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# 101 Square Meals

Easy recipes for everyday life

be **safe** be **healthy** be **well**

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## Foreword

We in **safe food** are delighted to introduce 101+ Square Meals Cookbook to homes and community groups across Northern Ireland. 101+ Square Meals is a wonderful and valuable resource for individuals and families in the home and also for those delivering home management educational programmes in the community. The presentation and layout is innovative and appeals to new as well as seasoned cooks.

This book is designed to address two considerations; budget and nutrition.

The cost of healthy eating is an important issue for us all. The healthy eating guidelines in Northern Ireland are based on the Eatwell Plate and encourage us to eat a wide variety of foods. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. Research has shown that on average we are eating too much food, not taking enough fruit and vegetables and overeating high fat, high calorie foods. This cookbook provides clear and simple-to-follow recipes and supports the philosophy of affordable good nutrition.

101+ Square Meals was originally developed in the Republic of Ireland by Limerick Money and Budgeting Service and Health Promotion (Health Service Executive) with support from PAUL Partnership, Limerick VEC and the National Adult Literacy Agency to provide easy-to-prepare, low budget and nutritious meals. This version has been adapted for Northern Ireland in collaboration with the Public Health Agency and the WHSCT Community Food and Nutrition Team.

Happy and healthy cooking for you and your families,

**Dr. Clíodhna Foley-Nolan**

Director of Human Health and Nutrition

**safe food**

## Introduction

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

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

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

Compiled by the Nutrition Team at **safe food**.

# Recipe Symbols

## IDEAS FOR LEFTOVERS



## SUITABLE FOR FREEZING



## HANDY HINT



## FOOD PRICING



Low cost



Medium cost



High cost

## TIMING



Preparation  
time



Cooking  
time

## NUMBER OF SERVINGS



1 adult



2 adults



4 adults



2 adults  
and 2 kids



4 adults and 4 kids

# Measurements and Weights

| METRIC | IMPERIAL              |
|--------|-----------------------|
| 5g     | ¼oz or 1 teaspoon     |
| 15g    | ½oz or 1 dessertspoon |
| 25g    | 1oz                   |
| 50g    | 2oz                   |
| 85g    | 3oz                   |
| 110g   | 4oz                   |
| 140g   | 5oz                   |
| 180g   | 6oz                   |
| 200g   | 7oz                   |

| METRIC | IMPERIAL |
|--------|----------|
| ¼ pt   | 150ml    |
| ⅓ pt   | 200ml    |
| ½ pt   | 275ml    |

## HANDY HINT

### Yoghurt pot measures

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

One pot is approximately:

4oz white flour

3oz wholemeal flour

6oz castor or granulated sugar

4oz soft brown sugar

5 fluid oz - liquid (for example water, milk)

| METRIC | IMPERIAL    |
|--------|-------------|
| 225g   | 8oz         |
| 250g   | 9oz         |
| 280g   | 10oz        |
| 300g   | 11oz        |
| 340g   | 12oz        |
| 375g   | 13oz        |
| 400g   | 14oz        |
| 425g   | 15oz        |
| 450g   | 16oz or 1lb |

| METRIC | IMPERIAL |
|--------|----------|
| ¾ pt   | 425ml    |
| 1 pt   | 575ml    |
| 1¾ pts | 1 litre  |

# Oven Temperature Conversion Table

| DESCRIPTION    | DEG. C | DEG. F | GAS MARK |
|----------------|--------|--------|----------|
| Cool           | 110    | 225    | Quarter  |
| Extremely low  | 120    | 250    | Half     |
| Very low       | 140    | 275    | 1        |
| Low            | 150    | 300    | 2        |
| Very moderate  | 160    | 325    | 3        |
| Moderate       | 180    | 350    | 4        |
| Moderately hot | 190    | 375    | 5        |
| Fairly hot     | 200    | 400    | 6        |
| Hot            | 220    | 425    | 7        |
| Very hot       | 230    | 450    | 8        |
| Very very hot  | 240    | 475    | 9        |



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# A GUIDE TO HEALTHY EATING

Eating well is important for all of us. It can help us to feel good, look our best and stay at a healthy weight as well as reduce our risk of serious illness. To eat a balanced diet you need to combine several different types of foods in the right amounts so your body gets all the nutrients it needs while maintaining a healthy weight.



**Eat lots of fruit and veg**

It's recommended that we eat at least five portions of different types of fruit and veg a day.

**Base your meals on starchy foods**

Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties when you can: they contain more fibre, and can make you feel fuller for longer.

**Choose some milk and dairy foods**

Milk and dairy products such as cheese and yoghurt are great sources of protein and calcium. To make healthier choices, go for lower-fat or semi-skimmed milk and dairy foods.

**Eat more fish**

Fish is a good source of protein and contains many vitamins and minerals. Aim for at least two portions a week, including at least one portion of oily fish. Oily fish is high in omega-3 fats, which may help prevent heart disease.

**Cut down on foods and drinks that are high in fat and sugar**

We all need some fat in our diet. However, it is important to pay attention to the type and amount of fat we're eating. Saturated fats can contribute to raised cholesterol and are found in many foods, such as fatty meat, pies, butter, cream, pastries and biscuits so try to eat fewer of these. Food labels help identify how much saturated fat and sugar a product contains.

**Drink plenty of fluid**

We need to drink about 1.2 litres of fluid (about 6–8 cups or glasses) every day to stop us getting dehydrated. Try to avoid sugary squashes, soft drinks and fizzy minerals which are high in added sugars and calories. These can also cause tooth decay and gum disease.

**Vegetable oils for cooking and baking**

When buying vegetable oils to use during cooking, olive, sunflower, corn, safflower or rapeseed oil are high in unsaturates but use them sparingly. When baking, standard margarine can be replaced by a margarine that is high in unsaturates, but remember that it still contains the same amount of fat and calories.

**Healthy cooking methods**

Steaming, grilling and baking are all healthy cooking methods. Remember that meat can be sealed and browned on a pan using just a tablespoon of vegetable oil.

**Eat less salt**

Food should be tasted before salt is added to it. Why not experiment with flavouring your food with garlic, pepper, herbs or spices instead of salt. Even if you don't add salt, you may still be eating too much since three-quarters of the salt we eat is already in the food we buy. Check the food label—more than 1.5g of salt per 100g means that the food is high in salt. Adults and children over 11 should eat no more than 6g of salt a day.

**Don't skip breakfast**

A healthy breakfast is an important part of a balanced diet and provides some of the vitamins and minerals we need for good health.

**Some of the recipes in this book may contain nuts**

If you or anyone you are cooking for are allergic to nuts, do not use nuts in the recipe.

**SAFETY:** Whole nuts are unsuitable for children under five years because of risk of choking.



## A guide to fat and saturated fat, sodium, salt and sugar in food

|                | LOW   | MEDIUM                                     | HIGH                                   |
|----------------|---|--|--|
| Fat            | Less than or equal to 3g fat per 100g             | Between 3g and 17.5g fat per 100g          | Greater than 17.5g fat per 100g        |
| Saturates      | Less than or equal to 1.5g saturated fat per 100g | Between 1.5g and 5g saturated fat per 100g | Greater than 5g saturated fat per 100g |
| (Total) Sugars | Less than or equal to 5g sugar per 100g           | Between 5g and 22.5g sugar per 100g        | Greater than 22.5g sugar per 100g      |
| Salt           | Less than 0.3g salt per 100g                      | Between 0.3g and 1.5g salt per 100g        | Greater than 1.5g salt per 100g        |
| Sodium         | Less than 0.1g sodium per 100g                    | Between 0.1g and 0.6g sodium per 100g      | Greater than 0.6g sodium per 100g      |

## Quench It! – Drinks



| GREEN  | ORANGE   | RED  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Water</li> <li>• Milk</li> <li>• Freshly squeezed juices*</li> <li>• Homemade fruit smoothies*</li> <li>• Unsweetened fruit juice*</li> </ul> | <ul style="list-style-type: none"> <li>• No added sugar drinks or squashes</li> <li>• Diet minerals</li> <li>• Fruit based milky drinks</li> <li>• Flavoured waters</li> </ul> | <ul style="list-style-type: none"> <li>• Sugary fizzy drinks</li> <li>• Sugary drinks and squashes</li> <li>• High-energy caffeine drinks</li> <li>• Sports drinks but only if involved in training</li> </ul> |

\*These drinks are best taken only at meal times when they are less likely to cause tooth decay.

# Mix and Match for Meal Planning

Mix and match foods from the colour code below when planning your meals. Try to choose mostly from the green column, fewer from the orange column and only occasionally from the red column.

**GREEN:** Go Foods – These are the best choices and are mainly high in fibre and vitamins and lower in fat.

**ORANGE:** Caution foods – Enjoy smaller amounts of foods from here – don't go wild!

**RED:** Easy-Does-It – Enjoy these foods as an occasional treat.

|                   | GREEN  | ORANGE   | RED  |
|-------------------|--|--|--|
| <b>Cereal</b>     | <ul style="list-style-type: none"> <li>High fibre cereals</li> <li>Porridge</li> </ul>   | <ul style="list-style-type: none"> <li>Plain cereals</li> </ul>  | <ul style="list-style-type: none"> <li>Chocolate or sugar coated cereals</li> </ul>  |
| <b>Bread</b>      |  | <ul style="list-style-type: none"> <li>All white bread</li> <li>Wholemeal bread</li> <li>Brown bread</li> </ul>  | <ul style="list-style-type: none"> <li>Bread with large amounts of spreads, jams or butter</li> </ul>  |
| <b>Potatoes</b>   | <ul style="list-style-type: none"> <li>Boiled, steamed or baked potatoes</li> </ul>  | <ul style="list-style-type: none"> <li>Potatoes: roast or mashed</li> <li>Homemade spicy wedges</li> </ul>   | <ul style="list-style-type: none"> <li>Chips</li> <li>Potato salad</li> </ul>  |
| <b>Rice</b>       | <ul style="list-style-type: none"> <li>Brown boiled rice</li> </ul>  | <ul style="list-style-type: none"> <li>White boiled rice</li> </ul>  | <ul style="list-style-type: none"> <li>Fried rice</li> </ul>   |
| <b>Pasta</b>      | <ul style="list-style-type: none"> <li>Brown boiled pasta</li> </ul>   | <ul style="list-style-type: none"> <li>White boiled pasta</li> </ul>   | <ul style="list-style-type: none"> <li>Pasta served with creamy sauces and extra cheese</li> </ul>   |
| <b>Vegetables</b> | <ul style="list-style-type: none"> <li>Fresh or frozen vegetables</li> <li>Salad</li> <li>Homemade vegetable soup</li> </ul>   | <ul style="list-style-type: none"> <li>Salad with very small amounts of regular dressing or low-fat dressing</li> </ul>  | <ul style="list-style-type: none"> <li>Salad with lots of dressing or oils</li> <li>Packet vegetable soup</li> <li>Coleslaw-small amounts</li> </ul> |
| <b>Fruit</b>      | <ul style="list-style-type: none"> <li>Fresh fruit e.g. apples, pears</li> <li>Tinned fruit in natural or own juice</li> </ul> | <ul style="list-style-type: none"> <li>Dried fruits e.g. raisins, apricots</li> <li>Freshly squeezed juices</li> <li>No added sugar or unsweetened fruit juices</li> </ul> | <ul style="list-style-type: none"> <li>Tinned fruit in syrup</li> <li>Squash or juice drinks</li> </ul>  |

|                                      | GREEN  | ORANGE   | RED  |
|--------------------------------------|--|--|--|
| <b>Milk</b>                          | <ul style="list-style-type: none"> <li>Low-fat milk</li> <li>Skimmed milk</li> <li>Semi-skimmed milk</li> </ul>              | <ul style="list-style-type: none"> <li>Full fat milk</li> </ul>  | <ul style="list-style-type: none"> <li>Flavoured milk e.g. chocolate, strawberry</li> <li>Ice cream</li> </ul>   |
| <b>Yoghurt</b>                       | <ul style="list-style-type: none"> <li>Natural yoghurts</li> <li>Diet yoghurts</li> </ul>                                    | <ul style="list-style-type: none"> <li>Yoghurt               <ul style="list-style-type: none"> <li>- Full fat</li> <li>- Fruit</li> <li>- Yoghurt drinks</li> </ul> </li> </ul>       | <ul style="list-style-type: none"> <li>Chocolate or toffee flavoured yoghurts</li> <li>Creamy luxury yoghurts</li> <li>Frozen yoghurt</li> </ul>                   |
| <b>Cheese</b>                        | <ul style="list-style-type: none"> <li>Low-fat cheddar cheese</li> <li>Cottage cheese</li> <li>Edam or mozzarella</li> </ul> | <ul style="list-style-type: none"> <li>Cheese               <ul style="list-style-type: none"> <li>- Full fat</li> <li>- Mini round</li> <li>- Plain sticks</li> </ul> </li> </ul>     | <ul style="list-style-type: none"> <li>Cheese spreads</li> <li>Processed cheese</li> </ul>   |
| <b>Meat and Poultry Alternatives</b> | <ul style="list-style-type: none"> <li>Beans*</li> <li>Lentils</li> </ul>  | <ul style="list-style-type: none"> <li>Lean red meat*</li> <li>Chicken or turkey*</li> </ul>   | <ul style="list-style-type: none"> <li>Meat or chicken in batter or breadcrumbs</li> <li>Burgers or sausage rolls</li> <li>Sausages, rashers or pudding</li> </ul> |
| <b>Fish</b>                          | <ul style="list-style-type: none"> <li>Fresh fish</li> </ul>   | <ul style="list-style-type: none"> <li>Tinned Fish               <ul style="list-style-type: none"> <li>- In brine</li> <li>- Tomato sauce</li> <li>- Olive oil</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Fish in batter or breadcrumbs</li> </ul>  |
| <b>Eggs</b>                          |  | <ul style="list-style-type: none"> <li>Boiled, scrambled or poached*</li> </ul>  | <ul style="list-style-type: none"> <li>Fried</li> </ul>  |

\*Good healthy sources of iron. Iron is important for teenagers.

## FOOD SAFETY IN THE KITCHEN

Good food safety means knowing where bacteria are likely to thrive and not giving them a chance to get comfortable. Stay safe by following these simple guidelines on the how, when and where of food storage. Regular cleaning of worktops, chopping boards and any surfaces that come into contact is just as important. It helps prevent the spread of bacteria.



### When storing food

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

Do not store raw and cooked foods on the same shelf. Place cooked and ready-to-eat foods on a shelf higher than uncooked foods to prevent juices from raw meat coming into contact with other food.

### Freezing

When putting food in the freezer, ensure it placed in a properly sealed container and labeled with its' date, weight and food type. Check these labels later to ensure food has not been stored for longer than recommended by the manufacturer.

The freezer should be maintained at a temperature of -18°C or less, check that the freezer is in good working order. Never put hot food or food that has already been frozen into the freezer.

### Thawing

Frozen foods should be defrosted in the fridge, never use hot water or other artificial means to thaw frozen food. Always make sure that frozen foods are completely thawed especially chicken before cooking (unless instructions specifically state "cook from frozen" e.g. frozen vegetables). The freezer should be defrosted on a regular basis to prevent the build up of ice.

### General kitchen hygiene

All kitchen cloths should be washed frequently and replaced regularly. Use carefully, remembering where they last were used. Tea towels should not be used as hand towels or wipe cloths. Surfaces and utensils should be cleaned with hot water and detergent before being used.

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

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

### Wash you hands thoroughly

- › **Before and after** handling raw meat or vegetables
- › **After coughing, sneezing** or using a **handkerchief**
- › **After** handling a **baby's nappy**
- › **After** handling **pets**



# BREAKFAST

|                |    |
|----------------|----|
| French Toast   | 15 |
| Omelette       | 16 |
| Poached Eggs   | 17 |
| Scrambled Eggs | 18 |





Breakfast is the most important meal of the day, however, it is often one of the most skipped meals. Eating breakfast is vital because after 8–12 hours without food, the brain and muscles need “energy” to function. Here are some healthy tasty ideas for breakfast.

### Juice

Orange, Grapefruit, Cranberry, Apple.

### Fruit

Oranges, Mandarins, Grapefruit, Bananas, Kiwis, Apples, Grapes, Strawberries, Prunes, Apricots, Raisins, stewed fruit such as Apple or Rhubarb, dried or tinned fruit.

### Bread

Wholemeal, Wholegrain, White Bread.

### Cereals

#### High Fibre

Porridge, Wheat Biscuits, Fruit and Fibre, Muesli, Shredded Wheat, Oatflakes, Bran Buds, Sultana Bran.

#### Low in Fibre

Cornflakes, Rice Krispies, Special K.

#### Occasional Treats (low in fibre)

Coco Pops, Sugar Puffs, Crunchy Nut Cornflakes, Honey Nut Loops, Frosties.

Try adding sunflower seeds for extra taste and nutrients.



**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
5 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan



# French Toast

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

## Ingredients

- › 4 slices bread
- › 1 egg
- › 1 dessertspoon of vegetable oil
- › 3 dessertspoons of semi-skimmed milk
- › pinch of salt if desired
- › pepper

## Method

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



**Serves**  
1 adult



**Preparation time**  
10 minutes



**Cooking time**  
10 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan



# Omelette

## Ingredients

- › 2 eggs
- › 1 dessertspoon oil
- › pinch of salt if desired
- › pepper
- › 1 small onion, finely chopped
- › 2 dessertspoons of water or semi-skimmed milk

Try adding vegetables like mushrooms and tomatoes for colour and taste.



## Method

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



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



**Serves**  
3 adults



**Preparation time**  
2 minutes



**Cooking time**  
3 minutes



**Cost**  
Low



**Utensils needed**  
Saucepan  
Frying pan



## Poached Eggs

**Serve with** toast

### Ingredients

- › 3 eggs
- › 1 dessertspoon of vinegar
- › pinch of salt if desired
- › pepper
- › ½ pt or 250ml water

### Method

1. Put the water into a saucepan or frying pan, add the salt, pepper and vinegar. Bring to the boil.
2. Break the eggs into the boiling salted water. Simmer gently until the eggs are set (this takes about 2–3 minutes).
3. Serve with toast and beans.

*The vinegar prevents the egg yolk from breaking.*



**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
2-3 minutes



**Cost**  
Low



**Utensils needed**  
Shallow bowl  
Wooden spoon  
Saucepan



# Scrambled Eggs

**Serve with** toast

## Ingredients

- › 3 eggs
- › 1 tablespoon vegetable oil
- › pinch of salt if desired
- › pepper
- › 4 dessertspoons of semi-skimmed milk

## Method

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

*Add low-fat grated cheese  
or chopped fresh tomatoes.*



# SAUCES, STOCKS AND SOUPS

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**Serves**  
2 adults and 2 kids



**Preparation time**  
2 minutes



**Cooking time**  
5 minutes



**Cost**  
Low



**Utensils needed**  
Wooden spoon  
Saucepan



**Handy hint**  
If the sauce becomes lumpy, place it in a sieve over a pot. Work the sauce through the sieve into the pot below.



# White Pouring Sauce

**Serve with** vegetables, chicken or fish

## Ingredients

- › 10z or 25g low-fat spread
- › 10z or 25g flour
- › ¾ pt or 425ml semi-skimmed milk
- › pinch of salt if desired
- › pepper

## Method

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

*Always use a wooden spoon when preparing sauces.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
2 minutes



**Cooking time**  
5 minutes



**Cost**  
Low



**Utensils needed**  
Wooden spoon  
Saucepan



**Handy hint**  
If the sauce is too thick add a little semi-skimmed milk. If the sauce is too thin blend in a little flour.



## Sauces – Various

### Ingredients

- › 1oz or 25g low-fat spread
- › 1oz or 25g flour
- › ¾ pt or 425ml semi-skimmed milk
- › pinch of salt if desired
- › pepper

### Method

#### 1. White Coating Sauce

as for white pouring sauce but using ½ pt or 275ml semi-skimmed milk.

#### 2. Onion Sauce

as for white pouring sauce but fry one finely chopped onion in low-fat spread before adding the flour.

#### 3. Cheese Sauce

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

#### 4. Parsley Sauce

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
1 hour



**Cost**  
Low



**Utensils needed**  
Wooden spoon  
Saucepan



## Vegetable, Chicken and Beef Stock

Many of the recipes in this book include stock. Stock cubes are often high in salt so try to make your own. It's easy to make and you can plan ahead, make double the amount and keep it for another time. Freshly made stock can be stored in the fridge for up to 3 days and in the freezer for up to 1 month. If you are in a rush and need to use a stock cube instead of fresh stock, choose one that is low in salt.

### Vegetable Stock

1½ pints of water, 1 parsnip, 1 onion,  
3 carrots, 3 celery stalks

#### Method

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

### Beef Stock

1¾ pints or 1l of water, 1kg of beef bones,  
1 onion

#### Method

Place the beef bones and the onion in pot and add 1¾ pts or 1 litre of boiling water and boil for 1 hour. Allow to stand and then skim off the fat from the surface. Strain into a large bowl and discard the solids. Cover and chill in the fridge or freeze for use at a later date.

### Chicken Stock

1¾ pints or 1l of water, chicken wings  
or chicken carcass, 1 onion

#### Method

Add a couple of chicken wings or chicken carcass and an onion to 1¾ pts or 1 litre of boiling water and boil for 1 hour. Allow to stand and then skim off the fat from the surface. Strain into a large bowl and discard the solids. Cover and chill in the fridge or freeze for use at a later date. Remove any fat that rises to the top before using or freezing.





**Serves**  
2 adults and 2 kids



**Preparation time**  
8 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Wooden spoon  
Saucepan



# Chicken Soup

## Ingredients

- › 1 teaspoon vegetable oil
- › 1 pt or 575ml of homemade chicken stock (page 22) or 1 low-salt stock cube dissolved in 1pt or 575ml of boiling water
- › 2oz or 50g flour
- › ½ pt or 275ml semi-skimmed milk
- › pinch of salt if desired
- › pepper
- › 1 finely chopped onion

## Method

1. Heat the oil in a saucepan.
2. Add the finely chopped onion and fry for 1 minute.
3. Add in the flour and cook for 2 minutes, stirring all the time.
4. Gradually stir in the stock and the milk with the salt and pepper.
5. Bring to the boil and simmer for 15 minutes, keep stirring until thickened.





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
45 minutes



**Cost**  
Low



**Utensils needed**  
Wooden spoon  
Saucepan



## Farmhouse Vegetable Soup

### Ingredients

- › 3 carrots
- › 1 turnip
- › 1 parsnip
- › 1–2 leeks
- › 1 onion
- › 8 mushrooms
- › 3 tomatoes or 1 tin of tomatoes
- › 1 teaspoon vegetable oil
- › 2oz or 50g flour
- › ¼ pt or 150ml semi-skimmed milk
- › pinch of salt if desired
- › pepper
- › 1pt or 575ml of homemade vegetable stock (page 22) or 1 low-salt vegetable stock cubes dissolved in 1pt or 575ml of boiling water

### Method

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

*You can use your favourite vegetables instead.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
8 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Wooden spoon  
Saucepan



# Mushroom Soup

## Ingredients

- › 1 teaspoon vegetable oil
- › 10 mushrooms peeled and chopped
- › 50g or 2oz flour
- ›  $\frac{3}{4}$  pt or 425ml semi-skimmed milk
- › pinch of salt if desired
- › 1pt or 575ml of homemade chicken or vegetable stock (page 22) or 1 low-salt stock cube dissolved in 1pt or 575ml of boiling water
- › pepper
- › 1 finely chopped onion

## Method

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

Try adding corn to the soup for extra texture and taste.

## MINCE DISHES

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**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
1.5 hours



**Cost**  
Low



**Utensils needed**  
Large loaf tin  
Mixing bowl



# Beef Loaf

**Serve with** vegetables or cold with a salad or a sandwich filling

## Ingredients

- › 1lb or 450g lean minced beef
- › 1 large onion, very finely chopped
- › 4oz or 110g fresh brown breadcrumbs (4 slices)
- › pinch of salt if desired
- › pepper
- › 2 dessertspoons tomato sauce
- › 1pt or 575ml of homemade chicken or vegetable stock (page 22) or 1 low-salt stock cube dissolved in 1pt or 575ml of boiling water
- › 1 egg, beaten

## Method

1. Place all the ingredients in a large mixing bowl and mix thoroughly together.
2. Brush a large loaf tin with oil and fill with the mixture.
3. Smooth the top with a palette knife and place in the fridge for 1 hour.
4. Pre-heat the oven to 180°C or 350°F or Gas Mark 4.
5. Cook in the pre-heated oven for 1¼–1½ hours.





**Serves**  
2 adults and 2 kids



**Preparation time**  
10 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Mixing bowl  
Frying pan



**Handy Hint**  
Add a few drops of Tabasco sauce  
to the minced beef or lamb  
mixture for extra flavour



## Burgers – Quick

**Serve in** bread buns or with mashed potato and salad

*Delicious served  
in pitta breads.*

### Ingredients

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

### Method

1. Mix all the ingredients together in a bowl.
2. Bind with a little beaten egg.
3. Shape mixture into round shapes with a little flour.
4. Fry or grill gently on both sides over a low heat until well cooked.  
Drain off any excess fat if frying.

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





**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
20 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan



Use a saucepan if frying pan is too small.

# Chilli Con Carne

**Serve with** boiled rice or potatoes

## Ingredients

- › 1lb or 450g lean minced beef or lamb
- › 1 onion, finely chopped
- › carrots, peas, peppers, mushrooms etc.
- › ½ tin tomatoes
- › 1pt or 575ml of homemade beef stock (page 22) or 1 low-salt beef cube crumbled and dissolved in 1pt or 575ml of boiling water
- › 1 teaspoon chilli powder
- › 2 dessertspoons tomato sauce
- › 1 clove of garlic (crushed)
- › ½ tin of kidney beans or 1 tin of baked beans
- › 1 dessertspoon of flour
- › 2 sticks of celery
- › ½ tin of chickpeas

## Method

1. Chop onion and garlic. Dissolve beef cube in a ¼ pt or 150ml of boiling water.
2. Put minced beef or lamb in a dry frying pan. There is sufficient fat in mince for frying. Cook for 20–25 minutes over a low heat until well browned, stirring all the time. Drain off any excess fat from the pan.
3. Add onions and garlic to the pan and cook for 2–3 minutes. Sprinkle on the flour and chilli powder and cook for 1–2 minutes, stirring all the time.
4. Add beef stock, tomato sauce and tinned tomatoes. Bring to the boil.
5. Add kidney or baked beans, chickpeas and celery to the mince. Simmer for 20 minutes.

Try using more beans and less meat for a cheaper but equally satisfying meal.



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
30 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



# Hot Pot

*Leek and potato soup can also be used.*

## Ingredients

- › 1lb or 450g lean minced beef
- › 1 medium onion, finely chopped
- › 2 carrots, sliced
- › pinch of salt if desired
- › pepper
- › 1 can of cream of celery soup
- › 1 tablespoon worcestershire sauce
- › ½ pt or 275ml milk
- › 4 celery sticks, sliced
- › 4 potatoes peeled and thinly sliced
- › ½ pint or 275ml of semi-skimmed milk

## Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
40 minutes



**Cost**  
High



**Utensils needed**  
Saucepan  
Casserole dish



**Cook more and freeze**  
Double the ingredients and make in a large roasting dish. When cooked, divide into individual portions and freeze.



# Lasagne

**Serve with** salad or vegetables

## Ingredients

- › 1lb or 450g lean mince beef or lamb
- › 1 onion
- › 1 green or red pepper
- › 8 mushrooms peeled
- › 2 celery stalks, finely chopped
- › 4 carrots, peeled and finely chopped
- › 40g grated low-fat cheese or ½ pint cheese sauce (page 21)
- › 1 tin chopped tomatoes
- › 1 clove garlic
- › 2 dessertspoons of tomato sauce
- › pepper and pinch of salt if desired
- › 10 sheets of easi-cook lasagne sheets

## Method

1. Pre-heat the oven to 180°C or 350°F or Gas Mark 4.
2. **To make meat sauce:**  
Finely chop onions, peppers, mushrooms, celery, carrots and garlic. Put mince into a large pan and fry until completely brown, stirring all the time with a wooden spoon. Drain off any excess fat from the pan. Add onions, carrots and garlic to mince and cook for 3–4 minutes. Add chopped peppers, mushrooms, celery, tin of tomatoes and tomato sauce to the mince mixture.
3. **To make the cheese sauce:**  
See page 21.
4. **Final Preparation:**  
Put layer of meat sauce in the bottom of casserole dish, cover with easi-cook lasagne sheets. Make 1 or 2 more layers as above finishing with a layer of lasagne sheets. Cover with cheese sauce. Sprinkle with remainder of cheese and bake for 30–40 minutes.

*Use a medium sized box of easi-cook lasagne sheets.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
45 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



# Minced Beef and Vegetable Pie

**Serve with** a spoon of your favourite vegetables such as broccoli

## Ingredients

- › 1lb or 450g lean minced beef
- › 2 dessertspoons of frozen peas
- › 3 mushrooms, peeled and chopped
- › 5–6 broccoli florets
- › 1 onion
- › ½ pt of homemade beef or vegetable stock (page 22) or 1 low-salt beef or vegetable stock cube dissolved in ½ pint or 275ml of boiling water
- › 2 carrots
- › 5 potatoes cooked
- › a little semi-skimmed milk
- › pinch of salt if desired
- › pepper

*If in a rush use a packet of oxtail soup instead of the stock.*

## Method

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





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
45 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Saucepan



**Leftovers**  
Any leftover bolognese sauce can be used to fill pancakes or as a topping for baked potatoes.



# Spaghetti Bolognese

**Serve with** a Tossed Green Salad (page 72) or your favourite vegetables

## Ingredients

- › 1lb or 450g lean minced beef or lamb
- › 6 mushrooms, peeled and chopped
- › ½ red pepper, finely chopped
- › 1 carrot, finely chopped
- › ½ pt of homemade beef or vegetable stock (page 22) or 1 low-salt beef or vegetable stock cube dissolved in ½ pt or 275ml of boiling water
- › 1 dessertspoon tomato sauce
- › pinch of salt if desired
- › pepper
- › 1 dessertspoon flour
- › 8oz spaghetti
- › 1 onion, finely chopped

## Method

1. Cook the mince beef or lamb, onions, mushrooms and carrots on a dry pan (low heat) for 15 minutes). (There is sufficient fat in mince for frying). Drain any excess fat from pan.
2. Add flour and stir well.
3. Add the stock, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 45 minutes.
4. Cook the spaghetti for 10–15 minutes in boiling salted water. Strain.
5. Serve with the bolognese sauce on top.





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
20 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Large bowl



**Handy hint**  
You can leave out the curry powder and ginger from the ingredients and make up curry sauce separately and cook the meatballs in it.



# Spicy Meatballs

**Serve with** vegetables and pasta, rice or potatoes

## Ingredients

- › 1lb or 450g lean minced beef
- › 1 large onion, finely chopped
- › 2–3 cloves of garlic finely chopped
- › 1 teaspoon ginger (optional)
- › 2 dessertspoons curry powder
- › 1 dessertspoon cornflour or flour

## Method

1. Place the minced meat in a large bowl.
2. Fry the onion and garlic until golden brown.
3. Mix the curry powder, ginger and cornflour or flour with a little water and add to the pan. Cook for a few minutes.
4. Add this mixture to the mince meat and mix well.
5. Shape into meatballs with damp hands.
6. Drain any excess fat from the pan or gently pat meatballs with kitchen paper to remove any excess fat.
7. Fry gently for 15–20 minutes, turning occasionally

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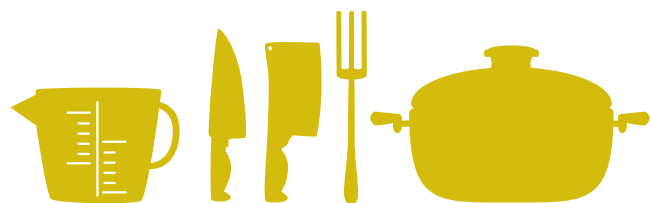
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## BEEF, LAMB, PORK

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**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Beef Casserole

**Serve with** boiled potatoes

### Ingredients

- › 1½ lb or 675g round beef steak or rib steak
- › 1 dessertspoon vegetable oil
- › 1 large onion, peeled and chopped
- › 1oz or 25g cornflour
- › 7 mushrooms, peeled and sliced
- › 3 carrots, sliced
- › pinch of salt if desired
- › pepper
- › 1pt or 575ml homemade beef or vegetable stock (page 22) or 1 low-salt beef or vegetable stock cube dissolved in 1pt or 575ml of warm water
- › 1 tablespoon tomato puree

### Method

1. Pre-heat the oven to 170°C or 325°F or Gas Mark 3.
2. Trim the beef and cut it into thin strips about 2 inches in length.
3. Heat the oil and fry the chopped onion, mushrooms and carrots for 2–3 minutes in casserole dish.
4. Fry the beef strips until brown.
5. Place in the casserole dish.
6. Mix the cornflour with the juice in the pan and cook for 2–3 minutes.
7. Remove from heat and stir in the stock. Bring to the boil.
8. Add the tomato puree, salt and pepper.
9. Add the sauce to the casserole dish and cook for 1½ hours.

*4oz or 110g of beef kidney washed and dried for beef and kidney casserole.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Beef or Lamb Curry

**Serve with** boiled rice or boiled potatoes

### Ingredients

- › 1lb or 450g stewing beef or lamb
- › 1 large onion chopped
- › 1 clove of garlic chopped
- › 2 dessertspoons curry powder
- › 1oz or 25g flour
- › 1 apple, peeled and grated
- › 1¾ pt or 1 litre homemade beef stock (page 22) or 1 low-salt beef stock cube dissolved in 1¾ pt or 1l of warm water)
- › 2 dessertspoons of frozen peas
- › 1 sliced red pepper

### Method

1. Pre-heat the oven to 180°C or 350°F or Gas Mark 4.
2. Cut meat into one-inch pieces. Fry the meat, onion and garlic over a low heat until the meat is brown on all sides.
3. Add flour and curry powder to a little water to the pan and mix over a low heat for 2–3 minutes.
4. Add the stock and grated apple. Stir continuously to avoid lumps.
5. Bring to the boil and to the meat mixture in the casserole dish along with the peas and sliced pepper.
6. Cook in the pre-heated oven for 1½ hours until meat is tender or on top of the cooker in a saucepan over a low heat for 1–1½ hours until the meat is tender.





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Saucepan



## Beef Goulash

**Serve with** boiled rice or potatoes

### Ingredients

- › 1½ lb or 675g stewing beef
- › 1 dessertspoon vegetable oil
- › 3 onions, peeled and sliced
- › pinch of salt if desired
- › pepper
- › tin of chopped tomatoes
- › ½ dessertspoon paprika
- › 1 dessertspoon tomato puree
- › 1 pt or 575ml water
- › 6–8 potatoes, peeled and sliced
- › 1 clove garlic crushed

### Method

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

← Stir in 2 dessertspoons of natural yoghurt before serving.





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Saucepan



## Beef Stew

**Serve with** boiled potatoes

### Ingredients

- › 1½ lb or 675g stewing beef
- › 1⅓ pt or 1 litre homemade beef stock (page 22) or 1 low-salt beef stock cubes dissolved in 1¾ pt or 1l of warm water
- › 1 dessertspoon vegetable oil
- › 1½ oz or 40g flour
- › pinch of salt if desired
- › pepper
- › 5 carrots
- › 1 onion
- › 1 parsnip
- › 3 dessertspoons of frozen peas
- › 5 potatoes, peeled

### Method

1. Fry the meat on both sides until browned.
2. Remove from the frying pan and place in a saucepan.
3. Chop the onions, carrots and parsnips and fry lightly.
4. Remove from the frying pan and with the peas place in the saucepan with the meat.
5. Sprinkle the flour into the frying pan and stir well.
6. Add the stock cubes, water and seasoning. Continue stirring.
7. Add this to the meat and vegetables and cook gently over a low heat for 1–1½ hours until the meat is tender.
8. Add washed and peeled potatoes to the stew, 30 minutes before the end of cooking time. This may also be cooked as a casserole in the oven.



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
45 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Lamb Cutlet Casserole

Pork chops could also be used

### Ingredients

- › 1 dessertspoon of vegetable oil
- › 8 lamb cutlets
- › 2 large onions, peeled and sliced thickly into rings
- › 5 potatoes, peeled and thinly sliced
- › ½ pt or 275ml of homemade vegetable stock (page 22) or 1 low-salt vegetable stock cube dissolved in ½ pt or 275ml of boiling water
- › 1 dessertspoon plain flour
- › 2 dessertspoons worcestershire sauce
- › 1 teaspoon dried mixed herbs (optional)
- › pinch of salt if desired
- › pepper
- › 2 carrots, chopped
- › 1 parsnip, chopped

### Method

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

Leftover potatoes can be used.





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Pork Casserole

**Serve with** boiled rice, baked potato (pages 85–88),  
boiled potatoes or boiled noodles and carrots or broccoli

### Ingredients

- › 1½ lbs or 675g diced pork
- › 1 dessertspoon vegetable oil
- › 1 onion peeled and chopped
- › 6 mushrooms peeled and sliced
- › 1 teaspoon curry powder
- › pinch of salt if desired
- › ½ teaspoon pepper
- › 1oz or 50g flour
- › 1 tin tomatoes
- › pinch of mixed herbs
- › 2 carrots, chopped
- › 1 parsnip, chopped
- › ½ pt or 275ml of homemade vegetable stock (page 22) or 1 low-salt vegetable stock cube dissolved in ½ pt or 275ml of warm water

### Method

1. Pre-heat the oven to 160°C or 325°F or Gas Mark 3.
2. Remove stalks and seeds from the green pepper and chop finely.
3. Heat the oil and fry the onion, green pepper and mushrooms for 3 minutes. Transfer them to a casserole dish.
4. Add the curry powder, salt and pepper to the flour, and coat the pork in this mixture.
5. Fry the coated pork for 5 minutes and then put into the casserole dish. Add tomatoes, carrots, parsnip, herbs and vegetable stock.
6. Cover tightly and cook in the pre-heated oven for 1½ hours.



**Serves**  
4 adults



**Preparation time**  
30 minutes



**Cooking time**  
15 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan



## Pork Stir-Fry

**Serve with** noodles or boiled rice

### Ingredients

- › 1lb or 450g pork pieces
- › 1 clove garlic
- › 1 onion
- › 6 mushrooms peeled and chopped
- › 1 pepper
- › 2 carrots
- › 2 dessertspoons soy sauce
- › 2 teaspoons cornflour
- › 1 dessertspoon vegetable oil
- › ¼ pt of homemade chicken stock (page 22) or 1 chicken stock cube dissolved in ¼ pt or 150ml of boiling water

### Method

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

*You could also add in spring onions, frozen peas, peeled prawns or diced cooked chicken halfway through cooking.*

*Chicken, beef or lamb can be used instead of pork.*





**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
40 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Stuffed Pork Chops in Foil

**Serve with** baked potato (pages 85–88)

### Ingredients

- › 4 thick pork chops
- › pinch of salt if desired
- › pepper
- › pinch of mixed herbs
- › 6–8 mushrooms peeled and chopped
- › 1 dessertspoon flour
- › 1 dessertspoon lemon juice

*Onions and a green pepper can also be used with the mushrooms.*

### Method

1. Pre-heat the oven to 160°C or 325°F or Gas Mark 3.
2. Trim the chops and season on both sides with salt and pepper.
3. Fry chops in a little oil to seal in the juices. Remove from the pan.
4. Cook mushrooms for a few minutes until soft. Stir in lemon juice.
5. Sprinkle the flour and mixed herbs over mushrooms and cook for a few minutes. Remove from heat.
6. Cut four pieces of tin foil large enough to completely cover each chop.
7. Place a chop in the centre of each piece of foil.
8. Cover with the mushroom mixture.
9. Fold the foil over loosely and seal completely.
10. Place on a baking sheet and cook in a pre-heated oven for 35–40 minutes.



## FISH

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*Fish is a rich source of good quality protein, vitamins and minerals and is quick to cook. Try to eat two portions every week.*



**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
30 minutes



**Cost**  
Medium



**Utensils needed**  
Casserole dish



## Baked Stuffed Fish

**Serve with** vegetables of your choice, for example, chopped carrots, peas or sweetcorn

### Ingredients

- › 8 small fillets of fish
- › 2 oz brown breadcrumbs (2 slices)
- › 1 onion finely chopped
- › pinch of salt if desired
- › pepper
- › 1 tablespoon finely chopped parsley (or 1 tablespoon dried parsley) or ¼ teaspoon mixed herbs
- › 1 teaspoon of vegetable oil
- › a little lemon juice (or grated rind)

### Method

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

*Cod, haddock, mackerel, herring or trout are all suitable for baking.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
30 minutes



**Cost**  
Medium



**Utensils needed**  
Shallow oven dish  
Saucepan



## Crispy Baked Fish in Tomato Sauce

**Serve with** vegetables of your choice, for example, chopped carrots, peas or sweetcorn

### Ingredients

- › 1½ lb or 675g cod or haddock (filleted and skinned)
- › 1–2 celery sticks
- › 1 tin tomatoes
- › pinch of salt if desired
- › pepper
- › 1 level teaspoon sugar
- › 1 teaspoon of vegetable oil
- › 1 small onion
- › 1 clove garlic

### Tomato Sauce

### Topping

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

↑ Instead of low-fat cheese try ½oz or 12g of mature cheese.

### Method

1. Pre-heat the oven to 200°C or 400°F or Gas Mark 6.
2. Wash and dry the fish, then cut into neat pieces. Place in a lightly greased shallow ovenproof dish.

← Cod, haddock, mackerel, herring or trout are all suitable for baking.

### 3. Tomato sauce

Heat oil in a small saucepan. Stir in the finely chopped onions, garlic and celery. Cook for 2–3 minutes until the vegetables soften but have not become coloured. Add the tomatoes, sugar, salt and pepper and bring to the boil, stirring all the time. Cover and simmer for 10–15 minutes, stirring occasionally.

4. Meanwhile prepare the topping. Heat oil in a small saucepan. Remove from the heat. Using a fork, stir in the breadcrumbs, then mix in the grated cheese.
5. Pour the tomato sauce over the fish. Sprinkle the topping evenly all over.
6. Cook for 30 minutes until the topping is crisp and brown.



**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
10 minutes



**Cost**  
High



**Utensils needed**  
Casserole dish  
Saucepan



## Family Fish Pie

This tasty dish is a great opportunity to try out new fish

### Ingredients

- › 1½ lb or 675g filleted fish
- › 1 onion finely chopped
- › pinch of salt if desired
- › pepper
- › few drops of lemon juice
- › ¼ pt or 150ml water
- › ½ pt or 275ml semi-skimmed milk
- › 1oz or 25g low-fat spread
- › 1 dessertspoon of flour
- › 8 potatoes, cooked and mashed
- › 4 heaped dessertspoons frozen peas
- › 2 carrots, chopped

### Method

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

*Cod, herring, trout, mackerel and salmon are all suitable for this dish.*





**Serves**  
4 adults



**Preparation time**  
30 minutes



**Cooking time**  
15 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan



## Fish Cakes

← Try tinned salmon instead of white fish.

**Serve with** Tossed Green Salad (page 72)

### Ingredients

- › 12oz or 350g cooked white fish (cod or whiting)
- › 6 potatoes mashed
- › pinch of salt if desired
- › pepper
- › 1oz or 25g of low-fat melted butter
- › 2 dessertspoons chopped parsley
- › 1 tablespoon vegetable oil
- › 2 beaten eggs
- › 3oz or 75g brown breadcrumbs (3 slices)
- › 2 dessertspoons flour

### Method

1. Place the flaked fish, potatoes, butter, parsley, salt and pepper and 1 beaten egg in a bowl and mix gently with a fork. Place in the fridge for 30 minutes.
2. Roll into a long 'snake' on a floured surface. Cut into 8 portions and shape each into a flat round.
3. Dip the cakes into the second beaten egg and coat in breadcrumbs.
4. Fry or grill the fish cakes until golden brown on each side.

← Use a plastic bag to hold breadcrumbs.





**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
30 minutes



**Cost**  
High



**Utensils needed**  
Shallow oven dish  
Saucepan



## Golden Cod

**Serve with** vegetables of your choice, for example, chopped carrots, peas or sweetcorn

### Ingredients

- › 1½ lbs or 675g cod, cut into 6 pieces
- › pinch of salt if desired
- › pepper
- › juice of a lemon
- › 1 dessertspoon water
- › 1 onion peeled and chopped
- › 1 teaspoon vegetable oil
- › 1 carrot peeled and grated
- › 4oz or 120g low-fat grated cheese or 2oz or 60g of mature cheese
- › 4 potatoes cooked, peeled and sliced

*Brown breadcrumbs may be used instead of potatoes.*

### Method

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

*Any white fish may be used, for example, whiting.*



**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Saucepan  
Casserole dish



# Salmon Surprise

**Serve with** vegetables of your choice, for example, chopped carrots, peas or sweetcorn

## Ingredients

- › 5 mushrooms, sliced
- › 1 tablespoon vegetable oil
- › ½ pt or 275ml cold water
- › 1 tin of peas
- › 5 potatoes (boiled)
- › 1 large tin of salmon
- › 2oz or 50g of low-fat cheese or 1oz or 25g of mature cheese
- › pinch of salt if desired
- › pepper
- › a little semi-skimmed milk
- › white sauce (page 21)

## Method

1. In a pan cook the sliced mushrooms in a tablespoon of oil and add to white sauce (page 21).
2. Empty tin of salmon, including juices into sauce mixture, add the strained peas and mix gently. Pour mixture into a casserole dish.
3. Mash potatoes adding the milk, salt and pepper, then pipe or spoon around salmon mixture.
4. Sprinkle salmon mixture with grated cheese and brown lightly under a grill or bake in a pre-heated oven 180°C or 350°F or Gas Mark 4 for 20 minutes.

Try 8oz of flaked cooked fish, without bones or skin (cod or whiting) instead of tinned salmon.



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
25 minutes



**Cost**  
Low



**Utensils needed**  
Casserole dish



## Tuna Quick Bake

**Serve with** a Tossed Green Salad (page 72) or vegetables of your choice, for example, chopped carrots, peas or sweetcorn

### Ingredients

- › 2 cans of tuna in brine or drained (198g or 7oz)
- › 1 onion, chopped
- › parsley sauce (page 21)
- › 1 teaspoon worcestershire sauce
- › pinch of salt if desired
- › pepper
- › knob of low-fat spread
- › 8oz or 225g fresh brown breadcrumbs (6 slices)

### Method

1. Flake the tuna and mix together with the onion, white parsley sauce, Worcester sauce, salt and pepper.
2. Pour some of the fish sauce into a casserole dish. Add a layer of breadcrumbs, followed by a layer of sauce.
3. Continue layering in this way until all the ingredients have been used up.
4. Finish with a layer of breadcrumbs on the top, dot the surface with the low-fat spread and bake in the pre-heated oven for 20–25 minutes.
5. Serve immediately.

*Add a little low-fat  
grated cheese to the  
brown breadcrumbs  
for the top of the dish.*

*Tinned fish can be gently  
rinsed under running water  
to make it less salty.*



# CHICKEN

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*Chicken is low in fat and a great source of protein.*







**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
60 minutes



**Cost**  
Low



**Utensils needed**  
Casserole dish



**Handy hint**  
Use a plastic bag to hold crushed  
cornflakes when coating the chicken



# American-Style Chicken

Serve hot or cold with salad

## Ingredients

- › 30z or 75g corn flakes (crushed)
- › 1 egg (beaten)
- › 1 teaspoon mixed herbs
- › pinch of salt if desired
- › pepper
- › 4 chicken legs

## Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
60 minutes



**Cost**  
Medium



**Utensils needed**  
Saucepan



## Chicken in Barbecue Sauce

**Serve with** baked potato (pages 85–88) or salad

### Ingredients

- › 8 chicken thighs or legs
- › 2 medium onions thinly sliced
- › pinch of salt if desired
- › pepper
- › 1 green pepper thinly sliced
- › 6 dessertspoons tomato sauce
- › 1 dessertspoon worcestershire sauce
- › 1 teaspoon chilli powder

### Method

1. Pre-heat the oven to 190°C or 375°F or Gas Mark 5.
2. Mix all ingredients except the chicken to make the sauce.
3. Arrange the chicken in a single layer in the casserole dish.
4. Spoon sauce over the chicken.
5. Cover and bake for 55–60 minutes, until the chicken is tender.



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
30 minutes



**Cost**  
High



**Utensils needed**  
Frying pan  
Casserole dish



# Chicken and Broccoli Pie

**Serve with** side salad or potatoes

## Ingredients

- › 1 teaspoon vegetable oil
- › 4 chicken fillets chopped
- › 1 onion
- › 1 tin of mushroom soup or 300ml of homemade mushroom soup (page 25)
- › 1 dessertspoon of curry powder
- › ¼ pt or 150ml semi-skimmed milk
- › 1lb or 450g broccoli
- › pinch of salt if desired
- › pepper
- › 2oz or 50g brown breadcrumbs (2 slices)
- › 2oz or 50g low-fat grated cheese

## Method

1. Pre-heat the oven to 220°C or 425°F or Gas Mark 7.
2. Chop the onion finely and fry for 2–3 minutes.
3. Add the chicken pieces. Cook for 10 minutes.
4. Boil broccoli for 2–3 minutes.
5. Mix the milk, soup, curry powder, salt and pepper together in a jug.
6. Put the cooked chicken pieces, onion and broccoli into the casserole dish.
7. Pour in the soup mixture.
8. Mix breadcrumbs and cheese together and then place on top of pie (helps prevent cheese burning).
9. Cook in the pre-heated oven for 30 minutes.

*A cooked or boiled chicken could also be used.*

*Try carrots or any other vegetable can be used instead of broccoli.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
60 minutes



**Cost**  
High



**Utensils needed**  
Frying pan  
Casserole dish  
Saucepan



# Chicken Casserole in a Creamy Sauce

Serve with boiled potatoes

## Ingredients

- › 6 chicken portions
- › pinch of salt if desired
- › pepper
- › 20g or 50g of low-fat spread
- › ¾ pt or 425ml water
- › 2 sticks celery scrubbed and chopped
- › 300ml of homemade vegetable soup (page 24)
- › 1 red pepper de-seeded and chopped
- › 2 carrots, chopped
- › 5 mushrooms, peeled and sliced
- › 2 dessertspoons of frozen peas

## Method

1. Pre-heat the oven to 200°C or 400°F or Gas Mark 6.
2. Season the chicken and fry it briefly on a dry pan (no oil) to seal it.
3. Drain well and transfer to a casserole dish.
4. **To make sauce**  
Melt the spread in a saucepan and fry the vegetables gently until they soften, but do not colour.
5. Remove the pan from the heat, stir in the soup. Bring to the boil, stirring all the time.
6. Simmer for 5 minutes.
7. Pour over the chicken pieces and cook on the middle shelf of a pre-heated oven for 55–60 minutes until light golden brown.





**Serves**  
2 adults and 2 kids



**Preparation time**  
40 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Chicken Casserole with Tomatoes

### Ingredients

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

### Method

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

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
30 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



**Handy hint**  
Boil 4 chicken legs and remove the meat from the bone instead of using chicken fillets.



# Chicken Curry

**Serve with** boiled brown or white rice

## Ingredients

- › 4 chicken fillets, chopped
- › 5 mushrooms
- › 1 red pepper
- › 1 onion
- › 2 tablespoons of sweetcorn
- › 1 carrot, chopped
- › 2 dessertspoons frozen peas
- › 2 broccoli florets
- › 1 clove of garlic
- › 2 dessertspoons medium curry powder
- › 1 teaspoon vegetable oil
- › 1 dessertspoon flour
- › ½ pt or 275ml of homemade chicken stock (page 22) or 1 low-salt chicken stock cube dissolved in ½ pt or 275ml of boiling water

## Method

1. Slice vegetables and garlic.
2. Dissolve the stock cube in ½ pt or 275ml of boiling water.
3. Heat the oil in a frying pan and gently fry the onions and garlic.
4. Add mushrooms, pepper, carrots, peas and broccoli to the frying pan and cook for 2–3 minutes.
5. Add curry powder and flour to the pan and cook for one minute stirring all the time.
6. Stir in the stock and chicken pieces.
7. Reduce heat, cook slowly for 10 minutes without stirring.



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
65 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Chicken Hot-Pot

**Serve with** boiled brown or white rice

### Ingredients

- › 1 teaspoon vegetable oil
- › 4 chicken leg pieces or breasts
- › 1 large onion, thinly sliced
- › 8oz or 225g frozen sweetcorn or peas
- › 4 large potatoes peeled and cut into large slices
- › 3 large tomatoes peeled and chopped or 1 tin of tomatoes
- › 1 small green pepper, chopped (optional)
- › 1pt or 575ml of homemade chicken stock (page 22) or 1 low-salt chicken stock cubes dissolved in 1pt or 575ml of boiling water
- › pinch of salt if desired
- › pepper
- › 2 sticks celery, sliced

### Method

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

Use a variety of vegetables. These may be cooked in a saucepan on the top of the cooker.



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
60 minutes



**Cost**  
High



**Utensils needed**  
Frying pan  
Casserole dish



# Chicken in Mushroom Sauce

**Serve with** boiled brown or white rice

## Ingredients

- › 6 chicken portions
- › pinch of salt if desired
- › pepper
- › 1 low-salt chicken stock cube dissolved in 6 dessertspoons of water
- › 1 dessertspoon vegetable oil

## Sauce

- › 1 dessertspoon vegetable oil
- › 6 mushrooms, peeled and sliced
- › 1 packet chicken soup
- › 1 level teaspoon flour
- › ¾ pt or 425ml water

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

## Method

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

## To make sauce

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





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
1.5 hours



**Cost**  
High



**Utensils needed**  
Large frying pan  
Casserole dish



## Chicken, Mustard and Bacon

**Serve with** boiled brown or white rice

### Ingredients

- › 8 chicken portions skinned
- › 8 back rashers trimmed
- › pepper
- › 1 dessertspoon mustard powder
- › 3 dessertspoons plain flour
- › 2 dessertspoons lemon juice
- › 1pt or 575ml homemade chicken stock (page 22) or 1 low-salt chicken stock cube dissolved in 1pt or 575ml of boiling water.
- › 2 carrots, chopped
- › 1 onion, sliced
- › 1 leek, chopped

### Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
30 minutes



**Cost**  
High



**Utensils needed**  
Frying pan  
Saucepan



## Chicken Risotto

### Ingredients

- › 100g or 280g long grain rice
- › 1 clove of garlic
- › 1 green or red pepper, chopped
- › 5 small mushrooms, peeled and chopped
- › 1 small packet (or 1 small tin) of frozen corn
- › pinch of salt if desired
- › pepper
- › 3 or 4 chicken fillets
- › 1 teaspoon vegetable oil
- › 1 carrot, chopped
- › 1 onion, chopped
- › 1 leek, chopped
- › ¾ pt or 425ml of homemade chicken stock (page 22) or 1 low-salt chicken stock cube dissolved in ¾ pt or 425ml of boiling water.

### Method

1. Boil rice for approximately 5 minutes, and drain.
2. Cut chicken fillets into cubes.
3. Crush the garlic or chop into fine pieces.
4. Fry chicken pieces in vegetable oil.
5. Add the garlic, onions, peppers, mushrooms, carrots and leeks. Fry gently.
6. Add rice to pan.
7. Stir in stock, add corn, salt and pepper.
8. Bring to boil and cook gently for 30 minutes, or until all the liquid has been absorbed.
9. Season to taste.

**Don't Forget!**

Stir frequently to prevent the risotto from sticking to the bottom of the pan.



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Casserole dish



# Chicken and Vegetable Casserole

Serve with boiled potatoes or rice

## Ingredients

- › 4 chicken portions
- › 3 large carrots
- › 2 onions
- › 2 celery stalks
- › 6 mushrooms
- › ½ pt or 275ml of homemade chicken stock (page 22) or 1 low-salt chicken stock cube dissolved in ½ pt or 275ml of boiling water.
- › 2 dessertspoons lemon juice
- › ½ dessertspoon mixed herbs
- › pinch of salt if desired
- › pepper
- › 2 dessertspoons of frozen peas

## Method

1. Pre-heat the oven to 180°C or 350°F or Gas Mark 4.
2. Wash, peel and chop carrots, onion, celery and mushrooms.
3. Place chicken portions in a casserole dish with all the veg.
4. Pour in chicken stock, lemon juice, mixed herbs, salt and pepper.
5. Bake for 1-1½ hours or until chicken is cooked.
6. Serve with baked potato (pages 85–88) or rice.

Any vegetables can be used instead of mushrooms and carrots. Pick according to availability, choice and cost.



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
20 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Saucepan



## Pesto and Chicken with Pasta

Serve with a side salad

### Ingredients

- › 4 chicken fillets chopped
- › 120z or 340g pasta
- › 1 red or green pepper
- › 3 teaspoons green pesto
- › pinch of salt if desired
- › pepper
- › 1 teaspoon vegetable oil
- › 1 small onion chopped

Any vegetable can be added to this dish.

### Method

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

Delicious sprinkled with roasted pine nuts.



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Dishes

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Lamb or  
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Fish

Chicken

Fruit, Veg  
& Vegetarian  
Dishes

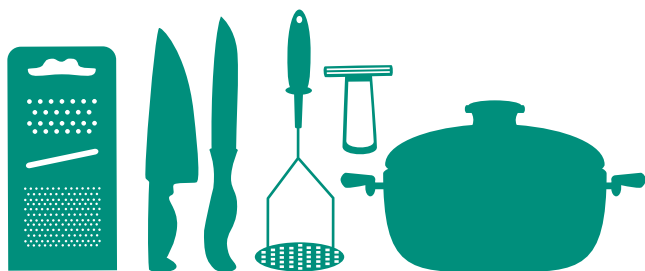
Snacks &  
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# FRUIT, VEGETABLES AND VEGETARIAN DISHES

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**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cost**  
Low



**Utensils needed**  
Liquidiser or blender  
Juice Squeezer

**Handy hint**  
For a treat, try adding  
marshmallows and honey.



## Fruit Smoothies

### Ingredients

- › 1–2 pieces of large fruit (for example, apple and pear)
- › ½ carton of low-fat diet yoghurt (natural, strawberry, orange or vanilla)
- › 1 cup of low-fat milk
- › ½ cup of freshly squeezed fruit juice (for example, orange or lemon)
- › 1 teaspoon of honey
- › 4 ice cubes

### Method

1. Make sure all the ingredients are chilled before use.
2. Wash and peel fruit.
3. Blend fruit, yoghurt, milk and juice together until creamy.
4. Add honey and ice cubes and blend again.
5. Serve in a tall glass and place a marshmallow on top.

Use a variety of fruit: apples, oranges, kiwi, seedless grapes, strawberry and bananas.

Not recommended as a between meal snack for oral health purposes.



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Casserole dish  
Saucepan



# Cheese, Onion and Potato Pie

**Serve with** baked beans or salad

## Ingredients

- › 8 large potatoes
- › 1 onion, grated
- › 4oz or 100g of low-fat grated cheese or 2oz or 50g of mature cheese
- › pinch of salt if desired
- › pepper

## Method

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



**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan  
Casserole dish



# Mushroom Bake

**Serve with** side salad or potatoes

## Ingredients

- › 16 mushrooms, peeled and sliced
- › 8oz or 225g breadcrumbs
- › Dessertspoon of vegetable oil
- › 6oz or 180g of low-fat grated cheese or 3oz or 90g of mature cheese
- › 1 red and 1 green pepper, chopped
- › 2 onions, chopped

## Topping

- › 2oz or 50g low-fat grated cheese
- › 2oz or 50g brown breadcrumbs

## Method

1. Pre-heat the oven to 180°C or 350°F or Gas Mark 4.
2. Heat the oil in the frying pan.
3. Add the onions and peppers and cook for 5 minutes. Keep covered during cooking.
4. Add mushrooms. Cook for another 5 minutes, with the lid on.
5. Add 6oz or 180g of breadcrumbs and 4oz or 110g cheese.
6. Mix well together and place in casserole dish.
7. Top with grated cheese and breadcrumbs mixed together.
8. Bake in a pre-heated oven for 20 minutes.





**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
15 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan



# Spanish Omelette

**Serve with** Tossed Green Salad (page 72)

## Ingredients

- › 1 dessertspoon vegetable oil
- › 2 onions, chopped
- › 1 red pepper, cored and chopped
- › pinch of salt and pepper if required
- › 4 eggs
- › 2 large potatoes boiled and chopped
- › 1 dessertspoon chopped parsley

*A good way to use  
leftover potato.*

## Method

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



**Serves**  
2 adults



**Preparation time**  
15 minutes



**Cooking time**  
35 minutes



**Cost**  
Medium



**Utensils needed**  
Plastic container  
Baking tray  
Large bowl



# Spicy Potato Wedges

**Serve with** Tossed Green Salad (page 72)

## Ingredients

- › 4 medium size potatoes
- › 2 tablespoons of vegetable oil
- › 1 teaspoon cayenne pepper
- › black pepper

↖  
*Cover with natural yoghurt,  
low-fat grated cheese or salsa.*

## Method

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

↖  
*Try other spices to alter  
flavours - Cajun, Indian,  
Mexican or garlic.*



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan



## Stir-Fry Vegetables

**Serve with** noodle, boiled rice or pasta

### Ingredients

- › 1 green pepper
- › 1 yellow pepper
- › 10 mushrooms, peeled
- › 1 onion
- › 1 dessertspoon of vegetable oil
- › ¼ pt or 150ml of homemade vegetable stock or 1 low-salt stock cube dissolved in ¼ pt or 150ml water
- › 3 carrots
- › ½ lb or 225g french peas or string beans
- › pepper

### Method

1. Peel and slice the carrots.
2. Slice the peppers, onion and mushrooms thinly.
3. Heat the oil in a frying pan. Add the mixed vegetables and stir well.
4. Add the stock. Keep stirring.
5. Cover the vegetables and cook gently for 10–15 minutes, until the vegetables are tender but still crisp. Add the peas or beans and cook for a further 3–5 minutes.

*You can choose your favourite vegetables.*



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cost**  
Low



**Utensils needed**  
Large serving bowl  
Jar with secure lid (Jam jar)



**Handy hint**  
Complete the meal with wholemeal bread (page 128) and hard boiled eggs, chopped ham steak or sliced chicken breast or Spaghetti Bolognese (page 36).



## Tossed Green Salad

### Ingredients

- › 7oz or 200g mixed lettuce leaves
- › ½ cucumber
- › 3–4 tomatoes
- › 1 medium carrot
- › 1 spring onion, chopped (optional)
- › 4 teaspoons sweet corn (optional)
- › 1 stick celery, chopped (optional)

### Method

#### Dressing

1. Place all ingredients in jar with a secure lid.
2. Make sure lid is on tightly.
3. Shake well to mix ingredients together.

#### Salad

1. Wash, drain and gently pat the lettuce leaves.
2. Tear leaves into small pieces.
3. Wash, dry and slice cucumber.
4. Wash tomatoes and cut each into eight pieces.
5. Wash, peel and grate carrot.
6. Mix lettuce, cucumber and tomatoes in large bowl.

Try mange tout, peas, diced mushrooms, olives and nuts.

### Dressing

- › 3 tablespoons olive oil
- › 1 teaspoon whole grain mustard
- › 1 teaspoon of runny honey
- › 1 tablespoon of lemon juice
- › pinch of salt if desired
- › pepper

### When ready to serve

1. Drizzle dressing over the salad and toss to coat.
2. Sprinkle grated carrot on top.

Spinach leaves are very tasty.





**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
5 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan



# Veggie Burger

Serve with a crunchy mixed salad

## Ingredients

- › 1 leek or onion, finely chopped
- › 1 clove garlic, crushed
- › 5 mushrooms, peeled and chopped
- › 1 carrot, finely chopped
- › 2 dessertspoons chopped parsley
- › 5 potatoes, cooked and mashed
- › pinch of salt if desired
- › pepper
- › wholemeal breadcrumbs
- › 1 dessertspoon of vegetable oil

## Method

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

For extra protein  
include some lentils



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
1.5 hours



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Vegetarian Casserole

### Ingredients

- › 2lbs or 900g vegetable mix: potatoes, carrots, onions, turnips, peas, lentils, etc.
- › pinch of salt if desired
- › pepper
- › 1pt or 575ml of homemade vegetable stock (page 22) or 1 low-salt vegetable stock cube dissolved in 1pt or 575ml of boiling water.

↖ For extra protein  
include some lentils

### Method

1. Pre-heat the oven to 190°C or 375°F or Gas Mark 5.
2. Slice potatoes and put a layer in the bottom of the casserole dish.
3. Layer vegetables over the potatoes.
4. Repeat layering until the dish is full. Season between the layers.
5. Finish with a layer of potatoes.
6. Add vegetable stock.
7. Sprinkle with breadcrumbs and cheese and return to the oven for 30 minutes.
8. Cover and cook in the pre-heated oven for 1½ hours.



**Serves**  
4 adults



**Preparation time**  
30 minutes



**Cooking time**  
50 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan  
Saucepan



## Vegetable Curry

**Serve with** rice or pasta

### Ingredients

- › 1 dessertspoon vegetable oil
- › 1 chopped onion
- › 1pt or 575ml of homemade vegetable stock (page 22) or 1 low-salt vegetable stock cube dissolved in 1pt or 575ml of boiling water
- › 2 dessertspoons curry powder
- › 1 or 2 apples, cored and peeled
- › 1 dessertspoon flour
- › pinch of salt if desired
- › pepper
- › 2lbs or 900g mixed vegetables (peeled mushrooms, carrots, celery)
- › 1 teaspoon brown sugar
- › 1 dessertspoon dessicated coconut (optional)
- › 2oz or 50g sultanas
- › 1 teaspoon lemon juice
- › 1 tin peas or beans
- › 1 dessertspoon chutney (optional)

### Method

1. Prepare the mixture of vegetables. Wash them and chop into cubes. Place in a saucepan.
2. Add the apple, lentils, lemon juice, coconut, sultanas, brown sugar and chutney. Add  $\frac{3}{4}$  pt or 425ml of stock and boil for 20 minutes.
3. Heat the oil and fry the onion until it is soft.
4. Stir in the curry powder, flour and remainder of stock.
5. Bring to the boil. Add this to the mixed vegetables and season.
6. Simmer for 10 minutes. Reduce heat and cook slowly for another 20 minutes.



**Serves**  
2 adults and 2 kids



**Preparation time**  
40 minutes



**Cooking time**  
40 minutes



**Cost**  
Medium



**Utensils needed**  
Casserole dish



# Vegetable Goulash

## Ingredients

- › 2lb or 900g mixed vegetables i.e. carrots, potatoes, mushrooms, corn, courgettes, etc.
- › 2 onions, finely chopped
- › 1 clove of garlic, finely chopped
- › 1 dessertspoon cooking oil
- › 14oz or 400g can of chopped tomatoes
- › 1 red pepper
- › 1 green pepper
- › 4 dessertspoons tomato puree
- › 2 dessertspoons paprika
- › pinch of salt if desired
- › pepper

## Method

1. Pre-heat the oven to 190°C or 375°F or Gas Mark 5.
2. Cut the vegetables into bite-sized pieces.
3. Heat the oil and fry the onions and garlic in the oil for 5 minutes.
4. Mix in the chopped vegetables, tomatoes, tomato puree, paprika and seasoning. Fry for another 5 minutes.
5. Transfer to a casserole dish. Bake in the oven until the vegetables are cooked for about 40 minutes.

For extra protein include some lentils, beans or barley.





**Serves**  
4 adults



**Preparation time**  
30 minutes



**Cooking time**  
25 minutes



**Cost**  
Medium



**Utensils needed**  
Casserole dish  
Frying pan  
Saucepan



## Vegetable Lasagne

**Serve with** crunchy side salad

### Ingredients

- › 1 large onion, sliced
- › 1 green pepper, sliced
- › 1 yellow pepper, sliced
- › 10 mushrooms, peeled and sliced
- › 3 carrots, finely chopped
- › 1 can kidney beans
- › 1 can tomatoes
- › 2 dessertspoons tomato sauce
- › 8oz or 225g lasagne or medium box of easi-cook lasagne
- › 2–3 dessertspoons of low-fat grated cheese or mature cheese
- › pinch of salt if desired
- › pepper
- › mixed herbs
- › ½ pt or 275ml of homemade vegetable stock (page 22) or ½ low-salt vegetable stock cube dissolved in ½ pt or 275ml of boiling water.
- › ½ pt or 275ml white sauce (page 20)

### Method

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



**Serves**  
4 adults



**Preparation time**  
30 minutes



**Cooking time**  
15 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Casserole dish



## Vegetable Pasta Bake

### Ingredients

- › 1 dessertspoon vegetable oil
- › 1 onion, chopped
- › 1 green pepper, sliced
- › 8 mushrooms, peeled and sliced
- › 1 tin tomatoes
- › 2 dessertspoons tomato sauce
- › 1 or 2 cloves of garlic
- › mixed herbs
- › pepper
- › 200g or 8oz pasta
- › 1 pt or 575ml cheese sauce (page 21)
- › 3 dessertspoons wholemeal breadcrumbs

### Method

1. Pre-heat the oven to 200°C or 400°F or Gas Mark 6.
2. Heat the oil, fry the onion, pepper, mushrooms and crushed garlic for 5 minutes.
3. Add the tomatoes, tomato sauce, mixed herbs and a little pepper.
4. Bring to the boil, reduce heat and simmer for 20 minutes.
5. Cook the pasta in boiling water for 12–15 minutes until it is soft. Drain the pasta and add to the vegetable mix.
6. Stir and cook gently for 2–3 minutes.
7. Put the pasta and vegetable mix into a casserole dish and cover with a thick cheese sauce (page 21).
8. Sprinkle with grated cheese and breadcrumbs.
9. Bake in the pre-heated oven for 10–15 minutes.



**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan  
Casserole dish



# Vegetable Risotto

**Serve with** side salad

## Ingredients

- › 100z or 280g brown or wholegrain rice
- › ½ pt or 275ml homemade vegetable stock (page 22) or ½ low-salt vegetable stock cube dissolved in ½ pt or 275ml of boiling water
- › 1 dessertspoon vegetable oil
- › ½ lb or 225g bag of frozen peas
- › 6 mushrooms, peeled and chopped
- › 1 finely chopped onion
- › 1 can of kidney beans
- › 1 green pepper, finely chopped
- › 1lb or 450g tin tomatoes

## Method

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



## SNACKS AND LIGHT MEALS

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**Serves**  
1 adult



**Preparation time**  
5 minutes



**Cost**  
Medium



**Utensils needed**  
Airtight container – lunch box



**Handy hints**  
You can make enough for a week or according to your budget. Buy the broken nuts in the health shops as they are cheaper.



## A Graze Box

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

### Ingredients

- › 1 tablespoon dried fruit – raisins, sultanas, apricots etc
- › 40g nuts – sunflower seeds, almonds, shelled nuts, cashews, hazelnuts

### Method

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

**Caution**  
*This is not suitable for children under 5 years of age!*

# Snack Attack

| GREEN  | ORANGE   | RED  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Fruit or Brown scones</li> <li>• Crackers</li> <li>• Brown bread</li> <li>• High fibre breakfast cereals</li> <li>• Plain popcorn</li> </ul>                | <ul style="list-style-type: none"> <li>• Plain biscuits</li> <li>• Plain scones</li> <li>• Pretzels</li> <li>• Bagels</li> <li>• Rolls</li> <li>• Peanut with banana on brown bread</li> </ul> | <ul style="list-style-type: none"> <li>• Sweet or chocolate biscuits</li> <li>• Cookies or buns or muffins</li> <li>• Cakes and tarts</li> <li>• Ice-cream</li> <li>• Chocolate</li> <li>• Crisps</li> <li>• Peanuts</li> <li>• Chocolate spread</li> <li>• Salted, buttered or toffee coated popcorn</li> </ul> |
|  | <ul style="list-style-type: none"> <li>• High fibre cereal bar (nuts and grains)</li> </ul>  | <ul style="list-style-type: none"> <li>• Cereal bars coated with sweet layer or chocolate</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Yoghurt               <ol style="list-style-type: none"> <li>1. Natural yoghurts</li> <li>2. Diet yoghurt</li> <li>3. Yoghurt drinks</li> </ol> </li> </ul> | <ul style="list-style-type: none"> <li>• Frozen yoghurt</li> <li>• Full fat yoghurts</li> <li>• Low-fat custard</li> <li>• Sugar free jelly</li> </ul>   | <ul style="list-style-type: none"> <li>• Chocolate or toffee flavoured yoghurts</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Vegetable sticks e.g. carrots</li> </ul>   | <ul style="list-style-type: none"> <li>• Raisins or dried fruit</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Baked potato</li> </ul>   | <ul style="list-style-type: none"> <li>• Pizza</li> <li>• Brown bread with luncheon meat, tuna and sweet corn</li> <li>• Homemade oven chips</li> <li>• Homemade spicy wedges</li> </ul>       | <ul style="list-style-type: none"> <li>• Chips</li> <li>• Burgers</li> <li>• Sausages, rashers or pudding</li> <li>• Sausage rolls</li> </ul>  |



## Alternative suggestions for packed lunches

### 1. Salad Box

Egg, lettuce, tomato, onion, cucumber, low-fat coleslaw, sliced peppers, sweetcorn, carrot sticks

### 2. Pasta Dishes

Pasta, tuna and sweetcorn  
Pasta, tomato and ham

### 3. Grilled chicken (with the skin removed) and salad

### 4. Wholegrain crackers and low-fat cheese

# Traditional Packed Lunch

Choose one item from each box

## 1. FRUIT

- › One apple, orange, banana, pear or peach
- › Handful of grapes, strawberries or blackberries
- › Two plums, mandarins or kiwis
- › Any other fruit

## 2. BREAD

- › Wholemeal or high-fibre bread
- › Brown or white soda bread
- › Brown or white bread
- › French stick
- › Pitta bread
- › Scones
- › Banana bread
- › Wraps

## 3. FILLINGS

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

## 4. DRINK

- › Milk
- › Yoghurt
- › Fruit juice\*
- › Homemade soup
- › Water

\*Should only be taken with meals due to the high sugar content



**Serves**  
1 adult



**Preparation time**  
5 minutes



**Cooking time**  
10 minutes



**Cost**  
Low



## Bacon Surprise

**Serve with** Tossed Green Salad (page 72)

### Ingredients

- › 4 slices white or brown bread
- › Small amount of low-fat spread
- › 4oz or 110g of low-fat grated cheese
- › 4 back rashers

↖ Add some grated onion for flavour.

### Method

1. Cut off crusts of bread. Roll out bread thinly.
2. Spread lightly with low-fat spread.
3. Put 1oz or 25g grated cheese on each slice of bread and roll up tightly.
4. Wrap each roll with a rasher and grill until golden brown or bake in the oven at 180°C.





**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Oven tray



#### Handy hint

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



# Baked Potato with Bacon And Sweetcorn Filling

Serve with Tossed Green Salad (page 72)

## Ingredients

- › 2 large potatoes scrubbed but not peeled
- › 4 rashers
- › 6 dessertspoons tinned sweetcorn pepper

## Method

### Potato

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

### Filling

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

↖ Great with beans and low-fat grated cheese.



**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Oven tray



#### Handy hint

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



# Baked Potato with Savoury Minced Beef and Tomato Filling

Serve with Tossed Green Salad (page 72)

## Ingredients

- › 2 large baked potatoes
- › 1 medium onion
- › pinch of salt if desired
- › pepper
- › tomato slices for garnish
- › 1 dessertspoon tomato puree
- › 40z or 110g lean minced beef

## Method

### Potato

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

### Filling

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



**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Oven tray



#### Handy hint

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



# Baked Potato with Tuna and Potato Filling

Serve with Tossed Green Salad (page 72)

## Ingredients

- › 2 large baked potatoes
- › 7oz/200g can tuna fish, flaked
- › 4oz/110g back bacon, grilled until crisp, crumbled
- › pinch of salt if desired
- › pepper

## Method

### Potato

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

### Filling

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



**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Oven tray



#### Handy hint

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



# Baked Potato with Turkey and Ham Topping

**Serve with** Tossed Green Salad (page 72)

## Ingredients

- › 2 large baked potatoes
- › 1 dessertspoon of peas
- › 1 teaspoon of low-fat mayonnaise
- › 4oz or 110g cooked turkey
- › 4oz or 110g cooked ham

## Method

### Potato

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

### Filling

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





**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan



# Chicken Tortillas

**Serve with** low-fat natural yoghurt or sour cream

## Ingredients

- › 2 chicken fillets
- › 1 green pepper
- › 1 red pepper
- › 1 small onion
- › 4oz or 100g low-fat grated cheese
- › 4 tortilla wraps
- › 1 tablespoon chilli powder mix
- › 1 teaspoon vegetable oil

## Method

1. Cut the chicken into small strips.
2. Slice the peppers and onions into thin strips.
3. Fry the chicken in the olive oil over a medium heat for 8–10 minutes.
4. Add the chilli powder mix and vegetables.
5. Stir fry for a further 3 minutes until the seasoning mix coats them thoroughly to make a juicy filling.
6. Heat the tortillas in either:
  - Oven Pre-heat the oven to 180°C or Gas Mark 4. Wrap in tin foil and heat for 15 minutes.
  - Microwave Place on a plate, cover with cling film and heat for 1 minute on full power.
7. Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla around the filling to make a fajita.
8. Serve with Tossed Green Salad (page 72).

*8 chicken nuggets can be baked in oven instead of chicken fillets.*

*For a healthy option add grated carrot or mushrooms.*



**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
2 minutes



**Cost**  
Low



## French Bread Pizza

**Serve with** Tossed Green Salad (page 72)

### Ingredients

- › 1 French baguette or 1 wholemeal baguette, cut in half
- › black pepper
- › 2 tomatoes, sliced
- › 2 dessertspoons (30ml) tomato sauce
- › 2oz or 50g low-fat cheese, grated

Try adding cooked ham,  
peppers, mushrooms  
for extra taste

### Method

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



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Large pie dish



# Macaroni Cheese

**Serve with** Tossed Green Salad (page 72)

## Ingredients

- › 6oz or 180g quick-cooking macaroni
- › cheese sauce (page 21)
- › pinch of salt if desired

## Topping

- › 2oz or 50g low-fat grated cheddar cheese
- › 2oz or 50g brown breadcrumbs

## Method

1. Pre-heat the oven to 180°C or 350°F or Gas Mark 4.
2. Cook macaroni in lightly salted boiling water and drain.
3. Make the cheese sauce. (See sauces, page 21).
4. Add cooked macaroni to cheese sauce and pour into a large pie dish.
5. Top with grated cheese and breadcrumbs.
6. Bake in the pre-heated oven for 20 minutes.

↖ Add some veg, for example, frozen peas for more colour



**Serves**  
2 adults and 2 kids



**Preparation time**  
10 minutes



**Cooking time**  
15 minutes



**Cost**  
Low



**Utensils needed**  
Bowl  
Frying pan



# Pancakes

Serve with a little caster sugar or lemon

## Ingredients

- › 8oz or 225g flour
- › 1 egg
- › ¾ pt or 425ml semi-skimmed milk
- › pinch of salt if desired

## Method

1. Sieve flour and salt into a bowl.
2. Make a hole in the centre of the flour and drop in the egg with ¼ of the milk.
3. Stir the egg mixture in the centre of the bowl with a wooden spoon, allowing the flour to fall in gradually from the sides.
4. Add the rest of the milk slowly, beating well to avoid lumping.
5. Pour a thin layer of the mixture onto a hot, non-stick pan.
6. Use a spatula to turn the pancake over when bubbles start to appear on top.

## Savoury Fillings

Chopped cooked chicken  
Smoked haddock  
Tinned salmon  
Mushrooms  
Mince cooked in curry sauce  
Bolognese sauce

## Sweet Fillings

Jam  
Stewed fruit  
Fried bananas





**Serves**  
1 adult



**Preparation time**  
5 minutes



**Cooking time**  
3 minutes



**Cost**  
Low



**Utensils needed**  
Baking tray



## Pizza Baps

### Ingredients

- › a brown or white bap
- › 1 tomato, thinly sliced
- › ½ onion, sliced
- › 20g or 50g low-fat cheese, grated
- › 2 mushrooms, peeled
- › diced cubes of red or green pepper (optional)

### Method

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



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
30 minutes



**Cost**  
Low



**Utensils needed**  
Baking tray



## Pizza Quick

Serve with salad

### Ingredients

- › 1 dessertspoon of vegetable oil
- › 1 onion
- › 4 mushrooms, peeled and chopped
- › 6 tomatoes or 1 tin of tomatoes
- › 2oz or 50g low-fat cheese, grated
- › 1 red or green pepper, sliced

### Pizza Base

- › 7oz or 200g self-raising flour
- 3oz or 85g margarine
- › 1 dessertspoon of semi-skimmed milk

### Method

1. Pre-heat the oven to 200°C or 400°F or Gas Mark 6.
2. Heat the oil in a frying pan, cook the chopped onion, mushrooms and pepper for 3–5 minutes. Add the chopped tomatoes. (If using tinned tomatoes add the juice as well). Simmer gently for 5 minutes.
3. Sieve the flour and salt into a bowl. Rub in the margarine.
4. Add the milk and mix to a stiff ball. Roll into a large round ½" in thickness.
5. Place on a greased tin.
6. Spread the tomato mixture on the base and sprinkle cheese on top.
7. Bake in the pre-heated oven for 30 minutes.



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
45 minutes



**Cost**  
Low



**Utensils needed**  
Flan dish  
Oven dish



# Bacon and Mushroom Quiche

**Serve with** Tossed Green Salad (page 72)

## Ingredients

### Pastry

- › 6oz or 180g flour (plain or wholemeal or a mix 3oz or 90g of both)
- › 3oz or 85g low-fat spread
- › a little water
- › or 1 packet of frozen shortcrust pastry

## Method

### Pastry

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

*Replace semi-skimmed milk with low-fat cream if you feel like treating yourself.*

### Filling

- › 2 trimmed lean back rashers
- › 4 peeled mushrooms, chopped
- › 2oz or 50g low-fat grated cheese
- › 1/3 pt or 200ml semi-skimmed milk
- › 2oz or 50g grated cheese
- › 2 eggs
- › pepper

### Filling

1. Mix the eggs, milk, pepper and salt together.
2. Grill the bacon and mushrooms, and allow to cool. Then chop them roughly and arrange on base of the flan.
3. Pour the egg mixture over the bacon and mushrooms. Sprinkle a little grated cheese on top.
4. Bake in the oven.



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
45 minutes



**Cost**  
Low



**Utensils needed**  
Flan dish  
Oven dish



# Salmon and Tomato Quiche

**Serve with** Tossed Green Salad (page 72)

## Ingredients

### Pastry

- › 6oz or 180g flour (plain or wholemeal or a mix 3oz or 90g of both)
- › 3oz or 85g low-fat spread
- › a little water
- › or 1 packet of frozen shortcrust pastry

## Method

### Pastry

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

### Filling

- › 1 tin of salmon
- › pepper
- › 2 tomatoes
- › 2 eggs
- › pinch of salt if desired
- › 2 dessertspoons of low-fat grated cheese
- › ½ pt or 200ml semi-skimmed milk

### Filling

1. Drain the salmon and remove the bones.
2. Slice the tomatoes.
3. Arrange salmon and tomato on base of the flan case.
4. Mix together the eggs, milk, pepper and salt and pour over the salmon and tomatoes.
5. Sprinkle a little grated cheese on the top. Bake in the oven.

Replace semi-skimmed milk with low-fat cream if you feel like treating yourself.





**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
45 minutes



**Cost**  
Low



**Utensils needed**  
Flan dish  
Oven dish



## Quiche Lorraine

Serve with Tossed Green Salad (page 72)

### Ingredients

#### Pastry

- › 6oz or 180g flour (plain or wholemeal or a mix 3oz or 90g of both)
- › 3oz or 85g low-fat spread
- › a little water
- › or 1 packet of frozen shortcrust pastry

### Method

#### Pastry

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

#### Filling

- › 4 trimmed lean back rashers
- › 2oz or 50g low-fat grated cheese
- › 2 eggs
- › ½ pt or 200ml semi-skimmed milk
- › pepper

#### Filling

1. Grill the bacon and chop roughly. Place in the flan case.
2. Mix together the milk, eggs, pepper, salt and pour over the bacon. Sprinkle the grated cheese on top and bake in the oven.
3. Bake in a pre-heated oven 200°C or 400°F or Gas Mark 6 for 40–45 minutes.

Replace semi-skimmed milk with low-fat cream if you feel like treating yourself.



**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
10 minutes



**Cost**  
Low



**Utensils needed**  
Frying pan  
Mixing bowl



# Potato Cakes

**Serve with** Tossed Green Salad (page 72) or baked beans

## Ingredients

- › 2oz or 55g flour
- › ¼ teaspoon baking powder
- › 3 potatoes, cooked and mashed
- › 1 chopped spring onion or ½ chopped red onion
- › ½ oz or 15g melted half-fat butter or low-fat spread
- › 1 dessertspoon vegetable oil
- › 1 teaspoon mixed herbs (optional)

## Method

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

← Leftover potatoes are a quick and easy solution!



**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cooking time**  
10 minutes



**Cost**  
Low



**Utensils needed**  
Saucepan



## Tea-Time Scramble

Serve with baked beans

### Ingredients

- › 3 eggs
- › 2 dessertspoons of semi-skimmed milk
- › ¼ oz or 5g half-fat butter or low-fat spread
- › 1 tomato, chopped
- › 2oz or 50g cooked ham, chopped
- › 2oz or 50g grated low-fat cheese
- › pinch of salt if desired
- › pepper
- › 2 slices hot toast
- › parsley to garnish

Use wholemeal or granary bread for toast.

### Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
5 minutes



**Cooking time**  
2 minutes



**Cost**  
Low



## Toasted Cheese

### Ingredients

- › 2 slices of wholemeal or granary bread
- › 2oz or 50g of low-fat grated cheese
- › 2 teaspoons low-fat spread
- › 1 teaspoon french mustard

↖ Add in slices of tomato.

### Method

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

### Toasted cheese and tomato

As above, but add 2 teaspoons tomato puree to the cheese mixture before toasting.

### Toasted cheese and pickle

As in main recipe, but add 2 teaspoons of your favourite pickle to the cheese mixture before toasting.



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A common dilemma for many people living on their own is how to prepare and enjoy healthy meals in a way that is worth the effort, cost and time. Whether you are a younger student or an older person living on your own, the following section provides some helpful ideas on how to plan and cook meals in smaller amounts.

### Smart Shopping

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

### Bread, Cereals and Potatoes

- › Buy small loaves of bread.
- › Fresh bread and bread rolls, scones and bagels can all be frozen.
- › Par-baked bread rolls are ideal as they can be baked when needed.
- › Choose loose potatoes rather than a large heavy bag.
- › Whole wheat pasta and brown rice are great alternatives to potatoes.

### Fruit and Vegetables

- › Buy fresh fruit and vegetables when in season as they are cheaper and tastier.
- › Frozen vegetables are just as nutritious as fresh vegetables and require little preparation (do not over cook). They are also very economical as there is no waste.
- › Fruit tinned in natural juice is a handy alternative to fresh fruit.

### Milk, Cheese and Yoghurts

- › Supermarket own brands are often cheaper than big name brands and are available in a variety of sizes.

### Meat, Fish, Eggs, Peas and Beans

- › Butcher's counters are ideal places to buy meat in smaller amounts.
- › Large packets of meat or fish on special offer, can be broken into smaller amounts and frozen for later use.
- › Tinned fish is economical, comes in small tins ideal for one and requires no cooking.
- › Frozen fish or fish fingers are good alternatives to fresh fish.



**Serves**  
1 adult



**Preparation time**  
20 minutes



**Cooking time**  
30 minutes



**Cost**  
Medium



**Utensils needed**  
Casserole dish



## Baked Stuffed Fish

**Serve with** vegetables of your choice, for example, chopped carrots, peas or sweetcorn

### Ingredients

- › 1 small fillet of fish
- › 15g brown breadcrumbs (½ slice of brown bread)
- › half a small onion, chopped
- › half a teaspoon finely chopped parsley (or 1 teaspoon dried parsley) or a pinch of mixed herbs
- › ½ teaspoon of vegetable oil
- › a little lemon juice

### Method

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

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



**Serves**  
1 adult



**Preparation time**  
15 minutes



**Cooking time**  
45 minutes



**Cost**  
Low



**Utensils needed**  
Wooden spoon  
Saucepan



**Leftovers**  
As the portion size is large, halve the amount of ingredients, or store any leftovers in the freezer for up to 1 month.



## Farmhouse Vegetable Soup

### Ingredients

- › 1 carrot
- › ¼ turnip
- › 1 parsnip
- › 1 leek
- › 1 onion
- › 2 mushrooms
- › 1 tomato
- › ½ teaspoon vegetable oil
- › 1 oz or 25g flour
- › 1 pt or 75ml milk
- › pepper
- › pinch of salt if desired
- › 1 chicken stock cube dissolved in ¾ pint
- › water
- › parsley to garnish

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

### Method

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





**Serves**  
1 adult



**Preparation time**  
15 minutes



**Cooking time**  
45 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan  
Saucepan



**Leftovers**  
Any leftover bolognese sauce can be used to fill pancakes or as a topping for baked potatoes..



# Spaghetti Bolognese

## Ingredients

- › ½ lb or 225g lean mince beef or lamb
- › ½ pt or 275ml of homemade beef stock (page 22) or ½ low salt beef stock cube dissolved in ½ pt or 275ml of boiling water
- › ½ onion finely chopped
- › 1 dessertspoon tomato sauce
- › pinch of salt if desired
- › pepper
- › 1 dessertspoon flour
- › 1 tin of tomatoes
- › 2 mushrooms peeled and chopped
- › ½ red pepper chopped
- › ½ carrot chopped
- › 8 oz spaghetti

## Method

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



**Serves**  
1 adult



**Preparation time**  
30 minutes



**Cooking time**  
15 minutes



**Cost**  
Medium



**Utensils needed**  
Frying pan



## Stir-Fry

**Serve with** boiled rice

### Ingredients

- › 150g chicken, beef, pork or lamb pieces
- › 1 clove garlic
- › 1 small onion
- › 2 mushrooms
- › 1 small pepper
- › 1 carrot
- › 1 dessertspoon soy sauce
- › 1 teaspoon cornflour
- › 1 teaspoon vegetable oil
- › ⅓ dessertspoon cornflour or flour
- › 90ml of homemade relevant stock (page 22) or ½ low salt stock cube dissolved in 90ml of boiling water

### Method

1. Cut pork into thin slices.
2. Cut onions into thin slices and chop garlic.
3. Slice mushrooms and cut carrots and pepper into thin strips.
4. Mix the 90ml chicken stock with the soy sauce. Blend in the cornflour and mix to a smooth paste.
5. Heat the oil in a large frying pan. Add the pork and fry until well browned.
6. Add onion and carrot to the pan and fry for 2–3 minutes.
7. Then add mushrooms and pepper to pork mixture and continue frying for 2–3 minutes.
8. Pour the stock mixture into the pan and bring to the boil, stirring all the time. Simmer for 5 minutes.
9. Bring a pan of water to a boil and add the rice. Cook according to package directions. Drain the rice in a strainer, put back in the pan, and cover to keep warm until needed.

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**Serves**  
4 adults and 4 kids



**Preparation time**  
20 minutes



**Cooking time**  
40 minutes



**Cost**  
Low



**Utensils needed**  
Sandwich tin



# Apple Cake

Serve hot or cold

## Ingredients

- › 8oz or 225g flour
- › 3oz or 85g margarine
- › 4oz or 110g sugar
- › 2 cooking apples
- › 1 egg, beaten
- › a little semi-skimmed milk
- › a little salt

*Fresh pears  
can be used.*

## Method

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

*Add a few  
sultanas for  
variety.*





**Serves**  
8 adults



**Preparation time**  
15 minutes



**Cooking time**  
30 minutes



**Cost**  
Low



**Utensils needed**  
Pie dish  
Bowl



# Apple or Rhubarb Crumble

Serve hot or cold

## Ingredients

- › 3 cooking apples or 6 stalks of rhubarb
- › 2oz or 50g sugar
- › 3 dessertspoons water

## Topping

- › 6oz or 180g flour
- › 2oz or 50g caster sugar
- › 2oz or 50g margarine
- › 2 heaped dessertspoons of porridge oats

*Fresh or tinned pears  
can also be used.*

## Method

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

*Ground or chopped  
almonds can be  
added to the  
crumble mixture  
for added flavour.*



**Serves**  
4 adults and 4 kids



**Preparation time**  
10 minutes



**Cooking time**  
30 minutes



**Cost**  
Low



#### Utensils needed

Plate  
Pie dish  
Baking bowl



# Apple or Rhubarb Tart

Serve hot or cold

## Ingredients

### Pastry

- › 12oz or 340g plain flour
- › 6oz or 180g hard margarine
- › a little semi-skimmed milk or water

### Filling

- › 2 or 3 medium cooking apples  
or 4 stalks of rhubarb
- › 2 oz sugar

## Method

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

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

*Cloves may be added to the apple.*



**Serves**  
4 adults and 4 kids



**Preparation time**  
10 minutes



**Cooking time**  
1.5 hours



**Cost**  
Low



**Utensils needed**  
Loaf tin



#### Handy Hint

The mixture can also be split into muffin cases to make 8 good size muffins – great for a quick breakfast.



# Banana Bread

Serve with hot low-fat custard

## Ingredients

- › 00z or 280g self-raising flour
- › 5oz or 140g brown sugar
- › 3 eggs, beaten
- › 3 bananas, mashed
- › ½ teaspoon baking powder
- › 4oz or 110g walnuts chopped
- › ½ teaspoon cinnamon
- › ½ teaspoon nutmeg
- › 7oz or 200g melted margarine

## Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
2 hours



**Cost**  
Low



**Utensils needed**  
9" cake tin



## Boiled Fruit Cake

### Ingredients

- › 5oz or 140g margarine
- › 5oz or 140g brown sugar
- › 1 cup of water
- › 1lb or 450g sultanas
- › 3oz or 85g candied peel
- › 14oz or 400g flour
- › 2 eggs beaten
- › ½ teaspoon of bread soda
- › 1½ teaspoons cinnamon

### Method

1. Pre-heat the oven to 160°C or 325°F or Gas Mark 3.
2. Put the margarine, sugar and water into a saucepan and boil gently. Stir the mixture until the margarine is melted and sugar dissolved. Add the fruit and candied peel and let everything simmer for 5 minutes. Allow to cool.
3. Meanwhile sieve flour, bread soda and cinnamon into a bowl. Make a well in the centre and add the beaten eggs.
4. Add the cooled mixture from the saucepan and mix together quickly and well.
5. Turn into a lined and greased 9" cake tin. Bake in the pre-heated oven for 1½–2 hours.





**Serves**  
4 adults and 4 kids



**Preparation time**  
10 minutes



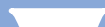
**Cooking time**  
30 minutes



**Cost**  
Low



**Utensils needed**  
Pie dish



# Bread and Butter Pudding

Serve with hot low-fat custard

## Ingredients

- › 6 slices of bread
- › 2oz or 50g of low-fat butter
- › 1 egg
- › a little semi-skimmed milk
- › sugar
- › sultanas
- › pinch of nutmeg

← A good way of using up stale bread. Stale cake or scone crumbs may also be used.

## Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
50 minutes



**Cost**  
Medium



**Utensils needed**  
8" cake tin



## Carrot Cake

### Ingredients

- › 8oz or 225g caster sugar
- › ½ cup vegetable oil
- › 8oz or 225g grated carrots, raw
- › 2 eggs
- › 9oz or 250g white self-raising flour

← Sultanas can be added to the cake mixture.

### Method

1. Pre-heat the oven to 190°C or 375°F or Gas Mark 4.
2. Mix sugar, grated carrots, eggs and oil together. Fold in flour and mix well.
3. Turn into an 8" round tin lined with greaseproof paper, and bake in the pre-heated oven.
4. Check after 50 minutes, by which time the centre of the cake should have risen.
5. Place on a wire tray to cool, with the greaseproof paper removed.



**Serves**  
4 adults and 4 kids



**Preparation time**  
45 minutes



**Cost**  
Medium



**Utensils needed**  
9" cake tin



## Cheese Cake

### Ingredients

- › 1 packet of reduced fat digestives
- › 5oz or 140g reduced fat cream cheese
- › ¼ pt or 150ml of reduced fat cream
- › 1 packet of lemon jelly
- › 1 lemon
- › 2oz or 50g low-fat margarine
- › 1 cup of water

← Any flavoured jelly  
can be used.

### Method

#### Base

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

#### Filling

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

↻ Decorate with fresh fruit.



**Serves**  
4 adults and 4 kids



**Preparation time**  
45 minutes



**Cooking time**  
5–6 hours



**Cost**  
High



#### Utensils needed

A deep 10" round cake tin  
9" square tin  
Large mixing bowl



#### Handy Hints

The whiskey may be poured over the prepared fruit and left overnight. Alternatively, the whiskey could be poured evenly over the cake about 30–40 minutes after it is removed from the oven, while the cake is still warm. To do this, first make a few holes in the top, with a fine skewer or darning needle.

## Christmas Cake All-In-One

### Ingredients

- › 12oz or 340g margarine
- › 12oz or 340g dark brown sugar
- › 7 eggs (Size 1)
- › 3 tablespoons whiskey
- › grated rind of 1 lemon
- › grated rind of 1 orange
- › grated apple
- › 4oz or 110g cherries, washed, dried and halved
- › 1lb currants
- › 12oz or 340g sultanas
- › 12oz or 340g raisins
- › 4oz or 110g chopped almonds
- › 4oz or 110g mixed peel
- › 14oz or 400g plain white flour
- › 1½ teaspoon mixed spice
- › 1 teaspoon ground nutmeg
- › 4oz or 110g ground almonds

### Method

1. Pre-heat the oven to 140°C or 275°F or Gas Mark 1.
2. Prepare the tin. For the bottom of the tin: cut either circles or squares of double-thickness greaseproof paper. For the sides: Cut a strip of double greaseproof paper about 1 inch higher than the depth of the tin. (Grease well).
3. Weigh all the ingredients carefully.
4. Place all the cake ingredients together in a very large mixing bowl or basin and beat with a wooden spoon until well mixed (4–6 minutes).
5. Place this mixture in the prepared tin and smooth the top with the back of a wet dessertspoon.
6. Bake in the pre-heated oven on the middle shelf for approximately 5–6 hours. Check at intervals after 2½ hours as ovens tend to vary. Cover the cake with double greaseproof paper or foil for about the last 1–2 hours, to prevent the top of the cake from becoming too brown.
7. Test the cake carefully before removing it from the oven.
8. Leave the cake to cool in the tin overnight. Turn out and remove papers, then store.

↪ This recipe is for a cake without icing. To ice the cake you will need marzipan and white icing, either home-made or ready-made.





**Serves**  
4 adults and 4 kids



**Preparation time**  
45 minutes



**Cooking time**  
2–3 hours



**Cost**  
High



**Utensils needed**  
2pt pudding bowl  
Large pot



**Handy Hints**  
Stand overnight



# Christmas Pudding

## Ingredients

- › 3oz or 85 g self-raising flour
- › ½ level teaspoon mixed spice
- › ½ level teaspoon ground nutmeg
- › ½ level teaspoon ground cinnamon
- › 4oz or 110g white breadcrumbs
- › 6oz or 150g dark brown sugar
- › 4oz or 110g margarine melted and cooled
- › grated apple
- › 8oz or 225g currants
- › 4oz or 110g raisins
- › 2oz or 50g cherries, halved, washed and dried
- › 4oz or 110g sultanas
- › 2oz or 50g cut mixed peel
- › 1oz or 25g chopped almonds

## Mix together

- › 2 large eggs
- › 1 dessertspoon brandy or rum or whiskey
- › ¼ pt or 150ml stout
- › juice and grated rind 1 orange

## Method

### Preparation

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

### To make Pudding

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



**Serves**  
4 adults and 4 kids



**Preparation time**  
30 minutes



**Cooking time**  
35 minutes



**Cost**  
Medium



**Utensils needed**  
2x6½" or 7½" (16cm or 19cm)  
sandwich tins



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

## Coffee Cake

### Ingredients

- › 6oz or 180g margarine (at room temperature)
- › 6oz or 180g caster sugar
- › 3 large eggs
- › 6oz or 180g self-raising  
flour, sieved
- › 1 dessertspoon coffee essence

### Coffee Icing

- › 8oz or 225g icing sugar
- › 1 teaspoon coffee essence
- › 1 dessertspoon semi-skimmed milk

### Method

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

### All-in-one method

Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed (2–3 minutes). Place half the mixture in each of the prepared tins. Bake in the pre-heated oven for 25–35 minutes. When cooked remove from tins and allow to cool on a wire tray.

### To make icing

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

### To finish cake

1. Sandwich the two cakes with a little of the icing.
2. Pipe the remaining icing on top of the cake.

IDEAL FOR  
BIRTHDAY CAKES

To make a chocolate cake  
substitute 4 oz flour and 2oz  
drinking chocolate for 6oz  
flour (omit coffee essence).



**Serves**  
4 adults and 4 kids



**Preparation time**  
20 minutes



**Cooking time**  
1 hour



**Cost**  
Low



**Utensils needed**  
Pyrex dish



## Eve's Pudding

**Serve with** low-fat hot custard

### Ingredients

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

### Method

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

Decorate with  
flaked almonds.



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
20 minutes



**Cost**  
Medium



**Utensils needed**  
Flan tin



## Fruit Flan

### Ingredients

- › 3oz or 85g flour
- › 3oz or 85g caster sugar
- › 3 eggs

### Filling

- › soft fruit or drained, canned fruit such as raspberries
- › 1 quick-set jel or jelly
- › low-fat crème fraîche

*Fresh fruit in season  
can also be used.*

### Method

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





**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cost**  
Medium



**Utensils needed**  
Serving dish



## Fruit Salad

← Fresh fruit in season  
can also be used.

### Ingredients

#### Syrup

- › juice of 1 lemon
- › 2 cups of orange juice

#### Fruit

- › 2 apples
- › 2 pears
- › 2 oranges
- › 2 bananas
- › 2 kiwi fruit
- › green and black grapes
- › handful of strawberries, blueberries and chopped pineapple

### Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes. You will need to soak some of the ingredients overnight



**Cooking time**  
1¾ hours



**Cost**  
Low



**Utensils needed**  
Loaf tin or circular tin



**Handy Hints**  
Useful for school lunches



## Irish Tea Brack

### Ingredients

- › 1 cup of strong tea
- › 6oz or 180g brown sugar
- › 9oz or 250g plain flour
- › 1lb or 450g mixed dried fruit
- › 1 egg (lightly beaten)
- › ½ level teaspoon breadsoda

### Method

1. Put tea, sugar and dried fruit in a bowl, cover and leave to soak overnight.
2. After the fruit mixture has been allowed to soak overnight, pre-heat the oven to 180°C or 350°F or Gas Mark 4.
3. Grease a 2lb loaf tin.
4. Add the lightly beaten egg to the fruit mixture.
5. Sieve the flour and breadsoda together and fold into mixture.
6. Turn into the greased tin. place in the pre-heated oven and bake for 1½ to 1¾ hours.
7. Cool on a wire tray and serve sliced with butter.



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
12 minutes



**Cost**  
Medium



**Utensils needed**  
Swiss roll tin 11"x7"



## Jam Swiss Roll

### Ingredients

- › 4oz or 110g margarine (at room temperature)
- › 6oz or 180g caster sugar
- › 4 large eggs
- › 6oz or 180g self-raising flour, sieved

### Filling and Decoration

- › warmed jam
- › caster and icing sugar

### Method

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

### When Baked

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

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

Try using low-fat fromage frais with fresh strawberries chopped on top as a healthy treat!



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Bun tray



**Handy Hints**  
These buns freeze well



## Queen Cakes

Makes 2 dozen small buns

### Ingredients

- › 40z or 115g soft margarine
- › 2 eggs
- › 80z or 225g self-raising flour
- › 40z or 115g caster sugar
- › a little semi-skimmed milk

*If soft margarine is used all the ingredients can be beaten together.*

### Method

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

*Add some sultanas or cherries for variety.*





**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Mixing bowl  
Baking tray



## Raspberry Buns

### Ingredients

- › 120g or 340g self-raising flour
- › 40g or 110g sugar
- › 20g or 50g margarine
- › 2 eggs
- › pinch of salt
- › 4 dessertspoons semi-skimmed milk
- › raspberries (fresh or from tin)
- › 2 dessertspoons water
- › 1 teaspoon caster sugar for dusting

### Method

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



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
40 minutes



**Cost**  
Low



**Utensils needed**  
Swiss roll tin  
11"x7" or circular tin



## Sponge Tray Bake basic all-in-one

### Ingredients

- › 8oz or 225g soft margarine
- › 8oz or 225g caster sugar
- › 4 dessertspoons semi-skimmed milk
- › 12oz or 300g self-raising flour
- › 4 eggs

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

### Method

1. Pre-heat the oven to 180°C or 350°F or Gas Mark 4.
2. Grease and base line a 12"x9" (30cmx23cm) baking tray with greased greaseproof paper.
3. Measure all the ingredients into a large bowl and beat well for about 2 minutes until well blended. Turn the mixture into the prepared tin and level the top.
4. Bake in the pre-heated oven for about 35-40 minutes or until the cake has shrunk from the sides of the tin and springs back when pressed in the centre with your fingertips. Leave to cool in the tin.
5. Cut into slices.



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Baking tray



## Tea Scones

### Ingredients

- › 1lb or 450g self-raising flour
- › 2oz or 50g sugar
- › 4oz or 110g margarine
- › 1 egg
- › water or semi-skimmed milk

*To make fruit scones add  
2oz or 50g mixed fruit to the  
mixture before adding the  
beaten eggs and water.*

### Method

1. Pre-heat the oven to 200°C or 375°F or Gas Mark 6.
2. Put flour and sugar into a mixing bowl. Rub in the margarine.
3. Add the beaten eggs with sufficient water or milk to make a nice soft dough.
4. Put on a floured surface and roll to ½ inch thickness. Cut with a knife or pastry cutter, brush over with egg wash or a little milk and put on a floured baking tray.
5. Bake in the pre-heated oven for 15–20 minutes.



**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
55 minutes



**Cost**  
Low



**Utensils needed**  
Loaf tin



# Wholemeal Bread

## Ingredients

- › 1lb or 425g wholemeal flour
- › 1 dessertspoon wheatgerm
- › 1 dessertspoon bran
- › ½ pt or 275ml butter milk
- › 1 teaspoon breadsoda
- › 1 teaspoon brown sugar
- › 1 teaspoon salt
- › 2 teaspoons sunflower oil
- › 1 egg (optional)

## Method

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

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





**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Cost**  
Low



**Utensils needed**  
Baking tray



## Wholemeal Scones

### Ingredients

- › 6oz or 180g wholemeal flour
- › 7oz or 200g plain flour
- › 2oz or 50g margarine
- › ½ pt or 275ml fresh semi-skimmed milk
- › 1 teaspoon baking powder
- › pinch of salt
- › 1 dessertspoon caster sugar (optional)

### Method

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