

**National Federation
of Women's Institutes**
Let's Cook Local Recipes

theWI
INSPIRING WOMEN

**COOK FRESH
COOK LOCAL**

**Essential Skills
and Knowledge**
Lets Cook Local



*Welcome Let's Cook Local
aims to give experience of
basic, simple healthy recipes
for 6 weeks.*



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Recipe 1
Serves 3-4

Pizza or Calzone

Ingredients

Base

500g (1lb) strong white flour
1 x 7g packet instant easy-blend yeast
300ml (½ pt) warm water
1x15ml spoon (1 tablespoon) oil
1x5ml spoon (1 teaspoon) sugar
½x5ml spoon (½ teaspoon) salt

Toppings

1 small jar Italian tomato sauce, dried herbs, variety of different toppings, e.g. cheese, tomato, mushroom, green & red pepper, onion, sweet corn, courgette, rocket, ham, pepperoni, pineapple chunks

Equipment

Mixing bowl, measuring spoons, knife, chopping board, baking tray, measuring jug, grater and greaseproof paper.

Method

1. Preheat oven to 200°C or Gas Mark 6.
 2. Sieve together the flour and salt into a mixing bowl.
Stir in the sugar and yeast.
 3. Add warm water. Mix into a dough.
 4. Knead the dough for 5 minutes. Cover the dough and allow to prove for 20 minutes in a warm place until it doubles in size.
 5. Divide dough in half and shape into two round disks.
- Pizza**
6. Put greaseproof paper on the tray and add pizza base.
 7. Spread the tomato sauce on top and add other toppings.
 8. Sprinkle with cheese and bake for 10-15 minutes.
- Calzone**
6. Put greaseproof paper on tray and place the disks at either end with one-half overhanging.
 7. Add fillings onto one side of the dough.
 8. Fold the remaining dough over and seal with water, crimping the edges together.
 9. Bake for 10-15 minutes, until golden brown.





Pizza or Calzone

Notes:

Key Messages

Nutrition Information

Pizza*	per 100g	per portion (¼ of pizza)
Energy (KJ)	814	2559
Energy (kcal)	195	612
Protein (g)	6.8	21.4
Fat (g)	4.6	14.3
of which saturates (g)	2.0	6.2
Carbohydrate (g)	33.7	105.9
of which sugars (g)	2.6	8.3
Fibre (g)	1.4	4.5
Sodium (g)	0.2	0.7
Salt (g)	0.6	1.8

**(Analysed using mozzarella, tomato, mushroom and pepper topping.)*

Healthy Eating

- Make the base of the pizza thick to boost carbohydrate content.
- Add plenty of different vegetables and lower fat toppings such as tuna, ham or prawns.
- Top with a few handfuls of reduced fat cheese to keep the overall fat content down.
- Alternatively, use a stronger flavoured cheese to top your pizza. You do not need to use as much to get the same taste and this helps cut down on fat and salt.

Money

- Use economy brands where possible, and buy loose, canned or frozen vegetables instead of pre-packed or pre-prepared vegetables.

Food Safety

- Use cooked meat only on the pizza, as raw meat may not cook thoroughly in the time.
- Wash hands thoroughly before kneading the dough.

Love Food Hate Waste

- This is a great recipe for using leftover french bread, muffins and vegetables and meat that on their own do not seem worth keeping.
- Leftover cheese can be grated frozen and put straight onto the pizza before cooking.

Local Food

- Locally produced vegetables and meat could be used for the topping and finished with locally produced cheese.

Recipe 1
Serves 3-4

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LOTTERY FUNDED

Simple Salad

Ingredients

½ lettuce
4 tomatoes, sliced
¼ cucumber, sliced
½ green pepper, cut into strips
½ onion or 2 spring onions, sliced
Salad dressing

Equipment

Chopping board and knife

Method

1. Wash and prepare all the ingredients and place in a large bowl.
2. Add a salad dressing, if desired, and toss together

Options

Use a range of fruit and vegetables in your salad eg different lettuce, finely sliced or diced red onion, apple, grated carrot and sweetcorn.

Why not make your own dressing? Shake 1 x 15ml spoon (1 tablespoon) vinegar or lemon juice, 2 x 15ml spoons (2 tablespoons) oil and a pinch of pepper and mustard in a screw top jar or whisk in a cup.





Simple Salad

Notes:

Nutrition Information

Simple salad*	per 100g	per portion (% of recipe)
Energy (KJ)	154	159
Energy (kcal)	37	38
Protein (g)	0.8	0.8
Fat (g)	2.7	2.8
of which saturates (g)	0.5	0.5
Carbohydrate (g)	2.6	2.6
of which sugars (g)	2.5	2.6
Fibre (g)	1.0	1.0
Sodium (g)	0	0
Salt (g)	0.1	0.1

*(Analysed using spring onions and 30g French salad dressing.)

Key Messages

Healthy Eating

- Be adventurous with salad vegetables and try ones you have never tasted before, grated or finely sliced, to increase the variety in your diet.

Money

- Add some canned vegetables, such as sweetcorn, and look for vegetables in season as these will be cheaper.

Food Safety

- Always wash salad vegetables to remove dirt, and peel when necessary.

Love Food Hate Waste

- Salad vegetables will last longer stored in their shop bag and kept in the fridge.

Local Food

- Nothing tastes better than fresh food just picked from the garden or allotment. Can you grow your own or buy from a local food co-op?

Recipe 2
Serves 6

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LOTTERY FUNDED

Fruit Salad

Ingredients

Use fruit in season such as:

- 1 apple, sliced
- A few plums halved
- 1 pear, sliced

When fresh seasonal fruit is scarce supplement this with a selection of:

- 1 banana
- 1 nectarine, sliced
- 10 grapes, halved
- 6 cherries, stoned
- 25g (1oz) blueberries/raspberries
- 4 strawberries, quartered
- Melon/pineapple, sliced/chopped
- 100ml unsweetened orange juice

Equipment

Chopping board, knife, spoon, mixing bowl and measuring jug.

Method

1. Wash the fruit.
2. Prepare the fruit and place into a large serving dish.
3. Add orange juice.





Fruit Salad

Notes:

Recipe 3

Serves 2

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LOTTERY FUNDED

Nutrition Information

Fruit Salad	per 100g	per portion
Energy (KJ)	208	610
Energy (kcal)	50	146
Protein (g)	0.9	2.5
Fat (g)	0.2	0.5
of which saturates (g)	0	0.1
Carbohydrate (g)	11.9	34.9
of which sugars (g)	11.4	33.6
Fibre (g)	1.3	3.8
Sodium (g)	0	0
Salt (g)	0	0

Key Messages

Healthy Eating

- Add as many fruits as possible to your fruit salad to increase variety and use fruit juice instead of syrup to keep the sugar content low.
- Fruit salad is low in fat and provides plenty of vitamins.
- One small bowl of fruit salad counts as one portion towards your 5-a-day.

Money

- Use fruit in season.
- Long life fruit juice is generally cheaper than freshly squeezed juice.

- During winter months when fresh fruit is expensive use a can of fruit salad, canned in juice, as a base.

Food Safety

- Always wash fresh fruit thoroughly.

Love Food Hate Waste

- Fresh fruit lasts longer stored in the fridge in their shop bought bag.

Local Food

- Use fruits in season as much as possible.

Vegetable Frittata

Ingredients

500g (1lb) new potatoes – scrubbed, halved (if large) and cooked
Low fat cooking spray
3 onions, chopped
1 tsp dried herbs
110g (4oz) young spinach leaves
10 cherry tomatoes, halved crossways
6 large eggs, beaten
Seasoning

Equipment

Frying pan, knife, chopping board, fork, colander, palette knife.

Method

1. Peel the cooked potatoes and cut into bite-sized chunks.
2. Spray a 25cm, heavy based frying pan with low fat cooking spray then gently fry the onions until soft – about 10 minutes. Add a little water if necessary.
3. Stir in the herbs.
4. Wilt the spinach by placing in a colander and pouring over a kettle full of boiling water. Squeeze to remove the water then chop.
5. Heat the grill to medium hot.
6. Add the spinach and potatoes to the pan, then add the tomatoes and season.
7. Pour over the eggs and cook over a low heat for 6-10 minutes until the base is set.
8. Brown under the grill for 5 minutes.

Options

1 heaped tsp of Dijon Mustard adds an extra kick.
Peppers, mushrooms and other vegetables could be added as well as a little (100g/4oz) grated cheese.





Vegetable Frittata

Notes:

Recipe 4

Serves 4

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LOTTERY FUNDED

Nutrition Information

Frittata	per 100g	per portion (¼)
Energy (KJ)	299	754
Energy (kcal)	71.4	180
Protein (g)	4.49	11.1
Fat (g)	2.7	6.8
of which saturates (g)	0.8	2.1
Carbohydrate (g)	8.1	20.4
of which sugars (g)	6.5	16.5
Fibre (g)	1	3
Sodium (g)	54.5	137
Salt (g)	0.14	0.34

Key Messages

Healthy Eating

- To increase your 5-a-day serve with a colourful, crisp salad.

Money

- An economical main dish which can be adapted by using a variety of vegetables.

Food Safety

- Always wash salad vegetables to remove dirt, and peel where necessary.
- Eggs should be stored below 20°C. It is recommended that they are kept in the fridge.

Love Food Hate Waste

- Leftover vegetables and potatoes can be added to the pan.
- This is a great recipe for using up eggs.
- Store potatoes and onions in a cool, dark place.
- You can revive droopy vegetables by soaking them in water.

Local Food

- Local free range eggs are widely available.

Recipe 5
Serves 4

Healthy Homemade Burgers

Ingredients

500g (1lb 2oz) reduced fat minced beef
1 medium onion – chopped finely

To Serve

4 white bread rolls
4 small lettuce leaves
Sliced tomato – optional
Sliced onion – optional
Salad lettuce

Equipment

Mixing bowl, knife, chopping board, burger press and papers if available.

Method

1. Peel and finely chop/blend the onion.
2. Mix all the main ingredients in a bowl – the best way to do this is with your hands.
3. Divide the mixture into 4 and form each into a burger shape. Pat them well to prevent them from falling apart when cooked. Ideally, put them in the fridge for an hour or so before cooking but this is not essential.
4. Pre-heat the grill to medium/hot.
5. Grill for around 5-8 minutes on each side, depending on how well done you like your beef.

6. Cut the rolls in half.
7. Top the burger with a slice of lettuce, tomato and onion. Eat immediately with salad.

Options

For a change use lamb, turkey or pork mince and flavour with mint, cranberry or apple.

For a tasty option, add 6 sundried tomatoes, 1 teaspoon cumin seed and ¼ teaspoon cayenne pepper to your burger mix before cooking.

Koftas can be made by squeezing 8 balls of burger mix onto 4 skewers.





Healthy Homemade Burgers

Notes:

Recipe 5

Serves 4

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LOTTERY FUNDED

Key Messages

Nutrition Information

Burgers	per 100g	per portion (¼)
Energy (KJ)	578	2370
Energy (kcal)	138	566
Protein (g)	8	32.5
Fat (g)	6	25
of which saturates (g)	2	10
Carbohydrate (g)	7.8	32
of which sugars (g)	2.5	22
Fibre (g)	1	4
Sodium (g)	138	566
Salt (g)	0.35	1.42

Healthy Eating

- Use reduced fat mince to reduce the saturated fat content of the meal.
- Try using different vegetable fillings such as cucumber, mushrooms and red peppers. Use tomato salsa to add interest.

Money

- Minced meat is a cheaper cut of meat than buying slices of rump steak.
- Compare the prices of minced beef, pork, turkey and lamb to see which is the most economical.

Food Safety

- Wash hands thoroughly before mixing the meat.
- Ensure the grill is hot before adding the burgers and cook them thoroughly.
- Be careful when you flip over the burgers as they will be hot.

Love Food Hate Waste

- Leftover burgers can be cooled and then sliced for tomorrow's lunch pack.
- Made too many? Freeze what you do not use, separating each burger with greaseproof paper.

Local Food

- Take advantage of seasonal food available at the market.
- A great recipe to use locally reared meat bought from your local butcher.

Potato wedges

Ingredients

4 large potatoes
1x15ml spoon (1 tablespoon) oil
seasonings (e.g. pepper, garlic, chilli)

Equipment

Chopping board, measuring spoon, plastic sandwich bag or mixing bowl, baking tray and knife.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Cut the potatoes into wedges.
3. Place the wedges in a plastic sandwich bag or bowl.
4. Add the oil and other seasonings.
5. Shake or mix the wedges to cover them in the oil.
6. Place on a baking tray and bake for 20-30 minutes.

Options

Potatoes can be par boiled for 5 mins before putting in the oven. Or use left over cooked potatoes.





Potato Wedges

Notes:

Recipe 6

Serves 4

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LOTTERY FUNDED

Nutrition Information

Potato Wedges*	per 100g	per portion (¼)
Energy (KJ)	360	804
Energy (kcal)	86	192
Protein (g)	1.8	4.0
Fat (g)	1.8	4.0
of which saturates (g)	0.2	0.4
Carbohydrate (g)	16.7	37.4
of which sugars (g)	0.7	1.5
Fibre (g)	1.2	2.6
Sodium (g)	0	0
Salt (g)	0	0

*(Analysed without seasonings.)

Key Messages

Healthy Eating

- Cut the potato wedges thicker so the surface area of the potatoes is reduced and less fat is absorbed.
- Use a spray oil.

Money

- Compare the prices of different oils; blended oils are cheaper than some seed or nut oils.
- Use the chilli flakes or garlic powder to add flavour. Use what you need and store the remainder for future use.

Food Safety

- Scrub the potatoes to remove soil.

Local Food

- If you use a lot of potatoes a local supplier will be able to sell a large bag/sack quite cheaply.

Recipe 7
Serves 4

Salsa

Ingredients

250g/8oz fresh tomatoes, finely chopped
1 small onion or spring onion, finely chopped
3 mild chillies, finely chopped
Bunch coriander, finely chopped
Salt to taste
Lime juice to taste

Equipment

Mixing bowl, chopping board, knife, fork.

Method

1. In the mixing bowl gently combine all the ingredients together and serve immediately.

Options

Experiment with other herbs, flavourings and vegetables.

For young children, omit the chillies or reduce the amount.





Salsa

Notes:

Nutrition Information

Salsa	per 100g	per portion (¼)
Energy (KJ)	96.7	92.75
Energy (kcal)	23	22.25
Protein (g)	1	1
Fat (g)	0	0.25
of which saturates (g)	0	0
Carbohydrate (g)	5.4	5.25
of which sugars (g)	2.7	2.5
Fibre (g)	1	1.23
Sodium (g)	7	6.25
Salt (g)	0	0

Key Messages

Healthy Eating

- A great recipe to get some of your 5-a-day, increasing your antioxidants.

Money

- When tomatoes are in season and plentiful they will be cheaper as well as full of flavour.

Food Safety

- Always wash salad vegetables to remove dirt and peel where necessary.
- Use a clean chopping board to chop the vegetables.
- Do not mix raw meat with raw salad vegetables.

Love Food Hate Waste

- This is a good way to use up any leftover tomatoes – it does not matter if they are not perfectly ripe.
- Did you know that you can chop and freeze chillies and add to your cooking from frozen? Store them for up to 12 months.
- Save leftover Salsa to use as a base layer for pizza toppings or as a delicious chilli layer in a gratin.
- Freeze leftover Salsa in small containers that have just the amount you need in each. When you need Salsa you can defrost it in seconds in a microwave. Store for up to 6 months.

Local Food

- Take advantage of seasonal food available at the market.

Recipe 7

Serves 4

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LOTTERY FUNDED

Flapjacks

Ingredients

62g (2½oz) butter or margarine
37g (1½oz) brown sugar
2 tablespoons golden syrup
125g (5oz) porridge (rolled) oats

Equipment

Saucepan, wooden spoon, 15 x 20cm baking tin, baking parchment, wire cooling rack, palette knife.

Method

1. Pre-heat oven 180°C/Gas mark 5 and line baking tin.
2. In the saucepan, gently melt the butter, sugar and syrup.
3. Remove from the heat and stir in the oats.
4. Transfer the mixture to the baking tin; bake in oven for 15 minutes.
5. Score into 8 portions and then cool in the tin for 10 minutes before turning out onto a wire cooling rack and cutting.

Options

Try adding the following with the oats – 50g dried fruit, 2 tablespoons of seed mix or 2 apples, peeled, cored and chopped.





Flapjacks

Notes:

Nutrition Information

Flapjacks	per 100g	per single piece
Energy (KJ)	1880	607
Energy (kcal)	449	145
Protein (g)	8	3
Fat (g)	21	7
of which saturates (g)	12	4
Carbohydrate (g)	59	19
of which sugars (g)	14	4
Fibre (g)	5	2
Sodium (g)	18	6
Salt (g)	0.03	0.02

Key Messages

Healthy eating

- Flapjacks are a filling food but like any foods containing fat and sugar, it is more healthy to eat occasionally.

Money

- Homemade flapjacks taste better than bought biscuits and are cheaper to make.
- This is a simple recipe for others in the family to help prepare.

Food safety

- Take care when heating the fat and the sugar in the pan so that it does not burn.

Recipe 8

Serves 8

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LOTTERY FUNDED

Love Food Hate Waste

- To help your flapjacks stay fresher longer, store them in an airtight container.
- Cooked too many? After dividing up, freeze in an airtight container. You can then remove one piece at a time. Store for up to 6 months.
- This is a good recipe for using up those last few raisins, sultanas, dried cherries etc.
- Store cupboard ingredients such as raisins, nuts and cereal carry a 'best before' date which is just an indication of quality, not safety, and they can be used after that date.

Roast Chicken

Ingredients

1 x 2-3kg whole chicken or legs (enough for the group)

Equipment

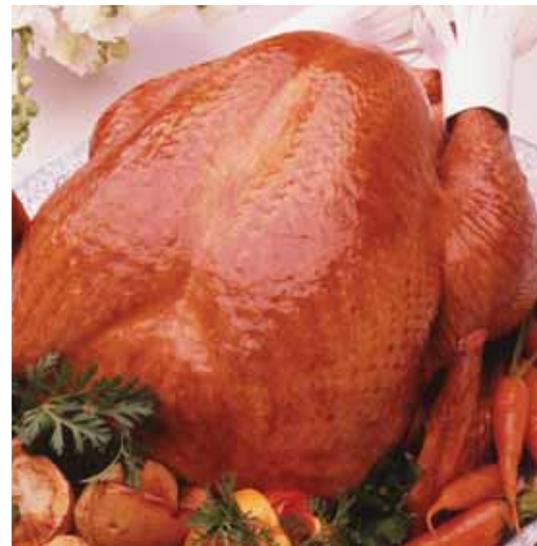
Mixing bowl, measuring spoons, knife, chopping board, baking tray, measuring jug, grater and greaseproof paper.

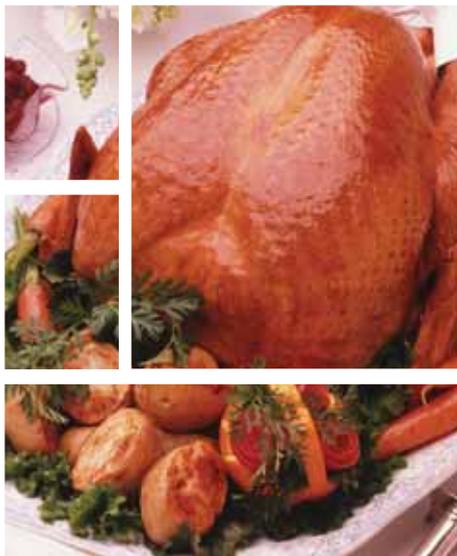
Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. The chicken could be stuffed with onion, lemon and garlic to add flavour.
3. Put the chicken into the baking tray. Place it in the oven and roast for 1-1½ hours. Chicken legs require around 30-40 minutes.
4. Check that the chicken is cooked completely by piercing the thickest part of the leg with a clean knife or skewer. The chicken is cooked when the juices run clear.

Options

Use lemons, garlic or herbs placed inside the chicken cavity to add extra flavour to the chicken.





Roast Chicken

Notes:

Key Messages

Nutrition Information

Roast Chicken	per 100g	per portion (% of recipe)
Energy (KJ)	741	741
Energy (kcal)	177	177
Protein (g)	27.3	27.3
Fat (g)	7.5	7.5
of which saturates (g)	2.1	2.1
Carbohydrate (g)	0	0
of which sugars (g)	0	0
Fibre (g)	0	0
Sodium (g)	0.1	0.1
Salt (g)	0.2	0.2

Healthy Eating

- Roast chicken is an excellent source of protein. By removing the skin before eating, you can reduce the fat content by 60%.
- If you brush chicken with oil, use a healthy oil, such as olive or sunflower. Set the chicken on a rack in the roasting tin, so excess fat can drain away.

Money

- Use chicken legs or thighs. These cuts of chicken are cheaper than breasts.

Food Safety

- Keep raw chicken on the bottom shelf of the fridge until required.
- Thaw frozen chicken in the fridge, not on

the countertop. A 2kg chicken will take approximately 24 hours to thaw thoroughly.

- Refrigerate chicken immediately when returning home from shopping.

Love Food Hate Waste

- Leftover cooked chicken, stored correctly in the fridge, can be used the next day to make a sandwich, or put in a salad or on a pizza.
- The bones/carcass can be boiled with water and spare vegetables to make stock or the basis for a soup.
- Remember to serve lots of different vegetables with your roast dinner.

Local Food

- Use vegetables in season or frozen vegetables.

Recipe 9

Serves 6+

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LOTTERY FUNDED

Recipe 10
Serves 6

Roasted Vegetable Couscous Salad with Feta Cheese

Ingredients

250g couscous

15ml (1 tablespoon) olive oil

1 stock cube or 5ml (1 teaspoon)

Bouillon powder made into stock with

250ml boiling water

Roasted Vegetables

1 yellow pepper, cut into 2-3cm chunks

1 red pepper, cut into 2-3cm chunks

1 courgette, cut into 2-3cm chunks

1 red onion, cut into 2-3cm chunks

30ml (2 tablespoons) olive oil

1 garlic clove, crushed

200g feta cheese

Basil leaves

Salt and pepper

Equipment

Medium sized mixing bowl, kettle, measuring jug, sharp knife, chopping board, tablespoon, garlic press, roasting tin, large serving dish.

Method

1. Heat the oven to 220°C/Gas mark 7.
2. Place vegetables, olive oil, garlic, salt and pepper into a roasting tin and roast for 30-40 minutes until slightly crispy at the edges.
3. Prepare the couscous. Place in the mixing bowl with the stock. Add the olive oil. Cover and leave for 15-20 minutes.
4. Cut the feta cheese into cubes and tear the basil leaves.
5. Fork up the couscous to separate the grains.
6. Put the couscous in the serving dish, pile on the roasted vegetable and any juices from the roasting tin, top with feta cheese and basil leaves.

7. Serve warm.

Options

For a change, butternut squash or marrow could be used.





Roasted Vegetable Couscous Salad with Feta Cheese

Notes:

Recipe 10

Serves 6

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LOTTERY FUNDED

Nutrition Information

Roasted Veg and Couscous	per 100g	per 188g portion
Energy (KJ)	160.02	300.5
Protein (g)	5.12	9.62
Fat (g)	6.2	11.64
of which saturates (g)	2.48	4.65
Carbohydrate (g)	22.09	41.48
of which sugars (g)	2.31	4.34
Fibre (g)	0.59	1.1g
Sodium (g)	0.34	0.64
Salt (g)	0.85	1.60

Key Messages

Healthy Eating

- Couscous is a good source of carbohydrate.
- Use a variety of different coloured vegetables to add colour and a range of nutrients.

Money

- You can vary the vegetables according to what is value for money when shopping.

Food Safety

- Always wash the vegetables and basil to remove dirt.

Love Food Hate Waste

- Small amounts of vegetables that you have in the fridge can be used including cherry tomatoes, aubergine, fennel and orange pepper for variety.

Recipe 11

Serves: 6

Pigs in Blankets

Ingredients

12 chipolata sausages
6 slices streaky bacon

Equipment

Scissors, knife, roasting tin, cocktail sticks.

Method

1. Cut each rasher of bacon in half and stretch them with a knife. Run the back of a knife along the length of each rasher of bacon to flatten and stretch them slightly – this stops them shrinking during cooking.
2. Wrap one half rasher of bacon around each sausage, making sure that the seal is underneath the bacon/sausage roll. Skewer with a cocktail stick if necessary.
3. Cover them with cling film or place them in a sealed container and store them in the refrigerator until ready to cook.
4. Place on a lightly greased oven tray and roast in a pre-heated oven, 200°C/400°F/Gas Mark 5, for 25 to 30 minutes, or until the bacon is cooked and crisp.
5. Set to one side and keep warm until needed.

Options

If you can only get the normal size chipolata sausages, gently squeeze them in two or three places to make 3 or 4 smaller sausages from 1 longer one; 6 normal sized sausages will yield between 18 and 24 smaller sausages.

Serve with cranberry sauce as a dip.





Pigs in Blankets

Notes:

Recipe 11

Serves 6

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LOTTERY FUNDED

Nutrition Information

Pigs in Blankets	per 100g	per portion (%)
Energy (KJ)	1599	800
Energy (kcal)	382	191
Protein (g)	13	6
Fat (g)	36	18
of which saturates (g)	12	6
Carbohydrate (g)	0	0
of which sugars (g)	0	0
Fibre (g)	0	0
Sodium (g)	724	362
Salt (g)	1.8	0.9

Key Messages

Money

- Sausage is a tasty and cheaper meat product.

Love Food Hate Waste

- Why not freeze bacon and defrost just what you need? Freeze individual portions between layers of greaseproof paper and put in a freezer bag.
- You can freeze up to the day before the 'Use by' date. Once defrosted food should be eaten within 1 day.
- You can use any leftover meat in a risotto or frittata the next day.

Local Food

- Your local butcher will be pleased to serve you the number of sausages and rashers of bacon you require rather than having to buy pre-packed.
- Local butchers make a wide variety of flavoured sausages specially for their own local customers.

Roast Dinner Extras

ROAST POTATOES

Ingredients

4 potatoes, oil

Equipment

Baking dish, saucepan, colander and large spoon.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Peel the potatoes.
3. Cut the potatoes into the same size.
4. Place in a saucepan with water, bring to the boil and simmer for 5 minutes.
5. Drain the potatoes. Place baking dish with oil in the oven to warm.
6. Place potatoes in hot dish and roast for 40-45 minutes, turning occasionally until brown and crispy.

STUFFING

Ingredients

1 onion, chopped
100g (4oz) breadcrumbs
25g (1oz) butter or margarine
1x5ml spoon (1 teaspoon) parsley
1x5ml spoon (1 teaspoon) thyme
1 egg

Equipment

Measuring spoons, chopping board, knife, baking dish, mixing bowl and mixing spoon.

Method

1. Mix all the ingredients together to form a firm paste.
2. Place in a greased dish and bake for 10-15 minutes with the chicken.

GRAVY

Ingredients

½ onion, finely chopped
25g (1oz) plain flour
1x15ml spoon (1 tablespoon) oil
425ml (¾ pint) stock (water and stock cube)

Equipment

Measuring spoon, mixing spoon, chopping board, knife and saucepan.

Method

1. Fry the onion in oil for 5 minutes.
2. Add flour and stir into a paste.
3. Gradually add stock, stirring until thickened.
4. Simmer for 5 minutes. Season.





Roast Dinner Extras

Notes:

Nutrition Information

Roast Dinner Extras*	per 100g	per portion
Energy (KJ)	501	1055
Energy (kcal)	120	252
Protein (g)	2.7	5.8
Fat (g)	4.9	10.2
of which saturates (g)	0.7	1.4
Carbohydrate (g)	17.4	36.6
of which sugars (g)	0.8	1.8
Fibre (g)	1.0	2.2
Sodium (g)	0.1	0.3
Salt (g)	0.4	0.8

**(Analysed based upon 1 medium roast potato, 80g serving of gravy and 46g serving of stuffing per person stuffing made with polyunsaturated margarine.)*

Key Messages

Healthy Eating

- Cut the potatoes thicker so the surface area on the potatoes is reduced and less fat is absorbed.
- Serve with lots of vegetables to add variety, e.g. Brussel sprouts, peas, red cabbage.

Money

- Use vegetables in season or frozen vegetables.

Food Safety

- Always wash fresh vegetables thoroughly to remove dirt and peel where necessary.
- Take care when removing hot items from the oven and always use oven gloves.

Love Food Hate Waste

- Day old bread is perfect for making soft breadcrumbs.
- Spare breadcrumbs can be popped in a poly bag in the freezer for future use.
- If bread has become dry and stale it can be baked until crisp and then reduced to crumbs to make bread raspings for the outside of fish gougons etc.

Local Food

- Other vegetables can be used as accompaniments to the roast dinner. Try roasting some fresh tasty carrots or butternut squash.
- Locally grown herbs can be used when they are very fresh to give extra flavour to the stuffing.

Recipe 12

Serves 6

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LOTTERY FUNDED

Recipe 13
Serves 4

Fruit Crumble

Ingredients

500g (1lb) cooking apples
75g (3oz) flour
25g (1oz) oats
100g (4oz) sugar
50g (2oz) butter or margarine,
½x5 ml spoon (½ teaspoon) cinnamon

Equipment

Mixing spoon, one large or four small baking dishes, chopping board, knife, mixing bowl and vegetable peeler.

Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. Rub the butter or margarine into the flour.
3. Stir in 75g of the sugar and all the oats.
4. Peel and core apples.
5. Slice the apples and lay these in a baking dish (or small dishes).
6. Sprinkle the remaining sugar on top, with cinnamon (optional).
7. Cover with the crumble mixture and bake in the oven for 40 minutes.





Fruit Crumble

Notes:

Recipe 13

Serves 4

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LOTTERY FUNDED

Nutrition Information

Fruit Crumble*	per 100g	per portion (¼)
Energy (KJ)	808	1406
Energy (kcal)	193	336
Protein (g)	1.8	3.2
Fat (g)	6.5	11.2
of which saturates (g)	1.2	2.2
Carbohydrate (g)	34	59.1
of which sugars (g)	23.2	40.4
Fibre (g)	2.0	3.5
Sodium (g)	0.1	0.1
Salt (g)	0.1	0.2

*(Analysed using polyunsaturated margarine.)

Key Messages

Healthy Eating

- The oats in the crumble provide fibre.
- Foods high in fat or sugar should only form a small part of your diet.
- To reduce the sugar content of this recipe, use a sugar substitute which is suitable for baking (or use half and half).

Money

- Use fruit in season when it will be at its cheapest.
- When fresh fruit is scarce, use frozen fruit, so you can use what you need and store the rest for later use.

Food Safety

- Wash and peel the apples before using.
- Wash hands thoroughly before rubbing the butter or margarine into the flour.

Local Food

- Use different fruit, such as blackberries, rhubarb or plums when they come into season.
- A mixture of fruit e.g. apple and blackberry could be used for a change.

Recipe 14
Serves 3-4

Shepherd's Pie

Ingredients

250g (8oz) lean minced beef or lamb	150ml (¼ pint) water, with ½ stock cube
1x15ml spoon (1 tablespoon) oil	200g can of tomatoes
1 onion, chopped	500g (1lb) potatoes
25g (1oz) mushrooms, sliced	25g (1oz) butter or margarine
1 carrot, diced	50ml (¼ pint) semi skimmed milk
25g (1oz) frozen peas	

Equipment

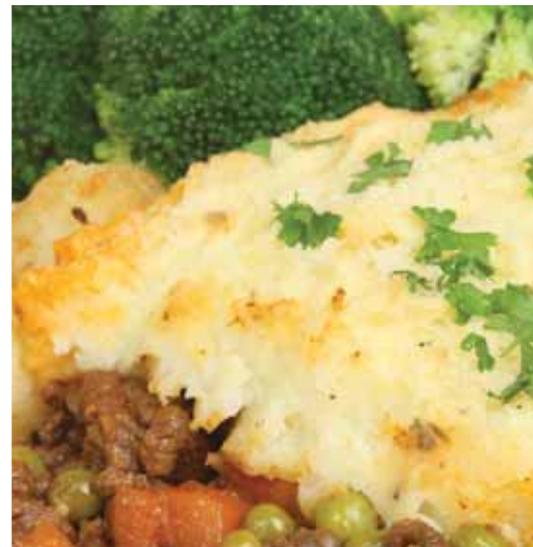
Saucepan, frying pan, potato masher, measuring jug, mixing spoon, baking dish, colander, chopping board, knife and vegetable peeler.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Heat the oil in a frying pan, add the onion and cook for 5 minutes.
3. Add the mushrooms, minced beef or lamb, and cook until meat browns.
4. Add the stock, carrots and canned tomatoes.
5. Simmer for 20 minutes, stir occasionally, then add the peas.
6. While the meat filling is cooking, boil the potatoes for 15 minutes, until tender.
7. Drain the potatoes and add the butter or margarine and milk. Mash until smooth and creamy.
8. Put the meat filling into a baking dish, and top with the mashed potato.
9. Bake for 20 minutes, until golden brown.

Option

For an alternative mashed potato topping use an additional vegetable e.g. potato and carrot/swede.





Shepherd's Pie

Notes:

Recipe 14

Serves 3-4

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LOTTERY FUNDED

Nutrition Information

Shepherd's Pie*	per 100g	per portion (¼)
Energy (KJ)	358	1152
Energy (kcal)	86	275
Protein (g)	3.6	11.7
Fat (g)	4.3	13.9
of which saturates (g)	1.0	3.2
Carbohydrate (g)	8.7	27.9
of which sugars (g)	1.2	3.9
Fibre (g)	0.9	3.0
Sodium (g)	0.1	0.4
Salt (g)	0.3	1.1

**(Analysed using extra lean minced beef and polyunsaturated margarine.)*

Key Messages

Healthy Eating

- Choose lean minced beef or lamb. To remove any excess fat, allow cooked meat to settle and then skim away any fat from the surface with a spoon (before proceeding to step 8.)
- Try adding a little low fat cream cheese and some skimmed milk instead of cream and butter to the mashed potato topping to reduce fat content and increase calcium content.

Money

- Meat can be expensive, so add lentils, canned beans or soya or Quorn to make the meat go further.

Food Safety

- When handling raw meat, make sure all surfaces are wiped down and hands are washed before preparing other ingredients.

Love Food Hate Waste

- Small amounts of additional spare vegetables can be added instead of the peas.

Local Food

- Locally produced beef or lamb will be perfect for this dish.

Chicken or Vegetable Curry

Ingredients

1x15ml spoon (1 tablespoon) oil
1 onion, sliced
1 clove of garlic, crushed
1x15ml spoon (1 tablespoon) curry paste
1x15ml spoon (1 tablespoon) tomato puree
1x15 ml spoon (1 tablespoon) flour
300ml (½ pint) stock or water and 1 stock cube

cooked chicken or ready prepared vegetables *

- 2 cooked chicken breasts (sliced) or legs.
- 75g (3oz) mushrooms (sliced), 1 green pepper (sliced), 1 courgette (chopped) and 75g (3oz) cauliflower florets microwaved together in a covered bowl for 3-4 minutes.

Equipment

Saucepan, knife, chopping board, mixing spoon, measuring spoons.

Method

1. Heat the oil in a saucepan. Fry the onion and garlic until soft.
2. Add the curry paste and tomato puree.
3. Cook for 1 minute, then add the flour.
4. Pour in the stock gradually and bring the sauce to the boil. Reduce the heat and allow to simmer for 5 minutes, stirring occasionally.
5. Add either the cooked chicken or vegetables.*
6. Heat thoroughly.
7. The vegetables will need to be cooked in the sauce until they are soft.
8. Serve with rice, a side salad and mango chutney.





Chicken or Vegetable Curry

Notes:

Recipe 15

Serves 2

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LOTTERY FUNDED

Nutrition Information

Chicken Curry*	per 100g	per portion (½ of recipe)
Energy (KJ)	421	1381
Energy (kcal)	101	330
Protein (g)	12.6	41.3
Fat (g)	4.2	13.9
of which saturates (g)	0.6	2.1
Carbohydrate (g)	3.3	10.8
of which sugars (g)	1.0	3.4
Fibre (g)	0.3	1.0
Sodium (g)	0.2	0.8
Salt (g)	0.6	2.0

**(Analysed using 2 chicken breasts (skin removed), chicken stock and no accompaniments.)*

Key Messages

Healthy Eating

- If adding chicken to the sauce, remove the skin to reduce fat content.
- If adding vegetables, use a variety, such as mushrooms, peppers, cauliflower and broccoli

Money

- A mixture of frozen or canned vegetables can be used in order to keep the cost down.
- Look for the cheaper cuts of chicken, such as thigh rather than breast.
- Serve with plenty of rice, to make the curry go further.

Food Safety

- Never leave cooked chicken at room temperature for more than 2 hours.
- Store cooked chicken on the top shelf of the fridge.

Love Food Hate Waste

- A vegetable curry is a great way of using small amounts of a number of vegetables.

Options

- Use soya or Quorn pieces, with the curry sauce, to make a filling vegetarian main meal.

Chocolate Brownies

Ingredients

75g (3oz) butter or margarine
40g (1½ oz) cocoa powder
225g (8oz) sugar
2 large eggs
50g (2oz) plain flour
25g (1 oz) chocolate chips (optional)
25g (1oz) nuts, chopped (optional)

Equipment

Saucepan, mixing spoon, 19cm (7½") baking tin or muffin tin and muffin cases, wire rack, spatula and greaseproof paper.

Method

1. Preheat the oven to 180°C, Gas Mark 5 and line the baking tin with the greaseproof paper. Alternatively place muffin cases in the muffin tin.
2. Melt the butter or margarine in a saucepan.
3. Stir in the cocoa powder and sugar.
4. Remove the pan from the heat.
5. Add the eggs, one at a time, and mix.
6. Stir in the flour and optional ingredients.
7. Pour the mixture in the lined baking tin, using the spatula to remove all the mixture from the pan.
8. Bake in the oven for 30 minutes, (muffins 15-20 minutes) then cool on the wire rack.

Note: Microwave oven

1. Melt the butter or margarine in a heat proof bowl for approximately 1 minute.
2. Add the remaining ingredients and beat hard with a spoon.
3. Microwave for a further 3-4 minutes (depending on the power of the microwave oven).



Chocolate Brownies

Notes:



Nutrition Information

Brownies*	per 100g	per portion (% of recipe)
Energy (KJ)	1917	1550
Energy (kcal)	458	370
Protein (g)	7.1	5.7
Fat (g)	22.2	18.0
of which saturates (g)	6.4	5.2
Carbohydrate (g)	61.3	49.6
of which sugars (g)	52.2	42.2
Fibre (g)	1.6	1.3
Sodium (g)	0.2	0.2
Salt (g)	0.6	0.5

**(Analysed using polyunsaturated margarine, chocolate chips and nuts.)*

Key Messages

Healthy Eating

- Like any foods containing fat and sugar, chocolate brownies can be part of a healthy balanced diet, when eaten occasionally. It is the amount you eat that is important.
- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute suitable for baking (or use half and half).

Money

- Some nuts can be expensive: look for the chopped mixed variety.

Food Safety

- Avoid the temptation to lick the spoon or your fingers while making these.
- Do not give whole nuts to children under 5 as they could cause choking.
- Check that parents and children are not allergic to nuts.

Love Food Hate Waste

- Stale brownies may be served warm as pudding with custard or ice cream.

Recipe 16
Serves 6

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LOTTERY FUNDED

Recipe 17
Serves 4-5

Lasagne

Ingredients

150g (6oz) lasagne sheets

Vegetable sauce:

2 onions

100g (4oz) mushrooms

1 courgette

1 green pepper

2 cloves garlic

1x15ml spoon (1 tablespoon) oil

2x400g cans tomatoes

1x15ml spoon (1 tablespoon) tomato puree
pinch of mixed herbs

Cheese Sauce

25g (1oz) butter or margarine

25g (1oz) plain flour

250ml (½ pint) milk

100g (4oz) cheese

Equipment

Chopping board, knife, measuring jug, measuring spoons, saucepans, large baking dish, grater, garlic press, can opener and spatula.

Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. Make up vegetable sauce: fry the onions and garlic for 5 minutes. Add the other vegetables and cook for 5 minutes. Add the tomatoes, puree and herbs. Simmer for 20 minutes.
3. Make the cheese sauce: melt the butter in a saucepan. Stir in the flour to form a paste. Add the milk gradually, stirring constantly, until mixture thickens. Simmer for 5 minutes and add grated cheese
4. Put the lasagne together: place

a layer of vegetable sauce on the bottom of the dish. Place a layer of lasagne sheets on top. Spread some cheese sauce over the lasagne. Continue adding layers, finishing with cheese sauce. Sprinkle some grated cheese on top.

5. Bake for 30-40 minutes until golden brown.

Options

For a change use 500g (18oz) minced beef instead of the other vegetables or a mixture of (300g) minced beef, (25g) puy lentils and vegetables – carrots, mushrooms, onion etc.





Lasagne

Notes:

Recipe 17

Serves 4-5

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Nutrition Information

Vegetable Lasagne*	per 100g	per portion (¼ of lasagne)
Energy (KJ)	343	1290
Protein (g)	3.3	12.3
Fat (g)	4.2	15.9
of which saturates (g)	1.6	6.1
Carbohydrate (g)	8.3	31.3
of which sugars (g)	2.5	9.3
Fibre (g)	0.9	3.2
Sodium (g)	0.1	0.3
Salt (g)	0.2	0.7

**(Analysed using polyunsaturated margarine and semi-skimmed milk for the cheese sauce.)*

Key Messages

Healthy Eating

- Use a small amount of a strongly flavoured cheese in the sauce so you can use less.
- The cheese sauce is a good source of calcium, as it is made with milk and cheese. Reduce the fat content by using semi-skimmed milk and reduced fat cheese.
- The tomato based sauce counts as one portion towards your 5-a-day.

Money

- Label and freeze leftover vegetable sauce, for up to one month, and have it on jacket potatoes.
- Make 2 lasagnes and freeze one for another meal.

Love Food Hate Waste

- You can freeze any leftover pepper (ideally chopped to be quickly added to another meal from frozen).
- Store onions in a cool dark place.
- Store leftover cheese in an airtight container or use a clip to seal the bag. You can also grate and freeze leftovers for another day.

Recipe 18
Serves 2

Macaroni Cheese

Ingredients

100g (4oz) macaroni
300ml (½ pt) milk
1 tbsp margarine
1 tbsp flour
100g (4oz) grated cheddar cheese
Seasoning
Mustard

Equipment

Shallow 1pt/575ml ovenproof dish, 2 large saucepans, balloon whisk, wooden spoon, measuring jug, measuring spoons, colander.

Method

1. Grease ovenproof dish.
2. Boil the macaroni in plenty of boiling water until soft – about 15-20 minutes – then drain through a colander.
3. Prepare all-in-one sauce. Put margarine, flour and milk into a pan and whisk over a heat until thickened.
4. Boil for 3 minutes, stirring with a wooden spoon.
5. Remove from the heat and add the seasoning and grated cheese.
6. Stir the macaroni into the sauce.
7. Turn into the ovenproof dish and grill until the top is brown and crisp.

Options

A small, chopped onion or sliced tomatoes can add additional flavour.

For an alternative, a head of cauliflower could be substituted for the macaroni.





Macaroni Cheese

Notes:

Recipe 18

Serves 2

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LOTTERY FUNDED

Nutrition Information

Macaroni Cheese	per 100g	per portion (½ recipe)
Energy (KJ)	1009	3031
Energy (kcal)	241	724
Protein (g)	9	27
Fat (g)	13	39
of which saturates (g)	5	15
Carbohydrate (g)	22	65
of which sugars (g)	3	10
Fibre (g)	1	2
Sodium (g)	186	559
Salt (g)	0.47	1.4

Key Messages

Healthy Eating

- Include some vegetables in the macaroni cheese and serve with a side salad or crusty bread for a more substantial meal.

Money

- By using mature cheese you can reduce the amount of cheese as well as the cost of the dish.

Love Food Hate Waste

- Make store cupboard food last longer by putting in a sealed plastic container.
- It can be tricky to cook the right amount of pasta.

The recommended portion for an adult is 100g and 60g for a child. For portion advice see: www.lovefoodhatewaste.com.

- This recipe is perfect for using leftover pieces of any cheese.
- Any leftovers can be frozen in individual portions and cooked straight from the freezer for a night when you do not fancy cooking.

Local Food

- Use locally produced milk and cheese for a great flavour and serve with crusty bread from the baker – or make your own!

Green and More Salad

Ingredients

Ingredients:

- 1 whole lettuce
- 1 red pepper, de-seeded and chopped
- 2 tomatoes chopped
- 1 stick of celery, chopped
- ½ cucumber, chopped
- 4 radishes or 2 spring onions, finely chopped
- 1 large apple, cored and chopped
- 1 avocado, skinned and chopped

Dressing:

- 4 cloves of garlic, crushed
- 2 tbsps olive oil
- 1 tbsp vinegar/lemon juice
- 1–4 tsp yoghurt/crème fraiche

Equipment

Small jar with lid, bowl, knife, chopping board.

Method

1. Place all the salad ingredients in a bowl and mix gently.
2. Place dressing ingredients into a screwtop jar and when ready to serve, pour over the salad.

Options

For a change use a few fresh herbs in the salad, thinly sliced red onion, or a pear sliced/ diced and dipped in lemon juice to prevent browning.





Green and More Salad

Notes:

Recipe 19

Serves 5

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LOTTERY FUNDED

Nutrition Information

Green and more salad	per 100g	per portion (1/5 of recipe)
Energy (KJ)	242	816
Energy (kcal)	58	195
Protein (g)	1	4
Fat (g)	4	13
of which saturates (g)	1	2
Carbohydrate (g)	6	19
of which sugars (g)	3	9
Fibre (g)	2	7
Sodium (g)	19	64
Salt (g)	0.05	0.16

Key Messages

Healthy Eating

- Be adventurous with salad vegetables and combine in this recipe to increase the variety in your diet.

Money

- Fruit and vegetables in season can be used for maximum taste in this recipe. They will also be more plentiful and cheaper.

Food Safety

- Always wash fruit and vegetables before using to remove the dirt and peel where necessary.

Love Food Hate Waste

- Salad ingredients do not last long so plan ahead and try to buy them just before you use them.

Local Food

- Visit the greengrocer to find out what fruit and vegetables are at their best and tastiest for this dish.

Garlic Bread

Ingredients

- 1 small French stick
- 50g (2oz) butter or margarine
- 2 cloves garlic
- 1x15ml spoon (1 tablespoon) parsley, chopped (optional)

Equipment

Foil, garlic press, small bowl, chopping board and knife.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Mix the butter or margarine, garlic and parsley together in a small bowl.
3. Cut slices into the French stick about two thirds of the way down.
4. Spread the garlic butter onto each slice.
5. Wrap the stick in foil.
6. Bake for 10 minutes.
7. Peel the foil back and bake for a further 5 minutes until crunchy.





Garlic Bread

Notes:

Recipe 20
Serves 3-4

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LOTTERY FUNDED

Nutrition Information

Garlic bread*	per 100g	per portion (¼ of recipe)
Energy (KJ)	1403	951
Energy (kcal)	335	227
Protein (g)	7.1	4.8
Fat (g)	16.7	11.3
of which saturates (g)	9.9	6.7
Carbohydrate (g)	42.0	28.5
of which sugars (g)	2.3	1.6
Fibre (g)	2.1	1.5
Sodium (g)	0.6	0.4
Salt (g)	1.4	1.0

*(Analysed using butter.)

Key Messages

Healthy Eating

- Use a reduced fat spread instead of butter or margarine, but make sure it is suitable for baking.

Money

- Day-old French sticks, which are usually reduced in price in supermarkets, can be used to make garlic bread.

Food Safety

- Always keep butter and margarine in the fridge.

Love Food Hate Waste

- Garlic bread can be prepared, wrapped and popped in the freezer for future use.

Recipe 21
Serves 2-3

Fruit Smoothie

Ingredients

300ml (½ pint) semi skimmed-milk
1 small carton fruit yogurt
1 banana
4-6 strawberries or 50g (2oz) blueberries

Equipment

Blender (liquidiser), knife and chopping board.

Method

1. Add the fruit, yogurt and milk to the blender and ensure the lid is secure.
2. Switch on the blender for 30 seconds.
3. Check if the fruit is blended. If not, switch on the blender again.
4. Pour the smoothie into glasses.

Options

Try using different types of fresh, canned or frozen fruit, as well as other types of yogurt.





Fruit Smoothie

Notes:

Recipe 21
Serves 2-3

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LOTTERY FUNDED

Nutrition Information

Fruit Smoothie*	per 100g	per portion (½ recipe)
Energy (KJ)	247	717
Energy (kcal)	59	171
Protein (g)	3.0	8.6
Fat (g)	1.2	3.4
of which saturates (g)	0.7	2.1
Carbohydrate (g)	9.9	28.7
of which sugars (g)	9.3	26.9
Fibre (g)	0.3	1.0
Sodium (g)	0	0.1
Salt (g)	0.1	0.3

**(Analysed using low-fat fruit yogurt.)*

Key Messages

Healthy Eating

- Use skimmed milk and low fat yogurt to reduce the fat content.
- Add a mixture of berries, such as fresh or frozen blackberries and raspberries.
- A glass of this fruit smoothie will count as one portion towards your 5-a-day.
- Substitute the semi-skimmed milk for unsweetened fruit juice. This will add another portion of fruit to the recipe.

Food Safety

- Always wash fresh fruit thoroughly and peel when necessary.

Love Food Hate Waste

- Making smoothies is a good way to use slightly soft or over-ripe fruit.
- Use fruit that is in season: alternatively use canned or frozen.

Local Food

- There is likely to be more variety of local milk and yoghurt from a local dairy farm shop e.g. Jersey milk.

Leek and Potato Soup

Ingredients

3 large leeks
5 medium potatoes
1.5 litres (2 pt) stock
Seasoning, e.g. pepper

Equipment

Chopping board, knife, vegetable peeler, saucepan and measuring jug.

Method

1. Wash and peel the leeks and potatoes.
2. Chop the vegetables finely, into bite sized pieces.
3. Put all the chopped vegetables in a large pan with the stock and heat until boiling.
4. Turn down the heat and cook gently for 30 minutes.
5. Season and serve the soup hot.

Options

Lots of other vegetables could be made into soup. Carrots, swede, parsnip, cabbage, onions, garlic or peppers could be used. Keep the potatoes because they help make the soup thick.

For extra flavour, add chopped cooked vegetables, chicken, meat or grated cheese for the last five minutes of cooking.





Leek and Potato Soup

Notes:

Recipe 22

Serves 6-8

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LOTTERY FUNDED

Nutrition Information

Leek and Potato Soup	per 100g	per portion (% of recipe)
Energy (KJ)	75	257
Energy (kcal)	18	61
Protein (g)	0.7	2.4
Fat (g)	0.3	1.1
of which saturates (g)	0	0.1
Carbohydrate (g)	3.3	11.3
of which sugars (g)	0.7	2.4
Fibre (g)	0.7	2.3
Sodium (g)	0.1	0.3
Salt (g)	0.2	0.8

Key Messages

Healthy Eating

- If stock cubes are used, do not add extra salt, as they are already high in salt. Experiment with different seasonings, such as dried herbs or a dash of Worcestershire sauce.
- Serve with thick crusty bread: try wholegrain varieties.

Money

- Adding potatoes to soup is a good way of thickening it, and it makes it a more substantial meal.

Food Safety

- Always wash fresh vegetables thoroughly and peel where necessary.

Love Food Hate Waste

- Store potatoes and onions in a cool dark place.
- Other vegetables that you have available could be used.

Local Food

- Soup is a great recipe for using gluts of fresh vegetables, either as a single flavour, e.g. carrot or as a mixture, e.g. minestrone soup. Freshly grown vegetables should give lots of flavour to a soup and make a tasty filling meal with crusty bread.

Simple Omelette

Ingredients

1x10ml spoon (1 dessert spoon) oil

2 eggs

Extra Ingredients

cheese, ham, red pepper, sweetcorn, tomatoes,
onion, mushroom, tuna fish, herbs

Equipment

Frying pan, knife, chopping board, small bowl, fork and a vegetable peeler.

Method

1. Prepare the filling ingredients.
2. Add the oil to the frying pan.
3. Beat the eggs together in a small bowl and pour into the frying pan.
4. Stir with a fork until the egg begins to set.
5. Turn down the heat and add the extra ingredients.
6. Continue to cook until the egg is set.
7. Fold the omelette over in the pan and slide onto a plate.





Simple Omelette

Notes:

Key Messages

Nutrition Information

Simple Omelette*	per 100g	per portion (½ recipe)
Energy (KJ)	941	550
Energy (kcal)	225	131
Protein (g)	12.2	7.2
Fat (g)	19.5	11.4
of which saturates (g)	4.1	2.4
Carbohydrate (g)	0	0
of which sugars (g)	0	0
Fibre (g)	0	0
Sodium (g)	0.1	0.1
Salt (g)	0.3	0.2

*(Analysed with no extra ingredients.)

Healthy Eating

- Serve omelettes with a side salad, some crusty bread and a portion of vegetables.
- When cooking the omelette, choose oil that is either high in polyunsaturates (such as sunflower oil) or monounsaturates (such as olive oil).

Money

- Omelettes can contain a variety of ingredients, so use up vegetables, leftover ham or cheese.
- Eggs are relatively inexpensive and make a substantial meal.

Food Safety

- Make sure the omelette is completely cooked.

Raw eggs should not be eaten.

- Keep eggs in the fridge, away from strong odours.
- Use the eggs by the 'best before' date. Do not use eggs with damaged or broken shells.
- Eat cooked egg dishes as soon as possible after cooking. If storing in the fridge, consume within 2 days.

Love Food Hate Waste

- Small amounts of leftover cheese, vegetables or herbs can be used for a tasty filling.

Local Food

- Locally produced eggs as well as filling ingredients will make a very tasty omelette.

Chicken/Fish in a bag

Ingredients

8 chicken thighs, boned and skinned
1 onion or leek, sliced
2 carrots, sliced
1 clove of garlic, chopped
100g (4 oz) mushrooms, sliced
Olive oil
Mixed herbs
Seasoning

Equipment

Knife, chopping board, baking foil, brush.

Method

1. Pre heat the oven to 200°C/Gas Mark 6/Fan 180°C.
2. Cut 4 pieces of foil and brush with oil.
3. Place 2 pieces of chicken on each piece of foil.
4. Pile onion, carrot, and mushroom on top of the chicken.
5. Sprinkle with garlic then season with herbs and seasoning.
6. Bring the foil up and close over the chicken to form a parcel.
7. Place on baking sheet and bake for 30 minutes.

Options

A piece of fish or a salmon fillet can replace the chicken.

For a change, turn this into a Mediterranean style dish by using sliced courgettes, peppers, tomatoes and more garlic with oregano and thyme herbs.





Chicken in a Bag

Notes:

Recipe 24

Serves 4

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LOTTERY FUNDED

Nutrition Information

Chicken in a bag*	per 100g	per portion (¼ of recipe)
Energy (KJ)	321	532
Energy (kcal)	77	127
Protein (g)	11	17
Fat (g)	2	3
of which saturates (g)	1	1
Carbohydrate (g)	4	6
of which sugars (g)	2	3
Fibre (g)	1	2
Sodium (g)	57	94
Salt (g)	0.14	0.24

Key Messages

Healthy Eating

- This method conserves maximum nutrients.

Money

- Chicken thighs are cheaper than chicken breasts.

Food Safety

- Keep raw, uncooked chicken refrigerated until needed.
- Wash the chopping board thoroughly after use.

Love Food Hate Waste

- To avoid throwing away leftover chicken, you can buy big packs of chicken and freeze individually. They will defrost quicker this way.
- You could cook all the chicken and use leftovers for lunch or freeze for another meal. Freeze for up to 3 months.
- Use the chicken bones and water to make chicken stock.
- Use baking paper if possible to avoid foil waste.

Local Food

- Seasonal vegetables could be used with the chicken.

Recipe 25

Serves 3



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Betty's Biryani

Ingredients

150g (6 oz) long grain rice
Pinch salt
2 tbsp oil
200g lean minced beef
1 medium onion
1 tbsp curry paste
1 clove garlic
1 tsp dried cumin

1 tsp dried coriander
1 tsp mango chutney
1 red pepper, diced
400ml beef stock
2 tbsp chopped fresh coriander

To serve

Natural yoghurt

Equipment

Chopping board, knife, wooden spoon, saucepan, tablespoon and measuring jug.

Method

1. Chop the onion finely. Heat the oil in a large saucepan on a medium heat. Sweat the onion in the oil.
2. Crush the garlic and add to the saucepan, stirring all the time.
3. Add the minced beef and cook for 3 minutes.
4. Add the red pepper, cumin, dried coriander and curry paste. Stir in. Add the rice, stir, pour in the stock and stir.
5. Bring to the boil and then simmer for 10-15 minutes until the rice is cooked.
6. Add the mango chutney, freshly

chopped coriander and sultanas, dried apricots and flaked almonds, if using.

7. Stir well and serve with natural yoghurt.

Options

For a change, use 2 chicken breasts chopped instead of minced beef – change the stock to chicken stock.

2cm fresh ginger, grated, 25g sultanas or dried apricots and 25g flaked almonds can be added for additional flavour.





Betty's Biryani

Notes:

Recipe 25

Serves 3

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LOTTERY FUNDED

Nutrition Information

Betty's Biryani	per 100g	per portion (1/3 of recipe)
Energy (KJ)	595	2001
Energy (kcal)	142	478
Protein (g)	6	19
Fat (g)	7	22
of which saturates (g)	2	6
Carbohydrate (g)	15	50
of which sugars (g)	1	5
Fibre (g)	1	3
Sodium (g)	104	353
Salt (g)	0.26	0.88

Key Messages

Healthy Eating

- Use reduced fat, lean mince to cut down on the fat content or alternatively use chicken.

Love Food Hate Waste

- Weigh or measure out your rice using a mug – 75g per adult, 60g per child.
- Store onions in a cool, dark place.
- You can freeze any leftover curry paste in ice cube trays for up to 6 months.
- This is a great recipe for using up vegetables that are not at their best.
- You can freeze leftovers for another day. Store for up to 3 months.

Recipe 26
Serves 4

Georgie's Chicken Thighs

Ingredients

8 chicken thighs, skinned and boned
8 chipolata sausages
8 rashers streaky bacon
Seasoning
A little dried sage
A little vegetable oil for brushing

Equipment

Roasting tin.

Method

1. Set oven 220°C, Gas Mark 7.
2. Lie the chicken flat, skin side down and season.
3. Sprinkle with sage.
4. Roll a sausage in each thigh.
5. Wind the roll with a rasher of bacon.
6. Brush with oil and bake 25 minutes until cooked through.
7. Serve.





Georgie's Chicken Thighs

Notes:

Recipe 26

Serves 4

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LOTTERY FUNDED

Nutrition Information

Georgie's Chicken Thighs*	per 100g	per portion (¼)
Energy (KJ)	1043	2022
Energy (kcal)	249	483
Protein (g)	16	31
Fat (g)	20	39
of which saturates (g)	6	12
Carbohydrate (g)		
of which sugars (g)		
Fibre (g)		
Sodium (g)	423	821
Salt (g)	1.06	2.05

Key Messages

Money

- Pork sausage meat could be a cheaper buy than chipolata sausages.

Food Safety

- Ensure that the chicken is fully cooked. Test the thickest part with a skewer.

Love Food Hate Waste

- Leftover meat can be mixed with mayonnaise for a tasty sandwich or to make another meal such as Chicken Biryani.

Local Food

- This is a great recipe to use local fresh herbs.

Scones

Ingredients

- 250g (8oz) self raising flour
- 40g (1½ oz) butter or margarine
- 125ml (¼ pint) semi skimmed milk
- 1 egg beaten
- ½ x5ml (½ teaspoon) salt

Equipment

Baking tray, sieve, mixing bowl, measuring jug, palette knife, flour dredger, rolling pin, round scone cutters, pastry brush, oven gloves and wire rack.

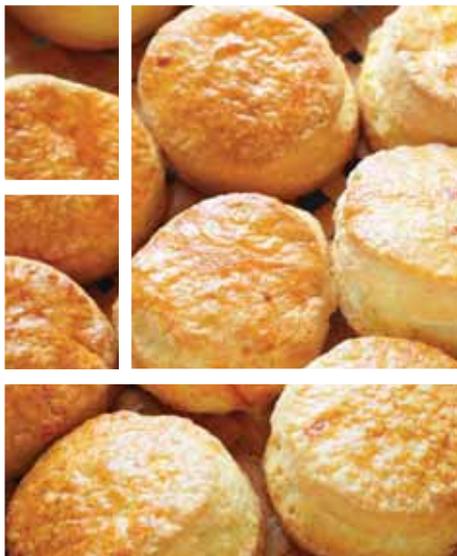
Method

1. Preheat the oven to 210°C or Gas Mark 7. Grease baking sheet
2. Sift the flour and salt into a bowl.
3. Rub the margarine into the flour until it resembles fine breadcrumbs.
4. Beat the egg with the milk and pour most into the bowl to mix to a soft dough. Save a little of the milk.
5. Place the dough on a floured working surface and knead lightly.
6. Roll out the dough until 1.5cm thick using a rolling pin.
7. Shape into scones using a cutter.
8. Place scones onto a greased baking tray, brush the top of each scone with a little milk and bake at the top of the oven for 12-15 minutes, until golden brown.
9. After baking, cool on a wire rack.

Options

To make fruit scones, add 40g (1½ oz) sugar and 75g (3oz) currants or sultanas before the milk. To make cheese scones, add 75g (3oz) grated cheese and 1x 5 ml spoon (1 teaspoon) of mustard or mixed herbs before the milk.





Scones

Notes:

Recipe 27

Serves 3

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LOTTERY FUNDED

Nutrition Information

Scones*	per 100g	per portion (1/3 of recipe)
Energy (KJ)	1449	1633
Energy (kcal)	346	390
Protein (g)	7.9	8.9
Fat (g)	11.1	12.5
of which saturates (g)	0.5	0.6
Carbohydrate (g)	57.4	64.7
of which sugars (g)	2.8	3.2
Fibre (g)	2.3	2.6
Sodium (g)	0.4	0.4
Salt (g)	0.9	1.1

**(Analysed using margarine.)*

Key Messages

Healthy Eating

- Experiment with spices or different types of dried fruit, such as dried apricots, apple or papaya pieces.
- Serve plain or fruit scones with reduced sugar jam and half fat spray cream, which is lower in fat than traditional whipping cream.
- Use wholemeal flour to increase the fibre provided by this recipe.

Money

- Dried fruit can be relatively expensive. To save money use economy packets of dried fruit.

Food Safety

- Make sure the surface is clean before rolling out the dough.
- Take care when removing hot items from the oven and always use oven gloves.
- Wash your hands thoroughly before rubbing the butter or margarine into the flour.

Love Food Hate Waste

- Leftover scones can be popped into a tub or polybag and put in the freezer.

Sausage, Bacon and Bean Bake

Ingredients

2 tbsp olive oil	600ml (1 pint) hot vegetable or chicken stock
12 herby sausages	3 tbsp tomato puree
1 large onion, cut into wedges	400g can of cannellini beans, drained
6 rashers of streaky bacon, chopped	2 tablespoons wholegrain mustard
4 celery sticks, sliced	Seasoning
2 garlic cloves, crushed	

Equipment

Roasting tin, measuring jug, chopping board, knife, can opener and spoon.

Method

1. Set the oven to 200°C/Gas Mark 6/Fan 180°C.
2. Put the sausages and onion in the roasting tin and sprinkle with the oil.
3. Roast for 20 minutes.
4. Turn sausages and add the bacon, celery and garlic. Return to oven and cook for 15 minutes more.
5. Pour in hot stock, tomato puree and the beans.
6. Reduce the heat to 180°C/Gas Mark 4/Fan 160°C and bake for 15 minutes more until sausages are cooked.
7. Stir in the mustard and season.

Options

Use haricot, pinto or kidney beans.





Sausage, Bacon and Bean Bake

Notes:

Recipe 28

Serves 6

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LOTTERY FUNDED

Nutrition Information

Sausage, Bacon and Bean Bake	per 100g	per portion (%)
Energy (KJ)	708	2809
Energy (kcal)	169	671
Protein (g)	7	27
Fat (g)	13	53
of which saturates (g)	4	16
Carbohydrate (g)	5	20
of which sugars (g)	1	6
Fibre (g)	1	4
Sodium (g)	344	1367
Salt (g)	0.86	3.4

Key Messages

Healthy Eating

- The beans are a good source of vegetable protein and fibre as well as a nourishing addition in this recipe.

Money

- Baked beans can be used as a more economical alternative to cannellini beans.

Food Safety

- Always use oven gloves to remove hot dishes from the oven.

Love Food Hate Waste

- Remember you can freeze up to the day before the 'Use by' date.
- Any leftovers can be chilled and then used as a lunch snack pot.
- You can freeze leftover bacon and sausages, either raw or cooked. To freeze bacon, layer each rasher between greaseproof paper. Individual rashers are then easily separated.

Local Food

- This is a great recipe for locally produced sausages bought from your butcher. Butchers usually make a wide range of flavoured sausages.
- Store raw meat at the bottom of the fridge.

Gingerbread People

Ingredients

200g (8oz) plain flour
75g (3oz) brown sugar
50g (2oz) butter or margarine
1x15ml spoon (1 tablespoon) golden syrup
½x5ml spoon (½ teaspoon) bicarbonate of soda
1x5ml spoon (1 teaspoon) ground ginger
1 egg
glacé cherries/currants to decorate

Equipment

Baking tray, pastry brush, mixing bowl, small saucepan, wooden spoon, knife, fork, rolling pin, biscuit cutters, fish slice and wire rack.

Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Sieve the flour into a mixing bowl. Add all the other dry ingredients.
3. Beat the egg in a small bowl.
4. Gently melt the margarine and sugar together in a saucepan. Do not allow to boil.
5. Add the butter or margarine, syrup and the beaten egg to the flour mixture. Mix to form a soft dough. Allow the mixture to cool.
6. Roll out the dough to ½ cm thick on a floured surface.
7. Cut into gingerbread person shapes and carefully place on the baking tray.
8. Decorate with currants or cherries.
9. Bake for 8-10 minutes. Carefully remove from the tray and allow to cool thoroughly on a wire rack.





Gingerbread People

Notes:

Recipe 29

Serves 8

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LOTTERY FUNDED

Nutrition Information

Gingerbread people*	per 100g	per portion (1/8 of recipe)
Energy (KJ)	1623	889
Energy (kcal)	388	213
Protein (g)	6.4	3.5
Fat (g)	11.7	6.4
of which saturates (g)	2.5	1.4
Carbohydrate (g)	69.5	38.1
of which sugars (g)	34.3	18.8
Fibre (g)	1.6	0.9
Sodium (g)	0.3	0.1
Salt (g)	0.7	0.4

**(Analysed using polyunsaturated margarine, currants (not cherries) to decorate.)*

Key Messages

Healthy Eating

- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute which is suitable for baking (or use half and half).

Money

- A big bag of economy flour can be kept in a cool dry cupboard and be used for other recipes.

Food safety

- Make sure the surface is clean before rolling out the dough.
- Take care when removing hot items from the oven and always use oven gloves.

Lemon Chicken Microwaved

Ingredients

1 tbsp oil
500g (1lb) boneless, skinless chicken
breasts, cut into thin strips
3 small courgettes, sliced thinly
2 carrots, sliced thinly
1 tsp grated fresh root ginger

Shredded rind of 1 lemon
5 spring onions, chopped
2 tps soy sauce
Juice of ½ lemon
2 tsp cornflour

Equipment

Microwave bowl, chopping board, knife, tablespoon, teaspoon, grater, lemon squeezer, cling film.

Method

1. Place the oil in a microwave bowl and microwave on HIGH for 1 minute.
2. Add the chicken strips and cook on HIGH for 2 minutes.
3. Add the courgettes, carrots and ginger and cook on HIGH for 3 minutes.
4. Stir in the lemon rind, spring onions and soy sauce.
5. Cover and cook on HIGH for 3 minutes.
6. Blend the lemon juice and cornflour together and stir into the dish.
7. Cover and cook on HIGH for 3 minutes until the sauce thickens.
8. Serve with boiled rice.

Options

Mushrooms can be added for a change. Adding a green salad makes a quick meal.





Lemon Chicken Microwaved

Notes:

Recipe 30

Serves 4

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LOTTERY FUNDED

Nutrition Information

Lemon Chicken Microwaved	per 100g	per portion (¼)
Energy (KJ)	297	934
Energy (kcal)	71	223
Protein (g)	10	32
Fat (g)	2	6
of which saturates (g)	0	1
Carbohydrate (g)	4	12
of which sugars (g)	1	4
Fibre (g)	1	3
Sodium (g)	161	509
Salt (g)	0.4	1.27

Key Messages

Healthy Eating

- A healthy way of cooking chicken using very little oil.

Money

- Big packs of chicken may be more economical and can be portioned out. What you do not use, freeze individually for future use.

Food Safety

- Test the chicken to ensure it is cooked thoroughly.

Love Food Hate Waste

- You can soak the vegetables in water to revive them if they are not at their best.
- Uncooked chicken can be frozen for up to 6 months.
- 'Easy Garlic' and bottled lemon juice are quick to use and last a long time in the fridge.
- Any leftovers can be frozen for up to 3 months.
- Any vegetable peelings can be added to the compost bin.

Local Food

- Your local butcher will be able to prepare the chicken for you if you ask.

Recipe 31
Serves 4-6

Potato salad

Ingredients

500g (1lb) new potatoes
2 to 3 spring onions
150ml (¼pt) mayonnaise

Equipment

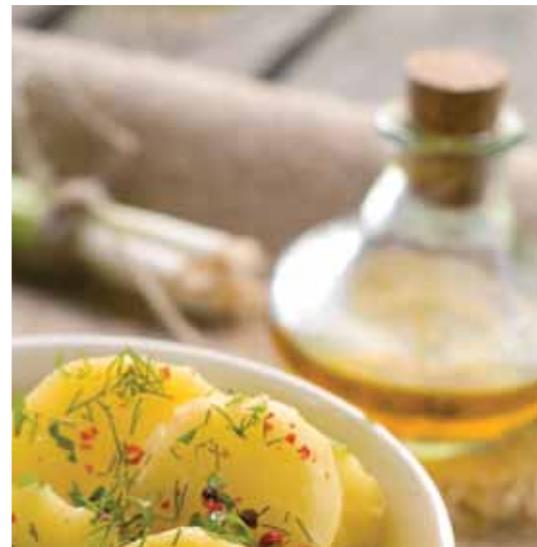
Saucepan, colander, knife, chopping board, mixing bowl.

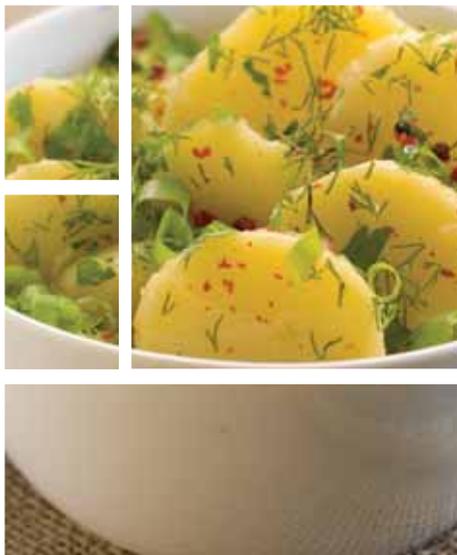
Method

1. Peel and cook the potatoes carefully without breaking them.
2. Drain and whilst still hot cut into 10mm (¼ inch) dice.
3. Chop the spring onions and lightly mix with the potatoes.
4. Carefully combine with the mayonnaise.
5. Cover and chill in the fridge.

Other Options

Chives or red onion could be substituted for the spring onion.
Additional flavours could be introduced with chopped fresh parsley or mustard.





Potato Salad

Notes:

Recipe 31
Serves 4-6

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LOTTERY FUNDED

Nutrition Information

Potato Salad	per 100g	per portion (¼)
Energy (KJ)	980	1671
Energy (kcal)	234	399
Protein (g)	2	3
Fat (g)	19	32
of which saturates (g)	3	5
Carbohydrate (g)	14	24
of which sugars (g)	1	1
Fibre (g)	2	3
Sodium (g)	93	159
Salt (g)	0.23	0.4

Key Messages

Healthy Eating

- Low fat mayonnaise reduces the saturated fat content.
- Potato salad is an excellent side dish to serve with a variety of main dishes and helps to fill up the family.

Money

- Homemade potato salad can be quickly and easily made at a lower cost than shop bought.

Food Safety

- Always wash vegetables before using.

Love Food Hate Waste

- To store your potatoes choose somewhere cool, dark and airy – not the fridge.
- It is safe to cook potatoes that have sprouted but always remove the sprouts before using.
- Do not throw away potato peelings: sprinkle with salt, pepper, chilli etc. and pop them in a hot oven. Free crisps the children will love.

Local Food

- Local potatoes will taste great in this recipe.

Rice Salad

Ingredients

175g long grain rice
425g (15oz) can chickpeas, drained
1 small red pepper, de-seeded and chopped
80g (3oz) ready to eat dried apricots, sliced
75g (2¾ oz) raisins
2 tbsp fresh mint, chopped

Toppings

1 tsp hot curry powder
1 tsp ground nutmeg
50ml white vinegar
2 tbsp clear honey
1 tbsp lemon juice
5 tbsp olive oil

Equipment

Large saucepan, colander, draining spoon, knife, chopping board, 2 mixing bowls, measuring spoons and jug, frying pan, whisk.

Method

1. Boil the rice in plenty of boiling water until tender.
2. Remove from the heat, drain in a colander and pour plenty of boiling water through it.
3. Place in a mixing bowl.
4. Prepare the dressing – dry fry the spices in a frying pan for 4-5 minutes.
5. Cool on a plate.
6. Whisk the vinegar with honey and lemon juice and then whisk in the oil.
7. Whisk in the cooled spice mix.
8. Fork the rice into the dressing and

mix well. Stir in the chickpeas, red peppers, apricots, raisins and fresh mint.

Options

Red kidney beans could be substituted for chickpeas.

50g (2 oz) toasted flaked almonds could be added.
Other vegetables such as grated carrot, cherry tomatoes or diced cucumber could add variety.

Use cooked pasta or potatoes instead of rice.





Rice Salad

Notes:

Recipe 32
Serves 4-6

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LOTTERY FUNDED

Nutrition Information

Rice Salad	per 100g	per portion ($\frac{1}{5}$)
Energy (KJ)	1118	1951
Energy (kcal)	267	466
Protein (g)	4	6
Fat (g)	11	20
of which saturates (g)	2	3
Carbohydrate (g)	39	68
of which sugars (g)	14	24
Fibre (g)	3	5
Sodium (g)	72	126
Salt (g)	0.18	0.25

Key Messages

Healthy Eating

- This recipe is a good way of adding carbohydrates (starch) to the diet and flavour can be increased by using vegetables, fruits and spices.

Food Safety

- Always wash the vegetables and herbs before using.
- If not eating cooked rice straightaway, cool and refrigerate quickly after cooking and eat within 24 hours.

Love Food Hate Waste

- This is a great recipe for using up leftover rice.
- Store cupboard ingredients such as spices and tinned food carry a 'best before' date which is just an indication of quality, not safety, and can be used after that date.

Local Food

- Local honey could be used in this recipe.

Fish Cakes

Ingredients

600g (1lb 3oz) potatoes, peeled and cut into chunks 7 tbsp light mayonnaise or fat free Greek yoghurt
2 x 120g cans sardines in spring water, drained 4 tbsps sunflower oil
4 tbsp parsley, chopped
1 small lemon – zest and juice
1 tbsp plain flour, seasoned

Equipment

Saucepan, potato masher, colander, measuring spoons, tin opener, fork, mixing bowl, chopping board, grater, lemon squeezer, frying pan.

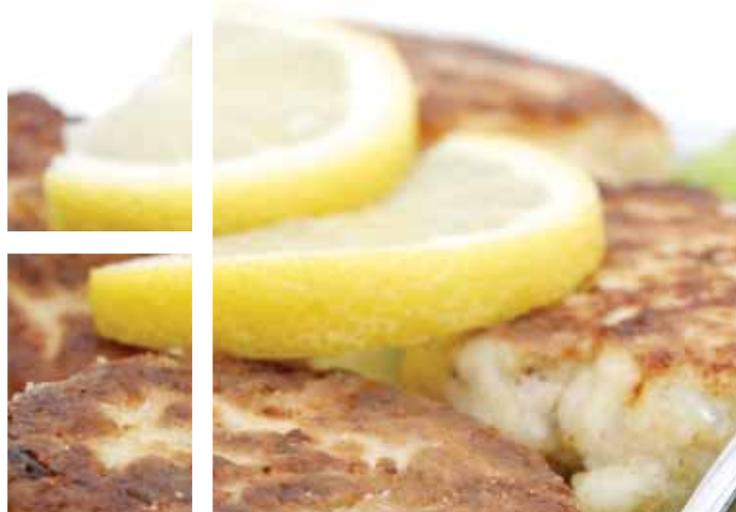
Method

1. Cook the potatoes in boiling, salted water until tender – about 15 minutes.
2. Drain and mash until smooth.
3. Mash the sardines in the mixing bowl and mix in 3 tbsp of chopped parsley and half the lemon zest and juice.
4. Gently mix the sardine mix and potato and season.
5. Shape into 8 fat fish cakes using floured hands and dust lightly with seasoned flour.
6. Mix the mayonnaise, remaining parsley, lemon zest, juice and seasoning and place in a side dish to serve with the fish cakes.
7. Heat half the oil in a frying pan and fry the fish cakes for 3-4 minutes each side until golden and crisp. Drain and serve.

Options

Alternative fish, tinned or fresh, could be used e.g. skipjack tuna, salmon (Pacific), pollock, North Sea haddock and coley, herring, mackerel or farmed tilapia.

Fresh fish needs to be cooked prior to using in this recipe.





Fish Cakes

Notes:

Recipe 33

Serves 4

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LOTTERY FUNDED

Nutrition Information

Fish Cakes	per 100g	per portion (¼)
Energy (KJ)	779	2227
Energy (kcal)	186	532
Protein (g)	8	24
Fat (g)	11	32
of which saturates (g)	2	5
Carbohydrate (g)	15	42
of which sugars (g)	1	4
Fibre (g)	3	7
Sodium (g)	171	492
Salt (g)	0.43	1.23

Key Messages

Healthy Eating

- If using canned fish, choose fish in spring water or olive oil rather than brine as fish already has a high sodium content.
- Oily fish is an excellent source of Omega 3.

Money

- To save money why not get together with a few people and buy a huge sack of potatoes.
- Canned sardines are a cheap source of protein.

Love Food Hate Waste

- Fresh parsley, cleaned, washed and dried well will keep for over 10 days in a tightly closed plastic box between layers of paper towel.
- Store potatoes in a cool, dry place.
- This is a great recipe to prepare ahead and freeze until needed. So why not make a double amount and get 2 meals out of it?
- Use any leftover flaky fish for this recipe.
- Any leftover yoghurt can be frozen for another day. Store for up to 1 month.

Local Food

- Fresh local potatoes will taste great in this recipe.

Fruit Shortbread

Ingredients

340g (11½oz) plain flour
125g (4oz) caster sugar
225g (7½oz) unsalted butter
½ tsp almond extract
50ml (2 fl oz) milk
425g (14oz) mixed fruits – cooked, sweetened and drained

Equipment

20cm/8" square cake tin, baking parchment, mixing bowl, measuring spoons, cooling rack, palette knife, knife, wooden spoon.

Method

1. Line a 20cm (8 inch) square cake tin with non-stick baking paper
2. Set oven at Gas Mark 4, 180°C.
3. In a mixing bowl, stir together the flour and sugar and then rub in the butter.
4. Stir in the almond extract and enough milk to bring the mixture together.
5. Divide the mixture into two and press half into the bottom of the tin.
6. Spoon over the drained, sweetened fruit before adding the remaining shortbread mix.
7. Bake for 30 minutes. It is cooked when the skewer comes out clean.
8. Turn out onto a cooling rack and then mark into 12 pieces.

Options

Ready-to-eat dried fruit such as cranberries, papaya or apricots could be used instead of the cooked fresh fruit.





Fruit Shortbread

Notes:

Recipe 34

Serves 12

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LOTTERY FUNDED

Nutrition Information

Fruit Shortbread	per 100g	per portion ($\frac{1}{12}$)
Energy (KJ)	1361	1327
Energy (kcal)	325	317
Protein (g)	4	4
Fat (g)	16	16
of which saturates (g)	10	10
Carbohydrate (g)	42	41
of which sugars (g)	11	11
Fibre (g)	1	1
Sodium (g)	6	6
Salt (g)	0.02	0.02

Key Messages

Money

- Hard block margarine could be substituted for butter.
- If fresh fruit is expensive, frozen Fruits of the Forest could be an economical alternative.

Love Food Hate Waste

- You can use a wide variety of fruit for this recipe and small amounts of leftovers will work well.
- Fruit Shortbread will keep in an airtight container for up to 3 days; alternatively wrap individually and freeze for up to 1 month.

Local Food

- This is a great recipe for using fruit mixtures such as apple, blackberries and plums or rhubarb, apple and orange.

Oat Cookies

Ingredients

120g (4½oz) margarine
225g (7½oz) brown sugar
½ tsp bicarbonate of soda
¼ tsp cinnamon
Pinch of salt
1 egg

½ tsp vanilla extract
185g (6½oz) self raising flour
80g (3oz) coarse oatmeal
65g (2½oz) dried fruit e.g. raisins,
chopped figs, sultanas, cranberries

Equipment

2 baking sheets, non-stick baking parchment, mixing bowl, food mixer, measuring spoons, cooling rack, palette knife, wooden spoon, fork, small basin, plate, fish slice.

Method

1. Set oven to Gas Mark 4, 180°C and line baking sheets with non-stick baking parchment.
2. Cream margarine and sugar together using a food mixer.
3. Beat the egg and then gradually add to the mixing bowl, beating well.
4. Mix salt, cinnamon and soda to the flour.
5. Add flour mix to the creamed mixture and then mix in the oatmeal and dried fruit so everything is evenly distributed.
6. Divide into teaspoon sized balls and place 4cm apart on a baking tray.
7. Bake 5-8 minutes. Do not burn. Stand 2 minutes then lift onto a cooling rack using the fish slice.

Options

Try using different dried fruits and spices for alternative tastes.





Oat Cookies

Notes:

Recipe 35

Serves 6

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LOTTERY FUNDED

Nutrition Information

Oat Cookies	per 100g	per portion (1/2)
Energy (KJ)	1704	2043
Energy (kcal)	407	488
Protein (g)	5	7
Fat (g)	15	18
of which saturates (g)	2	3
Carbohydrate (g)	63	76
of which sugars (g)	30	36
Fibre (g)	3	3
Sodium (g)	224	269
Salt (g)	0.56	0.67

Key Messages

Healthy Eating

- Like other foods containing fat and sugar, try to eat these occasionally.

Money

- Home made biscuits are fun to make and economical

Food Safety

- Always use oven gloves to remove dishes from the oven.

Love Food Hate Waste

- You can help your cookies stay fresher longer by storing them in an airtight container for up to 2-3 days.
- You can freeze the cookies and just take a few at a time from the freezer (as required).
- Make store cupboard food last longer by putting in a sealed container or use a peg/bag clip.

Local Food

- This is a great recipe for using fruit mixtures such as apple, blackberries and plums or rhubarb, apple and orange.

All-in-One Cake

Ingredients

100g (4oz) margarine, soft tub
150g (4oz) caster sugar
½ tsp baking powder
2 eggs
100g (4oz) self raising flour
2 tbsp raspberry jam to fill

Equipment

2 sandwich cake tins 16cm (6½ in), non-stick baking parchment, mixing bowl, food mixer, measuring spoons, cooling rack, metal spoon, fork, small bowl, plate, sieve.

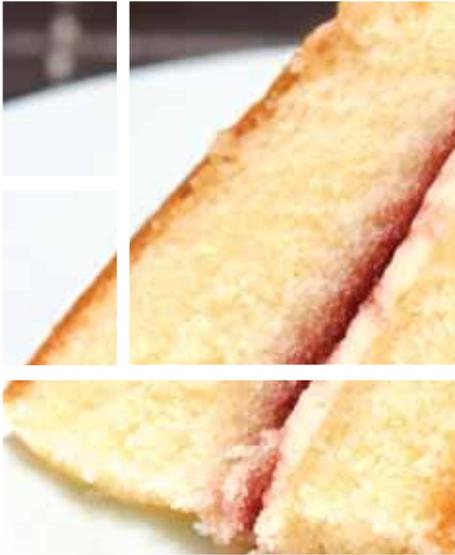
Method

1. Set oven to Gas Mark 4, 180°C and line sandwich tin bottoms with non-stick baking parchment. Grease sides of sandwich tins.
2. Place margarine, sugar, eggs, flour and baking powder in a mixing bowl and beat together for 3 minutes until a soft and dropping consistency.
3. Divide mixture equally between the two tins.
4. Bake in the oven until golden and cooked (springs back when touched).
5. Cool on a wire cooling rack then sandwich together with raspberry jam.

Options

This basic All-in-One method can be used for many recipes e.g. birthday cake, cup cakes and puddings. Adapt by increasing or decreasing the quantities as well as adding flavourings e.g. chocolate, coffee, lemon, dried fruit etc.





All-in-One Cake

Notes:

Recipe 36

Serves 4

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LOTTERY FUNDED

Nutrition Information

All-in-One Cake	per 100g	per portion (¼)
Energy (KJ)	1583	1809
Energy (kcal)	378	432
Protein (g)	5	6
Fat (g)	20	23
of which saturates (g)	3	4
Carbohydrate (g)	45	51
of which sugars (g)	28	32
Fibre (g)	1	1
Sodium (g)	188	214
Salt (g)	0.47	0.54

Key Messages

Healthy Eating

- Like all foods containing fat and sugar, cake can be part of a healthy balanced diet when eaten occasionally. It is the amount you eat that is important.

Money

- This is a basic cake-making recipe that can be easily adapted. In doing so you will be able to make a range of cakes and puddings at a fraction of shop-bought prices.

Love Food Hate Waste

- You can also freeze the cake for another day or divide the portions for quick and easy defrosting later.
- To help your cake stay fresher for longer, store in an airtight container.

Recipe 37
Serves 4

Pancakes

Ingredients

100g (4oz) plain flour
1 large egg
250ml (½ pt) semi skimmed milk
oil for frying, e.g. spray oil

Equipment

Measuring jug, whisk (or fork), mixing bowl, small non-stick frying pan and fish slice or spatula.

Method

1. Whisk all the ingredients together to form a smooth batter.
2. Heat the frying pan with a little oil, enough to cover the surface.
3. Pour in a small quantity of batter, enough to cover the surface of the pan.
4. Cook for 2-3 minutes, then toss the pancake over and cook the other side.
5. Serve.

Options

For a change, pancakes may be served with fresh or canned fruit, lemon juice, a little reduced sugar jam or a small sprinkle of sugar.

Alternatively savoury fillings of mixed vegetables and cheese or chicken and bacon for example can turn this dish into a main meal to be served with vegetables or salad.





Pancakes

Notes:

Recipe 37

Serves 4

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LOTTERY FUNDED

Nutrition Information

Pancake*	per 100g	per portion (¼ recipe)
Energy (KJ)	900	790
Energy (kcal)	215	189
Protein (g)	7.6	6.6
Fat (g)	10	8.8
of which saturates (g)	2.2	1.9
Carbohydrate (g)	25.5	22.4
of which sugars (g)	3.8	3.3
Fibre (g)	0.9	0.8
Sodium (g)	0.1	0.1
Salt (g)	0.1	0.1

**(Analysed using sunflower oil, no accompaniments.)*

Key Messages

Healthy Eating

- A spray oil can help to reduce the amount of oil used in cooking the pancakes, so reducing their fat content.
- Serve the pancakes with a fresh fruit salad.
- If serving with sugar, use a sugar substitute instead.

Food Safety

- Keep eggs in the fridge, away from strong odours and use them by the 'best before' date – don't use eggs with damaged or dirty shells.

Love Food Hate Waste

- Pancakes are very versatile and work well with almost any filling, so use leftover food, either sweet or savoury, to experiment, e.g. mushroom and spinach pancakes.

Shortcrust Pastry

Ingredients

200g (8oz) plain flour
50g (2oz) lard or vegetable cooking fat
50g (2oz) butter
½ level tsp salt
2 tbsp water

Equipment

Sieve, mixing bowl, plate, measuring spoons, knife.

Method

1. Sieve flour and salt into a mixing bowl.
2. On a plate, blend the lard and butter together, then add to the flour and cut into pieces.
3. Using the fingertips, rub the fat into the flour until the mixture looks like fine breadcrumbs.
4. Mix in the water with a knife and then use your fingers to bring the mixture together into a firm ball.
5. If possible leave the pastry to stand in a cool place for 15 minutes.
6. Roll out on a lightly floured board.
7. Bake at Gas Mark 6, 200°C for 15-20 minutes. If the filling needs longer then reduce to Gas Mark 3-4, 160°-180°C.

Options

This basic recipe for shortcrust pastry can be used for pies, pasties, quiches, tarts and sausage rolls.





Shortcrust Pastry

Notes:

Recipe 38

Serves 4

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LOTTERY FUNDED

Nutrition Information

Shortcrust Pastry	per 100g	per portion (¼)
Energy (KJ)	2131	1612
Energy (kcal)	509	385
Protein (g)	7	5
Fat (g)	31	23
of which saturates (g)	15	11
Carbohydrate (g)	50	38
of which sugars (g)	0	0
Fibre (g)	2	1
Sodium (g)	387	293
Salt (g)	0.97	0.73

Key Messages

Healthy Eating

- Saturated fat content can be reduced by using vegetable cooking fat e.g. Cookeen instead of lard.

Money

- This is a versatile basic recipe which may be used for pies, sausage rolls, quiche etc.

Love Food Hate Waste

- The rubbed-in mixture can be stored in an airtight, plastic container in the fridge for 2 weeks before making into pastry.
- Leftover pastry can be frozen for another day or scraps of pastry can be used for jam tarts.

Local Food

- Local foods may be used for filling e.g. bacon and egg, cheese or apple.

Recipe 39

Serves 8

Bread

Ingredients

600g white strong bread flour
15g fresh yeast or 7g packet of instant easy blend yeast
360ml warm water (240ml cold and 120ml boiling water)
9g salt

Equipment

Large mixing bowl, measuring spoons, cooling rack, 2 baking sheets, tablespoon, measuring jug.

Method

1. Sieve flour and salt, stir in the yeast and warm water and mix into a dough.
2. Knead for 10 minutes until smooth and glossy.
3. Cover the dough and leave for 40 minutes in a warm place to prove.
4. Knock back and divide into 16 rolls. Mould into balls and place on a greased baking sheet.
5. Prove for 10 minutes – meanwhile set oven Gas Mark 7/ 220°C.
6. Bake the rolls for about 15 minutes. They are ready when they sound hollow underneath.
7. Cool on a wire rack.

Options

This mixture could be made into 2 loaves. Prove for 30 minutes before cooking for 25-30 minutes.

Alternatively, after first proving, the mixture could be divided into 2 large flat breads and cooked in a dry frying pan.





Home made bread

Notes:

Recipe 39

Serves 8

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LOTTERY FUNDED

Nutrition Information

Home made bread	per 100g	per portion (1/8)
Energy (KJ)	1461	1143
Energy (kcal)	349	273
Protein (g)	12	9
Fat (g)	2	1
of which saturates (g)	0	0
Carbohydrate (g)	70	55
of which sugars (g)	0	0
Fibre (g)	3	2
Sodium (g)	560	438
Salt (g)	1.4	1.1

Key Messages

Healthy Eating

- Bread, salad and a protein food make a simple and healthy meal.

Money

- Homemade bread is much cheaper than shop-bought bread.

Food Safety

- Always use oven gloves to remove hot dishes from the oven.

Love Food Hate Waste

- Make store cupboard food last longer by putting in a sealed plastic container.

Local Food

- Local varieties of cereal may be used in this recipe, or combine oats and flour, or flour with herbs or seeds.



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