
celebrate
taste
reduce
waste
63
delicious recipes from
Winchester and beyond

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WELCOME!

Food is one of the best tools for learning. When you cook with your children, you're teaching them maths, science, geography, history and creativity. You're nourishing their minds as well as their bodies.



Food is also an amazing way to connect with other families and learn about each other's cultures. Some of our All Saints families have lived in Highcliffe for generations, while others have travelled the world before choosing this corner of Winchester as their home. Some of the dishes will seem very familiar, while others will be new discoveries. They are however, universally delicious!

Mrs Hall

All Saints Primary School Headteacher



As a professional food writer and stylist, I'm always on the lookout for new recipe inspiration, so this project has been an absolute joy to work on! I have two children at All Saints School, so I know how important it is to have plenty of reliable, easy recipes up your sleeve, that you can cook again and again. This book is packed full of them!

Every recipe has been tested and photographed in my kitchen and tasted by my children, so we're confident that you're going to love these dishes every bit as much as we did! There has been no airbrushing, photoshopping or other trickery, either behind or in front of the lens. What you see on these pages is what you will eat if you follow the instructions. Happy cooking!

Susie Carter

PTA recipe book project lead

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BREAKFAST & BRUNCH

OVERNIGHT OATS

IRIS

INGREDIENTS

Serves 4

90 g rolled or jumbo oats

235 ml apple juice

130 g Greek yoghurt, plus extra to serve

1 tsp each chia seeds, flaxseeds and wheatgerm, or use a milled seed mix (optional)

2 tbsp unsweetened apple puree

To make cherry bakewell oats (pictured):

150 g frozen cherries, stoned

a few drops almond extract

a handful flaked almonds, toasted, to serve (optional)

To make mango and vanilla oats:

150 g frozen mango chunks, roughly chopped

1 tsp vanilla extract

To make blueberry and lemon oats:

150 g frozen blueberries

a few drops lemon extract or 1 lemon, zest finely grated

These overnight oats are nutritious and delicious, and it's great on busy mornings to have them waiting in the fridge. If you use cup measurements, it's one cup each of oats and juice to half a cup of yoghurt.

1. Put all of the ingredients, plus your preferred flavourings in a bowl and mix well.
2. Cover and leave in the fridge overnight.
3. In the morning, stir well and divide between four bowls. Spoon a little extra yoghurt on top and sprinkle with nuts or seeds if you fancy.

FOOD WASTE TIP

Fruit lasts a long time in the freezer and buying it pre-frozen is often less expensive. Best of all, you only have to get out the amount you need for the recipe and the rest will be ready and waiting for you next time.



EGGS, BACON AND MUSHROOMS

ON TOAST WITH EASY HOLLANDAISE

MOLLY AND REUBEN

INGREDIENTS

Serves 2 adults and 2 children

125 g unsalted butter

350 g chestnut mushrooms, quartered

12 rashers streaky bacon

4 large eggs, plus 2 egg yolks

1 tbsp lemon juice

½ tsp Dijon mustard

4 slices sourdough bread

½ tsp pink peppercorns (optional), crushed

Coordinating all the different elements of a café-style brunch can be tricky in a home kitchen, so this recipe lets the oven take the strain while you whip up a batch of fool-proof cheat's hollandaise.

1. Preheat the oven to 200°C (180° fan) / 400F / gas 6.
2. Melt the butter in a small saucepan, then toss 3 tbsp of it with the mushrooms in a roasting tin and season with salt and pepper. Roast for 5 minutes.
3. Arrange the bacon in a single layer on a wire rack over a baking tray. Give the mushrooms a quick stir, then return them to the oven with the bacon. Roast for 12 minutes or until the bacon is crisp and the mushrooms have browned.
4. Meanwhile, use a drawing pin to pierce the end of the four whole eggs. Lower them gently into a saucepan of simmering water and cook for 7 minutes, then refresh under cold running water until cool enough to handle.
5. While the boiled eggs are cooling, put the extra egg yolks in a tall jar or measuring jug, just a bit wider than your handheld stick blender. Stir in the lemon juice and mustard and season with a pinch of salt and pepper.
6. Toast the bread while you peel and halve the eggs, then top the toast with the bacon, mushrooms and eggs.
7. Reheat the saucepan of butter until sizzling. Put the stick blender into the egg yolk jug and turn it on, then pour in the hot butter in a thin stream. As soon as all of the butter has been incorporated, spoon the sauce over the eggs. Sprinkle with pink peppercorns if using and serve immediately.



FOOD WASTE TIP

Poached eggs are only successful if you use eggs within a couple of days of being laid. If your eggs are a little older, soft boil them as in this recipe – same glorious runny yolk and it will work every time!

AMERICAN BREAKFAST PANCAKES

CHARLOTTE



INGREDIENTS

Makes 12 pancakes

275 g plain flour

50 g caster sugar

2 tsp baking powder

2 large eggs

275 ml milk

butter or oil, for frying

maple syrup, fruit and yoghurt, to serve

Charlotte and Esther's dad often goes for a long cycle ride on a Saturday morning, so a few years ago the girls decided to make something cheeky for breakfast on his return. They found a pancake recipe in a Shrek cookery book and they were so tasty, they're now a Saturday morning tradition!

1. Whisk together all of the ingredients with a generous pinch of salt until smooth.
2. Heat a small knob of butter or a drizzle of oil in a large frying pan over a medium heat. You will need 1-2 tbsp of batter for each pancake and you should be able to cook 3-4 pancakes at a time in the frying pan. Spoon the batter into the pan to make 10 cm diameter puddles and cook for 2 minutes, or until small bubbles start to appear on the surface.
3. Turn the pancakes over with a spatula and cook the other side until golden brown and cooked through. Repeat until all of the batter has been used, keeping the finished batches warm in a low oven.
4. Serve with a drizzle of maple syrup and plenty of fruit and yoghurt.

FOOD WASTE TIP

To keep your flour fresh and protect it from flour mites and weevils, store it in an air-tight container in a cool, dark place. If you're only an occasional baker, you can extend the shelf-life further by keeping it in the fridge or freezer.



SWEETCORN FRITTERS

IRIS

INGREDIENTS

Makes 12 - 15

350 g sweetcorn, defrosted if frozen, or sliced neatly off the cob if fresh

3 spring onions, chopped

2 tsp fresh root ginger, finely grated

2 garlic cloves, crushed

a handful fresh coriander, roughly chopped

2 large eggs, beaten

70 g plain flour

1 tsp baking powder

1 tsp ground turmeric

3 tbsp olive or sunflower oil

These lovely little morsels are a great addition to brunch. They also make an excellent vegetarian dinner, topped with chilli jam, lemony crème fraîche, smashed avocado, rocket and a poached egg.

1. Combine all of the ingredients, except the oil, with a big pinch of salt in a measuring jug.
2. Use a hand-held blender to partially blend the mixture, ensuring some whole sweetcorn kernels remain.
3. Heat the oil in a large frying pan. Pile heaped dessertspoons of the mixture into the pan and flatten a little. Fry over a medium heat for 2 minutes or until golden brown underneath, then flip and cook the other side. Drain on a piece of kitchen paper and repeat until all of the mixture has been used.
4. Serve hot with your favourite accompaniments.

STORAGE

These can be frozen after they've cooled, and they crisp up nicely from frozen in an air-fryer

FOOD WASTE TIP

Frozen vegetables are a good way of avoiding food waste. They have a much longer shelf-life than their fresh equivalent and they can be easily portioned so that you can cook only what you need, saving the rest for another day.



NUTTY KEFIR GRANOLA

MOLLY AND REUBEN

INGREDIENTS

Makes enough to fill two 1.5 litre jars

600 g rolled oats or multigrain porridge mix (oats, barley, rye, etc)

100 g milled seed mix (flax, hemp, chia, etc)

300 ml kefir (or use runny natural yoghurt or buttermilk)

100 ml hazelnut or walnut oil, plus 1 tsp for the nuts

100 ml maple syrup

100 g coconut sugar (or normal brown sugar)

75 g sunflower seeds

75 g golden linseeds

100 g pumpkin seeds

100 g flaked almonds

100 g hazelnuts, roughly chopped

100 g walnuts, roughly chopped

Molly and Reuben's mum started making her own granola in an attempt to reduce the amount of ultra-processed food entering the house. Reuben and Molly love granola with big "boulders" and the benefit of making your own is that you can customise the cluster size as well as the ingredients used. Although there's quite a lengthy soaking and baking time, there's very little hands-on work to do and the granola will last for weeks in a sealed jar.

1. Stir the porridge mix, milled seeds and kefir together until well combined, then set aside for 30 minutes.
2. Stir in 100 ml hazelnut or walnut oil, maple syrup, coconut sugar, sunflower seeds, linseeds and ½ tsp of sea salt flakes, then set aside for another 30 minutes.
3. Meanwhile, preheat the oven to 180°C (160° fan) / 350F / gas 4. Spread out the pumpkin seeds, flaked almonds and chopped hazelnuts on two lined baking trays and toast in the oven for 10 minutes or until golden brown.
4. Tip the nuts and seeds into a mixing bowl, then add the walnuts, the extra teaspoon of hazelnut or walnut oil and a big pinch of sea salt flakes. Mix well and set aside.
5. Reduce the oven temperature to 150°C (130° fan) / 300F / gas 2. Reuse the two lined baking trays for the oat mixture, spreading it out and dividing roughly into little clumps with your hands. Bake for 2 hours, stirring every 30 minutes and swapping the trays over after an hour.
6. Toss the granola with the toasted nuts, then spread out and leave to cool for at least 45 minutes, stirring occasionally.

STORAGE

It's important that the granola is completely cool and dry before storing. Transfer to glass jars or air-tight tubs and keep in a cool, dry place. It will keep for weeks (though you may find your granola consumption increases dramatically!).



FOOD WASTE TIP

If you want to buy bigger, better value packets of nuts and seeds, but you're worried about using them all before the best before date, seal them in zip-lock bags and keep them in the freezer. It will slow down the oils going rancid, extending the use-by-date by around six months. It's especially useful for the milled seed mix.

1-2-3 SHROVE TUESDAY PANCAKES

ESTHER



INGREDIENTS

Makes 6

100 g plain flour

2 large eggs

300 ml milk

a knob of butter for the pan

With this ratio of ingredients, making pancakes is as easy as 1-2-3! Esther learnt how to make crêpe-style pancakes for Shrove Tuesday at Cubs, but they are now a regular addition to the weekend breakfast menu.

1. Put all of the ingredients in a measuring jug and use a stick blender to bring it together into a smooth batter.
2. Heat the butter in a large shallow frying pan, then pour the excess into the batter and whiz again until smooth.
3. Set the pan over a medium-high heat, then pour in enough batter to thinly coat the bottom of the pan, swirling as you go.
4. When the edges have dried and started to curl and the centre has turned from glossy to matt, flip the pancake with a palette knife or spatula and cook for a minute or so on the other side.
5. Slide the pancake onto a plate and keep warm in a low oven while you make the rest. Serve with classic lemon juice and a sprinkle of sugar, fresh fruit and yoghurt or spread with Nutella.

STORAGE

If you have leftover pancakes, or if you want to get ahead for breakfast the next day: add a tiny knob of butter to each pancake, sprinkle with lemon and sugar, then roll up and arrange in a single layer on a lined baking tray. Sprinkle with more lemon and sugar, then cover with clingfilm and store in the fridge. The next day simply bake for 10 minutes at 180 fan and serve straight away.



PROPER PORRIDGE

MAYA





INGREDIENTS

Ingredients per person

40 g medium oatmeal (2 small handfuls)

brown sugar, to taste

milk or cream, to taste

When Maya's mum Tara went to university, her mother gave her a homemade cookbook full of favourite family recipes. They still use it 25 years later and this is Maya's favourite recipe. Maya loves this recipe and really looks forward to eating lots of it when she visits her grannie's house in Scotland. Maya's grannie is very particular about how she eats her porridge - she has the milk or cream in a separate bowl and dips her porridge in it! This stops the porridge getting cold too quickly.

1. Put the oatmeal in a saucepan and add enough cold water to make a loose paste.
2. Add 250 ml of boiling water (a mugful) per person and stir constantly over a medium heat until it boils. Simmer for 6 minutes, stirring quite often.
3. Turn the heat to its lowest setting and cook for a further 3 minutes, stirring occasionally. It is ready when it's thick and glutinous.
4. Stir in a big pinch of salt per person and serve immediately, sprinkled with brown sugar. You can also drizzle with milk or cream, or serve these in a separate bowl for dipping into.

VARIATION

Try adding a big handful of blueberries to the pan next time you have some in the fridge that are going over. As they cook, the berries will burst and turn the porridge purple! Blueberry porridge is especially good with a drizzle of maple syrup and some roughly chopped walnuts on top.



VEGETARIAN

ISPANAKLI PEYNIRLI BOREK (SPINACH AND FETA BOREK)



SOFIA

INGREDIENTS

Serves 8 - 10

200 g spinach leaves, washed, dried and roughly chopped

200 g Turkish white cheese or feta, drained and crumbled

115 g mozzarella, grated

3 medium eggs, beaten

14 sheets filo pastry (2 x 250 g packets)

75 ml milk

2 tbsp mild olive oil

2 tbsp sesame seeds

This savoury pastry is immensely popular throughout Sofia's mum's homeland, Turkey. It can contain many different fillings, but their favourite is spinach and feta. You can serve borek for brunch, for lunch with a light salad, or as an appetizer for a dinner party.

1. Preheat the oven to 200°C (180° fan) / 400F / gas 6.
2. Combine the spinach, feta, mozzarella and two beaten eggs in a large bowl. Season with salt and pepper. In a separate bowl, mix the milk with 1 tbsp of the olive oil and 75 ml water.
3. Open the filo sheets only when you are ready to use them and cover the rest with a slightly damp tea towel so they don't dry out. Grease a 25 x 38 cm / 10 x 15-inch (or similar size) baking tin with the remaining olive oil. Arrange two layers of filo in the tin, then drizzle over two tablespoons of the milk mixture. Repeat this layering until you reach the eighth sheet, using two filo sheets each time. Trim any overhanging edges.
4. Spread the spinach and cheese filling evenly over the top, then continue layering the filo sheets, drizzling with the milk mixture every other layer until you reach the fourteenth sheet. Trim the edges. Beat the remaining egg with a drop of olive oil and brush it over the final sheet, then sprinkle the top with sesame seeds.
5. Bake for 30-35 minutes, or until the top is golden brown and the pastry has puffed up. Take the borek out of the oven and cover with greaseproof paper for 10 minutes - this will keep the borek moist. Cut into pieces and serve warm or at room temperature.

STORAGE

Store the cooled borek in the fridge for up to 3 days and reheat in a frying pan. Cook for a few minutes on each side until the pastry is crisp and the filling has warmed through.



FOOD WASTE TIP

If you have any leftover strips of filo pastry from trimming the edges, make Nutella triangles. Brush the pastry strips with melted butter, add a spoonful of chocolate spread to one end and fold them up like a samosa. Bake for 12 minutes or until golden and crisp.

CREAMY PESTO QUORN WITH GNOCCHI

MRS HALL – HEAD TEACHER





INGREDIENTS

Serves 4

2 tbsp olive oil

1 red onion, thinly sliced

250 g chestnut mushrooms, sliced

300 g Quorn Vegetarian Chicken Pieces

500 g gnocchi

120 g pesto

145 ml single cream

freshly grated parmesan, to serve (optional)

This recipe originally came from the Quorn website and makes a speedy, but luxurious vegetarian supper. To make a batch of your own gnocchi for the freezer, see page 32.

1. Heat the oil in a large frying pan or sauté pan. Add the onion and mushrooms with a big pinch of salt and sauté for 8 minutes or until slightly caramelised.
2. Add the Quorn pieces and cook for 8 minutes or until the edges are crispy.
3. While the Quorn is browning, bring a large saucepan of salted water to the boil and cook your gnocchi according to the packet instructions, or until they float. Reserve a mugful of the cooking water, then drain well.
4. Once the Quorn pieces are golden brown, turn the heat down a little and stir in the pesto and cream. Simmer for 2 minutes, then stir in the gnocchi and add a splash of the reserved cooking water to thin the sauce if necessary.
5. Divide between four warm bowls and top with freshly grated parmesan and a sprinkle of black pepper.

PASTA AL GRATIN

STEPHANIE AND ERNEST





INGREDIENTS

Serves 4-6

75 g butter

75 g type 00 flour

1 litre whole milk, warmed

75 g parmesan, finely grated

freshly grated nutmeg (optional)

500 g rigatoni pasta

200 g smoked cheese, diced

This is one of Stephanie and Ernest's favourite meals, inspired by their mum's Italian heritage.

1. Preheat the oven to 220°C (200° fan) / 425F / gas 7.
2. To make the besciamella sauce, melt the butter in a large saucepan over a medium-low heat. Add the flour and stir constantly until it forms a smooth paste.
3. Gradually incorporate the warm milk, stirring all the time, and cook until the sauce thickens. Take the pan off the heat and stir in 45g of the parmesan, then season to taste with salt, pepper and nutmeg.
4. Boil the pasta in salted water for 2 minutes less than the packet instructions recommend. Drain well, then return it to the pan and stir in the smoked cheese.
5. Tip the pasta into a deep baking dish, then pour over the besciamella sauce and sprinkle with the rest of the parmesan. Bake for 20 minutes, or until the pasta at the top has turned golden and crispy.

VARIATION

This recipe is also really good with added peas: Fry a finely chopped onion in a drizzle of olive oil for 10 minutes or until softened. Add 150 g frozen peas, 100 ml water and a pinch of salt. Let the peas simmer until they're soft and the water has almost evaporated, then add to the pasta when you stir in the smoked cheese.

MANGO, HALLOUMI AND PINE NUT SALAD



MADDY AND TOM

This is a super refreshing summer salad from when the family lived in Australia. If you've ever been to a barbecue at the Daniels' house, you've probably been served this!

INGREDIENTS

Serves 4 as a light lunch, or lots as part of a BBQ

1 ripe mango

35 g pine nuts

250 g halloumi, thickly sliced

1 bag baby spinach

1 red pepper, deseeded and diced

3 small spring onions, sliced

For the dressing:

2 tbsp olive oil

2 tbsp runny honey

2 tbsp balsamic glaze

1. Peel the mango and cut it into small cubes, then squeeze the juice from around the stone into a small bowl – this will be used for the salad dressing.
2. Lightly toast the pine nuts in a large frying pan, then tip them onto a sheet of kitchen paper and leave to cool.
3. Arrange the halloumi in the frying pan in a single layer and heat until lightly brown on each side. Transfer the halloumi to a chopping board, leave to cool a little, then cut into cubes.
4. To make the dressing, add the oil, honey and balsamic glaze to the reserved mango juice, season generously with salt and pepper and whisk with a fork until emulsified.
5. Add the spinach to a serving bowl or platter. Toss with three quarters of the pepper, spring onion, mango, pine nuts, halloumi and all of the dressing.
6. Sprinkle the remaining quarter of the ingredients on top to make it look pretty and serve as soon as possible.

FOOD WASTE TIP

You can replace the mango if you have other fruit in the fridge that needs using up. Oranges and strawberries both work brilliantly.



PANEER BUTTER MASALA

KRITHVIK



Krithvik's mum learned how to make this dish from her sister, who always prepares it for her kids. It has now turned into Krithvik's favourite too, and it's made for lunch at least once a fortnight. It goes really well with coconut or jeera rice, chapati or paratha.

INGREDIENTS

Serves 4

15 g cashew nuts (about 8-10)

50 ml sunflower oil

3 small red onions or 1 large, finely chopped

1 large clove garlic, crushed

1 tsp fresh root ginger, finely grated

2 large tomatoes, chopped

½ tsp ground turmeric

2 tsp chilli powder

1 tbsp ground coriander

¼ tsp garum masala

2 tbsp ghee or butter

1 tsp sugar

1 tsp tomato ketchup

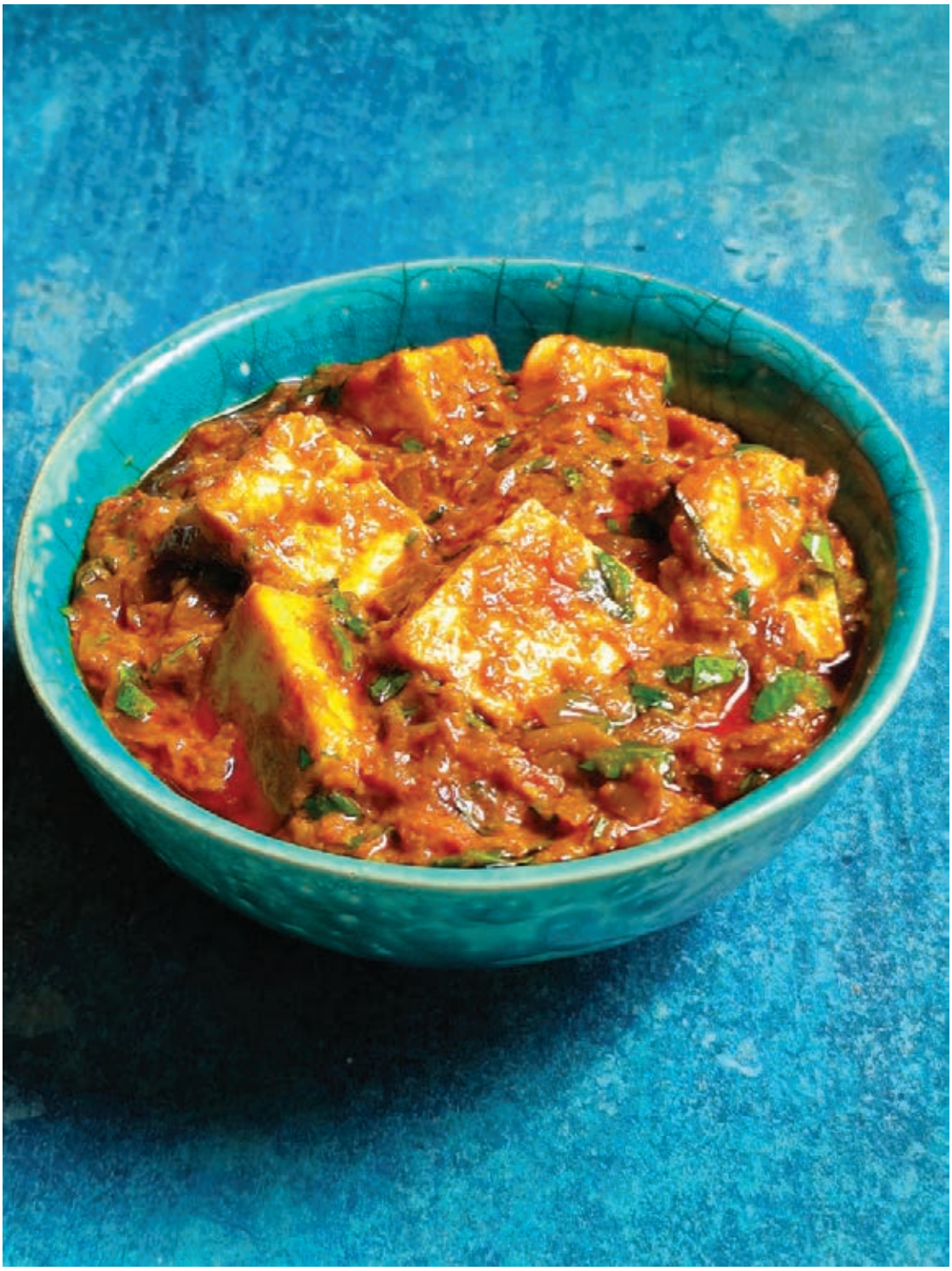
200 g paneer cheese, cubed

a handful fresh coriander leaves, chopped

1. Soak the cashews in 50 ml cold water for 30 minutes.
2. Meanwhile, heat the oil in a large saucepan over a medium heat. Add the onions and fry for 15 minutes or until golden brown, stirring regularly. Turn down the heat to it's lowest setting, add the garlic and ginger and fry until it no longer smells raw.
3. Add the chopped tomatoes, increase the heat to medium and cook for 10 minutes, or until the tomatoes break down into a puree.
4. Add the ground spices and stir well, then stir in 100 ml water, cover the pan and cook over a low heat for 12 minutes, or until you see a layer of oil on top of the gravy. This bit's important, so take your time!
5. While the spices are cooking, grind the cashews and their soaking liquid into a smooth paste. When the sauce is ready, add the cashew paste to the pan with 50 ml water and a big pinch of salt. Simmer for 5 minutes, stirring occasionally.
6. Add the ghee, sugar and tomato ketchup, then try the gravy and adjust the seasoning with salt if needed. You can add a little more water if the sauce is too thick, or simmer it for a bit longer if you prefer a thicker sauce.
7. Add the paneer and simmer gently for no longer than 3 minutes, so that the cheese doesn't toughen. Take the pan off the heat and add the coriander. Cover and leave to stand for 10 minutes before serving.

STORAGE

You can refrigerate any leftovers for up to 4 days. Reheat in a saucepan or the microwave before eating.



CHEESY VEGTABLE SAUSAGES

EVIE



INGREDIENTS

Makes 8 sausages

175 g stale white bread or breadcrumbs

25 g butter

1 medium onion, finely chopped

50 g carrot, coarsely grated

175 g courgette, coarsely grated

150 g mature cheddar, coarsely grated

1 large egg, separated

1 tbsp plain flour

3 tbsp olive oil (or use vegetable oil if you prefer)

Evie's mum first used this recipe when the children were small to hide vegetables and it's still a firm family favourite today.

1. Make the bread into crumbs with a coarse grater, or tear it into chunks and pulse in a food processor.
2. Heat the butter in a large frying pan and fry the onion for 10 minutes to soften. Add the vegetables, season with salt and pepper and cook for 5 minutes or until softened.
3. Tip the vegetables into a mixing bowl and leave to cool for a few minutes.
4. Add the grated cheese, the egg yolk and 115 g of the breadcrumbs. Mix well.
5. Flour your hands, then shape the mixture into eight sausages. Chill in the freezer for 10 minutes or in the fridge for an hour or two if making them in advance.
6. Beat the egg whites with a pinch of salt until frothy, then dip the sausages. Spread out the remaining breadcrumbs in a shallow bowl, then roll the sausages to coat.
7. Heat the oil in a large frying pan over a medium heat. Fry the sausages for 12 minutes, turning regularly, until golden brown all over.

STORAGE

Freeze uncooked sausages spaced out in a sealed freezer bag. Defrost before frying as above.



FOOD WASTE TIP

Make a double- or triple-batch of these sausages when you have stale bread or tired vegetables that need using up.

WATERMELON, FETA AND OLIVE SALAD

MOLLY AND REUBEN



INGREDIENTS

Serves 4-6

1 red onion, thinly sliced

2 tbsp red wine vinegar

2 tsp caster sugar

1 small or ½ large watermelon, quartered

150 g feta cheese, broken into chunks

100 g kalamata olives, stoned and halved

2 sprigs mint, leaves only, shredded

3 tbsp extra virgin olive oil

This refreshing summer salad makes a lovely light lunch on its own, but it also works well on the side of barbecued lamb or oily fish, like sardines.

1. Put the red onion in a sieve, then pour a kettle of boiling water over it into the sink. This will wilt the onion a bit and make it taste more mellow. Transfer the onion to a bowl, then stir in the vinegar, sugar and a big pinch of salt. Leave to macerate for at least 10 minutes, or for up to a day in the fridge.
2. Cut the rind off the watermelon (save it and make the pickle recipe opposite) and cut the pink flesh into cubes. Arrange the watermelon in a salad bowl with the feta and olives. Spoon over some of the red onion and sprinkle with mint.
3. Whisk 2 tbsp of the juice from the pickled onion bowl into the olive oil to make a dressing and season to taste with salt and pepper. Drizzle over the salad and serve straight away.

PICKLED WATERMELON RIND

MOLLY AND REUBEN



INGREDIENTS

Fills a 1 litre jar

100 ml rice wine vinegar

100 g caster or granulated sugar

1 tbsp fine sea salt

2 dried chillies, deseeded and torn into small pieces

1 tsp Sichuan peppercorns, toasted

¼ large or ½ small watermelon, rind only

This juicy pickle is delicious served on the side of Asian dishes, especially Sichuan Chinese food which has inspired the choice of spices. It makes great use of a big part of the watermelon that would otherwise get thrown away. Rice wine vinegar is widely available in supermarkets, but bigger, better value bottles can be bought from the Asian grocery shops in the centre of town.

1. Put the vinegar, sugar, salt, chillies and peppercorns in a saucepan with 225 ml water. Stir over a medium heat to dissolve the sugar and salt, then increase the heat and bring to the boil.
2. While you're waiting for the pan to boil, peel off the hard outer skin of the watermelon with a vegetable peeler or sharp knife and discard. Cut the rind diagonally into 2 cm strips, then cut the strips across to make diamonds or batons.
3. When the vinegar mixture is boiling vigorously, add the pieces of watermelon rind and stir well. As soon as it returns to the boil, ladle everything into a sterilised jar, then seal with a lid and leave to cool completely.

STORAGE

The pickle can be eaten as soon as it's cold, but will benefit from maturing for 2 or 3 days. Kept in the fridge, it should last for months.

GNOCCHI WITH PESTO

THOMAS

Making fresh pesto reminds Thomas of a family farm in Tuscany where Thomas first saw it being made by our friend Giovanna. After many holidays, it's become one of his favourite places, and gnocchi with fresh pesto is now one of his favourite things to eat!

INGREDIENTS

Serves 6

1 kg red potatoes (such as Desiree), unpeeled

350 g type '00' pasta flour

15 g sea salt (about 1 level tbsp)

semolina flour, for rolling

parmesan or pecorino, to serve

For the pesto:

35 g fresh basil leaves

40 g parmesan cheese (or use 25 g parmesan and 15 g pecorino)

15 g pine nuts

2 g sea salt (about 1/3 tsp)

35 g extra virgin olive oil

1 clove garlic, crushed

1. Put the potatoes in a large saucepan and cover with cold water. Bring to the boil, then simmer for 35 minutes or until a skewer will slide easily into the centre of each potato.
2. Drain the potatoes, then put on a pair of rubber gloves and peel them. Crush the potatoes using a potato ricer or a fork (rather than a masher).
3. While the potato is still hot, pile it with the flour and salt on a flat, clean worktop. Squash everything together with your fingers, then knead lightly to make a smooth dough.
4. Cut off a small section and roll it with your fingertips into a 2 cm wide rope, sprinkling with semolina if it starts to stick. Cut the rope across into 2 cm pieces.
5. Dust a wooden 'riga gnocchi' board (or a fork) with semolina, then press and roll each gnoccho down the board with your thumb to create the classic shape and lines.
6. Cover a tray with a clean tea towel and space out the gnocchi on top without letting them touch. Repeat until all of the dough has been used.
7. To make the pesto, pulse together all of the ingredients in a blender.
8. To cook the gnocchi, bring a large pan of salted water to the boil and carefully drop them in. Unless your pan is very big, it's best to work in batches to avoid overcrowding. After a few minutes the gnocchi will start to float, which means they are ready to be drained with a slotted spoon.
9. Toss with the pesto, adding a small splash of the cooking water if necessary to make a coating consistency, then transfer to warm bowls and grate over a little extra parmesan or pecorino.





STORAGE

Gnocchi freeze really well and you can boil them straight from frozen. Spread them out on a tray lined with greaseproof paper, making sure they don't touch. Freeze until solid, then transfer to a freezer bag and seal well. The pesto can be kept in the fridge for up to 3 days.

FOOD WASTE TIP

Old potatoes are perfect for gnocchi because they have a lower water content, so before throwing away any wrinkly looking spuds, just boil them up, peel them and make them into wonderful gnocchi!

ROASTED TOMATO AND HARISSA TART

MRS LESLIE – SCHOOL WELLBEING LEAD

INGREDIENTS

Serves 6 - 8

60 g butter

1 onion, finely chopped

1 clove garlic, finely chopped

400 g canned tomatoes, chopped

1 large egg

75-100 ml double cream

15 g parmesan, finely grated

85 g mature cheddar, coarsely grated

1 tsp harissa paste

25 g breadcrumbs

15 cherry tomatoes, halved

For the pastry:

125 g rolled porridge oats

125 g plain flour

125 g butter, diced

1 large egg, beaten

This is a lovely tart that Mrs Leslie's children say tastes like pizza and biscuits! If you don't have harissa paste, use chilli sauce, finely chopped fresh chilli or a little cayenne pepper. You can also leave it out completely for a non-spicy tart.

1. Preheat the oven to 210°C (190° fan) / 410F / gas 6 ½ and put a thick baking sheet or bakestone on the middle shelf of the oven to heat.
2. Put all of the pastry ingredients in a food processor with a pinch of salt and pulse until just starting to form a dough. Tip the crumbly mixture into a 23 cm / 9-inch round loose-bottomed tart tin, and press it into the base and sides. Chill in the fridge while you make the filling.
3. Melt the butter in a pan over a medium-low heat and fry the onion and garlic for 5 minutes, or until soft but not coloured. Add the tomatoes and boil vigorously until you can draw a trench across the bottom of the pan with the spoon and it doesn't fill up with liquid. Take the pan off the heat.
4. Break the egg into a measuring jug and make it up to 150 ml with double cream, then beat gently together.
5. Stir the parmesan and 60 g of the cheddar into the tomato mixture, followed by the egg and cream. Season with harissa and salt to taste.
6. Pour the mixture into the pastry case, sprinkle with the rest of the cheddar and the breadcrumbs, then arrange the halved cherry tomatoes cut-side-up on top.
7. Transfer the tart to the preheated baking sheet and bake for 35 minutes, or until nicely browned and springy to the touch. Cool to room temperature before serving.



STORAGE

If you don't eat the tart in one go, cover and store in the fridge overnight. The next day, leave it to come to room temperature before serving.

FOOD WASTE TIP

If you don't think you'll use a whole wedge of parmesan before it goes off, store it in the freezer. Due to its high fat content, it can be grated straight from frozen whenever you need it.

CRISPY CAULIFLOWER BHAJIS WITH CORIANDER CHUTNEY

MOLLY AND REUBEN

Molly and Reuben's mum created this recipe to turn them from cauli-haters into cauli-lovers. The crunchy coating is a cross between a tempura batter and a bhaji batter, which happens to be naturally vegan and gluten-free. The recipe can easily be doubled to serve more people or to use as a nibble for parties, but use two big roasting tins to avoid overcrowding.



INGREDIENTS

Serves 2 as a main
or 4 as a side dish

5 tbsp sunflower oil

60 g rice flour

50 g gram (chickpea) flour

1 tsp onion salt

1 tsp ground coriander

½ tsp ground cumin

½ tsp ground fennel

½ tsp sweet smoked paprika (or chilli powder of your choice)

¾ tsp baking powder

chilled sparkling water to mix

½ cauliflower, cut into medium sized florets (about 450 g)

For the coriander chutney:

30 g fresh coriander, leaves and thinner stems chopped

2 sprigs mint, stems discarded

2 tbsp salted peanuts

1 green chilli, chopped

½ lemon, juiced

1 garlic clove, crushed

1 tsp caster sugar

½ tsp ground cumin

1. First make the coriander chutney. Put all of the chutney ingredients in a liquidiser or mini food processor with a big pinch of salt and 3 tbsp of water. Blend until smooth, pausing to scrape down the sides as necessary. Transfer to a dipping bowl and set aside.
2. Preheat the oven to 240°C (220° fan) / 475F / gas 9 and put the oil in a deep, heavy bottomed roasting tin inside to heat up.
3. In a very large mixing bowl, combine the rice flour and gram flour with the spices and baking powder. Gradually stir in enough chilled sparkling water to make a batter the consistency of natural yoghurt.
4. Add the cauliflower florets and stir until each piece is thoroughly coated.
5. Use tongs to add each piece to the hot oil in the roasting tin in a single layer and roast for 16 minutes.
6. Turn each piece over and roast for 12 minutes or until the batter is crisp and the cauliflower is tender inside. Pile into a bowl and serve hot with the coriander chutney for dipping.



VARIATIONS

The original recipe is Indian-inspired, but you can give it a Middle Eastern spin by serving the cauliflower with tahini sauce or harissa mayonnaise instead. Alternatively, give it a Mexican makeover: serve in tacos with plenty of guacamole and pickled jalapenos.

RAINBOW SALAD
WITH EGGS MAYONNAISE
MOLLY AND REUBEN

This recipe was an edible craft project for Molly and Reuben during the first covid lockdown. It's not always easy to convince children to tuck into a plate of vegetables, but they're often more receptive if they've had a chance to try the ingredients in advance and get involved in the making of a dish. Making the vinaigrette can also be a way of exploring how to balance sweet, sour, salty and bitter ingredients.

INGREDIENTS

Serves 4-6

6 large eggs

4 tbsp mayonnaise (bought or homemade – see below)

1 red pepper, deseeded and diced

1 large carrot, coarsely grated

1 small tin sweetcorn, drained

1/3 cucumber, diced

150 g cooked beetroot, diced

Easy stick blender mayonnaise:

1 large egg

1 tbsp white wine vinegar

2 tsp Dijon mustard

¼ tsp sea salt

250 ml sunflower oil

Vinaigrette:

2 tbsp white wine vinegar

1 tsp caster sugar

1 tsp Dijon mustard

3 tbsp olive oil

1. If you're making your own mayonnaise, do it first. Put all of the ingredients in a tall-sided jug or jar in which the head of your stick blender fits fairly snugly. Push the stick blender all the way to the bottom of the jug so that it makes contact with the bottom. Blend at high speed until the bottom half of the mixture has transformed into mayonnaise. Without turning off the blender, gradually lift it, tilting from side to side, allowing each layer to turn into mayonnaise before raising it more. The mayonnaise is ready when it's thick and wobbly and there's no extra oil left at the top. Transfer to a jar, screw on the lid and chill until needed.

2. To boil the eggs so that the yolk is still a little soft in the centre: Use a drawing pin to make a hole in one end of each egg. Bring a medium-sized saucepan of water to a simmer, then gently lower in the eggs using a dessert spoon. Simmer for 6 ½ minutes (or 8 minutes if you prefer them more set), then drain and cool under cold running water for 5 minutes. Tap the eggs all over with a teaspoon to crack the shells, then use the teaspoon to help you peel the eggs by slipping it inside the shell.

3. Cut the eggs in half and arrange them cut-side down at two ends of a large platter. Spoon over a little mayonnaise to make a cloud effect. Arrange the salad vegetables in an arc between the eggs to form the rainbow.

4. To make the vinaigrette, put all the ingredients in a jar with a big pinch of salt. Screw the lid on tightly and shake vigorously to emulsify. Drizzle over the salad just before serving.









FAGIOLINI IN UMIDO

(FRENCH BEANS IN TOMATO SAUCE)

SEBASTIAN





INGREDIENTS

Serves 6-8 as a side dish

120 ml extra virgin olive oil

1 red onion, finely chopped

1 carrot, finely chopped

800 g French beans, topped and tailed

400 g canned tomatoes, chopped

This dish became the way that Seby would eat vegetables by the bowlful! The wonderful Giovanna from a special family farm in Tuscany would make them to accompany meatballs or roast lamb. The beans are also delicious served simply with a fried egg on top.

1. Put all of the ingredients in a saucepan and season generously with salt and pepper.
2. Cover and cook on a medium heat for 45 mins - 1 hour, stirring occasionally. You can add a splash of water at any point if the mixture gets too dry.
3. The beans are ready when they're soft.

STORAGE

Cool to room temperature, then keep in a sealed container in the fridge for up to 3 days.

FOOD WASTE TIP

This recipe is perfect if you grow your own beans and have a glut. It works really well with sliced runner beans too.



MEAT & FISH

LAMB KEBABS AND DHAL



MAYA

Maya's grandfather was from India, so as a family they eat a lot of Indian inspired dishes at home. This one is a family favourite, often cooked for Maya's uncle Rahul by Maya's grannie.

INGREDIENTS

Serves 4

For the kebabs:

400 g lamb neck fillet (2 medium), cut into large chunks

2 tbsp natural yoghurt

2 tbsp sunflower oil

2 tbsp lemon juice

1 tsp garam masala

1 tsp mustard powder (or from a jar)

1 tsp ground cumin

1 tsp ground coriander

1 tsp paprika

1 tsp chilli powder (optional)

For the dhal:

200 g dried red lentils

1 tsp ground coriander

75 g butter

1 tsp cumin seeds

For the Kebabs:

1. Put all the ingredients for the kebabs in a large bowl with ½ tsp salt and a good grind of black pepper. Stir well. If you have time, cover and chill for at least 30 minutes or up to 24 hours, giving it the occasional stir.
2. Preheat the grill to its highest setting. Thread the meat onto four kebab skewers, leaving a little space between each piece to help them cook evenly.
3. Arrange the kebabs in a single layer on a wire rack in a roasting tin. Cook under the grill for 7 minutes, or until nicely browned, then turn them over and cook for 5 minutes on the other side.
4. Eat straight away so they don't dry out.

For the Dhal:

1. Rinse the lentils, then put them in a small saucepan with the ground coriander, 500 ml of water and 15 g of the butter.
2. Bring to the boil, then reduce the heat and simmer gently for 20 minutes or until soft.
3. Mash the lentils and add a little more water if you prefer a runnier consistency.
4. Heat the remaining 60 g of butter in a small pan with the cumin seeds until sizzling fiercely. Pour the hot butter into the dhal, covering it with the saucepan lid as you do, as it may splutter. Season to taste and serve with the kebabs.



SIMPLE SALMON PARCELS

LEXI

INGREDIENTS

Serves 4

4 salmon fillets (approx. 120 g each)

For the marinade:

120 ml olive oil

3 tbsp lemon juice

1 clove garlic, crushed

1 tbsp flat leaf parsley, finely chopped

1 tsp fresh or dried thyme

Lexi was born in Juneau, Alaska. Her dad, Tim, was a prolific fisherman, so king and coho salmon were their staple protein. They would eat salmon for lunch and dinner, as traditional meats were expensive and hard to come by. Salmon is especially good cooked on the barbecue, but it can be wrapped in a parcel and oven baked all year round.

1. Mix the marinade ingredients together and season generously with salt and pepper.
2. Put the salmon fillets in a freezer bag, pour in the marinade, then seal well.
3. Leave to marinate in the fridge for at least 4 hours, or preferably overnight.
4. Preheat the oven to 220°C (200° fan) / 425F / gas 7. Wrap each salmon portion in greaseproof paper or foil to make a parcel. Bake for 10 minutes or until the parcel has puffed up.
5. Serve straight away, as the fish will carry on cooking in the steam inside the parcel and it's at its best when it's still a little bit pink in the centre.
6. Serve with salad in the summer, or with vegetables and mustard mashed potato in the winter.

STORAGE

Any leftovers can be stored in an air-tight container in the fridge for up to 2 days. Try flaking the salmon and mixing with a little mayonnaise to make a tasty sandwich filling.


CHUKCHI SEA
BROOKS RANGE
North Slope
Prudhoe Bay
Barrow
Wainwright
Point Hope
Kotzebue
Selawik
Bettles
Circle
Fairbanks
Nenana
Galena
Nome
Unalakleet
Gambell
St Lawrence Island
Denali
Anchorage
Palmer
Wasilla
Kenai
Seward
Homer
Valdez
Holy Cross
Hooper Bay
Bethel
Dillingham
Iliamna Lake
King Salmon
Kodiak
Kodiak Is
Nunivak Is
St Matthew Is
St Paul Is
St George Is
Unimak Is
Alaska Peninsula
Aleutian Range
Chignik
Shishaldin Volcano
2,857 m
Unalaska
Adak
BERING SEA
PACIFIC OCEAN
ISLANDS
ARCTIC CIRCLE
CANA
YUKO
TERR
© NATIONS ONLINE PR
160°W
170°W
180°
200
400
600
800 km
300
400
500 mi

THAI MINCED PORK WITH GREEN BEANS

BETHANY AND ROSALIE



INGREDIENTS

Serves 4

2 tbsp sunflower oil

1 small onion, finely chopped

400 g minced pork

2 cloves garlic, crushed

250 g fine green beans, cut into 5mm lengths

1 red chilli, finely chopped (or more to taste)

1-2 tbsp light soy sauce

a handful fresh coriander, chopped

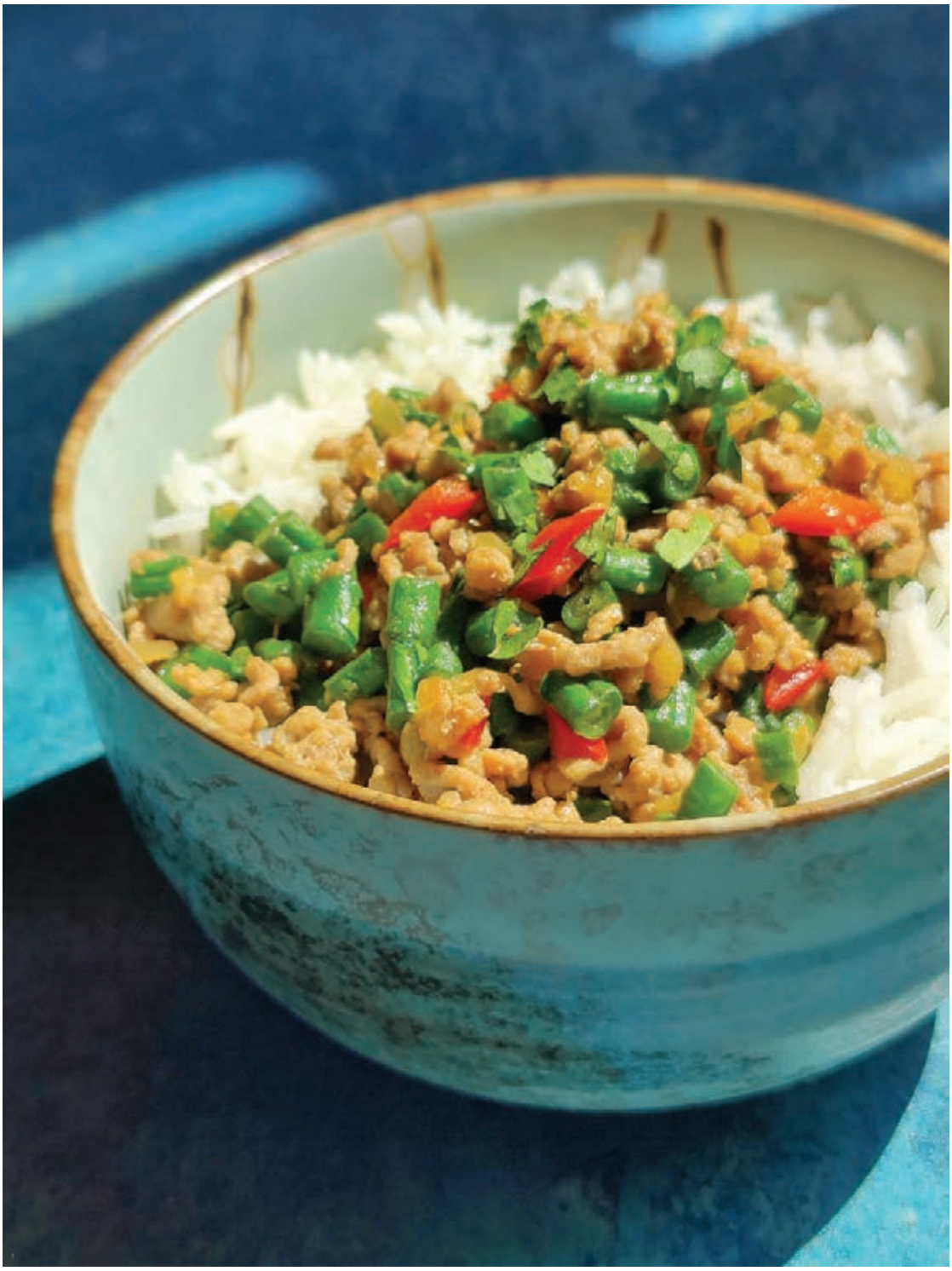
Thai jasmine rice, to serve

This is another delicious recipe from Bethany and Rosalie's Yai (which means "Grandma" in Thai). It's incredibly quick and simple to make and it only uses a handful of ingredients.

1. Heat the oil in a wok or large sauté pan over a medium heat.
2. Fry the onion for 3 minutes or until it softens a little. Add the minced pork and garlic and stir-fry for 3 minutes.
3. Add the green beans and chilli and stir-fry for 3 minutes, or until the beans lose their squeak. Season to taste with soy sauce, freshly ground white pepper and coriander.
4. Serve straight away with Thai jasmine rice.

FOOD WASTE TIP

If you cook more rice than you need, cool it quickly to room temperature, transfer to a sealed container and freeze for up to 3 months. Defrost thoroughly and reheat in the microwave within 24 hours. It's now thought that cooled, reheated rice is healthier for you, as it doesn't increase blood glucose levels as much.



VOVO'S FEIJOADA
(BRAZILIAN GRAN'S BLACK BEAN STEW)



RAFAEL AND MARTA

Feijoada is a Brazilian stew made with black beans, smoked sausage, beef and pork. It's cheap to make, easy to bulk-cook and freeze, but also really tasty – the children LOVE it! In Brazil it's a staple, usually covered with toasted cassava flour called farinha. If you shop in Tesco, look out for Carnati Bicaz, a type of smoked sausage near the cheeses.

INGREDIENTS

Serves 8

500 g black beans, soaked overnight

500 g smoked sausage, thickly sliced

500 g stewing beef, cubed

200 g bacon, diced (or use lardons or diced gammon)

2 x 400 g cans tomatoes, chopped

8 cloves garlic, chopped

2 bay leaves

For the salsa:

2 large ripe tomatoes, diced

1 red chilli, finely chopped (or more if you like it spicy)

3 spring onions, chopped

2 tbsp flat leaf parsley, finely chopped

1 tbsp red wine vinegar

3 tbsp olive oil

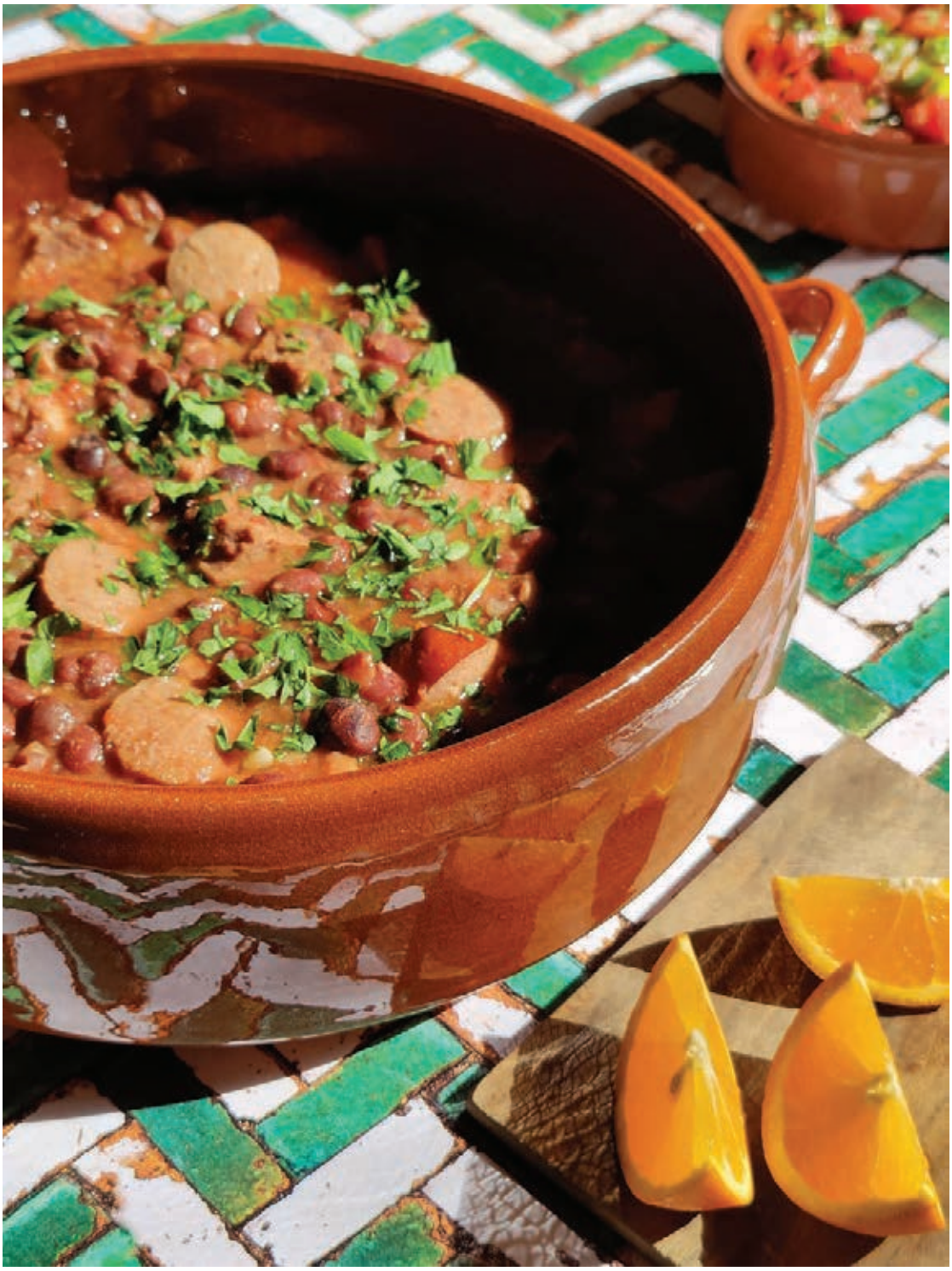
To serve:

steamed rice, orange wedges and sauteed greens

1. Put the beans and their soaking water in a slow cooker, adding a little more water if needed to cover. Cook on high for 3-4 hours or until tender, but still holding their shape. Alternatively, you can use a saucepan on the hob, or cook them in a pressure cooker for 1 hour.
2. Drain the beans. If using a slow cooker, return the beans to the pot, otherwise, use a very large saucepan. Add the smoked sausage, beef, bacon, chopped tomatoes, garlic and bay leaves. Season with black pepper, then add 600 ml of fresh water. Bring to the boil, then simmer gently for 1 hour or until the beans and meat are tender.
3. To make the salsa, stir all of the ingredients together and season with salt and pepper.
4. Serve the beans with rice and sauteed greens, and with the salsa and some orange wedges on the side.

STORAGE

Feijoada is best left to sit for a few hours before being reheated and served, and is thought to be even better on day-two and day-three. Store it in a sealed container in the fridge, or portion up and freeze for up to 6 months.



LIBYAN STUFFED PEPPERS

AWWAB AND SARAH



This is a traditional Libyan recipe, made for special lunches and served to guests alongside other dishes. You can use the same filling to stuff other vegetables: cabbage leaves, onions, tomatoes… anything goes!

INGREDIENTS

Makes 10 peppers

10 medium peppers (a mix of colours looks nice)

265 g concentrated tomato puree

300 g minced lamb

225 g long-grain rice (eg. basmati)

60 ml olive oil

2 medium onions, finely chopped

90 g flat-leaf parsley, finely chopped with thicker stalks removed

30 g fresh coriander, finely chopped with thicker stalks removed

2 tsp dried mint

1 tsp ground turmeric

½ tsp ground ginger

½ tsp ground cinnamon

½ tsp chilli powder

1 potato, peeled and cut into 1 cm slices

¼ tsp mixed spice

1. Cut the tops off the peppers and reserve, then discard the seeds from inside.
2. Set aside 1 tbsp of the tomato puree, then squeeze the rest into a large mixing bowl and add the minced meat, rice, olive oil, onion, herbs and all of the spices except for the mixed spice. Sprinkle over 1 tsp salt, then mix everything together thoroughly. Use the mixture to stuff the peppers, then pop their tops back on.
3. Choose a saucepan large enough to house all of the peppers in a snug single layer, then line the saucepan with potato slices. Mix the reserved tablespoon of tomato puree with ¼ tsp salt and the mixed spice. Stir in 235 ml boiling water and pour it over the potatoes, then pack in the peppers so that they stand upright.
4. Bring the pan to the boil, then cover with a lid, reduce the temperature to medium-low and simmer for 40 minutes. Check the water level halfway through to ensure it doesn't dry out.
5. Serve the peppers with the cooking liquid spooned over, or serve it separately with bread for dipping.

STORAGE

Allow any leftovers to cool to room temperature before storing in the fridge or freezer. Reheat in the microwave.

VARIATIONS

You can replace the minced lamb with minced beef or finely chopped chicken. Alternatively, make the dish vegetarian by using Quorn mince or finely chopped mushrooms.

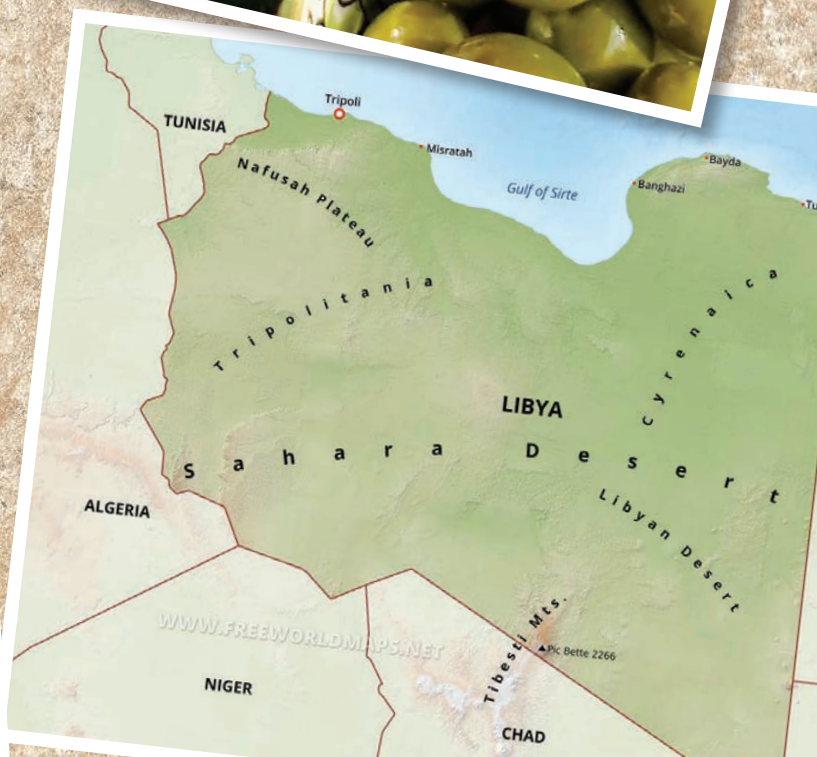
Stuffed peppers (Makes 10)

Ingredients:

300 gm mince meat
1 cup of basmati rice (any type of rice can be
2 medium brown onions
~~200~~ 250 gms tomato puree (1 tube + 1 larg
3 bunches of parsley (I used Aldi's)
1 bunch of corriander (also Aldi's)
60 mls oil (sunflower / olive / vegetable)
2 tsp dried mint
1 tsp turmeric
½ tsp ginger
½ tsp cinnamon
1 tsp salt
½ tsp chilli powder
10 peppers.

*Additional in
1 potato
1 tbsp tom
¼ tsp
¼ tsp
1 cup





TAKEAWAY-STYLE CURRY SAUCE BASE

BOW

INGREDIENTS

Makes 1 litre, enough for 10 - 15 portions of curry

125 ml sunflower oil

800 g onions (about 4 large), peeled and sliced

75 g garlic (about 2 small bulbs), peeled and sliced

50 g fresh root ginger (no need to peel), roughly chopped

1 cinnamon stick, broken in half

2 bay leaves

10 cloves

1 tbsp cumin seeds

1 tbsp coriander seeds

600 g tomatoes (about 4 large or 8 medium), diced

2 tbsp ghee

2 tsp turmeric

2-5 tsp chilli powder (depending on how spicy you like it)

2 tbsp garam masala

This is the sort of base sauce used in curry houses across Britain to create a range of classic takeaway favourites. It takes a bit of time to peel, slice and caramelise the onions, but if you keep a batch in the fridge, a restaurant-worthy curry is always only a few minutes away!

1. Heat the oil in a large sauté pan or very wide saucepan. Fry the onions, garlic, ginger, cinnamon, bay, cloves and cumin seeds over a medium-low heat for 30 – 40 minutes, or until the onions are really soft and golden brown, stirring occasionally.
2. Add the tomatoes and 1 tsp salt, cover with a lid and simmer for 15 minutes. Remove the lid, stir well and cook for a further 5 minutes.
3. Meanwhile, heat the ghee in a small frying pan and gently fry the powdered spices for 5 minutes. If they start to stick, add a small splash of cold water, ensuring they don't burn and turn bitter.
4. When the onion and tomato mix has cooked down to a pulp, remove the cinnamon stick, bay leaf and cloves, and scrape the mixture into a blender. Add the spiced ghee, then blend until smooth.

To turn the sauce base into a curry:
Fry your choice of meat, seafood or vegetables in oil or ghee in a sauté pan. Add 65 – 100 g of sauce base per portion and cook until bubbling. Lengthen the sauce with a little water, stock, cream or coconut milk and add spinach, coriander and fresh sliced chillies at the end to taste.

STORAGE

Store the cooled sauce base in a sealed container in the fridge for 10 days, or portion up and freeze.


Curry
Sauce
Base

VIENNESE PORK SCHNITZEL WITH SALADS

BETHANY AND ROSALIE



INGREDIENTS

Serves 4

The children's grandmother learnt this recipe from her Viennese mother-in-law, their great grandmother. It is a family favourite, always cooked for their Opa on his birthday, and it always goes down a treat!

For the Austrian potato salad:

1kg waxy salad potatoes (eg. Charlotte)

1 small white onion, finely chopped

3-4 tbsp fresh parsley, chopped

For the Austrian cucumber salad:

1 cucumber

2 cloves garlic, crushed

For the dressing:

6 tbsp white wine vinegar

1 ½ tsp caster or granulated sugar

8 tbsp sunflower oil

To make the salads:

1. Boil the potatoes whole for 15 minutes or until a skewer will slide in easily. Drain and leave to cool.
2. While the potatoes are cooking and cooling, use a mandolin or the slicing section of a cheese grater to very thinly slice the cucumber. Season with salt and leave to stand for 30 minutes.
3. To make the dressing, put the vinegar, sugar and a generous seasoning of salt and pepper in a bowl and stir until completely dissolved. Whisk in the oil, then set aside.
4. When the potatoes are cool enough to handle, peel off the skins and cut into 5mm slices. Put three quarters of the dressing in a serving bowl and stir in the onion and parsley. Add the potatoes and mix gently together.
5. Squeeze out any excess juice from the sliced cucumber, then toss with the crushed garlic and the rest of the dressing.

STORAGE

Store any leftover salads in the fridge and use the next day.



For the Viennese pork schnitzel:

4 large pork medallions, from the fillet or loin

2 medium eggs

35 ml milk

5 tbsp plain flour

120 g dry white breadcrumbs

4 tbsp sunflower oil

lemon wedges and cranberry sauce, to serve (optional)

To make the schnitzel:

1. Put the first piece of pork in a freezer bag and bash it to an even thickness with a tenderising mallet or rolling pin. Repeat with the other pieces of pork, then make a few incisions around the edge of each piece with a pair of scissors.
2. Lightly beat the eggs with the milk in a wide bowl, seasoning with salt and white pepper. Put the flour and breadcrumbs in two separate wide bowls.
3. Coat the pork all over with flour and shake off any excess. Dip in the egg mixture, then coat in breadcrumbs.
4. The pork must be cooked in a single layer, so fry it in two batches or use two frying pans if you prefer. Heat the oil over a medium heat. Test by dropping in a few breadcrumbs – they should sizzle gently immediately, but not burn.
5. Fry the pork for 3 minutes on each side, or until lightly golden brown. Serve with the two salads, and garnish with lemon and cranberry sauce if you prefer.

CREAMY CARBONARA

CHARLOTTE



INGREDIENTS

Serves 4

350 g spaghetti (or use 75 g per child and 100 g per adult)

12 rashers pancetta or smoked bacon

200 ml double cream

2 medium eggs

a generous handful of freshly grated parmesan

This is a child-friendly take on an Italian classic. The addition of cream makes for a silky sauce that's less likely to scramble than using eggs alone.

1. Boil the spaghetti in salted water according to the packet instructions.
2. Meanwhile, mix the cream, eggs and parmesan in a bowl and season with black pepper (you probably won't need more salt as the bacon and parmesan are both salty).
3. Lay the bacon in a single layer in a cold frying pan. Set it over a medium-high heat and cook until it colours underneath. Turn it over and cook until starting to crisp, then take it out of the pan and lay it on a sheet of kitchen paper.
4. Pop a couple of spoonfuls of pasta water in the frying pan to clean the bottom, and add the bacony water to the cream mixture. Chop or snip the bacon into small pieces.
5. Drain the spaghetti when cooked, then put it back in the empty saucepan. Add the sauce and bacon to the spaghetti and mix over a medium-low heat until it thickens slightly (but stop before the eggs scramble!).
6. Transfer to warm bowls and grate over a little extra parmesan if you like.

MACEDONIAN CHICKEN AND RICE

BEN



INGREDIENTS

Serves 4

2 chicken leg quarters

300 g short grain rice

This is a really easy recipe handed down in Ben's mum's Macedonian family that all the children love. It's traditionally made with Macedonian Kochanski rice, but you can use risotto rice, paella rice or sushi rice instead.

1. Put the chicken quarters in a saucepan in which they fit fairly snugly in a single layer. Add enough water to cover, then simmer gently for 30 minutes.
2. Preheat the oven to 180°C (160° fan) / 350F / gas 4.
3. Put the rice in a baking dish and pour over enough of the chicken cooking liquor to fully cover the rice (top up with water if needed). Season generously with salt and stir well. Arrange the chicken legs on top, skin side up, and sprinkle with a little more salt.
4. Cover the dish with foil and bake for 30 minutes.
5. Remove the foil, add a little bit more of the cooking liquor if if it has all been absorbed, and bake uncovered for another 15 minutes. Serve with salads on the side.

FOOD WASTE TIP

If you roast a chicken and only eat the white meat, save the leg quarters in the fridge for this dish. As they're pre-cooked, you can add them directly to the rice from the fridge, just increase the baking time to 40 minutes and use chicken stock to cover the rice.

GOLABKI
(POLISH CABBAGE PARCELS)

TILLY

INGREDIENTS

Serves up to 10

1 large or 2 small cabbages

2 tbsp oil or lard

2 onions, finely chopped

3 cloves garlic, finely chopped

2 x 400 g cans chopped tomatoes

½ tsp caster sugar

1 tbsp double cream

300 g minced pork

300 g minced beef

360 g cooked rice (made from approx. 180 g raw rice)

1 medium or large egg, lightly beaten

1 handful fresh dill, finely chopped

1 handful fresh flat-leaf parsley, finely chopped

mashed potato, bread or rice, to serve

This is Tilly's great grandmother Bronislawa's recipe. Tilly's mum cooks it on special occasions, or whenever they miss Poland. Golabki means "little doves" in Polish.

1. Remove the tough core of the cabbage with a sharp knife, then boil the cabbage whole for 20 minutes. Leave to cool.
2. Meanwhile, make the sauce. Heat the oil or lard in a large frying pan or sauté pan and fry half of the onions and garlic over a medium heat for 15 minutes, or until soft and golden. Add the chopped tomatoes and simmer gently for 10 minutes. Stir in the sugar and cream and season with salt and pepper. Take the pan off the heat and set aside.
3. Put the minced pork and beef in a large mixing bowl with the rest of the chopped onion and garlic, the cooked rice, beaten egg and the herbs. Use your hands to thoroughly combine.
4. Separate the cooled cabbage into individual leaves. Add a heaped dessertspoon of the meat mixture to each leaf, then roll up, tucking the edges in as you go.
5. Spoon half of the tomato sauce to a big saucepan, then pack in the cabbage parcels. Pour over the rest of the sauce, topping up with water if the sauce doesn't completely cover the golabki.
6. Cook over a medium-low heat for 45 minutes or until the golabki are piping hot in the centre. Leave to rest for between 30 minutes and 1 hour, then serve with mashed potato, rice or bread.

STORAGE

Cool leftovers to room temperature, then store in the fridge and reheat fully the next day. The golabki can also be frozen – defrost fully before reheating in the microwave.











SECRET SQUIRREL PASTA SAUCE

LEXI

INGREDIENTS

Serves 6 - 8

1 onion (any colour)

1 carrot

1 celery stick

1 red pepper

1 green pepper

1 courgette

6 chestnut mushrooms

2-3 tbsp olive oil

1 clove garlic, crushed

2 tbsp mild paprika

2 tbsp tomato puree

500 g minced beef

400 g canned chopped tomatoes

2 tsp dried mixed herbs

pasta and grated cheese, to serve

This is one of Lexi's favourite meals and a real crowd pleaser for a family-style dinner with cousins and friends. The hidden vegetables sneak extra fibre and vitamins into a bolognese-style sauce without the children noticing!

1. Finely chop the vegetables or pop them all in a food processor and pulse until finely chopped.
2. Heat the oil in a sauté pan or very large frying pan, then add all of the vegetables and the garlic. Cook over a medium heat, stirring occasionally, for 15 minutes or until the vegetables are soft and any liquid that comes out of them has evaporated.
3. Stir in the paprika and tomato puree, then add the beef. Turn the heat up to med-high and cook until the meat has turned from pink to brown. This should take around 10 minutes.
4. Add the chopped tomatoes, then half-fill the can with water, swirl it around and add it to the pan. Add the dried herbs, season with salt and pepper and stir well.
5. Reduce the heat and let the sauce simmer gently for around 30 minutes before checking and adjusting the seasoning.
6. Serve with pasta and top with grated cheese.

STORAGE

Store any leftover sauce in an air-tight container in the fridge for up to 3 days or portion into reusable pots and freeze for later. You can turn any leftovers into cottage pie by topping with mashed potato and grated cheese, or add kidney beans plus some chilli flakes to make a veg-packed chilli con carne.

FOOD WASTE TIP

This recipe is fantastic for using up any veggies that are on their last legs – use whatever you have in the fridge!


POLPA

GRANDMA'S YUMMY TUNA PASTA

TOBY



Toby's grandma designed this pasta dish for him when he was little and it's still his favourite. You can use sweetcorn or peas in place of spinach in the sauce, or serve them on the side with your favourite salad vegetables. You can also add a small squirt of ketchup to the sauce for a sweeter flavour.

INGREDIENTS

Serves 4

300 g – 400 g dried pasta (75 g per child or 100 g per adult)

400 ml milk

15 g butter

1 tbsp cornflour, mixed to a paste with 1 tbsp cold water

125 g mature or extra mature cheddar cheese, grated

145 g canned tuna chunks in spring water (100 g when drained)

2 blocks frozen chopped spinach, defrosted (optional)

1 tbsp ketchup (optional)

sweetcorn, peas and salad vegetables, to serve

1. Boil the pasta in salted water, according to the packet instructions.
2. Meanwhile, heat the milk in a saucepan with the butter and a generous grind of black pepper. When it starts to boil, add the cornflour paste and stir until it thickens.
3. Add the grated cheese and stir to melt, then stir in the tuna and spinach. When the sauce starts to simmer, taste and adjust the seasoning with salt and pepper, or a squirt of ketchup if you prefer.
4. Drain the pasta and toss with the sauce. Divide between four bowls and serve with sweetcorn and peas on the side.

STORAGE

If you make more sauce than you need, freeze it in single-serving containers. It can be defrosted and reheated easily in the microwave.

FOOD WASTE TIP

Frozen spinach is a great product to keep in the freezer. It retains its nutrients really well, takes up less space than the equivalent amount of fresh leaves and it's ready whenever you want to boost a dish with fibre and iron.



CHICKEN AND EGG DONBURI

LUCAS

INGREDIENTS

Serves 4

300 g sushi rice

1 large or 3 small onions, thinly sliced

250 ml dashi

3 tbsp mirin

3 tbsp light soy sauce

500 g chicken breast or boneless thighs, cut into bite-sized pieces

6 medium eggs

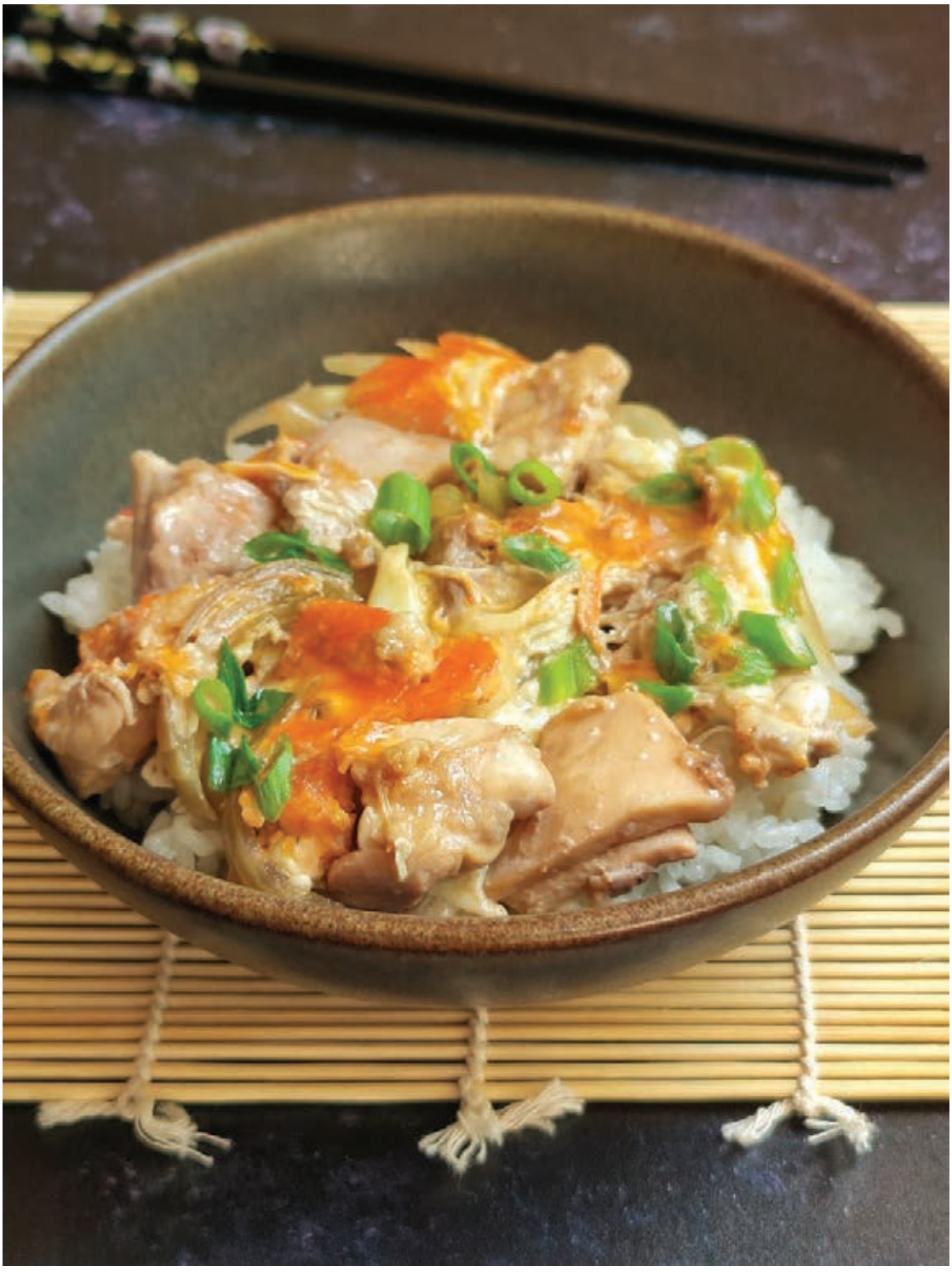
a handful spring onion greens, chopped (optional)

Lucas discovered donburi (bowl of rice) on holiday in Japan and loved it, so his mum hunted down and adapted a recipe that they could make easily in the UK. Dashi is a stock made from seaweed and dried fish. You can buy it in liquid or powdered form in Asian shops and some supermarkets, but you can replace with chicken stock if you prefer.

1. Wash the sushi rice in several changes of cold water, then drain well. Transfer the rice to a saucepan, add 360 ml of water, then cover and bring to the boil.
2. Reduce the heat to its lowest setting and simmer for 20 minutes, then take the pan off the heat and keep it covered until the rest of the meal is ready.
3. To avoid overcrowding the ingredients, use two frying pans that are around 25 cm / 10-inches in diameter to cook the chicken and eggs. Divide the onion between the two pans and spread it out. Mix the dashi with the mirin and soy sauce and pour it over the onions.
4. Set the frying pans over a medium heat and bring them to a simmer. Scatter over the chicken and simmer for 4 minutes, then turn the pieces over and cook for 2 minutes.
5. Meanwhile, break the eggs into a jug and use a knife to cut the yolks a few times – you should still be able to see distinct patches of yolk and white. Sprinkle over the spring onion if using, then drizzle the eggs across the pans in a thin stream. Cover the pans and cook for 2 minutes or until the egg is set to your liking.
6. Serve on top of the rice in four warm bowls.

FOOD WASTE TIP

Taking a cool bag with you when you go shopping will ensure that short shelf-life foods like raw chicken stay fresh right up to their use-by date. Just remember to clean the bag regularly. You can also freeze a product right up until its use-by date.



THAI PORK AND PRAWN TOASTS WITH CUCUMBER SALAD

BETHANY AND ROSALIE

This recipe has been passed down to Bethany and Rosalie through their grandmother's side of the family. It is a true family favourite that always leaves plates empty! The cucumber salad makes a wonderful accompaniment to other Thai dishes, including satay chicken and barbecued pork.

INGREDIENTS

Makes 16 toasts

150 g minced pork

150 g cooked prawns, chopped

½ small white onion (about 30 g), finely chopped

1 clove garlic, crushed

a handful fresh coriander, finely chopped

1 egg white

4 slices stale white bread

1 tbsp sunflower oil

For the cucumber salad:

2 tbsp caster sugar

1 tbsp white wine vinegar

½ cucumber, quartered lengthways, then thinly sliced

3 shallots, thinly sliced

1 red chilli (optional), sliced

2 tbsp fresh coriander, chopped

1. First make the cucumber salad. Dissolve the sugar and 1 tsp salt in 2 tbsp hot water, then stir in the vinegar. Toss with the cucumber, shallots, chilli and coriander, then chill until needed.
2. Put the minced pork, prawns, onion, coriander and egg white in a mixing bowl. Season with salt and freshly ground white pepper, then add 1 tsp cold water and mix well.
3. Spread the mixture onto the bread slices, then cut each slice into four triangles, removing the crusts if you prefer (these are great for breadcrumbs - see page 115).
4. Heat the oil in a large frying pan, set over a medium heat. Cook the triangles meat-side-down for a few minutes or until browned and cooked through. Turn them over and fry the bread until golden and crisp.
5. Transfer the toasts to a double layer of kitchen paper to absorb any excess oil, then serve with the cucumber salad.

FOOD WASTE TIP

This dish is one of the loveliest things you can make with a slice of stale bread! If you find the bread has gone stale and you're not able to make the dish that day, put the bread in a sealed bag and freeze it until you're ready.




CHINA
MYANMAR (BURMA)
LAOS
VIETNAM
THAILAND
Bangkok
CAMBODIA
Gulf of Thailand
Andaman Sea
BRUNEI







SWEET AND SOUR CHICKEN

MRS NAYLOR – OUT OF SCHOOL CLUB LEADER



INGREDIENTS

Serves 4-6

1 tbsp sunflower oil

1 red onion, chopped

2 mixed peppers, cubed

1 tbsp fresh root ginger, finely chopped

250 ml chicken stock

2 tbsp light soy sauce

1 tbsp light brown sugar

2 tbsp balsamic vinegar

2 tsp tomato puree

400 g tin pineapple chunks in juice

350 g cooked chicken, cut into bite-sized pieces

200 g tin sweetcorn, drained

2 tsp cornflour

egg noodles, to serve

This dish was a favourite with the children in Mrs Naylor's after-school cooking club. You can also serve it with rice in place of the noodles.

1. Heat the oil in a large wok or sauté pan. Add the onion and peppers and stir-fry over a high heat until softened and starting to colour at the edges.
2. Add the ginger and cook for 1 minute, then add the stock, soy sauce, sugar, vinegar, tomato puree and the pineapple chunks with their juice.
3. Stir well, then add the chicken and sweetcorn and simmer until the chicken is fully reheated.
4. Mix the cornflour with 1 tbsp of cold water. Stir it into the simmering sauce, then continue to stir until it thickens.
5. Serve straight away with egg noodles.

FOOD WASTE TIP

This dish is a good way of using up leftover roast chicken. It's easiest to strip the meat from the carcass while it's still warm, then store in a sealed container in the fridge for up to 2 days.

CHORIZO AND BEAN STEW

AMBER



INGREDIENTS

Serves 4

125 g chorizo (about half a ring), sliced

1 red onion, finely chopped

2 cloves garlic, crushed

1 red chilli, deseeded and finely chopped

15 g fresh thyme, leaves chopped

400 g canned chickpeas, drained

400 g canned mixed beans in chilli sauce

400 g canned tomatoes, chopped

200 ml chicken stock

Amber's mum found this recipe in a supermarket magazine years ago, and it's been a firm family favourite ever since.

1. Fry the chorizo in a large saucepan or sauté pan until crisp, then remove with a slotted spoon, leaving its oil in the pan. Set aside.
2. Fry the onion, garlic and chilli in the chorizo oil for 5 minutes.
3. Add the thyme, chickpeas and beans to the pan, return the chorizo and cook for 2 minutes.
4. Stir in the tomatoes and chicken stock and simmer for 5 minutes, stirring occasionally.
5. Ladle into mugs or bowls and serve with crusty bread.

CHILLI CON CARNE ESPECIAL

ESTHER

The original version of this dish came from DK's Complete Children's Cookbook, but over the years, Ester has boosted the flavour with marmite, ketchup and cheese. Serve with rice, salsa and lots of corn chips.

INGREDIENTS

Serves 4

1 large onion, chopped

250 g minced beef or Quorn mince

1 heaped tsp marmite

1 heaped tbsp ketchup

1 clove garlic, finely chopped

1 mild green chilli, deseeded and finely chopped

1 tsp smoked paprika

¼ tsp chilli powder (optional)

400 g canned kidney beans, drained

1 bay leaf

400 g canned tomatoes, chopped

¼ tsp dried oregano

50 g mature cheddar, grated

1. Heat a frying pan, then add the mince and onions and cook, stirring occasionally, for 10 minutes or until the onions have softened and the meat is starting to colour.
2. Add the marmite, ketchup, garlic, chilli and paprika and cook for 5 minutes, stirring regularly. Add the kidney beans and bay leaf and fry for 2 minutes.
3. Pour in the tomatoes, then half-fill the can with water, give it a swirl and add the liquid to the sauce. Stir well, then bring to the boil. Season with black pepper, reduce the heat to low and simmer for 20 minutes.
4. Stir in the cheese and simmer for another 20 minutes, stirring occasionally.
5. Remove the bay leaf and serve with your favourite Mexican accompaniments.

STORAGE

Cool any leftovers to room temperature, then store in the fridge for up to 3 days.

FOOD WASTE TIP

This recipe works really well as a batch cook to save time and energy costs. Double the quantities and freeze the rest in a sealed container for your next Mexican feast. Cook once, eat twice! Don't forget to label the container with the contents and date.



JERK CHICKEN

BOW



INGREDIENTS

Serves up to 12 as part of a barbecue

8-12 chicken thighs, on the bone with skin left on

1 tbsp fine sea salt

1 small onion, chopped

3 spring onions, chopped

1 tbsp root ginger, chopped

4 cloves garlic, chopped

4 scotch bonnet chillies, seeded and chopped (or use fewer mild red chillies if cooking for children)

1 tbsp thyme leaves, stems removed

4 tbsp fresh lime juice

3 tbsp olive oil

2 tbsp light soy sauce

1 tbsp dark brown sugar

2 tsp ground allspice

2 tsp black pepper, freshly ground

¾ tsp nutmeg, freshly grated

½ tsp ground cinnamon

This recipe is great for summer barbecues and you can customise the amount of chilli-heat to suit your guests.

1. Rub the chicken thighs with salt and set aside while you make the jerk marinade.
2. Put all of the remaining ingredients in a food processor and blend to a smooth paste.
3. Scrape the paste into a large sandwich bag, then add the chicken and massage it all around to coat.
4. Seal up the bag then transfer the chicken to the fridge and leave to marinate for 4 hours or overnight.
5. The jerk chicken is best cooked slowly over a barbeque, turning regularly until it's cooked all the way through – about 35 minutes. You know it's ready when the juices run clear or when the centre reaches 74°C on a food thermometer.
6. Alternatively, you can bake the chicken in the oven at 190°C (170° fan) / 375F / gas 5 for 45 minutes.

STORAGE

Chill any leftovers as soon as possible after cooking. Try shredding the chicken off the bone and making it into a colourful salad the next day with red pepper, avocado, mango and red onion and a simple dressing of lime juice, salt and olive oil.



BAKING

FLATBREAD WRAPS

MOLLY AND REUBEN

Molly and Reuben's dad makes a big stack of flatbreads every Sunday, ready for the week ahead. They make the best lunchbox wraps and don't contain any of the emulsifiers, preservatives and palm oils found in supermarket versions. Store them in the freezer and they'll defrost in the time it takes to make the rest of the packed lunch. If you have a bread machine or a stand mixer with a dough hook, you'll save yourself a bit of time, but the dough is easy to make by hand as well.

INGREDIENTS

Makes 12

500 g strong white bread flour

1 tsp easy bake (quick / fast action) yeast

1 tsp baking powder

80 g natural yoghurt

2 tbsp olive oil

1 tsp fine sea salt

wholemeal flour, for rolling out

1. Stir the flour, yeast and baking powder together in a large mixing bowl. Stir the yoghurt, olive oil and salt into 200 ml of warm water, then stir the liquid mixture into the flour. Bring it all together with your hands and knead on a lightly oiled worksurface for 5 minutes or until it forms a smooth, elastic dough.

2. Return the dough to the mixing bowl, cover with a dry tea towel and leave in a warm place for 1 hour or until doubled in size.

3. Divide the dough into twelve equal-sized pieces and shape into balls. Sprinkle a little wholemeal flour on one side of the worksurface, space out the dough balls and cover with a clean tea towel.

4. Heat a large heavy-based frying pan or Welsh bakestone (see page 82) over a medium-high heat on the hob.

5. Dust the worksurface with wholemeal flour and roll out the first dough ball as thin as you can – it should be around 22 cm in diameter. Transfer the flatbread to the preheated frying pan and cook without disturbing for 30 seconds or until the top blisters and it stops steaming. Turn it over with a palette knife or fish slice – the cooked side should be golden brown in places, so turn up the heat if you need to. Cook for another 30 seconds or until the underside has patches of brown. If the flatbread is thin enough, it may balloon in places too!

6. Transfer the hot flatbread to one half of a clean, dry tea towel and fold over the other half to enclose. This will trap the steam, ensuring the flatbreads stay soft and pliable as they cool.

7. Repeat with the remaining doughballs, layering the finished ones on top of each other inside the tea towel, tucking the edges in carefully each time.

8. You can serve the flatbreads straight away while still warm, or leave to cool completely in the tea towel before storing.

STORAGE

When the flatbreads are completely cool, remove the tea towel and transfer the whole stack to a large zip-lock freezer bag. Seal well, then freeze as flat as possible. Single flatbreads should detach easily from the pack – spread them out on a chopping board to defrost for a few minutes while you have a cup of tea, then add your favourite wrap fillings and roll up.

ALTERNATIVE USES

Serve them while they're hot in place of flour tortillas, naan bread or pita bread. You can also use them as a pre-cooked base when you need to rustle up a speedy pizza or quesadilla.





GOAT'S CHEESE AND CARAMELISED ONION TARTS

MADDY AND TOM



INGREDIENTS

Makes 24 mini tarts

320 g ready-rolled puff pastry sheet (approx. 35 cm x 23 cm)

1 egg, lightly beaten

3-4 tbsp caramelised onion chutney

150 g goat's cheese





These are incredibly easy to make and taste delicious! Chavroux mini goat's cheese log is the perfect size for topping the pastry squares, but you can use any type of goat's cheese, cut or crumbled into small pieces.

1. Preheat your oven to 220°C (200° fan) / 425F / gas 7 and grease and line a large baking tray with greaseproof paper.
2. Cut the pastry lengthways into four strips, then cut each strip across into 6 pieces to make 24 squares.
3. Add about a third of a teaspoon of caramelized onion chutney to the centre of each square of pastry. Cut the goat's cheese into 24 slices and arrange on top of the pastry squares.
4. Bake for 10 minutes or until golden brown and crisp underneath, taking care not to burn the tops.
5. Best served warm, but also good at room temperature if you make them earlier in the day.

YORKSHIRE PUDDING

MAYA





INGREDIENTS

Serves 6

4 large eggs, plus one extra egg yolk

145 ml whole milk

225 g plain flour

1 tbsp sunflower oil

Maya's grannie has always made Yorkshire pudding using this recipe to go with her roast beef. Maya and her family love it so much that they have it most weekends. They also make small individual puddings in a muffin tray instead of one big one.

1. Whisk the eggs, extra egg yolk and milk with a big pinch of salt and pepper. Sieve over the flour, then whisk it in to make a batter the consistency of single cream, adding a splash of water if needed. Set aside.
2. Set the oven to 230°C (210° fan) / 450F / gas 8. Smear the oil around the inside of a large baking tin and put it in the oven to heat for 10 minutes.
3. Working quickly, take out the tin, pour in the batter and return it to the oven. Bake for 20 minutes without opening the oven door.
4. Serve immediately with your favourite roast dinner and plenty of gravy.

FOOD WASTE TIP

Leftover Yorkshire pudding is delicious served with a drizzle of golden syrup and some pouring cream or ice cream.

PERFECT PIZZA

IRIS

Iris's mum has perfected her pizza base recipe and cooking method over many years. She uses 00 flour, which lends the crust a chewier, more authentic texture.

INGREDIENTS

Makes 8 pizzas

For the bases:

1 kg type 00 pasta flour

1 tbsp fine sea salt

14 g yeast

4 tbsp olive oil

1 tbsp golden caster sugar

semolina flour, for rolling out

For the toppings:

2 tbsp olive oil, plus extra for drizzling

2 cloves garlic, peeled and squashed but still whole

400 g canned tomatoes, chopped

250 g grated mozzarella

50 g parmesan, freshly grated

ham, olives, peppers, mushrooms, etc (optional)

1. Combine the flour and salt in a large bowl. Add the yeast, sugar and oil to 650 ml tepid water, then stir and leave for five minutes. Pour the liquid into the flour mixture and combine thoroughly. Knead for 10 minutes by hand, or use a free-standing mixer with a dough hook attachment. You can also make the dough in a bread machine.

2. Return the dough to a bowl, cover with a tea towel and leave in a warm place for 1-2 hours or until doubled in size.

3. Meanwhile, make the tomato sauce. Heat the oil in a sauté pan or large saucepan and fry the garlic cloves for a minute or two to flavour the oil. Remove and discard the garlic, then add the chopped tomatoes to the pan. Simmer for 10 minutes or until you can draw a trench across the bottom of the pan with a wooden spoon and it doesn't fill up with sauce. Season to taste with salt and pepper and leave to cool to room temperature.

4. Preheat the oven to 240°C (220° fan) / 475F / gas 9 and put a large baking tray or bakestone (see page 82) inside to heat up.

5. Divide the dough into eight equal pieces. Dust the worksurface lightly with semolina and roll out one piece of dough into a circle approx. 23 cm / 9-inches in diameter. Use a flat baking sheet, cake-lifter or the removable base of a large cake tin as a 'peel'. Dust the peel with a little more semolina, then lay the dough circle on top.

6. Spread a thin layer of tomato sauce over the base of the pizza and sprinkle with a handful of mozzarella. Grate over a little parmesan, add any other toppings of your choice, then season with black pepper and drizzle with a little olive oil.

7. Before you attempt to slide the pizza into the oven, check that it's not stuck to the peel by tipping it a little. If it is stuck, use a spatula to gently lift up the base of the pizza and dust underneath with more semolina.

3. Slide the pizza onto the hot baking tray or bakestone in the oven and bake for 10 minutes, or until the crust is puffy and golden and the toppings are bubbling in the centre. Repeat to make as many pizzas as you need.

STORAGE

You can freeze any pieces of dough that you don't intend to use that day. Portion after kneading and store in separate sealed containers in the freezer. Leave to defrost in the fridge overnight or at room temperature for at least 4 hours. They're ready to use when they've doubled in size.

VARIATIONS

To make pizza bianca, swap the tomato sauce for a thin layer of crème fraîche. It works really well with mushrooms, lardons and fresh thyme leaves.



CHOCOLATE, BEETROOT AND RASPBERRY MUFFINS

MOLLY AND REUBEN

INGREDIENTS

Makes 12

175 g dark muscovado sugar

2 medium eggs

150 ml sunflower oil

1 tsp vanilla extract

150 g wholemeal spelt flour

50 g unsweetened cocoa powder

3 tsp baking powder

25 g freeze-dried raspberry powder

200 g raw beetroot; peeled and coarsely grated

Grated vegetables give cakes a lovely moist texture and also add a healthy dose of fibre. Carrot cake is the best-known example, but beetroot also works really well, especially when paired with rich chocolate and fruity raspberry. This was the recipe that launched Celebrate Taste, Reduce Waste, when Susie Carter, project lead (and mum of Molly and Reuben), screened the recipe video in assembly and made a mini version for every child in the school.

1. Preheat the oven to 180°C (160° fan) / 350F / gas 4 and line a muffin tin with 12 paper cases.
2. Whisk together the sugar, eggs, oil and vanilla extract with an electric whisk for 3 minutes or until thick.
3. Mix together the flour, cocoa, baking powder and half of the raspberry powder with a pinch of salt, then fold it into the egg mixture, followed by the beetroot.
4. Spoon the mixture into the cake cases and bake for 20 minutes, or until a skewer inserted in the centre comes out clean.
5. Transfer the muffins to a wire rack and leave to cool completely, before dusting with the rest of the raspberry powder.

STORAGE

Keep in an air-tight container for up to 5 days.



PICE AR Y MAEN (WELSH CAKES)

POPPY

This recipe has been passed down through the generations and has been given to Poppy by her Pops. He was always presented with a tin of Welsh cakes for the drive home from his Nana's house, but says there were never many left by the time they got home! Years ago, every Welsh kitchen would have had a bakestone. It was a heavy circle of steel, at least 1 cm thick, that would be heated on the hob. They're still a great addition to any kitchen, as you can use them to make pizzas (see page 78) and flatbreads (see page 74), but you can also use a heavy-based frying pan, flat griddle or crepe pan for this recipe.

INGREDIENTS

Makes around 22

225 g plain flour

½ tsp baking powder

a pinch of nutmeg

55 g butter

55 g lard

85 g caster sugar

100 g raisins

1 large egg

2-3 tbsp milk

1. Mix together the flour, baking powder, nutmeg and a pinch of salt in a large bowl. Rub in the butter and the lard with your fingertips until the mixture looks like breadcrumbs, then stir in the sugar and raisins.
2. Lightly beat the eggs with 2 tbsp of milk, then work it into the mixture to make a fairly stiff dough, adding the rest of the milk if needed.
3. Lightly grease a bakestone or large frying pan and set it over a low heat on the hob.
4. Dust a clean worksurface with flour and roll out the dough until it is 1 cm thick. Cut out 6 cm circles with a cookie cutter, rerolling the trimmings to make as many cakes as possible.
5. Use the first cake to test the heat of the pan. It should take about 3 minutes on each side to become golden brown on the outside and cook all the way through. Adjust the heat if you need to.
6. Cook the rest of the cakes in batches, ensuring there is a little space in between each one. Sprinkle with extra caster sugar and serve warm.

STORAGE

Store in an air-tight tin for up to a week, layered between sheets of greaseproof paper.

VARIATIONS

This recipe is a very traditional version from centuries past, but modern Welsh cooks like to experiment. Try using chocolate chips or glacé cherries instead of the raisins, or add additional spices to the nutmeg.








HOLY ISLAND
ANGLESEY
Caernarfon Bay
Llŷn Peninsula
Tremadog Bay
Snowdon 1085 m
Moel Wnion
Moel Siabod 872 m
Allt Mwyddyn 906 m
SNOWDONIA NATIONAL PARK
BARDSEY ISLAND
IRELAND
Cardigan Bay
WALES
ENGLAND
Beacon Hill 597 m
CAMBRIAN MOUNTAINS
St. George's Channel
Teifi
Pen y Fan 886 m
BRECON BEACONS NATIONAL PARK
Severn Road Bridge
PEMBROKESHIRE COAST NATIONAL PARK
St. Brides Bay
Carmarthen
52°



APPLE OAT BARS

IRIS



INGREDIENTS

Makes 16

90 g quick cook oats

90 g rolled porridge oats

75 g sultanas

1 ½ tsp ground cinnamon

1 tsp baking powder

200 g unsweetened apple puree

1 medium apple, grated with skin left on

30 g coconut oil or butter, melted

1 medium egg

1 tsp vanilla extract

1-2 tbsp maple syrup or honey

This is a moist and sweet sugar-free oat bar, ideal for lunchboxes or snacks. Iris's mum uses the Biona brand of apple puree which is available online or from health food shops, but you can also make your own when you have apples that are past their best.

1. Preheat the oven to 180°C (160° fan) / 350F / gas 4 and grease and line a 20 cm / 8-inch square cake tin with greaseproof paper or a reusable liner.
2. Mix the oats, sultanas, cinnamon and baking powder in a mixing bowl, then add the apple puree, grated apple, coconut oil, egg, vanilla extract and maple syrup. Stir well to combine.
3. Scrape the mixture into the prepared tin and level the surface with the back of the spoon. It should be around 2 cm thick.
4. Bake for 25 mins. It should be firm to the touch but not hard. Leave to cool completely, then slice into squares.

STORAGE

The bars can be stored in an air-tight tin for a day or two, but they also freeze really well. If you take one out of the freezer and put it in a lunchbox in the morning, it will defrost by lunchtime.

FOOD WASTE TIP

If you don't want to buy two types of oats, pulse another 90 g of rolled porridge oats in a food processor until finely chopped and use in place of the quick cook oats.



HOT CROSS BUNS

MOLLY AND REUBEN

Molly and Reuben's Nana trained as a baker when she was at college and she still has the magic touch with all kinds of bread making. Nana and Pop live in France, but they always bake hot cross buns with the children when they go to visit in the Easter holidays. They eat them for breakfast every day, with plenty of butter and sometimes a bit of Nana's lemon curd too.

INGREDIENTS

Makes 12 buns

575 g strong white flour, plus extra for dusting

75 g caster sugar

10 g fine sea salt

2 tsp mixed spice

1 tsp ground cinnamon

10 g easy blend dried yeast

45 g butter

250 ml whole milk

1 lemon, zest finely grated

1 large egg, lightly beaten

250 g mixed dried fruit (sultanas, currants, mixed peel, etc)

2 tbsp golden syrup

1. Set aside 75 g of flour to make the crosses and put the other 500 g in a large mixing bowl. Add the sugar, salt and spices and mix well, then add the yeast and mix again.
2. Put the butter, milk and lemon zest in a small saucepan and warm gently until the butter has just melted. Pour it into the flour and add the egg, then bring the mixture together with your hands. Add a splash more milk if the dough is too dry, or a touch more flour if it is too sticky.
3. Knead the dough on a lightly floured surface for 10 minutes or until smooth and elastic. Feel free to use a bread machine or a free-standing mixer fitted with a dough hook if you have one. Leave the dough to rest, covered with the mixing bowl, for 1–2 hours or until doubled in size.
4. Line a baking tray with greaseproof paper. Shape the dough into twelve buns and transfer to the baking tray, then cover with oiled clingfilm and leave to prove for 45 minutes or until doubled in size.
5. Preheat the oven to 220°C (200° fan) / 425F / gas 7.
6. Mix the reserved 75 g plain flour with just enough water to make a thick paste. Spoon it into a piping bag, then pipe a cross on top of each bun.
7. Bake for 18 minutes or until golden brown and cooked through. Brush with golden syrup as soon as they come out of the oven, then transfer to a wire rack and leave to cool.

FOOD WASTE TIP

If you don't manage to eat or freeze the buns the day they are made, slice them and toast in a toaster on the second or third day. If you still have some in the bread bin after that, turn them into bread and butter pudding!













AUNTY KATE'S CHOCOLATE BROWNIES

MADDY AND TOM



INGREDIENTS

Makes 9 big squares or 16 medium squares

100 g butter

125 g caster sugar

125 g demerara sugar

160 g self-raising flour

2 large eggs

25 g unsweetened cocoa powder

a splash of milk

Everyone has a chocolate brownie recipe, but this is one that has been known off by heart in the Daniels' family for around 25 years. Nieces and nephews often ask for Aunty Kate's brownies. Maddie and Tom have been making this recipe since they were babies, often ending up completely covered in chocolate!

1. Preheat the oven to 190°C (170° fan) / 375F / gas 5 and grease and line a 20 cm / 8" square cake tin with greaseproof paper.
2. Melt the butter in a medium sized saucepan, then take the pan off the heat and stir in both types of sugar.
3. Stir in half the flour, followed by one of the eggs. Add the remainder of the flour, the cocoa, the second egg and a splash of milk and mix well.
4. Scrape the mixture into the prepared tin and level the top.
5. Bake for 20 minutes or until the surface has set, but there's still a bit of a wobble to the centre, as they'll continue to cook as they cool.
6. Leave to cool completely before cutting into squares.

STORAGE

Store in an airtight container for up to 4 days. They are extra tasty after being kept in the fridge, but this isn't essential!



EASY TO REMEMBER SPONGE CAKE

LEXI



INGREDIENTS

Makes one 20 cm round cake or 6 large cupcakes

115 g butter, softened

115 g caster or brown sugar

115 g self-raising flour

2 medium eggs

This is the cake recipe that was taught to Lexi's mum by her grandmother. In old fashioned ounces, the recipe is 4 oz fat, 4 oz flour, 4 oz sugar and 2 eggs: 4-4-4-2! Another easy way to get the right ratio of ingredients is to weigh your eggs in their shells, then use the same weight for your butter, sugar and flour. Handy if you have eggs of different sizes.

1. Preheat the oven to 180°C (160° fan) / 350F / gas 4 and grease and line a 20 cm / 8-inch round cake tin, or line a cupcake tin with paper cases.
2. Beat the butter to loosen it, then beat in the sugar until creamy. Stir in the flour, followed by the eggs and mix until smooth.
3. Scrape the mixture into the prepared tin or cases and level the top. Bake for 20 minutes or until a skewer inserted in the centre comes out clean.

VARIATIONS

To make lemon cake, add the finely grated zest of a lemon. To make chocolate cake, replace 2 tbsp of the flour with 2 tbsp cocoa powder. You can also add raisins or chocolate chips to the mixture.

FOOD WASTE TIP

Try adding berries and chopped fruit that's a bit soft or bruised – once it's cooked you won't notice. Blueberries, blackberries and chopped apple all work well.

GREAT GRAN'S GINGERNUTS

IRIS AND ARLO



INGREDIENTS

Makes about 16

55 g butter

110 g golden syrup

225 g self-raising flour

1 ¼ tsp bicarbonate of soda

1 tbsp ground ginger

85 g demerara sugar

These are the favourite biscuits of Iris and Arlo's grandad, aka. "Grumps". Their great gran used to make them for him; a role now provided by their mum!

1. Preheat the oven to 190°C (170° fan) / 375F / gas 5 and line two large baking trays with greaseproof paper.
2. Put the butter and golden syrup in a small saucepan and heat gently until melted, stirring occasionally. Take the pan off the heat and stir in 2 tbsp water.
3. Sieve the flour, bicarb and ginger into a large mixing bowl and stir in the sugar. Make a well in the middle and pour in the syrup mixture, then bring it together into a pliable dough.
4. Roll the dough into walnut-sized balls and space them out on the prepared trays. Use a fork dipped in flour to flatten them a little.
5. Bake the biscuits for 10 minutes or until evenly browned. Leave to cool on the tray for 10 minutes, then transfer to a wire rack. Leave to cool completely before storing in an air-tight tin.

FOOD WASTE TIP

They keep for up to a week in a tin, but in the unlikely event that you have any unwanted biscuits leftover, you can turn them into the chocolate, cherry and ginger tiffin on page 104!

FRUIT GINGERBREAD

LEXI



INGREDIENTS

Makes 1 loaf

350 g self-raising flour

1 tsp ground ginger

1 tsp mixed spice

115 g margarine (or use softened butter)

175 g sugar (caster, granulated or soft brown are fine)

2 tbsp black treacle

1 large egg

150 ml milk

75 g sultanas (or a mix of raisins, currants and mixed peel)

Lexi's great granny contributed this recipe to a charity cookbook in 1976 to raise funds for her local church in Suffolk. It brings back lots of memories for the family, as there was always a loaf of fruit gingerbread in Granny's cake tin.

1. Preheat the oven to 180°C (160° fan) / 350F / gas 4 and line a loaf tin with greaseproof paper or a paper case.
2. Mix the flour with the spices and set aside. Cream the margarine and sugar together, then stir in the treacle. Beat the egg with the milk in a jug, then add to the creamed mixture a little at a time, alternating with the spiced flour.
3. Fold in the dried fruit, then scrape the mixture into the prepared loaf tin and smooth the top.
4. Bake for 45 minutes, then check by inserting a skewer into the centre. If it comes out clean, the cake is ready; if not, bake for another 15 minutes and check again. Leave to cool on a wire rack before slicing.

STORAGE

Keeps well in an airtight tin for up to 4 days.



OIL-BASED CHOCOLATE CAKE

AMBER AND HOLLY



INGREDIENTS

Serves 12 – 16

175 g plain flour

2 tbsp unsweetened cocoa powder

1 tsp baking powder

1 tsp bicarbonate of soda

140 g caster sugar

2 tbsp golden syrup

2 large eggs, lightly beaten

150 ml flavourless vegetable oil (eg. sunflower)

150 ml milk

To decorate:

225 g salted butter, at room temperature

425 g icing sugar

45 g unsweetened cocoa powder

45 ml double cream, at room temperature

2 tsp vanilla extract

chocolate buttons, etc, to decorate

This recipe was passed down to Amber and Holly by their great-grandma and has been used to make family birthday cakes for generations. It's a great chocolate cake recipe!

1. Preheat the oven to 170°C (150° fan) / 325F / gas 3 and grease and line two 20 cm / 8-inch round cake tins with greaseproof paper.
2. Sift the flour, cocoa powder, baking powder, bicarbonate of soda and sugar into a large mixing bowl.
3. Pour the golden syrup, eggs, vegetable oil and milk into the mixture and stir until thoroughly blended.
4. Divide the mixture evenly between the two cake tins and bake for 30 minutes, or until the cakes spring back when gently pressed and a skewer inserted in the centre comes out clean. Transfer to a wire rack and leave to cool completely.
5. To make the buttercream, beat the butter with an electric whisk until it lightens in colour. Add the icing sugar, cocoa powder, cream and vanilla extract. Whisk on low speed until the powdered ingredients have been incorporated, then whisk on high speed for 1 minute or until smoothly whipped.
6. Sandwich the cakes together with a third of the butter cream, then use the rest to cover the top and sides. Decorate with your favourite combination of chocolate sweets.

STORAGE

Keep in an air-tight tin in a cool place for up to 3 days.


2022









NUT-FREE CHEWY CEREAL BARS

MOLLY AND REUBEN

INGREDIENTS

Makes 15 squares
or 16 bars

165 g runny honey

70 g light muscovado sugar

85 g butter

40 g tahini paste

½ tsp vanilla extract

115 g jumbo rolled oats

25 g puffed rice (rice crispies)

25 g cornflakes

50 g gram (chickpea) flour

45 g desiccated coconut

50 g dried sour cherries

50 g candied peel

50 g pumpkin seeds

These lunchbox bars contain far too much honey to truly be called "healthy", but they include a variety of cereal grains and they're nut-free to comply with school allergy policies. Tahini, coconut, pumpkin seeds and chickpea flour increase the protein content, to help grow and repair active little bodies and make them feel fuller for longer. Very best of all, the children LOVE them!

1. Preheat the oven to 180°C (160° fan) / 350F / gas 4 and line a 20 cm x 30 cm / 8-inch x 12-inch baking tin with baking parchment.
2. Put the honey, sugar, butter and tahini in a saucepan. Heat gently, stirring occasionally, until melted and starting to simmer. Take the pan off the heat and stir in the vanilla extract.
3. Combine the rest of the ingredients in a mixing bowl, then stir in the honey mixture. Scrape it into the prepared baking tin and spread out evenly. Wet your hands and press down really firmly to compact.
4. Bake for 18 – 20 minutes or until golden brown across the whole surface. Leave to cool completely in the tin.
5. Run a sharp knife around the edge of the tray to loosen, then tip it out onto a chopping board. Peel away the baking parchment, then cut into squares or bars.

STORAGE

Store in an airtight tin and use within a week.

FOOD WASTE TIP

You can vary the dried fruit, cereal and seeds that you include – have a look in the baking cupboard and see what's nearing its best-before date!



MARMALADE CHOCOLATE CAKE

JACOB AND SASHA

INGREDIENTS

Serves 8 - 12

130 g unsalted butter

1 tbsp cocoa powder (or use flour)

100 g dark chocolate, broken into pieces

330 g fine shred marmalade

2 large eggs, beaten

150 g self-raising flour

icing sugar, to decorate (optional)

This cake is rich, delicious and very easy to make. It's based on a Nigella recipe, but without the extra sugar. You can also make it with raspberry jam instead of the marmalade – if you buy one with seeds, they go nice and chewy. When Sasha and Jacob's mum used this recipe to make a wedding cake for their aunty, she topped it with chocolate ganache, but it's also delicious with just a little icing sugar sifted on top.

1. Preheat the oven to 180°C (160°C fan) / 350F / gas 4.
2. Melt the butter in a medium saucepan, then brush a little over the base and sides of a 20 cm / 8-inch round springform cake tin. Sprinkle in the cocoa or flour, then shake it around the tin to coat.
3. Add the chocolate to the butter in the pan, then take it off the heat and leave to melt for a minute. Stir until smoothly combined.
4. Stir the marmalade and a pinch of salt into the chocolate mixture, followed by the eggs. Sift over the flour and fold it in – don't over mix at this stage.
5. Scrape the mixture into the prepared tin and bake in the oven for 35 minutes, or until a skewer inserted in the centre comes out clean.
6. Leave to cool in the tin for 10 minutes before unmoulding, then leave to cool completely on a wire rack.

STORAGE

Keep the cake in an air-tight tin and eat within a week.



GRANDMA'S FLAPJACKS

JAMES



INGREDIENTS

Makes 10 bars

190 g butter

125 g light brown sugar

1 tbsp golden syrup

250 g rolled porridge oats

This recipe was given to James's great grandma by a Canadian airman during the Second World War and we think it's the nicest flapjack by far. If you use posher jumbo rolled oats, reduce the butter to 150 g as they're not as absorbent as standard porridge oats. If you want to make a bigger batch, double the ingredients and bake in a Swiss roll tin (approx. 25 cm x 35 cm / 10" x 14").

1. Preheat the oven to 190°C (170°C fan) / 375F / gas 5 and line a 20 cm / 8-inch square cake tin with greaseproof paper.
2. Melt the butter in a medium saucepan, then add the sugar. Stir over a medium heat until the sugar has completely dissolved, then stir in the golden syrup, followed by the oats.
3. Tip the mixture into the prepared tin and level the surface with the back of the spoon.
4. Bake for 12 minutes or until it's an even golden-brown colour across the surface (it will firm up as it cools). Score into squares or bars with a sharp knife whilst still warm, then leave to cool completely in the tin.

STORAGE

Keep in an airtight tin for a few days.



DESSERTS

BICCHIERINI
(LITTLE GLASSES)

SEBASTIAN



INGREDIENTS

Makes 6 x 150 ml glasses
or 10 x 100 ml glasses

400 g summer berries

2 tbsp caster sugar, or to taste

250 ml whipping cream

50 g icing sugar

500 ml Greek yoghurt

a few biscuits (optional), amaretti biscuits work especially well

This was Seby's favourite dessert when he lived in Italy. It was made by Giovanna at the Tuscan farm where his family often went to stay and she would always make an extra one because she knew he liked it so much. It's a great fresh summer dessert and very quick to make - no baking involved! Seby likes the combination of blackcurrants, blackberries and redcurrants, but you can use any mix of berries you like.

1. Wash the berries, then put them in a saucepan with the caster sugar. Cover and cook over a medium heat for 10 minutes, stirring occasionally. Taste and add more sugar if you feel it needs it, then leave to cool.
2. Whip the cream with the icing sugar until it forms soft peaks, then gently fold in the yoghurt.
3. Layer the cream mixture with the fruit compote in small glasses, then crumble the biscuits over the top if using.
4. Serve immediately or store in the fridge for an hour or two.

FOOD WASTE TIP

You can combine the last spoonful of jam in the jar with the last pieces of fruit in the bowl to make a lovely fruit compote. Instead of throwing away the broken bits of biscuit at the bottom of the tin or the cereal crumbs at the bottom of a packet, sprinkle them on top of your bicchierini instead!



CHOCOLATE, CHERRY AND GINGER TIFFIN

SETH AND EFFIE

Seth and Effie's mum found this recipe in a magazine years ago and she has been making it for parties and special occasions ever since.

INGREDIENTS

Makes 16 squares

300 g gingernut biscuits

250 g fresh cherries, 16 left whole for the top, the rest halved and stoned

300 g milk chocolate, broken into squares

100 g butter

50 g golden syrup

75 g white chocolate, broken into squares

1. Line a 20 cm / 8-inch square baking tin with greaseproof paper.
2. Turn 150 g of the biscuits into crumbs in a food processer, then add the rest of the biscuits and pulse until roughly chopped. Tip the biscuit crumbs into a mixing bowl and add the halved cherries.
3. Put 150 g of the milk chocolate in a medium saucepan with the butter and golden syrup. Stir over a low heat until melted and smooth, then scrape it into the biscuit bowl and mix well.
4. Press the mixture into the prepared tin and level the top.
5. Melt the white chocolate and the rest of the milk chocolate separately in the microwave or a bain-marie.
6. Spread the milk chocolate over the top of the tiffin, then drizzle over the white chocolate and marble with a skewer. Position the reserved whole cherries on top, rocking them slightly so they get a little coated in the marbled chocolate. Chill for 2 hours or until set, then cut into sixteen squares and serve.

STORAGE

If you use fresh cherries, it's best to enjoy the tiffin within 24 hours of making it. Alternatively, replace the fresh cherries with 150 g dried sour cherries, or glacé cherries, and it will store happily in the fridge for a week or more.

FOOD WASTE TIP

You can adapt the recipe to use any biscuits that have gone a bit soft in the tin.



MORMOR'S APPLE AND BLACKBERRY PIE

EMMA

This is a family favourite cooked by Emma's grandmother. The Hardy family make it using fruit collected from gardens and hedgerows near their home in August and September. This is not a Norwegian recipe, but Emma's grandmother is Norwegian. Emma calls her 'Mormor' rather than grandma: 'Mor' means 'mother' in Norwegian, so 'Mormor' means 'Mother's Mother'.

INGREDIENTS

Serves 8

For the pastry:

200 g plain flour, sieved

100 g self-raising flour, sieved

200 g margarine or butter

3 tbsp caster sugar (optional)

1 medium egg

For the filling:

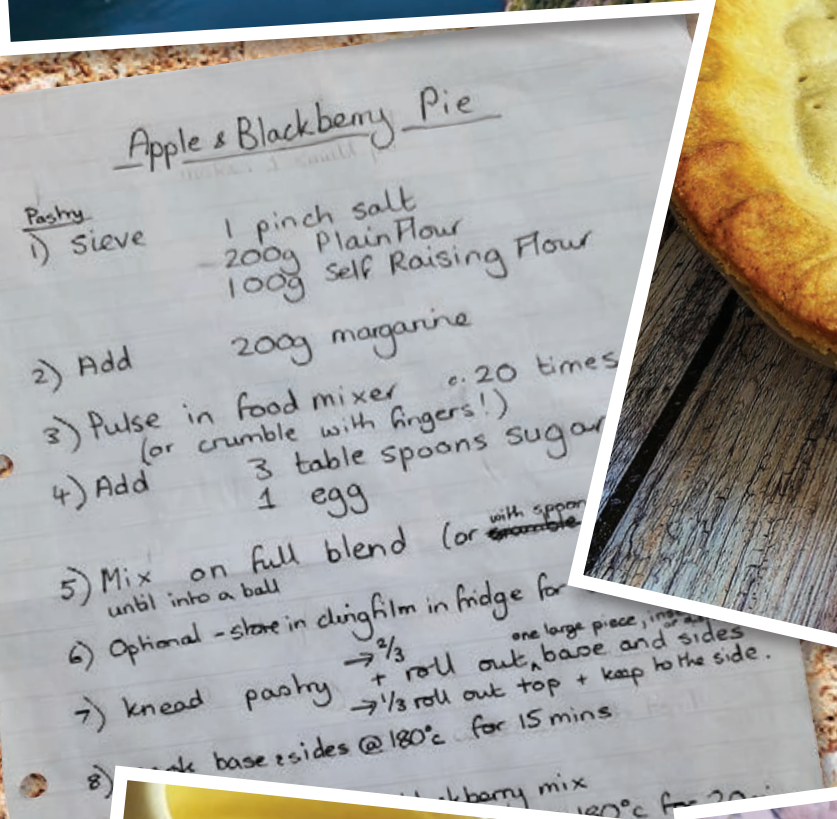
4 cooking or eating apples

200 g blackberries

1 tbsp caster sugar (if using cooking apples)

1. Put both types of flour and the butter or margarine in a food processor with a big pinch of salt. Pulse 20 times or until the mixture looks like breadcrumbs.
2. Add the sugar and egg, then pulse until the pastry clumps into a ball. Divide the pastry into two-thirds and one-third and wrap separately in clingfilm, forming them into thick discs. Chill in the coldest part of the fridge for 30 minutes.
3. To make the filling, peel and core the apples and cut them into slices or cubes. Put the apple in a large saucepan with the blackberries, and sugar if using, then cover and cook over a medium heat for 10 minutes to allow the fruit to release its juice, stirring occasionally. Drain off the juice (it isn't needed for this recipe, so chill it and enjoy over ice later!). Leave the apple mixture to cool.
4. Preheat the oven to 180°C (160° fan) / 350F / gas 4.
5. Roll out the bigger disc of pastry on a floured surface. The circle should be large enough to fit the base and sides of your pie dish. Press the pastry into the dish, then trim the edges. It's quite a soft dough, so don't worry if you need to patch it up a bit.
6. Bake the empty pie base for 15 minutes or until firm to the touch and just starting to colour.
7. Spoon the pie filling inside and level the top. Roll out the second piece of pastry, lay it over the filling, then trim and crimp the edge. Prick the top a few times with a skewer or fork.
8. Bake for 20 minutes, or until the pastry is golden brown on top. Serve hot or at room temperature with cream, custard or ice cream.





Apple & Blackberry Pie

Pastry
1) Sieve 1 pinch salt
200g Plain Flour
100g Self Raising Flour

2) Add 200g margarine

3) Pulse in food mixer c. 20 times
(or crumble with fingers!)

4) Add 3 table spoons sugar
1 egg

5) Mix on full blend (or ~~crumble~~ with spoon)
until into a ball

6) Optional - store in clingfilm in fridge for

7) knead pastry → ⅔ one large piece, ... + roll out base and sides
→ ⅓ roll out top + keep to the side.

8) ... base & sides @ 180°c for 15 mins

... blackberry mix



AUSTRALIAN PLUM PUDDING

BEN

INGREDIENTS

Serves 8-10

2 litres vanilla ice cream

75 g dark chocolate, chopped

65 g sultanas

65 g mixed nuts, chopped

65 g dates, stoned and chopped

30 g glacé cherries, quartered

30 g currants

30 g mixed peel

1 tbsp brandy

1 tsp mixed spice

holly leaves and extra cherries to decorate (optional)

This Christmas dish was given to Ben's mum by their next-door neighbour. They make it every year and it's delicious with a mince pie! It also makes a great alternative to traditional English plum pudding if you freeze it in a pudding basin. The original recipe calls for 4 litres of ice cream, but this half-sized version still makes an impressive end to Christmas lunch!

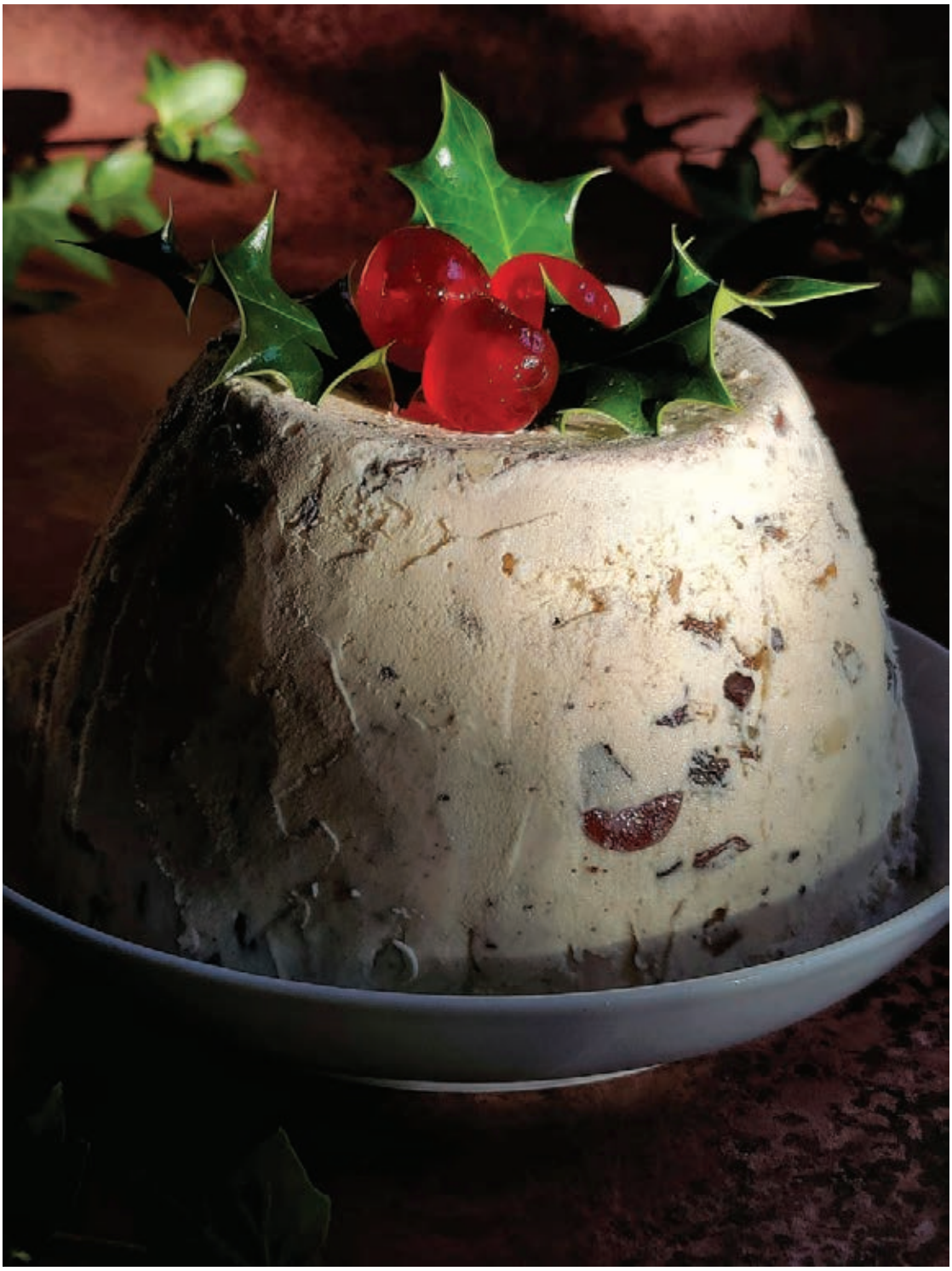
1. Leave the ice cream out of the freezer for 20 minutes to allow it to soften, then scoop it into a big mixing bowl.
2. Sprinkle over the rest of the ingredients, then stir together until evenly mixed.
3. Pack the mixture into a 2-litre pudding basin and level the top. Cover and freeze for 4 hours or until solid.
4. To serve, briefly dip the outside of the pudding basin in hot water, run a knife round the inside edge, then unmould the pudding onto a plate. Decorate with holly leaves and extra glacé cherries if you prefer.

STORAGE

Return any unserved ice cream to the pudding basin and freeze as soon as possible.

FOOD WASTE TIP

If you already have open packets of dried fruit in the cupboard, make use of them in this dessert instead of shopping for the specific ingredients listed. Dried apricots, raisins, cranberries, crystallised ginger and dried figs would all work well, as would more exotic varieties like crystallised pineapple and dried mango.



JAVVARISI PAYASAM (TAPIOCA PUDDING)

KRITHVIK



INGREDIENTS

Serves 4

175 g sago (tapioca) pearls

1 tbsp ghee

15 raw cashew nuts, roughly chopped

15 raw almonds, roughly chopped

750 ml whole milk

175 g caster sugar

¼ tsp ground cardamom or 3 cardamom pods, bruised

Sago or tapioca pearls are better known in the UK as the "bubbles" in bubble tea, but in Southern India, they're often made into a delicious, creamy dessert.

1. Soak the sago pearls in 250 ml of cold water for 30 minutes.
2. Melt the ghee in a heavy-bottomed frying pan and fry the chopped cashews and almonds over a low heat until golden brown. Tip the nuts into a bowl and set aside.
3. Drain the sago soaking water into a saucepan and add the milk. Boil for 3 minutes, then add the soaked sago pearls. Cook over a low heat for 10 minutes or until the sago pearls soften and turn transparent, stirring occasionally.
4. Add the sugar, cardamom and fried nuts to the pan and stir for 3 minutes to dissolve the sugar. Serve hot, warm or chilled.

VARIATIONS

You can use coconut milk or almond milk instead of cow's milk and replace the nuts with raisins if you prefer. You can also use jaggery or brown sugar instead of the white sugar.

ENERGY BALLS

ADELAIDE





INGREDIENTS

Makes 25 balls

400 g medjool dates, stoned

200 g ground almonds

4 tbsp cacao powder

2 tbsp peanut butter

2 tbsp coconut oil

These delicious fibre- and protein-packed treats are a favourite snack and dessert for the Jones family.

1. Put all of the ingredients in a food processor and blend well.
2. Roll into walnut-sized balls with your hands (they should weigh about 25 g each). Spread out the balls on a small, lined baking tray, then slip the tray into a freezer bag and seal.
3. Freeze for 12 hours.

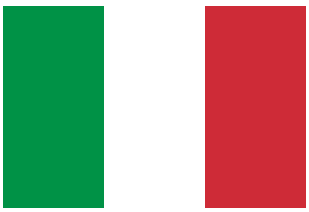
STORAGE

Once the balls are frozen, you can remove the baking tray from the freezer bag. The energy balls can be eaten straight from the freezer, or you can leave them to defrost for an hour first.

FOOD WASTE TIP

Store whole and ground nuts in the freezer to extend their shelf life once opened. They can be used in most recipes directly from the freezer.

GELATO DI CAFFÉ



STEPHANIE AND ERNEST

Nonna Rita (Stephanie and Ernest's mum's mum) was from Rome, but moved to Naples when she married their grandfather, Nonno Vittorio. She fell in love with Neapolitan cuisine and learnt to make all the local traditional dishes, as well as creating some of her own. These recipes have been passed on through the family and Stephanie and Ernest now make them with their mum.

INGREDIENTS

Makes around 1 litre

1 double espresso (60 ml strong Italian coffee made in a Nespresso machine, stove-top in a Bialetti machine or takeaway from a café)

5 tsp instant coffee

500 ml double cream

5 egg yolks

5 heaped tsp caster sugar

1. Chill a loaf tin in the fridge for two hours before making the gelato.
2. Prepare the double espresso, then stir in the instant coffee and set aside to cool.
3. Whip the cream until it forms soft peaks, then set aside.
4. In a separate bowl, whip the egg yolks and sugar with an electric whisk until thick enough to hold its shape for a few seconds. Gently fold the egg yolk mixture and coffee into the cream.
5. Scrape it into the chilled loaf tin and level the top.
6. Freeze for at least 6 hours, or until set. The gelato can be turned out of the loaf tin and served sliced as a semifreddo, or scooped into bowls or cones.

VARIATIONS

You can use this method to make strawberry ice cream too: just replace the coffee with 500 g of strawberries mashed to a pulp with a fork.

STORAGE

The gelato will keep for a few weeks in the freezer. After the first day, it's best to take the container out 15 minutes before you want to serve it to make scooping easier.





30

Giovedì Jeudi Thursday Donnerstag

Venerdì Vendredi Friday Freitag

Tutti i Santi

GELATO DI CAFFÈ

Batten 5 tuorli con 5 cucchiai di zucch

Aggiungen 1 tazzine di caffè ristretto nelle

avremo sciolto 5 cucchiaini di NESCAFÈ. Tog

le fruste, mi

e, finan versan

. In frigo.







PARTY WATERMELON

OSCAR



INGREDIENTS

Serves 8 or more
as part of a buffet

1 watermelon

2 thick slices orange

350 g blueberries

400 g strawberries, halved or quartered if large

500 g mixed seedless grapes, halved

Oscar's dad is a chef, so he always makes lovely food for Oscar's parties! This recipe is a great way to make fruit salad more fun - it always puts a smile on children's faces.

1. Use a sharp knife to cut a mouth shape into the side of the watermelon , then remove the rind. Use a dessert spoon to scoop out some of the watermelon flesh to make a cavity.
2. Use cocktail sticks to attach the orange slices and two blueberries to make the eyes.
3. Arrange the rest of the blueberries with the strawberries and grapes as if they're coming out of the mouth. Cube the scooped-out watermelon and add it to the berries.

FOOD WASTE TIP

To make the most of your watermelon after the party, turn the flesh into a salad and pickle the leftover rind (see pages 30 and 31).

FAIRY BREAD

MADDIE AND TOM





INGREDIENTS

Makes around
36 triangles

1 loaf white bread, sliced, crusts removed if preferred

4 tbsp butter, softened

4 tbsp hundreds and thousands

Fairy bread is a staple at any Australian child's birthday party. Maddie and Tom's mum had never heard of it before Maddie's first birthday, when her mother-in-law said she was making and bringing 'fairy bread'. Loved by Maddie and Tom, they haven't had a birthday without it since! It's super simple and quick to make, but brightens up any party tea.

1. Spread each slice of bread with butter and transfer the first few slices to a wide bowl.
2. Sprinkle with hundreds and thousands, making sure each slice is fully covered. Shake off any excess sprinkles into the bowl and reuse with the next batch. Continue until all the slices are covered.
3. Cut each slice of bread diagonally into two triangles and arrange on a serving plate.

FOOD WASTE TIP

If you cut off the crusts, whiz them into crumbs in a food processor and store in a zip-lock bag in the freezer. You can use a handful of frozen crumbs straight from the freezer whenever a recipe calls for it. Don't forget, you can also freeze pre-sliced bread and just take out the number of slices you need each time.

TOO GOOD TO WASTE

By the time our food arrives in our homes, it's already been on quite a journey from the farm to the shop. Let's help our food finish its story in the most sustainable way, ensuring that the planet's resources weren't used in vain. Make sure every edible morsel is eaten, and that egg shells and paper and cardboard packaging are composted. Here is a list of the UK's most commonly discarded foods and the recipes in this book that will help you make the most of them.

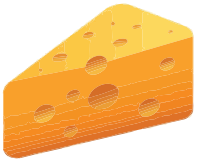
RECIPES TO USE UP…

… a glut of vegetables



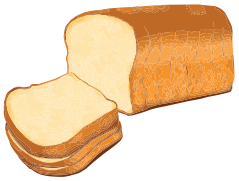
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… the end of the cheese



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… stale bread



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… the last of the milk



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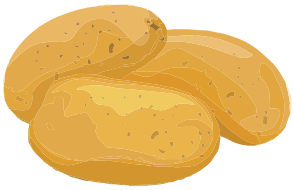
… over-ripe fruit



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Did you know your fridge temperature should be between 0 - 5°C? Adjusting the temperature of your fridge could make your food last 3 days longer than usual. For a guide on how to check your brand's settings, visit: www.lovefoodhatewaste.com/good-food-habits/check-your-fridge-temperature



DO THE MONSTER MASH

Potatoes regularly top the polls as the UK's most wasted food. If you find you've bought more than you can use, try this trick.

- Preheat the oven to 220°C (200° fan) / 425F / gas 7 and bake your potatoes for 1 hour or until a skewer will slide into the centres easily.
- Cut the potatoes in half, scoop out the fluffy centres and mash with butter or olive oil. Season to taste and freeze in individual portions.
- The potato skins can be brushed with olive oil, seasoned with salt and pepper and returned to the oven for 5 minutes to crisp up.
- Cut into strips, they make a delicious healthy alternative to crisps and are great for scooping up dips.
- You can also spread the skins with a little tomato paste and fill with your favourite pizza toppings to make the best loaded potato skin pizzas!

RECIPES THAT ARE PERFECT FOR....

... batch cooking and freezing



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... saving energy with a slow cooker



Chilli con carne especial, p. 70
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... plastic-free packed lunches and picnics



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For lots more tips on home composting and reducing waste in the home, check out Smart Living, Hampshire's Waste Prevention initiative: www.hants.gov.uk/smartliving

HOME COMPOSTING

When organic waste is sent to landfill, it is sealed in an airtight space. This makes it decompose anaerobically, creating greenhouse gases like methane. Instead, those vegetable peelings and paper packaging can be given a new lease of life by composting them at home in your garden. Compost bins let in air to allow aerobic decay, meaning hardly any methane is produced. Let nature work its magic and in return you'll be rewarded with free, top quality garden compost!

3 REASONS WHY HOME COMPOSTING IS GREAT!

1. It provides a nutrient-rich food for your garden to pep up pots and containers, or make a moisture-retaining mulch for flowerbeds.

2. Composting at home can save the equivalent amount of CO2 that's produced by your kettle over the course of a year, due to reduced waste needing to be transported away, processed and re-distributed.

3. A compost bin is a fantastic habitat for invertebrates like centipedes and worms, which are themselves a source of food for garden birds, hedgehogs and other wildlife.



HOW TO SET UP A COMPOST BIN OR HEAP

Step 1

You can buy a purpose-made plastic compost bin online or make your own enclosed compost heap out of wood (old pallets or fence panels are perfect for this). The best place to position your bin is on bare soil in a sheltered spot. Make sure you can access it easily.

Step 2

Collect your kitchen waste in a container such as an old ice cream tub or kitchen caddy to empty into your compost bin. You can add grass cuttings and other garden waste as well as paper and card from the recycling bin.

Step 3

It's important to balance nitrogen-rich waste with carbon-rich waste – take a look at the table below to see which is which. If the compost is too wet, add more 'brown' waste, if it's too dry, add more 'green' waste. Keep the mixture aerated by turning it with a garden fork to help everything break down faster.

Step 4

After 6-9 months, the compost at the bottom of the bin should be ready to use! You can add it directly to flower beds, pots and containers, or bag it up to use later.

WHAT YOUR COMPOST HEAP NEEDS

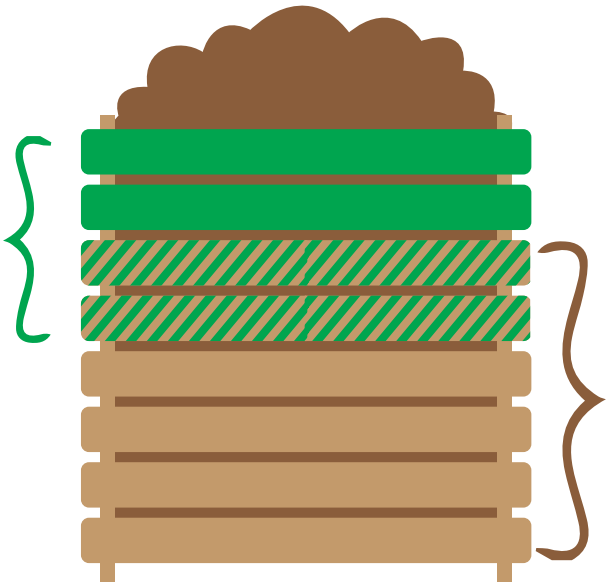
NO THANK YOU

Meat and fish
Dairy products
Cooked food

GREEN NITROGEN-RICH WASTE

This should make up 25 – 50 % of the mix

Fruit and veg peelings
Tea leaves
Coffee grounds
Grass cuttings
Dead-headed flowers
Weeds



BROWN CARBON-RICH WASTE

This should make up 50 – 75 % of the mix

Cardboard (torn up)
Egg boxes
Shredded paper
Woody prunings (chopped up)
Dried autumn leaves

AIR

Turn it every four to seven days, especially at first.



MOISTURE

It should be moist, but not soaking wet; give it a spray weekly.



SHOP LOCAL

Winchester has some great independent shops and market stalls where you can buy local produce as well as harder-to-find international ingredients. Buying locally keeps your hard-earned money within our community.

Asian Food Hall – Upper Brook Street
Large oriental supermarket and food hall selling ingredients from all over Asia, including fresh herbs and vegetables.

Basil Leaf Deli – St George's Street
www.basil-leaf.co.uk
Well-stocked delicatessen selling local cheeses and eggs alongside European products.

Beechcroft Farm Shop – Sarum Road
www.beechcroftdirect.co.uk
Family farm selling their own traditionally reared beef, lamb and pork, alongside an extensive range of local produce.

Cupboard of Health – Parchment Street
www.cupboardofhealth.co.uk
Independent health food shop, selling a range of organic and whole food products.

Earthian Zero Waste Shop – Parchment Street
www.earthianzerowasteshop.co.uk
Bring your own containers and stock up on plastic-free cupboard staples like pasta, rice, cereals, pulses and dried fruit.

Hoxton Bakehouse – Jewry Street
www.hoxtonbakehouse.uk
Real bread crafted solely from flour, salt, water and their own sourdough starter, delivered daily from their Southampton bakehouse.

Kingsgate Wines and Provisions – Kingsgate Street www.kingsgateprovisions.co.uk
Historic shop in a very picturesque part of Winchester, selling local produce alongside an eclectic mix of pantry staples and luxuries.

Nirmala Stores – City Road
Nepalese grocery store, specialising in spices and other South Asian ingredients including seasonal exotic fruit.

Sukee Market – Kings Walk
Tiny, but densely-stocked shop specialising in Chinese ingredients including noodles, frozen dumplings and fresh tofu.

The Winchester Bakery – High Street
www.winchesterbakery.co.uk
Retailer of sourdough bread and pastries made by award-winning bakery, The Street Bakeshop in Old Basing.

Winchester Farmers' Market – The Broadway & High Street www.hampshirefarmersmarkets.co.uk
Artisan food and drink products sold by the people that rear, grow and make them. Held on the second and last Sundays of every month from 9am – 2pm.

Winchester Street Market – High Street
www.facebook.com/winchester.streetmarket
Held every Thursday, Friday and Saturday from 9am – 5pm. Look out for speciality vendors like The Cheese Stall, as well as traditional fruit, veg, fish and meat stalls, and globally-inspired street food to go.

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Every family has a favourite dish that brings a smile to each face around the table. From easy mid-week meals and lunchbox fillers, to celebration bakes and festive favourites, these are the recipes that our school families love to cook and share with each other. Many have been passed down through the generations and they represent the rich diversity of cultures that makes our school so special.

Love, **hope** and **community** are the values at the heart of All Saints Primary School. Many of our happiest childhood memories are connected to food, because cooking is one of the ways we show our love for each other. This new generation of budding home cooks gives us so much hope for the future, as they truly care about how their food choices impact the environment.

The PTA is extremely grateful for Hampshire County Council's Waste Prevention Community Grant Fund, which has made this project possible. Look out for food waste saving tips on many of the recipe pages, and turn to page 116 for an index of dishes that use up some of our most commonly discarded foods. You'll also find a handy guide for setting up your own home compost bin, and a list of shops in Winchester where you can buy local produce, as well as some of the more tricky-to-find international ingredients.

RRP: £12.50

All Saints C of E Primary School

ALL SAINTS PTA

Supported by Hampshire County Council