

Let's Cook!

Go on, give it a go!



**This book contains recipes from
FIRST's Cooking Group.**

***'The book is a great idea as I can look back
and make different things.'***

***'I cook all the time for my mum with the
recipes that I have already done. It's good to
have them in a book I can look back on.'***

***'The book is a great idea as I can cook for my
family.'***

**Thank you to all who have participated in this
group and made this book possible.**



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Balmoral Chicken, Tatties and Carrots

Ingredients:

1 chicken breast
1 slice haggis
1 rasher bacon
1 tattie
1 carrot
1 potato
Oil



Method:

1. Preheat oven to 180°C/gas mark 4.
2. Slice down the side of the chicken breast, making a pocket.
3. Slice the haggis into small chunks and squidge into the chicken pocket.
4. Wrap the breast of chicken in bacon and secure with cocktail stick.
5. Heat oil in a non-stick frying pan and sear the bacon wrapped around the chicken, 2 minutes on each side.
6. Place in an oven proof dish and transfer to the oven for approximately 35 to 40 minutes or until cooked and piping hot.
7. Peel potato and slice carrots and boil for about 15 minutes until cooked.
8. Mash potato until smooth.
9. Check chicken and remove if ready.
10. Serve with mashed potato and carrots.



Bubble and Squeak

Ingredients:

1 large potato
1 carrot
1 parsnip
1 chopped onion
1 slice smoked bacon
1 leaf green cabbage shredded
Vegetable oil
Grated cheese



Method:

1. Peel potato, carrot and parsnip and dice up and add to pot of boiling water.
2. Simmer for approximately 15 to 20 minutes till soft then drain and return to pot.
3. Heat 1 tablespoon oil and add the onion frying gently until soft and beginning to colour.
4. Turn up heat and add bacon bits and fry until cooked.
5. Add shredded cabbage to a pan of boiling water and cook for 3 to 4 minutes until just tender and still bright green.
6. Drain and cool it quickly under the cold tap and then leave to drain.
7. Roughly mash all the cooked vegetables and then add onion, bacon and cabbage and season with salt and pepper.
8. Press it into an oven proof dish or make into rounds and sprinkle cheese over the top.
9. Bake in the oven at 180°C/350°F/gas mark 4 for approximately 30 minutes until nice and crispy on top.

Chicken and Leek Pie

Ingredients:

1 leek
1 onion
1 chicken breast
100ml chicken stock
100ml double cream
Puff pastry
100g plain flour
50g butter
Pinch salt and pepper



Method:

1. Preheat oven to 180°C/gas mark 4.
2. Put the plain flour and butter into a mixing bowl and add tablespoon of water.
3. Mix into a dough and then roll out and line baking dish.
4. Place in the oven and cook for 20 minutes.
5. Cut up chicken, leek and onion and fry in a deep-frying pan or pot until chicken is browned.
6. Add the chicken stock and let it reduce.
7. Take off the heat and add the double cream and stir in.
8. Let it reduce until the mixture thickens.
9. Put the mixture into the pie dish.
10. Roll out the puff pastry and put on top of the pie.
11. Put into the oven until the puff pastry has risen and golden brown.

Chilli Con Carne

Ingredients:

250g mince
1 onion
Tin chopped tomatoes
Garlic
Beef stock
Chilli flakes or fresh chillies
Kidney beans
Oil
Easy cook rice

Method:

1. Heat pot with oil and add chopped onion, chilli and garlic.
2. Add mince and brown off.
3. Add chopped tomatoes.
4. Add kidney beans.
5. Add beef stock with 100ml boiling water.
6. Stir together and simmer for 35 minutes.
7. Cook rice to manufacturer's instructions.



Let's Cook!

Flatbread Pizza

Ingredients:

Base:

100g greek yoghurt
100g flour
Teaspoon baking powder
Salt and pepper

Sauce:

Passata
Tomato puree
Italian mixed herbs

Topping:

Cheese, onion, mushroom, ham
pepperoni, pineapple, etc



Method:

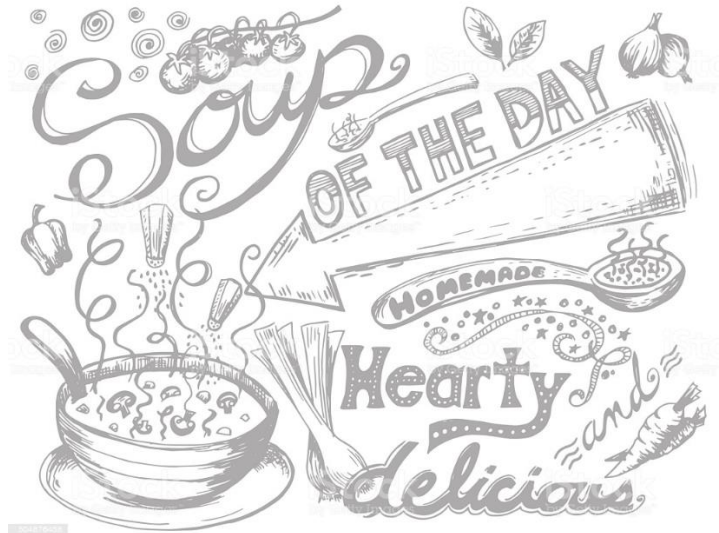
1. Preheat oven to 180°C/gas mark 4.
2. Mix flour and baking powder into a mixing bowl. Add a little mixed herbs.
3. Make a well in the middle and add all the yoghurt and mix into a dough with your clean hands.
4. Once you have it into a dough let it rest while you prepare the sauce and other ingredients.
5. To make the pizza sauce, add a little passata and tomato puree to a mixing bowl and add a little herbs and mix it all together, ready for the pizza.
6. Chop up the toppings ready for the pizza.
7. Take the dough and roll it out flat either with rolling pin or just use your hands.
8. Using greaseproof paper, line a baking tray and put rolled out dough on to the paper and add the pizza sauce covering all the dough.
9. Add the toppings of your choice, cover with cheese and place in the oven.
10. Bake in the oven for about 20 minutes until it starts to go brown and the cheese melts.
11. Take out the oven and enjoy!

Leek and Potato

Soup

Ingredients:

1 leek
2 medium potatoes
2 vegetable stock cubes
Salt and pepper



Method:

1. Pour 500ml water into a pot and bring to the boil.
2. Slice and dice potatoes and leek and add to water.
3. Add stock cubes to the pot.
4. Reduce heat to simmer until potatoes and leeks are soft.
5. Add salt and pepper to taste.

Ham or chicken stock cubes can be used if you wish for a slightly different flavour.

Try adding different vegetables or even chicken or ham. The choice is yours.

A lovely pot of soup on a cold winter day or any time of the year!

Spaghetti Carbonara

Ingredients:

200g dried spaghetti

2 teaspoons oil

100g bacon

2 garlic cloves

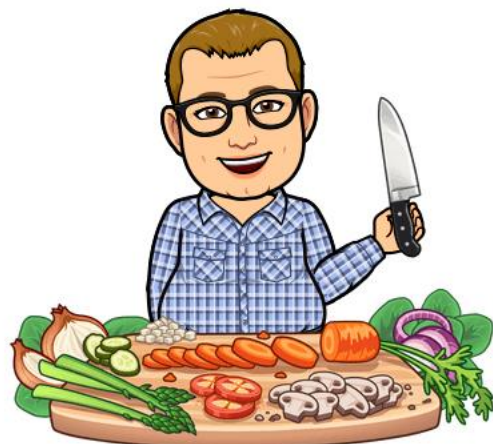
2 eggs

30g double cream

Parmesan

Method:

1. Cook pasta in salted boiling water till tender and soft.
2. Heat oil in a frying pan over a medium heat. Cut up and add bacon.
3. Stir for 5 minutes until golden.
4. Chop up garlic and add to the bacon.
5. Separate 1 yolk and whisk 1 egg yolk, cream and parmesan together in a bowl.
6. Salt and pepper into mixture.
7. Add bacon mixture and egg mixture to pasta and toss over a low heat until pasta is covered in the creamy thickened sauce.
8. Add parmesan to pasta.



Spanish Omelette or Tortilla

Ingredients:

4 small potatoes	1 onion
3 tablespoons olive oil	3 large eggs
1 onion	Salt and pepper to taste

Method:

1. Peel and slice potatoes into small rounds, rinse and dry off in tea towel or kitchen roll.
2. Peel and thinly slice the onion.
3. Heat up 2 tablespoons of olive oil in the frying pan and add the potatoes and onions.
4. Cover the potatoes and onions with oil and let cook for approximately 20 minutes until tender.
5. Turn the potatoes and onions through cooking so cooked on both sides.
6. Whilst waiting break the eggs into a bowl and using a fork whisk lightly.
7. Add salt and pepper.
8. Tip the potatoes and onions into the bowl and mix through.
9. Put frying pan back on the heat at medium and add the mixture to the frying pan.
10. Turn the heat down low and let it cook. Now and again draw the edges of the egg in so it cooks nice and round.
11. Heat up the grill and place frying pan under a medium heat until evenly cooked and fluffy on top.

Stovies



Ingredients:

15g butter
1 onion
1 carrot
250g mince
350g potatoes
250ml beef stock

Method:

1. Melt butter in a pan.
2. Chop up onion and add to pan with the mince.
3. Brown off the mince and onions.
4. Chop up carrot and add to the pan.
5. Get another pot and peel and cube potatoes and boil potatoes until soft.
6. Add beef stock to the mince and reduce.
7. Drain potatoes and add mince to the potatoes.
8. Mix through and add salt and pepper to taste.

**Instead of mince, why not add
corned beef or sausages**



Sweet and Sour Chicken

Ingredients:

50g sugar
30ml vinegar
130g tomato sauce
Pineapple chunks
1 pepper
1 onion
1 chicken breast
Salt and pepper to taste
Rice



Method:

1. Heat a little oil in a pan or deep-frying pan.
2. Dice chicken and add to the oil and cook for 5 minutes.
3. Put sugar, vinegar and tomato sauce into a pan and put on a medium heat.
4. Slice the onion and pepper and add to the chicken.
5. Add the pineapple to the sweet and sour sauce and cook until reduced.
6. Add the sweet and sour sauce to the chicken and mix through.
7. Let it simmer.
8. Put on the rice.
9. Drain rice and add onto the plate, then put the sweet and sour chicken on top.

Thai Style Fishcakes

Ingredients:

2 medium potatoes
A few sprigs of fresh chives
Juice from ¼ of a lemon
Smoked salmon trimmings
½ teaspoon chilli flakes
Salt and pepper to taste
1 egg
Breadcrumbs



Method:

1. Peel and dice potatoes.
2. Put into a pot of boiling water with a little salt and cook till soft.
3. Finely chop up the chives.
4. When potatoes are soft, take off the heat and drain.
5. Put potatoes into a mixing bowl and mash until there are no lumps.
6. Add the chives and mix through.
7. Squeeze the lemon juice into the mixture.
8. Slowly add the salmon trimmings to the mixture. Add a bit and then stir, then add another bit and stir until all the salmon is added.
9. Sprinkle in the chilli flakes or if you do not like spicy just leave them out.
10. Make sure it is well mixed in.
11. Take a handful of mixture and make it into a cake. Put onto a plate and place in the fridge to cool for approximately 15 minutes.
12. Whisk up the egg in a shallow bowl and lay out the breadcrumbs on a plate.
13. After 15 minutes, take the salmon cakes out the fridge and put them into the egg ensuring they are coated on both sides, then into the breadcrumbs.
14. Shallow fry on a medium heat until golden brown turning over to do both sides.

Toad in the Hole

Ingredients:

3 sausages
1 onion
1 tablespoon oil
70g plain flour
1 egg
85ml milk
Salt



Method:

1. Heat the oven to 220°C/200°C fan/gas mark 7.
2. Cut up sausages and slice onions and put in baking tray and roast in oven with oil until browned.
3. Tip the flour into a bowl with half teaspoon salt.
4. Make a well in the middle and crack eggs into the middle.
5. Whisk it together, then slowly add the milk, whisking all the time.
6. Leave to stand until the sausages and onions are nice and brown.
7. Remove the sausages and onion from the oven. **Be careful as the fat will be sizzling hot!**
8. Pour in the batter mix and transfer to the top shelf of the oven.
9. Cook for 25 to 30 minutes, until risen and golden.

Quiche

Ingredients:

Short Crust Pastry:

225g plain flour
100g butter, diced
Pinch salt

Filling:

Streaky bacon
Cheese, grated
2 medium eggs
¼ pint milk
Salt and pepper



Method:

1. Sift 225g plain flour into a large bowl.
2. Add 100g diced butter and rub into the flour until it resembles breadcrumbs.
3. Stir in a pinch of salt.
4. Add 2 to 3 tablespoons of water and mix to a firm dough.
5. Knead the dough on a floured surface.
6. Heat oven at 190°C.
7. Roll out dough and line pastry dish with pastry.
8. Fry bacon then cool.
9. Place half the cheese in the pastry dish and cover with bacon.
10. Beat the eggs and milk together and season with salt and pepper.
11. Pour over cheese and bacon and sprinkle over the rest of the cheese.
12. Bake in the oven for 40 minutes until set and golden brown.

Blueberry and Chocolate Muffins

Ingredients:

1 egg
120ml milk
4 tablespoons vegetable oil
200g plain flour
100g caster sugar
2 teaspoons baking powder
½ teaspoon salt
Blueberries
Chocolate chips



Method:

1. Preheat oven to 200°C/gas mark 6.
2. Grease muffin tin or use paper muffin cases.
3. Beat egg with a fork then stir in milk and oil.
4. Sift flour into a large mixing bowl.
5. Add sugar, baking powder and salt.
6. Add egg mixture to flour and stir until flour is moistened.
7. Batter should be lumpy. Do not overmix.
8. Add blueberries and chocolate.
9. Fill muffin cases 2/3 full.
10. Bake for 20 to 25 minutes until golden brown.

Chocolate Eclairs or Profiteroles

Ingredients:

120g plain flour
1 teaspoon sugar
120g butter
4 eggs
250ml boiling water
Chocolate
Cream



Method:

1. Preheat oven at 230°C/gas mark 8.
2. Place the butter, sugar and boiling water in a saucepan.
3. Bring to the boil over a medium heat and then lower heat.
4. Add flour and beat vigorously until it forms a ball.
5. Remove from heat and add eggs slowly, beating well with a wooden spoon.
6. Continue beating until the mixture is thick and shiny.
7. Transfer the choux pastry into a piping bag with a wide nozzle.
8. Onto a baking tray, pipe fingers of pastry or round buns, leaving a little space between each one. You can also spoon the pastry in mounds onto the tray.
9. Bake choux pastry in preheated oven for 20 minutes.
10. Reduce heat to 180°C/gas mark 4 and bake for another 10 minutes or until golden brown.
11. Transfer to cooling rack to cool completely.
12. Dip in chocolate and fill with cream.

Fruit Scones

Ingredients:

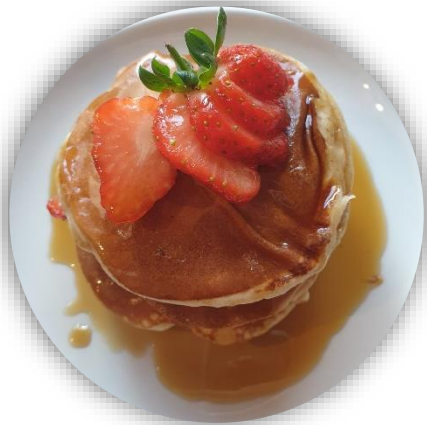
75g butter
350g self-raising flour
1½ teaspoons baking powder
30g caster sugar
75g sultanas
150ml milk
2 large eggs



Method:

1. Preheat oven to 220°C/gas mark 7.
2. Lightly grease large baking sheet.
3. Put flour and baking powder into a mixing bowl.
4. Mix in the butter and rub in until it forms fine breadcrumbs.
5. Add the sugar and sultanas.
6. Pour 100ml of the milk and add all but 2 spoonfuls of the beaten egg to the mixture.
7. Mix altogether to a soft but not too sticky dough.
8. Turn out the dough and knead a few times until gathered.
9. Gently roll out to about 2cm thick.
10. Cut out as many rounds as you can and place on baking tray.
11. Roll out the mixture and do it again with the left-over dough.
12. Brush tops of scones with left over egg and put in oven for 10 minutes or until golden brown.

Pancakes, Strawberries and Maple Syrup



Ingredients:

110g self-raising flour
Pinch salt
25g caster sugar
1 egg
140ml milk
Strawberries
Maple syrup

Method:

1. Sift flour, salt and sugar into a large bowl.
2. Whisk the milk and eggs together in a separate bowl with a fork.
3. Gradually add to the dry ingredients, mixing together.
4. Grease your frying pan with a little oil.
5. Once hot, spoon a small amount of the batter (around 2 tablespoons) on to the frying pan.
6. Your pancakes are ready to flip once bubbles have started to pop on top and they appear dry.
7. Flip over the pancakes and cook for about a minute or until golden brown.
8. Remove from heat.
9. Slice the strawberries for layering.
10. Lay one pancake down on a plate and put some of the sliced strawberries on top of the pancake. Place a pancake on top of the strawberries and do the same again.
11. Once you have 4 pancakes on top, pour over the maple syrup!

Shortbread

Ingredients:

150g plain flour
100g butter
50g caster sugar

Method

1. Heat the oven to 180°C/gas mark 4.
2. Put the flour, butter and sugar into a mixing bowl and combine with your fingers until it looks like breadcrumbs.
3. Squeeze the mixture until comes together as a dough.
4. On a slightly floured surface roll out ½ centimetre thick.
5. Cut into fingers and place on a baking tray.
6. Use a fork to make imprints in the dough.
7. Sprinkle a little sugar over the top.
8. Place in the fridge for 20 minutes to chill.
9. Bake in the oven for 15 to 20 minutes until golden brown.
10. Remove from the oven and let cool for 10 minutes.



Victoria Sponge

Ingredients:

Sponge:

100g caster sugar
100g softened butter
2 eggs
100g self-raising flour
Half teaspoon baking powder
1 tablespoon milk

Filling:

50g butter
70g icing sugar
Drop vanilla extract (optional)
Jam

Method:

1. Heat oven to 190°C/gas mark 5.
2. Butter baking tin and line with non-stick baking paper.
3. In a large bowl beat 100g caster sugar, 100g butter, 2 beaten eggs, 100g self-raising flour, half teaspoon baking powder and 1 tablespoon milk together until you have a smooth soft batter.
4. Put the mixture into the baking tin, smooth the surface with a spatula or back of spoon.
5. Bake for 20 minutes until golden and the cake springs back when pressed.
6. Put on cooling rack to completely cool.
7. To make the filling, beat 50g softened butter until smooth and creamy, then gradually add 70g icing sugar and a drop of vanilla extract if you wish.
8. Cut the sponge in half and spread the butter cream over one half of the sponge and jam on the other half and put them together.
9. Dust a little icing sugar on top.

Enjoy

I find the Cooking Group very enjoyable with friendly people. I couldn't cook at all before it started but now complicated and simple dishes are being turned into masterpieces especially the Bubble and Squeak, the Pizza and the Spanish Omelette. We are under superb instruction from Paul and I look forward to a Wednesday every week.

All of the recipes are helpful and easy to do.

The Cooking Group is helping me to learn how to cook and it is fun in a group.



www.firstforfife.co.uk

