

Grow Blackpool



COOK AND EAT RECIPE BOOK



Welcome to the Grow Blackpool 'Cook and Eat' Recipe Book!

This book is the culmination of years of fresh harvests, shared meals and community spirit at Grow Blackpool, our thriving community growing project, since 2010.

At Grow Blackpool, our passion is simple: helping people discover the joy of eating fresh, locally grown fruit and vegetables—because nothing tastes better than fresh food, particularly if you've grown it yourself! We've spent well over a decade sharing skills, building friendships and empowering our local community to save money, while improving their health.

This collection of recipes stems directly from our popular 'Cook and Eat' sessions. These gatherings are the heart of what we do: participants pick and harvest food straight from the garden, learn how to prepare it in simple, delicious ways and enjoy the fruits of their labour together. Our participants have been asking for a recipe book—so here it is!

Get Involved

You don't need to have green thumbs to join us! Grow Blackpool is a friendly, no-pressure environment where everyone is welcome.

We provide all the necessary equipment and refreshments. All you need to bring are some gardening gloves, a mug for break time and yourself! Just drop in during our volunteering sessions on Tuesdays, Wednesdays and Thursdays. We'll show you around, have a chat and you can decide if it's right for you.

We hope these recipes inspire you to get creative in the kitchen, start using fresh produce and maybe even take the rewarding step of growing your own!



Clare Gooden,
Grow Blackpool.

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BEETROOT SOUP

A VIBRANT, EARTHY SOUP.



INGREDIENTS

725g beetroot

1 tsp Dijon
mustard

1 tbs balsamic
vinegar

black pepper



DIRECTIONS

1. Clean beetroot well and top and tail them.
2. Put into a large pan, cover with water and bring to the boil until the beetroot is cooked through (this may take a while).
3. Using a slotted spoon, take the cooked beetroot out of the pan **MAKING SURE YOU KEEP THE COOKING LIQUID**.
4. Pull off the skins and cut the beetroot into small pieces.
5. Put the beetroot into a bowl with a small amount of the cooking water and blend until smooth, adding the balsamic vinegar, mustard and black pepper.
6. Add the cooking liquid to make the consistency you like, warm through & serve.

**Inspired by Nigella Lawson*

BUTTERNUT SQUASH SOUP

A RICH, CREAMY AND VELVETY SOUP



INGREDIENTS

A butternut squash
– carefully peeled and
chopped

1 onion
– peeled and chopped

2 garlic cloves, peeled &
squashed, or chopped

1 small potato
– peeled & chopped

1 pint of hot vegetable
stock

Ground cumin

Oil, salt and pepper

DIRECTIONS

1. Slowly soften the onions in a pan, then add the garlic and 1/2 teaspoon cumin.
2. Add a twist of salt and pepper, then add the potato and the hot stock.
3. Bring it to the boil and then simmer until the vegetables are cooked through.
4. Add more liquid if you need to.
5. Use a stick blender to blitz the soup.
6. Taste for seasoning.



CARROT, LEEK & POTATO SOUP

A CREAMY, HEARTY, AND COMFORTING DISH



INGREDIENTS

1 leek – washed and chopped (use both the green and white parts)

3 Carrots – washed, peeled and chopped

3 medium potatoes – washed, peeled and chopped

1 pint of vegetable stock

Herbs – you can use thyme, fennel, tarragon – either fresh or dried

Oil

Salt and pepper

DIRECTIONS

1. In a large pan, heat and soften the chopped leek in oil.
2. When it is soft, add the chopped carrots and potatoes and a good twist of salt and pepper. You can also add whatever herbs you wish now.
3. Add the hot stock to the pan bring it up to the boil and then simmer until the vegetables are softened.
4. Add more stock or water if you wish. Taste and see if you need to add any more seasoning.
5. When the soup is cooked through blitz with a stick blender.



PUMPKIN SOUP



Ingredients:

A small pumpkin –
homegrown is best!

1 onion – peeled & chopped

1 apple – chop an eating
apple, or peel and chop a
baking apple

2 cloves of garlic – chopped
or squashed

Vegetable stock – dissolved
into a pint of liquid

Salt & pepper

Oil

Directions

1. Put oven on gas mark 5 (190°C)
2. Oil a lined baking tray.
3. Carefully chop pumpkin (taking seeds out of the middle) and lay onto the baking tray.
4. Cook for about 50 mins until soft, then take out of the oven, let it cool before scooping off skin.
5. In the meantime, soften onion in a pan with a little oil and add garlic and a good pinch of salt & pepper.
6. When soft, add the chopped apple and the softened pumpkin.
7. Add the stock, bringing the pan to a gentle simmer until completely soft.
8. Use a soup stick blender to whisk up into a nice consistency. Add more stock or water if required.

ROASTED PARSNIP SOUP

A RICH, COMFORTING SOUP WITH A SWEET, NUTTY, FLAVOUR,



INGREDIENTS

6 parsnips – washed,
peeled and chopped
into chunks

1 small onion – peeled
and chopped

1 pint of vegetable stock

Oil, salt and pepper

Half a teaspoon of
smoked paprika

DIRECTIONS

1. Put the oven to gas mark 5 (190°C).
2. Line a baking tray with oil and put the parsnips onto it, placing them in the oven for 40 minutes, or until softened.
3. Meanwhile, soften the onion in a pan with some oil, add the smoked paprika and a twist of salt and pepper.
4. When the parsnip is cooked, add that to the pan with the vegetable stock.
5. Bring to the boil and reduce to a simmer until the vegetables are soft. Add more liquid if the soup needs it.
6. Use a stick blender to blitz the soup; taste and adjust the seasoning if necessary.



BROAD BEAN SALAD

USE AS MANY BROAD BEANS AND AS MUCH SALAD AS YOU LIKE.



INGREDIENTS

Broad beans

Olive oil

Lemon juice

Mix of salad leaves

Tomatoes

Cucumber

Feta cheese

Salt and pepper

DIRECTIONS

1. Add the broad beans into a pan of boiling water.
2. Cook until just soft; drain the beans and when a little bit cool, pop them out of their skins.
3. Put the beans into a bowl adding a splash of olive oil and squeeze of lemon.
4. Wash and drain the salad and place onto a plate.
5. Cut the tomatoes and cucumber, placing onto the salad leaves together with the broad beans.
6. Add a twist of salt and pepper and sprinkle the feta cheese on top.

CRUDITÉS

A DELICIOUS APPETISER CONSISTING OF SLICED,
OR WHOLE RAW VEGETABLES.



INGREDIENTS

Carrot

Cucumber

Radish

DIRECTIONS

1. Wash, peel the carrot and slice.
2. Peel, take the seed out and slice the cucumber.
3. Wash and slice the radish.
4. Serve on a plate with a dip. e.g. hummus.



POTATO SALAD

A CLASSIC SIDE DISH.



INGREDIENTS

New potatoes – as many as you like

Salt and pepper

1 or 2 spring onions chopped

Dessert spoonful of mayonnaise

DIRECTIONS

1. Boil a pan of water and add the little potatoes until cooked.
2. When cooked, drain the potatoes, add a twist of salt and pepper and the chopped-up spring onion.
3. Combine all the ingredients with a bit of mayonnaise.





TOMATO SALAD

Ingredients:

Tomatoes – as many as you would like

Lettuce leaves – as much as you would like

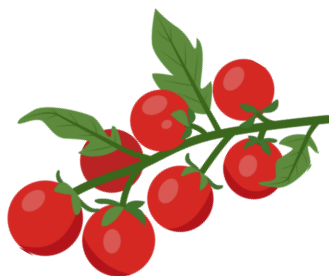
TO CREATE A GREEN SALAD:

Add cucumber (peel and remove the seeds before slicing into half-moons).

Add a few olives and cubes of feta cheese.

Instructions

- Slice the tomatoes - layering them on a plate with a sprinkle of olive oil and salt and pepper and leave for about half an hour.
- Wash and separate the lettuce leaves, placing them on a serving plate.
- Layer the tomatoes and cucumber on top, using the juice the tomatoes have created as a dressing.





CAVOLO NERO PASTA

INGREDIENTS

2-3 whole garlic cloves

2 tsp fennel seeds

250g cavolo nero,
stripped from stalks

60g grated parmesan

Olive oil

Penne pasta - use as
much as you need to
use

Salt and pepper

Squeeze of lemon juice
(optional)

DIRECTIONS

- Add the pasta to a large pan of water and boil until cooked.
- Put the oil into a frying pan and gently fry the garlic. When soft add the fennel seeds, salt and pepper.
- Rip the cavolo nero and put into the frying pan with a small amount of the pasta cooking liquid.
- When the cavolo nero is cooked, blitz this and add the parmesan, plenty of black pepper and a squeeze of lemon juice if you want.
- Drain the pasta, add the cavolo nero sauce, combine and serve with a little more parmesan on top.

**Inspired by Claire Thompson, BBC Food.*

SPICY TOMATO PASTA

A FIERY, FLAVORFUL ITALIAN DISH.



INGREDIENTS

One onion chopped

One red chilli finely chopped

2 cloves of garlic - chopped

Tomatoes – use as many as you want to

Dried pasta

Herbs e.g. thyme

Olive oil

Finely grated parmesan cheese

A few basil leaves

DIRECTIONS

1. In a frying pan, gently soften the onion in olive oil.
2. Add garlic herbs and chilli to the pan.
3. Add the tomatoes and slowly simmer until a thick sauce has been created.
4. Boil a pan of water - cooking the pasta as per the packet.
5. Add a little pasta water to the tomatoes sauce, then drain the remaining pasta water.
6. Combine the sauce with the pasta, serving with a little grated parmesan on top and maybe a basil leaf.

PLUM CRUMBLE

A CLASSIC COMFORTING BRITISH DESSERT.



INGREDIENTS

600g plums washed and
de-stoned

75g granulated sugar

50g butter

100g plain flour

50g demerara sugar
(or granulated sugar)

50g porridge oats
(optional)

DIRECTIONS

1. Mix together plums and sugar, put into a pan and simmer until the fruit is cooked.
2. Rub the flour and butter together when it is like fine breadcrumbs. Add the demerara sugar and oats (if you are using these).
3. Place the cooked fruit into a dish and put the crumble mixture on top.
4. Cook in the oven for about 40 minutes.
5. Serve with cream, custard, ice cream, or yoghurt!



RHUBARB CRUMBLE

A COMFORTING BRITISH PUDDING.



INGREDIENTS

450g rhubarb,
washed and chopped

75g granulated sugar

50g butter

100g plain flour

50g demerara sugar
(or you can just use
granulated sugar)

50g porridge oats
(optional)

DIRECTIONS

1. Mix together the rhubarb and sugar, put into a pan and simmer until the fruit is cooked.
2. Rub the flour and butter together when it is like fine breadcrumbs add the demerara sugar and oats if you are using these.
3. Place the cooked fruit into a dish and put the crumble mixture on top.
4. Cook in the oven for about 40 minutes.
5. Serve with cream, custard, ice cream, or yoghurt!



BLACKCURRANT JAM



INGREDIENTS

1kg blackcurrants

2 litres of water

1.5kg sugar

Juice of a lemon

Jam jars – wash in hot soapy water, rinse and place into a low oven to sterilise them.

Jam jar, wax covers and lids

DIRECTIONS

1. Remove the stalks and wash the fruit. Place in a pan with water. Simmer gently until fruit is tender and the contents of the pan are reduced by one third. Remove from the heat.
2. Add the sugar and lemon juice and stir until dissolved. Return to the heat, bring to the boil and boil rapidly until setting point is reached.
3. Pour into warmed jars and cover with waxed paper. When completely cold, put jar lid on.
4. To find the setting point – put a small saucer or plate into the fridge, whilst the fruit is boiling carefully put some fruit onto the plate and return to the fridge. After a few minutes see if the jam is going wrinkly – if it is, it's ready!

*Inspired by The WI Book of Jams

FRIED YELLOW COURGETTE

 X servings

 15 minutes

A SIMPLE, ZESTY AND TASTY WASY TO ENJOY COURGETTES.



INGREDIENTS

1.2kg courgette cut
into 2-3cm pieces

1 lemon

1 mild red chilli
- chopped small

4 sprigs of mint

20-30 basil leaves

4 tbsp olive oil

2 tbsp za'atar

DIRECTIONS

1. Toss the courgette pieces in 1-2 tbsp oil and fry in a pan until nicely browned.
2. Cut the lemon into half, placing the cut halves onto the frying pan; leave until the lemon is caramelised.
3. Put the cooked courgette into a bowl, squeeze the caramelised lemon over the courgette together with the chilli, sea salt, black pepper, herbs and a little more oil.

*Inspired by Borough Market

TORTILLA

A THICK, HEARTY POTATO BASED OMELETTE.



INGREDIENTS

4 medium potatoes
cut into halves

1 onion – peeled and
sliced into circles

4 tomatoes

2 beaten eggs



DIRECTIONS

1. Boil a pan of water and add the halved potatoes.
2. Cook until you can put a knife through them.
3. When cooked, drain potatoes and slice them thinly.
4. Put some oil into a small frying pan and slowly fry the sliced onion.
5. Slice tomatoes, break and stir the eggs until the yolks are broken.
6. Add the potato, onion, tomatoes, salt and pepper to the eggs.
7. In the frying pan, add some more olive oil and gently place in the egg mixture leaving it to cook on one side – approximately 15 minutes.
8. Once second side is cooked, take a plate and 'flip' the omelette onto the plate, before sliding it back into the pan to cook the other side.



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