

FRIENDS OF CLARENCE PARK

COMMUNITY COOKBOOK



*Recipes from Community Groups and
residents of Bury East*

CHEAP EASY AND QUICK FOOD FOR ALL



Let's
live well

LET'S
do it



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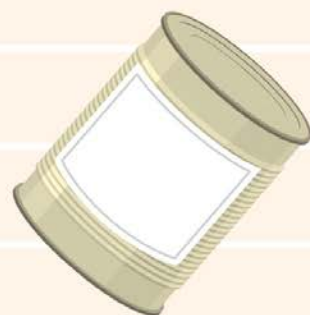
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A note of thanks

This book was made possible by the funding and support of the Health Improvement Fund - Let's live well team at Bury Council, with special thanks to Kathy Taylor for her help. We would also like to thank each and every person or group who took the time out of their day to send over a recipe.



Introduction

This project was started with the idea of giving practical help to residents who might not have time to cook elaborate food but who still want to try and live a healthier lifestyle.

We then had the idea of reaching out to other local community groups, asking them to contribute, showcasing all the hard work they do on a daily basis and providing contact details.



This cookbook is the result, we hope you enjoy!

Friends of Clarence Park



Keep Bury Clean

Bury based volunteer litter picking group working across all areas of the borough not already covered by other groups. Trying to keep our streets and green spaces free of the blight of litter and fly tipping.



Keepburyclean@gmail.com



Keep Bury Clean



Keep Bury Clean



Spicy prawns with spaghetti

Serves 2

150g of spaghetti

100g of cooked prawns

Bag of rocket

3 good sized ripe tomatoes

Garlic, chopped – to taste

Chilli, chopped – to taste

Olive oil – approx. 1 tablespoon

Lemon or lime juice



Method

Bring a pan of water to the boil and drop in the tomatoes for a couple of minutes until the skins start to split, remove and allow to cool slightly

Using the same water, cook the spaghetti to packet instructions until just al dente

Meanwhile, when cool enough to handle, peel and roughly chop the tomatoes

In a large frying pan, gently fry the chilli and garlic until just softening (about 2 mins)

Add the chopped tomatoes and a good squeeze of lemon
Add the prawns and heat through

Mix in the cooked spaghetti with a small amount of cooking water (just enough to prevent dish from drying out)

Stir in the rocket and mix until wilted

Serve in warm pasta bowls with an extra squeeze of lemon and a twist of black pepper



This was always my "go to" super quick and easy meal that I could knock up in the time it took for my teenage son to shower after a training session when he'd get home absolutely starving!

Quantities of chilli and garlic are entirely at your discretion depending on your personal taste
Baby spinach can be used instead of rocket to add a bit more nutritional content

Cooking time should be no longer than 10 minutes from start to finish, otherwise



Chicken "all in" soup

Chicken carcass and whatever meat you have left over
from a Sunday Roast

Onion - 1

Leek - 1

Then carrot, celery, cauliflower, swede, broccoli stalks -
anything going past its best in the fridge or leftovers

Mashed potato - approx 4 tbl sp - to help thicken

Chicken stock cube

Salt & pepper

Bay leaf



Method

Simmer the chicken carcass in water with seasoning and bay leaf, for an hour or so to create a stock – allow to cool, pick off all the meat and put aside, then strain to remove all bones, skin etc.

Chop any raw vegetables to similar sizes to allow cooking at the same time – boil for 5 mins until just softened. If using cooked leftovers, no need to recook

Add mashed potato to cooled stock and whisk to make a creamy consistency, (add chicken stock cube if flavour needs a boost) then add in veg to warm through

Mix in the picked chicken meat

Season to taste

A simple way to get the most out of a chicken – quantities are entirely dependent on what you have leftover and how many you are cooking for!

Serve with warm crusty bread slathered in butter

If you have no mash, use cornflour to thicken
For a veggie alternative, leave out the chicken and use a good quality veg stock adding lentils instead of mash for extra protein

Jigsaw Bury

Jigsaw Bury is a Bury based registered charity, encouraging fun, freedom, and independence. Within the charity two sub-groups exist:

Jigsaw and Jigsaw Link.

Jigsaw is a sports and social group for young disabled people aged 13 plus. Our aims are to support people to enjoy an active social life, help people reach their sporting potential and maintain a healthy lifestyle.

Jigsaw Link provides a one-to-one befriending service for people over the age of 50 who are disabled, or have an age-related condition, and live in the Borough of Bury. We also offer a weekly luncheon club and social outings throughout the year.



jigsaw@bury.gov.uk



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Easy Chilli Con Carne

- 2 tbsp olive oil
- 2 large onions, halved and sliced
- 3 large garlic cloves, chopped
- 2 tbsp mild chilli powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1kg pack lean minced beef
- 400g can chopped tomato
- 2 beef stock cubes
- 2 large red peppers, deseeded and cut into chunks
- 10 sundried tomatoes
- 3 x 400g cans red kidney beans, drained





Step 1

Heat oven to 150°C /fan 130°C /gas 3. Heat the oil, preferably in a large flameproof casserole, and fry the onions for 8 mins. Add the garlic, spices and oregano and cook for 1 min, then gradually add the mince, stirring well until browned. Stir in the tomatoes, add half a can of water, then crumble in the stock and season.

Step 2

Cover and cook in the oven for 30 mins. Stir in the peppers and sundried tomatoes, then cook for 30 mins more until the peppers are tender. Stir in the beans.

Step 3

To serve, reheat on the hob until bubbling. Serve with pitta breads, rice and sour cream

Ramsbottom Angling Association



R.A.A is a friendly long established angling association based around Bury Lancashire whose membership open to all. We have junior training sessions every Thursday throughout spring, summer and autumn.



Ramsbottom Angling Association



Neil@ramsbottomanglers.co.uk



[www ramsbottomanglers.co.uk](http://www.ramsbottomanglers.co.uk)



Chicken Elaine

(The recipe is named after a family friend of Allan's who is happy to share. A favourite of his children 25 years ago! }

4 Boneless Chicken breasts

1 Onion

1 tablespoon olive oil

1 tablespoon mango chutney

4 tablespoons mayonnaise

4 tablespoons of double cream

1 tablespoon tomato puree

½ tablespoon curry powder

2 cloves garlic

1 half cup of white wine (or alternatives could be chicken broth, apple juice, white grape juice)

Seasoning as required



Dice the chicken and fry in oil till browned. Remove the chicken from the pan and fry the chopped onion and crushed garlic for a few minutes or until soft. Return the chicken to the pan. Add the curry powder and fry 2 minutes. Add the wine or alternative and bring to the boil. Stir in the mayonnaise, cream, tomato puree, mango chutney and seasoning.

Cover and cook for approximately 20 minutes. If you want a thin sauce add a little chicken stock or water. Serve with rice.



Seedfield TRA

We are a volunteer community group that is located in the western part of Seedfield.

We run a weekly Winter Warmers Lunch Club during the winter months, hold members meetings, an annual Clean-Up Day and run occasional coach trips.



SeedfieldTRA@Outlook.com



0161 764 4506 - Gary Hardman



Hot cross bun and butter pudding

12x Hot Cross buns

1 Litre milk

4 medium sized eggs

100 grams caster sugar

Approx. 100 grams of soft butter

Apricot jam to glaze



Split the HC Buns setting the tops to one side.

Butter the bottom half of each bun and layer up in the Pyrex dish (2 layers).

Arrange the tops of the HC buns over the buttered bottom halves.

Whisk together the 4 eggs, sugar and all the milk then pour over the HC buns.

Leave to soak for 30 mins pushing the buns down to encourage all the bread to soak up the liquid.

Pre heat the oven at 180°C / 160°C fan.

Place Pyrex dish in a larger roasting tray and place in the centre of the oven.

Gently pour boiling water into the roasting dish to create a bain-marie.

Cook for 30 minutes; at this point cover with tin foil, to prevent the tops from burning, then cook for another 30 minutes.

Carefully remove the whole tray from the oven, remove the Pyrex dish from the roasting tray. Glaze the pudding with apricot jam.

Serve immediately with custard, ice cream or both



This recipe makes 16 to 20 portions.

30x23x8+cm Pyrex dish.

This dessert stores well in the fridge and can easily be reheated in a microwave or oven. It can also be frozen.



Friends of Burrs Country Park

We are a collection of local Residents and Park users who are passionate about Burrs Country Park. We have a very active Litter Picking Team who visit the Park daily and a Gardening Group who help keep Burrs looking nice.



friendsofburrscountypark@gmail.com



Friends of Burrs Country Park



Orange Delight

Juice and Rind of 1 Large Orange

4 tbslp Cointreau Liqueur

12 Sponge Finger Biscuits

250g tub Mascarpone Cheese

1 Egg, separated

Grated Dark Chocolate, to decorate



Grate the rind from the orange and squeeze the juice into a shallow dish. Add 3 tblsp Cointreau to the dish. Dip the sponge fingers (on both sides), in the liquid then allow to soak whilst preparing the rest of the ingredients. Place the Mascarpone, 1 tblsp Cointreau and Egg Yolk in a bowl and beat well to combine. In a separate bowl whisk the Egg White until stiff and stir into the Mascarpone with $\frac{3}{4}$ of the orange rind. Layer the sponge fingers and Mascarpone mixture in 4 sundae glasses, top each with a sprinkling of grated chocolate and grated orange rind. Chill before serving

For the Chocoholics -
you can use extra
Grated Chocolate
between the layers of
Mascarpone and
Sponge Fingers





Cheddar baked chicken

1 tbsp Milk

2 tbsp Wholegrain Mustard

3 tbsp Flour

50g Mature Cheddar Cheese, grated

2 tbsp Chopped Chives

2 Chicken Breasts



Method

Combine the first 5 ingredients and use to coat the Chicken Breasts.

Place the Chicken in a foil lined ovenproof dish and bake for 30-35 minutes at 200°C/Gas Mark 6

Serves with Jacket Potatoes and fresh vegetables

You can alter the variety of cheese to vary the flavour



Age UK Bury - The Jubilee Centre

Age UK Bury is a caring, friendly and helpful charity, putting the needs of older people, living in the borough of Bury, first and foremost in our work



www.ageuk.org.uk/bury/



admin@ageukbury.org.uk



Age Uk Bury - the Jubilee Centre



Carrot and Coriander Soup

The perfect warming soup for those chilly Bury days

Ingredients

1 tbsp vegetable oil

1 large onion (diced)

1 tbsp ground coriander

1 large potato (roughly chopped)

450g carrots (peeled and chopped)

1.2 litres of vegetable stock

salt and pepper (to taste)

1 handful of fresh coriander



Method

Heat the vegetable oil in a large pan, add the diced onion and fry until soft

Stir in the chopped potato and ground coriander and cook for one minute.

Add the chopped carrots, the vegetable stock, salt and pepper, bring to the boil and simmer for 20 mins until the carrots are tender.

Add the fresh coriander and blitz until smooth using a food processor or hand blender.



The Attic Project

The Attic Project is a charity based in the heart of Moorside in Bury - our aim is to Build a Brighter Future for All.

With the dedicated support of our volunteers, we are passionate about helping anyone struggling within our community. We also provide support and social activities for our most vulnerable and those struggling with social anxiety.



3 Russell Street, Bury BL9 5AX



Info@atticprojectbury.com



The Attic Project



www.attic-project.com

In addition we support mental health

Food Parcels

Debt and welfare

Social and community activities

Spicy Sausage and Pepper Pasta

This is a wonderful basic recipe that kids will love and takes no time to cook. You could bulk it out with more veggies such as carrots, baked beans and broccoli florets or peas - depending on what you have in the house. To make a more adult version use some good Italian sausage that have been taken out of their casing.





Ingredients

500g sausage meat

2 tbsp olive oil

1 onion, peeled and chopped

1 red pepper, seeds removed and
finely chopped

1 yellow pepper, seeds removed and
finely chopped

3 garlic cloves, peeled and crushed

1 tsp dried chilli flakes
chilli powder

1 tbsp tomato puree

2 x 400ml canned tomatoes

A handful of basil leaves, roughly
chopped

salt & pepper

50g grated hard cheese

600g dried pasta

Optional
chopped parsley
to serve

Green salad and
garlic bread to
accompany



Method

In a frying pan, add the sausage and stir fry over a medium heat until golden in colour.

Break up with a wooden spoon into small pieces whilst it is cooking.

Tip the sausage onto a plate covered in kitchen roll to drain off excess fat.

In the same pan, add the olive oil and cook the onion and pepper until the onions are translucent and the peppers are tender and slightly brown.

Add the garlic, tomato paste and chilli. Stir fry for one minute.

Add the chopped tomatoes and return the browned sausage to the pan, bring to the boil, reduce the heat and cover, cooking for another 10 mins. The sauce should be quite soupy, if it's a bit thick add a little water or red wine.

Cook the pasta according to the packet instructions whilst the sauce is cooking. Just before serving add the basil and grated cheese to the sauce, taste and season if necessary.

Mix with the drained pasta and serve!



Friends of Clarence Park

Our aims are to promote Clarence Park as a welcoming and inclusive green space that enables people's physical and mental well-being, and celebrate the heritage and diversity of the community.



Friends of Clarence Park



friendsofclarencepark@gmail.com



Overnight Oats

A cheap, easy and tasty breakfast
that can be changed according to
taste!

Time to prepare: 5min plus overnight to soak

50g Porridge Oats

250ml milk (can be dairy or alternative)

A banana or other fruit

Peanut Butter



Method

In a standard cereal bowl add your oats, a sliced banana and a tablespoon of peanut butter.

Pour in the milk and give it a good stir, add more milk if it seems a little dry.

Place a plate over the top and store in the fridge overnight. In the morning enjoy! You can add honey if needed but I find the banana makes it sweet enough

Try adding
Coco or hot
chocolate
powder for
an extra
treat



You can swap the banana
and peanut butter for
whatever fruit you prefer!

Hannah's Hasty Bread

Need crusty bread but no time to make one? Try this quick bread, and serve with whatever you fancy!

Ingredients

400g self raising flour

2 tsp baking powder

1/2 tsp salt

1/4 tsp cayenne pepper

100g butter

150ml milk

100g of cheddar
cheese



Method

Preheat the oven to 200° (fan)

In a bowl stir together the flour, baking powder, salt and cayenne pepper.

Add the butter and rub in with your fingers until it resembles coarse crumbs.

Stir in the milk and most of the cheese, knead lightly to form a dough.

Turn the dough onto an ungreased baking tray and pat lightly into a 20cm square.

Use a knife to mark the dough into 16 squares, cutting only part way down. Sprinkle the rest of the cheese on top. Bake until firm and golden - about 25 mins.

If the cheese starts to burn, cover lightly with foil!



East Ward Growing Together at Walnut Avenue Allotments

East Ward Growing Together is a community allotment
based at Walnut Allotments, Walnut Avenue, Bury,
BL9 7QR

Come and enjoy the peace and quiet, a chat if you want
or have a dig in the allotment. The kettle is always on!



Susan Ruddock 07522 129530



Blackcurrant Jam

Ingredients

1 kg of fruit to 1 kg sugar. You can use jam sugar but for this I use granulated.

Prepare your jam jars and heat them in the oven on a low heat for sterilising until the jam is ready to be bottled

Put a saucer or small plate in the fridge ready for testing the jam consistency

You can use a cold water sterilising solution like Milton for the jam jars



Method

Cook the blackcurrants until soft and strain through a sieve if you wish.

Add the sugar to the fruit, bring to the boil and boil for 30 min.

Stir until the sugar has dissolved then stir occasionally and remove any froth on the surface.

Check the jam consistency on the cold plate, it should wrinkle when pushed lightly with a finger.

Once setting consistency is achieved, bottle the jam and cover with a wax disk or baking paper. Screw on the lid, leave to cool then label and store. Jam will keep for a very long time

The type of sugar to use depends on the pectin levels of the fruit. Using jam sugar will not affect any fruit high in pectin.



Ainsworth Social Club

We are a small group in
Ainsworth for the over 50s
Our club nights are the first and
third Tuesday of every month



Andrea Waddington 07960 262942

Rose-Anne's Bara Mwyar - Blackberry Bread Pudding

So simple yet so deliciously different:

Ingredients: Blackberries, Sugar, Stale
Bread (quantities are immaterial - to your
own taste)



Method

Set blackberries to stew over a low heat

When juice flows freely add sugar to taste

Toss in pieces of stale bread (mixture of brown and white is good) until the juice is absorbed - not too much bread Or the mixture will be stodgy.

Chill thoroughly and serve with cream or yoghurt



Just as
successful with
tinned or frozen
fruits

Canadian Cheese Balls



8oz cream cheese

4 oz Cheddar cheese

1/2 tsp Lemon juice

1 tsp Worcester sauce

A dash of cayenne pepper to taste

Pinch salt (optional)

Spring onions finely chopped (about half a bunch)

Crushed walnuts or pecans



Method

Combine all ingredients except nuts -
add cayenne to taste.

Form into bite sized balls and chill in
fridge for a couple of hours.

Roll in crushed nuts to serve (check for
nut allergies)





Pasta Frittata

Serves 2

50g dried pasta shapes

175g broccoli florets (about one small head)

4 sliced spring onions

1/2 tsp chilli flakes - optional

1 garlic clove - crushed

4 eggs

Zest of one lemon

5g fresh mint finely chopped

2 level tbsp grated parmesan type cheese



Method

In a large pan of boiling water add pasta (8 mins) then add broccoli and bring back to boil (4 mins) until just tender - drain and cool

Preheat oven to gas mark 5/190C

Meanwhile place wide, lidded, ovenproof frying pan on a medium heat and add onions, chilli, garlic and 1 tbsp water and cook for two minutes

Crack eggs into large bowl, beat lightly, stir in onion mixture, lemon zest, mint and half the cheese - season to taste

Add pasta, broccoli, stir to coat

Spray frying pan and return to heat

Add the mixture evenly back to the pan and cook for around five minutes until underneath is browned

Transfer to oven uncovered for 20-30 minutes (use foil if browning too quickly)

Scatter remaining cheese and serve with salad

Cracking Good Food

We campaign against food waste and the many causes of climate change. We fight for social justice, a Living Wage and good food for all, sourced through the local economy.

*Everyone deserves good food and it's affordable
IF you know WHAT to cook and HOW.*



www.Crackinggoodfood.org



Spring Vegetable Soup

Serves 4

2 tbsp cooking oil

2 sticks of celery chopped into small slices

1 bulb of fennel thinly sliced (optional)

4-6 new potatoes chopped into cubes

3 handfuls of fresh or frozen peas

1 Litre vegetable stock

1 small courgette cut into cubes

Handful of fresh herbs

6 spring onions thinly sliced

Squeeze of lemon juice

Salt and pepper

1 small crispy lettuce - like Little Gem - finely

sliced (optional)





Method

Heat the oil in a large saucepan and once hot add the potatoes celery and fennel

Cook gently for 5-6 mins until softening then add the garlic. Stir well and cook for 3 mins.

Season with salt and pepper, add the stock and bring to a simmer.

Once soup is simmering add the rest of the vegetables except the lettuce and fresh herbs. Cook for 2-3 mins

Add the herbs and lettuce and simmer for a couple more mins. Taste and season with salt, pepper or lemon.

Enjoy!

Garlic Naan Bread

Makes 5 or 6 Naan Breads

Ingredients

3 or 4 cloves of garlic

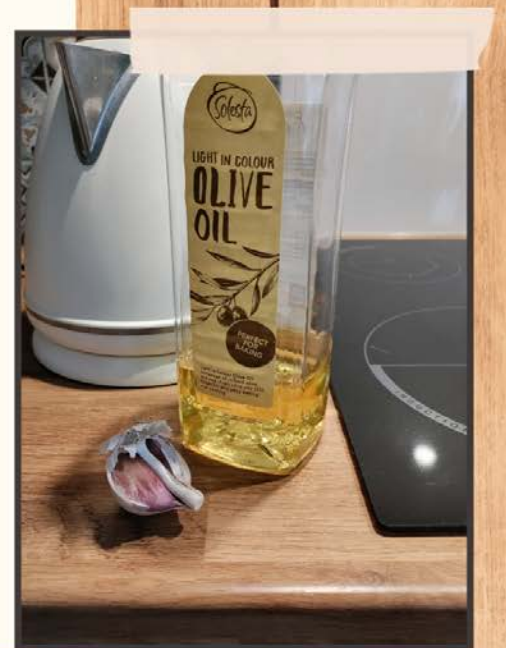
4 tbsp olive oil

1/2 tsp salt

1 tsp fast action yeast

1 lb strong white bread flour

1/2 pint warm natural yoghurt



Method

- Make garlic paste by crushing or finely chopping the garlic
- Put flour and yeast into a mixing bowl and then mix in the olive oil, garlic and salt
- Warm the yoghurt to 27° in a pan and add to the bowl.
- In the bowl mix the dough thoroughly and place on a floured surface
- Knead the dough until soft, springy and elastic. Put the dough back in the bowl cover with a damp cloth and leave to rise for about an hour.
- Bring the dough back to the floured surface, knock back and shape into a sausage.
- Cut a tennis ball sized amount of dough and with a rolling pin flatten out to plate size.

Part I

Part 2

Put a frying pan on the hob, add a dessert spoon of sunflower oil and heat

Gently place dough in the frying pan and cook for about 4 mins on each side - until both sides show golden brown patches.

Repeat for the rest of the naan and serve with whatever you fancy!



Friends of Chesham Woods

Friends of Chesham Woods was established in the 1980's to protect the woods from development and create a nature reserve. We meet most Sunday afternoons under the guidance of local Ecologist David Dutton.



Friends of Chesham Woods



@cheshamwoodsburry



Friends of chesham woods@gmail.com



Microwave Cake

Ingredients

1 egg (ideally at room temperature)

2 oz self raising flour

2 oz caster sugar

2 oz soft margarine

1 level tsp baking powder

1 dessert spoon water

Jam

Any essence you fancy - vanilla or lemon

A microwave safe bowl about 7 inches wide,
or 3 mugs

Serves 2 -3

For a chocolate cake
add 1 dessert spoon of
cocoa powder and an
extra dessert spoon
of water



Method

Grease your microwave bowl and add a good layer of jam in the bottom.

In a separate bowl, mix everything together really well and pour on top of the jam

Cook at 800w for 4 minutes, or until the sponge is shrinking away from the edges of the bowl.

The cake will not be brown like it would be in the oven, but should be fluffy on the inside. Serve immediately with cream or custard.

If it tastes a bit "eggy" try cooking a bit less next time



Eagles Wing

Eagles Wing is a befriending
and support group for Bury
residents who are
immigrants, refugees or
seeking asylum.



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Rahila's Lamb Dish

Serves 3/4

3 small red onions or one large

4 carrots


5 potatoes

Lamb chops or any lamb joint

1 tsp chilli powder

Salt and Black Pepper to taste



• • • • • 
Serve with
crusty bread
and butter!

Wash and chop the vegetables and place on a tray with the lamb. Add some oil, and sprinkle with the chilli, salt and black pepper.

Roast in the oven on 160°C for an hour

Remove and place in a pan with enough water to cover, cook slowly for about another hour

Raga's Fried Potatoes

2 good size potatoes

1 onion

2 chicken breasts

1 tbsp tomato puree

1 tsp curry powder (or to taste)

Salt and pepper



Method

Chop the onion and fry in the pan with a little oil till soft

Chop the chicken and cook with the onion for 15 mins or until cooked through

Thinly chop the potatoes, add to pan along with curry powder, tomato puree, and a little water.

Add salt and pepper

Simmer for 10 minutes

Serve with rice or bread



A note on weights and measures

This book has been made with contributions from people of many different cultures and ages who have each used their preferred measures for the ingredients. To make things easier for readers please see below for a conversion chart.

One ounce (oz.) = 28 grams

One pound (lb) = 453 grams

One ounce liquid = 30 ml

One metric cup = 250ml or about 8oz

One tablespoon (tbsp) = 15 ml

One dessert spoon (dsp) = 10ml

One teaspoon (tsp) = 5ml



