Foreword

The food we eat is very important for our health and wellbeing. Food is part of our lives, but each person’s food choices can be very different. Using selected recipes and shopping for ingredients in season or on offer will help you have a varied and healthy diet on a budget.

101+ Square Meals supports the implementation of Healthy Ireland (hi) the National Framework aimed at improving the health and wellbeing of everyone in Ireland. It supports every person to stay as healthy as possible throughout their life.

101+ Square Meals uses the Irish Food Pyramid and Healthy Eating Guidelines to help you plan healthier meals and get best value for your money. The book also contains shopping tips, food safety messages, menu planning advice, and even some treats and snacks for special occasions. The recipes are easy to follow and will be useful to improve health and wellness for you and your family.

Dr Cate Hartigan,
Head of Health Promotion and Improvement, Health and Wellbeing Division
Introduction

The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. This cookery book was designed to take this into consideration and provide easy-to-prepare, low-budget, tasty, yet highly nutritious meals.

You will find sections containing useful tips on shopping, home freezing and food safety, helpful information on healthy eating, various tasty breakfast, lunch and dinner recipes as well as some practical advice for cooking for one. The ‘101+’ recipes offer variety for every age and circumstance.

Hopefully this will result in healthier, more balanced diets for individuals and families within a realistic budget.

Acknowledgements

MABS National Development Limited would like to express their gratitude to safefood for their work on this exciting resource; their contribution has been significant and has made 101+ Square Meals a resource that every home should have.

This edition of 101+ Square Meals draws from earlier editions, and the work of those who pioneered this valuable tool is acknowledged, most particularly that of Norah Bourke, formerly of Limerick MABS, and colleagues at Limerick Community Dietitians HSE West. Also PAUL Partnership Limerick and the Limerick City Adult Education Service.

This resource goes to the heart of the ethos of MABS which is to support people to manage their money better, whilst at the same time, maintain a decent and healthy standard of living. 101+ Square Meals will ensure your family will have a healthy balanced diet which will not break the bank!
### Recipe Symbols

<table>
<thead>
<tr>
<th>符号</th>
<th>食物类型</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRY</td>
<td>Dishes需煎煮</td>
</tr>
<tr>
<td>OVEN</td>
<td>Dishes需烘烤</td>
</tr>
<tr>
<td>CASSEROLE</td>
<td>Dishes需慢炖</td>
</tr>
<tr>
<td>GRILL</td>
<td>Dishes需烧烤</td>
</tr>
<tr>
<td>BOIL/STEW</td>
<td>Dishes需煮或炖</td>
</tr>
<tr>
<td>DEEP FRY</td>
<td>Dishes需深炸</td>
</tr>
<tr>
<td>FRIDGE</td>
<td>Dishes需冷藏</td>
</tr>
</tbody>
</table>

### Recipe Symbols Table

<table>
<thead>
<tr>
<th>成本等级</th>
<th>成本范围</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW COST</td>
<td>≤€6.50</td>
</tr>
<tr>
<td>MEDIUM COST</td>
<td>&gt;€6.50</td>
</tr>
<tr>
<td>HIGH COST</td>
<td>≥€10</td>
</tr>
</tbody>
</table>

### Handy Hints

- **通常是提供一个替代的食材或分量建议。**

### 食谱符号解释

- **FRY**: 食物需要在煎锅中烹调。
- **OVEN**: 食物需要在烤箱中烘烤。
- **CASSEROLE**: 食物需要慢炖。
- **GRILL**: 食物需要在烤架上烧烤。
- **BOIL/STEW**: 食物需要煮或炖。
- **DEEP FRY**: 食物需要在深油中炸。
- **FRIDGE**: 食物需要冷藏。

### 成本等级

- **LOW COST**: 成本低于€6.50。
- **MEDIUM COST**: 成本在€6.50到€10之间。
- **HIGH COST**: 成本超过€10。

### 成本分析

- **Health**: 健康等级。
- **Preparation Time**: 烹饪所需时间。
- **Cooking Time**: 烹饪所需时间。
- **Utensils Needed**: 烹饪所需的用具。
- **Number of Servings (Adult)**: 成人份数。

### 食谱符号说明

- **FRY**: 煎。
- **OVEN**: 烤。
- **CASSEROLE**: 炖。
- **GRILL**: 烧烤。
- **BOIL/STEW**: 煮或炖。
- **DEEP FRY**: 深炸。
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### 快手提示

- **通常提供一个替代的食材或分量建议。**
## Measurements - Weights

<table>
<thead>
<tr>
<th>Metric</th>
<th>Imperial</th>
<th>Metric</th>
<th>Imperial</th>
</tr>
</thead>
<tbody>
<tr>
<td>5g</td>
<td>1/4 oz/1 teaspoon</td>
<td>250g</td>
<td>9oz</td>
</tr>
<tr>
<td>15g</td>
<td>1/2 oz/1 dessertspoon</td>
<td>280g</td>
<td>10oz</td>
</tr>
<tr>
<td>25g</td>
<td>1oz</td>
<td>300g</td>
<td>11oz</td>
</tr>
<tr>
<td>50g</td>
<td>2oz</td>
<td>340g</td>
<td>12oz</td>
</tr>
<tr>
<td>85g</td>
<td>3oz</td>
<td>375g</td>
<td>13oz</td>
</tr>
<tr>
<td>110g</td>
<td>4oz</td>
<td>400g</td>
<td>14oz</td>
</tr>
<tr>
<td>140g</td>
<td>5oz</td>
<td>425g</td>
<td>15oz</td>
</tr>
<tr>
<td>180g</td>
<td>6oz</td>
<td>450g</td>
<td>16oz/1lb</td>
</tr>
<tr>
<td>200g</td>
<td>7oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>225g</td>
<td>8oz</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Metric</th>
<th>Imperial</th>
<th>Metric</th>
<th>Imperial</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 pt</td>
<td>150ml</td>
<td>3/4 pt</td>
<td>425ml</td>
</tr>
<tr>
<td>1/3 pt</td>
<td>200ml</td>
<td>1 pt</td>
<td>575ml</td>
</tr>
<tr>
<td>1/2 pt</td>
<td>275ml</td>
<td>1 3/4 pts</td>
<td>1 litre</td>
</tr>
</tbody>
</table>

### HANDY HINTS

**Yoghurt pot measures**

Use any standard shape yoghurt pot marked 125g or 5.3oz

One pot is approximately:

- 4oz white flour
- 3oz wholemeal flour
- 6oz castor or granulated sugar
- 4oz soft brown sugar
- 5 fluid oz – liquid (e.g., water, milk)
# Oven Temperature Conversion Table

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>DEG. C</th>
<th>DEG. F</th>
<th>GAS MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cool</td>
<td>110</td>
<td>225</td>
<td>Quarter</td>
</tr>
<tr>
<td>Extremely low</td>
<td>120</td>
<td>250</td>
<td>Half</td>
</tr>
<tr>
<td>Very low</td>
<td>140</td>
<td>275</td>
<td>1</td>
</tr>
<tr>
<td>Low</td>
<td>150</td>
<td>300</td>
<td>2</td>
</tr>
<tr>
<td>Very moderate</td>
<td>160</td>
<td>325</td>
<td>3</td>
</tr>
<tr>
<td>Moderate</td>
<td>180</td>
<td>350</td>
<td>4</td>
</tr>
<tr>
<td>Moderately hot</td>
<td>190</td>
<td>375</td>
<td>5</td>
</tr>
<tr>
<td>Fairly hot</td>
<td>200</td>
<td>400</td>
<td>6</td>
</tr>
<tr>
<td>Hot</td>
<td>220</td>
<td>425</td>
<td>7</td>
</tr>
<tr>
<td>Very hot</td>
<td>230</td>
<td>450</td>
<td>8</td>
</tr>
<tr>
<td>Very very hot</td>
<td>240</td>
<td>475</td>
<td>9</td>
</tr>
</tbody>
</table>
Eat a variety of 5 or more different coloured fruit and vegetables every day.

Wholegrain breads, high fibre cereals, porridge, potatoes, wholewheat pasta and brown rice satisfy hunger and are the best foods to fuel your body. These provide a slow release of energy – choose these in place of white versions.

Milk, cheese and yoghurt are important for strong bones and teeth. Choose lower fat milks, low-fat / no added sugar yoghurts and yoghurt drinks and reduced fat cheese. Skimmed milk is not suitable for children under 5. Low-fat milk is not suitable for children under 2.

Protein should be included in the diet each day. Peas, beans and lentils are all excellent sources of protein for vegetarians. Fish, eggs and lean meat are good sources of animal protein.

Choose healthier cooking methods like steaming, grilling and baking instead of frying foods. Remember that meat can be sealed and browned on a pan without using cooking oil, or using just a drop of oil.

When buying vegetable oils, go for the healthiest options – olive, sunflower or rapeseed oil – and use sparingly. When baking, standard margarines can be replaced with low-fat margarines.
Preparing and cooking your meals using fresh ingredients. Ready meals and takeaways tend to be high in fat and salt and should not be eaten regularly.

Portion size is important for all ages – choose smaller portions.

We need about 8-10 cups or glasses of fluid every day. Water and milk are the best options. Fruit juice and sugary drinks should only be consumed occasionally and should be taken at the same time as meals to prevent damage to teeth.

Add as little as possible or no salt to your food when cooking or at the table. Why not experiment with flavouring your food with herbs, spices, pepper, garlic or lemon juice instead?

Limit foods such as chocolate, crisps, biscuits, cake and sugary drinks – these are high in fat, sugar and salt.

Some of the recipes in this book contain nuts. If you are allergic to nuts or are cooking for a young child, remove the nuts from the recipe.
Keep a Well Stocked Food Cupboard

- A well-stocked food cupboard means you will always have some ingredients to make a meal.
- Plan ahead by adding at least 1 or 2 cupboard foods to your shopping list each week. That way, over time you’ll have a well-stocked cupboard.
- Keep supplies of flavourings such as pepper, lemon juice, herbs and spices, curry powder and tomato sauce.

Some suggestions based on the Irish Food Pyramid:

<table>
<thead>
<tr>
<th>Bread, Cereals, Potatoes, Pasta &amp; Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rice / pasta / noodles</td>
</tr>
<tr>
<td>• Breakfast cereals</td>
</tr>
<tr>
<td>• Porridge</td>
</tr>
<tr>
<td>• Keep bread in the freezer</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruit &amp; Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Canned vegetables e.g. sweetcorn, tomatoes</td>
</tr>
<tr>
<td>• Fruit tinned in its own juice</td>
</tr>
<tr>
<td>• Tinned or packet soups</td>
</tr>
<tr>
<td>Note – When buying tinned soup always read the label and choose the low salt option</td>
</tr>
</tbody>
</table>
## Milk, Yogurt and Cheese

- Dried mild powder, evaporated or condensed milk (a good standby if you run out of fresh milk)
- Tinned milk puddings such as rice, sago or tapioca
- Ready-made or tinned custard

## Meat, Poultry, Fish, Eggs, Beans & Nuts

- Tinned fish e.g. tuna, mackerel, sardines
- Baked beans / peas
- Tinned or dried pulses e.g. red kidney beans, butter beans, lentils, chickpeas etc.

## Others

- Stock cubes and gravy granules
- Tomato sauce and puree
- Herbs and spices for flavouring e.g. dried mixed herbs, pepper
- Tea, Coffee
- Sweetener or Sugar, Cocoa / Drinking Chocolate
- Jelly
- Plain Biscuits
1. **Buying food**
   Purchase food from a reliable source and check the ‘best before’ and ‘use by’ dates.

2. **Storing food**
   Put refrigerated foods and frozen foods into your fridge or freezer as soon as possible after buying, taking care not to overload your fridge or freezer.

   Keep your fridge clean, tidy and organised. Do not store raw and cooked foods on the same shelf. Place cooked and ready-to-eat foods on a shelf higher than uncooked foods. Place raw meat, fish and poultry in sealed containers on the bottom shelf so they don’t touch each other or drip onto other foods. All refrigerated products must be kept at a temperature of between 0 and 5 degrees.

3. **Cooking**
   Cook food thoroughly. Any cooked food that will not be eaten straight away should be covered and refrigerated or frozen within 2 hours.

   When re-heating food ensure that it is piping hot all the way through before eating. Food should never be re-heated more than once.
Freezing
When putting food into the freezer ensure it is placed in a properly sealed container and labelled with its date, weight and food type. Check these labels later to ensure food has not been stored for longer than recommended by the manufacturer.

Freezers should be maintained at a temperature of -18°C or less and should be in good working order.

Never put hot food or food that has already been frozen into the freezer.

Thawing
Frozen foods should be defrosted in the fridge, never use hot water or other artificial means to thaw frozen food. Always make sure that frozen foods are completely thawed especially chicken before cooking (unless the instructions specifically state “cook from frozen”, e.g. frozen vegetables).

The freezer should be defrosted on a regular basis to prevent the build-up of ice.
Food Safety in the Kitchen

6 General kitchen hygiene
All kitchen cloths should be washed frequently and replaced regularly at least every 2 days. Use carefully remembering where they were last used. Tea towels should not be used as hand towels or wipe cloths. Surfaces and utensils should be cleaned with hot water and detergent before being used especially those that have been in contact with raw meat, fish, poultry or vegetables.

Keep family pets outside the kitchen. Their food should be kept separate from family food and different utensils and dishes should be used to feed them.

All rubbish should be stored in a rubbish bag or bin and sealed tightly when full. Waste should always be kept covered and rubbish bags should be removed daily to an outdoor bin.

7 Wash your hands thoroughly
Before preparing food
- Before and after handling raw meat or vegetables
- After coughing, sneezing or using a handkerchief
- After handling a baby’s nappy
- After handling pets
**Shopping Guide**

**Before shopping**

Plan!
- Work out your budget for food for the week
- Plan your meals for the week
- Make a shopping list

**While shopping**

- Keep a running tally of what you are spending – this will help to keep you within budget.
- Stick to the shopping list!
- Don't shop on an empty stomach – you are more likely to be tempted by items you don’t need.
- Start with getting the staples of your weekly shop. They can usually be found at the outer aisles.
- Be aware of special deals or offers – it's not good value if you don't need it.
Shopping Guide

- The more expensive brands are usually displayed at eye level, look high and low for better value products.

- Check out supermarkets’ own brands – they can be cheaper and the quality is normally just as good.

- Always check the label for *Best Before* and *Use By* dates. Treat *Best Before* dates as a guideline and *Use By* dates as a deadline.

- Sign up for loyalty cards and collect loyalty points which will lead to money off future purchases.

- If possible, shop around for the best value available.
Mix & Match for Meal Planning

Mix and match foods from the colour code below when planning your meals.

Green: = Go Foods – Eat to your hearts content!!
Orange: = Caution Foods – Enjoy foods from here but don’t go wild!
Red: = Easy-Does-It – Enjoy these foods as a treat!

<table>
<thead>
<tr>
<th></th>
<th>Green</th>
<th>Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal</td>
<td>• High fibre cereals</td>
<td>• Plain cereals</td>
<td>• Chocolate / sugar coated cereals</td>
</tr>
<tr>
<td></td>
<td>• Porridge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>• Brown bread</td>
<td>• All white bread</td>
<td>• Bread with large amounts of spreads / jams / butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Plain pizza with vegetables on</td>
<td>• Pepperoni pizza extra cheese</td>
</tr>
<tr>
<td>Potatoes</td>
<td>• Boiled / steamed or baked potatoes</td>
<td>• Potatoes: roast / mashed</td>
<td>• Chips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Homemade spicy wedges</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>• Brown boiled rice</td>
<td>• White boiled rice</td>
<td>• Fried rice</td>
</tr>
<tr>
<td>Pasta</td>
<td>• Brown boiled pasta</td>
<td>• White boiled pasta</td>
<td>• Pasta with creamy sauces and extra cheese</td>
</tr>
<tr>
<td>Vegetables</td>
<td>• Fresh / frozen vegetables</td>
<td>• Salad with small amounts of regular dressing or low-fat dressing</td>
<td>• Salad with lots of dressing / oils</td>
</tr>
<tr>
<td></td>
<td>• Salad</td>
<td>• Homemade vegetable soup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Freshly squeezed juices</td>
<td>• Coleslaw-small amounts</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>• Fresh fruit e.g. apples, pears</td>
<td>• Raisins / dried fruits</td>
<td>• Tinned fruit in syrup</td>
</tr>
<tr>
<td></td>
<td>• Tinned fruit in natural / own juice</td>
<td>• No added sugar / unsweetened fruit juices</td>
<td>• Squash / juice drinks</td>
</tr>
<tr>
<td></td>
<td>• Freshly squeezed juices</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Mix & Match for Meal Planning cont’d

<table>
<thead>
<tr>
<th></th>
<th>Green</th>
<th>Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>* Low-fat milk</td>
<td>* Full Fat milk</td>
<td>* Flavoured milk e.g. chocolate, strawberry, ice cream</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>* Natural yoghurts</td>
<td>* Yoghurt - Frozen</td>
<td>* Chocolate / toffee flavoured yoghurts</td>
</tr>
<tr>
<td></td>
<td>* Diet yoghurts</td>
<td>* Yoghurt - Full fat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Yoghurt drinks</td>
<td>* Yoghurt - Fruit</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>* Low-fat cheddar cheese</td>
<td>* Cheese - Full fat</td>
<td>* Cheese spreads</td>
</tr>
<tr>
<td></td>
<td>* Cottage cheese</td>
<td>* Cheese - Mini round</td>
<td>* Processed cheese</td>
</tr>
<tr>
<td></td>
<td>* Edam / mozzarella</td>
<td>* Cheese - Plain sticks</td>
<td></td>
</tr>
<tr>
<td>Meat / Poultry Alternatives</td>
<td>* Beans*</td>
<td>* Lean red meat*</td>
<td>* Meat / chicken in batter or breadcrumbs</td>
</tr>
<tr>
<td></td>
<td>* Lentils</td>
<td>* Chicken / turkey*</td>
<td>* Burgers / sausage rolls</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>* Sausages / rashers / pudding</td>
</tr>
<tr>
<td>Fish</td>
<td>* Fresh fish</td>
<td>* Tinned Fish</td>
<td>* Fish in batter / breadcrumbs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* In brine - Tomato sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Olive oil</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td>* Boiled / scrambled*</td>
<td>* Fried</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* poached</td>
<td></td>
</tr>
</tbody>
</table>

* Good healthy sources of iron.
Quench It! – Drinks

What we drink makes up an important part of our overall diet. It is important to drink enough fluids during the day. Water and milk are the most suitable drinks as many fruit juices, squashes and soft drinks are high in sugar and this can lead to tooth decay and weight gain.

<table>
<thead>
<tr>
<th>Green</th>
<th>Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Water</td>
<td>• Unsweetened fruit juice</td>
<td>• Fizzy drinks</td>
</tr>
<tr>
<td>• Milk</td>
<td>• No added sugar drinks / squashes</td>
<td>• Sugar drinks (squash &amp; juices)</td>
</tr>
<tr>
<td>• Freshly squeezed juices</td>
<td>• Diet / light minerals</td>
<td>• High-energy caffeine drinks</td>
</tr>
<tr>
<td>• Homemade fruit smoothies</td>
<td>• Fruit based milky drinks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Flavoured waters</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Sports energy drinks if involved in</td>
<td></td>
</tr>
<tr>
<td></td>
<td>intense exercise-- for greater than</td>
<td></td>
</tr>
<tr>
<td></td>
<td>60 minutes</td>
<td></td>
</tr>
</tbody>
</table>
Breakfasts
Breakfasts

1. JUICE  Orange / Grapefruit / Cranberry / Apple
2. FRUIT  Oranges / Mandarins, Grapefruit, Bananas
          Kiwis, Apples, Grapes, Strawberries.
          Dried / Tinned Fruit, e.g. Prunes, Apricots, Raisins.
          Stewed fruit e.g. Apple or Rhubarb to Porridge.
3. BREAD  Wholemeal, Wholegrain, White Bread
4. CEREALS  HIGH FIBRE EG:
            Porridge
            Wheat Biscuits
            Fruit & Fibre
            Muesli
            Shredded Wheat
            Bran Flakes
            Sultana Bran

            LOW IN
            FIBRE EG:
            Cornflakes
            Rice Krispies
            Special K

            OCCASIONAL
            TREATS,
            (LOW IN FIBRE)
            EG:
            Coco Pops
            Sugar Puffs
            Crunchy Nut Cornflakes
            Honey Nut Loops
            Frosties
French Toast

INGREDIENTS

<table>
<thead>
<tr>
<th>4 slices of bread</th>
<th>1 dessertspoon of vegetable oil</th>
<th>3 dessertspoons low-fat milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg</td>
<td>pinch of salt if desired</td>
<td>pepper</td>
</tr>
</tbody>
</table>

PREPARATION TIME: 5 minutes
COOKING TIME: 5 minutes
NUMBER OF SERVINGS: 2
UTENSILS NEEDED: FRYING PAN

1. Beat egg, milk, pepper and salt together in a shallow bowl.
2. Dip the slices of bread in the egg mixture.
3. Fry in hot oil until they are golden brown.
4. Drain on kitchen paper.

Handy Hints

Serve with grilled sausage and tomato or grilled rasher and tomato.

Omit salt & pepper and serve with a little jam or caster sugar.
Omelette

**INGREDIENTS**

| 2 eggs |
| 1 dessertspoon of vegetable oil |
| pinch of salt if desired pepper |
| 1 small onion, finely chopped |
| 2 dessertspoons of water/low-fat milk |

**PREPARATION TIME**

10 minutes

**COOKING TIME**

10 minutes

1. Heat the oil in a frying pan and fry the onion gently until it is cooked.
2. Beat the eggs, add the water / milk, salt and pepper and pour into the pan over the onion.
3. Spread the mixture around the frying pan and cook until the eggs are set and come away from the edge of the frying pan.
4. Turn the omelette carefully to cook on the other side.

**HANDY HINTS**

If more than one omelette is required increase the eggs and onion. Fry the mixture and complete cooking under the grill.

Serve with toast.

Could also include vegetables such as sweetcorn, peas, peppers or tomatoes.
Poached Eggs

**INGREDIENTS**

<table>
<thead>
<tr>
<th>3 eggs</th>
<th>pinch of salt if desired</th>
<th>1/2 pt/250ml water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 dessertspoon of pepper</td>
<td>pepper</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

2 minutes

**COOKING TIME**

3 minutes

1. Put the water into a saucepan or frying pan, add the salt, pepper and vinegar. Bring to the boil.

2. Break the eggs into the boiling salted water. Simmer gently until the eggs are set (this takes about 2 – 3 minutes).

3. Serve with toast and beans.

**Handy Hints**

The vinegar prevents the egg yolk from breaking.
Scrambled Eggs

**INGREDIENTS**

| 3 eggs | pinch of salt if desired | 4 dessertspoons of low-fat milk |
| 1 tablespoon of vegetable oil | pepper | low-fat milk |

**PREPARATION TIME:** 5 minutes  
**COOKING TIME:** 2-3 minutes

1. Break the eggs into a shallow bowl and beat well with a fork.
2. Heat the oil in a saucepan then add the milk, pepper and salt.
3. Add the beaten eggs and stir over a moderate heat until mixture is thick and creamy.
4. Do not cook for too long or it will curdle.
5. Serve on hot toast.

**Handy Hints**

Add low-fat grated cheese or chopped fresh tomatoes.
Sauces, Stocks & Soups
White Pouring Sauce

**INGREDIENTS**

| 1oz/25g margarine | ½ pt/425ml milk | pinch of salt if desired pepper |

1. Melt the margarine in a saucepan.
2. Add the flour and cook over a low heat for 1 minute, stirring all the time.
3. Remove from the heat and cool slightly.
4. Add the milk, salt and pepper stirring all the time.
5. Return to the heat and bring to the boil. Keep stirring.
6. Reduce heat and cook slowly for 5 minutes.

**HANDY HINTS**

- If the sauce becomes lumpy, place it in a sieve over a pot. Work the sauce through the sieve into the pot below.
- Always use a wooden spoon when preparing sauces.
Sauces – Various

1. White Coating Sauce
   as for white pouring sauce but using ½ pt / 275ml milk.

2. Onion Sauce
   as for white pouring sauce but fry one finely chopped onion in margarine before adding the flour.

3. Cheese Sauce
   as for white pouring sauce but add 2oz / 50g low-fat grated cheese 2 minutes before the end of the cooking time.

4. Parsley Sauce
   as for white pouring sauce but add 1-2 teaspoons of finely chopped parsley 2 minutes before the end of the cooking time.

Handy Hints

If the sauce is too thick, add a little milk.
If the sauce is too thin, blend in a little flour.
Vegetable Stock

Many of the recipes in this book include stock. Stock cubes are often high in salt so try and make your own – it's low cost, easy to make and you can plan ahead by making double the amount and keeping it for another time. Freshly made stock can be stored in the fridge for up to 3 days and in the freezer for up to 1 month.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1 ½ pints water</th>
<th>1 onion</th>
<th>(Optional) 1 parsnip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 carrots</td>
<td>3 celery stalks</td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

5 minutes

**COOKING TIME**

1 hour

1. Combine all the vegetables and water in a pot; bring to a boil.
2. Partially cover, reduce heat and simmer for 1 hour.
3. Strain into a large bowl and discard solids.
4. Cover and chill in the fridge or freezer for use at another date.

Handy Hints

Stock cubes

If you are in a rush and need to use a stock cube instead of fresh stock, choose one that is low in salt.
Chicken Stock

**INGREDIENTS**

| 1 ¾ pints or 1l water | chicken carcass or raw chicken wings | 1 onion |

**PREPARATION TIME** | **COOKING TIME**
| 5 minutes | 1 hour |

1. Add a couple of chicken wings or chicken carcass and an onion to 1 ¾ pts / 1l of boiling water and boil for 1 hour.

2. Allow to stand then skim off the fat from the surface.

3. Strain into a large bowl and discard the solids.

4. Cover and chill in the fridge or freezer for use at another date.

**Handy Hints**

Stock cubes

If you are in a rush and need to use a stock cube instead of fresh stock, choose one that is low in salt.
**Beef Stock**

**INGREDIENTS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ¾ pints/1 l of water</td>
<td>1kg of beef bones</td>
<td>1 onion</td>
</tr>
</tbody>
</table>

1. Place the beef bones and the onion in a pot and add 1 ¾ pts / 1l of boiling water and boil for 1 hour.

2. Allow to stand then skim off the fat from the surface.

3. Strain into a large bowl and discard the solids.

4. Cover and chill in the fridge or freezer for use at another date.

---

**Handy Hints**

Stock cubes
If you are in a rush and need to use a stock cube instead of fresh stock, choose one that is low in salt.
Chicken Soup

**INGREDIENTS**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon of vegetable oil</td>
<td>1 low salt stock cube*</td>
</tr>
<tr>
<td>2oz/50g flour</td>
<td>1pt/575ml of boiling water</td>
</tr>
<tr>
<td>½ pt/275ml low-fat milk</td>
<td>pinch of salt if desired</td>
</tr>
<tr>
<td></td>
<td>ground pepper</td>
</tr>
<tr>
<td></td>
<td>1 finely chopped onion</td>
</tr>
<tr>
<td></td>
<td>3 dessertspoons of peas</td>
</tr>
<tr>
<td></td>
<td>1 medium carrot chopped</td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

<table>
<thead>
<tr>
<th>Number of Servings</th>
<th>Preparation Time</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>8 minutes</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>

**UTENSILS NEEDED**

- Wooden Spoon
- Saucepan

**HANDY HINTS**

*If you have time why not make your own stock (pages 27-29)*

1. Heat the oil in a saucepan.
2. Add the finely chopped onion and fry for 1 minute.
3. Add in the flour and cook for 2 minutes, stirring all the time.
4. Dissolve the stock cube in a 1pt / 575ml of boiling water. Gradually stir in the stock with carrots, peas, salt and pepper.
5. Bring to the boil and simmer for 15 minutes, keep stirring until thickened.
Cream of Mushroom Soup

**INGREDIENTS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 teaspoon of vegetable oil</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 mushrooms chopped</td>
<td></td>
</tr>
<tr>
<td></td>
<td>50g/2oz flour</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 low salt stock cube*</td>
<td>1pt/575ml of boiling water</td>
</tr>
<tr>
<td></td>
<td>3/4 pt/425ml low-fat milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pepper</td>
<td>1 finely chopped onion</td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

8 minutes

**COOKING TIME**

20 minutes

**UTENSILS NEEDED**

WOODEN SPOON
SAUCEPAN

1. Heat the oil in a saucepan. Add the mushrooms and onion and fry, stirring continually for 5 minutes.
2. Add the flour and stir well. Cook for another 2 minutes.
3. Dissolve the stock cube in a 1pt / 575ml of boiling water. Gradually stir in the stock and milk and bring to the boil. Keep stirring.
4. Simmer for 20 minutes, until thickened.
5. Add salt and pepper to taste.

Handy Hints

Sweetcorn may be added.

*If you have time why not make your own stock (pages 27-29)
Farmhouse Vegetable Soup

INGREDIENTS

| 3 carrots | 3 tomatoes/tin of tomatoes |
| 1 turnip | 1 teaspoon of vegetable oil |
| 1 parsnip | 2oz/50g flour |
| 1-2 leeks | 1/2 pt/150ml low-fat milk |
| 1 onion | pinch of salt if desired |
| 8 mushrooms | pepper |
| 1 low salt stock cube* |
| 1pt/575ml of boiling water |

PREPARATION TIME: 15 minutes
COOKING TIME: 45 minutes

UTENSILS NEEDED:
WOODEN SPOON SAUCEPAN

1. Wash, peel and dice carrots, turnips and parsnips. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.
2. Heat the oil in a large saucepan, and gently fry onion and mushrooms.
3. Add carrots, turnips, parsnips and leeks and fry gently.
4. Stir in the flour to absorb fat, gradually stir in the milk.
5. Dissolve the stock cube in a 1pt / 575ml of boiling water. Add stock and bring to boil, stirring continuously.
6. Add tomatoes, pepper and a pinch of salt if desired.
7. Cover saucepan and simmer gently for about 45 minutes.
Mince
Meat Loaf

**INGREDIENTS**

- 1lb/450g lean minced beef
- 1 large onion, very finely chopped
- 4oz/110g fresh brown breadcrumbs (4 slices)
- pinch of salt if desired
- pepper
- 2 dessertspoons tomato sauce
- 1 egg, beaten
- 1 low salt stock cube*
- 1pt/575ml of boiling water
- a little oil (to coat tin)

**PREPARATION TIME** 15 minutes

**COOKING TIME** 1 1/2 hours

**NUMBER OF SERVINGS** 3

**COST**

**HEALTHY**

**UTENSILS NEEDED**

- LARGE LOAF TIN
- MIXING BOWL

1. Place all the ingredients in a large mixing bowl and mix thoroughly together.

2. Brush a large loaf tin with oil and fill with the mixture.

3. Smooth the top with a palette knife and place in the fridge for 1 hour.

4. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.

5. Cook in the pre-heated oven for 1 1/4-1 1/2 hours.

*If you have time, why not make your own stock (pages 27-29).

*If you have time, why not make your own stock (pages 27-29).
Burgers – Quick

**INGREDIENTS**

| 1lb/450g lean minced beef/lamb | pinch mixed herbs |
| 4oz/110g breadcrumbs (4 slices) | 1 small onion – finely chopped |
| | 1 small egg beaten |
| | pinch of salt if desired |
| | pepper |
| | a little flour |

**PREPARATION TIME** | **COOKING TIME**
--- | ---
10 minutes | 20 minutes

**NUMBER OF SERVINGS**

**COST** | **HEALTHY**
--- | ---

**UTENSILS NEEDED**

- Mixing Bowl
- Frying Pan

**Handy Hints**

Add a few drops of Tabasco Sauce to the minced beef mixture for extra flavour.

To ensure that burgers are cooked in the centre, cover the pan with a lid and lower the heat.

Delicious served in pitta breads.

1. Mix all the ingredients together in a bowl.
2. Bind using the beaten egg (add slowly as not all may be needed)
3. Shape mixture into round shapes with a little flour.
4. Fry or grill gently on both sides over a low heat until well cooked. Drain off any excess fat if frying.
5. Serve in bread buns or with mashed potato and salad.
# Chilli Con Carne

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>NUMBER OF SERVINGS</th>
<th>COST</th>
<th>HEALTHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1lb/450g of lean minced beef/lamb</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 onion, finely chopped</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 medium carrot sliced</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 dessertspoons peas</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 mushrooms sliced</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 red pepper sliced</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ tin tomatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon chilli powder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 dessertspoons tomato sauce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 clove of garlic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ tin of kidney beans or 1 tin of baked beans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 dessertspoon of flour</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 low salt beef stock cube*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ pt/150ml of water</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


2. Put minced beef / lamb in a dry frying pan. There is sufficient fat in mince for frying. Cook for 20-25 minutes over a low heat until well browned, stirring all the time. Drain off any excess fat from the pan.

3. Add onions and garlic to the pan and cook for 2 to 3 minutes. Sprinkle on the flour and chilli powder and cook for 1-2 minutes, stirring all the time.

4. Add beef stock, tomato sauce and tinned tomatoes. Bring to the boil.

5. Add kidney / baked beans, carrot, peas, mushrooms and pepper to the mince. Simmer for 20 minutes.

---

*If you have time, why not make your own stock (page 24).
### Hot Pot – Creamy

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>1lb/450g lean minced beef</th>
<th>pinch of salt if desired</th>
<th>1 tablespoon worcestershire sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 medium onion, finely</td>
<td>ground pepper</td>
<td>½ pt/275ml low-fat milk</td>
</tr>
<tr>
<td></td>
<td>chopped</td>
<td>cream of mushroom</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 carrots sliced</td>
<td>soup (page 31)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

|                        | 4 potatoes peeled and     |                          |                                  |
|                        | thinly sliced             |                          |                                  |

**PREPARATION TIME** 20 minutes  
**COOKING TIME** 30 minutes

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Put minced beef and finely chopped onion into a large frying pan and fry until the meat is browned and onion is cooked (about 5 minutes). Keep stirring and drain off any excess fat from the pan.
3. Stir in the soup mixture, milk and worcestershire sauce. Simmer gently for 10 minutes. Add pepper and salt, if desired.
4. Spoon mixture into casserole dish and top with sliced potatoes and carrots.
5. Bake for 30 minutes until the potatoes are tender.

**HANDY HINTS**

Leek & potato soup or vegetable soup can also be used. Add seasonal vegetables for variety.
Lasagne

**INGREDIENTS**

| 1lb/450g lean minced beef/lamb | 1 tin chopped tomatoes | 1 clove garlic cheese sauce (see page 26) |
| 1 onion | 2 dessertspoons of tomato sauce | 10 sheets of easi-cook lasagne sheets |
| 1 green or red pepper | pinch of salt if desired pepper | |
| 8 mushrooms | | |

**PREPARATION**

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. **TO MAKE MEAT SAUCE:** Chop onions, peppers, mushrooms and garlic. Put mince into a large pan and fry until completely brown, stirring all the time with a wooden spoon. Add onions and garlic to mince and cook for 3-4 minutes. Add chopped peppers, chopped mushrooms, tin of tomatoes and tomato sauce to the mince mixture. Bring to the boil and leave to simmer on a low heat for 15-20 minutes.

3. **TO MAKE THE CHEESE SAUCE:** see page 26.

4. **FINAL PREPARATION:** Put layer of meat sauce in the bottom of casserole dish, cover with easi-cook lasagne sheets. Make 1 or 2 more layers as above finishing with a layer of lasagne sheets. Cover with cheese sauce. Sprinkle with remainder of cheese and bake for 30 to 40 minutes.

5. Serve with salad or vegetables.

**Handy Hints**

- Double the ingredients and make in a large roasting dish. When cooked divide into individual portions and freeze.
- Use a medium sized box of easi-cook lasagne sheets.
Cottage Pie

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1 lb/450g lean minced beef</th>
<th>6 broccoli florets</th>
<th>1 low salt beef stock cube*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 onion</td>
<td>5 potatoes cooked</td>
<td>1/2 pt/275ml of water</td>
</tr>
<tr>
<td>2 carrots</td>
<td>a little low-fat milk</td>
<td></td>
</tr>
<tr>
<td>2 dessertspoons of peas</td>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td>3 mushrooms sliced</td>
<td>pepper</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME** 20 minutes  
**COOKING TIME** 45 minutes

1. Pre-heat the oven to 180°C / 375°F / Gas Mark 4.
2. Place the minced beef in a frying pan. Add pepper and salt if desired.
3. Peel the onion, carrots and mushroom and chop them finely. Add all vegetables to the minced beef.
4. Fry until the meat is browned (approx. 15 minutes) and drain off any excess fat from pan.
5. Dissolve the stock cube in 1/2 pt / 275mls boiling water and add to the minced beef.
6. Bring to the boil, stirring all the time.
7. Put into a greased casserole dish.
8. Mash the potatoes and add a little milk and seasoning.
9. Spoon on top of meat mixture and smooth gently with a knife or fork to form a pattern on top.
10. Bake in the pre-heated oven for 45 minutes.

*If you have time why not make your own stock (page 29)
1. Cook the mince beef / lamb, onions, mushrooms and carrots on a dry pan (low heat) for 15 minutes. (There is sufficient fat in mince for frying). Drain any excess fat from pan.

2. Add flour and stir well.

3. Dissolve the stock cube in a ½pt / 275ml of boiling water. Add the stock, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 45 minutes.

4. Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.

5. Serve with the bolognese sauce on top.

---

**Spaghetti Bolognese**

**INGREDIENTS**

- 1lb/450g lean minced beef/lamb
- 1 tin of tomatoes
- 6 mushrooms chopped
- 1 red pepper sliced
- 2 carrots chopped
- 1 onion finely chopped
- 1 low salt beef or vegetable stock cube*
- ½ pt/275ml of boiling water
- 1 dessertspoon tomato sauce
- pinch of salt if desired
- pepper
- 1 dessertspoon flour
- 8oz/225g spaghetti

**PREPARATION TIME** 15 minutes  
**COOKING TIME** 45 minutes

**UTENSILS NEEDED**

- FRYING PAN
- SAUCEPAN

**Handy Hints**

Add broccoli and sweetcorn. You could make large batches of this recipe and freeze some, for when you are too busy to cook.

*If you have time why not make your own stock (pages 27-29)*
Spicy Meatballs

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1lb/450g lean minced lamb/beef</th>
<th>2-3 cloves of garlic finely chopped</th>
<th>2 dessertspoons curry powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large onion, finely chopped</td>
<td>1 teaspoon ginger (optional)</td>
<td>1 dessertspoon cornflour/flour</td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

15 minutes

**COOKING TIME**

20 minutes

1. Place the minced meat in a large bowl.
2. Fry the onion and garlic until golden brown.
3. Mix the curry powder, ginger and cornflour / flour with a little water and add to the pan. Cook for a few minutes.
4. Add this mixture to the mince meat and mix well.
5. Shape into meatballs with damp hands.
6. Oven cook for 25 minutes.

**HANDY HINTS**

- For a milder version use tomato puree instead of curry powder.
- Serve with vegetables and pasta, rice or potatoes.

**UTENSILS NEEDED**

FRYING PAN

LARGE BOWL
Beef / Lamb / Pork
Beef Casserole

**INGREDIENTS**

- 1¾ lb/675g round beef steak/rib steak
- 1 dessertspoon of vegetable oil
- 1 large onion peeled and chopped
- 7 mushrooms sliced
- 3 carrots sliced
- pinch of salt if desired
- ground pepper
- 1 dessertspoon of cornflour
- 1 tablespoon tomato puree
- 1 low salt beef/vegetable stock cube*
- 1pt/575ml of warm water

**PREPARATION TIME**
20 minutes

**COOKING TIME**
1½ hours

1. Pre-heat the oven to 170°C / 325°F / Gas Mark 3.
2. Trim the beef and cut it into thin strips about 2 inches in length.
3. Heat the oil and fry the chopped onion, mushrooms and carrots for 2-3 minutes. Place in casserole dish.
4. Fry the beef strips until brown and drain any excess fat before placing in the casserole dish.
5. Dissolve the stock cube in a 1pt / 575ml of boiling water.
6. Mix the cornflour with the juice in the pan and cook for 2-3 minutes. Remove from heat and stir in the stock.
7. Bring to the boil, add the tomato puree, salt and pepper.
8. Add to the casserole dish and cook for 1½ hours.

*If you have time, why not make your own stock (pages 27-29)
Beef / Lamb Curry

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1lb/450g stewing beef/lamb</th>
<th>2 dessertspoons curry powder</th>
<th>1 low salt stock cube*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large onion chopped</td>
<td>1oz/25g flour</td>
<td>1 ½ pt/1l of water</td>
</tr>
<tr>
<td>1 clove of garlic chopped</td>
<td>1 apple peeled and grated</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME** 20 minutes

**COOKING TIME** 1 ½ hours

**NUMBER OF SERVINGS** 4

**COST** 🍾

**HEALTHY** 🍏

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Cut meat into one-inch pieces. Fry the meat, onion and garlic over a low heat until the meat is brown on all sides.
3. Then place in a casserole dish.
4. Add flour and curry powder to the juices remaining in the pan.
5. Cook for 2-3 minutes.
6. Dissolve the stock cube in a 1 ½ pt / 1l of boiling water.
7. Add the stock and grated apple. Stir continuously to avoid lumps.
8. Bring to the boil and add to the meat mixture in the casserole dish.
9. Cook in the pre-heated oven for 1 ½ hours until meat is tender.

**Handy Hints**

This can be cooked on top of the cooker in a saucepan over a low heat for 1 ½ hours until the meat is tender.

Add more vegetables such as red pepper, mushrooms, peas and sweetcorn.

Serve with boiled rice or boiled potatoes.

*If you have time why not make your own stock (pages 27-29)*
Beef Goulash

### INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 lb/675g stewing beef</td>
<td></td>
</tr>
<tr>
<td>1 dessertspoon of vegetable oil</td>
<td></td>
</tr>
<tr>
<td>3 onions peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td>ground pepper</td>
<td></td>
</tr>
<tr>
<td>tin of chopped tomatoes</td>
<td></td>
</tr>
<tr>
<td>1/2 dessertspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1 dessertspoon tomato puree</td>
<td></td>
</tr>
<tr>
<td>1 pt/575ml water</td>
<td></td>
</tr>
<tr>
<td>6-8 potatoes peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic crushed</td>
<td></td>
</tr>
</tbody>
</table>

### PREPARATION

1. Remove the fat from the meat and cut into one-inch cubes.
2. Heat the oil in a large frying pan. Add the cubes of beef a few at a time and fry them until they are brown on all sides.
3. Transfer the browned meat to a saucepan.
4. Fry the onions in the pan until they are golden brown.
5. Stir in the tomatoes, garlic, paprika, tomato puree, salt and pepper.
6. Add this to the browned meat. Then add the water. Bring to boil, stirring all the time.
7. Cover with a lid and cook slowly for 1 hour.
8. Add the sliced potatoes and simmer for another 30 minutes approximately.

### Handy Hints

Stir in 2 dessertspoons of natural yoghurt before serving.
Beef Stew

INGREDIENTS

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ lb/675g stewing beef</td>
<td>1 low salt beef stock cube</td>
<td>pinch of salt if desired ground pepper</td>
<td></td>
</tr>
<tr>
<td>1 dessertspoon of vegetable oil</td>
<td>1¾pt/1l of warm water</td>
<td>5 carrots</td>
<td></td>
</tr>
<tr>
<td>1½ oz/40g flour</td>
<td>1 onion</td>
<td>1</td>
<td>1 onion</td>
</tr>
</tbody>
</table>

PREPARATION TIME | 15 minutes
COOKING TIME | 1½ hours

1. Fry the meat until browned.
2. Remove from the frying pan and place in a saucepan on a low heat.
3. Chop the onions and carrots and fry lightly.
4. Remove from the frying pan and place with the meat in the saucepan.
5. Sprinkle the flour into the frying pan and stir well.
6. Add the stock cubes, water and seasoning. Continue stirring.
7. Add this to the meat and vegetables and cook gently over a low heat for 1-1½ hours until the meat is tender.

Handy Hints
Add washed and peeled potatoes to the stew, 30 minutes before the end of cooking time. This may also be cooked in a casserole dish in the oven. If making stews or curries, make large batches and freeze some, for when you are too busy to cook.
Lamb Cutlet Casserole

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1 dessertspoon of vegetable oil</th>
<th>5 potatoes, peeled and thinly sliced</th>
<th>2 dessertspoons worcestershire sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 lamb cutlets</td>
<td>1 low salt vegetable stock cube*</td>
<td>1 teaspoon dried mixed herbs (optional)</td>
</tr>
<tr>
<td>2 large onions peeled and sliced thinly into rings</td>
<td>½ pt/275ml of warm water</td>
<td>pinch of salt if desired</td>
</tr>
<tr>
<td>3 dessertspoons of peas</td>
<td>1 dessertspoon plain flour</td>
<td>ground pepper</td>
</tr>
<tr>
<td>1 medium carrots chopped</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Preparation**

1. Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
2. Partially cook the potatoes in boiling salted water for 5 minutes, then slice thinly.
3. Cook cutlets in a frying pan over a low heat for 5-10 mins until browned, turning once. Put on a warm plate.
4. Add the onions to the pan and cook gently for 2-3 minutes until browned.
5. Drain off all but 1 tablespoon of juice from the pan.
6. Scatter the flour in the pan and cook for 1 minute stirring constantly.
7. Dissolve the Stock in ½ pint/275ml of boiling water. Add the stock, worcestershire sauce and mixed herbs. Cook until thickened. Add the salt and pepper to taste.
8. To assemble: lightly grease a casserole dish. Lay half the potatoes on the base, then top with lamb cutlets, carrots and peas. Pour over the thickened stock and onions. Lay the rest of the potatoes on top.
9. Cook in the oven for 45 minutes until cutlets are tender and the potatoes on the surface are golden.

**Handy Hints**

- Leftover potatoes could be used.
- Pork chops could also be used.

*If you have time why not make your own stock (page 27)
Pork Casserole

INGREDIENTS

<table>
<thead>
<tr>
<th>1 1/2 lbs/675g diced pork</th>
<th>1 medium carrot chopped</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 small green pepper</td>
<td>1 teaspoon curry powder</td>
</tr>
<tr>
<td>1 dessertspoon of</td>
<td>pinch of salt if desired</td>
</tr>
<tr>
<td>vegetable oil</td>
<td>1/2 teaspoon ground</td>
</tr>
<tr>
<td>1 onion peeled and</td>
<td>pepper</td>
</tr>
<tr>
<td>chopped</td>
<td>1 oz/50g flour</td>
</tr>
<tr>
<td>6 mushrooms sliced</td>
<td>1 tin of tomatoes</td>
</tr>
<tr>
<td></td>
<td>pinch of mixed herbs</td>
</tr>
<tr>
<td></td>
<td>1 low salt vegetable</td>
</tr>
<tr>
<td></td>
<td>stock cube*</td>
</tr>
<tr>
<td></td>
<td>1/2 pt/275ml of warm</td>
</tr>
<tr>
<td></td>
<td>water</td>
</tr>
</tbody>
</table>

PREPARATION TIME | COOKING TIME
15 minutes       | 1 1/2 hours

UTENSILS NEEDED
FRYING PAN
CASSEROLE DISH

1. Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
2. Remove stalks and seeds from the green pepper and chop it up.
3. Heat the oil and fry the onion, green pepper, mushrooms for 3 minutes. Transfer them to a casserole dish.
4. Add the curry powder, salt and pepper to the flour, and coat the pork in this mixture.
5. Dissolve the stock cube in a 1/2 pt / 275ml of warm water.
6. Fry the coated pork for 5 minutes and then put into the casserole dish. Add tomatoes, carrots, herbs and vegetable stock.
7. Cover tightly and cook in the pre-heated oven for 1 1/2 hours.

HANDY HINTS
This dish is delicious served with baked potatoes (page 86), boiled potatoes or boiled noodles and carrots or broccoli.
*If you have time why not make your own stock (page 27)
Pork Stir-Fry

INGREDIENTS

- 1lb/450g pork pieces
- 1 clove garlic
- 1 onion
- 6 mushrooms
- 1 pepper
- 2 carrots
- 2 dessertspoons soy sauce
- 2 teaspoons cornflour
- 1 dessertspoon of vegetable oil
- 1 chicken stock cube*
- ¼ pt/150mls of boiling water

PREPARATION TIME: 30 minutes
COOKING TIME: 15 minutes

1. Cut pork into thin slices.
2. Cut onions into thin slices and chop garlic.
3. Slice mushrooms and cut carrots and pepper into thin strips.
4. Mix the ¼ pt / 150mls chicken stock with the soy sauce.
   Blend in the cornflour and mix to a smooth paste.
5. Heat the oil in a large frying pan. Add the pork and fry until well browned.
6. Add onion and carrot to the pan and fry for 2-3 minutes.
7. Then add mushrooms and pepper to pork mixture and continue frying for 2-3 minutes.
8. Pour the stock mixture into the pan and bring to the boil, stirring all the time. Simmer for 5 minutes. Serve immediately with noodles.

Handy Hints

Chicken, beef or lamb can be used instead of pork.
Serve with noodles.

*If you have time why not make your own stock (page 28)
Pre-heat the oven to 160°C / 325°F / Gas Mark 3.

2 Trim the fat from the chops using a sharp knife and season on both sides with salt and pepper.

3 Fry chops in a little oil to seal in the juices. Remove from the pan.

4 Cook mushrooms for a few minutes until soft. Stir in lemon juice.

5 Sprinkle the flour and mixed herbs over mushrooms and cook for a few minutes. Remove from heat.

6 Cut four pieces of tin foil large enough to completely cover each chop.

7 Place a chop in the centre of each piece of foil.

8 Cover with the mushroom mixture.

9 Fold the foil over loosely and seal completely.

10 Place on a baking sheet and cook in a pre-heated oven for 35-40 minutes.
Fish
Baked Stuffed Fish

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 small fillets of fish</td>
<td>2 oz/60g brown breadcrumbs (2 slices)</td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
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<td></td>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

20 minutes

**COOKING TIME**

30 minutes

**NUMBER OF SERVINGS**

4

**COST**

---

**HEALTHY**

---

**UTENSILS NEEDED**

Casserole dish

**Handy Hints**

Fish suitable for baking: cod, haddock, mackerel, herrings, trout.

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.

2. Clean and prepare fish. Dry in kitchen paper.

3. Mix breadcrumbs, chopped onion, parsley / mixed herbs, salt and pepper, in a small bowl.

4. Heat oil and stir into crumb mixture. Finally add a little lemon rind or juice.

5. Lay 4 fillets on a greased dish, skin side down and spoon stuffing carefully onto each fillet. Flatten well down and cover with the other four fillets. Cover with foil.

6. Bake for 20-30 minutes, depending on size and thickness of fish.

7. Lift fish carefully on to a warmed serving dish and surround with cooked peas, lemon wedges and parsley.
Chip Shop Fish Supper

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR THE BATTER:</th>
<th>FOR THE FISH:</th>
</tr>
</thead>
<tbody>
<tr>
<td>4oz/110g plain white flour</td>
<td>2 dessertspoons flour</td>
</tr>
<tr>
<td>1 egg</td>
<td>pinch of salt if desired</td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td>pepper</td>
</tr>
<tr>
<td>1 teaspoon breadsoda/bakingsoda</td>
<td>4 fillets white fish</td>
</tr>
<tr>
<td>¼ pint/150ml low-fat milk</td>
<td></td>
</tr>
</tbody>
</table>

1. **MAKE THE BATTER:** Sieve the flour, salt and breadsoda/baking soda into a bowl. Make a well in the centre of the bowl, add the egg and a little of the milk. Stir briskly, gradually adding the rest of the milk beating well all the time. Leave the batter mixture in the fridge until ready to use.

2. Mix the flour, salt and pepper together. Coat the fish with the seasoned flour.

3. Dip the fish in the batter and place in deep fat fryer for about 10 minutes according to thickness of the fish.

4. Drain on kitchen paper.

5. Serve with spicy potato wedges (see page 113) and salad.

**Handy Hints**

- Only have occasionally as this recipe is high in fat.
- Serve with your favourite vegetables.
Crispy Baked Fish in Tomato Sauce

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1 1/2 lb/675g cod or haddock (filleted and skinned)</th>
<th>TOMATO SAUCE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>small onion</td>
</tr>
<tr>
<td>1</td>
<td>clove garlic</td>
</tr>
<tr>
<td>1-2</td>
<td>celery sticks</td>
</tr>
<tr>
<td>1</td>
<td>tin tomatoes</td>
</tr>
<tr>
<td>pinch of salt if desired</td>
<td>pepper</td>
</tr>
<tr>
<td>1</td>
<td>level teaspoon sugar</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon of vegetable oil</td>
</tr>
</tbody>
</table>

**TOPPING:**

| 1 teaspoon of vegetable oil | 2oz/50g white or brown breadcrumbs (2 slices) | 25g of low-fat grated cheese |

---

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Wash and dry the fish, then cut into neat pieces. Place in a lightly greased shallow ovenproof dish.
3. **TOMATO SAUCE:**
   - Heat oil in a small saucepan. Stir in the finely chopped onions, garlic and celery. Cook for 2-3 minutes until the vegetables soften but have not become coloured. Add the tomatoes, sugar, salt and pepper and bring to the boil, stirring all the time.
   - Cover and simmer for 10-15 minutes, stirring occasionally.
4. Meanwhile prepare the topping. Heat oil in a small saucepan. Remove from the heat. Using a fork, stir in the breadcrumbs, then mix in the grated cheese.
5. Pour the tomato sauce over the fish. Sprinkle the topping evenly all over.
6. Cook for 30 minutes until the topping is crisp and brown.
Family Fish Pie

INGREDIENTS

| 1½lb/675g filleted fish | 1 oz/25g low-fat spread | peas |
| 1 onion finely chopped | 1 dessertspoon of flour | 2 carrots chopped |
| pepper | 8 potatoes (cooked and mashed) | ½ teaspoon of mustard |
| few drops of lemon juice | 4 dessertspoons of frozen | 1 teaspoon of mayonnaise |

1. Skin the fish and cut into 4 pieces. Wash in cold water.
2. Place in a saucepan with onion and lemon juice. Add the milk. Cover and cook gently for 10 minutes.
3. Drain the fish, saving the stock.
4. Melt the low-fat spread in a saucepan. Add the flour and cook for 2 minutes until it forms a soft ball. Add the mustard and mayonnaise and thicken sauce with cornflour. Remove from heat and add the fish stock gradually. Bring to the boil, reduce heat and cook for another 2 minutes.
5. Grease a pie dish and add a little sauce. Place fish, peas and carrots in dish and cover with the seasoning and remaining sauce.
6. Fluff potatoes with a fork around edge of dish or spoon the potatoes around the edge.
7. Brown under the grill or in the oven.

Handy Hints
Add 8oz/225g of frozen vegetables to the fish before cooking for 10 minutes.
Fish suitable for this dish include cod, herring, trout, mackerel and salmon.
This tasty dish is a great opportunity to try new fish.
Golden Cod

INGREDIENTS

| 1 1/2 lbs/675g cod cut into 6 pieces | 1 onion peeled and chopped |
| pinch of salt if desired             | 1 teaspoon of vegetable oil |
| pepper                               | 1 carrot peeled and grated |
| juice of a lemon                     | 4oz/120g low-fat cheese grated |
| 1 dessertspoon water                 | 4 potatoes cooked peeled and sliced |

PREPARATION TIME: 30 minutes
COOKING TIME: 30 minutes
NUMBER OF SERVINGS: 4

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Place fish in oven-proof dish, sprinkle with salt, pepper and juice of lemon. Add water.
3. Heat oil in a pan, fry onion and carrot for 2-3 minutes. Then spread over fish.
4. Put a layer of cooked potato slices on top of vegetables.
5. Bake in the pre-heated oven for 30 minutes or until fish is cooked.
6. After 20 minutes of cooking time, sprinkle with grated cheese.

Handy Hints

Any white fish may be used, e.g. whiting.
Brown breadcrumbs may be used instead of potatoes.
# Fish Cakes

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12oz/350g cooked white fish (cod or whiting)</td>
<td></td>
</tr>
<tr>
<td>6 potatoes cooked and mashed</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td>1oz/25g low-fat spread</td>
<td></td>
</tr>
<tr>
<td>2 dessertspoons chopped parsley</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon of vegetable oil</td>
<td></td>
</tr>
<tr>
<td>2 beaten eggs</td>
<td></td>
</tr>
<tr>
<td>3oz/75g brown breadcrumbs (3 slices)</td>
<td></td>
</tr>
<tr>
<td>2 dessertspoons flour</td>
<td></td>
</tr>
</tbody>
</table>

1. Place the flaked fish, potatoes, butter, parsley, salt and pepper and 1 beaten egg in a bowl and mix gently with a fork. Place in the fridge for 30 minutes.

2. Roll into a long ‘snake’ on a floured surface. Cut into 8 portions and shape each into a flat round.

3. Dip the cakes into the second beaten egg and coat in breadcrumbs.

4. Fry or grill the fish cakes until golden brown on each side.

5. Serve with Tossed Green Salad (see page 111).

---

**Handy Hints**

- Tinned salmon may be used instead of white fish if preferred.
- Use a plastic bag to hold breadcrumbs.
Tuna Quick Bake

**INGREDIENTS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cans of tuna</td>
<td>parsley sauce</td>
<td>pepper</td>
</tr>
<tr>
<td>in brine</td>
<td>(page 26)</td>
<td>1 oz margarine</td>
</tr>
<tr>
<td>drained (198g)</td>
<td>1 teaspoon worcestershire sauce</td>
<td>8oz/225g fresh brown</td>
</tr>
<tr>
<td></td>
<td></td>
<td>breadcrumbs (6 slices)</td>
</tr>
<tr>
<td>1 onion,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>chopped</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FISH SAUCE:**

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Rinse the tuna under cold water to reduce salt. Flake the tuna and mix
together with the onion, white parsley sauce, worcestershire sauce, salt
and pepper.
3. Pour some of the fish sauce into a casserole dish.
   Add a layer of breadcrumbs, followed by a layer of sauce.
4. Continue layering in this way until all the ingredients have
   been used up.
5. Finish with a layer of breadcrumbs on the top, dot the surface with
   the margarine and bake in the pre-heated oven for 20-25 minutes.
Chicken
American Style Chicken

**INGREDIENTS**

<table>
<thead>
<tr>
<th>3oz/75g breadcrumbs</th>
<th>1 teaspoon mixed herbs</th>
<th>4 chicken legs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg (beaten)</td>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

15 minutes

**COOKING TIME**

60 minutes

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Mix the breadcrumbs, salt, pepper and mixed herbs together in a bowl.
3. Beat the egg in a separate bowl.
4. Dip the chicken pieces in the egg and then in the seasoned breadcrumbs, pressing on well.
5. Place in a casserole dish, lined with tin foil. Bake in the pre-heated oven for 1 hour or until chicken is cooked.
6. Serve hot or cold with salad.

**Handy Hints**

Use a plastic bag to hold the breadcrumbs when coating the chicken.

Leftover breadcrumbs can be stored in the freezer and used straight from frozen when needed next.
Chicken in Barbecue Sauce

Pre-heat the oven to 190°C / 375°F / Gas Mark 5.

Mix all ingredients except the chicken to make the sauce.

Arrange the chicken in a single layer in the casserole dish.

Spoon sauce over the chicken.

Cover and bake for 55-60 minutes, until the chicken is tender.

INGREDIENTS

<table>
<thead>
<tr>
<th>8 chicken thighs/legs</th>
<th>pepper</th>
<th>1 dessertspoon worcestershire sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 medium onions thinly sliced</td>
<td>1 green pepper thinly sliced</td>
<td>1 teaspoon chilli powder</td>
</tr>
<tr>
<td>pinch of salt if desired</td>
<td>6 dessertspoons tomato sauce</td>
<td></td>
</tr>
</tbody>
</table>

C H I C K E N  i n  B a r b e c u e  S a u c e

8 chicken thighs/legs
2 medium onions thinly sliced
pinch of salt if desired

pepper
1 green pepper thinly sliced
6 dessertspoons tomato sauce

1 dessertspoon worcestershire sauce
1 teaspoon chilli powder

INGREDIENTS

PREPARATION TIME
COOKING TIME
NUMBER OF SERVINGS
COST
HEALTHY
UTENSILS NEEDED

15 minutes
60 minutes

OVEN
CASSEROLE DISH

Handy Hints
Serve with baked potato (page 86) or salad.
Chicken and Broccoli Pie

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Meas.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon of vegetable oil</td>
<td></td>
</tr>
<tr>
<td>4 chicken fillets chopped</td>
<td></td>
</tr>
<tr>
<td>1 onion</td>
<td></td>
</tr>
<tr>
<td>1lb/450g broccoli</td>
<td></td>
</tr>
<tr>
<td>1 tin of mushroom soup or 300ml of homemade mushroom soup</td>
<td>(page 31)</td>
</tr>
<tr>
<td>1 dessertspoon of curry powder</td>
<td></td>
</tr>
<tr>
<td>¼ pt/150mls low-fat milk</td>
<td></td>
</tr>
<tr>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td>2oz/50g brown breadcrumbs (2 slices)</td>
<td></td>
</tr>
<tr>
<td>2oz/50g grated low-fat cheese</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME** 20 minutes  
**COOKING TIME** 30 minutes

1. Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
2. Chop the onion finely and fry in the oil for 2-3 minutes.
3. Add the chicken pieces. Cook for 10 minutes.
4. Boil broccoli for 2-3 minutes.
5. Mix the milk, soup, curry powder, salt and pepper together in a jug.
6. Put the cooked chicken pieces, onion and broccoli into the casserole dish.
7. Pour in the soup mixture and cover with the breadcrumbs and grated cheese.
8. Cook in the pre-heated oven for 30 minutes.

**Handy Hints**

- Carrots or any other vegetable can be used instead of broccoli.
- Roast chicken or boiled chicken pieces could also be used.
- Use cheaper cuts of chicken to keep cost low.
Chicken in Creamy Sauce

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 chicken portions</td>
<td></td>
</tr>
<tr>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td>2oz/50g low-fat spread</td>
<td></td>
</tr>
<tr>
<td>3/4 pt/425mls water</td>
<td></td>
</tr>
<tr>
<td>2 sticks celery chopped</td>
<td></td>
</tr>
<tr>
<td>300ml of cream of mushroom soup (page 31)</td>
<td></td>
</tr>
<tr>
<td>1 red pepper chopped</td>
<td></td>
</tr>
<tr>
<td>2 carrots chopped</td>
<td></td>
</tr>
<tr>
<td>5 mushrooms sliced</td>
<td></td>
</tr>
<tr>
<td>2 dessertspoons of frozen peas</td>
<td></td>
</tr>
</tbody>
</table>

**Preparation Time**: 20 minutes  
**Cooking Time**: 60 minutes

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Season the chicken and fry it briefly on a dry pan (no oil) to seal it.
3. Drain well and transfer to a casserole dish.

**To Make Sauce:**

4. Melt the spread in a saucepan and fry the vegetables gently until they soften, but do not colour.
5. Remove the pan from the heat, stir in the soup. Bring to the boil, stirring all the time.
6. Simmer for 5 minutes.
7. Pour over the chicken pieces and cook on the middle shelf of a pre-heated oven for 55-60 minutes until light golden brown.
Chicken & Tomato Casserole

INGREDIENTS

| 8 small chicken portions | 1 teaspoon mixed herbs | 1 red pepper sliced low salt chicken stock cube* |
| 2 teaspoons of vegetable oil | 2 cans of tomatoes chopped fresh parsley to garnish (optional) | ½ pt/275ml of warm water |
| 4 carrots peeled and sliced | pinch of salt if desired pepper | 1 medium onion |
| 4 celery sticks trimmed and sliced | | |
| pinch of chilli powder | | |

HANDY HINTS

Not all vegetables here need to be used. Select according to availability, choice and cost.

*If you have time why not make your own stock (page 28)

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Heat the oil in a pan and brown half the chicken pieces thoroughly on all sides. This will take about 10 minutes. Remove with a spoon, then fry the remaining pieces. Remove and set aside.
3. Dissolve the stock cube in ½ pt / 275mls of warm water
4. Fry the onion, carrots, celery and red pepper over a medium heat for 10 minutes, stirring occasionally, until soft but not brown. Stir in the chilli powder, pepper, herbs, tomatoes and stock.
5. Return the chicken to the pan, season to taste and bring to the boil. Place in a casserole dish.
6. Cover and cook in the centre of the oven for 1 hour.
7. Remove the lid and continue cooking for a further 15-30 minutes until the meat is very tender.
8. To serve: Sprinkle with the chopped fresh parsley.
Chicken Curry

INGREDIENTS

<table>
<thead>
<tr>
<th>1 cooked whole chicken</th>
<th>1 clove of garlic</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mushrooms</td>
<td>2 dessertspoons medium curry powder</td>
</tr>
<tr>
<td>1 green pepper</td>
<td>1 teaspoon of vegetable oil</td>
</tr>
<tr>
<td>1 onion</td>
<td>1 dessertspoon flour</td>
</tr>
<tr>
<td>2 dessertspoons of frozen peas</td>
<td>1 low salt chicken stock cube*</td>
</tr>
<tr>
<td></td>
<td>½ pt/275mls of boiling water</td>
</tr>
</tbody>
</table>

PREPARATION TIME: 30 minutes
COOKING TIME: 30 minutes
NUMBER OF SERVINGS: 6

1. Remove the chicken off the bone.
2. Slice vegetables and garlic.
3. Dissolve the stock cube in ½ pt / 275mls of boiling water.
4. Heat the oil in a frying pan and gently fry the onions and garlic.
5. Add mushrooms and pepper to the frying pan and cook for 2 to 3 minutes.
6. Add curry powder and flour to the pan and cook for one minute stirring all the time.
7. Stir in the stock, chicken pieces and peas.
8. Reduce heat, cook slowly for 10 minutes without stirring.
9. Serve with boiled brown or white rice.

Handy Hints
Boil 4 chicken legs and remove the meat from the bone instead of using one cooked chicken. Fresh chicken fillets can be used. Fry gently before adding vegetables.

*If you have time why not make your own stock (page 28)
Chicken Hot-Pot

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>1 teaspoon of vegetable oil</th>
<th>4 large potatoes peeled and cut into large slices</th>
<th>pepper</th>
<th>2 sticks celery, sliced</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 chicken leg pieces or breasts</td>
<td>1 small green pepper, chopped (optional)</td>
<td>1 low salt chicken stock cube*</td>
<td>1pt/575ml of boiling water</td>
<td></td>
</tr>
<tr>
<td>1 large onion, thinly sliced</td>
<td>3 large tomatoes peeled and chopped or 1 tin of tomatoes</td>
<td>pinch of salt if desired</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8oz/225g frozen sweetcorn or peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME** 20 minutes  
**COOKING TIME** 65 minutes

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Heat the oil in the frying pan, add the chicken and cook until brown on all sides.
3. Place chicken in a casserole dish.
4. Add the onion, salt, pepper, celery and potatoes to the juices in the frying pan and cook for 5 minutes. Drain off the fat.
5. Dissolve the stock cube in 1pt / 575ml of boiling water
6. Add the tomatoes and stock. Bring to the boil
7. Pour this over chicken pieces in the casserole dish.
8. Cover and cook for 45 to 50 minutes.
9. Add sweetcorn and / or peas and cook for another 15 minutes.

---

**HANDY HINTS**

- Use a variety of vegetables. These may be cooked in a saucepan on the top of the cooker.
- Serve with rice or a baked potato.
- If you have time why not make your own stock (page 28)
Chicken in Mushroom Sauce

**INGREDIENTS**

<table>
<thead>
<tr>
<th>6 chicken portions</th>
<th>1 dessertspoon vegetable oil</th>
<th>6 mushrooms (sliced)</th>
</tr>
</thead>
<tbody>
<tr>
<td>pinch of salt if desired pepper</td>
<td>1 dessertspoon of vegetable oil</td>
<td>1 packet chicken soup</td>
</tr>
<tr>
<td>1 low salt chicken stock cube* dissolved in 6 dessert spoons of water</td>
<td></td>
<td>1 level teaspoon flour</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¾ pt/425ml water</td>
</tr>
</tbody>
</table>

**PREPARATION TIME** 20 minutes  
**COOKING TIME** 60 minutes  
**NUMBER OF SERVINGS** 6

1. Trim chicken joints and remove all fat and skin, then season with salt and pepper.
2. Heat the oil in a large pan and fry the chicken portions on each side until golden brown.
3. Transfer the chicken portions to a casserole dish.
4. Pour the stock into the pan and stir, using a wooden spoon. Mix any crispy pieces from the sides of the pan. Boil for a few minutes. Keep for sauce.

**TO MAKE SAUCE:**

1. Heat the oil in a saucepan, add the mushrooms and cook over a low heat until the mushrooms soften.
2. Stir in the soup mix and the flour, then blend in the water.
3. Bring to the boil and simmer for 5 minutes.
4. Stir in the juices from the frying pan.
5. Pour the sauce over the chicken joints.
6. Cook in a pre-heated oven 190°C / 375°F / Gas Mark 5 for 50-60 minutes until the chicken is fully cooked.

---

Handy Hints

A tin of chicken or mushroom soup can be used instead of the sauce.

*If you have time why not make your own stock (page 28)*
Chicken, Bacon & Mustard Bake

**Ingredients**

- 8 chicken portions skinned
- 8 back rashers trimmed
- pepper
- 1 dessertspoon mustard powder
- 3 dessertspoons plain flour
- 2 dessertspoons lemon juice
- 2 carrots chopped
- 1 onion sliced
- 1 leek chopped
- 1 low salt chicken stock cube* 
- 1pt/575mls of boiling water

**Instructions**

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Wrap the chicken pieces in the bacon rashers and secure each one with a cocktail stick.
3. Cook until brown on all sides in a dry pan.
4. Remove from the pan with a spoon and put to one side.
5. Add the mustard powder, flour and pepper into the pan and cook, stirring for 1 minute.
6. Dissolve the stock cube in 1pt / 575ml of boiling water.
7. Fry the onions and leeks in the pan for 5 – 10 minutes or until softened but not brown. Add in the stock, lemon juice, carrots and leek and bring to the boil stirring continuously.
8. Place the chicken pieces in a casserole dish, add the stock from the frying pan and cover. Cook in pre-heated oven for 1-1½ hours.

*If you have time why not make your own stock (page 28)
Chicken Risotto

INGREDIENTS

| 10oz/280g long grain rice | pinch of salt if desired pepper | 1 low salt chicken stock cube |
| 1 onion | 3 or 4 chicken fillets | ¼ pt/425ml of boiling water |
| 1 clove of garlic | 1 teaspoon of vegetable oil | |
| 1 green or red pepper | 1oz/25g of low-fat grated cheese | |
| 5 mushrooms | | |
| 1 small packet (or 1 small tin) of frozen corn | | |

PREPARATION TIME: 30 minutes

COOKING TIME: 30 minutes

UTENSILS NEEDED: FRYING PAN, SAUCEPAN

1. Boil rice for approx. 5 mins, and drain.
2. Chop onion, pepper and mushrooms.
3. Cut chicken fillets into cubes.
4. Crush the garlic or chop into fine pieces.
5. Fry chicken pieces in vegetable oil.
6. Add garlic, onions, peppers and mushrooms. Fry gently.
7. Add rice to pan.
8. Dissolve the stock cube in ¼ pt / 425ml boiling water, add corn, salt and pepper.
9. Bring to boil and cook gently for 30 minutes, or until all the liquid has been absorbed. Add the grated low-fat cheese.
10. Season to taste.

Handy Hints

- Stir frequently to prevent the risotto from sticking to the bottom of the pan.
- Add other vegetables such as carrots and leeks.
- Get the butcher to dice the chicken breasts for you.
Chicken & Vegetable Casserole

**INGREDIENTS**

- 4 chicken portions
- 3 large carrots
- 2 onions
- 6 mushrooms
- 1 low salt chicken stock cube
- ½ pt/275ml of boiling water
- 2 dessertspoons lemon juice
- ½ dessertspoon mixed herbs
- pinch of salt if desired
- pepper

**PREPARATION TIME**
- 15 minutes

**COOKING TIME**
- 1 ½ hours

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Wash, peel and chop carrots, onion and mushrooms.
3. Place chicken portions in a casserole dish with carrots, onion and mushrooms.
4. Dissolve stock cube in ⅛ pt / 275ml of boiling water
5. Pour in chicken stock, lemon juice, mixed herbs, salt and pepper.
6. Bake for 1-1½ hours or until chicken is cooked.
7. Serve with baked potatoes (see page 86) or rice.

**COST**

**UTENSILS NEEDED**

- OVEN
- CASEROLE DISH

**HANDY HINTS**

- This is a basic recipe for a tasty casserole.
- Add your favourite vegetables.
Vegetarian
# Potato with Cheese & Onion

## INGREDIENTS

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 medium potatoes</td>
<td>4oz/110g grated cheese</td>
<td>pinch of salt if desired</td>
</tr>
<tr>
<td>½ onion grated</td>
<td>pepper</td>
<td></td>
</tr>
</tbody>
</table>

## PREPARATION

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Boil the potatoes, strain and mash.
3. Add onion, grated cheese, salt and pepper to the potatoes.
4. Place in a casserole dish.
5. Put under the grill for a few minutes to form a crust on the potato, or bake in a pre-heated oven for 20 minutes.

## Handy Hints

Serve with baked beans or salad.

Use this recipe as a side dish to a main meal.
Spanish Omelette

INGREDIENTS

<table>
<thead>
<tr>
<th>1 dessertspoon of vegetable oil</th>
<th>pinch of salt if desired ground pepper</th>
<th>1 dessertspoon chopped parsley</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 onions, chopped</td>
<td>4 eggs</td>
<td></td>
</tr>
<tr>
<td>1 chopped red pepper</td>
<td>2 large potatoes boiled and chopped</td>
<td></td>
</tr>
<tr>
<td>1 dessertspoon chopped parsley</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Heat 1 dessertspoon of oil in a frying pan.
2. Add the onions and cook until soft.
3. Add the red pepper, cook for 5 minutes.
4. Beat the eggs in a bowl. Add salt and ground pepper.
5. Stir the potatoes, parsley and fried vegetables into the egg mixture.
6. Pour the egg mixture into the heated frying pan and spread evenly to the edge.
7. Cook for 5 minutes until the egg mixture comes away from the side of the pan.
8. Place the pan under a pre-heated moderate grill for about 3 minutes to cook the top of the omelette.

HANDY HINTS

A good way of using leftover potato.
Serve with tossed green salad (page 111).
Stir-Fry Vegetables

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1 green pepper</th>
<th>1 lb/225g French beans/string beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 yellow pepper</td>
<td>1 dessertspoon of vegetable oil</td>
</tr>
<tr>
<td>10 mushrooms</td>
<td>pepper</td>
</tr>
<tr>
<td>1 onion</td>
<td>1 low salt stock cube</td>
</tr>
<tr>
<td>3 carrots</td>
<td>¼ pt/150ml water</td>
</tr>
</tbody>
</table>

**PREPARATION TIME** 15 minutes

**COOKING TIME** 20 minutes

1. Peel and slice the carrots.
2. Slice the peppers, onion and mushrooms thinly.
3. Heat the oil in a frying pan. Add the mixed vegetables and stir well.
4. Dissolve the stock cube in ¼ pt/150ml of boiling water and add to the pan. Keep stirring.
5. Cover the vegetables and cook gently for 10-15 minutes, until the vegetables are tender but still crisp. Add the beans and cook for a further 3-5 minutes.
6. Serve with boiled rice, pasta or potatoes.

**HANDY HINTS**

- A little soy sauce can be added for extra flavour.
- Sweet and sour sauce can also be used.
- Not all vegetables have to be used. Select according to availability, choice and cost.
- Add other beans or chickpeas for extra protein.
Veggie Burger

INGREDIENTS

| 1 dessertspoon of vegetable oil | 5 mushrooms, chopped   |
| 1 leek or onion, finely chopped | 1 carrot finely, chopped |
| 1 clove garlic, crushed          | 2 dessertspoons chopped parsley |
|                                 | 5 potatoes, cooked and mashed |
|                                 | pinch of salt if desired |
|                                 | pepper                  |
|                                 | 2oz/50g wholemeal       |
|                                 | breadcrumbs (2 slices)  |

PREPARATION TIME: 15 minutes
COOKING TIME: 5 minutes

1. Heat the vegetable oil, add the onion and / or leek and fry until softened.
2. Add mushrooms, carrot and garlic and fry for 5 minutes.
3. Strain off any liquid.
4. Add vegetables and parsley to the mashed potato.
5. Season with salt and pepper.
6. Divide mixture into 8 portions and shape into rounds.
7. Coat with breadcrumbs. Grill or fry for two minutes on both sides until golden.

Handy Hints

Serve with a crunchy mixed salad. For extra protein include some lentils.
Vegetarian Casserole

**INGREDIENTS**

<table>
<thead>
<tr>
<th>4 medium potatoes chopped</th>
<th>3 dessertspoons of peas</th>
<th>1 low salt vegetable stock cube*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 medium carrots chopped</td>
<td>4 cloves of garlic</td>
<td>1pt/575mls of boiling water</td>
</tr>
<tr>
<td>1 onion diced</td>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td>½ turnip chopped</td>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td></td>
<td>400g tin of kidney beans</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**: 20 minutes  
**COOKING TIME**: 1½ hours

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Fry the onions and garlic for five minutes. Slice potatoes and put a layer in the bottom of the casserole dish.
3. Layer the onion, garlic, vegetables and kidney beans.
4. Repeat layering until the dish is full. Season between the layers.
5. Finish with a layer of potatoes.
6. Dissolve the stock cube in 1pt/575ml of boiling water and add it to the casserole.
7. Cover and cook in the pre-heated oven until vegetables are tender.

*Handy Hints*: Instead of a vegetable stock cube cook the vegetables for 1 hr in salted water, drain and add 1pt/575mls of white sauce (page 26). Sprinkle with breadcrumbs and cheese and return to the oven for 30 mins.

*If you have time, why not make your own stock (page 27)*
Vegetable Curry

**INGREDIENTS**

| 1 dessertspoon of vegetable oil | 1 low salt vegetable stock cube* | 1 dessertspoon
dessicated coconut
(optional) |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 chopped onion</td>
<td>1pt/575mls of boiling water</td>
<td>1 teaspoon brown sugar</td>
</tr>
<tr>
<td>1 or 2 apples cored and peeled</td>
<td>6 mushrooms sliced</td>
<td>1 teaspoon lemon juice</td>
</tr>
<tr>
<td>2 dessertspoons curry powder</td>
<td>1 red pepper deseeded and sliced</td>
<td>1 tin of peas/beans</td>
</tr>
<tr>
<td>1 dessertspoon flour pinch of salt if desired pepper</td>
<td>2oz/50g sultanas</td>
<td>1 dessertspoon chutney (optional)</td>
</tr>
<tr>
<td></td>
<td>1 medium carrot chopped</td>
<td></td>
</tr>
</tbody>
</table>

*If you have time why not make your own stock (page 27)*

**PREPARATION TIME**

30 minutes

**COOKING TIME**

45 minutes

**NUMBER OF SERVINGS**

4

**COST**

6

**HEALTHY**

⅗

**UTENSILS NEEDED**

FRYING PAN OR SAUCEPAN

1. Prepare the mixture of vegetables. Wash them and chop into cubes. Place in a saucepan.
2. Add the apple, lentils, lemon juice, coconut, sultanas, brown sugar and chutney. Add ¾ pt / 425ml of stock and boil for 20 mins.
3. Heat the oil and fry the onion until it is soft.
4. Stir in the curry powder, flour and remainder of stock.
5. Bring to the boil. Add this to the mixed vegetables and season. Add the peas/beans.
6. Simmer for 10 minutes. Reduce heat and cook slowly for another 20 minutes. Add more stock if needed.
# Vegetable Goulash

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 carrots chopped</td>
<td>3 medium potatoes chopped</td>
</tr>
<tr>
<td>5 mushrooms sliced</td>
<td>1/2 courgette sliced</td>
</tr>
<tr>
<td>3 dessert spoons sweetcorn</td>
<td>2 onions, finely chopped</td>
</tr>
<tr>
<td>1 clove of garlic, finely chopped</td>
<td>1 dessert spoon of vegetable oil</td>
</tr>
<tr>
<td>14oz/400g can of chopped tomatoes</td>
<td>1 red and green pepper</td>
</tr>
<tr>
<td>4 dessert spoons tomato puree</td>
<td>2 dessert spoons paprika</td>
</tr>
<tr>
<td>pinch of salt if desired</td>
<td>pepper</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PREPARATION TIME</strong></th>
<th><strong>COOKING TIME</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>40 minutes</td>
<td>40 minutes</td>
</tr>
</tbody>
</table>

**UTENSILS NEEDED**

- Oven
- Casserole dish

**HANDY HINTS**

For extra protein include some lentils/beans/barley.

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Cut the vegetables into bite-sized pieces.
3. Heat the oil and fry the onions and garlic in the oil for 5 minutes and place in casserole dish.
4. Add the mixed vegetables to the frying pan for 5 minutes and then add to casserole dish.
5. Heat the tomatoes, tomato puree, paprika and seasoning in the frying pan then add to the rest of the mixture in the casserole dish.
6. Cover the dish and put in the oven, after 20 minutes remove the lid and stir, put back in the oven uncovered for a further 20 minutes.
# Vegetable Lasagne

**INGREDIENTS**

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large onion sliced</td>
<td>1 dessertspoons tomato sauce</td>
<td>½ low salt vegetable stock cube*</td>
<td></td>
</tr>
<tr>
<td>1 green pepper sliced</td>
<td>8oz/225g lasagne sheets or medium box of easy-cook lasagne sheets</td>
<td>½ pt/275mls of boiling water</td>
<td></td>
</tr>
<tr>
<td>1 yellow pepper sliced</td>
<td>2-3 dessertspoons of low-fat grated cheese</td>
<td>½ pt/275ml white sauce (page 25)</td>
<td></td>
</tr>
<tr>
<td>10 mushrooms sliced</td>
<td>1 can kidney beans</td>
<td>pinch of salt if desired</td>
<td></td>
</tr>
<tr>
<td>3 carrots finely chopped</td>
<td>1 can tomatoes</td>
<td>ground pepper</td>
<td></td>
</tr>
<tr>
<td>1 can kidney beans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 can tomatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*If you have time why not make your own stock (page 27)*

**PREPARATION TIME** 30 minutes  
**COOKING TIME** 25 minutes

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Fry the onions, peppers, mushrooms and carrots for 3-5 mins.
3. Dissolve the stock cube in ½ pt / 275ml of boiling water.
4. Add the tomato sauce, kidney beans, tomatoes and vegetable stock. Season with salt and ground pepper.
5. Layer the sheets of lasagne and vegetables in a casserole dish: starting with a layer of vegetables and finishing with a layer of lasagne.
6. Make the white sauce (see sauces page 25) and pour on top.
7. Sprinkle with mixed herbs and grated cheddar cheese.
8. Bake in the pre-heated oven for 20 to 25 minutes.

**Handy Hints**

Serve with crunchy side salad or garlic bread.

1 dessertspoon of mature cheddar cheese may be used.

Serve with crunchy side salad or garlic bread.

1 dessertspoon of mature cheddar cheese may be used.

Serve with crunchy side salad or garlic bread.

1 dessertspoon of mature cheddar cheese may be used.
Vegetable Pasta Bake

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 dessertspoon of vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 onion chopped</td>
<td></td>
</tr>
<tr>
<td>1 green pepper sliced</td>
<td></td>
</tr>
<tr>
<td>8 mushrooms sliced</td>
<td></td>
</tr>
<tr>
<td>1 tin tomatoes</td>
<td></td>
</tr>
<tr>
<td>2 dessertspoons tomato sauce</td>
<td></td>
</tr>
<tr>
<td>1 or 2 cloves of garlic</td>
<td></td>
</tr>
<tr>
<td>mixed herbs</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td>200g/8oz pasta</td>
<td></td>
</tr>
<tr>
<td>1 pt/575ml cheese sauce (page 26)</td>
<td></td>
</tr>
<tr>
<td>3 dessertspoons wholemeal bread crumbs</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

30 minutes

**COOKING TIME**

15 minutes

**NUMBER OF SERVINGS**

4

**COST**

Healthy

**UTENSILS NEEDED**

Frying pan, Casserole dish

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Heat the oil, fry the onion, pepper, mushrooms and crushed garlic for 5 minutes.
3. Add the tomatoes, tomato sauce, mixed herbs and a little pepper.
4. Bring to the boil, reduce heat and simmer for 20 minutes.
5. Cook the pasta in boiling water for 12-15 minutes until it is soft. Drain the pasta and add to the vegetable mix.
6. Stir and cook gently for 2-3 minutes.
7. Put the pasta and vegetable mix into a casserole dish and cover with a thick cheese sauce (see page 26).
8. Sprinkle with grated cheese and breadcrumbs.

**Handy Hints**

Try different shapes and colours of pasta for variety.

For a change try wholewheat pasta.
Vegetable Risotto

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>½ low salt* vegetable stock cube</th>
<th>10oz/280g rice</th>
<th>1 green pepper finely chopped</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>½ pt/275mls of boiling water</td>
<td>½ lb/225g frozen peas</td>
<td>1lb/450g tin tomatoes</td>
</tr>
<tr>
<td></td>
<td>1 dessertspoon of vegetable oil</td>
<td>6 mushrooms, chopped</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 finely chopped onion</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 can of kidney beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 finely chopped onion</td>
<td></td>
</tr>
</tbody>
</table>

PREPARATION TIME: 20 minutes
COOKING TIME: 20 minutes

1. Rinse rice and cook in stock for 10 minutes.
2. Heat the oil. Fry the chopped onion, mushrooms and pepper in the oil for 5 minutes.
3. Add the frozen peas, kidney beans and tomatoes to the fried vegetables and heat gently.
4. Stir in the rice and cook for 10 minutes until the liquid has been absorbed.
5. Serve with side salad.

*If you have time why not make your own stock (page 27)
Light Meals
Traditional Packed Lunch
Choose one item from each box

1. **FRUIT**
   - One apple / orange / banana / pear / peach
   - Two plums / mandarins / kiwis
   - Handful of grapes
   - Strawberries / blackberries
   - Any other fruit

2. **BREAD**
   - Wholemeal or high-fibre bread
   - Brown / white soda bread
   - Brown / white bread
   - French stick
   - Pitta bread
   - Scones
   - Banana bread
   - Wraps

3. **FILLINGS**
   - Tuna and sweetcorn
   - Cold chicken mashed in natural yoghurt and cucumber
   - Sliced ham and tomato sauce and lettuce
   - Hard boiled eggs mixed with onion in natural yoghurt and lettuce
   - Curried tuna and lettuce
   - Grated low-fat cheese with tomato and lettuce
   - Peanut butter and banana
   - Sliced beef

4. **DRINK**
   - Water
   - Milk
   - Yoghurt
   - Fruit juice*
   - Homemade soup

---

*Should only be taken with meals due to the high sugar content
Alternative suggestions for packed lunches

1. Salad Box
   - Egg, lettuce, tomato, onion, cucumber, coleslaw, peppers, sweetcorn, carrot sticks

2. Pasta Dishes
   - Pasta, tuna and sweetcorn
   - Pasta, tomato and ham

3. Chicken and salad

4. Cream crackers and low-fat cheese
Bacon Surprise

**INGREDIENTS**

| 4 slices white or brown bread | 2 heaped teaspoons low-fat spread | 4oz/110g low-fat grated cheese 4 back rashers |

**PREPARATION TIME**

- 5 minutes

**COOKING TIME**

- 10 minutes

**NUMBER OF SERVINGS**

- 5

**COST**

- 85

**UTENSILS NEEDED**

- KNIFE, OVEN TRAY

2. Spread lightly with butter.
3. Put 1oz / 25g grated cheese on each slice of bread and roll up tightly.
4. Wrap each roll with a rasher and grill until golden brown or bake in the oven at 180°C.

**Handy Hints**

- Use brown bread for healthier option.
- Add vegetables such as tomato, sweetcorn, onion or mushroom.
Baked Potato with Fillings

**INGREDIENTS**

- 2 large potatoes scrubbed but not peeled

**PREPARATION**

<table>
<thead>
<tr>
<th>NUMBER OF SERVINGS</th>
<th>COST</th>
<th>HEALTHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PREPARATION TIME</th>
<th>COOKING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>

**UTENSILS NEEDED**

OVEN TRAY

**HANDY HINTS**

- Par-boil the potatoes in their skins for about 20 minutes, then prick them and cover them with oil and bake for 15 minutes in a conventional oven 180°C/350°F/Gas Mark 4.
- Serve with natural yoghurt or salsa.

**FILLINGS FOR BAKED POTATO**

**BACON AND SWEETCORN FILLING:**

1. Grill the rashers, trim the fat off and cut into small pieces.
2. Cut the potato in half and carefully scoop the centre out of the potato.
3. Mix this potato with the sweetcorn, rashers and ground pepper.
4. Return the mixture to potato skin.
5. Place in a hot oven and bake until warmed through and golden.

1. Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
2. Wash the potatoes, then prick them all over with a fork.
3. Bake in a pre-heated oven for 1½ hours or until the inside is tender.
4. For the microwave method, follow the instructions given in the manual.
Baked Potato with Fillings (continued)

SAVOURY MINCED BEEF AND TOMATO FILLING
2 large baked potatoes 4oz/110g lean minced beef
ground pepper tomato slices for garnish
1 medium onion 1 dessertspoon tomato puree
pinch of salt if desired 4oz/110g back bacon, grilled

1. Fry the minced beef, onion and tomato puree until well cooked and drain any excess fat from the pan.
2. Cut the potato in half and carefully scoop the centre out of the potato.
3. Mix this potato with the mince. Add the salt and ground pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed through and slightly browned on top.
6. Garnish with tomato slices.

TUNA AND POTATO FILLING
2 large baked potatoes 7oz/200g can tuna fish, flaked
ground pepper 2 dessertspoons sweetcorn
pinch of salt if desired 4oz/110g back bacon, grilled
until crisp, crumbled
2 spring onions

1. Cut the potato in half and carefully scoop the centre out of the potato.
2. Mix this potato, tuna and chopped bacon together.
3. Add a little salt and ground pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed through and slightly browned on top.

TURKEY AND HAM TOPPING
2 large baked potatoes 4oz/110g cooked turkey
tomato slices for garnish
4oz/110g cooked ham 2 dessertspoons peas
1 tsp low-fat/light mayonnaise 2 spring onions

1. Cut the potato in half and carefully scoop the centre out of the potato.
2. Slice the turkey and ham and add to the mashed potato flesh.
3. Stir in peas and a little mayonnaise.
4. Add a little salt and pepper.
5. Return the mixture to the potato skins.
6. Place in a hot oven and bake until warmed through and slightly browned on top.

Handy Hints
Serve with a tossed salad.
Try adding 1 tin of baked beans and 1oz/25g of low-fat cheese.
French Bread Pizza

**INGREDIENTS**

| 1 french baguette, cut in half | 2 tomatoes, sliced 2 dessertspoons (30 ml) tomato sauce | 2oz/50g low-fat grated cheese |

1. Pre-heat the grill.
2. Spread the tomato sauce over the cut surfaces of the baguette.
3. Top with slices of tomato and season with black pepper.
4. Sprinkle with the cheese.
5. Grill for about 2 minutes until the cheese has melted and is beginning to bubble.

**COST**

- **Utensils Needed:** Handy Hints
  - Cooked ham, peppers, mushrooms can also be used.
  - Add ½ red pepper, sweetcorn, onion, 3 mushrooms.
  - Use wholegrain baguette.
Macaroni Cheese

INGREDIENTS

| 6oz/180g quick-cooking macaroni cheese sauce (page 26) | 2oz/50g low-fat grated cheese | 2oz/50g brown breadcrumbs |

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Cook macaroni in lightly salted boiling water and drain.
3. Make the cheese sauce (see sauces page 26).
4. Add cooked macaroni to cheese sauce and pour into a large pie dish. Top with grated cheese and breadcrumbs.
5. Bake in the pre-heated oven for 20 mins.
6. Serve with tossed green salad (see page 111).
**Pancakes**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>8oz/225g flour</th>
<th>1/4 pt/425ml low-fat milk</th>
<th>pinch of salt if desired</th>
</tr>
</thead>
</table>

1. Sieve flour and salt into a bowl.
2. Make a hole in the centre of the flour and drop in the egg with 1/4 of the milk.
3. Stir the egg mixture in the centre of the bowl with a wooden spoon, allowing the flour to fall in gradually from the sides.
4. Add the rest of the milk slowly, beating well to avoid lumping.
5. To Cook: Pour a thin layer of the mixture onto a hot, non-stick pan. Use a spatula to turn the pancake over when bubbles start to appear on top.

**SWEET FILLINGS:**
- Stewed fruit
- Jam
- Fried bananas
- Berries

**SAVOURY FILLINGS:**
- Chopped cooked chicken
- Smoked haddock
- Stir fried vegetables
- Tinned salmon
- Mushrooms in white sauce

**OTHER:**
- Mince cooked in curry sauce
- Bolognese sauce
- Chilli con carne

**HANDY HINTS**
Serve with a little caster sugar & lemon juice.
Try using other types of flour e.g. buckwheat; half brown half white; spelt.
Pizza Baps

**INGREDIENTS**
- 1 brown or white bap
- 1 tomato thinly sliced
- 1/2 onion sliced
- 2oz/50g low-fat grated cheese
- 2 mushrooms
- diced cubes of red/green pepper

1. Lightly brown the bap under the grill until softened and warm, then cut in half.
2. Cook onion in a little oil in a frying pan and add the sliced mushrooms and diced pepper if desired.
3. Slice a tomato thinly and arrange on the two sides of the bap and pop the onions and mushrooms on top.
4. Sprinkle the grated cheese on top.
5. Bake in a pre-heated oven 180°C / 350°F / Gas Mark 4, or grill until golden brown for a few minutes.
Pizza Quick

**INGREDIENTS**

| SCONE BASE: | 1 dessertspoon of vegetable oil | 2oz/50g low-fat grated cheese  
| 7oz/200g self-raising flour | 1 onion | 1 red or green pepper sliced  
| 3oz/85g margarine | 4 mushrooms |  
| 1 dessertspoon low-fat milk | 6 tomatoes/1 tin of tomatoes |  

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Heat the oil in a frying pan, cook the chopped onion, red / green pepper and mushrooms for 3-5 minutes. Add the chopped tomatoes. (If using tinned tomatoes add the juice as well) Simmer gently for 5 minutes.
3. Sieve the flour and salt into a bowl. Rub in the margarine.
4. Add the milk and mix to a stiff ball. Roll into a large round 1/2” in thickness.
5. Place on a greased tin.
6. Spread the tomato mixture on the base and sprinkle cheese on top.
7. Bake in the pre-heated oven for 30 minutes.

**Handy Hints**

Any variety of vegetables, cooked meat or cooked chicken can be used to top the pizza. Serve with salad.
Potato Cakes

INGREDIENTS

| 2 oz/55g flour | 3 potatoes cooked and mashed | vegetable oil for cooking |
| ¼ teaspoon baking powder | ½ oz/15g melted low-fat butter or margarine | 2 spring onions chopped |

1. Sieve together flour and baking powder.
2. Add the mashed potatoes, melted butter and spring onions.
3. Bind together, using milk if necessary.
4. Turn onto a floured board or clean table top. Knead until the mixture is smooth.
5. Divide in two equal parts.
6. Flatten each piece with your hand to form a circle and cut into eight triangles.
7. Cook on a well-oiled, hot pan until brown on both sides.
8. Serve with Tossed Green Salad (see page 111) or baked beans.

Handy Hints
Serve with hot beans. A handy way to use leftover potatoes. Mixed herbs and chopped onion can be added for variety.
Quiches – Various

INGREDIENTS-PAstry

<table>
<thead>
<tr>
<th></th>
<th>6oz/180g plain flour</th>
<th>pinch of salt if desired</th>
<th>a little water</th>
</tr>
</thead>
</table>

PAstry:

1. Sieve the flour and salt into a bowl.
2. Rub in the chopped margarine until the mixture resembles fine breadcrumbs.
3. Add the water and mix to a stiff dough.
4. Roll out the pastry and line a flan dish.

SUGGESTIONS FOR FILLINGS:

1. Salmon and tomato
2. Bacon and mushroom
3. Quiche Lorraine

Handy Hints

- Use cooked vegetables for a quick filling.
- Serve with a tossed green salad (page 111).
- 1 packet of frozen shortcrust pastry can also be used.
Quiche Fillings

BACON AND MUSHROOM:
2 back rashers 4 mushrooms pinch of salt if desired pepper
2 eggs 1/3 pt/200ml low-fat milk 2oz/50g low-fat grated cheese
Mix the eggs, milk, pepper and salt together. Grill the bacon and
mushrooms, and allow to cool. Then chop them roughly and arrange on base
of the flan. Pour the egg mixture over the bacon and mushrooms. Sprinkle a
little grated cheese on top. Bake in the oven.

SALMON AND TOMATO:
1 tin of salmon pinch of salt if desired pepper
pinch of salt if desired low-fat grated cheese 1/3 pt/200ml low-fat milk
2 tomatoes 2 eggs
Drain the salmon and remove the bones. Slice the tomatoes. Arrange salmon
and tomato on base of the flan case. Mix together the eggs, milk, pepper and
salt and pour over the salmon and tomatoes. Sprinkle a little grated cheese on
the top. Bake in the oven.

QUICHE LORRAINE:
4 back rashers with fat trimmed off pinch of salt if desired
1/3 pt/200ml low-fat milk 2 oz/50g low-fat grated cheese
2 eggs ground pepper
Grill the bacon and chop roughly. Place in the flan case. Mix together the
milk, eggs, ground pepper, salt and pour over the bacon. Sprinkle the grated
cheese on top and bake in the oven.

Bake in a pre-heated oven 200°C / 400°F / Gas Mark 6 for 40-45 minutes.

Serve with tossed green salad (page 111).
Tea-Time Scramble

**INGREDIENTS**

| 3 eggs  
| 2 dessertspoons of low-fat milk  
| 1/4 oz/5g low-fat spread  
| 1 tomato, chopped  |

| 2oz/50g cooked ham, chopped  
| 2oz/50g low-fat grated cheese  
| pinch of salt if desired  |

| pepper  
| 2 slices hot wholemeal toast  
| parsley to garnish  |

1. Beat eggs and milk together. Pour into a saucepan.
2. Add butter, chopped tomato and ham, grated cheese and seasoning.
3. Cook over a low heat until creamy, stirring all the time.
4. Spoon equal portions on to the toast.
5. Sprinkle with chopped parsley and serve hot.

**Preparation Time**: 10 minutes  
**Cooking Time**: 10 minutes

**Number of Servings**: 1

**Cost & Healthy**

<table>
<thead>
<tr>
<th>HANDY HINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serve with baked beans. Add 1 spring onion to the scrambled egg.</td>
</tr>
</tbody>
</table>
**Toasted Cheese**

**INGREDIENTS**

| 2 slices wholemeal bread | 2oz/50g low-fat grated cheese | 1 teaspoon french mustard |

1. Pre-heat the grill. Toast the bread on one side.
2. Toast the other side until it crisps but has not turned brown.
3. Mix the grated cheese, margarine and mustard together and spread over the toast.
4. Grill for about 2 minutes until bubbling and starting to brown.

**TOASTED CHEESE AND TOMATO:**
As above, but add 2 teaspoons tomato puree to the cheese mixture before toasting.

**TOASTED CHEESE AND PICKLE:**
As in main recipe, but add 2 teaspoons of your favourite pickle to the cheese mixture before toasting.
Weaning

101+ SQUARE MEALS

Contents & Introduction
Breakfasts
Sauces, Stocks & Soups
Mince Dishes
Beef / Lamb / Pork
Fish
Chicken
Vegetarian
Light Meals
Weaning
Young People
Cooking for One
Breads, Buns & Cakes

Weaning
Recommended introduction of other foods

When to start weaning

• Babies should be introduced to foods other than breast milk or formula at around 6 months of age.
• Do not introduce before 4 months (17 weeks) or delay past 6 months (26 weeks).

Signs your baby is ready for weaning

1. Good head control and sitting up with support.
2. Showing interest in food, watching you eat.
3. Chewing their hands, reaching out for food.
4. Looking for more frequent milk feeds over more than one week.
Suggested Guide to Weaning

<table>
<thead>
<tr>
<th></th>
<th>Stage 1* – Introducing other foods</th>
<th>Stage 2 9-12 months</th>
<th>Stage 3 10-12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal</td>
<td>Start with 1 teaspoon of gluten free cereal such as baby rice. It should be of a thick liquid consistency and easy for the baby to swallow.</td>
<td>Mixed cereal based on wheat, oats, rye, barley, pasta and rice.</td>
<td>Regular cereals, i.e., wheat biscuit, pasta and rice. Avoid sugar-coated cereals.</td>
</tr>
<tr>
<td>Bread</td>
<td>Fingers of toast / bread, rusk.</td>
<td>Fingers of toast / bread, rusk.</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Carrot, potato, cauliflower: simmer them and then liquidise, puree or sieve them. (Avoid tinned vegetable).</td>
<td>Stronger flavoured vegetable: cabbage*, sprouts*, turnips. Simmer them, then mash or mince them.</td>
<td>Mash, mince or chop vegetables at this stage. Baked beans* can be introduced.</td>
</tr>
<tr>
<td>Fruit</td>
<td>Mash bananas, stew fresh fruit and then liquidise, puree or sieve them i.e., apples, pears. Tinned fruit in own juice can also be used.</td>
<td>Mash raw fruit.</td>
<td>Mince or chop fruit finely at this age.</td>
</tr>
<tr>
<td>Eggs</td>
<td>Scrambled or hard boiled eggs*. Add to vegetables or cereal.</td>
<td>Scrambled or hard boiled eggs*. Add to vegetables or cereal.</td>
<td></td>
</tr>
<tr>
<td>Yoghurt</td>
<td>Plain yoghurts with a little pureed fruit.</td>
<td>Plain yoghurts with a little pureed fruit.</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>Soft, grated, mild pasteurised cheese.</td>
<td>Soft, grated, mild pasteurised cheese.</td>
<td></td>
</tr>
<tr>
<td>Meat Poultry</td>
<td>Finely chopped meat* without salt or spice. Moisten with home-made stock.</td>
<td></td>
<td>Minced* or chopped*.</td>
</tr>
<tr>
<td>Fish</td>
<td>White fish grilled, baked or steamed. Always remove the bones.</td>
<td></td>
<td>Fish fingers or other frozen fish products. Tinned salmon or tuna could be tried. Remove bones.</td>
</tr>
</tbody>
</table>

*Good sources of iron – important for babies over 6 months
## Hints & Recipes for Baby Foods

### To Freeze

Start your baby with one teaspoon and spoon the remainder of the prepared food into plastic ice cube trays. Allow to cool. Freeze food cubes, pop out and put into freezer bags. Label and date. As the baby gets older use larger containers (e.g. yoghurt or margarine cartons).

### AVOID the following when preparing food for your baby

<table>
<thead>
<tr>
<th>Item</th>
<th>Caution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt</td>
<td>Stock cubes, Gravy</td>
</tr>
<tr>
<td>Packet soups</td>
<td>All savoury mixes with high salt content.</td>
</tr>
<tr>
<td>Packet sauce mixes</td>
<td></td>
</tr>
<tr>
<td>Butter or margarine</td>
<td></td>
</tr>
</tbody>
</table>

### To moisten baby foods use

<table>
<thead>
<tr>
<th>Stage 1:</th>
<th>Stage 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast milk or</td>
<td>Breast milk or formula</td>
</tr>
<tr>
<td>formula</td>
<td>Thin white sauce</td>
</tr>
<tr>
<td>Cool boiled water</td>
<td>Thin custard</td>
</tr>
<tr>
<td>Vegetable water</td>
<td>Plain natural yoghurt</td>
</tr>
<tr>
<td>Home-made stock</td>
<td>Small amounts of pasteurised milk</td>
</tr>
</tbody>
</table>
Stage 1 – Weaning Recipes

All recipes are versatile and can be tried with a variety of fruits and vegetables.

**Mashed/Pureed Avocado**
Peel ½ an avocado. Mash well so that you have a puree.

**Mashed Banana**
Mash/blend ripe banana with cooled boiled water, breast or baby's usual milk to make a puree. As baby gets older banana can be mashed without blending or adding milk.

**Puree Carrot and Sweet Potato**
Wash, peel and chop into small cubes equal amounts of Carrot and Sweet Potato. Cook in steamer or boil for 15-20 minutes with minimum water used. Add water from steamer or pot. Soft blend the vegetables into a puree using blender or liquidiser. Allow to cool a bit and serve warm.

Try about 2 to 6 teaspoons to start. The remainder can be frozen for other meals. Try this recipe with other vegetables too!

**Puree Pear**
Wash and remove core from 2 pears. Peel and chop into small cubes. Cover with a little boiled water and cook on low heat for about 4 minutes. When soft, blend into puree using blender or liquidizer. Allow to cool a bit and serve warm.

Try about 2 to 6 teaspoons to start. The remainder can be frozen for other meals. Try this recipe with other fruit too!

**Banana and Peach Puree**
Wash, peel and cut a peach into cubes. Peel and slice a banana. Put sliced banana and peach into saucepan with 30ml of apple juice. Cover the pan and simmer for about 3 minutes. Add 1 tablespoon of baby rice and puree using blender or liquidiser. Allow to cool a bit and serve warm.
Chicken and Rice
(from 7 months)

INGREDIENTS

<table>
<thead>
<tr>
<th>75g/3oz chicken fillets</th>
<th>1/2 cup of rice</th>
<th>1/4 pt/150ml water</th>
</tr>
</thead>
<tbody>
<tr>
<td>50g/2oz mixed vegetables e.g., carrots, parsnips, etc.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

10 minutes

**COOKING TIME**

30 minutes

1. Cut chicken fillets into small pieces.
2. Wash, peel and chop mixed vegetables.
3. Simmer the chicken and vegetables in the water for 20-30 minutes until tender. Save the vegetable water.
4. Cook rice in boiling water for 10-12 minutes.
5. Strain the rice in the sieve and pour boiling water through to remove starch.
6. Mix the chicken, rice and vegetables together. Add the saved vegetable water to moisten*. Mash or puree.

*Vegetable water can also be used for moistening baby food.
Use liquidisers to puree vegetables and chicken.
Use remainder of stock for soup.
Fish Surprise
(from 7 months)

INGREDIENTS

<table>
<thead>
<tr>
<th>10oz/25g margarine/butter</th>
<th>1 dessertspoon plain flour</th>
<th>2 dessertspoons frozen peas (cooked)</th>
</tr>
</thead>
</table>

| 1/4 pt/150ml milk          | 4oz/110g cooked white fish* (REMOVE ALL BONES) |

1. Melt the margarine or butter in a saucepan, stir in the flour and cook for two minutes.

2. Gradually add the milk, stirring continuously.

3. Bring to the boil slowly. Remove from the heat.

4. Flake the fish and mash with the peas. Add in the white sauce gradually according to desired texture and flavour.

*Tinned salmon or tuna may be used instead of the white fish. Always remove the bones and drain tinned fish. Cook the fish on a plate over the saucepan in which the peas are cooking.
Mince and Cheese Pasta
(from 7 months)

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>4oz/125g of cooked mincemeat</td>
</tr>
<tr>
<td>8oz/250ml of milk</td>
</tr>
<tr>
<td>2 dessertspoon grated cheddar cheese</td>
</tr>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1 cup of cooked pasta</td>
</tr>
<tr>
<td>(e.g., macaroni)</td>
</tr>
</tbody>
</table>

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Beat the egg. Add milk and cheese, mixing well. (A blender is ideal).
3. Add the mix and the cooked mince to the cooked pasta.
4. Pour into a lightly greased casserole dish.
5. Bake in the oven for about 30 minutes.

Handy Hints
Try different shapes and colours to add variety to dish.
Savoury Potatoes  
(from 7 months)

**INGREDIENTS**

<table>
<thead>
<tr>
<th>potatoes</th>
<th>vegetables</th>
<th>cottage cheese or grated cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>carrot</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cauliflower</td>
<td></td>
</tr>
<tr>
<td></td>
<td>peas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>broccoli</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME** | 10 minutes  
**COOKING TIME**  | 10 minutes

**NUMBER OF SERVINGS** | 10  
**COST** |  
**HEALTHY** |  
**UTENSILS NEEDED** | SAUCEPAN

1. Boil potatoes in their skins and peel afterwards.
2. Mash potato with a little milk, adding one or more of the following: - mashed cooked vegetable like carrot, cauliflower, peas, broccoli; - cottage cheese or grated cheese.

**Handy Hints**

- Ideal for children to make.
- Use a microwave for cooking potatoes and vegetables.
- Store any extra to use during the week.
Benefits of Healthy Eating!

- Achieve a healthier body shape
- Clear, healthy skin
- Shiny, healthy hair
- Healthy happy heart
- Great smile and strong bones
- Be the best you can be at sports
- Concentrate better at work, school or college.

Just Do It!

- Beat the morning blues!
  Breakfast is the most important meal of the day!


- When hunger attacks – Strike back with a Healthy Snack!
- Thirsty Teenagers -
  Try Tasty Healthy Drinks!

- V – Variety  B – Balance  P – Portions!

Remember: Use the following table as a guide for choosing snacks.
Snack Attack!!!

<table>
<thead>
<tr>
<th>Green</th>
<th>Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fruit / Brown scones</td>
<td>• Plain biscuits</td>
<td>• Sweet / chocolate biscuits</td>
</tr>
<tr>
<td>• Crackers</td>
<td>• Plain scones</td>
<td>• Cookies / buns / muffins</td>
</tr>
<tr>
<td>• Brown bread</td>
<td>• Pretzels</td>
<td>• Cakes and tarts</td>
</tr>
<tr>
<td>• High fibre breakfast cereals</td>
<td>• Bagels</td>
<td>• Ice-cream</td>
</tr>
<tr>
<td>• Plain popcorn</td>
<td>• Rolls</td>
<td>• Chocolate</td>
</tr>
<tr>
<td></td>
<td>• Peanut butter / banana on brown bread</td>
<td>• Crisps</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Peanuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Chocolate spread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Salted / butter / toffee coated popcorn</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Raisins / dried fruit</td>
</tr>
<tr>
<td>• Yoghurt</td>
<td>• High fibre cereal bar (nuts and grains)</td>
<td>• Cereal bars coated with sweet layer or chocolate</td>
</tr>
<tr>
<td>1. Natural yoghurts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Diet yoghurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Yoghurt drinks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Fresh fruit</td>
<td>• Frozen yoghurt</td>
<td>• Chocolate / toffee flavoured yoghurts</td>
</tr>
<tr>
<td>• Vegetable sticks e.g. carrots</td>
<td>• Full fat yoghurts</td>
<td></td>
</tr>
<tr>
<td>• Baked potato</td>
<td>• Low-fat custard</td>
<td></td>
</tr>
<tr>
<td>• Pizza</td>
<td>• Sugar free jelly</td>
<td></td>
</tr>
<tr>
<td>• Brown bread with luncheon meat,</td>
<td>• Raisins / dried fruit</td>
<td></td>
</tr>
<tr>
<td>tuna &amp; sweet corn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Homemade oven chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Homemade spicy wedges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Burgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Sausages / rashers / pudding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Sausage rolls</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Fruit Smoothies

INGREDIENTS

| 1-2 pieces of large fruit (e.g. apple and pear) | ¼ cup of freshly squeezed fruit juice |
| ½ carton of low-fat diet yoghurt | 4 ice cubes |
| 1 cup of low-fat milk |

PREPARATION TIME: 10 minutes

Make sure all the ingredients are chilled before use.

1. Wash and peel fruit.
2. Blend fruit, yoghurt, milk and juice together until creamy.
3. Add ice cubes and blend again.
4. Serve in a tall glass.

Handy Hints

- Use a variety of fruits: apples, oranges, kiwi, seedless grapes, strawberry and bananas.
- Use freshly squeezed orange or lemon juice.
- Use low-fat/diet yoghurt natural/strawberry, orange, vanilla.
Tossed Green Salad

INGREDIENTS

<table>
<thead>
<tr>
<th>DRESSING:</th>
<th>SALAD:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons olive oil</td>
<td>3-4 tomatoes</td>
</tr>
<tr>
<td>1 teaspoon whole grain mustard</td>
<td>1 medium carrot</td>
</tr>
<tr>
<td>1 teaspoon honey</td>
<td>1 spring onion chopped</td>
</tr>
<tr>
<td>1 tablespoon of lemon juice</td>
<td>4 tablespoon of sweetcorn</td>
</tr>
<tr>
<td>pinch of salt if desired pepper</td>
<td>1 stick of celery chopped</td>
</tr>
</tbody>
</table>

1. DRESSING METHOD:
   - Place all ingredients in jar with a secure lid.
   - Make sure lid is on tightly.
   - Shake well to mix ingredients together.

2. SALAD METHOD:
   - Wash, drain and gently pat the lettuce leaves.
   - Tear leaves into small pieces.
   - Wash, dry and slice cucumber.
   - Wash tomatoes and cut each into eight pieces.
   - Wash, peel and grate carrot.
   - Wash and slice spring onion.
   - Wash and slice the celery.
   - Mix lettuce, cucumber and tomatoes, spring onion, sweetcorn and celery in large bowl.

3. WHEN READY TO SERVE:
   - Drizzle dressing over the salad and toss to coat.
   - Sprinkle grated carrot on top.

Handy Hints

- Try mange tout, peas, sliced mushrooms, olives & nuts.
- Spinach leaves are very tasty.
- Complete the meal with wholemeal bread (page 128) and hard boiled eggs, chopped ham or sliced chicken breast or Spaghetti Bolognese (page 40).
Pesto and Chicken with Pasta

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>4 chicken fillets chopped</th>
<th>12oz/340g pasta</th>
<th>1 green/red pepper</th>
<th>3 teaspoons green pesto</th>
<th>pinch of salt if desired</th>
<th>1 teaspoon of vegetable oil</th>
<th>1 small onion chopped</th>
</tr>
</thead>
</table>

**PREPARATION TIME**

- **5** minutes

**COOKING TIME**

- **20** minutes

**NUMBER OF SERVINGS**

- **5**

**UTENSILS NEEDED**

- **FRYING PAN**
- **SAUCEPAN**

1. Cook the pasta as instructed on the pack.
2. Heat the olive oil in a frying pan. Add the chopped onion. Fry for 2 mins. Add the chopped chicken and fry for 8-10 mins, turning occasionally. Season with salt and ground pepper.
3. Chop the pepper.
4. Add the chopped pepper, pasta and pesto sauce to the chicken. Stir well. Cook for a further 5 mins.
5. Serve hot.

**Handy Hints**

Delicious sprinkled with roasted pine nuts.

Vegetables such as mushrooms, sweetcorn, courgette can be added to this dish.
Spicy Potato Wedges

**INGREDIENTS**

<table>
<thead>
<tr>
<th>4 medium size potatoes</th>
<th>1 teaspoon cayenne pepper</th>
<th>black pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons of vegetable oil</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION**

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Wash and cut potatoes into 8 wedges (leave skin on).
3. Place in a container and pour vegetable oil over them. Close container and shake.
4. Sprinkle wedges with cayenne pepper and black pepper.
5. Place wedges on baking tray.
6. Cook for 35 minutes until golden brown.

**HANDY HINTS**

- Serve with tossed green salad (page 111).
- Cover with natural yoghurt, low-fat grated cheese or salsa.
- Try other spices to alter flavours – Cajun, Indian or Mexican, garlic.

---

**COST** | **HEALTHY**
---|---
[Car] | [Apple]

**NUMBER OF SERVINGS**

[3 people]

**PREPARATION TIME** | **COOKING TIME**
---|---
15 minutes | 35 minutes

**UTENSILS NEEDED**

- PLASTIC CONTAINER
- BAKING TRAY
- 1 LARGE BOWL AND METAL SPOON

---

Contents & Introduction

- Breakfats
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes
Chicken Tortillas

**INGREDIENTS**

| 2 chicken fillets  | 4oz/100g low-fat grated cheese   | Salsa sauce/mild chilli sauce/ cajun seasoning or paprika |
| 1 green pepper     |                             | 1 teaspoon of vegetable oil |
| 1 red pepper       |                             |                           |
| 4 tortilla wraps   |                             |                           |

**PREPARATION TIME** 5 minutes  
**COOKING TIME** 15 minutes

1. Cut the chicken into small strips.
2. Slice the peppers and onions into thin strips.
3. Fry the chicken in the olive oil over a medium heat for 8-10 minutes.
4. Add the Salsa sauce/mild chilli sauce/ cajun seasoning or paprika and the vegetables.
5. Stir fry for a further 3 minutes until the seasoning mix coats them thoroughly to make a juicy filling.
6. Heat the tortillas in either:
   - Oven Pre-heat the oven to 180°C / Gas Mark 4.
   - Wrap in tin foil and heat for 15 minutes.
   - Microwave Place on a plate, cover with cling film and heat for 1 minute on full power.
7. Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla around the filling to make a fajita.
8. Serve with tossed salad (see page 111).

**HANDY HINTS**

For a healthy option add grated carrot and/or mushrooms.
Serve with low-fat natural yoghurt or sour cream.
8 chicken nuggets baked in oven instead of chicken fillets.
### Baked Apples

**INGREDIENTS**

| 3 cooking apples | 3 teaspoons brown sugar (1 level teaspoon per apple) | 3 teaspoons of butter low-fat natural yoghurt |

**PREPARATION**

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Wash apples and remove the core.
3. Place in a baking dish.
4. Pour the water around the apples.
5. Fill each apple with sugar and top with 1 teaspoon of butter.
6. Bake in the oven till the apples are soft – about 30 minutes.
7. Remove from baking dish and drizzle with low-fat natural yoghurt.

**HANDY HINTS**

- Use mincemeat (jar) instead of sugar.
- Stuff the apples with currants, sultanas, raisins or any dried fruit.
- Mix grated orange rind or cloves with the brown sugar.
- Can be cooked in the microwave.
Dried Fruit & Nut Mix

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>100g of dried fruit – raisins, sultanas, apricots etc</th>
<th>100g of nuts – sunflower seeds, almonds, shelled nuts,</th>
<th>cashews, hazelnuts</th>
</tr>
</thead>
</table>

**PREPARATION TIME**

1. Place ingredients into an airtight container.
2. Put on lid and shake well mixing all the flavours of the nuts and dried fruit together.
3. Store in a cool dry place.
4. Eat within 14 days of preparation.

Ideal to munch on looking at TV, studying or just grazing!

**CAUTION:** This is not suitable for children under 5 years of age.

**HANDY HINTS**

- You can make enough for a week or according to your budget.
- Buy the broken nuts in the health shops as they are cheaper.
### Other meal & snack suggestions

#### Meals
- Chilli Con Carne
  - Page 36
- Spanish Omelette
  - Page 73
- Stir-Fry Vegetables
  - Page 74
- Veggie Burger
  - Page 75

#### Snacks
- Baked Potato
  - Page 86
- Pizza Baps
  - Page 91
- Tea-Time Scramble
  - Page 96
- Toasted Cheese
  - Page 97
Cooking for One
A common dilemma for many people living on their own is how to prepare and enjoy healthy meals in a way that is worth the effort, cost and time. Whether you are a younger student or an older person living on your own, the following section provides some helpful ideas on how to plan and cook meals in smaller amounts.

**Smart Shopping**
- Make a list and stick to it.
- Never shop on an empty stomach – you may buy food you wouldn’t normally buy.
- Own brands are often just as nutritious as big name brands and are generally cheaper.

**Bread, Cereals, Potatoes, Pasta & Rice**
- Buy small loaves of bread.
- Fresh bread and bread rolls, scones and bagels can all be frozen.
- Par-baked bread rolls are ideal as they can be baked when needed.
- Choose loose potatoes rather than a large heavy bag.
- Whole wheat pasta and brown rice are great alternatives to potatoes.
Fruit & Vegetables
- Buy fresh fruit and vegetables when in season as they are cheaper and tastier.
- Frozen vegetables are just as nutritious as fresh vegetables and require little preparation (do not over cook). They are also very economical as there is no waste.
- Fruit tinned in natural juice is a handy alternative to fresh fruit.

Milk, Yogurt & Cheese
- Supermarket own brands are often cheaper than big name brands and are available in a variety of sizes.

Meat, Poultry, Fish, Eggs, Beans & Nuts
- Butcher’s counters are ideal places to buy meat in smaller amounts.
- Large packets of meat or fish on special offer, can be broken into smaller amounts and frozen for later use.
- Tinned fish is economical, comes in small tins ideal for one and requires no cooking.
- Frozen fish or fish fingers are good alternatives to fresh fish.
### Stir-Fry

**INGREDIENTS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3oz/80g chicken, beef, pork or lamb pieces</td>
<td>1 small pepper</td>
<td>½ low salt stock cube* dissolved in 90mls of boiling water</td>
</tr>
<tr>
<td>1 clove garlic</td>
<td>1 carrot</td>
<td>2.5oz/70g white/brown rice</td>
</tr>
<tr>
<td>1 small onion</td>
<td>1 dessert spoon soy sauce</td>
<td></td>
</tr>
<tr>
<td>2 mushrooms</td>
<td>1 teaspoon of vegetable oil</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**: 30 minutes  
**COOKING TIME**: 15 minutes

1. Cut pork into thin slices.
2. Cut onions into thin slices and chop garlic.
3. Slice mushrooms and cut carrots and pepper into thin strips.
4. Mix the chicken stock with the soy sauce.
5. Blend in the cornflour and mix to a smooth paste.
6. Heat the oil in a large frying pan. Add the pork and fry until well browned.
7. Add onion and carrot to the pan and fry for 2-3 minutes.
8. Then add mushrooms and pepper to pork mixture and continue frying for 2-3 minutes.
9. Pour the stock mixture into the pan and bring to the boil, stirring all the time. Simmer for 5 minutes. Serve immediately with boiled white/brown rice.

**TO MAKE BOILED RICE:**

Bring a pan of water to a boil and add the rice. Cook according to package directions. Drain the rice in a strainer, put back in the pan, and cover to keep warm until needed.

---

*C If you have time why not make your own stock (pages 27-24)*
# Baked Stuffed Fish

**INGREDIENTS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 fillet of fish</td>
<td>1 teaspoon finely chopped parsley (or 1 teaspoon dried parsley)</td>
<td>1/2 teaspoon of vegetable oil</td>
</tr>
<tr>
<td>1 oz brown breadcrumbs (1 slice brown bread)</td>
<td>or a pinch of mixed herbs</td>
<td>a little lemon juice (or grated lemon rind)</td>
</tr>
<tr>
<td>1 small onion (chopped)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

- 20 minutes

**COOKING TIME**

- 30 minutes

**UTENSILS NEEDED**

- Casserole dish

## Instructions

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Clean and prepare fish. Dry with kitchen towel.
3. Mix breadcrumbs, chopped onion, parsley / mixed herbs, salt and pepper, in a small bowl.
4. Heat oil and stir into crumb mixture. Finally add a little lemon rind or juice.
5. Lay the fillet on a greased dish, skin side down and spoon the crumb mix on top. Cover with foil.
6. Bake for 20-30 minutes, depending on size and thickness of fish.
7. Lift fish carefully on to a warmed serving dish and surround with cooked peas, lemon wedges and parsley.

**Handy Hints**

- Fish suitable for baking: cod, haddock, mackerel, herrings, trout.
- Serve with vegetables of your choice.
### Spaghetti Bolognese

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>1/4 lb/112g lean minced beef/lamb</th>
<th>pepper</th>
<th>1 dessertspoon of flour</th>
<th>½ low salt beef stock cube*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1/2 onion finely chopped</td>
<td>1 tin of tomatoes</td>
<td>2 mushrooms chopped</td>
<td>½ pt/275mls of boiling water</td>
</tr>
<tr>
<td></td>
<td>1 dessertspoon tomato sauce</td>
<td></td>
<td></td>
<td>8 oz/225g spaghetti</td>
</tr>
<tr>
<td></td>
<td>pinch of salt if desired</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NUMBER OF SERVINGS</th>
<th>PREPARATION TIME</th>
<th>COOKING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15 minutes</td>
<td>45 minutes</td>
</tr>
</tbody>
</table>

**Handy Hints**

- Any leftover bolognese sauce can be used to fill pancakes or as a topping for baked potatoes.
- Other vegetables such as sweetcorn and broccoli can be added.

*If you have time why not make your own stock (page 29)

1. Cook the mince beef / lamb, onions and mushrooms on a dry pan (low heat) for 15 minutes. (Sufficient fat in mince for frying).
2. Add flour and stir well.
3. Dissolve the stock cube in ½ pt/275ml of boiling water.
4. Add the stock and before it comes to the boil add the vegetables, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 45 minutes.
5. Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.
6. Serve with the bolognese sauce on top.
Farmhouse Vegetable Soup

**INGREDIENTS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 carrot</td>
<td>1 tomato</td>
<td>pinch of salt if desired</td>
</tr>
<tr>
<td>1/4 turnip</td>
<td>1/2 teaspoon of vegetable oil</td>
<td>1 low salt beef stock cube*</td>
</tr>
<tr>
<td>1 parsnip</td>
<td>1 oz/25g flour</td>
<td>1/2 pt/275mls of boiling water</td>
</tr>
<tr>
<td>1 leek</td>
<td>1/8pt/75ml low-fat milk</td>
<td>parsley to garnish</td>
</tr>
<tr>
<td>1 onion</td>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td>2 mushrooms</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

15 minutes

**COOKING TIME**

45 minutes

**NUMBER OF SERVINGS**

1

**UTENSILS NEEDED**

WOODEN SPOON SAUCEPAN

1. Wash, peel and dice carrots, turnips and parsnips. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.

2. Heat the oil in a large saucepan, and gently fry onion and mushrooms.

3. Add carrots, turnips, parsnips and leeks and fry gently.

4. Stir in the flour to absorb fat, gradually stir in the milk.

5. Dissolve the stock cube in 1/2pt / 275ml of water and bring to boil, stirring continuously.

6. Add tomatoes, pepper and a pinch of salt if desired.

7. Cover saucepan and simmer gently for about 45 minutes.
Other meal & snack suggestions for Cooking for One

- Omelette
  Page 21

- Tea Time Scramble
  Page 96

- Pizza Baps
  Page 91

- Quiches*
  Page 94

- Chicken & Vegetable Casserole*
  Page 70

- Toasted Cheese
  Page 97

*Leftovers can be divided into individual portions and stored in plastic containers in the freezer for later use.
Breads, Buns & Cakes
Dessert foods are delicious and we all enjoy them sometimes. However they are part of the top shelf in the Irish Food Pyramid because they are usually high in fat, sugar and salt. Because of this eating too much dessert regularly can cause overweight and obesity. Being overweight or obese is bad for our health and can cause heart disease, type 2 diabetes and some cancers.

According to the Irish Food Pyramid, the recommended amount is no more than 1 serving per day and ideally not every day. Many of these recipes provide enough servings for a family over several days. A serving is equal to 1 small slice of fruit brack, 1 small cup cake (without icing) or 2 plain biscuits.

We hope you enjoy the following recipes but remember that the serving size is very important!
Wholemeal Bread

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1lb/425g wholemeal flour</th>
<th>½ pt/275ml butter milk</th>
<th>1 teaspoon salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 dessertspoon wheatgerm</td>
<td>1 teaspoon bread soda/baking soda</td>
<td>2 teaspoons polyunsaturated oil e.g. olive oil</td>
</tr>
<tr>
<td>1 dessertspoon bran</td>
<td>1 teaspoon brown sugar</td>
<td>1 egg (optional)</td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

30 minutes

**COOKING TIME**

55 minutes

**UTENSILS NEEDED**

LOAF TIN

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Mix all the ingredients well together. Then pour the lot into a lightly oiled loaf tin.
3. Bake in the pre-heated oven for 15 minutes.
4. Reduce heat to 150°C / 300°F / Gas Mark 2 and bake for a further 40 minutes.

**Handy Hints**

In an electric oven you can turn off the heat for the last 5 to 10 minutes and leave bread in oven to finish baking.
Banana Bread

**INGREDIENTS**

| 10oz/280g self-raising flour | ½ teaspoon baking powder |
| 5oz/140g brown sugar | ½ teaspoon cinnamon |
| 3 eggs, beaten | ½ teaspoon nutmeg |
| 3 bananas, mashed | 7oz/200g melted margarine |

1️⃣ Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2️⃣ Mix the dry ingredients in one bowl.
3️⃣ Mix the wet ingredients in another bowl.
4️⃣ Mix the wet mixture and the dry mixture together.
5️⃣ Put into well greased loaf tin.
6️⃣ Bake in the pre-heated oven for 1½ hours.

**HANDY HINTS**

Serve with hot custard.
The mixture can also be split into muffin cases to make 8 good size muffins - great for a quick breakfast.
Wholemeal Scones

### INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6oz/180g wholemeal flour</td>
<td></td>
</tr>
<tr>
<td>7oz/200g plain flour</td>
<td></td>
</tr>
<tr>
<td>2oz/50g margarine</td>
<td></td>
</tr>
<tr>
<td>½ pt/275ml fresh milk</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
<td></td>
</tr>
<tr>
<td>pinch of salt</td>
<td></td>
</tr>
<tr>
<td>1 dessertspoon caster sugar (optional)</td>
<td></td>
</tr>
</tbody>
</table>

### PREPARATION

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Place wholemeal flour, plain flour and sugar in a mixing bowl. Sieve in the salt and baking powder and mix well.
3. Rub in the margarine.
4. Add enough milk to make a soft dough. Turn onto a lightly floured board and gently knead. Roll out dough to ½ inch in thickness. Using a 2 inch cutter, shape scones and place on a baking sheet which has been dusted with flour.
5. Bake in the pre-heated oven for approx. 20 minutes.
Tea Scones

**INGREDIENTS**

| 1lb/450g self-raising flour | 2oz/50g sugar | 1 egg water/milk |

**PREPARATION TIME**

| 20 minutes |

**COOKING TIME**

| 20 minutes |

**UTENSILS NEEDED**

| BAKING TRAY |

1. Pre-heat the oven to 200°C / 375°F / Gas Mark 6.
2. Put flour and sugar into a mixing bowl. Rub in the margarine.
3. Add the beaten eggs with sufficient water / milk to make a nice soft dough.
4. Put on a floured surface and roll to ⅛ inch thickness. Cut with a knife or pastry cutter, brush over with egg wash or a little milk and put on a floured baking tray.
5. Bake in the pre-heated oven for 15-20 minutes.

**Handy Hints**

To make fruit scones add 2oz/50g mixed fruit to the mixture before adding the beaten eggs and water.
Irish Tea Brack

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>1 cup of strong tea</th>
<th>1lb/450g mixed dried fruit</th>
<th>1 egg (lightly beaten)</th>
<th>1/2 level teaspoon bread soda/baking soda</th>
</tr>
</thead>
<tbody>
<tr>
<td>6oz/180g brown sugar</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9oz/250g plain flour</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME** 30 minutes  
**COOKING TIME** 1 3/4 hours

1. Put tea, sugar and dried fruit in a bowl, cover and leave to soak overnight.
2. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
3. Grease a 2lb loaf tin.
4. Add the lightly beaten egg to the fruit mixture.
5. Sieve the flour and bread soda/baking soda together and fold into mixture.
6. Turn into the prepared tin. Place in the pre-heated oven and bake for 1 1/2 to 1 3/4 hours.
7. Cool on a wire tray and serve sliced.
Fruit Flan

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>FILLING:</th>
<th>1 quick-set jel or jelly small carton of cream</th>
</tr>
</thead>
<tbody>
<tr>
<td>3oz/85g flour</td>
<td>1 small tin of fruit in own juice</td>
<td></td>
</tr>
<tr>
<td>3oz/85g caster sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 eggs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Place sugar in a bowl and whisk together with eggs over a pan of hot water for 10 minutes. Remove and continue whisking for 5 minutes on table.
4. Pour sponge-cake mixture into a greased and floured flan tin.
5. Bake in a pre-heated oven for approx. 20 minutes.
6. Dissolve jelly and leave in a cool place. Do not allow to set.
7. Drain the tin of fruit.
8. When flan case is cooled, arrange fruit on top and cover with jelly.
9. Allow jelly to set and decorate with piped cream.

Fruit Flan

INGREDIENTS

3oz/85g flour
3oz/85g caster sugar
3 eggs

FILLING:
1 small tin of fruit in own juice

1 quick-set jel or jelly small carton of cream

PREPARATION TIME: 30 minutes
COOKING TIME: 20 minutes

Handy Hints

Fresh fruit in season can also be used.

To reduce fat content use natural yogurt or low-fat creme fraiche instead of cream.
Fruit Salad

**INGREDIENTS**

<table>
<thead>
<tr>
<th>SYRUP:</th>
<th>FRUIT:</th>
<th>2 bananas</th>
<th>2 apples</th>
<th>2 pears</th>
<th>2 kiwi fruit</th>
<th>green and black grapes</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ pt/425ml water</td>
<td>2 oranges</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6oz/180g sugar</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>juice of 1 lemon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Dissolve the sugar in the water, bring to the boil and add the lemon juice. Pour into a bowl and allow to cool.
2. Wash the apples. Cut in thin slices and put into the syrup. Peel the pears and kiwi fruit and place them in the syrup also.
3. Peel the oranges and cut into segments and add to the bowl.
4. Slice the grapes in half and remove pips before adding them to the syrup.
5. Mix all the fruit carefully.
6. Cover the bowl with cling film and place in the fridge for 1-2 hours.
7. Peel the bananas, slice them, sprinkle with lemon juice and add to the salad shortly before serving.

**HANDY HINTS**

To reduce sugar content use a little orange juice with a few teaspoons of lemon juice added to it instead of syrup.
Sponge Tray Bake – basic all-in-one

**Ingredients**

| 8oz/225g soft margarine | 4 dessertspoons milk 12oz/300g self-raising flour | 4 eggs |

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Grease and base line a 12 x 9 inch (30 x 23cm) baking tray with greased greaseproof paper.
3. Measure all the ingredients into a large bowl and beat well for about 2 minutes until well blended. Turn the mixture into the prepared tin and level the top.
4. Bake in the pre-heated oven for about 35-40 minutes or until the cake has shrunk from the sides of the tin and springs back when pressed in the centre with your fingertips. Leave to cool in the tin.
5. Cut into slices.

_Handy Hints_

For handy apple slices add some chopped apples to the mixture before baking.
Queen Cakes

**INGREDIENTS**

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4oz/115g soft margarine</td>
<td>8oz/225g self-raising flour</td>
<td>a little milk</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td>4oz/115g caster sugar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

20 minutes

**COOKING TIME**

20 minutes

**NUMBER OF SERVINGS**

4

**UTENSILS NEEDED**

BUN TRAY

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Sieve flour into bowl.
3. Cream the margarine and sugar together.
4. Beat the eggs.
5. Add the flour and eggs gradually to the creamed margarine and sugar, beating well to avoid curdling.
6. If the mixture is dry add a little milk.
7. Divide the mixture into bun cases.
8. Bake in the pre-heated oven for 20 minutes.

**COST**

+136

**Handy Hints**

- Makes 2 dozen small buns.
- Add some sultanas or cherries to the mixture for variety.
- These buns freeze well.
- If soft margarine is used all the ingredients can be beaten together.
Raspberry Buns

**INGREDIENTS**

| 12oz/340g self-raising flour | 2 eggs | raspberry jam |
| 4oz/110g sugar | pinch of salt | 2 dessertspoons water |
| 2oz/50g margarine | 4 dessertspoons milk | 1 teaspoon caster sugar for dusting |

1. Pre-heat the oven to 230°C / 450°F / Gas Mark 8.
2. Sift the flour, salt and baking powder into a bowl. Rub in the margarine. Add the sugar and mix well.
3. Beat the eggs with the milk until light and lemon-coloured. Stir this into the flour mixture, mixing with a knife to get a smooth dough. (If dough seems slightly dry add cold water carefully a little at a time).
4. Roll dough on a lightly floured board into a thick roll, and divide in 12 equal portions.
5. Flour hands lightly and roll each portion into a ball. Place 2 inches apart on a greased baking sheet. Make a hole in the top of each bun and push in a little jam. Wet the edges of each hole and pinch together.
6. Brush with milk or egg and dust each bun over with caster sugar.
7. Bake in the pre-heated oven for 15 to 20 minutes.
Jam Swiss Roll

**INGREDIENTS**

- 4oz/110g margarine (at room temp.)
- 6oz/180g caster sugar
- 4 large eggs
- 6oz/180g self-raising flour, sieved
- FILLING & DECORATION: warmed jam, caster and icing sugar

**PREPARATION**

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed. (2 – 3 minutes).
3. Prepare the tin, by lining it with greaseproof paper.
4. Put the mixture in the greased and lined swiss roll tin.
5. Bake in the middle of the pre-heated oven for 10 – 12 minutes.

WHEN BAKED

6. Place a sheet of greaseproof paper on top of a damp tea-towel.
7. Sprinkle lightly with caster sugar.
8. Turn the Swiss roll out onto the sugared paper.
9. Remove the paper from the bottom of the cake and trim the edges of the cake.
10. Spread quickly with warmed jam and roll up using the greaseproof paper as a guide.
11. When cold unwrap and sprinkle with icing sugar.
12. If liked, mark the top with diagonal lines, using a hot skewer.

**Handy Hints**

For a chocolate swiss roll simply replace 1oz of flour with 1oz of drinking chocolate or cocoa.

Try using low-fat crème fraîche with fresh strawberries chopped on top as a healthy treat!
Porter Cake

**INGREDIENTS**

<table>
<thead>
<tr>
<th>5oz/140g margarine</th>
<th>3oz/85g candied peel</th>
<th>1/2 teaspoon of bread soda/baking soda</th>
</tr>
</thead>
<tbody>
<tr>
<td>5oz/140g brown sugar</td>
<td>14oz/400g flour</td>
<td>1 1/2 teaspoons cinnamon</td>
</tr>
<tr>
<td>1 cup of guinness</td>
<td>2 eggs beaten</td>
<td></td>
</tr>
<tr>
<td>1lb/450g sultanas</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION TIME**: 20 minutes  
**COOKING TIME**: 2 hours  
**NUMBER OF SERVINGS**: 9

1. Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
2. Put the margarine, sugar and guinness into a saucepan and boil gently. Stir the mixture until the margarine is melted and sugar dissolved. Add the fruit and candied peel and let everything simmer for 5 minutes. Allow to cool.
3. Meanwhile sieve flour, bread soda and cinnamon into a bowl. Make a well in the centre and add the beaten eggs.
4. Add the cooled mixture from the saucepan and mix together quickly and well.
5. Turn into a lined and greased 9” cake tin. Bake in the pre-heated oven for 1 1/2 – 2 hours.

**Handy Hints**

To make a boiled fruit cake substitute the guinness with water.
Apple Cake

**INGREDIENTS**

<table>
<thead>
<tr>
<th>8oz/225g flour</th>
<th>2 cooking apples</th>
<th>a little milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>3oz/85g margarine</td>
<td>1 egg, beaten</td>
<td>a little salt</td>
</tr>
<tr>
<td>4oz/110g sugar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 6.
2. Sieve flour and salt into a bowl.
3. Rub in margarine until the mixture looks like breadcrumbs.
4. Peel and chop the apples and add to the flour mixture. Add the sugar and mix well. Add the beaten egg.
5. If mixture is too dry, add a little milk to make a stiff dough.
6. Put the mixture into a greased sandwich tin and sprinkle with granulated sugar.
7. Bake in the pre-heated oven for about 40 minutes until golden brown.

**Handy Hints**

- Fresh pears can be used.
- Add a few sultanas for variety.
- Serve hot or cold.
Pre-heat the oven to 190°C / 375°F / Gas Mark 4.

2. Mix sugar, grated carrots, eggs and oil together. Fold in flour and mix well.

3. Turn into an 8" round tin lined with greaseproof paper, and bake in the pre-heated oven.

4. Check after 50 minutes, by which time the centre of the cake should have risen.

5. Place on a wire tray to cool, with the greaseproof paper removed.
Coffee Cake

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>6oz/180g margarine (at room temp.)</th>
<th>6oz/180g self-raising flour, sieved</th>
<th>COFFEE ICING: 1 dessertspoon coffee essence</th>
<th>8oz/225g icing sugar 1 teaspoon coffee essence 1 dessertspoon milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>6oz/180g caster sugar</td>
<td></td>
<td>1 dessertspoon coffee essence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 large eggs</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.

**ALL-IN-ONE METHOD:**

1. Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed (2-3 minutes).

Place half the mixture in each of the prepared tins.

Bake in the pre-heated oven for 25-35 minutes.

When cooked remove from tins and allow to cool on a wire tray.

**TO MAKE ICING:**

1. Place all the ingredients together in a mixing bowl and beat with a wooden spoon until smooth.

**TO FINISH CAKE:**

1. Sandwich the two cakes with a little of the icing.

2. Pipe the remaining icing on top of the cake.

---

**Handy Hints**

Ideal for birthday cakes. To make a chocolate cake use substitute 4 oz flour and 2 oz drinking chocolate instead of the 6oz flour. (Leave out coffee essence)

Grease tins and put circle of greaseproof paper at base of each tin.
Cheese Cake

**BASE:**
Melt the margarine over a low heat and add the crushed biscuits and mix well. Press the mixture into a loose-bottomed 9” cake tin and place in the fridge.

**FILLING:**
1. Melt the jelly in 1 cup of water. Allow to cool but not set.
2. Add the juice of the lemon and the lemon rind to the jelly.
3. Whisk together the cream cheese and cream.
4. Add this mixture to the jelly and blend well together.
5. Pour on top of the biscuit base. Place in fridge until it is firm and set.

### INGREDIENTS

<table>
<thead>
<tr>
<th>BASE</th>
<th>FILLING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pkt. digestive biscuits (9oz/250g)</td>
<td>1/4 pt/150ml cream</td>
</tr>
<tr>
<td>tub of creamed cheese (5oz/140g)</td>
<td>1 packet of lemon jelly</td>
</tr>
<tr>
<td></td>
<td>1 lemon</td>
</tr>
<tr>
<td></td>
<td>2oz/50g low-fat margarine</td>
</tr>
<tr>
<td></td>
<td>1 cup of water</td>
</tr>
</tbody>
</table>

### HANDY HINTS
- Any flavoured jelly can be used.
- Low-fat cream cheese can be used.
- Decorate with fresh fruit.

### PREPARATION TIME
45 minutes

### NUMBER OF SERVINGS
+ 4

### COST
143
## Apple Crumble

**INGREDIENTS**

<table>
<thead>
<tr>
<th>3 cooking apples</th>
<th>TOPPING:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2oz/50g sugar</td>
<td>6oz/180g flour</td>
</tr>
<tr>
<td>3 dessertspoons water</td>
<td>2oz/50g caster sugar</td>
</tr>
<tr>
<td>2oz/50g margarine</td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION**

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Put sliced apples, sugar and water in a saucepan and cook gently until they are soft. Place cooked fruit mixture in a pie dish.
3. Sieve flour into a bowl. Rub in margarine. Add sugar and mix thoroughly.
4. Sprinkle crumble mixture over fruit mixture.
5. Bake in the pre-heated oven for 30 minutes.

**Handy Hints**

- 6 stalks of rhubarb can be used instead of apple.
- Ground or chopped almonds can be added to the crumble mixture for added flavour.
- Fresh or tinned pears can also be used.
Apple Tart

**INGREDIENTS**

<table>
<thead>
<tr>
<th>PASTRY INGREDIENTS:</th>
<th>a little milk or water</th>
<th>2 oz sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>12oz/340g plain flour</td>
<td>2 or 3 medium cooking apples</td>
<td></td>
</tr>
<tr>
<td>6oz/180g hard margarine</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FILLING:**

2 oz sugar

---

1. Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
2. Sieve the flour and salt into a baking bowl. Cut the margarine and rub into flour with fingertips until the mixture resembles fine bread crumbs.
3. Add the water or milk to the flour mixture and mix to a stiff dough.
4. Divide the pastry into 1/3 and 2/3 portions.
5. Roll the larger piece (2/3) into a circle and use to line the base of a large greased plate / pie dish. Slice apples and arrange on the base of the plate. Sprinkle with sugar.
6. Roll out the second piece (1/3) of pastry to cover tart.
   Wet edges of pastry and press the pastry top in place.
7. Bake in the pre-heated oven for 30 minutes.

---

**Handy Hints**

This pastry can be used for mince pies. Just add 2oz of caster sugar to the flour before rubbing in the margarine.

Clove may be added to the apple.

4 stalks of rhubarb can be used instead of apple.
Bread and Butter Pudding

**INGREDIENTS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6 slices of bread</td>
<td>a little milk</td>
<td>sultanas</td>
</tr>
<tr>
<td>2oz/50g butter</td>
<td>sugar</td>
<td>pinch of nutmeg</td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Cut crusts off the bread, (if preferred) butter it and cut into fingers.
3. Grease the dish. Then put a layer of bread fingers on the base of the dish. Sprinkle with sultanas and sugar. Continue the layers, finishing with a layer of bread.
4. Beat egg and milk together and pour over the bread.
5. Sprinkle nutmeg on top.
6. Bake in the pre-heated oven for 30 minutes.

Handy Hints

- A good way of using up stale bread.
- Stale cake or scone crumbs may also be used.
- Serve with hot custard.
Eve’s Pudding

**INGREDIENTS**

- 4oz/110g sugar
- 4oz/110g butter
- 1 beaten egg
- 4oz/110g flour
- 3 large cooking apples
- Sugar to sweeten

**PREPARATION TIME** 20 minutes  
**COOKING TIME** 60 minutes

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Melt the sugar and butter together in a saucepan and allow to cool.
3. Add the beaten egg. Then add all the flour and mix.
4. Stew the apples very lightly.
5. Add some sugar to sweeten the stewed apples.
6. Put the apples into a pyrex dish. Pour the cake mixture over the apples.
7. Cook in the pre-heated oven for 1 hour.

**Handy Hints**
- Decorate with flaked almonds.
- Serve with fresh cream, hot custard or ice cream.
- To reduce fat, try low-fat yogurt or low-fat creme fraiche.
Christmas Cake All-In-One

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Marzipan</th>
<th>Dark Brown Sugar</th>
<th>Large Eggs</th>
<th>Whiskey</th>
<th>Lemon</th>
<th>Orange</th>
<th>Apple</th>
<th>Sultanas</th>
<th>Raisins</th>
<th>Almonds</th>
<th>Mixed Peel</th>
<th>Cherries</th>
<th>White Flour</th>
<th>Mixed Spice</th>
<th>Ground Nutmeg</th>
<th>Ground Almonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>12oz/340g</td>
<td>12oz/340g</td>
<td>7</td>
<td>3</td>
<td>grated rind of 1</td>
<td>grated rind of 1</td>
<td>1</td>
<td>4oz/110g</td>
<td>4oz/110g</td>
<td>4oz/110g</td>
<td>4oz/110g</td>
<td>14oz/400g</td>
<td>14oz/340g</td>
<td>11/2 teaspoon</td>
<td>1 teaspoon</td>
<td>4oz/110g</td>
</tr>
</tbody>
</table>

**PREPARATION TIME**

45 minutes

**COOKING TIME**

5-6 hours

**NUMBER OF SERVINGS**

+1

**UTENSILS NEEDED**

A DEEP 10”/25CM ROUND CAKE TIN OR A DEEP 9”/23CM SQUARE TIN

1. Pre-heat the oven to 140°C / 275°F / Gas Mark 1.
2. For the bottom of the tin: cut either circles or squares of double-thickness greaseproof paper. For the sides: Cut a strip of double greaseproof paper about 1 inch higher than the depth of the tin. (Grease well).
3. Weigh all the ingredients carefully.
4. Place all the cake ingredients together in a very large mixing bowl or basin and beat with a wooden spoon until well mixed (4-6 minutes).
5. Place this mixture in the prepared tin and smooth the top with the back of a wet dessertspoon.
6. Bake in the pre-heated oven on the middle shelf for approx 5-6 hours. Check at intervals after 2 1/2 hours as ovens tend to vary. Cover the cake with double greaseproof paper or foil for about the last 1-2 hours, to prevent the top of the cake from becoming too brown.
7. Test the cake carefully before removing it from the oven.
8. Leave the cake to cool in the tin overnight. Turn out and remove papers, then store.
Christmas Pudding

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>etwas</th>
<th>etwas</th>
</tr>
</thead>
<tbody>
<tr>
<td>3oz/85g self-raising flour</td>
<td>1 grated apple</td>
<td>MIX TOGETHER:</td>
</tr>
<tr>
<td>1/2 level teaspoon mixed spice</td>
<td>8oz/225g currants</td>
<td>2 large eggs</td>
</tr>
<tr>
<td>1/2 level teaspoon ground nutmeg</td>
<td>4oz/110g raisins</td>
<td>1 dessertspoon</td>
</tr>
<tr>
<td>1/2 level teaspoon ground</td>
<td>4oz/110g sultanas</td>
<td>brandy/rum/whiskey</td>
</tr>
<tr>
<td>cinnamon</td>
<td>2oz/50g cut mixed peel</td>
<td>1/4 pint/150ml guinness</td>
</tr>
<tr>
<td>4oz/110g white breadcrumbs</td>
<td>2oz/50g cherries, halved, washed and dried</td>
<td>juice and grated rind of 1 orange</td>
</tr>
<tr>
<td>6oz/150g dark brown sugar</td>
<td>1oz/25g chopped almonds</td>
<td>juice and grated rind of 1 lemon</td>
</tr>
<tr>
<td>4oz/110g margarine melted and cooled</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PREPARATION:**

Have ready 1 greased 2 pint / 1.1 litre pudding bowl. Cut a large circle of double greaseproof paper for the top of the pudding and grease well. Cut a large circle of tin foil to place over the double circle of greaseproof paper on top of the pudding.

**TO MAKE PUDDING:**

1. Sieve the flour and spices into a large bowl.
2. Add the breadcrumbs, sugar, prepared fruit, nuts, orange and lemon rind, make sure the rind is finely grated. Then mix thoroughly.
3. Make a well in the centre. Pour in the melted margarine, beaten eggs, spirits and guinness mixture. Mix thoroughly with a wooden spoon.
4. Cover and leave to stand overnight. The mixture is slack in the beginning but thickens overnight. Mix well again before filling the bowl.
5. Place the pudding bowl in a saucepan of water and boil for 2-3 hours. Keep the water topped up in the saucepan.

**UTENSILS NEEDED**

2 PT PUDDING BOWL
LARGE POT

**HANDY HINTS**

The flavour of this pudding improves overtime, try making this recipe in November for Christmas.