

YOU CAN COOK

ENJOY EAT LEARN



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Meatballs

200g minces beef
1 clove of garlic crushed
25g breadcrumbs
Half an onion very finely chopped (optional)
A little freshly chopped herbs or a pinch of dried herbs
Freshly ground black pepper and salt
A little flour for rolling
Oil for frying

Method

Combine all the ingredients together in a large bowl using a fork.
Scoop out the mixture using a medium sized spoon.
Flour your hands and squeeze tightly, then roll into small balls.
Set aside on a plate ready to fry.
Heat some oil in a frying pan.
Fry the meatballs while shuffling the pan, so they keep their round shape.
Cook the meatballs until well browned and firm.

Tomato Sauce

1 can of chopped tomatoes (or some over ripe soft tomatoes, roughly chopped).
2-3 cloves of garlic (crushed)
1 medium onion (very finely chopped)
1-2 tbs of good olive oil
1 tbs tomato puree
Pinch of sugar
1 ½ teaspoon of dried basil or some freshly chopped fresh basil
Salt and black pepper to taste

Method

Heat the oil in a medium pan.
Add the onion and then the garlic & tomato puree.
Fry for 3-4 minutes until the onion is soft.
Add the tinned tomatoes and stir thoroughly.
Add the basil, sugar and season with salt and pepper.
Simmer for 10 minutes until the sauce thickens a little, Serve.

Bean and Bacon Stew

2-3 tbsps olive oil

1 red chilli deseeded and finely chopped

1-2 cloves garlic crushed

2 medium onions finely chopped

200g back bacon finely chopped

4 varieties of beans soaked and cooked until soft, about a small cup of each (or 4 tins of prepared beans)

2 cans of chopped tomatoes or passata

Salt and black pepper to taste

Method

Heat the oil in a heavy based pan.

Add the onion, chilli and garlic and fry for 1-2 minutes.

Add the bacon and fry again for 2 mins.

Pour in the cooked beans.

Add enough tomato mixture to cover the beans and leave to cook on a very low heat for at least 45 mins, however the longer you leave it the better the flavour.

Serve with basmati rice or cumin Potatoes and salad.

Note

Cooking in the oven very slowly is the easiest way to do this dish and it means you are not tempted to stir the stew which breaks up the beans.

Homemade White Sauce

25g (1oz) butter

25g (1oz) Flour

300ml milk

Salt

Black pepper to taste

Method

Melt the butter in a saucepan, over a low heat, stir in the flour.

Remove the pan from the heat and stir in the milk a little at a time.

When it is all added, return to the heat and bring slowly to the boil stirring all the time.

Add salt, black pepper to taste.

Serve.

Creamy Pasta

1-2tsp oil

½ small onion/ leek finely chopped

2 mushrooms chopped

A small piece of red or green pepper chopped (optional)

2 tbsps soft cheese

2-3 tbsps milk

Pinch of dried mixed herbs

1 garlic clove crushed (optional)

50grms cooked pasta

50-75 grams of salami/ham/cooked chicken breasts chopped

Method

Heat the oil in a pan.

Fry the onion, mushroom, pepper and garlic until soft.

Turn down the heat.

Add the meat and stir. Cook for 2 mins.

Stir in the low fat cheese and milk to make a creamy sauce.

Add the mixed herbs

Lay the cooked pasta over the top and cover and cook for another 2 mins.

Stir ingredients together and serve.

Quick Lasagne

250g minced beef
1 tablespoon of olive oil
Homemade Tomato sauce
Homemade Cheese sauce
25 g Grated cheese

Method

Heat the olive oil in a pan.
Fry till well browned. Stir occasionally.
Add the tomato sauce.
Cover and leave to simmer for 10 mins.
Now assemble the lasagne.
Start with a thin layer of the meat sauce and cover with lasagne.
Repeat until all the meat sauce is used up.
End with a layer of lasagne.
Top with cheese sauce.
Sprinkle with a little more cheese and bake for 30 mins until golden brown.

Cabbage, Leek and Bacon Stir fry

Serves 4

500g firm cabbage (sliced thinly and washed)

2 onions/leeks (sliced thinly and washed)

250g Bacon (cut into strips)

1-2tbsps Olive oil

1 tsp Chinese Five Spice

Method

Heat the oil in a wide pan.

Sprinkle in the spice and fry for 30 seconds.

Add the bacon and Stir fry for 2-3 mins to seal the meat.

Add the onions/ leeks and stir fry for 2-3 mins.

Lastly add the cabbage and stir fry for 2-3 mins.

Serve

Tuna Pate

1 tin of Tuna
1-2tsp Lemon juice
1tbsp of Freshly Chopped Parsley
50g Cream Cheese
Freshly ground pepper

Method

Drain the tuna.

Place in a deep bowl.

Add the lemon juice and cream cheese.

Blend roughly with a fork or smoothly with a blender.

Season to taste.

Serve on oatcakes/ water biscuits as a snack.

Or breadsticks and vegetable sticks as a dip.

Alternatively it makes a great filling for a jacket potato or fresh roll.

Chicken Pie

500g Puff Pastry
50g Butter/ Margarine
50g Flour
1tbsp olive oil
½-¾ pt Chicken Stock
2-3 Chicken breasts, cubed
2 slices of Bacon, chopped into cubes
50 grams Sweetcorn (tinned or frozen)
1 leek, washed and sliced
1 teaspoon freshly chopped herbs
Black pepper and salt to taste
Milk to glaze the pie

Method

Light the oven gas 6/ 200°C

Heat the oil in a pan on a medium heat.

Fry the bacon and leeks for 3 to 4 mins. Stir.

Add the cubed chicken and cook until browned. 5-10 mins.

Add the chicken stock and sweetcorn. Stir and turn down the heat to low.

Blend the flour and margarine/ butter to form a paste in a small bowl.

Remove the chicken from the heat.

Add small pieces of the flour/ butter paste to the chicken mixture. Stir each time until dissolved and thickened.

Stir in the chopped herbs and check the seasoning. Add black pepper and salt as needed.

Place in a pie dish.

Roll out pastry large enough to cover the top of the pie.

Cut off any excess pastry and save to make decorations.

Brush with milk. Pierce top with a fork.

Bake on top shelf for 20-25 mins until golden brown.

Quick Fruit Crumble

1 jar of apple sauce
½ jar of mincemeat

Topping

150 gms flour
75 grms Sugar (Demerara is best for a crunchy effect)
75 grms Butter/Margarine
25g oats

Method

Preheat the oven 180°C Gas 4-5

Place the sauce and mincemeat in a medium ovenproof dish.

Rub the butter/margarine into the flour.

Stir in the oats.

Stir in the sugar.

Sprinkle over the fruit.

Bake for 35 mins until golden brown.

Serve

Fruit Suggestions

Apples/Plums/ Rhubarb/Gooseberries/Blackberries/Redcurrants OR
try a combination of these.

Quick and Easy Cheesecake

125 digestive biscuits, crushed
40g butter, melted
280g cream cheese
397 can of condensed milk
140 mls fresh lemon juice (1-2 lemons)
200g fresh fruit

Method

Combine the biscuit crumbs and melted butter.

Press into a loose bottomed cake tin.

Chill.

Whisk the cream cheese and condensed milk together.

Stir in the lemon juice.

Chill for 2 hours.

Decorate with fruit.

No Bake Chocolate Tart

175g digestive biscuits, finely crushed

150g unsalted butter

100ml double cream

200g smooth dark chocolate, finely chopped

40g shelled pistachios, chopped

Method

In a large bowl, mix the crushed biscuits with 2/3 of the melted butter. Press into the base and up the sides of a 20cm round, loose-bottomed cake tin.

Gently warm the cream and remaining butter in a pan over a low heat until just below boiling point. Remove from the heat and add the chocolate, stirring until melted.

Allow the mixture to cool for 5 minutes, then pour into the base.

Sprinkle over the pistachios and chill for 1-2 hours until set.