

---

# Munch runch<sup>2</sup>



---

Recipes **4** change

# Foreword

Munch Crunch 2 is a collection of simple recipes to encourage healthy eating and cooking. The recipes are quick and provide low budget meals and snacks made using basic kitchen equipment.

These recipes have been used to develop both confidence and skills and promote healthier eating and shopping, by helping families make small changes in the way they prepare food and choose ingredients.

The emphasis in the recipes is on introducing more fruit and vegetables while reducing intake of saturated fats, added sugar and salt levels in the diet.

---

## What people have said:

I was surprised at how easy and cheap the dishes were to make. My confidence in the ability to prepare and cook new dishes soared.

I learned that nutritious family meals can be made on a budget.

After attending the course I became aware about what rubbish I was feeding my kids'

Title by Paige O'Harney and Catherine Tomelty - pupils of Ardeer Primary School, Stevenston

# Contents



**How to make changes** 2

**What you will need** 4

**What you will do** 6

## **What you will prepare**

- Minestrone soup with garlic and herb bread 11
- Fish dippers 17
- Potato wedges 20
- Crunch chicken nuggets 22
- Dips - tomato sauce and a cheese dip 24
- Coleslaw 27
- Pizza 31
- Very quick one pot pasta 37
- Cauliflower bake 41
- Vegetable curry 47
- Vegetable stir fry with meat options 51
- Fish pie 57
- Chicken curry 61
- Scones - sweet and savoury 67
- Apple or fruit crumble bake with custard 73
- Fruit salad 79
- Smoothies 84

# Make small changes and enjoy the benefits

Fruit and vegetables

Bread, other cereals and potatoes

4



Meat, fish and alternatives

Food containing fat  
Food and drinks containing sugar

Milk and dairy

- Eat a variety of different foods from each group shown
- Eat more of the foods in the orange and green sections and less of those in the yellow section

- Aim to eat **three meals a day**
- Start every day with **breakfast**
- **Eat lots of** fruit and vegetables. Choose from fresh, frozen or canned
- **Eat more fish** - at least two portions a week, one portion should be oily fish (for example salmon and sardines). Frozen and canned varieties are good alternatives
- **Choose lower fat** dairy products and lean meat - trim off any fat
- **Spread** butter and margarine thinly and use cooking oils in very small amounts
- **Try** not to fry foods
- **Cut back** on sugary foods and fizzy drinks
- **Avoid salt** in cooking and at the table - try other seasonings (for example garlic, herbs, lemon juice)
- Try using ready prepared meals and processed foods **less often**

**Don't forget to enjoy your food.**

6



# What you will need

You only need the following equipment to make the recipes in this book. You will already have most of these items in your kitchen:



- Chopping board
- Small vegetable knife
- Grater
- Y type vegetable peeler
- Large lidded saucepan (20cm)
- Colander
- Large bowl
- Small bowl
- Teacup
- Teaspoon
- Dessertspoon (or measuring spoons)
- Tablespoon (or measuring spoons)
- Baking tray
- Oven proof dish
- Slotted spoon
- Wooden spoon
- Can opener
- Oven gloves
- Measuring jug

## Other items:

- Wok
- Hand held blender and jug

# What you will do

basic techniques

## Breadcrumbs



## Chopping

8



carrot



chicken  
fillet



leek



potato



onion 1



onion 2



spring  
onion



# Draining



rice

# Measuring



oil

# Peeling



turnip / swede



carrot



parsnip

9

# Preparing garlic



1. crush bulb



2. peel segments



3. crush segment

# Segmenting



# Skinning



# Shredding



cabbage

# Slicing



courgette



leek



mushroom



tomato



pepper



# Washing



scrubbing  
equipment

washing  
chopped leek



washing sliced  
leek

# Using the oven

take care  
and use oven  
gloves





12



# Minestrone soup



For a balanced main course  
eat with chunks of bread.

## What you need:

- 1 tablespoon vegetable oil
- 1 large onion
- 1 large carrot or 2 small
- 1 stick celery
- 400g tin of chopped tomatoes
- half cup of cooked beans (for example, tinned cannellini beans)
- half cup dried pasta (any shape)
- 1 cup frozen vegetable mix (green beans, peas, cauliflower)
- 1 litre of vegetable stock (can use powder or cubes but note no extra salt is needed as most cubes are high in salt already)
- pinch of black pepper
- quarter tube tomato puree
- pinch of dried mixed herbs (if wanted)

## What you do:

- Peel and chop onion and carrot (see page 6). Wash and chop the celery.



- Add to saucepan with the oil and heat gently for about 10 minutes stirring from time to time.



- Open tomatoes and add to pot with the stock, beans and other veg.



- Bring to boil and add the pasta. Adjust heat to keep soup on a simmer rather than boiling hard. Cover with lid.



- Continue cooking again stirring for about 15 minutes or until veg and pasta are soft (test with a knife)



- Add puree and season with herbs and black pepper to taste (taste using a different spoon!)



**Soup is ready to serve.**

If not using straight away allow to cool properly before covering and storing in fridge until required.

For a smooth soup whiz using a hand blender when cooled.



16





# Garlic and herb bread



## What you need:

1 baguette style loaf

1 tablespoon of lower fat butter/margarine spread

1 clove of garlic

pinch of mixed herbs

kitchen foil

## What you do:

- Make slices across the baguette with a bread knife, but don't cut all the way through.



- Mix the butter, mixed herbs and garlic together in a small bowl. The clove of garlic can be either chopped finely or you can use a garlic press.



- Spread the mixture thinly on one side of each slice of the baguette.



- Wrap tightly in kitchen foil.



Can be frozen at this stage for use later.

**Bake in a moderately hot oven 200C/400F/ Gas mark 6 for 15 minutes. Allow an extra 5-10 minutes if cooking from frozen.**

When ready remove carefully, open up parcel, slice and serve.

# Fish dippers

Fillets of haddock, cod or salmon are usually much cheaper frozen than fresh. All you need to do is to allow thawing first - overnight in the fridge is best.



19



## What you need:

- 2 or 3 fillets of white fish such as skinned haddock / cod or try salmon
- 1 egg, beaten
- a few spoonfuls of plain flour
- a small bowl of breadcrumbs (150g)
- a little sunflower oil or margarine for greasing baking tray

## What you do:

- Heat the oven to 200C/400F/Gas 6 and grease a baking tray.
- Put the egg, flour and breadcrumbs into 3 separate bowls / plates.
- Cut the fish into small strips and dip into the flour, then the egg and finally the breadcrumbs.



- Put the coated fish strips on a well greased baking tray.



**Cook in the heated oven for 12 to 15 minutes, turning halfway through, until golden brown.**

Serve with tomato ketchup or better still try one of the dips in this book (see page 24).



# Potato wedges



Great on their own with a dip or serve as part of a main meal.

22

## What you need:

- 2 or 3 medium sized potatoes
- 1 tablespoon vegetable oil
- flavouring - for example garlic, chilli powder or barbecue seasoning



## What you do:

- Scrub the potatoes and remove any skin blemishes - but do not peel
- Cut the potatoes into half length ways, then into wedges (around 6 to 8 wedges per potato)
- Mix the oil, the flavourings and the potato wedges in a bowl or put in a clean plastic bag and shake
- Take the potato wedges out of the bag and place on an oven tray.



**Bake in a hot oven 200C/400F/ Gas 6 for 25 to 30 minutes.**

Test to see if ready using the point of a knife in one of the wedges. They should feel soft in middle.

# Crunchy chicken nuggets



24

## What you need:

- 2 skinless chicken breasts
- a few spoonfuls of plain flour
- 1 egg
- half a bowl of breadcrumbs (75g)  
wholemeal if possible\*
- a little sunflower oil / margarine for greasing baking tray





## What you do:

- Turn the oven to heat 200C/400F/Gas 6.
- Cut the chicken into chunks (4 or 5 for a child).
- Spread the flour out on a plate and roll the chicken in it until coated.
- Beat the egg in a bowl and dip the chicken first into the egg and then into the breadcrumbs.
- Place on a well greased baking tray



**Bake in a hot oven for 20 minutes, turning over after 10 minutes.**

Four slices of bread will make about 200g of crumbs. Here's a good way of using up bread: crumb, using a hand blender (see page 6) then store in freezer in poly bag until needed.



# Dips

Ideal for dipping potato wedges, chicken nuggets or fish dippers



# Fresh tomato sauce

Can be served hot or cold.

## What you need:

- a tin of chopped tomatoes (supermarkets' own saver brands are ideal)
- third of a tube tomato puree
- 1 onion and 1 clove of garlic
- half can of water

## What you do:

- Chop the onion and garlic (see pages 6 and 7) and put into a saucepan together with the contents of the tinned tomatoes.
- Rinse out the can with a little cold water (about half a can) and add to the saucepan then stir in the tomato puree.

**Bring to the boil and simmer for about 10 to 15 minutes until onion is soft.**

Sauce is ready for serving. However, to make this more appealing to children and for a smooth sauce whiz for a few minutes using a hand held blender, taking care to keep the blade end immersed in the sauce. This makes the sauce more like tomato ketchup but without the added sugar that's in most commercial brands.



# Dairy-based dip

## What you need:

- a small pot of natural low fat yoghurt
- 1 or 2 spring onions
- 50g of mature cheddar cheese



28

## What you do:

- Grate the cheese
- Wash and finely chop the spring onions
- Add to the yoghurt and mix well.



Store in a covered container in top part of fridge.

# Coleslaw

Great with a baked potato or as an additional filling for a sandwich/roll



29

Make sure your hands are thoroughly washed before starting this especially as there is no cooking involved.



## What you need:

- quarter of a white cabbage (450g)
- 1 or 2 carrots
- 1 eating apple
- 1 large orange or 2/3 satsumas
- half a red onion
- 2 or 3 spring onions
- a little lemon juice
- 3 dessertspoons low fat mayonnaise
- 2 dessertspoons of low fat natural yoghurt

## Why not try:

- a handful of sultanas or raisins
- small handful of unsalted nuts or sunflower seeds

## What you do:

- Remove the outside leaves of the cabbage and shred finely (using a small Y peeler). Place in a large mixing bowl.
- Scrub or peel the carrots (see page 7) then grate and add to the bowl.



- Remove outer skin from red onion and chop finely (again, the small 'Y peeler' makes this easy) and add to bowl.



- Mix through ingredients with a fork.
- Wash, then quarter apple and remove core. Chop into small pieces and sprinkle with a little lemon juice to prevent the apple turning brown on contact with the air. This can be done in a small bowl/cup before mixing into rest of ingredients.



- Peel and segment the orange catching any juice and add both to bowl (see page 7).



- Remove any damaged skin from spring onions, chop finely, wash and dry before adding to the bowl.



- Finally mix together the mayonnaise and yoghurt in a separate bowl before stirring into the other ingredients.



- Mix through to combine all the ingredients.



**Tip into a clean lidded container and store in the top part of your fridge.**







# Pizza



33



## What you need

- baking tray
- mixing bowl
- 1 teacup white plain flour
- half teacup wholemeal flour
- 2 teaspoons baking powder
- 3 dessertspoons margarine
- 4oz (120g) cheddar cheese
- a little milk
- ½ tin chopped tomatoes
- ¼ tube tomato puree
- your favourite toppings!



## How to make the base

- Put on the oven to heat to 230C/450F/Gas mark 8
- Grease and flour a baking tray
- Measure out 1 cup of white plain flour and half a cup of wholemeal flour into a mixing bowl

- Add 2 teaspoons of baking powder to the bowl and stir to mix evenly
- Add 3 level dessertspoons of soft margarine to the bowl and rub in using your fingertips until the mixture looks crumbly
- Grate some cheddar cheese (you will need about 4oz (120g) all together - put a small handful into the bowl, keeping the rest to top your pizza later)
- Mix in with a fork and then make a small well in the middle, add a little milk slowly (you will need about a quarter cup). Gradually mix with the fork until a soft ball of dough is formed



Take care here and add the milk a little at a time otherwise the dough will become too sticky!

- Tip the dough out onto the baking tray and use the palm of your hand to pat out into a circle or to fill the whole tray

**Bake this for 5 minutes in the heated oven, then remove carefully using oven gloves**



You are now ready to spread the tomato sauce over the whole base.

36

## How to prepare the tomato sauce

- empty half a can of chopped tomatoes (200g) into a bowl and mix in a quarter of a tube of tomato puree with a fork.

That's all you need to do but you can try adding a sprinkling of dried mixed herbs and some pepper to taste.

Ideas for toppings

Try using different toppings on different sections of your base.



- wafer thin ham, pineapple, cooked chicken, tuna

- Chopped red onion, peppers, mushrooms, tomatoes, tinned sweet corn, courgettes
- Finally top with remainder of grated cheese.



### How to bake

**Bake on the top shelf of the oven for 12 to 15 minutes until**



**the cheese is melted and the vegetables are cooked**



- Carefully take the pizza out of the oven
- Cut into wedges

**Better still, enjoy with a bowl of fresh salad.**



# Very quick one pot pasta

Encourage children to eat more vegetables with this simple recipe made in one saucepan. You can use either frozen or tinned vegetables for this recipe.



## What you need:

- 1 tablespoon vegetable oil
- 1 onion
- 2 tablespoons tomato puree
- 300g or 2 teacups of frozen mixed vegetables (for example, peas, sweet corn, carrots - but it's important they are small and not too chunky if you are making this for children)
- 700 ml hot vegetable stock (that is, one vegetable stock cube in about 1 pint hot water)
- 175g or one and a half teacups of small pasta shapes
- 200g can of baked beans
- a little grated cheese to serve on top.

## What you do:

- Add vegetable oil to saucepan.
- Peel and finely chop onion.
- Add to saucepan and cook gently for a few minutes over a medium heat, stirring, being careful not to brown the onion.
- Add the hot vegetable stock together with the tomato puree.
- Add the pasta shapes and the frozen vegetables.



40



**Cover the saucepan with a lid and simmer for about 15**

**minutes, until pasta and vegetables and soft when tested with a fork.**



- Finally add the contents of the can of baked beans stir and continue cooking until heated through.



Serve in bowls and topped with a little grated cheese.



This recipe will be enough to feed an army of children!



42





# Cauliflower bake

Add lots of different vegetables

## What you need:

- 1 cauliflower
- 1 onion
- 1 carrot
- half leek
- a head of broccoli (optional)
- 1 red pepper
- a tin of vegetables (for example, sweet corn, peas, beans) **or** 1 cup of frozen vegetables (for example, mixed, peas, broccoli)
- 2 tomatoes
- 300ml semi-skimmed milk
- 2 teaspoons cornflour
- 120g mature cheddar cheese
- 1 teaspoon grain mustard
- black pepper
- handful of breadcrumbs or crushed cornflakes

## What you do:

- Chop onion (see pages 6 and 7) and carrot and add to saucepan with about a mug of cold water and bring to the boil.
- Simmer for a few minutes before adding the cauliflower and/or broccoli which has been trimmed, washed and broken up into small florets (remove thick stalk and outside leaves, keeping any undamaged inner leaves).
- Cover saucepan with lid allowing the cauliflower to steam gently. (It is important to keep an eye on the saucepan to make sure it doesn't boil dry. If necessary add a little more water.)



- Wash and chop the leek and red pepper if using and keep aside.
- While this is cooking mix the cornflour in a teacup with a little of the milk.
- Grate the cheese.
- Test the cauliflower with a knife to check if it is ready. It should be tender. Carefully remove the cauliflower pieces, onion and carrot to an oven-proof dish with a slotted spoon.



- Layer the chopped leeks, pepper and any other vegetables on top of the cauliflower. (If using frozen these can be added to the milk in the pan and cooked in the sauce.)



- Boil remaining liquid in saucepan until only a spoonful left and then add the milk and bring back to the boil. Remove from the heat and pour a little milk onto the cornflour paste, stirring until smooth.



- Pour the cornflour paste into the saucepan and return to the heat, stirring all the time with a wooden spoon until the mixture boils and thickens.

- Remove from the heat and stir in half of the cheese and the mustard. Season with black pepper. (Taste)
- Pour sauce over the cauliflower and vegetables and top with sliced tomatoes and the remaining cheese mixed together with the breadcrumbs or crushed cornflakes.

**This dish can be baked in a heated oven, 180C/350F/Gas 4 for 30 to 35 minutes until bubbling and the topping is golden.**

If allowed to cool the dish can be covered and kept in the fridge for later in the day but is also suitable for freezing. Defrost thoroughly before reheating.





48







# Vegetable curry

serves 3 or 4

## What you need

a selection of vegetables, for example:

- 1 onion
- 1 clove of garlic
- 1 carrot
- small portion of turnip
- 1 parsnip
- 2 medium sized potatoes
- small head of broccoli
- 1 can of chick peas/lentils
- half tablespoon of vegetable oil
- 2 tablespoons of curry powder (mild/medium)
- 2 teaspoons of ground ginger
- 150ml vegetable stock
- 150ml apple juice
- a handful of sultanas
- 1 tablespoon of desiccated coconut

## What you do:

- Peel and chop onion, carrot and garlic (see page 7)
- Add to saucepan with oil
- Heat gently for a few minutes
- Peel the potatoes, turnip and parsnip, chop into small chunks and add to the pan
- Add the curry powder and ginger to the pan and stir well
- Mix in the stock and the apple juice
- Finally add the drained chick peas/lentils, sultanas and coconut and mix well



**Cover pan with lid and continue cooking on a low heat for about**

**20 minutes. The curry should just bubble gently and may need stirring from time to time to stop it sticking to the pan**

- Break the broccoli into small chunks and wash in cold water and add to other ingredients in the final 5 minutes



- The curry is ready when the vegetables are tender when tested with a knife



Serve at once  
or allow to cool  
completely before covering and storing in the  
fridge.



52



# Vegetable or meat stir fry

## What you need:

A selection of vegetables like those listed here, but other most vegetables can be used (just cut thinly).

A large deep frying pan or a wok is better for stir frying - the larger surface area when heated allows better contact with the food, cooking it more quickly when 'stirred' around.

- 1 onion
- 1 clove of garlic
- small piece of root ginger
- soy sauce (light or dark)
- lemon juice (can be used in place of ginger and soy sauce)
- 1 tablespoon of oil
- a few mushrooms
- 1 red pepper
- 1 carrot
- half leek
- small pack of baby corn/mangetout
- 1 courgette
- 1 or 2 spring onions
- handful of bean sprouts
- greens (for example, a handful of spinach or shredded cabbage)

## What you need for a meat stir fry:

- 120g of meat cut into thin strips (chicken, turkey breast or lamb)
- 1 onion
- 1 clove garlic
- a selection of vegetables as above



## What you do:

- Peel and chop the onion
- Peel and crush the garlic clove
- Peel the ginger root and cut into thin strips
- Peel and chop the carrot into similar lengths (as shown) and cut into thin pieces and then into matchsticks



- Wash the courgette and chop as for carrot
- Repeat above for leek, taking care to wash it well using a strainer (washing the leek after chopping is best, as dirt can easily be trapped in the layers)
- Wipe the mushrooms with damp kitchen towel or use a vegetable brush, then cut finely.
- Wash the pepper if you are using one, cut into thin strips remove the seeds and core.
- Add the oil to a large frying pan or a wok and heat over a medium heat for a few seconds.



- Add the onion, garlic and ginger and stir for 2 minutes.

If using meat add it at this stage and continue to stir well for 2 to 3 minutes.



- Add all the sliced vegetables and continue to stir to allow the meat and/or vegetables to cook for about 8 to 10 minutes. This will depend on the size of the pan and the thickness of the vegetables/meat.



- If using spinach, bean sprouts, shredded cabbage - wash them and add towards the end of the cooking (to prevent them from being over-cooked).



- Finally add some soy sauce or lemon juice to taste.



The dish is ready when the meat/vegetables are just tender and not too soft.



For a balanced meal serve with some cooked noodles (follow instructions on packet), pasta, rice or potatoes.



58



# Basic fish pie

serves 2 to 4 with added vegetables

Try adding a variety of different vegetables to this dish such as mushrooms, tinned peas or sweet corn or serve with extra veg on the side.

## What you need:

- 300g skinless fish fillet (haddock, cod, whiting, salmon - unsmoked or smoked or a mixture of both). [Frozen fillets are much cheaper and work well in this recipe.](#)
- 1 onion and 1 leek
- 2 teaspoons cornflour
- 300ml semi-skimmed milk
- 1 teaspoon chopped parsley (or dried)
- 2 or 3 tomatoes
- a little grated cheese, crushed cornflakes/ breadcrumbs for topping.
- 500g potatoes suitable for mashing
- black pepper
- 4 spring onions

## What you do:

- Peel potatoes and put in saucepan, cover with water and boil.



- Put fish into another saucepan (no need to defrost if frozen) and cover with the semi-skimmed milk and chopped onion. Bring to the boil and simmer for 2 to 3 minutes. The fish should no longer be translucent but opaque.



- Remove fish with slotted spoon and place in a greased ovenproof dish. Sprinkle over the chopped washed leek.
- **Make a white sauce** by mixing the cornflour in a teacup with a little cold milk to paste, and then add some of the cooking milk from the pan to mix before adding it back into the saucepan, stirring until thickened over a medium heat. Cook for a few minutes until smooth. Add the chopped washed parsley. Pour this sauce over the fish and set aside.



- Test the potatoes with a fork, when soft drain off the water and mash the potatoes adding a little milk. When cool stir in the chopped and washed spring onions and season with black pepper.
- Cover the fish and sauce with the mashed potato, smooth over to the edge of the dish, and using the back of a fork fluff up the top of the potato, add a few slices of tomato and finally top with a mixture of grated cheese/crushed cornflakes or breadcrumbs.



At this stage the dish can be left to cool and then frozen or chilled for use later.



**Finally bake in the oven heated to 180C/350F/Gas4 for about 30 minutes until brown on top and well heated throughout.**



62





# Chicken curry

serves 2

## What you need:

- 1 skinless chicken breast or other lean meat
- 1 onion
- 1 carrot
- 1 eating apple
- a few mushrooms
- 1 clove of garlic
- half tablespoon of vegetable oil
- 2 tablespoons of curry powder(mild/medium)
- 2 teaspoons of ground ginger
- 150ml vegetable stock
- 150ml apple juice
- a handful of sultanas
- 1 tablespoon of desiccated coconut

## What you do:

- Peel and chop onion, carrot and garlic
- Add to saucepan with oil
- Heat gently for a few minutes
- Chop the chicken into chunks
- Add to the pan



**Remember to thoroughly wash chopping board, knife and hands after handling raw meat.**

- Peel the apple, chop into quarters and remove the core, cut into chunks and add to pan





- Add the curry powder and ginger to the pan and stir well
- Mix in the stock and the apple juice
- Finally add the sultanas and coconut and mix well



Cover pan with lid and continue cooking on a low heat for about 20 minutes. The curry should just bubble gently and may need stirring from time to time to stop it sticking to the pan.

Serve at once or allow to cool completely before covering and putting into the fridge.

## For a balanced meal eat with:

- cooked rice
- bread - for example, Naan bread (Try a variety of different breads/rolls - wholemeal is better)
- chopped banana
- extra coconut and sultanas
- raita (for a cooling effect!)

## Rice

serves 2



### What you need

- 1 cup of long grain rice (for example, basmati - white or brown or a mixture)



### What you do:

- Bring a saucepan of water to the boil
- Add a cupful of rice (wash first in cold water using a colander)

**Cook for 10 to 15 minutes (water should bubble gently). If using brown rice cook for 25 to 30 minutes until soft.**



# Raita

cool and refreshing dip

## What you need:

- half cucumber
- 1 small red onion
- 1 clove of garlic
- 250ml of low fat natural yoghurt
- half teaspoon of ground pepper.

## What you do:

- Peel the cucumber
- Cut in half and scrape out the seeds with a teaspoon
- Chop cucumber into small pieces
- Peel and finely chop the onion
- Crush the garlic
- Add the onion, cucumber, garlic and pepper to the yoghurt and mix thoroughly

Put into a container, cover and store in the fridge.







# Scones

## What you need

- baking tray
- mixing bowl
- fork
- 3 level dessertspoons of soft margarine (polyunsaturated)
- 1 teacup white plain flour
- 1 teacup wholemeal flour
- 4 teaspoons baking powder
- half teacup of semi skimmed milk

and

- for savoury scones: red pepper, green apple, spring onion, small cube of cheddar cheese and grain mustard

or

- for sweet scones: orange zest and juice, dried apricots, dried bananas, mixed dried fruit, sultanas, apple, and cinnamon

Before you begin, remember to wash your hands thoroughly.

Turn the oven on to heat up to the correct temperature (230C /450F/Gas mark 8)

Grease a baking tray with a little margarine, rubbing it on with kitchen paper, and then sprinkle the tray with a little flour. (This will stop your scones sticking to the tray).

## Making the scone mixture - stage 1

- Put 1 teacup of white plain flour and 1 teacup of plain wholemeal flour into a mixing bowl



- Add 4 level teaspoons of baking powder

- stir the mixture with a fork



- add 3 level dessert spoons of soft margarine to the bowl

- Then using only your fingertips, work the margarine into the flour until the mixture looks like breadcrumbs. This is called 'the rubbing in method.'

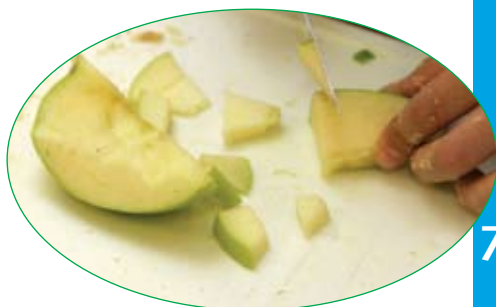


**Flavourings:** at this stage decide whether you are making sweet or savoury scones.

## Savoury scones - stage 2

**What you need:** red pepper, green apple, spring onion, cheese and grain mustard.

- Grate a small cube of cheddar cheese, about 50g, (mature is better as you need less) - add to the mixture in your bowl
- Chop half an apple as small as you can, leaving on the skin but removing the core - add to your bowl
- Chop about one third of one red pepper and 1 spring onion as small as you can (remember to wash them first) - add to your bowl
- Mix round using the fork
- You can also add 1 teaspoon of grain mustard (if you wish)



## Forming a soft dough - stage 3



- Use about half a teacup of semi-skimmed milk. Add a little milk at a time to the bowl, mixing with the fork until the mixture forms into a ball of soft dough.



- Sprinkle a little flour onto a clean worktop or board and pat the dough out into a round shape.



- Cut into triangles or shape into rounds using your hands.
- Space your scones out on the baking sheet and tap the top of each one with your fingers dipped in milk.

**Bake in the heated oven for about 10 minutes until the top is golden.**





## Sweet scones - stage 2

### What you need:

orange zest and juice, dried apricots, dried bananas, mixed dried fruit, sultanas, apple and cinnamon.

- Add a handful of dried fruit or sultanas to the scone mixture you prepared in **stage 1**
- You can grate the zest (the outer skin only) of a washed orange. Then cut the orange in half and use a fork to squeeze out the juice into the mixture
- Try some chopped dried apricots and add to the mixture with the orange

Chopped fruit, both fresh and dried, is used instead of sugar to make the scones sweet. You can also try spices like cinnamon.



## Forming a soft dough - stage 3

- Using about half a teacup of semi-skimmed milk, add a little at a time to the bowl, mixing with the fork until the mixture forms into a ball of soft dough.



- 74
- Sprinkle a little flour onto a clean worktop or board and pat the dough out into a round shape.



- Cut into triangles or shape into rounds using your hands.



- Space your scones out on the baking sheet and tap the top of each one with your fingers dipped in milk.



**Bake in the heated oven for about 10 minutes until the top is golden.**



# Apple or fruit crumble



75



What you need:

- 6 dessert apples (for example, Golden Delicious)
- 1 teacup of white or brown plain flour or mixture of both
- 2 tablespoons of soft margarine (polyunsaturated)
- 1 teacup of porridge oats
- 1 tablespoon of sugar
- 1 handful of raisins

## What you do:

- Put on the oven to heat to 200C /400F/ gas mark 6
- Tip a cupful of flour into a mixing bowl
- Add the margarine and then using your fingertips, work the margarine into the flour until the mixture looks like breadcrumbs.
- Add the oats and sugar to this and stir to mix.

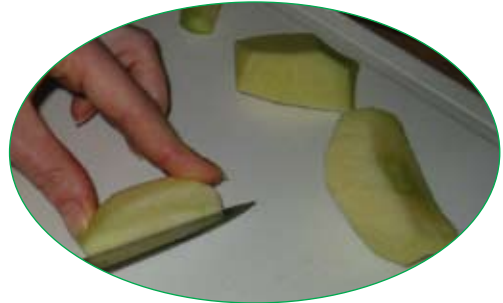


- Peel, core and chop the apples and add to an ovenproof dish with the raisins.
- Cover apples with the crumbed mixture and press down using your hands.



Place dish on an oven tray and bake for 15 to 20 minutes until top has browned.

Serve with custard or low fat yoghurt/ crème fraîche.



## For a change, try:

- Tinned fruit in juice or frozen mixed fruits can also be used and do not require precooking.
- We tried tinned pears with frozen blueberries.

If using cooking apples or fresh rhubarb it would be better to stew the fruit first by adding prepared fruit to a saucepan with a little water and sugar. Simmer over a gentle heat until soft.



# Custard

## What you need:

- 568ml (1 pint) semi-skimmed milk
- 2 tablespoons of custard powder
- 1 tablespoon of sugar (try half the amount suggested on most packets)



## What you do:

- Using a mixing bowl or jug mix a little of the cold milk with the custard powder and sugar to a smooth paste.
- Heat the remainder of the milk in a saucepan taking care not to boil it over.



- When almost boiling remove pan from heat and add a little of the heated milk to the paste in the jug. Mix well and then add back to the remaining milk in the saucepan.
- Stir well and continue to heat gently until the custard starts to thicken.
- Remove from the heat and serve at once or allow to cool for serving later.



If you are not using the custard at once, cover it and store it in the fridge once cooled.



# Fresh fruit salad



## What you need

- 1 red and one green apple
- small pineapple or a tin of pineapple in juice
- a wedge of melon (honeydew, galia and so on - try a different one each time)
- 1 banana
- 1 large orange or two or three satsumas
- small bunch of grapes (red or green)
- 1 kiwi
- few strawberries/blueberries/raspberries (depending on what you choose and what's available)
- carton of pure juice (orange or apple)
- a little lemon juice.



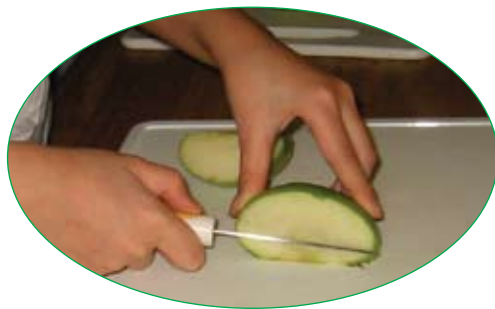
## What you do

### 1. Apples

Wash and dry both apples.

Cut them into two halves first, then into four quarters. Remove the core. Then slice and dice both apples, remembering to leave the skins on. Make sure you do your chopping on a clean chopping board.

Put the chopped apples into a suitable clean bowl and add a little lemon juice (this will stop the apples and sliced banana from turning brown and keep your fruit salad fresher).



### 2. Melon

Lay the wedge of melon on its side on the chopping board and remove the outer skin carefully with a small knife as shown. Then chop the melon wedge into small bite-size pieces and add to the bowl.

### 3. Banana

Peel and chop the banana and add to the bowl, tossing the banana with the apple and a little lemon juice.



### 4. Pineapple

If you are using a tin of pineapple: open it carefully with a can opener, and add the pineapple and juice to your bowl. (Depending on the type of pineapple pieces you may need to chop them into smaller bits before you add them to the bowl.)



If you are using a small whole pineapple: first slice off the top and then the bottom core. Cut the pineapple into two halves then four quarters.

It should then be easy to cut the centre core out by laying each quarter on its side on the chopping board, as you did for the melon. Then cut round inside the skin as you did for the melon. You can then cut the pineapple into small chunks.

### 5. Orange or satsumas

Peel the satsumas or orange, separate into segments and add to the rest of the salad.

## 6. Kiwi fruit

Peel and slice the kiwi fruit.



## 7. Grapes and berries

Next wash and pat dry the grapes. Cut them in half and remove the seeds if you are not using seedless grapes. Add the grapes to the bowl.



Do the same with any berries, washing them well first.



Finally give the salad a stir with a spoon to mix the different fruits and pour over enough fruit juice to cover most of the fruit.

Your salad is ready to eat but should be covered and stored in the top part of your fridge until you need it.

Try low fat natural yoghurt or home made custard with reduced sugar (see page 77).

# Smoothies

The following recipes were created by primary six pupils from Ardeer Primary School, Stevenston

86



# Ardeer avalanche



## What you use

- half a banana, peeled and chopped
- half a mango, peeled and chopped
- 2 cups of frozen strawberries
- 500ml apple juice.

## What you do

- Put all the above ingredients into the jug of a blender
- Replace the lid, ensuring it is closed correctly
- Switch on and blend for 2 to 3 minutes.

Pour into tumblers and serve with a straw.



## Ardeer super apricot and peachy passion

### What you use

- 1 tin sliced peaches in juice
- 1 tin apricots (drained then frozen)
- 250g natural low fat yoghurt
- 250ml semi-skimmed milk.



88

### What you do

- Put all the above ingredients into the jug of a blender
- Replace the lid and make sure it is closed correctly
- Switch on and blend for 2 to 3 minutes



Serve in tumblers with straws.



# Ardeer fruit explosion



## What you use

- half tin of pears
- half packet of frozen summer fruit
- 150g washed blueberries
- 250g of low fat natural yoghurt
- 250ml semi-skimmed milk

## What you do

- Put all the above ingredients into the jug of a blender
- Replace the lid making sure it is closed correctly
- Switch on and blend for 2 to 3 minutes

Serve in tumblers with straws.



## Ardeer tropical feast



### What you need

- 1 tin pineapple in juice (drain the pineapple pieces and freeze them beforehand.)
- 4 kiwis peeled
- 1 chopped banana
- 500ml pure apple juice

### What you do

- Put all the above ingredients into the jug of a blender
- Replace the lid making sure it is closed correctly
- Switch on and blend for 2 to 3 minutes

Serve in tumblers with straws.

Try pouring this smoothie through a fine sieve to remove the seeds!



The recipes in this book are part of a project used by Community Food Workers across North Ayrshire.

The aim of the project was to increase awareness and the benefits of healthy eating.

It offered a wide-ranging group of people a relaxed and informal way of becoming actively involved in changing not only their own but their families' eating habits.

The project offered single workshop activities and series of eight-week hands-on cooking sessions, with key nutritional messages based on the Eatwell Plate.

---

**For further information about this book, please contact:**

**Department of Nutrition and Dietetics**

NHS Ayrshire & Arran

Telephone 01563 546953

**or** Fiona Smith, Team Leader

Email [FionaSmith@aapct.scot.nhs.uk](mailto:FionaSmith@aapct.scot.nhs.uk)

**or** Gillian Dick, Community Food Worker

Email [gillian.dick@aapct.scot.nhs.uk](mailto:gillian.dick@aapct.scot.nhs.uk)

---

Thanks also to Community Food Workers Lindsey Welsh and Anna Craven for their involvement with this project.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेजी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध हैं।

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

ہماری مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidinn no riochd eile a tha sibh airson a thaghadh.

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆੱਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.



0800 169 1441

Visit our website: [www.nhsayrshireandarran.com](http://www.nhsayrshireandarran.com)

Compiled by Department of Nutrition and Dietetics  
Designed by Communications Department - Graphic Design  
Last reviewed: July 2010  
Reference ND07-001-CC