

# KIDS KITCHEN CLUB RECIPE BOOK



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*None of these puddings require a cooker/ oven*

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*None of these sides and snacks require a cooker/ oven*

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## About

This recipe book has been created by The Welcome Centre, Huddersfield.

All of the recipes in this book are simple, low-cost, and quick to make, and don't require any specialist ingredients or equipment.

We hope you and your family enjoy making and eating these meals and snacks!

*The Welcome Centre team*

# Ragu

**For 4 People**

**Cost £2.24 for basic meat sauce**

## Equipment

- 1 large saucepan
- 1 frying pan

## Ingredients

- 400g pack of frozen mince
- 3 sticks celery or 2 medium onions
- Tin of tomatoes
- 1 large spoon tomato puree
- 1 small spoon of garlic puree (optional)
- Stock cube
- 1 spoon oil



## Method

- Wash celery and cut it up into small pieces (or peel and chop onions).
- Put oil in a pan and heat it up. Add celery or onions and fry gently for 10 mins until soft.
- Add the tomato puree, tin of tomatoes, stock cube (and garlic puree if using). (If you want to add more vegetables without the kids noticing you can also add a grated carrot as well).
- Bring to the boil, then turn the heat down and simmer for 15 mins.
- Put frozen mince into a dry frying pan and heat up, cook for 5-10 until the meat is browned. If a lot of fat comes off the meat, skim it off and throw it away.
- Add the tomato mixture to the meat and warm it up till just simmering.

You can now add different things to this basic meat sauce to make 3 different meals:



**Bolognese Sauce:** Add 200g chopped up mushrooms and cook for 5 mins, serve with cooked pasta (50p).

**Cottage Pie:** Add 2 x half pint mugs of mixed frozen vegetables and cook for 5 mins. Serve with mashed potato (40p).



**Chilli:** Add 1 small spoon chilli powder and a tin of red kidney beans to the meat sauce and cook for 5 mins. Serve with rice or pitta bread (45p).

**Using lentils rather than minced meat:** you can bulk out the meat by using  $\frac{1}{2}$  the amount of meat and adding a tin of lentils to the pan with the tomato sauce

**Vegetarian option:** cook a half pint mug of dried green lentils (30p) according to instructions on the packet and use instead of meat.

# Lentil Soup

To feed 4 people

Cost approx 65p

## Equipment

- 1 large saucepan
- 1 half pint mug

## Ingredients

- 1 large onion
- 1 ½ mugs of dried split red lentils
- 3 mugs of water
- 1 stock cube
- 2 tablespoons cooking oil
- (to give a bit more flavour to the soup you can add 1 small spoon of curry powder or ½ teaspoon of marmite)



## Method

- Put lentils in a large bowl of water & swish them around to wash them. Drain off the cloudy water and cover the lentils again with cold water.
- Peel and chop onion into small pieces.
- Heat the cooking oil in a large pan, and the onions and fry them gently for about 5 minutes until they are soft but not brown.
- Drain the water from the lentils and add them to the onions in the pan (if using the curry powder add this now).
- Heat the onions and lentils together for 2 mins then add the 3 mugs of water.
- Bring to the boil, then add the stock cube.
- Turn the heat to low so that the water is just boiling.
- Simmer for about 25 minutes until the lentils are soft and mushy. Stir every now and again to stop it sticking to the pan.

- Turn the heat off and beat the soup mix as hard as you can for 3 mins until the soup is looking smooth. If the soup is looking a bit too thick just add a bit more water and reheat the soup. (If using marmite, add this now).

Serve in bowls with bread at the side.

## Lentil Dahl

If you prefer, you can easily turn this soup into “Dahl”. Use the curry powder when adding the lentils to the frying onions. After cooking the lentils for 25 mins, add ½ mug full of frozen spinach and keep cooking until the lentil mixture is thick and gloopy. Serve with rice or naan bread.



# Turkey Pilaf

For 4 People

Cost Approx £2.20

## Equipment

- Large pan with a lid
- Half pint mug

## Ingredients

- 2 slices turkey breast
- 1 onion
- 1 large spoonful of cooking oil
- 2 large spoons of tomato puree or ketchup
- 1 teaspoon curry powder
- 1 mug of rice
- 2 mugs of water
- 2 pint mugs of frozen mixed vegetables
- ½ mug of frozen spinach



## Method

- Cut the turkey into approx 1cm cubes
- Peel and chop the onion into small pieces
- Heat oil in a pan and add the chopped onion, cook gently for about 5 minutes until the onion is soft
- Add the chopped turkey to the onion and cook for another 2-3 minutes until turkey is white rather than pink
- Add the curry powder, tomato and rice to the pan, stir and heat for a minute to make sure that everything is mixed together
- Add the water and bring to the boil
- Turn the heat down to low and put a lid on the pan. Leave to cook for 10 minutes
- Add the frozen mixed vegetables and frozen spinach to the pan, switch up the heat until the mixture starts to boil again, then turn the heat down and put lid back on. Leave

to cook gently for another 10 minutes.

- Check the rice mixture, once the rice and veg are soft and there is no moisture left in the pan it is ready to serve (If the rice and veg are soft but there is a lot of moisture still in the pan, turn the heat up and stir the rice mixture whilst it is boiling, the water will boil away in a couple of minutes.

Vegetarian option: Leave out the turkey and add a tin of red kidney beans to the rice when you add the frozen vegetables. This will cut the cost to approx £1.60

## Food Facts - Rice

### Did you know?

Throughout history, rice has been one of the most important foods to man

Nutrients provided by rice include carbohydrate, B vitamins (e.g., thiamin, riboflavin, niacin and folate), iron, zinc, magnesium and other components such as fibre.

Asia alone both produces and consumes more than 90% of the world's rice.





# Tuna & Pasta Bake

To feed 4 people

Cost approximately £2.70

## Equipment

- Large Saucepan
- Large Dish
- Half pint mug
- 200g can condensed mushroom soup
- 1 medium onion
- 2 tablespoons cooking oil

## Ingredients

- 400g (4 mugs) of pasta
- 160g can tuna
- 200g can sweetcorn
- 1/2 mug frozen peas

## Optional toppings

- 1 handful scrunched up cornflakes
- 1 handful grated cheese



## Method

- Cook pasta in boiling water for 5 minutes, then add frozen peas to the pan, bring back to the boil and cook for another 3 mins until pasta is soft.
- Whilst pasta is cooking, peel and chop the onion into small pieces, open and drain cans of tuna and sweetcorn. Open the can of soup.
- When pasta and peas are cooked, tip away the water from the pan and put pasta and peas into a bowl.
- Quickly wipe the pan dry, and add the oil to the pan
- Heat the oil and add the chopped onions.
- Fry onion pieces in oil for about 5 minutes until they are soft but not brown.
- Add the tuna sweetcorn and soup to the onions in the pan and mix together.  $\frac{1}{2}$  fill the empty soup can with water and gradually add this to the pan.
- Heat until mixture is starting to boil, keep stirring to stop anything sticking to the bottom of the pan.
- Once the mixture is boiling add the cooked pasta & peas back into the pan and stir until all the pasta is covered with the sauce.

The pasta is now ready to eat and you can simply serve out onto plates.

If you would like to have a crunchy topping to the bake, put the pasta into a heatproof dish and sprinkle the cornflakes and cheese on top.

Put under a hot grill and heat for about 5 minutes until the cheese has melted and started to turn brown

# Sweet Potato & Chickpea Curry

For 4 people

Cost £2.41

## Equipment

- 1 large saucepan
- 1 half pint mug

## Ingredients

- 1 large spoonful cooking oil
- 1 cans chickpeas
- 1 can tomatoes
- 1 large sweet potato

(if you don't have any sweet potato, use normal potatoes)

- 2 medium onions
- 1 -2 small spoons curry powder
- (1 small spoon garlic paste optional)
- ½ mug frozen spinach 35p



## Method

- Peel & chop onions.
- Peel & chop sweet potatoes (1" cubes).
- Heat oil in pan, add onions & fry for 5 minutes until soft.
- Add curry powder and fry for further min.
- Stir sweet potato chunks into the pan with onions and curry powder, stir to make sure they are coated with the curry powder mix.
- Add tinned tomatoes (and garlic if using).
- Bring to boil, then turn heat down & simmer for 15-20 mins until onions and sweet potato are soft.
- Drain the chickpeas and rinse them in cold water.
- Add chickpeas to the pan together with the spinach.
- stir everything together and simmer for 2-3 minutes until spinach is cooked.

Serve with naan bread or rice.

## To cook rice

### Ingredients

- 1 mug of rice (12p)
- 1 mug of water

### Method

- Put rice in a saucepan and cover with cold water. Swish rice about to rinse it, then carefully pour the cloudy water away leaving rice in the pan. Don't worry about a little bit of water being left in the pan
- Add the mug of clean water to the rice.
- Heat rice up to boiling.
- Once boiling turn heat down to very low, put lid on the pan and leave it to gently simmer for 10 mins
- After 10 mins switch off the heat and leave the rice alone for another 10 mins (don't take lid off or stir rice).
- Once the 10 mins is up the rice will be cooked and ready to serve.

# Sausage Casserole

To Feed 4, cost approximately £2.95

## Equipment

- 1 large saucepan

## Ingredients

- 1 pack 12 thin (or 8 thick) sausages
- 1 onion
- 2 carrots
- 1 tin tomatoes
- 1 tin baked beans
- 1 stock cube
- 1 large spoon cooking oil



## Method

- Peel and chop the onion and the carrots
- Cut the each sausage into 3 or 4 pieces
- Heat oil in the pan, add the onion and fry these gently for 2-3 mins
- Add the sausages to the pan and fry with the onions for a 2-3 minutes more
- Add the carrots and the tinned tomatoes to the pan and bring to the boil.
- Crumble in the stock cube
- Cook for about 20 minutes until the carrots are soft
- Add the tin of bins and heat until boiling, keep stirring so that it doesn't catch on the bottom of the pan

Serve with potatoes or rice. You could cut potatoes up and add them to the casserole at the same as the carrots if you don't want to use a second pan.

## Food Facts - Sausages



### Did you know?

Sausages were called bangers during World War II because they contained so much water they exploded when fried.

The longest sausage measured 38.99 miles in length and was created in Ploiesti City, Romania on 1 December 2014.

The British spend around half a billion pounds on sausages in a year, eating more than a quarter of a million tonnes.

# Pitta Pizzas

For 4 people

Cost for bases £1.90

Cost for added toppings  
between 10p-70p



## Equipment

- Grill pan
- Cheese grater

## Ingredients

- 8 white or wholemeal pitta bread
- 3 big spoonfuls of tomato puree
- ½ x 200g pack of full fat cream cheese
- 2 handfuls of grated cheese

Any of the following to put on top of the pizzas:

- Slices of ham cut into strips
- Slices of cooked chicken cut into strips
- cut up mushrooms
- sliced tomato
- frozen sweetcorn
- frozen peppers
- sliced pepperoni

## Method

- Spread a layer of tomato puree on one side of each pitta bread.
- Put 3 or 4 small blobs of cream cheese on top of the tomato layer
- Sprinkle the toppings of your choice onto each pitta
- Sprinkle a small handful of cheese on top of each pizza
- Cook under the grill on high for about 5 minutes until the cheese has melted

If you want to make big pizzas to cut up, use large naan breads instead of pita bread as your base.

To make into a main meal, serve with baked beans

Or could be served alongside lentil soup



## Food Facts - Pizza

### Did you know?

The original pizzas were flat breads eaten by the ancient Greeks and topped with vegetables and olive oil (tomatoes weren't used until they were introduced from S America in the 18<sup>th</sup> Century)

The most popular toppings in India are tofu and minced mutton, the most popular topping in USA is pepperoni

The word "Pizza" was first recorded in Italy over 1,000 years ago, in an ancient order that said that a local landowner had to give the bishop 12 pizzas every Christmas and Easter.



# Frittata

For 4 People

Cost £2.64

## Equipment

- 1 large frying pan
- 1 half pint mug



## Ingredients

- 1 medium sweet potato
- 1 large spoon cooking oil or margarine
- 6 medium eggs
- 3 mugs frozen mixed vegetables
- ½ mug milk
- 1 handful grated cheese

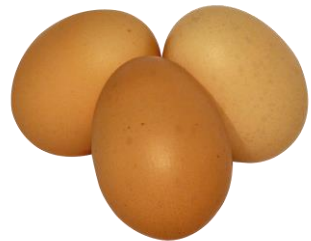
## Method

- Peel sweet potato & cut into thin slices
- Heat ½ oil / marg in large frying pan, add potato slices and cook for 5-10 mins until potato is soft.
- Tip the cooked potatoes out into a large bowl
- Now put the frozen veg into the pan and heat them up until they are soft and any water has evaporated. This will take about 5 mins. Then add the veg to the potatoes and stir to mix
- Crack eggs into another bowl and whisk them up with the milk. Add egg and milk mixture to the vegetable bowl, then stir in the cheese
- Add the rest of the oil / marg to the frying pan and heat this up. When hot, pour in the egg / vegetable mix into the pan and cook over a low heat.

- Stir gently and lift up edges of the set fritata to allow the runny egg to get to the bottom if needed.
- After about 15 mins the fritata should be cooked at the bottom and a bit runny on top.
- Put the frying pan under a hot grill for 5 mins to finish cooking the top.

Serve with cooked peas or salad.

## Food Facts - Eggs



### Did you know?

Eggs contain all the essential protein, minerals and vitamins, except Vitamin C.

Egg yolks are one of few foods that naturally contain Vitamin D

A fresh egg will sink in water, a stale one will float.

# Blackberry and Apple Crumble

## Equipment

- ½ pint Mug
- 1 frying pan
- 1 saucepan

## Ingredients

- 2 mugs blackberries (or frozen fruits of the forest)
- 2 eating apples, peeled, cored and cut into small chunks
- 2 large spoons water
- 3 small spoons sugar
- 6 large spoons plain flour
- 3 large spoons sugar
- 1 small spoon mixed spice (optional)
- 1 large spoons oats (optional – if you don't want to use oats the just use an extra large spoon of flour)
- 2 large spoons margarine



## Method

- Add the blackberries, apples, water and sugar to a large saucepan. Bring to the boil and simmer for 5 minutes until the apple is tender, stirring regularly. Divide the cooked fruit between 4 small bowls and allow to cool a little.
- Meanwhile, make the crumble topping. Put the flour, oats, sugar and mixed spice (if using) into a mixing bowl. Work the butter through the dry ingredients with the tips of your fingers, until it resembles breadcrumbs. Add the crumble mix to a dry, frying pan and on a medium heat, toast it for 5 minutes until it starts to brown, stirring and shaking the pan regularly so that it doesn't burn.
- Allow the crumble to cool a little so that it becomes crisp.
- Then spoon the crumble on top of the fruit in the bowls.
- Serve with a dollop yogurt if you wish.

# Drop Scones

## Equipment

- 2 bowls
- Frying pan
- ½ pint mug
- Fish slice
- 2 large spoons Caster Sugar
- 2 Eggs
- 1 mug Milk
- 1 Large spoon of Sunflower/Vegetable Oil

## Ingredients

- 1 1/2 mugs Self Raising Flour (or plain flour + 1tsp baking powder)
- Pinch of Salt



## Method

- Put the flour, salt & sugar into a large bowl.
- Mix the milk & eggs together in a separate bowl with a fork and then gradually add them to the dry ingredients whilst mixing together.
- Add the oil and mix again until just combined.
- Grease your frying pan with a little oil. Once hot, spoon a small amount of the batter (around 2 large spoonfuls) into the pan.
- Your pancakes are ready to turn once bubbles have started to pop on top & they appear dry. Using a fish slice flip the pancakes & cook the other side for around a minute or until a golden brown.
- Put on a plate to keep warm whilst you cook the rest of the cakes. Enjoy with your topping of choice. (Bananas are very nice with these).
- The pancakes without topping can be frozen and re-heated in a toaster (like pop-tarts).

# Chocolate Crispies

Serves 4



## Equipment

- ½ pint mug
- Saucepan
- Bowl
- Cake cases or tray

## Ingredients

- 225g chocolate
- 4 mugs of rice crispies (or other cereal)
- 3 tbsp golden syrup

## Method

- Break chocolate into pieces and put in a bowl that will sit on top of a saucepan.
- Add some water to the saucepan and heat until boiling. Keep the heat on low.
- Put bowl with chocolate on top of the saucepan and stir until the chocolate has melted.
- Stir in the syrup, rice crispies and mix until all the cereals are coated in the chocolate mixture.
- Spoon the mixture into cake cases and leave to cool or pour the mixture into a traybake tin and slice when cool.
- Serve with chopped fruit
- (If you want you can also stir in some dried fruit like sultanas into the melted chocolate with the golden syrup and cereal).

# Fruit cheesecakes

Serves 4

## Equipment

- ½ pint mug
- Small saucepan
- 4 small bowls or glass tumblers

## Ingredients

- 1 mug frozen/ fresh fruit, or 1 tin tinned fruit
- 1 tbsp strawberry jam
- 6 digestive biscuits
- 1 tbs margarine
- 150g soft cheese
- 100g Greek yogurt

## Method

- Crush the biscuits into crumbs.
- Melt the margarine in a small saucepan and add the biscuit crumbs.
- Mix the biscuit mixture well, then divide them equally between 4 small bowls or glass tumblers.
- Stir together the soft cheese and yogurt. Spoon the mixture over the biscuit crumbs, cover and put in the fridge for an hour to set.

*If using frozen fruit:*

- Thaw out frozen fruit, drain off excess juice, then mix with the jam and spoon over the top of the cheesecakes just before serving.

*If using fresh fruit:*

- Spread a little jam onto the top of the cheesecakes and top with sliced fruit just before serving.
- If using tinned fruit:  
Drain the fruit and add to the top of the cheesecake.



# Banoffee Pie, the quick and easy way

Serves 8

## Ingredients

- 250g digestive biscuits (chocolate digestives work well too), crushed
- 100g butter, melted
- 3 large bananas (over ripe), sliced
- 397g carnation caramel (one tin)
- 300ml double cream
- 1 chocolate Flake bar (a sprinkle of hot chocolate powder works well too)

## Method

- Combine the finely crushed biscuits and melted butter.
- Using the back of a large spoon push it firmly into the base of a cake tin that has a loose bottom.
- Thinly slice the over ripe bananas.
- Scatter the bananas over the base.
- Open the caramel and spread over the bananas using a spatula.
- Whip the double cream to form soft peaks.
- Put the whipped cream over the top.
- Smash the Flake up and sprinkle it over the cream.
- Chill and serve.



# Tzatziki

*(Use as a dip with raw veg like celery and carrot sticks)*

## Ingredients

- 1 large tub of Greek yoghurt (or plain yoghurt), drained
- ½ cucumber (unpeeled)
- 1 small spoon of mint sauce
- 3 tbsp olive oil (optional)
- 1 pea size squeeze of garlic paste

## Method

- Grate the cucumber coarsely or chop into small squares
- Place in a strainer and press or use your hands to drain
- Put the yoghurt in a bowl, add all the remaining ingredients plus the cucumber and mix well
- Chill in the fridge until ready to serve



# Hummus

*(Use as a dip with raw veg like celery and carrot sticks)*

## Ingredients

- 1 (400g) tin chickpeas - drained, liquid reserved
- 1 pea size squeeze of garlic paste
- 1 teaspoons curry powder
- 1/2 teaspoon salt
- 1 tablespoon olive oil (or lemon juice)

## Method

- In a blender or food processor combine all the ingredients and blend on low speed, gradually adding reserved chickpea liquid, until desired consistency is achieved.



# Banana Smoothie

## Ingredients

- 2 bananas
- ½ pint mug of milk
- 4 tablespoons water
- 2 tablespoons brown sugar
- 8 ice cubes

## Method

- In a blender combine bananas and milk.
- Pulse until bananas are chopped.
- Pour in water and brown sugar. Blend until smooth. Crush the ice cubes as small as you can, add to the smoothie and blend again until smooth.
- Pour into 4 glasses and serve immediately.



## Food Facts - Bananas

### Did you know?

Their name probably derives from the Arabic for finger, 'banan'.

All bananas are extremely nutritious; rich in potassium, riboflavin, niacin and fibre, and the rapid energy boost given by their high sugar levels means that they're a great snack.