



Recipes for Autumn 2019

September - November





Seasonality

Although we can now get almost all our fruits, vegetables and fish all year around, it is important to know what's in season in order to keep the costs of our weekly shop low. Not only that, but if you eat foods while they are in season, they are likely to taste much better.

Autumn is a fabulous period as it can provide a wide mix of flavours, from newcomers like pumpkin, which isn't just good for carving a face into, but can be made into a fabulous hearty soup! Not forgetting of course, the last of the old summer favourites, such as broccoli and blackberries, due the luxury of an overlap in harvests.

So... what's in season now?

What's in season during the autumn months?			
Fruit	Vegetables	White Fish	Oily Fish
Apples	Beetroot	Coley	Herring
Blackberries	Broccoli	Cod	Mackerel
Damsons	Carrots	Crab	Sardines
Elderberries	Cabbage	Dover Sole	Pilchards
Pears	Butternut	Lemon Sole	
Plums	squash	Mussel	
	Kale	Plaice	
	Leeks	King scallops	
	Mushrooms	Seabass	
	Pepper		
	Pumpkin		
	Sweetcorn		

These are just some examples. More information about what's in season can be found at:

<http://www.bbc.co.uk/food/seasons>

Food Safety

- Before cooking make sure hands are washed with hot water and soap, remove any jewellery which could fall into food and tie back long hair.
- To avoid cross contamination of raw meat and fish and cooked food either wash the chopping board and utensils with hot soapy water between preparing raw and cooked food or use a separate chopping board and utensils. Ensure hands are washed after handling raw meat or fish.



Spiced chickpea and sweet potato soup

Here's what you need:

- 3 large sweet potatoes butternut squash, peeled and cut into small pieces
- 1 onion, roughly chopped
- 1 garlic cloves, crushed
- 2tbsp olive oil
- ¼ tbsp chilli powder (optional)
- 100g chickpeas
- 1000 ml reduced salt vegetable stock
- 1 small bunch of coriander, chopped
- Natural yoghurt to serve

Serves: 4 Adults

TOP TIP!

If you want to make this dish gluten free, check the label on the stock you use.

Here's what you do:

1. Heat the oil in a large flameproof casserole dish or saucepan over a medium-high heat. Fry the onions with for 7 mins, or until softened and just caramelised. Add the garlic and chilli powder and cook for 1 min more.
2. Stir in the squash and chickpeas. Pour over the stock and season to taste. Bring to the boil, then reduce the heat to a simmer and cook, covered, for 25 mins or until the squash is soft.
3. Blitz the soup with a stick blender until smooth, and then season to taste.
4. **To serve:** Stir in the coriander leaves and ladle the soup into bowls. Serve topped with yogurt and extra coriander leaves.

Serving suggestion

Serve with a slice of tasty wholemeal bread. A simple recipe for wholemeal bread is included in this recipe book and would be great for a cookery lesson!



Tasty wholemeal bread

Here's what you need:

- 500g whole-wheat flour
- 7g sachet fast-action dried yeast
- 1 tsp salt
- 2 tbsp. olive oil
- 1 tbsp. clear honey

Serves: 4 Adults

TOP TIP!

To avoid food wastage, freeze the rest of the bread that you won't be using straightaway.

Here's what you do:

1. Heat oven to 200C/fan 180C/gas 6.
2. Tip the flour, yeast and salt into a large bowl and mix together with your hands. Stir 300ml hand-hot water with the oil and honey, then stir into the dry ingredients to make soft dough.
3. Turn the dough out onto a lightly floured surface and knead for 5 mins, until the dough no longer feels sticky, sprinkling with a little more flour if you need it.
4. Oil a 900g loaf tin and put the dough in the tin, pressing it in evenly. Put in a large plastic food bag and leave to rise for 1 hr., until the dough has risen to fill the tin and it no longer springs back when you press it with your finger.
5. Make several slashes across the top of the loaf with a sharp knife, and then bake for 30-35 mins until the loaf is risen and golden. Tip it out onto a cooling rack and tap the base of the bread to check it is cooked. It should sound hollow. Leave to cool.

Serving suggestion

A quick and easy bread that you can make with the kids and serve with soup.



Autumn pasta bake

Here's what you need:

- 1 butternut squash, peeled and cut into small pieces
- 60g kale, stalks removed
- 100 g cheddar, grated
- 30 g parmesan, grated
- 30 g butter, softened
- 30 g plain flour
- 550 ml milk
- 1 tsp Dijon mustard
- 225 g penne pasta
- 2 tbsp. olive oil
- 1 small bunch of sage, chopped

Serves: 4 adults

TOP TIP!

You can add chicken if you want to add meat to this dish.

Here's what you do:

1. Preheat the oven to 200C/180C fan/gas 6. Scatter the pumpkin over a large baking or roasting tin, pour over 1 tablespoon of the oil, toss together to coat well and spread out in the tin. Season and roast for about 30-35 minutes, until tender.
2. While the pumpkin is roasting, heat the remaining 1 tablespoon oil in a frying pan and stir fry the chicken over a high heat for 4-5 minutes until cooked and season with pepper. Remove from the heat and set aside.
3. Put a saucepan of water on to boil for the pasta and cook the pasta in the boiling water for 10 minutes, or according to directions on the packet.
4. For the sauce, put the butter, flour and milk in a medium saucepan. Bring to a boil, whisking continuously with a wire whisk. Once it comes to a boil, lower the heat and allow to simmer gently for 3-4 minutes, stirring often. Remove from the heat, stir in the cheeses, then season to taste with salt, pepper and the mustard. Set aside. Drain the pasta well then stir it into the sauce.
5. Scatter half the pumpkin into the bottom of an ovenproof dish, about 30x120x5cm. Cover with all the chicken and kale. Pour the pasta and sauce over; then scatter over the rest of the pumpkin. Use the reserved cheese to sprinkle over the top.
6. Bake for about 20-25 minutes or until hot and bubbling. For the sage leaf garnish, heat a little oil in a small frying pan and fry the sage leaves (which should be dry) for a few seconds only, until crisp. Remove and drain on kitchen paper. Serve the pasta bake scattered with the crisp sage leaves.

Serving suggestions:

Serve the pasta bake on its own or with a side salad.



Shepherd's pie

Here's what you need:

- 1 tbsp. sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 100g mushrooms, chopped

- 500g pack lamb mince 200g lamb mince & or 2 x 400g tin lentils for meat free option
- 2 tbsp. tomato purée
- large splash Worcestershire sauce
- 500ml reduced salt beef stock or water
- 900g potatoes, cut into chunks
- 85g butter
- 3 tbsp. milk

Serves: 4 adults

Top Tip!
Make with lentils
only for a
vegetarian version.

Here's what you do:

1. Heat oven to heat the oven to 180C/ fan 160C/ gas 4.
2. Heat 1 tablespoon of sunflower oil in a medium saucepan, and then soften 1 chopped onion and 2-3 chopped carrots and mushrooms for a few mins.
3. When soft, turn up the heat; crumble in 500g lamb mince and brown, tipping off any excess fat.
4. Add 2 tablespoons of tomato purée and a large splash of Worcestershire sauce, and then fry for a few mins.
5. Pour over the beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
6. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tablespoon of milk.
7. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork.
8. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges.
9. Leave to stand for 5 mins before serving.

Serving suggestion

Serve with a side dish of broccoli.



Red pepper and feta cheese muffins

Here's what you need:

- oil, for greasing
- 1 small carrot, cut into small dice
- 1 red pepper, cut into small dice
- 6 eggs
- 25g feta cheese

Serves: 3 adults

Top Tip!

Perfect as a snack
or for the lunch
box.

Here's what you do:

1. Preheat the oven to 200C/180 fan/gas 6.
2. Grease 6 holes of a muffin tin. Put the carrot and red pepper (about 190g veg) in a microwaveable dish with 2 tbsp water. Cover with cling film and cook for 2 mins or until tender. Drain the veg.
3. Beat the eggs and stir in the veg and feta. Pour into the 6 holes. Bake for 15 minutes until the eggs are set. Leave for a minute or two, and then use a knife to carefully remove the muffins.

Serving suggestion:

You can serve with freshly chopped tomatoes.