



**Recipe
Booklet
2016**

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10 Minute Chicken Curry

45ml olive oil
1 medium onion
400g chicken fillet
2 cloves garlic
1 tsp tomato puree
1 green chilli
¼ tsp garam masala (or 1 tsp curry paste)
¼ tsp salt
30ml double cream
½ tsp ground cumin
¼ tsp ground coriander
¼ tsp turmeric

1. Finely chop onion, garlic and chilli, taking out seeds unless you want a really hot curry.
2. Chop the chicken into small pieces.
3. Heat a frying pan with 3 tsp of the oil. Fry the onion for 1 minute, then put in the chicken and fry for 5-6 mins.
4. Add the garlic and chilli and fry for a further 2-3 mins, stirring.
5. Add the salt, turmeric, cumin and coriander.
6. Add the tomato puree and the garam masala and stir in, followed by the double cream.
Serve with rice or naan.

Naan Bread

For the dough:

250g/90z plain flour

2 tsp sugar

½ tsp salt

½ tsp baking powder

½ tsp baking powder

110-130ml/3½ -4½ fl.oz milk

2 tbsp vegetable oil, plus extra for greasing

For the topping:

Nigella, poppy or sesame seeds or chopped garlic and coriander

1 tbsp butter to serve

1. Sift the flour and add the sugar, salt and baking powder together in a bowl.
2. Mix together the milk and oil in another bowl.
3. Make a well in the centre of the flour mixture and pour in the liquid. Slowly mix the dough together by working from the centre and incorporating the flour from the edges of the 'well' to make a smooth, soft dough. Knead well for 8-10 mins, adding a little flour if it is too sticky.
4. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for at least an hour, until doubled in size. Then knock the dough back and form into five balls.
5. Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.
6. Roll the dough balls out quite thinly, ideally in a teardrop shape. Sprinkle over your chosen topping and press into the surface of the dough. Place the naans onto the hot baking sheet and grill for just 1-2 minutes or until lightly browned. Brush with butter and server hot.

Pakora

1 medium potato
1 medium onion
1 green chilli
1tsp dried fenugreek leaves
½ tsp chilli powder
1 cup gram flour
Salt
Vegetable oil

1. Mix gram flour, chilli powder and salt
2. Add water to make thick and smooth batter. Beat the mixture with your hands until smooth. Set to one side.
3. Cut the potato and onion into thin slices. Chop the green chilli.
4. Add potato, onion, green chilli and dry fenugreek leaves to the batter and mix thoroughly.
5. Heat the oil in a deep frying pan/kadhai on high. Then reduce the heat.
6. Take a little batter (about 2tbsp) with your fingers and drop it in the oil in the form of a small ball. Deep fry (6-8 at a time) until golden brown.

Yorkshire Pudding

4oz/110g plain flour
1 egg
½/285ml pint fresh milk

Preheat oven to 220 c /425 f / gas mark 7

1. Mix all together with whisk.
2. Put oil in each muffin dip in baking tray and heat tray through by putting it in the hot oven for 10 mins.
3. Pour mixture in each dip and bake for 30 minutes.

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Deserts and Biscuits
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Banoffee pie (serves 6)

INGREDIENTS

For the shortcrust pastry (or buy ready-made)

- 115g/4oz plain flour
- 50g/2oz chilled butter, cubed

For the toffee filling

- 397g/14oz can condensed milk (boiled in un-opened can – prepare in advance)

For the topping

- 200ml/7fl oz double cream
- 2 bananas
- a shot of coffee (optional)
- a little drinking chocolate, for sprinkling (optional)

METHOD

1. For the shortcrust pastry, put the flour into a bowl and rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Add cold water gradually, mixing to form a soft dough.
2. Roll out the dough on a lightly floured work surface and use it to line a 20cm/8in flan tin. Cover in cling film and place in the fridge to chill for 30 minutes.
3. Preheat the oven to 200C/400F/Gas 6. Bake blind in the oven for about 15 minutes (cover with foil and beans to stop bubbling), then cook for a further five minutes to dry out the base. Remove from the oven and cool.
4. For the toffee filling, boiled the can un-opened for between 2 and 4 hours (for lighter to darker colour / thin to thick texture). When tin is cooled, open and spread over cooled pastry base.
5. Slice the bananas over the toffee.
6. Whip the double cream in a large bowl until it just holds its shape and add coffee shot if desired. Spread evenly over the bananas.
7. Sieve a tea spoon of drinking chocolate evenly over cream and serve or chill in fridge for later.

Basboussa

Basboussa is a Middle Eastern sweet cake like dessert, soaked in a rose water and lemon syrup. It's baked in a large dish and cut into diamonds.

Cake ingredients –

2 ½ cups fine Semolina

½ cup flour

½ cup fine desiccated coconut

1 cup sugar

1 cup smooth natural yogurt

1 cup melted unsalted butter

1 ½ tsp baking powder

Almond pieces

For the Syrup –

In a medium sauce pan dissolve the sugar and the water on a medium heat then add the lemon juice and bring to a boil while mixing. Once the syrup begins to boil stop mixing and reduce the heat.

Allow to boil slowly for about 5 minutes.

Add the rose water and set aside to cool.

For the cake –

In a large bowl combine the semolina, baking powder, flour, coconut and sugar. Mix well.

Add yogurt and melted butter and mix again (best by hand).

Spread the mixture in a greased baking dish and smooth.

With a butter knife make diagonal lines from left to right to make diamond shapes.

Place an almond piece in the centre of each diamond.

Set aside for about 30 minutes then bake in the oven on gas mark 4 for 35–45 min until golden.

Remove from oven and pour the syrup over the cake until no more can be absorbed.

Allow to cool for at least 4 hours before cutting.

Enjoy with a cup of tea or coffee.

“SAHTANE “ arabic meaning “ Good Health”

Easy Oaty Fruit Dessert

Fruit (stewed or tinned) e.g. apples, berries
3oz/85g Margarine or butter
3oz/85g brown sugar
4oz/110g oats

1. Stew fruit if not done already.
2. Put fruit in base of serving dish.
3. Melt the butter and mix in other dry ingredients to make the topping.
4. Add topping and serve with custard or cream.

Basic Scone Recipe

225g/8oz of self-raising flour
2 teaspoons of baking powder
1 tablespoon caster sugar
50g/2oz butter
1 large egg
some milk

Fruit Scones

Add 50g/2oz of sultanas or raisins with the caster sugar

Cheese Scones

Omit the sugar and add 50g/2oz of grated cheese and a pinch of salt

Oven: Gas 7/220c/425f

1. Sift the flour and baking powder into a bowl
2. Rub the butter into the flour until it resembles fine breadcrumbs
3. Stir in the sugar
4. Crack an egg into a measuring jug and beat, add enough milk to the egg to make the volume up to 125ml.
5. Add this to the dry ingredients and mix to form a soft dough
6. Turn the dough onto a floured surface, roll to about 3cm thick and cut into circles
7. Put on a baking sheet and brush with a little milk
8. Place on the top shelf of an oven for approx 10 mins.

Oat Crunchies

4oz margarine
4 oz granulated sugar
1 tspn syrup
1/2 tspn bicarbonate of soda
1 tspn water
4oz self raising flour
4oz porridge oats

Heat oven to gas 4 / 180C / 350F

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1. Melt together in microwave or saucepan.
 2. Remove from heat. Shape into about 20 balls and flatten on a baking tray Cook for about 10 minutes or until golden.
 3. Leave to cool on wire rack.
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Pakistani seviyan

Sweet roasted vermicelli in milk, cardamom with pistachios and almonds

INGREDIENTS

Half packet roasted vermicelli, crushed into small pieces

25g sugar

1 pint whole milk/soya milk/almond milk

50g butter/ghee

142ml single cream

4-5 cardamom pods

Handful of pistachios and almonds or raisins

METHOD

1. Melt butter

2. Crush the vermicelli into butter and cook for a few minutes...you will start getting the aroma of the vermicelli

3. Pour in the milk and the cardamom pods and the sugar....stir for about 5 minutes.

4. Then pour in the single cream and cook for further couple of minutes ...always stirring and then take off heat.

5. Garnish with chopped finely pistachios and almonds.

6. Enjoy hot or cold.

Sooji Halwa



Ingredients

½ cup of fine Semolina

¾ cup of Caster Sugar

¼ cup of Unsalted Butter

1 ½ cups of Water

1 Green Cardamon Seed

Sultanas

Dates

Pistachio nuts

Desiccated coconut

} Optional ingredients
Amount to own personal taste

Method

Melt sugar into boiling water and set aside,

Melt butter in a pan and add semolina (Sooji),

Stir until it becomes the desired brown colour,

Add cardamon seed

Pour over water slowly, stirring continuously until evenly mixed,

Add sultanas and simmer until thickens,

Serve and decorate with either dates, pistachio or sprinkle with coconut.

Enjoy warm or cold with a nice cuppa ;0)

Section C

Healthy/Ramadan Recipes

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Red Lentil Soup

Ingredients are approximate. Spices can be adjusted to taste.

- 1 tbsp olive/rape/coconut oil
- 2 large onions chopped
- 2 cloves of garlic
- 2 large cups of red lentils rinsed well in warm water
- 2 tbsp of tomato puree
- half bunch coriander
- 2 celery sticks
- 3 potatoes cut into small cubes
- 1 green chili
- 2 carrots cut into small cubes
- 1 tbsp of ground paprika
- 1 tsp of ground cumin
- 1 tsp of ground black pepper
- 1 tsp turmeric
- 1 tsp mild curry powder
- 2 tbsp stock powder or 1 cube chicken or veg
- 2 large pinches of salt
- 1 lime or lemon to serve

1. In a large pan, heat oil then add the onions and cook until softened.
2. Add the garlic and cook for another minute or so.
3. Add all the spices, tomato puree and salt, mix very well.
4. Then add carrots, potatoes, chili and celery, mix well then let cook for 5 minutes or so.
5. Then add the lentils mix together and add approximately 4 cups of hot water. Bring to the boil add stock and coriander and leave to simmer for approximately 30 minutes or when lentils are tender. Extra water may be needed.
6. Check for taste and adjust seasoning.
7. Can be served as it is or blend for a smoother consistency.

Enjoy with a squeeze of lemon.

Chickpea Curry

2 cups cooked (or canned) chickpeas
¾ cups diced onions
⅔ cup diced tomatoes
1 tsp garam masala
1 tsp cumin
1 tsp turmeric
1 clove garlic
⅓ tsp ginger paste/ground ginger
1 tbsp oil
salt

Optional additional ingredients:

Pinch of hing
Few cloves
½ tsp strong chilli powder
¼ tsp black peppers
½ tbsp cinnamon powder
2 bay leaves
½ - 1 cup of water

1. Heat oil with hing
2. Add onions, tomatoes and all the spices. Saute until the onions turn light brown.
3. Add chickpeas, water and salt (set aside a few chickpeas, mash them and add to the pot to thicken the curry)
4. Simmer for 15-20 minutes on a low heat
5. Sprinkle with coriander leaves. Serve hot with puris, rice or roti.

Date Energy Balls

makes about 2 dozen

2 cups walnuts, or other nut/seed of choice
1 cup shredded unsweetened coconut
2 cups soft Medjool dates, pitted
2 tablespoons coconut oil
1 teaspoon sea salt
1 teaspoon vanilla extract

1. In a large food processor fitted with an "S" blade, process the walnuts and coconut until crumbly. Add in the dates, coconut oil, vanilla and sea salt and process again until a sticky, uniform batter is formed.
2. Scoop the dough by heaping tablespoons, then roll between your hands to form balls. Arrange them on a baking sheet lined with parchment paper, then place in the freezer to set for at least an hour before serving. Store the balls in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life. (I prefer them frozen, myself!)
3. For a gourmet-looking truffle, you could also roll them in shredded coconut or cocoa powder before chilling!

HEALTHIER BANANA MUFFINS

⅓ cup melted coconut oil or extra-virgin olive oil
½ cup maple syrup or honey
2 eggs, preferably at room temperature
1 cup packed mashed ripe bananas (about 3 bananas)
¼ cup milk of choice (I used almond milk)
1 teaspoon baking soda
1 teaspoon vanilla extract
½ teaspoon salt
½ teaspoon cinnamon, plus more for sprinkling on top
1¾ cups white wholemeal spelt flour
⅓ cup old-fashioned oats, plus more for sprinkling on top

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius).
2. If necessary, grease 11 cups of your muffin tin with butter or non-stick cooking spray
3. In a large bowl, beat the coconut oil (make sure coconut oil isn't hard, I put it in the microwave for about 30secs) and maple syrup or honey together with a whisk.
4. Add eggs and beat well.
5. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
6. Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
7. Divide the batter evenly between the 11 muffin cups, filling each cup about two-thirds full.
8. Sprinkle the tops of the muffins with a small amount of oats (about 1 tablespoon).
9. Bake muffins for 23 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
10. Place the muffin tin on a cooling rack to cool.

Healthy Fish and Chips Recipe

400g baking potatoes
2 tsp olive oil
2 slices white bread
2 white fish fillets, such as haddock, hoki, pollock
1 tbsp plain flour, seasoned
1 egg, beaten
140g frozen peas with mint
2 tbsp crème fraîche

- 1.** Heat oven to 200C/fan 180C/gas 4. Peel and chop the potatoes into thick chips, then toss with the olive oil and some salt. Arrange on a large non-stick baking tray and roast for 20 mins, turning halfway.
 - 2.** Lightly toast the bread, then pulse briefly in a food processor for coarse breadcrumbs. Dust the fish in flour, shaking off the excess, then dip into the egg, then breadcrumbs to coat thoroughly. Roast the fish with the chips for a further 20 mins, until both are golden.
 - 3.** Just before the fish and chips are ready, boil the peas for 3-4 mins, then drain and mash. Stir in the crème fraîche and season.
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Spinach and Feta Pie

100p pinenuts
5 eggs
300g feta cheese
50g cheddar cheese
Dried oregano
1 lemon
A knob of butter
400g spinach
1 x 270g pack of filo pastry
Cayenne pepper
Nutmeg

1. Toast pinenuts in a pan
2. Beat eggs in a bowl, mix in the feta (crumbled) and cheddar (grated), pinch of pepper, oregano, zest of lemon and half a tablespoon of olive oil. Add the pinenuts when toasted. Mix.
3. Put the spinach in a frying pan and 'wilt' it in a little olive oil and the knob of butter.
4. Lay a 50cm piece of greaseproof paper on a work surface, brush some olive oil on to it and then scrunch it up. Flatten again.
5. Lay layers of filo interspersed with brushed olive oil, seasoning and cayenne pepper.
6. Add the wilted spinach to egg mixture and stir in, with some grated nutmeg.
7. Place the filo pastry over the bottom of a loose based flan/cake tin. Press in the edges.
8. Put in the egg/cheese mixture and then fold over the paper so the pastry flops across the top of the pie.
9. Put the pan on the hob for 5 mins to help get the bottom of the pie baking, then put in the oven at 200° for 18-20 mins.
10. Serve with fresh salad.

MUMS AND FAMILIES LUNCH BOX IDEAS

Sandwich Ideas

- **Meat** - wafer thin cooked meats, cubed chicken/turkey breast with tomato and lettuce, ham and cheese, roast chicken & hummus, leftover cold meats (chicken, turkey, meatloaf, sausages etc) with salad, chicken and mashed avocado, cold BLT.

Handy hint

If your child isn't keen on brown bread, try 'zebra' sandwiches, made with one slice of white and one of brown bread.

- **Fish** - tuna mayo & sweetcorn, tuna salad, sardine and tomato, fish paste and cucumber.
- **Veggie** - grated cheese, cheese spread, cream cheese, Quorn slices and salad, cottage cheese with pineapple, cheese and grated carrot with a little mayo, veggie sausages, vegetarian pate with cucumber, cheese and coleslaw, egg salad/egg mayo, peanut butter (no added sugar and salt version), cheese and pickle, Marmite.

The vegetable challenge: Are you tough enough?

Try to add in some vegetables or salad (just a bit of cucumber, even) with the sandwich: do it every day for 10 days. Most children will have stopped complaining and will just eat it by then. Remember, you'll have to be tough enough to deal with strong complaints and half eaten sandwiches for 3-4 days at least!!!!

Non-sandwich Ideas

- Carbohydrate based salad in a small box e.g. pasta salad, rice salad, potato salad, cous cous or tabbouleh, mixed with a selection of favourite vegetables.
- Egg based foods such as quiche, mini quiche, scotch egg, hardboiled egg or frittata.
- Baked items such as savoury muffin, cheesy corn triangles, pizza slice, mini pasty, cheese and potato roll, croissant, samosa, pakora, spring roll etc (be careful - these items can be high in saturated fat, so just opt for them twice a month or so).
- Savoury options - mini sausages, sausage rolls, falafel etc.
- Crackers, crisp bread, rice cakes, cheesy biscuits, savoury flapjack, savoury scone, bread sticks, unsalted popcorn, pitta chips.
- Salad pot - any combination of prepared raw vegetables: cucumber, lettuce, pepper, celery, cherry tomatoes, carrot sticks, mangetout.

Sweet Treats

- Any combination of the following, in a small pot or bag: raisins, sultanas, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes.
- Whole fruits - satsuma, apple, banana, pear, peach, plum, grapes, strawberries (whatever is in season)
- Fruit salad pot - any combination of prepared fruit: strawberries, orange, melon, mango, pineapple, kiwi etc.
- Fruit kebabs.
- Fruit jelly made with fruit pieces and pure fruit juice.
- Tinned fruit pot (useful in the winter if you can't find ripe fresh fruit) - mandarins, pineapple, peaches, fruit salad, pears.

Plus (not without some fruit too!) one of the following ...

- Yoghurt, muffin, homemade cup cake or small piece of cake, biscuit or cookie, flapjack, jam tart, cereal bar (if you buy these instead of making them yourself, check for sugar content, as some can contain as much sugar as a bar of chocolate!).

Drinks

- Milkshake.
- Pure fruit juice or smoothie – dilute it if possible.
- Well diluted high-juice squash.
- Water (yes, they will survive if you give them just water – don't listen to them if they tell you otherwise).

A Note on Sugars

Remember that sugar can be hard to spot in children's food, as it's called many different things.

All the following are forms of sugar:

sucrose, glucose, fructose, maltose, dextrose, fruit syrup, molasses.

Look for '**no added sugar**' on the packet. If you can't see that on a label then read the Nutritional Information panel and look under 'Carbohydrates - of which sugar ...'.

The 'no added sugar' comment usually means that **artificial chemical sweeteners** are added.

If you want to avoid giving these to your child use normal juices but dilute them well.

Make Ahead

Do some quick baking or preparation and store the results in containers or the freezer for the rest of the week. Let them help and they'll be keener to pack the food in their own lunchboxes:

Savoury

Mini Spanish frittatas (freezer)

Sweetcorn and courgette fritters (freezer)

Cheesy corn muffalettas

Sweet

Muesli bars

Cup cakes

Banana bread

Fruit cake

Acknowledgements

Much of the information for this leaflet comes from www.netmums.co.uk, and some of the recipe ideas come from www.taste.com.au – do a search for 'lunch box'.