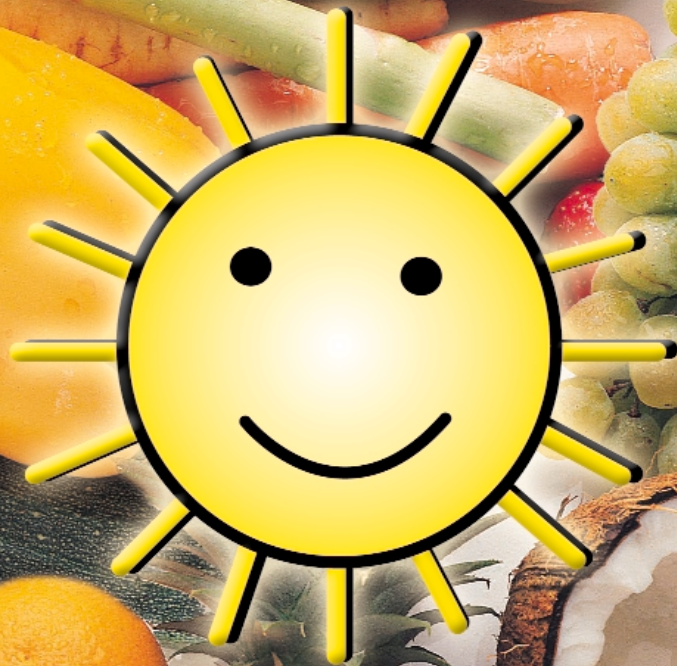


food to
make



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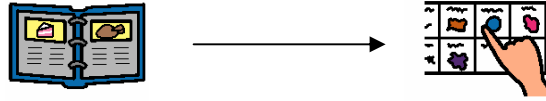
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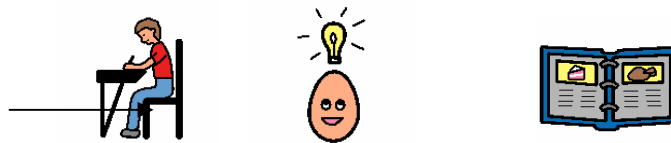
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ABOUT THIS BOOK



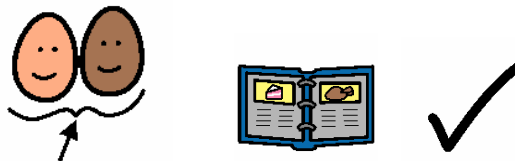
This book contains some basic recipes that use text and symbols.



The recipes were suggested by students at Arden College.

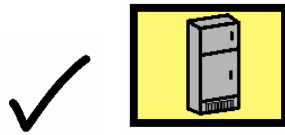


The students found photographs on the Internet and tested the food.



We all hope this book will be helpful to everyone who uses it.

Symbols copyright of Mayer-Johnson {Boardmaker}



USEFUL EQUIPMENT

Bowls



Chopping board



Frying pan or wok



Grater



Kettle



Knife



Microwave



Rolling pin



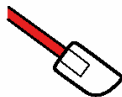
Saucepan



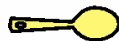
Sieve



Spatula



Tablespoon



Teaspoon



Whisk





USEFUL FOODS TO HAVE IN YOUR CUPBOARD / FRIDGE

Eggs



Pasta



Bread



Potatoes



Butter



Rice



Cheese



Salad



Chocolate powder



Salad dressing



Coffee



Sugar



Flour



Tea



Fruit



Tinned beans



Herbs and spices



Tinned soup



Milk



Tinned tomatoes



Oats



Tinned tuna



Oil to cook with



Vegetables



Onions



Yoghurt





CHEESE OMELETTE

HOW TO MAKE

YOU WILL NEED

4
eggs



4
tablespoons
milk



2
tablespoons
butter



Grated
cheese



Break eggs into bowl and then add the milk



Whisk until mixed



Put butter into dish and pour egg mix over



3



Microwave for 3 minutes and then stir



3



Microwave for 3 minutes and then stir



If egg mix is soft, put omelette onto plate



2



If not, microwave for 2 minutes then stir



Sprinkle cheese onto plate



CHILLI CON CARNE

HOW TO MAKE

YOU WILL NEED

200 grams of
minced beef



1
tablespoon
of oil



1 onion
(chopped)



1
teaspoon of
chilli powder



1 tin of
chopped
tomatoes



1 tin of
red kidney
beans



OR



Heat the oil in a large frying pan



5



Add the chopped onion and fry for 5 minutes



Add the minced beef and fry until browned



&



Stir in the tomatoes and the chilli powder



1



5



Cook gently for 1 hour; stir every 5 minutes



Stir in the kidney beans



15



Simmer for 15 minutes to cook the beans

Serve with cooked rice or nachos

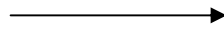


TUNA PASTA

HOW TO MAKE

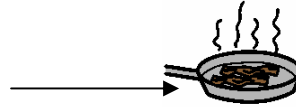
YOU WILL NEED

1 
tablespoon
of oil



Heat the oil in a large frying pan

1 onion
(chopped)



5



Add the chopped onion and fry until softened

1 tin of
chopped
tomatoes
(opened)



&



Stir in the tuna fish and the tomatoes

1 tin of tuna
fish (opened)



Stir in the herbs to taste

200 grams
of pasta



30

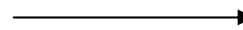


5

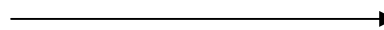


Cook gently for 30 minutes; stir every 5 minutes

Italian Herbs
to taste



Put a large pan of water to boil, add the pasta



When the pasta is ready, drain using a colander



Serve on a plate and place the tuna mix on top



SPAGHETTI BOLOGNESE

HOW TO MAKE

YOU WILL NEED

200 grams of spaghetti



1 onion (chopped)



6 mushrooms (sliced)



200 grams of minced beef (or Quorn for vegetarians)



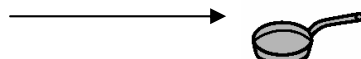
1 tablespoon of oil



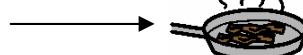
1 tin of chopped tomatoes (opened)



1 tablespoon of tomato puree
Italian Herbs to taste



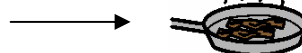
Heat the oil in a large frying pan



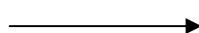
5



Add the chopped onion and fry until softened



Add the minced beef or Quorn, fry until browned



5



Add the mushrooms and fry for 5 minutes



Stir in the canned tomatoes, puree and herbs



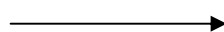
20



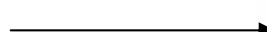
5



Cook gently for 20 minutes, stir every 5 minutes



Boil water in a large saucepan, add spaghetti



When cooked, drain using a colander



Serve on a plate and place the sauce on top



GARLIC BREAD

HOW TO MAKE

YOU WILL NEED

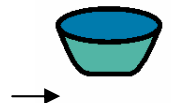
1 small
French stick



→ 200 / 6

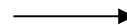
Set oven to 200°C or gas mark 6.

50 grams
of butter




Mix butter, garlic and parsley in a small bowl

2 
teaspoons
of garlic
paste

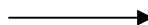


Cut the French stick into slices

1 
teaspoon
of chopped
parsley (fresh
or dried)



Spread garlic butter onto each slice



Wrap the stick in foil



→ 10



Place in the oven and bake for 10 minutes



5



Peel foil back and bake for a further 5 minutes

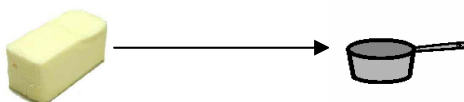


VEGETABLE SOUP

HOW TO MAKE

YOU WILL NEED

1 onion
(chopped)



Heat the butter in a saucepan

1 carrot
(sliced)



Add the onion, carrot, leek and celery

1 leek
(sliced)



5



Fry for 5 minutes

1 potato
(cubed)



2



Stir in the flour and cook for 2 minutes

2 celery
sticks
(cut in 2 cm
lengths)



Dissolve the stock cube in the boiling water

25 grams
of butter



Add the water to the saucepan

25 grams
of flour



Bring to the boil

1 vegetable
stock cube



Add the potatoes.

1/2 litre
of
boiling
water



30



Simmer for 30 minutes

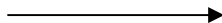


VEGETABLE CURRY

HOW TO MAKE

YOU WILL NEED

1 onion
(chopped)



Heat the oil in a large frying pan

1
teaspoon
of garlic
paste



5



Fry the onion and peppers for 5 minutes

100 grams
mushrooms
(sliced)



5



Add the mushrooms and fry for 5 minutes

200 grams
of chickpeas
(tinned and
drained)



Stir in the curry powder

1 pepper
(chopped)



Stir in the tomato puree and the garlic paste

1
tablespoon
of tomato
puree



Stir in the chickpeas

2
teaspoons
of curry
powder



Dissolve the stock cube in the boiling water

1
tablespoon
of oil



Add the water to the saucepan

300 mls
of
boiling
water



30



Simmer for 30 minutes

**1 vegetable
stock cube**



Serve on a plate



**Rice or naan bread to
serve**

Serve with rice and / or naan bread



CHICKEN CURRY

HOW TO MAKE

YOU WILL NEED

1 onion
(chopped)



1
teaspoon
of garlic
paste
2 chicken
breasts
(sliced)



1 pepper
(chopped)



1
tablespoon
of tomato
puree



2
teaspoons
of curry
powder



1
tablespoon
of oil



1 vegetable
stock cube



Heat the oil in a large frying pan



5



Fry the onion and peppers for 5 minutes



15



Add the chicken and fry for 15 minutes



Stir in the curry powder



Stir in the tomato puree and the garlic paste



Dissolve the stock cube in the boiling water



Add the water to the saucepan



1



Simmer for 1 hour

**300 mls
of
boiling
water**



Serve on a plate



**Rice or naan bread to
serve**

Serve with rice and / or naan bread



JACKET POTATO

HOW TO MAKE

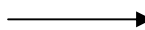
YOU WILL NEED

1 large
potato per person
(scrubbed)



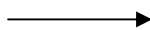
Potato should be 225
grams or 8 oz in weight

USING AN OVEN



200 / 6

Set oven to 200°C or gas mark 6.



Place the potatoes in the oven



1



15



Cook for 1 hour and 15 minutes, or until soft



Take the potatoes out of the oven when they
are cooked

!!!!



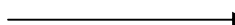
Be careful – they are hot!



Put on a plate



Make a X shaped slit in the top with a knife



Serve with a knob of butter in the opening



OR



With



Tuna mayo



Cheese



Beans



Good with a salad



JACKET POTATO

HOW TO MAKE

YOU WILL NEED

1 large
potato per
person
(scrubbed)

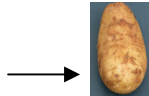


Potato should be 225
grams or 8 oz in weight

USING A MICROWAVE (800W)



Dry the potatoes



Prick each one a few times with a fork



6



Cook one potato for 6 minutes on full power



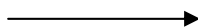
2



Leave for 1 – 2 minutes before serving



Put on a plate



Make a X shaped slit in the top with a knife



Serve with a knob of butter in the opening



OR



With



Tuna mayo



Cheese



Beans



Good with a salad



EASY SALAD

HOW TO MAKE

YOU WILL NEED

1/2
lettuce
(remove outer
leaves)



2
tomatoes



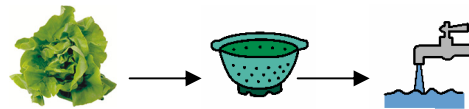
1/4
cucumber



1/2
red
onion
(chopped)



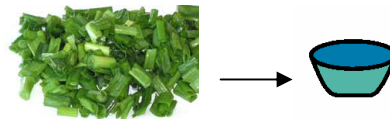
Salad
dressing



Wash the lettuce



Slice the lettuce into strips



Place in a bowl



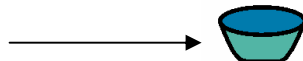
Cut the tomatoes into 4 pieces (quarters)



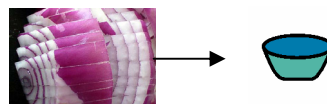
Add to the lettuce



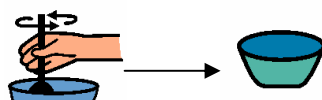
Slice the cucumber



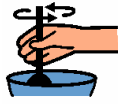
Add to the lettuce and tomatoes



Add the onion



Mix well in the bowl



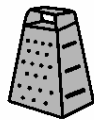
Add dressing



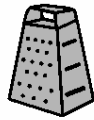
Good with



Tuna



Grated carrots



Grated apple



Red peppers



QUICK SANDWICH WRAPS

HOW TO MAKE

YOU WILL NEED

25 grams
of cheese
(grated)



1/2 carrot
(grated)



1 tomato



1/4 handful
of lettuce
(washed)



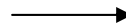
1 large
tortilla



Slice the tomato



Slice the lettuce into strips



Put the lettuce in the middle of the tortilla



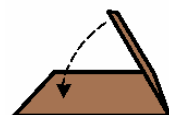
Put the slices of tomato on top of the lettuce



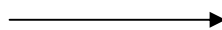
Sprinkle the carrot over the tomatoes



Sprinkle over the cheese



Fold the bottom of the tortilla up, over the fillings



Serve on a plate



PITTA POCKETS

HOW TO MAKE

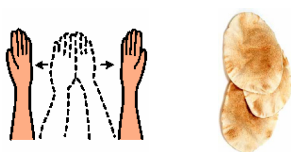
YOU WILL NEED

2 wholemeal
pitta breads



Cut the pittas in half across the middle

3 lettuce
leaves



Open them out to make pockets

4 slices of
cucumber



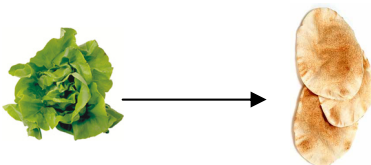
Slice the lettuce

100 grams
of
ham

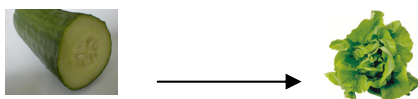


Slice the ham into thin pieces

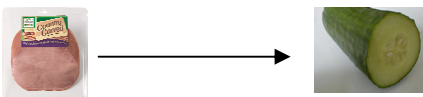
1
teaspoon
of salad
dressing



Place the lettuce inside the pittas



Add some cucumber to each pitta



Add some ham slices to each pitta



Add salad dressing



FRUIT CRUMBLE

HOW TO MAKE

YOU WILL NEED

2 large
cooking
apples
(peeled,
cored and chopped)



50 grams
of
sultanas



1
teaspoon
of mixed
spice



50 grams
of
brown
sugar



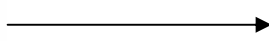
100 grams
of plain
flour



50 grams
of
butter



75 grams
of
rolled
oats

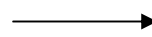


190 / 5

Set the oven to 190°C, gas mark 5



Sieve the flour into a bowl



Rub the butter into the flour until it resembles
fine breadcrumbs



Stir in the oats and add half the sugar



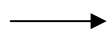
Mix apples, sultanas and mixed spice
in a pie dish



Cover with the rest of the sugar



Cover with the crumble mixture



45



Bake in oven for 45 minutes



NO BAKE CHOCOLATE CAKE

HOW TO MAKE

YOU WILL NEED

250 grams
of
digestive
biscuits



Put biscuits in a plastic bag

125 grams
of soft
brown sugar



Use a rolling pin to crush the biscuits

125 grams
of butter



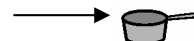
Place the sugar and butter in the saucepan

50 grams
of raisins



Gently heat until melted

3
tablespoons
of cocoa
powder
1 egg
(beaten)

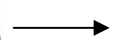


Add the raisins, cocoa and biscuits



Remove the pan from the heat

4 drops
of
vanilla
essence

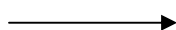


Add the egg and vanilla essence

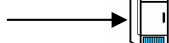
1 x 8 inch
cake tin
(greased)



Beat the mixture until well mixed



Turn into the greased cake tin and spread evenly



Chill in the refrigerator until set



FRUITY SMOOTHIE

HOW TO MAKE

YOU WILL NEED

6
strawberries
(washed
and sliced)



300 ml
cold milk



1 small
tub
of fruit
yogurt



Place the
food blender



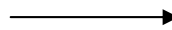
strawberries into a



&



Add the milk and the yoghurt



Put the lid on the blender



Switch the blender on for 40 seconds



Pour the smoothie into a glass



If you don't have a blender



Sieve the

strawberries



Mix



&



with the milk and yoghurt



This Inclusive Cookery Book was produced
by students at Arden College,
a specialist residential Further Education College
in Southport,
part of the Craigmoor Healthcare group,
in collaboration with Brighter Living Partnership.



Southport and Formby 
Primary Care Trust