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# 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

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# Introduction

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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

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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.

Bowl (various sizes)

1 or 2 saucepans

1 non stick frying pan

Ovenproof dish

Tablespoon or dessertspoon (large spoon)

Teaspoon (small spoon)

1 mug (average size)

1 cup (average size)

Grater

Vegetable peeler

1 kitchen knife

1 can opener

Some tinfoil

Some cling film

A blender or masher

Scales



## Some notes on ingredients

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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



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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<sup>1</sup>.

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](http://www.communityfoodandhealth.org.uk) where you can read and download reports and publications.

<sup>1</sup> [www.salt.gov.uk](http://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

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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.

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.



# Cambuslang and Rutherglen Community Health Initiative and the Halfway Fruit Barra

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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!



These recipes have been contributed by the ‘**Confidence to Cook**’ community kitchen.

## SMOKED FISH CHOWDER (CULLEN SKINK)

Serves 4

2 medium **potatoes**, chopped small  
1 large **onion**, chopped  
 $\frac{1}{2}$  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.





# Edinburgh Cyrenians

These recipes have been taken from the 'Good Food in Tackling Homelessness' handbook

## CHICKEN AND PEPPER STIR FRY

Serves 2

2-3 tablespoons **vegetable oil**  
1-2 cloves of **garlic**  
2 **chicken fillets**  
 $\frac{1}{2}$  **red pepper**  
 $\frac{1}{2}$  **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
- $\frac{1}{2}$  or 1 teaspoon **chilli** powder 1 fresh **chilli** chopped
- 1 tablespoon **tomato puree**
- 1 teaspoon mixed **herbs**
- 1 **chicken** or **vegetable** stock cube (optional)
- $\frac{1}{2}$  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 **chilli 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](http://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.



# Healthways Healthy Living Initiative

## Ross and Cromarty

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 ½ 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

'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 **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](http://www.healthylivingaward.co.uk)



# Khush Dil

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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
- $\frac{1}{4}$  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

1¼ teaspoon **garam masala**

½ 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 1-1½ 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.



# Milton Food Project

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These recipes have been taken from their 'Soup Booklet'

## QUICK CHINESE NOODLE SOUP

Serves 4

1 ½ 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 ½ 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.’

**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.



# Orkney Association of Youth Clubs in partnership with Orkney Health Promotions Department

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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.





# Pilton Community Health Project

These recipes are taken from the 'Barri Grubb Recipe Book'

## 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

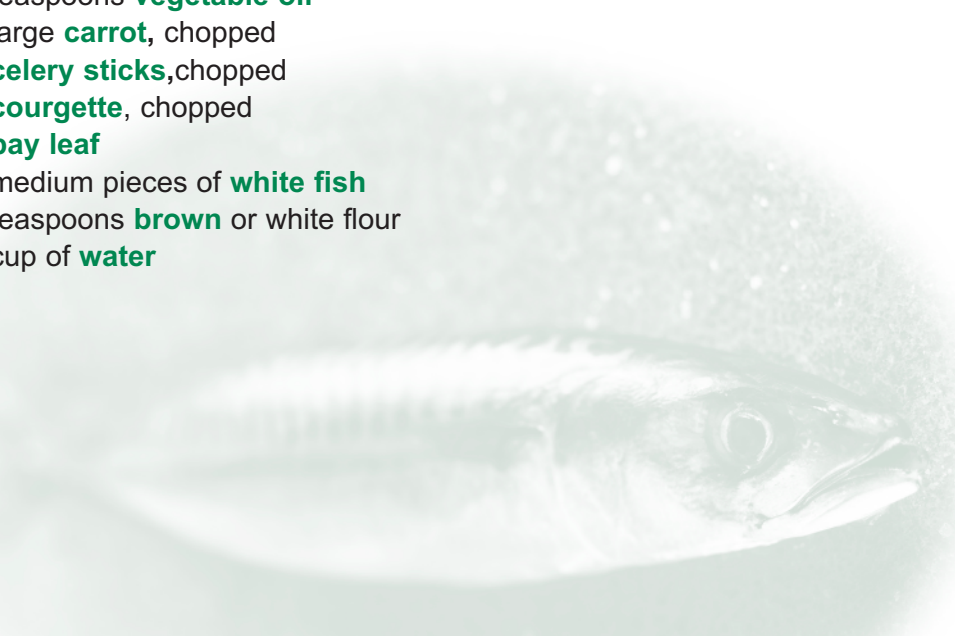
1. **Melt** butter in a pan, **stir** in flour and **cook** for 1 minute on a low heat, **stirring** continuously.
2. **Remove** from heat, **gradually stir** in the milk that the fish was cooked in.
3. **Bring** to the boil, stirring all the time and cook for 2 minutes.
4. **Add** the fish, rice, parsley 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 swirls**

1 **onion** chopped

$\frac{1}{2}$  **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

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.



# The Cottage Family Centre

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.





# The Engine Shed

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These recipes have been taken from 'The Engine Shed Cookery Book'

## 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](http://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**

**pepper**

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**  
1½ 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/1½ inch piece **cucumber**, cubed

2-3 **spring onions**, sliced roughly

1 **carrot**, grated

juice of ½ **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.

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