

Bury Family Recipes

By Mums, Dads
& Grandparents



Easy & Fun



food

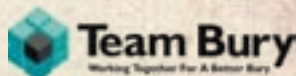
Introduction.

This book celebrates the sharing of favourite family recipes and also the use of local produce in Bury. In a community project developed by people in Bury for people of Bury, we made their recipes together, some new and some handed down through generations. Over a six month period, families and friends gathered together in cookery workshop sessions held in Bury's Children's Centres, to swap ideas and learn new healthy recipes. Here is a collection of those we have enjoyed most, quick and easy or traditionally slow-cooked but simple. All the recipes are straightforward, delicious, inexpensive and inspiring. Hope you enjoy making them as much as we did.

Francesca Vale, Nutritionist
Community Services Bury, Nutrition & Dietetic Service.

A note of thanks.

This book was made possible through Communities for Health, a programme funded by the Department of Health to encourage communities to live healthier lives. We are extremely grateful to all those people who have worked with us to make this book a reality. Particular thanks to the Children's Centres for being so accommodating, to all the participants for their enthusiasm, the public health team for their support, and to Dawn Prescott, who has given so much time and effort to this project, and made this book come to life with her design.



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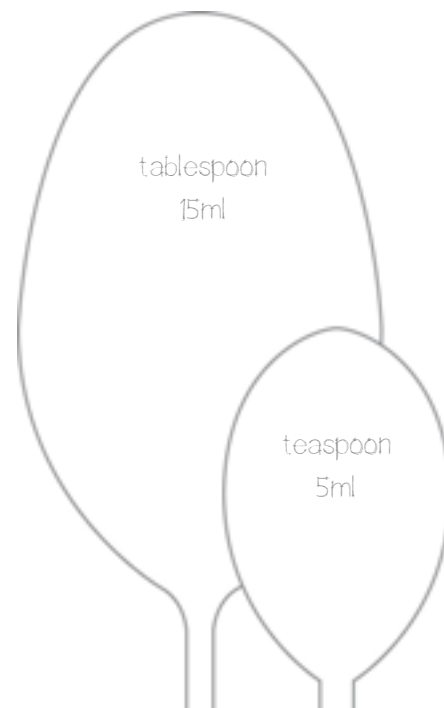
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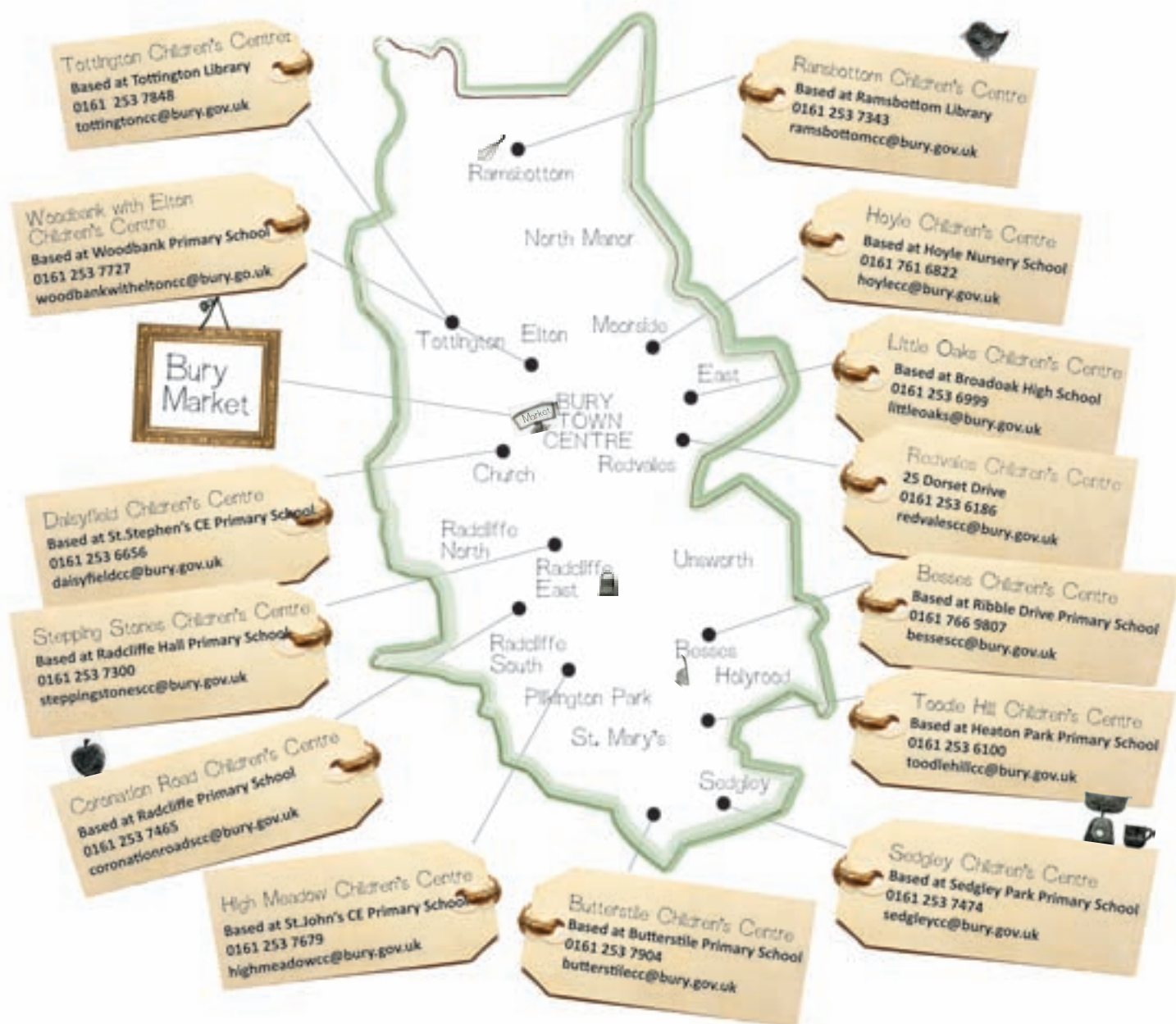


Bury Market



Annette & Simon
from Besses
Children's Centre
with Annette's Spicy
Chicken and Beef
& Tomato Habab.

A Map of Bury Children's Centres



Introduction.

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Leek and Potato Soup

by Francesca Vale
mum to Eva aged 3

This recipe makes enough for a family of 4, but I like to freeze a couple of extra portions to take to work for lunch or to have a quick meal ready for another day. My mum taught me how to make this soup, it's quick, nourishing and comforting.

Ingredients

1 tbsp of olive oil
½ onion, peeled and chopped
3 small leeks, chopped (trim the ends of the leeks to remove roots and the very dark green tops, chop, then wash in a sieve to remove any soil)
1 medium sweet potato, 2 medium white potatoes and 2 carrots, all peeled, washed and chopped into the same sized pieces
1 clove of garlic, chopped
1 bay leaf (found in most shops with the dried herbs)
¾ litre/1½ pints of boiling water from the kettle
1 vegetable or chicken stock cube, (remember not to add stock cubes or salt to food for children under the age of one year)
1 small glass of milk
Black pepper for seasoning and a pinch of chopped fresh parsley

Equipment

Chopping board, peeler, sharp knife, sieve, large pan, wooden spoon, food processor

Method

1. Heat the oil in a large pan and add the chopped onion and leek. Cook for 5 minutes to soften.
2. Add the chopped sweet potato, potatoes, carrots, garlic and bay leaf. Stir well for a couple of minutes.
3. Pour on enough boiling water from the kettle to just cover your vegetables.
Crumble 1 stock cube (if using one) into the pan.
4. Bring the soup to the boil and then reduce to a lower heat and cook for 20 minutes.
5. Remove the bay leaf, add the milk, and blend until smooth with a food processor if you like a smooth soup, or press through a sieve.
6. Taste to check the seasoning before serving. Add extra black pepper to taste and sprinkle with parsley.
7. Serve with a bread roll (see page 16).



“I only needed 1 stock cube for the size of the pan and I would have used 2.”

“I made the soup at home from the recipe and added spices and chicken. The whole family enjoyed it. We also made our own bread which the kids really enjoyed.”



Easy Bread Rolls

There's something very satisfying about making your own bread, the smell alone when it is baking can make you feel happy. This recipe makes about 8-10 rolls.



Ingredients

700g/1lb 8oz of strong, white bread flour
(the high gluten content in strong flour helps the bread rise)
2 sachets of instant easy-blend yeast
1 tsp of salt
420 ml/¾ pint of warm water
(the water should be warm like a baby's bath; if it is too hot the water will kill the yeast)
A drizzle of olive oil



Equipment

Wooden spoon, mixing bowl, baking tray, scissors



Method

1. Put the flour, yeast and salt together in a mixing bowl and stir with a wooden spoon.
2. Stir in the warm water to make dough that leaves the sides of the bowl clean. After a good mixing if your dough is looking too wet add a sprinkle more flour. Alternatively, if it looks too dry add a dash more water.
3. Put a handful of flour on your clean work surface and knead the dough for 10 minutes. Place the kneaded dough back in the bowl, drizzle with a little olive oil and cover with a clean tea towel. Leave in a warm place (like an airing cupboard) until it doubles in size (30-40 minutes).
4. Preheat your oven to 180°C/350°F/gas mark 4 and rub your baking tray with olive oil to prevent sticking.
5. Make small rolls to fit in the palm of your hand by rolling and kneading each one and place on the tray. If you are feeling adventurous, turn your rolls into hedgehogs by pinching one end to make a nose and snipping spikes all over with scissors. Children love these.
6. Brush with a little more olive oil and bake for 20-25 minutes.





“It tasted
great, will do this
again.”

Lasagne

by Simon Sackey

Dad Simon is a musician and says that lasagne is a delicious meal that all the family enjoy. It includes a basic meat bolognese, the same recipe used for spaghetti, and a cheese sauce, as used for cauliflower or macaroni cheese, so each part can be used to make other recipes. It is especially good to make when feeding a crowd. Serves 6.

Part One - Make a bolognese

Bolognese Ingredients

1 medium pack of lean mince (turkey/pork/beef)
½ onion, peeled and chopped
2 cloves of garlic, chopped
1 carton of sieved tomatoes (pasata) or a can of chopped tomatoes
A pinch of dried herbs and/or a handful of fresh basil, torn (to avoid basil going black do not keep it in the fridge)
Black pepper for seasoning

Equipment

Large non-stick pan, chopping board, sharp knife, wooden spoon

Method

1. Heat a large non-stick pan on quite a high heat. Add the mince and brown the meat by stirring continuously for 5 minutes.
2. Lower the heat, add the onion and cook for another 5 minutes or until soft.
3. Add the garlic and cook for 2 more minutes.
4. Pour the tomatoes over the meat and stir well.
5. Season with herbs and add black pepper to taste.
6. Cook on a low heat for 20 minutes.

Simon's Tips

1. When browning the meat add chopped mushrooms, grated carrot or courgette. This is a good way to hide vegetables.
2. If you wish to make a vegetarian bolognese, replace the meat with quorn/soya mince/chickpeas/roasted vegetable.
3. For added flavour, crumble in a stock cube, but if you are watching the salt or have a baby under one leave it out.
4. If you like a bit of a kick, add a few drops of chilli sauce.
5. Make two lasagnes at the same time. When cooked and cooled, freeze one ready for another day.

Part Two - Make a cheese sauce

Ingredients

855 ml/1½ pints of semi skimmed milk
50g/2oz of plain flour
40g/1½oz of mono or polyunsaturated margarine
110g/4oz of mature cheddar cheese, grated
Top Tip: when you use mature cheese you can use less of it and still get all the flavour

Equipment

Medium saucepan, measuring jug, scales, grater, wooden spoon

Method

1. Put the milk, flour and margarine into a saucepan on a medium heat.
2. Keep stirring with a whisk while it comes to the boil, the sauce should slowly thicken after 5 minutes. When thickened, reduce the heat to low and cook gently for another minute stirring all the time.
3. Take the pan off the heat and add most of the grated cheese, stir until melted. Keep back a handful of cheese if you wish to sprinkle some on top of your lasagne.



Part Three - Assemble and bake your lasagne

Ingredients

Your Bolognese and Cheese Sauces
A packet of dried plain or green (spinach) lasagne pasta sheets

Equipment

Medium sized ovenproof dish (about 20cm by 20 cm/8 inches by 8 inches), foil

Method

1. Preheat the oven to 220°C/425°F/gas mark 7.
2. Put half of the bolognese into a medium sized ovenproof dish.
3. Cover with one layer of pasta sheets. If the sheets do not quite fit, break bits off to fit.
4. Pour on half of the cheese sauce to cover the pasta.
5. Now put on the remaining bolognese.
6. Make another layer with the pasta sheets.
7. Finish with a layer of cheese sauce.
8. If Simon is feeling indulgent he sprinkles on a little extra grated cheese, if he is feeling healthier he leaves this off!
9. Cover with foil to stop the top burning before the pasta cooks. Bake for 30 minutes.
10. Remove the foil and cook for a further 10 minutes to make the top crispy.
11. Eat with your favourite salad.



Lentil Dhal

By Kawsan Parvin

Kawsan has two little girls and is originally from Bangladesh. She uses lentils in many dishes; you can find them in most supermarkets. Lentils are an affordable ingredient and excellent to use if you are a vegetarian as an alternative source of protein. This recipe feeds about 4 people.

Ingredients

250g/8½oz red lentils, rinsed in a sieve until the water runs clear
1 medium white onion, sliced
1tsp of Panch Puran five spice mixed seeds (contains: fennel, mustard, cumin, fenugreek and nigella seeds; found in most Asian supermarkets).
2 green chillies with just the stalk and tip chopped off to infuse flavour (the chillies are removed before serving).
1tsp of turmeric
4 small bay leaves torn in half (take out before serving)
A pinch of salt to taste
2 cloves of garlic, finely chopped
1 - 2 tbsp of olive oil

Optional extra ingredients when serving:
A handful of fresh coriander washed and chopped.
You can buy coriander in most supermarkets; it's usually next to the parsley.
½ lemon

Equipment

Sieve, large non-stick pan, chopping board, sharp knife

Method

1. Put all the dhal ingredients into a pan, cook them on a medium heat stirring constantly for 10-15 minutes. This softens the onions and releases all the aromatic flavours into the lentils.
2. Cover the mixture with ¾ litre/1½ pints of boiling water to make a soup consistency (your pan should be about ¾ to ¾ full). Cook for a further 15 minutes. If you like a thicker dhal, cook for a little longer to allow more fluid to evaporate off.
3. Take out the chillies and bay leaves. When serving Kawsan likes to sprinkle over some coriander with a squeeze of lemon juice.

Kawsan's Tip

Kawsan says that you can tell the heat of the chilli by its smell. A hotter chilli will smell quite strong.

“Loved it. Never really
cooked with lentils, so
now have a way to
cook with them.”



“ Really enjoyed the
food, will be cooking
this at home.”



Hidden Veg Shepherd's Pie

The name of this recipe is often confused with cottage pie which uses beef mince, but shepherds look after sheep so this is a lamb pie.

By Jill Benet, mum to
Ryan, aged 3

Jill's 3-year-old Ryan does not like to see vegetables so she shared a few tricks to hide them with everyone at Besses Children's Centre.

Serves 6.

Ingredients

675g/ 1½lb of lamb mince, or to make it vegetarian, use textured vegetable protein
2 small onions, peeled and finely chopped
2 garlic cloves, peeled and chopped
2 carrots peeled and grated
Black pepper
A bay leaf (optional extra)
1 tbsp of plain flour
1 vegetable stock cube dissolved in 425 ml/¾ pint of hot water (remember to leave out stock cube if making for a child under one)

Mash topping ingredients

675g/ 1½lb of potatoes, peeled and chopped (Jill likes to use a ratio of ¾ white potatoes and ¼ sweet potatoes)
1 tbsp of mono or polyunsaturated margarine
A dash of milk and a grinding of fresh black pepper
A sprinkle of grated mature cheddar

Hidden Veg ingredients

½ cauliflower, chopped into small florets
1 leek, finely chopped

Equipment

Chopping board, sharp knife, measuring jug, peeler, grater, a large non-stick pan, a medium pan and a small pan, wooden spoon, sieve, potato masher, medium sized oven proof dish

Jill's Tip

You could make one large shepherd's pie or lots of little ones to put in the freezer.



Method

1. Heat a large non stick-pan. Add the mince, stir well to brown the meat for 5 to 10 minutes. Drain off any extra liquid from the meat into a dish.
2. Add the chopped onion, garlic and grated carrot, cook for a couple of minutes to soften. Add a good grinding of black pepper and a bay leaf for extra flavour.
3. Sprinkle flour onto the meat and vegetables and stir in.
4. Dissolve 1 stock cube in $\frac{1}{2}$ to $\frac{3}{4}$ pint of hot water. Stir this into the meat to make a good gravy and cook on a lower heat for 20 minutes.
5. Meanwhile make the mash topping. In a large pan of boiling water cook the white potatoes for 10 minutes. Add the sweet potatoes and boil for a further 10 minutes, or until all the potatoes are tender. Drain off the water and mash, adding a spoonful of margarine, a dash of milk and grinding of black pepper.
6. In another small pan boil a handful of small cauliflower florets with one chopped leek for 8 minutes. When tender drain off the water.

Assemble your Shepherd's Pie

1. Preheat the oven to 180°C/350°F/gas mark 4.
 2. Spoon the cooked mince mixture into the base of an ovenproof dish. Remember to remove the bay leaf.
 3. Add a thin layer of cooked cauliflower and leek.
 4. Cover with the colourful mixed mash.
 5. Jill likes to add a sprinkle of grated mature cheddar.
 6. Bake in the oven for 20 minutes; the topping should be golden brown. Serve with salad.
- 





“Very tasty and
crispy without being
fried.”



“It tastes spicy but
has no chilli in it.”

Spicy Chicken

By Annette Jogo

Annette has 4 children and comes from the Sudan. This meal will happily feed the whole family and is great on a special occasion.

Ingredients

8 chicken thighs and 8 chicken drumsticks
Although Annette uses a ready-made hot and spicy chicken coating, you can make this yourself with a cupful of plain flour and by adding a pinch of the following dry seasonings: black pepper, sage, white pepper, cayenne pepper, garlic powder, nutmeg and onion powder.
A drizzle of olive oil

Equipment

Sharp knife or scissors, a mixing bowl, 2 baking trays

Method

1. Annette trims off most but not all of the skin from the chicken thighs and drumsticks with a knife or scissors.
2. Place the chicken in large mixing bowl, sprinkle with the spicy chicken coating mix. Shake off any extra.
3. Preheat the oven to 200°C/400°F/gas mark 6.
4. Place the coated chicken pieces on baking trays and drizzle over with a little olive oil.
5. Bake for 30-40 minutes, turning once during cooking. Cut one in half to check the juices run clear to make sure the chicken is cooked through.
6. Serve with rice and salad or vegetables.



Beef & Tomato Habab

By Annette Jogo

This flavoursome dish is a little like a casserole but cooked on the hob. Serves 4.

Ingredients



- 1 tbsp of olive oil
- 1 white onion, peeled and finely sliced
- 2 handfuls of bite sized cubes of braising beef (the actual quantity of meat does not matter; add more or less depending on the size of your family)
- ½ red pepper, stalk and seeds removed and finely chopped
- 1 carrot, peeled and finely chopped
- 3 cloves of garlic, grated
- 3 tbsp of tomato puree
- 1 fresh tomato, chopped
- 1 beef stock cube (leave this out if cooking for children under the age of one)
- A cup/ 150ml/ ¼ pint of hot water

Equipment

Chopping board, sharp knife, grater, medium saucepan with lid, wooden spoon

Method

1. Heat 1 tbsp of olive oil in a saucepan and slowly cook the onions on a low heat for 10 minutes until they are caramelised (a light brown colour).
2. Add the beef, stirring for 5 minutes to brown the meat.
3. Annette says that you could leave out the oil altogether and just cook the onions and meat together to be healthier.
4. Next add the chopped red pepper and carrot. Stirring continuously, cook on a low heat for 20 minutes until soft.
5. Grate 3 cloves of garlic and add to the pan, along with the tomato puree and fresh chopped tomato.
6. Crumble in the beef stock cube. Stir well for a couple of minutes to release the flavours.
7. Add 1 cup of hot water to make a thick soup consistency and cook for a further 15-20 minutes with the lid on. Serve with boiled rice.



A hand holding a silver spoon over a pot of food. Two hanging tags are visible. The first tag says "The meat is really tender." and the second tag says "Hearty, warming comfort food."

"The meat is really tender."

"Hearty, warming comfort food."

Jonathan's Tips

1. Jonathan makes his own stock which tastes amazing, but it can be a time-consuming job. Alternatively he recommends you buy fresh lamb stock from supermarkets or use 1½ stock cubes with 600 ml boiling water.
2. Remember not to add stock cubes or salt to food for children under the age of one year.

Lancashire Hotpot

**By local butcher and dad,
Jonathan Wallwork**

Jonathan has always loved cooking and enjoys reading cook books in his spare time. Married to Kristen, they have recently had a beautiful baby girl, Emily. This recipe serves 6.

Ingredients

1-2tbsp of olive oil
1kg/2lb 4oz diced Lamb, cut into 2 cm cubes
Optional: 4 kidneys, sliced in half and cored
(cut away the centres)
2 medium onions, peeled and chopped into 1 cm slices
4 carrots peeled and cut into 1 cm slices
30g/1oz plain flour
600ml/ 1¼pints lamb stock
1tbsp Worcestershire sauce
Salt and pepper to taste
1 bay leaf
1kg/2lb 4oz potatoes peeled and thinly sliced

Equipment

2 chopping boards, sharp knife, measuring jug, deep oven-proof casserole dish, wooden spoon, a plate

Method

1. Preheat the oven to 170°C/325°F/gas mark 3.
2. Heat the oil in a deep casserole dish or a frying pan on the hob, cook the lamb in two or three batches till browned on all sides (5 minutes per batch) and put on a warm plate.
3. Fry the kidneys (if using) for a couple of minutes and add to the meat on the plate.
4. In the same pan fry the onions and carrots for 5 minutes, sprinkle in flour and cook for a further 2-3 minutes.
5. Add the stock and Worcestershire sauce and bring to the boil.
6. Stir the meat back into the casserole. Season with salt and pepper to taste. Add a bay leaf if you have one.
7. Arrange the sliced potatoes around the dish. Brush the top with a little olive oil so they brown nicely.
8. Cook in the oven for approx 1¼hrs until potatoes are cooked through.

“Fast to make
and really
colourful.”

John's Tip
Try serving the ingredients
in a wholemeal wrap.



Roast Veg Bagels

By John Henshaw

From Food For Thought cafe in Redvales Children's Centre. Serves 2-4. This is a popular, colourful dish in John's cafe. It is quick to make and can be eaten as a snack or as part of a main meal. His two boys love it and it makes a fantastic alternative to pizza.

Other ingredients like tomatoes, courgettes or mushrooms can also be roasted.



Ingredients

¼ red, ¼ yellow and ¼ green pepper (wash, remove stalk, halve and remove seeds and slice thinly)
¼ red and ¼ white onion, peeled and sliced (red onions are sweeter and milder than white ones)
A light drizzle of olive oil
2 multi-grain bagels
A handful of mature cheese, grated
A couple of spoonfuls of pesto (you will find pesto in jars near the pasta in most supermarkets or have a go at making your own, see page 49)

Equipment

Chopping board, sharp knife, medium saucepan, wooden spoon, 2 baking trays and grater

Method

1. Preheat your oven to 180°C/350°F/gas mark 4.
2. Heat the oil in a pan on the hob.
3. Gently fry the peppers and onions in the olive oil for 5 minutes. When soft remove from the hob and place in an ovenproof tray. Roast in the oven for 15 minutes.
4. Slice the bagels in half and place on a baking tray.
5. Spoon on the tasty roasted vegetables, sprinkle with cheese and drizzle over a little pesto.
6. Cook in oven for 10-15 minutes and serve with salad.

Important Note: This recipe is not suitable for people with a nut allergy. Also remember not to give children under the age of five whole nuts because of the risk of choking.





“ Bay leaves
add flavour to
many meals.”



“You could add any
fish or prawns.”



Fish Pie

By Sarah Perham

Sarah has 6 children and confesses that she cooks by eye rather than following a recipe. She suggests that if you really like an ingredient add a little more, and if you dislike it replace it with something else. This is a great way to get everyone eating fish and for hiding vegetables.

Serves 6 hungry people and you can freeze portions if you have any leftovers.



Parsley Sauce Ingredients

1 tbsp of mono or polyunsaturated margarine
1 tbsp of plain flour
A handful of parsley, washed and chopped
(Sarah grows this in her garden)



Sarah's Tip

If you have more parsley than you can use, wash and chop all of it. Place in sealed plastic sandwich bag and freeze ready for another day. You may find it easier to snip up the parsley with scissors.

Equipment

Chopping board, peeler, sharp knife, large saucepan and lid, sieve, potato masher, medium saucepan, wooden spoon, measuring jug, bowl, small saucepan, scissors, grater and large oven proof dish



Mash Topping Ingredients

8 potatoes, peeled and chopped
A drizzle of milk
A knob of mono or polyunsaturated margarine

Tasty Fish Filling Ingredients

650g/1lb 8oz of a combination of any fish - Sarah's favourites are: haddock, smoked haddock and salmon
2 bay leaves
275 ml/½ pint of milk (semi skimmed milk for family cooking or whole milk when cooking for young children)
Black pepper, a good grinding
There is no need to add salt as the smoked haddock adds lots of flavour



Finishing Touches

1 tbsp of wholegrain mustard
1 mug of peas and 1 mug of sweetcorn (frozen or canned)
1 bag (about 160g/5 ½oz) of fresh washed spinach - the spinach will be gritty if you forget to wash it!
A handful of grated cheese

Method

1. Preheat your oven to 180°C/350°F/gas mark 4.
2. First make the mashed potato topping. Boil the potatoes in a large pan of water for about 20 minutes or until tender (when they fall off a sharp knife when poked). Drain away the water, mash with a drizzle of milk and knob of margarine. Keep warm until needed later.
3. While the potatoes are cooking make the fish filling. Place the fish, bay leaves, black pepper and milk in a medium saucepan and cook on a low heat for 10-15 minutes. The fish should easily flake apart with a knife and fork. Drain the liquid into a bowl and **keep** for making the parsley sauce, but take out the bay leaves.
4. Now make a parsley sauce by melting 1 tbsp of margarine in a small saucepan. Add 1 tbsp of plain flour and stir together on a low heat for a couple of minutes. Add the liquid from the fish. Stir continuously for 5 minutes to make a thickish sauce and add a handful of chopped parsley.
5. Return the cooked fish back to the large saucepan. Put on a medium heat. Stir in 1 tbsp of wholegrain mustard, the peas and sweetcorn and a good grinding of black pepper.
6. Add the fresh spinach. After a couple of minutes with the lid on the spinach will wilt right down.
7. Stir in your parsley sauce.
8. Pour this tasty mix into an oven proof dish. You could make one large pie or lots of mini ones which are great for freezing.
9. Spoon the mashed potato neatly on top. As an optional extra, Sarah likes to sprinkle on a little grated cheese.
10. Bake for 20-25 minutes or until the topping is golden and crisp.





Magnificent Meatballs

**By Jolene McCormick,
mum to 3 little ones**

All the mums at Coronation Road Children's Centre loved this recipe; we had a lot of fun with it. Serves 6.

Sauce Ingredients

1 courgette, grated
1-2 cloves of garlic, peeled and finely chopped
1 carton (500g/1lb 2oz) of sieved tomatoes (pasata)
Pinch of dried herbs and/or 1 handful of fresh herbs (basil goes well)
Favourite pasta (e.g. spaghetti, tricolour, weigh out about 75g/3oz of dry pasta per adult)

Meatball Ingredients

500g/1lb 2oz lean mince (beef, pork or turkey mince)
85g/3oz of dry sage & onion stuffing mix
½ onion, peeled and finely chopped
Black pepper, a good grinding
Pinch of your favourite dried herbs
Handful of fresh herbs (e.g. parsley) finely chopped
1 tsp of something sweet (ketchup, sweet chilli sauce, chutney or 1 grated carrot)
Optional extra, ¼ of a chilli, finely chopped
1 egg, beaten
3-4 tbsp of plain flour (to roll the meatballs in)
1-2 tbsp of olive oil (to cook the meatballs in)

Equipment

Mixing Bowl, chopping board, sharp knife, 2 plates, large non-stick pan, wooden spoon, grater, medium saucepan

Method

1. Mix the mince, stuffing, onion, black pepper, herbs, teaspoon of something sweet, chilli (if using) and egg in a mixing bowl.
2. Make about 18 small ping-pong sized balls. Make sure they are well pressed together, and roll on a plate of flour.
3. Heat a large pan with a drizzle of olive oil. Cook the meatballs in batches (6 at a time). It will take about 5 minutes per batch. When browned on the edges take out, place on a warm plate and cook the next batch.
4. When all the meatballs have been browned, use the same pan and all its delicious juices to cook 1 grated courgette and the garlic for 3-4 minutes.
5. Add the sieved tomatoes and herbs and stir well.
6. Return all your meatballs to this sauce and put the lid on, cook for 20 minutes, stirring occasionally.
7. Meanwhile cook your choice of pasta (dried or fresh) as instructed on the packet (usually 10-12 minutes for dried, less for fresh) and serve together.



Banana Cake

By Nanna, Kim Peddie

This recipe makes enough for 6 people and is a great way of using up those overripe bananas in the fruit bowl that no one wants to eat.



Equipment

Mixing bowl, scales, wooden spoon, bowl, fork,
900g/2lb loaf tin, greaseproof paper



Ingredients

1 large egg
75g/3oz soft mono or polyunsaturated margarine
110g/4oz sugar
225g/8oz plain flour
2tsp of baking powder
4 medium sized ripe bananas (approx 350g/12oz)

Method

1. Preheat oven to 180°C/350°F/gas mark 4.
2. In a mixing bowl beat the egg, and then add margarine, sugar, flour and baking powder. Mix well. This will look quite dry.
3. In another dish mash the bananas with a fork and add to the cake mix.
4. Grease the loaf tin and line with greaseproof paper. Cut one strip of paper as wide as the tin but long enough so you can easily pull the cake out when cooked, no need to worry about the sides of the tin.
5. Pour the cake mix into the tin and bake for 55 minutes. Stick a sharp knife in the middle; it should come out clean but not sticky. If still sticky it may need a further 10 -15 minutes. Allow to cool before slicing.



“Wow. This tastes
amazing. Really cheap
to make too.”



Breakfast Smoothie

By the mums at Coronation Road

This recipe makes for a good start to the day. Makes one large or two smaller servings.

Ingredients

1 banana, peeled
6 strawberries, washed and leaves removed
1 orange, peeled

Equipment

Chopping board, sharp knife, liquidiser or hand blender

Method

1. Put all the fruit in the liquidiser.
2. Blend for thirty seconds. Serve.

Tips

1. Use other fruit to design your own recipe. Canned pears in juice or frozen berries work well.
2. Turn your smoothie into a frozen lolly by freezing in lolly moulds.

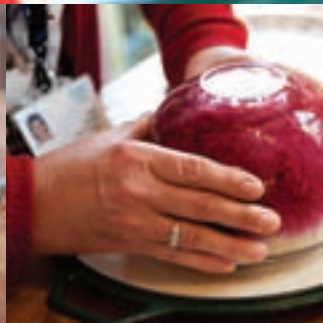




“Lovely colours, a
light alternative to
Christmas pudding.”

“Yum, this is so good.”
“Very refreshing.”

Cath's Tip
Make breadcrumbs
with the leftover crusts
using a food processor,
or by grating. Freeze
for making stuffing and
coating chicken or fish
(see page 61).



Summer Pudding

By Cath Coward, granny to Alfie aged one

Cath says that all the family love her delicious summer pudding.
It looks great and is easy to make.



Ingredients

1 white sliced loaf (cut the crusts off)
2 x 500g/1lb 2oz sized bags of frozen mixed summer
fruits (cherries, blackberries, raspberries, blackcurrants)
150g/5oz of granulated white sugar

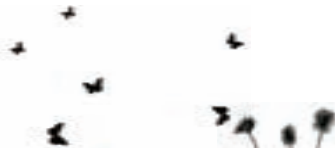
Equipment

Bread knife, scissors, large pan, wooden
spoon, 900g/2lb pudding basin, a side plate



Method

1. One hour before starting, take the fruit out of the freezer to defrost.
2. Empty the defrosted fruit into a large pan with the sugar. Heat slowly until all the sugar has dissolved.
Remove from the heat and leave to cool slightly.
3. Whilst the fruit is cooling, cut six slices of bread (you may need more) approximately $\frac{1}{4}$ inch thick and use it to line the pudding basin. You will need to trim the bread to make sure the inside of the basin is completely covered including the bottom of the basin. Cath finds it easier to use kitchen scissors to cut the slices into the right shape.
4. When the basin is lined (a bit like a bread jigsaw), fill it almost to the top with the cooled summer fruits. You should still have some left over that you save for decoration. Make a lid from some of the remaining bread to complete.
5. Put a side plate on top of the pudding basin, place something heavy on top and put in the fridge overnight.
All the juice from the fruit will soak into the bread, colouring it red – this is normal.
6. Remove the weighting plate and turn the pudding upside down on to a shallow serving dish which can catch juice.
7. A gentle shake usually does the trick but if you are struggling, run a knife around the edge of the pudding.
8. Place some of the fruit reserved for decoration on top of the pudding and the remainder around the base.
9. Serve with natural yoghurt, ice cream or fresh cream depending on how healthy you want to be.



A close-up photograph of a white ceramic bowl filled with a vibrant green, chunky pesto. A metal spoon is partially submerged in the pesto. A small, light-colored tag with a string is attached to the rim of the bowl. To the right of the bowl, a slice of a lemon is visible. The background is slightly blurred, showing a glass jar and a patterned cloth.

“First time I’ve
ever made pesto,
definitely one for
when I’m at home.”

Green Pesto

You can buy jars of green or red pesto in the shops to mix into cooked pasta or to use as a marinade on meat, fish or roasted vegetables, but if you wish to make your own it is very quick and a little goes a long way.

Ingredients

50g/2oz of fresh basil leaves
½ clove of garlic crushed
1tbsp of pine nuts or cashew nuts
(which are a lot cheaper)
6tbsp of olive oil
25g/1oz of Parmesan cheese, grated
A small squeeze of lemon juice to taste
Black pepper to taste

Equipment

A blender or a pestle and mortar, a bowl, a jam jar

Method

1. Put the basil, garlic, nuts and oil in a blender and blend until smooth; alternatively use a pestle and mortar to pound the ingredients.
2. Empty into a dish, stir in the Parmesan cheese.
3. Add a squeeze of lemon juice and a grinding of black pepper.
4. Taste to see you if you are happy with the seasoning before using.
5. Store in a sealed jar in the fridge for a couple of days.
6. Stir a spoonful of pesto through some cooked pasta for a very quick meal.

Tip

There can be a price difference between commercial products. Check the ingredients list, usually the cheaper ones are made with sunflower oil instead of olive oil and use cashew nuts instead of pine nuts.

Important Note: This recipe is not suitable for people with a nut allergy. Also remember not to give children under the age of five whole nuts because of the risk of choking.



“Tried the poached
salmon at home and my
daughter liked it.”

“I made the salmon
and broccoli pasta,
Pesto was bought
due to lack of time.”



Salmon, Broccoli & Pesto Pasta

By Anne Jones, mum of 4 grown up children

Anne loves shopping at Bury market to buy her ingredients.

This is a very straightforward meal. Serves 4.

Ingredients

Packet of pasta bows (weigh out about 75g/3oz of dry pasta per adult)

1 small head of broccoli, chopped into small pieces

1 small salmon tail

275ml/½ pint of milk

1 bay leaf

2 tbsp of pesto (see page 49)

Equipment

Large saucepan, chopping board, sharp knife, microwaveable dish, cling film, knife and fork, plate, sieve

Method

1. Cook the pasta in a large pan of boiling water for 10 minutes.
2. Add the small pieces of broccoli to the pan and boil for a further 5 minutes.
3. Meanwhile place salmon in a microwaveable dish, cover with milk and add the bay leaf.
4. Cover with cling film or lid and microwave on full power for 4-5 minutes. Alternatively put the fish in a pan with the milk and bay leaf and gently simmer for 10 minutes with the lid on.
5. Lift the salmon out onto a plate and with a knife and fork remove the skin. Then flake the fish into small pieces. Check there are no bones.
6. Drain the water from the pasta and broccoli, and return to the pan, turn off the heat. Stir in the cooked flaked salmon.
7. Stir in 2 tbsp of pesto. Serve, eat and enjoy.

Important Note: This recipe is not suitable for people with a nut allergy.

Tips

After cooking fish there can be a lingering smell in the kitchen. To get rid of it try leaving a bowl of vinegar in the room overnight and the smell should disappear. Also to remove smells from your microwave put a wedge of lemon in a small bowl of water and heat on high for 1-2 minutes.



Apple Crumble Cake

By Jan Dixon

Jan started to bake once a week with her children (now aged 19 and 22) when they were small. She loves to experiment and adapt recipes. Jan finds baking a good way of switching off from the stress of work, whilst being creative and having a lot of fun.

Cake Ingredients

170g/6oz of self raising flour
170g/6oz of sugar
170g/6oz of mono or polyunsaturated margarine
3 eggs
2 large apples, peeled and cored, or for convenience 1 tin of sliced apples (in juice)
For an optional colourful extra, a handful of blackberries
1 tsp of cinnamon powder (a spice)

Crumble Ingredients

50g/2oz sugar
50g/2oz mono or polyunsaturated margarine
110g/4oz plain flour
1tsp of cinnamon powder



Equipment

23cm/9inch round deep cake tin, greaseproof paper, scales, 2 mixing bowls, whisk (electric if you have one), chopping board, peeler, sharp knife



Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Grease and line the base of the cake tin using a circle of greaseproof paper and some margarine.
3. To make the cake mixture, put the flour, sugar, margarine and eggs in a large mixing bowl. Use a whisk to mix together. The mixture should look pale and thick. Pour into the cake tin.
4. Thinly slice the apples and scatter over the top of the cake mixture. Add the blackberries if using. Sprinkle with 1tsp of the cinnamon.
5. To make the crumble topping, measure out the sugar, margarine, flour and cinnamon into a mixing bowl. Rub everything together with your fingertips until it resembles breadcrumbs. Sprinkle the crumble on top of the fruit and bake for 50-55 minutes, until the cake is firm to the touch and golden brown. Allow to cool for 10 minutes in tin.





Apple & Carrot Cupcakes

**By Jan Dixon, made with and enjoyed by all the mums
in Sedgley Children's Centre**

Jan's son absolutely loves anything with apples in, but hates all vegetables. Adding the carrots was a way to get him to eat vegetables; as he loves these cakes. To avoid using scales Jan cleverly measures out the ingredients using a cup or a mug. This recipe makes 20 cupcakes.

Cake Mix Ingredients

2 cups of self raising flour
1½tsp of baking powder
Pinch of salt
1½tsp of cinnamon powder
4 eggs
1 cup of white sugar
1 cup of sunflower oil
2 cups of peeled and grated carrot (about 3 carrots)
1 cup of peeled and grated apple (about 1 large apple)
½ cup of walnuts or pecan nuts, chopped (optional)
1 cup of raisins (or any dried fruit like sultanas)

Frosting Ingredients

1 small packet or 200g/7oz of cream cheese (lower fat version)
3 cups of icing sugar
½ cup of unsalted butter (optional)

Equipment

2 mixing bowls, 1 cup or mug, chopping board, sharp knife, peeler, grater, whisk, muffin cases, muffin tray, bowl

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Put the flour, baking powder, salt and cinnamon in a mixing bowl.
3. In a separate mixing bowl whisk the eggs, sugar and oil together until slightly thickened.
4. Stir this into the flour mixture.
5. Now stir in the grated carrot, apple, chopped nuts (if using) and raisins.
6. Put the muffin cases into a muffin tray. Evenly divide the mixture into the muffin cases and bake for 20 minutes, or until a knife inserted into the cupcake comes out clean.
7. Leave to cool on a wire tray or grill tray.
8. To make the frosting, mix the cream cheese, icing sugar and butter (if using) together in a bowl. Spread a thin layer of frosting on each cupcake.

Important Note: This recipe is not suitable for people with a nut allergy.

Remember not to give children under the age of five whole nuts because of the risk of choking.

Tips

To make a healthier version, eat without the frosting or serve with just a light dusting of icing sugar. Alternatively, when making the frosting, leave out the butter, it tastes just as good.



“First time I made risotto and will be making at home. It was lovely.”

Tip

If you are not keen on sweet corn, 3 tbsp's of frozen peas can be added to the risotto for the last 5 minutes of cooking.



Vegetable Risotto

By Angela Rumens,
mum of 3 lovely children

Angela mastered making this recipe at Woodbank with Elton Children's Centre. This is not a dish that you can leave while it's cooking as it needs care and attention, but it is worth it. This recipe serves 4.

Equipment

Small saucepan, chopping board, sharp knife, large non-stick pan with lid, wooden spoon, ladle, grater

Method

1. Put the broccoli, stick of celery, sweet corn cob and stock cube into a small saucepan. Cover with water and boil for 15 minutes. The vegetables will cook at the same time and provide your risotto with its stock.
2. Heat 1 tbsp of olive oil in a large non-stick pan, and gently fry the onion for 5 minutes (avoid browning the onions).
3. Add the dry rice and stir for 2-3 minutes. The rice will start to crackle or make a popping sound. When you hear this you will know that the rice is thirsty and ready for some stock.
4. Add a couple of ladles of hot stock from the cooking vegetable pan every few minutes. Stir well. When the rice is stirred it releases some of its starch, this creates a lovely creamy feel to the dish.
5. After 20 minutes of absorbing stock the rice should be cooked.
6. Drain the pan of vegetables. Stand the corn upright on a chopping board. Run a knife down its length to cut off the corn, then add this along with the broccoli to the risotto.
7. Stir in the grated cheese. This will melt and coat the rice.
8. Take off the heat and put the lid on. Trapped steam will cause the rice to puff out a little.
9. Wait for 5 minutes before serving.

Veg Stock Ingredients

½ head of broccoli, chopped into small florets
1 stick of celery (gives a lovely flavour, you can remove it at the end if you are not keen on eating it)
1 stock cube, chicken or vegetable (remember to leave this out if making for a child under one)
About 1 litre/1½ pints of water
1 corn on the cob

Risotto Ingredients

1 tbsp of olive oil
½ onion, chopped finely
300g/11oz of risotto rice (or measure out 1 small tea cup of rice per person)
Arborio and Carnaroli are names to look for when buying the rice, it is a small, fat grain compared to the usual long grain rice.
2 tbsp of grated cheese. Parmesan is traditional and has a strong savoury flavour but you could easily use mature cheddar to get that creamy feel



“Not made American
pancakes before and
enjoyed making them.”

Blueberry Pancakes

By Caroline Burney

Caroline uses this recipe as a way of getting her daughter to eat fruit, and as all the sweetness comes from the blueberries they make a good pudding alternative to chocolate or sweets.

Ingredients

200g/7oz self raising flour
1tsp of baking powder
1 egg
300ml/ ½ pint of milk
Knob of butter or mono or polyunsaturated margarine
150g/5oz of blueberries, washed. If fresh blueberries are not in season try frozen or use juicy sultanas instead.
Sunflower oil for cooking

Equipment

Scales, 2 mixing bowls, a cup, heavy-based non-stick pan, wooden spoon

Method

1. Mix the flour and baking powder together in a mixing bowl.
2. In another bowl beat the egg and milk together.
3. Stir the egg and milk mix into the dry ingredients to make a thick, smooth batter.
4. On a low heat, melt a knob of butter for a short amount of time, or microwave briefly in a cup. Pour into the batter.
5. Stir the blueberries into the batter.
6. Heat a heavy based non-stick pan with 1 tsp of oil. When the oil is sizzling, drop a large tbsp of batter into the pan to make your first pancake. You can make 2 or 3 in the pan at a time.
7. Cook for 3 minutes on one side, flip and cook for another 2-3 minutes.





“I liked sharing my recipe, they turned out really well. Would have been gutted if they didn’t.”

“Never thought to mix cornflakes and chicken and was surprised at how nice and crispy they turned out.”

Tips

1. Try making Crisp Fish Bites using the same method above by using boneless cod or salmon, cut into fish finger length pieces.
2. Try replacing the drizzle of olive oil on the chicken with a few spoonfuls of pesto.
3. Try using breadcrumbs or matzo meal (wheat coating) as a coating.

Crispy Chicken Bites

by Kelly White

Kelly's son Cooper aged 2 loves these.
They are really easy to make and you know exactly what is in them.

Equipment

Sharp knife, chopping board, 2 plastic sealable freezer bags, rolling pin, baking tray

Ingredients

1 chicken breast cut into 8 bite-sized pieces
A drizzle of olive oil
A pinch of dried herbs (Kelly recommends rosemary)
2 large handfuls of cornflakes

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Cut the chicken into bite-sized pieces and put in a plastic freezer bag with a drizzle of olive oil. Add a pinch of dried herbs to the bag. Shake the bag to ensure the chicken has a good coating.
3. In another plastic bag put 2 large handfuls of cornflakes, seal the bag and gently smash the cornflakes into crumbs with a rolling pin.
4. Put the chicken in the cornflake crumbs and make sure they get an even coating.
5. Lightly grease a baking tray with olive oil.
6. Place the chicken bites on the tray and bake for 15-20 minutes.
7. Serve with baked potato or sweet potato wedges.



A close-up photograph of a white ceramic bowl filled with bright orange, chunky rice porridge. A teal-colored spoon is partially submerged in the porridge. The bowl sits on a light brown wooden surface. In the background, a colorful striped cloth with red, yellow, and green patterns is visible. A small, light-colored tag with a string is attached to the top right of the bowl. The tag contains the text: "A good dish for both adults and young children."

“A good dish for
both adults and young
children.”

Butternut Squash Mash

By Chantelle Crumbleholme

Chantelle likes to cook butternut squash as it is quite cheap and has lots of flavour and you can pick it up from almost any supermarket. She says that her little girl, Jocelyn, likes it because it is sweet and colourful. It is delicious roasted, made into soup or served mashed.

Equipment

Sharp knife, chopping board, baking tray

Ingredients

1 butternut squash
A drizzle of olive oil

Optional Extra: A sprinkle of mixed herbs and 1-2 peeled and chopped cloves of garlic

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Wash and cut the butternut squash in half. Scoop out and discard the seeds and chop in half again. You can leave the skin on for roasting as they can be difficult to peel.
3. Place the butternut squash on a baking tray and drizzle with olive oil.
4. Roast in the oven for about 30 minutes or until tender.
5. Scoop out the butternut squash from its skin and mash with a fork.



Design and Illustrations by Dawn Prescott
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