



Store Cupboard Cooking

at

West Lothian Adult Learning

May 2021



Recipe Book



Introduction

This book consists of many recipes which were created by some amazing participants from an online adult learning cooking course which began in April 2021. All the recipes were homemade by everyone. As a community group, we found it best practice to allow the students to come up with home cooked recipes which we would then publish in their very own cookbook "Store Cupboard Cooking". The idea behind this course was to demonstrate that you can make healthy meals, as well as a few desserts, at a low cost with minimal equipment. It provided everyone on the course with the opportunity to try something they have never done before, gaining experience and demonstrating their enthusiasm to share their creations in the kitchen.

Rachel Donald - Community Education Student

Creators of the recipes

Many thanks to the following authors, who provided the inspiration and recipe ideas for this book, who were all students on the Store-Cupboard Cookery on-line course from April to May 2021.

Kimberley Murphy, Mandy Postians, Garrion Johnston, Lynn Walker, Stephen Scott, and Anna Mendy Mitchell.

Acknowledgements

We would like to acknowledge those who helped contribute to a successful course and the creation of this book.

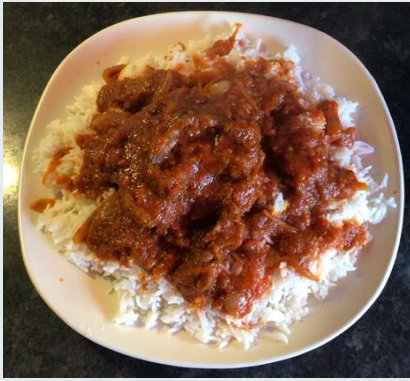
Mary Livingstone, Linda Kerr, Julie Strachan, Laura Wilson and the Adult Learning Team at West Lothian Council.



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Beef Stew with Rice

Ingredients

Meat (your choice)

1 large onion

Pinch of ginger

4 garlic cloves (or less)

1 chilli pepper (optional)

1 tablespoon rosemary

1 teaspoon Jamaican jerk seasoning

All purpose or beef seasoning

Salt

Oil of your choice

For Stew oil

4 large onions

Chilli peppers(optional)

Pinch of ginger

3 tinned tomatoes

1 tablespoon of tomato purée

1 red bell pepper

1 tablespoon curry powder (optional)

A pinch of black pepper

Mixed herbs, cumin, coriander

Method

- 1) Blend 1 chilli pepper and 1 onion.
- 2) Add a pinch of rosemary, a pinch of ginger, one garlic clove (or shallots). Add some water and then blend until smooth.
- 3) Add the meat to a pan. Pour the contents of the blender to cover the meat. Rinse the blender with a little bit of cold water and add this to the pot.
- 4) Add a pinch of Jamaican Jerk, a pinch of black pepper, mix and cover, allowing the mixture to cook on low to medium heat for 10 to 15 minutes.
- 5) Add a pinch of ginger, and a chopped chilli, half a chopped onion, and the remaining garlic cloves to a bowl. Add some water and then blend until smooth. Add to the cooking meat and leave everything to steam together.
- 6) Remove the meat from the pot and shut off the heat. Add oil to another pan and allow it to come to heat. Add the meat to the oil and then fry until golden brown. Remove the meat and set aside.
- 7) Add 4 chopped onions to the oil and fry until fragrant and translucent.
- 8) Add a little bit of curry powder, and a tablespoon of tomato puree to the frying onions and simmer on a low to medium heat for 5 minutes.
- 9) Add the blended pepper mixture from earlier and simmer on a low to medium heat for 5 minutes
- 10) Add the tinned tomatoes and mix together – add some ground cumin, ground coriander and mixed herbs. Simmer everything for 10 minutes on a low to medium heat.
- 11) Add some beef stock, mix and taste, adjusting seasoning if needed. Continue to simmer for 5 minutes
- 12) Add the fried meat and mix everything together. You could also add red onions. Cover and simmer for another 3 minutes and then everything is ready.
- 13) Add to the top of boiled rice.



Café Chilli Beef Tacos

Ingredients

1 tablespoon of vegetable oil
1 large onion (roughly chopped)
2 garlic cloves (roughly chopped)
2 small red chilli (finely chopped)
500g lean mince beef
1 teaspoon Chinese five spice powder
400g kidney beans, drained
400g can chopped tomatoes
150ml strong black coffee (optional)
Salt and freshly ground black pepper
6 taco shells
Lettuce, soured cream, paprika

Method

- 1) Heat oil in a large pan and cook the onions, garlic and chilli for 3-4 minutes until softened. Add mince and five-spice, cook for further 3-4 minutes (until brown).
- 2) Add kidney beans, tomatoes, and coffee (optional). Bring to boil and simmer for 20 minutes until thick and dark. Add seasoning.
- 3) Fill taco shells with shredded lettuce, then pile in the chili mixture. Top with a spoonful of soured cream (optional).
- 4) Sprinkle of paprika and serve with leafy green salad.
- 5) Serve and enjoy.

This delicious dish fed my family of five for dinner.

We had lettuce, cucumber, tomatoes, soured cream and grated cheese with it.

We served it inside taco shells and taco boats.

There is lots of protein in the mince and the kidney beans.



Chicken Curry

Ingredients

2 onions

300 grams chicken

2 carrots.

2 mugs of rice.

Tomato puree.

Salt and pepper

Cheese

Equipment

Chopping board

Cheese grater

Frying pan

Method

1) Heat the chicken for 2-3 minutes and then cook gradually through on a high heat.

2) Add some Worcester sauce - ***please be aware of the ingredients for the Worcester sauce.***

3) Cook vegetables through, add tomato puree, salt and pepper.

4) Put the rice in warm water and leave 3 to 5 minutes, maybe longer, until fully cooked

5) Add rice to a saucepan about 2 cups of rice or more. Add grated cheese at the end.

What can you add this dish?

You can add any herbs to your dish and the sauce can be thicker or thinner depending on how you like it.

Why I chose this dish.

It is healthy and it is great for a balanced diet.



Chicken Fried Rice

Ingredients

Tablespoon of
cooking oil
6 mushrooms
1 onion
2 eggs
1 pepper any
colour
Microwave rice
Light soy sauce
2 chicken breasts
Baby sweetcorn

Equipment

Scissors to cut the
chicken
Wok or frying pan
Knife
Chopping board

Method

1. Chop all vegetables and cut the chicken.
2. Put the oil, peppers, mushrooms onions baby sweetcorn into the wok and fry until almost soft. This takes about 10 minutes then add the chicken. Keep cooking for about another 10 minutes until everything is cooked.
3. Scramble 2 eggs in a cup with the fork. Move the vegetables and chicken to one side of the pan then add the egg in the space and mix until it starts to set. Add the microwave rice and mix it all together. Do this for 5 mins until the rice is hot. Add 2 tablespoons of soy sauce and stir it in. This is ready to serve.

What can you add to the dish?

You can use boiled rice if you do not have any microwave rice. You can use turkey instead of chicken. You can add other vegetables depending on what you like.



Coleslaw

Ingredients

- 1 whole cabbage
- 2 large carrots
- 1 teaspoon minced garlic
- 3 tablespoons of mayonnaise
- 2 teaspoons of mustard
- 1 teaspoon lemon juice

Equipment

- Chopping board
- Knife
- Grater

Method

- 1) Chop the cabbage in half.
- 2) Finely slice each half of the cabbage.
- 3) Peel the carrots.
- 4) Grate the carrots.
- 5) Mix together mayonnaise, mustard, garlic and lemon juice in mixing bowl.
- 6) Mix all ingredients together in mixing bowl and enjoy!

Why I chose to make Coleslaw.

It is a healthy option that goes well with lots of main meals and quick and easy to make.



Ingredients

2 carrots

1 onion

1 pepper

Mushrooms

Chopped tomatoes

Wholemeal pasta (or of

Your choosing)

Sauce

2 mugs plain flour

2 mugs of milk

Salt and pepper

Worcester sauce – a couple of drops

Cheese

Macaroni and Cheese

Method

1) Wash the vegetables, then finely chop them.

2) Fry them in soy sauce or you could use avocado sauce instead of cooking oil. Add tomato puree and pinch of salt and pepper to taste.

3) Start gradually on a high heat and begin with, and then turn down to a low heat as it is cooking through. Add water to a pan, once water is boiling add your pasta for 4.5 minutes.

4) Once your pasta is ready, you could remove the pasta from the heat and just leave it in the boiling water until you are ready you are ready to drain water from the pasta and mix with the vegetables/sauce.

Sauce preparation

5) Heat the pan to moderate temperature and then start to add the flour gradually for about 1 to 2 minutes. Add half a pint of milk gradually, until you get a consistency that you are happy with.

6) Keep stirring through this process, do not boil. Add a pinch of salt and pepper and maybe add little bit onion then add grated cheese (to your liking).

7) Serve and enjoy



Meat Tacos With Side Salad

Ingredients

Mince beef
4 taco shells
Onions
Mushrooms
Frying - light oil

Equipment

Frying pan
Ladle
Microwave
Plate
Knife

Method

- 1)Chop onions and mushrooms.
- 2)Add frying light oil (or your choice of oil) to pan and bring to cooking heat.
- 3)Lightly fry the onion and mushrooms in the oil. Add meat and cook (stirring occasionally).
- 4)Heat the tacos in the microwave for sixty seconds.
- 5)Plate up and fill taco with meat mixture.
- 6)Add a side salad of chopped cherry tomatoes and cucumbers.

Why I like cooking this recipe.

It is a family treat that everyone will enjoy with optional side salad and maybe a bit of spice.

What can be changed or improved.

Optional side salad as an extra.



Mince Stew

Ingredients

Mince

Potato

Onion

Carrot, Peas

Mushrooms

Bisto

Sausages

Equipment

Pan

Kitchen knife

Peeler

Chopping board

Wooden spoon

Method

1) Brown the pork mince.

2) Chop potatoes, the onion, the carrot, mushrooms add all this to the pan.

3) Cut the sausages in half and add to the pan and add the peas.

4) Boil for about 30 mins then add Bisto. Let simmer for another 5 minutes and then serve in a bowl.

Why I like cooking this recipe.

It only uses 1 pan, and it is easy enough to cook.

What can you do to change or improve your recipe when you make it again?

You can add different vegetables, beef or turkey.



Spaghetti Bolognese

Ingredients

Mince
Pasta
6 mushrooms
Bolognese sauce
1 onion

Equipment

Frying pan
Plastic spoon
Sieve

Method

- 1) In the frying pan, fry the onion mince and mushrooms.
- 2) Once mince is brown, add the sauce. Cook on low for 10 minutes.
- 3) In the pan boil water and add as much spaghetti as you want.
- 4) Once it is soft drain the water and put it on a plate with mince on top.

Why I made this dish?

It is my favourite dish to make.

What can you add to the dish?

You can use different pasta to your taste.



Spinach and Garlic Soup

Ingredients

1 tablespoon of olive oil
2 large onions (roughly chopped)
2 garlic cloves (roughly chopped)
1 small red chilli (finely chopped)
1 bunch fresh mint (roughly chopped)
1 bunch of fresh parsley or coriander (roughly chopped)
1.2 litres (2 pints) hot vegetable stock
500g (1lb 2oz) fresh young spinach, roughly chopped
Juice of 1-2 lemons
Pinch of ground nutmeg
Salt and freshly ground black Pepper
Low-fat natural yoghurt (optional) and crusty bread to serve
Fish stock and chicken stock

Method

- 1) Heat oil in a large pan and cook the onions, garlic, and chilli for 10 minutes until softened and golden. Add fish and chicken stock (optional).
- 2) Add the herbs and stock, bring to the boil and simmer for 15 minutes.
- 3) Add the spinach to the pan and cook for 2 minutes until just wilted. Add the lemon juice, nutmeg and salt and pepper to taste.
- 4) Using a hand blender, whizz the soup to a coarse puree. Ladle into warmed serving bowls, drizzle with the yoghurt if liked.
- 5) Grind over black pepper. Serve with crusty bread (optional).

The soup served a family of 5 to which everyone enjoyed the soup very much.



Vegetable Casserole

Ingredients

800g potatoes
100ml of milk
1 carrot
1 onion
4 mushrooms
400g tin tomatoes
1 vegetable stock
cube.
1 tablespoon of
rapeseed oil

Equipment

Chopping board
Drainer
Hob
Knife
Pan, Oven dish

Method

- 1)Preheat oven to 200 degrees or gas mark 6.
- 2)Peel and chop potatoes, add to boiling water for 15-20 minutes until soft.
- 3)Drain the potatoes; add the milk and mash until smooth.
- 4)Cook onions in pan with oil for about five minutes.
- 5)Add the carrots and mushrooms for further five minutes.
- 6)Add the vegetable stock and tomatoes; stir then bring to boil then turn down the heat, cover, and simmer gently for five minutes.
- 7)Transfer to oven dish and bake for 15-20 minutes until golden.

Why I like cooking this Recipe.

It is a healthy alternative to eating meat in a dish and good for pre-diabetes and diabetic people as well with their sugar levels.



Vegetable Pasta

Ingredients

50 grams pasta
Two carrots
5 ounces of swede
One onion
Four cups of milk
Two cups of grated
cheese
1 cup of flour
Broccoli
Cauliflower

Method

- 1) Put pasta and vegetables into pans to boil.
- 2) Put milk and cheese with the flour to simmer slowly in a pan. Keep an eye on pasta and sauce to watch it does not burn.
- 3) Reduce heat on the vegetables pot to cook.
- 4) Take off the pasta and put into a glass dish, pour over cheese sauce.
- 5) Add some extra cheese on top to melt. Put in oven for gas mark 6 electric 200 degrees.
- 6) Put cooked vegetables on a plate.
- 7) Take out pasta from the oven and add to the same plate and enjoy

Equipment

3 pans
Oven dish
Wooden spoon

What can you add this dish?

You can put meat in this dish. If you want even add cream to the sauce.

Why I chose this dish.

The family enjoy this dish.



Vegetable Soup

Ingredients

3 Carrots, 2 onions
1 Swede
3 vegetable stock
cubes
Pinch of salt
Pinch of bicarbonate
of soda
Water – 1 kettle full

Equipment

Pan
Ladle
Spoon

Method

- 1) Boil water in kettle and add to pan.
- 2) Add chopped onions, carrots, and swede to pan.
- 3) Add the stock cubes to the mixture.
- 4) Then leave to simmer for about 45 minutes until vegetables are soft.

Why I chose the recipe?

Easy to make and family love it as it is healthy choice of meal.

What could be changed?

You could add more vegetables or make it with meat if you are a meat eater.



Jelly with Angel Delight

Ingredients

Jelly crystals
Angel delight mix
Milk (400g)

Equipment

3 glasses to put
dessert into
Measuring jug
Mixing bowls
Spoons

Method

- 1) Prepare jelly and leave to set for 6-8 hours.
- 2) Prepare layer 1 and add to dessert; then leave to set.
- 3) Prepare layer 2 and add to dessert, then leave to set.
- 4) Prepare cream for dessert then place on dessert.
- 5) Add sprinkles for decorative purposes.



Eve's Pudding

Ingredients

Apple slices
Pastry base
Milk
Two eggs
Self-raising flour
Margarine
Caster sugar.

Equipment

Wooden spoon
Bowl for mixing

Method

- 1) Place ready-made base on a tray. Warm oven to gas mark 6 or 200 Celsius.
- 2) Mix flour and butter together. Add eggs and milk.
- 3) Add apple slices to base. Put the sponge mix on top and put in oven to cook for 30 min until its golden brown on top.
- 4) Then leave to cool and eat.

What can you add this dish?

You could put peaches in it and make it into peach pie instead.

You can eat with custard or fresh cream.



Fromage frais cake with fruit topping

Ingredients

Raspberries
(300grams)
Strawberries
(300grams)
Butter (400grams)
Fromage frais
(440grams)
Strawberry jam

Method

- 1) Crush the biscuit and add melted butter to biscuits. Place in the foil dish to set in fridge for ten minutes.
- 2) Mix fromage frais and jam together, then add to the biscuit base.
- 3) Add cut strawberries and raspberries to the cake. Then leave in fridge for half hour to allow to set

Equipment

Two mixing bowls
Foil dish
Mixing spoon
Microwave
Knife

What could be improved on recipe?

If someone has children, they could add sprinkles on top for decorative purposes.

Why I choose this recipe?

It is easy to make and an alternative to cheesecake.



Cranachan

Ingredients

Raspberries
caster sugar
Crushed oats
Natural yogurt
(Greek)

Equipment

Pan
Spoon
4 tall glasses
bowl for
crushing oats
Jug

Method

- 1) Put raspberries in a pan, add sugar with water and place on the hob (gas mark 8, electric 6.)
- 2) Put oats in a bowl and mix until crushed.
- 3) To the oats add raspberries and then natural yogurt. Repeat until the glass is full.
- 4) Crumble left over oats on top.
- 5) Place in fridge to cool for 30 minutes, then enjoy.

What could be improved on recipe?

You may like to add fresh cream instead with a touch of whisky for taste.

Why I choose this recipe?

This recipe was enjoyed by all the family.







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Recipe Book

This is the back cover of the book