

**Cooking at
Woodburn Family
Learning Centre**

A wooden cutting board is the background for the text. On the left side, a knife with a black handle is partially visible. On the right side, there are fresh green herbs, including a sprig of rosemary at the top and a bunch of flat-leaf parsley below it.

We've been making the food in this booklet together at Woodburn Family Learning Centre each week over the past few months. I've included the recipes we used as well as some contributions from the parents who have been coming along every Friday. We've been concentrating on making food that is either quick and easy to make or that can be made in bulk easy so that you can freeze what you don't eat for later. These recipes all have ingredients that are easy to find and inexpensive.

Thank you to Callie, Leigh, Lesley and Rosie for contributing recipes and thank you to everybody who has been coming along on a Friday; it's been great cooking and eating together every week.



Sugar and spice are nice. However...

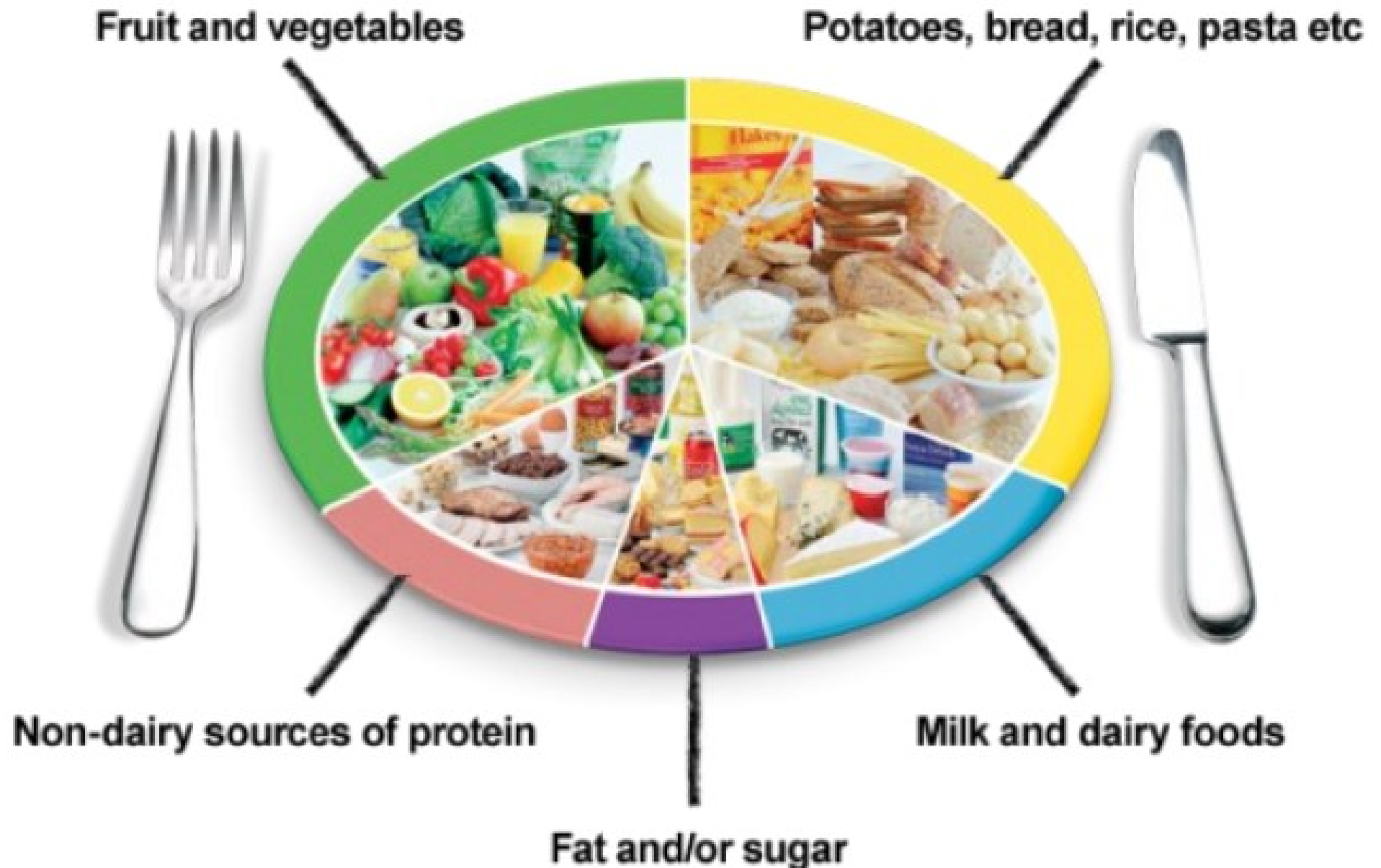
Sugar is bad for teeth, addictive and has no nutritional value. There are some treats in here but there is fruit and even some vegetables snuck into most of the desserts.

Spice isn't good for tiny tummies. Save the recipes with chillies in this booklet for older children and adults.

Salt—babies only need 1g of salt a day and if they are breast feeding they will get all their salt from that. Their kidneys can't cope with too much salt. Don't give ready made food that isn't specifically made for babies as it will contain too much salt for them.

I've left the salt out of most of the recipes in this book so that small children can eat them too. Adults can just add a little salt at the table if they want to.

The eatwell plate





Dips

Salsa

1 tub Cherry tomatoes – halved
Small bunch coriander (or parsley if you don't like coriander) – finely chopped
1 small clove garlic – crushed or chopped small
Juice from ½ lime
Drizzle olive oil

1 chilli, chopped small (optional)

1. Mix everything in a bowl or blitz with a blender if you want more of a saucy style salsa.

Tzatziki

Small tub Greek yoghurt (170g)
Half cucumber
Small clove garlic – chopped small

1. Grate cucumber - squeeze out the excess cucumber water.
2. Mix everything together.

Hummus

1 tin chick peas (drained and rinsed)
2 tbsp tahini
Juice from 1 lemon
Clove garlic
5 tbsp water

Guacamole

1 Avocado
1 small clove garlic – crushed/chopped up small
Juice from ½ lime

For both, blitz everything with a blender.



Sweet potato soup

500g/5 sweet potatoes – peel and chop

2 onions – peel and chop

2 cloves garlic – peel and chop

2 pints veg stock

1. Put everything in a pan. Bring to the boil and simmer for 40 minutes.
2. Use a hand blender to blend the soup in the pot. If you do not have a hand blender place $\frac{1}{4}$ of contents in a normal blender and then back in pan after blending. Repeat process until everything is blended together.
3. Add salt to taste.

Lindsey's Soups



Broccoli Soup

1 large head broccoli – remove stems and break into florets
1 clove garlic – chopped
2 pints veg stock

Optional— cauliflower instead of/as well as broccoli

1. Put veg stock in a pan—add broccoli. Bring to the boil and simmer for 20 minutes.
2. Blend.
3. How much stock you use depends on how thick you want the soup.

Pea and Ham Soup

1 onion – chop
500g frozen peas
1 or 2 ham stock cubes/1 or 2 pints of stock depending on how thick you want the soup

1. Add everything to a pan and bring to the boil. Turn down heat, simmer for 20 minutes.
2. Use the same blending method as before.
3. How much stock you use depends on how thick you want the soup to be.





Spicy Roast Tomato and Pepper Soup

6 tomatoes (vine ripened is nicer as more flavour) – cut in half
2 red peppers – deseed and chop
1 medium onion – remove skin, chop
3 cloves garlic – remove skin
2 birds eye chillies – remove stalk
Vegetable stock cube
Small bunch fresh coriander – rough chop
Olive oil

Optional - tin of coconut milk instead of water

If you or your kids are not a spice fan, leave out the chillies, replace the fresh coriander with fresh basil and add cream instead of coconut milk.

1. Put tomatoes, peppers, onions and garlic into a roasting tray - drizzle with olive oil.
2. Roast in oven on a mid-high heat for about 30 minutes or until peppers begin to blacken a little.
3. When vegetables have roasted add all to saucepan (including the oil – it will have lots of lovely flavour). Cover with water and bring to boil - if you have feel like adding some creaminess to the soup you could replace the water with coconut milk.
4. Add stock cube and chillies. Simmer for 5 minutes.
5. Turn off heat. Add coriander and blitz with a hand blender until smooth.

Add more or less chillies depending on how spicy you like your food and how hot your chillies are. If you're not sure how hot they are it's best to start with one and add according to taste – it's much easier to add heat than take it out.



Coconut Chicken Curry

Marinade and chicken—prep 1 hour before

½ tsp turmeric powder
1 small tub plain yoghurt
500g chicken—chopped

Paste Ingredients

2 tbsp oil
2.5cm piece ginger - chopped
6 cloves garlic - chopped
1 tbsp coriander seeds
1 chilli
½ tsp black pepper
½ tsp cinnamon
5 green cardamom pods - break open and use the seeds only

3 tbsp oil
1 large white onion – chopped small
3 tomatoes – chopped small
100ml coconut milk
Small bunch coriander—chopped small

1. Put the turmeric, yogurt and a pinch of salt in a bowl and mix well. Add the chicken pieces. Leave in fridge for an hour.
2. Put all of the paste ingredients in a blender and blitz to a fine paste (use mortar and pestle if you don't have a blender). Set aside.
3. Add oil to a pan and put on medium heat.
4. Fry the chopped onion for a few minutes. Add the tomatoes and cook for a few more minutes. Add the paste and fry for a 4-5 minutes,
5. Now turn the heat up slightly and add the marinated chicken pieces, stirring well to coat them with the spice paste. After a few minutes on high heat turn it down to a simmer and leave for 25 minutes or until the chicken is cooked through.
6. Add the coconut milk, stir well and simmer for a further 5-7 minutes or until the sauce is slightly thickened.
7. Turn off heat, stir in the coriander.
8. It's ready to eat!

2 chopped chicken breasts
1 onion – chopped
4 garlic cloves – chopped
200g low fat yoghurt
1 tsp paprika
1 tsp garam masala
1 tsp turmeric
2 tsp tomato puree
½ tin chopped tomatoes
1 tbsp flour

1. Fry the onion and garlic in a pan.
2. Coat the chicken in the flour.
3. Add everything except the yoghurt to the slow cooker. Cook on high for 3 hours (if it looks too dry add a little water).
4. Shred the chicken with a fork. Add the yoghurt.
5. Serve with rice.

Callie's Slow Cooker Chicken Tikka



Dal

500g Lentils

1 chilly – chopped small

4 cloves garlic – chopped small

5cm ginger – chopped small

1 onion – chopped small

1 tablespoon oil x2

1 tablespoon turmeric

1 tablespoon cumin seeds

Small bunch of fresh coriander - chopped

1 vegetable stock cube

1. Rinse lentils
2. Heat the oil in a big pan– fry the garlic, chillies, ginger and turmeric
3. Add lentils and cover with water. Bring to boil, add stock cube and stir through.
4. Simmer until lentils are very soft and breaking down (about 30 minutes)
5. Fry the onions and cumin seeds until soft.
6. Take lentils off the heat.
7. Stir through coriander and onions.
8. Serve with chapattis or rice.



Basic Sauces

White sauce

25g butter
50g plain flour
1 pint milk

1. Melt the butter in a pan stir in the flour .
2. Turn the heat down low. Gradually stir in the milk. Continue to stir until it thickens (5 – 10 minutes).
3. If it goes lumpy just give it a whisk.

Ragu (Plain tomato pasta sauce)

1 tin tomatoes
½ onion
2 cloves garlic
Drizzle of olive oil
1 tsp oregano

1. Fry the onion in the olive oil in a sauce pan until soft on a medium heat.
2. Add the garlic and fry for another minute or two.
3. Add the tomatoes, oregano and a pinch of salt and pepper. Simmer for 20 minutes on a low heat.

250g beef mince
2 large carrots – grated
1 onion - chopped
1 pepper - chopped
4 garlic cloves - chopped
1 tin tomatoes
1 tsp oregano
100g mature cheddar - grated
Pack of lasagne sheets.
50g flour
1 pint milk
25g butter

1. Fry the onion in a saucepan. Once it has softened add the peppers and garlic. Fry all for a couple more minutes and then add the mince.
2. Once the mince has browned add the carrots, tomatoes, oregano and a little salt and pepper. Simmer for 20 minutes.
3. Make a white sauce (see the basics).
4. Put a thin layer of the mince at the bottom of a baking dish (square if you have one. Makes it easier with the lasagne sheets). Then a layer of the lasagne sheets, then a thin layer of white sauce. Continue to layer the ingredients until you run out. Make sure you leave enough white sauce to finish with a thicker layer of this on the top. Top the whole thing with the grated cheddar. Bake for 30-40 minutes on a medium heat.

Lasagne



500g lamb mince
6 carrots – chopped small
1 big onion – chopped
1 lamb stock cube
1 oxo cube
3 tbsp mixed herbs
Gravy granules
Potatoes
1 egg

1. Mix everything except the potatoes and gravy granules in an oven dish. Cover with foil and bake in oven on 150 for 1.5 hours.
2. Take out of oven. Add 2 tsp gravy granules to a little boiling water. Add to the dish, mix and put back in the oven for 5 minutes.
3. Peel potatoes how many you peel depends on how much mash you want on top (I have a lot!). Boil then simmer until soft.
4. Add an egg to the potatoes and mash thoroughly.
5. Cover the mince with the mash and put back into the oven uncovered for 30 – 45 minutes (until golden on top).

Rosie's Shepherds Pie



Filling

Turkey mince 500g

1 red and 1 white onion – chopped

4 big carrots – chopped small

2 stock cubes

Gravy granules

Topping

Potatoes (how many depends on how much mash you like on top of your pie)

Large knob of butter

A dash of milk

100g cheddar - grated

1. Put all of the filling ingredients in a pan and simmer for 30 minutes.
2. Peel and boil the potatoes for 20-30 minutes (until potatoes are soft). Drain potatoes, add butter and milk to the potatoes and then mash together .
3. Put the mince in a baking dish and put the mash on top. Put the grated cheddar on top of the mash layer.
4. Bake for 30 minutes at 200 (on longer on low) until cheese is browned.



Filling

2 chicken breasts—chopped
1 onion —chopped small
2 leeks—chopped
200g mushrooms—chopped
4 cloves garlic—chopped
100g smoked bacon lardons
150ml double cream
Knob of butter

Crust

200g plain flour
100g butter, cubed and softened
4-5 tbsp cold water

1. Make a short crust dough (see the baking section of this booklet). Put in fridge wrapped in cling film an hour before.
2. Fry the onion in a large pan in some butter. When they have softened add the leeks, garlic and mushrooms. Cook all on a medium heat for 10-15 minutes, stirring occasionally. Remove from the heat when the excess water from the mushrooms and leeks has evaporated. Set aside.
3. Brown the outside of the chicken in a little butter or oil in a pan. Add the bacon and cook all at a medium heat. Add the cooked vegetable mix and then add the cream. Combine everything, remove from the heat and set aside.
4. Roll out the dough so that it can cover the bottom and sides of your pie dish. Trim off the excess dough and bake the pie base in the oven for 5-10 minutes at 180 while you roll out enough dough for the pie lid. Remove the base from the oven, add the filling and put the pie lid on top. Press the edges of the pie with a fork and poke a couple of holes in the lid. Brush with a little milk. Put it back in the oven for another 30—40 minutes. Remove when the pie crust is golden.

Chicken and Bacon Pie



Courgette Fritters

4 large courgettes – grated and excess water squeezed out

200g feta cheese—crumbled

Small bunch of dill (or parsley if you prefer) - chopped

1 egg - whisk

100g plain flour

Pinch of salt and pepper



Savoury and Sweet Courgettes

Courgette Brownies

100g cocoa

300g brown sugar

200g butter - melted

3 large eggs - whisk

100g self-raising flour

1 large courgette – grated and excess water squeezed out

Optional— walnuts or raspberries

Pre-heat the oven to 150

1. Combine all of the ingredients into a bowl except the flour.
2. Add flour a little at a time until the mixture sticks together.
3. Shape the mixture into fritters and shallow fry on a mid heat until browned and cooked through.

1. Mix the melted butter, cocoa and sugar.
2. Let the mixture cool down a bit.
3. Mix in the eggs, then the flour, then the courgette.
4. Pour mixture into a lined baking tin. Bake for 35 minutes/until a fork comes out clean.

Root Vegetable Crumble

2 kg root vegetables (a combinations of what you like) - chop into similar size chunks

1 large onion—chopped

6 cloves of garlic

1 tbsp mustard and 6 tbsp olive oil—mix

200g Oats

100g plain flour

150g butter



Savoury and Sweet Crumble

1. Combine mustard and olive oil. Add the root veg, onion and garlic to a roasting dish, cover in the mustard and oil. Roast for 45 minutes at 200.
2. Add the oats, flour, butter and salt and pepper to a bowl. Rub together with your finger tips.
3. Top the roasted veg with the crumble. Put back in the oven for another 25 minutes.

Winter Fruits Crumble

1 bag frozen berries

1 unwaxed lemon

200g brown sugar

200g oats

100g plain flour

150g butter—softened

1. Empty the frozen berries into the baking dish. Add half of the sugar and the juice and zest of the lemon. Mix everything together.
2. Add the oats, flour, remaining sugar and butter to a bowl. Rub together with your finger tips.
3. Top the berries with the crumble. Bake at 200 for 40 minutes.

1 overripe banana - mashed
100g coconut oil
100g plain chocolate
2 large eggs
100 grams soft light brown sugar
250 grams self-raising flour
2 tbsp cocoa powder
100g chocolate chips

Additional ingredients

Walnuts/raspberries/blackberries/
whatever you might like to throw into
the mix

1. Preheat the oven to 180
2. Put the chocolate and coconut oil in a glass bowl and put the bowl in a saucepan of simmering water. Stir until its melted.
3. Remove the bowl from the water bath and let it cool a little. Add the mashed banana, eggs and sugar. Stir until it's properly combined.
4. Mix in the flour, cocoa powder and any additional ingredients.
5. Spoon out into muffin cases and bake for 15–20 minutes. They're ready when you can stab them with a skewer/fork and it comes out clean.
6. Wait until they've cooled down at least a bit before eating so you don't burn your mouth on molten chocolate chips.

Chocolate muffins



Cheese and Chorizo Muffins

100g plain flour
100g polenta
2 tsp baking powder
200ml milk
1 large egg
100g salted butter - melted
100g mature cheddar cheese - grated
100g chorizo - diced
3 tablespoons diced pickled jalapenos
12 pickled jalapeno slices



Savoury and Sweet Breakfast muffins

1. Preheat oven to 200c.
2. Fry the chorizo in a little olive oil.
3. Whisk together milk, egg, and melted butter.
4. Whisk in the flour, polenta, baking powder and salt.
Stir in the chorizo, cheddar and diced jalapeno.
5. Spoon the batter into the muffin cases. Top each muffin with a jalapeno round.
6. Bake for 20—25 minutes or until golden.

Apple Muffins

2 eggs
150ml natural yogurt
50g butter – melted and slightly cooled
100g apple sauce or puréed apple
1 overripe banana - mashed
4 tbsp honey
100g flour
100g oats
1½ tsp baking powder
1½ tsp cinnamon

1. Heat oven to 180c.
2. Whisk the wet ingredients together
3. Mix in the dry ingredients. Divide between muffin cases. Bake for 20 – 25 minutes until they are golden and a skewer comes out clean.

Blueberry and lemon muffins

180g self raising flour
100g butter—melted
100g sugar
1 egg
50g plain yoghurt
200g blueberries
Zest of 1 unwaxed lemon

1. Preheat the oven to 180
2. Whisk the melted butter, sugar, lemon zest, yoghurt, and egg together.
3. Stir in the flour and blueberries
4. Bake for 25 minutes.

Blueberries, bananas and oats muffins

250g self-raising flour
100g oats
2 overripe bananas, mashed
100ml milk
60ml melted coconut* or vegetable oil
150g blueberries

1. Preheat the oven to 180
2. Mix everything together
3. Spoon into small muffin cases – bake for 15-20minutes. They're ready when you can stab them with a skewer/fork and it comes back out clean.

Blueberry muffins



Chapattis

Plain flour
Warm water
Pinch of salt

Amounts depend on how many chapattis you want to eat

1. Mix into a firm dough
2. Let sit for 30 minutes.
3. Divide into balls, flatten and roll out with a rolling pin to get them nice and thin.
4. Cook both sides on a hot dry surface (a frying pan is fine, no oil needed)
5. When they have changed colour and are starting to puff up they are done.

Soda Bread

500g plain flour
2 tsp bicarb soda
Big pinch of salt
400ml plain yoghurt

1. Preheat oven to 200
2. Mix everything together – work the dough as little as possible, only until you have mixed everything together into dough. This is not like making most bread, don't leave it out to rise or knead it until it is stretchy – get it in the oven as quickly as possible.
3. Shape it into a round loaf, use a large knife to make a deep cross in the top.
4. Bake in oven for 40 – 45 minutes. It's ready when it sounds hollow when you tap it on the bottom.



Quick and Easy Baking

Shortcrust pastry

200g plain flour
100g butter, cubed and softened
4-5 tbsp cold water
Pinch of salt

1. Put the flour and salt in a mixing bowl. Add the butter and rub it into the flour with your fingers tips.
2. Stir in enough cold water to bind the dough together.
3. Wrap the dough in cling film. Chill in the fridge before using.

Scones

200g self raising flour
Pinch salt
50g butter
20g sugar
110ml milk

1. Preheat oven – 220g
2. Rub butter into flour and salt
3. Stir in sugar.
4. Stir in milk a little at a time until you have a soft dough
5. Knead dough on floured surface.
6. Roll to 2cm thick. Cut out into rounds using a round cookie cutter or a drinking glass.
7. Brush tops with a little milk
8. Bake for 12 – 15 minutes until golden



Sterilising your jars

If you have a dishwasher, a hot wash does a great job of sterilising the jars and lids.

If you don't have a dishwasher, wash and rinse the jars. While they are still wet put them in the microwave on high for a minute or put them in the oven on a low heat for 10–15 minutes. Clean the lids and boil them in water for a couple of minutes (no metal lids in the microwave—they will blow it up!).

After putting your preserve in the jars, place a disc of waxed paper (or I use baking paper cut into circles) on top and put the lid on while it is all still hot. As it cools the lid will pop in and the jar will be sealed.

Most preserves should be possible to store in a cool dry place for about a year. Once it has been opened it should be stored in the fridge.



Making Strawberry Jam

1.5 kilo strawberries
1kg jam sugar
Juice 1 lemon

Remove stems from strawberries. Combine the sugar and strawberries in a bowl and leave overnight.

1. Put a couple of saucers in the freezer.
2. Add all ingredients to a pan and bring to the boil for 5-10 minutes.
3. Take one of the saucers from the freezer. Dribble a little of the jam onto the saucer. If the jam sets it is ready. If not, boil for another few minutes and try again. When it sets on the plate, it's ready.

Fixing Strawberry Jam

Strawberry jam can be difficult to make as it sets less easily than other fruits. This is why other jams might be fine with caster sugar but strawberry needs the added pectin that is in jam sugar as well as a lemon to help the setting process.

When we made jam in the group we used strawberries that had been frozen after a centre day out picking fruit. This meant we had to add water to help them defrost and also didn't have time to soak the strawberries in sugar before we started. I also forgot the lemon (whoops). Unsurprisingly it didn't set.

The next week we reboiled the jam, adding sugar and lemon until it did set. It doesn't give such a fresh strawberry taste but its still delicious.



Halloween recipes



Jack O' Lantern Stuffed Peppers

Peppers - make a lid, remove seed from inside
200g Rice—cooked
200g ragu sauce (see *The Basics*)
100g grated cheddar

Pre heat oven to 200

1. Carve pumpkin faces into your peppers. Take a small slither off of the bottom of your peppers so that they can stand upright but not so much that you cut a hole in the bottom.
2. Mix the rice, cheese and ragu. Stuff the peppers with the mixture.
3. Bake for 20 minutes.

Pumpkin Puree

Quarter and deseed your pumpkin

Roast for 30 minutes

Scoop out the flesh and puree.

Freeze in portion sizes if not cooking with straight away

Pumpkin seeds

Remove the flesh and roast in the oven with a little olive oil separate from the rest of the pumpkin. Eat as a snack.

Pumpkin Pancakes

150g self-raising flour
2 tablespoons brown sugar
1 teaspoon baking soda
1/2 pint milk
4 tablespoons pumpkin puree
1 large egg
1 tsp cinnamon
1 tsp grated nutmeg



Sweet and Savoury Pumpkin

Pumpkin Macaroni Cheese

250g macaroni—cooked
200g mature cheddar—grated
350g pumpkin puree
2 tablespoons flour
1/2 pint milk
Large knob of butter

1. Mix the ingredients in a bowl.
2. Heat a little oil in a frying pan. Dollop a large spoon full of mix per pancake in the pan (these are small, fat American style pancakes rather than crepes).
3. Flip with a spatula when the pancake is ready and cook the other side.

1. Make a white sauce using the flour, milk and butter (see *The Basics*). Mix in half the cheese and the pumpkin.
2. Mix macaroni and sauce in a baking dish and cover with the remaining cheese.
3. Bake in the oven at 200 for 30 minute/until golden on top.



Christmas Tree Biscuits

200g brown sugar
2 tbsp golden syrup
100g butter
2 tsp five spice
2 tsp cinnamon
350g plain flour
1 tsp bicarb of soda, dissolved in a tsp of water
1 egg—beaten

1. Melt the butter. Add the golden syrup and sugar. Mix well. Let it cool down a little.
2. Add all of the other ingredients. Mix until well combined.
3. Cover with cling film. Put in the fridge to firm up for an hour or so.
4. Preheat oven to 180.
5. Roll out the dough onto a floured surface. Cut into shapes with the cookie cutters of your choice. Make a hole in to top of each with a skewer.
6. Bake for 12-15 minutes (until slightly browned).
7. When you remove them, reskewer any holes that have closed up while they are still soft.
8. When they have hardened and cool, decorate with melted chocolate/icing sugar/sparkly edible decorations. Hang on the tree with some ribbon or string. They should be fine to eat for about a week on the tree (if they last that long).



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