

# FFF Winter Recipe book



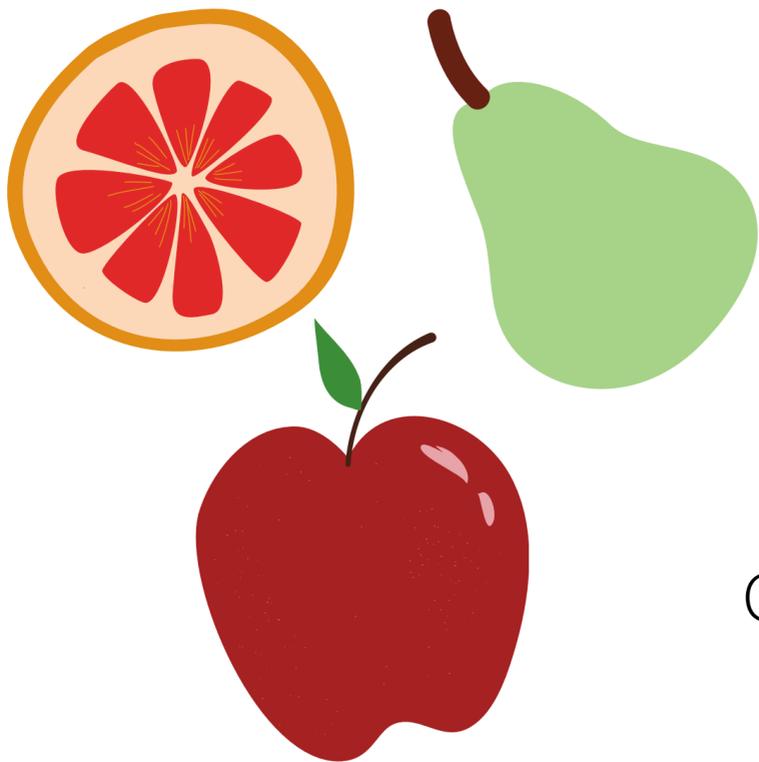
Simple, tasty  
recipes!



Bedfordshire  
Community  
Health Services

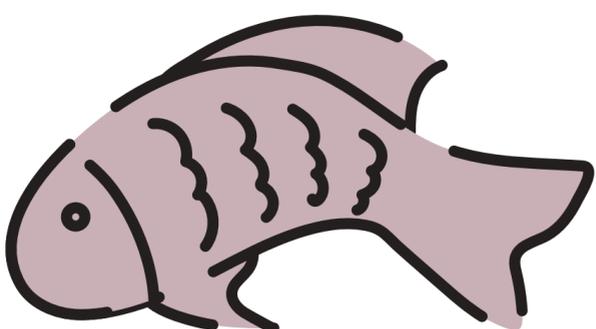
# What's in season?

Although we can now get almost all our fruits, vegetables & fish all year around, knowing what's in season will help to keep the costs of our weekly shop low. Also foods in season are likely to taste much better. Please view a summary below of whats in season for winter.



Clementine's  
Grapefruit  
Pears  
Apples  
Plums

Carrots  
Sweet  
potatoes  
Brussels Sprouts



Herring  
Mackerel  
Sardines  
Haddock

More information about what's in season can be found at:  
<http://www.bbc.co.uk/food/seasons>

# Winter fish soup

Serves: 4 adults

## Ingredients

2 tbsp sunflower oil  
1 onion, finely sliced  
3 garlic cloves, finely sliced  
2 carrots, cut into chunks  
2 turnips, cut into chunks  
1 large parsnip, chunks,  
2 heaped tsp paprika,  
1 x 400g tin chopped tomatoes  
1.75 litres reduced salt stock,  
deboned fish  
black pepper



## Method

1. Heat the oil in a large pan, add the onion, and garlic and sweat gently until soft.
2. Add the tomatoes, stock and vegetables bring to the boil. Cover and simmer gently for 15 minutes.
3. Next add the deboned fish and cook for another 15-20 minutes
4. Season with paprika and black pepper

## Top tip/suggestion:

Serve with creme fraiche or soured cream for a different taste. We recommend using seasonal fish.

# Carrot & sweet potato mash

Serves: 4 adults

## Ingredients

250g (~4-5) carrots, peeled and chopped  
250g (~2-3) sweet potato, peeled and chopped  
1-2 tablespoons of butter  
black pepper



## Method

1. Place the carrots and sweet potato in a saucepan and cover with cold water. Bring to the boil then simmer for 10 minutes, or until both the sweet potato and carrots are tender.
2. Drain thoroughly, return to the heat for about 1 minute, then mash until smooth. Add a knob of butter and season to taste. Heat the oil in a large pan, add the onion, and garlic and sweat gently until soft.
3. Season with black pepper

## Top tip/suggestion:

Instead of butter, you can use vegetable spread. You could also add more flavour by adding in 100g grams of cheddar cheese to the mash.



# Hearty Casserole

Serves: 4 adults



## Ingredients

- 1 tbsp cooking olive oil
- 1 onion, finely chopped
- 3 garlic cloves, sliced
- 1 tsp smoked paprika
- ½ tsp ground cumin
- 1 tbsp dried thyme
- 200g chopped suede
- 1 cup (125 grams) of chopped mushrooms
- 2 x 400g cans tomatoes or peeled cherry tomatoes
- 1 vegetable reduced salt stock cube made up to 250ml
- 1 can (~240 grams) of cooked red kidney beans

## Method

1. Heat the oil in a large pan, add the onion, and garlic and sweat gently until soft.
2. Add the herbs and spices along with the mushrooms and cook for 5 minutes.
3. Add the tomatoes, stock and suede and cook for 20 - 25 minutes.
4. Stir in kidney beans and bring back to a simmer.

## Top tip/suggestion:

Serve with brown rice.





# Chicken bake

Serves: 4 adults

## Ingredients

1 tbsp cooking olive oil  
3 shallots, finely chopped  
3 garlic cloves, sliced  
1 teaspoon dried oregano  
1 teaspoon Italian seasoning  
4 boneless, skinless chicken breasts  
1 tin (~200g) of chopped tomatoes  
1 bag (~500grams) of fresh Kale  
100 grams of grated cheddar cheese



## Method

1. Preheat the oven to 200 degrees Celsius and lightly grease a baking dish with cooking spray and set aside.
2. Next, combine the oil, tomatoes, shallots, garlic, kale and herbs in a mixing bowl.
3. Then pour the mixture into the baking dish.
4. Add the chicken on top of the mixture, but make sure it is deep enough to marinate.
5. Bake for 35 minutes or until the chicken is cooked.
6. Sprinkle with cheese and then bake for a further 5 minutes until golden brown.

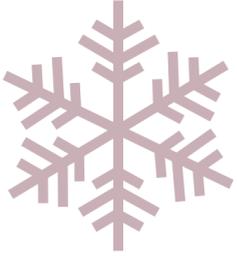
## Top tip/suggestion:

Serve with baby potatoes. If you can't add kale, you can replace with spinach instead.

# Clementine Cake



Serves: 6 adults



## Ingredients

5 whole clementine's (~320g)  
2 large eggs  
200 grams of demerara sugar  
120 grams of sunflower oil  
300 grams of all-purpose flour  
1 tablespoon baking powder

## Method

1. Preheat the oven to 180 degrees Celsius and lightly grease a 8-9 inch baking dish with cooking spray and set aside.
2. In the bowl of a blender or food processor, add the clementines and process until the mixture is smooth.
3. Then pour into a mixing bowl and whisk in the eggs, sugar, and oil.
4. Sprinkle the flour, baking powder on top of the wet ingredients. Whisk gently and then pour the batter into the baking tray.
5. Bake for 35 minutes or until the cake is cooked.

## Top tip/suggestion:

Serve with homemade or reduced sugar custard.

# Plum crumble tart

Serves: 4 adults



## Ingredients

105 grams of butter or vegetable spread  
200 grams of plain white flour  
70 grams of demerara sugar  
½ teaspoon of baking powder  
1 teaspoon of ground cinnamon  
400 grams of halved, stoned removed and roughly chopped plums

## Method

1. Preheat the oven to 190 degrees Celsius and lightly grease a 20 cm tart tin with cooking spray and set aside.
2. Put the plain flour, butter or spread, 60 grams of demerara sugar, baking powder, cinnamon in a large bowl and rub together using your fingertips until the mixture resembles breadcrumbs.
3. Press three-quarters of the mixture into the base and up the sides of the prepared tin.
4. Spoon the plums over the pastry case and sprinkle over the remaining crumble mixture. Put the tin on a baking tray and bake for 40-45 minutes.



### Top tip/suggestion:

Serve with full fat natural yoghurt.

# Cinammon Apple chips

Serves: 2 adults

## Ingredients

2 apples, thinly sliced  
2 tablespoons of demerara sugar  
1 teaspoon of ground cinnamon



## Method

1. Preheat the oven to 90 degrees Celsius.
2. In a bowl, mix the apples with cinnamon & sugar.
3. Place the apple slices onto a baking tray and place in the oven. Make sure that the apple slices do not overlap.
4. Cook for 2-3 hours turning throughout.

## Top tip/suggestion:

This should be eaten with a main meal and not as a snack due to the sugar content. A perfect addition to a packed lunch perhaps!

