 3-4 minutes until it is glossy. Add the herbs, chopped tomatoes, tomato puree, peas and sweet corn to the pan.
4. Add the chicken back to the pan, and gradually add the stock.
5. Bring the mixture to the boil, and transfer to an oven proof dish with a lid. Bake in the oven at 150°C/300°F/gas mark 2 for 25-30 minutes. Serve immediately.

FOR VEGETARIAN DIETS USE VEGETABLE STOCK AND REPLACE CHICKEN WITH BUTTER BEANS.

COOK'S TIP: FOR PUREE DIETS, PREPARE BOILED RICE AND PEAS TO MAKE A PUREE.

Turkey or lamb koftas with tomato and vegetable rice



INGREDIENTS: serves a family of 4-6

Koftas:

575g minced turkey or lamb
1 onion, peeled and finely chopped
1 tsp ground allspice
1 tsp dried chopped mint
1 egg, beaten
10 metal or wooden skewers

Tomato rice:

2 cloves garlic, peeled and chopped
Oil
225g long grain rice
225g canned chopped tomatoes
400g frozen mixed vegetables

METHOD:

1. First, prepare the tomato rice. Heat the oil in a pan and add the garlic, fry for 1 minute. Add the rice and stir over the heat for 1 minute until glossy.
2. Add the tomatoes plus 1 can full of water. Bring to the boil, cover and simmer for 10 minutes.
3. Put the mince into a large bowl, add the onion and spices and the beaten egg. Mix very thoroughly.
4. Divide the Kofta mixture into 10 and shape each into a sausage around a skewer.
5. Add the mixed vegetables to the rice and return to the heat.
6. Arrange the skewers on an oven proof dish or grill pan and cook in a hot oven or under a hot grill for 12-15 minutes until browned all over.
7. To serve, remove the skewers from the Koftas and serve with a table spoon of the tomato and vegetable rice.

FOR VEGETARIAN DIETS USE VEGGIE MINCE.

COOK'S TIP: SOAK WOODEN SKEWERS IN WATER FOR 15 MINUTES BEFORE COOKING KOFTAS TO PREVENT THEM FROM BURNING.

COOK'S TIP: THE KOFTAS ARE DELICIOUS SERVED WITH HOMEMADE TOMATO SAUCE.

Turkey meatballs with Neapolitan vegetable rice



INGREDIENTS: serves a family of 4-6

Turkey meatballs:

575g minced turkey
75g breadcrumbs
1 (150g) onion, finely chopped
1 tsp (5g) dried oregano
1 tsp (5g) dried basil
1 egg, beaten

Tomato rice:

2 (12g) cloves garlic chopped
1 tbsp (15ml) oil
225g long grain rice
225g can chopped tomatoes
400g frozen mixed vegetables

METHOD:

8. If cooking meatballs in the oven, pre heat to 180°C/350°F/gas mark 4.
9. First, prepare the tomato rice. Heat the oil in a pan and add the garlic, fry for 1 minute. Add the rice and stir over the heat for 1 minute until glossy.
10. Add the tomatoes plus 1 full can of water. Bring to the boil, cover and simmer for 10 minutes.
11. Put the turkey mince into a large bowl, add the breadcrumbs, onion and herbs and the beaten egg. Mix very thoroughly.
12. Divide the meatball mixture into 20 and shape each into a meatball.
13. Add the mixed vegetables to the rice and return to the heat for 10 minutes. Keep warm.
14. Arrange the meatballs in an oven proof dish or grill pan and cook in a hot oven or under a hot grill for 15-20 minutes until browned all over.
15. Serve two meatballs on a bed of the tomato and vegetable rice.

FOR VEGETARIAN DIETS USE VEGGIE MINCE.

COOK'S TIP: YOU CAN SERVE THE MEATBALLS WITH A LITTLE HOMEMADE TOMATO SAUCE IF LIKED. SEE WEEK 2 TUESDAY TEA FOR RECIPE.

Emma's chicken and vegetable casserole

with mashed potatoes and green vegetables



INGREDIENTS: serves a family of 4-6

- | | |
|--|---|
| 3 (400g) large skinless chicken breasts, diced | 400g sweet potatoes, peeled and chopped |
| 1 tbsp (15ml) sunflower oil | Kallo low salt chicken stock cube |
| 5 (600g) carrots, peeled and chopped | 1 (200g) large onion, peeled and chopped |
| 3 (450g) parsnips, peeled and chopped | 2 (12g) cloves of garlic, peeled and crushed |
| 3 (90g) stalks of celery, washed and chopped | 400g potatoes, peeled and chopped for mashing |
| | 400g green vegetables |

METHOD:

1. In a large saucepan, heat the oil.
2. Add the chopped vegetables and garlic and soften for 5 minutes.
3. Add the chicken and cook for 5 minutes or until it begins to brown.
4. Cover the chicken and vegetables with water, add the stock and bring to the boil, reduce the heat and simmer for 1½ hours.
5. Meanwhile, prepare the potatoes for mashing and the green vegetables.

FOR VEGETARIAN DIETS OMIT THE CHICKEN AND CHICKEN AND STOCK, REPLACE THE CHICKEN WITH BUTTER BEANS AND THE STOCK WITH KALLO LOW SALT VEGETABLE SALT.

FOR DAIRY-FREE DIETS USE DAIRY-FREE SPREAD TO MAKE THE MASHED POTATO.

Fish recipes

Nikki's kedgeree with peas and corn



INGREDIENTS: serves a family of 4-6

- | | |
|--|-------------------------------|
| 900g smoked haddock | 100g margarine |
| Whole milk for poaching the fish | 2 teaspoons mild curry powder |
| 6 eggs | 900g basmati rice |
| 200g spring onions | 400g frozen peas |
| 2.4 litres of low salt vegetable stock | 400g frozen sweet corn |

METHOD:

1. Poach the fish in the milk for about 10 minutes, then drain.
2. Place the eggs in a pan of cold water and bring to the boil. Boil for about 10 minutes. When cool, remove the shells and roughly chop.
3. In a large pan, heat the margarine and stir fry the spring onions until soft.
4. Stir in the curry powder and the rice. Pour in the vegetable stock and bring to the boil. Turn down the heat and simmer until the liquid has been absorbed – about 10-12 minutes. Five minutes before the end of cooking the rice add the frozen peas and sweet corn to cook.
5. When the rice, peas and corn are cooked, stir in the flaked fish and the eggs.

FOR DAIRY-FREE DIETS, POACH THE FISH IN SOYA MILK.

FOR VEGETARIAN DIETS, OMIT SMOKED HADDOCK AND REPLACE WITH BUTTER BEANS OR QUORN PIECES.

FOR EGG-FREE DIETS, OMIT BOILED EGGS.

Salmon fishcakes

with homemade tomato sauce,
carrot and cucumber sticks

INGREDIENTS: serves a family of 4-6

- 1 large can of tuna or salmon in spring water (170-180g drained weight)
- 1 onion, finely chopped
- 8-10 medium potatoes
- 1 egg, beaten
- 250ml milk
- 100g oats or crushed cornflakes
- 2 tbsp oil for basting
- 5 large baking potatoes 160g
- 1 tbsp (11g) oil
- Serve with tomato sauce – see recipe below



METHOD:

1. Pre-heat oven to 180°C/350°F/gas mark 4.
2. Peel and dice potatoes for mashing, boil until tender and mash.
3. Add the onion and fish to the mash, season with a little pepper. Mix well.
4. Divide the mixture into ten, and shape into patties (fishcakes).
5. Mix the beaten egg and milk in a bowl.
6. Place the oats/cornflakes in a large flat dish.
7. Dip each fishcake in the egg wash, then into the oats or cornflakes, evenly coat the fishcake.
8. Place the fishcake onto a greased oven tray.
9. Before baking, brush the top of each fishcake with a little oil, bake for 15-20 minutes, or until golden brown.
10. Pre heat a different oven to 220°C/425°F/gas mark 7.

FOR MILK-FREE DIETS COAT ONLY WITH EGG, FOR EGG-FREE DIETS COAT ONLY WITH MILK.

FOR VEGETARIAN DIETS EXCLUDE TUNA, REPLACE WITH 150g VEGETARIAN CHEDDAR CHEESE AND 150g SLICED MUSHROOMS.

FOR PUREE DIETS MAKE POTATO AND CARROT PUREE – MAKE EXTRA CARROT PUREE FOR TOMORROW.

COOK'S TIP: THE FISHCAKES FREEZE WELL – GOOD TO MAKE IN BULK.

White fish and broccoli, potato topped pie with yellow vegetables

INGREDIENTS: serves a family of 4-6

450g cod fillet, haddock or coley
1 onion – finely chopped
50g margarine
120g cooked broccoli florets
120g sliced leeks
2 tsp chopped parsley
50g flour
1 pt milk
800g potatoes – peeled and cut for mashing
50g margarine
400g yellow vegetables



METHOD:

1. Preheat oven to 180°C/350°F/gas mark 4.
2. Poach the fish in the milk until cooked and leave to one side, flake the fish and keep the milk for your sauce.
3. Fry the onion and leek in a little margarine until transparent.
4. Add the flour to the pan, stirring and cook for 4-5 mins to make a roux.
5. Gradually add the milk (used to poach the fish) to roux, stirring all the time.
6. Add the sliced mushrooms, broccoli and fish to the sauce; continue to simmer for 5 minutes.
7. Pour fish mixture into a large oven-proof dish.
8. Boil potatoes for mashing, when tender, mash with the margarine. Spread mash over the top of the fish mixture.
9. Bake in the oven for 20 minutes; finish off under a hot grill to brown the potato.
10. Serve with yellow vegetables (40g per child).

FOR MILK-FREE DIETS REPLACE MILK WITH SOYA MILK AND MARGARINE WITH PURE NON-DAIRY SPREAD.

FOR VEGETARIAN DIETS EXCLUDE FISH (IF NOT EATEN), REPLACE WITH CHOPPED CANNED BUTTER BEANS.

FOR WHEAT-FREE DIETS REPLACE FLOUR WITH RICE FLOUR.

FOR PUREE DIETS MAKE BROCCOLI AND POTATO PUREE.

Lorraine's fish and spinach Mornay

INGREDIENTS: serves a family of 4-6

800g cod, coley or haddock – skinned and pin boned
200g spinach – fresh or frozen
500ml milk
50g unsaturated margarine
50g plain flour
50g grated cheddar cheese
500g sweet potato, peeled and chopped for mashing
400g yellow vegetables



METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Poach the fish for 10-15 minutes in the milk, flake into bite sized pieces and put to one side.
3. If using fresh spinach wilt it quickly, if using frozen spinach, defrost and squeeze out all excess water.
4. In a saucepan melt margarine and add the flour to make roux, cook the roux for 3-4 minutes. Add the hot milk gradually to make a smooth white sauce. Stir in cheese.
5. In a suitable oven proof dish place the spinach then the flaked fish. Top with the cheese sauce.
6. Place in a hot oven to make the top a golden brown.
7. Meanwhile boil the sweet potato for 10-15 minutes and mash. Cook the yellow vegetables.
8. Serve the fish mornay with a serving spoon of sweet potato and 40g of yellow vegetables.

FOR DAIRY-FREE DIETS, USE SOYA DAIRY-FREE SPREAD, SOYA MILK AND MELTING SOYA CHEESE.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE FLOUR.

FOR VEGETARIAN DIETS, OMIT FISH (IF NOT EATEN) AND REPLACE WITH SLICED HARD BOILED EGGS (IF EATEN) OR QUORN PIECES.

Nikki's sardine Bolognese



INGREDIENTS: serves a family of 4-6

- | | |
|---|----------------------------------|
| 2 tablespoons vegetable oil | 8 x 120g sardines |
| 2 medium onions, peeled and chopped | 2 x 400g canned chopped tomatoes |
| 3 medium carrots, peeled and finely chopped or grated | 50g tomato puree |
| 4 celery sticks, finely chopped | 2 teaspoons dried mixed herbs |
| 2 green peppers, deseeded and chopped | 900g spaghetti or pasta shapes |
| 300g mushrooms, finely chopped | |

METHOD:

1. Heat the oil in a large pan and fry the onions until soft. Add the carrots, celery, green peppers and cook for about 15 minutes.
2. Add the mushrooms and cook for a further 5 minutes.
3. Stir in the drained sardines, chopped tomatoes, tomato puree and the mixed herbs and continue cooking for a further 5 minutes or until the final ingredients are thoroughly heated through.
4. Meanwhile, place the spaghetti in a large saucepan of boiling water and cook for 10-12 minutes or until al dente (with a slight bite to it).
5. Drain the spaghetti, stir in the sauce and serve.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE PASTA.

FOR VEGETARIAN DIETS, IF FISH ISN'T EATEN, REPLACE SARDINES WITH CANNED LENTILS IN UNSALTED WATER.

FOR PUREE DIETS , PREPARE A CARROT AND APPLE PUREE.

Meat recipes

Homemade lamb burgers

with new potatoes and red and green vegetables



INGREDIENTS: serves a family of 4-6

- | | |
|--|------------------------|
| 450g (1lb) lean minced lamb | 2 tbsp oats |
| ½ onion, grated | 1 tbsp water |
| 1 eating apple, peeled and grated | Oil (2tbsp) |
| Half a low salt chicken stock cube, crumbled | 30 new potatoes |
| | Red & green vegetables |

METHOD:

1. Mix all the burger ingredients except the oil in a bowl.
2. Form into ten evenly sized burgers.
3. Brush with oil and cook in oven for 20 minutes.
4. Boil the potatoes until cooked.
5. Serve with a selection of red and green vegetables.

FOR VEGETARIAN DIETS, EXCLUDE LAMB MINCE, REPLACE WITH 'VEGGIE MINCE'.

FOR PUREE DIETS USE VEGETABLES AND POTATOES TO MAKE A PUREE.

COOK'S TIP: THE RECIPE FOR HOMEMADE TOMATO SAUCE WORKS VERY WELL WITH THE LAMB BURGERS.

MAKE YOUR OAT AND SULTANA COOKIES FOR TEA.

Shepherds pie with orange and white vegetables



INGREDIENTS: serves a family of 4-6

1 onion, chopped (60g)	250ml (8floz) low salt chicken stock
1 red pepper, seeded and finely chopped (160g)	1 tsp marmite
2 carrots, peeled and grated (2 x 80g)	100g (4oz) mushrooms, washed and sliced
2 tsp dried parsley 2g	450g (1lb) potatoes, peeled and chopped
2 tbsp oil (22g)	2tsp margarine, dash of milk
450g (1lb) lean minced lamb	Orange and white vegetables

METHOD:

1. Preheat oven to 180°C/350°F/gas mark 4.
2. Soften the onion, pepper, grated carrot and parsley in a frying pan with a little oil.
3. Add minced lamb, brown and drain off any excess fat.
4. Add chicken stock and marmite and Simmer for 20 minutes.
5. Add the mushrooms to the mixture and cook for further 5 mins.
6. Spoon mixture into a large dish.
7. To make the topping, boil the potatoes for mash. When soft, mash with margarine and milk. Spread over the meat, and make peaks by running a fork over the surface.
8. Cook in the oven for 15 mins.
9. Serve with orange and white vegetables. (40g each of carrots and cauliflower).

FOR VEGETARIAN DIETS 'VEGGIE MINCE' AND VEGETABLE STOCK.

FOR MILK-FREE DIETS, EXCLUDE MILK FROM POTATO TOPPING.

FOR PUREE DIETS MAKE SWEDE AND CAULIFLOWER PUREE.

Lorraine's sausage & cheese bubble and squeak



INGREDIENTS: serves a family of 4-6

750g potatoes, peeled and diced for mashing	50g each of shredded cabbage, diced carrots, sliced leeks, and peas
50g unsalted butter	200g grated cheddar cheese
Dash of milk	10 sausages (70% meat)

METHOD:

1. Pre heat the oven to keep the bubble and squeak warm.
2. Place the sausages under the grill or in a baking tray and in the oven – cook or grill for 20-30 minutes depending on their size.
3. In a large saucepan, bring the potatoes to the boil and cook for 10-15 minutes until soft for mashing.
4. Meanwhile, cook the vegetables in boiling water for 5-10 minutes – try and keep them al dente.
5. Mash the potatoes with half the butter and milk and in a large bowl mix the potatoes and vegetables.
6. Melt the remaining butter in a large frying pan and fry the bubble and squeak for 5-10 minutes each side until it starts to brown. You may need to fry in batches and keep the bubble and squeak hot in the oven, or cook larger amounts in the oven in a baking tray.
7. When you are ready to serve, sprinkle the grated cheese to melt into the bubble and squeak.
8. Serve 2 tablespoons of bubble a squeak with 1 sausage.

FOR MILK-FREE DIETS, USE SOYA MILK, PURE NON DAIRY SPREAD AND SOYA CHEESE.

FOR VEGETARIAN DIETS AND WHEAT-FREE DIETS USE QUORN SAUSAGES.

Spaghetti Bolognese

with garlic bread

INGREDIENTS: serves a family of 4-6

8 oz (225g) minced beef, lamb, turkey or chicken (preferably lamb)
1 large onion, peeled and finely chopped
1 clove garlic, peeled and finely chopped
2 carrots, peeled and grated
4oz (110g) mushrooms, washed and chopped
1 x 400g can chopped tomatoes
3 tsp tomato puree
1 tsp of mixed herbs
150g grated cheese (optional for topping)
500g uncooked spaghetti (you may find it works well to break the spaghetti into short lengths prior to cooking)



METHOD:

1. Pre heat the oven to 220°C/424°F/gas mark 7.
2. Make the bolognese, place the minced meat into a large cold saucepan.
3. Put onto the heat, stirring constantly.
4. When the meat has all changed colour, add the onion, garlic and grated carrot.
5. Cook for a few minutes until the onion softens.
6. Now add the mushrooms and chopped tomatoes.
7. Mix 2-3 tsp of tomato puree with a cup of warm water and add to the bolognese, add the mixed herbs.
8. Bring to the boil, then reduce the heat to simmering point and simmer for approx 20-25 mins. If required you may need to use a little more tomato puree for thickening.
9. Cook the spaghetti according to the pack instructions.
10. Serve 1 tablespoon of sauce to 2 tablespoons of pasta.
11. Top the bolognese with a little grated cheese if required and serve with garlic bread.

FOR WHEAT AND EGG-FREE DIETS USE WHEAT-FREE SPAGHETTI AND WHEAT-FREE BREAD FOR GARLIC BREAD.

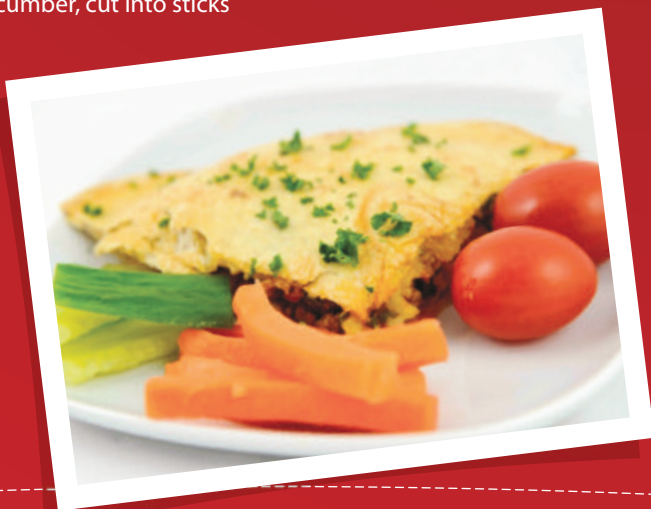
FOR MILK-FREE DIETS OMIT CHEESE FROM TOPPING ENSURE GARLIC BREAD IS MADE WITH DAIRY-FREE SPREAD.

FOR VEGETARIAN DIETS, USE VEGGIE MINCE AND VEGETARIAN CHEESE.

Lucille's minced beef quesadillas with tomatoes and vegetable sticks

INGREDIENTS: serves a family of 4-6

1 red onion, peeled and diced
1 carrot, peeled and diced
½ leek, remove outer leaves and slice finely
½ stalk celery, washed and sliced
1 clove garlic, crushed
100g/4oz mushrooms, washed and sliced
20g tomato puree
450g/1lb minced beef
1 x 200g can chopped tomatoes
100g/4oz frozen sweet corn
6 soft tortilla wraps
75g/3oz grated cheese
Fresh coriander, chopped
1 egg, beaten
Carrots and cucumber, cut into sticks



METHOD:

1. First make filling by sweating the finely chopped onion, carrot, leek, celery, crushed garlic and mushrooms until soft.
2. Add the tomato puree and minced beef and cook for a further 2 minutes.
3. Add the tomatoes and the frozen sweet corn, bring to the boil and then simmer until the mince is cooked (approx 15 minutes).
4. Using 2 wraps make a sandwich with the filling, grated cheese and chopped coriander then seal the edges with egg or water.
5. Brush with oil and bake in the oven on baking parchment until brown and puffed (about 12 minutes).
6. Cut into 4 triangles (1 per portion) and serve with vegetable sticks and cherry tomatoes.

FOR VEGETARIAN DIETS USE VEGGIE MINCE.

FOR DAIRY-FREE DIETS OR USE SOYA CHEESE.

FOR EGG-FREE DIETS OMIT EGG AND USE MILK TO SEAL TORTILLA.

FOR WHEAT-FREE DIETS SERVE THE FILLING WITH RICE.

MAKE CARROT AND LEEK PUREE **FOR PUREE DIETS**.

COOK'S TIP: CAN MAKE INDIVIDUAL QUESADILLAS IF YOU PREFER, USING HALF A TORTILLA PER PORTION TO MAKE A SAMOSA SHAPE, ALTHOUGH QUESADILLAS ARE TRADITIONALLY PASTY SHAPED.

Lorraine's toad in the hole

with roast parsnips, sweet potato
mash and green vegetables

INGREDIENTS: serves a family of 4-6

20 (400g) chipolata sausages	15ml Sunflower oil
3 eggs	4 (600g) large parsnips
200g strong bread flour	500g sweet potatoes
275ml milk	400g green vegetables

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Pour a little oil into an oven proof dish, once hot, add the sausages and cook for 15 minutes.
3. At the same time roast the parsnips in the oven.
4. Meanwhile make the batter using the eggs, flour and milk. Whisk well and then pass through a sieve to remove any lumps if necessary.
5. Turn the oven up to 200°C/400°F/gas mark 5. Remove the dish from the oven and pour the batter over the sausages. Place the dish straight back in the oven.
6. Cook for 15 minutes then reduce the temperature to 170°C/340°F/gas mark 4 and cook for a further 15 minutes.
7. Meanwhile, prepare the mashed sweet potato and cook the green vegetables.

FOR VEGETARIAN DIETS, USE VEGETARIAN SAUSAGES.

FOR WHEAT-FREE DIETS, USE PLAIN WHEAT-FREE FLOUR.

FOR EGG-FREE DIETS, USE EGG REPLACER.

FOR DAIRY-FREE DIETS, MAKE EXTRA SWEET POTATO AND GREEN VEGETABLES.



Nikki's meatballs with mozzarella spaghetti

INGREDIENTS: serves a family of 4-6

900g lean minced beef or turkey	4x 400g canned chopped tomatoes or passata
2 eggs beaten	2 tablespoons vegetable oil
300g bread crumbs	12-15 torn fresh basil leaves or 3 tsp dried basil
2 tsp dried parsley	900g spaghetti
2-3 tablespoons vegetable oil	200g grated mozzarella
2 medium onions, peeled and chopped	

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Make the meatballs, mix the beef or turkey with the cheese, eggs, breadcrumbs and parsley. Form the mixture into approx 4cm meatballs.
3. Place the balls in a non stick baking tray in the oven for about 40 minutes, turn part way through cooking to ensure they are evenly browned.
4. Meanwhile, make the tomato sauce by frying the onion in the oil until soft and transparent. Add the chopped tomatoes and the basil. Bring to the boil, then reduce the heat and simmer for 15 minutes.
5. Cook the spaghetti in boiling water until al dente, or still retaining a bite to it. Drain and sprinkle with a little oil to prevent it sticking together.
6. Add the meatballs to the tomato sauce and serve on the spaghetti.

FOR VEGETARIAN DIETS, USE VEGGIE MINCE.

FOR WHEAT-FREE DIETS, OMIT THE BREAD CRUMBS AND REPLACE WITH WHEAT-FREE BREADCRUMBS. USE WHEAT-FREE PASTA – TAKE EXTRA CARE WITH COOKING PASTA – IT OVER COOKS EASILY!

FOR EGG-FREE DIETS, OMIT EGGS AND USE MILK OR SOYA MILK TO BIND THE MEATBALL MIXTURE.

FOR PUREE DIETS, USE PRE MADE, FROZEN VEGETABLE PUREE.



Emma's sweet and sour pork with vegetable rice

INGREDIENTS: serves a family of 4-6

350g diced pork
Sunflower oil
1 large onion (150g), peeled and diced
2 carrots (200g), peeled and chopped
1 red pepper (160g), deseeded and chopped
1 tsp (5g) ground ginger
1 (200g) small tin pineapple chunks in natural juice
1 (6g) clove garlic, peeled and crushed
2 (20g) spring onions, chopped
100g bean sprouts
1 dessert spoon (15ml) rice wine vinegar
1 dessert spoon (15g) Demerara sugar
2 dessert spoons (30g) tomato ketchup
2 dessert spoons (30ml) soya sauce
150g sweet corn
350g rice
400g frozen mixed vegetables



METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. In a large sauce pan, heat the oil and add the diced pork to brown.
3. Add the onion, carrot, and red pepper to the pan and soften for 5 minutes. Then add the garlic.
4. In a bowl, mix together the juice from the canned pineapple, ground ginger, rice wine vinegar, Demerara sugar, ketchup and soya sauce.
5. Add the liquid to the pork and vegetables and bring to the boil.
6. Transfer to an oven proof dish with a lid and place in the oven for 45 mins.
7. Cook the rice in a large pan of water.
8. Meanwhile, add the bean sprouts, spring onions and sweet corn to the sweet and sour pork.
9. 5 minutes before the rice is cooked, add the mixed vegetables.
10. Serve the sweet and sour pork on a bed of the vegetable rice.

FOR VEGETARIAN DIETS, OMIT PORK AND REPLACE WITH QUORN PIECES.

Nikki's beef and butternut stew

with green and white vegetables



INGREDIENTS: serves a family of 4-6

- | | |
|--|---|
| 900g braising steak, diced | 1 (150g) large onion, peeled and chopped |
| 1 (300g) butternut squash, peeled and diced | 2 tbsp (10ml) sunflower oil |
| 3 (450g) medium sweet potatoes, peeled and diced | 50g plain flour |
| 2 (200g) medium parsnips, peeled and diced | 600ml vegetable stock made using Kallo very low salt stock cube |
| 2 (200g) courgettes, diced | 50g tomato puree |
| | ½ teaspoon (2.5g) dried mixed herbs |

METHOD:

1. Pre heat the oven to 140°C/275°F/gas mark 1.
2. Heat the oil in a casserole dish, coat the meat with flour and brown in the hot oil. Remove the meat to a plate.
3. Fry the onions in the casserole and when they are soft add all the other vegetables.
4. Put the meat back into the casserole; add the stock, tomato puree and herbs.
5. Cover with tight lid and cook in the oven for 2½ hours until the meat is tender.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE FLOUR.
FOR VEGETARIAN DIETS, USE VEGETARIAN SAUSAGES AND REDUCE COOKING TIME TO 45 MINUTES.

Pippa's sausage and bean hotpot

with crusty bread



INGREDIENTS: serves a family of 4-6

- | | |
|--|---|
| 20 (800g) pork sausages (min 50% meat) | 2 tsp (10g) dried thyme |
| 2 (300g) onions, peeled and chopped | 1 tsp (5g) dried parsley |
| 1 (100g) leek, trimmed, peeled and chopped | 2 x 400g baked beans |
| 3 (480g) red peppers, deseeded and chopped | 1 x 400g can cannelloni beans (in unsalted water) |
| | 1 x 400g can chopped tomatoes |
| | 2 French sticks |

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Cut the sausages in half, lengthways. Brown the sausages in a large frying pan.
3. Add the onion, leek, peppers and herbs, sauté for 3-4 minutes.
4. Add the baked beans, cannelloni beans and tomatoes and bring to the boil.
5. Transfer the mixture to an oven proof dish. Place in the oven for 25 minutes, stir once during cooking.
6. Serve the hot pot with 2 slices of crusty French bread.

FOR VEGETARIAN DIETS, USE VEGETARIAN SAUSAGES.

Emma's beef and onion pie

with boiled potatoes and orange and white vegetables

INGREDIENTS: serves a family of 4-6

- 400g diced beef
- 2 (300g) large onions, peeled and sliced
- 3 (300g) carrots, peeled and sliced
- 400g mushrooms
- 2 tsp (5g) mixed herbs
- 2 tbsp (30g) flour
- 1 Kallo low salt vegetable stock cube
- 1 large sheet ready rolled flaky pastry
- 1 beaten egg for glazing
- 500g potatoes, peeled
- 400g orange vegetables (suggest swede)
- 400g white vegetables

METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. In a large saucepan, brown the beef. Use dry frying method (add the raw beef to cold pan, then place on the heat).
3. Add the onion and carrots to the pan and stir for 4-5 minutes.
4. Add the mushrooms and mixed herbs and continue to cook for a further 5 minutes.
5. Make the stock by adding boiling water to the stock cube.
6. Add the flour to the beef and vegetables and continue to cook for 3-4 minutes.
7. Gradually, add the stock to the beef and vegetables, stir all the time to prevent lumps forming. Add the amount of stock required to produce a thick gravy.



8. Reduce the heat to a gentle simmer, place a lid on the pan and simmer for 45 minutes, until the beef is tender.
9. Meanwhile prepare the potatoes and vegetables (if using swede for the orange vegetables, peel and cut into cubes and allow plenty of time for cooking to make a swede mash).
10. When the beef is tender, remove the pan from the heat and transfer the contents to an oven proof dish to cool.
11. Line the top rim of the oven proof dish with a thin strip of the pastry; brush the pastry strip with the beaten egg.
12. Cover the pie filling with the remaining pastry, and using a fork gently press the pastry edges into the pastry strip lining the rim of the dish.
13. Make a slit in the top of the pastry, to allow the steam to escape during cooking.
14. Brush the pastry with the remaining beaten egg and cook in the oven for 30 minutes.
15. While the pie is in the oven, boil the potatoes and cook the orange and white vegetables.

FOR VEGETARIAN DIETS, REPLACE THE BEEF WITH CANNED MIXED BEANS IN UNSALTED WATER AND 3 LEEKS, PEELED AND CUT INTO 2cm SLICES. REDUCE THE COOKING TIME ON HOB TO 20 MINS.

FOR WHEAT-FREE AND DAIRY-FREE DIETS, MAKE YOUR OWN PASTRY USING WHEAT-FREE SELF-RAISING FLOUR AND DAIRY-FREE SPREAD.

FOR EGG-FREE DIETS, SEAL AND GLAZE THE PASTRY USING MILK.

Lorraine's braised lamb

with flageolet beans, roast potatoes and green vegetables

INGREDIENTS: serves a family of 4-6

2 tbsp (30ml) sunflower oil
900g diced lamb
3 (300g) carrots, peeled and sliced
1 (150g) onion, peeled and chopped
1 (300g) swede, peeled and cubed
2 (12g) garlic cloves, crushed
25g plain flour
2 x 400g can chopped tomatoes
570ml water
1 Kallo low salt vegetable stock cube
225g flageolet beans – soaked overnight
(alternatively use a 400g can of black beans in unsalted water)
1 tsp (5g) dried thyme
Pinch of pepper
10 (1.5kg) potatoes, peeled and halved
1 tbsp (15ml) sunflower oil
400g green vegetables



METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Coat the lamb with the flour. Heat the oil in a large pan, add the lamb and brown for 5-10 minutes.
3. Add the carrots, onion, swede and garlic. Soften the vegetables for 5 minutes.
4. Make the stock using boiling water. Add the stock, tomatoes, beans, thyme and pepper to the pan stirring all the time.
5. Bring the mixture to the boil, reduce the heat and cover the pan with a lid. Simmer for 1½-2 hours until the lamb is tender.
6. Meanwhile, prepare the potatoes and vegetables.
7. Place the potatoes in a roasting tin, drizzle the oil over the potatoes and turn with a spoon to ensure they are all covered.
8. Place in the hot oven for approx 1 hour.
9. Cook the green vegetables approx 10 minutes before you are ready to serve.
10. Remove the lamb from the heat, and serve with 2 roast potatoes and 40g green vegetables.

FOR WHEAT-FREE DIETS, USE WHEAT-FREE PLAIN FLOUR.

FOR VEGETARIAN DIETS, REPLACE THE LAMB WITH MIXED BEANS (CANNED BEANS IN UNSALTED WATER).

Emma's Cornish pasties

with vegetable sticks

INGREDIENTS: serves a family of 4-6

1 tbsp (15ml) sunflower oil
300g lamb mince
1 (150g) large onion, peeled and finely chopped
¼ (120g) of a swede, peeled and diced
½ (50g) leek, trimmed and finely sliced
1 (100g) carrot, peeled and diced
1 (150g) large potato, peeled and diced
1 x egg, beaten
Pinch of pepper
1 pack of readymade short crust pastry
400g carrot and cucumber sticks



METHOD:

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Put a pan of water onto boil and add the diced swede, carrot and potato.
3. Meanwhile, in a frying pan, add the oil and soften the onion and leeks for 5 minutes, then add the minced lamb and season with a little pepper. Brown the lamb, and continue to cook for 15 minutes.
4. When the root vegetables are cooked, drain, add the vegetables to the mince mixture and stir well. Allow to cool.
5. Roll out the pastry to approx ½ cm thickness, cut out 20 circles using a medium pastry cutter.
6. Place 10 of the circles on a baking sheet and divide the lamb and vegetable mixture between the pastry bases leaving a 1 cm gap around the circumference of the pastry.
7. Brush the edges of the pastry with beaten egg and cover the lamb mixture with the remaining pastry circles.
8. Seal the edges with your fingers and thumb or a fork and brush the top with beaten egg.
9. Bake in the oven for 15-20 minutes or until the pastry is golden.
10. Remove from the oven and serve with 40g of carrot and cucumber sticks.

FOR VEGETARIAN DIETS, USE VEGGIE MINCE.

FOR WHEAT-FREE AND DAIRY-FREE DIETS, MAKE YOUR OWN SHORT CRUST PASTRY USING WHEAT-FREE FLOUR AND DAIRY-FREE SOYA SPREAD.

FOR EGG-FREE DIETS, REPLACE BEATEN EGG WITH MILK.

COOK'S TIP: FOR PUREE DIETS, PREPARE EXTRA SWEDE, CARROTS AND POTATO TO MAKE A PUREE.

Vegetarian recipes

Brian's bean burger with potato wedges and homemade tomato sauce



INGREDIENTS: serves a family of 4-6

2 x 400g can mixed beans in
unsalted water (drained)
2 tbsp (30ml) tomato salsa

100g homemade breadcrumbs
(can use oats if necessary)

METHOD:

1. Drain the mixed beans and puree in a blender.
2. Add the tomato salsa to the bean puree along with the breadcrumbs (or oats).
3. Divide the mixture into 10 equal quantities and roll into balls. If the mixture is too wet, add more breadcrumbs or oats.
4. Make the bean balls into burger shapes and keep refrigerated until you are ready to cook them.
5. When ready to cook the burgers, heat approx 2 tbsp sunflower oil in a large frying pan.
6. Gently cook the burgers until golden brown, carefully turn and repeat on the other side.

FOR WHEAT-FREE DIETS USE BREADCRUMBS MADE FROM WHEAT-FREE BREAD, OATS OR CRUSHED CORNFLAKES.

Emma's vegetable lasagne and garlic bread



INGREDIENTS: serves a family of 4-6

180g onions, diced
90g mixed peppers, diced
180g carrots, diced
90g mushrooms
100g red lentils
1 (6g) clove garlic
½ tsp (2.5g) mixed herbs
black pepper
320g canned chopped tomato

1 tbsp (15g) tomato puree
225ml water
200g lasagne sheets
90g plain flour
95ml water
¼ tsp (1.5g) mustard powder
90g dried skimmed milk powder
910ml water
90g cheddar cheese

METHOD:

1. Place the lentils in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes.
2. Place the diced onion, peppers, carrots and crushed garlic in a saucepan with a little water and cook until soft. Add the lentils mushrooms, herbs, tomato puree, tomatoes, pepper and water.
3. Make a white sauce: blend the flour with a little water, make up the dried milk and pour the flour mix into the milk, bring to the boil stirring all the time, and then add mustard powder and grated cheese.
4. In a large tray, layer the lentil sauce, lasagne sheets and cheese sauce.
5. Bake at 180°C/350°F/gas mark 4 for 45 minutes to 1 hour.
6. Serve with garlic bread.

FOR WHEAT-FREE AND MILK-FREE DIETS OMIT WHITE SAUCE AND PASTA –
SERVE VEGETABLE LASAGNE SAUCE TOPPED WITH MASHED POTATO AS A
VEGETABLE COTTAGE PIE.

FOR PUREE DIETS MAKE CARROT AND POTATO PUREE.

Vegetable and lentil loaf with mashed potato and tomato sauce



INGREDIENTS: serves a family of 4-6

150g red lentils	1 onion, peeled and chopped
2 tbsp vegetable oil	2 carrots, peeled and grated
100g oats	140g mushrooms, sliced
4 eggs	450g (1lb) potatoes, peeled and cut for mashing
100g cheese	2 tsp margarine
Mixed herbs – pinch	1 litre low salt vegetable

METHOD:

1. Put the lentils in a saucepan with cold water, bring to the boil and simmer until cooked then drain.
2. Meanwhile sweat the finely chopped onion, grated carrot and sliced mushrooms with the oil until cooked then take off the heat.
3. Mix the cooked lentils, vegetables, beaten eggs, cheese and oats together.
4. Press into a lined loaf tin, cake tin or baking tray and cook in a medium oven until set (approximately 30 minutes).
5. Meanwhile make the tomato sauce, or use from frozen stored tomato sauce.
6. Mean while boil the potatoes and mash with margarine.
7. Portion and serve hot with tomato sauce and mashed potato.

FOR EGG-FREE OMIT THE EGGS AND USE A LITTLE OF THE LENTIL WATER TO BIND THE OTHER INGREDIENTS, THEN SERVE AS AN INDIVIDUAL PORTION AS WILL NOT BE ABLE TO FORM A LOAF.

FOR MILK-FREE DIETS USE SOYA CHEESE AND PURE SOYA SPREAD.

FOR VEGETARIAN DIETS USE VEGETARIAN CHEESE.

FOR PUREE DIETS MAKE A CARROT AND LENTIL PUREE.

Chickpea and aubergine tagine with cous cous



INGREDIENTS: serves a family of 4-6

1 onion, peeled and finely chopped	1 tsp ground turmeric
2 cloves garlic, peeled and crushed	400g can chickpeas in unsalted water
1 aubergine, trimmed and diced	400g chopped canned tomatoes
Sunflower oil	300ml vegetable stock
2 tsp ground coriander	225g mushrooms, sliced
2 tsp paprika	75g soft dried apricots, roughly chopped
1 tsp ground cumin	225g quick cook cous cous
1 tsp ground cinnamon	1 tbsp dried mint

METHOD:

1. In a large pan heat a little oil, add the onion and garlic and soften for 2 minutes. Add all the spices and cook for a further 3 minutes.
2. Add the chickpeas, tomatoes and stock.
3. In another pan, heat a little more oil and add the aubergine, lightly fry until beginning to evenly brown. Add the aubergine to the tomato mixture.
4. Add the mushrooms and apricots to the tagine, cover and simmer for 10-15 minutes.
5. In a large bowl, prepare the cous cous according to the pack instructions. Add the dried mint.
6. Serve the tagine with 1-2 of cous cous.

FOR WHEAT-FREE DIETS OMIT THE COUS COUS AND SERVE WITH BOILED RICE.

FOR PUREE DIETS MAKE AUBERGINE AND CHICKPEA PUREE.

Nikki's vegetable & bean curry and rice

INGREDIENTS: serves a family of 4-6

50g unsaturated margarine	¼ pint (140ml) vegetable stock made with Kallo low salt stock cube
2 onions (300g), peeled and finely chopped	1 tbsp (15g) mango chutney
2 carrots (200g), peeled and cut into sticks	½ (150g) cauliflower cut into florets
25g flour	1 (150g) head of broccoli, cut into florets
1 tbsp (5g) mild curry powder	1 x 400g can mixed beans in unsalted water drained
½ tsp (2.5g) ground ginger	125g mushrooms, washed and quartered
½ tsp (2.5g) ground cinnamon	200g Basmati rice
½ pint (280ml) milk	



METHOD:

1. In a large saucepan melt the margarine.
2. Add the onion and carrots and cook for 4-5 minutes until the onion has softened.
3. Add the flour, curry powder, ginger and cinnamon. Cook gently for 5 mins.
4. In a separate saucepan heat the milk.
5. Blending in the hot milk and hot stock into vegetables.
6. Stir in the chutney.
7. Now add the cauliflower, broccoli, beans and mushrooms and bring to the boil.
8. Reduce the heat, and simmer for 15 minutes.
9. Meanwhile cook the rice according to the pack instructions.
10. Serve the curry on a bed of rice.

FOR WHEAT-FREE DIETS USE WHEAT-FREE FLOUR.

FOR DAIRY-FREE DIETS USE SOYA DAIRY ALTERNATIVE.

COOK'S TIP: FOR PUREE DIETS, PREPARE EXTRA CARROT AND CAULIFLOWER TO MAKE A PUREE.




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