

MESS



Eating to Save the Planet

A Flexitarian Approach

A book full of delicious, mainly vegetarian, recipes

The recipes have been contributed by members of MESS



This book is dedicated to

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Founder of MESS



Foreword

We are all aware of climate change and the need for CO2 reduction. Many of us have no doubt tried to do our bit through using less energy, more fuel efficient cars, more energy efficient appliances and using products which incorporate recycled materials.

Many people may not realise that by changing / modifying what we eat, buying foodstuffs from a local source and reducing our food waste, we can also reduce CO2.

A **flexitarian** approach is one that is mostly vegetarian, but does not cut out meat and fish altogether – the best of both worlds! The meat you do eat/buy is high welfare and the fish are sustainable species. It's both good for you and the Planet!

The book contains a mixture of recipes, all of which are based around a flexitarian approach and some other beneficial practices. You can both help reduce CO2, improve your own health and maybe save money as well, so why not give it a try?

MESS

Is a local community project which aims to promote carbon reduction, raise awareness of climate change issues and find local solutions to some of the resulting problems. One of the ways everyone can make a difference is in relation to the food they buy.

MESS advocates:

- Eating less meat (meat production is a significant source of CO2)
- Eating more ethically
 - try and purchase the highest welfare meat you can obtain/afford
 - the fish are sustainable species
 - where possible, purchase: Fair Trade, Organic or Sustainable
- Buy locally and in season (to reduce 'food miles')
- Reduce food waste

Tips for saving energy when cooking

- Putting lids on pans means you can reduce the heat used whilst cooking.
- Defrosting an item in the fridge rather than in the kitchen means the fridge doesn't have to work as hard, as does chilling something in the fridge before putting it in the freezer. Likewise, bringing chilled items to room temperature before cooking them, uses less energy to heat them when cooking.
- Why not cook other things at the same time whilst the oven is on – pop in some potatoes for baking and then you can quickly heat them up the next day for a meal.
- You can cook more than one vegetable/rice in one pan with dividers or steamer pans designed for the purpose, which stack on top of each other.

Tips for finding free food

- Help yourself to cooking and dessert apples in late September/October, from the Community Orchard MESS planted on Marple Rec (note that dessert apples become more flavoursome and sweet by keeping them for two weeks or more, after picking).
- Help yourself to fruit, vegetables and herbs grown in the Incredible Edible Raised beds in Marple.
- Help yourself to herbs and fruit at Rosehill Station's community border and orchard, planted by Friends of Rosehill Station.
- Forage for: blackberries, rosehips, elderflowers and elderberries etc, but please ensure you have an expert with you if you are thinking of picking mushrooms, as many varieties are highly toxic and easily misidentified.

Tips to avoid food waste

- If you often end up with bread going stale, put half the loaf in the freezer on the day of purchase/baking – you can even toast bread straight from the freezer. You may find it helpful to slice the bread before freezing it.

- Most vegetables freeze well or can be used in soups, so before they deteriorate, use them or freeze them.
- Mixing leftover ingredients into mashed potato and forming them into little patties and frying them is a scrumptious way of using them up. Or try scooping out the middles of baked potatoes and mixing with leftovers and stuffing it back in.
- If you haven't already got your own compost bin, perhaps get one or make one and use your peelings and garden waste to make compost - perhaps to grow your own veggies in next year!

Purchasing high welfare meat and sustainable fish

- Speak to your local butcher and fishmonger to find out the welfare and sustainability of the meat and fish you intend to buy.
- Look for the following labels on supermarket products:
 - **'RSPCA Assured'** – on eggs and meat – one of the highest welfare standards, as these are checked by the RSPCA right the way through the food chain, including the abattoir (eg Aldi's free range chicken and eggs are RSPCA Assured)
 - **Blue 'MSC' label** – Marine Stewardship Council – indicates sustainable fish and seafood.
- Don't be afraid to contact a supplier/restaurant/takeaway and ask, if it's not clear, where something was produced and to what welfare standard. If lots of people ask and show their preference, welfare standards will improve.
- Sometimes items just say 'non EU'. Products with no welfare logo are usually the lowest standard.
- Whilst you may not eat crab or lobster often, please note that they are not normally humanely dispatched before cooking, so please avoid purchasing them or products containing them.

Alternative products

- These days there are lots of alternatives to meat sausages and burgers, so why not get a selection and decide what your family likes best.
- Widely available alternatives to meat/minced meat include: Quorn mince/pieces and soya products such as tofu and marinated tofu pieces, Tempeh (cultured soya) is available from Marple Health.
- Oatly is a great alternative to dairy milk, find it at Marple Health, your milk man, or some supermarkets.
- If you want to 'reduce' the amount of meat your dog eats, ask the local pet shop to get something ordered for you, or check out the internet.

Links

- What is in season and when, in the North West = <https://feedinggtrmcr.org.uk/seasonal-food-calendar>
- Able & Cole, for organic produce delivered to your door = <https://www.abelandcole.co.uk/>
- Ethical Consumer = <https://www.ethicalconsumer.org/>
- Kindling Trust, initiatives tackling pressing food & farming issues = <https://kindling.org.uk/>
- Marine Stewardship Council = <https://www.msc.org/uk/>
- RSPCA Assured = <https://www.rspcaassured.org.uk/get-involved/rspca-assured-products/>
- Vegetarian Society = <https://vegsoc.org/>

Definitions

- Flexitarian – Eats mostly a vegetarian diet, but also a small amount of meat and fish
- Pescetarian – Eats no meat, but does have fish
- Vegetarian – Eats no meat or fish, but still has eggs and dairy products
- Vegan – Eats no animal products at all
- For the purpose of this book, tsp = teaspoon and Tbs = Tablespoon, a pinch = 1/16th teaspoon, s&p = salt & black pepper

Contact

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Courgette, Broccoli & Stilton Soup

Ingredients

- 2 medium white onions
- 1 Tbs vegetable oil
- 3 medium courgettes
- 1 head of broccoli
- 1 vegetable stock cube
- 200g Stilton (or other cheese of your choice)

Method

- Slice onions and fry gently for 10 minutes
- Add sliced courgettes, stock cube and enough boiling water to cover the vegetables
- Put on the lid and simmer for 5 minutes
- Add the broccoli, bring back to simmer for a further 15 minutes, with the lid very slightly off*
- Turn off heat and add chopped-up cheese
- Blend until smooth

Notes

*Simmering broccoli, green beans etc with a lid slightly off seems to help stop them losing their colour. Courgettes are fairly easy to grow. In the North West of the UK they are in season June to September.



Pear, Pea & Tarragon Soup

Ingredients

- 1 large onion
- 1 Tbs vegetable oil
- 500g pears
- 700g peas (fresh or frozen)
- 750ml vegetable stock
- 1 Tbs fresh or 1 tsp dried tarragon

Method

- Chop the onion and fry gently in oil for 10 minutes
- Core and chop pears, but do not peel unless they have tough skins
- Add the pears and stock to the onion and simmer with the lid on for 10 minutes
- Add the peas and chopped tarragon and simmer for a further 5 minutes, with the lid slightly off
- Blend until smooth

Notes

Pears are in season in the North West of the UK from August to December.



Sweet Potato & Lentil Soup

Ingredients

- | | |
|------------------------|---|
| 1 Tbs vegetable oil | |
| 2 white onions | |
| 1 tsp ground coriander | |
| 1 tsp ground cumin | |
| 1 tsp ground chilli | |
| 400g sweet potatoes* | |
| | 1 butternut squash* |
| | 1 x 400g tin reduced fat coconut milk |
| | 1.5 litres vegetable stock |
| | 250g red lentils or yellow split peas, rinsed |
| | s&p |

Method

- Finely chop the onions and fry in oil over a low heat for 5 minutes
- Add the coriander, cumin and chilli and fry for 1 minute
- Add peeled and chopped sweet potatoes, butternut squash and lentils/split peas
- Pour in the coconut milk and stock and season with s&p
- Bring to the boil and cook for 10 minutes, then reduce the heat and simmer gently with the lid on for a further 20 minutes, until tender
- Blend or food process until smooth, adding more stock if needed

Notes

It is important when cooking pulses (lentils etc) that they are cooked thoroughly as they are poisonous raw.

* If you have pumpkin pulp to use up after you have carved your Halloween pumpkin, you can replace some of the sweet potatoes and butternut squash with it.



Buxton Blue & Leek Flan – Serves 6

Ingredients for short crust pastry*

170g plain flour	¼ tsp salt
85g butter (or half butter/half lard), cut into pieces	Water, chilled

Ingredients for filling

50g butter	175g Buxton Blue Cheese, crumbled**
2 large leeks	3 large eggs, beaten
85g walnuts, chopped (optional)	115g crème fraiche
	s&p

Method for pastry

- Either blitz the butter in the flour and salt in a food processor or rub-in with fingers to resemble breadcrumbs
- Tip into a bowl and slowly add enough chilled water to bring it all together
- Put on a lightly floured board or counter and form into a disc, without overworking it
- Cover with a slightly damp tea towel and chill in the fridge for an hour
- Whilst it is chilling, make the filling
- Roll out the pastry until it fits 23cm loose bottomed tin or flan dish
- Prick the base and put several pieces of dried pasta on the base to weigh it down to 'bake blind' in the oven at 180 deg C fan for 10 minutes, then without the pasta for a further 10 minutes

Method for filling

- Melt the butter in a medium pan
- Cut the leeks lengthwise to begin with, to enable you to wash them between the layers, as sometimes soil is trapped. Then dry them and chop them

- Gently fry the leeks for approximately 15 minutes until soft
- Put in the pastry case, along with the cheese and the walnuts, if being used
- Mix the eggs, crème fraîche and seasoning
- Pour into the pastry case and bake for approximately 25 minutes at 180 deg C fan, until set and golden

Notes

* Alternatively, use layers of filo pastry, brushed with butter or vegetable oil between layers (you will need a collar of foil to protect the edge from over-baking)

**If you can't find Buxton Blue, try another local cheese such as Blacksticks Blue from Littlewoods Butcher, or Dovedale Blue or Hartington Blue from your milkman



Tuna & Sweetcorn Flan

Ingredients for shortcrust pastry

170g plain flour	¼ tsp salt
85g butter (or half butter/half lard), cut into pieces	Water, chilled

Ingredients for filling

1 Tbs cornflour	s&p
240g single cream	1 Tbs fresh or 1 tsp dried chives
2 large eggs	1 tsp mixed dried herbs
1 tsp Worcestershire sauce	115g local cheese such as Lancashire + extra 30g
200g tuna fish, MSC or see link	115g sweetcorn
	30g butter

<https://www.ethicalconsumer.org/food-drink/shopping-guide/tuna>

Method for pastry

- Either blitz the butter in the flour and salt in a food processor or rub-in with fingers to resemble breadcrumbs
- Tip into a bowl and slowly add enough chilled water to bring it all together
- Put on a lightly floured board or counter and form into a disc, without overworking it
- Cover with a slightly damp tea towel and chill in the fridge for an hour
- Roll out the pastry until it fits 23cm loose bottomed tin or flan dish
- Prick the base and put several pieces of dried pasta on the base to weigh it down to 'bake blind' in the oven at 180 deg C fan for 10 minutes, then without the pasta for a further 10 minutes

Method for filling

- Stir cream into cornflour
- Add eggs, s&p, sauce and herbs and whisk
- Grate the cheese and put 115g of the cheese, the drained and flaked tuna and the sweetcorn into the mixture
- Pour into the part-baked pastry shell
- Sprinkle with remaining grated cheese and dot with tiny pieces of butter
- Bake for approximately 25 minutes at 180 deg C fan, then turn down to 160 deg C for a further 10 to 15 minutes



Aubergine Parmigiana – Serves 4

Ingredients

- | | |
|---|---|
| 1 onion, finely chopped | s&p |
| 1 Tbs vegetable oil | 2 large aubergines, sliced into 1/2cm thick rounds |
| 2 cloves of garlic, finely chopped | Handful of chopped fresh basil |
| 2 x 400g tins of tomatoes or 800g fresh tomatoes | 200g grated mozzarella or 2 x 125g balls, finely sliced |
| 4 Tbs tomato puree | 2 eggs, lightly beaten |
| ½ -1 fresh mild red chilli or ½ -1 tsp dried chilli flakes* | 4 Tbs Parmesan style cheese, grated |
| 1 Tbs fresh or 1 tsp dried oregano | |
| ½ Tbs fresh or ½ tsp dried thyme | |

Method

- Gently fry onion for about 8 minutes, add the garlic and fry for a further 2 minutes
- Stir in the tomatoes, tomato puree, chopped, deseeded chilli or chilli flakes, oregano and thyme and fry for 2 to 3 minutes
- Reduce the heat and simmer for 20-25 minute until thickened
- Season to taste with the salt and pepper
- Fry the aubergine slices in a frying pan or on a griddle until brown on both sides, or roast them for 15 minutes in the oven with a little oil
- Layer the aubergine in the bottom of a dish, spoon over some sauce, scatter with basil and mozzarella and repeat
- Pour over the eggs, scatter with more mozzarella and the Parmesan cheese
- Bake for 20 minutes, until golden at 180 deg C fan

Notes

*If you like more heat, put more chilli in.
Serve with a mixed salad.



Beetroot, Chickpea & Feta Filo Parcels – Serves 4

Ingredients

- | | |
|-----------------------------------|--------------------------|
| 1 large white onion | 40g butter |
| 1 tin chickpeas, drained* | 1 Tbs sunflower oil |
| 4 medium cooked beetroot, skinned | 60g pine nuts (optional) |
| 1 x 200g packet of Feta cheese | |
| 1½ x 200g packets of fillo pastry | |

Method

- Finely chop the onion and fry gently in the oil for about 5 minutes, until soft
- Turn heat off and add drained chickpeas*, chopped beetroot, chopped Feta and lightly toasted pine nuts**
- Turn on oven to 180 deg C fan to heat whilst you put together the parcels
- Melt the butter and, with a pastry-brush, brush butter on each sheet of pastry before putting another on top (see photo). Each parcel will need about 5 sheets each
- Pile up the filling in the centre of each parcel and bring the edges together. Brush with more butter
- Cook for approximately 20 minutes until golden

Notes

* The liquid drained from the chickpeas can be used for the dairy free mayonnaise recipe in this book.

** Grill pine nuts to bring out their flavour, but watch them all the time as they burn easily.



Easy Cheesy Pasta Bake – Serves 2

Ingredients

- | | |
|-----------------------------------|----------------------------|
| 1 400g can or 400g fresh tomatoes | 75g grated Cheddar cheese |
| 1 medium onion | 25g grated Parmesan cheese |
| 1 clove of garlic | s&p |
| 1 tsp mixed herbs | Pinch of chilli - optional |
| 200g penne pasta | 1 Tbs olive oil |

Method

- Chop onion and fry gently in oil for about 5 minutes until soft
- Crush the garlic and add to the onion, frying for a further 2 minutes
- Add tomatoes, mixed herbs and chilli and cook for 15 minutes
- Simmer pasta in boiling water as per packet instructions, drain and add to the mixture
- Pour into a greased oven proof dish
- Top with the cheeses and bake for 15 to 20 minutes at 180 deg C fan

Notes

Enjoy with a mixed salad.



Roast Vegetable & Halloumi – Serves 2

Ingredients

- | | |
|---------------------------|------------------------|
| 2 small red onions | 2 Tbs olive oil |
| 1 pepper | ½ tsp ground coriander |
| 1 medium courgette | ½ tsp smoked paprika |
| 2 medium potatoes | s&p* |
| 1 pack of halloumi, diced | |

Method

- Slice onions and dice other vegetables, leaving the skin on the potatoes
- Mix everything in a roasting tin except the halloumi, which is added later
- Roast for a total of 1¼ hours at 180 deg C fan
- Set timer for 30 minutes and then mix
- Set timer for a further 15 minutes and mix again
- Set timer for a further 15 minutes and this time mix in the halloumi
- Set timer for final 15 minutes

Notes

- * You won't need much salt as the halloumi is salty



Satay Tofu with Chinese Stir Fry and Noodles – Serves 2

Ingredients

For Satay Tofu

1 packet Cauldron Marinated Tofu*
 65g smooth natural peanut butter
 100ml low fat coconut milk
 2 Tbs lime juice
 2 Tbs soy sauce
 1 Tbs sesame oil

1/8th tsp hot chilli sauce**
 2 tsp brown sugar or honey
 2 cloves garlic
 1 Tbs freshly grated ginger
 A little vegetable oil for frying

For Chinese Stir Fry

1 tsp grated ginger
 1 garlic clove, crushed
 6 x spring onions
 6 x mushrooms
 Vegetable oil for frying

handful of snap peas
 ½ small tin of bamboo shoots (tinned)
 1 pak choi
 2 x handfuls of bean sprouts
 1 Tbs soy sauce
 ½ tsp Chinese 5 Spice

Noodles

2 servings as per packet instructions

Method

Satay

- Whisk all satay ingredients together, except tofu and vegetable oil and set aside
- Fry tofu in the oil on a high heat for 5-6 minutes, until golden and crisp
- Add satay ingredients and cook for 1-2 minutes

Stir Fry

- In a wok, fry all the stir fry ingredients (except the bean sprouts, soy sauce and Chinese 5 spice) together for approximately 5 minutes
- Add the beansprouts and heat for a further 2 or 3 minutes
- Add soy sauce and Chinese 5 Spice and switch off heat

Noodles

- Simmer in boiling water for 3 to 4 minutes.

Notes

Serve the satay tofu over the noodles.

* Alternative types of tofu can be substituted

**Increase the amount of hot chilli to taste, but be warned, even 1/8th tsp gives it some warmth!



Sri Lankan Curry, Fragrant Rice, Spiced Green Vegetables and Dhal – Serves 4

Ingredients – curry

- | | |
|---|---|
| 1 Tbs vegetable oil | 1 fresh mild chilli, deseeded & chopped |
| 1 onion, chopped | 1 tsp mustard seeds |
| 2 cloves of garlic, finely chopped | 1 tsp cumin seeds |
| 1 can of chickpeas | 1 tsp garam masala |
| 1 can or 400g fresh tomatoes, chopped | ½ tsp turmeric |
| Large handful of fresh spinach, chopped | 1 Tbs grated fresh ginger |
| 200ml coconut milk | s&p |

Ingredients – fragrant rice

- | | |
|--------------------------------|------------------------------------|
| 300g rice – basmati/long grain | small piece of cinnamon stick |
| knob of butter | 3 cardamom pods |
| 1 clove of garlic | 1 lemon grass stem, broken in half |
| 1 Tbs fresh coriander leaves | |

Ingredients – spiced green vegetables

- | | |
|---|-------------------------|
| 4 handfuls of green vegetables, in season e.g. a mix of green cabbage and leeks | |
| 1 Tbs vegetable oil | ½ tsp ground coriander |
| ½ tsp ground cumin | ½ tsp mild curry powder |

Ingredients – dhal

200g dhal lentils

450ml water

½ finely chopped onion

2 cloves of garlic, finely chopped

3 curry leaves

200ml coconut milk

1 tsp turmeric

½ tsp ground ginger

1 tsp Garam Masala

¼ tsp chilli powder

½ tsp salt

Method - curry

- Heat the oil in a large saucepan and toast the whole spices in it until they start to pop
- Add the onion and fry for about 5 minutes
- Add the garlic, chilli, ground spices and fry for a further 5 minutes
- Add the tomatoes and simmer with the lid on for 10 minutes, stirring regularly
- Drain the chickpeas (reserving the liquid for making dairy free mayonnaise – see recipe in this book) and add to the pan, along with the coconut milk and chopped spinach, and simmer for a further 5 minutes
- Add salt and pepper to taste.

Method – fragrant rice

- Rinse the rice several times and then leave to soak in fresh water for at least 2 minutes
- Melt the butter in a pan and add the chopped garlic and coriander
- Add the rice and stir (transfer to a rice cooker if you have one)
- Add the lemon grass, cardamom pods and piece of cinnamon
- Cover with boiling water and simmer for the time on the pack (it will depend on type of rice and whether white or brown)
- Before serving, pick out the cardamom pods, cinnamon and lemon grass

Method – spiced green vegetables

- Stir fry the spices for 2 minutes in the oil
- Add the vegetables and stir fry for a short time, until just tender

Method – dhal

- Rinse the lentils several times
- Simmer all except the coconut milk for 30 minutes
- Add the coconut milk and simmer for another 10 minutes

Notes

As an interesting side note, many homes in Sri Lanka have two kitchens: one inside the house and often a small curry kitchen outside. The photo is of a former Marple Resident and her Sri Lankan Mother-in-law in her curry kitchen in Sri Lanka.





Stuffed Peppers – Serves 6 as starter or 2 as main course

Ingredients

- | | |
|---------------------------------|------------------------------------|
| 3 peppers | 50g mushrooms |
| 1 large onion | 60g pine nuts (optional) |
| 1 clove of garlic | parsley – 1 Tbs fresh or 1 tsp dry |
| 300g tomatoes (fresh or tinned) | pinch of cumin (optional) |
| 125g soya mince or Quorn mince | pinch of chilli (optional) |
| 75g cooked rice | s&p |
| 1 Tbs vegetable oil | |

Method

- Halve peppers lengthways and deseed. Set peppers aside
- Finely chop onion and fry gently in oil until soft
- Chop other vegetables and add them and all other ingredients to the onion and cook for a further 5 minutes
- Stuff mixture into pepper halves
- Place into a deep, oiled tray
- Add quarter of a cup of water to the bottom of the tray and cover with foil. Bake at 180 deg C fan for 30 minutes. Remove foil and cook for a further 15 minutes

Notes

The flavour of pine nuts is enhanced by gently browning under the grill – but keep a constant watch as they easily burn.

You could substitute cashew nuts for the pine nuts.

For an alternative flavour, try a Cajun spice mix and chopped spring onions.



Sweet Potatoes with Chilli Beans – Serves 4

Ingredients

4 large or 8 small sweet potatoes
1 can of kidney beans with chilli*
1 red or white onion, chopped
1 red pepper

Small tub of sour cream or plain yogurt
Several handfuls of fresh spinach
¼ tsp nutmeg
1 Tbs vegetable oil

Method

- Prick the sweet potatoes with a fork and bake at 180 deg C fan for about an hour, until soft
- Fry the onion and pepper in the oil for about 10 minutes, add the kidney beans and heat thoroughly
- Simmer the spinach for just a few minutes, put in a sieve and squeeze out the excess moisture with the back of a spoon, mix in the nutmeg
- Cut the sweet potatoes lengthways and open them out
- Pile on the kidney bean mixture, then the spinach
- Top with sour cream

Notes

* or add a mild fresh or some dried chilli if the kidney beans don't already have it in.

If using dried kidney beans, it is very important to cook them sufficiently – read the packet instructions.

Insufficiently cooked kidney beans are poisonous!



Veggie Bolognese using green lentils – Serves 4

Ingredients

1 Tbs sunflower oil	2 x 400g tins green lentils, drained*
1 large onion	75g mushrooms
2 carrots	250 ml boiling vegetable stock
4 celery sticks	s&p
2 cloves of garlic	400g dried pasta of your choice
Oregano 1 tsp dried or 1 Tbs fresh	handful of grated cheese for the top
1 tin of chopped tomatoes, or 400g fresh	freshly chopped parsley or oregano to decorate
2 Tbs tomato puree	

Method

- Chop all the vegetables
- Fry the onion, carrots, celery and mushrooms gently in the oil for 10 minutes
- Add the garlic and fry for a further two minutes
- Increase the heat and add the tomatoes, tomato puree and oregano
- Stir in the lentils and stock and boil for 10 minutes then turn heat down and simmer for 20 to 25 minutes
- Cook the pasta according to the packet instructions
- Serve sprinkled with grated Parmesan or Cheddar cheese and the chopped parsley or oregano

Notes

* If using dried green lentils, use 200g, boiled in 1.5 litres of water – it is very important to cook pulses sufficiently, so boil hard for 10 minutes, drain, then add to the other ingredients, simmering for 20 to 25 minutes as per the recipe. Delicious with garlic bread.



Veggie Bolognese – using Quorn mince & red wine – Serves 4

Ingredients

- | | |
|----------------------------------|---------------------------------------|
| 3 red onions, chopped | 2 cloves of garlic, chopped or grated |
| 2 courgettes, chopped | 1/2 tsp mixed dried herbs |
| 250g Quorn mince | pinch of mild chilli |
| 6 mushrooms, chopped | s&p |
| 2 tins of tomatoes or 800g fresh | 1 glass of red wine |
| vegetable oil for frying | 150ml vegetable stock |
| 2 Tbs tomato puree | 400g dried pasta |

Method

- Gently fry onion for 10 minutes.
- Add all other ingredients except the pasta and simmer with the lid on for about 20 minutes
- Boil the pasta as per packet instructions

Notes

The same mixture is a great basis to a chilli, or used to stuff cannelloni or lasagne sheets.



Every which way with chicken or turkey

- 1) Has to be a good roast, nothing beats it.
- 2) Leftovers in a lovely sandwich with other roast ingredients such as stuffing, cranberry or redcurrant jelly
- 3) In a casserole, see below for a great Italian version
- 4) Small leftover pieces can be added to onions and mushrooms in a creamy sauce over pasta
- 5) Boil the bones and scrape off all the tiny remain bits of meat, to form the basis of a soup. If you don't want to use it straightaway, cool it down and pop it in the freezer

Ingredients for Chicken Melanzane – Serves 4

2 Tbs olive oil	1 400g tin of tomatoes or 400g fresh tomatoes
1 onion, chopped	2 aubergines, sliced in rounds 1 to 1½ cm thick
1 clove garlic, chopped or grated	150ml medium sweet white wine
400g left over chicken or turkey	150g mozzarella cheese
400g gnocchi	

Method

- Fry the aubergines in the oil and set aside until cool enough to chop into bite-sized pieces
- Fry the onion in oil for about 5 minutes.
- Put the chopped up aubergines, onions, tomatoes, chicken/turkey and wine in a saucepan and simmer for approximately 20 minutes
- Simmer the gnocchi in boiling water as per packet instructions. This usually refers to the gnocchi being cooked when they rise to the top of the water, at this point drain them and add to the other ingredients
- Serve and top with mozzarella

Notes

Lovely with olive ciabatta



Fish Pie – Serves 4

Ingredients

450g white sustainably sourced fish, chopped*
1 small onion or small leek, chopped
1 cup cooked prawns*
285ml whole milk
1 tub of crème fraiche
1 Tbs butter

2 cups of grated Cheddar
2 tsp of chopped fresh parsley
s&p
900g mashing potatoes
4 Tbs of mixed cheese – Cheddar & Parmesan
knob of butter and a little milk

Method

- Fry onion in 1 Tbs of butter until soft
- Add fish and fry gently for 2 minutes. Add the milk, crème fraiche, 2 cups of grated Cheddar, chopped parsley and s&p and simmer gently for 2 to 3 minutes (do not overcook)
- Put in oven proof dish and add the prawns
- Boil the potatoes for about 20 minutes until tender, mash with the knob of butter and a little milk and put on top of the fish mixture. Sprinkle with the 4 Tbs of mixed cheese
- Cook for 20 minutes in a moderate oven, 180 deg C fan, until slightly brown
- Sprinkle with more parsley
- Serve with green vegetables and crusty bread

Notes

*MSC labelled



Apple Cake

Ingredients

225g cooking apples, peeled, cored & chopped
225g sultanas
150ml milk
175g soft brown sugar
350g self-raising flour, sieved

2 tsp mixed spice
175g butter, softened*
1 egg beaten
25g Demerara sugar

Method

- Mix the apples, sultanas, milk and sugar
- Add the flour, mixed spice, softened butter and egg and mix well
- Place in a deep, lined 20cm cake tin and sprinkle with Demerara sugar
- Bake at 160 deg C fan for 1¼ for a softer cake to 1¾ hours for a crunchier surface. To check it is cooked through, put a skewer down into the centre of the cake and if it comes out clean, it is cooked through

Notes

* The butter must be softened to almost melting, otherwise it won't mix in.
Best served with thick hot custard.



Aunty Mary's Raspberry Jelly

Ingredients

- 1 x packet of raspberry jelly
- 300g raspberries

Method

- Gently soften the raspberries at a low heat with a Tbs of water
- Sieve the raspberries and discard the pips, you will likely get about 200ml juice from 300g raspberries
- Measure the amount of juice you have from the raspberries and reduce the amount of water the jelly instructions require by the same amount, as you are substituting that amount of water with juice

Notes

This makes an ordinary jelly delicious.

For a gelatine free jelly ask at Marple Health for Vegeset or Agar Agar.

Photograph shows comparison trial of different types – they all set well, but don't forget to sweeten the Vegeset and Agar Agar versions.



Maureen's Summer Fruit Delights

Ingredients

500g of a mix of fresh in-season summer UK berries such as: strawberries, raspberries, blackcurrants and redcurrants
or a mix of frozen UK berries such as: blackberries, raspberries, strawberries and blueberries

125g sugar

Small tub of double or whipping cream

Method

- Rinse the fruit gently
- Cook the berries, 1 Tbs of water and sugar gently until the sugar is dissolved, the berries soften and the liquid starts to reduce – approximately 20 minutes
- Strain through a sieve
- Cool the thick syrup and pour into small glasses to set
- Whisk the cream and top the fruit puree with it before serving

Notes

A pretty, simple, delicious dessert.

With a little protection from the birds, these fruits can easily be grown in the garden and all but the strawberries are easy to freeze. Blueberries need a particular soil, so they are a little more difficult to grow.

You can forage for blackberries.



Breakfast Banana Shake – makes one large glass

Ingredients

- 1 medium, ripe banana
- Small glass of fresh orange juice
- Small glass of Oatly 'milk'

Method

- Blend together

Notes

Oatly 'milk' is available from Marple Health, milk delivery companies and some large supermarkets.



Dairy Free Mayonnaise – makes a jam jar full

Ingredients

60ml Aquafaba (juice from tinned chickpeas)
10ml apple cider vinegar
1 tsp mustard powder or Dijon mustard
s&p
185ml sunflower oil

Method

- Using a blender, blend all ingredients except the oil together.
- Slowly pour the oil in, blending continually at its highest speed.

Notes

You will be amazed at how good this is!

Why not turn some of the mayonnaise into a dip, by adding some spices or how about a squeeze of lime juice and some lime zest.



Raspberry Jam

Ingredients

500g raspberries
500g sugar

Method

- Heat the sugar and some clean glass jars in the oven at 140 deg C fan for 10 minutes.
- Put the raspberries in a thick bottomed pan and heat until boiling.
- Stir in the hot sugar and boil rapidly until setting point (approximately 3 minutes)
- Pour into the hot jars
- Put on the lids whilst still hot or leave until completely cold before putting them on*

Notes

*Take great care with the hot jam, especially if putting the lids on whilst hot!



Rosehip Jelly

Ingredients for apple pectin

Apples, foraged crab apples or cooking apples Water

Method

- Cut the apples (with skin on) into quarters and place, including cores, in a large pan
- Cover with water, enough to just float them
- Bring to a rolling boil, then reduce to a simmer for 2 hours, stirring occasionally, with lid a little off, to allow the steam out, thereby reducing it down. It should now be an amber colour
- Sterilize a cheesecloth or clean tea-towel by pouring boiling water over it in a colander
- Place the colander over a large container, line the colander with the sterilized cloth and tip the apple mash and liquid in (don't press the pulp or the liquid will be cloudy)
- Leave to drip through for several hours/overnight
- Return it to the heat and bring to a simmer until it reaches setting point, by:
- Testing on a cold plate – if you push it along with your finger, it should wrinkle up

Ingredients for rosehip jelly

190ml apple pectin*	750ml water
700g granulated sugar	125ml fresh lemon juice
1 litre of rosehips	¼ tsp butter

Method

- Thoroughly clean jars and lids and put the jars only in the oven at 140 deg C to sterilise/dry out
- Rinse and trim the rosehips.
- Boil the rosehips in a stainless steel pan with the water, simmer for 1 hour until soft and mashable
- Mash and strain through sterilized cheesecloth/tea-towel. Let it drip for several hours/overnight
- Place 3 cups of the rose hip juice in a large saucepan
- Add the lemon juice and pectin

- Bring to a boil, dissolving all the pectin
- Add the sugar, when dissolved, add the butter
- Bring to a hard boil for exactly one minute
- Remove from the heat and pour into sterilized jars and carefully put on the lids straight away**

Notes

* There are commercial alternatives

**Take great care putting lids on whilst hot. The alternative is to put the lid on when completely cold, but this will mean you will need to keep the rosehip jelly in the fridge until you want to use it and it won't keep as long. Another alternative is to pour the jelly into canning jars and process them as recommended for canning.

