



NUTRITIOUS COOKING RECIPES

by Kerry Hannah

CONTENTS

Take On the Takeaway Recipes	3
Chicken & Duck Recipes	5
Potato Recipes	7
Sweet Potato Recipes	9
Summer Soup Recipes	11
Cooking With Tinned Fish Recipes	12
Sauce Recipes	14
Buttermilk Recipes	17
Baking With Strawberries	18
Easter Baking Recipes	20
Healthy Bakes	22
Afternoon Tea Recipes	23

This booklet was developed following a programme of nutritious cooking workshops held by Engage with Age via zoom during the Covid pandemic 2021.

Engage with Age is a community development organisation that seeks to enable older people in Belfast to become happier, healthier and more connected.

Kerry Hannah is a Home Economics teacher and kindly facilitated the workshops and provided an extensive range of recipes and demos. Kerry choose the recipes in line with the current government nutritional guidelines:

- **Eat more fibre**
- **Eat less salt**
- **Including two portions of oily fish**
- **Increasing fruit and vegetable intake**
- **Reducing saturated fat content**

The recipes chosen also made use of ingredients that could be found in our kitchen cupboards and freezer which helped shop economically as well as without creating excess food waste.

TAKE ON THE TAKEAWAY RECIPES

Chicken Curry

Ingredients

2 Chicken Breasts
1 Onion
½ Apple or 1 small Apple
1 Pepper
1 Tablespoon Oil
1 Tablespoon Curry Powder
1 Tablespoon Flour
300ml Chicken Stock Optional
(1 Tablespoon Mango Chutney)

Method

1. Chop onion finely and slice peppers into thin strips. Cut apple into cubes and set to one side.

2. Cut chicken into bite sized pieces.
3. Pour oil into wok or large frying pan and place on a high heat.
4. Add onions and cook until translucent (about 3-4 minutes) add chicken and cook for a further 4 minutes.
5. Add peppers, apple, flour and curry powder and mix well. Add stock and reduce the heat to a simmer. If the heat is too high the sauce will thicken too quickly.
6. If adding chutney, stir in 5 minutes before the end of the cooking time.
7. Allow to simmer for 20 minutes and serve with rice.



Pop Corn Chicken

Ingredients

2 Chicken Breasts
50g Rice Krispies (you can crush these to a crumb or keep them whole)
1 Egg
2 Tablespoons of Vegetable Oil

Method

1. Slice chicken into long thin strips.

2. Crack an egg into a bowl and whisk until combined.
3. Place rice krispies into a bowl or a plate to make coating easier.
4. Dip the chicken into the egg, then into the rice krispies and set onto a plate.
5. Place in the fridge for 30 minutes.
6. Place onto an oiled baking tray and cook at 200°C / Gas 6 for 15 minutes, turning half way through.

Breaded Chicken Goujons

Ingredients

2 Chicken Breasts
2-3 Slices of Bread (white / granary / wholemeal)
1 Egg
1 Teaspoon Paprika
1 Tablespoon of Sesame Seeds
2 Tablespoons of Oil

OR

Instead of paprika, use a teaspoon of cajun spice and omit the sesame seeds.

Method

1. Slice chicken into strips.
2. Using a food processor, blitz bread into breadcrumbs. Add paprika and sesame seeds.
3. Dip chicken into the egg and then into the breadcrumbs.
4. Place onto a plate and chill for 30 minutes.
5. Bake in oven for 15 minutes at 200°C / Gas 6 turning half way through cooking.

Barbecue Dipping Sauce

Simply stir all ingredients together

5 Tablespoons of Tomato Ketchup
1 Teaspoon Mustard
2 Tablespoons of Maple Syrup or Treacle

2 Teaspoons Worcestershire Sauce
1 Teaspoon Smoked Paprika
1 Teaspoon Salt

Pizza

Ingredients

200g Strong Bread Flour
7g Fast Acting Yeast
1 ½ Teaspoons Sugar
Generous pinch of salt
150ml of Warm Water – you may need more or less depending on your flour – judge the consistency. The dough should come together and not be too sticky.
200g Grated Mozzarella
2 Tablespoons Passata with Mixed Herbs or Pasta Sauce
Toppings e.g peppers, onion, mushrooms, sweetcorn, chicken



Method

1. In a large bowl, mix together the flour, salt, sugar and yeast.
2. Gradually add in the warm water to form a soft dough – if it is too sticky just add a little more flour and don't panic!
3. Turn out onto a floured surface and knead for 5 minutes.
4. Place back inside the bowl and cover in cling film. Allow the dough to double in size (about 40 minutes).
5. Remove from bowl and roll out to fill the pizza tray. If it is too short for the tray, just gently pull it into shape – its very forgiving dough to work with!
6. Spread over the passata, cheese and then toppings of your choice. Bake for 10-12 minutes at 200°C / Gas 6.

The pizza dough can be frozen. I often make up double the quantity, so I always can freeze a batch. Simply lift it out of the freezer and allow to defrost. Place into a glass bowl, cover with cling film and allow to prove. The pizza can be made up completely and then frozen but sometimes the base sticks to the tin which can cause disappointment!

The recipe will make one large pizza or two mini ones – I can guarantee it won't last long whichever way you serve it!

CHICKEN & DUCK RECIPES

Chicken Enchiladas

Ingredients

150g Cooked Chicken
1 Onion
Red Pepper
Broccoli
4 Tortilla Wraps
1 Carton of Passata
100g Cheese
Vegetable Oil
Teaspoon Dried Oregano
Teaspoon Chilli Powder

Method

1. Chop vegetables into small pieces.
2. Heat some oil in a wok and add onion and chicken, and cook thoroughly.
3. Add vegetables and stir over the heat for a few minutes.
4. Pour over the passata and add the oregano and chilli powder mixing together well. Stir in chicken.

5. Remove from the heat.
6. Grate cheese.
7. Assemble by spooning the mixture into the wraps and folding into a tube shape. Pour over the remaining tomato sauce and cover with grated cheese.
8. Bake in the oven for 10 minutes at 200°C / Gas 6 until the cheese has melted.



Confit of Duck

Ingredients

4 Duck Legs
1 kg Duck / Goose Fat
6 Tablespoons of Coarse Rock Salt
A few sprigs of Rosemary & Thyme
1 Whole Garlic Bulb – cloves separated, skin on and flattened with a knife
1 Teaspoon Whole Peppercorns
Zest of Orange
2 Bay Leaves

Method

1. In a large tray, place a tablespoon of salt, half the herbs and half the garlic at the base. Place the duck legs skin side down and sprinkle over the remaining salt, herbs and garlic. Add the peppercorns, bay leaf and orange zest.
2. Cover and place in the fridge for at least 12 hours.

3. When ready to cook, remove the duck legs from the fridge, scrape off the herbs and salt and rinse under water and pat dry.
4. Preheat the oven to 120°C / Gas ½.
5. Place a casserole dish on the hob and melt the duck / goose fat. Place the duck legs in and bring to a gentle simmer. The fat must cover the legs - if it doesn't, add more.
6. Cover the dish with a lid / foil and place into the oven. Cook for 2½ - 3 hours until the meat is tender.
7. Remove from the oven and allow to cool. The duck legs can be placed into a container and covered in the fat and kept in the fridge for 1 month.
8. When ready to cook the legs, scrape off the excess fat and place into a roasting tin skin side up. Cook at 200°C / Gas 6 for 30 minutes until the duck is warm through and the skin is crispy.

Chicken Pie

Ingredients

Packet of ready to roll Puff Pastry
200g Cooked Chicken / 2 Chicken Breasts
Vegetables of choice e.g. Peppers,
Sweetcorn, Leek, Carrots, frozen Mixed Veg
25g Flour
200ml Semi Skimmed Milk
½ Stock Cube or a Bay Leaf

Method

1. If using chicken breasts, cut chicken into small pieces and cook gently in a frying pan with a small amount of oil / fry light spray.
2. Slice vegetables thinly and add to the chicken.
3. If using cooked chicken, gently sauté the vegetables for 3 minutes until they have softened. Add the shredded cooked chicken.
4. Stir in flour until chicken and vegetables are coated and gradually add milk to form a sauce.
5. Roll out a rectangle of pastry. Mark out three sections of the pastry. At each side, cut diagonal lines for the lattice.
6. Pour filling along middle and then cross over the pastry to secure filling in place.
7. Bake in the oven at 200°C / Gas 6 for 25 minutes or until puffed up and golden brown.



Chicken Fried Rice

Ingredients

100g Basmati Rice
100g Cooked Chicken
1 Onion / 3 Spring Onions
1 Egg
1 Tablespoon Oil
1 Tablespoon Soy Sauce
1 Tablespoon White Wine Vinegar (optional)
Handful of Frozen Peas
Optional – a Clove of Garlic / Chilli could be added to the pan before adding the rice.

Method

1. Place rice in saucepan and cover with boiling water. Boil for 10 minutes and drain.
2. In a measuring jug whisk up eggs. Heat tablespoon of oil in a wok, pour in egg and cook until firm. Remove from heat and shred finely.
3. Slice onion thinly and crush garlic. Sauté in wok for 2 – 3 minutes.
4. Add rice, peas, 1 tablespoon of vinegar and 1 tablespoon of soy sauce.
5. Stir in shredded egg.
6. Remove from the heat and serve.



POTATO RECIPES

Potato Bread

Ingredients

4 Large Potatoes cooked in salted water
60g / 2½ oz Flour
25g / 1oz Butter
½ Teaspoon Salt

Method

1. Peel and boil the potatoes until soft
2. Mash the potatoes thoroughly – this works best if you have a potato ricer but mashing works fine.
3. Add butter and salt and mix well.
4. Very lightly mix in sieved flour.
5. It will form a dough quickly and easily. Turn onto a floured work surface.
6. Divide the dough into two. Shape the first half into a ball and roll the dough into a circle about 1/3" thick then cut into quarters. Repeat with the second quantity of dough.
7. Heat a pan or griddle to a medium high heat. No extra butter or oil is required and brown on each side.
8. Once cooked, they can be fried again and served with bacon / eggs etc.



Deep Filled Potato Skins

Ingredients

2 Large Baking Potatoes
A little Milk
Grated Cheese
Seasoning
Fillings of your choice
E.g. Bacon, Peppers, Broccoli, Tuna, Cheese,
Onion, Baked Beans

Method

1. Prick the potato and bake at 200°C / Gas 6 for 50-60 minutes or until the inside flesh is soft – this will depend on the size of the potato.
2. Remove from the oven and cut in half. Allow to cool slightly so that you can handle the potato.
3. Scoop out the inside carefully leaving the skin intact.
4. Using a fork mash down the potato with a little milk and season well.
5. Add your fillings of choice to the mashed potato e.g. cooked bacon & onion – my favourite is red pepper, bacon and broccoli but my children love baked beans and bacon.
6. Refill each potato skin and sprinkle with grated cheese. The potato skins can be froze once filled. Defrost and follow the cooking instructions below.
7. Place back inside the oven and bake for 20 minutes at 180°C / Gas 4 until the cheese is golden and the skins are crispy.



Potato Wedges

Ingredients

4 - 6 Large Potatoes
1 Tablespoon Flour
Cooking Oil e.g. Vegetable, Sunflower,
Rapeseed

Method

1. Peel potatoes and slice into wedges.
2. Place in a saucepan of boiling water and boil for 8 -10 minutes.
3. Remove from the heat and drain.
4. Shake the potatoes in the saucepan to fluff them up.
5. Sprinkle over the tablespoon of flour and shake again.
6. Drizzle some oil onto a baking tray and spread the potatoes over the top. Drizzle more oil over the top and bake at 200°C / Gas 6 for 20 minutes until golden and crispy.
7. If you want to add additional flavours e.g. cajun spice, dried chilli flakes or mixed herbs – sprinkle this over the top of the potatoes before adding the extra oil and mix well.

SWEET POTATO RECIPES

Super Sweet Potato Brownies



Ingredients

1 Large Sweet Potato
90g Butter
120g Chocolate
120g Caster Sugar
2 Eggs
1 Teaspoon Vanilla Extract
100g Plain Flour
1 Tablespoon Cocoa Powder
½ Teaspoon Baking Powder
Pinch of Salt

Method

1. Preheat oven to 200°C / Gas 6 and bake the sweet potato for 45 minutes then allow to cool. Line a 20cm square bake tin with baking paper.
2. Scoop out the sweet potato and mash until smooth.
3. Melt the butter in a saucepan over a low heat. Break in the chocolate into pieces and add to the saucepan stirring continuously until smooth.
4. Pour the chocolate over the sweet potato. Add the sugar, eggs and vanilla and mix together.
5. Add the flour, cocoa, baking powder and salt and mix until smooth.
6. Pour into tin and bake for 30 minutes.
7. Carefully remove from tin and cool on a cooling rack and then cut into 9 squares.

Low fat Hot Chocolate Custard Sauce

2 x Pots of Low Fat Custard
25g Dark Chocolate

Heat custard in a saucepan until warm and add chocolate. Stir until smooth.

Sweet Potato & Chicken Tray Bake

Ingredients

500g Sweet Potato
2 Red Onions
350g Broccoli florets
8 Garlic Cloves
Sprig of Thyme & Rosemary (Optional)
1½ Tablespoons Oil
6 Skinless Chicken Thighs
1 Lemon
1 Teaspoon Smoked Paprika
150ml Chicken Stock

Method

1. Preheat oven to 200°C / Gas 6.
2. Cut potato into 2cm chunks, onions into wedges and broccoli into florets.
3. Place into a large roasting tin or Pyrex dish and drizzle over oil and herbs. Roast for 15 minutes.
4. Remove from the oven and add chicken. Sprinkle over paprika and roast for another 15 minutes.
5. Remove from oven and pour over chicken stock and roast for another 20 minutes. If it is too dry add more water.
6. Alternatively, all ingredients can be placed into a casserole dish or deep baking tray and roasted for 50 minutes



Sweet Potato Quiche

Ingredients

3 Large Sweet Potatoes
1 Tablespoon Oil
150g Broccoli Florets or Garden Peas
4 Eggs
200ml Whole Milk
75g Cooked Ham /Back Bacon / Chicken / Salmon
75g Mature Cheddar

Method

1. Preheat oven to 180°C / Gas 4. Use the oil to grease a pie dish.
2. Slice the potatoes thinly, then layer the potato to form a base. Position the slices up the sides of the dish too to create a good base. The potato can be layered on top of each other.
3. Bake for 15 minutes then remove from the oven.
4. Add in broccoli (if using fresh broccoli, blanch it in boiling water for 2 minutes first) and ham / chicken / bacon /salmon.
5. Whisk the eggs in a jug and add 200mls of milk. Add 60g of cheese to the mixture and pour over the broccoli.
6. Sprinkle with remaining cheese and bake for 50-55 minutes until golden.
7. Leave to cool for 10 minutes then slice into wedges and serve with a salad.

SUMMER SOUP RECIPES

Pea & Mint Soup

Ingredients

Bunch of Spring Onions
1 Potato
1 Garlic Clove
850ml Chicken Stock
250g Peas (frozen or fresh)
4 Tablespoons of Mint
Large pinch of Caster Sugar
1 Tablespoon of fresh lemon

Simple Recipe

1 Small onion
375g Garden Peas
500ml Vegetable Stock
Knob of butter to sauté onion and peas before adding stock and boiling for 15 minutes.

Method

1. Peel potato and slice into small cubes. Slice spring onions and place into a large saucepan with a tablespoon of oil and a small knob of butter.
2. Add crushed garlic and sauté for 3 minutes.
3. Add peas and stock and bring to the boil. It should take around 10 minutes for the potato to cook.
4. Add chopped mint, fresh lemon juice and a pinch of sugar.
5. Removed from the heat and blend until smooth.
6. This soup can be served hot or cold. It can be frozen and if you are freezing it, pour it into portion size freezer bags – this way there is little waste as you will only defrost what you need.

Cheese Straws

Ingredients

375g Plain flour
Pinch Salt
225g Butter
150g Mature Cheddar
50g Parmesan (all cheddar can be used)
2 Egg Yolks
1/4 Teaspoon Cayenne Pepper / good pinch
4-5 Tablespoons of cold water

Method

1. Preheat oven to 190°C / Gas 5.
2. Rub together the butter, flour and salt together to form breadcrumbs.
3. Add cheese, cayenne and egg yolk and bring together with a knife.
4. Gradually add in water until a soft dough is reached. Chill for 30 minutes.
5. Roll out into a rectangle to the thickness of a pound coin. Slice into strips measuring 1cm strips. Alternatively, these could be cut into shapes e.g. hearts.
6. Place on a baking tray and bake for 10-12 minutes or until golden.

Carrot & Parsnip Soup

Ingredients

2 Onions
2 Celery Sticks
2 Garlic Cloves
3 Large Carrots
2 Large Parsnips
1 Litre Chicken / Vegetable Stock 100ml
Double Cream / Semi Skimmed Milk

Method

1. Peel carrots and parsnips and dice into cubes.

2. Chop onion finely and place into a large saucepan with a tablespoon of oil and a knob of butter. Add garlic.
3. Slice celery and add to the saucepan.
4. Sauté all the vegetables together and soften for 5 minutes – do not let the vegetables stick to the bottom of the saucepan – if it catches add a little bit of water.
5. Pour in 1 litre of stock and bring to the boil. When carrots are tender (15 minutes) blend the soup until smooth.
6. Pour in milk or cream and mix well.

COOKING WITH TINNED FISH

Salmon & Cheesy Potato Pie

Ingredients

1 x 170g Can of Skinless & Boneless Salmon
4 Spring Onions
400g Mashed Potato
A jar of Cheese Sauce or prepare your own
(500ml Semi Skimmed milk, 4 Tablespoons of
Flour and 50g Butter, 100g Cheese)
40g Mature Cheddar

Method

1. Preheat oven to 190°C / Gas 5.
2. Drain salmon and pour into a 1 litre pie dish. Break it up with a fork.
3. Make a cheese sauce by whisking milk, butter and flour together over the heat until thick and creamy. Add 100g cheese.
4. Add tarragon, spring onions to cheese sauce and spoon over the salmon.
5. Top with mashed potato and sprinkle with 40g cheese.
6. Place in the oven for 15 minutes until bubbling and piping hot.
7. Serves 2 people.

Tuna & Sweetcorn Fish Cakes

Ingredients

450g Potato
2 Tablespoons Mayonnaise
2 x 185g Tuna
198g Sweetcorn
1 Teaspoon Dried Parsley
2 Eggs
100g Dried Breadcrumbs
Sunflower Oil to fry

Method

1. Cook the potatoes in boiling water until really tender/ Drain and allow to steam dry.
2. Tip back into saucepan, season and mash. Stir in mayonnaise, tuna, sweetcorn and parsley. Shape into four cakes and chill until cold and firm.
3. Dip each cake into egg and then into breadcrumbs and chill for 15 minutes.
4. Heat a little oil in a pan and gently fry the cakes for 2-3 minutes on each side until golden.
5. Serve with salad.



Spicy Tuna Pasta

Ingredients

400g Spaghetti
2 x 185g Tuna
2 Spring Onions
1 Egg
1 Tablespoon Oil
350g jar of Tomato & Chilli Sauce or prepare your own (1 onion, 1 chilli, 400ml passata and 3 tablespoons of ketchup. Sauté onion and chilli in a little oil until soft. Stir in passata with ketchup and bring to the boil for 2-3 minutes).

Method

1. Open tuna and squeeze out all extra water. Place in a bowl with spring onion and egg. Use your hands to small walnut sized balls. You should get around 12.
2. Heat oil in a large non stick frying pan and tip the tuna balls in and cook for 5-10 minutes until golden brown all over.
3. Pour over the tomato and chilli sauce and cook for a further 5 minutes. If it becomes too thick, add a little water to the sauce.
4. Boil the pasta and cook until tender. Drain and stir through the sauce.
5. Serve.



SAUCE RECIPES

Pasta Carbonara

Ingredients

150g Light Philadelphia Garlic & Herb Cream Cheese
1 Large Egg
150ml Milk
4-6 Slices of Smoked Back Bacon
Handful of Mushrooms
Ground Black Pepper
300g Tagliatelle / Spaghetti / Pasta

Method

1. Place pasta into a pot of boiling water and cook for 10-12 minutes.

2. Chop bacon into small pieces and fry with mushrooms for 3-4 minutes.
3. Beat soft cheese with egg and milk. Season with black pepper.
4. Add bacon and mushrooms to the cheese mix and stir well.
5. Drain pasta and return to the saucepan.
6. Pour over bacon and cream cheese mix and stir over a medium heat until the sauce is thick and creamy.



Pasta Bake Using a White Sauce (no cream)

Ingredients

200g Pasta Shells
50g Plain Flour
50g Margarine
500mls Semi Skimmed Milk
Chicken Stock Cube
2 Tablespoons Oil

Optional Ingredients

Grated Cheese, Lean Bacon, Cooked Chicken, Onion, Broccoli, Peppers, Sweetcorn

Method

1. Half fill a large saucepan with water, bring it to the boil. Add pasta and cook for 10 minutes.

2. Prepare chosen vegetables on a chopping board. Slice chicken / bacon.
3. In a frying pan cook meat for 5 minutes. Add prepared vegetables and continue cooking for 5 minutes.
4. Sauce – make sauce by all-in-one method - place flour, margarine, stock cube and milk into pan and bring to the boil over a medium heat stirring continuously until thick.
5. Drain pasta in colander and mix with sauce.
6. Transfer to casserole dish. Sprinkle grated cheese over pasta. Heat through in a moderate oven, 180°C / Gas 6 for 20 minutes.

Tomato Free Marinara Sauce

Ingredients

Tablespoon of Oil
2 Onions
4 Cloves of Garlic
450g Carrots
1 Large Beetroot
300-500ml Water
Pinch of Sea Salt
Juice of a Lemon
½ Teaspoon of Oregano, Basil

Method

1. Chop onion finely and place in a pan with oil and garlic and cook for 4 minutes until translucent.
2. Peel and chop carrots and add to the onions.
3. Add chopped beetroot and mix well.
4. Pour over boiling water and simmer for 25 minutes until the carrots are tender.
5. Remove from the heat and blend until smooth. Add more water if the sauce is too thick.
6. Serve with spaghetti and shavings of parmesan.

Sweet & Sour Sauce

Ingredients

250g Chicken Pieces
Tablespoon of Oil
½ Red Pepper
2 Carrots
2 Tablespoons Vinegar
2 Tablespoons Soy Sauce
3 Dessertspoons Brown Sugar
200g Tin Pineapple and Juice
250ml Chicken Stock
1 Small Onion
1 Tablespoon Cornflour
2 Tablespoons Water to mix

Method

1. Wash and peel carrots. Cut into small sticks.
2. Chop onion finely and dice pepper.
3. Chop chicken into small pieces, and fry until cooked.
4. Add all vegetables to cooked chicken and cook for 2 minutes.
5. Add pineapple, vinegar, Soy sauce and brown sugar to the saucepan.
6. Add juice from pineapple and stock.
7. Bring to the boil and simmer for 15 minutes.
8. In a separate small bowl mix cornflour with a little water and add to saucepan slowly, stirring all the time so as the chicken mixture does not go lumpy.
9. Cook for a further 5 minutes until the desired consistency is reached.
10. Serve with boiled rice or noodles.



Avocado, Basil & Lemon

Ingredients

2 Avocados scooped out
Juice of 1 Lemon
1 Garlic Clove
40ml Olive Oil

Method

1. Blend the scooped-out flesh of avocados with the juice of a lemons, garlic clove, 40ml olive oil and a handful of fresh basil until smooth.
2. Season to taste and toss through pasta, serving with grated parmesan.



Roasted Red Pepper Sauce

Ingredients

3 Large Red Peppers
2 Red Onions
1 Tablespoon Oil
Carton of Passata
½ Teaspoon Dried Thyme / Oregano / Basil

Method

1. Preheat oven to 220°C / Gas 7.
2. Cut the peppers and onions into chunks. Place onto a roasting tray and pour over 1 tablespoon oil. Sprinkle in some thyme and mix well.
3. Roast for 30 minutes.
4. Pour over passata and blitz with a stick blender until the desired consistency has been achieved.
5. Serve with pasta or over chicken.
6. Can be stored in the fridge for 3 days. The sauce can be frozen.

Pesto

Ingredients

50g Pine Nuts
80g Basil
50g Parmesan
150ml Olive / Rapeseed oil
1 Garlic Clove

Method

1. Heat a small frying pan over a low heat.
2. Cook the pine nuts until golden, shaking occasionally.
3. Put into a food processor with the basil, parmesan, olive oil and garlic cloves.
4. Whizz until smooth, then season to taste.



RECIPES WITH BUTTERMILK

Instant Banana Ice Cream

Ingredients

4 Bananas
3-4 Tablespoons of Buttermilk /
Semi Skimmed Milk
Blueberries / Nuts to serve

Method

1. Slice bananas and place into a freezer bag. Freeze until solid (usually 1 hour).
2. Place into a bowl / large jug and blitz with a hand blender. If it is difficult, allow the bananas to thaw slightly.
3. Add 3-4 tablespoons of milk to reach the desired consistency.
4. Serve immediately but left overs can be put into the freezer and kept for up to 3 months.

Scones

Ingredients

225g Soda Bread Flour
1 Teaspoon Baking Powder
50g Margarine / Butter
25g Caster Sugar
100mls Buttermilk

Optional

50g Dried Fruit / Raspberries & White Chocolate.

Method

1. Preheat oven to 180°C / Gas 4.
2. Rub together butter and flour until the mixture resembles fine breadcrumbs.
3. Add in baking powder and sugar and mix well. (If adding fruit – add it now).
4. Gradually add buttermilk until a soft dough is formed.
5. On a floured surface, gently press out the dough to an inch thick.
6. Cut out scones and place onto a baking tray.
7. Bake for 10-12 minutes until golden brown.



Pancakes

Ingredients

3 Eggs
200mls Buttermilk
300g Soda Bread Flour
1 Tablespoon Caster Sugar
A little Oil for the frying pan / electric frying pan

Method

1. Place flour and sugar into a large bowl and mix together.
2. In a measuring jug, whisk together the eggs and buttermilk.
3. Make a well in the flour and add half the liquid and whisk really well. Add the remaining liquid in a steady stream.
4. Pour the batter into the measuring jug and allow to rest for 15 minutes (this creates light and fluffy pancakes).
5. Gently warm a frying pan and place a little oil at the bottom. Using kitchen roll, spread it around the pan.
6. Drop spoonfuls of the mixture into the pan and when bubbles appear on the surface, flip over.
7. When brown on the other side, remove from the pan.
8. Left over pancakes can be frozen and toasted as a snack.

BAKING WITH STRAWBERRIES

Swiss Roll



Ingredients

75g Caster Sugar
3 Eggs
75g Plain Flour
Small carton of Double Cream (125ml) /
Greek Yogurt to fill
Fruit of your choice e.g. tinned Mandarin
Oranges, sliced Strawberries, Raspberries

Method

1. Preheat oven to 180°C / Gas 4.
2. In a large bowl, whisk together the eggs and the sugar. It is best to use an electric whisk as the consistency should be thick and voluminous. Don't panic – it takes about 5 minutes!
3. Sieve the flour into the egg mixture and gently fold in until all the flour is incorporated into the mixture.
4. Pour into a greased & lined Swiss roll tin.
5. Bake for 10-12 minutes until springy to touch but not too coloured.
6. Turn out the Swiss roll onto a sheet of greaseproof paper sprinkled with sugar.
7. Roll up the Swiss roll using the greaseproof paper and allow to cool.
8. Whip cream until it is thick but spreadable! Prepare fruit.
9. When the Swiss roll is cool, unroll and refill with cream / Greek yogurt and fruit. Use the greaseproof paper to roll back up again and sprinkle with caster sugar.

Strawberry Cheesecake

Ingredients

85g Light / Reduced Fat Digestive Biscuits
150g 0% fat Greek Yogurt
150g Extra Light Soft Cheese
200g Light Condensed Milk
Juice of 1 Lemon
250g Fresh Strawberries
3 Tablespoons Strawberry Jam

Method

1. Crumble the biscuits using your fingertips and divide into 6 wine glasses or ramekins.
2. Place the condensed milk into a glass bowl and add the lemon juice. Stir until thick. In a separate bowl, whisk together the yogurt and cream cheese until combined. Add to the condensed milk and mix well.
3. Spoon the creamy mixture over the biscuits.
4. Slice the strawberries and mix with the strawberry jam and pour over the top. If you do not want to use jam, mash a handful of strawberries with a fork with a teaspoon of icing sugar (taste – if it needs a little more sweetness add a little more – it always depends on the sweetness of the strawberries!). Mix together well and pour over the strawberries to spoon over the top of the cheesecake.
5. Chill for 60-90 minutes and serve.

Raspberry & Strawberry Oaties

Ingredients

225g Self Raising Flour
175g Sunflower Margarine (Flora, Benecol)
50g Rolled Oats
175g Caster Sugar
150g Fresh Raspberries
150g Fresh Strawberries

Method

1. Grease a Swiss roll tin 2x33cm and preheat the oven to 190°C / Gas 5.
2. Rub the flour and margarine together until it resembles breadcrumbs. Stir in the oats and combine until it is a doughy mixture.
3. Using your hands, press half the mixture into the baking tray.
4. In a small bowl, squash the raspberries and strawberries together to release their juices (but still hold their shape) and spread over the top of the oats.
5. Cover with the remaining oats and press down firmly. Bake for 25-30 minutes or until golden brown.
6. Leave for 10 minutes to cool then cut into squares.
7. These can be frozen but I guarantee they won't last long! If Cathy isn't reading this – they are delicious with ice cream!



EASTER BAKING RECIPES

Hot Cross Bun Tear & Share

Ingredients

500g Strong Bread Flour
7g Sachet of Yeast
1 Dessertspoon Sugar
Good pinch of Salt
325ml Warm Water
Or a packet of Tesco Farmhouse Crusty Bread Mix and follow instructions to make up dough.

Filling

20g Butter melted
50g Caster Sugar
2 Teaspoons Mixed Spice
100g Dried Fruit
Zest of 1 Orange

Method

1. Preheat oven to 180°C / Gas 4.
2. Mix together the bread flour, yeast, sugar and salt. Gradually add in warm water (not boiling) to form a soft dough. You may not need all 325mls.
3. Turn out onto a floured surface and knead for 5 minutes.
4. Roll out the dough to the size of a chopping board or small tea towel.
5. Spread melted butter over the dough and then sprinkle with sugar. Sprinkle over mixed spice.

6. Scatter over 100g of mixed fruit and sprinkle over the orange zest.
7. Roll the dough from the long side into a swiss roll. Using a sharp knife, cut the roll into 8 pieces.
8. Place the rolls, swirl side up in an oiled. overproof dish or loose bottomed cake tin.
9. Leave to prove for 30 minutes until it has risen and spread out and then bake for 35 minutes until golden.



No Bake Chocolate Tart

Ingredients

Base
175g Digestive Biscuits (about 12)
100g Butter

Filling

100ml Double Cream
50g Butter
200g Dark Chocolate finely chopped
Mini Eggs / Fruit / Nuts to decorate

Method

1. Crush digestives using a rolling pin or food processor.

2. In a saucepan, melt 100g butter. Add the crushed digestives and mix well.
3. Press into the base of a 20cm loose bottomed cake tin. Push the digestives up the side of the tin.
4. Gently warm the cream and butter in a saucepan until just below boiling point. Remove from the heat and stir in the chocolate, stirring until melted.
5. Allow the mixture to cool for 5 minutes and pour into the base. Sprinkle with chopped nuts / decorate with mini eggs and chill for 1-2 hours.

Chocolate Fudge Crinkle Cookies

Ingredients

60g Cocoa Powder
200g Caster Sugar
60ml Vegetable Oil
2 Eggs
180g Plain Flour
1 Teaspoon Baking Powder
70g Icing Sugar

Method

1. Preheat oven to 190°C / Gas 5.
2. Sieve the cocoa powder into a large bowl. Add the caster sugar and oil and mix well.
3. Add the eggs one at a time until well mixed.
4. Stir in the flour and baking powder and mix to form a soft dough.
5. The mixture can be chilled for an hour but this is not necessary.
6. Form a heaped teaspoon of the dough into a ball and roll in icing sugar to coat.
7. Place on a non stick baking tray or line with baking paper and space out well.
8. Bake for 10 minutes and they will firm up as they cool.
9. These biscuits can be frozen but will also keep in a sealed container for 4 days.



HEALTHY BAKES WITH FRUIT & VEGETABLES

Pear & Raspberry Crumble

Ingredients

400g Tinned Pears drained
150g Raspberries
250g Plain Flour
125g Butter
100g Light Brown Sugar
50g Porridge Oats

Method

1. Pre heat oven to 180°C / Gas 4.

2. Slice pears into small chunks and place in an ovenproof dish. Pour over raspberries so both fruits are evenly mixed at the bottom of the dish. Sprinkle over a tablespoon of caster sugar.
3. Rub together the butter and flour until it resembles fine breadcrumbs. Stir in sugar and oats and mix well.
4. Spoon crumble over fruit and bake for 25 minutes until it is bubbling and golden.
5. Serve with ice cream, custard or fresh cream.

Carrot Cake Cupcakes

Ingredients

175g Muscavado Sugar
100g Wholemeal Flour
100g Self Raising Flour
1 Teaspoon Bicarbonate Soda
2 Teaspoons Mixed Spice
Zest of Orange
150ml Sunflower Oil
2 Eggs
200g Carrots

Icing

100g Butter
100g Icing Sugar
300g Cream Cheese

Method

1. Preheat oven to 180°C / Gas 4.

2. Place muffin cases into muffin tin.
3. In a large bowl mix together the sugar, flours, bicarbonate of soda, mixed spice and orange zest.
4. Peel and grate carrots and mix into dry ingredients.
5. In a measuring jug mix together the eggs and oil and then stir into the dry ingredients.
6. Divide the mixture into 12 cases and bake for 20-22 minutes.
7. In a large bowl cream together butter and icing sugar until light and fluffy. Add in cream cheese and mix well. Place in the fridge to cool. (This quantity can be halved as it makes lots of icing!)
8. When the cupcakes are cool, spoon or pipe the icing onto each cupcake.

Toffee Apple Cupcakes

Ingredients

6 Tablespoons of Vegetable Oil
2 large eating Apples
2 Eggs
1 Teaspoon of Vanilla Extract
110g Self Raising Flour
50g Caster Sugar
12 Toffees (if making in a loaf tin, you will only need 3 / 4 toffees along the bottom of the loaf tin)

Method

1. Pre heat oven to 180°C / Gas 4.
2. Line a bun tin with bun cases or line a loaf tin with a loaf liner.
3. Peel and grate apple.
4. Whisk together the oil and eggs until combined and add the grated apple, flour, vanilla extract until the mixture has combined.
5. Place a toffee / chocolate éclair at the bottom of the bun case and spoon over the mixture.
6. Bake for 18-20 minutes.

AFTERNOON TEA RECIPES

Lemon Loaf

Ingredients

200g Self Raising Flour
200g Caster Sugar
200g Margarine
3 Eggs
Zest of 2 Lemons
Juice of 1 Lemon

Drizzle

2 Tablespoons of Sugar
Juice of 1 Lemon
If you prefer an icing rather than the crunchy drizzle, mix the lemon juice with icing sugar to form a thick icing and spread on the top.

Method

1. Preheat oven to 180°C / Gas 4.

2. Line a loaf tin with grease proof paper or use a loaf liner (home bargains stock these).
3. Zest two lemons and cut one in half and using a fork, squeeze out the juice into a small bowl.
4. Cream together the sugar and margarine until light and fluffy.
5. Add the eggs and beat well. Fold in the flour, lemon zest and lemon juice until evenly mixed.
6. Pour into a loaf tin and bake for 30 minutes.
7. When a skewer comes out clean, remove from the oven and set onto a cooling rack. Pierce the top of the loaf.
8. Mix together the sugar and lemon juice and pour over the loaf when hot.
9. When cool, slice and serve.

Flakemeal Biscuits

Ingredients

50g Caster Sugar
100g Margarine
100g Oats
50g Plain Flour

Method

1. Preheat oven to 180°C / Gas 4.
2. Cream together the margarine and sugar until light and fluffy.
3. Add the flour and oats and combine to form a soft dough.

4. If you have a rolling pin, turn the dough out onto a floured surface. Roll out ¼ inch thick and stamp out biscuits using a pastry cutter. If you do not have a rolling pin, divide the dough in half and then evenly divide the dough into 6. Roll each piece in the palms of your hand and press the ball of dough down onto a baking tray using your finger tips. Repeat for the second piece of dough.
5. Bake in the oven for 10-12 minutes.
6. When baked, sprinkle with sugar or a drizzle of chocolate!

Viennese Biscuits

Ingredients

200g Butter
50g Icing Sugar
200g Plain Flour
2 Teaspoons Cornflour
½ Teaspoon Baking Powder

Icing


100g Butter
200g Icing Sugar
1 Teaspoon Vanilla Essence
50g Raspberry Jam

Method

1. Preheat oven to 180°C / Gas 4.
2. Cream together the butter and icing sugar until light and fluffy.

3. Add in the flour, baking powder and cornflour and mix well to form a soft dough.
4. Using a teaspoon, place a spoonful of the mixture onto a baking tray.
5. Bake for 10-12 minutes and when baked, place onto a cooling rack to cool.
6. Cream together the butter, icing sugar and vanilla essence until it is light and fluffy.
7. When the biscuits are cool, spread one half with jam and the other with butter cream and sandwich together.
8. Place into a bun case and sprinkle with icing sugar.
9. To vary the flavour you could add a teaspoon of lemon curd to the icing and use fresh strawberries instead of jam.



East Belfast Network Centre
55 Templemore Avenue, Belfast BT5 4FP.
Tel: 028 9073 5696 Email: info@engagewithage.org.uk
 EngageWithAgeBelfast



Public Health
Agency

Project supported by the PHA