The poaching, frying, mashing and roasting Recipe Book
Community Food and Health (Scotland)

Our overriding aim is to improve Scotland’s food and health. We do this by supporting work within and with low-income communities that improves access to and take-up of a healthy diet.

Major obstacles being addressed by community-based initiatives are:

**AVAILABILITY** – increasing access to fruit and vegetables of an acceptable quality and cost

**AFFORDABILITY** – tackling not only the cost of shopping, but also getting to the shops

**SKILLS** – improving confidence and skills in cooking and shopping

**CULTURE** – overcoming ingrained habits

We help support low-income communities to:

- identify barriers to a healthy balanced diet
- develop local responses to addressing these barriers, and
- highlight where actions at other levels, or in other sectors are required

We value the experience, understanding, skills and knowledge within Scotland’s communities and their unique contribution to developing and delivering policy and practice at all levels.
The CFHS Recipe Book
Introduction

Hundreds of community food initiatives in Scotland are using food as a vehicle to tackle inequalities in health and diet in their local communities. One of the ways of improving take up of a healthy diet is to build confidence and skills in cooking and preparing food. Many of the recipes in this book have been contributed by community food initiatives who have produced their own recipe books. Some of the work they have been undertaking through healthy eating and awareness sessions are detailed in this book. Their recipes have been tried and tested by babies in weaning programmes, schoolchildren, young people in Youth Clubs, parents, families and older people.

All this work has led to the creative and imaginative use and increased intake of fruit and vegetables. These group activities involving cooking have enabled communities to learn practical skills as well as providing the opportunity to eat and socialise together. Community groups are also touching on other areas such as food safety, shopping, physical activities, running a co-op, growing fruit and vegetables, volunteering, providing training and support to others. Added together these activities build the confidence and self esteem of an individual or their community.

We feel that it is important to share with you some of the energy and enthusiasm that communities have developed through their activities. We are very grateful to everyone who has contributed recipes to this book and are delighted to give you the opportunity to share in their success as well as try out some of their recipes for yourself. We hope that you will gain as much enjoyment out of this book as we have in trying out their recipes.
Some notes on equipment needed

The following is a list of the types of utensils used in preparing the recipes contained in this book. We have tried to keep the list small and relevant to what you might have at home already. The recipes do not require all the utensils and may use some more than others. Not everyone will have all of them but maybe you can borrow from a neighbour or friend. Some readers might like to get together with others and share equipment. Cooking together in a group can be lots of fun and more experienced cooks can pass on skills to others. Cooking and eating together can add to your enjoyment as well as spreading the cost of ingredients.

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Some notes on ingredients

Community groups have told us that once confidence in cooking skills have been gained, people will go on to be more experimental with food, tastes, textures and recipes themselves. Some groups will adapt ingredients to include more seasonal vegetables, others more fruit and vegetables to further increase intake, or add more unusual ingredients or spices. We hope that you will feel free to do the same with the recipes in this book.

Some recipes have a small range of ingredients that you will hopefully find locally or may include regularly in your shopping. Others might require a little more effort to acquire. Purchasing more unusual items such as spices from Asian shops can be cheaper than well-known brands from shops and supermarkets. If you are not sure if a spice will be cost affective or if you are unsure that you will like it, sharing the ingredient and its cost with others can be helpful.

In some recipes like soups and casseroles, frozen vegetables would be fine if fresh have been difficult to source. If fresh herbs are also difficult to find, dried are fine too. Dried herbs are much stronger than fresh so add a little at a time until you get the flavour required.

‘Seasoning is important but don’t overdo salt as it raises your blood pressure, instead why not try white and black pepper, grated nutmeg, chilli powder, curry powder, paprika and Cajun spices.’

Milton Food Project
None of the recipes have any added salt as an ingredient. The Food Standards Agency recommends that the average daily intake of salt should be 6g, which is about 1 teaspoon\(^1\).

We recommend that you should taste food before adding salt especially if it has an ingredient that may already contain salt such as stock cubes.

If you would like anymore information about some of the activities that the Community Food and Health (Scotland) or Scotland’s community food initiatives have been involved in, you can view our website www.communityfoodandhealth.org.uk where you can read and download reports and publications.

\(^1\) www.salt.gov.uk
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Ardeer Primary School in partnership with the Better Neighbourhoods Services and NHS Ayrshire and Arran’s Community Food Workers

These recipes are taken from ‘Munch Crunch’.

SAVOURY VEGETABLE SCONES

Makes about 6 scones

50g cheddar cheese, grated
half a green apple, chopped finely
1 spring onion, chopped finely
third of a red pepper, chopped finely
1 teaspoon grain mustard, optional
1 teacup of plain flour
1 teacup of wholemeal flour
4 teaspoons baking powder
3 dessertspoons soft margarine or low fat alternative
half a teacup of semi-skimmed milk

Pre-heat oven to 230C/450F/Gas mark 8

1. Put the flour and the baking powder into a bowl with the margarine.
2. Using your fingertips, work the margarine into the flour until the mixture looks like breadcrumbs. This is called ‘rubbing in’.
3. Add the vegetables and the cheese, and mix all together with a fork.
4. Add the mustard, if you are using it, and the milk to the mixture a little at a time until it forms a ball of soft dough.
5. Sprinkle a little flour on a clean worktop or board and pat dough into a round shape.
6. Cut into triangles or shape into rounds using your hands.
7. Place the scones onto a baking sheet and tap the top of each one with your fingers dipped in milk.
8. Bake in the heated oven for about 10 minutes until the top is golden and the scones have risen.
HEALTHY SANDWICHES

A variety of breads can be used:

- wholemeal
- multi grain
- thick white
- rolls: brown or white

Fillings – Section 1

- chopped or mashed hard boiled egg (add a little low fat mayonnaise if you want)
- cheddar cheese, grated
- sliced cooked meat: ham, chicken etc.
- tuna, drained and mashed (add a little low fat mayonnaise if you want)

Fillings – Section 2

Remember to wash all salad items first

- shredded lettuce
- sliced tomato
- grated carrot
- sliced cucumber
- sliced radishes
- chopped sliced onions
- salad cress
You will need 2 slices of bread or 1 roll cut in half for each sandwich.

1. **Spread** bread thinly with margarine or low fat alternative.
2. **Add one or more fillings** from **section 1** to one slice of bread.
3. **Add as many** fillings as you like from **section 2**. **Lots** of fillings from section 2 will make the sandwich **really good for you**.
4. **Top** the first slice with the **second** and press down lightly.
5. **Cut** sandwich in half or in quarters.

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Over a two year period, P6 pupils from **Ardeer Primary School** took part in a pilot initiative with a Community Food Worker, funded and supported by the **Better Neighbourhood Services** with the aim of stimulating interest in healthier eating in the home and at school. The pupils produced ‘Munch Crunch’ for other children with an emphasis on eating more fruit and vegetables.
These recipes have been taken from the ‘Party in my Mouth’ collection of recipes

**BROCCOLI, CAULIFLOWER AND CHEESE CRUMBLE**

Serves 2

1 bunch of **broccoli**
1 **cauliflower**
1 small **onion** sliced
2 slices of **wholemeal bread** (day old if possible)
1 good handful grated **mature cheddar cheese**
1 clove of **garlic** finely chopped
1 **stock cube**
**pepper** to taste

**Pre-heat** oven to 200C/400F/Gas Mark 6
1. **Wash** broccoli and cauliflower and cut into florets.
2. **Cook** in boiling water until tender (soft, but not mushy) about 10 minutes.
3. While the vegetables are boiling, **make** breadcrumbs from sliced bread and mix with grated cheese
4. **Add** sliced onion and garlic to the vegetables for the last 2 minutes of cooking time.
5. **Drain** water from vegetables, reserving liquid, and place in an ovenproof dish.
6. **Make** up stock using 1 mug of the liquid from the vegetables and pour over the vegetables.
7. **Sprinkle** breadcrumbs over vegetables adding pepper to taste.
8. **Bake** in oven for 10 minutes and **grill** for a few minutes until cheese and breadcrumbs have browned.
TROPICAL FRUIT COCKTAIL

Serves 4

1 apple
1 banana
1 kiwi fruit
1 pineapple
1 orange
3-4 plums

1. Wash, peel and chop apple into small pieces. Place these in a bowl.
2. Peel banana and do the same as with the apple.
3. Peel the skin from the kiwi fruit, cut into quarters and add to the bowl.
4. Peel the pineapple and cut into chunks, adding to the other fruit.
5. Cut the orange in half and squeeze the juice into the bowl.
6. Cut the plums into small pieces, add to the bowl, stir and serve.

‘This was tried and tested by children in Cambuslang. The verdict…..
PARTY IN MY MOUTH!!’

These recipes are taken from the ‘Party in my Mouth’ recipe book produced by Cambuslang and Rutherglen Healthy Living Initiative and the Halfway Fruit Barra. Many of the recipes came together as a result of chatting to local people and volunteers while the Barra was open for business. Ideas for fruit cocktails were contributed by local primary school children who participated in workshops and had fun finding out about fruit and vegetables as well as sampling them!
SMOKED FISH CHOWDER (CULLEN SKINK)

Serves 4

2 medium potatoes, chopped small
1 large onion, chopped
1/2 tsp black pepper
250 mls fish or vegetable stock
2 fillets of smoked haddock, skin removed
120 ml semi-skimmed or skimmed milk
1 small tin or 140g frozen sweetcorn
1 or 2 tablespoons parsley to garnish

1. Place potatoes and onions in a large saucepan.
2. Add stock and pepper, bring to the boil and simmer for 15-20 minutes.
3. Chop fish into bite size chunks. Pour milk into a saucepan.
4. Add the fish to the milk and simmer very gently for 5 minutes.
5. When the potatoes are soft, mash or crush some of them, but not all, and return to the stock.
6. Add fish and milk, as well as the sweetcorn, to the potatoes.
7. Heat through, but do not boil, until piping hot.
8. Serve with oatcakes or brown bread.

For Cullen Skink, chopped leeks instead of sweetcorn should be added at stage 6.
BERRY MUFFINS

Makes about 12 muffins

250g plain flour
1 tablespoon baking powder
100 g caster sugar
75 g chilled margarine, chopped
1 medium egg, beaten
175 ml semi-skimmed milk
175 g raspberries, blueberries or blackberries or a mixture of all three

Pre-heat oven to 200C/400F/Gas Mark 6
1. Sift flour and baking powder into a large bowl.
2. Stir in sugar and margarine.
3. Mix egg and milk into dry ingredients until just blended, it’s okay if it’s lumpy - it should be!
4. Add some extra milk if the mix is quite dry.
5. Add in fruit and mix gently so as not to crush it too much.
6. Spoon muffin mix into 12 paper case lined or non-stick muffin tins.
7. Bake for 20-25 minutes or until firm to touch and golden.

Carrot and Nut Muffins

Replace berries with 100g of grated carrot and 50g of chopped pecans or walnuts. Add 2tsp of mixed spice to flour.

‘Confidence to Cook’ is a community kitchen in Aberdeen developed in partnership with Aberdeen City Council and NHS Grampian. The kitchen provides facilities for groups of up to ten people at a time who wish to improve their cooking skills. A wide range of local community groups have been enthusiastically using the facility.
CHICKEN AND PEPPER STIR FRY

Serves 2

2-3 tablespoons vegetable oil
1-2 cloves of garlic
2 chicken fillets
1/2 red pepper
1/2 green pepper
2 spring onions
1-3 teaspoons soy sauce
4 tablespoons water
2-3 tablespoons orange juice
1 teaspoon ground ginger (optional)
noodles or rice

1. Crush the garlic and slice peppers and onion.
2. Chop the chicken into small pieces.
3. Fry garlic and chicken over a medium heat, stirring constantly.
4. Add peppers and onions and fry for a further minute.
5. Add soy sauce, water, juice and ginger.
6. Cook over medium heat for a further 3-4 minutes.
7. Cook noodles or rice according to instructions on packet (half a mug or 125g rice will feed two people)
8. Serve on noodles or rice.

Veggie option - substitute chicken with carrots, broccoli, green beans, tofu or quorn pieces, or any vegetables that you like.
CHILLI CON CARNE

Serves 2

1 medium onion
1 clove of garlic
225g or 1 small packet lean beef mince
4 chopped tomatoes or 1 small tin chopped tomatoes
1 small tin red kidney beans drained and rinsed
1/2 or 1 teaspoon chilli powder 1 fresh chilli chopped
1 tablespoon tomato puree
1 teaspoon mixed herbs
1 chicken or vegetable stock cube (optional)
1/2 mug long grain rice

1. Chop the onion and garlic and set aside.
2. Put the mince in a pan and fry until the meat is sealed and browned all over.
3. Add the onion and garlic and cook for a few more minutes.
4. Stir in the tomatoes, tomato puree, chilli powder, herbs, stock cube (if using), and bring to the boil.
5. Lower the heat and simmer gently for 25 minutes (add a little water if it becomes dry).
6. Add the kidney beans near the end of the cooking time.
7. Serve on a bed of boiled rice.

Edinburgh Cyrenians is an independent Charity which provides help to people who are or are in danger of experiencing homelessness. The programme developed from a food redistribution scheme and now runs a range of food and health promotion projects, including cooking classes and organic food production on the Cyrenians farm.
These recipes are taken from the ‘Café Belize Cookery Book’.

**BUTTERNUT SQUASH SOUP**

Serves 2

2 tablespoons **vegetable oil**  
1 **onion chopped**  
1 tablespoon **ground coriander**  
1 teaspoon **ground cumin**  
1 small to medium **butternut squash**, peeled, deseeded and chopped  
2-3 medium **potatoes** chopped  
750ml **boiling water**  
1 **vegetable stock** cube  
**crème fraiche/yoghurt** (optional)

1. **Heat** oil in a large pan or pot, and **fry** onions, coriander and cumin together for about 4-5 mins.  
2. **Add** butternut squash and potatoes and **cook** for another 1-2 mins.  
3. **Make** stock by **adding** water to stock cube and **add** to the vegetables.  
4. Bring to the **boil** and **simmer** on a low heat for 20-25 mins until the vegetables are tender.  
4. **Whizz** in a blender, if you have one, or **mash** with a potato masher, until smooth. If the soup is very **thick** you can **add** more water or stock.  
5. **Serve** with a swirl of crème fraiche or yoghurt if you like.
BEAN, AUBERGINE AND LEEK CHILLI

Serves 4

1 can of kidney beans drained and rinsed with water
1-2 tablespoons vegetable oil
2 onions peeled and chopped
3 cloves of garlic peeled and chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
2 chillis deseeded and chopped or 2 tsps chili powder
10 fresh tomatoes chopped or 2 tins of chopped tomatoes
2 aubergines chopped
2 leeks chopped
1 bunch fresh coriander chopped

1. Heat olive oil in a large pan or pot and cook onions and garlic until soft.
2. Add the spices and cook for 2 mins.
3. Add the tomatoes and bring to the boil, then simmer for 15 minutes.
4. Add the leeks and aubergines to the sauce and cook for about 15-20 mins.
5. Add the kidney beans and cook for another 5-10 mins until the vegetables are tender.
6. Add the coriander just before serving.
7. Serve with rice or warm pitta bread.

Flourish House is a clubhouse run according to the internationally recognised Clubhouse model (www.iccd.org). Its aims are to provide vocational, educational and social opportunities to people who are experiencing or have experienced mental health problems. ‘Café Belize’ is the clubhouse café, which gives members opportunities to become involved in a range of activities and provides healthy and nutritious food to staff and members of Flourish House.
These recipes have been contributed by ‘The Two Fat Gents’, two of Healthways cookery demonstrators.

SMOKED MACKEREL AND SPINACH CURRY

Serves 2

1-2 smoked mackerel fillets (flaked and any bones removed)
1 bag (500g approx) of fresh or frozen spinach
1 large onion, peeled and chopped finely
2 cloves of garlic, peeled and chopped finely
1 1/2 teaspoons garam masala
1 teaspoon turmeric
1 tin of chopped tomatoes or 4-5 fresh chopped
1 red and 1 green chilli deseeded and chopped
1-2 tablespoons vegetable oil
tomato puree, optional

1. Wash and drain spinach if using fresh.
2. Heat oil in a pan and add onion, garam masala and turmeric.
3. Cook for a few minutes until onion softens (add a drop more oil or some water if it dries out)
4. Add garlic and chillies and cook for a few more minutes.
5. Add tomatoes and mackerel.
6. Add water if sauce is too thick, tomato puree if it is too thin.
7. Stir in spinach (frozen can be used from freezer), cook for another 2-3 minutes or slightly longer if using frozen spinach.
8. Serve with naan bread, chapatti or boiled rice.
‘Oatcake Crostini are a Scottish take on the Italian ‘little toasts’, replacing the usual slice of toasted bread with a Scottish Oatcake.

This recipe will serve 4 crostini to 4 people (with a few left over!)

1 pack traditional Scottish oatcakes
1 tub low fat cottage cheese
1 sweet pepper, chopped
2 spring onions, chopped finely
1 small pack of smoked salmon or other smoked fish pepper

1. Spoon some cottage cheese onto the oatcakes
2. Sprinkle with some black pepper.
3. Add strips or flakes of fish and the chopped vegetables - you can be as artistic as you want.

Healthways suggest that you try other low fat cheeses and different toppings that you like, such as olives, chillies, cold cooked meats, hummus ……..

These recipes have been contributed by two cookery demonstrators, ‘The Two Fat Gents’, from ‘Healthways’, a Healthy Living Centre in Ross and Cromarty that works with individuals and communities in taking steps towards healthier lifestyles. They mainly cook familiar dishes with increased amounts of fruit, vegetables, grains, pulses and less fat.
HOME-MADE LASAGNE

Serves 4 with a mixed salad

400g lean mince
1 medium tin chopped tomatoes
1 clove of garlic, chopped
1 medium onion, peeled and chopped
2 carrots, peeled and sliced
2 parsnips, peeled and sliced
2 teaspoons mild paprika
6 sheets of lasagne
100g reduced fat cheddar cheese, grated

White Sauce ingredients
50g cornflour
560mls semi-skimmed milk
pepper
pinch of nutmeg

Preheat oven to 180C/ 350F/ Gas Mark 4

1. In a pan, brown mince then add garlic and onion. Continue cooking to soften onion.
3 Add tomatoes and seasoning and simmer.
4. Meanwhile make the sauce by blending cornflour in a little milk. Add the rest of the milk and simmer in a pan stirring continuously until the sauce has thickened. Set aside.
5. Layer ingredients in an oven proof dish starting with some of the meat sauce, then some of the vegetables, then some white sauce, finishing with a layer of lasagne.
6. Repeat these layers, finish with sauce and sprinkle grated cheese on top.
7. Bake for 45 minutes until the top is golden and bubbling.
SALAD OF GRATED BEETS, CARROTS AND RADISH

Serves 4

2 beetroots, washed, peeled and grated
2 carrots, washed, peeled and grated
1 bunch radishes, washed and trimmed
1 bunch of watercress, washed and stalks trimmed
juice of 1 lemon
1 tsp honey
2 tsps sesame seeds

1. **Combine** ingredients in a bowl.
2. **Set aside** for 30 mins to allow flavours to develop.
3. **Serve** with wholemeal bread or baked potatoes.

MEDLEY OF ROASTED ROOTS

Serves 4

2 parsnips
2 carrots
2 beetroots
1 bunch of radishes
pepper
a few sprigs of fresh rosemary
10 mls or 1 dessertspoon olive oil

**Pre-heat** oven to 180C/350F/Gas Mark 4

1. **Wash** vegetables in cold running water and peel. Leave radishes whole and unpeeled. Cut others into chunky sticks.
2. **Scatter** vegetables in a roasting tin and drizzle very lightly with oil. Add seasoning and shake tin to mix together.
3. **Oven roast** for 30 mins until golden brown and curled at edges. Vegetables should be cooked through but not over soft.
These recipes meet the criteria for the **healthy living award**. This national award rewards caterers who make it easier for their customers to eat healthily by providing healthier food on their menu.  
[www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)
Khush Dil

These recipes have been contributed by participants of ‘KHUSH DIL’ (Healthy Heart) living in the Leith area of Edinburgh.

VEGETABLE SAMOSAS (Makes 12 approx)

1 large onion, thinly sliced
1 large or 175g carrot, peeled and diced
1 tablespoon vegetable oil
6 or 40g green beans, finely chopped
1 small handful or 90g cabbage, thinly sliced
2 tablespoons or 50g fresh or frozen peas
5 or 480g small potatoes, diced
1/4 teaspoon chilli powder
5 green chillies, finely chopped
1 packet filo pastry
1 small egg

1. Heat oil and cook onion on a medium heat until soft. Add water if sticking.
2. Add carrot and cook for 2 minutes.
3. Add chilli powder and fresh chilli.
4. Add other vegetables and cover and cook until they are soft, adding water and stirring to prevent drying out and sticking.
5. Cool mixture.

To make up samosas
Pre-heat oven to 200C/400F/Gas Mark 6
1. Separate filo sheets and cut strips 4-5 cm wide.
2. Place a small amount of cooled mixture on each strip and fold down left hand corner so that a triangle shape is made. Keep folding over the triangle until all the strip is used and seal the edges with egg.
3. Place on a baking sheet and brush with egg.
4. When all the strips have been filled, bake in oven for 10-15 minutes until browned.
STUFFED PARATHAS (CHOKAS)

Serves 4 (2 each)

Dough
400g white or wholemeal chappati flour
200-250 mls water

Filling
4 large potatoes, boiled and mashed
1 medium onion, peeled and chopped
4 cm/1 inch piece of ginger, chopped or grated
4 tablespoons fresh coriander, washed and chopped
1 1/4 teaspoon garam masala
1/2 teaspoon chilli powder
3 green chillies, deseeded and chopped
1 teaspoon vegetable oil

Dough
1. Set aside 200g flour for shaping.
2. Put flour in a bowl and slowly add water a little at a time until the dough is soft and elastic, not gooey.
3. Knead for a couple of minutes.
4. Cover dough and set aside in fridge for 1-1 1/2 hours.

Filling
1. Put chopped onion in a large bowl.
2. Add ginger, chopped chilli, chilli powder, coriander and spices.
3. Add mashed potatoes and mix well together.

Making Parathas
1. Divide dough into 8 pieces. Roll out dough into thin circles.
2. Spread a small amount of potato filling on top of one circle and place another circle on top.
3. Roll out carefully until the circle is twice the size.
4. Heat a non-stick pan, add a teaspoon of vegetable oil and cook paratha on both sides. If you like, you can finish off the paratha under the grill to add crispness.
5. Serve with low fat natural yoghurt and some salad for breakfast, lunch, a light evening meal or any time of day as it is a low fat meal.
KHEER (RICE PUDDING)

Serves 4

100g white basmati rice
3 cardamom seeds, crushed
500mls semi-skimmed milk
150ml reduced fat evaporated milk
1 tablespoon sugar or sweetener
1 handful or 25g sultanas
1 handful or 25g almonds

1. Wash rice under running water until water runs clear.
2. Place rice in a pot and just cover with cold water. Bring to the boil and cook until water is almost evaporated.
3. Add semi-skimmed milk and cardamom, bring to the boil and stir frequently to prevent sticking and to bring in thickened milk from the sides.
4. After 30 minutes add evaporated milk, almonds and sultanas. Continue cooking and stirring for 15 minutes.
5. Add sugar and cook for a final 5 minutes.

Khush Dil was set up in 2002 by North East Edinburgh Local Health Care Co-operative and funded by NHS Lothian to provide culturally sensitive and targeted intense public health interventions to South Asian minority groups in the local community.
**QUICK CHINESE NOODLE SOUP**

Serves 4

1 1/2 pints **vegetable** or **chicken stock**  
125g **mushrooms**, sliced  
1 bunch of **spring onions**, chopped  
150g can of **sweetcorn**, drained  
1 pack of **egg** or **rice noodles**  
**soy sauce**

1. **Bring** stock to the **boil**, **add** noodles and **cook** for required length of time.  
2. **Reduce** heat to a **simmer** and **add** the vegetables.  
3. **Cook** for 5 minutes, **season** with a few drops of soy sauce and serve.

Sliced cooked chicken can be added or quorn pieces as a substitute.

‘**Soups are made up of mainly vegetables that contain good sources of vitamins A, B, C and contain minerals such as calcium, folic acid and iron. Vegetables also contain something called antioxidants, which help the body fight colds and infection, help keep skin, hair, and nails in good condition and for the long term, fight cancer and heart disease. Eating vegetables can improve the quality of your life now and in the future.**'
POTATO AND LEEK SOUP

Makes one large pot

1 tablespoon **vegetable oil**
2 large **potatoes**, chopped into chunks
1 large **leek** or 2 medium **leeks**, finely chopped
2 stock cubes, **vegetable** or **chicken**
2 1/2 pints of **boiling water**
**pepper**

1. **Put** oil in a large saucepan and **add** the leeks and potatoes.
2. **Cook** for a couple of minutes until vegetables have **softened**.
3. **Add** boiling water to stock cubes and **cook** for 30 minutes until vegetables **are soft**.
4. **Season** with pepper and **serve**.

‘Soups can be served with a variety of accompaniments, such as garlic bread, crusty wholemeal bread, morning rolls or oatcakes.’

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**Milton Food Project** aims to improve access to healthier food choices within the area of North Glasgow. Working closely with the community, information, advice, cookery demonstrations and classes are provided. Their community shop offers a wide range of good quality, healthy and affordable produce which can also be delivered to individuals who may find it difficult to get to the shops through illness or disability.
These recipes are taken from the ‘A lemon is just a confused melon’ project.

**ORCadian Fruit Burst**

Serves 4

1 medium **banana**
1 225g approx can **crushed pineapple** (in fruit juice if possible)
1 large carton **natural yoghurt**
1 cup of **orange juice**
**orange slices** for decoration (optional)

1. **Remove** skin from the banana and **chop** into pieces.
2. **Wrap** banana pieces in plastic and **freeze** for about 2 hours.
3. **Put** the pineapple, frozen banana, yoghurt, and orange juice into a blender as per equipment instructions.
4. **Blend** smoothie ingredients on a high speed for one minute or until the mixture is **smooth** and without big pieces of fruit.
5. **Serve** in four glasses and decorate with orange slices.
BANANA SMOOTHIE

Serves 4

2 bananas, chopped
1 cup of strawberries
1 large carton natural yoghurt
150ml semi-skimmed milk
a couple of strawberries for decoration

1. Remove skin from the bananas and chop into pieces.
2. Place the banana pieces, strawberries, milk and yoghurt into a blender as per instructions.
3. Blend ingredients on a high speed or until the mixture is smooth and without big pieces of fruit.
4. Pour into glasses and decorate with chopped or whole strawberries.

Orkney Association of Youth Clubs, in partnership with the Orkney Health Promotion Department, received funding from Community Food and Health (Scotland) or CFHS, to develop a programme of activities with healthy eating themes. Both the young people and the local community who helped out enthusiastically supported the ‘A lemon is just a confused melon’ project and the number of youth work themes that it was able to be linked with was impressive.
CHEESY FISHCAKES

Serves 4

4 teaspoons **butter** or **margarine** (or a low fat alternative)
10 heaped teaspoons **flour**
2 mugs of **semi-skimmed milk**
4 medium pieces of **cooked smoked haddock** (flaked and any bones removed)
2 mugs of **brown rice**
8 teaspoons **fresh parsley**, chopped
1 mug grated **cheddar cheese** (preferably low fat)
**pepper**

**To cook fish**
1. **Put** haddock in a pan and **add** milk.
2. **Bring** to the boil and **simmer** until fish is **soft**.
3. **Reserve** the milk for the fishcakes.

**To cook rice**
**Follow** packet instructions.

**Pre-heat** oven to 180C/350F/Gas Mark 4
1. **Melt** butter in a pan, **stir** in flour and **cook** for 1 minute on a low heat, **stirring** continuously.
2. **Remove** from heat, **gradually stir** in the milk that the fish was cooked in.
3. **Bring** to the boil, stirring all the time and cook for 2 minutes.
4. **Add** the fish, rice, parsley and cheese. Leave to cool.
5. **Shape** handfuls of the mixture into flat cakes.
6. **Place** on a baking sheet and bake for 15 minutes or until golden brown.
FISH CASSEROLE

Serves 4

1 onion or leek, chopped
4 teaspoons vegetable oil
1 large carrot, chopped
2 celery sticks, chopped
1 courgette, chopped
1 bay leaf
4 medium pieces of white fish
8 teaspoons brown or white flour
1 cup of water

1. Heat oil in a pan, add onion or leek, cover and cook gently for 5 minutes, stirring often.
2. Add the vegetables, water and the bay leaf.
3. Bring these ingredients to the boil and simmer for 20-30 minutes.
4. Place the flour on a plate and coat each piece of fish.
5. Place the fish on top of the vegetables. Cover pan tightly with a lid, bring to the boil and cook for about 6 minutes. The fish is cooked as soon as the flesh is no longer transparent.
6. When serving, lift the fish out gently and divide between four plates along with the vegetables.
'Weaning babies on fresh fruit and vegetables is very healthy for them and is much cheaper than tins or jars of baby food. Remember to never add salt or sugar to their food.'

**PUREED POTATO**

3 servings
3 Potatoes

1. *Wash, peel* and *chop* potatoes.
2. *Place* in a pan of water, bring to the *boil* and *simmer* until soft (about 20 minutes).
3. *Drain* water and *mash* together with a fork.

**PUREED TURNIP**

3 Servings
1/2 small *turnip*

1. *Wash, peel* and *chop* turnip.
2. *Place* in a pan of water, bring to the *boil* and *simmer* until soft (about 20 minutes).
3. *Drain* water and *mash* together with a fork.

**PUREED BROCCOLI**

2 servings
1 head of *broccoli*

1. *Wash* broccoli and *chop* into medium chunks.
2. *Place* in a pan of water, bring to the *boil* and simmer until soft (about 5 minutes).
3. *Drain* water and *mash* with a fork.

‘You could mix any vegetables together to get a different taste.’
**PUREED APPLES**

3 servings
3 sweet apples

1. Wash, peel and chop apples.
2. Place in a pan with a small amount of water. **Boil** and **simmer** until soft (about 5 minutes).
3. Drain water and **mash** together with a fork.

**PUREED Pears**

3 servings
3 pears

1. Wash, peel and chop pears.
2. Place in a pan with a small amount of water. **Boil** and **simmer** until soft (about 5 minutes).
3. Drain water and **mash** together with a fork.

‘You could mix the apple and pear together for a different taste.’

The ‘Barri Grubb’ shop is part of the **Pilton Community Health Project** in North Edinburgh. Barri Grubb encourages local people to eat healthy food, provides free cooking classes and tasting sessions, and also sells cheap good quality, fresh fruit, vegetables and fish.
These recipes have been taken from the ‘Rainbow Healthy Eating Options’ booklet.

WINTER VEGETABLE SOUP

Serves 4

1 carrot peeled and sliced
1 onion peeled and sliced
1400ml chicken or vegetable stock
50g broth mix
170g turnip peeled and diced
1 leek sliced
1 small parsnip peeled and diced
3 sticks celery sliced
pepper to taste
or any combination of winter vegetables that you like.

1. Prepare the vegetables and put them in a large saucepan.
2. Add the broth mix and the stock.
3. Bring all the ingredients in the saucepan to the boil.
4. Cover saucepan and simmer for at least 30 minutes.
5. The soup will be ready when the vegetables and broth mix are soft.
6. Pour or ladle into bowls and season to taste.
CHICKEN TWIRLS

Serves 2

180g **pasta twirls**
1 **onion** chopped
½ **red pepper** chopped
4-6 **fresh tomatoes** chopped or 1 tin **chopped tomatoes**
100g sliced **mushrooms**
2 fillets of **cooked chicken** diced
**herbs** to season
1 tablespoon **vegetable oil**
**pepper** to taste

1. **Cook** pasta in boiling water until **soft** approx. 7-10 minutes.
2. While the pasta is cooking, **fry** onions, pepper and mushrooms in oil until **soft**.
3. **Add** tomatoes and chicken to vegetables and **heat** through until piping **hot**.
4. **Add** vegetables and chicken to pasta.
5. **Season** with pepper to taste

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The **Rainbow Family Centre** is based in Port Glasgow. Working with local education authorities and the local community, the centre encourages healthy eating through cookery classes and the sale of healthy snacks. The centre takes part in the local NHS Board’s ‘eat well to play well’ programme.
These recipes have been taken from the ‘What’s for Tea?’ Booklet.

‘Not all children like vegetables. Try disguising them e.g. blending vegetables in soups, grating carrot, turnip into stews or mince etc.’

SMOOTH CARROT SOUP

Serves 4

1 tablespoon vegetable oil
1 onion, chopped
1 clove of garlic, chopped
450g or 8 carrots, chopped
560ml vegetable or chicken stock
pinch of sugar (optional)
pepper to taste
1 ½ teaspoons coriander dried or fresh
very low fat crème fraiche (optional)

1. Heat oil and fry onion and garlic on a low heat until soft but not browned.
2. Stir in carrots and cook for another couple of minutes.
3. Add the stock and sugar if using it.
4. Bring to the boil and simmer for 15-20 minutes or until the carrots are soft.
5. Add coriander and blend or mash.
6. Add crème fraiche if you are using it and serve.
PASTA BOLOGNESE

Serves 2-3 (can serve more if you cook more pasta and serve with salad and garlic bread)

450g **lean beef mince**
1 medium **onion**, chopped
4 **fresh tomatoes chopped** or 1 tin of **chopped tomatoes**
1 tablespoon **tomato puree**
pinch of **mixed herbs**
2 cloves of **garlic**, chopped
180 –250g **pasta**, cooked
3-4 tablespoons grated **carrot** (optional)

1. **Fry** mince in a pan for a few minutes.
2. **Add** the onion, garlic and carrot, **continue** cooking until mince is **browned** and onion is **soft**.
3. **Add** tomatoes and tomato puree and **simmer** for about **30 minutes**.
4. **10 minutes** before the mince is ready you could **cook** pasta as per pack instructions.
5. **Divide** pasta between plates and top with sauce.

The Cottage Family Centre also suggest that you could **cook** macaroni and **mix** it with the sauce. Then **add** this to an oven proof dish and **top** with a good handful of **grated cheese**. **Bake** this in a hot oven 200C/400F/Gas Mark 4 for about **15 minutes** until cheese is bubbling and golden.

The Cottage Family Centre is based in the Templehall area of Kirkcaldy, Fife, providing support to families with pre-school children. Parents have highlighted several issues around providing for and cooking the family meal. Feeding the family on a tight budget is always highlighted as a priority and ‘What’s for Tea?’ was developed in response to this issue.
BROWN RICE SALAD

Serves 4

250g cooked brown rice
5 celery stalks, diced
125g sunflower seeds
5 tablespoons tamari or soy sauce
half packet of beansprouts, washed
1 red pepper, diced
half inch of grated ginger or 1/2 tsp ground ginger
100ml orange juice
125g dried fruit - raisins, sultanas or apricots
pepper to taste

Pre-heat oven to 200C/400F/Gas Mark 6.

1. Mix sunflower seeds and the tamari/soy sauce together.
2. Roast sunflower seeds in oven for 10 minutes. Stir the seeds halfway to avoid burning.
3. Mix all the ingredients together.

‘This is the best selling salad in the shop.’
TABBOULI

Serves 4

250g bulgar wheat
4 tomatoes, chopped finely
half cucumber, finely chopped
1 handful fresh mint, finely chopped
1 red onion, finely diced

DRESSING

2 tablespoons olive oil
1 teaspoon black pepper
juice of 1 lemon
2 cloves of garlic, crushed
1 teaspoon black pepper

1. Soak the bulgar wheat in enough boiling water to cover it, stir and let it stand for 10-15 minutes. Once the water has been absorbed stir to break up the grains.
2. Mix tomatoes, cucumber, mint and onion together.
3. Mix olive oil, lemon juice, garlic, and pepper together in a bowl or jug.
4. Place the bulgar wheat in a large bowl and add the vegetables and dressing and mix well.

The Engine Shed opened its doors in January 1990, housing a series of community based food production workshops, producing a range of vegetarian and organic wholefoods for the public. The work of The Engine Shed brings together two main elements - producing a range of healthy organic wholefood products; and using these public work settings as a training environment for people with learning disabilities, to enable them to make the move into paid employment.
What about berries?

‘Berries such as strawberries, raspberries, blackcurrants and brambles are a delicious way to increase your fruit intake, and are key ingredients for good health.’

‘Berries are known to have considerable health benefits and contain high amounts of compounds that are thought to be protective against disease.’

BERRY SUMMER PUDDING

Serves 4

8 slices of white or wholemeal bread, crusts removed
1½ - 2 lbs mixed berries e.g. strawberries, raspberries, blackcurrants, redcurrants (fresh or frozen)
1oz caster sugar
3 tablespoons water

1. Line a (2pint) bowl with bread, keeping a slice or two for the lid.
2. Simmer berries, water and sugar gently until juices run.
3. Pour the fruit mixture into the bread lined bowl, reserving liquid and cover with the reserved bread.
4. Place a plate small enough to sit inside the bread lid and weigh it down using tins.
5. Refrigerate overnight.
6. Turn out on to a plate and pour the reserved juice over the top.
7. Serve with low fat yoghurt and crème fraiche.
FRUIT BRULEE

Serves 4

4 tablespoons low fat or greek yoghurt
125g mixed berries (fresh or frozen)
1 tablespoon light brown sugar with a pinch of cinnamon mixed in

1. **Place** a handful of mixed berries in the bottom of four small dishes.
2. **Spoon** yoghurt over the berries until covered.
3. **Sprinkle** with sugar and cinnamon mix.
4. **Place** under a hot grill until the sugar melts.
5. **Allow** sugar to set (harden) and serve.

‘Why not try including berries in salads, or making delicious healthy fruit smoothies?’

A handful of berries, either simply washed or simmered gently, as in the recipe for ‘Berry Summer Pudding’, would go nicely with the ‘Kheer (Rice Pudding)’ on page 26.

These recipes were developed by Wendy Barrie for the Community Food and Health (Scotland) and the **healthyliving award**. This national award rewards caterers who make it easier for their customers to eat healthily by providing healthier food on their menu. www.healthylivingaward.co.uk
Vegetable Side Dishes

POTATOES (Barri Grubb)

Serves 3-4

8 medium potatoes

1. **Wash**, **peel** and **chop** potatoes.
2. **Place** in a pan of water, bring to the **boil** and **simmer** until soft (about 20 minutes).
3. **Drain** water and serve or mash with a fork.

POTATO SCONES (Party in my Mouth)

Serves 4

225g or 8oz **mashed potato**
50g or 2oz **unsalted butter** (or a low fat alternative)
50g or 2oz **plain flour**
1 tablespoon **vegetable oil**

1. While the mashed potato is still **warm add** the butter.
2. When the mixture is **cold add** the flour and pepper.
3. **Roll** out the potato and **cut** into shapes.
4. **Lightly** brush frying pan with oil and **fry** until golden brown on both sides.
GARLIC ROASTED NEW POTATOES (The Engine Shed)

Serves 4-6

1kg small new **potatoes**, washed and halved
400g **onions**, peeled and halved
200g **vegetable oil**
10 cloves of **garlic**, crushed
**pepper**
small bunch of **mint** or **parsley** chopped

Pre-heat oven to 200C/400F/Gas Mark 6.
1. In a large pan, **fry (sauté)** onions, garlic and potatoes in the oil until the vegetables are evenly **coated** and the onions are beginning to **soften**.
2. **Transfer** the mixture to a roasting tray and roast in the oven for 30-40 minutes until the potatoes are **soft** and **golden brown**.
3. Before serving, **garnish** with freshly chopped mint or parsley.
BACON AND APPLE SALAD (Healthways)

Serves 2

4 slices of **lean bacon**
2 **apples**, roughly chopped
2 thick slices of **granary bread**, crusts removed and cut into chunks
1 **red onion**, chopped
**seasonal herbs** (optional)

Vinaigrette
3 tablespoons **olive oil**
1 tablespoon **wine vinegar**
1 teaspoon **honey**
1/2 teaspoon **dijon mustard**
a pinch of **cinnamon** (optional)

1. **Pan fry** the bacon and onion until they are moderately crisp.
2. **While** they are cooking, **mix** the apples and herbs in a bowl.
3. **Make** vinaigrette by adding ingredients together.
4. **Add** to the bowl along with bacon and onion.
5. **Dry fry** bread in a pan or **fry** in juices left from bacon and onion or **grill/bake** until **golden** and **crispy** but still soft inside.
6. **Add** to the rest of the ingredients and **serve** while still **warm**.

Vegetarians could replace bacon with cubed smoked tofu or a pulse such as chick peas, kidney or borlotti beans.
CAULIFLOWER (Barri Grubb)

Serves 4

1 medium cauliflower

1. Peel off outer leaves.
2. Break or chop into small pieces and rinse with water.
3. Bring to the boil and simmer for 10-15 minutes.

CABBAGE (Barri Grubb)

Serves 3-4

1 medium cabbage

1. Peel off leaves from central core. Discard any outer leaves if they are damaged.
2. Chop or shred into strips and rinse with water.
3. Bring to the boil and simmer for 5-10 minutes.

TURNIP (Barri Grubb)

Serves 4

1 medium turnip

1. Peel and chop into small pieces. Rinse with water.
2. Bring to the boil and simmer for 10-15 minutes.
CARROTS (Barri Grubb)

Serves 3
4 medium carrots

1. Cut off the top and bottom and peel.
2. Wash and cut into thin slices or chunks.
3. Bring to the boil and simmer for 10-15 minutes.

BROCCOLI (Barri Grubb)

Serves 2-3
2 heads of broccoli

1. Wash and cut into pieces.
2. Bring to the boil and simmer for 5-10 minutes

HEALTHY SALAD TO SERVE WITH CURRY (Khush Dil)

1 tomato, finely chopped
4cm/1 1/2 inch piece cucumber, cubed
2-3 spring onions, sliced roughly
1 carrot, grated
juice of 1/2 lemon
pepper
1 tablespoon fresh coriander, washed and chopped

1. Mix salad ingredients together in a bowl.
2. Add lemon juice and pepper and sprinkle on coriander.
3. Serve alongside curry or on the same plate.
Front cover photographs from a Men’s Health event organised by Gorbals Healthy Living Initiative, one of hundreds of such events which have taken place throughout Scotland.