

COVID COOKING



And Beyond



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**In this Covid Cooking And Beyond recipe book
we've included some quick, cheap and easy recipes
using everyday ingredients...**

We hope you have fun trying them out!

Don't forget to substitute any ingredients you are allergic to



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Pea Soup



What you'll need:

- 1lb peas fresh or frozen
- 1 bunch of spring onions
- 1 round lettuce
- 1 pint chicken stock or try ham stock cubes for a tasty change
- 1oz butter
- ¼ teaspoon of castor or fine granulated sugar
- 1 clove of garlic
- Salt and pepper to taste



***If you don't have any fresh or frozen peas try using tinned mushy peas instead!**

How to make it:

1. Peel and crush the garlic
2. Trim and slice the spring onions
3. Soften them both in the pan with the butter for 3 minutes
4. Then add the stock, peas, roughly chopped lettuce, sugar, salt and pepper – bring to the boil
5. Simmer roughly for 5 minutes
6. Then blend and serve

*"I didn't know you could use tinned peas in pea soup
- it tasted delicious!"*



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Tomato Soup



What you'll need:

- 1 teaspoon oil
- 1 large onion, chopped
- 2 carrots, diced
- 2 sticks celery, chopped
- 400g chopped tomatoes
- 1 pint vegetable stock
- Salt and pepper to taste



How to make it:

1. Heat the oil in a large pan
2. Add the carrot, celery and onion and sweat for 3-4 minutes until they begin to soften
3. Stir in the remaining ingredients and bring to the boil
4. Cover and simmer for 25-30 minutes until the vegetables are tender
5. Puree the soup in a liquidiser or hand blender until smooth

*"This is so easy to do and
I've always got a tin of tomatoes in"*



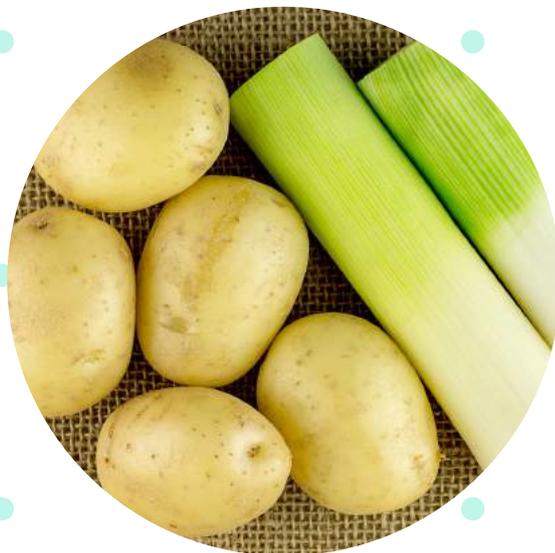
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Leek And Potato Soup



What you'll need:

- 2 large leeks
- 3 large potatoes diced
- 1/2 pint semi skimmed milk
- 1 pints vegetable stock
- Salt and pepper to taste



How to make it:

1. Peel and slice the leeks
2. Sweat in a pan until the leeks change colour
3. Add the stock and season to taste cover and simmer for 30 mins
4. Once potatoes are cooked add the milk—DO NOT BOIL
5. Put the soup into bowls, then serve

"I couldn't get any leeks so I used onions instead and it was lovely"



Chickpea And Potato Curry



What you'll need:

- 2 tins of chickpeas
- 2 potatoes cut into cubes
- 1 medium onion chopped
- 4 cloves of garlic chopped
- 1 tbsp oil
- 1 tsp curry powder
- 1 tsp cumin powder
- 1/2 tsp turmeric powder
- 1 tsp coriander powder
- 2 cups of water
- 1 tin chopped tomatoes



How to make it:

1. Heat the oil in a large pan and fry the onion and garlic until brown
2. Add all the spices and fry for a few minutes
3. Add a little water to stop them from burning
4. Stir in chickpeas, potatoes and tinned tomatoes
5. Add the rest of the water and cook for 10-15 minutes

This curry is great when served with with our chapattis!

*"I would never of trying this curry
but it was really nice"*



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Chapatti



What you'll need:

1 cup of flour

1 tbsp oil

Warm water (heat some cold water in a pan or part boil a kettle)



How to make it:

1. Put flour into a bowl
2. Add the oil and some warm water and mix
3. Mould into balls
4. Then roll them out flat
5. When ready to cook, place in a dry frying pan on a medium heat, roughly a minute each side

These are great with a curry as a healthy alternative to a naan bread!

"Really easy to do and the kids loved making them. It was also good as couldn't always get bread!"



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Fish Chutney



What you'll need:

- 2 tins of sardines in oil
- 2 large chopped tomatoes
- 1 chopped onion
- Curry powder mild to medium depending on your taste



How to make it:

1. Simply put the sardines into the pan including the oil
2. Add the tomatoes, onions and curry powder
3. Fry the mixture until the onions are soft
4. Serve either hot with rice or a baked potato
5. It is also wonderful cold on crispy bread or toast

"Love this as it's easy to make and so good"



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Tandoori Chicken Tikka



What you'll need:

750g chicken breast

Spices: Tandoori Masala, cumin, curry and chilli powder (or use a ready mixed paste)

Plain yoghurt

1 pepper

1 White onion

2 tablespoons Ginger paste

2 tablespoons Garlic Paste

Food colouring (if you want a more intense colour)

Lemon juice

Oil

Salt



How to make it:

1. In a non-stick pan, put oil, ginger, garlic, chicken breast and fry for a few minutes on a high heat
2. Slice the onions and peppers and keep to one side
3. Add the yoghurt, tandoori masala, cumin, curry and chilli powder (or use a ready mixed paste) salt, lemon juice and the food colouring to the chicken
4. Mix it well and cover the pan with a lid for 5 minutes
5. Add sliced the onions and the peppers
6. Stir and cook well for another 10-15 minutes until all of the liquid has evaporated and the chicken is cooked
7. Enjoy with a salad or chapattis (see our chapatti recipe)

"Was great to be able to do this at home as I was afraid to go out to buy one"



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Baking Powder Bread



What you'll need:

- 8oz/225g of self raising flour
- 1 teaspoon of baking powder
- 1/2 level teaspoon of salt
- Water to mix



How to make it:

1. Pre heat the oven 180c / gas mark 4
2. Sift the flour, baking powder and salt into a bowl
3. Add the water and mix to form a dough
4. Knead the dough and make into a round
5. Place onto a flat baking tray and bake for 30 mins
6. Allow to cool on a rack if you have one before serving

"A really useful recipe as we ran out of bread a few times"



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Tuna Bread Quiche



What you'll need:

- 5 slices of bread
- Tomato ketchup/relish
- Tuna in brine
- Small tin of sweet corn
- 3 eggs beaten with milk
- Grated cheese
- 1 sliced tomato
- Margarine to grease dish
- Seasoning to taste



How to make it:

1. Grease the quiche baking dish
2. Pre heat oven 190°C/375°F/Gas mark 5
3. Cut crusts off the bread
4. Spread the bread with tomato sauce
5. Line the dish with the bread tomato side up
6. Mix tuna, eggs, milk & sweet corn together
7. Pour on to bread, sprinkle cheese on top, place tomato on the top
8. Cook in the oven for approximately 30 to 40 mins until cooked and golden

"I couldn't get flour for ages so this recipe was good!"



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Cheese And Onion Bread Quiche



What you'll need:

- 5 slices of bread
- 3 eggs beaten with milk
- Grated cheese
- 1 onion sliced
- Any vegetable/s of your choice
- Margarine to grease a baking dish
- Seasoning to taste



How to make it:

1. Grease the quiche baking dish
2. Pre heat oven 190°C/375°F/Gas mark 5
3. Cut crusts off the bread
4. Line the dish with the bread
5. Soften the onions and vegetables in a frying pan
6. Mix with most of cheese, eggs, milk & onion together
7. Pour on to bread, sprinkle rest of cheese on top
8. Cook in the oven for approx. 30—40 minutes until cooked and golden



Vegetable Frittata



What you'll need:

- 500g new potatoes, scrubbed
- Low-fat cooking spray
- 3 onions, chopped
- 1tsp dried herbs
- 10 cherry tomatoes
- Any leftover cooked veg you want to use (optional)
- 1 heaped tsp Dijon mustard
- 6 large eggs



How to make it:

1. Peel the cooked potatoes and cut into bite size chunks
2. Spray a 25cm heavy based frying pan with low fat cooking spray, fry the onions for 10mins until softened, adding a little water when necessary
3. Stir in the herbs
4. Heat the grill to a medium hot
5. Add the potatoes to the pan so they are evenly spread over the base
6. Add and arrange any cooked vegetables you are using, then top with tomatoes and season to your taste
7. Stir the mustard into the eggs, then pour the mixture over the top of the vegetables in the pan
8. Cook on the hob over a low heat for 6-10mins, until the base is set
9. Brown top under grill for 5 mins

"What a great way to use up cooked veg!"



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Salmon And Potato Bake



What you'll need:

213g Salmon canned – drained and juice kept to one side

1 Onion, peeled and chopped

25g/1oz margarine

25g/1oz flour

300ml/ 1/2 pint milk

25g/1oz grated cheese

25g/1oz bread crumbs

4 potatoes washed and sliced



How to make it:

1. Pre-heat oven to 170c / gas mark 3
2. Mash the salmon in a bowl
3. Fry the onions in the butter in a pan until soft
4. Stir in the flour and fry for a few minutes
5. Remove from the heat and gradually blend in the milk and the reserved salmon juice
6. Bring to the boil and simmer for 3 minutes
7. Season to taste
8. Put the sliced potatoes a pan and cook till almost done.
9. Layer the potatoes and salmon mixture in a casserole dish – ending with a layer of salmon
10. Sprinkle bread crumbs and grated cheese on the top and put it into a pre heated oven 170c / for 15 – 20 minutes
11. Served with green vegetables



Lentil 'Shepherds Pie'



What you'll need:

- 1 onion, chopped
- 2 carrots, chopped
- 1 clove garlic, finely chopped
- 100g/3½ oz mushrooms
- 1 tbsp vegetable oil
- 150g/5½oz no soak lentils
- 400g chopped tomatoes
- 1 vegetable stock cube
- 2 large potatoes, diced
- 1 swede, chopped



How to make it:

1. Preheat oven to 200°C/gas mark 6. Peel and finely dice the onion and carrots, crush the garlic and chop the mushrooms
2. Heat the oil in a large pan and gently sauté the onion, carrot, garlic and mushrooms until soft
3. Add the lentils and chopped tomatoes and stir
4. Add 350ml water, crumble in the stock cube, cover and cook gently for about 20mins, stirring occasionally, until the lentils are cooked and soft
5. Meanwhile peel and cube the potatoes and swede
6. Place the swede in a pan of water, bring to the boil and cook for 7-10mins
7. Add the potatoes and continue to cook for 15-20 mins, until both are cooked.
8. Drain and mash until smooth
9. Place the lentil mix in an oven proof dish; top with the mash
10. Cook for 15-20mins until golden brown on top



Vegetable Topped Cottage Pie



What you'll need:

- 500 g lean mince beef or Quorn mince
- 1 medium sized onion
- Gravy granules (low salt)
- 5-6 large potatoes
- 1/4 swede
- 1/4 cauliflower head
- 1/4 broccoli head
- 2 medium carrots
- 50g grated cheese



How to make it:

1. Peel and chop onion, potatoes, turnip cauliflower broccoli and carrots
2. Put carrots and swede together and cauliflower and broccoli together and cook
3. Cook the potatoes in a separate pan
4. While the vegetables are cooking, in another pan brown off the mince
5. Drain off the excess fat from the mince, return to pan
6. Add the onion and just enough water to cover the mince, and cook until the onion is soft
7. Add the gravy granules to make a thick consistency
8. Place into a heat proof dish
9. When the vegetables are cooked, mash then together and cover the mince, smooth over the top and sprinkle over the cheese
10. Place into a hot oven or grill until cheese has melted

"Great as I already had everything in the house!"



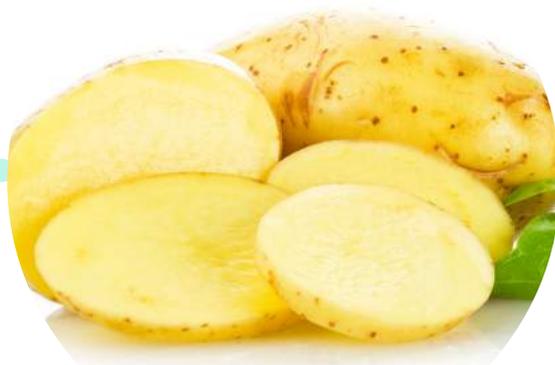
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Hot Pot



What you'll need:

- 2 potato thinly sliced
- 1 medium onion thinly sliced
- 1 cup reduced salt vegetable stock
- 2 pork chops / braising steak
- 1 pinch ground black pepper
- Frozen vegetables



How to make it:

1. Preheat the oven to 190°C, gas mark 5
2. Arrange a layer of the potato slices followed by a layer of onion slices in a baking dish
3. Pour in the stock
4. Put the pork chops on the top of the potatoes and a sprinkle of veg and repeat the onions and potato layer
5. Cook for 30 minutes minimum but check to make sure potatoes are soft
6. If necessary, finish off for a couple of minutes under the grill before serving

"Reminds me of being young - I had forgotten about it"



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Apple And Pear Crumble



What you'll need:

- 1 1/2lb eating apples
- 4oz plain flour
- 2oz low fat spread
- 4oz rolled oats
- 1oz brown sugar
- 1 tin of pears in juice - chopped



How to make it:

1. Pre heat oven 190°C/375°F/gas mark 5
2. Boil 2 fluid oz of water in a pan
3. Peel the apples, remove cores add to the water and bring to the boil.
4. Cover tightly and cook on the lowest heat for 5 minutes
5. Place flour and low fat spread in bowl and mix with fork.
6. Rub in low fat spread. Stir in oats and 1oz of sugar
7. Add chopped tinned pears to the apple mixture
8. Tip apple mixture into a pie dish and sprinkle over the flour mixture to cover.
9. Bake for 15-20 minutes until brown



Quick Tiramisu



What you'll need:

- 8 sponge fingers
- 125ml/1/4 pint serving coffee
- 2 teaspoon caster sugar
- 250g mascarpone
- 125ml/1/4 pint of orange
- Few drops of Vanilla
- Dark chocolate grated or cocoa powder to decorate



How to make it:

1. Use a medium dish around 8 to 10 inches in diameter, and arrange sponge fingers in the dish
2. Sweeten coffee with 1 teaspoon of sugar and pour over the sponge fingers
3. Place the mascarpone in a bowl and whisk with rest of sugar
4. Add a little of orange juice to give a loose, shiny consistency
5. Pour the rest of the juice over the sponge fingers
6. Smear the mascarpone mixture over the sponge
7. Decorate the top with cocoa powder or grated chocolate
8. Keep in the fridge until ready to serve



Banana And Satsuma Trifle



What you'll need:

- 75g Madeira cake, sliced
- 2 tablespoons orange juice
- 1 sachets sugar-free orange jelly
- 2 Satsuma's or 1 oranges, peeled and sliced
- 1 bananas, sliced
- 1 tin readymade low-fat custard
- 1 x 100g carton virtually fat free fromage frais
- 4 tablespoons light crème fraîche
- To decorate: Fruit, eg. star fruit, fresh figs



How to make it:

1. Layer the cake slices in the base of a large serving dish
2. Sprinkle over the orange juice
3. Make up the jelly according to the pack instructions, leave to cool
4. Layer the satsumas and the bananas over the trifle sponges.
5. Pour over the jelly and leave to set
6. Mix together the custard, fromage frais and crème fraîche and spoon over the trifle
7. Decorate with the fruit and serve



Filo Apple Pie



What you'll need:

- 1½ lb of eating apples
- 1oz brown or white sugar
- Juice of one lemon
- 2 tablespoons of water
- Ready Made filo pastry
- Cinnamon



How to make it:

1. Pre heat oven 190°C/375°F/gas mark 5
2. Peel the apples, remove cores add to the water
3. Add lemon juice and sprinkle the sugar over
4. Cover with cling film and cook in a microwave for approximately 2 minutes
5. Put the apple into a foil containers
6. Scrunch up the sheets of pastry and pop on top of the apple
7. Pop onto a baking tray and brush with milk and sprinkle with cinnamon
8. Bake for 15—18 mins until golden on the top

Try this recipe with lots of different fresh, frozen or tinned fruit and serve with low fat natural yoghurt



The recipes featured in this book use a number of store cupboard staple ingredients - we'd suggest keeping the following items in your cupboards and freezer so you can easily make the dishes featured as well as many other tasty and healthy meals.

1. Tinned tomatoes in juice: a great versatile ingredient, used as a base for many dishes.
2. Tinned fish: such as tuna in water, oily fish like salmon, sardines and pilchards are also a great healthy choice.
3. Herbs and spices: adding flavour is important when it comes to cooking with less salt. Dried herbs and spices are an inexpensive way of doing that and have the advantage of keeping for a while if they are kept well sealed and out of direct sunlight.
4. Unsaturated oil: choose fats like rapeseed, sunflower and olive oils for cooking, rather than butter, lard or ghee.
5. Whole wheat pasta: higher in fibre than white pasta, whole wheat pasta is a filling choice and will keep for a long time in your cupboard ready for a quick evening meal. Use it as a starchy accompaniment for main meals as well as having it cold in pasta salads.
6. Onions: a basic ingredient that contributes towards your five a day, onions are a versatile ingredient. They keep well stored in a cool, dark place without needing to be refrigerated.
7. Tinned pulses: pulses are a good ingredient to bulk out meat dishes as well as being a vegetarian source of protein. Dried pulses keep well too but when they are tinned in water they are ready to eat making them a quick and easy choice.
8. Plain flour: a bag of plain flour can be useful for making pancakes and scones.
9. Potatoes: whether they are baking potatoes, sweet potatoes or new potatoes, these root vegetables keep well when stored in a cool, dark place.
10. Tinned fruit in juice: tinned fruit keeps for ages and will count towards your five a day. During the winter it can be a good way of getting more exotic fruits in your diet like peaches, apricots and pineapple. Just make sure the fruit is tinned in fruit juice rather than syrup (which is full of sugar).
11. Dried fruit: dried fruits such as sultanas, apricots, figs and dates are all useful for adding sweetness to breakfasts, dried fruit still contributes to your five a day and can also be a source of nutrients like fibre and iron.
12. Frozen peas: frozen vegetables can sometimes have more nutrients in them than fresh and will count towards your five a day. Having a bag of peas in the freezer means you will never be short of a vegetable to serve with your main meals and you can also use defrosted frozen peas as an addition to salads as well as to make a filling soup.
13. Bread: it's always useful to have a sliced loaf of wholegrain bread in the freezer. If you don't get through bread quickly, having it ready sliced means you don't have to defrost the whole thing in one go. Just take out individual slices as and when you need them.
14. Eggs: at breakfast, lunch and dinner, eggs are a quick to cook source of protein.
15. Low-fat yoghurt: use it for breakfast with cereals, to make dips or to have with fruit as a pudding. A pot of low fat natural yogurt is useful to keep in the fridge and can be more versatile than fruit flavoured ones.

Ten tips for energy-efficient oven cooking

1. Cook in batches: cook as much as possible in the oven in one go to make sure all the space and heat is being used. You can always freeze portions of food to warm up at a later date.
2. Keep the oven closed while you're cooking: when cooking, each time you open the door the oven loses heat and requires more energy to get back up to temperature. Also, try to keep the oven door clean so you can look in, rather than having to open it to see how your food is doing.
3. Defrost frozen food in the fridge overnight: defrosting food in advance typically halves the cooking time.
4. Get to know your oven: learn how long it takes to pre-heat, so you're ready to start cooking as soon as it's up to temperature.
5. Pre-boil potatoes before roasting: by doing so you'll reduce the amount of time they take to cook in the oven.
6. Use glass or ceramic dishes: they're the most efficient to use in the oven and can reduce the temperature required for cooking.
7. Use stainless steel skewers: insert them into baked potatoes and joints of meat to speed up the cooking process.
8. Cut food into smaller pieces: that way it will cook more quickly.
9. Use the fan assist cooking option: this allows you to set the oven at a lower temperature compared to when using the static cooking option.
10. Turn your electric oven off ten minutes before the end of the cooking time: it will still keep to the same temperature for this time period.





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We hope you enjoyed our Covid Cooking And Beyond recipe book - visit our website for more ideas and inspiration

www.healthworksnewcastle.org.uk



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