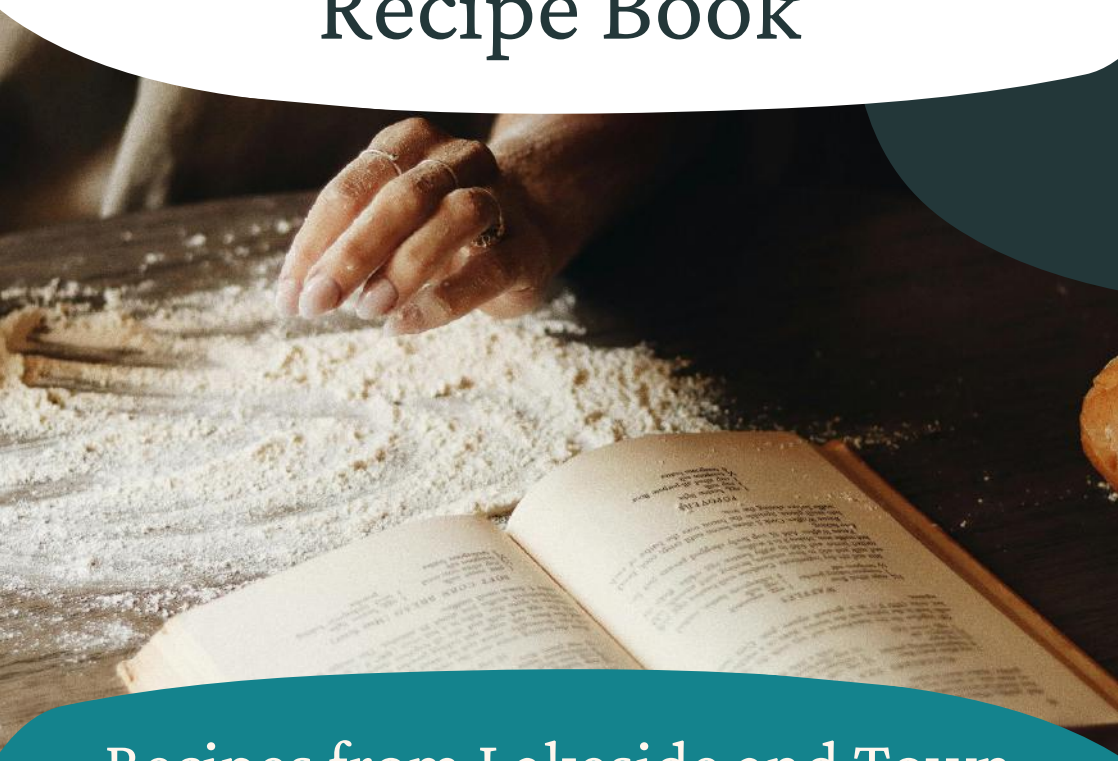
FOOD FOR THOUGHT

Recipe Book



Recipes from Lakeside and Town Field Primary School families

MOONSHOT GRANTS

remake learning

City of Doncaster Council



A Celebration of Culture, Community, and Cooking

This recipe book is the heart-warming result of a collaboration between the parents and carers of pupils at Lakeside and Town Field Primary Schools. Supported by a Moonshot Grant from Remake Learning, the Food for Thought project brought families and communities together through cookery classes, gardening sessions, and creative workshops—fostering skills, confidence, and community spirit.

The Food for Thought programme has enabled schools and their communities to champion healthy eating, cultural diversity, and sustainability.

It has not only enriched school menus with globally inspired dishes but also transformed schools into vibrant hubs of lifelong learning and connection.

This recipe book showcases the knowledge and skills shared through this programme.



TOWN FIELD PRIMARY SCHOOL

The Rose Learning Trust
Associate Member

LAKESIDE PRIMARY ACADEMY

SIAMA'S CHICKEN AND MUSHROOM PIE

Ingredients:

Pie Filling:
- 2 tbs butter
- 1 large leek
- 200g mushrooms
- 1kg boneless chicken
- 250ml veg or chicken stock
- Salad or veg to serve

Sauce:
- 1 tbs cornflour
- 100ml double cream
- 2 large handfuls baby spinach
- 6 sheets filo pastry
- Drizzle of olive oil



Method:

Pie filling
- Preheat oven to gas mark 5 (190 degrees)
- Heat butter in a large frying pan over a medium heat
- Chop leek in 2 cm pieces
- Chop mushrooms roughly
- Fry for 5 minutes
- Chop the chicken into 2/3 cm pieces, add to the pan, fry for 5-10 minutes (chicken will not be fully cooked)



Sauce:
- Add chicken or veg stock to a pan and heat
- Mix cornflour into half a cup of cold water
- Pour in the pan along with the cream and bring to the boil
- Roughly chop the spinach and add to the pan
- Remove from the heat

Making the Pie
- In a pie dish (28 x 15cm) put the whole mixture in
- Crumple up the filo pastry and put on the top of the pie filling
- Drizzle olive oil
- Cook until golden brown

Serve with fresh salad or veg

Top tip! If you are not able to or don't want to use filo pastry, other types of pastry can be used to top your pie instead.

Did you know?
Spinach is rich in nutrients that are good for our bodies, including vitamins A, C, and K, and iron, potassium, and folate.

MALGORZATA'S POLISH DUMPLINGS WITH POTATOES AND CHEESE

"We make these in batches and freeze them to eat later. Sometimes we make them at Christmas when we have family gatherings. Mother, daughter and grandmother work together to make them. I add strawberries and blueberries to some of them to make them sweeter. They are delicious this way"



Ingredients:

For 10 people (half the ingredients for smaller batches)

For the dough (around 100)

- 1 kg of flour
- 700ml of warm water
- 1 egg
- 50ml of oil
- Salt

For the fillings

- 1kg of boiled potatoes
- 0.5kg white cheese
- 4 or 5 onions
- 200ml of sunflower oil
- Salt
- Black pepper
- Dill

Top tip! You can play around with using different variations of savoury fillings, such as meats, lentils or other cheeses. You can also make sweet dumplings by filling with your fruit/s of choice, such as blueberries or strawberries!

Method:

To prepare the dough

- Mix flour with salt, oil and egg, by slowly adding warm water to make dough (I use a mixer)

For the potatoes filling

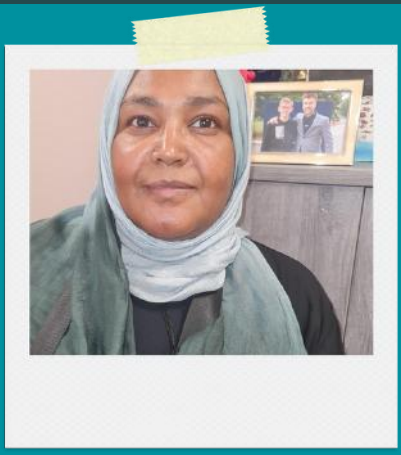
- Boil potatoes and leave to cool
- Cut, chop the onions and fry on the pan with oil until golden colour, then add salt and pepper, and dill, once boiled and cooled mash up potatoes and add white cheese, fried onions with salt and more black pepper,
- When the dough and fillings are ready prepare pot with water (add salt to water) to cook dumplings in it and then start rolling the dough with rolling pin on the table, sprinkle with the flour before you roll. Roll thinly and then cut circles with a cup or glass for the right size. Put spoon of filling into the cut circles of dough and make nice shape off dumplings
- Put the dumplings into boiling water and cook for 3 minutes , stirring carefully until they are ready. Take out from the hot pot and serve with some more fry onions on top of the plate.

Did you know? Polish dumplings are known as Pierogi and the dish dates back to at least the 1600s!

NAFISA'S SHAWARMA

Ingredients:

- 2 chicken breasts
- 1 red and green peppers
- 1 onion
- pinch of salt and black pepper
- 1 tsp paprika
- olive oil for frying
- 3 cloves crushed garlic
- 1 tbs tomato puree





Method:

- Prepare chicken breast and slice into strips
- Slice the green and red pepper into strips
- Dice the onion
- In a hot pan with olive oil bring the chicken breast and spices with tomato paste. When the chicken is cooked, add the peppers and onions and cook until soft
- Add the garlic to flavour it
- Serve hot with tortilla

Top tip! Don't have access to a space outside to grow produce in the ground? Many herbs can be grown in pots on a windowsill and some vegetables and fruits, such as tomatoes and strawberries, can be grown in pots in the smallest of spaces including balconies and on doorsteps!

Did you know? All peppers start out green, before turning red, yellow, or orange once fully ripe. Yellow and orange peppers are not stages of growth between green and red peppers, rather they are individual varieties of pepper. Peppers become sweeter and milder in taste as they ripen

SIAMA'S VEG PAKORAH

"This side dish reminds me of my mum. It's one of the first things I learned to make when I was a teenager. I learned to chop up carefully, add the spices and gram flour and fry these for visitors. This dish also perfectly accompanies a yoghurt curry, my mum always said in Pakistan this dish used to be made when it was raining. It's the perfect comfort food and one of those sides that you could just keep eating while you're making them because they are so moreish"

Ingredients:

- 2 large potatoes, peeled and thinly sliced
- 2 medium sized onion, finely chopped
- 1 bunch (100g) fresh baby spinach, roughly chopped
- 1 bunch (100g) fresh coriander, chopped
- 2/4 bullet chillies (depends on taste buds) finely chopped. Alternatively, you can use green finger chillies... or you can skip this step and just use red chilli powder
- 2 tsp red chilli powder
- 1/2 tbsp cumin seeds or powder
- 1/2 tbsp coriander seeds or powder
- 1/2 tsp baking powder
- ¼ tsp carom seeds (crushed using a pestle and mortar or rolling pin)
- 2 tsp salt or to taste
- 1 or 2 cups gram flour
- 1/2 tsp of pomegranate seeds dry or a little more fresh seeds.
- Oil for deep frying



Method:

- Heat oil for deep frying
- In a large bowl, add onion, spinach, potatoes, fresh coriander, green chillies, crushed carom seeds, coriander seeds, baking powder salt, turmeric, red chilli powder, cumin seeds, 1 tomatoes and pomegranate seeds in no particular order)
- Mix these ingredients together using one hand to mix and one to hold the bowl (using gloves)
- Once mixed well add about 1/2 of the gram flour and mix together, leave to stand because all the fresh ingredients release water when they are chopped for 20 minutes.
- You can use more gram flour if needed and a small amount of water if needed
- I use an ice cream scoop to make my pakora the same size, but you can use a tablespoon and carefully place them in hot oil
- Deep fry the pakora in the oil for about 3-5 minutes until they are golden brown and crispy
- Serve with chutney

Top tip! Instead of deep frying the Pakorah, try lightly brushing them with oil and then baking them in the oven at 200-220°C for around 25 mins (not all ovens are the same, so keep an eye on them whilst cooking!). Alternatively, if you have access to an air fryer, the Pakorah can be cooked in this.



SHAMSA'A CHICKEN LASAGNE – WITH A MASHED POTATO TWIST

"I would serve this dish at Eid when we gather. My family love the twist of adding mashed potato to the top of the dish especially the children"
'On Eid it was my job to make lasagne, I used to follow the recipe from the tray, but I wanted to make something different. My lasagne is famous as it is completely different, I put mashed potatoes on top. My extra additions of cumin seeds and chilli powder"

Ingredients:





- 1 kg chicken mince
- 2 large onions
- ½ tsp Salt
- 1 tsp red chilli
- 1 tsp cumin seeds
- 2 tbsp oil
- 2 passata sauce cartons
- Large jar of lasagne sauce or make your own using butter, plain flour and milk
- Pre-cooked lasagne sheets (fresh are better)
- Mashed potatoes
- Butter
- Mozzarella cheese and cheddar cheese

Method:

- Boil potatoes, when cooked, drain, add salt, pepper, butter and water, mash and set aside
- Put oil, mince, onions, salt, chillies and cumin seeds together in a pan and heat
- Keep stirring on high heat until the water is evaporated, then put off the heat
- Layering lasagne: put mince in the bottom of lasagne tray, then put lasagne sheets on top, then white sauce and cheese together
- Repeat the layers once more
- Add the mash potato to the top of the layered lasagne.
- Cook for 25 minutes until brown on top



Top Tip! For mince-based dishes such as lasagne, shepherds pie, and chilli try switching out half of your mince for lentils or other pulses. Not only can this save you money on your shopping bill by making your meals go further, but it also has health benefits for both yourself (lentils are a great source of fibre and protein) and the planet.

SHABINA'S SPINACH AND POTATO CURRY

"This is a side dish, or a main dish often made during Ramadan because it can be made quickly. A variation of this dish is to add chicken"
"I got this recipe from my mum; I'd watch her cook and write down the recipe exactly. This is an easy dish I make for my husband to have during Ramadan, it's so quick and easy as you can even chop your herbs and vegetables and keep them in the freezer and then you can just grab them and chuck in.
A great side dish with meat to balance it out bit."

Ingredients:

- 1 Bag of spinach
- 125g of Butter
- 4 Bullet Chillies
- Coriander
- Fresh Fenugreek
- Dill
- 3 medium potatoes
- Salt to taste
- Red chilli flakes
- Spring onions





Method:

- Chop the spinach, bullet chillies, coriander, fenugreek, dill, spring onions, dice the potatoes
- Melt the butter in the pan, add all the ingredients other than the potatoes, cook on medium heat.
- After 15 minutes add the uncooked potatoes until cooked.
- The flavours will mix into the potatoes while they cook.
- Serve with naan or roti

"There is no water in this recipe because the vegetables and herbs are washed and the juices from these add to the moisture in the recipe. Put a lid on the pan to keep in moisture."

Top Tip! Frozen spinach can be used instead of fresh spinach. This has a longer shelf-life than fresh and usually comes pre-portioned, making it easier to use only what you need and reducing the risk of food waste!

Did you know? The white inner spongy layer of chilli peppers tends to be the hottest part of the chilli and not the seeds as often thought! Remove this part before use if you prefer less heat in your dish.

MALGORZATA'S RICE SALAD

"This dish can be used as a starter or as party food.
We had a very difficult time between 1980 and 1990 in Poland and we learned to use what we had available to make food for our families"

Ingredients:

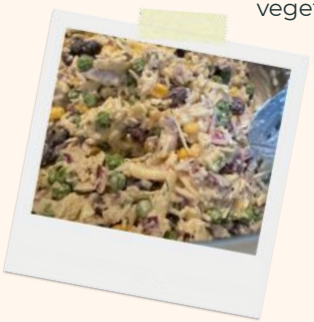


- 1 cup rice
- Optional tuna (can change for roast chicken diced)
- 1 tin of red beans
- 1 tin of green peas
- 1 tin of sweetcorn
- 4 eggs
- 1 onion
- 1 leek
- 100g pickled cucumber
- 100g grated cheese
- ½ lemon
- turmeric
- 100g mayonnaise (this can be changed to half mayo half yoghurt to make it healthier)
- Salt and pepper
- Fresh dill

Method:

- Cook rice in 2 cups water and salt
- boil the eggs
- Cut the following into cubes: eggs, onions, leek, pickled cucumbers
- Strain tin of red beans, peas and sweetcorn and optional tuna (or chicken), cool the rice
- Add all together and seasoning, lemon juice and turmeric, salt and pepper and mayonnaise
- Serve

"Variations of this dish can be made with using boiled or roast root vegetables. Apples add some sweetness too"



Did you know? We are recommended to consume at least 2 portions of fish a week, including 1 portion of oily fish. Whilst tuna (fresh, frozen, or canned) does not count as an oily fish, it is still a great source of omega-3 fatty acids which contribute to good heart and brain health.

EFAT'S MASAQUAA

"we use this as a lunchtime food or any day recipe"

Ingredients:

- 2 Eggplant (Aubergine) sliced
- 5 Potato cubed
- 2 tsp Chilli Powder
- 2 chilli peppers
- Tomato puree
- ½ kg Mince Meat
- 1 Onion
- Garlic crushed
- Oil to fry





Top Tip! Chickpeas can be added to this dish to provide additional fibre and protein.

Method:

- Cut all the potatoes, aubergine and chilli peppers
- Fry the aubergine and potato and chilli
- Make a sauce with onion, garlic, water and tomato paste separately
- Cook the mince with the onions in another pan then put together in an oven dish with the aubergine and potato and the tomato sauce for 15 minutes in the oven (or on the hob, covered) to blend the flavours

Tip – to prepare the eggplant slices, spread them on a clean surface and add salt to sweat out the bitterness, use a paper towel to dry and remove salt then brush with olive oil

Did you know?
Potatoes don't count as a portion of vegetables - although sweet potatoes do - they are usually eaten as a starchy food (like bread, pasta, and rice) instead. However, potatoes are a good source of fibre, vitamins, and minerals – especially when the skin is eaten!

Did you know?
Aubergines are technically a fruit (like tomatoes!), despite being commonly used as a vegetable. Their skin, seeds, and flesh can all be eaten.

EFAT'S MINCE MEAT BAKLAVA



Ingredients:

- 1/2 kg lamb mince meat
- 3 onions
- Black pepper -2 teaspoons
- Salt - 3 teaspoons
- Coriander powder - 2tsp
- 1 pack Baklava sheets (Asda)
- 250g butter
- 100ml milk

Top Tip! If you don't eat meat or are looking to reduce your red meat intake for your health or for the health of the planet, try switching the mince for vegetables such as squash, leeks, or even broccoli, and add chickpeas or lentils for a source of protein.

Method:

- Chop onions, cook them with the meat until the colour changes.
- Add all the seasonings and cook for 10-15mins.
- Cut the baklava sheets to 12 equal size and spread butter on all the sheets.
- Layer 6 baklava on an ovenproof dish then add all the mince filling, add the remaining 6 baklava sheets on top.
- Press it all down and slice the sheets into square whilst in the baking tray, then pour the milk all over the baklava.
- Bake in the over for 15-20mins until golden brown.



Did you know?

Traditional Baklava is made with phyllo dough (also known as filo pastry!) and originates from Turkey, Greece, and the Middle East. Baklava is traditionally a sweet pastry with layers of dough, nuts, and syrup, but some savoury versions, such as this one, also exist!

EFAT'S EGYPTIAN KOSHARI

"This is a traditional fast food in Egypt. It is our takeaway food"

Ingredients:

- 1kg Rice
- 250g Small Pasta shapes
- 250g spaghetti
- ½ kg brown or green Lentils
- 2 Tin Chickpeas
- Onion
- Garlic
- Salt
- Oil

For the Sauce:

- Garlic minced
- Onions finely chopped
- Passata Sauce
- Oil for frying



Method:

Each part of the recipe is made separately then added together on the plate to serve

Preparation: Soak the lentils for 3 hours, cut the onions into thin circles, coat in flour, rest onions for 30 minutes

- Boil the lentils in 1 ltr water, when cooked, add rice to the same water and cover until cooked
- Cook Pasta separately until cooked
- Heat the Chickpeas in a pan with the juice from the tin, add the cumin. When cooked, drain and add a squeeze of lime
- Cut the onions into slices and fry the onion add on top of the rice
- Make the sauce
- Serve

To cook the sauce: Fry the Onions until soft, add the garlic and fry for 1 minute, add the passata, simmer for 10 minutes

To serve:

- Add the rice and lentils to the plate
- Add the pasta
- Add hummus (chickpeas)
- Add vinegar and tomato sauce
- Add the fried onions on top

Did you know?
Koshari, also known as Koshary or Kushari, is considered Egypt's national dish.

Did you know?
As well as increasing the aroma and flavour of a dish, garlic also contains a wide range of nutrients that can contribute to a healthy diet .

EFAT'S FALAFEL

Ingredients:

- Tin of Mixed Beans
- 1/2 cup fresh dill
- 1 tbs ground coriander
- 2 cloves garlic peeled
- 1 small onion



Method:

- Mix the beans with dill and coriander and garlic and chopped onion
- Put everything in a blender
- Shape into balls with your hands
- Fry in deep oil for 10 minutes

Tip – you can freeze this mixture uncooked, when ready take it out of the freezer, defrost in a fridge overnight, shape into balls and cook

Did you know?
Beans and pulses, such as kidney beans, lentils, edamame, and butter beans, can count as up to one of your portions of vegetables a day – 80g is considered one portion.

Did you know?
Whilst the exact origin of the falafel is unknown, many believe that they originated from Egypt. Unlike most falafel recipes from other countries, the Egyptian falafel uses beans such as broad beans rather than chickpeas.

ATENA'S CHICKEN KARAHI (A MEDIUM SPICED CHICKEN CURRY)

"This recipe is originally from Pakistan, but I have added some Romanian changes to it. It is a family recipe"
'My husband is from Pakistan, and I am from Romania, I learnt to cook this by watching lots of YouTube videos but most of the videos were in another language, so it took me a while to understand the names of the ingredients, then I combined this recipe with my Romanian heritage'

Ingredients:

- Ginger and garlic paste
- 2 onions
- 1 can chopped tomatoes or fresh tomato (blended)
- 1 kg chicken with bones
- Fresh coriander
- Green chillies long cut or round red chillies
- 1.5 tsp Cumin powder
- 1.5 tsp Coriander
- Chicken stock 1 spoon for 1kg Chicken
- 1 tsp Garam Masala
- 1 tsp Fresh ginger
- ½ tsp Red chilli powder
- Fresh chilli
- Double cream or yoghurt
- Oil for frying





Top Tip! The edible peel of many vegetables, such as carrots and potatoes, contain lots of beneficial vitamins, minerals, and fibre. Try keeping the peel on these vegetables (they may just need a bit more rinsing before use!).

Method:

- Add 50 gr oil – I use sunflower oil, 1 full spoon of ginger and garlic paste and cook for 5 minutes, add the chicken and cook until browned
- Add finely chopped onion and cook for 2-3 minutes then add the tinned tomato
- When oil is divided add fresh chillis, cumin powder, coriander powder, red chilli powder and cup of water, cook for 2-3 minutes
- Add double cream full tin, 1-2 fresh chilli and fresh ginger chopped tiny, and garam masala and cook until the chicken is ready then add fresh chopped coriander
- Serve with rice, roti or Naan

Tip – If using fresh yoghurt then had the hot onions sauce to the yoghurt, mix well, then add to the dish. This stops curdling.

Did you know?
When this dish is made with goat or lamb meat instead of chicken, it is referred to as Karahi Gosht

ANEESA'S CHICKEN CURRY

Ingredients:

- 1kg Chicken
- 3 tablespoons of Olive Oil
- 1 Small Onion diced
- Clove Garlic minced
- 1 tbs Curry Powder
- 1 tsp Cinnamon
- 1 tsp Paprika
- 1 tsp Ginger
- Bunch fresh coriander
- Pinch of salt
- Rice



Top tip! Be sure to try your dish before adding salt – you may find that the dish tastes good without it!

Method:

- Heat oil until onion browned (2-3 mins)
- Stir in the seasonings (garlic, curry powder, cinnamon, paprika, ginger, salt)
- Add Chicken and cook for 10 -15 minutes
- Add water as required and leave for 15 minutes or until tender and cooked well
- At the end put in coriander and serve with rice or chapatis

Did you know?

Brown (or wholegrain) rice is not only higher in fibre than white rice, but it also provides us with slightly more vitamins and minerals. This is because the outer layers of the rice (known as the bran and germ) containing many of these nutrients are removed to create white rice.

GHALIA'S SPAGHETTI BOLOGNESE

Ingredients:

- ½ kg beef mince
- 2 onions chopped
- 2 fresh tomatoes
- 1 green pepper
- 2.5 tbs tomato puree
- 1 tsp salt and pepper
- 1 tsp Italian herbs
- 1 tsp red pepper powder
- Handful fresh basil
- Oil for frying
- Spaghetti



Top tip! If you don't like or eat beef mince, this can be swapped for another minced meat, such as pork, turkey, or chicken. Alternatively, switch the mince for lentils for a meat-free, cheaper, and higher fibre meal.

Method:

- Boil the water
- Put spaghetti pasta salt and a little oil into the water and cook until soft
- In a separate pan, Add the onions and a little oil and cook until soft
- Add minced meat, cook until browned
- When browned, put in tomato paste, salt and pepper herbs and a little water. Leave on a low heat for 10-15 minutes
- Drain the pasta, add the sauce and put cheese and basil on top

Did you know?

Spaghetti Bolognese (or 'Spag Bol') is actually a British invention, thought to be inspired from a ragù dish from Bologna in Italy. An authentic Bolognese sauce is served with tagliatelle pasta rather than spaghetti!

INSAF'S CURRY AND RICE

"This is a family meal that will feed 5 people"

Ingredients:

- 2 cups long grain rice
- 1 tin tomatoes
- 1 tin mixed carrots and peas
- 2 tbs curry powder
- 2 chicken breasts
- 3 garlic cloves crushed
- Sunflower Oil for frying





Method:

- Put rice into boiling water, bring to the boil, cover and leave to cook in own steam (turn off heat)
- Prepare the vegetables
- In a hot pan with oil add the chicken and cook until browned (10 minutes), add the garlic and curry powder and cook for 1 minute, add the vegetables and cook for 15 - 20 minutes on medium to low heat
- When cooked, add to the rice

Top tip! To increase the fibre content of curries, add lentils or chickpeas to the dish and/or serve your curry with wholegrain rather than white rice.



Did you know?

Most adults are recommended to eat 30g of fibre per day as part of a healthy balanced diet. As well as helping digestion, eating enough fibre has been linked to a lower risk of heart disease, type 2 diabetes, and bowel cancer.

NAZIA AND ANEESA'S BLACK PEPPER CHICKEN WITH CHAPATIS OR RICE

Ingredients:

- 1kg chicken
- 1 tsp ginger paste
- 1 tbs garlic paste
- 6 Tomatoes finely chopped
- 1 tsp black pepper
- 1 bunch green coriander
- 5 green chillies chopped
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 cup cream
- ½ cup yoghurt
- Oil as required
- Julienne cut fresh ginger





Top tip! If some of your family prefer less spicy dishes, save adding the chilli/es to the end and remove their portion/s of the dish just before this!

Method:

- Heat the oil on medium flame when it is heated add the chicken
- Cook the chicken on high flame for 5 – 10 minutes then add the ginger garlic paste, cook for 2-3 minutes.
- Add tomatoes and black pepper and salt and green chillies, cook for 20-30 minutes
- At the end add coriander and cumin powder and garnish with green coriander and julienne cut ginger.



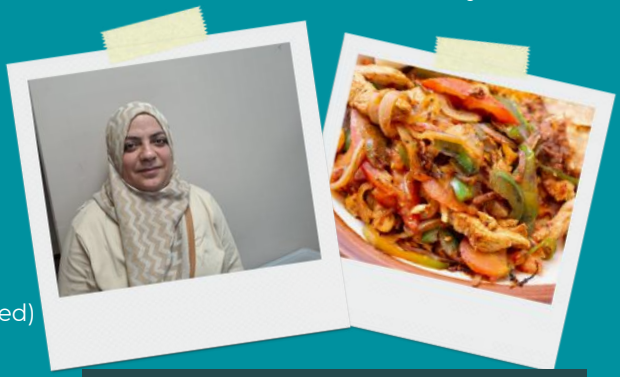
Did you know? As well as providing flavour to dishes, spices contain vitamins and minerals that are good for our health, for example vitamins A, C, and E, calcium, potassium, magnesium and iron!

RAWDA'S FAJITA CHICKEN

"In my country we serve this in a sandwich. I come from Syria"

Ingredients:

- 1 red pepper diced
- 1 green peppers
- 1 yellow pepper
- 1 chilly chopped
- 1 onion diced
- 2 garlic cloves crushed
- 3 chicken breast
- ½ packet mushrooms (quartered)
- Oil for frying
- 1 cup cheese (mozzarella and cheddar mixed)



Top tip! Mushrooms can be a good source of vitamin D which supports our bone, teeth, and immune system health. Some mushrooms are treated with UV light during growth to further increase their vitamin D content – look for mushrooms labelled as 'high in vitamin D' or 'vitamin D enriched'.

Method:

- Heat the oil in the pan and add the onion garlic and pepper. Cook until soft
- Put these to one side until later
- Add more oil in the pan and cook the chicken until browned (10 minutes)
- Add the mushrooms and cook for 5 minutes
- Add the previously prepared vegetables until cooked through and the chicken is no longer pink in the middle
- Add cheese on top
- Serve in a sandwich or with rice or salad
- Jalapenos can be added as an optional extra

Did you know?

Use by' dates on food packaging are about the safety of the food whereas 'best before' dates refer to the quality of the food. Food eaten past its use-by date (unless previously cooked or frozen) can pose a risk to health, but food can often be eaten after its best before date if it has been stored and prepared correctly.

TARA'S ZERESHK POLO (PERSIAN STEAMED RICE)

"Zereshk Polo is a traditional Iranian(Persian) dish that is both well-known and delicious and it suits most tastes. Children love it and we have it at parties."

Ingredients:

- 4 cups Rice
- 2 pieces Onion
- 2 cubes Garlic
- 1 cup Barberry
- Chicken (breast or thigh) as needed
- Salt, pepper, turmeric as needed
- 2 teaspoons Saffron
- 2 tablespoons Tomato Paste
- Oil as necessary
- 1 spoon (20g) Butter
- 1 pack wraps





Method:

- First, pour water into a pot halfway, put it on the heat until it boils, and add some salt to the water.
- Wash the rice a little or soak it overnight, then pour it into boiling water and drain it when it is soft.
- We put the pot on the heat, pour some oil into it, place bread (wrap) or potatoes in the bottom of the pot, and add the rice until it starts to steam.
- Pour some oil into a frying pan, heat until hot, and place the chicken pieces in the pan to fry.
- Finely chop the onion and garlic and fry them in a separate pan with oil.
- Add tomato paste, salt, pepper, turmeric, and lemon juice to the onion and garlic and sauté.
- Pieces to the ingredients and pour two glasses of water over the ingredients. Cover the pot or pan and cook for 1.5 hours.
- At the end, add the brewed saffron to the ingredients.
- Soak the barberry in lukewarm water for 20 minutes and fry it in a little oil for less than a minute or it will burn.
- Finally, after the food is ready, we put the rice in a dish, then decorate the rice with barberry and saffron. We also put the chicken on the rice and serve it with rice.

Did you know?

Barberries, also known as Zereshk, are small dried red berries, similar to cranberries.'

ELAINE'S CHICKEN PIE

Ingredients:

- 1 tbsp vegetable oil
- 1 tbsp butter
- 500g chicken thighs (excess fat removed) and cut into strips
- 2 leeks washed and sliced
- 1 onion chopped
- 1 carrot peeled and finely sliced
- 1 celery stick washed and finely sliced
- 1 egg
- 1 tsp mixed herbs / herbs de province
- 1 tsp Worcestershire sauce
- Salt and pepper
- 200ml chicken stock
- 100ml double cream
- Ready rolled shortcrust or puffed pastry
- (or make your own if you know how to)
- Mashed potato and vegetables





Method:

- Heat Oil in a pan
- Brown the chicken thighs and remove from pan to a plate when cooked
- Add the butter and melt
- Add the onions, celery, leek and carrots, sauté until soft but not brown
- Add the chicken thighs back into the pan and add stock, Worcestershire sauce and herbs
- Simmer for 20 minutes until vegetables are cooked throughout and slightly reduced. Season to taste
- When cooked, add cream and stir
- Remove chicken using slotted spoon and put in oven proof pie dish
- Thicken gravy with cornflour and water if needed (Save rest of gravy to serve with the pie)
- Spoon 4-5 tablespoons over chicken and vegetables
- Place pastry over top of pie dish, wash with beaten egg
- Pop in the oven for approx. 40-45 minutes until golden brown
- Serve with mashed potatoes and vegetables
- Use two chicken stockpots if there is no fresh stock

Top Tip! You can use Greek yoghurt or coconut milk/cream instead of double cream.

Did you know?
Frozen and canned vegetables are often lower in cost and last longer than fresh vegetables, can help prevent food waste, and can be just as good for you!

RUHAB'S SEMOLINA PUDDING



Ingredients:

- 50g fine semolina
- 1/4 tsp cardamom
- 10g butter
- 500ml water (or milk)
- Nuts (optional)
- 50g sugar (optional)

Top tip! If you are looking to reduce your added sugar intake but still want some sweetness in this pudding, replace some of the sugar during cooking with a fruit topping of your choice, such as berries or grated apple.

Method:

- Cook semolina with butter on medium flame for 5-8 minutes or until colour turns brown
- Add ground cardamom and sugar and mix for 2 minutes
- Add water and cook until mixture separates from the pot/container
- Turn off the heat
- Add nuts of your choice and serve

Ruhab's Hints and Tips:

- Use same quantity of sugar and semolina for sweeter taste
- Use hot water
- Used crushed cardamom instead of whole
- Add desiccated coconut, almonds and raisins for extra flavour
- Serve while hot with tea or warm milk

Did you know?
It is recommended that adults and children aged 11 years and over have no more than 30g (7 cubes) of free sugars* a day. For children, a maximum of 19g (5 cubes) for those aged 4-6 years and 24g (6 cubes) for those aged 7-10 years is recommended. It is advised that free sugars should not be included in the diet of a child under 4 years of age. *Free sugars includes sugars added to food and drinks as well as those found naturally in unsweetened juices, smoothies, purées, honeys, and syrups

Did you know?
Semolina, a coarse fibre made from durum wheat, is a good source of protein and fibre.

SIAMA'S APPLE AND RASPBERRY MUFFINS

Ingredients (Serves 8):

- 250grams plain flour
- 2 tsp baking powder
- 1/4 tsp bicarbonate of soda
- 220g soft light brown sugar
- 1 apple (large)
- 150g raspberries
- 2 eggs
- 120ml milk
- 50g unsalted butter, melted

You will need:

- Muffin tin
- Muffin Cases



Method:

- Pre-heat the oven to 200'C/400'F/Gas mark 6enb
- Line a muffin tin with muffin cases
- In a large bowl mix all the dry ingredients together
- Beat the milk and egg together lightly, add the melted butter and then add the apples and raspberries
- Mix gently into the dried ingredients until just combined (the mixture will look lumpy, but that's okay!)
- Spoon the mixture into the muffin cases
- Bake for 10-12 minutes or until golden, well risen and firm to touch
- Remove from the oven and cool in the tray for 5 minutes, then remove from the tray and leave to thoroughly cool on a wire rack

Top Tip! Like vegetables, frozen fruits make a great alternative to fresh fruits (if you have access to freezer space). Frozen fruits can be more affordable, especially when the fresh fruit is out of season, have a longer shelf life (reducing chance of food waste), and can be more convenient to use, than fresh fruit - whilst still maintaining their nutritional benefits!



Did you know? There are over 200 varieties of raspberries and they come in many different colours, including black, purple, gold, and red! Raspberries are a great source of vitamin C which helps to keep our skin, bones, blood vessels, and cells healthy.

ELAINE'S LEMON DRIZZLE TRAYBAKE

"Growing up my grandma made a cake I loved. It was delicious and she called it "lemon cake". As an adult I tried lots of recipes for lemon cakes but it was only when I found this one that I found a cake that was nearly as good as the one I remembered as a child. I say "nearly" because it never comes with a hug from my grandma! It's an all in one traybake recipe that takes just minutes to prepare. You can cut the slices as big or as small as you want."

Ingredients :

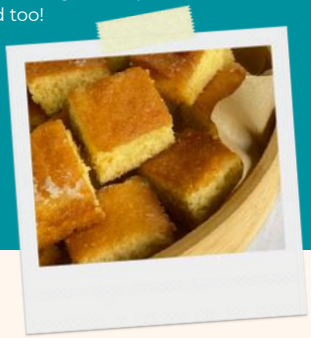
For this recipe you will need a 30x23cm/12x9in tray bake tin

- 225g/8oz butter or baking spread at room temperature, plus extra for greasing
- 225g/8oz caster sugar
- 275g/10oz self-raising flour
- 2 level tsp baking powder
- 4 free-range eggs
- 4 tbsp milk
- 2 unwaxed lemons, finely grated zest only

For the glaze:

- 175g/6oz granulated sugar
- 2 lemons, juice only

Note:
Remember to pour the lemon drizzle/syrup on top of your cake when it's cooled slightly 5-10 minutes. Not too hot- and definitely not cold as it will not soak in. The sugar will form a nice crust as it cools down. It's great as part of afternoon tea or delicious with custard too!



Method:

- Preheat the oven to 180C/160C Fan/Gas 4. Grease the tin with butter and line the base with baking paper.
- Measure all the ingredients into a large bowl and beat for 2 minutes, or until well blended. Turn the mixture into the prepared tin and level the top.
- Bake for 35–40 minutes, until the cake has shrunk a little from the sides of the tin and springs back when lightly touched with a fingertip in the centre of the cake.
- Meanwhile, make the glaze. Mix the sugar with the lemon juice and stir to a runny consistency.
- Leave the cake to cool for 5 minutes in the tin, then lift out, with the lining paper still attached, and place on wire rack set over a tray.
- Brush the glaze all over the surface of the warm cake and leave to set. Remove the lining paper and cut into slices to serve.

Top Tip! To boost your fruit intake, add blueberries, raspberries, or blackcurrants, to the cake mix. Not a fan of lemon? Switch the lemon for another citrus fruit, such as oranges, limes, or grapefruit!

Did you know? The name 'lemon drizzle' comes from the lemon glaze which is drizzled over the top of the cake!

Top Tips to reduce the amount of food that is thrown away (and save some money in the process!)

SMART TIPS TO SAVE FOOD, MONEY, AND THE PLANET—ONE BITE AT A TIME!

Decide which meals you would like that week and make a list of ingredients you need – don't forget to double check that you've not already got any of them



Similarly, check the fridge/cupboards for food that is going to go out of date soon and think about which meals you could make that would use these up first.

Follow storage instructions on packets



If you have food or ingredients that are near their use-by date, freeze them if you can to extend their shelf-life or considering sharing with friends, family or neighbours

Made too much food for one meal? Many leftovers can be frozen and then reheated at a later date. Pop the name of the dish and date it was made on a container before freezing, as this will make it easier to identify later. Make sure that the food is reheated thoroughly before eating and never re-refreeze thawed leftovers.

Notes:

THANK YOU

We are truly grateful to Lakeside and Town Field Primary Schools for welcoming us into their communities and for creating space for families to come together through learning and creativity.

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Doncaster AFCL













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