



Get your
spoon, you've
pulled

The
Skinflint's
Cookbook

by Our Voice

Introduction

We are a group of care leavers who meet regularly to discuss stuff that impacts on ourselves and other care leavers. We work with the Suffolk

Leaving Care Service to try and improve and develop the service they offer, and we have been part of some great changes.

It's through this group that we decided to develop The SKINFLINT'S Cookbook. We know how hard it is to manage on limited money, but we also know how important it is to eat well and feel good. So we decided we need a cookbook. We need cheap and easy meals for beginner cooks. We need something that's designed by care leavers, for care leavers.

And here it is!

Look, we are not trained chefs, but we have walked in your shoes and we are managing so we want to share how!

We picked recipes that should be quick, easy, tasty and nutritious, but most importantly CHEAP!

We have shared lots of tricks and tips that we have picked up on our journey and we're sure there is so much more to learn, but here is a start.

CONTENTS

- 1 Equipment list and hygiene in the kitchen
- 2 Store cupboard essentials, use-by and best before, budget tips, cooking tips and tips to reduce waste.
- 5 Healthy mind & body
- 6 Saving leftovers and reheating food safely
- 7 Cooking rice and pasta
- 9 Italian veg soup
- 11 Satay sweet potato curry and rice
- 13 Spaghetti bolognese or chilli
- 17 Shepherd's Pie (mashed potato)
- 19 Tuna pasta bake
- 21 Super simple hunter's chicken
- 23 Chicken Caesar salad
- 25 Cheese and bacon puffs and baked haddock risotto
- 27 Home-made burgers and oven chips
- 31 Easy (no whisk) chocolate cake
- 33 Coleslaw and jacket potato
- 35 Sausage rolls
- 37 Uber-quick meals for one
- 38 Shopping list
- 39 My weekly meal plan
- 41 Blank recipe pages
- 43 Useful cookery websites and apps

There are vegetarian and vegan alternatives to most recipes!



"IT'S HARD TO BE AN ADULT ON YOUR OWN"



EQUIPMENT LIST

To cook the recipes in this book you will need some basic equipment. The items in the list are the items that are essential to make a good meal and should be provided to you either via your welcome pack or your SUHA (setting up home allowance).
Talk to your PA if you need anything else :)

- wooden spoon • wooden spatula • serving spoon
- utility knife • bread knife
- can opener • peeler • pair of scissors • hand whisk • peeler
- small frying pan • large stir fry pan • saucepan
- 1 cake tin • 1 baking tray
- chopping board set • cheese grater • colander • sieve
- mixing bowl/ potato masher • oven dish – lasagne
- measuring jug • weighing scales • measuring spoons
- measuring cups



"I think I can.
I know I
can."

HYGIENE IN THE KITCHEN

- Wash your hands before you start cooking and after handling raw meat.
- Keep equipment for raw meat and cooked meat separate.
- Give food preparation surfaces a good wipe before cooking.

STORE CUPBOARD ESSENTIALS

Here's a list of ingredients which are good to have in the store cupboard as they make up most of the dishes; you'll need to add the fresh ingredients like meat, cheese, eggs, fresh fruit and veg etc.

- Tinned goods (tomatoes, tuna, baked beans, soup, kidney beans/ peas/ sweetcorn)
- Vegetable oil
- Pasta (spaghetti), rice, couscous
- Plain white flour
- White caster sugar
- Peanut butter
- Mixed herbs.
- Garlic paste.
- Salt and pepper
- Tomato purée
- Stock cubes - beef/chicken/veg
- Worcestershire sauce
- Ketchup or mayonnaise
- Bread frozen/ half-baked bread



USE-BY AND BEST BEFORE

- A 'best before' date is an indicator of quality (the food will not be 'bad' after that date).
- A 'use-by' date is the last day the manufacturer recommends using the product based on quality, not safety.
- A 'sell-by' date is an instruction for the supermarket. This is why you see reduced section in aisles in the supermarket.

TOP TIPS FOR COOKING

- Tidy as you go!
- One person cooks and the other cleans <3
- Get some music on or invite a friend over and cook together!
- Remember: With all these recipes you don't have to follow the recipe exactly! Experiment! Don't be afraid to try new things, you might invent the next craze! (The sandwich was an accidental invention!)
- Go through your food once in a while and throw stuff out which has gone off.
- A good way to stock your fridge is by using the FIFO method, which stands for "first in, first out."
- Make a shopping list and stick to it!
- Choose wholemeal or brown pasta, bread and rice - they are better for you as they have more fibre so they keep you fuller for longer! They are also tastier!



TOP TIPS - BUDGET

- £20 of your weekly budget is a sound amount to put aside for food.
- Don't go shopping when you are hungry! You will buy more than you need and all the wrong things.
- Plan your meals for the next few days, look up the recipes and write a shopping list of ingredients you need (check what you already have in the cupboard).
- Branded foods can cost way more than value or home brands and you probably won't even taste the difference (or you will get used to the new flavour).
- Popular budget supermarkets are a great place to get excellent value for your money, as well as your local greengrocers and markets (like £1 a bowl!).

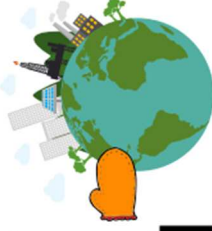


TOP TIPS FOR COOKING

- As you grow in confidence start using left overs in other dishes, got left over cooked veg? Put them in a curry! Leftover rice, turn fajitas into burritos!



- Use the timer on your phone - that way you'll never burn a thing!
- Use an oven mit when you're getting stuff out of the oven



TOP TIPS TO REDUCE WASTE



- Get creative! You don't have to stick to the recipe exactly, if you have veg different to the recipe swap it out.
- Like ice cream/margarine/yoghurt? Wash the tubs and re-use to store meals in the freezer.
- Mould growing on your jam? Scoop it off and eat what's underneath.
- You can easily taste if milk has gone off by tasting a little before you use it. It generally lasts longer than the use by date.
- Store potatoes in the dark!
- Test if eggs are still okay - fill a jug of water, carefully spoon the egg in - if it floats, it's gone, if it sinks, it's safe!
- Frozen is as good as fresh and lasts longer! Also save time chopping- buy frozen chopped onions, other veg & fruit.
- Put frozen bread in the toaster when you want it.
- If you want more or less servings? Half or double all the ingredients in the recipe to make half or double the servings..
- What you don't eat, be sure to freeze! Or keep refrigerated and eat within 3 days, making sure you heat it up thoroughly!
- Only need half a can of beans? Put the half you don't need in a pot in the fridge for later in the week or put them in a sandwich bag and then in the freezer.



BALANCE YOUR PLATE, BALANCE YOUR DIET

- Make a fist - that's how much veg should be on your plate
- One portion of protein - This could be from animal products including meat, fish and shellfish, eggs or a portion of cheese (matchbox size) or dairy. Or this could be from non-animal products such as a meat substitute like Quorn, soya products, nuts, seeds, pulses, lentils, peas and beans (including chickpeas, kidney beans and baked beans).
- One portion of carbs (wholemeal or brown is best). This includes mashed potato, jacket potato, bread/toast, pasta, rice and cous cous
- Try to eat at least 5 a day of fruit and veg for all those energising vitamins and nutrients which make us healthy!



Self love

- Eat well
- Sleep well
- Exercise
- Stay hydrated
- Be kind to yourself

"OUR MENTAL HEALTH IS JUST AS IMPORTANT AS OUR PHYSICAL HEALTH"



Visit www.thesource.me.uk A website for young people in Suffolk, providing sources of information and advice on a range of issues including leaving care, housing, health, apprenticeships and finding a job.

Get fit and healthy inside and out!

Visit the NHS website for loads of FREE advice on being healthy
<https://www.nhs.uk/live-well/>
<https://www.nhs.uk/live-well/healthy-eating-for-teens/>
 and fit for free
<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

OVEN TEMPERATURES



SPEED	GAS	C°
Very Slow	1/2	120
Slow	1	140
	2	150
	3	170
Moderate	4	180
	5	190
Moderately Hot	6	200
	7	220
Hot	8	230
Very Hot	9	240



REHEATING FOOD SAFELY

When it comes to eating up your leftovers, how you handle them is key to staying healthy. Here is what to do:

- Cool food properly before putting it in the fridge/freezer.
- Freeze food in portion sizes so you can use what you need.
- Use up your fridge leftovers within two days.
- If you're using leftovers from the freezer, eat within 24 hours.
- Make sure food is thoroughly defrosted before heating.
- Defrost food in the fridge or use a microwave.
- Don't reheat leftovers more than once. If you have a big pot of soup, for example, it's better to take out what you need and reheat it in a smaller pan.
- Don't refreeze leftovers.
- Reheat food until piping hot throughout! If you're using a microwave, be aware they do not heat evenly, so take your food out halfway through cooking time and give it a stir.



COOKING RICE AND PASTA

Measuring liquids
 1 glass = 200 ml
 1ltr = 500 ml or 2 1/2 glasses

Boiling vs simmering
Boiling - Big, rolling bubbles.
Simmering - Small fast bubbles.

TIP
 Boil a kettle - it's faster than heating water in a pan! And use a lid to make boiling quicker.

COOKING RICE OR PASTA IN THE MICROWAVE

- Pasta** - put 1/2 - 1 cup pasta per person plus the same amount of cold water
- Rice** - put 1/2 cup rice plus **one cup of water per person into a microwave proof bowl on a plate.**
 Microwave on medium for about 12 mins (pasta) 14 mins (rice). Stir a few times in between cooking.

PORTION SIZES

Pasta
 1 cup = 75g
 = about one portion of pasta
 Make a 2p piece size hole with your fingers = 1 person spaghetti portion

Rice
 For one person = 1/2 cup uncooked rice
 Take one cup and fill 1/2 with rice and put in the pan. Then fill the same cup up to the top with water and add to the pan.

7
 tsp = teaspoon
 tbsp = tablespoon

**Be a pineapple:
 Stand tall,
 wear a crown,
 and be sweet on
 the inside.”**

- Katherine Gaskin



Italian Veg soup

Ingredients

- 2 chopped onions
- 2 chopped carrots
- 3 chopped courgettes
- 4 chopped sticks of celery
- 1 tbsp oil
- 2 tbsp sugar
- 4 crushed garlic cloves
- 2 tbsp tomato puree
- 1 tsp mixed herbs
- 1 can butter beans
- 1 can chopped tomatoes
- 1 litre vegetable stock
- 2 handfuls of fusilli pasta
- Sprinkle of cheese on top

Prep Time

TOTAL TIME: 1 HOUR 10 MIN

- PREP: 15 MINS
- COOK: 55 MINS



(VEGETARIAN OR VEGAN WITHOUT THE CHEESE)

Serves: 8



Freeze portions of the soup in sandwich bags - 3 ladles or a cup full will measure a portion!



Sometimes it's cheaper to buy meat in bulk and freeze separately until you need it.

Directions

From: <https://www.bbcgoodfood.com/recipes/1094667/italian-vegetable-soup>

1. Gently cook the chopped onion, carrots and celery in the oil in a large saucepan over a medium heat for 20 mins, until soft. Stirring frequently
2. Add the sugar, garlic, herbs, courgettes and cook for 4-5 mins until they brown a little.
3. Pour in the beans, tomatoes and stock, then simmer for 20 mins. If you're freezing it, cool and do so now (freeze for up to three months).
4. Add the pasta and simmer for 10 mins until pasta is cooked.
5. Sprinkle with cheese to serve.
(If frozen, defrost thoroughly then re-heat before adding pasta and cheese and continuing as above)



Serving Options

Heat up some part baked rolls or have cheese on toast on the side!

TIP
Put frozen bread in the toaster when you want it

Satay Sweet Potato Curry



Ingredients

- 1 tbsp oil
- 1 onion
- 2 garlic cloves, grated
- 1 thumb-sized piece of ginger, grated
- 3 tbsp Thai red curry paste
- 1 tbsp smooth peanut butter
- 3 medium size sweet potatoes
- 1 small bag spinach
- 1 tin coconut milk
- 1 lime, juiced
- Rice

Prep Time

TOTAL TIME: 1 HOUR

- PREP: 15 MINS
- COOK: 45 MINS



TIP
Cous Cous is a quick carbohydrate which is ready in just 10 minutes by adding hot water and letting it stand!

Serves: 4

How to cook rice

1. Boil the water in a saucepan with lid.
2. Add the rice
3. Bring back to the boil then reduce the heat to simmer for 10 - 20 min, lid on.



For perfect rice - leave to stand for 5 more mins & serve.

"GIVE UP CARBS?
OVER MY BREAD
BODY!"

Directions

From: <https://www.bbcgoodfood.com/recipes/satay-sweet-potato-curry>

1. Heat 1 tbsp oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger and cook for 1 min.
2. Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.
3. Cook the rice
4. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
5. Stir in spinach and the juice of 1 lime, and season well. Serve with cooked rice.



Variation:

Want some meat?
Add some chopped, cooked chicken.



Spaghetti Bolognese or Chilli



Ingredients

- 400g beef mince
- 400g dried spaghetti
- 2 tbsp oil
- A pinch of dried mixed herbs
- 2 garlic cloves, chopped
- 2 tins of tomatoes
- 1 tbsp tomato puree
- Salt and pepper to taste
- Baked beans (optional)
- Garlic bread (optional)
- Grated cheese to taste (optional)

V

Make it vegetarian - use Quorn mince instead of beef

Serves: 4

Make it into a chilli



Swap the baked beans for 1 tin kidney beans (SC)
Swap the mixed herbs for 1 heaped teaspoon chilli powder
1 tsp paprika (optional) and 1tsp ground cumin (optional)

SERVING OPTIONS:

Goes great with baked potato!



Prep Time

TOTAL TIME: 1 HOUR

- PREP: 15 MINS
- COOK: 45 MINS

"The secret ingredient is always love"

Directions

1. Heat the oven (for garlic bread if needed) and a pan of water for pasta.
2. Heat a table spoon of oil in a frying pan on a medium heat.
3. Brown the mince, drain off the surface fat and put in the rubbish (not down the drain).
4. Add the onion and garlic to the mince. Add herbs, salt and pepper to taste.
5. Add the tomatoes, purée and half fill the tins with water and pour in. Simmer for 30 minutes on a medium heat. Add the baked beans if required for the last ten minutes

6. Cook the spaghetti and garlic bread.

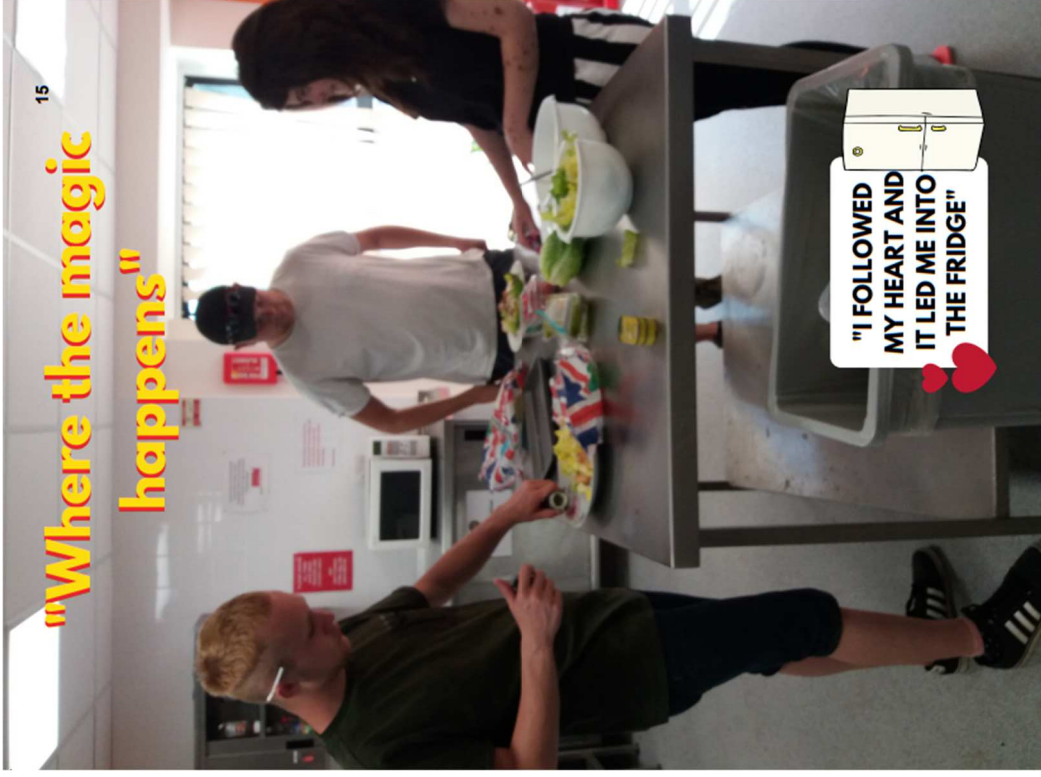
7. Once cooked, serve on cooked spaghetti and add grated cheese to taste.

Cook pasta

1. Bring a big pan of water to the boil with the lid on.
2. Take the lid off and add the pasta. Stir occasionally so it doesn't stick together.
3. Boil over a medium heat for 10 - 12 minutes without the lid on until cooked.

Enjoy with your favourite salad, grated cheese and garlic bread!





"Where the magic happens"

Shepherd's Pie



Ingredients

- 500g beef, lamb or Quorn mince
- 2 small onions
- 5 carrots
- 1 handful of frozen peas
- 1 handful of frozen sweetcorn
- 2 x stock cubes
- Cheese
- 1 tsp butter for mash potato or mayonnaise & milk
- 7 potatoes approx

Prep Time

TOTAL TIME: 40 MINUTES

- PREP: 10 MINS
- COOK: 30 MINS

Serves: 4

V

Swap beef mince for Quorn or 2 tins of chickpeas or lentils

Mashed potato

1. Fill pan with water and boil.
2. Peel and chop potatoes into chunks, add to boiling water - boil with lid on until soft
3. Drain off the water using a colander.
4. Cool slightly, add butter, milk and mash (add cheese) and set aside.

Serving Options:

Serve hot with extra gravy and peas!

"Don't be ashamed of your story, it will inspire others."

Directions

From: <https://www.bbcgoodfood.com/recipes/9644/nofuss-shepherds-pie>

1. Pre-heat oven to 180°C / gas mark 4
2. Make the mash
3. Brown mince in frying pan on high heat. Turn down heat.
4. Chop carrots and then again into quarters and add to the mince then crumble stock cubes over and a cup of hot water.
5. Simmer on medium heat until the carrots are soft.
6. Put mince in a casserole dish then add mash potato to top of mince.
7. Put in the oven for 20 mins until bubbling and brown on top.

Tip

TIP

Poke potatoes with a sharp knife to tell if soft enough to mash.



Tuna Pasta Bake



Ingredients

- 600g pasta of your choice
- 50g grated cheese (topping)
- 100g tin sweetcorn, drained
- 2 tins tuna in spring water
- Garlic bread or salad (optional)

For the white sauce

- 50g butter
 - 2 tbsp plain flour
 - 150g grated cheese
 - 600ml milk (about 1 pint)
1. Melt 50g butter in a pan on a low heat
 2. Stir in 2 tbsp flour with a wooden spoon. Cook for 1 minute until it starts to change colour.
 3. Slowly add the milk bit by bit stirring until smooth.
 4. Take off the heat and stir in most of the cheese.

Prep Time

TOTAL TIME: 30 MINUTES

- PREP: 10 MINS
- COOK: 20 MINS

Serves: 6



Don't like tuna? Swap it out for 2 cups of any of your fave veg and a tin of beans for protein, chopped!

Directions

From: <https://www.bbcgoodfood.com/recipes/5649/tuna-pasta-bake>

1. Preheat the oven to 180°C/160°C Fan/Gas 4.
2. Cook the pasta as directed on the packet in a large pan of boiling water and set aside.
3. Stir in most of the cheese and add the sweetcorn, pasta, tuna and salt and pepper.
4. Pour all into an oven proof dish and sprinkle over remaining cheese.
5. Cook garlic bread and bake pasta dish for 15-20 minutes or until cheese is bubbling on top.
6. Serve right away with garlic bread or salad or both...even baked beans!



Cooking can be really fun and make you feel good about yourself so take your time and enjoy it.



Hunter's Chicken



Ingredients

- 150g tomato ketchup
- 2 tbsp Worcestershire sauce
- 1 tsp salt
- 1 clove of garlic, crushed
- 2 tbsp brown sugar
- 2 chicken breasts or Quorn fillets
- 4-6 rashers of streaky bacon
- 100g cheddar cheese, grated

Easy salad dressing

- 3 tbsp oil
- 1 tbsp vinegar or lemon juice
- salt and pepper

Try

- Adding 1 tbsp mustard or crushed garlic
- Asian style dressing
- 1 clove crushed garlic,
- 2 tsp grated ginger,
- 1 tsp soy sauce
- 1 tsp sugar

Serves: 8

Prep Time

TOTAL TIME: 45 MINS

- PREP: 10 MINS
- COOK: 35 MINS



Put the salad dressing ingredients in a clean jam jar and shake shake shake!

Drizzle over a bag of salad leaves or a mix of your fave lettuce, cucumber, peppers, tomatoes



"Rock bottom became the solid foundation on which I rebuilt my life"



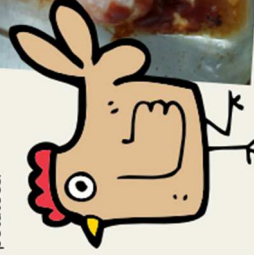
Directions

From: <http://budgetfoodmummy.com/chicken-dishes/hunters-chicken/>

1. Pre-heat oven to 200 °C.
2. Gently heat ketchup, sugar and garlic in a saucepan and cook until sugar is no longer granulated.
3. Stir in the rest of the ingredients and mix well.
4. Wrap the bacon around the chicken, making sure the ends are underneath the chicken when putting them in an oven proof dish.
5. Pour the barbeque sauce over the chicken and then sprinkle the cheese on top.
6. Cook in a preheated oven for 30-35 minutes.

Serving options

Serve with salad, coleslaw and boiled new potatoes.



Chicken Caesar Salad



Ingredients

- 1 medium ciabatta loaf (or 4 thick slices crusty white bread)
- 3 tbsp olive oil
- 2 skinless, boneless chicken breasts
- 1 large cos or romaine lettuce, leaves separated

For the dressing

- 1 garlic clove
- 2 anchovies from a tin
- Parmesan or cheese of your choice for grating and shaving a bit on the top
- 5 tbsp mayonnaise
- 1 tbsp white wine vinegar

Swap

- Swap out the chicken for Quorn chicken to make it vegetarian.
- Leave out the anchovies too.

Serves: 4

Prep Time

TOTAL TIME: 30 MINS

- PREP: 10 MINS
- COOK: 15 - 20 MINS

Make the croutons

1. Heat oven to 200C/fan 180C/gas 6.
2. Tear bread into big chunks.
 - Spread over a large baking sheet or tray.
3. Sprinkle over 2 tbsp olive oil and a sprinkle of salt.
4. Bake for 8-10 mins, turn a couple of times.

"I am not what happened to me I am what I choose to become"

Directions

From: <https://www.bbcgoodfood.com/recipes/2516/chicken-caesar-salad>

1. Rub 2 chicken breasts with 1 tbsp oil and a little salt.
2. Place pan over a medium heat for 1 min, until hot, but not smoking. Lay the chicken on the pan (it will sizzle if it's hot enough) and leave for 4 mins (use your phone timer)
3. Turn the chicken, then cook for 4 mins more. Check if it's cooked by poking the tip of a sharp knife into the thickest part: there should be no sign of pink and juices will run clear.
4. Crush 1 garlic clove. Mash 2 anchovies with a fork against the side of a small bowl.
5. Grate a handful of parmesan cheese and mix with the garlic, anchovies, 5 tbsp mayonnaise and 1 tbsp white wine vinegar. Season to taste. It should be the consistency of yogurt – if yours is thicker, stir in a few tsps water to thin it.
6. Shave the cheese with a peeler. Tear lettuce into large pieces, put in a large bowl. Pull chicken into bite-size strips.
7. Add the dressing, chicken and croutons and mix. Sprinkle the Parmesan on top and serve straight away.

Baked Haddock Risotto



Ingredients

- 1 tbsp oil
- 1 onion chopped
- 340g Arborio rice
- 1280ml fish stock
- 300g smoked haddock diced
- 250g frozen peas

Serves: 4

Prep Time

- TOTAL TIME: 30 MINS**
- PREP: 10 MINS
 - COOK: 15 - 20 MINS

Directions

1. Pre-heat oven to 180°C
2. Heat oil, fry onions - 5 mins
3. Add rice and stir for 2 mins
4. Make up stock and pour into oven proof dish and cook in the oven for 25 minutes
5. Remove from oven and stir in fish and peas.
6. Put back in the oven for a further 8-10 minutes.



Bacon & Cheese Puffs

Ingredients

- 1 roll of ready made puff pastry
- 25-30g grated cheese
- 2 large tomatoes (optional)
- 8 rashers of bacon
- Egg for glazing

Makes: 8

Prep Time

- TOTAL TIME: 30 MINS**
- PREP: 10 MINS
 - COOK: 15 - 20 MINS

Directions

1. Pre-heat oven to 190°C
2. Roll out the pastry and cut into eight
3. Lay rasher of bacon diagonally and fold over so it fits
4. Beat the egg together and brush over the two corners opposite each other you are going to fold.
5. Fold the two edges towards each other so the egg sticks them, brush with remaining egg.
6. Bake in the oven for 15- 20 mins until golden and puffed up.



Easy Homemade Burger & Chips



Ingredients

- 500g beef mince
- 1 red onion (grated)
- 2 garlic cloves (grated)
- 1 teaspoon cayenne pepper
- 1 egg
- Salt and pepper
- Burger buns/chips/salad to serve

For the chips

- Allow approximately 1 lrg potato per person
- Oil to drizzle
- Salt and pepper - you could try cajun spices too!

Easy oven chips

1. Preheat oven to 200°C/Gas Mark 6.
2. Cut the unpeeled potatoes into 1cm thick chip wedges.
3. Wash and dry well on kitchen paper.
4. Place on a non-stick baking tray and drizzle with oil, season to taste.



"You don't have to have it all figured out to move forward...just take the next step"

Serves: 4

Prep Time

TOTAL TIME: 40 MINS

- PREP: 15 MINS
- COOK: 15 - 35 MINS

Directions

From: <https://www.easy-peasyfoodie.com/easy-peasy-homemade-burgers/>

1. Pre-heat your grill to medium-high, leaving your grill tray in the grill so the bars get nice and hot (this will help stop the burgers sticking - if you have problems with this, you could lightly grease the burgers with oil).
2. Mix all the burger ingredients in a bowl.
3. Shape the mixture into 4 burger shapes.
4. Grill for 4-5 minutes on each side, depending on how well cooked you like them.
5. Serve in buns or with chips and a big plate of salad!

Make it vegan



You can make most of these recipes vegan by swapping out the meat or Quorn for meaty veg like mushrooms or aubergine or beans, peas or lentils! Swap out the animal products including meat, milk, mayonnaise and cheese for vegan alternatives.

How about swapping the burger for a portobello mushroom?

Check out **awesome** budget vegan (and non-vegan) recipes by Jack Monroe:

<https://cookingonabootstrap.com/category/vegan-recipes/>
<https://www.bbcgoodfood.com/recipes/collection/budget-vegan>

**LIFE IS
TOO
SHORT
TO SAY
NO TO
CAKE!**

29



Easy Chocolate Cake



Ingredients

- 200g caster sugar
- 200g margarine
- 4 eggs
- 200g self-raising flour
- 2 tbsp cocoa powder
- 1 tsp baking powder
- ½ tsp vanilla extract
- 2 tbsp milk

For the buttercream

- Large bar of milk chocolate
- 200g butter
- 400g icing sugar
- 5 tbsp cocoa powder
- 2 tbsp milk

Special equipment

2 x 20 cm round cake tins
(find them in Wilko)
Greaseproof paper so it doesn't stick.

Serves: 12

Prep Time

TOTAL TIME: 55 MINS

- PREP: 35 MINS
- COOK: 20 MINS

Super quick microwave



Try a super quick microwave mug cake recipe!

Ask Google or scan this QR code



"I EAT CAKE BECAUSE IT'S SOMEBODY'S BIRTHDAY SOMEWHERE"

Directions

From: <https://www.bbcgoodfood.com/recipes/easy-chocolate-cake>

1. Heat oven to 190C/170°C fan/gas 5. Butter the base and sides of two 20cm round cake tins and line the bases with greaseproof.
2. In a large bowl, beat together caster sugar, butter, 4 large eggs, self-raising flour, cocoa powder, baking powder, vanilla extract and milk.
3. Divide the mixture between the tins. Bake for 20 mins.
4. Leave to cool.
5. For the buttercream, put chopped milk chocolate in a heatproof bowl and melt in the microwave, stirring every 30 secs. Leave the melted chocolate to cool for 5 mins.
6. Mash butter and icing sugar together with a fork, then switch to a wooden spoon or electric beaters, if you have them.



TIP

If you don't have a cooling rack handy you could use an oven shelf or transfer the cake to a cool plate or chopping board

7. Sift in cocoa powder using a sieve and pour in the melted chocolate and milk. Mix again until smooth.
8. Sandwich the cakes together with half of the buttercream, then spread the rest on top



Coleslaw & Jacket Potatoes

Ingredients

- 4 tbsp mayonnaise
- 2 tbsp lemon juice
- 1 tsp mustard
- Salt and pepper
- ½ white cabbage, trimmed and shredded
- 1 small onion, peeled and finely chopped
- 4 large carrots, peeled and coarsely grated

Alternative

For a fruity curried coleslaw, add

- 1- 2 sticks of celery, sliced
- 1 apple grated
- 8 chopped dried apricots
- 1 handful of raisins or sultanas
- Replace the 1 tsp mustard with curry paste (or curry powder)

Serves: 4

Prep Time

TOTAL TIME: 1 HOUR

- PREP: 20 MINS
- COOK: 40 MINS



"LIFE IS LIKE A JACKET POTATO YOU HAVE TO FILL IT WITH THE BEST INGREDIENTS"

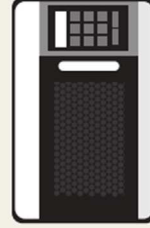
Directions

From: <https://www.goodtoknow.co.uk/recipes/coleslaw#BywYlBkw4qbqTKY3.99>

1. Chop or shred the cabbage, grate the carrot and finely slice the onion.
2. Mix mayonnaise, lemon juice, mustard and salt and pepper in a large serving bowl.
3. Add the cabbage, onion and carrots and stir well to coat in the dressing.

Cooking Jacket Potatoes

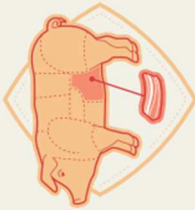
- Heat the oven to 200°C/ gas mark 6
- Rub with a little oil or butter
- Prick with a fork
- Bake for 40 or so minutes until soft.



- Or you can cook them in the microwave for 10-15 minutes, turning halfway through



Sausage Rolls



Choosing your sausages

Look out for British-bred meat and products showing the Soil Association and Freedom Food logos which are good indicators of quality. Take a trip to your local butchers or if you need to buy sausages in the supermarket read the label to see how much meat is in them - cheaper versions are often bulked up with water, fat and other additives. There should be a minimum of 42% meat, however good quality sausages from your local butcher should be higher.

Ingredients

- 1 pack of puff pastry
- 8 sausages, skinned
- 1 egg
- grated cheese
- 1 tsp dried herbs

Serves: 8

Prep Time

- TOTAL TIME: 25 MINS**
- PREP: 15 MINS
 - COOK: 10 MINS

Variations to add to the meat

- Spanish** - Add three heaped teaspoons of paprika.
Herby - Add two heaped tsp dried sage to some lightly browned onions.
Veg surprise - Soften some cubed swede, parsnip, potato and carrot and add to the sausage meat with a pinch of salt.

Directions

From: <http://allrecipes.co.uk/recipe/28456/basic-sausage-rolls.aspx>

1. Set the oven to 180 C / Gas 4. Roll out your puff pastry and split into two even parts, long ways.
2. Cut a hole at the end of each sausage and squeeze out all the meat. Then lay the sausage meat across the middle of the pastry.
3. Crack an egg in a jug or bowl and whisk with a fork. Get a brush and spread the egg along one side of the pastry.
4. Fold the pastry together and seal down with a fork and if it keeps opening add more egg if needed.
5. Cut into any sizes you want and put on a tray and sprinkle on grated cheese or mixed herbs.
6. Bake in the oven for 10 minutes or until golden brown on top.



Always pre-heat the oven first so it is the right temperature when you need it!



MY WEEKLY MEAL PLAN

It's hard to live on a limited weekly budget, but you can do it with some planning.

TUESDAY

Omelette and salad

THURSDAY

Smoked haddock risotto with boiled carrots.

SATURDAY

Sweet potato curry with brown rice.

MY WEEKLY MEAL PLAN

TUESDAY

THURSDAY

SATURDAY

MONDAY

WEDNESDAY

FRIDAY

SUNDAY

MONDAY

Hunter's chicken with baked beans and salad on the side

WEDNESDAY

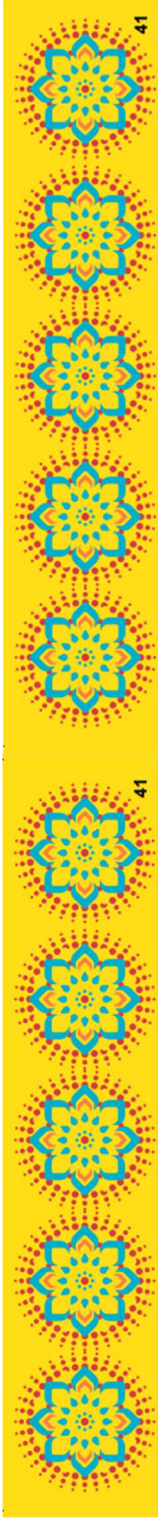
Spaghetti bolognese (split the mix and make 1/2 into chilli)

FRIDAY

Jacket potato with chill and sweetcorn on the side

SUNDAY

Burger with salad.



Recipe

Title:

Prep Time:

Ingredients:

Servings:

Total Time:

Method:

Title:

Prep Time:

Ingredients:

Servings:

Total Time:

Method:



Useful cookery websites

43

All round useful cookery website:
www.bbcgoodfood.com



Like to watch a video to help you prepare food?
www.tasty.co



If you're confused: **Google it!** :)

Try these cooking apps:

Yummly

BBC Good Food

Kitchen Stories

All Recipes

Jamie Oliver Recipes

You can do it!



Nourishing Suffolk Together



We hope you've found this
cookbook useful!

From **OUR VOICE** Ipswich



For Leaving Care Support or to get involved
in Our Voice where you are speak to your
worker or visit The Source website.



www.thesource.me.uk/leavingcare

