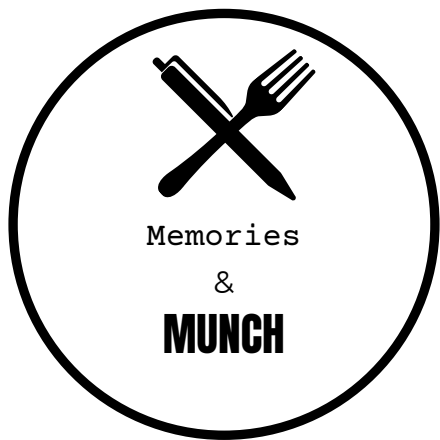


THE
VELMORE
COMMUNITY

Cook Book



RECIPES PAST
AND PRESENT



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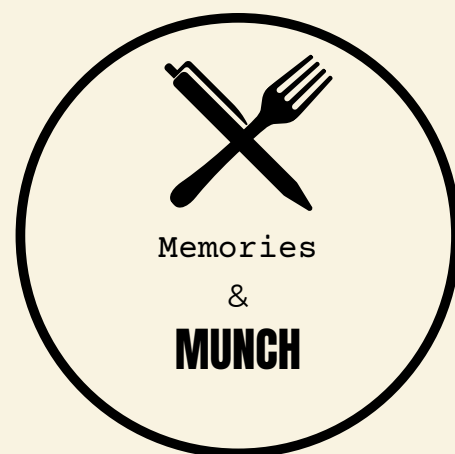
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WELCOME

Welcome to "**Memories and Munch: The Velmore Community Cookbook**," a heartwarming collection of recipes that celebrate the food and flavours of our past and present.

In this special book, we've gathered together some of your favourite recipes and food stories. As you flip through these pages, you'll find a mix of family favourites— dishes that have been lovingly passed down through generations and those that have become go-to staples in our kitchens. Each recipe tells a story, from the treats enjoyed at family gatherings to the comfort meals that have become part of our daily lives.

There's also a section with some ideas for communal cooking. Sharing food with friends and family is time well spent. So if you're bored of the same old dishes, you can get together and create some new foodie traditions.

The cookbook also features fresh new 'Munch' recipes, that have been created to be nutritious, cost-efficient and easy to prepare. In compiling this cookbook, we aimed to capture not just ingredients and instructions, but we wanted to reflect the friendship, creativity, and culinary traditions that makes the Velmore Community unique.

Thank you for being part of this culinary journey. Here's to cooking and connecting in our community!

With warmest regards,

*Mary and Rachel @ **Memories and Munch***





Memories
&
MUNCH

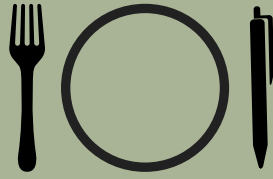


THE VELMORE COMMUNITY RECIPES



- Corned Beef Hash
- Stuffed Breast of Lamb
- Sausage meat rissoles
- Cauliflower Cheese
- Cheese Pudding
- Cheese Pie
- Cheese Scones
- Apple Cake
- Rock Buns
- Sponge Cake
- Fruit Buns

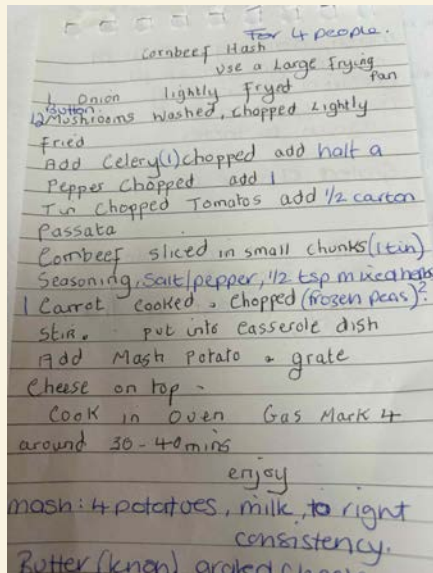


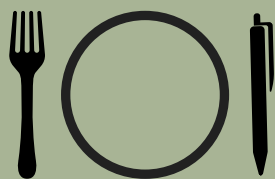


Chris' Corn Beef Hash

"My cousin gave me this recipe when we were visiting in France, and it's become a favourite - a perfect evening meal, especially in the winter when it's warm and comforting.

"It's also great for freezing and batch cooking, and it isn't that expensive to make. There are also lots of vegetable options depending on what you have in the fridge. I often use frozen peas if they're in the freezer, or sometimes I swap the potato for rice."





Did you know?

Corned beef became a staple in British kitchens during and after the Second World War because it was cheap, tinned, and had a long shelf life.

Recipes like this one were a great way to stretch a single tin into a hearty meal by adding vegetables, potatoes, and a bit of grated cheese on top. Many families passed down their own versions, often adjusting the ingredients based on what was available or in season.

With a mix of protein, fibre-rich vegetables, and slow-release carbohydrates from the potatoes, it offered a filling and balanced meal on a budget.



INGREDIENTS

CORNERD BEEF HASH

- 1 onion
- 12 button mushrooms
- 1 stick of celery
- Half a pepper
- 1 carrot
- 1 cup frozen peas.
- 1 tin chopped tomatoes
- $\frac{1}{2}$ carton passata
- 1 tin corned beef, sliced in small chunks
- Salt and pepper to taste
- $\frac{1}{2}$ tsp mixed herbs
- Cheese
- 4 medium potatoes
- Dash of milk
- Knob of butter

DIRECTIONS

Make the mash

Peel the potatoes and boil until soft, then mash with the milk and butter.

Prepare the veg

Next dice the carrot, onions, mushrooms, celery and pepper and lightly fry together in a large frying pan for 2 minutes.

Add the tinned tomatoes, passata, corned beef, salt, pepper, mixed herbs and peas and stir well.

Assemble

Now put your sauce into a casserole dish and add the mash potato to top and grate the cheese on top.

Cook

At gas mark 4, for 30-40 minutes.



Mary's Stuffed Breast of Lamb

"I used to prepare this for my boys-Graham and Sean. It was one of their favourites. I'd remove the bone and cook it separately and they'd love to chew that, as it was a bit like crackling.

"It's quite difficult to find lamb breast now, although you still find that kebab shops use it."



Did you know?

Breast of lamb was once one of the most affordable cuts, often used in traditional British home cooking to feed a family on a budget. Stuffing it with sage and onion not only stretches the meat further but also reflects a long history of using herbs and bread to add flavour and make use of leftovers.



STUFFED BREAST OF LAMB

INGREDIENTS

- 1 boned, flattened lamb breast (-1-1.2 kg)
- 1 packet sage and onion stuffing mix (e.g. Paxo), prepared per pack instructions
- Olive oil, salt & pepper

DIRECTIONS

Prepare the lamb

Lay the boned lamb breast flat. Spread the uncooked stuffing evenly over it.

Roll & tie

Roll the lamb tightly into a roulade and tie securely with kitchen string.

Season

Drizzle with olive oil and season well with salt and pepper.

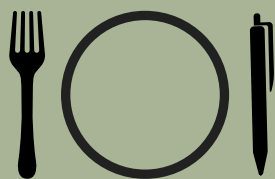
Roast low and slow

Preheat oven to ~170 °C fan (190 °C conventional).

Roast for around 2½ hours, uncovered or with foil removed toward the end to let it brown.

Rest & slice

Let rest briefly, then slice into rounds for serving.



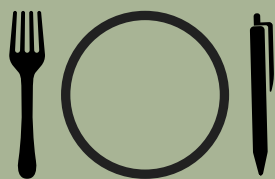
Chris' Sausage Meat Rissoles

"This was my mum's recipe, and it has become a firm family favourite. My mum, Bett, originally cooked it when she was serving in the Army at Bovington Camp. She then made it for her own family.

"I've inherited the recipe and would enjoy it as a child. My son loves it too, and now makes it for himself. We always cook it with onion gravy - delicious!"



*My mum, Bett in her
Army uniform*



Did you know?

Rissoles were once a staple of post-war British cooking - a thrifty way to make a little meat go a long way. Originally from France (where rissoler means "to brown"), the British version became popular in working-class kitchens, school dinners, and cafes.

They were often made with leftover roast meat, mashed together with potato or breadcrumbs, and fried until crispy. Over time, sausage meat became the go-to filling - affordable, tasty, and easy to shape.

Many people remember rissoles from their childhood - sometimes served with baked beans and mash, or tucked into a sandwich with a splash of brown sauce. They're a great example of traditional, no-waste cooking that still tastes just as good today.



INGREDIENTS

SAUSAGE MEAT RISSOLES

- 450g (1 lb) sausage meat or skinned sausages
- 1 small onion
- Packet of sage and onion stuffing
- Salt and pepper, to taste
- A little plain flour for shaping
- Oil for frying

DIRECTIONS

Prepare the rissoles

Place the sausage meat in a mixing bowl.

Add the chopped onion, stuffing mix, and a pinch of salt and pepper.

Mix everything together thoroughly.

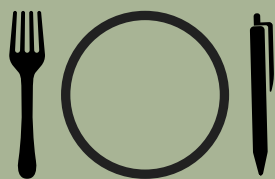
Form the mixture into small, round or oval rissoles. Lightly dust your hands with flour to stop them sticking.

Cook

Heat a little oil in a frying pan over medium heat.

Fry the rissoles in batches for 5-7 minutes on each side, until golden brown and cooked through.

Warm in the oven while making the onion gravy.



Betty's Cauliflower Gratin

"My gran, Elizabeth Hinton, worked in the kitchens of Kensington Palace when Victoria was on the throne. My grandfather, Joseph, used to collect her from the Palace, having negotiated with the sentries! They went on to have eight children.

"Gran did lots of cooking for my mum, Nora, and my aunt Bess until Dad came back from the war. We lived next door to my gran and enjoyed her cooking too. My favourite dish was Cauliflower Gratin. I'd also enjoy porridge at Gran's every morning.

I've also enjoyed cooking for my family over the years, and my children would particularly enjoy apple or rhubarb pies, with fruit from the garden.



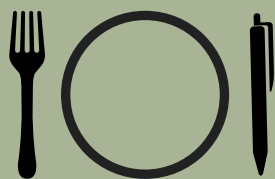
*My Grandparents,
Bess and Jo.*



My Mother



Me today



Did you know?

Cauliflower cheese – or “gratin” as the French call it – has long been a favourite in British kitchens. It’s thought to have become popular in the early 20th century as cauliflower became more widely available and home cooks learned to make white sauce from scratch.

The dish really took hold during the 1950s and ‘60s, when it featured in many school dinners and Sunday roasts. For many, it brings back memories of bubbling oven dishes served at the family table, often with a crispy top and creamy centre.

Gratins are a great example of how traditional cooking made use of simple, affordable ingredients – turning plain vegetables into something rich and satisfying with just a bit of butter, flour, milk and cheese.



INGREDIENTS

CAULIFLOWER CHEESE

- 1 medium cauliflower
- 25g (1 oz) butter
- 25g (1 oz) plain flour
- 300ml ($\frac{1}{2}$ pint) milk
- 100g ($3\frac{1}{2}$ oz) grated cheese
- 1 tsp mustard
- Salt and pepper, to taste
- A sprinkle of breadcrumbs
- Extra cheese for topping

DIRECTIONS

Preheat the oven

200°C / 180°C fan / Gas Mark 6.

Steam or boil the cauliflower

When tender, drain and place in a baking dish.

Make the sauce

Melt the butter in a saucepan.

Stir in the flour and cook for 1 minute.

Gradually whisk in the milk until smooth and thick.

Stir in the grated cheese, mustard, and season.

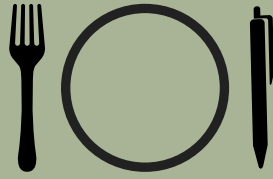
Pour the sauce over the cauliflower in the dish.

Prepare

Sprinkle extra grated cheese and breadcrumbs over the top for a golden, crispy finish.

Bake

For 20-25 minutes until bubbling and golden brown.

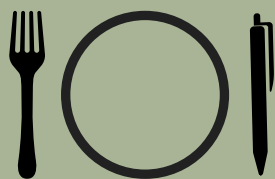


Terri's Cheese Pudding

"We also call this Nursery pudding. It was a recipe given to me by my dad's mum, and I've had to modify it as she originally cooked it on the range.

"My gran- Rosalie Eleanor Joyce was an amazing woman. She was in service in a some of Hampshire's big old houses, but never married. She was fiercely proud of being a 'Miss' never a 'Mrs'.





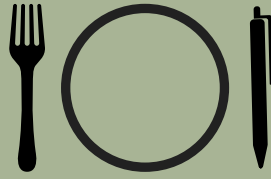
Terri's Cheese Pudding

"My gran lived in a cottage by the side of the River Test near Stockbridge, without running water or power. She worked hard for a living and would go around the villages with a pram, taking in laundry. I remember her collection of different sized irons, the smallest she'd use for doing lace collars.

"She would also forage for ingredients - we'd collect wild strawberries on the down, and watercress by the river. She'd also use nettles and cowslips for homemade remedies and sweets. Her shelves were crammed with little glass jars that local people would buy for common ailments.

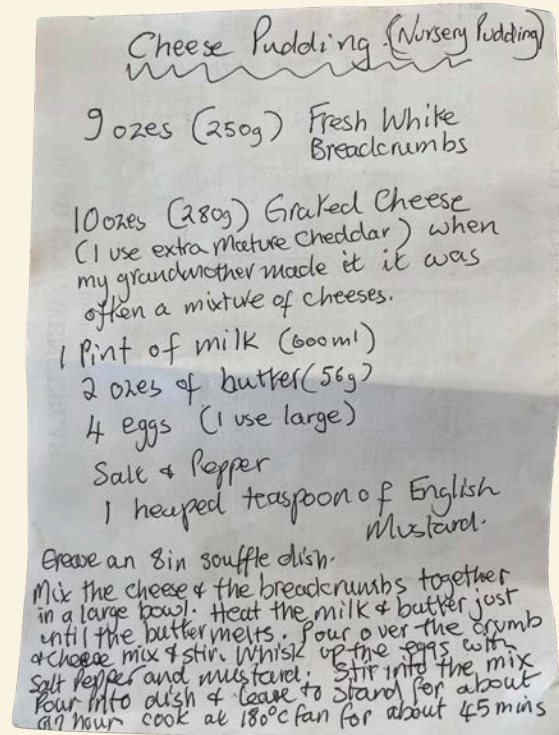
"Having worked for fine ladies in local country houses, she was very hot on manners. Whenever I visited, I had my own fine bone china cup and saucer, which she taught me to hold correctly."





Did you know?

Cheese puddings like this were once a staple of British nursery food – soft, warming, and easy to digest for children and the elderly alike. Often served between the wars and into the 1950s, these savoury bakes made use of simple pantry staples and were a comforting way to use up stale bread and leftover cheese.



INGREDIENTS

CHEESE PUDDING

- 9 oz (250 g) fresh white breadcrumbs
- 10 oz (280 g) grated cheese
- (I use extra mature cheddar - when my grandmother made it, it was often a mixture of cheeses.)
- 1 pint of milk (600 ml)
- 2 oz (56 g) butter
- 4 eggs (I use large)
- Salt and pepper
- 1 heaped teaspoon of English mustard

DIRECTIONS

Prepare

Grease an 8-inch soufflé dish.

Mix

Mix the cheese and the breadcrumbs together in a large bowl. Heat the milk and butter just until the butter melts.

Pour over the breadcrumb and cheese mixture and stir.

Whisk the eggs with the salt, pepper, and mustard, then stir into the mixture.

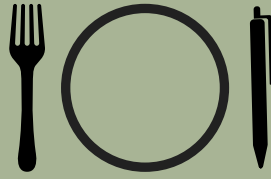
Pour into the prepared dish and leave to stand for about an hour.

Cook

Cook at 180°C (fan) for about 45 minutes.

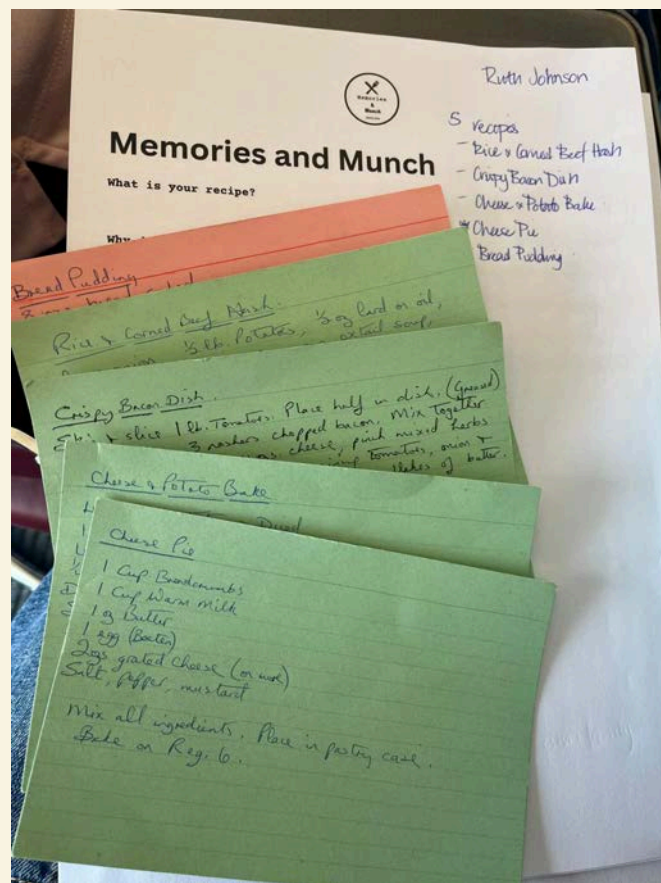
Serve

Enjoy with grilled bacon, tomatoes or tender stem broccoli.



Ruth's Cheese Pie

"This great recipe was given to me by a friend in the 1950s. I had just got married and it has remained a favourite ever since. I used to make it once a week with green vegetables and potatoes. My top tip would be to make sure that the cheese is mature, adding 4oz, not 2oz."





Did you know?

This humble cheese and breadcrumb tart harks back to a time when nothing went to waste. Popular during wartime and post-war Britain, it made the most of everyday ingredients – breadcrumbs from stale bread, a bit of cheese, milk, and an egg.

Clever cooks stretched precious rations into comforting meals, often adding a touch of mustard for flavour and baking it in a simple pastry case. Recipes like this were about more than just thrift – they offered warmth, nourishment, and a sense of care.



INGREDIENTS

CHEESE PIE

- 1 cup breadcrumbs
- 1 cup warm milk (whole or semi-skimmed for richness)
- 1 oz (about 25g) butter
- 1 egg, beaten
- 2 oz (about 50g) grated cheese, plus extra for topping
- $\frac{1}{2}$ tsp mustard (English for heat, Dijon for smoothness)
- Salt and pepper, to taste

DIRECTIONS

Preheat the oven

180°C / 350°F / Gas Mark 4.

Mix

Place the breadcrumbs in a mixing bowl and pour the warm milk over them. Melt the butter and stir it into the breadcrumb mixture.

Add the beaten egg, grated cheese, mustard (if using), and a generous pinch of salt and pepper.

Mix everything well until you have a thick mixture.

Prepare

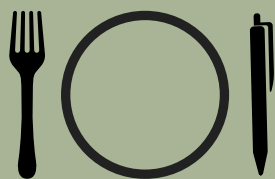
Spoon the mixture into the pre-baked pastry case.

Bake

For 25-30 minutes, or until the filling is set and lightly browned on top.

Serve

Cool slightly before slicing. Serve warm or at room temperature with a crisp salad or steamed greens.



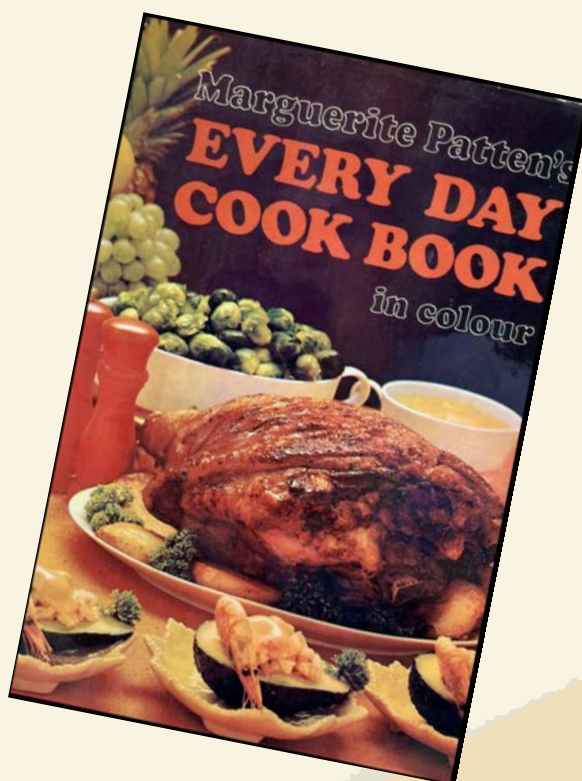
Janice's Cheese Scones

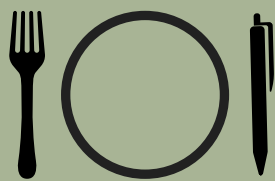
"This is a family favourite, and over the years, I've made it for the children, the bowls club, and the WI. I find that on any occasion, the cheese scones always get eaten before the sweet ones.

"I adapted it from a sweet scone recipe that I found in a Marguerite Patten cookbook that was given to me as a wedding present 63 years ago!"



Me as a young girl





Did you know?

Cheese scones are a clever way to stretch a small amount of cheese into something hearty and delicious. They became a tea-time favourite in many British homes, especially during rationing when cooks had to be resourceful.

Unlike sweet scones, they offer a savoury treat that pairs well with soup or a spread of butter. Recipes vary between families – some add mustard or a pinch of cayenne for extra flavour, depending on what is in the cupboard.



INGREDIENTS

CHEESE SCONES

- 8oz Self-Raising Flour
- 2oz Butter or brand such as Utterly Butterly
- 4-6 oz grated mature cheddar
- Rounded teaspoon mustard powder
- 2 tbsp baking powder
- Milk to mix

DIRECTIONS

Prepare

Rub the flour, butter, mustard and baking powder together to make breadcrumbs.

Add cheese (grated)

Mix

Mix in the milk until it makes a dough.

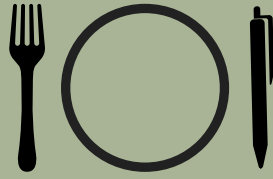
Knead and cut

Knead and flatten till it's about 1 inch thick, and then use cutters to cut it out. You can get about 20 in using a mini cutter.

Brush the tops with milk and put on a baking tray.

Bake

At 200 c (fan assisted) for 8-10 minutes until golden brown.



My Parents

Sue's Apple Cake

"My mum's apple cake is legendary in our family, and my brother took a photo of the recipe last year and sent it to our family What's App group. I made it for the community centre and everyone loved it!

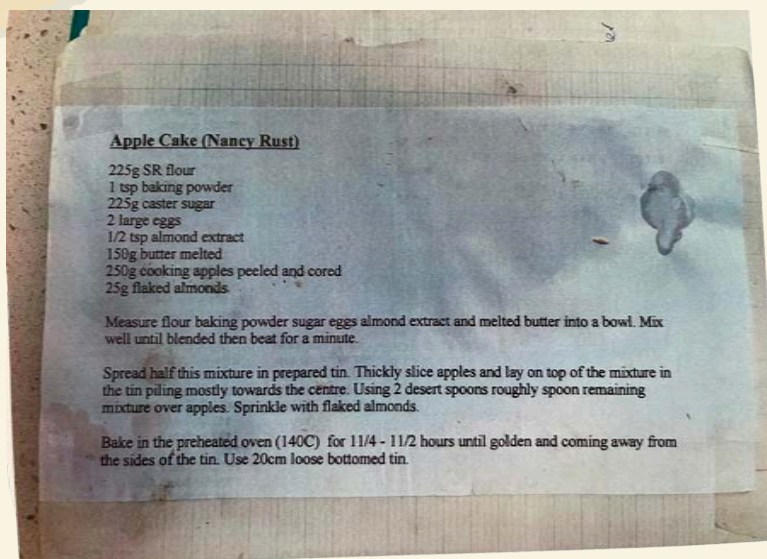
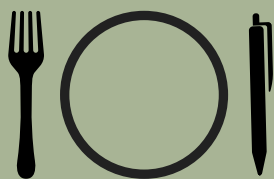
"When I was growing up, Mum and I would do baking on Saturday afternoons. I did the pastry and she did the cakes.

"This is a photo of my parents, Nancy and John Rust on their wedding day in 1953. She was 20, and my dad was 23 years old. Mum was one of eight children and grew up in the Peak District. Her dad was a chef, working in the kitchens of a cement works in Hope Valley.

"They lived in Sheffield, and one of my treasured family heirlooms was the bread knife (made in Sheffield) which we use on any special family occasion."



Me, my Mum, (who still lives in Sheffield), with my sister and 2 brothers.



Did you know?

Apples have been grown in Britain since Roman times, and were once considered a luxury fruit! Almonds, on the other hand, were such prized imports in medieval England that cooks often used them to make “mock milk” when dairy was scarce.

Together, they’ve been bringing sweetness and richness to cakes for centuries – a proper old-school pairing that still hits the spot today.



INGREDIENTS

APPLE CAKE

- 225g Self Raising Flour
- 1 tsp baking powder
- 225g caster sugar
- 2 Large eggs
- $\frac{1}{2}$ tsp almond extract
- 150g butter melted
- 250g cooking apples peeled and cored
- 25g flaked almonds

DIRECTIONS

Measure

The flour, baking powder, sugar, eggs, almond extract and melted butter into a bowl.

Mix

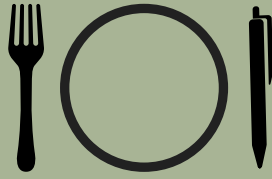
Blend the ingredients and beat for a minute.

Prepare

Thickly slice the apples and lay on top of the mixture in the tin, piling mostly towards the centre. Using 2 desert spoons, roughly spoon the remaining mixture over the apples. Sprinkle with flaked almonds.

Bake

Bake in the preheated oven (140c) for $1 \frac{1}{4}$ - $1 \frac{1}{2}$ hours until golden and coming away from the sides of the tin. Use a 20cm loose bottomed tin.



My mum, Jenny

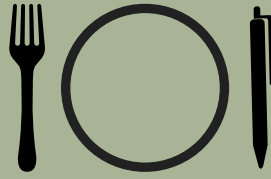
Sheena's Rock Buns

"My mum, Jenny Sainsbury, worked full time as a wages clerk. This meant when I was growing up, I always helped out in the kitchen. At the weekends we would often bake together.

"When I married and left home in 1968, she gave me a Biro Cookbook, which has had plenty of use over the years. She also presented my sister with one, and we've enjoyed using them. When my girls, Aileen and Little Sheena, were younger, I'd use it a lot making cakes and biscuits- which made me very popular with my daughter's friends! I'd also use the pasty recipe, which was a favourite of my husband, Rob."



Some of our other favourite recipes from the Biro Cookbook



Did you know?

Rock buns got their name from their rough, craggy appearance, which looks a bit like small rocks. Popular during wartime for using less sugar, fat and eggs, they became a go-to treat during rationing – and have remained a teatime favourite ever since, especially in school baking and family kitchens.



INGREDIENTS

ROCK BUNS

- 8oz Self Raising Flour
- 4oz Sugar
- 4oz Margarine
- 3oz Currants
- 1oz Mixed Peel
- 1 Egg
- A Litte Milk

DIRECTIONS

Preheat the Oven

Preheat your oven to 425-450°F- Gas Mark 7-8).

Mix

Mix the flour and sugar in a bowl and rub in the margarine.

Mix in the currants and peel.

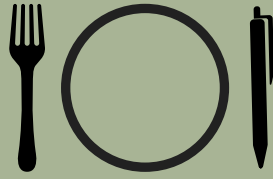
Mix to a stiff dough with beaten egg and a little milk.

Prepare

Place in rough heaps on a greased baking tray.

Bake

In a hot oven for about 20 minutes.



Shirley's Celebration Cake

"I went and made a birthday cake for my daughter's boyfriend. I took my time and made him the cake that I have cooked too many times to count.

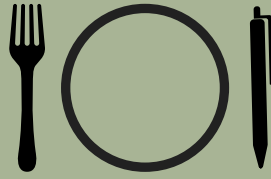
"The cake was made and it looked beautiful. Probably one of the best ones I had made. My neighbour made the icing. After singing 'Happy Birthday' we all had a slice- everyone said it tasted delicious. I tried mine- I think they were telling fibs as I definately forgot the sugar in the cake!

"This has now become something I'm very cautious of- always making sure the sugar is added.

"The next cake I made was my Great Grand-daughters' and it had everything in and it was super scrummy. I haven't made the sugar mistake again!"



Shirley cutting the birthday cake



Did you know?

The classic sponge cake dates back to the 18th century and was originally called a "sponge" because of its light, airy texture resembling a sea sponge.

Early recipes didn't use chemical leavening like baking powder. Instead, they relied on whipped eggs to trap air, making the cake rise naturally. Sponge cakes became popular across Europe and remain a baking staple today

*Shirley's Great
Grandaughter with
her scrummy cake!*



INGREDIENTS

CLASSIC SPONGE

- 4 large eggs
- 200g (1 cup) caster sugar (superfine sugar)
- 200g (1 2/3 cups) self-raising flour (or plain flour + 2 tsp baking powder)
- 200g (7 oz) unsalted butter, softened
- 1 tsp vanilla extract
- A pinch of salt

DIRECTIONS

Prepare

Grease and line two 8-inch (20 cm) round cake tins with baking parchment. Preheat the oven to 180°C (350°F / Gas Mark 4).

Mix

Beat the softened butter and caster sugar together in a large bowl until pale and fluffy.

Add the eggs one at a time, beating well after each addition. Stir in the vanilla extract.

Sift the self-raising flour and salt into the bowl, then gently fold it into the mixture, keeping as much air in as possible.

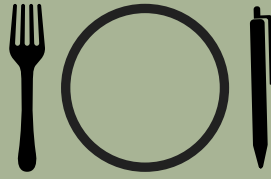
If the batter feels too thick, add a splash of milk and fold in.

Cook

Divide the batter evenly between the two prepared tins.

Bake for 20-25 minutes, or until golden and a skewer inserted in the center comes out clean.

Cool in the tins for 5 minutes, then turn out onto a wire rack to cool completely.



Sue's Fruit Buns

"I chose this recipe as it was one of my husband's favourites.

"My mother-in-law who used to chef for British Layland management and executives gave me the recipe.

"My mum was a teleprinter operator at Bletchly Park. She was famous for her roast dinners, especially her gravy. Everyone wanted to know her secret recipe- it was marmite!"



The cook book in the picture was given to me by my mum when I got married in 1969



Did you know?

This enriched dough, made with butter, eggs, and milk, was often reserved for special occasions like Easter or Sunday tea.

Fresh yeast, once bought in small cubes from the bakery, brings back memories of a time before dried yeast became common. The mix of dried fruit, candied peel, and warm spices like cinnamon gave a festive feel to a simple loaf.

Making it by hand took time and care, and was a familiar part of everyday home baking.



INGREDIENTS

FRUIT BUNS

- 1 $\frac{3}{4}$ lb strong white flour
- 1 oz fresh yeast (3 level teaspoon dried yeast)
- 4 oz caster sugar
- 2 oz dried fruit
- 1 oz candid peel
- 4 oz butter
- 2 eggs
- Pinch of salt
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp mixed spice
- $\frac{3}{4}$ pts milk

DIRECTIONS

Prepare

Sieve $\frac{1}{2}$ lb flour into a basin with yeast and 1 tsp sugar and stir in the tepid milk. Cover with a cloth and put in a warm place for 20 minutes.

Mix

Sieve the remainder of the flour into a mixing bowl, add the sugar, salt and spices and mix in the dried fruit and peel. In a separate bowl, melt the butter and whisk the eggs.

Mix the dry ingredients with the dough mixture, pour in the butter and eggs and beat by hand.

Rise

Cover and leave to rise for about an hour.

Shape into buns and leave to rise for 20-30 minutes.

Bake

At 430f or 230c



FRESH IDEAS



Create your own foodie traditions with friends and family.



This section of the cookbook provides you with ideas throughout the year to enjoy sharing your favourite recipes.



WORLD INSPIRATION

Spring



JAPANESE CHERRY BLOSSOM FESTIVAL

Seasonal Food:

Sakura Mochi, Hanami Dango, Bento boxes.

Tradition:

In Japan, the arrival of spring is marked by the blooming of cherry blossoms, or "sakura." Hanami, the tradition of viewing cherry blossoms, is celebrated with outdoor picnics under the flowering trees. Seasonal foods play a central role in this celebration, with sakura mochi (sweet rice cakes wrapped in pickled cherry blossom leaves) being a popular treat. Bento boxes filled with seasonal vegetables, fish, and rice are also enjoyed.

Be Inspired:

1. Cherry Blossom Viewing Picnic:

Get outdoors in the spring for a picnic in a park or garden. You don't need a bento box, just an ordinary sandwich box will do. Perhaps try sushi (available from most supermarkets) or a selection of seasonal fruits. Enjoy taking photos of the spring flowers and blossoming trees.

2. Cherry Blossom Tea Ceremony:

Host your own version of a traditional Japanese tea ceremony- dig out a teapot, and enjoy the art of tea making. Slowing things down, and perhaps experimenting with different teas. There are hundreds of different types, many of which are caffeine-free, which make them an ideal drink throughout the day. Maybe add **Sheena's Rock Buns**?

WORLD INSPIRATION

Spring



EASTER CELEBRATIONS

Seasonal Food:

Chocolate eggs, carrot cake, chocolate nests, simnel cake, hot cross buns.

Tradition:

Easter is celebrated in many cultures as a way to welcome spring and new beginnings, as well as being the Christian festival of Jesus' resurrection. The tradition of Easter egg hunts is popular worldwide, with children searching for hidden eggs. Foods like chocolate eggs and carrot cake symbolise the arrival of spring and are commonly enjoyed.

Be Inspired:

1. DIY Easter Egg Hunt:

Create your own Easter egg hunt at home or in the garden. You can use plastic eggs filled with small treats. For an added twist, make it a scavenger hunt by giving clues for each egg's hiding place. End the hunt with a small prize for everyone, such as a homemade cake or chocolate nest. Why not try **Sue's Fruit Buns** for a real treat?

2. Spring-Themed Craft Party:

Host a craft day - make fruity flower displays- using chopped fruit on skewers to create pots of floral fruit decorations. Or bake some cupcakes and people can decorate them with edible flowers.

WORLD INSPIRATION

Spring



MAY DAY CELEBRATION

Seasonal Food:

Flowers, seasonal salads, honey cakes.

Tradition:

May Day (May 1st) celebrates the arrival of spring with various customs, including dancing around the maypole, flower picking, and giving May baskets filled with flowers and treats. Traditional foods may include fresh salads, honey cakes, and other seasonal fare.

Be Inspired:

1. Enjoy a May Day picnic with friends:

This could include strawberries- one of the first fruits to ripen in spring. Their sweetness symbolises the joy of new beginnings and the bounty of the season. Fresh herbs or plants from the garden such as dandelions or wild garlic could also be used- dandelions are one of the first greens to appear in spring and are often considered a sign of renewal. **Or try our 'Frittata'**: adapt it to include lot of spring vegetables like spinach, asparagus, and fresh herbs.

2. Flower-Basket Giving:

Create small baskets filled with flowers. You could even make some 'Decorative Bark': Melt dark or white chocolate and spread it on a baking sheet. Top with nuts, dried fruits, and edible flowers, then break it into pieces once set.

WORLD INSPIRATION



Spring

EARTH DAY CELEBRATION

Seasonal Food:

Farm-to-Table dishes, seasonal fruits and vegetables such as asparagus, spring greens, new potatoes and water cress.

Tradition:

Earth Day (April 22nd) is celebrated worldwide to promote environmental protection and awareness. Activities may include tree planting, cleanups, and educational workshops. Foods celebrated on this day often highlight local produce and sustainable practices.

Be Inspired:

1. Nature Walk and Cleanup:

Organise a nature walk in a local park or trail, combining it with a cleanup effort, picking up litter as you go. You could even prepare some eco-friendly snacks such as 'Energy Balls': a no-bake treat using oats, nut butter, seeds, and dried fruit. Or you could try 'Veggie Chips': simply bake kale, sweet potatoes, or beetroot, with a little olive oil and salt until crispy.

2. Visit a farmer's market or fresh fruit and vegetable market:

This is a fun way to celebrate Earth Day- making a change from the usual shops and supermarkets, which makes it easier to appreciate seasonal produce. Try creating a spring fruit salad garnished with honey and mint. Honey adds sweetness, while mint represents freshness and revitalisation. Or for a savoury twist try **Ruth's Cheese Pie**.

WORLD INSPIRATION

Summer



CLASSIC AFTERNOON TEA

Seasonal Food:

Finger sandwiches, scones with clotted cream and jam, Victoria sponge.

Tradition:

Afternoon tea is a great British tradition. It typically includes a selection of delicate finger sandwiches (such as cucumber, egg salad, or smoked salmon), freshly baked scones served with clotted cream and jam, and a variety of cakes or pastries. Perhaps even try **Shirley's Celebration Cake?**

Be Inspired:

1. Afternoon Tea at Home:

Offer a selection of teas- whether it's classic black tea, Earl Grey, or herbal infusions. Arrange an assortment of finger sandwiches, scones, and cakes on a tiered tray or look in the charity shops for some old-fashioned 'fancy' tea sets. Homemade bunting will also help create a traditional afternoon tea experience. Take a moment to enjoy each bite, savouring the flavours and making it a calming, mindful ritual.

2. Outdoor Garden Tea Party:

If the weather is nice, take your tea party outdoors! Freeze edible flowers like pansies or violets into ice cubes for a beautiful touch. These can be added to water, lemonade, or even iced tea for a colourful floral twist.

WORLD INSPIRATION

Summer



STRAWBERRY TENNIS TEA

Seasonal Food:

Strawberries and cream, cucumber sandwiches, scones.

Tradition:

A strawberry tennis tea is a quintessentially British tradition often enjoyed during summer, especially during events like Wimbledon. Fresh strawberries served with cream symbolises the height of British summer, paired with classic cucumber sandwiches and sweet treats like scones and macaroons.

Be Inspired:

1. Strawberry Tea Picnic:

Head to a local park or garden with a picnic of strawberries and cream, not forgetting the scones (sweet and savoury) and a thermos of tea. Strawberries aren't just sweet treats. Try some Caprese Skewers—alternate strawberries, fresh mozzarella balls, and basil leaves on skewers. Then drizzle with balsamic glaze for a fresh, sweet-salty snack. **The Munch Apple Pie** would be a great addition too!

2. Wimbledon Watch Party:

Host a Wimbledon watch party at home. Set up a table with strawberries and cream, not forgetting the cucumber sandwiches! Serve with iced tea, lemonade or you could make an alcohol-free Pimms, using lemonade, a splash of balsamic vinegar, strawberries, oranges, cucumber and mint leaves. Decorate with tennis-themed touches like green and white tableware or bunting.

WORLD INSPIRATION



Summer

ITALIAN FERRAGOSTO (ASSUMPTION DAY)

Seasonal Food:

Grilled meats, seafood, fresh salads, watermelon.

Tradition:

Ferragosto, (August 15th), is an Italian holiday marking the peak of summer. Established by Emperor Augustus it originally celebrated the harvest and gave workers a day of rest. It is celebrated with large feasts, featuring grilled meats, often enjoyed al fresco, at the beach. Fresh salads made with ripe tomatoes, cucumbers, and basil are common. For dessert, watermelon is a favourite. This festival sums up the Italian philosophy of "la dolce vita" – savouring the simple, good things in life. **Mary's Stuffed Breast of Lamb** would be the perfect dish for this outdoor feast!

Be Inspired:

1. Summer Salads:

Re-think your salads and experiment- salads can be so much more than a bit of lettuce, cucumber and tomato. Try adding cheese, beans, cold meats or fish, or even fruits to add a bit of interest.

2. Beach Party:

Even if you can't get to the beach, you can still enjoy seaside-inspired drinks. Invite friends over to a tropical drinks bar serving fresh coconut water, fruit smoothies, and tropical mocktails. Add garnishes like pineapple slices, umbrellas, and colourful straws for that summer beach vibe.

WORLD INSPIRATION

Summer



BEACH FISH AND CHIPS

Seasonal Food:

Freshly fried fish (typically cod or haddock), chips (fries), mushy peas, tartare sauce, and lemon wedges.

Tradition:

Fish and chips have been a staple of British cuisine since the 19th century, and enjoying them at the beach has become a cherished summer activity. The experience of savouring crispy, battered fish and golden chips while listening to the sound of waves and the seagulls overhead adds to the joy of a day by the sea.

Be Inspired:

1. Seaside Outing:

Plan a trip to a local beach. Pack a picnic blanket, grab some fish and chips from a local takeaway. You could always take your own dessert- 'No-Mess Fruit Kebabs': watermelon, pineapple, strawberries, and grapes all work well.

2. DIY Fish and Chips Night:

Create your own fish and chips at home! Coat fresh fish fillets in batter and fry them until crispy. Or if you want a healthy version, try grilling the fish or serving smoked fish. Serve in newspaper cones with homemade chips and mushy peas for an authentic experience. You could also try some traditional British soft drinks like ginger beer or dandelion and burdock.

WORLD INSPIRATION

Autumn



HARVEST FESTIVAL

Seasonal Food: Freshly baked bread, seasonal vegetables, apple pie.

Tradition:

The British Harvest Festival is a celebration of the bounty of the season, traditionally held in churches and schools in late September or early October. It's a time to give thanks for the year's harvest, often with displays of seasonal produce like apples, pumpkins, and grains. Communities come together to share food and give donations to those in need.

Be Inspired:

1. Harvest Feast at Home:

Create a seasonal Charcuterie Board- using autumnal favourites like apples, pears, cheeses, nuts, and fig or pumpkin spreads. This could be accompanied by serving hearty soups and a selection of breads. Favourites at this time of year include pumpkin, butternut squash, or potato and leek. Why not try our **Pea and Mint soup**?

2. Seasonal Decorations and Giving Back:

Decorate your home with autumn-themed decorations like pumpkins, and dried flowers or leaves. Creating leaf garlands and wreaths is fun to do with friends and it's free to do! It's also a great time of the year to donate to local food banks- they are always keen for donations of packets and canned goods.

WORLD INSPIRATION

Autumn



AMERICAN THANKSGIVING

Seasonal Food: Turkey, cranberry sauce, pumpkin pie.

Tradition:

Thanksgiving is an American holiday (4th November). The meal is centred around seasonal ingredients such as turkey, stuffing made from bread and herbs, cranberry sauce, and pumpkin pie. These foods reflect the harvest season and the historical significance of the holiday, which commemorates the Pilgrims' harvest feast shared with Native Americans. The holiday is a time for giving thanks and gathering with family and friends.

Be Inspired:

1. Thanksgiving Potluck Dinner:

Organise a potluck where everyone brings a traditional Thanksgiving dish to share. Our **Apple Pie** recipe would be perfect for the occasion. Set up a small branch or tree in a vase and provide tags or paper leaves for guests to write what they're thankful for. Hang them on the tree for a lovely display.

2. Movie Time:

There are lots of Thanksgiving movies to enjoy. Try "A Charlie Brown Thanksgiving," "Planes, Trains and Automobiles," or a documentary on the history of Thanksgiving. You could even watch live the Macy's Thanksgiving Day Parade. Roast pumpkin seeds with spices are a great crunchy snack, or you could make your own popcorn.

WORLD INSPIRATION

Autumn



BONFIRE NIGHT CELEBRATION

Seasonal Food: Parkin cake, toffee apples, hot dogs.

Tradition:

Bonfire Night, (5th November) also known as Guy Fawkes Night, commemorates the foiling of the Gunpowder Plot of 1605. It is celebrated across the UK with bonfires, fireworks, and the burning of effigies of Guy Fawkes. Traditional foods enjoyed on this night include toffee apples, hot dogs, and parkin cake—a sticky gingerbread cake.

Be Inspired:

1. Bonfires and Fireworks

Create your own back garden bonfire, or use a fire pit. Try 'Chocolate Marshmallow Bananas': make a slit down the length of each banana, stuff with chocolate chips and mini marshmallows, then wrap in foil and toast over the fire for 5-10 minutes. Buy some sparklers so that everyone can join in the fun, even if you're not having fireworks. **Janice's Cheese Scones** would be perfect!

2. Bonfire Night Party

Serve our smoky lentil curry or hot dogs, followed by toffee apples. Try apple bobbing—putting 5 or 6 apples in a bowl of water. The game is to remove them without using your hands!

WORLD INSPIRATION

Autumn



HALLOWEEN

Seasonal Food: Toffee apples, pumpkin pie, roasted pumpkin seeds.

Tradition:

Halloween (31st October) is celebrated in many countries with a mix of spooky fun and ancient traditions. It's a time for dressing up in costumes, going trick-or-treating, and carving jack-o'-lanterns. The night is full of playful frights, haunted houses, and ghost stories. Traditional foods include toffee apples, pumpkin-flavoured treats, and an abundance of sweets collected by children going door-to-door. **Chris' Sausage Meat Rissoles** would provide a hearty meal - a real 'treat'!

Be Inspired:

1. Pumpkin Carving and Spooky Snacks

Host a pumpkin carving party, serving 'Eyeball Salad': use mozzarella balls with an olive slice in the centre, served on a bed of greens with a drizzle of balsamic glaze. Or try Witch's Fingers: Bake breadsticks and use sliced almonds for fingernails to create eerie witch fingers.

2. Halloween Movie Marathon and Potion Station

Enjoy a spooky film, whilst sipping on a Halloween mocktail. Try a 'Black Magic': Black grape juice, sparkling water, and a splash of lime juice. Or a 'Vampire's Kiss': Mix pomegranate juice with soda water and a splash of lime juice. Serve in glasses rimmed with red sugar for an extra spooky look.

WORLD INSPIRATION

Winter



YULE/WINTER SOLSTICE CELEBRATION

Seasonal Food: Mulled wine, gingerbread, roast chestnuts.

Tradition:

The winter solstice, (21st December) or Yule, marks the longest night of the year. Many cultures celebrate this with gatherings, feasts, and lighting candles or fires to welcome back the sun. Traditional foods include mulled wine to warm the body, gingerbread to celebrate the season, and roasted chestnuts. It's a time to celebrate the end of darkness and the return of longer days, often with cosy gatherings around a fire.

Be Inspired:

1. Solstice Feast and Candle Lighting:

Host a winter solstice feast, lighting candles or a small fire to symbolise the return of the sun. Serve a 'Roasted Vegetable Platter: use seasonal vegetables like beets, carrots, and brussels sprouts. Serve with hummous or yogurt dip. This goes well with roast meats and for pudding try our **Rhubarb and Strawberry Crumble**.

2. Stargazing Night:

On the longest night of the year, bundle up with blankets and hot chocolate, and head outside for a stargazing session. Gingerbread biscuits makes the perfect snack- you could even shape them into suns and stars, and decorate them festively. Or why not take a bowl of our Strawberry and R Crumble out to keep you warm!

WORLD INSPIRATION

Winter



CHRISTMAS DINNER

Seasonal Food: Roast turkey, brussel sprouts, winter cabbage, bread sauce, stuffing, pigs in blankets, roast potatoes and vegetables, mince pies, Christmas pudding, and gingerbread.

Tradition:

A traditional Christmas Day dinner (25th December) is a festive meal that brings together family and friends to celebrate the holiday season. Christmas Day is central to the Christian festivities, celebrating the birth of Jesus. While the specific dishes can vary depending on the region and personal traditions, the meal often features a combination of hearty, seasonal foods that reflect the spirit of the holiday.

Be Inspired:

1. Host a carol-singing event:

Sue's Apple Cake would be lovely with some mulled wine! You can also exchange foodie gifts- cakes, biscuits or fruit. Homemade fudge is always a winning treat- you can make various flavours of fudge, such as chocolate or peppermint. Or make some DIY Hot Chocolate Kits- a homemade cocoa mix, marshmallows, and a Xmas mug.

2. Gingerbread decorating:

This crafty activity is not only tasty, but you can also create great decorations for your Christmas tree! Provide a variety of sweets, chocolates, sprinkles, and edible decorations (like edible glitter) for decorating.

WORLD INSPIRATION

Winter



BURNS NIGHT

Seasonal Food: Haggis, neeps and tatties, cranachan.

Tradition:

Burns Night (25th January) is a celebration of the life and poetry of Scottish poet Robert Burns. It involves a hearty feast, traditional Scottish music, and reciting Burns' poetry. The traditional food is haggis, served with neeps (turnips) and tatties (potatoes), followed by cranachan—a dessert made with whipped cream, raspberries, and oats. The evening is often full of lively toasts and laughter, marking a cultural moment to celebrate Scottish heritage.

Be Inspired:

1. Scottish-Inspired Dinner

Host a small Burns Night celebration at home by preparing a Scottish-inspired meal. If haggis isn't your thing, try a comforting dish like Scotch broth or mashed neeps and tatties. You could try **Chris' Corned Beef Hash**? End with a sweet cranachan, shortbread or a bowl of raspberries and cream.

2. Poetry Reading Night

Gather friends for a poetry reading night in honour of Robert Burns. Each person can read a favourite poem—whether it's Burns' work or something else they love. Enjoy shortbread and a warming drink like a hot toddy or herbal tea. Or if you prefer something stronger, try Scottish-Inspired Drinks: such as a 'Thistle' (gin, elderflower, and tonic) or a 'Highland Fling' (whisky and ginger).

WORLD INSPIRATION

Winter



TWELFTH NIGHT

Seasonal Food: King Cake, wassail, mince pies.

Tradition:

Twelfth Night (5th January) marks the end of the Twelve Days of Christmas and has long been celebrated with feasting, merrymaking, and the drinking of wassail—a spiced apple cider. A "King Cake" is often baked, with a hidden bean or trinket inside; the person who finds it is crowned "king" or "queen" for the night. This celebration is full of fun and games, marking the transition from Christmas to Epiphany.

Be Inspired:

1. Twelfth Night Feast:

Prepare a variety of savoury pies such as steak and kidney or chicken and mushroom, and serve with seasonal vegetables. Our **Chicken Stew** would also be a hearty addition. For pudding bake a cake or bread with a hidden surprise inside, and see who gets crowned for the evening. Experiment with flavours like cinnamon, almond, or lemon.

2. Winter Walk and Wassailing:

Take a winter walk in a local orchard or even just around your garden. Wassailing traditionally involves singing to the trees to encourage a good harvest for the next year, so have some fun by making up your own simple winter songs or chants. Warm up afterward with a mug of wassail and some mince pies.



MUNCH RECIPES



- Minestrone Soup
- Pea and Mint Soup
- Shepherd's Pie
- Fish Pie
- Yummy Scrummy Tuna Bake
- Frittata
- Super green veg & chicken pasta
- Potato Curry
- Smoky Lentil, Black Bean & Sweet Potato Chilli
- Chicken Stew
- Apple Pie
- Rhubarb and Strawberry Crumble

MUNCH RECIPES

SOME OF OUR FAVOURITES...

We have put together our twists on some classic favourites along with some recipes with a more modern feel. The recipes are all budget-friendly dishes which are low in saturated fats and high in fibre, protein and essential vitamins. By incorporating more plant-based foods to the recipes, and less meat or dairy products, these recipes are cheaper, better for the planet and better for you!

All these recipes can be batch-cooked, giving you tasty, healthy ready meals to be enjoyed at a later date.

Full nutritional values are available on request at:

www.munchcic.co.uk.



MINISTRONE SOUP

This Italian classic
is a meal in itself,
packed full of fibre
and all your
essential vitamins!

INGREDIENTS

- 1 tin borlotti beans
- 1 tin tomatoes
- 1 carrot
- 2 celery sticks
- 2 handfuls spinach or 2 balls of frozen
- 1 red onion
- 3 cloves garlic
- 1 Tsp mixed herbs
- 1 Tsp dried basil
- 1 Tsp smoked paprika
- 1 handful macaroni pasta
- 2 pinches of salt
- 1 dstspn of cooking oil (we use sunflower oil)
- 800 ml water



MINISTRONE SOUP

DIRECTIONS

- Firstly peel the carrot and top and tail (cut off each end). Next finely dice the carrot and celery.
- Peel and thinly slice or dice the onion. Peel and grate the garlic and add this to the pan as well.
- Next add the oil to a medium saucepan and place on your hob on a medium heat.
- Add the mixed herbs, dried basil and salt and give it all a really good stir. Then add the onion, garlic, carrot and celery.
- Cook for about 5 minutes, stirring regularly.
- Next open the beans, drain into a sieve and rinse under cold water; add these to your saucepan.
- Then add the tinned tomatoes, the water and the macaroni.
- Using a wooden spoon, break down the tomatoes in the pan by pushing and stirring the ingredients.
- Finally add the spinach and paprika.
- Give it all a good stir and turn your hob to a medium low heat.
- Cook the soup, stirring regularly, for about ten minutes, or until the macaroni is soft.

PEA AND MINT SOUP

INGREDIENTS

- 2 cloves garlic
- 1 onion
- 1 dsspn of cooking oil
- 2 pinches of salt
- 1 tsp mixed herbs
- 3 or 4 sprigs of Mint
- 3 serving sp frozen peas
- 800 ml water

Don't underestimate the mighty pea! These little power houses are packed with vitamin C and bursting with natural sugars. Mint is good for your digestion and will grow anywhere in abundance! Together these two are a match made in heaven and this recipe is so easy, you can make a batch and throw it in the freezer for a rainy day.



PEA AND MINT SOUP

DIRECTIONS

- Chop the mint (stalks and all) as small as you can and set to one side.
- Peel the garlic and onion, then roughly chop.
- Heat your oil, on a medium heat, in a medium sized saucepan.
- Add the garlic, onion, mixed herbs and salt and stir well for one minute.
- Add the mint and the peas and stir well.
- Finally add 800 ml of water and bring the heat back up to medium.
- Cook, stirring regularly until the soup is hot.
- You can then blend your soup using a stick blender or mash with a potato masher for a chunkier texture. If your soup is too thick add a little extra water.



SHEPHERD'S PIE

INGREDIENTS

- 125g lamb mince or beef mince.
- 3 handfuls dried red lentils
- 1 red pepper
- 1 carrot
- 1 onion
- 4 cloves of garlic
- 1 tin of tomatoes
- 4 medium potatoes
- 30g cheddar cheese
- 2 dessert sp cooking oil (we use sunflower oil)
- 2 tsp dried mixed herbs
- 2 tsp dried mint (for Shepard's pie)
- 1 tsp smoked paprika
- 1 pinch salt
- 2 dash Worcestershire sauce (optional).

Our twist on the ultimate comfort food offers more fibre without sacrificing any of the delicious flavour!

You will need a two-litre baking dish.



SHEPHERD'S PIE

DIRECTIONS

- Peel and chop the potatoes. Place them in a medium sized saucepan and cook for about 15-20 minutes, or until soft.
- Grate your cheese and put to one side.
- Dice the red pepper very small then peel and dice the onion and carrot as small as possible.
- Peel and grate the garlic.
- Now gently heat one dessert spoon of sunflower oil in a medium sized frying pan, add the veg and pan fry for about 2 mins, stirring occasionally. Add a pinch of salt then add the mince and cook until browned.
- Add the lentils, herbs and paprika. Mix well. Add about half a mug of water and cook for 1 min, then add the tomatoes and Worcestershire sauce (if using). Turn the heat to low and cook for a further 5 mins.
- Drain the potatoes, then mash when cooled. Add one dspnn of sunflower oil and the cheese, and mash, adding extra oil if necessary.
- Spoon your mince veg sauce into the baking dish. You will probably using about half the sauce, the other half can be put in the freezer for next time.
- Arrange the mash over the top of your sauce, then drag the prongs of a fork across the top to make little ridges, this will help the mash crisp up when cooking.
- Pop the dish on a baking tray and cook to the oven at 200°c for 20-30 minutes, until the mash is golden brown.

FISH PIE

INGREDIENTS

- 400g fish pie mix (frozen)
- 1 smoked mackerel fillet
- ½ onion
- 2 serving spoon frozen peas
- 1 serving spoon frozen sweetcorn
- 1 handful fresh spinach
- 2 medium sweet potatoes
- 1 dessert spoon cooking oil (we use sunflower oil)
- 2 bay leaves
- 1 tsp smoked paprika
- 200ml milk
- 20g butter
- 20g flour
- ½ tsp ground black pepper (about 3 turns on a pepper mill)

A classic fish pie, using smoked mackerel for an added omega boost which is essential for brain health and cognitive function. We use a sweet potato mash for added fibre and 5-a-day! Serve with steamed greens or broccoli.
You will need a two-litre baking dish.



FISH PIE

DIRECTIONS

- Peel and roughly chop the potatoes. Place in a medium sized saucepan cook for about 10-15 minutes, until soft.
- While the potatoes are boiling place your fish pie mix in a medium sized saucepan and cover with the milk. Dice the onion. Add the bay leaves, black pepper and onion to the milk then poach the fish gently on a medium heat - making sure the milk doesn't boil up - until the fish is soft.
- Drain the fish over a sieve, into another pan or bowl - keeping the milk aside for the white sauce.
- Remove the bay leaf from the fish and add to mixing bowl.
- Remove the skin from the mackerel fillet and shred the fillet into the bowl with the other fish.
- Finely chop the spinach and add to the bowl, then add the peas and sweetcorn, mix well. Now spoon the fish mix into the baking dish.
- With 200ml of the cooled milk make the white sauce, in a medium saucepan. Gently melt the butter adding the flour mixing using a whisk. Gradually add the milk, whisking constantly, until you have a thick white sauce.
- Pour the sauce over the fish mix in the baking dish.
- When the potatoes are cooked, drain, cool then mash. Add one dspn of sunflower oil and the smoked paprika, mix through the potato, then mash the potato, adding a small amount of extra oil if necessary.
- Arrange the mash over the top of your fish mix, then drag the prongs of a fork across the top.
- Pop the dish on a baking tray and cook to the oven at 200°C for 20-30 minutes, until the mash is golden brown.

YUMMY SCRUMMY TUNA PASTA

INGREDIENTS

- 1 Onion
- 3 cloves of garlic.
- Mixed veggies of your choice, I like to include peppers, sweetcorn and spinach.
- 1 dessert spoon cooking oil (we use sunflower oil)
- Cheese (optional)
- Handful of dried pasta per portion.
- 1 tin of tuna.
- Tinned tomatoes.
- 1 tsp mixed herbs.
- 1 tsp smoked paprika.
- 1 pinch salt.

A rainbow on a plate, featuring all of your 5-a-day! The sauce can be batch cooked and used at a later date.



YUMMY SCRUMMY TUNA PASTA

DIRECTIONS

- Wash all your vegetables thoroughly under a cold tap.
- Dice or thinly slice the onion and grate the garlic.
- Cut the veggies into small pieces or strips.
- Put your pasta on to boil.
- Cook for about 15 mins, stirring regularly.
- On a separate hob place the frying pan, add the oil and heat on a medium heat.
- Add the garlic and onions, mixed herbs, paprika and a pinch of salt.
- Stir and cook for about a minute; then add the other veggies.
- After about five minutes, or until the veggies start to soften add the tinned tomatoes (plus wash out the tin with a little water).
- Add the tuna and cook for about five minutes.
- When the pasta is done, drain in the colander, then place in a bowl.
- Add the sauce and cheese if desired.
- Any pasta sauce left over can be frozen and used at a later date.

FRITTATA

INGREDIENTS

- 6 eggs
- 2 serving spoons frozen peas
- 2 handfuls spinach
- 3-4 spring onions
- ½ red pepper
- ½ green pepper
- ½ yellow pepper
- 1 medium sweet potato
- 3 handfuls of grated cheddar
- Tbsp cooking oil
- Tsp mixed herbs
- A pinch of salt

Frittata is a great energy-boosting dish - you can put anything in it so it's also a useful way to use up odds and ends in the fridge. Leftovers can be eaten cold as snacks for at least three days after cooking (stored in the fridge).



FRITTATA

DIRECTIONS

- Firstly, peel and dice the sweet potato, place on a baking tray and toss in the oil, mixed herbs and a pinch of salt. Roast in the oven until soft.
- Meanwhile, thinly slice the spring onion and peppers and put them in a mixing bowl. Cook the peas and cool under cold water then place in the mixing bowl with the other veg. Then slice the spinach (or use scissors) into thin strips and add to the other veg. Grate the cheese and add this too.
- When the sweet potato is cooked, line a baking dish with baking paper, or grease with a little oil/butter, then transfer the sweet potato to this dish. Add all the other ingredients that are in your mixing bowl and give everything a good mix. Then crack the eggs into the empty mixing bowl and whisk. Once whisked, pour the eggs over the ingredients in the baking dish. The egg should cover all the ingredients but not be too liquidy; if you think you need more egg, just carefully do one at a time.
- Then bake for 20-30 mins, until the egg is properly cooked through.

SUPER GREEN VEG & CHICKEN PASTA

A delicious way to use leftover roast chicken, this dish uses all frozen veg, which is a good way to avoid food waste.

INGREDIENTS

- 1 serving spoon frozen peas
- 1 serving spoon frozen sweetcorn
- 1 serving spoon frozen soy (edamame) beans
- 4 balls frozen spinach
- 3 cloves garlic
- 1 onion
- 1 lemon (zest and juice)
- 2 serving spoons left over roast chicken
- 2 pinches of salt
- 1 dessert spoon dried basil
- Ground black pepper
- 1 dessert spoon cooking oil (we use sunflower oil)
- (to serve), pasta x one handful per portion
- (to serve), cheese if desired.



SUPER GREEN VEG & CHICKEN PASTA

DIRECTIONS

- Peel and great the garlic.
- Peel and thinly slice the onion.
- Place your spinach in a cup of hot water so it starts to defrost.
- Zest then juice the lemon.
- Heat a dash of cooking oil in a medium frying pan on a medium heat; add the onion and garlic, mix well and cook for about two minutes.
- Add the basil and salt, mix well and cook for a further 30 seconds.
- Add the soy beans, peas and sweetcorn and mix well.
- Then drain the spinach and add to the pan. Using a wooden spoon, press firmly into the spinach to start breaking it down.
- Add the lemon juice and zest and mix well.
- Keep breaking down the spinach and mixing the veg through the sauce.
- Finally add the chicken.
- Keep mixing and stirring for another few minutes or until all the spinach has broken down and mixed through the dish, and the chicken is piping hot.
- Finally add the black pepper to taste.
- Cook your pasta and add cheese to serve if desired.

POTATO CURRY

INGREDIENTS

- 1 onion
- 4 cloves garlic
- 8-10 new potatoes or 2 sweet potatoes (or any potatoes you already have)
- 1 yellow pepper
- 1 red pepper
- 3 handfuls of kale or spinach
- 2 handfuls dried red split lentils
- 1 tin of tomatoes
- 2 pinch salt
- 1 tsp cumin
- 1 tsp garam marsala
- 1 dessert spoon mild curry paste
- 1 dessert spoon cooking oil (we use sunflower oil)

Did you know that potatoes are one of the most wasted ingredients in the UK? Probably because they come in great big bags! This recipe is a good way to use them up and can be batch cooked.



POTATO CURRY

DIRECTIONS

- Cut the potatoes into small bite sized pieces, place in a saucepan of hot water, bring to the boil and simmer for 10 mins, or until they are par boiled.
- Dice the onion and peel, grate or chop the garlic.
- De-seed the peppers and roughly chop into bite sized pieces.
- If you are using kale, cut the stalks out and then thinly slice, then thinly slice the spinach.
- Drain the potatoes and run a little cold water on them (to stop the heat). Place to one side.
- Now, add the oil to a medium sized frying pan or wide shallow saucepan. Place on a medium heat and heat the oil for one minute.
- Next add the onions, garlic, salt, cumin and garam marsala, mix well and cook for two minutes.
- Add the peppers, mix well, then add the paste, adding half a mug of water.
- Cook for 2 mins then add the tomatoes and the lentils. Mix well, adding the potatoes. Make sure all the veg is covered with the liquid then, turn the heat to medium low and cook for 10-15 mins, stirring so nothing sticks to the bottom of the pan. Add water if necessary, throughout, ensuring the potatoes are always covered.
- Finally, add the greens, mix well. Cook for a further 5 minutes, or until everything is soft.

SMOKY LENTIL, BLACK BEAN & SWEET POTATO CHILLI

INGREDIENTS

- 1 onion
- 4 cloves garlic
- 1 red pepper
- 1 medium sweet potato
- 1 tin of black beans
- 2 large handfuls or 3 small handfuls split red lentils
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 dessert spoon lazy chilli for hot or $\frac{1}{2}$ a dessert spoon for medium hot
- 2 pinches of salt
- 1 dessert spoon cooking oil (we use sunflower oil)

If you've never made your own chilli, now is the time to start. This recipe is easy, vegan, fibrous and as hot as you like! Enjoy!



SMOKY LENTIL, BLACK BEAN & SWEET POTATO CHILLI

DIRECTIONS

- First peel and dice the onion. Peel and grate the garlic.
- Deseed the pepper and thinly slice.
- Peel the sweet potato and dice.
- Now, heat the oil in a medium sized frying pan, on a medium heat. Then place the garlic, onion, peppers and sweet potato to the pan, mix well so the veggies are coated in oil. Then add the cumin, paprika, chilli and salt, mix well and cook for two minutes.
- Add a splash of water, mix well and cook for a further two minutes.
- Then add the whole tin of black beans and two handfuls of red lentils.
- Cook until the lentils and sweet potato are soft, adding more water through the cooking process if necessary.
- Serve with a white and brown rice mix, pitta or cous cous.

CHICKEN STEW

Chicken thighs, skin on, on the bone are almost half the price of those with their skin off, off the bone! It's a lovely lean meat, high in protein, very nourishing.

INGREDIENTS

- 4 chicken thighs, skin on, on the bone
- 4 cloves garlic
- 1 onion
- 2 carrots
- 1 tin of tomatoes
- 1 tsp smoked paprika
- 6 kale leaves/spring greens/ savoy cabbage
- ½ lemon, juice and zest
- 2 pinches of salt
- 1 dstspn cooking oil



CHICKEN STEW

DIRECTIONS

- First zest and juice the lemon, then peel and slice the onion and peels and grate the garlic.
- Peel the carrots, making ribbons with a peeler.
- De-stalk and slice the kale/ greens/ cabbage.
- Heat the oil in a medium sized deep sided pan, on a medium heat. Then add the garlic, onion and salts to the pan. Mix well and cook for one minute.
- Add the chicken thighs and cook for 2 minutes on each side - so that the skin is browned.
- Now remove the chicken and set to one side.
- Add the carrots and greens to the pan, along with about half a mug of water (about 200 ml). Cook for two minutes.
- Add the lemon juice and zest and the paprika and mix well. Then put the chicken back in the pan.
- Add the tin of tomatoes plus one tin again of water, bring to the boil, then turn the heat to low and cook for 20-30 minutes.
- Keep checking that your chicken isn't sticking to the pan and that there's enough liquid.
- The chicken is cooked when the meat falls off the bones and there is no red/pink around the bone.
- Finally, take the thighs out of the stew, carefully, using a fork. Take off the skin and shred the meat off the bones. Then pop the meat back in the stew and mix it through the sauce. Alternatively, you can leave the thighs whole in the stew.

APPLE PIE

INGREDIENTS

- 2 large Bramley apples (British cookers)
- 1 Ready roll puff pastry (320g)
- 20 ml milk (for brushing)
- 1 tsp dried cinnamon
- 1 tsp mixed spice
- 1 tsp dried ginger
- 1 dessert spoon honey
- A small amount of flour
- A small amount of margarine spread

Serves 6 (use half the ingredients for a smaller pie, or freeze half the filling)

Our twist on the classic apple pie, using honey instead of free sugar, this pie has over three times less sugar than your average shop bought one but it is still sweet, sticky and delicious.



DIRECTIONS

- First, using a little bit of margarine spread, grease all around the pie dish.
- On a clean surface spread out a little flour, then put your pastry out onto the floured surface, turn once, so that both sides are 'floured.'
- Roll the pastry out so that it half as thin again.
- Place the rolled pastry over the pie dish so that it covers the inside, with a small amount hanging over the edge, then push down into the dish using your fingers so the pastry is secure, then cut round the top edges to remove any excess pastry.
- Push all the excess pastry together to make a ball then roll it out again on the floured surface, nice & thin, to make the lid for the pie.
- Now wash the apples and thinly slice, place them in a mixing bowl.
- Next use a saucepan to gently heat (on a very low heat) the honey, adding the spices and mixing, until the mix is thin and runny.
- Add the honey spice mix to the apples and mix.
- Now you can put your apple mix into the pie.
- Lastly place the lid onto the top of the pie dish and push around all the edges to seal the pie.
- Then using a fork, you can gently "crimp" the edges.
- Lastly using a little milk, brush the pie all over the top & edges, this helps to seal the edges and give a browning to the pie when cooked.
- Cook your pie at 200°C for about 20 minutes or until golden brown.

RHUBARB AND STRAWBERRY CRUMBLE

INGREDIENTS

- 1 medium rhubarb stalk
- 150g strawberries
- 30g golden caster sugar
- 50g butter (softened)
- 40g flour
- 40g oats
- 1 dessert spoon honey

Serves 6 (use half the ingredients for a smaller crumble, or freeze half).

A simple summer crumble, using oats in the crumble mix and honey instead of free sugar in the fruit mix, this pie is lower in sugar and has added fibre.



RHUBARB AND STRAWBERRY CRUMBLE

DIRECTIONS

- Chop the rhubarb into small chunks and chop the strawberries in half or into four, depending on how big they are. Arrange in the bottom of the baking dish.
- Put the honey in the microwave for 20 seconds - or heat in a pan on the hob - so it is very runny, then pour over the fruit and mix through.
- To make the crumble topping, mix all the remaining ingredients in a bowl, using your finger tips to rub together, until you have a fine crumbly consistency. Layer evenly over the top of the fruit and press down to compact the mix a little.
- Cook in the oven at 180°C for about 20-30 minutes or until golden brown.



THANK YOU!

A big thank you to everyone at Velmore Community Centre for joining in and making this project a success! We'd also like to extend special thanks to Sue for helping organise these sessions.

Memories and Munch is a collaboration between Mary Needham from Munch CIC and Rachel Lewis from Presenting Your Past. After connecting at various Action Hampshire events, Mary and Rachel discovered a shared belief in the power of food. It not only brings people together during celebrations and family gatherings but also shapes our social, cultural, and religious identities.

They therefore decided to join forces on this project, united by the idea that good, nourishing food can feed both the body and soul.

To discover more about the recipes in this book, visit munchcic.co.uk. For details on Life Story Books, please see presentingyourpast.com.



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