



New
Edition

MUST HAVE FAMILY COOKBOOK

Mothers'UNION
Christian care for families

A collection of simple & delicious recipes
from Bath Deanery Mothers' Union



Welcome to our family cookbook, with love and prayers from Bath Mothers' Union.

Sometimes the easiest thing is to order a 'take-away' and just not bother to cook at all. But if you find just one recipe or helping hint in this booklet useful, then it's worth reading. Hopefully, you will find many easy recipes and suggestions to help you.

This is a gift of support for you, and it is given to make life a bit less of a hassle and a bit more enjoyable. This is how Christians believe it should be. **So enjoy!**

Mother's Union COOKBOOK ONLINE

<https://mubathandwells.org/resrc/cookbook.pdf>

The Mothers Union in Bath and Wells (mubathandwells.org)

We are women but not always
(Men belong as well)

We support our project for 'AWAY FROM IT ALL' (AFIA)
Holidays for those in need

We are MARRIED but not always
(some of us are SINGLE or DIVORCED)

We support REFUGES & LOCAL SAFEHOUSES,
HOSPITALS and CARE HOMES

We are MOTHERS but not always
(some of us do not have children)

We give COOKBOOKS to STUDENTS at Universities
in Bath (also available online)

We are not limited in our age range
and some of us are carers or working

We care for you, your family and your community

We campaign to protect children in society

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All our projects and work both at home and overseas
are covered by prayer

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All recipes serve one person unless stated

Start
the day

Snacks

Suppers

Sides

Sweets

Support

Helpful hints to save you time & money feature in this spot on most pages...

Keeping Healthy

Hygiene

Personal hygiene is most important. Always wash hands before cooking, after handling raw foods, cooked meats or vegetables.

Of course wash hands after going to the toilet, but also remember to do so after sneezing, blowing your nose or handling waste.

Cover cuts with a waterproof plaster, ideally blue when cooking.

Clean surfaces with an antibacterial cleaner. Disinfect handles regularly.

Keep chopping boards clean. Colour coded boards for meat, fish, vegetables and bread are available.

Using Refrigerators and Freezers

Defrost regularly, wiping surfaces with a dilute solution of bicarbonate of soda.

Make sure that the temperature of the fridge is 5°C and of the freezer is -15°C.

Cool food thoroughly before putting it in the fridge or freezer.

Store raw and cooked foods in the fridge separately, with raw foods below the cooked ones.

Never re-freeze thawed frozen foods without cooking them.

Eating cooked rice which has been frozen can prove dangerous. It can contain harmful spores which cannot be killed by reheating.

Food and Cooking

Make sure all foods are used by the use-by date.

Cook pork and poultry thoroughly so that when pierced the juices run clear.

Only reheat foods once, and make sure they are piping hot.

When microwaving ready-meals, follow instructions carefully, particularly with respect to stirring to distribute the heat, and standing for the time recommended before serving.

Store potatoes in a paper bag and in the dark if possible.

Nutrition

Try to maintain a balanced diet of carbohydrates, proteins and fats.

Where you can, include unrefined carbohydrates, brown rice, wholemeal bread, wholemeal pasta and whole grain cereals.

Raw vegetables and fruits are particularly beneficial. Eat plenty of salads, colourful fruit and vegetables, and nuts.

Equipment

Measuring: Ideally a set of scales is needed, but measuring cups and spoons are also very useful ways of measuring. US recipes often measure ingredients in cups. Pyrex jugs not only measure liquids but can also be used for mixing sauces and microwave cooking.

Knives: At least four cooking knives are needed, one for preparing fruit and vegetables, one for chopping meat and fish, a bread knife and an all-purpose knife.

Saucepans and frying pan, non-stick

Wooden spoons can be bought in sets. They have many uses; mixing sauces, stirring meat as it browns, mixing cakes and cookies etc.

A Grater

Potato Masher also for breaking up vegetables in chunky soups.

Colander

Oven gloves

Hand Blender Most useful for making soups, smoothies, sauces, even making pancake mixture, if you work at it!

Store cupboard shopping list:

Tea/coffee

Tinned tomatoes

Longlife milk

Pasta

Salt/pepper

Dried mixed herbs

Rice

Cooking oil

Garlic paste

Corn flour

Sugar

Stock cubes

Eggs **V**

Such a versatile ingredient! This is to help you cook the perfect egg, whatever your taste.

Soft boiled egg

Place egg into pan of simmering water.

Bring to boil and then simmer for 3½ minutes. Remove egg with spoon.

For hard boiled egg, cook for 6 minutes.

Fried egg

Heat 1 tbsp oil in a frying pan until foaming, then crack egg into pan.

Fry for 3-4 minutes, spooning over hot oil until egg has whitened.

Scrambled egg

Beat 2 eggs in a bowl with a knob of butter, a little milk and salt and pepper.

Melt a small knob of butter in a pan (preferably non stick), then put in eggs.

Cook on a low heat until thickened, stirring continuously.

To microwave:

1. Crack eggs into a microwaveable dish, add the milk and salt and beat well. Add the butter.
2. Microwave on medium for 1 minute, Stir well.
3. Microwave on medium for 1 more minute. Stir.
4. Microwave on medium for ½ minute. Stir, stand for 1 minute and serve.

Omelette

Beat 2 eggs, a tbsp of milk or water, seasoning and a few herbs together.

Heat a knob of butter in a frying pan (preferably non stick) and pour eggs in.

Leave to set for about 5 minutes, stirring occasionally.

Try adding: Cheese, onions, mushrooms, peppers, ham etc.

Pancakes

Ingredients:

1 cup/100g plain flour	pinch of salt
1 standard egg	vegetable oil for frying
1 cup/ 250ml milk	

1. Put the flour and salt into a mixing bowl, add the egg and $\frac{1}{2}$ of the milk, mix to a smooth paste.
2. Add the rest of the milk and beat well.
3. Heat a frying pan to almost full heat, add 1 tbsp of cooking oil and swirl to coat the pan.
4. Pour in batter and swirl to fill the pan with a thin layer. Cook until bubbles appear and start to burst.
5. Turn the pancake and cook on the other side.
6. Serve with lemon and sugar, butter and jam, honey...

Note: These ingredients make about six pancakes. Any you do not eat can be frozen, interleaved with greaseproof paper and used later filled with a variety of sweet or savoury fillings.

Drop Scones

These use essentially the same ingredients and method, but the mixture is stiffer and the cakes are smaller. This quantity makes about 20 small cakes.

Ingredients:

1 cup/125g self raising flour	$\frac{3}{4}$ cup/180ml cup milk
1 standard egg	1 tbsp caster sugar

1. Combine the ingredients as above, adding the sugar after the other ingredients have been mixed.
2. Cook tablespoonsful 3 or 4 at a time in the frying pan.
3. Fruit scones can be made by adding 3 tbsp raisins with the sugar.

Filled Croissants

Croissants are delicious by themselves, eaten with butter and/or jam, but with different fillings the breakfast dish becomes brunch or, served with a simple salad, lunch.

Ingredients:

- 1 croissant
- 1 slice of bacon
- 1 slice of cheese

1. Fry or grill bacon until the fat is translucent.
2. Slice through the croissant from the arc of the semicircle leaving a hinge at the points.
3. Fill the pouch with the bacon and cheese.
4. Heat in an oven (160°C, Gas mark 4) for 15 minutes until the croissant is crisp and the cheese begins to melt.

Variations: Vegetarians - omit bacon and ham. Try cheese with fried sliced mushrooms. Experiment! Let us know your favourite fillings.

Note: A simple nutritious breakfast can be made by emptying a small (150ml) pot of natural yogurt into a cereal bowl, adding 4 tablespoons of oats and stirring. Add raisins, flaked almonds or fresh fruit for extra taste and texture. You can use oats to make flapjack, too (see pg 30).

Try to drink at least **4 glasses** of water each day.
Avoid too much strong coffee and tea – **try** some fruit teas for a change.

Jacket Potatoes

Preparation: 5 mins | Cooking time: 1 hour oven/6-10 mins microwave

Ingredients

1 potato
Oil
Salt
Butter

1. Preheat oven to 200°C or microwave on high.
2. Wash potato, dry and pierce skin with a sharp knife to stop it exploding in the oven. Rub skin with little oil and salt.
3. Bake for an hour until it gives inside when squeezed. Or microwave on high power, for 6—10 mins until feels the same as above. Rest it for a couple of minutes before testing.
4. Add a tasty topping of your choice – delicious with tuna and sweetcorn, baked beans, cottage cheese, houmous.

Let your **friends** know your plans & when they should expect you home. If walking alone, stick to well-lit routes and **avoid shortcuts** through alleys or parks. Walk **confidently** and briskly. **Remember** to charge your **mobile phone** and keep it with you whilst out alone. Carry a pocket alarm.

Easy Pizza

Preparation: 10 mins | Cooking time: 15 mins | Method: Grill

Ingredients

Pizza base or baguette halved

Tomato puree or drained
tinned tomatoes

Grated cheese

½ tsp oregano (optional)

*Any other toppings you wish such as
tomatoes, ham, peppers, mushrooms,
onion, chicken etc.*

1. Heat grill to medium.
2. Cover base with tomato puree, sprinkle generously with cheese and add oregano.
3. Place on top any additional toppings and cook under grill for 5–10 mins until cheese melts. Serve immediately.



Garlic Bread

Ingredients:

1 small baguette

2 oz/50 g butter

1 garlic clove

¼ teaspoon salt

1. Mash garlic with salt, combine with butter.
2. Make vertical cuts almost through the baguette, spread the cut sides with the garlic butter.
3. Wrap the baguette in aluminium foil and bake for 20 mins at 160°C.

Pasta with almost anything **V**

Preparation: 10 mins | Cooking time: 10 mins | Method: Boil & Fry

Ingredients

125g pasta per person (1 mug =100g)

1 onion chopped

1 courgette sliced

3 mushrooms sliced

1 can of chopped tomatoes

50g cheese grated

Oil for frying

1. Add pasta to a pan of salted boiling water (check time on packet).
2. Meanwhile, fry onions until soft and translucent (but not browned). Add courgettes (optional) and fry until softened then add mushrooms and tomatoes (and anything else which takes your fancy—e.g. peppers).
3. Cook for a further 2-3 mins or for up to half an hour for a thicker sauce.
4. Drain cooked pasta and mix together with the onion and courgette mixture.



Tuna Sauce:

Combine 1 small tin of tuna with 1 clove of garlic (chopped), 1 tbsp olive oil and black pepper. Add all ingredients to the cooked pasta, mix well and serve.

Oil and Garlic Sauce:

Warm 1 tbsp olive oil and 1 small crushed or chopped clove of garlic for 1-2 mins. Then add to cooked pasta, mix well and serve.

Salsa Cruda:

Liquidise or pound together 1 tin peeled tomatoes, 1-2 cloves garlic, salt, pepper and sugar to taste, chopped parsley (if available) and 4 tbsp olive oil. Use as required and keep in a sealed container in fridge or freeze. Add preferred amount of uncooked sauce to cooked pasta, stir and serve.

Tomato and Basil:

Heat 1 tin peeled tomatoes (drained), 4-6 fresh basil leaves or 1 tsp dried basil, salt, ground black pepper and 1 tsp sugar in a saucepan for 10 mins. Drain, sieve, add a knob of butter, adjust seasoning. Add to pasta & serve.

**White sauce:**

This is useful for many dishes such as lasagne, macaroni cheese etc.

Ingredients:

425ml cold milk
20g plain flour
40g butter
Salt & pepper

For cheese sauce add
100g grated cheese

1. Place all the ingredients into a sauce pan, heat gradually up to simmering point, whisking continuously with a whisk, until the sauce has thickened and becomes smooth and glossy. Now add optional ingredients.
2. Then turn down to its lowest possible setting and let the sauce cook very gently for 5 mins, stirring from time to time. Season to taste.

Serve with homemade garlic bread for an extra treat (see page 10)

You can use tins of soup as pasta sauce e.g. condensed mushroom, tomatoes, chicken & wine.

Stir-fries **V**

Preparation: 10 mins | Cooking time: 5 mins | Method: Fry

Ingredients

100g boneless chicken, turkey, pork or vegetarian option
 1 tbsp oil
 1 onion, finely chopped
 ½ pepper deseeded, cut into sticks
 3 small mushrooms, sliced
 1 carrot, peeled and thinly sliced
 25g beansprouts

1. Heat the oil in a large frying pan.
2. Place the chicken in pan with the onion, Fry until brown.
3. Add the pepper, mushrooms, carrot and beansprouts, stirring continuously for 3—4 minutes.
4. Continue stirring and add the sauce. Serve with rice or noodles.

Stir-fry sauces ... Mix well

Oriental

½ garlic clove,
 crushed
 ½ tsp curry powder
 ½ tsp chilli powder
 1 tbsp soy sauce

Lemon & ginger

Juice of half a lemon
 2cm fresh ginger,
 grated
 1 tbsp soy sauce

Sweet & sour

1 tbsp cornflour
 1tbsp soy sauce
 1tbsp orange juice
 1 tbsp sugar

Always cool food thoroughly before putting in the fridge or freezer.

Vegan Spaghetti Bolognese (can also be gluten free) V

Preparation: 20 mins | Cooking time: 30mins | Method: Fry & Boil

Ingredients

- 100g spaghetti (gluten free options available at most stores)
- 1 onion (finely chopped)
- 1 carrot or pepper (chopped into small chunks)
- 1 garlic clove (finely chopped)
- 100g of frozen meat (substitute mince)
- 1 tin of chopped tomatoes

1. Heat some oil in a pan
2. Add the chopped onion and garlic, stir until golden
3. Add in the carrot/pepper and mince and pour over the tin of chopped tomato
4. Stir all together and leave to simmer
5. Bring a pan of water to the boil and then add the pasta and bring to a simmer
6. Leave for 20 mins
7. Sieve the pasta and serve on a plate, pour over half the bolognese and freeze the other half for another day.



Spaghetti Bolognese

Preparation: 10 mins | Cooking time: 40-45 mins | Method: Fry & Boil

Ingredients

100g spaghetti

100g mince

1 onion (finely chopped)

1 carrot (diced)

1 tsp mixed herbs

1 tbsp cooking oil

½ tin chopped tomatoes

1. Fry onion in oil until slightly browned.
2. Add mince, carrot and herbs. Cook well, stirring all the time for about 10 mins.
3. Add tomatoes and simmer for around 30 mins.
4. Cook spaghetti in a large pot of boiling salted water for about 10-12 mins. Drain and serve.



*A great meal to share with friends (just double up the quantities as required).
For an extra treat, serve with homemade garlic bread (see page 10).*

If cooking for one reserve half bolognese mixture and top with mashed potato to make a second meal. Alternatively serve on a bed of rice.

Chilli Con Carne

Preparation: 10 mins | Cooking time: 1 hour | Method: Fry & Simmer

Ingredients

100g minced beef or Quorn	½ tin chopped tomatoes
1 tbsp oil	½ tin kidney beans
1 onion	1 tsp sugar
1 garlic clove, crushed	½ tsp salt
½ tsp chilli powder	

1. Fry the onion and garlic in oil until softened.
 2. Add the mince and fry until it browns.
 3. Stir in the chopped tomatoes, sugar, salt and chilli powder.
 4. Simmer gently for an hour, stirring occasionally.
 5. Approximately 15 minutes before the end add the kidney beans.
- Serve with rice

To bulk up for unexpected guests, add a tin of baked beans!

Shop with **friends** to take advantage of “buy one get one free” offers. Look out for **special deals** or “**best buys**” and near sell by date goods, which are often **cheaper** and could be frozen.

Whilst the oven is on for a main course, cook a desert at the same time.

Home-made Burgers V

Preparation: 10 mins | Cooking time: 10 minutes | Method: Fry



Ingredients

225g minced beef or Quorn
 1 tbsp oil
 ½ onion
 ½ egg beaten
 Salt and pepper to season
*Toasted bun, cheese and salad
 to serve (Serves 2)*

1. Chop onion finely and mix well with mince and egg in a large bowl.
2. Empty mixture onto chopping board and shape into two burgers.
3. Shallow fry in 1tbsp oil on a high heat – fry both sides for 2 mins each side to seal, then lower the heat and fry 3-4 mins each side to cook through.
4. Serve in a bun with salad and a slice of cheese and a side salad

Oven chips:

Preheat your oven to 200°C/ 400°F or Gas mark 6.
 Scrub the potato (no need to peel unless you prefer it) and cut into chunky chip-shapes.

Place in a saucepan and cover with boiling water. Boil for 3-4 mins. Drain, leave for a few minutes to dry, then add 2 tbsp oil and shake to coat.

Place on a baking tray in a single layer and bake in the oven for around 30 minutes, until the chips are nicely browned.

Try to buy seasonal, buy local or Fairtrade products when you can.

Risotto

Risotto is mostly made from store cupboard ingredients: it is versatile and easily lends itself to vegetarian menus.

Ingredients

1 small onion, finely chopped
 1 tbsp olive oil
 15g butter
 1 cup rice (ideally short grain)
 chicken or vegetable stock cube (make up to 300ml/ ½ pint with boiling water)
 walnut sized portion of butter
 2 tbs/ ½oz/ 15 g cheese ideally Parmesan

1. Cook onion in a large frying pan in butter and oil over a low heat until it is translucent.
2. Add rice, mix well to coat with oil, cook 2 minutes.
3. Add a ladleful of stock, cook until the stock is absorbed.
4. Repeat until all the stock is used up.
5. If the rice is still hard, continue with boiling water.
6. When the rice is soft and creamy add the extra butter.
7. Add one of the following;
 - 50 g mushrooms sliced and fried in olive oil and butter.
 - 50 g frozen peas and 50 g chopped ham.
 - 2 (salad) tomatoes, sliced and fried in butter and oil until caramelized.
 - 50 g prawns, or 50 g mixed seafood.
 - If using fennel add ½ head chopped at stage 2.
8. Add the extra butter and grated cheese to serve.

Serve with homemade garlic bread for an extra treat (see page 11).

If your recipe only needs ½ tin tomatoes, ½ tin soup etc. pour the remains into a glass or plastic container, cover & keep in the fridge for 3-4 days only

Cooking Fish

Salmon:

A single salmon fillet or steak can be quickly and easily prepared in the microwave.

Place the piece of fish in a shallow dish, add 1 tbsp of water and cover the dish with clingfilm and pierce before cooking.

Microwave for 2 minutes, stand for 1 minute. Serve!

Flake a cooked salmon fillet and mix with 2 heaped tablespoons of frozen peas and 200ml seasoned white sauce. Bring to the boil and simmer for 3-4 minutes. Serve as a sauce with tagliatelle or other pasta.

Smoked Haddock:

Take a piece of smoked haddock of about 125 –150 grams. Put into simmering water, or a milk and water mixture in a deep frying pan. Poach for 10 minutes. Serve with a knob of butter.

Kedgeree:

Cook 50 g long grain rice. Heat 25g butter gently and add 100g cooked flaked smoked haddock. Continue to heat gently to warm the haddock through.

Fold a roughly chopped hard boiled egg into the mixture, carefully not to break up the fish or egg further.

Season with salt pepper and lemon juice; add parsley if available.

Pan Frying:

One of the easiest ways to cook fish. Dust the rinsed and dried piece of fish in flour and shallow fry in a mixture of butter (25g) and oil (½ tbsp) until golden brown on both sides.

Two cheese spinach bake **V**

Preparation: 10 mins | Cooking time: 30 mins | Method: Oven 160°C

Ingredients

250g cottage cheese	1 egg
250g fresh or frozen spinach	50g grated mature cheddar

1. Cook spinach for 2 minutes in boiling water (can be microwaved check packet for timing). Drain spinach and squeeze dry.
2. Place in oven dish and mix in carton of cottage cheese. Beat egg then add to mix. Season.
3. Sprinkle the grated cheese over the top and bake for approx. 30 minutes.
4. Should be quite firm to touch on top with cheese golden brown.

Why not serve with homemade garlic bread for an extra treat (see page 10), or roasted vegetables (see page 21).

Potato Bake **V**

Preparation: 10 mins | Cooking time: 1 hour | Method: Oven 190°C

Ingredients:

1 large potato, peeled and sliced thinly	1 onion peeled and sliced
Small knob of butter	50g grated cheese
150ml milk	Salt and pepper

1. Heat the oven and grease a shallow dish. Layer potatoes, onion, cheese and seasoning, finishing with a layer of potatoes.
2. Pour milk over top and dot with remaining butter.
3. Bake for about 1 hour or until tender.

Whilst cooking, fill the sink with hot soapy water and soak your dishes. When it comes to washing up, everything will be easier to clean...

Oven Roasted Vegetables **V**

Preparation: 10 mins | Cooking time: 30—40 mins | Serves 2



Ingredients:

- 1 red or white onion
- 1 pepper
- 2 carrots
- 4 small tomatoes
- 1tbsp fresh chopped herbs or
- 1tsp dried herbs
- 1 clove garlic, crushed
- 1tbsp oil

Or try sweet potato, celeriac, swede, courgette – anything you enjoy!

1. Preheat oven to 220°C Peel the vegetables and cut into large chunky pieces (no smaller than 4 cm.)

2. Place in a large bowl add the herbs, garlic, oil and lots of seasoning and mix them with your hands.

3. Spread them out on a large baking tray and cook in a high shelf for 30—40 mins until tender and turning brown at the edges.

Delicious served with some home cooked fish (see page 19).

Lentil Soup **V**

Ingredients:

- 1 onion
- 1 garlic clove
- 1 carrot
- 1 large potato
- 1 tin of tomatoes (large)
- 150g red lentils
- 1 teaspoon mixed herbs
- 2 bay leaves
- 1 litre stock (using stock cube or stock powder)

1. Peel and chop all the vegetables and put all the ingredients into a large pan.
2. Bring to the boil and simmer on a low heat for 20 mins.
3. Check all the vegetables are cooked.
4. Remove the bay leaves.
5. Allow to cool slightly before blending with a stick blender.
6. Season with salt and pepper and 2 shakes of Worcester Sauce (optional).
7. Serve with crusty bread and chopped crispy bacon (for meat eaters).

Root vegetable soup **V**

Preparation: 10 mins | Cooking time: 1 hour | Method: Boil | Serves 3

Ingredients

1 large carrot
½ celeriac
1 large leek
½ swede (or whole swede if no celeriac)
1 small onion
750mls boiling stock (1-2 vegetable stock cubes)
3 bay leaves
Salt & pepper



1. Peel vegetables & cut into 5cm lengths.
2. Place everything into a saucepan and bring it up to boiling point on the hob, put the lid on and simmer gently on a low heat for an hour.
3. Remove bay leaves and mash or liquidise the tender vegetables to a puree. Season with salt and pepper.
4. Serve hot with with crusty brown bread – perfect!

Makes 3 portions of thick soup. It is low in fat, high in fibre and cheap to make. Soup can be frozen in portions and defrosted as needed.

Simple Salads

Even a simple mixture of salad leaves and cherry tomatoes add colour and freshness to a meal. The addition of a good home-made French dressing raises this to a higher level (see foot of page).

Salad Niçoise

Boiled green beans (40g) are coated with 1tbsp French dressing while still warm, then served on salad leaves with a tomato cut into wedges, sliced cucumber, two new potatoes, boiled and sliced, a hard-boiled egg cut into four and 50g flaked tuna. Top with 5/6 black olives (opt).

Greek Salad

Mix salad leaves, halved cherry tomatoes, cucumber cut into small chunks, 40g Feta cheese cut into small cubes and 5/6 olives if liked. Dress with olive oil and vinegar, or French dressing as below.

Winter Salads

Coleslaw

Chop ¼ head of a small white cabbage mix with a grated carrot and add 2 tbsp mayonnaise (Don't economise on mayonnaise- it's not worth it!).

Waldorf Salad

Chop finely an apple, 2 sticks of celery and 4 walnut halves. Mix with 2 tbsp good mayonnaise.

Potato salad

Combine boiled potatoes cut into small pieces with 1 tbsp chopped chives or spring onions. Add mayonnaise and turn to mix and coat the potatoes.

Pasta and rice both form good bases for winter salads.

Cooking Vegetables

Swede:

Very good value for money and lots of flavour.

Use a potato peeler to peel skin off like a potato. Cut into sizable chunks. Put in pan with water not covering it (hot from the kettle) and boil for about 10 minutes until tender. Test by inserting sharp knife to see if it gives.

Drain water off and mash with a knob of butter and seasoning.

Oven Roasted Onions:

Heat oven to 220°C. Cut three onions into thin slices, place in a bowl, add 1 tsp oil and 1 tsp sugar and toss them around to get the lightest coating.

Then spread out on a baking tray and place on the highest shelf for 14—15 minutes, until they are nicely crisping at the edges. They can alternatively be fried in a pan, but you need to stand over them and keep stirring to stop them burning.

Cauliflower:

Cut cauliflower into florets and place in pan. Don't cover with boiling water from kettle, just a little in the bottom, put lid on and let it steam in water. About 8 minutes. Test with a knife to see if it gives, which means it is cooked.

Cauliflower Cheese:

Make up white sauce and add cheese to make cheese sauce (see page 12). Put cauliflower in oven proof dish and pour sauce over and bake for 20 minutes in oven.

Curry in a hurry

A much simplified version of the classic Dahl

Preparation: 5 mins | Cooking time 15-20 mins | Method: boil & fry

Ingredients:

1 medium onion, chopped	1 well rounded teasp curry powder
15 g butter, 1 tbsp olive oil	1 tbsp desiccated coconut + water
100g/ $\frac{3}{4}$ cup red lentils	salt to taste
1 cup water	

1. Wash the lentils and simmer them in a saucepan in the measured 1 cup of water until the lentils are soft and have absorbed the water. Add small quantities of water if needed to prevent drying out.
2. Meanwhile put coconut into a small bowl and add $\frac{1}{4}$ cup of boiling water. Set aside.
3. Melt the butter in a saucepan and add the olive oil. Fry the onions until soft.
4. Add the curry powder to the pan and fry gently for 2 minutes.
5. Add the cooked lentils to the onion mixture and combine well.
6. Strain the coconut water into the mixture. Mix well, add salt to taste and serve.

Curried rice salad

Ingredients:

1 cup cooked rice (left over)	1 tsp raisins
2 tbsp mayonnaise	2 tbsp cooked peas (left over)
$\frac{1}{2}$ tsp curry powder	1 tbsp chopped spring onion or chives

1. In a small bowl mix the mayonnaise with the curry powder.
2. Add the rice and fold into the mixture.
3. Add the rest of the ingredients, mix well and serve.

Potatoes are good comfort food & there are lots of ways to serve them. Use the internet to find recipes for rosti, dauphinoise, bombay potatoes, alu gobi.....

Smoothies

Preparation: 5 mins | Cooking time: None

You will also need an inexpensive hand held liquidiser

Banana smoothie

1 medium banana

200ml milk or fruit juice

2 ice cubes

Put everything into the liquidiser or beaker and whiz up. Serve immediately.

Make up your own style smoothie with additions like natural yoghurt, tinned fruit, honey, strawberries and raspberries (for a treat!).

Baked fruit

Preparation: 5 mins | Cooking time: 5 mins | Method: Bake

Ingredients

Ripe fruit such as plums, nectarines, pears, rhubarb, etc

Caster sugar to your taste

1. Wipe the fruit and halve, stone or core if necessary.
2. Place in a shallow heatproof dish and add caster sugar to your taste. If the fruit is naturally quite sweet then less sugar is needed.
3. Preferably bake them in the oven at a high temperature, not too long, just enough to soften them slightly but still keep their shape normally about 4 minutes, rhubarb a little longer.

Serve with vanilla ice-cream, crème fraiche or natural yoghurt.



Fruit and Nut Mousse **V**

Preparation: 15 mins | Cooking time: None

Ingredients

25g raisins
75ml double cream
1 tsp clear honey
40g walnuts, chopped coarsely
1 egg white

1. Soak raisins in boiling water for 15 mins.
2. Whip cream until thick. Carefully stir in raisins, honey and most of the walnuts.
3. Whisk egg white until stiff, and gently fold into cream mixture.
4. Spoon into glasses and sprinkle with remaining walnuts. Chill before serving.

Lemon Posset - Serves 2

Ingredients

200ml double cream

60 ml caster sugar

1 unwaxed lemon, zested, plus all the juice

Optional for the topping - milk or dark chocolate, grated
or a few raspberries

1. Put the cream and sugar into a saucepan (one that's big enough to contain the cream if it boils up to the rim).
2. Bring to the boil, stirring to help the sugar dissolve and let it simmer for about 3 minutes.
3. Leave to cool before whisking in the lemon zest and juice of an unwaxed lemon.
4. Divide between 2 cups or glasses, then put in the fridge and leave to firm up.
5. It depends how cold your fridge is, and how much you open the fridge, but you need about 3 hours.
6. Top each posset with raspberries or grate over the chocolate and serve.

OR HOW ABOUT AN OLD CHILDHOOD FAVOURITE?

Sliced Bananas and Custard

1. 1-2 Bananas sliced
2. Pour on custard homemade or readymade, warmed in microwave
3. Optional for the topping - milk or dark chocolate, grated

Fruity flapjacks

Preparation: 10 mins | Cooking time: 15-20 minutes | Method: Bake



Ingredients

125g butter
 125g demerara sugar
 5 tablespoons golden syrup
 225g oats
 Experiment by adding 75g of dried fruits or nuts and seeds.

1. Melt butter, sugar and the syrup in a saucepan over a gentle heat.
2. Once smooth, remove from heat, add the oats and mix well.

3. Spoon into a greased tin and oven bake at 180°C for 15-20 minutes until golden.
4. Cut into chunky squares and enjoy with a friend, over a cup of tea or coffee!

Draw up a **budget** and stick to it! Work out your total **income** and how long you have to **make it last**. Subtract any costs that have to be paid up-front like rent then list other **expenditures** including **bills**, travel costs and **food** which must then be **deducted** from the total **money** coming in.







Oven temperatures

Below is a comparison chart for oven temperatures:

140°C	275°F	Gas mark 1	Slow oven
160°C	325°F	Gas mark 3	Moderate oven
190°C	375°F	Gas mark 5	Moderately hot
220°C	400°F	Gas mark 7	Hot oven
240°C	475°F	Gas mark 9	Very hot oven

Washing

Look at the washing label on each garment:

The degree number matches the washing machine temperature setting of the water	eg 40°, 60°
Hand wash only	
This symbol means the item can be tumble dried	
This symbol means the item cannot be tumble dried	
This symbol means the item must be dry cleaned	
The iron symbol means the item can be ironed.	
If the iron symbol is crossed through – don't iron.	

- Always separate light or white clothes from coloured and wash separately.
- Hand wash new items to see if colour runs before adding to a machine wash.
- Don't run the machine half full (it wastes time, fuel, water & washing powder).
- Ecover have a range of environmentally friendly washing products.
- A good investment is a clothes horse for hanging wet clothes on, that you can put by a radiator.

Vegan and gluten free Stir fry veg

Prep time 15 mins

Ingredients

Packet of stir fry veg

Sweet and sour sauce (most are gluten and dairy free – check ingredients)

Rice noodles

Tofu cut into cubes

1. Heat some oil in a pan
2. Add the chopped tofu and stir occasionally until lightly golden
3. Add the stir fry vegetable and leave to simmer for 10 mins
4. Add the sweet and sour sauce
5. Bring a pan of water to the boil and then add the rice noodles and bring to a simmer
6. Leave for five mins
7. Sieve the rice noodles, serve on a plate, and add the stir fry mix

