



TAKE CARE AND COOK



Pizza

MENU

Pasta

WE HAVE MADE THIS COOKBOOK
TO HELP YOUNG PEOPLE IN CARE
TO COOK HEALTHY, TASTY MEALS!

WE HOPE YOU ENJOY COOKING OUR
RECIPIES AS MUCH AS WE DID!

HOT

FRESH





WE ARE VOICES FOR CHOICES. WE ARE A YOUTH COUNCIL MADE UP OF YOUNG PEOPLE IN CARE.

We meet Regularly to discuss issues for young people in care and how we can make their experience better. We are a dedicated group of young people who are passionate about making a difference.

We feel really strongly about young people in care learning more skills which will help us when we start moving onto independence. We have made this cookbook to help young people in care to cook healthy, tasty meals!



Why we did this / made this book?
To Help Young People in
Care to cook good and Tasty
Meals!! It will also give
them a dose of Independence!

In the book there are some meals that
are really healthy also if for any reason
any young people are dieting there will
be meals for them aswell All the
meals are not fatty and suitable for
anybody unless you have any allergies.



BUDGETING TIPS

If you're spending more each month than you are getting as income, the next step is to look more closely at where your money is going and where you can cut back. Even small amounts - for things such as magazines, sandwiches at lunchtime or takeaways - can add up.

Keeping a spending diary is an effective way of seeing exactly what you spend your money on.

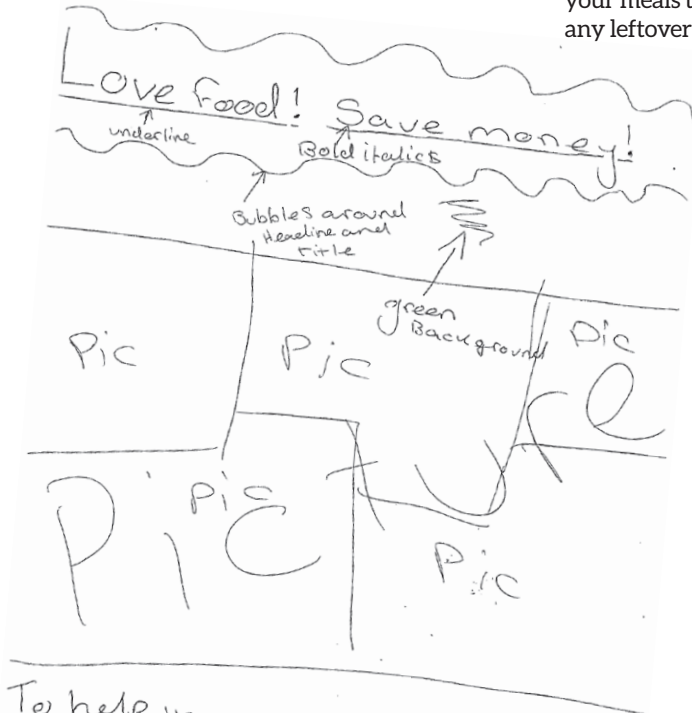
Some people find it hard to get motivated about saving, but it's often much easier if you set a goal.

COOKING ON A BUDGET

Make your own meals from scratch. Leave the processed food and ready-made meals on the supermarket shelves. The food manufacturers manage to make their food cheap by using the poorest quality ingredients and an abundance of additives to cover up the poor quality and taste.

Plan ahead. Plan the week's meals before you go shopping. Write out a shopping list and stick to it...no wandering off into the chocolate and sweets section!

Other things to consider when planning for the week ahead, are there any tins of food lurking in the back of the cupboard that you can incorporate into your meals this week? Do you have any leftovers from the weekend?



To help young people in care to cook good and tasty meals!! it will also give them

ADVANTAGES OF COOKING FOR YOURSELF

IF YOU'VE MADE A BIT TOO MUCH FOOD,...

...don't throw it away. Most foods will keep for up to 2 days in the fridge and can be used again. Always cool left over cooked food as quickly as possible, cover and store in the fridge or freezer until needed. Even if you only have a small amount of food left, think about how you could use it creatively in a snack, or as part of another meal. Pieces of chicken could be used to make sandwiches, Stir-fry or used with pasta.

MAKE SURE YOU HEAT LEFTOVERS...

...through until they are piping hot - whether using a microwave or conventional oven.

USE YOUR GREEN GROCER,...

...market, fish monger and butcher. It's cheaper - you're not paying for all the packaging that ends up in the bin.





ENJOY

TRYING OUR RECIPES



EASIEST EVER LASAGNA

- » 500g good quality lean minced beef
- » 2 garlic cloves , crushed
- » 2 tsp dried oregano or dried mixed herbs
- » 1 x 250g packets white mushrooms
- » 1 x diced white onion
- » 1 Jar of Tomato Lasagna sauce
- » 5-6 tablespoons of grated cheese
- » 9-12 sheets of fresh lasagna
- » 1 Jar of Béchamel sauce (sometimes called white lasagna sauce)
- » 1 teaspoon of olive oil

First prepare your ingredients. Diced your onion, chop the garlic and slice the mushrooms.

Heat the oil in a large non-stick frying pan until hot. Add onions and garlic and fry it over a medium heat for herbs and tomato lasagna sauce, Season with black pepper and salt if you like. Stir well to mix everything together, turn the heat up under the pan and bring to the boil, then turn it down so it bubbles gently. Cover the pan and cook for 20-30 minutes, stirring every 10 minutes to mix everything together. As it cooks, the mushrooms will shrink and make the mince saucier.

While you're waiting for the meat to cook grate the cheese and add to a bowl.

Take a square ovenproof dish and Spread a couple of spoonfuls of meat sauce over the bottom, then cover with 3-4 sheets of lasagna overlapping them slightly to make them fit if you need to. Drizzle over just a little of the white sauce - about 2-3 spoonfuls.

Spoon over half the remaining meat and spread it out, right to the edges of the dish. Cover with 3-4 more sheets of lasagna, then spoon over the remaining meat, spreading it out evenly and almost to the edges. Cover with 3-4 more sheets of lasagna.

Pour what's left of the white sauce over the top. Jiggle the dish so the sauce runs to the edges. Put the grate cheese on top and bake in the oven for 30 minutes or until bubbling and golden. Leave to stand for 5 minutes before dishing up.



**DONT FORGET TO LEAVE
TO STAND FOR 5 MINUTES!**

Top tips

- » serve with a salad
- » Cut into 6 portions - these can be frozen individually in plastic food containers to provide quick meals for the next couple of months.
- » Use vegetables instead of meat for a nice alternative... try broccoli, carrots and courgettes
- » Use whole meal past to make it healthier



FULLY LOADED!

Make the marinade by mixing Chopped Chilli, Garlic, Lemon juice, Olive oil, salt and pepper in a bowl. You don't have to use all the ingredients to marinade the chicken – use what you like or if you prefer have them plain

Slice halfway into the thickest part of each breast and open it up like a book. Flatten down slightly with your hand, then toss in the bowlful of marinade to coat. Chill in the fridge for as little, or as long, as you have time to.

Place the chicken under a preheated grill for about 10 - 15 mins until completely cooked through, turning so it doesn't burn. Assemble the burgers with lettuce, slices of tomato, onion and a dollop of mayonaise.

FULLY LOADED CHICKEN BURGERS

- » 4 chicken breasts
- » 1 red chilli
- » Juice of 1 lemon
- » 2 cloves of garlic
- » 1 table spoon of olive oil
- » 4 rolls



- » Salad and sauce of your choice (we liked lettuce, tomato, red onion and mayonaise)

Top tips

- » Use brown rolls to make the meal healthier
- » You don't have to have it on bread why not Try a Simple Side Salad...
- » Layer alternate slices of avocado, tomato and mozzarella. Scatter it with torn basil before drizzling olive oil.



**TURKEY IS A HEALTHIER
OPTION HERE!**



HOMEMADE BEEF BURGERS

- » 500g (1 lb) beef mince
- » 1 egg
- » 1 tablespoons Olive oil
- » salt and pepper to taste
- » Barm cakes, crusty rolls, leftover sliced bread (whatever you fancy your burger on)
- » Cheese slices
- » Salad and sauce of your choice

In a large bowl, combine the beef, egg, salt and pepper, Form into 4 to 6 burgers depending on how big you want them.

If your only cooking for 1 then freeze the other burgers and use another time. These should last for around 3 months in the freezer.

Heat 1 tablespoon of oil a large frying pan over medium heat. Cook the burgers for 10 to 15 minutes until cook through.

Add a cheese slice, sliced tomato, onion and tomato ketchup to your bun to complete

To check they are fully cooked slice one in half and check the meat is brown all the way through.

Top tips

- » try using turkey mince to make it healthier
- » Cut out the cheese to lower the calories



FEEL GOOD FOOD!

(Serves 4)

PHILLY CHICKEN

- » 4 x Chicken breast
- » 4 x slices of bacon
- » Philadelphia
- » mixed herbs

FOR THE SWEET POTATO MASH

- » 2 x large Sweet potatoes
- » 1 knob of butter (a heaped tablespoon)
- » salt and pepper

THE CHICKEN...

Heat the oven to 200 °C conventional, 190 °C fan or gas mark 6 and have ready a baking tray or tin.

Cut a slit into the side of each chicken breast to form a pocket and then open out to form a butterfly.

Mix together the Philly, mixed herbs and salt and pepper and Spread the Philly into the middle of the open chicken breast. Season well and fold over, pressing the sides together.

Wrap each chicken breast with 1 slice of bacon. Place on the baking tray and bake for c. 20 minutes for a small chicken breast or 25-30minutes for a larger chicken breast, ensuring the chicken is thoroughly cooked through before serving.

THE MASH...

Peel the potatoes and cut them into quarters, if the potatoes are very big you can cut them in half again...this will speed up the cooking time

Put the potatoes in boiling water until soft. you can check by stabbing them with a knife...if it goes into them easily, they're done.

Once cooked, drain them and put them into a bowl with salt, pepper and butter and mash.

Top tips

- » Use olive oil for mashing instead of butter...its healthier!

ORIGIN

OF FOOD

TAPAS

Tapas are a wide variety of appetizers, or snacks, in Spanish cuisine. They may be cold (such as mixed olives and cheese) or warm (such as chopitos, which are battered, fried baby squid). Tapas means a cover or lid.

HAMBURGER

The term hamburger originally derives from Hamburg, Germany's second largest city, from which many people emigrated to the United States. McDonald's fast-food chain sells the Big Mac, one of the world's top selling burgers, with an estimated 550 million sold annually in the United States.

STIR FRY

As people are learning to eat healthier foods, they are also learning healthier ways to cook. One way is to stir fry, is a technique that cooks foods quickly, using only a small amount of fat. Anyone with a large skillet and a spatula can master this technique.

LASAGNE

A wide, flat pasta shape and possibly one of the oldest. The word also refers to a dish made with this type of pasta in several layers.

PIZZA

The term "pizza" first appeared "in a Latin text from the southern Italian town of Gaeta in 997 AD.

WRAPS/FAJITAS

Fajita is a term found in Tex-Mex cuisine, commonly referring to any grilled meat usually served as a taco on a flour or corn tortilla. Fajita is a Mexican term for little meat.

CHOCOLATE BROWNIE

Chocolate brownie is a flat, baked square or bar developed in the United States. A chef at Chicago's Palmer House Hotel [3] created the brownie after a dessert was requested for ladies attending an event that had to be smaller than a piece of cake, though still retaining cake-like characteristics and easily eaten from boxed lunches. The first brownies featured an apricot glaze and walnuts.



GETTING INVOLVED





QUICK AND EASY PORK STIR FRY

- » 4 tbsp soy sauce
- » 2 chopped red chilli
- » Tablespoon of fresh ginger, peeled and chopped
- » Baby corn
- » Mang tout
- » Mushrooms
- » 800g/1lb 12oz pork fillet, cut into thin slices
- » 3 tbsp sunflower or vegetable oil
- » 4 garlic cloves crushed with the flat of a knife
- » 6 spring onion bulb, halved
- » 2 cups of rice (or one bag if using boil in the bag)
- » 2 eggs
- » ½ cup of frozen peas

Boil the rice in a pan (follow instructions on the packet as timings can differ) Once cooked drain the rice. Beat the eggs and 2 tbsp of the soy sauce and place to one side.

Add oil to a wok or frying pan. Once hot add the frozen peas and cook for 1 - 2 minutes until defrosted. Add the egg mixture and the rice. Fry for 1 - 2 minutes until the egg is cooked and has coated the rice. Cover with tin foil to keep warm.

Heat a wok over high heat and add one tablespoon of the oil. Once smoking add the pork and stir-fry for 3-4 minutes until cooked.

Remove the pork from the wok and add the garlic, chillies, ginger one tablespoon of and the onions. Stir-fry for 1-2 minutes. Add the rest of the vegetables and cook for a further 1-2 minutes.

Add the soy sauce and return the pork to the wok. Cook for a final minute. serve with egg fried rice.



Top tips

- » Try different meats in this recipe i.e. chicken, beef or prawns
- » Use up your vegetables ... stir fry left over broccoli, peppers, courgettes, green beans etc.



FEEL GOOD FOOD!

(Serves 2) One if your being greedy

PIZZA & SWEET POTATOE WEDGES

- » 150g strong bread flour
- » 1 tsp instant yeast (from a sachet or a tub)
- » 1 tsp salt
- » 1 tbsp olive oil , plus extra for drizzling
- » 2-3 tablespoones of tomato puree
- » handful fresh basil or 1 tsp dried
- » 1 garlic clove , crushed
- » handful grated cheese
- » handful cherry tomatoes , halved
- » Salt and pepper
- » 1 large sweet potato

Make the base: Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth.

Roll out the dough: split into two balls. On a floured surface, roll out the dough into large rounds, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the pizza bases onto two floured baking sheets.

Top and bake: Heat oven to 240C/fan 220C /gas 8. Spoon the tomatoe puree over bases and spread with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and salt and pepper.

You can use any topping you like, use your imagination...Try classic pepperoni or add peppers, onions, mushrooms and sweetcorn for a vegi option.

Bake for 8-10 mins until crisp.

FOR THE SWEET POTATO WEDGES...PACKED WITH VITAMINS AND DIETARY FIBRE, THESE ARE A HEALTHY AND TASTY ALTERNATIVE TO REGULAR CHIPS.

Cut the potato Into 8 wedges by quatering and then cutting the qauters in half. Pre-heat the over to 200C or 190c for fan assited ovens. Coat the wedges in salt, pepper and olive oil and Place on a baking tray. Bake for 20 - 30 mins until soft and golden brown.

Top tips

- » Use wholemeal flour for a healthier option
- » Prepare the dough the night before and keep in the fridge

Nice!

SIZZLING CHICKEN FAJITAS

- » 1 x red pepper
- » 2 x Chicken breast
- » 1 x fajita kit
- » 1 x onion

FOR THE GUACAMOLE

- » ½ fresh red chilli
- » 1 tablespoon dice onion
- » 1 ripe avocado
- » 1 lemon
- » salt and pepper

Slice the chicken, onion and pepper

Add these to a mixing bowl and then add the fajita spice.

This will be part of the fajita kit... if you haven't bothered buying the kit try adding some paprika to flavour the chicken instead.

To make the guacamole, chop the avocado in half – slice from top to bottom all the way round until you hit the stone, then twist – the avocado should now be in half. Scoop out the flesh and put in a bowl with the chopped chilli, onion, salt and pepper and a squeeze of lemon juice – then mash together!

Heat the oil in a griddle or frying pan until hot. Add contents of the mixing bowl to the pan. Keep stirring for until the chicken turns white – this should take around 6 – 8 minutes depending on how small you have cut the chicken..

To check if the chicken is cooked find the thickest part and tear in half, if its is white all the way through its cooked!

Once cooked tip the pan contents into a large bowl and serve with the heated tortillas (you can heat in foil in the oven around 8 mins or microwave for 10 – 20 seconds),



**A NICE MEAL ANY
DAY OF THE WEEK!**

Top tips

- » Serve with salad and salsa for another of your 5 a day.
- » Individually Freeze left over tortilla wraps to use for lunch the week after.

(Serves 4)

FRANKIE PASTA BAKE



DELICIOUS, FILLING & CHEAP!

- » 1 tbsp olive oil
- » 1 onion , chopped
- » 1 garlic clove , crushed
- » 400g can cherry or chopped tomatoes
- » pinch sugar
- » few dashes Worcestershire sauce
- » 100g rigatoni or other tube-shaped pasta
- » 50g cheddar, grated
- » hunk of baguette or sliced bread, coarsely grated
- » tinned hot dogs or frankfurters, sliced

Heat the oil in a medium pan and fry the onion for 5 mins until softened and lightly golden. Stir in the garlic and cook for a further min. Mix in the tomatoes and sugar, bring to the boil and simmer for 20 mins. Add a few dashes of Worcestershire sauce and season to taste.

This basic sauce can now be chilled or frozen and used at a later date to spice up plain pasta, chicken or fish.

Meanwhile, cook the pasta according to pack instructions. Heat the grill to high. Mix together the cheese and breadcrumbs.

Drain the pasta and stir into the sauce. Tip in the frankfurters and spoon into a heatproof dish. Scatter over the cheesy crumbs and grill for 3-5 mins or until bubbling hot and golden.

Top tips

- » Serve with a simple salad or steamed vegetables to get one of your five a day.



GIVE EVERYONE A TREAT!

EASY CUPCAKES (*Serves 24*)

- » 170g (6 oz) butter or margarine
- » 170g (6 oz) sugar
- » 3 eggs
- » 170g (6 oz) self-raising flour
- » 200g plain chocolate

Preheat the oven to 180 C / Gas 4. Line a muffin tin with paper cases.

Cream together margarine and sugar till light and fluffy. Add eggs one at a time, beating continuously. Sift in flour and mix gently.

Spoon mixture into prepared muffin tin. Bake for 20 minutes (dependant on cake size) until golden brown and skewer comes out clean. Cool on a wire rack.

TWO DIFFERENT TOPPINGS...

Drizzle melted chocolate on top of half of the cupcakes and decorate with sweets. Leave to set. Enjoy!

Use buttercream icing for the rest, beat the butter in a large bowl until soft. Add half the icing sugar and beat until smooth.

Then add the remaining icing sugar with one tablespoon of the milk, adding more milk if necessary, until the mixture is smooth and creamy - spoon or pipe on.

Top tip

- » Don't eat them all at once!



SO GOOD!

(Serves 24)

CHOCOLATE CHIP BROWNIES

- » 340g plain chocolate
- » 230g butter
- » 450g soft brown sugar
- » 4 eggs
- » 340g plain flour
- » 200g chocolate chips

Pre-heat the oven to 180 C / Gas 4 and grease a baking tin - 20 x 30 cm is ideal.

Break the chocolate into pieces and place in a small heat-proof bowl.

Melt the plain chocolate in the bowl over a pan of simmering water on the hob.

Cream the butter and sugar together in a large bowl. Stir in the melted chocolate and vanilla.

Break the eggs into a bowl and beat with a fork. Add the eggs to the butter mixture and stir in. Add the flour and stir. Stir in the chocolate chips. Pour the mixture into the baking tin.

Bake in the oven for 20 to 25 minutes.

Remove from the oven and turn out onto a cooling rack and leave to cool.

Cut into pieces and enjoy!

Top tips

- » The better the chocolate the tastier the brownies.



CHICKEN WINGS



STUFFED PEPPER



SPANISH OMELETTE

SELECTION OF SPANISH TAPAS

SPANISH MEATBALLS

FOR THE MEATBALLS

- » 500g/1lb 2oz minced beef or pork (or a mixture of both)
- » ½ onion, finely chopped
- » 1 garlic clove, chopped
- » 2 tbsp dried mixed herbs
- » 1 free-range egg, beaten
- » plain flour, for coating
- » 2-3 tbsp olive oil

FOR THE SAUCE

- » ½ onion, finely chopped
- » 3 garlic cloves, chopped
- » 2 tbsp dried mixed herbs
- » 1 tbsp paprika
- » salt and pepper
- » Tinned tomatoes
- » Chorizo sausage

For the meatballs, Put the minced meat in a bowl with the onion, garlic and mixed herbs. Mix with your hands until well combined, add the beaten egg and mix until well combined. Shape the mixture into small meatballs.

Sprinkle some plain flour onto a plate, and roll the meatballs in the flour to coat lightly.

Heat one tablespoon of the olive oil in a frying pan and add a few meatballs to the pan. Fry gently, turning frequently, until golden-brown on all sides. Remove from the pan and set aside to drain on kitchen paper. Repeat with the remaining meatballs, cooking them in batches until they are all cooked. Top up the oil as needed during the cooking process.

Once the meatballs are cooked, make the sauce. In the same pan as the meatballs were cooked in, fry chunks of chopped chorizo sausage, onions and garlic over a medium heat until the onions are soft and lightly coloured and the chorizo is browned. Add the mixed herbs, paprika and tinned tomatoes. Bring to the boil, simmer for 2-3 minutes to thicken, season with salt and pepper to taste, and then add the meatballs to the pan. Simmer for 10 minutes to warm through before serving.

*A Great way to impress
when you've got company!*

Spanish meatballs “ALBONDIGAS”

- » Make an authentic addition to a tapas selection. Alternatively, serve as a main course.

ROASTED CHORIZO STUFFED PEPPER

- » 1 x Bell pepper
- » 2 garlic cloves, lightly crushed in their skins
- » 1 tbsp mixed herbs
- » 3 tbsp olive oil
- » ½ onion, finely chopped
- » 50g/1¼oz chorizo, chopped
- » 50g/1¼oz cooked basmati rice

Preheat the oven to 180C/350F/Gas 4.

Cut the pepper in half and Place into a roasting tin along with the garlic and mixed herbs and drizzle over two tablespoons of the olive oil. Place into the oven and roast for 10-12 minutes, until softened.

Meanwhile, heat the remaining oil in a pan and gently fry the onion until softened. Add the chorizo and fry for a further 3-4 minutes. Stir in the cooked rice and heat through.

Remove the pepper from the oven and pile the chorizo rice inside. Place onto a serving plate and serve.

CHICKEN WINGS WITH GARLIC & PAPRIKA

TRY MARINATING THE WINGS OVER NIGHT FOR MORE FLAVOUR

- » 8 whole chicken wings
- » 1 teaspoons paprika
- » Pinch salt and pepper
- » 1 tablespoon lemon juice
- » 2 tablespoons olive oil
- » 6 garlic cloves, coarsely crushed

Place the chicken wings in a large bowl, sprinkle with the paprika and salt, and rub as evenly as you can over the skin. Add the lemon juice, garlic and olive oil and toss. Cover and marinade for 10 mins

Place the wings in a oven proof dish and bake in a pre-heated oven (200c) for 25 - 30 mins or until cooked through.

SPANISH OMELETTE (*Serves 3-4*)

- » 500g waxy potatoes , such as Charlotte
- » knob of butter
- » 2 small onions , finely sliced
- » 1 red pepper , finely chopped
- » 8-9 eggs

Finely slice the onions and chop the red pepper, removing the seeds. Cut the potatoes into roughly ½ cm slices.

Heat a knob of butter in a medium (about 24cm) frying pan over a low heat and cook gently for 10 - 15 until starting to go brown, add the peppers and cook for a further 5 mins.

Put the potatoes in a steamer over boiling water for 10 - 12 mins to soften. If you don't have a steamer, put in a saucepan, cover with boiling water and simmer gently for around 8 - 10 mins until just cooked through and drain well.

Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt. Use scissors to snip the chives into small pieces and stir in.

Heat the grill. Add a little more butter to the frying pan and add the potatoes. Pour over the egg mixture. Cook for 15 mins until almost set and golden brown underneath - you can use a fish slice to lift the omelette up and check. Put the frying pan under the grill. Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve.





**IF YOU WANT TO FIND OUT MORE
INFORMATION ABOUT OPPORTUNITIES
FOR CHILDREN IN CARE
OR TO GET INVOLVED**

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