



PHOENIX
FUTURES

READY STEADY RECOVERY

SPRING / SUMMER

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KEY



FREEZABLE



VEGAN



VEGGIE



VEGGIE OPTION

SKILL LEVEL

1

EASY

These recipes are super easy to follow and require little to no knowledge of the kitchen

2

MEDIUM

These recipes are still very simple; you don't have to be an experienced cook to have a go

3

A CHALLENGING

These few recipes are a little bit more challenging but definitely worth a try

BREAD



CORNISH POTATO AND ROSEMARY FOCACCIA

1



1

PREP TIME : 40 MINS

COOK TIME : 20 MINS

SERVES : 6

INGREDIENTS

- 500g pack crusty white bread mix
- 4 tsp extra-virgin olive oil
- Plain flour, for dusting
- 200g seasonal new potatoes, thinly sliced into rounds
- 1 large garlic clove, crushed
- Rosemary, 3 small sprigs, half stripped and finely chopped
- ½ tsp sea salt

METHOD

- Pour the bread mix into a bowl, make a well in the middle and pour in 1 tsp oil and 320ml warm water, mix. Knead on a lightly floured surface for 10 mins until smooth and springy. Shape into a ball and put in a lightly greased bowl. Cover with a tea towel and leave in a warm place for 45 mins.
- Meanwhile, boil the sliced potatoes for 5 mins. Drain well and dry thoroughly with kitchen paper. Mix the potatoes with the garlic, chopped rosemary leaves, 2 tsp oil and some seasoning.
- Tip the dough out onto a lightly oiled baking tray and use your hands to pull it out to an oval (about 30 x 25cm). Spoon the potatoes evenly over the top. Cover with a tea towel and leave in a warm place for 30 mins.
- Preheat the oven to gas 8, 230C, fan 210C. Make a few indents in the dough using your finger, push the rosemary sprigs into them. Sprinkle with the sea salt. Bake for 25-30 mins until golden and cooked through and it sounds hollow when tapped on the underside. If the bread is browning too quickly, cover with foil. Leave to cool for drizzle with oil to serve.



COURGETTE AND CARROT BREAD RECIPE

2



1

PREP TIME : 15 MINS

COOK TIME : 40 MINS

SERVES : 12 (MAKES 1 LOAF)



INGREDIENTS

- 160g (5 1/2oz) courgettes, grated
- 160g (5 1/2oz) carrots, grated
- 350g (12oz) plain flour
- 1½ tsp baking powder
- 1 tsp garlic granules
- 1 tsp paprika
- 3 large eggs, beaten
- 1 tsp honey
- 80ml (3fl oz) olive oil
- A handful of fresh chives
- 80g (3oz) Red Leicester cheese, grated



METHOD

- Heat oven to 200°C/180°C fan/gas 6. Grease and line a 1kg (2lb) loaf tin with baking parchment or a loaf-tin liner. Grate the courgettes and carrots then squeeze out as much excess water as you can. The best way to do this is either leave in a sieve over a bowl, sprinkled with 1 tsp of salt, for 15 mins, then press down to remove any excess. Or, wrap in a sheet of muslin and squeeze out the liquid that way.
- Put the flour, salt, baking powder, black pepper, garlic and paprika in a large bowl. In another bowl whisk together the eggs, honey and oil until combined, add the grated and drained vegetables along with the chives and three quarters of the cheese.
- Fold the wet into the dry ingredients; work quickly as over mixing will make the bread tough. Pour into the prepared tin, scatter on the rest of the cheese and bake for about 35-40 minutes, until a skewer comes out clean.

MONICA'S HOT CROSS BUNS

3



2

PREP TIME : 25 MINS + 1H PROVING

COOK TIME : 20 MINS

SERVES : 12

INGREDIENTS

- For the buns:
- 210ml milk
- 1 egg
- 450g white bread flour, plus extra for dusting
- 1½ tsp quick yeast
- 50g caster sugar
- 50g butter or margarine
- ½ tsp salt
- 1½ tsp ground allspice
- ½ tsp cinnamon powder
- 80g currants
- 50g sultanas
- 25g mixed peel

For the crosses:

- 50g flour
- 25g butter

For the glaze:

- 2tbsp milk mixed with 2 tbsp sugar

METHOD

- Slightly warm the milk and place in a medium bowl. Stir the yeast and set aside. Melt the butter and set aside.
- Swift the flour, adding the salt and all the spices. Make a well in the center of the flour mixture and pour the milk and yeast, followed by the melted butter. Separately, beat egg add to the flour mixture.
- Mix well until a rough dough is formed, then knead for around 10 minutes. Return to the bowl and leave to rise in a warm place for at least 1 hour.
- Heat the oven to 200degrees.
- Transfer the dough to a clean flour dusted work surface. Knock the air out by bashing it with your fist, then sprinkle over the dried fruit and mixed peel and knead into the dough. Divide into 12 pieces and shape into balls. Place them on a greased baking tray.
- For the crosses mix flour with the butter. Add

a few droplets of water. Using a pipping bag, make the crosses on buns.

- Bake for about 18-20 min, until nice and golden.
- Meanwhile, mix the milk with the sugar in a small pan. Place over low heat, and ensure the sugar has fully dissolved.
- Take the buns out of the oven and leave for a few minutes. Whilst still hot, brush them with the glaze and place them on a wire rack to cool.



EASY SODA BREAD

4



1

PREP TIME : 10 MINS
COOK TIME : 25 MINS
SERVES : 12 (MAKES 1 LOAF)

INGREDIENTS

- 250g plain white flour, plus extra for dusting
- 5g sea salt
- 2 tsp baking powder

For a variation on this theme, experiment with different flours. You can also combine 2 or 3 flours and add oats, dried fruit & seeds for texture plus molasses for a deeper, richer note.

METHOD

- Preheat oven to 200C.
- Combine dry ingredients in a bowl and mix in buttermilk or alternate liquid.
- Bring together to make a dough, knead very briefly, add any flavorings eg. herbs, seeds, crushed walnuts & honey, red onion etc.
- Shape into rounds, flour the top and place on a baking tray
- Cut a deep-ish cross into the top and stab lightly all over
- Bake for 20-25 mins or until base sounds hollow when tapped.
- Allow to cool for a few minutes on a wire rack. Best eaten warm, with butter.

Soda bread is the easiest, quickest bread to make since it uses no yeast and hence needs no kneading or proving time. This produces a loaf with greater density and a closer crumb structure.



BREAKFAST



SAM'S EASY CRUNCHY GRANOLA

5



1

PREP TIME : 5 MINS

COOK TIME : 10 MINS

SERVES : 6

Ever since first making this granola it has become my favorite cereal. It keeps me full until lunchtime and is super easy to make and store. You can have it with yogurt and honey which makes a really good on-the-go breakfast, but it's also nice with milk. You can adjust the ratios of oats to nuts to your liking.

INGREDIENTS

- 4 handfuls of rolled porridge oats (not microwaveable/quick oats)
- 4 handfuls of fruit and nut mix
- 85g honey

METHOD

- Preheat the oven to 190 degrees C/ gas mark 5
- Mix the oats, fruit, nuts and honey in a bowl, then spread evenly on a baking tray.
- Make for 10 minutes until lightly toasted and golden. Leave to cool.
- Gently break in to chunks, and enjoy a handful with a couple of tablespoons of Greek yogurt, or milk of your choice. Any spare can be stored in an airtight container for a few days.



BERRY YOGURT SMOOTHIE

6



1

PREP TIME : 15 MINS

SERVES : 2

QUICK, EASY AND
SUPER HEALTHY. LOADED
WITH FIBER, VITAMINS AND
PROTEIN

METHOD

- Place all the ingredients in a blender.
- Pulse for 30 seconds, stir and pulse for an additional 30 seconds.
- Pour into two glasses and serve immediately or refrigerate until ready to serve.

INGREDIENTS

- 3/4 cup fresh blueberries
- 3/4 cup fresh blackberries
- 5.3-ounce package plain Greek yogurt
- 1 cup milk
- 1 whole banana

Experiment with different fruit and vegetable combinations. Spinach kale and avocado are healthy option. You can also try the recipe using milk alternatives such as oat, rice or almond.



NATHAN'S TORTILLA QUICHE

7



1

PREP TIME : 15 MINS

COOK TIME : 20 - 25 MINS

SERVES : 4

NATHAN'S EASY BREAKFAST
RECIPE CLEVERLY
USES TORTILLA WRAPS
INSTEAD OF PASTRY

INGREDIENTS

- Chopped red onion
- Sliced/chopped half a pack of mushrooms.
- Grate cheese, amount according to taste.
- Tortilla wraps
- 4 eggs
- Carton of cream (Milk)
- Oil.

METHOD

- Place the tortilla in a tray/ tin. If you want a big tray use more tortillas and overlap. Brush with oil.
- Cook onions and mushrooms in a frying pan to soften using small amount of oil. Spread over tortillas.
- In a separate bowl mix eggs, cream and cheese and pour over tortillas.

Experiment with different filling such as:
courgettes, spinach, tomatoes, asparagus,
cheese, olives, onions, nuts, seeds



ROSA'S SCRAMBLED TOFU ON TOAST

8



1

PREP TIME : 10 MINS

COOK TIME : 10 MINS

SERVES : 2

INGREDIENTS

- 80g tofu (Tofoo is a great brand you can get in the supermarket)
- 1 tablespoon oil
- ½ teaspoon turmeric
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder (optional)
- Salt
- Pepper
- 100g baby spinach (Optional)
- Cherry tomatoes
- Toast for 2

A TASTY VEGAN ALTERNATIVE TO SCRAMBLED EGGS!

METHOD

- Crumble the tofu into a bowl by hand
- Add the turmeric, mustard, garlic powder and give a good mix
- Heat a frying pan and add the oil
- Add the tofu and stir occasionally until it is lightly browned
- Add the spinach and tomato and stir
- Add salt and pepper to taste and stir
- Get your toast ready
- Serve your tofu on top of your toast and enjoy!



SUMMER SUNSHINE SMOOTHIE

9



1

PREP TIME : 15 MINS

SERVES : 2



A REFRESHING AND HEALTHY BREAKFAST SMOOTHIE, PACKED WITH NUTRIENTS AND FILLED WITH SUMMER FRUIT

INGREDIENTS

- 2 cups peeled and diced peaches
- 1 cup diced fresh apricots
- 1 cup diced banana
- 2 cups yogurt
- 1/2 cup milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1 tablespoon chopped fresh mint
- 2-3 cups ice cubes
- Fresh mint sprigs, for garnish

METHOD

- Place all the ingredients in a blender.
- Pulse for 30 seconds, stir and pulse for an additional 30 seconds.
- Pour into two glasses and serve immediately or refrigerate until ready to serve.





TINNED RECIPES

QUINOA CHICKEN VEGETABLE SALAD

10



HEALTHY, QUICK AND EASILY MADE WITH FOOD THAT CAN BE STORED IN THE CUPBOARD FOR CONVENIENCE

PREP TIME : 10 MINS

COOK TIME : 10 MINS

SERVES : 2



INGREDIENTS

- 1 can chicken broth
- 1 cup quinoa
- 1 can diced tomatoes, drained
- 1 can chicken breast, flaked
- 1 can cut green beans, drained
- 1 can corn, drained
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh chopped parsley
- 1/4 teaspoon ground black pepper

METHOD

- In medium saucepan over high heat chicken broth and quinoa to boiling. Cover and simmer, stirring occasionally, about 10 minutes. Set aside to cool.
- In large bowl combine cooled quinoa, diced tomatoes, chicken breast, green beans, corn, olive oil, lemon juice, parsley and pepper; toss to mix well.

PINEAPPLE JERK CHICKEN & RICE

11



PREP TIME : 10 MINS

COOK TIME : 20 MINS

SERVES : 6

A HEARTY AND HEALTHY MEAL MADE WITH FOOD THAT CAN BE EASILY STORED IN THE CUPBOARD

INGREDIENTS

- 1 cup long-grain rice
- 1-pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 teaspoon Jamaican jerk blend seasoning
- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 1 (20-ounce) can pineapple chunks, drained
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (4.5-ounce) can chopped green chilies
- 1/2 cup jerk marinade

METHOD

- Prepare rice as label directs.
- Sprinkle chicken with jerk seasoning. In 12-inch skillet over medium-high heat, in hot oil, cook chicken pieces until browned on all sides, about 5 minutes. With slotted spoon, remove chicken to plate.
- In drippings remaining in skillet over medium heat, cook onion, about 5 minutes.
- Add chicken pieces, pineapple chunks, black beans, green chilies and jerk marinade. Over high heat to boiling; reduce heat to low. Cover and simmer 10 minutes until chicken is tender and



PETIT POIS AND BABY CARROTS PILAF RICE

12



1

THIS IS A VERSATILE MEAL THAT CAN BE SERVED AS IT IS, OR WITH MEAT OR EXTRA VEGETABLES

PREP TIME : 15 MINS

COOK TIME : 15 MINS

SERVES : 2

INGREDIENTS

- 1 big can/ jar of Petit Pois and Baby Carrots
- Knob of butter
- 1 tablespoon oil
- 1 small onion, chopped
- 1-2 cube vegetable stock (or chicken)
- 3-4 cups water
- ½ tablespoon turmeric
- Seasoning to taste – salt, pepper
- 1 cup (180g) uncooked long grain rice



METHOD

- Drain the petit pois and roughly chop the baby carrots.
- Place a medium pot over medium heat and melt the butter with the oil. Add the chopped onion and fry until soft. Add the rice and mix well for 2-3 minutes, until rice is slightly toasted. Dissolve the stock cubes in the water and add to the pot. Add the turmeric, salt and pepper to taste.
- Reduce the heat and cook for 15min. Stir in the peas and carrots, cover and let simmer for another 10 minutes. Check from time to time and add a bit of water, if needed. Fluff with a fork at the end.

LENTIL AND SPINACH GRAIN BOWL

13



1

PREP TIME : 15 MINS

COOK TIME : 15 MINS

SERVES : 2

A HEALTHY AND LIGHT MEAL CHOICE PACKED FULL OF PROTEIN AND HEALTHY FATS

INGREDIENTS

- 1 cup short grain brown rice
- 4 tablespoons olive oil, divided
- 1 yellow onion, thinly sliced
- 1 15-ounce can lentils, any colour
- 1 13.5-ounce can leaf spinach, drained
- 1 8.25-ounce can sliced carrots, drained
- 1 cup fresh parsley, roughly chopped
- ½ cup roasted almonds, roughly chopped
- ½ cup canned green olives, halved



RED LENTILS



BELUGA LENTILS



BROWN LENTILS



GREEN LENTILS

METHOD

- Prepare Rice: In a small pot, combine rice with 2 cups water. Bring to a boil. Lower to a simmer, cover, and cook until water is absorbed, and rice is tender, about 30 minutes.
- Prepare Onions: Meanwhile, in a large sided skillet, heat 2 tablespoons olive oil over medium-high heat. Add the onions, and cook, stirring occasionally until very brown. Add a bit of water and adjust the heat to prevent the onions from burning, but continue to cook, stirring occasionally, until caramelized, about 25 minutes.
- Add rice to the pan with the onions. Stir in lentils, spinach and carrots. Season to taste with salt. Cook until warmed through, about 5 minutes.
- In a small bowl, combine parsley, almonds, olives and lemon zest.
- Assemble: Spoon rice and vegetable mixture into a bowl and sprinkle with parsley mixture.
- Serve with sliced avocado and hard-boiled egg, if desired.



SWEETCORN FRITTERS

14



1

PREP TIME : 15 MINS

COOK TIME : 15 MINS

SERVES : 2



IDEAL FOR BREAKFAST WITH TOAST, FOR LUNCH, OR DINNER, ADD SIDES OF OTHER TINNED VEGETABLES – SUCH AS BEANS, PEAS, BABY POTATOES, OR SERVE WITH FRESH SEASONAL SALAD.

INGREDIENTS

- 1 can (198g) sweet corn
- 1 small onion
- 100g all-purpose flour
- 1 tablespoon baking powder
- 1 medium egg
- 125ml milk
- Seasoning to taste – salt, pepper, chili flakes, onion and/or garlic powder

OPTIONAL

- Chopped coriander
- Grated cheese – mozzarella – around 80g
- Soy sauce

METHOD

- Finally chop the onion. In a large bowl, sift the flour and baking powder and add the seasoning. Make a well in the center and add the egg. Gradually beat in the milk, until a smooth batter is formed.
- Drain the sweetcorn and pat dry on a clean kitchen towel, and add it to the batter, together with the chopped onion. At this point, you can also add any optional ingredients you might use.
- Heat on medium to high heat a frying pan with 2 tablespoons of oil. Fry teaspoons of mixture, for about 2 min on each side, until golden and crisp. Once fried, place on kitchen roll, so extra oil is absorbed.

SOUPS SNACKS AND SIDES



ANDRE'S GREEN LENTIL SOUP

15



1

HEALTHY, HEARTY AND SUPER EASY, THIS SOUP IS FULL OF FRESH VEG AND PROTEIN PACKED LENTILS

PREP TIME : 5 MINS

COOK TIME : 60 MINS

SERVES : 4

INGREDIENTS

- Cup green lentils
- 300g Smoked bacon lardons
- 2 sliced medium leeks
- 2 sliced carrots
- 1 chopped medium onion
- 1 can chopped tomatoes
- 1 cube chicken stock

METHOD

- Place a large pot on medium heat and fry the lardons. Once golden, remove these from the pot and add the chopped onions and leek, cooking until soft, for around 3 minutes. Add the can of tomatoes and the cooked lardons.
- Thoroughly rinse the lentils and add to the pot. Dissolve the chicken stock in 300ml water and add to the soup.
- Leave to cook on low heat for about 45mins, adding water as required.



KIRSTEN'S COURGETTE SOUP

16



1

PREP TIME : 5 MINS

COOK TIME : 30 MINS

SERVES : 4

INGREDIENTS

- 1 liter veg stock or enough to cover the
- vegetables
- The big courgette chopped into big chunks
- 2 cloves garlic
- 1 onion peeled, quartered
- 2 carrots peeled
- Plenty of ground pepper

LIGHT AND FRESH SUMMER SOUP PACKED FULL OF FRESH VEGETABLES TO BOOST THE IMMUNE SYSTEM

METHOD

- Put the veg into a big pan, and cover with stock. Leave to simmer for roughly 30min.
- Remove from the stove and using a hand blender, blend until the desired consistency.
- Add plenty of ground pepper, tasting as you go.
- Enjoy with either savory muffins or Yorkshire puddings dipped in.



SUSANNA'S BUTTERNUT SQUASH SOUP

17



1

PREP TIME : 15 MINS

COOK TIME : 30 MINS

SERVES : 4

INGREDIENTS

- 1 small onion peeled and chopped
- 1 clove garlic peeled and chopped
- Thumb size piece ginger peeled and chopped (optional)
- 2 medium sized potatoes peeled and chopped
- 1 medium butternut squash peeled de-seeded and chopped



TRY MAKING IT WITH OTHER VEGETABLES SUCH AS PUMPKIN, OR LEEK AND POTATO INSTEAD!

METHOD

- Place approx 1-2 tbsp veg oil in a large pan and heat. Add in all the chopped vegetables, put the lid on and sweat off for 3-4 mins. Add salt and pepper to taste bearing in mind the salt from the stock cube.
- Make up a vegetable stock from cube in jug and pour over the veg until it is covered - 1 stock cube plus approx 3/4 liter (pint and a half) water.
- Bring to boil stirring to prevent sticking. Turn down heat, put on lid and simmer until soft. Cool slightly, blitz in food processor or liquidiser and pour through a sieve for a smooth soup.
- Check seasoning. Serve with croûtons if required



ANN'S SUPER SIMPLE VEG SOUP

18



1

PREP TIME : 15 MINS

COOK TIME : 30 MINS

SERVES : 4



SUPER SIMPLE AND FLEXIBLE RECIPE, IF YOU DON'T HAVE ONE OF THE VEG IN THE INGREDIENT, LEAVE IT OUT OR SWAP FOR ANOTHER

INGREDIENTS

You will need around equal quantities of each of the six veg

- Potato
- Onion
- Carrot
- Tomato
- Green Pepper
- Courgettes
- Chicken/vegetable stock – enough for the desired soup consistency
- Salt & Pepper to taste

METHOD

- Chop all vegetables into equal size pieces and Fry for 3-4 minutes in oil, on medium heat.
- Add to stock and bring to the boil. Simmer for 20-30 minutes until all vegetables are soft
- Blitz in a food processor/blender until smooth.
- This can be frozen and reheated at a later date.



GEORGE'S EGYPTIAN RICE

19



1

PREP TIME : 5 MINS

COOK TIME : 10 - 15 MINS

SERVES : 4



USE A STAINLESS STEEL PAN SIZE - USED 8 INCHES ACROSS AND 3.5 INCH DEEP WITH A FITTED LID (DON'T USE A NON STICK PAN).

INGREDIENTS

- A cup of broken vermicelli (break into 1 inch pieces sometimes you can find packets of Arabic vermicelli already broken down)
- Uncle Ben's rice - use approximately 250grams (on the side of the packet there is markings to show)
- About a serving spoon of butter (you can use vegetable oil or even olive oil, however olive oil does not reach the same high temperatures as butter or vegetable oil). In Egypt they use ghee.
- A sprinkle of salt and 2 heaped teaspoons of bouillon powder.

METHOD

- On a high heat melt the butter as soon as it starts to bubble (not squeak) tip in the vermicelli pieces - stir the vermicelli coating and cooking it until it starts to go a golden brown.
- Once the vermicelli has changed colour - take it off the heat and pour in the rice - mix the rice around and coat the rice until it become opaque (glassy looking).
- Add some salt (optional) and the bouillon powder.
- Pour in the water - cover the rice mix so that there is about an inch of water above it. Return the pan to the stove and on a high heat setting bring to a vigorous boil , then simmer for about 10 - 15 minutes, if rice is still moist simmer for another few minuets.
- Serve with pride (or meat and two veg).

MADE IN HACKNEY PLANTAIN CHIPS

20



1

PREP TIME : 15 MINS

COOK TIME : 30 MINS

SERVES : 3 - 4

OFTEN EATEN RIPE IN THE CARIBBEAN, FRIED OR BAKED IN THE OVEN AND GREEN IN THE SOUTH AMERICAS. A RELATIVE OF THE BANANA, THEY ARE A STAPLE IN THE CARIBBEAN EATEN WITH BREAKFAST, LUNCH AND DINNER!

INGREDIENTS

- 1 large yellow plantain, (not too soft as extremely sweet and not easy to cook when they are too brown)
- A little coconut oil for light frying

METHOD

- Peel the plantain, by cutting off both ends, gently run the knife down the side to remove the rest of the skin been careful not to cut too deep into the flesh. Slice into the plantain on a diagonal so that they are more oval shaped then round.
- Heat a little coconut oil in a large frying pan, ensuring the surface is coated well. Once heated, add the slices to the pan, and gently fry until the plantain is golden brown, flip and continue cooking on the other side.
- Leave in the oven on a low heat to keep warm until all the pieces have been cooked.



GAG'S VEGETABLE AND HARRISA TOASTIE

21



1

PREP TIME : 10 MINS

COOK TIME : 5 MINS

SERVES : 3 - 4

INGREDIENTS

- 8 slices of bread (white or brown)
- 1 green pepper
- 1 onion
- 2 tomatoes
- 3 tsp Harissa Paste
- 1 small bowl of fresh spinach
- Some fresh coriander
- Some Grated Cheese (or vegan cheese)
- 1 Mooli (also called Daikon or white radish) optional

A TASTY TWIST ON A BELOVED CLASSIC TOASTY RECIPE. REALLY EASY TO MAKE FOR WHEN YOU'RE IN A HURRY

METHOD

- Chop finely all the vegetables
- Take two slices of bread, spread some harissa paste evenly on both slices and top up with all the chopped vegetables, including coriander. Follow with some grated cheese on the top, then cover each with a slice of bread
- Place them into a heated toaster (i.e. panini maker) and cook for about 5-7 minutes, until crispy and brown.
- You can serve with chips, avocado or warm soup.



ROSA'S ROASTED CAULIFLOWER

22



PREP TIME : 10 MINS

COOK TIME : 5 MINS

SERVES : 3 - 4

INGREDIENTS

- 1 large cauliflower, leaves intact
- 50g butter, or vegan alternative
- 2 tablespoons olive oil
- Wedges of lemon
- Salt

DRESSING:

- 80g tahini
- 3 tablespoons lemon juice
- 80ml warm water
- 1 clove garlic
- 15g parsley

A HEALTHY, LIGHT AND LOW COST VEGAN OPTION THAT CAN BE SERVED AS A MAIN DISH OR A SIDE

METHOD

- Trim the leaves of the cauliflower so that a few centimeters of the head are exposed
- Fill a pan large enough to fit the cauliflower with salty water and bring to the boil
- Place the cauliflower in the pan head down, don't worry if base sticks out a little. Bring back to the boil and cook for six minutes
- Move the cauliflower to a colander, exposed head down, to drain and cool for 10 minutes
- Preheat the oven to 170 fan/gas mark 5
- Mix the butter and oil in a bowl
- Once the cauliflower is cool, place on a baking tray base down and smother with the butter and oil. Then sprinkle over the salt.
- Place in the oven for 1.5-2 hours, basting the cauliflower with the buttery oil 5 times during cooking.

In the meantime, add the tahini, lemon juice, water, garlic and parsley together and blend to form a thick creamy green dressing

- You'll know the cauliflower is done when it is dark golden-brown and tender, and the leaves are crispy
- Serve as a centerpiece of a meal with the tahini dressing on the side



KRISTAN'S SAVORY MUFFINS

23



1

USE UP LEFT OVER VEGETABLE IN THESE TASTY SUPER EASY TO COOK SAVORY MUFFINS

PREP TIME : 10 MINS

COOK TIME : 5 MINS

SERVES : 3 - 4

INGREDIENTS

- 200g self-raising flour
- 125g cheddar or any cheese you have in the fridge
- 200ml milk
- 2 eggs
- Pinch of salt
- Roughly 100g of whatever veg you have left over, such as grated courgette, green peas, some spinach leaves, red or green peppers – anything



METHOD

- Turn the oven on at 200C.
- Put the flour, cheese and a pinch of salt in a bowl with whatever veg you are using, and mix well. In a jug, mix the milk and eggs.
- Add the wet ingredients to the dry and mix well, but you don't overdo it, as less mixing will make the muffins fluffier.
- Put 12 muffin cases (silicone if you have them, less sticky and multi-use) in a bun tray. Divide the mix equally within the cases.
- Put into 200C oven for about 15 min, or until they go brownish.
- The muffins can either be eaten on their own for an easy lunch or dip them in some homemade soup.

LORE'S COURGETTE FRITTERS

24



1

A GREAT SHARING DISH PERFECT AS A SNACK OR AS A SIDE TO ACCOMPANY A MAIN MEAL

PREP TIME : 10 MINS

COOK TIME : 5 MINS

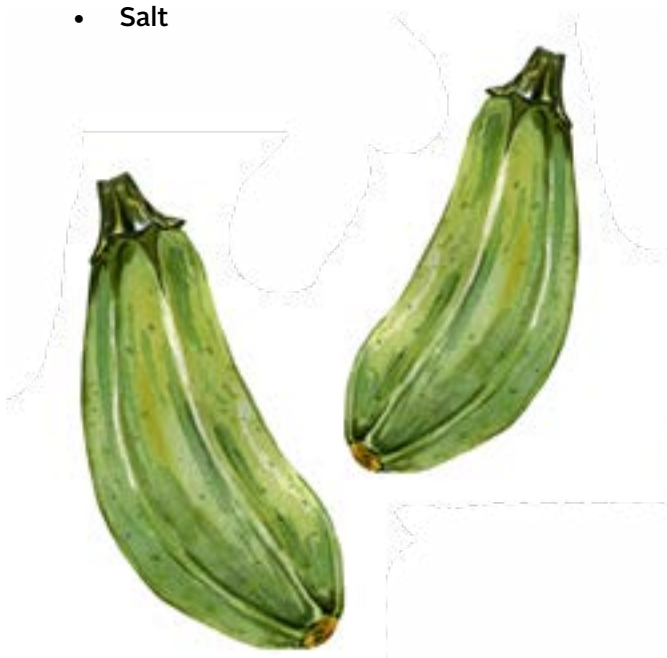
SERVES : 3 - 4

INGREDIENTS

- 4 unpeeled courgettes grated
- 250gr of feta cheese grated
- 3 eggs
- 3 cloves of garlic, crushed
- 5 tbs of plain flour
- 1 tbs of finely chopped dill
- 150ml oil
- Salt

METHOD

- In a bowl combine the courgettes (make sure you squeeze out some of the juice) with the eggs, crushed garlic, dill and feta cheese. Add the flour and season with salt and pepper as you wish.
- Heat a non-stick frying pan over medium heat and add the oil. Drop heaped spoons of the mixture into the hot oil flattening the little cakes down with the back of the spoon as you go and fry them 2-3 minutes on each side until golden. Transfer them on a couple of waiting plates.
- Serve straight away with natural Greek yogurt.



MAIN MEALS



EWAN'S DELICIOUS BEEF STEW

25



3

PREP TIME : 45 MINS

COOK TIME : 2 HOURS

SERVES : 3 - 4

INGREDIENTS

- 500g beef steak (shin meat preferable, but anything will do)
- Stock cubes (Maggi is good)
- 4 cloves of garlic
- A whole onion
- 3 medium carrots
- Half a turnip (I'm a southerner)
- 1 Parsnip (as above)
- Worcestershire sauce

HERE'S HOW TO MAKE AWESOME BEEF STEW. IT TAKES A BIT OF TIME, BUT IT'S AN ABSOLUTE BANGER.

METHOD

- Chop up your onions and your garlic (and the turnip, carrots and parsnip)
- Ensure the beef is diced, and coat it in a thin layer of flour
- Whack the onions and garlic in your pan, adding a bit of oil so they'll fry up brown
- As soon as they do brown, throw in the beef and let it cook on the outside
- When the beef is brown on the outside, throw in the chopped parsnips, turnip and carrots, and mix them round, adding a sprinkle of flour
- Let it cook for two minutes as you boil the kettle, then fill the pan with boiling water, up to the level of the food
- Add the stock cubes, Worcestershire sauce, salt, pepper, dill, thyme and bay leaves. Let it boil for about 20 minutes, so that the sauce thickens and the water reduces. Add a bit more stock or flour as required to get a thick, rich sauce
- When you've done this bit, put it all in a casserole dish and let it cook in the oven at 160°C for a couple of hours
- Then enjoy. Particularly good before or after a soft-boiled egg on toast

Vegetarian?

Why not try using a pan-fried portobello mushroom instead of that beef? Make sure you add a bit more stock/Worcestershire sauce to thicken it up (perhaps even try a bit of soy sauce if you're brave). When it comes to cook, it won't need 2 hours in the oven - should do nicely in 45 minutes or so.

GAG'S SAAG PANEER OR PALAK PANEER

26



3

PREP TIME : 30 MINS

COOK TIME : 2 HOURS

SERVES : 4-5

INGREDIENTS

- 1 packet of spinach (200 g)
- 1 tomato tin (chopped or peeled)
- 2 Onions
- 2 blocks of Paneer (250g each) or Diced Paneer
- 2 tsp cream
- Some fresh coriander

WHOLE SPICES

- 1/2 tablespoon Cumin seeds
- 1 big (black) cardamom pod
- 2 small (green) cardamom pods
- 1 cinnamon stick
- 1 tablespoon dry fenugreek leaves
- 2 Bay leaves
- 2 Dried Kashmiri Chilli

A WELL LOVED INDIAN RECIPE WITH PLENTY OF FLAVOR, RICH IN CALCIUM AND FOLATE FROM THE SPINACH

INGREDIENTS

GROUND SPICES

- 1/2 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp spoon garam masala
- 1/4 tsp chilli powder
- 1 tsp salt
- 1/2 tsp black pepper
- A bit of flour for thickening
- Seasoning
- 5 bay leaves, dill, thyme, salt, pepper

METHOD

STEP 1: INITIAL PREPARATION

- Fry Paneer: Heat up some oil (2 table spoons) in a non-stick pan. Fry diced paneer until it has turned brown. Put them in a separate bowl
- Cook Spinach: Heat up some oil (1/2 tsp) and cook spinach for 5 minutes
- make a spinach puree. Take this out in a separate bowl

STEP 2: PREPARE PUREES

- Diced two onions and make a puree using a blender or food processor. Wash the blender and now make a puree of the tomatoes. Wash the blender and now place the cooked spinach into the blender and add some warm water to make a spinach puree.

STEP 3: COOK

- Heat oil (2 tsp) ideally a deep cooking pan
- Add whole spices i.e. Cumin, Cardamom, Cinnamon Stick, Bay leaves, Kashmiri Chilli and wait till they turn brown
- Add Onion Puree and cook for 5-10 minutes, then add all the Ground spices, Tomato Puree and cook for 5-10 minutes, Add fenugreek leaves, Fried Paneer, Spinach Puree, 1/2 cup warm water and stir
- Cook for 15 minutes on a medium to slow heat
- Add cream – stir and cook for another 5 minutes
- Add chopped coriander to garnish
- Put it all in a casserole dish and let it cook in the oven at 160°C for a couple of hours

GRACE'S PROPER FISH AND CHIPS

27

1

DELICIOUS WITH SALT AND VINEGAR, WITH A SIDE OF PEAS, AND A SQUEEZE OF LEMON - TRADITIONAL BRITISH COMFORT FOOD AT IT'S BEST

PREP TIME : 25 MINS

COOK TIME : 1 HOURS

SERVES : 4

INGREDIENTS

- 4 x White Fish Fillet
- Flour – enough to dust the fillets
- Knob of Butter
- 500g Potatoes
- 200g Frozen Peas
- 3 Garlic cloves
- 1 small Red Onion
- 1 Lemon (Zest and juice)
- Olive Oil
- Rosemary
- Mint leaves, chopped
- A bit of flour for thickening
- Seasoning
- 5 bay leaves, dill, thyme, salt, pepper



METHOD

- Flour all the fish fillets and fry in butter until brown (2 mins per side).
- Preheat the oven. Cut potatoes into wedges and par boil for 5 – 7 min. Place on a baking tray and cover in olive oil, rosemary and garlic. Bake for an hour until golden and crisp.
- Boil peas for 2 minutes. Drain, grate in lemon zest, some butter, chopped mint and chopped red onions. Squeeze in lemon juice and stir well.
- Serve with Creme Fraiche and capers
- When you've done this bit, put it all in a casserole dish and let it cook in the oven at 160°C for a couple of hours



GRILLED SMOKED TOFU, AND VEG WITH PEANUT DRESSING

28



1

A DELICIOUS, HEALTHY VEGAN DISH PACKED FULL OF FLAVOR AND QUICK TO PREPARE

PREP TIME : 20 MINS
COOK TIME : 10 MINS
SERVES : 4

INGREDIENTS

- 2 fennel bulbs, thinly sliced
- 4 pak choi, thinly sliced
- 2 tablespoon oil
- 2 teaspoon salt
- 450g smoked tofu, cubed (Tofoo is a good brand you can get in the supermarket)
- 2 tablespoon cornflour

DRESSING:

- 100g crunchy peanut butter
- 2 tablespoon soy sauce
- 2 tablespoon rice wine vinegar (you can find this is the supermarket)
- 2 cloves garlic, grated
- Knob of ginger, grated
- 1 chilli, chopped

METHOD

- Preheat grill to maximum temperature
- Spread out the veg on a roasting tray and mix with half the oil and the salt
- Cover cubes of tofu in cornflour, then the rest of the oil and salt, and scatter over the veg
- Grill for 5-10 mins until tofu is golden and crisp and the veg is wilted
- While that's in the oven, mix the soy sauce, peanut butter, rice wine vinegar, garlic, ginger and chilli
- Serve the tofu and veg with the dressing either drizzled on top, or on the side



IOANA'S SWEET POTATOES WITH BBQ BEANS

29



2

PREP TIME : 30 MINS

COOK TIME : 1.5 HOURS

SERVES : 4

INGREDIENTS

- 1 sliced red onion
- 2 chopped cloves of garlic
- 1 large carrot
- Oil
- 1 teaspoon of smoked paprika
- 1 teaspoon of cumin seeds
- ½ teaspoon of dried chilli flakes
- 4 medium sweet potatoes
- 1 box of passata (500ml)
- 70ml BBQ sauce
- Few springs of fresh rosemary
- 1 can of mixed beans

OPTIONAL

- 1 sliced red chilli / Cheddar Cheese / Natural yoghurt
- To serve: Ciabatta or stale bread

A HEARTY, HEALTHY, VEGGIE RECIPE THAT IS LOW COST AND LOADED WITH GOODNESS

METHOD

- Peel and slice the onion, chop the garlic, mix together with the peeled and chopped carrot. Add the sliced red chilli (if using) and add all to a roasting tray, together with a lug of oil, smoked paprika, cumin and chilli flakes.
- Cook for 20 minutes, or until softened
- Scrub the sweet potatoes, rub with a bit of oil and sprinkle with salt and paper.
- Once the onions are soft, take the tray out and stir in the passata and the beans. If using beans in water, add this as well. Drizzle over the BBQ sauce, add salt and pepper and stir well. Roughly chop the rosemary and add on top.
- Place the roasting tray back in the oven for around 1 hour or until bubbling and baked. Add the potatoes in the oven for the same time.
- Around 20 minutes before the beans are ready, tear the bread into big chunks, drizzle a bit of oil and place in a roasting tray. Grate over some cheddar
- (if using) and place on the bottom shelf of the oven for around 15 minutes, or until crispy and golden, to make croûtons.
- Remove everything from the oven. Tear up the potatoes and either place over the beans, or place on a plate and fill them with beans. Serve with the Ciabatta croutons and a dollop of yoghurt and a greed salad on the side. (optional)



JON HALL'S FAMOUS VEGGIE CHILLI

30



2

PREP TIME : 20 MINS

COOK TIME : 30 / 45 MINS

SERVES : 4

INGREDIENTS

- 1 onion chopped
- 4 cloves of garlic
- 250g veggie mince
- 1 tin of chopped tomatoes
- 1 tin chilly kidney beans
- 1 chilly finely chopped
- Cumin seeds
- Natural yoghurt

AN RTN FAVOURITE - HEARTY, HEALTHY, LOW COST AND LOADED WITH GOODNESS

METHOD

- Cook one chopped onion with as much crushed garlic as you are able to stand (around 4 to 6 segments usually good);
- Add around 250g of veggie mince, and stir / seal for a couple of minutes (don't let it stick or burn);
- Add a tin of chopped tomatoes, and swish the tin out with half a tin of water and add to the pan;
- Add a tin of chilli kidney beans (if you can't get chilli beans, just add chilli (see below), and again, swish the tin out with the same amount of water;
- Add a chopped chilli, or some crushed chilli to your own taste, along with a sprinkle of cumin seeds (cumin seeds not critical, but add a nice taste) and some pepper (doesn't need salt);
- Let simmer on a very low heat to let all the flavours combine for 30 / 45 mins.
- Sorted. Serves at least 4 (with rice or cous cous), and will last for a couple of days as it's veggie rather than meat. Cheap, easy to prep, tasty, healthy.



LORRAINE'S SUPER EASY CHICKEN STEW

31



2

PREP TIME : 20 MINS

COOK TIME : 1 HOUR

SERVES : 4

INGREDIENTS

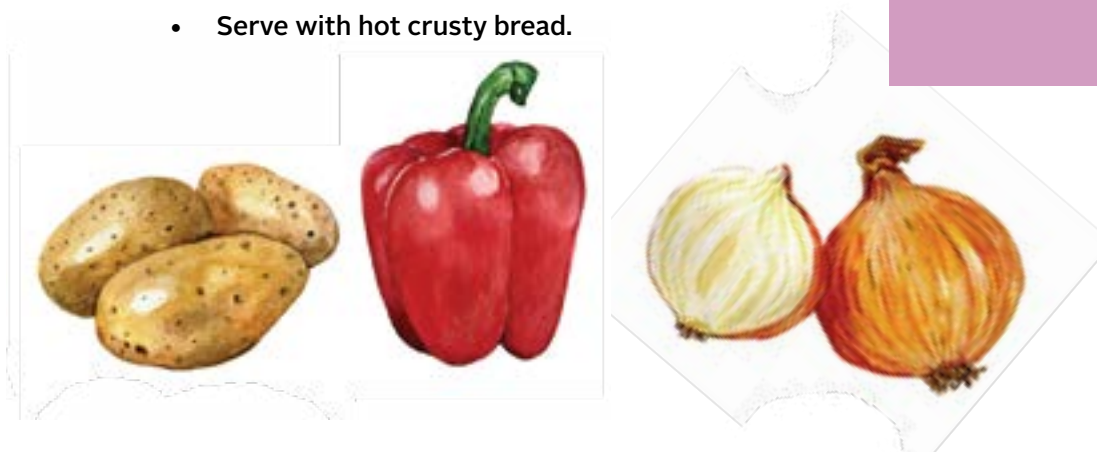
- 6 – 8 boneless and skinless chicken thighs.
- New potatoes/baby potatoes
- 1 Red pepper
- 1 Yellow pepper
- 1 White onion
- 1 Red onion
- Mushrooms
- Fresh Cherry/Plum tomatoes.
- Chorizo
- Lazy Garlic
- Paprika
- Frylite cooking spray.

METHOD

- Cut potatoes into thick slices, slice peppers and onions lay in a roasting dish sprayed with Frylite. Coat in lazy garlic and paprika. Remove any excess skin from chicken thighs and lay on top on vegetables, dust with Paprika.
- Pop into oven on 190 degrees or gas mark 5 for about 20 mins.
- After 20 mins take out of oven, toss the veg and chicken thighs then cut mushrooms, slice Chorizo add to dish along with the tomatoes which are left whole. Again dust with paprika and stir.
- Pop back into oven for a further 30 minutes.
- Serve with hot crusty bread.



Experiment with different vegetable combinations, you could try adding olives, carrot, beans and courgette.



SAZEDA'S MACARONI CHEESE RECIPE

32



2

PREP TIME : 30 MINS

COOK TIME : 20 MINS

SERVES : 5

INGREDIENTS

- 500g Tube Pasta
- 2 ½ tablespoon plain flour
- 250g Mature Cheddar
- 100g red Leicester
- 1 Teaspoon Mustard (Grain or plain)
- 500ml whole milk
- 3 Tablespoon butter
- 1 Garlic Clove, finely chopped
- 1 small onion
- Heat oven to 200C/fan 180C/gas 6.

METHOD

- Boil pasta until al dente, then drain.
- Melt 3 tbsp butter in a saucepan.
- Add 1 clove finely chopped garlic and 1 finely chopped small onion.
- Cook for 1 min, then stir in 2 ½ tbsp plain flour.
- Cook for 2 min more, then gradually whisk in 500ml whole milk until you have a lump-free sauce. Simmer for 5-8 mins, whisking all the time until thickened.
- Add 1 teaspoon mustard to the sauce
- Take off the heat, then stir in 200g grated mature cheddar and 50 g Red Leicester (leave remainder for topping)
- Season with Salt (be careful as cheese would add some salty flavour) and grounded black pepper.
- Stir the pasta and some seasoning into the cheesy sauce. Tip into a large ovenproof dish, or 5 individual dishes.
- Scatter over the breadcrumb and remaining grated Cheese, then bake for 20 mins until crisp and golden.





PREP TIME : 30 MINS

COOK TIME : 20 MINS

SERVES : 5

INGREDIENTS

DOUGH

- 350grams of strong bread flour (half strong white wheat flour and half wholegrain such as spelt or kamut)
- 1/2 teaspoon of fast action yeast
- 1 teaspoon of sea salt
- 240ml of cold water (may need a little less or more)

SAUCE

- 380grams of passata or 1 tin of chopped tomatoes, crushed with a fork
- 2 tablespoons of olive oil
- 1/4 – 1/2 teaspoon of red pepper flakes (depending on preference or leave out if making for children)
- 2 teaspoons of coconut sugar

THERE'S NOTHING QUITE LIKE HOME MADE PIZZA! YOU CAN BE AS CREATIVE AS YOU LIKE WITH TOPPINGS, OR USE UP LEFTOVERS FROM THE CUPBOARD AND FRIDGE

- 1 teaspoon of dried basil
- 1 teaspoon of oregano
- 1/2 teaspoon of herbamare to season

TOPPINGS:

- Mushrooms, wiped clean and sliced Sundried tomatoes, left whole or sliced
- Red onions, peeled and sliced
- Sweet Peppers, washed and sliced
- Fresh basil, washed and torn
- Vegan cheese (if desired)

METHOD

- 1. To make the dough, place the flour, yeast and salt in to a bowl and mix. Make a hole in the flour and add the water. Using either your hands or a spatula mix the liquid into the flour a little at a time until it forms a-soft dough, (if it is too dry you can add more water one tablespoon at a time).
- Leave the dough covered with a damp cloth either overnight or make in the morning to use

Once the dough is ready, you can either prepare it to make the base for your pizza's or cut into 2 - 3 equal portions, form into balls, lightly oil each ball then place in separate zip lock or sandwich bags back into the fridge for up to 3 days, or place straight into the freezer where it should keep for up to 3 months. If freezing take the dough out and put in the fridge the night before you plan to use it.

[CONTINUED ON NEXT PAGE](#)



MADE IN HACKNEY PIZZA :)

- To make the sauce, place all the ingredients into a pan, and bring to a simmer then leave to cook for around 15 minutes until it begins to reduce, stirring every so often. Once cooked allow the sauce to cool and use straight away or it can be stored in the fridge for up to a week.
- Preheat the oven at least 30 minutes before you are ready to cook the pizza by heating it up to its highest temperature.
- Prepare the pizza base (remove at least 2 hours before if kept in the fridge to come back to room temperature), sprinkle a little flour onto a piece of baking paper, flatten the dough with your hands then shape into a circle or rustic shape.
- Spread a little sauce over the base (but not right up to the edge), then add toppings of choice (no more than 3 toppings including the cheese if using), reduce the heat slightly and cook for about 8 - 12 minutes, keeping an eye on as you want it to turn golden brown and not burn. Remove from the oven and cool for 2 to 3 minutes, add a few torn basil leaves, drizzle a little olive oil over the top and chilli flakes if you like, then cut into slices. Serve with a fresh green salad.



SPICY CARIBBEAN CHICKPEAS WITH POTATOES

34



2

PREP TIME : 20 MINS

COOK TIME : 30 MINS

SERVES : 4

A DELICIOUS, EASY-TO-FOLLOW VEGETARIAN RECIPE MAKE THIS WARMING AND SATISFYING DISH ON A WEEKEND, WITH PLENTY LEFT OVER FOR BUSY WEEKNIGHTS.

INGREDIENTS

- 1 onion, finely sliced
- 4 garlic cloves, crushed and chopped
- 2 cans of organic chickpeas, or 3 cups of cooked chickpeas
- 2-3 medium sized potatoes, cut into small chunks and parboiled
- 1 tablespoon of Caribbean curry powder
- 2 teaspoons of cumin powder
- 1 teaspoon of black pepper
- 350 milliliters of water (may need a little more)
- 1/2 teaspoon of turmeric powder
- 1/4 of a block of coconut cream, grated
- Season to taste
- 1 – 2 tablespoons of finely chopped cilantro

METHOD

- Heat a little oil in a large saucepan over a medium heat. Add the onion and garlic and salt for about 1 minute. Stir in the chickpeas and potatoes, curry powder, cumin, black pepper, water, turmeric and coconut cream. Turn down to a low heat and cook for about 15 minutes, stirring occasionally.
- After 15 minutes, remove the lid and cook for a further 5 minutes or so until the sauce thickens slightly.
- Taste, season then add the chopped coriander and stir through.



DESSERT



MADE IN HACKNEY AVOCADO MOUSSE

35



1

PREP TIME : 10 MINS

COOK TIME : NONE

SERVES : 2

AVOCADOS ARE SO VERSATILE. YOU CAN EAT THEM RAW AS PART OF A SALAD, OR SWEETEN AND EAT THEM AS PART OF A HEALTHY BUT TASTY DESSERT!

INGREDIENTS

- 1 large ripe avocado, peeled and de-stoned
- 2 – 3 tablespoons of maple syrup
- 2 tablespoons of raw cacao powder
- 1 tablespoon of coconut oil melted
- 1/4 teaspoon of balsamic vinegar, optional
- Whipped coconut cream for the top and a hand full of berries, optional.

METHOD

- Place the first 4-5 ingredients in to a food processor, and blend well until it forms a soft mousse type consistently.
- Place in to a ramekin, or small glass and top with some whipped coconut cream and a handful of berries.



AVRIL'S SUPER SIMPLE COOKIES

36



1

PREP TIME : 5 MINS

COOK TIME : 15 MINS

SERVES : MAKES 18 COOKIES

INGREDIENTS

- 4 Bananas
- 125g Porridge Oats
- 75g Raisins



METHOD

- Pre heat oven to 180
- Line up 2 baking sheets with grease proof paper
- Put the bananas in a large bowl, Stir in the oats and raisins and mix together until well combined.
- Spoon on to baking sheets, should have 18 cookies in total.
- Bake for 12 to 15 minutes or until cooked through. Place on wire tray and allow to cool.

Experiment with different fillings, you could use, chocolate chip cookies, nuts, seeds, or dried fruit



JOLYON'S REFINED SUGAR FREE COWBOY COOKIES

37



1

THIS HEALTHY TREAT RECIPE IS SIMPLE AND VERSATILE! EASILY ALTERED FOR A VEGAN ALTERNATIVE IF PREFERRED

PREP TIME : 15 MINS

COOK TIME : 15 MINS

SERVES : 15 COOKIES

INGREDIENTS

- 2 cups porridge oats
- 2 cups wholewheat flour
- 1 tsp. baking soda/bicarbonate of soda
- ½ tsp. baking powder
- ½ tsp. sea salt
- 2/3 cup coconut/sunflower oil
- 4 ts.p vanilla extract
- 1 tbsp. ground flaxseeds/linseeds
- 1 cup shredded coconut
- 1 generous cup chocolate chips or carob/cacao nibs
- ¼ cup molasses
- ¾ cup maple syrup
- ½ cup milk/non-dairy milk alternative

METHOD

- Preheat oven to 350°F/170-180°C/GM3-4.
- Line 2 baking sheets with parchment paper.
- In a medium-sized bowl, combine the oats, flour, baking soda, baking powder & salt.
- In a large bowl, beat together the molasses, maple syrup, oil, flaxseeds & milk.
- Mix in half the flour mix, then add the remaining half along with the coconut and chocolate chips.
- Using an ice-cream scoop, drop ¼ cup of dough (golf-ball size) onto the parchment at 2" inch intervals.
- Flatten slightly with moistened fingers.
- Bake for 15 mins until edges just start to brown.
- Let cookies rest on parchment for 5mins, then transfer to a wire rack to cool completely.



LAURA'S IMMENSE REFRIGERATOR CAKE

38



1

A NO-BAKE FRIDGE CAKE THAT'S PERFECT FOR MAKING WITH CHILDREN. YOU CAN ALSO PICK AND MIX THE FILLINGS TO SUIT YOUR TASTE.

PREP TIME : 15 MINS

COOK TIME : 15 MINS

SERVES : 15 COOKIES

INGREDIENTS

- 125g butter
- 400g chocolate (milk / dark – or mixed tastes great)
- 2 tablespoons of golden syrup
- 250g digestive biscuits, lightly crushed
- 135g packet Maltesers
- Additional tasty adds – mini/chopped marshmallows, raisins, glace cherries



METHOD

- Line a baking tin / tupperware with baking paper
- Put the butter in a large pan and melt over low heat.
- Once the butter has melted, add the chocolate and golden syrup, stirring well until all melted.
- Take the pan off the heat and stir in the biscuits and maltesers until evenly mixed.
- Tip the mixture into the tin/tupperware, compacting the mixture and flattening down the top with the back of a spoon.
- Cover with clingfilm and put in the fridge for a couple of hours until hardened, then remove from the tin/box and cut into small squares.

LOUIS'S AMAZING CHEESECAKE

39



2

A NO-BAKE CHEESECAKE WITH TOPPING OF YOUR CHOICE
WHO CAN RESIST THIS CLASSIC DESSERT?

PREP TIME : 30 MINS

COOK TIME : NONE

SERVES : 6

INGREDIENTS

- 250g digestive biscuits
- 100g unsalted butter
- 1 vanilla pod
- 600g Soft cheese
- 100g icing sugar
- 284ml pot double cream
- Fruit & jelly of preferred flavour



METHOD

MAKE THE BASE:

- Butter a 23in loose bottomed tin. Crush the biscuits to crumbs. Place the crumbs into a bowl and pour over the melted butter. Mix thoroughly until the crumbs are completely coated. Tip them into the buttered tin and press down into the base to create an even layer. Chill in the fridge for 1hr to set firmly.

MAKE THE FILLING:

- Place the soft cheese, icing sugar and vanilla seeds in a bowl and beat with an electric mixer until smooth. Tip in the cream and continue beating until the mixture is completely combined. Add flavour (fruit or juice). Spoon the cream mixture onto the biscuit base making sure there are no air bubbles. Smooth the top with the back of a spoon. Leave to set for at least 3 hours.

IF YOU WANT A JELLY TOPPING

- Make up jelly; Add 150ml boiling water to jelly crystals and stir until crystals have dissolved. Add 100ml cold water or single cream to cool jelly mixture. Pour over cheesecake. And then cool in fridge as per last step above. Add fruit to top & serve.

LYNDSEY'S NOT SO HEALTHY BLUEBERRY CHEESECAKE

40



1

NOT SO HEALTHY BUT REALLY TASTY TRADITIONAL CHEESECAKE RECIPE WITH A TWIST IN THE BASE!

PREP TIME : 15 MINS

COOK TIME : NONE

SERVES : 6

INGREDIENTS

THE BASE:

- 200g Digestive biscuits (can also mix up with ginger nuts for a different taste)
- 75g Butter

CAKE MIXTURE

- 400g Mascapone
- 250g Cream cheese (can also be made fully from mascapone)
- 200g Icing sugar (sweeten to taste)
- 1 teaspoon of vanilla extract
- Mix in fruit – blueberries (can be any fruit!)

METHOD

MAKE THE BASE:

- Melt the butter and mix with crushed biscuits.
- Place mixture into the bottom of a springform cake tin (or normal cake tin lined with greaseproof paper)
- Place in fridge for 30minutes.

MAKE THE FILLING:

- Mix the mascarpone, cream cheese and vanilla extract in a bowl, add icing sugar bit by bit so you can sweeten to taste. Once done fold in the blueberries.
- Place the mixture on top of the set base, smooth out and place back in the fridge for 1hr.



NATHAN'S WHITE CHOC AND JAFFA CAKE CHEESECAKE

41



ENJOY THE IRRESISTIBLE CHOCOLATEY-ORANGE RASCAL IN A CHEESECAKE
- WHAT MORE COULD YOU WANT?

PREP TIME : 15 MINS

COOK TIME : NONE

SERVES : 6

INGREDIENTS

- 1 pack of digestive biscuits crushed.
- Melted butter half weight of biscuits.
- Jaffa cakes cut in half
- White chocolate – several packs.
- 2-3 tbsp Icing sugar
- Soft cheese – 4 small packs or similar.



METHOD

- Mix biscuits and melted butter, press into a tin and chill.
- Melt the chocolate, either in short bursts in the microwave or over hot water.
- Place soft cheese in a bowl, stir in icing sugar and melted chocolate and mix well.
- Put half the mix over the base, cover with jaffa cakes (not overlapped) and add remainder of mix. Use remainder of Jaffa cakes to decorate the top
- Chill for 8 hours.

Nathan works in a prison kitchen and made up a cookbook of recipes that can be made with prison canteen items. This is one of his recipes

NO MILK BANANA MILKSHAKES

42



1

MILKSHAKES ARE A GREAT ADDITION TO ANY MEAL ESPECIALLY WHEN THEY HAVE HEALTHY INGREDIENTS IN LIKE THIS ONE!

PREP TIME : 5 MINS

COOK TIME : NONE

SERVES : 1 - 2

INGREDIENTS

- 1 frozen ripe banana, (peel, chopped and place in a freezer bag in the freezer for a few hours)
- 2-3 soft dates, pitted
- 1 tablespoon of raw cacao powder or unsweetened cocoa powder
- 1/4 teaspoon of cinnamon powder
- 250millilitres or 300millilitres of non-dairy milk such as oat, hempseed or nut milk (if no allergies to nuts)
- Optional: 1 tablespoons of peanut butter or tahini (sesame seed paste or other non-nut butter alternative)



METHOD

- Add the banana, dates, cacao, cinnamon powder and 250millilitres of milk to a blender and blend until combined. If you prefer a runnier milkshake add the rest of the milk or if you like it thick leave as is.
- Pour into glasses add a straw and enjoy!



MADE IN HACAKNEY RICE PUDDING

43



1

SUPER EASY AND SUPER COMFORTING VEGAN RICE PUDDING RECIPE.

PREP TIME : 5 MINS

COOK TIME : NONE

SERVES : 4 - 6

INGREDIENTS

- 120 grams of short grain rice, rinse well
- 400 milliliters of coconut milk
- 400 milliliters of water
- 40 grams of natural sweetener
- Stick of cinnamon or pinch of cinnamon Pinch of nutmeg



METHOD

- Pour the coconut milk and water into a large pan, and bring to a gentle simmer. Add the sugar and let it dissolve into the liquid, then add the rice, cinnamon stick (if using) and raisins, mixing well bring to a simmer again, then reduce heat and cook for 30-40 minutes (checking to ensure the rice has soften and there is still enough liquid in the pot).
- Add the cinnamon (if you didn't use the stick) and freshly ground nutmeg, and stir through.

GRACE'S VEGAN APPLE CRUMBLE

44



2

PREP TIME : 5 MINS

COOK TIME : NONE

SERVES : 4 - 6

INGREDIENTS

- 500 grams of cooking apples
- 300 grams of spelt flour
- 50 grams of porridge oats
- 80 millilitres of light olive oil
- 60 grams of coconut sugar
- 1 teaspoon of cinnamon

A TWIST ON A TRADITIONAL DISH, SWAPPING OUT THE REFINED INGREDIENTS FOR MORE WHOLESOME ONES. SO, YOU CAN HAVE YOUR CAKE AND EAT IT TOO!



METHOD

- Preheat the oven to 190c/170c fan/Gas mark 5.
- Put the flour and oats into a mixing bowl, pour the oil in and mix well with a fork until it creates a crumble texture. Stir in the sugar and cinnamon until well combined.
- Cut the apples into quarters, peel and remove the core. Cut into slices and place in a 1-litre ovenproof dish.
- Sprinkle an additional tablespoon of coconut sugar over the apples, and another 1/2 teaspoon of cinnamon then cover with the crumble mixture.
- Bake in the oven for about 35 minutes, until the apples are soft and the crumble is a light golden brown. Serve with some homemade plant-based custard, non-dairy ice cream or coconut yogurt.

PRESERVES



HOW TO STERILISE GLASS JARS

45

A CLASSIC EASY TO FOLLOW RECIPE GREAT FOR USING UP BIG BATCHES OF APPLES. YOU CAN REPLACE HALF OF THE APPLES WITH PEARS OR QUINCES.

THE PROCESS

Choosing jars is very important. It is recommended this is made out of glass. You can use new or recycled jars, as long as the lid closes properly, with no option for the air to reach inside the jar. Do not use old jam jar lids if damaged or rusty, they should be thrown away as they may not make a good seal.

All jars need to be sterilised. This will apply to any type of conserve/ jam/ pickle. This will ensure the contents will store with no problems for months to come.

To sterilise the jars, take off any previous labels and wash thoroughly in warm water (hot) with plenty of dish soap, scrubbing well the inside and the outside. The same applies to lids. Rinse them very well a few times. Do not dry!

Place jars and lids on a wide oven tray, with the openings up, ensuring they do not touch one another.

Ensure the oven is off. Slowly introduce the tray

containing the jars and lids in the oven. Only now turn on the oven, so it warms up with the jars inside. Set to 150°C for around 15 minutes. Keep an eye on the oven, and when you see the water droplets starting to evaporate from the jars, keep them for another minute, then stop the heat. Open the oven door ajar and keep it like this until it's time to fill them with the jam/ pickles/ preserves.

Always sterilize more jars than you think you will need. Should you have more mixture than anticipated it is too late to start sterilizing once the food is ready.

If you place the jars in a hot oven, they will crack/ break, due to the sudden change in temperature!



FILLING THE JARS

- Place the jar on a metal tray or on top of a flat knife. Otherwise, the bottom could break.
- Do NOT add cold food to hot jars, or hot food to cold jars.
- Use a ladle or a heat proof jar to make it easier to pour the content into the jars.
- When filling the jars, ensure the jam/ preserve does not get onto the rim of the jar.
- Never fully fill the jars with the preserve/ jam, but leave ¼ inch – ½ cm gap at the top.
- Leave jams, preserves or pickles to settle for 10 minutes before sealing.

STORING

Filled jars will need to be stored in a cool, dark and dry place. If the environment is too warm, the content might spoil.

EASY APPLE JAM

46



PREP TIME : 30 MINS

COOK TIME : 30 MINS

SERVES : 6 - 8 JARS

INGREDIENTS

- 2.5kg apples (peeled, de-seeded and cut in half inch slices)
- 750 gr white sugar
- 1 lemon (juice and peel)
- 1 cinnamon stick

OPTIONAL

- ½ teaspoon Cinnamon powder
- 3 - 4 cloves
- 2-3 Cardamom pods

A CLASSIC, EASY TO FOLLOW RECIPE GREAT FOR USING UP BIG BATCHES OF APPLES, YOU CAN REPLACE HALF OF THE APPLE WITH PEARS OR QUINCES.

METHOD

- In a big enough bowl, arrange the sliced apples. Splash the lemon juice on top, and sprinkle 500g of sugar. Leave for around 30min – 1hour.
- In a large pot, pour 250g of sugar. Turn on the hob on medium heat and slowly stir in the sugar, until it melts. Do not let it brown for too long, as it might become too bitter. Once it melted, take off the hob and add some of the apple juice resulted from sliced apples prepared earlier. Make sure you do not burn yourself when you add the apple juice, as it might bubble, due to the difference in temperature.
- Add the soaked apples and cinnamon stick and let to simmer on low to medium heat. Stir well. After 15-20 minutes, some of the liquid might have evaporated. Depending on the types of apples used, or how thick you want the jam to be, you might want to add some water – around 1 cup (no more than 300ml). Add this point, add the spices, if using. Simmer on low heat until
- Load in clean and sterilised jars. Seal and leave to cool down in a warm and dry place – ideally on the kitchen counter, until the next day. You can then place them in a cool and dark place, for storage.
- Depending on the jar size, there should result around 6 -8 full jars.
- Enjoy on toast!



TOMATO CHUTNEY

47



PREP TIME : 30 MINS

COOK TIME : 30 MINS

SERVES : 6 - 8 JARS

INGREDIENTS

- 500g red onion, finely sliced
- 1kg tomato, roughly chopped
- 4 garlic cloves, sliced
- 4 cm piece ginger, peeled and chopped
- 250g brown sugar
- 150ml malt vinegar
- 5 cardamom seeds
- 1 tsp paprika

OPTIONAL:

- 1 teaspoon Smoked paprika
- 1 red chilli, chopped

A CLASSIC, EASY TO FOLLOW RECIPE GREAT FOR USING UP BIG BATCHES OF APPLES, YOU CAN REPLACE HALF OF THE APPLE WITH PEARS OR QUINCES.

METHOD

- Place all ingredients into a large heavy-based pan and place on low to medium heat. Bring to a gentle simmer, stirring frequently. Simmer for 1 hr, then bring to a gentle boil so that the mixture turns dark, jammy and shiny.
- Once ready, place into sterilised jars and allow to cool before covering.
- The chutney will keep for around six weeks.
- It's perfect on toast with a chunk of cheddar or as part of a cheese board.



MADE IN HACKNEY CHIA SEED JAM

48



PREP TIME : 30 MINS

COOK TIME : 30 MINS

SERVES : 6 - 8 JARS

INGREDIENTS

- 200 grams of fresh or frozen berries (strawberries, blueberries, cherries etc.)
- 1 tablespoon of maple syrup or organic coconut sugar
- 1 tablespoon of chia seeds

THIS IS A GREAT LOW SUGAR NATURAL ALTERNATIVE TO JAM, WHICH IS ALSO REALLY GREAT FOR YOUR HEALTH DUE TO HIGH FIBRE CONTENT OF THE FRUIT AND CHIA SEEDS!

METHOD

- Wash the berries, drain and place into a pan on a medium heat.
- Let the fruit gently simmer and cook down for about 10 minutes until it begins to break down. Gently mash with a fork, into a jam consistency. Now add the maple syrup or coconut sugar and mix though and leave for a few more minutes.
- Remove from the heat, leave to cool for about 10 minutes, now add the chia seeds. Leave to cool completely, store in a clean jar in the fridge and use within a week. .



EATING A VARIED AND BALANCED DIET IS AN IMPORTANT PART OF MAINTAINING GOOD HEALTH AND THE THERAPEUTIC BENEFITS OF SPENDING TIME PREPARING FOOD CAN CONTRIBUTE TO IMPROVED WELLBEING. READY STEADY RECOVERY IS A COLLECTION OF RECIPES FROM THE PEOPLE THAT USE OUR SERVICES, VOLUNTEERS AND STAFF, WE ASKED PEOPLE FROM AROUND OUR ORGANISATION TO SEND US THEIR FAVOURITE FEEL GOOD RECIPES TO INSPIRE OTHERS TO BRING A VARIETY OF FOOD, FUN AND CREATIVITY INTO THEIR KITCHEN.



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