

**TASTIER THAN
PORRIDGE**
Cook Book

INTRODUCTION

“Tastier than Porridge” is an initiative of the Swansea Community Chaplaincy Project who are a part of the wider COASTAL Project collaboration. The collective aim of COASTAL is to holistically assist individuals who experience barriers to employment or training as a result of illness, disability or social disadvantage, in a range of ways in which their employment potential can be enhanced.

This cook book is just one way to develop a regional community led nutrition intervention, which will contribute to the welfare of countless individuals across South West Wales. Working in partnership across all sectors, COASTAL addresses the barriers that face its client group in seeking or returning to work. Good nutrition is an essential component in maintaining good health and, in turn, a good work record.

The development of this cook book includes:-

- Healthy eating training for key community workers.
- Community food initiative for socially excluded groups.
- A purchasing, planning and cooking scheme.
- A provision of healthy meals that can enhance cognitive function which indirectly enables positive decision making.

All recipes have been provided by Home Economist Gaynor Jones from Tastebuddies - a private company working in collaboration with the Voluntary and Statutory Sectors.

The “Tastier than Porridge” cook book is aimed at individuals who may not be able to access comprehensive cooking facilities; it has been developed as a tool to encourage basic cookery skills and healthy eating. It is designed to be used over a two week period where at least one main meal per day can be prepared to provide the necessary nutrients for optimum cognitive functioning.



Cooking should be an enjoyable experience - not be a chore, but unfortunately sometimes it can feel to be just that.

Learning simple basics skills can help you feel more confident, and mastering some easy recipes is the first step to eating well. We all have to eat every day, so why not do it well, so that we stay as fit and healthy as we can.

Cooking your own food gives you choice over the ingredients you use, when you buy ready prepared food someone else has made choices for you, leaving you with no control over what you are eating.

Good healthy cooking requires very little work, equip yourself with some simple recipes, a shopping list and a few basic pieces of equipment and away you go. This book will take you step by step to get you on the road to enjoying cooking and eating well.

Eat well - live well.

Happy cooking!

CONTENTS



Sausage and Bean Hot Pot
Page 6



Bacon and Cheese Omelette
Page 7



Curried Sweet Potato and Lentil Soup
Page 8



Sausage & Apple Casserole
Page 9



Moroccan Lamb
Page 10



Lemon Chicken Risotto
Page 11



Meatballs with Pasta
Page 12



Red Pepper and Tomato Soup
Page 13



Beef Burgers
Page 14



Paprika Chicken
Page 15



Tuna and Pasta Bake
Page 16



Stir-fry Chicken
Page 17



Leek and Potato Soup
Page 18



Chicken Balti
Page 19

YOUR PANTRY



Vegetable Oil



Honey



Red Lentils



4 Tins of Tomatoes



Salt & Pepper



Chicken Stock Cubes



Tomato Ketchup



Curry Paste
Balti / Korma



Basmati Rice



Dried Pasta



Black Pepper



Dried Ginger



Dried Parsley



Mixed Herbs



Cinnamon



Chilli Powder



Mixed Spice



Chinese 5 Spice



Cumin



Coriander



Paprika



Worcester Sauce



Cornflour or
Sauce flour



Onions



Plain Flour



Tomato Puree



Vegetable Stock Cubes



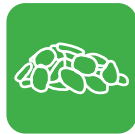
Egg Noodles



Garlic



Basil



Dried Apricots



Soy Sauce

THINGS YOU WILL NEED TO BUY WHEN NECESSARY



Leek



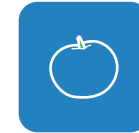
Tuna



Milk



Cheese



Tomatoes



Potatoes



Eggs



Carrots



Sausages



Bacon



Baked Beans



Sweet Potatoes



Apples



Apple Juice



Lamb Steak



Celery



Red Peppers



Mushrooms



Lemons



Chicken Breasts



Mince Meat



Bread Buns



Lettuce



Low Fat Natural Yoghurt



Crème Fraiche



Spring Onions



Courgette



Peas



Tin of Pineapples

WHAT THE SYMBOLS MEAN



Chop



Grate



Mix in a jug



Put in a bowl



Mix in a bowl



Take off the heat and stir



Wash



Fry in a frying pan



Boil in a saucepan



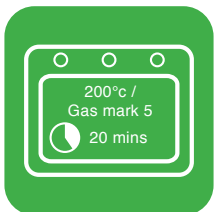
Simmer with the lid on for designated time



Liquidize with a hand blender



Put in a dish



Put in the oven



Teaspoon



Dessertspoon



Tablespoon

SAUSAGE AND BEAN HOT POT

Serves 1-2

Prepare



1. Chop the Carrot into bite size pieces.



2. Peel and chop the Onion.



3. Peel and chop the garlic clove.



4. Chop the sausages into 4 pieces.



5. Chop the bacon into strips.

Cook



6. Heat the oil in a frying pan, add the onion and fry over a medium heat for 2 minutes.



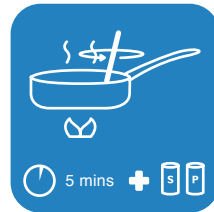
7. Add the sausage and bacon and brown slightly. Keep the food moving with a wooden spoon. Add the water.



8. Add the garlic, stock cube, beans, Worcestershire sauce and tomato puree and bring to the boil.



9. Reduce the heat, cover and simmer for 30 mins.



10. Remove the lid and stir for 5 mins until the sauce has thickened. Add a little pepper. Serve with rice, potatoes or a chunk of fresh wholemeal bread.

You will need to buy



1 Tin of Baked Beans



1 Carrot



3 Sausages



2 Rashers of Bacon

From your pantry



1 Tspn of Vegetable Oil



1 Chicken Stock Cube



1 Tbspn of Worcester Sauce



1 Tbspn of Tomato Puree



1 Onion



1 Clove of Garlic



1 Mug of Water



Pepper



BACON AND CHEESE OMELETTE

Serves 1

Prepare



1. Crack the eggs into a bowl.



2. Add the milk.



3. Whisk together with a fork until all mixed together.

Cook



4. Heat the oil in a frying pan, add the bacon and fry until cooked.



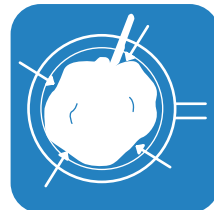
5. Remove from the pan and chop into small pieces.



6. Add more oil to the frying pan.



7. Pour in the egg mixture and wait for 3 seconds.



8. Use a knife to pull the mixture into the middle and let any extra runny egg move around the edges.



9. Put the bacon and cheese on one half and fold over.

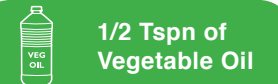


10. Leave to cook for a few minutes.

You will need to buy



From your pantry



CURRIED SWEET POTATO AND LENTIL SOUP

Serves 2

Prepare



1. Wash and peel the potatoes.



2. Chop them into squares.



3. Peel and chop the onion.

Cook



4. Put all the ingredients into a pan and bring to the boil.



5. Simmer for 30 minutes.



6. Eat as it is or blend with a hand blender.



7. Add a little pepper to your taste.

You will need to buy



450g of Sweet Potatoes

From your pantry



1 Onion



1 Dspn of Curry Paste



1 Vegetable Stock Cube



1 Handful of Red Lentils

1 Pint of Water



1 Tblspn of Coriander



SAUSAGE & APPLE CASSEROLE

Serves 1-2

Prepare



1. Slice the apple and remove the core (leave the skin on).



2. Peel and chop the onion.



3. Peel and chop the clove of garlic.



4. Chop the bacon.



4. Cut the sausages in half.

Cook



5. Heat the oil in a frying pan and add the sausages until they turn brown.



6. Take out the sausages and add the onions, garlic and bacon.



7. Add the apple and fry for a few minutes.



8. Add the flour and stir with a wooden spoon.



9. Pour in the apple juice, water and stock cube and stir.



10. Add the herbs and browned sausages.



11. Put on the lid and simmer for 20 - 30 mins. Serve with mashed potato or crusty bread.

You will need to buy



1 Glass of Apple Juice



1 Eating Apple



3 Sausages



2 Rashers of Bacon



1 Tspn of Vegetable Oil



1 Chicken Stock Cube



A pinch of Mixed Herbs



1 Dspn of Plain Flour



1 Onion



1 Clove of Garlic



1/2 Mug of Water

From your pantry



MOROCCAN LAMB

Serves 2

Prepare



1. Cut the apricots into small pieces.



2. Peel and chop the Onion.



3. Peel and chop the Garlic clove.



4. Cut the lamb into bite size pieces.

Cook



5. Heat the oil in a frying pan, add the lamb and fry for a few minutes until all sides are brown.



6. Add the onion and garlic and fry for 2 minutes.



7. Add the honey, cinnamon, mixed spice and cumin.



8. Add the apricots, stock cube tomato puree, lentils and water.



9. Stir well, cover and cook on the hob for 1 hour. Serve with rice and green vegetables

You will need to buy



1 Chicken Stock Cube



1 Lamb Steak



1 Handful of Red Lentils

From your pantry



2 Tbspns of Tomato Puree



1 Tblspn of Vegetable Oil



1/2 Tspn of Mixed Spice



1 Onion



1/2 Tspn of Cinnamon



1 Clove of Garlic



1 Mug of Water



4 Dried Apricots



1 Tblspn of Honey



1/2 Tspn of Ground Cumin



LEMON CHICKEN RISOTTO

Serves 2-3

Prepare



1. Mix the stock cube with 1 pint of boiled water.



2. Grate a handful of cheese.



3. Chop the onion, clove of garlic, and mushrooms.



4. Chop the celery into bite size pieces.



5. Chop the red pepper and remove the seeds.

Cook



6. Grate the outer yellow skin of the lemon into a bowl and squeeze the juices into a cup.



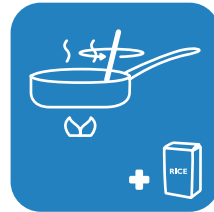
7. Slice the chicken breasts.



8. Heat a little oil in a frying pan, add the chicken and remove when browned.



9. Heat a little oil in a frying pan, add the onion, celery and garlic, fry for 5 mins.



10. Add the rice and mix.



11. Add the apple juice and heat through.



12. Add the red pepper and mushrooms.



13. Add the chicken stock half a pint at a time.



14. Add the chicken, lemon rind, lemon juice and parsley.



15. Stir and when all the stock has gone, add the cheese and serve.

You will need to buy



1 Red Pepper



1 Glass of Apple Juice



Cheese



1 Stick of Celery



Mushrooms



1 Lemon



2 Skinless Chicken Breasts

From your pantry



1 Tblspn of Vegetable Oil



1 Chicken Stock Cube



Half a mug of Rice



1 Tbspn of Dried Parsley



1 Onion



1 Clove of Garlic

1 Pint of Water



MEATBALLS WITH PASTA

Serves 2-3

Prepare



1. Peel and chop the onion into small pieces.



2. Chop the red pepper and remove the seeds.

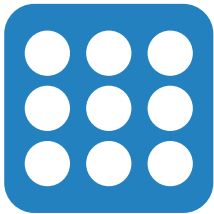


3. Chop the mushrooms.

Cook



4. Mix the mince, herbs and half of the onion together.



5. Shape into about 6 - 10 small balls.



6. Heat a little oil in a frying pan and add the meatballs



7. Fry gently to brown them for 5 minutes. Put on a plate



8. Add the mushrooms, red pepper, remaining onion and tomatoes.



9. Add the water, tomato puree and mixed herbs.



10. Cover and simmer for 15 minutes.



11. Add the meatballs and simmer for 20 minutes.



12. Cook the pasta following the instructions on the packet.

You will need to buy



1 Red Pepper



4 Mushrooms



250g of Mince



1 Tblspn of Vegetable Oil



1 Can of Tomatoes



1 Mug of Pasta



2 Tbspns of Tomato Puree



1/2 Mug of Water



1/2 Tspn of Mixed Herbs



1 Onion



PEPPER AND TOMATO SOUP

Serves 2

Prepare



1. Chop the peppers and remove the seeds.



2. Peel and chop the onion.



3. Peel and chop the clove of garlic.



4. Mix the stock cube with 1/2 pint of boiled water.

Cook



5. Put the onion, garlic and peppers into a pan and turn on the heat.



6. Add the can of tomatoes.



7. Add the stock and herbs.



8. Bring to the boil and simmer for 30 minutes



9. Eat as it is or blend with a hand blender.

You will need to buy



2 Red Peppers

From your pantry



1 Can of Tomatoes



1 Onion



1 Clove of Garlic



Mixed Herbs



1 Vegetable Stock Cube

1/2 Pint of Water



BEEF BURGERS

Makes 2 Large Beefburgers

Prepare



1. Peel and chop the onion.

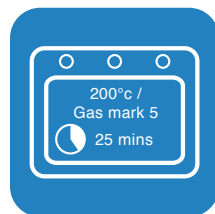
Cook



2. Put all the ingredients into a bowl and mix together.



3. Divide into 2 pieces and press making a circle about 1cm thick.



4. Put on a baking tray in the oven at 200°C/Gas mark 5 for 25 mins.



OR. Put in a frying pan for 15 minutes turning half way through. Serve with buns and salad.

You will need to buy



250g of Mince

Buns and Lettuce

From your pantry



1 Tspn of Worcester Sauce



1 Onion



A pinch of Mixed Herbs



PAPRIKA CHICKEN

Serves 2-3

Prepare



1. Peel and chop the onion.



2. Chop the mushrooms.



3. Chop the chicken breasts into cubes.



4. Mix the stock cube with 1/2 a mug of boiled water.

Cook



5. Heat the oil in a frying pan, add the onion and fry for 3 minutes.



6. Add the chicken and mushrooms and fry until the chicken is no longer pink.



7. Add 1 tablespoon of paprika and stir well.



8. Add the can of tomatoes, tomato puree and stock.



9. Simmer gently for 30 minutes.



10. Stir in the yoghurt or crème fraiche. Serve with rice.

You will need to buy



Mushrooms



2 Skinless Chicken Breasts



4 tblspn of Low Fat Yoghurt

or



4 tblspn of Crème Fraiche



Paprika



1 Chicken Stock Cube



1 Onion



1/2 Mug of Water



1 Can of Tomatoes



2 Tbspns of Tomato Puree

From your pantry



1 Tblspn of Vegetable Oil



TUNA AND PASTA BAKE

Serves 2

Prepare



1. Wash and peel the leek.



2. Chop the leek into slices.



3. Grate the cheese into a bowl.



4. Chop the Tomatoes.

Cook



5. Boil the pasta in water for 20 mins.



6. In another pan add the leek, stock, water and basil.



7. Bring to the boil and cook for 2 mins.



8. Take the pan off the heat, add the flour and stir.



9. Add the milk a little at a time and stir.



10. Put back on the heat, bring to the boil and stir all the time for 1 min.



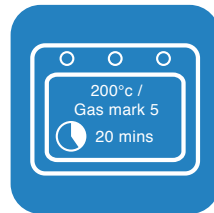
11. Add the tuna and half of the cheese.



12. Drain the pasta and add to the pan.



13. Put in a dish and sprinkle with cheese and tomatoes.



Extra. Put in the oven at 200°C/Gas mark 5 for 20 mins.

You will need to buy



1 Leek



1/2 a Pint of Milk



50g of Cheese



1 Tin of Tuna



2 Tomatoes

From your pantry



1 Vegetable Stock Cube



1 Tbspn Plain Flour



1 Mug of Pasta



Fresh Basil



1/2 a Mug of Water



STIR-FRY CHICKEN

Serves 2-3

Prepare



1. Chop the Carrot in half and then into strips.



2. Wash the spring onions and chop diagonally.



3. Chop the courgette in half and then into strips.



4. Drain the can of pineapple into a bowl.



5. Cut each chicken breast in half lengthways and slice thinly.

Cook



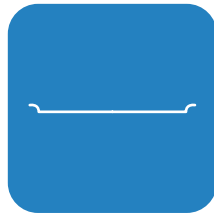
6. Mix the cornflour and Chinese 5 Spice and sprinkle over the chicken.



7. In a jug mix the pineapple juice, ketchup, soy and a tspn of cornflour.



8. Heat the oil in a frying pan and stir fry the chicken until lightly browned.



9. Remove and put on a plate.



10. Heat more oil in the pan and fry the carrots, spring onions and courgette.



11. Stir in the pineapple chunks and peas, cook for 2 minutes.



12. Return the chicken to the pan and add the sauce. Stir fry for 4 minutes and serve with noodles.

You will need to buy

 2 Skinless Chicken Breasts

 1 Carrot

 1 Courgette

 2 Spring Onions

 Handful of Peas

 1 Can of Pineapples

From your pantry

 1 Tblspn of Vegetable Oil

 1/4 Tspn Chinese 5 Spice

 1 Tblsp Cornflour

 Rice or Noodles

 1 Tblspn of Ketchup

 2 Tblspn of Soy Sauce



LEEK AND POTATO SOUP

Serves 2

Prepare



1. Wash the leeks and chop into chunks.



2. Peel the potatoes and chop into chunks.

Cook



3. Put the leeks, potatoes, stock and water into a saucepan.



4. Add the mixed herbs and parsley.



5. Bring to the boil and cook for about 15 minutes.



6. Liquidise or mash well.



7. Add the milk to make a thick soup. Add a little pepper to taste.



8. Put back on the heat to warm and serve with crusty bread.

You will need to buy



2 Leeks



1/2 a Pint of Milk



2 Potatoes

From your pantry



1 Vegetable Stock Cube



1 Tspn of Dried Parsley



A pinch of Mixed Herbs



1 pint of Water



Pepper



CHICKEN BALTI

Serves 2-3

Prepare



1. Wash the potatoes and cut into 4 pieces.



2. Peel and chop the onion.



3. Peel and chop the clove of garlic.



4. Cut the chicken into bite size pieces.

Cook



5. Heat the oil in a frying pan, add the onion and chicken, fry until chicken is white.



6. Add the potatoes, garlic, ginger and curry paste.



7. Add the tomatoes, stock and water.



8. Simmer for 20 minutes until potato is soft.



9. Stir in the coriander and serve with rice and natural yoghurt.

You will need to buy

2 Skinless Chicken Breasts

2 Potatoes

Low Fat Natural Yoghurt

From your pantry

1 Tblspn of Vegetable Oil

1 Can of Tomatoes

1 Chicken Stock Cube

1/2 Mug of Water

1 Dspn of Curry Paste

1 Onion

1 Clove of Garlic

1 Tblspn of Coriander

1 Tspn of Ginger



APPRECIATION & CONTACT DETAILS

	Sponsors	Regional COASTAL Project Team	Clive.Prior@swansea.gov.uk Kelly.Jarvis@swansea.gov.uk	coastalproject.co.uk
	Recipes	Gaynor Jones – Tastebuddies Wales	tastebuddies@aol.com	tastebuddieswales.co.uk
	Design	emerydesign	info@emerydesign.se	emerydesign.se
	Development	Swansea Community Chaplaincy	David.Emery@hmpps.gsi.gov.uk Kim.Edwards01@hmpps.gsi.gov.uk	
	Thanks	Strategic & Advisory Management Board, Swansea Community Chaplaincy Project		
	Thanks	Sight and Visual Department, City & County of Swansea		



 **CommunityChaplaincy**
Helping create a fresh start



Erddeddi Cymdeithasol Ewrop
Erddeddi Cymdeithasol Ewrop
Erddeddi Cymdeithasol Ewrop
Erddeddi Cymdeithasol Ewrop
Erddeddi Cymdeithasol Ewrop
Erddeddi Cymdeithasol Ewrop

