

About This Project

The aim of this project is to write a cookbook and info pack that gives budget recipes and access advice to food and shopping tips and builds on previous collaborative community arts projects to achieve a positive social outcome within the local Luton community. This photocopiable booklet will be given to the foodbank and its 100 umbrella organisations. After talking with Luton Food bank it became clear that there is a need for increased access to budgeting, dietary information, and shopping and cooking knowledge. This will allow families and individuals who are in crisis to manage their situations in the short term and take positive control in the long term towards a better future. The poverty and unemployment rate is one in four, with some wards recording the highest levels of deprivation in the country; this means a high number of individuals and their dependants are in need of good community advice and the services of the Foodbank. We also aim to give information on access to a variety of services such as Citizens Advice, religious centres, supermarkets, local produce markets, lunch clubs, recreational activities, credit unions, allotments, etc.

This book contains the following information:

Introduction

- Budget Tips
- Suggested Store Cupboard Essentials
- Where To Buy Food Essentials
- Kitchen equipment & where to buy it
- Community Gardening
- Community Resources
- A Note on Weights and Measures
- Recipe Sources You May Find Useful

Recipe Section

- Breakfasts, Snacks & Lunchbox fillers
- Lunches, Sandwiches, Wraps, Baked potatoes and Kettle Cooking
- Pasta, Rice, Cous Cous and Noodles
- Mains: Meat, Fish, Veg
- Mains: Soups & Stews

Acknowledgements

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Organisers: Mary Elaine Hearne, Darrel Innes, Helen Jones, Fiona Morton and Chris Grabham, Nadia Shone, Chris Stevens.

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Age Concern Luton, pupils and teachers from the home economics department at Bideford School, Flamingo Arts, Friends of High Town, Groundworks Luton and Bedfordshire, Healthwatch Luton, Hope Church, Luton Central Library, Luton Food bank, Luton Irish Forum, Noah Enterprise.

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Budget tips

- Buy large loaves of sliced bread to keep in the freezer so you can use the bread by the slice as you need it.
- Buy own or value brands they are often as good and can be healthier.
- Saving stamps at supermarkets help you save for Christmas meal. A little machine allows you to put in a £1 and stick it on a card.
- Write a meal plan and then make a shopping list from this, do not shop randomly.
- Bulk cook or freeze leftovers. Label and date bag.
- Buy bulk buy packs cheap. Portion up into meal packs e.g. meat or fish etc.
- Markets are cheaper than supermarkets.
- Asian supermarkets are great for bulk rice, beans and spices. Buy for yourself or share the price with a group of friends and divide.
- Compare kilo and bag weight on fruit and veg to see the best deal.
- Buy loose fruit and veg and bag up it is often cheaper as you are not paying for packaging.
- Keep store cupboard essentials topped up.
- Go meat free or reduce meat portions. Use veg protein e.g. beans it is cheaper and healthier, instead of fish or meat.
- Steaming veg on top of boiling potatoes saves money and is healthier than boiling.

**Suggested store cupboard essentials**

- Salt & Pepper
- Sugar
- Stock cubes
- Dried herbs
- Lemon juice
- Tomato puree
- Lazy garlic/chilli (jars of garlic or chilli ready to use in oil or vinegar)
- Oil
- Gravy granules

Where to buy food essentials

- Local markets such as Luton indoor market
- Supermarkets world food aisle for herbs and spices
- Bury Park

Kitchen equipment

- 2-3 different size saucepans
- Frying pan
- Measuring jug
- Wooden/plastic spoons
- Tea spoons
- Table spoons
- Chopping board
- Sharp knife for veg/meat
- Kettle
- Toaster or grill
- Tin opener
- Elastic bands or pegs to keep opened packets fresh

Where to buy kitchen equipment

- Wilkinson (look for start up/student ranges)
- Argos (look for start up/student ranges)
- Freecycle & Freegle (online)
- Gumtree (online)
- Local Facebook groups (online)
- Car boot sales
- Charity shops
- Adverts in local newspapers

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Community Gardening

In Luton there are many opportunities for growing your own food on a budget. It is possible to use containers, patios, balconies, small gardens and allotments. Sharing the cost of seed or an allotment with a group of friends reduces the cost and the work. It is good exercise, a way to socialise and share crops or food recipes. You can also share the cost of tools by having a tool sharing scheme with your friends as we rarely use all the stuff we use in a garden for a significant amount of time. Cheap ways to buy seeds, plants and equipment are shopping at discount stores and car boots. Freecycle and Freegle are sites that help people to give away unwanted items. You can also find quirky and interesting planters and pots to upcycle for growing containers. Basic starter equipment would be a spade, fork, rake, and trowel.

Start Small

Window sill gardens are a nice way to start getting into growing. Choose a window that has about 4-5 hours light each day, also water regularly as they can be prone to drying out.

You can grow cress by folding a piece of kitchen roll into quarters on a saucer then dampen and sprinkle with seeds or scatter on 1 cm of compost in container sprinkle seeds then water.

Sprout 1- 2 tablespoons of alfalfa seeds by soaking over night in a jam jar, then cover with a clean cloth lid and secure with an elastic band. Rinse the seeds in the jar twice a day gently and allow water to drain through the cloth in the upturned jar. Keep in a dark cupboard. It is ready to eat in 4-5 days. Plant salad leaf and herb seeds in post on the window and have a herb garden. Yoghurt pots, big and small, pot noodle pots and old juice cartons with the top split open are handy.

Chilli and tomato seeds grow well on the window sill. Varieties to look for are tomato: Micro Tom, Vilma and Red Robin, and chillis: Thai Hot, Twilight and Apache. Start to grow tomato and chilli plants indoors in Feb as it is warm in the house, put them near a radiator to help germination.

Patio and Balcony Gardens

Large planters can be used to grow a wider range of vegetables. You can buy individual planters at a boot sale or get some from Freecycle sites. If you require only a few plants it may be more cost-effective to buy one or two plants at a plant sale or discount shop, e.g. courgette or runner beans. If more plants are needed you could buy seed or share the cost with a friend or do a plant swap.

Beware of overloading balconies with too much weight and ensure your plants can't blow over in high winds, that can be a particular problem in blocks of flats. Planters can be specially purpose made or upcycled containers such as old vegetable oil containers, or stacked tyres. The main thing is to make holes in the bottom for drainage by drilling and lining the bottom of the pot with rubble or stones for drainage. Fill with potting compost and sow seeds. Easy stuff to grow in containers are: beetroot, courgettes, radish, small lettuce, salad greens, tomato, chives, mint, thyme, rosemary, lemon verbena, pak choi, runner beans, french beans and strawberries.

Small Veg garden

Easy veg to grow are: potato from seed, onions from set bulbs, broad beans, runner beans, french beans, courgettes, lettuce, turnip, beetroot, rhubarb, kale, chard, and carrots.

In Luton you can contact the following allotments to see if a plot is available. Why not rent it with a group of friends and set up your own community garden?

Here is a list of local allotments run by local associations, giving the location in Luton and the association name, and an email contact where possible:

Lewsey Farm (access at Raven Hill Way, LU4) managers: Lewsey Leisure Gardens Association

Limbury Mead (access off Icknield Way, LU3) managers: Limbury Leisure Gardens Association, limburyleisure@hotmail.co.uk

Riddy Lane (Moat Farm, LU3) managers: Limbury Leisure Gardens Association

Wigmore Lane (LU2), managers: Wigmore & District Leisure Gardens Association wigmoreallotments@hotmail.co.uk

Stockingstone Road (LU2) managers: Wigmore & District Leisure Gardens Association

Stockwood Park (access via London Road, LU1) managers: Luton Leisure Gardens Association stockwood.allotments@hotmail.co.uk

Toddington Road (off Andover Close, LU4) managers: Toddington Road Gardens Association

Luton Borough Council directly manages the following allotments. Wigmore Valley Park, LU2, Ferndale Road, LU1, Gypsy Lane, Old Marsletts, LU1, Willow Way, LU3, Bradley Road, LU4, Hart Hill Lane, LU2.

To rent an allotment, you can call 01582 510033 8am-6pm Monday to Friday or 10am-6pm Wednesday. There can be waiting lists, so it is definitely worth setting the process going, and trying out gardening projects at home in the meantime.

Seed saving

Sowing seeds from your saved seed saves money when you start planting next year. For beans let them dry on the vines in good weather, then finish drying indoors, shell them and store in a dry container. Scrape chilli and tomato seeds from the fruits, then place in a jar of water. A mould develops on them after 4-5 days, this will remove a gel coating that inhibits germination, then wash in a sieve and dry on kitchen roll. When dry put in an old container or envelope.

Seasonal Foraging

You can harvest wild plants and fruits from your garden or the wild and get something unusual, tasty and nutritious to cook with. Nettle tips greens are useful in soups and stews, they lose their sting when cooked, Dandelion leaves are handy in salad and bees love the flowers. In autumn, go out and pick blackberries, sloes, rose hips and apples to make jams.

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Community Resources

This section has a list of some local and online resources for people trying to live on a tight budget. Places to get help, advice, swap resources or to socialise.

Please check the criteria for eligibility and registration for these groups, as many have age, circumstance or health requirements. Some do not and are accessed by all.

All information correct at time of going to press.

Age Concern Luton

Advice, advocacy, lunch clubs, home support service, befriending, and podiatry for older members of Luton community. Bradbury House, 39 Kings Street, Luton.

www.ageconcernluton.org.uk

Car Boots & Jumble Sales

Check local newspapers and notice boards for jumble sales, table top and car boot sales.

Outdoor car boot sales run at Lidlington, the top of the hill on Sun. Telephones for info 01525 405598 for recorded info. Runs around May to Sep.

G M growers in Sandy Coldecote on Sun from 8 am onwards. Runs from Mar to Sep. They are very useful for getting clothes, school uniform, toys, gardening equipment, home wares and furniture.

Charity Shops

They are useful places to visit to get home wares, clothes and furniture.

The British heart Foundation and Salvation Army shops both at The Mall are useful for clothes and household linen. Oxfam Luton, Manchester Street (at the side of St Georges Square) is good for clothes and some household items. The British Red Cross Shop, 12 to 14 Park Street, is good for clothes. The Noah Shop 11 to 15 High Town Road-is good for clothes, household linen and home wares. Keech Hospice Care, Park Street Luton has housewares and clothes. The Noah Boutique, 3-5 George Street is good for clothes. The Noah Furniture Store, 54 Church Street is great for furniture.

Citizens Advice Bureau

Give a wide range of advice on benefits, money, housing, employment or for people in crisis. They have a main office for drop ins and appointments. And out reach services in community services around Luton. Community House, 15 new Bedford Road, Luton. 0344 2451285. Open Mon-Fri 9 to 4 pm.

www.citizensadvice.org.uk/local/luton/contact

Flamingo Arts

Mondays 1 to 3 pm, crochet and knitting plus do your own art. Cost £2. 00. Check their programmes for other art and craft activities. 92 High Town Road, Luton.

Freeganism

Freegans employ alternative strategies for low budget living, some of which are illegal. These include food shop skip diving (illegal), curb shopping stuff that has been put out on the street by householders, (always ask the householder if you want to curb shop something), swapping, foraging, sharing and gardening. In Luton there are no centres for these organisations that promote redistribution of waste food. But check out these organisations: Foodcycle, Olio app and Fareshare, just some of those that are UK based.

Freegle and Freecycle

These are online groups where people wanting to give away things and people needing things link up and message to arrange a swap. You can put up a request for something you need or post something unneeded, or look at the daily list. There are Luton groups and you can get important items you may need. You need to register online to be part of the group and you will often need to put something on the list up first before you can take things.

Groundwork

Groundwork deliver projects and courses that involve gardening and garden improvements. Many of their projects involve specific groups of people with particular needs such as those with learning needs, mental ill health or long term unemployment. If you like the outdoor and want to get some work experience check them out. 01582 720147

www.groundwork.org.uk/Sites/east/news/Category/bedfordshire-news-herts-beds-and-cambs

Guru Nanak Luncheon Club, 2a Dallow Road tel 01582 721072

A lunch club for the elderly. Tea and light refreshments are available throughout the day with a traditional Punjabi lunch.

Other services include; English classes, exercise, computers and sewing; advice and practical help with completing forms and dealing with doctors, benefit agencies etc.

Befriending and carer support is available. Sessions Tues and Thurs.

Hope Church

Open lounge and lunch club with art and social activities all ages. Mon & Wed 10-3 pm, Sat 9-12pm. Links in Luton at Hope church Fri 2-4pm serve refreshments, benefit advice and social activities, on Fri 2-4 pm. 68 New Road Bedford, Access via Villa Road, Luton.

www.hopechurch.co.uk

Luton Central Library

Borrow books, read papers for jobs, access the internet and use the computers, and social activities. St George's Square, Luton. Other branch libraries are available.

Luton Community Centres

There are a variety of community centres that provide many services from, library, housing and benefit advice, councillor services, gymnastics, Sista mentoring programme, library access point, council access point, New Horizons vocational support for people with learning difficulties, day care, lunch club, children's centre, library and social activities.

They are located at Lewsey Community Centre, Landrace Road, Luton. Hockwell Ring Community Centre, Mayne Ave, Luton. Farley Community Centre, Delphine Close, Luton. Chaul End Community Centre, 515 Dunstable Road, Luton. Bury Park Community Centre, 161 Dunstable Road, Luton.

Luton Irish Forum

Provide low cost social activities such as bingo, keep fit, art, dance, welfare advice, singing and health advice 7 days a week . Check their website for timetable of events. 102 Hitchin Road, Luton.

www.lutonirishforum.org

Make Lunch

A network of churches working to fill the holiday hunger gap when schools are closed.

makelunch.org.uk

Money Matters Credit Union

Debt advice, saving and helping you to manage and budget. Landrace Road, Luton. 01582 666877.

NOAH Enterprise

Noah provides practical, empowering and caring services to homeless people particularly those who are temporary or entrenched rough sleepers, and those who are marginalised and socially excluded, or have simply fallen into poverty. Before they can access our services everybody who comes to the Centre completes a self-assessment questionnaire from which we can, with them, devise a personal support plan tailored to each individual's needs, facilities include canteen, showers, laundry, advice on employment, and GP service. The centre is open 365 days a year throughout the day. A strict criteria apply to access this service.

Open Door Lunch Club

Has a lunch club on Wednesdays 12 to 2 pm. Central Baptist Church, Park Street, Luton.

The Salvation Army

The centre provides a variety of activities, parent and toddler groups, ladies fellowship, debt advice, and youth group. The cafe is open Tue and Fri 10 to 1 pm.

www.salvationarmy.org.uk/luton

Sacred Heart Thursday Club

Offers fellowship, raffles, bingo, tea and social outings. Thurs 2 to 4 pm cost £2. 00.

Tokko Youth Space

Drop and social activities. Plus dance, culture, healthy eating and cooking, hair and film nights. Age 13 to 19 years, up to 25 years for people with learning disabilities. At Gordon Street, Luton.

www.tokko.co.uk

Youthscape

Innovative youth work & youth centred projects. 74 Bute Street. 01582 877220.



A Note on Weights and Measures

We have used metric measurements plus spoons and standard tin sizes (e.g. 1 small tin baked beans or 1 large tin baked beans).

Abbreviations for spoons are as follows: 1 tsp = 1 teaspoon, 1 tbsp = 1 tablespoon

Occasionally, recipe contributors have used an approximate measure such as a mug or 'splash', in these situations, it's either less important the exact amount or it's a 'taste and see', in each case, it is explained in the recipe where needed.

Recipe Sources You Might Find Useful

At the time of publishing, all websites listed were being actively maintained. Here are some websites with budget recipes and other excellent cooking tips and advice:

The 'licence to cook' website a resource for schools has some great recipes and learning materials: **www.foodafactoflife.org.uk**

The 1940's experiment - a blogger cooks and writes about real wartime recipes, when people were trying to make do with less and lets you know which ones are tasty and cheap and which ones are to be avoided! **the1940sexperiment.com**

If you look for the Imperial War Museum's range of facsimile cookbooks and household advice books such as War-time Cookery, Make Do and Mend you can find some real gems. Your local library may be able to source them for you to have a look at.

thehappypear.ie - this is the website of an Irish Cafe company and they post a lot of excellent and nutritious recipes there. Recommended by one of our recipe donors.

www.bbcgoodfood.com is an excellent free resource for a wide range of recipes, including some budget and healthy eating ones.

Haiku written by contributors and posted on our Facebook page:

Eggs friend in a pan
With butter, salt, and pepper
On a slice of toast.
Becki May

Break and beat an Egg
Throw it in a frying pan
You've got an omelette.
Kevin Foskett

I count my money
Zero hour contracts are unstable
Sanctioned, Hi Food bank

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Mr B's Porridge

Ingredients: 1 mug porridge oats, one mug of milk and one mug of water. (Scottish purists would use only water or you could try 1 mug of yoghurt).

Method: Mix and heat gently, stirring occasionally for 5 mins. Leave to stand for 5 mins.

Optional: Toppings suggested by the cookbook team and other donors.

Helen provided these tips from her and Mr B: 'Baz says in a pie dish with sultanas and milk sloshed on top. I say with sultanas and mandarins. Chopped bananas. I like it very sweet . . . with honey and sugar nice and simple.'

Fiona likes hazelnuts or cashews in with her fruit. If you have a tub of hot chocolate powder that can be a yummy topping and you won't need additional sugar as it already has it in. Combined with nuts or fruit for extra taste.

TIP: if you are shopping at the supermarket, try the World Foods aisle, sometimes you can get larger bags of cashews (and other nuts, spices or rice) more cheaply than in the baking aisle. Similarly, if you can get to Bury Park and try shops there, you may be able to get nuts, spices and rice in larger more economical amounts.

Recipe from Barry.

Come Home Pineapple and Oat Lassi

Ingredients: 1 tin of pineapple, 1 pot of yoghurt, 1 mug of milk, 2 tablespoons of oats, spoon of sugar, honey or 1-2 sweeteners.

Method: Blend with jug blender or hand blender. Could use mandarins or peaches or fresh mango.

Recipe from Jane.

Breakfast Layer Pots

Ingredients: 10 digestive or like biscuits or 5 biscuits and same quantity of oats to crushed biscuit, 500g of yoghurt, big tin of mandarins or pineapple.

Method: Crush up biscuits put in a bag and smash, mix with oats if using oats. Drain juice of tinned fruit and put on a board and chop finely. Put in a bowl. Take a glass or mug and layer up the ingredients. First layer of oats, then yoghurt then fruit and repeat. Top with one piece of fruit to decorate if desired.

Aunty Margaret's Golumpki: veggie stuffed rolled cabbage parcels

Ingredients: 1 large Savoy cabbage, 200g rice, 1 onion, 4 mushrooms, handful of sultanas, jar of white cooking sauce or tin of mushroom soup.

Method: Cook rice and sultanas, following instruction and put to one side. Cut off cabbage leaves and put to one side.

Fry onions and 4 mushrooms and garlic. Mix veg and seasoning into the rice and mix up. Then take a kitchen spoon of mix and put into centre of cabbage leaves and roll up. Put in a greased casserole dish and pack in the parcels. Add cooking sauce or soup. It may need a bit of water to make it cover the parcels or this could be done with chopped tomatoes.

Cover with foil and place in oven at medium heat for 30 mins.

Optional: Meat could also be added to this for example minced beef or chopped tinned ham. Add the meat at the stage of frying the mushrooms and onions.

Overnight Oats

Over night oats are really popular at the moment, and our recipe contributor Sam says she loves this recipe, which can be adapted to suit you.

Ingredients: 160g oats (40g per person), 800g natural yoghurt (some diet plans recommend fat free) large bowl or air tight plastic container, your preferred soft fruit (strawberries, raspberries, bananas are just a few suggestions).

Method: layer the ingredients in a bowl or other container, put in the fridge over night so the oats can absorb the yoghurt, in the morning stir it all together and top up with more fruit and a sprinkle of cinnamon or your preferred spice.

Recipe from Sam.

Simple Eggs for Breakfast

Fried egg

Ingredients: number of eggs you want to serve (1 or 2 per person), oil or butter and frying pan.

Method: Put oil in pan and heat. Crack in egg . Tilt pan and spoon hot oil over egg until the yellow yolk turns white.

Poached egg

Ingredients: however many eggs you want, 1 pinch salt, 1 pan.

Method: Boil water in a pan. Add pinch salt, When boiling turn down and stir with a spoon to set up a whirl pool by stirring fast. Crack egg and drop gently into the water. Cook for 3 minutes. Lift out gently with a spoon preferably serrated or slotted to allow the water to drain off.

Boiled eggs

Ingredients: just eggs.

Method Place the number of eggs you want in water . Heat pan until boiling and time for 4 mins on the start of the boiling.

Scrambled eggs

Ingredients: 6 eggs, quarter cup of milk.

TIP: Our contributor Ruth recommends a little bit of butter or even butter spread with scrambled eggs rather than oil. She says if you have a non stick pan, you can often get away without anything.

Method 1: Mix gently with a fork but do not beat. The egg and milk should be semi-mixed. Heat oil in pan. Add mixture. Stir as the thickening starts. Keep stirring so it does not stick.

Method 2: combine your eggs in a jug and whisk with a fork or egg whisk to get plenty of air into your eggs. Pour the eggs into pan (size of pan depends on number of eggs, for only one or two eggs, use a smallish pan) with your optional butter pre-melted and poured in. Add mixture and cook on low-medium heat for about 1 minute as the egg thickens, then stir with a wooden spoon or spatula to break the eggs and cook for another minute or so. The eggs will carry on cooking for about 1 minute after you turn the heat off.

Recipe from Ruth, Helen, Fiona and others.

Scrambled Eggs and Beans

Ingredients: 4 eggs, 100ml milk, oil to cook, beans. Optional: 25g grated cheese.

Method: Whisk eggs and milk with a fork, season with salt and pepper. Put oil in pan on low heat, put beans in another pan and heat gently. When oil in first pan is hot pour in egg mixture and heat gently stirring gently as it cooks. An addition is to grate 25 g of grated cheese to the egg mixture for cheesy scrambled eggs.

Sausage or Ham Scramble

Ingredients: 4 eggs, 100ml milk, 4 frankfurters or 1 tin ham, oil to cook.

Method: Grill frankfurters or tinned ham and chop, Whisk eggs and milk with a fork, season with salt and pepper. Put oil in pan on low heat. When oil in first pan is hot pour in egg mixture and heat gently stirring gently as it cooks. Stirring cooked frankfurters or ham. Serve with sliced tomatoes.

Foodbank Full English breakfast

Ingredients: 1 tin spam, 1 tin beans, 1 tin tomatoes (fresh tomatoes for grilling), eggs, mushrooms, bread for frying and oil for frying.

Method: start by preparing all the ingredients as timing and order is important.

Slice spam if you wish to grill it or cube to fry in a pan. Empty beans into a small pan, cut bread diagonally, empty toms into a pan or cook in bean pan after or cut fresh tomatoes in half and grill with spam. Slice mushrooms.

Ready for cooking place spam under grill and for about 10 mins or until golden crispy. Then turn on beans and then tomatoes on a low heat. When ready put in a bowl under grill to keep beans warm, then do tomatoes in a frying pan, fry mushrooms and bread, these soak a bit of oil. Take out, put under grill. Fried bread can be grilled a bit to finish off or drain oil. If needed put a bit of extra oil in pan and crack in eggs to fry. While cooking, tilt pan and spoon hot oil over eggs with a spoon to cook yokes so you do not have to turn them and risk breaking them.

Stir fried breakfast veggies-ingredients 6 mushrooms, 1 onions and 3 tomatoes (tinned tomatoes). Salt and pepper to flavour. Cut onions into long slices, slice mushrooms and slice tomatoes or use tinned tomatoes. Heat oil and fry onions until gently cooked, add mushrooms and cook until soft. Finally add tomatoes and stir round continuously for a few minutes to make sure they do not stick (or pour in tinned tomatoes and simmer). Add salt and pepper or sauce to taste. Serve with hot toast.

Eggs Poached in Tomatoes

Ingredients: 1 big tin of tomatoes, 2 eggs, bread for toast, Serves 2.

Method: Empty tomatoes into pan and chop or mash if whole. Season with salt and pepper. Heat gently, then crack two eggs into the tomatoes, put lid on pan and leave to cook for 5 to 8 mins so the eggs poach. Toast bread and serve on toast.

Baz's Breakfast/Lunch box fruit salad

Ingredients: 1 tin peaches, 1 banana, 1 apple, 1 orange, 2 tablespoons of oats, 2 tablespoons sultanas. Optional: 2 spoons seeds optional, natural yoghurt to serve.

Method: Chop up ingredients and add as many different ones as you wish, Mix in dried stuff, add tin juice. Serve with a dollop of yoghurt.

Recipe from Barry.

Breakfast Carrot and Sultana Muffins

Ingredients: 100g fat margarine or butter, 2tbsp milk, 2 eggs, 200g grated carrot, 100g self raising flour, 2 teaspoons of self raising flour, 75 g oats, handful of sultanas.

Method: Put flour, baking flour in a bowl. Add butter and rub into the flour with fingers until it disappears. Add carrots and sultanas and mix with wooden spoon. Whisk egg and milk. Pour into mixture and mix vigorously until a smooth mixture is made and ingredients merge. Grease well a 12 hole baking tin or use baking cases, and put 12 dollops of mixture in. Bake in oven for about 25 mins, about Gas Mark 7 or 8, or until golden. Leave to cool. Can be eaten on own or with yoghurt and fruit. Will store in a tin or airtight tub/box.

Optional Changes:

Becki May: Muffins - you can hide oats or carrots or courgette in there and it still tastes lovely and the children can't tell they are eating vegetables! Use Helen's muffin recipe and add this as a change-up.

Georgina: Bacon and cheese muffins = get a 12 whole muffin tray oil each, put bacon round sides mix together egg and milk, pour in each, season and top with cheese then bake for 15-20 minutes.

Recipe from Helen, Becki May, Fiona, Georgina.

Squishy Yummy Better-than Flapjacks

Ingredients: 150g plain flour, 1 level tsp bicarbonate of soda, 150g demerara sugar (any sugar will do, the demerara adds yummy flavour though), 150g rolled oats, 150g butter/margarine, 2 tbsp milk, 2 level tbsp golden syrup.

Method: Grease 1 high-sided baking tray (the sort you use for making tray-bakes) and set the oven to Gas Mark 2 or 150°C.

First the dry ingredients, sift the flour and bicarbonate into a bowl, then stir in the sugar and oats.

Then the wet: Put the butter, treacle and milk in a pan and heat until melted. Take the pan and pour the melted ingredients onto the dry ingredients in the bowl and mix well with a wooden spoon.

Spread the mixture to fill the baking tray (your unbaked mixture should be 1.5-2 cm thick) and bake for about 25-30 mins. Cut into squares and lift out of the tray with a fish slice or spatula and leave to cool on wire racks for 2-3 mins ... well, you're supposed to let them cool - and they are lovely cold, but I challenge anyone in the vicinity not to eat one straight away as soon as they are cool enough to pick up by the edges but still hot! Even when cool they will be moderately chewy and always delicious.

This is Fiona's Mum Crog's adaptation of a recipe for a completely different sort of biscuit. A homesick Fiona had to phone home from university to find out what changes she needed to add for that taste of home.

Recipe from Fiona's Mum, Crog.

Maddy's Vanishing Oatmeal cookies

Many thanks to Maddy and High Town Honeys WI for this moreish treat.

Ingredients: 200g margarine or butter, 150g brown flour, 100g sugar, 2 eggs, 400g porridge oats, 150g raisins, 200g cups plain flour, 1tsp vanilla extract, 1 tsp bicarbonate of soda, 1 tsp cinnamon, half tsp salt.

Method: Beat together the margarine and sugars until creamy. Add the eggs and vanilla and beat well. Stir in oats and raisins. Put spoonfuls on a greased cooking tray. Bake for 10-12 minutes, oven 170°C or Gas Mark 3. Cool on a rack. Makes about 30 cookies.

Recipe from Maddy of the High Town Honeys WI.

Keith's Mum's Scones

Ingredients: The proportions are 3:1:1 says Keith, 3 cups flour, 1 cup lemonade, 1 cup double cream (cups or whatever measuring item you are using).

Method:

Keith grew up on a farm in Australia and his mum used to buy a standard container of cream, pour that into the mixing bowl, then wash the cream out by measuring the lemonade in the cream container, then having poured out the lemonade, she would dry the pot and then measure out the flour.

Combine the three ingredients together in a mixing bowl and mix together quickly using a metal knife, then cut into rounds using cutters or a knife (if you aren't happy cutting circles without cutters, it's better just to cut the dough into squares if you don't have metal cutters, as sometimes plastic cutters or using a jam jar can squish the dough and make it not rise as well, says Keith). Place the rounds on a greased baking tray and bake at 200°C or Gas Mark 6 for 12-15 mins.

TIP: You could use sugar-free lemonade if wanted. You can change the quantities very easily on this recipe by just using a different measure - e.g. a mug instead or a cup and so on. If you want to make savoury scones, use tonic water instead, and add a tsp mustard (optional) and 1 1/2 to 1 cup grated cheese (put most of it in the scones and sprinkle some on top).

Recipe from Keith Whitwell.

Pauline's Old fashioned Bread Pudding

Ingredients: 200g stale bread (crust cut off), half a pint of milk, 1 egg, 50g butter, 75g sugar and 1 handful of sultanas (perhaps half a cup).

Method: Pre-grease a deep sided baking tray or pudding tin.

Melt butter in pan with milk. Pour over bread. Fork through the mixture so there are no lumps.

Mix in the beaten egg, then mix in the sultanas into the pudding mixture. Spread the mixture into the prepared tin.

Bake at 160°C for 30-40 mins or until golden.

Recipe from Pauline.



Breakfast Filled Croissant

Ingredients: 1 tin Pillsbury or Jusrol croissant dough (or any supermarket/own brand equivalent, it will probably be in the same fridge as the shop keeps the butter and margarine) or any biscuit dough (American 'biscuit dough', American biscuits are more like breakfast food a bit like a scone), 3 eggs, 225g bacon or sausage, finely grated cheddar.

Method: Roll out croissants dough until about 3 inches in diameter. You are going to fill the rolls with spoonfuls of scrambled egg, cooked sausage (diced) and cooked bacon.

Scramble eggs in your favourite fashion. Cook sausage or bacon if using. Place tbs of eggs in centre of rolled dough. A few bacon crumbles or sausage crumbles, top with tsp finely grated cheese (although thick grated is fine, if you must).

Fold dough to make a sack of delicious yum! and pinch tips together. Place on a grease proof paper lined tray in oven at 180°C or Gas Mark 4, until dough browns.

To Freeze: store in freezer bags or a freezer friendly plastic container and freeze 'til needed. To reheat: wrap each one in paper towel, reheat in microwave 1 min and enjoy.

Recipe from Skeleton Stitches.

Mrs F's Jamaican Banana fritters

Mrs F's Jamaican Banana fritters-Ingredients-6 bananas, 1 cereal bowl self raising flour, lemon, nutmeg and cinnamon optional, 1 large egg, oil for frying and sugar for dusting.

Method: Mash up the bananas, mix in spices, beat egg and add to the mix stirring all the time. Spoon in flour and fold in gently. Make sure it is soft dropping consistency. Spoon 1 big tablespoon at a time into frying pan, turn and brown each side. Finish off in the oven at 150°C or Gas Mark 2 in a baking dish covered with foil for 30 to 40 mins. To serve add a squeeze of lemon juice and dust with sugar.

Cecelia's Drop scones with Sweetcorn and Carrot twist

Ingredients: 225 g self raising flour, 2 eggs, 175 ml milk, oil for frying, little carrot, 2-3 desert spoons of tinned or frozen corn.

Method: Put flour in bowl and whisk eggs in a mug. Stir egg mixture into flour, it will disappear and still look floury. No fear, add herbs, pepper and salt and stir. Then start to add milk a bit at a time add until the mixture is thick and gooey clumpy. Try not to make it runny. Stir in the veg. Put oil in a frying pan, not too much just for a shallow fry. Heat and do not add moisture until it is hot but do not let it smoke. Take a big dollop of mixture on a wooden spoon and place in the hot frying oil. Quickly fill the pan with dollops.

Flatten mixture, a bit a bit messy. After 1-2 minutes the bottom will be cooked and sealed flip over for same time with a fish slice. The scone will be cooked on the outside but not maybe on the inside. So to avoid burning, put on foil or a rack under the grill on the lowest heat until all the scones from the mixture are done, about 8 nice sized ones. Leave them under about 10 mins, the inside will be done by then.

Cecelia says she serves with salad and homemade chutney. They could be eaten cold in snack boxes or left plain and have sugar in instead of herbs and spices. Could be served with yoghurt or fruit for breakfast.

TIP: Save sweetcorn from previous day's meal for this, only a small amount is needed.

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Sami's Fishy Frittata

Ingredients: 1 onion, 1 carrot, 4 large eggs, 1 tin sardines, about 75ml milk, cheese for grating, herbs and pepper to taste.

Needs 1 large pie dish (or a round Pyrex dish, the mixture needs to be 2-3cm deep so not too big if you have to use something that isn't round).

Method: Chop onions finely in a greased pie dish and grate carrot on top. Mash fish and mix in with herbs. Mix eggs and milk in a jug and pour over fish and veg' in dish. Grate on as much cheese as you like. Bake in oven at 200°C or Gas Mark 6 for 20 to 36 minutes or until golden.

Pete's Potato Omelette

Ingredients: 1 potato, 4 eggs, oil for frying, 4 tbsp milk.

Method: Whisk milk and eggs, peel and dice potato and pat it dry. Heat oil in pan so it is hot enough to seal the potato. Fry potato stirring continuously. When golden pour in mix and cook gently until light and fluffy and moderately browned.

Recipe from Pete.

Nadia's Variable Baked Omelette

4 eggs, 140ml milk, plenty of spinach, 1 large tin sweetcorn, 1 pack feta cheese, seasoning.

Method: Beat eggs and milk in a bowl. Drain sweetcorn and add that, spinach and crumbled feta cheese into bowl. Mix together. Transfer to baking dish and cook at 180°C for thirty to forty minutes and until golden brown on top.

You can add all sorts of ingredients to the egg and milk mix. I have done this with tuna and sweetcorn and spinach/sweet potato/squash. It is a great way to use up leftovers.

Mary's Falafel Recipe

Ingredients: 1 tin of chickpeas (drained and patted dry), 2 cloves of garlic (crushed), 2 tbsp Plain Flour, Salt and pepper, 1 tsp Chilli Powder, Fresh or dried parsley (optional), oil for frying.

Method: Blend the chickpeas, garlic and flour in a blender or mash well with a fork, keeping the mix a little chunky. Stir in the herbs and spices along with the salt and pepper. Form into bite size balls and chill until ready to use. Fry the falafel in a little oil and serve hot with a salad or in a wrap with chilli sauce. Alternatively, you can bake the falafels at 180°C or Gas Mark 4 for 15 mins.

TIP: Adding chopped onions or sesame seeds to the mix will give it a stronger flavour.

Laura's Quick Baked Bean Stew

Ingredients: 1 tin of baked beans, 1 carrot, 1 onion and oil to fry.

Method: Chop onions finely and fry. Grate in carrot and fry a bit. Then put in beans, plus a tiny bit of water if needed. Heat gently. Serve on toast or with mash. Handy to get veg into beans and cooks easy and saves electric.

TIP: camouflages veg for fussy children.

Bel's Ham and Rice Salad

Ingredients: 1 packet or 200g rice, 1 tin of ham, 1 lettuce, 4 tomatoes, 1/2 cucumber.

Method: Cook rice as instructed on packet or according to your standard method, you can also use any leftover rice you have. Whilst the rice is cooling (if you had to cook it fresh), chop ham, wash all salad veg and slice. Mix ham and veg with the rice.

Helen's Sausage and Bean Cous Cous

Ingredients: Half a small tin mixed beans, one sausage per person (cooked or tinned frankfurters), 75g cous cous per person, 3 big carrots, 1 big tin chopped tomatoes, 1 onion, half courgette, 1-2 cloves of garlic salt and pepper, herbs and cumin or 1 stock cube, apricots (chopped) or sultanas 25g-50g as preferred.

Method: Fry onions, chop veg small and fry for 10 mins, slice the sausages and add to the pan along with the beans, tomatoes, simmer for 20 mins stirring regularly.

Put 75g of easy cook cous per person in a bowl and prepare it according to instructions. Stir occasionally to fluff up grains. Can add chopped apricots or sultanas now. Serve the sausage and bean mixture over the cous cous.

Recipe from Helen.

2 Hummus Recipes

Number 1: Mary's

Ingredients: 1 tin of chickpeas (drained and patted dry), 2 cloves of garlic (crushed), Lemon Juice, Olive oil, salt and pepper, Fresh or dried parsley Optional: Paprika, sun-dried tomatoes, 1 onion, 1 red pepper.

Method: Blitz most of the chickpeas, garlic and lemon juice in a blender or mash well with a fork.

Add olive oil and salt and pepper to taste and to reach a good dipping consistency. If using the parsley and paprika or the optional ingredients, add it to taste now. Serve with a swirl of olive oil on top and a few whole chickpeas to garnish.

Enjoy with nachos or crudité's (chopped raw veg' of your choice), or in wraps with salad and halloumi cheese or chicken. You can also add things like sun-dried tomatoes, onions, or red peppers to this dip whilst blending to achieve a variety of flavours.

Number 2: Helen's

For the real garlic fiends!

Ingredients: 1 mug chickpeas (cooked or tinned), A large tbsp of tahini, 3 tablespoons of oil, a pinch of salt, 3 cloves of garlic, tbsp of lemon juice.

Method: Blend in a food blender or mixer. Will ward off all vampires.

Recipe from Mary and Helen.

Hope Church's Corned Beef Hash

Ingredients: 1 large corned beef, 1 onion, 1 tin of beans, 1 tin of potatoes, oil for frying.

Method: Chop and fry onion in about 1 tbsp of oil. Chop corned beef and potato into pieces, then add to the onions. Heat through stirring at all times. When cooked add baked beans and gently simmer. Add a little water if needed.

Recipe from Mary Chef at Hope Church.

Jim's Bread 'n' Dance Sandwich

This recipe comes from St Helena and is part of Jim's family's foodways heritage. It is called this because it was traditionally served at dances.

Ingredients: 450g tomatoes or tinned tomatoes, 1 onion (chopped). 2 rashers of chopped bacon or veggie bacon, 1 beaten egg. Season with pinch chilli, tsp dried herbs, 1 pinch salt and 1 tsp sugar.

Method: Fry onions, bacon, and seasoning until tender, add tomatoes and cook stirring all the time. Mash down with a fork when tender. Simmer until the liquid has cooked off and then stir in beaten egg until cooked. Remove from heat, let cool and store in fridge. Then make sandwiches with the mixture as a filling.

Adam's Fish Cakes

Ingredients: 1 tin of tuna, salmon flakes or trimmings, chopped parsley, lemon juice, salt and pepper, 2 potatoes, boiled and mashed, soy sauce, Worcestershire sauce, 3 eggs, 7 slices of bread (for breadcrumbs).

Method: Mix all the ingredients except the eggs and bread into a bowl. Make into small balls. Flatten slightly. Crack eggs into bowl and season with salt and pepper. Place fish cakes into egg mixture and then into breadcrumbs. Leave to stand for 5 – 10 minutes before shallow frying. Leave to drain on a paper towel. Serve with a slice of lemon.

Recipe from Adam of Bideford School.

Becki May's Chilli Pittas (mock tacos)

Another favourite from Becki May's unemployed days, Serves 4, requires 1 pot/hob, and toaster or grill. Takes 20 - 25 mins.

Ingredients: 2 small onions, chopped, 1 tin baked beans, 1 tin kidney (or other) beans, 1 bowl leftover raw veg chopped finely, (greens, peas, carrots etc. if you are out of leftovers, substitute in 1 or two tins of your chosen veg), 2 packs pita bread, cheese (optional) to grate over the top, oil or butter to fry, chilli powder to taste.

Method: Heat oil in pan. Fry onions until slightly browned. Add veg and continue to fry. Drain the kidney beans and add them. Add the chilli powder and stir well. Add the baked beans and continue to stir until the sauce reduces a bit. Toast the pita breads and carefully slit them open. Put a few spoonfuls of the mixture in each one and grate cheese over them to serve.

Mr B's Daal

Ingredients: 1 cup of brown lentils or 1 large tin of brown lentils, 1 onion, 3 garlic cloves, 2 carrots, curry powder or paste.

Method: Wash dry lentils by rinsing in a pan, cook in water until tender. Fry onions and garlic until glassy. Grate in carrots and stir, put in cooked lentils and curry powder or big spoon of paste. Add a bit of water if too thick. Heat gently stirring for 5 to 10 mins. Blend or mash if desired. Serve on toast or baked potato or with rice and chapatti.

TIP: You can transform this into a hearty soup by adding more water.

Recipe from Barry.

Helen's Kempston Beans

Ingredients: 1 tin baked beans, oil for frying, 1 onion, chopped ham or frankfurters, Worcester sauce to season (optional).

Method: Fry onions and sausage or ham. Grate in carrot and fry a bit. Toast sliced bread and put beans in a pan with cooked stuff and heat for 10 mins stirring all the time. Serve on toast.

Recipe from Helen and Darrel.

Mr K's Beans and Jackets

Ingredients: 4 potatoes, 1 onion, 1 large tin beans, 1 tin tomatoes, spam or tinned ham or frankfurters. Optional: Lettuce as garnish.

Method: Cook jacket potatoes in oven for 1 hour, 220°C or Gas Mark 7. Prick with a fork before you start, whether oven baking or microwaving.

BUDGET TIP: if baking in an oven, put an old fork in each potato to speed up cooking in the centre). If you cook in microwave do NOT put a fork in the centre as metal is dangerous in microwaves.

For super luxurious potatoes, rub them with oil and a little bit of salt before baking.

About 15-20 mins before the potatoes will be ready, fry onions and garlic, and spam or bacon or frankfurter chopped. Cook for 10 mins stirring. Add tomatoes and beans. Cook for 5 mins, stirring. Serve on potatoes, split, as a topping. Maybe some lettuce to garnish.

Recipe from Keith Whitwell.

Microwave Baking Potatoes

Rub clean medium sized potatoes and prick skin. Put on full heat and cook for 5 mins. Open door, turn potatoes and cook on other side for 5 mins. Remove and fork to see if inside is cooked and return for a minute or two if needed. Cooking time varying on size.

2 Ideas for Crispy Chickpeas

Mischele's Crispy Chickpeas

Ingredients: 1 tin chickpeas, flour (plain or gram flour), Optional: a spoonful of sweetcorn.

Method: Drain well, roll in flour (gram is best but plain is OK, but add a little sweetcorn) and spices, and dry-fry the chickpeas and rub gently to a crisp finish and nibble.

Georgina's Crispy Chickpeas

Ingredients: 1 tin chickpeas, 1 pack chilli flakes or other preferred spice.

Rinse and drain the chickpeas and rub dry in a clean tea towel. Add chilli flakes or any other spices you fancy and coat them with about a dessert spoon of oil. Roast them in the oven on a high heat for about 15- 20 minutes, check and turn. They are cooked when they are crispy.

Recipes from Mischele and Georgina.



Baked Potato and Wrap Fillings

Here's a list of easy/cheap sandwich fillings/potato toppings that were sent by lots of contributors:

- mackerel in tomato sauce with sweetcorn
- baked beans with cheese on
- strips of chicken and sweetcorn
- chopped sausages and beans
- cream cheese and chopped spring onions
- save some of last night's pasta topping or curry and add cottage cheese or grated cheese to bulk it out
- hummus and roasted peppers (for our hummus recipes, see elsewhere in this chapter)
- pep up baked beans with a tin of mixed beans and some curry paste or chilli puree
- Crack an egg into baked beans and stir

The Hope Church Quiz gave us this suggestions for toppings or lunch wrap:

Ingredients: 1 tin tuna, 1 tin sweetcorn, 3 dollops of mayonnaise, half tsp curry powder and handful of sultanas, salt to taste. The ingredient amounts can be adjusted to suit your taste.

Method: Mix ingredients well in a bowl. Then use as a potato topping or sandwich/wrap filling.

Eddie's Tuna Sweet Potato Jackets

Ingredients: 4 small sweet potatoes (about 200g each), 185g tin tuna, drained, 1/2 red onion, finely sliced, 1 small red chilli, de-seeded and chopped, juice 1 lime, 6 tbsp Greek yoghurt, handful of coriander leaves.

Method: Scrub the sweet potatoes and prick all over with a fork. Place on a microwaveable plate and cook on High for 18-20 mins, or until tender. Split in half and place on each one, cut-side up, on a serving plate.

Flake the drained tuna with a fork and divide between the sweet potatoes. Top with the red onion and chilli then squeeze over the lime juice. Top with a dollop of yoghurt and scatter over the coriander leaves to serve.

Recipe from Eddie Wilkinson of Bideford School.

Lucy's Sausage and Potato Casserole

Serves 5 - this recipe is from Lucy, one of Miss Dyer's Year 10 Students at Bideford School.

Ingredients: 500g new potatoes, halved or 1 large tin new potatoes, 450g sausages (or 1 large tin frankfurters), 1 onion, sliced, 1 green pepper (diced), 340g jar tomato pasta sauce, 1 large tin mixed vegetables, oil for frying.

Method: Heat the oil in a frying pan and fry the halved potatoes and sausages for 5 mins. Add the onion and pepper to the pan and cook for a further 5 mins, turning the sausages occasionally until browned.

Add the pasta sauce, rinse the jar out with a splash of water and add to the pan. Cook with the lid on for 5 mins. Add the vegetables and heat for 3 mins.

Serve with a glass of water.

Recipe from Lucy from Bideford School.

French Toast

A recipe from 'Skeleton Stitches' a fabric artist in the USA.

Ingredients: 6 slices of bread (excellent for stale bread) 1 tsp cinnamon, 1 tbsp brown sugar, 3 eggs, 1 small mug milk. For a savoury version, skip the cinnamon and add a shake of pepper or your preferred savoury seasoning.

Optional: serve with (maple) syrup, powdered sugar (normal granulated sugar can be ground up or just use as-is) bananas or fruit preserves.

Method: Whisk together the eggs, milk and seasonings. Dip bread coating both sides in the mixture, fry at a medium-hot temperature in frying pan with margarine or butter until both sides are brown.

Recipe from Skeleton Stitches.

Nice rice salad

Ingredients: 1 small tin of red kidney beans, or tin of chopped ham, or chopped cooked frankfurters (1 per person), 1 cup rice (cooked) or packet of ready rice, lettuce, 2 tomatoes, 1 apple, and you can add what salad you like.

Method: Cook rice and put in a sieve and cool under a cold tap. Drain. Cook sausages or grill ham if desired chop when cool. Chop on clean board all veg and fruit. Mix with seasoning.

Yorkshire Pudding Recipe

Ingredients: 65g corn flour, 2 large eggs, 100ml milk, 2 tbsps of oil.

Method: Add the corn flour, eggs and milk to a jug, whisk up until all of the floury lumps are gone and you have a smooth mixture. Add oil to a baking tin and place in a pre heated oven for 15 minutes, take out tin (the oil needs to be slightly smoking) and add the Yorkshire mixture, bake in a Gas Mark 4 or 180°C oven for roughly 12 minutes until the Yorkshires are brown and have risen.

TIP: Try using Yorkshire puddings as a base for many of our other recipes in place of pasta, rice or potatoes.

Sardines and Veg Medley on Toast

Ingredients: 1 onion, 4 mushrooms, 1 tin tomatoes, 1 tin sardines, oil for cooking, bread for toast.

Method: Fry onions and mushrooms in oil. Add tomatoes and heat, then when warm add mashed sardines and mix. Toast the bread. Heat gently until all warm and serve on toast.

Sunday Lunch Butternut Squash and Potato Soup.

A tasty recipe from Helen, our project mentor and volunteer and a handy tip from her friend Robin.

Ingredients: 1 medium onion, 1 big potato, half a butternut squash, 2 sun dried tomatoes finely cut, 3 garlic cloves, seasoning and stock cube, 1.5 pints water.

Method: Fry onions and garlic, then fry squash and pumpkin, stirring all the time. Add water, seasoning and sun dried tomatoes. Simmer until all is soft and mushy (about 20 minutes), then mash or blend.

Robin's TIP: If you roast or fry the squash a little first will get a better flavour.

Recipe from Helen with Robin's tip.

Soda Bread Recipe

Helen says: "My foodways heritage is Soda Bread. My aunty Dolly used to make it in Wales. I did not like it as a kid. But now after not being able to eat anything with yeast in for years, My friend said 'Helen, you can eat soda bread, I have made some.' So we got some chips and had soda bread chip butties. The best butty I have had in years after being on rice cakes for a while. I have never looked back."



Ingredients: 600g wholemeal flour, 300g white self raising flour, 3 tsp of baking powder, about 1 pint of milk or water (or half a pint of each combined), sprinkle of salt if desired.

Method: Sieve in flours and baking powder and bind in liquid to make a big dough ball. Cut in two and put on baking tins. Bake about 25 mins, Gas Mark 8. Sometimes I flip them and do on the other side for 5 mins.

Recipe from Helen.

Jane B's Pea Soup

Ingredients: 1 large tin of mushy peas or 600g of frozen peas, 1 stock cube, 8 tbsp of instant mash, 1 slug of milk.

Method: Boil 1 large tin of mushy peas in 1 litre of water with 1 stock cube for 5-10 minutes. Blend (or mash through a sieve and scrape remains into the pan). Stir in 8 tbsp instant mash and a slug of milk.

Recipe from Jane Barnett.

Mrs C's Marmite French Onion Soup

For Caroline's soup you can use Bovril or Marmite, most supermarkets have a non-brand equivalent.

Ingredients: to serve 2 people, 2 onions, 1 tbsp of Marmite, boiling water (to be enough for 2 bowls of soup).

Method: Chop up 2 onions, add herbs to season, Fry up 1/2 the onions (fry light if you are on a diet). Boil enough water for 2 bowls, Add tbsp of Marmite to mug add some boiling water. Put onion in bowls, add the Marmite water and the rest of the water and serve.

Recipe from Caroline Wallace.

Celery and Nettle Soup

Ingredients: 2 onions, 2 potatoes, whole celery, stock cube, 3 spoons of oil, salt and pepper and a handful of nettle tips. Optional: 3 garlic cloves, herbs.

Method: Cut garlic and onion and fry in oil. Cut celery into small bits and fry for 5 mins. Cut potato into small bits and fry stirring all the time so it does not stick. Add 1.5 pints of water and handful of chopped nettle tips. Simmer for 20 minutes. Either mash for a lumpy soup or blend when cool and re-heat.

TIP: to pick nettles, you will want to wear thick gloves, the tips are less stringy so that's the bit you cook.

Recipe from Helen.

Charlotte's Leek and Potato Soup

Ingredients: 50g of butter/margarine or some oil, 3 big leeks, 2 potatoes, 1 large onion, 1 chicken or veg stock cube and one litre of water. Optional: herbs and garlic.

Method: Dissolve the stock cube in the litre of water. Fry onions and leek gently for 15 mins. Add the stock and cubed potatoes and simmer gently until mushy. Add salt pepper and herbs for seasoning. Mash for a chunky soup if you have no blender or blend for a smooth thick soup.

Charlotte says the recipe serves 4 big portions and you can save some for freezing or for packed lunch.

Summer Salad

Ingredients: 1 tin sweetcorn, 2 apples, 3 sticks of celery, spring onions 5, lettuce, 1 grated carrot.

Method: Wash all ingredients then chop or grate. Serve with mayonnaise, or dressing 2 tbsps of vinegar to 2 spoon of oil and some dried herbs.

TIP: This recipe says 2:2 vinegar/oil, traditional proportions are 1 vinegar to 3 oil but this is partially a myth as it really depends on how acidic your vinegar tastes, so you can start with 1:2 and up or down your vinegar and oil to suit you.

Tuna Salad

Ingredients: 1 tin of tuna or mackerel, half tin sweetcorn, half lettuce, 1 carrot, 2 tomatoes.

Method: Wash and chop up salad veg and put in a bowl, drain tuna and sweetcorn, stir in, peel and grate carrot and stir in.

Veg' and Cubed Cheese Cous cous Salad

Ingredients: 400g cous cous, 1 carrot, half a red onion, 1 tomato, 50g cheese, 1 spoon of sultanas, herbs and pepper and salt to taste.

Method: Follow instructions on the cous cous packet for quantities and preparation. I place enough for each person in a bowl and cover with an inch plus of boiling water from the kettle. Then I put a plate on to stop the heat escaping. Meanwhile chop veg small and grate carrot. After 5 minutes, look at the cous cous and the water should be absorbing. Stir in veg, sultanas and spices etc. Put lid back on for another 5 minutes. Take lid off and stir in cubed cheese.

You can substitute other yummy ingredients: mushrooms, onions, tinned sweetcorn (and other tinned veg), or seasonal fresh veg (cooked or fresh according to taste) you can also use a stock cube in the water to bring some additional flavour to the cous cous.

Frankfurter and Apple Salad

Ingredients: 4 frankfurters, chopped apple, 1 chopped tomato and 1 lettuce (divided into leaves, ripped up or chopped depending on the sort of lettuce and how you like it).

Method: Combine the ingredients in a bowl, see Summer Salad for salad dressing idea.

Annie's Apple Coleslaw

Ingredients: 1 apple, 1 carrot, quarter white cabbage and 3 tbsp of mayonnaise.

Method: Chop apple, grate carrot and cabbage. Season with salt and pepper and stir the seasoning through.

Pineapple and Ham Slaw

Ingredients: 1 tin of pineapple, 1 tin of ham, 1 carrot, half a small white cabbage, pepper to taste.

Method: Grate carrot and cabbage. Chop ham and pineapple. Mix in a bowl and season.

Sultana and Mackerel Slaw

Ingredients: 1 tin of mackerel (or any fish), 1 handful of sultanas, 1 apple, 1 third of a small white cabbage, 1 carrot.

Method: Grate carrot and cabbage. Chop apple into small bits. Drain mackerel and mix in with sultanas. Season with herbs, pepper and salt. We added a dollop of mayonnaise and homemade mango chutney.

Fruit Salad and Milk Pudding

Ingredients: 1 packet jelly, 1 small tin of evaporated milk, 1 tin of mandarin oranges and pineapple.

Method: Make jelly according to packet instructions. When the jelly has dissolved add the evaporated milk and pour into a container and refrigerate for about 2 hours. About half an hour before serving make your fruit salad. Slice and chop the fruit in a bowl (if tinned, then you may not need to do this). You can add any fresh fruit but remember it must be covered by the juices as cut fresh fruit can go brown if exposed to the air. Give the fruit a stir to mix the colours and types, but make sure it is still covered by the juice. Serve the milk pudding poured over the fruit salad.

Jack's Orange Cheese Cake

Serves 6-8 depending on the size of your slices.

Ingredients: 300g pack ginger nut biscuits, 120g butter or margarine, 250g mascarpone cheese, 170ml condensed milk, 5 fresh clementines (fresh or 1 tin).

Method: smash the biscuits (if you leave them in the packet it's less messy) until they resemble breadcrumbs. Melt the butter in a pan and stir in the smashed biscuits.

Pour and press evenly into an 8-inch (20cm) tin and leave to set in the fridge. Grate the zest of 3 of the oranges into a bowl and squeeze the juices into the same bowl (leave out this step if using tinned oranges). Add the mascarpone cheese and condensed milk to the bowl and beat until the mixture is smooth and thick.

Take the biscuit base out of the fridge then spread the mixture evenly over the base and chill for at least 1 hour in the fridge.

Optional: Thinly cut the remaining 2 oranges into rings and place over the top of the cheesecake.

Recipe from Jack Watts of Bideford School.

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Jack's Bacon and Cheese Pasta

Ingredients: 8 slices of bacon, 1 sachet of cheese sauce mix, 280 ml (that's half a pint) milk, 285 g of pasta, 1 onion, 10 cherry tomatoes, oil for frying.

Method: Grill bacon and cut into bits. Cook the pasta in boiling water for 10 mins or until soft. Chop onions and tomatoes and fry in oil. Gradually mix the milk into the cheese sauce. Simmer until thick. Drain the pasta and mix all the ingredients and serve.

Recipe from Jack Watts of Bideford School.

Ways to use a jar or packet of Cheese sauce

Macaroni Cheese

Ingredients: 1 quantity basic coating cheese sauce, 55-75 g macaroni per person.

Method: Cook macaroni for 12 minutes in large pan of boiling water. Meanwhile make sauce and stir together when both ready.

Cauliflower Cheese

Ingredients: 1 quantity basic coating cheese sauce, 1 cauliflower (check for any additional ingredient requirements on the packet).

Method: Wash cauliflower and cut into sprigs. Cook in boiling water until tender (about 15 mins.) Drain. Meanwhile make sauce according to instruction. Pour over cauliflower. Fish in cheese sauce.

Ingredients: 1 quantity basic coating cheese or parsley sauce, 250 g white fish per person. Steam fish for about 15 minutes until tender. Make sauce and pour over top.

How to steam fish: Marinate or season your fish and put fish on a plate. Prepare the steamer. Half fill a saucepan with water and bring to the boil over a high heat. Steam the fish in the steamer. Place the steamer on top of the saucepan and ensure that the water is not touching the steamer – if it is, pour out some water. Check if it's done. Serve.

Pasta Bake

Ingredients: 1 quantity basic coating cheese sauce 75 g any pasta 250 g cooked vegetables e.g. broccoli, onions, sweetcorn.

Method: Cook pasta in large pan of boiling water until tender. Make sauce and stir in ingredients. Put into oven-proof dish. Bake at 180°C for about 15 minutes until golden.

Recipe from Stephanie Dyer.

Spam Spaghetti from Becki May

Ingredients: - 1 onion, 1 tin spam, pepper/herbs to season, spaghetti (65g pp), 2 big spoons of tomato puree.

Method: Heat water for spaghetti and cook spaghetti in salted water for about 10 mins and drain. Fry onions and garlic and pepper until glassy, chop up spam/ham into cubes and fry in mixture for 5 mins then stir in the tomato puree and season to taste. Combine with the spaghetti and serve.

Optional: Make it into Spaghetti Carbonara - once you add the spam to the pasta, combine with eggs/grated cheese, lifting and stirring to mix it into the spaghetti whilst gently heating to scramble eggs for carbonara.

Solveigh's soft cheesy pasta

Ingredients for 3-4 people: 65g pasta per person, 1 onion, 1 pepper (any colour), 2-3 cloves garlic (to taste), 100g mushrooms, and any other spare vegetables (either tinned or fresh or leftovers), 1 tbsp of soft cheese and/or about. 250ml milk. Optional: chop in bits of cooked sausage or frankfurter, strips of beef or chicken.

Method: Put the pasta on to boil for about. 10 mins (longer if wholemeal).

Fry onions, garlic until glassy, Chop up any colour pepper, cheap and cheerful mushrooms and any other spare veg' in a pan until cooked. Optional: Meat eaters can add a bit of sausage, beef strips or whatever you fancy.

Add some own brand soft cheese and/or milk, stir in pasta. Done.

Solveigh says: Depends how many you're serving, but does me for three nights. The pasta, soft cheese/milk combination really makes it go further.

Peas, Ham and Peppers Sauce

Ingredients-1 tin large peas, 1 small tin ham chopped, 1 red pepper and 2 onions, oil for cooking.

Method: Chop and fry pepper and onions. Add chopped ham and fry for 5 mins, add large tin of peas and simmer for 5 mins. Serve with rice, pasta, potato etc.

Ruth's Pasta

Ingredients list: 75g pasta per person, 1 onion, 2-3 slices of bacon or small tin of ham, 1 large tin tomatoes, 1 small tin mixed beans, seasoning and herbs. Optional: cheese to grate over the top.

Method: Put 75g pasta per person on the boil (about 10 mins, but read the packaging). Fry the Onion, chop a few slices of bacon or 1 small tin of ham and add to the onion. Add in a large tin of chopped toms. Add in tin of mixed beans if wish. Heat. Season to taste. Add to pasta. Makes about enough for 4. Nice with cheese on too.

Ali's Chickpea pasta

Ingredients: 55g-75g pasta per person, 1 tin chickpeas (Optional: you could substitute in other things, mushrooms, different beans etc.), 1 onion, 3-4 cloves of garlic (adjust to taste), 1 chilli, chopped small (the seeds are the hottest part of a chilli, so you may leave these out if you wish) Season: pepper, salt.

Method: Cook pasta (stir rinsed chickpeas into pasta, and when nearly cooked to warm through.) Lightly fry onion, and garlic and chilli, mix with pasta and serve.

This is a really quick tasty way of cooking up a meal and can be adjusted to fit a variety of veg or meat.

Recipe from Ali Jones.

Lentil Bolognese sauce

Ingredients: 1 tin large tomatoes, 3 cloves garlic, 100g red lentils, 1 onion, 3 carrots, 4 mushrooms. Wash lentils in sauce pan in water. Then cook until soft about. 15 to 30 mins. Put to one side. Fry onions in oil until tender. Then cut carrots small and mushrooms add and fry stirring regularly. After add tin of tomatoes and cooked lentils, if tomatoes whole mash up before. Add any herbs and stock cube if desired and simmer for 30 mins gently. Serve with Pasta or Rice.

Pasta A L'Amatriciana

Our Canadian chef, Trevor, has posted up this for us to try. You can leave out the capers if you prefer.

Ingredients: 1 onion, 1 carrot, 1 tin of diced tomatoes, 3 or 4 anchovy fillets or a small tin of tuna, 1 dessert spoon of butter, 50g of grated cheese, salt and pepper, 400g dry plain pasta or 300g whole grain pasta, 1 teaspoon of dried basil, 1 tablespoon of mashed capers or pickles.

Method: fry the onions in a little oil and add when the carrot finely chopped when the onion become translucent. When the carrot starts to soften add the tomatoes and basil and leave to simmer.

While the tomato sauce cooks start the sauce pan of water for the pasta. As the water heats mince the fish and pickles finely and add to the tomato sauce when you start cooking the pasta. Transfer sauce to a frying pan that can hold all the pasta as well and dry the sauce a little on a high heat.

Drain the pasta when cooked and add to the pan flip it with sauce and tempered butter so the sauce covers the pasta nicely and remove from heat as you stir the cheese in to stick the pasta and sauce together.

Recipe from Trevor.

Becki May's Recipe for Sardine Pasta

Great for using up extra pasta and vegetables. Takes 20 mins and can be done on one hob/pot if you cook the pasta first.

Ingredients: 200g pasta shapes, cooked and drained, 1 large tin of cheap sardines or pilchards in tomato sauce, 2-3 large onions, 3-4 tbsp tomato purée or tomato ketchup, 1 bowl raw leftover vegetables chopped finely - peas, greens, carrots etc. (or 1 large tin of sweetcorn or other tinned veg, also chopped), 1-2 tbsp oil or butter, seasoning to taste - salt, pepper, herbs or chilli.

Method: Heat the oil in a frying pan or saucepan, fry the onions lightly. Add the vegetables and continue to fry. Add the sardines, pasta and the purée/ketchup. Stir through thoroughly and add seasoning, cook for a further 5 mins while stirring. Serve.

Calli Pasta

Ingredients: 1 large tin tuna chunks (about 320g), 75g pasta per person, wholewheat pasta fusilli, 4 tbsp stir-in pasta sauce, 200g frozen peas (or use tinned), 40-60g grated cheese.

Method: Cook the pasta until soft according to the packet (if it is wholewheat, you may find it takes a little bit longer than the directions on the packet state). Meanwhile, break the tuna into flakes in a bowl. 5 mins before the pasta is ready, put the frozen peas into the boiling water with the pasta. When ready, strain the pasta and peas and keep on one side. Cook the tuna and pasta sauce til they are warmed through. Add the pasta and peas back to the pasta pan with the tuna and pasta sauce and heat, stirring well.

Serve in plates or shallow bowls, sprinkled with the cheese.

Recipe from Ciara Bennett, of Bideford School.



Sew N Sew's spaghetti

Ingredients: 75g spaghetti per person, 1 tin of chopped tomatoes (2 people small tin, 4 people large tin), 1 onions, garlic and herbs and pepper pinch of salt optional, plus a little cheese to grate on top.

Method: Fry onions in a pan with garlic. Heat water to cook spaghetti at same time. Put required amount of spaghetti in pan and cook for instructions on packet about 5 to 10 mins depending if ordinary or wholewheat pasta. Whole wheat is more nutritious but more expensive. When onions are cooked add chopped tomatoes and herbs and spices. Heat stirring for 2-3 mins. Drain pasta, then stir in gently to the toms and onions. Put into bowls and serve with a little grated cheese.

Recipe from Sew-n-Sew.

Jack's Tuna Pasta Bake

Ingredients: 1 200g tin tuna*, 1 200g tin sweetcorn, 225g pasta (e.g. penne, farfalle (bows) or macaroni), 180g soft cream cheese, 50g tomato puree, 1 pack ready salted crisps.

*Tins vary but it will usually be 160g-200g depending on the brand.

Method: Preheat the oven to Gas Mark 4. Cook pasta according to instructions on the packet until tender. Meanwhile, Drain the tuna and sweetcorn.

Drain the pasta. Mix all ingredients together apart from the crisps in a pie or baking dish. Crush the crisps in the packet if wished, then top the bake with the crisps and bake for 20 mins.

Recipe from Jack Watts of Bideford School.

Tilly's Pasta Fusilli with Cheese, Bacon and Peas

Ingredients: 500g pasta fusilli (allowing 125g per person), 200g cheddar cheese, 250g, bacon (diced), 200g frozen peas, oil for frying, pepper to season.

Method: Cook pasta in boiling water for 12-15 minutes, adding in the peas 5 mins before the end of the cooking time. While the pasta is cooking, fry the diced bacon, in frying pan for about 5 mins. When the pasta and peas are cooked, drain and add the grated cheese and diced bacon, season with pepper to taste.

Optional: 1-2 tbsp tomato puree to add flavour.

Recipe from Tilly Cox of Bideford School.

Easy Chinesy Rice and Fish Dish

Ingredients: 300g rice, 1 tin sardines, any tinned vegetables in any quantity you like (tomatoes, peas, green beans, carrots... whatever is in your foodstore or foodbank bag!), 1 chunk of fresh ginger (to taste), 3-4 tbsp Soy Sauce, 1 to 2 table spoons honey, knob of butter / drizzle of olive oil, 2 garlic cloves.

Method: Cook rice in boiling water (as you would normally cook rice). Chop up the garlic and grate the ginger. Flake the sardines with a fork. Drain and rinse the vegetables.

In saucepan heat oil (or butter) and add the garlic and ginger. Let them fry for 30 seconds, then sauté the rice in the garlic/Ginger/oil preparation for 1 minute. Then add all the other ingredients (soy sauce, honey, vegetables, sardines). Let it all cook for a few minutes (I like it when the rice is still a little moist in the soy sauce!)

Recipe from Stephanie Kitchen.

Rice for Accompanying Main Dish

Here are three methods for cooking rice:

Microwave (serves 2)

Ingredients: 150g rice.

Microwave for 12 mins on High and fluff with a fork.

Absorption (serves 4)

Ingredients: 300g basmati rice, you will also need a saucepan with a tight fitting lid.

Method: Put the rice in a sieve and rinse under the cold tap. Tip the rice into a saucepan and add water until the water level is about 2.5cm above the surface of the rice (if you test the depth with your index finger, the water should come up to the first joint of your finger, working on the average size of an adult hand).

Bring the water to the boil, then put the lid on and turn down the heat to medium and simmer with the lid on for 12-15 mins. Turn off the heat and stand for 5 mins, then remove the lid, fluff up the rice with a fork and serve.

Boil (Serves 4)

Probably the least nutrient retaining but allows you to cook the rice without a pan lid.

Ingredients: 300g basmati rice.

Method: rinse the rice thoroughly in a sieve until the water runs clear, place in a saucepan, with twice the depth of water and a pinch of salt. Bring to the boil and simmer for 20 mins, drain and serve.

Tips: Becki May says whenever you cook rice, add a few handfuls of cheap frozen veg (the kind that is 80p or £1 for a big bag) it looks pretty and prevents the rice sticking together. Fiona adds that with just the addition of one or two frozen vegetables and a small tin as pilchards and 1/2 a stock cube added to the water, you can eat this as lunch or a light supper.

Recipe from Fiona.

Risotto

Ingredients: 400g meat e.g. chicken, 25g butter (or oil), 250g risotto rice, 1 onion, 500ml hot water, seasoning, chicken or vegetable stock cube, 1 tsp spice (e.g. Turmeric or saffron). Selection of vegetables e.g. 100g mushrooms, 50g green beans or peas, 50g sweet corn.

Method: Peel and chop the onion. Wash and slice the mushrooms. Cut chicken into cubes.

Melt butter in large saucepan. Add chicken and onion and fry until brown.

Dissolve stock cube in hot water. Add rice to the frying pan. Add hot water/ stock to pan. Add the mushrooms, beans or peas, sweet corn, sauce and seasoning. Simmer very gently for about 20 minutes until the rice is tender and all the liquid is absorbed.

VEGETARIAN VARIATION – Leave out the meat!! Bulk it up with more veg.

Recipe from Stephanie Dyer.



Corned Beef and Rice

This is an old favourite of our lovely illustrator, Darrel, he likes it because it's very simple.

Ingredients: 1 onion, 1 tin of sweetcorn, 1 tin corned beef, rice, tomatoes (tinned or sauce), garlic salt and pepper to season, oil to fry.

Method: Fry the onions till soft, then added corned beef and gradually add the vegetables. Optional: add garlic salt and pepper to season. Cook for 15-20 mins til the sauce is done.

Serve with rice cooked according to your preferred method.

Recipe from Darrel.

Fishy Kedgeree

Ingredients: 1 cup of cooked rice, tin of mackerel (any tinned fish would be fine for this recipe) 1 onion, 1 hard-boiled egg per person, oil to fry onions.

Method: Firstly I use brown rice which has a longer cooking time and I boil my eggs in the rice. Not sure if white rice cooks too quickly. Or you could cook with the boiled potatoes the night before and keep in fridge. Cook rice as packet says, boil microwave etc. My rice I wash until clear brown basmati, then put in about 2cm of water over the rice level. I cook with lid on until rice has gone, then leave on stove for while with lid on as it continues to cook. Fry onions, then flake the tin of mackerel with a fork and stir continuously. Add cooked rice, fry and stir until well heated through and not sticking (the starch in rice can make it stick). Cut up hard boiled eggs and place then onto top of rice when serving.

Optional: add a tin of peas with the mackerel, or if you have frozen peas, put a cup or half a mug of them in with the rice.

Becki May's Rice Pudding on the Hob

Ingredients: 800ml milk, 75g pudding rice (basmati rice will also do the trick), 50g sugar, jam to taste.

Method (easy 30 minute recipe): Bring the milk nearly to the boil, add the pudding rice and sugar and simmer gently with saucepan lid on for about 20-25 mins being careful to stir regularly so it doesn't stick. Delicious with a blob of jam on top!

Lucy's Chicken Stir Fry

Serves 5 people - a recipe from Lucy, one of Miss Dyer's Year 10 Students at Bideford School.

Ingredients: 2 tbsp groundnut or vegetable oil, 500g veg of your choice (you can buy frozen stir fry veg or buy fresh), 1 red pepper, diced, 1 onion, beansprouts (about 150g), 1 tbsp soy sauce, 100g chicken, egg noodles.

Method: Heat the oil in a wok or large frying pan, Add the veg and cook for 2-3 mins, pour in the soy sauce.

Add the noodles to the pan and heat through. Serve immediately with a glass of water.

Recipe from Lucy from Bideford School.

Gravy and Cous Cous

Ingredients: enough cous cous for 1 serving (see packet), instant gravy (made according to instructions on the packet) or leftover gravy/casserole sauce.

Method: Using leftover gravy from a casserole, (you can put it in a tub and freeze and defrost it later for this). To make a filling, warming lunch, heat it in a saucepan to boiling point, turn off the heat, add enough couscous, cover and leave to stand for 5 mins.

Quantities vary with amount of leftover gravy but typically only serves one . . . good if the kids are at school and you don't want to turn the heating on!

Tip: Add in tinned peas or other veg/leftovers to bulk it out.

Recipe from Caroline Nash.

Noodles, and fish in tomato sauce

Ingredients: egg noodles (2-3 nests per person), frozen or tinned peas, 1 onion, 2-4 cloves garlic, 1 tin of mushrooms or 100g mushrooms, 1 small tin of pilchards in tomato sauce.

Method: cook noodles, frozen or tinned peas, fry onions (garlic) together and add mushrooms (tinned or fresh) and cook, when ready dish up and then open small tin of pilchards in tomato sauce and break it into the food (if you want it hotter, then cook it in with the mushrooms etc. but if you are very hungry or have sensitive teeth, it can be lovely just flaked, stirred and eaten!)

Recipe from Chris and Fiona.

No-sting Sardine Cous Cous Garnished with Fried nettles and Dandelions

This recipe was an answer to our Facebook page 'Ready steady cook' challenge for cous cous. It was sent by Helen, project volunteer and mentor.

Ingredients: 300g onions, 80g of cous cous, 1 tin of sardines, 1 small tin of peas/mug of frozen peas, few spoons of oil, 3 dandelion leaves and 10 small nettles tips.

Method: Put cous cous in bowl and add enough boiling water to cook, cover with a plate and leave. Then fry onions, finely chopped nettle tips, and dandelion, lastly add peas to the fry. Frozen take a little longer than tinned which are quick and need a stir onions too so they do not stick. Then add mashed tin of sardines to the cous cous and mix up well. Then pour peas onions and find herbage from the garden to add to the top.

TIP: Wear thick gloves to pick the nettles then chop the tips with kitchen scissors.

Recipe from Helen.

Extended meatball recipe - make 1 tin feed 1 family

Extended meatball recipe.

Ingredients -1 tin of meatballs, 75g spaghetti per person, 1 big tin of chopped tomatoes, 1 large onion. 2 carrot grated or slashed with a veg peeler into strips, 4 mushrooms, garlic and herbs, pepper, salt and oil.

This recipe is to extend a tin to feed a family.

Method: Fry onions, add grated carrot and mushrooms stir for a few more minutes, add tin of chopped tomatoes and simmer. Heat water with a pinch of salt to cook spaghetti, When boiling add spaghetti for 5 to 10 mins until tender taste. Go back to other pan and add tin of meatballs.

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Miss Dyers' Toad in the Hole

Ingredients: 250g sausages – any kind, 100g plain flour, 1 tablespoon oil, level teaspoon salt, 2 egg, 250 ml milk.

Needs: Oven-proof dish or small roasting tin.

Method: Light oven – Gas Mark 7 or 220°C. Put oil in dish and place in oven. Fry sausages until browning slightly. (They may be placed in the dish in the oven instead.) Now make the batter mixture. Sieve flour and salt into bowl. Break egg into centre. Add milk, bit at a time, Beat until smooth. Put sausages into dish. Pour batter mixture over sausages. Cook for about 40 minutes until well risen and golden brown.

TIP! If I was making this at home then I would make the batter mixture up a couple of hours in advance. It improves with age!

Recipe from Stephanie Dyer.

Stephanie's Basic Burger Recipe

Ingredients: 225g lean minced beef (minced lamb or turkey can be used), 1 small egg, small onion (grated). Seasoning: salt and pepper, tsp mustard, Worcester Sauce.

Optional Additional Ingredients e.g. herbs, pepper, onion.

Method: Mix all the ingredients together in a bowl. Divide in 4 equal amounts.

Shape into burger shapes. Squeeze excess liquid out. Grill or fry 4-5 minutes each side. Drain on a paper towel. Serve in a bun with a salad and some relish.

Recipe from Stephanie Dyer.

Christine C's Sweet Peppers and Tomato Sauce

Ingredients: 3 large peppers, 3 large fresh tomatoes OR a tin of tomatoes.

1 onion, 2 garlic cloves (optional), Salt and pepper to taste, oil for frying.

Method: Quarter the peppers, de-seed and place skin side up on a baking tray. Place under a hot grill and leave until the skins are black and charred. Put straight into a plastic bag. Seal and leave to go cold. The skins can then be easily peeled off. It's worth doing this as it makes the peppers much sweeter.

If using soft fresh tomatoes pour boiling water over them, leave for about 2 minutes. Remove from the water and pull the peel off. You may need a knife to get all skin off.

Chop the tomatoes (tinned or fresh) and peppers into small pieces. Chop the onion into small pieces. Crush the garlic. Heat just enough oil in a frying pan to fry off the onion, add the garlic when onion nearly soft.

Add the peppers and tomatoes and cook gently until everything has softened and blended together. Add salt and pepper to taste.

TIPS: Christine says this can be made with soft fresh tomatoes and soft peppers which can often be bought cheaply from the market or use up what's left in the fridge.

Make this in large batches and freeze in portion sizes. It's good for a quick Spaghetti Bolognese Sauce as you just need to add the meat and cook through or on its own with a jacket potato or pasta. Just sprinkle with a little cheese. Mushrooms and celery can be added to bulk it out.

Recipe from Christine Clay.

Bertrand's Honey glazed frankfurters

Ingredients: 1 jar or tin of frankfurters, 2 tbsp honey, 1 tbsp soy sauce, 2 tsp lemon juice (fresh, or the 'jif' sort made from concentrate), mustard or mustard powder, add to taste.

Method: Mix together honey, soy sauce, lemon juice, mustard and a splash of water. Place the frankfurters in an oven-proof dish or roasting tin and pour the mixture over them, ensuring you roll them around a bit so the mixture coats them nicely. Roast in an oven at 200°C or Gas Mark 6.

Serve with tinned potatoes or noodles.

Rache's Curried Potatoes

Small bag of new potatoes (450g), 1 tin of chopped tomatoes, 6 tsp tomato purée, 6 tsp curry powder, Salt and pepper, 1 onion, 3 cloves of garlic, Splash of oil.

Method: Boil up potatoes until they are soft, add chopped onion and garlic to a pan with a splash of oil then add the potatoes and curry powder, sauté until potatoes are browned, add the can of tomatoes and the puree, salt and pepper.

Recipe from Helen.

Rache's Tuna Curry

Ingredients: 1 tin tuna, 200g rice or packet of rice, 1 large tin of tomatoes, small tin of peas or half mug of frozen peas, 1 onion, half a cauliflower, 2 carrots, 2 tsp of curry paste or jar of curry sauce Optional: 3 cloves of garlic, 1 boiled egg per person.

Method: Fry onions and garlic, then add chopped carrots and cauliflower and fry for 5-10 mins. Add in curry paste and stir in. Put on rice as per instructions on packet and boil eggs in water in another pan for 4 mins. Add tomatoes, peas and sauce if using jar. Stir all ingredients into curry and cook for 20 to 30 mins stirring occasionally to make sure it doesn't stick. Peel hard boiled eggs and cut into quarters and arrange on curry when serving.

Recipe from helen.

Charlotte's Chilli con Carne

Whilst recipe hunting, we regularly put out challenges for people to come up with cheap and tasty ways of using ingredients and this was the excellent recipe that Charlotte came up with. She found some cheap mince whilst bargain hunting at her local supermarket for 'yellow label' finds. Charlotte says this is a great recipe because the tomatoes, mushrooms and beans mean that you don't need so much meat.

Ingredients 1 carrot, minced lamb, carton of chopped tomatoes, small tin of kidney beans, and 3 mushrooms, 1 onion, water to add if needed, 1.5 teaspoons of chilli powder, half teaspoon of pepper and salt, oil to fry in. Served with rice with sultanas.

Method: Fry onions, carrots, add mince and keep frying, add mushrooms and stir till all cooked. Then add tomatoes and herbs and any spices. Simmer and add any water if needed. I thickened it with a bit of corn starch at the end as it made the sauce go further.

TIP: You can go bargain hunting whilst shopping. Often there's a time of day when they check for out of date food or damaged outer packaging, but the contents are still good. This is usually labelled in yellow so you can spot it. Some supermarkets even gather it together in one place, but it varies from company to company.

Sophie's Shepherd's Pie

Ingredients: 1 onion, 1 grated carrot, 1 large tin tomatoes, 1 tin corned beef (mashed) or tin of minced beef, oil for cooking, 7 medium potatoes or 1 packet smash, splash of milk for mashing, salt and pepper to taste.

Method: Peel and boil potatoes. Whilst they are cooking, Fry the onion, grate in the carrot and continue heating and chop corned beef into small piece and mash, add the tomatoes, corned beef to the onion mixture and heat for 5-10 mins.

Pour into an oven dish. Mash the potatoes with milk and seasoning and spoon onto the mixture spread evenly with a fork. Bake in oven for 40 mins or until golden at Gas Mark 8 or 230°C but bear your own oven in mind.

Recipe from Sophie.

Beverley's Liver and Onions.

Ingredients: 250g lambs liver about 3-4 frankfurter sausages chopped in thirds or little sausages, 2 onions, 1 stock cube.

Method: Fry onions until tender, add chopped strips of liver and stir while it cooks. Mix up stock cube according to instructions on packet and chop frankfurters. Pour stock onto liver and onions add frankfurters and simmer for half hour. Serve with mash and veg.

This is a very economical cut of meat.

Recipe from Helen's Mum, Beverley.

Misty's Corn Beef Feasty

Ingredients: 1 tin corned beef, 1 onion, 3 cloves garlic, 1 tin chopped tomatoes, curry powder, 500g pasta, 1 tablespoon of oil, 4 teaspoons of tomato purée.

Method: Chop up the tin of corned beef, and fry in oil in pan with garlic and chopped onion. Stir well until cooked, and add curry powder, tin of tomatoes, purée and any herbs and spices to taste. Use for topping for jackets with rice or pasta.

Recipe from Misty.

Chicken Rice Bake

Ingredients: 450g chicken breast, 185g rice, 200g (chopped) broccoli, 150g of finely grated/cubed cheese. Your preferred seasoning.

Method: Cook rice using your preferred method. Whilst rice is cooking, cube chicken breast and cook in frying pan or skillet, steam the broccoli. Combine all ingredients, including cheese, in a casserole dish, cook for 30 mins at 180°C or Gas Mark 4.

Darrel's 3 Ingredient Student Pie

Ingredients: 1 onion, 4 frankfurters, 7 potatoes or packet of smash, 1 tin baked beans, block of cheese (grate amount to taste), seasoning (pepper, salt, herbs or whatever), oil for frying, splash of milk and butter/margarine.

Method: Peel potatoes and boil in water, whilst they are boiling, fry the onions til glassy, add chopped frankfurters, then beans. Now heat onions, frankies and beans in an oven proof dish in the oven in a dish for 5-10 mins.

Mash the potatoes with milk/butter and spread the mixture on top of the bean mix, grate cheese on top preheated oven, Gas Mark 8 bake for 40 mins until golden.

TIP: this recipe would be great with added leftovers mixed in, at the first oven stage.

Chrissie's Corned Beef Hash

Ingredients: A tin of corned beef, 1 onion, garlic (2-4 cloves), 1 tin tomatoes, 1 tin kidney beans, 1-2 potatoes, 1 small tin potatoes, Mixed herbs, cheese and a packet of crisps to garnish.

Ingredients: Cube the potato, toss in oil and roast in oven until crispy. Fry onion and garlic, add toms, kidney beans and cubes of corned beef, then add crispy cubed potatoes.

For an extra yummy, crunchy garnish: top with grated cheese mixed with crushed crisps and put back in oven until cheese is melted.

Grandad Jones's Cornbeef bake

Ingredients: 1 large tin of corn beef, 1 tin of tomatoes large, or 4 fresh tomatoes, herbs and seasoning, oil to grease baking dish, 1 onion, cheese for grating.

Method: Chop up onions and tomatoes, mash up tin of corned beef, Mix and season. Place in a greased baking dish. Grate cheese on top and bake at 350 degrees for 35 to 40 minutes.

Helen's Cauliflower and Bacon Bits in White Sauce

Ingredients: 1 cauliflower, 1 parsnip, 1 onion, mug peas, bacon bits, 250g, pint of milk, 3 spoons flour, 3 of oil, 3 garlic, herbs and seasoning.

Method: Cut up veg', fry onion and bacon bits, steam other veg'. Take the pan off the heat. Make a paste by adding the flour to the cooked onions, mix in well the milk. Put back on the heat until thickens. Add a bit of water if a bit thick. Needles reckons the bacon bits could be substituted with chopped tinned spam, luncheon meat, tofu, beans for a veggie option. Serve with baked, tinned or mashed potato.

Miss Dyer's Pizza

Ingredients: 250g plain flour, 1 tsp salt, 15g margarine, sachet quick acting yeast, 125ml warm water.

Toppings: e.g. cheese, tomato puree, pepperoni, peppers, olives, onion, sweetcorn, pineapple.

Method: Light the oven Gas Mark 6 or 180°C. Grease a baking tray lightly. Put the flour and salt into a bowl. Rub in the margarine. Stir in the yeast. Put 125ml warm water in a jug. Pour into the flour and mix to a soft dough Knead for 5 minutes. Roll out the dough into a large circle about 25cm. Place on greased baking tray. Chop up toppings and grate cheese. Put toppings onto base and cover with cheese. Cook for about 15 minutes.

Recipe from Stephanie Dyer.

Sausage or Spam Naan Bread Pizzas

1 small tin of frankfurters, spam or 1 pack of veggie sausages, 1 naan per person, small block of cheese (thinly sliced) 1 onion, lettuce, 2 thinly sliced tomatoes, herbs and pepper. Optional: tomato puree.

Method: Grill sausage and slice up. Damp naan breads then place on a grill low height, place sliced onion rings and sausage and toms, season then grate cheese. Grill on low heat until golden.

Optional: after damping, but before putting the onions rings on, spread with a layer of tomato puree.

Darrel's Boiled Bacon and Cabbage

3 ingredient meal, feeds 3: 50g bacon, half a cabbage, 1 packet of Smash or 7 potatoes.

Boil the bacon for around 1.5 half hours removing salt foam as it cooks. Add the cabbage to the pan and cook for 15 mins. Add pepper and salt to taste and serve with mashed potatoes or packet of Smash.

Trevor and Claire's Canadian Fish Mash

Ingredients: 6 big potatoes, large can fish salmon or tuna, 1 tbsp of butter, 120ml of milk, fresh chives or dried herbs, season with salt and pepper.

Method: Peel and boil the potatoes in boiling water in a pan, until they are soft. Drain, then mash potatoes and add the butter and milk. Drain fish and flake with a fork. Then add the chives/herbs and flaked fish.

Recipe from Trevor and Claire.

Charlie's Tuna Potato Bake

Ingredients: 1 large tin Tuna, 1 large tin new potatoes (or 500g new potatoes), 1 chopped onion, 1 clove garlic (chopped), 1 tin sliced mushrooms, salt/pepper, 1 tin baked beans.

Method: Parboil the potatoes for 10 minutes. Meanwhile, soften the onions and the garlic in an oven-proof dish and then add the mushrooms and baked beans with the tuna and season to taste. Once the potatoes are boiled, add to the mixture and put in the oven at 180° for 20 mins or until piping hot all the way through. Optional: grate cheese on the top before serving.

Recipe from Charlie Smale of Bideford School.



Mischele's Hasselback Potatoes

Ingredients: 1 tin new potatoes, 3-4 tbsp oil

Method: Take 1 tin of new potatoes, drain, add a few tbsp of oil. Place potato onto a large spoon. With a knife cut down onto the potato until the rim of the potatoes stops it fully cutting in half. Make slices along the potato. Place in a baking tray of hot oil in the oven and sprinkle with salt. Cook in the oven for 30 mins at a medium heat.

Chickpea Curry

Ingredients: 1 small tin of chickpeas, 1 tin of sweetcorn, 1 onion, 1 pepper and 2 carrots, 185g or 1 packet of rice and oil for frying.

Method: Fry chopped onions and pepper in oil. Add chopped carrots, stir in 2 spoons of curry paste or a jar of cooking sauce or curry powder to taste. Add chopped onions and keep stirring. Add enough liquid to make a sauce if needed. Then add chickpeas and sweetcorn and simmer until carrots are cooked (about 20 mins). Cook basmati rice to accompany. Optional: sultanas, garlic, coconut paste, cumin in the curry and turmeric in rice.

Recipe from Milly.

Vegetable Curry

Ingredients: 1 tbsp vegetable oil, 1 onion (finely chopped), 1 tsp curry powder, 1 garlic clove, crushed, thumb-size piece ginger, finely chopped (optional).

800g mixed vegetables, such as carrots, cauliflower, potato, sweet potato, pepper or courgette (could be tinned), chopped, 300ml hot vegetable stock, 200g frozen or tinned peas, 200ml yogurt or cream (optional).

Method: Dice the potatoes and cauliflower into roughly 2 cm cubes.

Steam or boil the potatoes for 10 mins then add cauliflower and cook for a further 10 mins.

Chop the onion and thinly slice all the other vegetables. Fry the onion and the vegetables in a wok or frying pan until onion is golden brown. Add crushed garlic and curry powder and gently fry for a further min.

Drain the cauliflower and potato. Add the cooked potato and cauliflower to the fried onions. Add the frozen peas.

Cook the mixture on a medium heat for 5-10 mins, stirring and adding small amounts of cooking water as necessary. Remove from heat and stir in yoghurt.

Recipe from Miss Dyer.

Mr B's Cauliflower Cheese

Ingredient: 1 cauliflower, 2 carrots (you can substitute tinned veg and skip the steaming), 2 tablespoons of flour, 4 tablespoons oil for frying, 1.5 pint milk, 240g cheese, half stock cube and seasoning pepper.

Method: Cut up carrots and cauliflower and steam. While this is happening fry onions and garlic if desired. Take off heat and mix in flour. Make sure you mix well, then add milk, mix well again. Add seasoning or stock cube mix well. Return to heat and warm gently stirring continuously until it thickens. Grate in half the cheese. Is the sauce thick enough. If not put some more in, or save and grate over finished dinner. Return to gentle heat stirring all the time so it does not stick. Then stir in steamed veg. Can use tinned carrots or peas as well.

Recipe from Barry.

Chickpea and Spinach Curry Recipe

Ingredients: 1 tin of chickpeas (drained), 1 tin of chopped tomatoes, 2 cloves of garlic (crushed), 1 white onion (finely chopped), 4-5 bricks of frozen spinach, 1 potato (finely cubed), 2 tsp chilli powder, salt and pepper, fresh or dried coriander (optional), oil for frying.

Method: Fry the onions and garlic until light brown. Add the frozen spinach and warm through until defrosted. Meanwhile boil the potato until nearly cooked and then add this to the frying mixture. Add the tinned tomatoes, chickpeas and a little water and heat through thoroughly. Add all of the herbs and spices to taste and heat until the curry reduces down to a creamy consistency.

Serve with boiled rice or naan bread.

TIP: You can add extra veg like red peppers and mushrooms to this curry to bulk it out further if need be.

Recipe from Georgina.

Ali's Veggie Bake

Ali says: This is so tasty, much nicer than the ingredients would lead you to think!

Ingredients: 1 sliced onion, 200g lentils, 1 bay leaf, 450ml water, 50g grated cheese.
Optional: frozen peas or 1 tin of peas, mushrooms (fresh or tinned) whatever you have in the cupboard or fridge.

Method: Cook lentils, onion and bay leaf gently, without lid, in a pan for about 20 mins; cooking will absorb the water so be accurate in measurements and stir if needed. Remove bay leaf and stir in half of the cheese and season well with salt and pepper. Layer in a greased casserole dish, with sliced tomatoes, mushrooms, frozen peas or whatever you have in.

Sprinkle over rest of cheese and bake for 20-25 mins at regular 7, 220°C or Gas Mark 7 - Enjoy!

Recipe from Ali Jones.

Becki May's Roasted Vegetable Medley

Ingredients: 1 large onion, 3-4 cloves of garlic, use up all your old veg or use tins (see below), suggestions for veg include: peppers, sweet potato, tomatoes, parsnip.

Method: Rub in vegetable oil and salt and pepper to season, roast in an oven dish or roasting tin at 200°C or Gas Mark 6, for 30 mins, stirring once.

TIP: You could also add things from your store cupboard or tins at the halfway stage.

Recipe from Becki May.

Helen's Lentil Bake and Flapjack

Ingredients: 1 mug of dry red lentils, 1 mug of water, 2 tomatoes, 1 egg, cereal bowl of grated cheese, 2 tablespoons tomato puree or one of curry paste, salt pepper and herbs to taste.

Method: Wash lentils in a saucepan and pour off excess water about 5 times. Cook until tender and a mush gently. Spoon off any scum on top. Mix and mash and allow to cool.

Add chopped onion, tomatoes and whisked egg, puree and seasoning. Put into a greased Pyrex pie dish, about 30cm (12 inch). Bake in the oven for about 20 mins until a crust forms on top. Then cover in grated cheese and return to oven for another 10 to 15 mins until cheese is golden and yummy. Remove and serve with veg steamed or in the summer salad. Can be left to cool as has a crumbly texture when hot.

TIP: Goes solid when stored in fridge over night and can be cut into lentil flap jacks.

Serve hot or cold.

Hope Macaroni Cheese

Ingredients: macaroni pasta 400g, margarine/butter 3 big spoons, flour 3 big spoons and milk 1 pint block of cheese (according to taste). Optional: stock cube, herbs, salt with the milk, see below.

Method: Cook macaroni/pasta according to instructions on the packet. Melt butter. Take off ring and stir in flour to make a paste (what is known as a roux). Add pint of milk and mix well. Put back on heat and stir continuously. Grate a lump of cheese in as desired until thick. Drain pasta and mix into sauce. Add herbs, stock cube or salt if desired with milk.

Recipe from Mary - Chef at Hope Church.

Yeast-Free Pizza

Helen says this is great for yeast intolerant people or candida sufferers.

Ingredients: For base: 75g butter or veg marg, 300g sf flour, 1 tbsp corn oil, enough cold water or milk or 50/50 mix to make a dough, tomato puree or make/buy a tomato sauce.

For toppings: 1 finely chopped onion, 1 sliced tomato, 2 mushrooms, grated little carrot. (sweetcorn peas optional) and tin of sardine, 2 value mozzarella, and herbs and pepper.

Method: Put flour in bowl and fat. Rub in fat with your fingers until it disappears, this takes a few minutes. Add oil and stir. Then add liquids until there is enough to knead into a dough ball and roll out. Do not worry if you add too much liquids. Sprinkle in some more flour.

Roll out and cook for 10 to 15 mins in medium oven. Take out before golden or crispy because it has to go in for another cook.

Spread on toppings these can be any bits you have really. I have used onions, tomatoes, sweetcorn or peas frozen or tinned. Add seasoning of pepper and herbs. Then lay on thinly sliced cheese.

Bake about 20 mins in middle oven on Gas Mark 7 to 8. Check do not over cook but return if needed. There may be juice run off from the veg. Spoon it out of tray or mop up with kitchen towel.

Recipe from Helen.

Stephanie's Potato Cheese Pie

Ingredients: 450g potatoes, 75g cheese, 2-3 tablespoons milk, seasoning e.g. salt, pepper, herbs, garnish: parsley, tomato, 25g cheese.

Method: Put water on to boil. Peel the potatoes and cook in salted boiling water for about 20 minutes till soft.

Grate cheese onto a plate. Drain the water from the potatoes when they are soft. Mash the potatoes with the milk until they are smooth.

Add the seasoning and 75g cheese and mix well. Turn the potato mixture into the dish and spread evenly. Draw a fork across the top to decorate it. Sprinkle with the remaining 25g cheese.

Put under a hot grill to brown or into an oven set at Gas Mark 6 or 190°C to reheat and brown.

After it has been browned under the grill it can be reheated in a microwave.



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Jack's Sausage and Bean Casserole

Ingredients: 8 pork sausages (or 1 tin frankfurters), 1 large tin baked beans, 1 large tin chopped tomatoes (or 1 large tin tomatoes, and cut them up in the tin with kitchen scissors), 1 onion, 1 vegetable stock cube/stock pot, 1 tbsp tomato puree, 1 tbsp Worcester sauce, 1 tsp Marmite, 1 tsp brown sauce.

Method: Chop onions and fry until soft. Grill sausages (according to instructions on the packet or from the butcher but if in doubt, 12-15 mins is a good average, turning several times, onto different sides each time) and cut sausages into chunks.

Combine all the ingredients in a large pot, pan or wok and simmer for 15 mins, stirring occasionally to prevent sticking, until thickened. Serve in bowls.

Recipe from Jack Watts of Bideford School.

Milly's Tuscan Foodbank Hearty Soup

Ingredients: 1 onion, 1 carrot, 4 mushrooms, small tin baked beans, 1 stock cube, 2 garlic cloves, herbs and seasoning, 200 g pasta, oil for frying, 500ml of water.

Method: Fry onions until glassy. Add carrot and mushrooms and fry for another 5 mins-10 mins. Dissolve stock cube in water and add to veg. Beans, herbs and seasoning and dry pasta.

Stir then leave to simmer for 20 mins. The soup will thicken up as the pasta cooks, stir gently so as not break up the pasta. If this is left over night or to stand it will thicken some more so may require some more water if too thick. A very hearty soup.

Georgina's Haddock, Okra and Plantain Stew

Ingredients: 2 peppers, 1 onion, garlic and chilli (to taste) with 200g okra, 1 peeled green banana, 1 peeled plantain and 1 haddock fillet. For the sweet potato mash: 6 sweet potatoes, a knob of butter, pepper and salt to season.

Method: Grill the fish, allow to cool and flake then put to one side.

Peel sweet potatoes and put in a pot with water to boil. Wash and chop vegetables and fry together for about 10 mins, stirring frequently. Mash the sweet potato with a bit of butter, pepper and salt then add the cooked fish into the vegetables mix and warm through gently, stirring constantly until heated through. Serve with the mash.

Recipe from Georgina Williams.

Stephanie's Veg and Poached Eggs

A very nice French/Israeli recipe sent to us by Stephanie.

Ingredients: 1 large tin tomatoes, 2 onions, 1 red pepper, 1 courgette (and 2 or 3 other veg of your choice), 185g of rice, 2 tsp sugar, 4 eggs and seasoning, cayenne pepper, salt and cumin, oil for cooking.

Method: Cook the rice in a separate pan according to instructions or use one of our rice recipes.

Chop and cook onions, garlic and red pepper in a large pan, add the tin of tomatoes. Chop and add the courgette and any fresh veg and after 5 mins, any other tinned veg. When the veg is cooked through, crack the eggs into the stew, pop the lid on for 5 mins so that the eggs poach. Season with some cayenne pepper salt and cumin, plus two spoons of sugar to remove any acidity. Serve with rice on the side.

Lisa's Sausage 'Leftovers' Stew

Lisa says the main ingredients of her stew were pack of sausages and tinned tomatoes. The main idea is that you add your leftovers to it or choose items from your Foodbank bag.

Ingredients: (about. 4-6 portions) 2 onions, 2 slices bacon or tin of ham, 2 cooked sausages or tinned frankfurters, 1 large tin tomatoes, water (use tin as measure, see method) 1 tsp Worcestershire sauce (to taste), 1 slosh red wine (optional), 1 squirt of ketchup or about. 1 tsp tomato puree, 2 large potatoes or 1 tin of potatoes, 1 small tin chickpeas. Herbs/black pepper/spices to taste (e.g. garlic, turmeric, ginger, black pepper), oil to fry.

Optional: use any leftovers you want to add.

Fresh veg - any combination of 4 left over fresh veg, e.g. mushrooms, butternut squash, carrot, parsnip, also any 4 tinned veg you want to add bulk oil to fry, herbs spices to season.

Method: Fry onion, mushrooms, bacon (optional here: garlic). Add the cooked sausage, tinned tomatoes and water (use the tin as a measure, add more liquid as needed depending how thick you like your stew). Add a dash of Worcestershire sauce, a glug of red wine (beer or cider would also do), some tomato puree (cheap ketchup works too) and simmer.

Add any suitable leftovers from your fridge that look a bit sad. Lisa added: cooked potato chunks, butternut squash chopped up, also a tin of chickpeas, green beans. Keep simmering while adding your leftovers until you are happy with the thickness of the stew. Add herbs and spices to taste. Lisa used garlic, turmeric, ginger and black pepper.

Lisa made a big pot of it and next day had leftovers with pasta or on a jacket potato.

Recipe from Lisa Pocklington.

Patti and Liz' Baked Bean Soup

Ingredients: 1 tin baked beans, 1 tin chopped tomatoes, 1-2 onions (chopped), 2 stock cubes, seasoning of your choice.

Method: Onions can be fried first but they don't have to be. Make one stock cube up with water. Put onions, beans with sauce, chopped tomatoes and additional stock cube into saucepan and cook for about fifteen minutes. Blend or mash depending on how you like your soup!

You can have the soup just like this or you can add other beans, potatoes, chilli, bacon, whatever you like really!

Rebecca's Lentil Stew

Ingredients: 1 mug of red lentils, 2 onions, 2 diced carrots (fresh or tinned), 75g or half a mug frozen or small tin of peas, 1 tin tomatoes, oil for frying, stock cube, salt, pepper, herbs to taste. Water (according to requirements of the method).

Method: Wash lentils in a saucepan by swirling round and pouring off water until it looks clean. Then add about one inch of water above the level of lentils and simmer gently until lentils are mushy. Skim off any foam and discard. Do not let boil dry, and make sure to stir regularly. In another pan fry onions and carrots cut small. Stir constantly for about 5 to 10 mins. Then add cooked lentils peas, tomatoes and half a stock cube, dissolved in some water, and seasoning. If needed, add a bit more water so it stirs smoothly and does not stick. Simmer for 15 mins.

Chrissie's Sausage Hot Pot

Ingredients: 1 pack / tin sausages, 1 tin of frankfurters, 1 tin baked beans, 1 tin tomatoes, 1 onion, 2-3 cloves garlic, mixed herbs, oil to fry.

Method: Put sausages in the oven, if raw, until cooked, (takes about 15-20 mins), fry onion and garlic in a pan, add beans and tomatoes, add cooked sausages and herbs and heat through. Serve with (tinned) potatoes, rice or pasta.

Hope Quiz Corned Beef Stew

Ingredients: tin corned beef, tin baked beans, tin of carrots, tin of potatoes, your choice of seasoning.

Method: Chop up corned beef, chop tinned veg if whole, mix all ingredients in a saucepan add enough water so it covers the ingredients. Heat gently for 10 to 15 mins, stirring occasionally. Season to taste.

Recipe from Hope Church Chefs.

Dumpling and Lentil Stew

Ingredients: oil to fry veg, 1 tin of beans or lentils (1 mug of brown or red lentils cooked until tender), 1 onion, half a swede, 2 carrots, 2 potatoes (cubed), 1 parsnip, 850ml water with half stock cube dissolved if desired. 50g suet, 100g self raising flour, herbs and salt to season, water to mix.

Make dumplings by mixing suet, flour, herbs and seasoning. Add water a bit at a time to dry ingredients and stir it will start to form into one lump. This stops you over adding water. Once the dough is a lump, dust hands with flour and form into balls. If too sticky, add a bit more flour. Flatten slightly and put to one side.

Next chop all veg, then fry onions until golden. Add chopped veg and fry. Add potatoes and fry. When part cooked, mix the stock with the water, according to the instructions on the stock packet (but only use 1/2 a cube) and the beans or lentils. Do not over fill water as just enough is needed to lower dumplings on to veg so they do not sink. Simmer for about 10 mins. Put into casserole pot and put in oven at Gas Mark 8 or 230°C for about 1 hour until dumplings are golden.

Extra tip from Shela: I make this but add 3 tablespoons of soy sauce instead of the wine and cook it all on top of the stove saving money on fuel. My take on this recipe is adapted from thehappybear.ie this website is a great resource for recipes that are healthy and easy to make.

Stephanie's Sausage and Chicken Casserole

Ingredients: 250g sausages or chicken, salt and pepper, 1 stock cube e.g. Oxo, 1 tbsp oil, 1 small tin baked beans, 25g plain flour, 1 tbsp tomato puree, 1 onion.

Optional ingredients: 1 thinly sliced carrot or pepper, 100g mushrooms.

Method: Chop onion finely. Prepare any other vegetables.

Cut chicken or sausages into bite sized pieces and cook through. Heat oil gently and soften the onions until soft but not brown.

Remove pan from heat. Put on a heatproof board. Stir in flour and mix 'til blended. Add, little by little, 250ml hot water. Sprinkle in crumbled stock cube, stir in puree and salt and pepper. Return pan to gentle heat and stir until sauce thickens. Add vegetables and simmer gently for 10 mins. Stir in beans, ensure casserole is heated through and serve.

Chris's Spicy Carrot and Coriander Soup

Ingredients: 4 grated carrots, 1-2 onions, 2 garlic cloves, oil to fry, 1 stock cube, handful coriander (preferably fresh, chopped but dry is fine), 1 tsp sugar, half tsp of madras curry powder, dried herbs, pepper (cayenne, if wanted).

Optional: a splash of cream, knob of butter (or take a rough teaspoonful from the margarine tub).

Method: Fry onions and garlic until softened. Add the grated carrots. Dissolve stock cube in water and add to the pan, along with seasoning and herbs and spices. Simmer for 20 mins then mash or blend. Add any extra water if needed if too thick. Add some cream and a knob of butter to finish and stir in.

Recipe from Chris Stevens.

Mary's Lentil, Red Pepper and Tomato Soup

Serves 6-8 can be frozen for up to 3 months.

Ingredients: 200g red lentils, 2 red peppers, 1 red chilli (chopped, keep the seeds in if you want it spicy), 4 fresh tomatoes OR 1 and a half tins of tomatoes if not using fresh, stock cube, 1 onion, garlic, salt, pepper, oil to fry.

Method: Prepare the lentils as indicated on the packet (e.g. rinse, soak, boil).

Roast the peppers and fresh tomatoes in the oven until they are charred. Meanwhile fry off the onion and garlic in a pan then add the chilli. Once the onions and chilli are browned, add the tinned tomatoes and season. Remove the skin from the charred peppers and dice them and the tomatoes up and add to the pot.

Mix up a pint of stock in boiling water and add to the pot. For the last 5-10 mins of boiling the lentils add them to soup. Allow to simmer so as the flavours can develop and season to taste again.

Finally when cooled slightly blend the whole soup so as it has a smooth creamy consistency.

Optional: Fresh herbs can be added to the soup towards the end of cooking.

Recipe from Mary Hearne.

Green Pea and Bacon Soup

Ingredients: 4 rashers of bacon (rinded and diced), 1 small onion (chopped), 1 tbsp butter, 350g frozen peas, 600ml chicken or ham stock (made with 1 stock cube), salt and fresh ground pepper, 1 tbsp plain flour, 75ml milk, pinch of grated nutmeg.

Method: Melt butter in saucepan, fry onion and 2 of the bacon rashers until onion is softened, not browned. Add peas and stock. Season. Bring to boil. Simmer for about 10 minutes. Puree the soup.

Stir the flour into the butter in a separate sauce pan. Stir the soup into flour mixture. Stir in milk until smooth.

Fry remaining bacon until crisp. Drain on paper towel.

Cook the soup for a further 2 minutes until thicker. Add nutmeg. Taste and adjust seasoning. Ladle into bowls. Sprinkle with crispy bacon bits.

Recipe from Stephanie Dyer.

