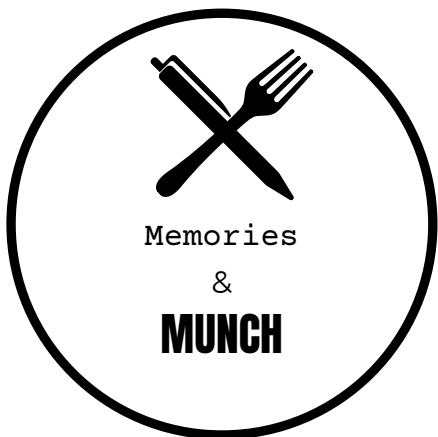


THE
EASTLEIGH
COMMUNITY

Cook
Book



RECIPES PAST
AND PRESENT



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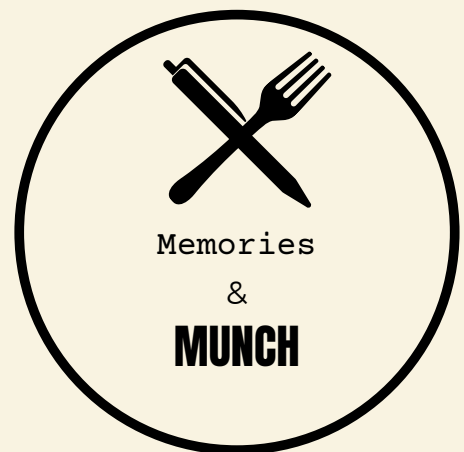
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WELCOME

Welcome to "**Memories and Munch: The Eastleigh Age Concern 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.

Finally, the cookbook 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 Age Concern, Eastleigh 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**



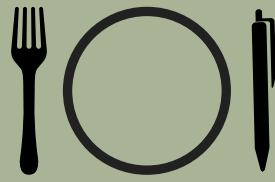


THE EASTLEIGH COMMUNITY RECIPES



- Chappati
- Pilau Rice
- Quiche Lorraine
- Lancashire Hot Pot
- Spring Greens
- Yellow Potato Curry
- Tandoori Chicken Skewers
- Stuffed Parathas
- Shrikand
- Bread Pudding
- Syrup Steamed Pudding





Kamlesh's Chapatti & Pilau Rice

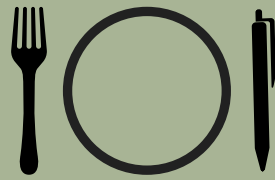
"I'm from a family of 10 children, so my mum was always busy cooking for us. Even today in her 90's she is still a keen cook. The picture below was taken at my dad's 100th birthday. I chose these receipes as they are everyday recipes that remind me of my life and my family."



My parents- Harilal and Jayaben Dudhiy



My family at a wedding last year



Did you know?

Chapatti

Chapatti has been a daily bread across South Asia and East Africa for centuries. Made from wholemeal wheat flour, it's a good source of fibre and slow-release energy, far more nourishing than many modern breads.

Pilau Rice

This has always been a dish for sharing, a staple at family gatherings. Basmati rice is naturally low in fat and easy to digest, while turmeric is widely valued for its anti-inflammatory properties. The whole spices, cardamom and cloves, have been used in cooking and traditional medicine for thousands of years, adding warmth and depth.

.

INGREDIENTS

CHAPPATIS

- 1 small bowl of wheat flour (wholemeal, medium or white)
- 2-3 tbsp cooking oil
- Hot water to bind
- Butter or ghee to serve

DIRECTIONS

- Measure one small bowl of flour into a mixing bowl
- Add the cooking oil and mix well
- Gradually add hot water bit by bit, kneading as you go, until you have a soft, springy dough
- Divide the dough into small balls
- Flatten each ball with your hands or roll flat and cut into rounds with a cutter
- Pan fry on a dry hot pan until lightly browned on both sides
- Serve warm with butter or ghee



INGREDIENTS

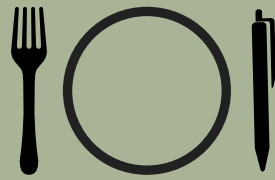
PILAU RICE

- 4 portions (8 handfuls)
basmati rice
- 2 onions, diced
- 2 potatoes, diced
- Approx. 200g peas (or diced
carrots)
- Cooking oil
- Pinch of salt
- Pinch of turmeric
- Pinch of chilli powder
- 1 cardamom pod
- 2 cloves
- Fresh coriander to garnish

DIRECTIONS

- Soak the basmati rice in cold water while you prepare the other ingredients
- Dice the onions and fry gently in a little oil with the cloves and cardamom until soft and golden
- Dice the potatoes and place in a saucepan of water with the turmeric, chilli powder and salt
- Cook until the potatoes are just soft, then add the peas and bring to the boil
- Drain the soaked rice and add to the pan
- Simmer gently until the rice is cooked and has absorbed the liquid
- Garnish with fresh coriander and serve





Heather's Wyvern School Quiche

"I chose this recipe as it was a simple one that I learned at school. When I brought it home, my mum loved it, and so we've been using this recipe ever since. At school, we would do domestic science weekly with Mrs Wiggins.

We tend to eat it on a hot day served with homegrown runner beans and new potatoes. Sometimes I might add garlic or a whole pepper, aubergine slices (fried in advance), and we always cover it with cheese. I've even made it with gluten-free pastry."

Did you know?

Quiche as we know it today comes from the Lorraine region of France, though the word itself is thought to derive from the German "Kuchen", meaning cake. It became popular in Britain during the 1970s.

Eggs and milk form the heart of the filling, providing a good source of protein and calcium, while bacon and cheese add richness and flavour that have made this simple dish a firm family favourite for generations.

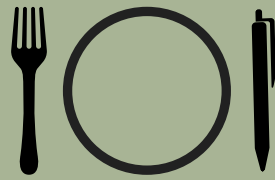


WYVERN SCHOOL QUICHE

- 200g shortcrust pastry (homemade or ready-made, gluten-free works well too)
- 1 medium onion, finely diced
- 150g bacon lardons or streaky bacon, chopped
- 3 eggs
- 300ml (half a pint) milk
- 100g cheddar cheese, grated
- Salt and pepper
- A little butter or oil for frying

DIRECTIONS

- Preheat your oven to 180°C / 160°C fan
- Roll out the pastry and line a greased flan tin, trimming the edges neatly
- Prick the base with a fork and blind bake for 10 minutes until just set
- Meanwhile, fry the onion and bacon in a little butter or oil until soft and lightly golden. Add garlic or pepper at this stage if using
- Spread the onion and bacon mixture evenly over the pastry base
- Beat together the eggs and milk, season well with salt and pepper, and pour over the filling
- Arrange any optional toppings such as aubergine or pepper slices on top
- Scatter the grated cheese generously over the surface
- Bake for 30-35 minutes until the filling is just set and the cheese is golden



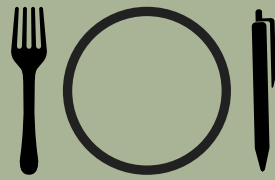
Christine's Lancashire

Hot Pot

"I make this dish regularly, particularly during the winter. I originally found the recipe in a Rosemary Conley cookbook that I bought in the 1980s. It's a simple recipe, and good if you're watching your weight, as it doesn't use much meat. It's a real family favourite and I regularly cook it when my son is home. Sometimes I omit the lamb's kidneys and I always add in herb province for flavour."



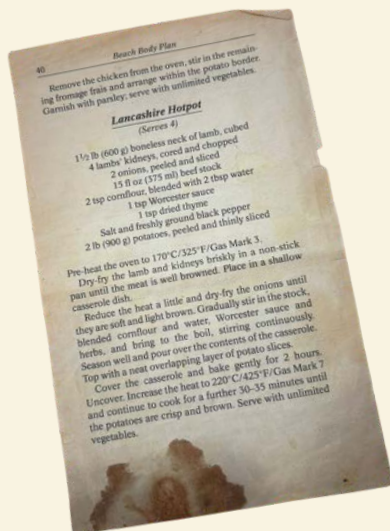
I've worked as a nurse in Southampton and Winchester, leaving Nursing College in 1976.



Did you know?

Lancashire Hotpot is one of Britain's most iconic comfort dishes, with roots going back to the 19th century in the mill towns of Lancashire. Traditionally made by working families who would leave it slowly cooking while they went out to work, it was designed to make a little meat go a long way.

The signature layer of sliced potatoes on top crisps up beautifully in the oven, sealing in the warmth beneath. Lamb is a good source of protein and iron, while potatoes provide slow-release energy, making this a genuinely nourishing one-pot meal that has stood the test of time.



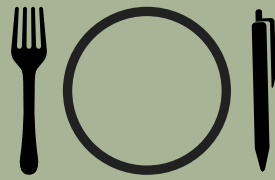
LANCASHIRE HOT POT

INGREDIENTS

DIRECTIONS

- 600g boneless neck of lamb, cubed
- 4 lambs' kidneys, cored and chopped (optional)
- 2 onions, peeled and sliced
- 375ml beef stock
- 2 tsp cornflour, blended with 2 tbsp water
- 1 tsp Worcester sauce
- 1 tsp dried thyme (or herbes de Provence)
- Salt and freshly ground black pepper
- 900g potatoes, peeled and thinly sliced

- Preheat the oven to 170°C / 325°F / Gas Mark 3
- Dry-fry the lamb and kidneys briskly in a non-stick pan until well browned, then place in a shallow casserole dish
- Reduce the heat and dry-fry the onions until soft and lightly browned
- Gradually stir in the stock, blended cornflour, Worcester sauce and herbs, bringing to the boil and stirring continuously
- Season well and pour over the meat in the casserole
- Arrange the potato slices in a neat overlapping layer on top
- Cover and bake gently for 2 hours
- Uncover, increase the heat to 220°C / 425°F / Gas Mark 7 and cook for a further 30-35 minutes until the potatoes are crisp and golden



Gurdip's Spring Greens and Yellow Potato Curry

"I grew up cooking with my mother in Tanzania, where our houses were in a compound and everybody would help with the food preparation. We cooked with pots over coal fires, grew our own mint, garlic, ginger and coriander, and bought fresh chickens at the market.

Life in East Africa was very sociable, my husband was an electrician so we were invited to lots of parties, and the good weather meant we often ate outside. It was a wonderful way of sharing food with friends and family. These recipes are healthy, easy to cook and very tasty, the kind of dishes we would make when the family comes round, served alongside a meat or lentil curry and rice."



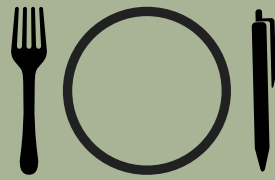
A party in
Tanzania



My daughter
with friends in
the UK



My niece in
traditional Indian
wedding dress



Did you know?

Spring Greens

Spring greens have been a staple of British cooking for centuries and are among the most nutritious vegetables you can put on the table – rich in vitamins C and K, iron and fibre. This recipe gives them a wonderful East African and South Asian twist, with turmeric adding its well-known anti-inflammatory properties and green chilli bringing gentle heat. The desiccated coconut adds a subtle sweetness, making this a simple but vibrant side dish.

Yellow Potato Curry

Potato curries are a staple across South Asian and East African cooking, often made with whatever spices were to hand and served as part of a larger shared meal. Turmeric gives this dish its beautiful golden colour and has long been valued for its anti-inflammatory and digestive properties. Fenugreek, one of the oldest cultivated plants in the world, adds a warm, slightly bitter depth of flavour and is known to support digestion.

INGREDIENTS

SPRING GREENS

- 1 head of spring greens, very finely chopped
- $\frac{1}{2}$ tsp turmeric
- Salt to taste
- $\frac{1}{2}$ chicken stock cube
- Squeeze of lemon juice or splash of white vinegar
- 1 onion, finely chopped
- 1-2 green chillies, chopped
- 2 tbsp desiccated coconut

DIRECTIONS

- Chop the spring greens as finely as possible
- Place in a pan with the onion, chilli and all remaining ingredients
- Add just enough water to prevent sticking
- Simmer gently for 10-15 minutes until cooked through and tender
- Taste and adjust seasoning before serving



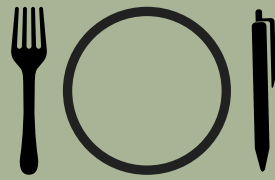
YELLOW POTATO CURRY

INGREDIENTS

DIRECTIONS

- 4-6 potatoes, any variety, peeled and diced
- $\frac{1}{4}$ tsp fenugreek seeds
- 1 level tsp turmeric
- Salt to taste
- $\frac{1}{2}$ chicken stock cube
- Full fat cream, milk or water to cover potatoes
- 2 large tbsp coconut cream
- Squeeze of lemon juice or white vinegar
- 1 large onion, chopped
- 1-2 green chillies, chopped

- Peel and dice the potatoes into even-sized pieces
- Place in a pan with the onion, chilli and all the spices
- Pour over enough water, milk or cream to just cover the potatoes
- Add the stock cube, coconut cream and lemon juice or vinegar
- Bring to the boil, then reduce the heat and simmer gently
- Cook until the potatoes are tender and the sauce has thickened
- Taste, adjust seasoning and serve as part of a shared meal with curry and rice

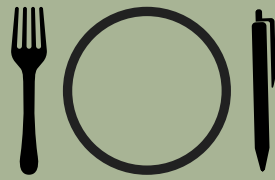


Surinder's Tandoori Chicken Skewers

"I come from the Punjab, and that's where this recipe originates from. It's a recipe that has been handed down over generations, and as time has gone by, it's been modified to include ingredients available now. We often prepare it for family get-togethers and celebrations. I slightly vary the recipe depending on who I'm with- when the youngsters are over, I may adapt it by using less chilli and not including the stronger spices.

This photo is of an Azalea I bought from Woolworths about 20 years ago. It was only 6 inches long, with 3 leaves, and I thought it might not grow. As the years went by, it got stronger, and it will stay with me forever. It brings me joy whenever I see it, as it was my first ever attempt at growing something. I came from a community where we grew the food we ate, and I'm now growing my own gourds."





Did you know?

Tandoori chicken takes its name from the tandoor, the traditional clay oven that has been used across the Punjab and wider South Asia for thousands of years. The dish became iconic in the mid-20th century and has since travelled the world, becoming one of the most recognised dishes in British Indian cooking.

The marinade of yoghurt and spices is key – yoghurt tenderises the meat while the spices, including turmeric, cumin and coriander, each bring their own well-documented health benefits, from anti-inflammatory properties to supporting digestion. Today it can be made just as successfully in a modern oven, air fryer or on a BBQ, making it as adaptable as it is delicious.



TANDOORI CHICKEN SKEWERS

INGREDIENTS

- 1kg diced chicken breast

Spice Mix

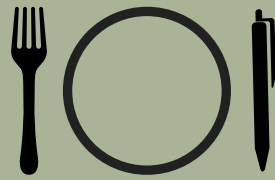
- 2 tsp coriander powder
- 2 tsp cumin powder
- 2 tsp paprika (for colour)
- 1 tsp turmeric powder
- 1 tsp ground cinnamon
- 1 tbsp fresh ginger, crushed
- $\frac{1}{2}$ tbsp garlic, crushed
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp chilli powder
- $\frac{1}{2}$ tsp ground black pepper
- 2 tsp tandoori masala (or beetroot juice for a natural reddish colour)

Marinade

- Juice of 1 lemon
- 1 tbsp tomato purée
- 1 cup (100g) natural yoghurt

DIRECTIONS

- Combine all the spices with the yoghurt, lemon juice and tomato purée in a large bowl to make the marinade
- Add the chicken pieces and mix thoroughly
- Cover and leave to marinate for at least 2 hours, or overnight in the fridge for best results
- Thread the chicken pieces onto skewers
- Spray or brush lightly with oil
- Cook using one of the following methods:
- Oven: 180-200°C / Gas Mark 6 for 15-20 minutes, turning halfway through

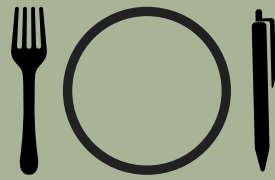


Indra's Stuffed Parathas

"This is a delicious recipe, and although lots of people enjoy stuffed parathas, this version is one I made up myself. It's a dish that people would traditionally eat on a Sunday, on their day off. It's good to be able to take the time preparing the dish and enjoying it with family.

These are photos of me on the same day I had my registry office wedding. In the morning, I had a red sari on. When I got back to our home, I changed into a traditional salwar kameez, which my mother-in-law gave me.





Did you know?

Parathas are a beloved staple of Punjabi cooking, eaten across North India and Pakistan for centuries. The stuffed variety – known as bharwa paratha – has long been a Sunday morning tradition, made with whatever filling was to hand and cooked fresh on a hot tava.

Potato is one of the most popular fillings, seasoned with garam masala and fresh coriander. Garam masala is a warming blend of spices that has been used in South Asian cooking for generations, valued not just for its rich flavour but for its digestive properties too.



STUFFED PARATHAS

For the dough

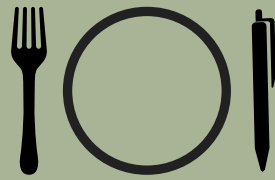
- 2 cups chapatti flour
- Water to bind
- Pinch of salt

For the filling – kneaded together

- 2 potatoes, boiled and mashed
- Salt to taste
- Chilli to taste
- 1 tsp garam masala
- Handful of fresh coriander, chopped
- 2 onions, finely chopped

DIRECTIONS

- Mix the chapatti flour with a pinch of salt and enough water to form a soft, pliable dough
- In a separate bowl, combine the mashed potato, onions, chilli, garam masala, fresh coriander and salt, and knead together into the filling mixture
- Take a handful of dough and flatten
- Place a spoonful of filling in the centre, fold the dough around it and seal the edges
- Roll out gently into a round shape
- Place on a hot tava or skillet and cook for about 1 minute
- Turn over, then spread a little ghee or oil on the cooked side
- Turn again and spread ghee or oil on the other side
- Cook until both sides are lightly browned and slightly crisp
- Remove from the heat and serve warm



Kamlesh's Shrikand

Did you know?

Yoghurt is a natural source of protein and good bacteria, supporting digestion and gut health. The pistachios and almonds scattered on top add a satisfying crunch along with healthy fats and vitamins. Often made for festivals and family celebrations, it is a dish that has travelled with communities to Britain, carrying both nourishment and a taste of home.



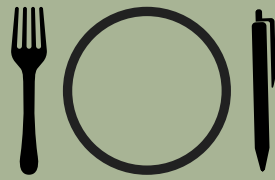
INGREDIENTS

SHRIKHAND

- 4 pints full cream milk (or use a good quality Greek yoghurt)
- Caster sugar to taste
- A handful of pistachios and almonds, roughly chopped
- A pinch of saffron

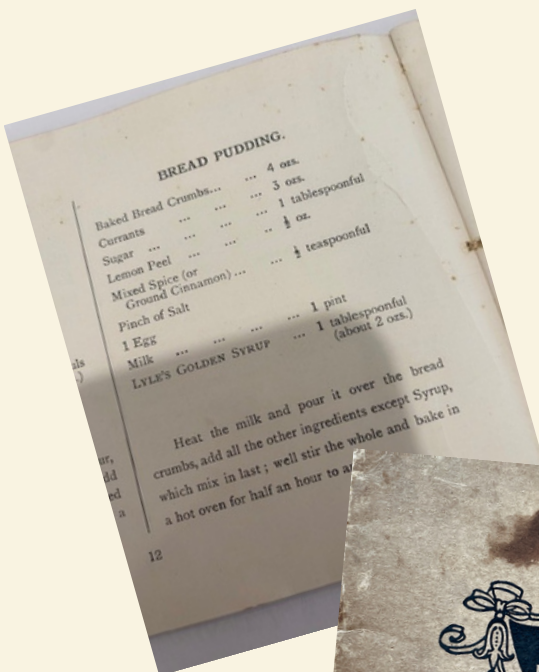
DIRECTIONS

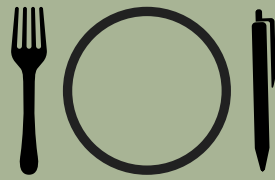
- If making your own yoghurt, warm the full cream milk and set it overnight
- Place the yoghurt into a piece of muslin cloth and tie it up
- Hang or suspend it over a bowl and leave to drain for around 8 hours, or overnight, until thick and firm like soft cheese
- Sieve the strained yoghurt into a clean bowl
- Add caster sugar one teaspoon at a time, tasting as you go, until it is sweet to your liking
- Spoon into a serving dish
- Scatter over the chopped pistachios and almonds
- Finish with a pinch of saffron and serve as a dessert



Jean's Bread Pudding

"My mum used to make this recipe, and it's taken from the 'Everyday Cookbook.' When we went to live in Sussex, my mum worked for lady and she would make it for them. Since then, it's become a popular dish in our family, and I used to make it for my son and daughter at weekends. It was delicious! I always used my mum's recipe. Aside from cooking, I love dancing, going to the theatre and cinema, and coach trips."





Did you know?

Bread pudding is one of Britain's oldest and most beloved baked puddings, born out of the need to use up stale bread rather than let it go to waste. It has been a staple of British home cooking since at least the 13th century, and recipes very similar to this one were found in Victorian and Edwardian household cookbooks across the country.

Currants and mixed spice give it a warmth and sweetness that made it a favourite treat for children and adults alike, while golden syrup, a British kitchen staple since the 1880s, adds a rich, sticky finish. Simple, economical and deeply comforting, it is a pudding that has stood the test of time.



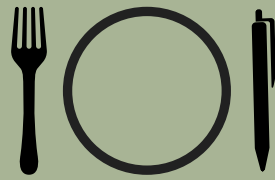
BREAD PUDDING

INGREDIENTS

- 115g (4oz) baked bread crumbs
- 85g (3oz) currants
- 1 tbsp sugar
- 15g (½oz) lemon peel
- ½ tsp mixed spice or ground cinnamon
- Pinch of salt
- 1 egg
- 1 pint milk
- 1 tbsp Lyle's Golden Syrup

DIRECTIONS

- Heat the milk and pour it over the breadcrumbs
- Add all the remaining ingredients except the golden syrup, and stir well to combine
- Mix in the golden syrup last
- Pour into a greased baking dish
- Bake in a hot oven (180°C / Gas Mark 4) for 30 minutes to 1 hour, until set and golden on top
- Serve warm – delicious on its own or with a little custard

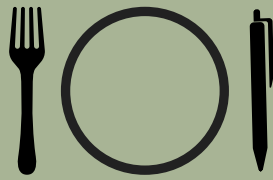


Jill's Syrup Steamed Pudding

"My mum used to make this for the whole family, as a Sunday lunch pudding for my two sisters and me. There was never enough, as it was a very popular dish! Mum also used to make baked apples with sultanas and syrup - we loved syrup! I used to go horse riding and help out at the stables, then come home for my Sunday tea with the family, and this was something I always looked forward to. I used to live in Portwood, and the stables were in Totton. As a child, I also used to swim for Southampton, in 1954, and we would swim at Southampton Lido. I was 5th best in the city.



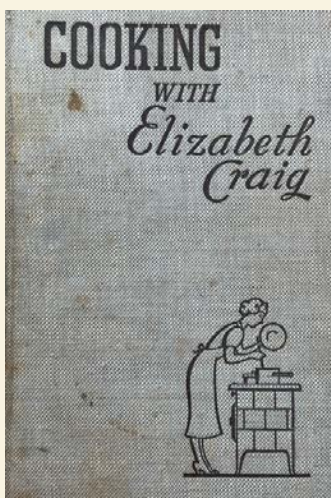
Now that I have my own family, I've used this recipe for my own children. I have two sons and a daughter. I also used to make lemon meringue pie for them all after school as a weekday pudding."



Did you know?

Steamed puddings have been a cornerstone of British cooking since the 17th century, when pudding cloths replaced the animal stomachs previously used for boiling. By the Victorian era, the steamed pudding had become the nation's favourite Sunday dessert, made in every household from the grandest to the most modest.

Golden syrup — introduced by Lyle's in 1883 — quickly became the most popular topping, its rich, buttery sweetness making it an instant classic. A good steamed pudding is one of the most comforting things British cooking has to offer, and the smell of one on the hob on a Sunday is enough to bring the whole family to the table.



SYRUP STEAM PUDDING

INGREDIENTS

- 115g ($\frac{1}{4}$ lb) butter
- 115g ($\frac{1}{4}$ lb) caster sugar
- 2 eggs
- 115g ($\frac{1}{2}$ lb) self raising flour
- 1 tbsp raspberry jam or golden syrup
- 2-3 tbsp milk
- $\frac{1}{2}$ tsp baking powder
- 3-4 tbsp Lyle's Golden Syrup for the base

DIRECTIONS

- Grease a pudding basin well and spoon the golden syrup into the bottom
- Beat the butter and sugar together until light and creamy
- Beat in the eggs one at a time
- Sift the flour and baking powder and fold in gently
- Stir in enough milk to give a soft dropping consistency
- Spoon the mixture on top of the syrup in the basin
- Cover with a double layer of greased paper and a pudding cloth, tied securely
- Place in a saucepan with enough boiling water to come halfway up the basin
- Cover and steam steadily for $1\frac{1}{2}$ to 2 hours, topping up the water as needed
- Turn out onto a warm dish so the syrup runs down over the sponge
- Serve immediately with custard or cream



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.

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.

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.

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.

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.

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



EID AL-FITR- END OF RAMADAN

Seasonal Food:

Sheer khurma (vermicelli pudding), biryani, samosas, dates, sweet vermicelli.

Tradition:

Eid al-Fitr marks the end of Ramadan, the Islamic month of fasting, and is one of the most joyful celebrations in the Muslim calendar. Families and communities come together for prayers, then gather to share a feast – often the most elaborate meal of the year. Sweets and treats are exchanged between neighbours and given to those in need. The spirit of Eid is one of gratitude, generosity and togetherness, with food at the very heart of the celebration.

Be Inspired:

1.Sweet-Making:

Coconut Barfi – mix desiccated coconut with condensed milk and cardamom, press into a tray, chill and cut into squares – or Chocolate and Cardamom Bark – melt chocolate, stir in a pinch of cardamom and scatter with pistachios and dried rose petals, leave to set and break into pieces. You could also decorate boxes to share them with friends and family.

2.Henna Station and Gratitude Wall:

Set up a henna station where traditional hand designs can be drawn. A Gratitude Wall builds on Eid's emphasis on thankfulness, everyone can write or draw something they are grateful for and add it to a display wall.

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



DIWALI- FESTIVAL OF LIGHTS

Seasonal Food: Mithai (Indian sweets), samosas, chaat, barfi, ladoo.

Tradition:

Diwali is one of the most widely celebrated festivals in the world, observed by Hindu, Sikh and Jain communities across India and the diaspora. Known as the Festival of Lights, it marks the victory of light over darkness and knowledge over ignorance. Homes are decorated with oil lamps called diyas, and families gather to pray, exchange gifts and share food. In communities across Britain, Diwali has become a shared celebration that brings people of all backgrounds together.

Be Inspired:

1. Build Your Own Chaat:

Set up a chaat station- lay out bowls of puffed rice, chickpeas, boiled potato, chopped tomato, onion and coriander, alongside tamarind chutney, green chutney and yoghurt. Let everyone assemble their own plate. No cooking on the day is needed, it is endlessly adaptable for different tastes and dietary needs.

2. Chai Making:

Brew a large pot of spiced chai together using fresh ginger, cardamom, cinnamon and black tea, sweetened with a little sugar and topped up with milk. Simple, warming and wonderfully sociable – and it fills the room with exactly the kind of aroma that makes people feel welcome. Serve it alongside the chaat or with biscuits at the end of the session.

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.

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.

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:

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. 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
- Frittata
- Super green veg & chicken pasta
- Potato Curry
- Smoky Lentil, Black Bean & Sweet Potato Chilli
- Chicken Stew
- Apple Pie
- Suji (Semolina Cake)
- 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



MINESTRONE 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 dstspn of cooking oil
- 2 pinches of salt
- 2 tsp mixed herbs
- 8-10 sprigs of Mint (or you can use around 3 tsp dried 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 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, if it is too thin, add some more peas!
- ENJOY!



SHEPHERD'S PIE

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.

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).



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

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.

INGREDIENTS

- 400g fish pie mix (frozen)
- 1 smoked mackerel fillet
- $\frac{1}{2}$ 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
- $\frac{1}{2}$ tsp ground black pepper (about 3 turns on a pepper mill)



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.

FRITTATA

INGREDIENTS

- 6 eggs
- 2 serving spoons frozen peas
- 2 handfuls spinach
- 3-4 spring onions
- $\frac{1}{2}$ red pepper
- $\frac{1}{2}$ green pepper
- $\frac{1}{2}$ 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

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
- $\frac{1}{2}$ lemon, juice and zest
- 2 pinches of salt
- 1 dstspn cooking oil

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.



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.

SUJI CAKE (SEMOLINA CAKE)

INGREDIENTS

- 200g semolina
- 150g natural yoghurt
- 3-4 tbsp honey (or to taste)
- 2 eggs
- Juice and zest of 1 lemon
- 1 tsp cardamom powder
- 1 tsp baking powder
- Pinch of salt
- A little oil or butter to grease the tin

Serves 8
Semolina is a good source of slow-release energy, protein and B vitamins, and keeps you feeling fuller for longer than refined flour.

Yoghurt replaces butter or oil almost entirely, meaning the saturated fat content is very low – and it adds protein and beneficial bacteria for gut health.



DIRECTIONS

- Preheat the oven to 180°C / 160°C fan / Gas Mark 4
- Grease a round cake tin and line the base with baking paper
- Mix the semolina, baking powder, cardamom and salt together in a bowl
- In a separate bowl beat together the yoghurt, eggs, honey, lemon juice and zest
- Combine the wet and dry ingredients and mix well
- Leave the batter to rest for 10 minutes – this allows the semolina to absorb the yoghurt and swell slightly
- Pour into the prepared tin and bake for 25-30 minutes until golden and a skewer inserted in the centre comes out clean
- Leave to cool in the tin for 10 minutes before turning out
- Delicious warm or cold, and keeps well for 2-3 days

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 Eastleigh for joining in and making this project a success!

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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