



Recipes for Autumn 2018

## 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	Celery	Lemon Sole	
Plums	Kale	Mussel	
	Leeks	Plaice	
	Mushrooms	King scallops	
	Pepper	Seabass	
	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.
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## Creamy Pumpkin Soup

### Here's what you need:

- 1 small pumpkin, (about 1 kg)
- 1 white onion, roughly chopped
- 2 cloves garlic
- 1 tbsp clear honey
- 3 tbsp virgin olive oil
- 500 ml reduced salt chicken stock
- 150 ml double cream
- 1 lemon, juice only
- 150g split red lentils

### 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. Preheat the oven to 200C/200C fan/gas 7.
2. Peel the pumpkin and scoop out the seeds. Dice the flesh into large cubes and put in a roasting tray. Scatter around the chopped onion and garlic.
3. Drizzle over the olive oil and roast in the oven for 30-40 minutes, or until the pumpkin is tender and golden.
4. Meanwhile bring the stock to the boil. When the vegetables are cooked, put in a blender with the hot liquid. Blend until smooth before adding the cream and lemon juice, then return to the pan
5. **To serve:** Ladle the soup into bowls and put a spoonful of whipped double cream in the middle of each bowl, topped with a pinch of cracked black pepper.

### Serving suggestion

Serve with a slice of crusty whole meal bread.



## Mac and cheese

### Here's what you need:

- 50g baguette, cut into small chunks
- 2 tablespoon butter, plus 1 tablespoon melted
- 350g spiral or other short pasta
- 1 garlic clove, finely chopped
- 3 tablespoon plain flour
- 500ml whole milk
- 250g vegetarian mature cheddar, grated
- 50g parmesan, (or vegetarian alternative), grated
- 150g mashed cannellini beans

**Serves: 4 Adults**

#### **TOP TIP!**

Mash the beans with cloves of roasted garlic and olive oil for more flavour.

### Here's what you do:

1. Heat oven to 200C/fan 180C/gas 6.
2. Spread the chunks of bread over a baking sheet, drizzle with the melted butter and season. Bake for 6 mins until crisp, then set aside.
3. Boil the pasta for 2 mins less than stated on the pack. Meanwhile, melt the remaining butter in a saucepan.
4. Add the garlic and cook for 1 min, then stir in the flour. Cook for 1 min more, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened.
5. Take off the heat, and then stir in all the cheddar and half the Parmesan.
6. Stir the pasta, beans and some seasoning into the cheesy sauce. Tip into a large ovenproof dish, or 4 individual dishes.
7. Scatter over the bread and remaining Parmesan, and then bake for 20 mins until crisp and golden. Can be frozen before baking – defrost thoroughly before cooking.

### Serving suggestion

Try serving this dish with broccoli florets or a seasonal salad of your choice.



## Butternut squash & Chicken risotto

### Here's what you need:

- 2 cooked chicken breasts diced to 1" cubes
- 1kg butternut squash, peeled and cut into bite-size chunks
- 3 tbsp olive oil
- 1½ reduced salt vegetable stock
- 50g butter
- 1 onion, finely chopped
- 300g risotto rice e.g. Arborio
- 50g parmesan or vegetarian alternative, finely grated

**Serves: 2 adults**

#### TOP TIP!

To make this dish vegetarian, replace the chicken with tasty butterbeans.

### Here's what you do:

1. Before you make the risotto, heat oven to 220C/fan 200C/gas 7.
2. Toss the squash in 1 tbsp oil. Scatter into a shallow roasting tin and roast for 30 mins until it is brown and soft.
3. While the squash is roasting, prepare the risotto. Bring the stock to the boil and keep on a low simmer. In a separate pan, melt half the butter over a medium heat. Stir in the onions and sweat gently for 8-10 mins until soft but not coloured, stirring occasionally. Stir the rice into the onions until completely coated in the butter, then stir continuously until the rice is shiny and the edges of the grain start to look transparent.
4. Add the stock, a ladleful at a time and stirring the rice over a low heat for 25-30 mins, until the rice is cooked al dente (with a slightly firm, starchy bite in the middle). The risotto should be creamy and slightly soupy. When you draw a wooden spoon through it, there should be a wake that holds for a few moments but not longer.
5. When the squash is cooked, mash half of it to a rough purée and leave half whole. When the risotto is just done, stir through the purée, and then add the cheese and butter and leave to rest for a few mins. Serve the risotto scattered with the whole chunks of squash.

### Serving suggestion

Serve with two seasonal vegetables of your choice.....you could try roasting some chunks of mushrooms and pepper.



## Minestrone

### Here's what you need:

- 2 medium carrots , diced
- 1 medium yellow onion , chopped
- 1 Tbsp olive oil
- 3 cloves garlic , minced
- 6 cups reduced salt vegetable broth
- 2 1/2 cups 3/4-inch diced yukon gold potatoes
- 1 can diced tomatoes
- 2 1/2 tsp finely minced fresh rosemary or oregano (or 1 tsp dried)
- 2 1/2 tsp minced fresh thyme (or 1 tsp dried)
- 2 bay leaves
- 100g chopped kale (thick ribs removed)
- 120g red kidney beans

Serves: 2 adults

#### TOP TIP!

Cooked pasta  
can be added if  
desired.

### Here's what you do:

1. Heat olive oil in a large pot over medium-high heat.
2. Add onions and carrots and saute 3 minutes then add garlic and saute 1 minute longer.
3. Stir in vegetable broth, potatoes, squash, zucchini, tomatoes, rosemary, thyme, bay leaves and season with salt and pepper to taste.
4. Bring to a boil and then stir in pasta if using. Cover, reduce heat to medium low and simmer until veggies are nearly tender, about 15 minutes.
5. Stir in kale and kidney beans and cook until kale is tender, about 5 minutes longer.
6. Remove the bay leaves.

### Serving suggestions:

Serve on its own or with a small amount of shredded parmesan cheese.



## Apple and Blackberry crumble

### Here's what you need:

#### For the crumble topping

- 120g plain flour
- 60g caster sugar
- 60g unsalted butter at room temperature, cut into pieces

#### For the fruit compote

- 300g Braeburn apple
- 30g unsalted butter
- 15g demerara sugar
- 115g blackberries

Serves: 4-6 adults

#### Top Tip!

Do not overwork the crumble or it will become heavy.

### Here's what you do:

1. Heat oven to 190C/170C fan/gas 5.
2. Tip 120g plain flour and 60g caster sugar into a large bowl.
3. Add 60g unsalted butter, and then rub into the flour using your fingertips to make a light breadcrumb texture.
4. Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.
5. Meanwhile, for the compote, peel, core and cut 300g Braeburn apples into 2cm dice.
6. Put 30g unsalted butter and 30g demerara sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel.
7. Stir in the apples and cook for 3 mins.
8. Add 115g blackberries and  $\frac{1}{4}$  tsp ground cinnamon, and cook for 3 mins more.
9. Cover, remove from the heat, and then leave for 2-3 mins to continue cooking in the warmth of the pan.
10. To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins.

### Serving suggestion

Serve with creamy custard.



## Rice Pudding

### Here's what you need:

- 40g/1½oz butter
- 100g/3½fl oz pudding rice (or Spanish paella rice)
- 75g/2½oz caster sugar
- 1 litre/1¾pints full-fat milk
- 150ml/5fl oz double cream
- 1 tsp vanilla extract or ½ vanilla pod, split lengthways
- pinch salt

Serves: 4 adults

#### Top Tip!

To add flavor, add grated nutmeg and cinnamon.

### Here's what you do:

1. Preheat the oven to 140C/285F/Gas 1.
2. Melt the butter in a heavy-based casserole dish over a medium heat. Add the rice and stir to coat. Add the sugar, stirring until dissolved. Continue stirring until the rice swells and becomes sticky with sugar.
3. Pour in the milk and keep stirring until no lumps remain. Add the cream and vanilla and bring the mixture to a simmer. Once this is reached, give the mixture a final stir. Bake for 1-1½ hours and cover with foil if the surface browns too quickly.
4. Once there is a thin skin on the surface, and the pudding only just wobbles in the centre, it is ready.
5. Serve at room temperature.

### Serving suggestion:

You can serve with dried fruit or seasonal fruit compote.



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## 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.



**FAMILY FOOD FIRST**

# *Autumn Recipe Book*

**OUR TASTY RECIPES FOR  
SEPTEMBER TO NOVEMBER**



**Bedfordshire  
Community  
Health Services**



# What's in Season?

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 BE SUSTAINABLE AND 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 AN EXCITING PERIOD FOR VIBRANT & FLAVORSOME FRUIT AND VEGETABLES. SO...WHAT'S IN SEASON NOW?



## Fruit

- Apples
- Apricots
- Damsons
- Figs
- Nectarines
- Pears
- Plums
- Raspberries

## Vegetables

- Aubergine
- Beetroot
- Butternut Squash
- Cabbage
- Celeriac
- Courgette
- Cucumber
- Kale
- Marrow
- Peppers
- Sweetcorn



## Fish

- |            |             |
|------------|-------------|
| Oily Fish: | White fish: |
| Mackerel   | Crab        |
|            | Sea bass    |



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Back to  
**SCHOOL**

# Lunch box ideas





# Turkey and spring onion wraps

## Ingredients

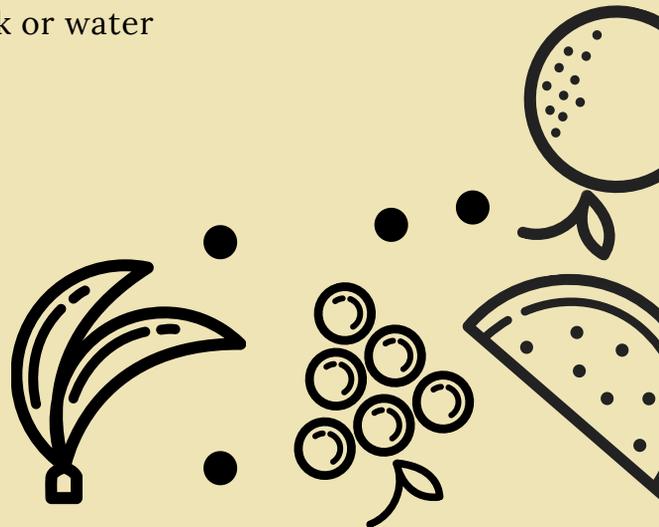
Makes 4

- 2 tbsp mayonnaise
- 2 tbsp pesto
- 4 lettuce leaves
- 250g cooked turkey, shredded (or chicken if you prefer)
- 6 spring onions, shredded
- 12cm chunk cucumber, shredded
- 4 wholemeal tortillas

## Method

1. Mix together the mayonnaise and pesto.
2. Divide the lettuce leaves, turkey, spring onions and cucumber between the tortillas.
3. Drizzle over the pesto dressing, roll up and cut each wrap into 2 or 3 pieces

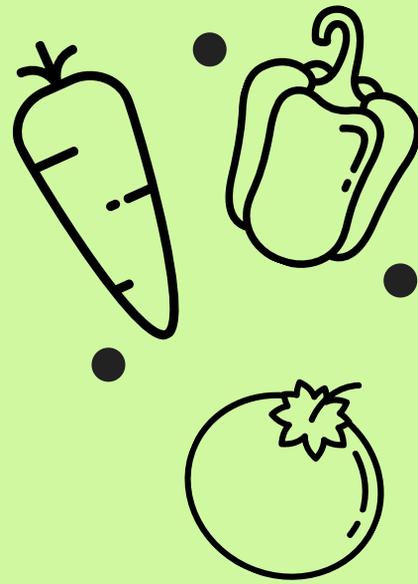
Pop into a lunch box with a piece of fruit, some vegetable sticks, and a dairy food, such as some low fat natural yogurt, and a tooth friendly drink such as milk or water



Recipe adapted from

<https://www.bbcgoodfood.com/recipes/turkey-spring-onion-wraps>

# Cheesy coleslaw with wholemeal pittas



## Ingredients

Makes 1

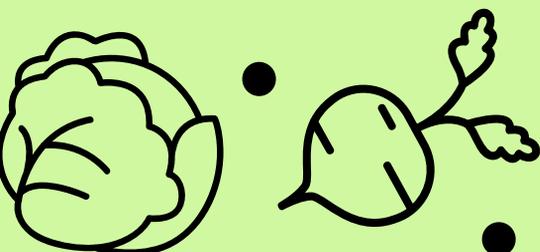
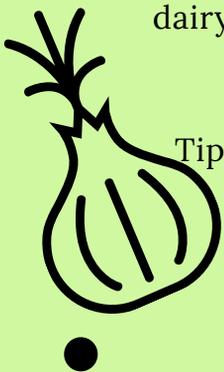
- 1 tsp mayonnaise
- 1 tbsp Greek style yoghurt
- 1 thin slice of white cabbage, shredded (to give a handful)
- 1 small carrot, grated
- 2 spring onions or a slice of onion, chopped
- 20g cheddar cheese, finely chopped or grated
- Parsley, chopped (optional)
- 1 wholemeal pitta bread

## Method

1. In a bowl, mix the mayonnaise and yoghurt.
2. Add the vegetables, cheese and, if using, parsley and mix.
3. Carefully split open the pitta bread and fill with the coleslaw

Pop into a lunch box with a piece of fruit, some vegetable sticks, and a dairy food, such as some low fat natural yogurt, and a tooth friendly drink such as milk or water

Tip: The coleslaw keeps well in the fridge so make it the previous evening to help with the morning rush!



Recipe adapted from

<https://www.nhs.uk/change4life/recipes/cheesy-coleslaw-with-wholemeal-pitta>



# Apple and raisin cookies

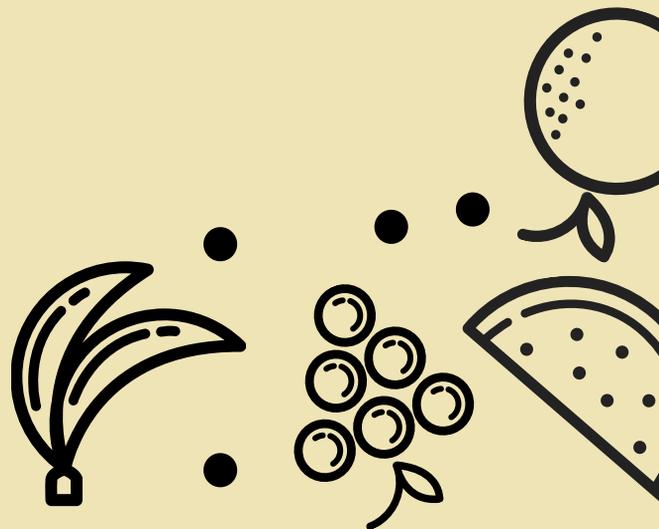
## Ingredients

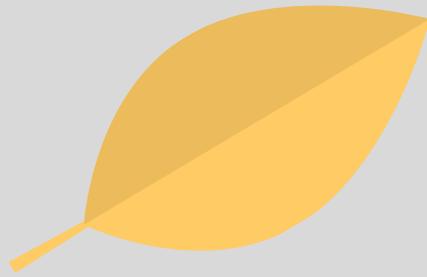
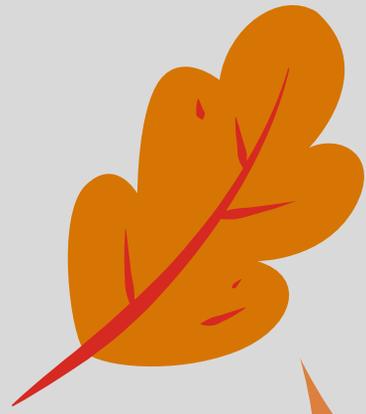
Makes 4 portions of approximately 30g

- 1 tbsp vegetable fat spread (25g)
- 5 tbsp rolled oats (50g)
- 1/2 an eating apple, cooked and mashed (30g)
- 1 heaped tbsp raisins (30g)
- 1/2 tsp cinnamon

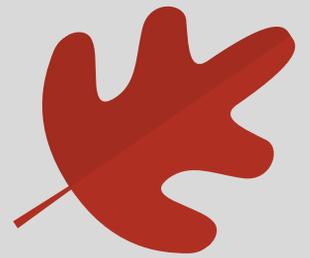
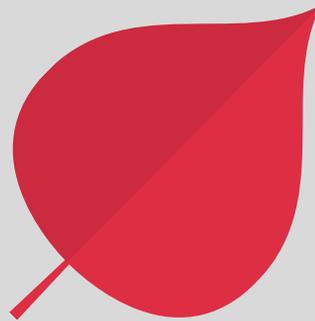
## Method

1. Heat oven to 180C/160C fan/gas 4.
2. Line a baking sheet with grease proof paper
3. Mix all of the ingredients together in a bowl and form into a soft mixture
4. Put heaped dessertspoonfuls of the mixture onto the baking sheet and flatten slightly with a fork
5. Bake for 10-12 minutes, or until lightly golden
6. Allow cookies to cool on the baking tray before transferring to a wire rack if you have one

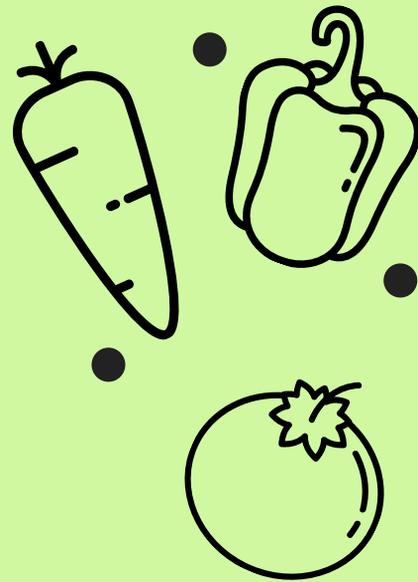




**Home time!**



# Funny faces



## Ingredients

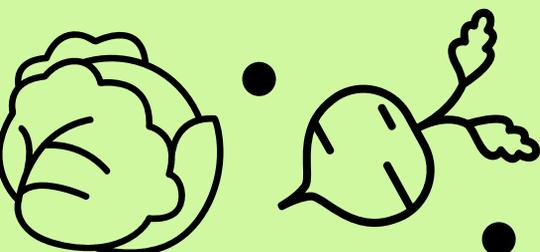
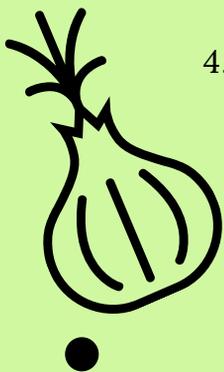
Makes 4

- 4 rice cakes
- 100g soft cheese
- 1 small red apple, quartered and cored
- 1 small celery stick, sliced into 4 pieces
- 8 raisins
- 4 seedless red grapes, halved

## Method

1. Spread each rice cake with a quarter of the soft cheese.
2. Next, cut each apple quarter into 3 slices, and place on the rice cakes (2 pieces to represent eyebrows, and 1 to represent the mouth.)
3. Position the celery on each rice cake for the 'noses', with a raisin placed on each side for the nostrils.
4. Finally, place the halved grapes under the eyebrows to look like 'eyes'.

Tip: let children get creative making funny faces!



Recipe adapted from

<https://www.nhs.uk/change4life/recipes/nutty-apple-and-celery-rice-cakes>



# Lentil Burgers

## Ingredients

Makes 4 big burgers, or 8 mini burgers

- 1 red onion, finely chopped
- 1 tsp crushed garlic
- 1 green chilli, chopped
- 1 tsp grated fresh root ginger
- 2 tbsp chopped fresh coriander stalks
- 1 tbsp coriander seeds, ground
- 600g/1lb 5oz cooked brown lentils, drained and rinsed (dried or tinned)
- 3 tbsp gram (chickpea) flour

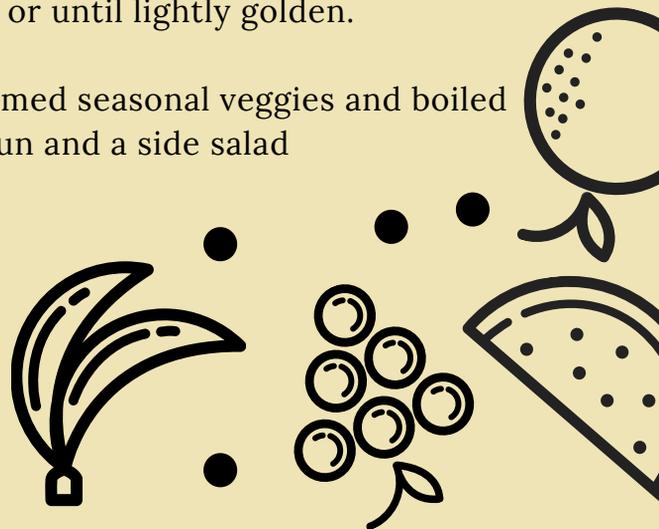
## Method

1. Preheat the oven to 190C/180C fan/gas mark 5
2. To make the burgers, gently fry the onion, garlic, chilli, ginger, coriander stalks and seeds, in a little oil, or water, until the onion is softened.
3. Add the lentils and stir well to mix. Tip into a blender or food processor and pulse briefly with the chickpea flour until a roughly blended mixture is formed. If you don't have a blender or food processor, you can use a fork or potato masher to combine the mixture.
4. Shape into patties and place on a baking tray. Cook the burgers in the oven for around 15-20 minutes, or until lightly golden.

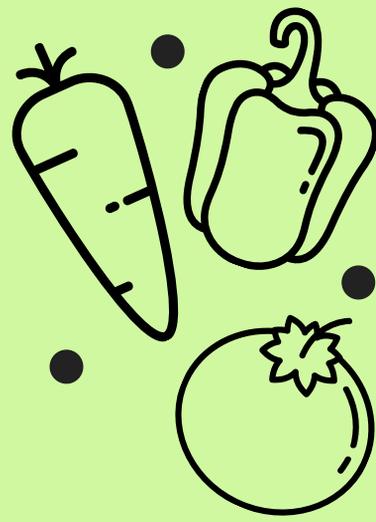
Try serving these burgers with some steamed seasonal veggies and boiled potatoes, or a wholemeal bun and a side salad

Recipe adapted from

[https://www.bbc.co.uk/food/recipes/lentil\\_burgers\\_with\\_34759](https://www.bbc.co.uk/food/recipes/lentil_burgers_with_34759)



# Vegetable Pasta Bake



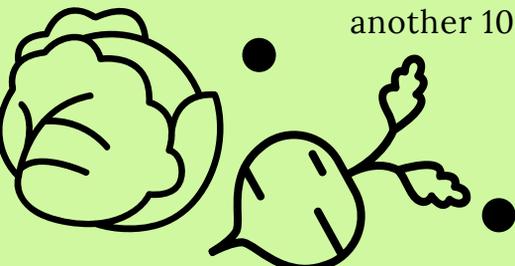
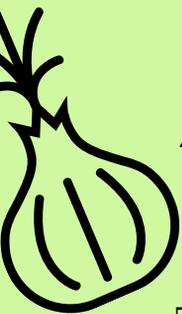
## Ingredients

Serves 4 adults, or 8 children

- 1 red pepper, seeds removed, cut into bite-size chunks
- 1 yellow pepper, seeds removed, cut into bite-size chunks
- 1 aubergine, finely chopped
- 1 courgette, finely chopped
- 1 red onion, sliced
- 3 tbsp olive oil
- 150g/5½oz cherry tomatoes, halved
- 400g tin chopped tomatoes
- 2 garlic cloves, crushed
- 3 tbsp roughly chopped basil
- 300g/10½oz pasta
- 150g/5½oz ball mozzarella, drained and finely chopped
- 2 tbsp pesto
- 2-3 tbsp finely grated Parmesan, or a vegetarian hard cheese alternative

## Method

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Put the peppers, aubergine, courgette and onion into a roasting tin or deep baking dish. Cook in the oven for 45 minutes, turning twice, until the vegetables are tender and golden brown.
3. Add the cherry tomatoes, chopped tomatoes, garlic and basil and cook for 10-15 minutes.
4. Meanwhile, cook the pasta in boiling salted water according to pack instructions. Add 4-6 tablespoons of the pasta cooking water to the vegetables to loosen the tomato sauce.
5. Drain the pasta and stir into the roasted vegetables. Stir through the mozzarella and pesto, top with Parmesan and return to the oven for another 10 minutes, until the cheese has melted.



Recipe adapted from

[https://www.bbc.co.uk/food/recipes/vegetable\\_pasta\\_bake\\_15082](https://www.bbc.co.uk/food/recipes/vegetable_pasta_bake_15082)



# Fish and potato tray bake

## Ingredients

Serves 4 adults, or 8 children

640g/1lb 7oz floury potatoes, preferably Maris Piper, peeled and thinly sliced  
2 red peppers, sliced  
2 bay leaves  
2 garlic cloves, finely chopped  
2 tbsp olive oil  
½ tsp sea salt flakes  
4 x 120g/4oz cod fillets, skinless and boneless  
Freshly ground black pepper

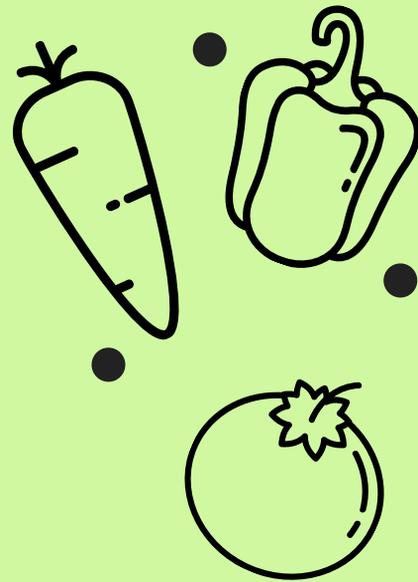
## Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Mix the potatoes, peppers, bay, garlic, oil, salt and a good pinch of black pepper in a large roasting tin. Cover tightly with kitchen foil and bake for 1 hour.
3. Place the cod on top of the vegetables and bake, uncovered, for 15 minutes, or until the fish is cooked through.

Serve immediately with a side of your favourite seasonal veggies.

Fancy jazzing it up a little? Add a teaspoon of pesto to the top of each fish fillet before placing in the oven for the last time.

# Kidney Bean and Pineapple curry



## Ingredients

Serves 4 adults, or 8 children

- 1 large onion, finely chopped, or 140g/5oz frozen diced onion
- 1–2 tbsp garlic and ginger paste (or fresh)
- 2 tbsp medium curry powder
- 432g tin pineapple chunks in juice
- 400g tin kidney beans, rinsed and drained
- 2 x 400g tins chopped tomatoes

## Method

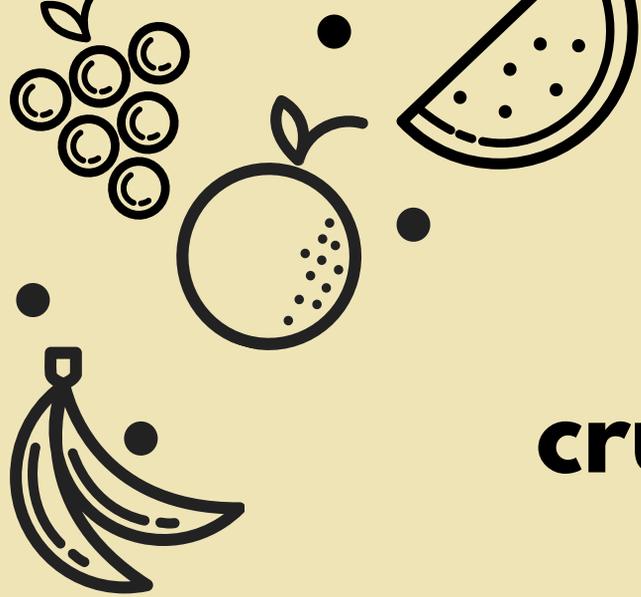
1. Put the onion in a large non-stick pan, with a little water, and cook over a medium heat for 5 minutes, or until the onion starts to soften.
2. Add the garlic and ginger paste and stir in well, then stir in the curry powder.
3. Pour in the pineapple, along with all of the juice. Add the kidney beans, then the tomatoes, and stir well. Simmer for 30 minutes, stirring occasionally to prevent the curry from sticking and burning. You may need to add a splash of water to stop it from drying out.

Serve hot with rice and coriander



Recipe adapted from

[https://www.bbc.co.uk/food/recipes/bean\\_and\\_pineapple\\_curry\\_83770](https://www.bbc.co.uk/food/recipes/bean_and_pineapple_curry_83770)



# Melon and crunchy bran pots

## Ingredients

Serves 1

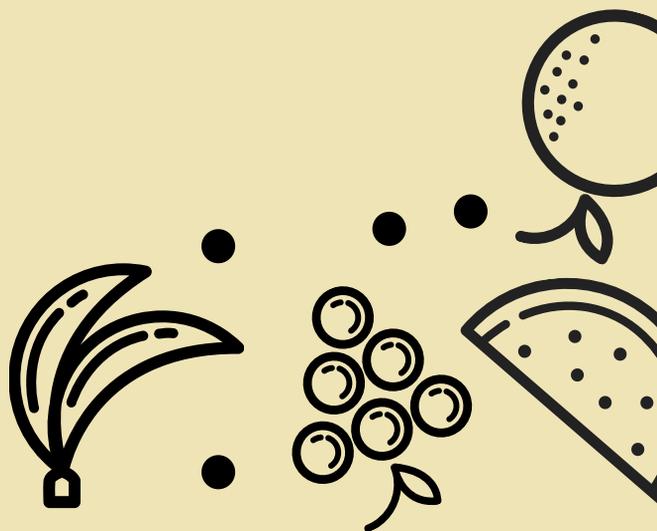
100g melon  
150g pot yogurt  
2 tbsp fruit & fibre cereal  
1 tbsp mixed seeds

## Method

Top melon medley with yogurt, then sprinkle over cereal mixed with seeds.

Eat immediately! It's that easy!

Tip: swap melon for other fruit, or even create a little medley of different types of fruit.



Recipe adapted from

<https://www.bbcgoodfood.com/recipes/melon-crunchy-bran-pots>

Recipes for Winter 2018/19

**Christmas Special**

**December - February**



## 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.

Winter is a wonderful time for fruit and vegetables. Tasty red cabbage and parsnips are both Christmas favorites' in this season.

So... what's in season now?

What's in season during the winter months?			
Fruit	Vegetables	White Fish	Oily Fish
Clementine's	Carrots	Crab	Herring
Grapefruit	Sweet potatoes	Lemon Sole	Mackerel
Pears	Broccoli	Mussel	Sardines
Apples	Winter Squash	King scallops	Pilchards
Plums	Brussels Sprouts	Seabass	
	Cabbage	Red Mullet	
	Cauliflower	Haddock	
	Celeriac		
	Chicory		
	Fennel		
	Kale		
	Leeks		
	Parsnips		
	Potatoes		
	Red Cabbage		
	Swede		
	Turnips		

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.

## Healthy Christmas Snack Idea's for children

We know that it can be hard to create fun party food ideas that don't involve lots of unhealthy foods, so we have put together some simple and tasty looking snack idea's that are healthy too!



### **Santa Claus**

Add a variety of fruit and vegetables to create the face



### **Reindeer**

Cut the rice or oat cakes in to squares. Use fruit and vegetables to make the face. Purchase lolly sticks so that the children can hold the snack.



### **The Grinch Poppers**

Will need green grapes, banana, strawberry and a toothpick



Christmas trees made out of various vegetables



**Frozen fruit and yogurt bark**



**Bagel snowman**

Top with cream cheese;  
add carrot and grapes  
(or black olives) for face



**Star Tortilla Crisps**

Using wraps, cut with  
star shape cookie cutter  
and cook in oven until  
crispy

These ideas were taken from Pinterest.

*Remember all snacks served should only have fresh fruit and vegetables and/or a savoury starchy food with or without a savoury topping*

For more idea's use the Family Food First Healthy Celebrations pack which can be found on our website.

If you have any other healthy idea's for celebrations please send them to us at [ccs.beds.familyfoodfirst@nhs.net](mailto:ccs.beds.familyfoodfirst@nhs.net) or alternatively tweet us; our twitter handle is @FamilyFoodFirst

# Vegetable and fish chowder

Gluten free

## Here's what you need:

Serves: 2 adults

- 2tbsp olive oil
- 2 leeks, finely sliced
- 550g of potato, cut into small cubes
- 1L of reduced salt, gluten free fish stock
- 1 lemon, zest only
- 330ml of whole milk
- 330g of canned, unsalted carrots
- 250g of skinless, boneless, oily or white fish, cut into small chunks
- 250g of canned, unsalted Cannellini beans
- Handful of chives, chopped with scissors
- salt and freshly ground black pepper

## Here's what you do:

1. Heat a large saucepan and put in a splash of oil. Add the leeks and fry for 4-5 minutes, or until softened.
2. Add the potatoes and cook for a further minute.
3. Pour in the stock and lemon zest and cook for 12-15 minutes or until the potatoes are tender.
4. With a slotted spoon, remove half the potatoes and leeks from the stock and set aside.
5. Transfer the remaining potatoes, leeks, stock and milk into a blender or food processor and whizz until smooth.
6. Pour back into the pan, add the carrots, fish and reserved vegetables including the beans.
7. Cover and gently heat for 3-4 mins until the fish is just cooked through – don't boil.
8. Stir in chives and then season to taste.

## Serving suggestion:

Serve with some tasty fresh bread (choose gluten free bread if required).

# Broad bean, pea and sweet potato quesadillas

Vegetarian

Serves: 4 children

## Here's what you need:

- 225g sweet potatoes
- 4 tablespoon of olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 1 green chilli, deseeded and finely chopped
- 200g frozen broad beans
- 100g frozen peas
- 1 lime, juice only
- 4 flour tortillas
- 85g cheddar cheese

## Here's what you do:

1. Steam or cook the potatoes in boiling water until tender, drain and set aside.
2. Heat a pan over a high heat and add 3 tablespoons of olive oil. Turn the heat to medium, add the onion, garlic and chilli and cook for around 10 minutes, until the onion has softened.
3. Bring a medium pan of water to the boil, add the broad beans and cook for about 3 minutes before adding the peas. Cook for a further 3-4 minutes, until the both are just tender.
4. With the back of a fork, gently mash the potatoes into the onion mix, seasoning with the lime juice.
5. Gently fold in the peas and beans. Roughly spread a heaped tablespoonful of the mixture onto one half of each tortilla and sprinkle with the Cheddar. Fold the tortillas over into half-moon shapes, pressing the halves firmly together.
6. Preheat oven to 200C. Once oven has reached the desired temperature, brush the quesadillas with olive oil on both sides and cook them in the oven for 10 minutes until crispy.

## Serving suggestion

Cut each quesadilla into 3 wedges and serve with your choice of salsas.

# French apple tart

Low in sugar

Serves: 8 children

## Here's what you need:

- 3 sheets of filo pastry, cut into large squares
- 40g light brown muscovado sugar
- 40g unsalted butter, melted
- 1 tablespoon of water
- 4 apples, unpeeled
- 1 tablespoon ground cinnamon
- 75g fresh white breadcrumbs

## Here's what you do:

1. Preheat the oven to 200°C, gas mark 6. Line a large baking sheet with baking parchment. Mix together the breadcrumbs, sugar and cinnamon.
2. Cut the 3 sheets of filo into 6 even-sized squares. Brush 2 of the squares with butter and overlap on the baking sheet to make a 25 x 35cm rectangle.
3. Scatter over a third of the crumb mix. Butter 2 more squares, lay on top, sprinkle with a third of the crumbs then top with a final layer of buttered pastry.
4. Thinly slice and core the apples and place in a large bowl. Pour over the remaining butter and sprinkle with the remaining crumb mixture, toss together using your hands then spread out on top of the filo rectangle.
5. Bake for 20 minutes until crisp and golden.

## Serving suggestion

Cut into rectangles and serve warm with reduced sugar custard. Any leftover filo pastry is suitable for freezing.

# Winter Fruit and vegetable activity

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This is a food education activity that can be incorporated into your planning wherever it fits best.

**People:** 1-2 staff members

**Duration:** ~30 minutes per fruit/vegetable

**Age:** 2-4 years

- Aim(s):**
- Improve children's knowledge of seasonal fruits and vegetables in winter
  - Reduce food neophobia (i.e. fear of new foods) in the setting and at home
  - Increase children's consumption of fruit and vegetables
  - Talk about the health benefits of the selected fruit and vegetables

## You will need:

Apples, Carrots and broccoli  
Fruit and vegetable cutters  
Grater  
Cutting knife  
Cutting boards  
Paper  
Paint  
Facilities for boiling food



## Apple

Over 1-2 sessions, offer the children opportunities to have apple raw, stewed and pureed. Also include an arts and crafts session where they can make paintings out of the apple pieces and draw the vegetable using different craft materials.

## Carrots

Over 1-2 sessions, offer the children opportunities to have carrot grated, boiled and mashed. Also include an arts and crafts session where they can make paintings out of the carrot pieces and draw the vegetable using different craft materials.

## Broccoli

Over 1-2 sessions, offer the children opportunities to have broccoli raw, boiled and mashed. Also include an arts and crafts session where they can make paintings out of the carrot pieces and draw the vegetable using different craft materials.

## Top tip

Use leftover fruit and vegetables and other plant sourced waste to make compost!



Recipes for winter 2019

Christmas Special

**December - February**





## Seasonality

Winter is a wonderful period for fruit and vegetables. Tasty red cabbage, Brussel sprouts and parsnips are both Christmas favorites' in this season.

So... what's in season now?

What's in season during the winter months?			
Fruit	Vegetables	White Fish	Oily Fish
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Grapefruit	Sweet potatoes	Lemon Sole	Mackerel
Pears	Broccoli	Mussel	Sardines
Apples	Winter Squash	King scallops	Pilchards
Plums	Brussels Sprouts	Seabass	
	Cauliflower	Red Mullet	
	Kale	Haddock	
	Parsnips		
	Red Cabbage		
	Swede		
	Beetroot		
	Leek		
	Artichoke		
	Celeriac		

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

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## Healthy Christmas Snack Idea's for children

We know that it can be hard to create fun party food idea's that don't involve lots of unhealthy foods, so we have put together some simple and tasty looking snack idea's that are healthy too!



Christmas trees made out of various vegetables

**Christmas Crackers**  
Add a variety of fruit and vegetables to create faces, use spread to help stick

**Cheese**  
Get creative with babybel and make it Christmassy.



**Watermelon Christmas trees**  
Made with a cookie cutter



**Fruity snowmen**  
Make this for a tasty snack.

These ideas were taken from Pinterest.

Remember all snacks served should only have fresh fruit and vegetables and/or a savoury starchy food with or without a savoury topping.



## Roast chicken with sweet potato mash and carrots

### Here's what you need:

- 1 small free-range chicken (about 1kg)
- 2 garlic cloves
- 1 tsp olive oil
- small bunch thyme
- 1 lemon, halved
- 2 medium carrots (about 80g), cut into small chunks
- 200g sweet potato, peeled and cubed
- 1 tbsp low-fat cream cheese

Serves: 2 Adults

#### TOP TIP!

If you want to be more adventurous, try serving with kale.

### Here's what you do:

1. Heat oven to 200C/180C fan/gas 6 and put the chicken in a large non-stick roasting tin. Halve 1 garlic clove and rub it over the chicken. Drizzle with oil, rub in with your fingers, then stuff the cavity with the thyme, and 1 lemon half and the garlic you just used.
2. Cut the other lemon half into quarters and scatter around the chicken with the other garlic clove, halved.
3. Cover the tin with foil and bake for 40 mins, then remove the foil and spoon over the hot juices. Arrange the carrots around the chicken, turning well in the juices, and return the tin to the oven for another 20-30 mins. To check that it is cooked through, pierce between the leg and thigh – if the juices run clear, the chicken is ready. Recover with foil and set aside while you prepare the sweet potatoes.
4. Put the sweet potatoes in a pan of boiling water, return to the boil and simmer for 7-10 mins until tender. Drain well, then mash with the cream cheese.
5. Remove the carrots from the roasting tin and divide between 2 plates. Put the chicken on a serving plate, discard the lemon and garlic from the tin and remove as much of the fat from the juices as possible. Pour the remaining juices into a serving jug.
6. Serve with the broccoli and mashed sweet potatoes, and a drizzle of the lemony-garlic juices on top.

### Serving suggestion

Use thyme to garnish and a drizzle lemony-garlic juices on top for flavour.



## Winter Root Mash with Seasonal Fish

### Here's what you need:

#### Mash

- 650g Swede (peeled and cubed)
- 650g Parsnips (peeled and cubed)
- 1 Onion
- A small bunch of Thyme (chopped)
- Hot horseradish (optional)
- 150ml milk or soured cream

#### Mash topping

- 50g Butter
- A hard cheese i.e. Parmesan
- Breadcrumbs from 4 slices

Serve with any white fish (Sole, Cod etc.)

Serves: 10

#### TOP TIP!

To avoid food wastage, freeze any surplus mash in a foil tray before you oven cook it.

### Here's what you do:

1. Heat oven to 200C/fan 180C/gas 6
2. Boil the Swede and Parsnips for 20 mins
3. Drain well and mash until tender, stir in the thyme, horseradish and milk / cream and season with salt and pepper and spoon into an oven proof dish on one side
4. Make the topping: In a pan heat the butter and onions and stir in the breadcrumbs, season with salt pepper and thyme.
5. Scatter the topping over the mashed vegetables and sprinkle with hard cheese.
6. Bake the mashed mixture in the oven along with the fish

### Serving suggestion

Add a side of boiled Broccoli or peas to feed even more people!



## Hearty Winter Sausage and Veg Soup

### Here's what you need:

- 170g of dried red lentils
- 4 carrots (quartered lengthways, then sliced)
- 6 celery sticks, sliced
- 4 tbsp of tomato puree
- 3 garlic cloves
- 1 veg stock cube
- 1 heat tsp of ground coriander
- Meat or vegetarian sausages

Serves: 4 adults

#### TOP TIP!

Add more spices or some chilli if you like it hot!

### Here's what you do:

1. Preheat the oven to 200C/180C fan/gas 6.
2. Cook the sausages in the oven for the required time as indicated on the packet
3. Meanwhile pour the dried red lentils, quartered and diced carrots, sliced celery sticks and sliced leeks into a large pan with tomato purée, fresh thyme leaves, chopped garlic cloves, stock cubes and heaped tsp ground coriander into a large pot with 3 litres of boiling water.
4. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
5. Remove the cooked sausages from the oven and chop into 1cm chunks.
6. Add them to the soup and boil with the mixture for the final minutes.

### Serving suggestions:

Serve with Crusty bread.

Add some canned beans to the soup for extra protein!



## Pear tart

### Here's what you need:

- 8 pears
- 100g Caster Sugar
- 100g Butter or apple sauce
- 2 star anise
- 3 Cardamom pods
- 1 large cinnamon stick
- 500g block puff pastry

Serves: 8 adults

**Top Tip!**  
Substitute the butter for apple sauce to make it more healthy. You can also substitute the sugar for a low calorie sweetener or some honey

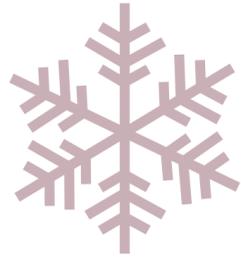
### Here's what you do:

1. Core the pears, then peel as neatly as possible and halve.
2. Tip the sugar, butter, star anise, cardamom and cinnamon into an ovenproof frying pan, about 20cm wide, and place over a high heat until bubbling. Shake the pan and stir the buttery sauce until it separates and the sugar caramelises to a toffee colour.
3. Lay the pears in the pan, then cook in the sauce for 10-12 mins, tossing occasionally, until completely caramelised. Don't worry about them burning – they won't – but you want to caramelise them as much as possible.
4. Heat oven to 200C/fan 180C/gas 6. Roll the pastry out to the thickness of a £1 coin. Using a plate slightly larger than the top of the pan, cut out a circle, then press the edges of the circle of pastry to thin them out.
5. When the pears have cooled slightly, arrange them in the pan, cut side up, in a floral shape, with the pears around the edge pointing inwards. Rest the cinnamon stick on the top in the centre, with the cardamom pods scattered around.
6. Drape the pastry over the pears, then tuck the edges down the pan sides and under the fruit. Pierce the pastry a few times, then bake for 15 mins. If a lot of juice bubbles up the side of the pan, pour it off at this stage. Reduce oven to 180C/fan 160C/gas 4 and bake for 15 mins more until the pastry is golden. Leave the tart to stand for 10 mins, then invert it carefully onto a serving dish.

### Serving suggestion

Add some custard or a dollop of reduced fat cream or ice cream on the side.

# FFF Winter Recipe book



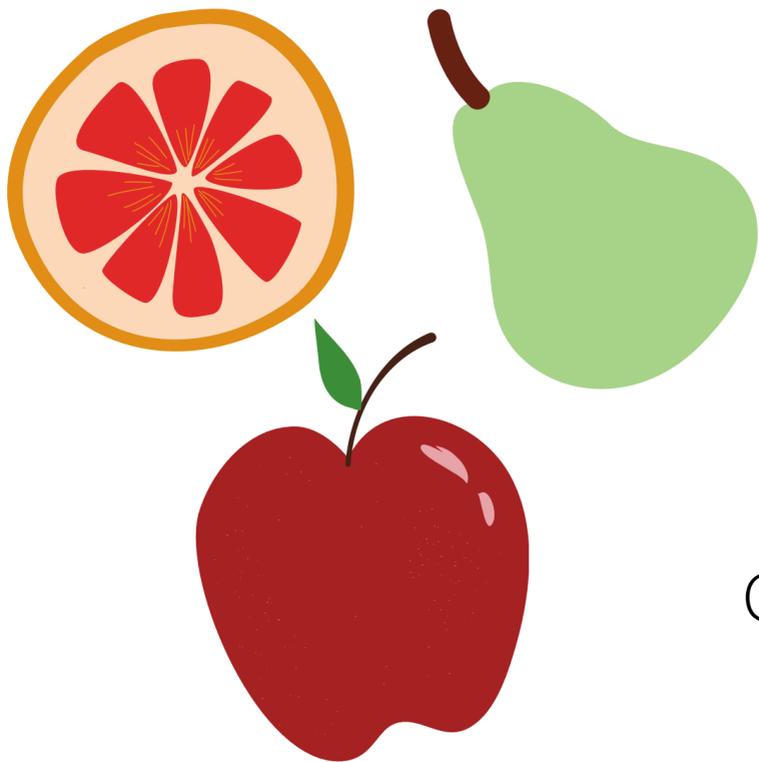
Simple, tasty  
recipes!



Bedfordshire  
Community  
Health Services

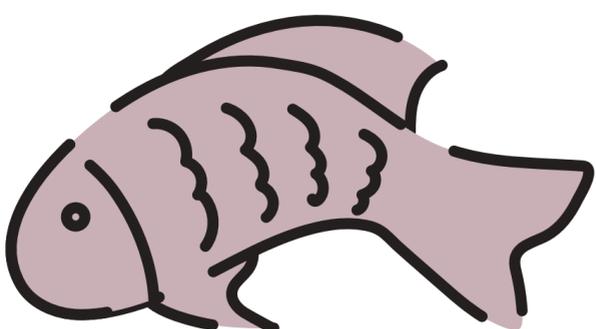
# What's in season?

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.

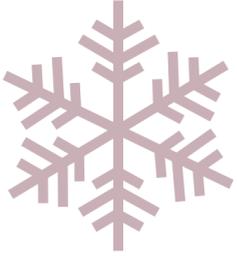
## Top tip/suggestion:

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!





Recipes for Spring 2018

Easter Special

**March - May**





## 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 be sustainable and 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.

Spring is a wonderful period for flavorsome fruit and vegetables. Strawberries and cucumber are both favorites' in this season.

So... what's in season now?

What's in season during the spring months?			
Fruit	Vegetables	White Fish	Oily Fish
Rhubarb	Spring greens	Plaice	Mackerel
Apricot	Leeks	Tuna	Trout
Cherries	Cabbage	Haddock	Salmon
Nectarines	Asparagus	Sole	Sardines
Strawberry	Savoy cabbage		
Raspberry	Carrot		
Fig	Cauliflower		
	Cucumber		
	Lettuce		
	Beetroot		
	Broccoli		

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

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## Healthy Easter Snack Ideas for Children

With so much chocolate around this time of year, it can be difficult to think of fun, healthy idea's, so we have put together some simple and tasty looking snack options that are healthy too.



For the creative: A rabbit carved out of water melon and filled with berries.



Use animal cutters to cut out fruit shapes. Melon and pineapple would work well.



Make a rabbit face using different fruits; peach, strawberries, blueberries, grapes, and melon.



Arrange different fruit in the shape of a decorative egg



Rabbit crackers: using crackers, cream cheese, carrot, bread sticks, pepper



Try making a baby chick by cutting a circle of bread, topping it with a fried egg, using sliced pepper for the nose & hair & sliced cucumber & olive for eyes. "cluck, cluck"



Create bright, fun carrots using bread triangles covered with a carrot and broccoli topping. You could use some cream cheese to help it stick.



Cherry tomato toadstools: you will need cherry tomatoes, cheese, light mayonnaise and cress or curly parsley.

*These ideas were taken from Pinterest.*

*Remember all snacks served should only have fresh fruit and vegetables and/or a savoury starchy food with or without a savoury topping*

For more idea's use the Family Food First Healthy Celebrations pack which can be found on our website [Healthy Celebrations Pack](#)

If you have any other healthy idea's, please send them to us at [familyfoodfirst@eput.nhs.uk](mailto:familyfoodfirst@eput.nhs.uk) or alternatively tweet us @FamilyFoodFirst



\*Provides  
1 for  
children

## Fish pie with a twist

*Dairy Free*

*Gluten Free*

*Meat Free*

### Here's what you need:

- 2 leeks
- 2 tsp smoked paprika
- 400ml coconut milk
- 4 tsp cornflour
- 2 tsp oil
- 2 tsp wholegrain mustard
- 400g fish pie mix
- 600g potatoes
- 30g sunflower spread
- 80g spinach
- Large handful of flat-leaf parsley

**Serves: 4 adults (8 children)**

**(£0.95 per child serving)**

### Here's what you do:

1. Boil a kettle. Peel and chop the potatoes. Trim the green beans and thinly slice the leek, removing the root end. Roughly chop the parsley.
2. Place the potatoes in a saucepan of boiling water and simmer with 10 mins or until soft.
3. Heat 2 tsp of oil in a medium-sized pan on a medium heat and fry the leeks for 5 mins.
4. Pour 1 tbsp of the coconut milk into a bowl and mix with the cornflour to form a smooth paste. Add the remaining coconut milk to the leek pan with the cornflour mix, smoked paprika and mustard. Simmer gently for 5 mins until the sauce thickens.
5. Meanwhile, preheat the grill to high. Stir the fish and spinach into the leek pan. Place a lid on the pan and simmer for a further 5 mins until the fish is cooked through. Stir in half of the parsley and season with black pepper.
6. Drain the potato, add the unsaturated spread and mash with a potato masher (or with a fork).
7. Place the coconut fish pie mix into an ovenproof dish and spoon over the potato mash. Place under the grill for 5 mins.

### Serving suggestion:

Serve the coconut fish pie with steamed green beans



\*Provides  
2 for  
children

## Spring chicken one pot casserole

*Dairy free*

**Serves: 4 adults (8 children)**

**(£0.85 per child serving)**

### Here's what you need:

- 8 bone-in chicken thighs, skin pulled off and discarded
- 1tbsp oil
- 5 spring onions, sliced
- 2tbsp plain flour
- 2 chicken reduced salt stock cubes or very low salt stock cubes
- 4 large carrots, cut into batons (no need to peel)
- 400g new potatoes, halved if large
- 200g frozen pea
- 200g spinach
- 1tbsp grainy mustard
- Small handful fresh soft herbs, like parsley, chives, dill or tarragon, chopped

### Here's what you do:

1. Put the kettle on. Fry the thighs in the oil in a casserole dish or wide pan with a lid to quickly brown. Stir in the whites of the spring onion with the flour and stock cubes until the flour disappears, then gradually stir in 750ml hot water from the kettle.
2. Add the carrots and potatoes, bring to a simmer. Cover and cook for 20 mins.
3. Take off the lid and simmer for 15 mins more, then add the peas and spinach for another 5 mins.
4. Season, stir in the mustard, green spring onion bits, herbs and some seasoning.



\*Provides  
3 for  
children

## Spring vegetable soup

*Gluten Free*

*Vegetarian*

**Serves: 4 adults (8 children)**

**(£1.10 per child serving)**

### Here's what you need:

- 2tbsp olive oil
- 1 red onion, finely chopped
- 2x nest vermicelli noodles(65g)
- 400g cannellini bean
- 1 litre (1¾ pints) of reduced vegetable stock
- 1 x 200g pack broccoli
- 150g (5oz) frozen peas
- 100g (3½oz) spinach
- 30g fresh mint leaves, finely chopped
- 50g (2oz) spring onions, sliced
- 40g (1½oz) Parmesan cheese, finely grated

### Here's what you do:

1. Heat the oil in a pan over a medium heat, add the chopped onion and cook gently until softened.
2. Pour in the stock and bring to the boil.
3. Meanwhile, trim any tough ends off of the broccoli and slice each stem in half lengthways.
3. Add the broccoli and peas reduce the heat and simmer for 5mins until the broccoli is cooked through.
4. Add the vermicelli and beans. Then cook for a further 1min.
5. Remove the soup from the heat, add the spinach and mint, and then ladle into soup bowls. Blend using a blender for a smooth soup.
6. Scatter over the sliced spring onions and Parmesan, and add a sprinkling of freshly ground black pepper.



## Sweet Potato Loaf

*Dairy free*

*Gluten Free\**

**Serves: 4 adults (8 children)**

### **Here's what you need:**

*(£0.60 per child serving)*

- 1 large sweet potato or ½ squash
- \*130g gluten free flour (buckwheat or rice work well) If not following a gluten free diet can also try spelt or whole-wheat flour for a less dense bread
- ¼ teaspoon bicarbonate of soda
- ½ teaspoon salt
- 2 tablespoons lemon juice.

### **For the seed mix (optional)**

- 60g pumpkin seeds
- 60g sunflower seeds
- 60g sesame seeds
- 75g raisins

### **Here's what you do:**

1. Preheat the oven to 180 C or gas mark 6
2. Slice the sweet potato or squash length ways and bake until tender (around 50 minutes). Remove the skin, weigh out 200g and blend in a food processor
3. Mix the rest of the dough ingredients until smooth, then knead in the seeds and raisins until completely combines if using
4. Shape into a loaf using lightly floured hands and make shallow slices along the top and bake for 40 minutes or until nicely golden. Leave to cool slightly before slicing.

\*You may need to use more flour if to doughy to handle – keep adding until you have bread like dough

### **Suggestions**

You could make the bread as a healthy cooking activity. You could even use herbs that have been grown during gardening activities that your setting may do.



Recipes for Spring 2019

Easter Special

**March - May**





## 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 be sustainable and 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.

Spring is a wonderful period for flavorsome fruit and vegetables. Strawberries and cucumber are both favorites' in this season.

So... what's in season now?

What's in season during the spring months?			
Fruit	Vegetables	White Fish	Oily Fish
Rhubarb	Spring greens	Plaice	Mackerel
Apricot	Leeks	Tuna	Trout
Cherries	Cabbage	Haddock	Salmon
Nectarines	Asparagus	Sole	Sardines
Strawberry	Savoy cabbage		
Raspberry	Carrot		
Fig	Cauliflower		
	Cucumber		
	Lettuce		
	Beetroot		
	Broccoli		

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## Contents

- 1. Healthy Easter snack ideas**
- 2. Crustless broccoli quiche**
- 3. Spring vegetable stir fry**
- 4. Salmon fish fingers**
- 5. Spiced pancake**



## Healthy Easter Snack Ideas for Children

With so much chocolate around this time of year, it can be difficult to think of fun, healthy idea's, so we have put together some simple and tasty looking snack options that are healthy too.



Easter popsicles made with plain yoghurt fruit and granola. Just stick in the freezer to set.



Use animal cutters to cut out fruit shapes. Melon and pineapple would work well.



Make a rabbit face using different fruits; peach, strawberries, blueberries, grapes, and melon.



Arrange different fruit in the shape of a decorative egg



Rabbit crackers: using crackers, cream cheese, carrot, bread stickers, pepper



Make with a plain bagels, hummus or cream cheese, grated carrot and peeled cucumber for the egg.



Get creative making these cute Easter bunnies. Use some fresh rosemary, thyme or parsley for the whiskers.



Cherry tomato toadstools: you will need cherry tomatoes, cheese, light mayonnaise and cress or curly parsley.

*These ideas were taken from Pinterest.*

*Remember all snacks served should only have fresh fruit and vegetables and/or a savoury starchy food with or without a savoury topping*

If you have any other healthy idea's, please send them to us at [ccs.beds.familyfoodfirst@nhs.net](mailto:ccs.beds.familyfoodfirst@nhs.net) or alternatively tweet us @FamilyFoodFirst



## Crustless Broccoli quiche

*Meat Free*

### Here's what you need:

- 1 pack of ready-made short crust pastry
- 1 large broccoli head
- 4 eggs
- 400ml semi-skimmed milk
- 75g cheddar cheese, grated

**Serves: 6 adults (3 children)**

*(£0.30 per child serving)*

### Here's what you do:

1. Preheat the oven to 180°C/350°C/Gas mark 4
2. Roll out the pack of ready-made short crust pastry to line a 20cm diameter, 4cm deep flan tin.
3. Prick the pastry with a fork, cover in foil and fill with baking beans.
4. Bake for 10 minutes then remove the foil and beans and bake for a further 10 minutes
5. Remove the pastry from the oven and turn down to 170°C/325°F/Gas 3
6. Steam the broccoli florets until tender
7. Beat the egg mix over it
8. Sprinkle grated cheese over the top and bake in the oven for 30 minutes.

### Serving suggestion:

Serve with a side salad. Why not try with grated carrot, cucumber and lettuce?



## Spring vegetable stir fry

*Dairy free*



\*Provides  
2 for  
children

**Serves: 4 adults (8 children)**

**(£0.74 per child serving)**

### Here's what you need:

- 6 bone-in chicken thighs, skin pulled off and discarded
- 2 tbsp sunflower oil
- 4 spring onions, cut into 4cm/1½in lengths
- 1 garlic clove, crushed
- piece fresh root ginger, about 1cm/½in, peeled and grated
- 1 carrot, cut into matchsticks
- 1 red pepper, cut into thick matchsticks
- 100g/3½oz baby sweetcorn, halved
- 1 courgette, cut into thick matchsticks
- 150g/5½oz sugar-snap peas or mangetout, trimmed
- 2 tbsp hoisin sauce
- 2 tbsp low-salt soy sauce

### Here's what you do:

1. Heat a wok on a high heat and add the sunflower oil. Add the spring onions, garlic, ginger and stir-fry for 1 minute, then reduce the heat.
2. Add the carrot, red pepper and baby sweetcorn and stir-fry for 2 minutes. Add the courgette and sugar snap peas and stir-fry for a further 3 minutes.
3. Add the cooked chicken to the stir fry as shredded pieces.
4. Add 1 tablespoon water, hoisin and soy sauce and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft. Serve with noodles or rice.



## Salmon fish fingers

*Dairy free*

*Serves: 4 adults (8 children)*

*(£0.95 per child serving)*

### **Here's what you need:**

- 500g salmon or white fish fillet fresh or frozen (skinless and boneless)
- 2 eggs
- 4 slices wholegrain bread, crumbed
- Oil for greasing

### **Here's what you do:**

1. Heat the oven to 190°C/375°C/Gas mark 5
2. Cut the salmon into even-sized strips
3. Beat the eggs in a shallow dish to make an egg wash
4. Dip the strips in the egg wash and roll the strips in the breadcrumbs until fully coats
5. Place the coated strips on a greased baking tray and bake in the oven for 15 minutes

### **Suggestions**

You could make this a healthy cooking activity. You could even invite parents to join in with the cookery session.



## Spiced Pancake

*Low in sugar*

**Serves: 8 children**

### **Here's what you need:**

**(£0.37 per child serving)**

- 100g wholemeal self-raising flour
- 1 tsp ground mixed spice
- 1 large egg
- 80g grated carrot
- 4 tbsp low-fat, lower-sugar plain yoghurt
- 100ml semi-skimmed milk
- 1 tsp vegetable oil

#### **For the cream cheese frosting (optional)**

- 30g/5½oz unsalted butter, at room temperature
- 15g/3 tbsp caster sugar
- 100g/10½oz full fat cream cheese

### **Here's what you do:**

1. Put the flour, mixed spice, egg, grated carrot, yoghurt and milk into a large mixing bowl and use a hand whisk or fork to mix together thoroughly. Heat a non-stick frying pan over a medium heat. Add 2-3 drops of oil. Cook 'tablespoonfuls' of the batter in batches, turning them over after 1-2 minutes to cook the other side. Make 8 drop scones altogether, adding a further 2-3 drops of oil to the frying pan with each batch.

#### *For the cream cheese frosting*

2. Place the butter in a large bowl with the caster sugar.
3. Beat the butter and sugar together for 2-3 minutes until light and creamy.
4. Then beat in the cream cheese until smooth.

### **Serving suggestion**

You could also serve the pancakes with a selection of fruit on top.



Recipes for Spring 2020

Easter Special

**March - May**





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Spring is a wonderful period for flavorsome fruit and vegetables. Strawberries and cucumber are both favorites in this season.

So... what's in season now?

Spring			
Fruit	Vegetables	White Fish	Oily Fish
Apricots	Asparagus		
Cherries	Beetroot		
Figs	Broccoli		
Nectarines	Cabbage	Haddock	Mackerel
Raspberries	Carrot	Plaice	Salmon
Rhubarb	Cauliflower	Sole	Sardines
Strawberries	Cucumber	Tuna	Trout
	Leeks		
	Lettuce		
	Spring greens		
	Savoy cabbage		

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Healthy Easter snack ideas

Pasta Primavera

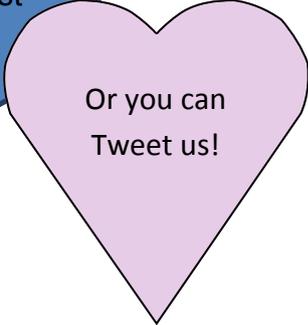
Baked fish with potatoes

Lentil and vegetable curry

Fruity crumble



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other healthy ideas,  
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dfirst@nhs.net](mailto:ccs.beds.familyfoodfirst@nhs.net)  
[@FamilyFoodFirst](https://twitter.com/FamilyFoodFirst)



Or you can  
Tweet us!





## Healthy Easter Snack Ideas for Children

With so much chocolate around this time of year, it can be difficult to think of fun, healthy ideas, so we have put together some simple and tasty looking snack options that are fun and healthy too.

### **Bunny Sandwiches**

A little bunny cutter can go a long way at transforming a simple sandwich into an enticing treat! And easier for little hands to hold too.

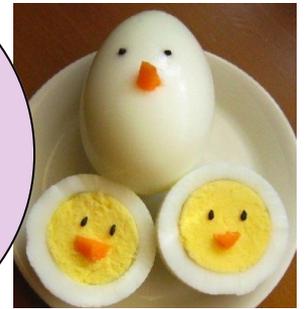


### **Babybel bunnies**

Celery whiskers, carrot ears and nose with blueberry eyes.

### **Chickie eggs**

Decorate hard boiled eggs with a tiny carrot nose, and edible pen for the eyes



### **Fruity butterflies**

These fruity snacks will fly off the plate!



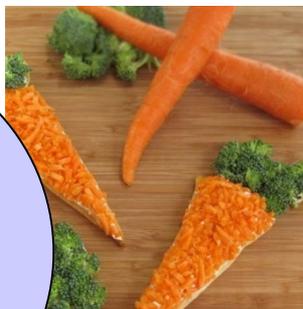
### **Fruity Easter egg**

Use a cracker or flat bread as your "egg" and layer small pieces of fruit on top of a spread of cream cheese



### **Carrot pizza**

Cut wholemeal bread into "pizza" shapes, top with hummus or cream cheese, and grated carrot.



### **Vegetable hummus toast**

A cute savoury snack, using colour vegetables and hummus, on a circle of toast, or a rice cake



*These ideas were taken from Pinterest*

*Remember all snacks served should only have fresh fruit and vegetables and/or a savoury starchy food with or without a savoury topping*



## Pasta Primavera

*Meat Free*

### Here's what you need:

- 75g broad beans
- 2 x 100g asparagus tips
- 170g peas
- 350g spaghetti or tagliatelle
- 175g pack of baby leeks, trimmed and sliced
- 1 tbsp olive oil
- 200ml tub fromage frais or crème fraiche
- Handful of chopped herbs (e.g. mint, parsley and chives)
- Parmesan (or vegetarian alternative) to serve

**Serves: 4 adults (8 children)**  
*(£0.70 per child serving)*

Tip:  
Try using frozen vegetables if you struggle to find them fresh

### Here's what you do:

- Bring a pan of water to the boil and put a steamer (or colander) over the water. Steam the beans, asparagus and peas until just tender, then set aside. Boil the pasta following pack instructions
- Meanwhile, fry the leeks gently in the oil for 5 mins or until soft. Add the fromage frais to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables with a splash of pasta water to loosen
- Drain the pasta and stir into the sauce. Adjust the seasoning, then serve scattered with the cheese and drizzled with a little extra olive oil

### Serving suggestion:

Serve with a side salad. Why not try with grated carrot, cucumber and lettuce?





## Baked fish with potatoes

Any white fish can be used in this recipe

### Here's what you need:

- 450g white fish, skinned
- 450g potatoes, peeled and sliced thinly
- 1 onion, chopped
- 6 tbsp parsley, chopped
- 1 clove of garlic, crushed
- Zest of 1 lemon
- 150ml semi-skimmed milk
- 25g unsaturated spread

**Serves: 3 adults (6 children)**

*(£0.62 per child serving)*

#### Tip:

Frozen fish works well in this recipe. Follow packet instructions for defrosting before cooking for safety

### Here's what you do:

- Pre-heat the oven to 180°C/gas mark 4
- Put a layer of potato slices in the base of a deep oven proof dish, with a little unsaturated spread to stop them from sticking. Add half of the chopped onion on top of the potatoes, along with half of the parsley, garlic and lemon zest
- Add another layer of potatoes, onion and herb mixture, before finishing with a top layer of potatoes.
- Add the milk to a pan, and bring it up to the boil. Once boiling, add a little seasoning, before pouring this over the potatoes
- Put in the oven, uncovered for 40 minutes
- While the potatoes are cooking, cut the fish into small pieces, and add to the top of the potato dish after 40 minutes
- Cook for a further 15-20 minutes, or until the fish is cooked through

### Serving suggestion:

Serve with a side of seasonal vegetables, e.g. broccoli and cabbage for veggie goodness





## Lentil and vegetable curry

*Meat Free*

### Here's what you need:

- 225g runner beans, sliced
- 225g potatoes, peeled and cut into cubes
- 2 medium carrots, peeled and sliced
- 225g cauliflower, cut into florets
- 1 large onion, chopped
- 2 tsp turmeric
- 1/2 tsp ground coriander
- 2 tsp cumin seeds
- 2 tsp ginger, finely chopped (or 1 tsp ground)
- 1 garlic clove, crushed
- 350g brown lentils, rinsed
- 275ml natural yogurt
- 1 tbsp tomato puree

**Serves: 6 adults (12 children)**

*(£0.30 per child serving)*

#### Tip:

Add spices a little at a time to ensure the curry is not too hot for little mouths

### Here's what you do:

- Place the beans, potatoes, carrots and cauliflower in a pan of boiling water and cook for 6 minutes, then drain, reserving the water for later
- Cook the onion in a frying pan, with a small amount of oil, until it has softened
- Add the turmeric, coriander, cumin seeds, ginger and garlic to the onion, followed by the lentils
- Cover with the reserved vegetable water
- Cook gently for 40 minutes, or until the lentils are softened
- Add the vegetables to the lentil mixture, along with the yogurt and tomato puree. Cover and cook for another 20 minutes, or until the veggies are tender

### Serving suggestion:

Serve with brown rice, or a small chapatti and a side salad.





## Fruity crumble

### Here's what you need:

For the filling:

- 400g-500g fresh fruit (e.g. eating apples, bananas, pears, plums, or a mixture of fruits)
- Dried fruit such as raisins, ready to eat prunes or figs can also be chopped up and added to the fruit filling for variety

For the topping:

- 100g plain flour
- 50g unsaturated spread
- 25g sugar

**Serves: 6 adults (12 children)**

*(£0.15 per child serving)*

Tip:  
Tinned fruit (in juice) or frozen fruit works well in this crumble

### Here's what you do:

- Pre-heat the oven to 190°C/gas mark 5.
- Sieve the flour into a bowl.
- Break the spread into chunks and rub into the flour with your fingertips until the mixture looks like fine breadcrumbs. Add the sugar, mixing it in with your fingers.
- Wash, peel and slice the fruit, removing any seeds or pips. Arrange the sliced fruit in the ovenproof dish.
- Sprinkle the crumble topping evenly over the fruit. Put the dish on a baking tray, and bake in the oven for 40 minutes until the top is golden brown and the filling bubbles up round the edges.

Tip:  
Add a handful of oats to the flour for a crunchy topping

### Serving suggestion:

- Serve with yoghurt, fromage frais or custard





Recipes for summer 2018

June - August





## Seasonality

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Summer is an exciting period for vibrant & flavorsome fruit and vegetables. Blueberries and carrots are both favorites' in this season.

So... what's in season now?

What's in season during the summer months?			
Fruit	Vegetables	White Fish	Oily Fish
Apricot	Radishes	Sole	Salmon
Strawberries	Cucumber	Halibut	Mackerel
Melons	Beets	Cod	Sardine
Blueberries	Bell Peppers	Tuna	Pilchard
Cherries	Carrots	Plaice	Herring
Apricots	Zucchini		
Nectarines	Garlic		
Peaches	Corn		
	Spinach		
	Broccoli		

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### Spring Feast Recipes

The following recipes were served at the Family Food First Spring Feast which we hosted in May 2018

#### 1. Flaxseed buns

#### 2. Pea and mint frittata

#### 3. Sun-dried tomato bread

#### 4. Choco-coconut snack balls

#### 5. Rhubarb & custard fool



## Flaxseed Buns

*Gluten free   Cow's milk free   Vegetarian*

**Makes 6 buns**

*(£0.75 per child serving, ½ bun)*

### Here's what you need:

- 200g milled linseeds\*
- ¼ teaspoon bicarbonate of soda
- ½ teaspoon salt
- 3 large eggs beaten
- 3 tablespoons of vegetable oil or unsaturated spread melted
- 2 tablespoons of lemon juice or cider vinegar
- 2 tablespoons of water

### Here's what you do:

1. Preheat the oven to fan 180c/gas mark 5 and line a baking tray with greaseproof paper
2. Mix together the linseeds, bicarbonate of soda and salt in a large bowl
3. Add the eggs, melted oil/spread, lemon juice/cider vinegar and water
4. Mix well and leave to sit for 30 minutes
5. With wet hands take 2 large heaped tablespoons of the mix to make into a patty shape and place on the baking tray, repeat with remaining ingredients
6. Place in the oven for 15-20 minutes or until risen and firm to touch

\*Can purchase whole linseeds and mill down if you have a food processor, alternatively you can purchase milled linseeds in the supermarkets/health food stores



## Pea and Mint Frittata

*Gluten free   cow's milk free   Vegetarian*

**Serves 8**

*(£0.60 per child serving, ½ adult portion)*

### Here's what you need:

- 500g new potatoes, cooked and chopped into small chunks
- 1 tablespoon of vegetable oil
- 1 onion finely chopped
- 2 garlic cloves crushed
- 6 large eggs beaten
- 150g frozen peas
- 2 handfuls of mint, chopped

### Here's what you do:

1. Cook the potatoes following instructions on packaging (typically add to boiling water, bring to a boil, cover and simmer for 15-20 minutes) Allow to cool then chop into small chunks
2. Heat the oil in a large deep frying pan and add the chopped onion, Cook until softened, add the garlic and cook for a further 1-2 minutes
3. Add the potatoes, frozen peas and mint, mix evenly
4. Add the eggs and cook for approximately 5 minutes, allowing eggs to set at the bottom of pan
5. Either flip frittata to cook remaining side or if the frying pan handle is oven proof place in a pre-heated oven at fan 180c/gas mark 5 for 15-20 minutes or until starting to brown on top
6. Enjoy hot or cold



## Sun-dried tomato bread

*Cow's milk free    vegetarian/vegan*

### Here's what you need:

- 310mls warm water
- 1tbsp of oil from the sun-dried tomatoes
- 80g chopped sun-dried tomatoes
- 1/2tsp salt
- 1tbsp sugar
- 450g wholemeal bread flour
- 1tbsp milk powder
- 1tsp dried mixed herbs
- 1¼ tsp active dry yeast

*(Makes 12 slices*

*£0.82 per child serving)*

### Here's what you do:

1. Combine all the dry ingredients (salt, sugar, flour, milk powder, herbs and yeast) in a large mixing bowl, and mix thoroughly.
2. Measure out 310mls of warm water and mix in the oil.
3. Create a well in the middle of the mixture and slowly add the liquid. Using a silicone spatula or wooden spoon, fold the dry ingredients into the liquid until a dough ball is formed.
4. Remove the dough from the mixing bowl, and knead for 5 minutes.
5. Lightly oil the same mixing bowl, return kneaded dough ball, cover with a tea towel or cling film for 1 hour, and allow to rise in a warm place.
6. The dough should have doubled in size. Remove and flatten, then sprinkle on the chopped sun-dried tomatoes. Fold the dough towards the middle, flatten again, and then keep repeating until all the sun-dried tomatoes have been used up. Knead the dough ball for a couple of minutes, then mould into an oval shape and place on a baking tray.
7. Cover again with a tea towel, and allow to rise for a further hour.
8. Preheat the oven to 200C. Bake in the oven for 30 mins or until golden brown. To check it's cooked, turn the loaf over and tap the bottom. If it sounds hollow, it's cooked. Allow to cool on a wire rack.



## Choco-coconut Snack-balls

*No added sugar Perfect for a cooking activity*

### Here's what you need:

*(Makes 20*

*£0.82 per serving)*

- 6 dates - chopped
- 40g oats *or gluten free oats for gluten free*
- 2 tablespoons of unsweetened cocoa powder
- 2 tablespoons of desiccated coconut (plus extra for decoration)
- 2 tablespoons of milk *or milk alternative for milk free*
- 1 lime – zest only and finely chopped
- 25g pecan nuts - chopped

### Here's what you do:

1. Put all ingredients into a food processor and blitz to come together (alternatively chop nuts and dates very small and simply mix well in a large bowl)
2. Pinch the dough into small bite size balls, roll the balls in extra coconut for decoration
3. Enjoy



## Rhubarb and Custard Fool

*Low in sugar*

### Here's what you need:

*Makes 10 mini pots*

*(£0.65 per child serving)*

- 6 stalks of rhubarb
- 2 tablespoons orange juice
- Ground ginger, cinnamon and mixed spice powder to taste (approx. 1-3 teaspoons depending on preference)
- Minimal sugar to sweeten rhubarb to taste ( $\frac{1}{2}$  - 1 tablespoon)
- Greek natural yoghurt
- Vanilla seeds/paste/essence to taste (choose sugar free approx. 1-2 vanilla pods, 1 teaspoon essence/paste)
- Sugar free / low sugar custard (or if making homemade – use half sugar to standard recipe)
- 10-20g oats
- 5 pecan nuts
- 1 tablespoon of sesame seeds
- Mixed spice/ginger powder for crumble topping

### Here's what you do:

1. Chop the rhubarb, placing in a large saucepan with the orange juice and spices, add a small amount of sugar and stew until the rhubarb has softened, taste and adjust for sweetness (aim to keep fairly tart)
2. Gently mix the vanilla flavour into the Greek yoghurt and set aside
3. Make up custard as per instructions, minimising sugar included (to less than half the recipe)
4. To make the crunch crumble - Finely chop pecans and mix with oats, sesame seeds and mixed spice/ginger powder, toast very lightly under the grill for a few minutes
5. Assemble the 3 components by placing a teaspoon of each mixture into a small 30-50ml cup, alternating so you have 2-3 layers of each
6. Sprinkle the crunch mixture on top (approx.  $\frac{1}{2}$  teaspoon per serving)
7. Serve cold / store in fridge until ready to eat



**Family Food First**

# Summer Recipe Book

**Our tasty recipes for June - August 2020**



**Bedfordshire  
Community  
Health Services**



# What's in Season?

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 BE SUSTAINABLE AND 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.

SUMMER IS AN EXCITING PERIOD FOR VIBRANT & FLAVORSOME FRUIT AND VEGETABLES. BLUEBERRIES AND CARROTS ARE BOTH FAVORITES' IN THIS SEASON. SO...WHAT'S IN SEASON NOW?



## Fruit

- Apricot
- Blueberries
- Cherries
- Melons
- Nectarines
- Peaches
- Strawberries

## Vegetables

- Beetroot
- Broccoli
- Carrots
- Corn
- Courgette
- Cucumber
- Garlic
- Radishes
- Spinach



## Fish

Oily Fish:	White fish:
Herring	Cod
Mackerel	Halibut
Pilchard	Plaice
Salmon	Sole
Sardines	Tuna

# 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.

## Summer Feast Recipes



### Snacks

Red pepper hummus  
with vegetable sticks  
Cheesy biscuits

### Main meals

Roasted vegetable bowl  
Sardine bolognese  
Fajita Chicken Fried Rice

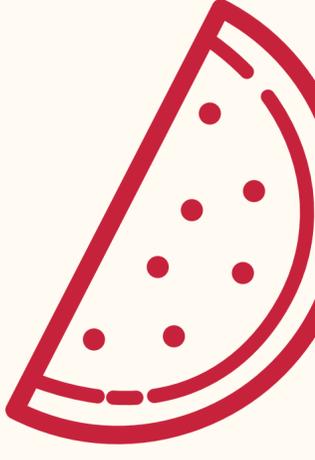
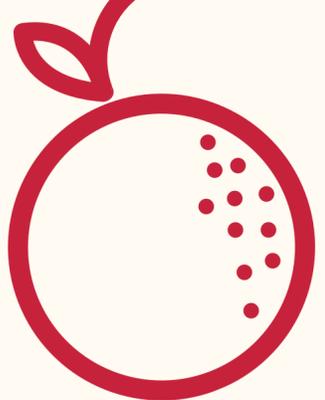
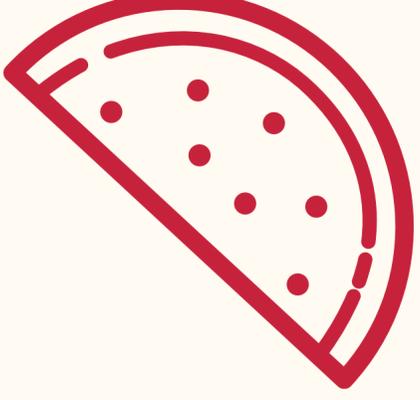


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### Pudding

Mixed fruits with banana dip  
Easy banana ice cream



# RED PEPPER HUMMUS WITH VEGETABLE STICKS

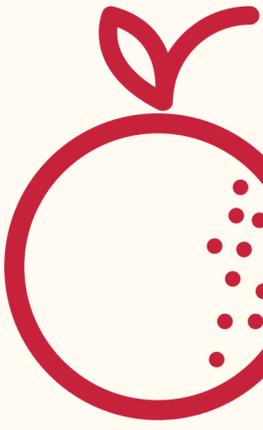


INGREDIENTS (SERVES 2  
ADULTS OR 4 CHILDREN)



400G TIN CHICKPEAS, DRAINED  
1 CLOVE OF GARLIC  
1 LARGE RED PEPPER  
1 TBSP TAHINI PASTE  
JUICE FROM 1/2 LEMON

VEGETABLE STICKS, FOR EXAMPLE:  
CARROTS  
CUCUMBER  
CELERY



## Method

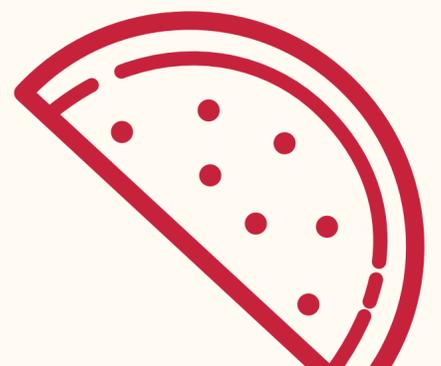
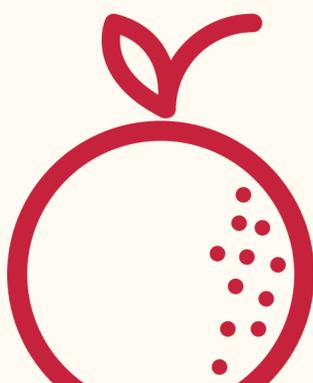
Use a food processor or stick blender to blitz the chickpeas, garlic, pepper, tahini, and lemon juice together

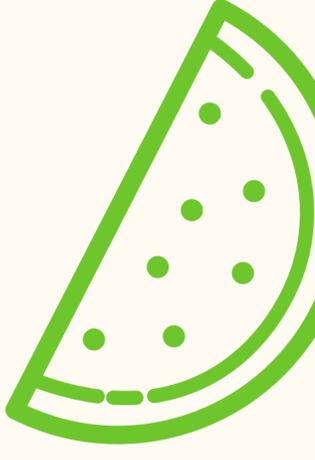
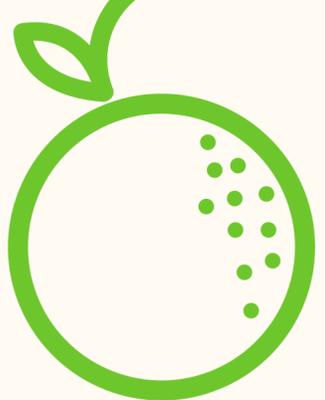
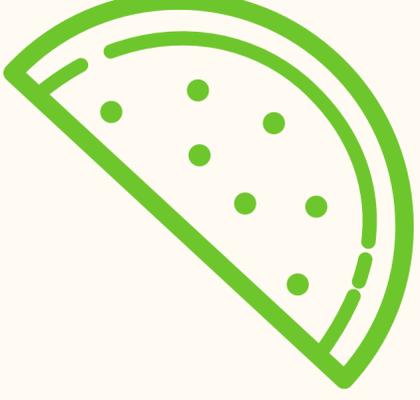
Cut the vegetables into manageable sticks

Serve together for a yummy, crunchy snack.  
Experiment with your vegetable sticks, why not try some broccoli or cauliflower florets



Inspired by BBC Good Food





# CHEESY BISCUITS



## INGREDIENTS (MAKES 20 - 30)



100G WHOLEMEAL FLOUR  
50G SELF-RAISING FLOUR  
25G OATS  
100G BUTTER OR VEGETABLE OIL SPREAD  
100G CHEESE, FINELY GRATED  
1 LARGE EGG YOLK



## Method

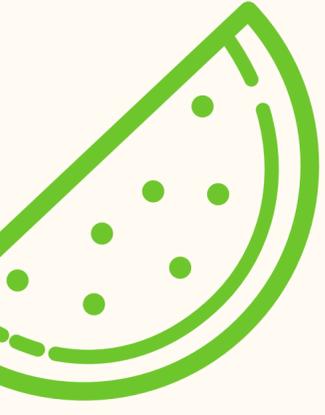
Heat the oven to 180C/160C fan/gas 4.

Put the flours and oatmeal into a bowl and rub in the butter/spread. Stir in the cheese.

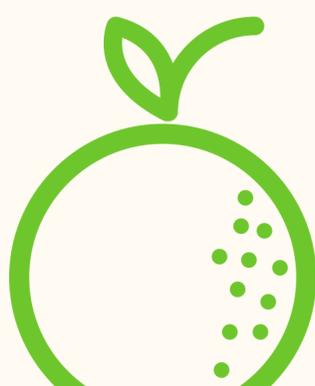
Add the egg yolk and mix in using a fork. When the mixture starts to clump together, use your hands to knead to a smooth dough.

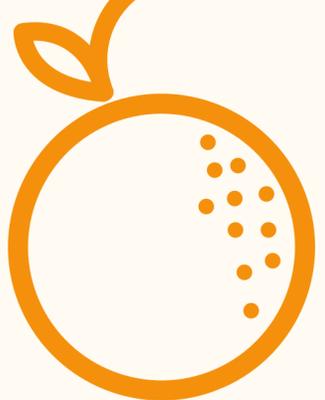
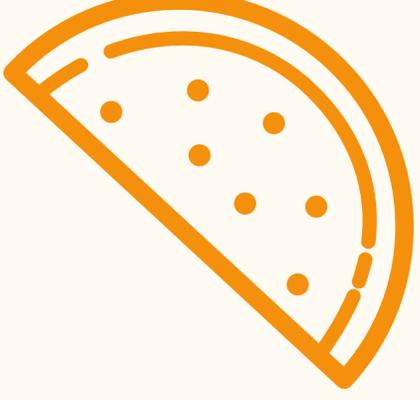
Place the dough between two sheets of baking parchment and roll out thinly to about 1/2cm. Cut out desired shapes and lift them using a palette knife onto a non-stick baking sheet. Reroll any trimmings and cut out more shapes. Alternatively, take walnut-sized pieces of dough, roll into balls and place on the baking tray and flatten slightly with a fork.

Bake in the oven for 12-14 mins until golden brown. Leave on the tray for a few minutes to firm up before removing to a cooling rack.



Inspired by BBC Good Food





# ROASTED VEGETABLE BOWL



## INGREDIENTS (SERVES 2 ADULTS OR 4 CHILDREN)



1 SWEET POTATO (200G) IN CHUNKS  
1/2 CAULIFLOWER (AROUND 250G) BROKEN INTO FLORETS  
1 LARGE CARROT SLICED  
A DRIZZLE OF OLIVE OIL  
1 TSP CUMIN  
1 TSP PAPRIKA  
1/2 A 400G TIN OF CHICK PEAS (DRAINED AND RINSED)  
40G RADISHES SLICED



## Method

Preheat the oven to 200C/180C Fan/Gas 6.

Lightly oil a baking tray. Scatter the sweet potatoes, cauliflower and carrot in single layers in different parts of the tray to keep separate. Drizzle over a little more oil and sprinkle with the cumin. Roast for 18–20 minutes, or until tender and lightly browned.

In a bowl, mix the paprika with a little oil. Add the chickpeas and toss well. Take the baking tray out of the oven and add the spiced chickpeas.

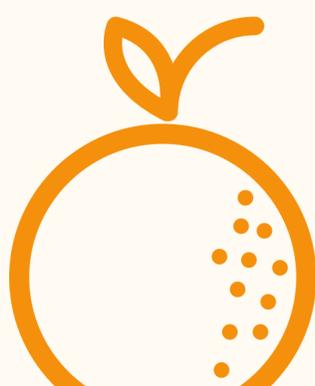
Roast for 5 minutes, or until the chickpeas are hot and lightly toasted.

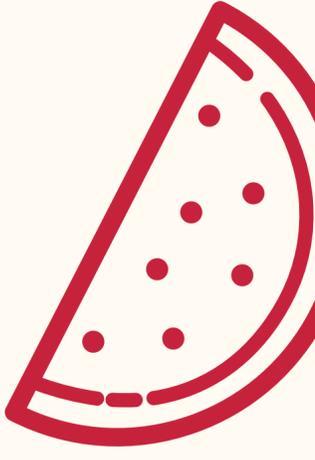
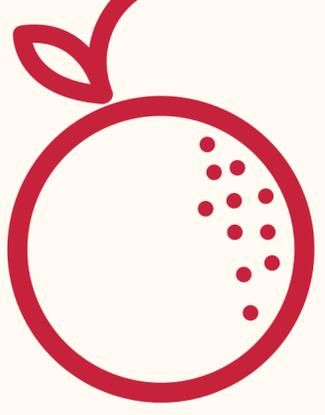
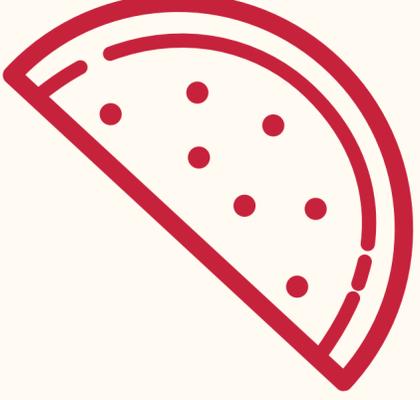


Serve with a simple side salad, or some wholegrain rice or pasta for a yummy summary meal  
You could even make a simple dressing using some yogurt and lemon juice to add a bit of zing to this tasty dish!



Inspired by 'Cooking in the Doctor's Kitchen' on the BBC

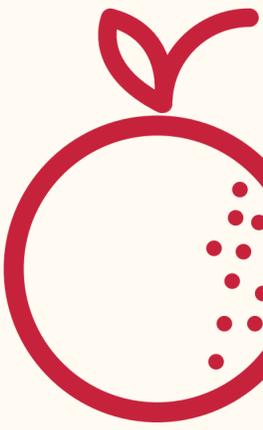




# SARDINE BOLOGNESE



## INGREDIENTS (SERVES 4 ADULTS OR 8 CHILDREN)



2 TBSP OLIVE OIL  
1 STICK CELERY, FINELY CHOPPED  
1 WHITE ONION, FINELY CHOPPED  
1 CARROT, FINELY CHOPPED  
1 TSP PLAIN FLOUR  
2 TINS GOOD-QUALITY SARDINES  
1 GARLIC CLOVE, ROUGHLY CHOPPED  
2 TSP SOY SAUCE  
2 TSP WORCESTERSHIRE SAUCE  
200ML/7FL OZ PASSATA OR CHOPPED TOMATOES FROM A TIN  
500ML/18FL OZ LOW SALT CHICKEN STOCK  
400G/14OZ DRIED SPAGHETTI  
50G/1¾OZ PARMESAN, FINELY GRATED

## Method



Heat the oil in a large pan over a low heat and gently fry the celery, onion and carrot for 10 minutes. Dust with the flour and cook for another 5 minutes.

Add the sardines, garlic, bay, soy and Worcestershire sauce and stir well. Add the passata or chopped tomatoes and cook for 2 minutes, whisking vigorously.

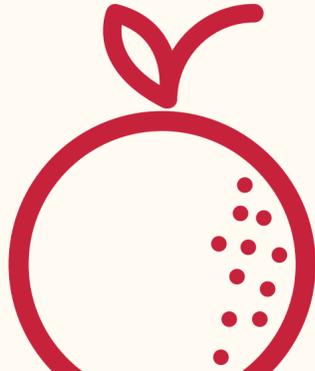
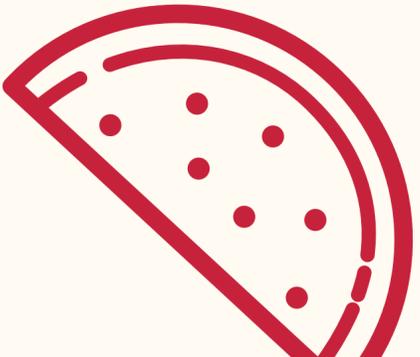
Add the chicken stock and cook to reduce until almost all the liquid has gone, whisking occasionally.

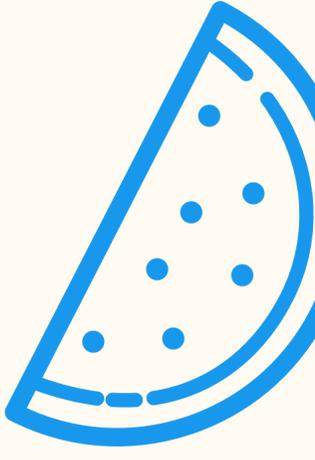
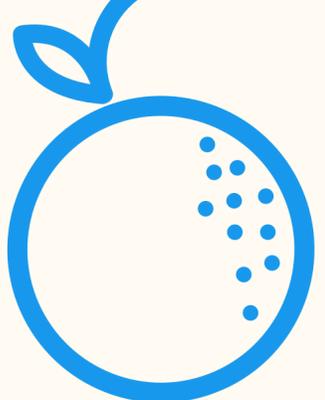
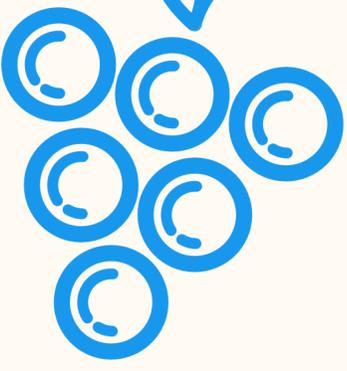
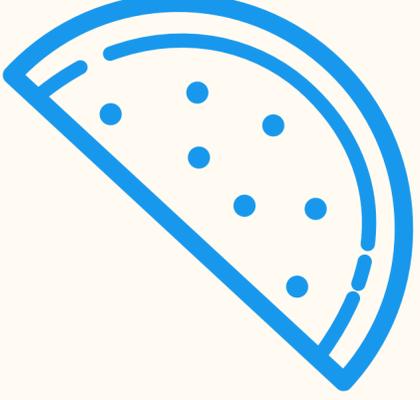
Meanwhile, bring a large pan of salted water to the boil and cook the spaghetti according to the packet instructions.

When cooked, mix the spaghetti through the sauce and serve scattered with plenty of Parmesan.



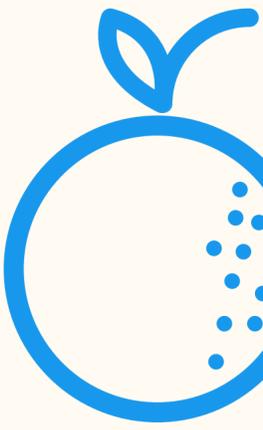
Recipe from Saturday Kitchen on the BBC





# FAJITA CHICKEN FRIED RICE

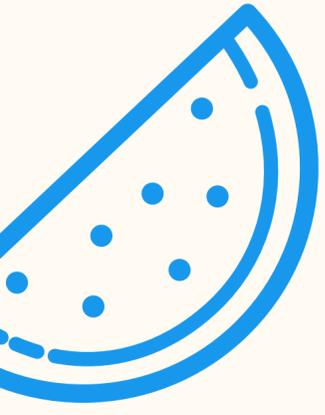
INGREDIENTS (SERVES 4-6  
ADULTS OR 8-12 CHILDREN)



170G/6OZ BROWN BASMATI RICE  
3 CHICKEN THIGHS, SKINLESS AND BONELESS, CUT INTO BITE-SIZED CHUNKS  
A DRIZZLE OF OLIVE OIL  
1 LARGE BROWN ONION, ROUGHLY CHOPPED  
1 RED PEPPER, DESEEDED AND ROUGHLY CHOPPED  
½ ORANGE PEPPER, DESEEDED AND ROUGHLY CHOPPED  
1 TSP SWEET SMOKED PAPRIKA  
¾ TSP GROUND CUMIN  
½ TSP GROUND CORIANDER  
½ TSP DRIED OREGANO  
1 LIME, JUICE ONLY  
SMALL HANDFUL FRESH CORIANDER, CHOPPED

## Method

Cook the rice in a pan of boiling water until just tender. Drain well and set aside to cool.



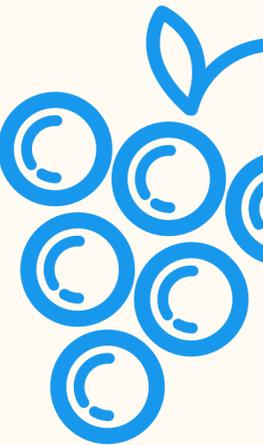
Meanwhile, heat the olive oil in a large wok or high-sided frying pan over a medium-high heat. Fry the chicken until it is browned and cooked through. Using a slotted spoon, transfer the chicken to a plate lined with kitchen paper and set aside.

Add the onion and peppers to the pan and cook until the vegetables are just tender and starting to colour.

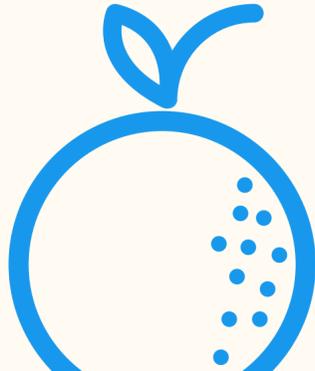
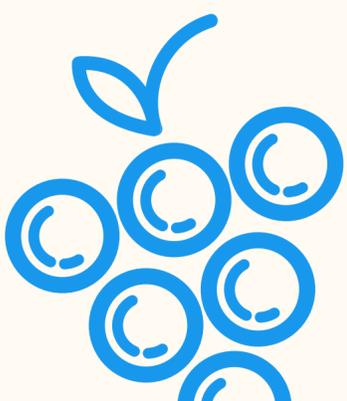
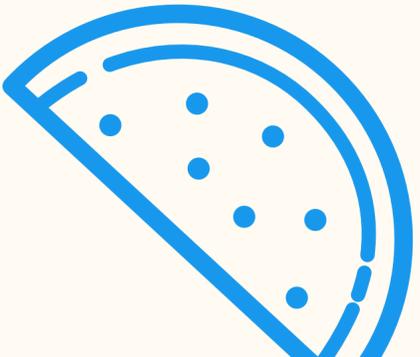
Mix in the spices and oregano and fry for 1 minute.

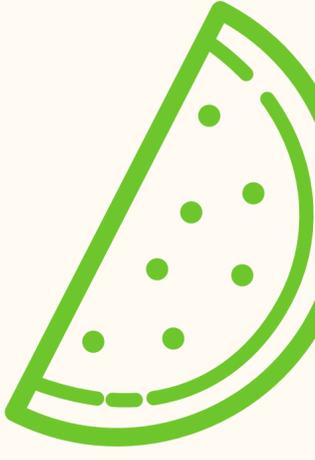
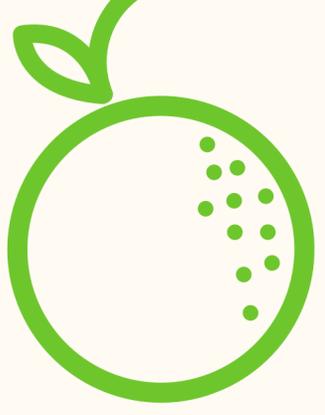
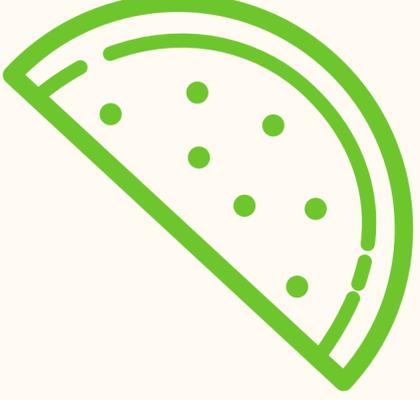
Add the rice, return the chicken to the pan and stir-fry until heated through.

To serve, stir through the lime juice and fresh coriander.



Recipe from BBC Food





# MIXED FRUIT WITH BANANA DIP

INGREDIENTS (SERVES 4  
ADULTS OR 8 CHILDREN)

FRUIT OF YOUR CHOICE, FOR EXAMPLE:

1 MANGO

1 PAPAYA

200G PINEAPPLE, TINNED IN JUICE (DRAINED)

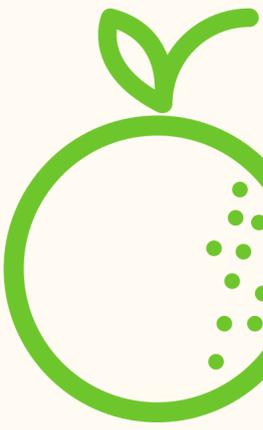
100G STRAWBERRIES

(ANY FRUIT WORKS WELL IN THIS PUDDING!)

FOR THE DIP:

1 BANANA

4 TBSP NATURAL YOGURT

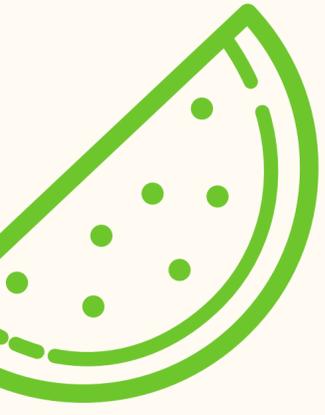


## Method

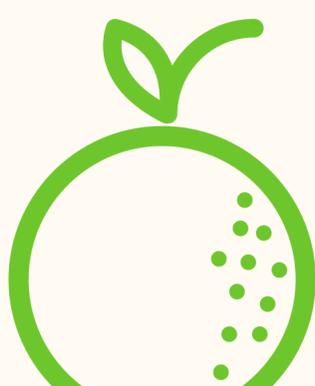
Cut up the fruit into bite sized pieces and arrange on a plate

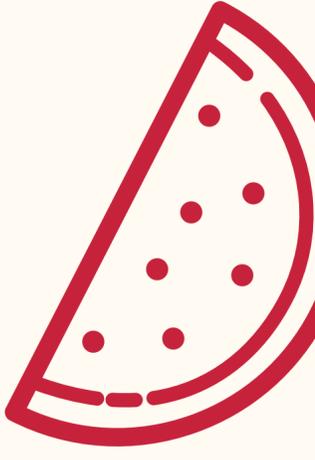
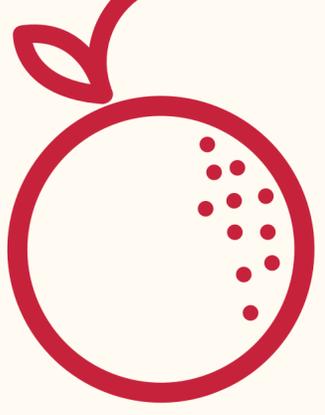
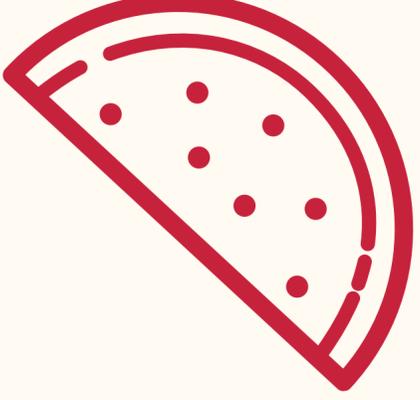
Slice the banana into a bowl and mash with a fork. Add the yogurt and stir well to combine

It's as easy as that! A great recipe for children to help with the preparation and to experiment with new fruits!

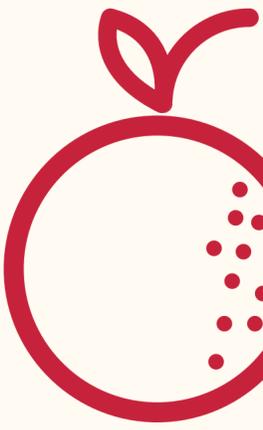


Recipe from [Change 4 Life](#)





# EASY BANANA ICE CREAM



## INGREDIENTS (SERVES 4 ADULTS OR 8 CHILDREN)

4 VERY RIPE BANANAS

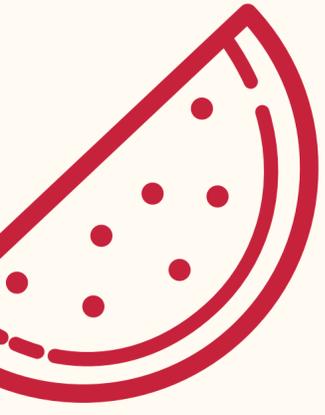
### Method

Peel and slice the bananas (1 per adult, or 1/2 per child)

Freeze for at least 2 hours, or ideally overnight

Add to a food processor and blend until smooth and creamy. How simple!

Try adding a little cinnamon, or some frozen berries to add some different flavours.



Recipe from [Change 4 Life](#)

