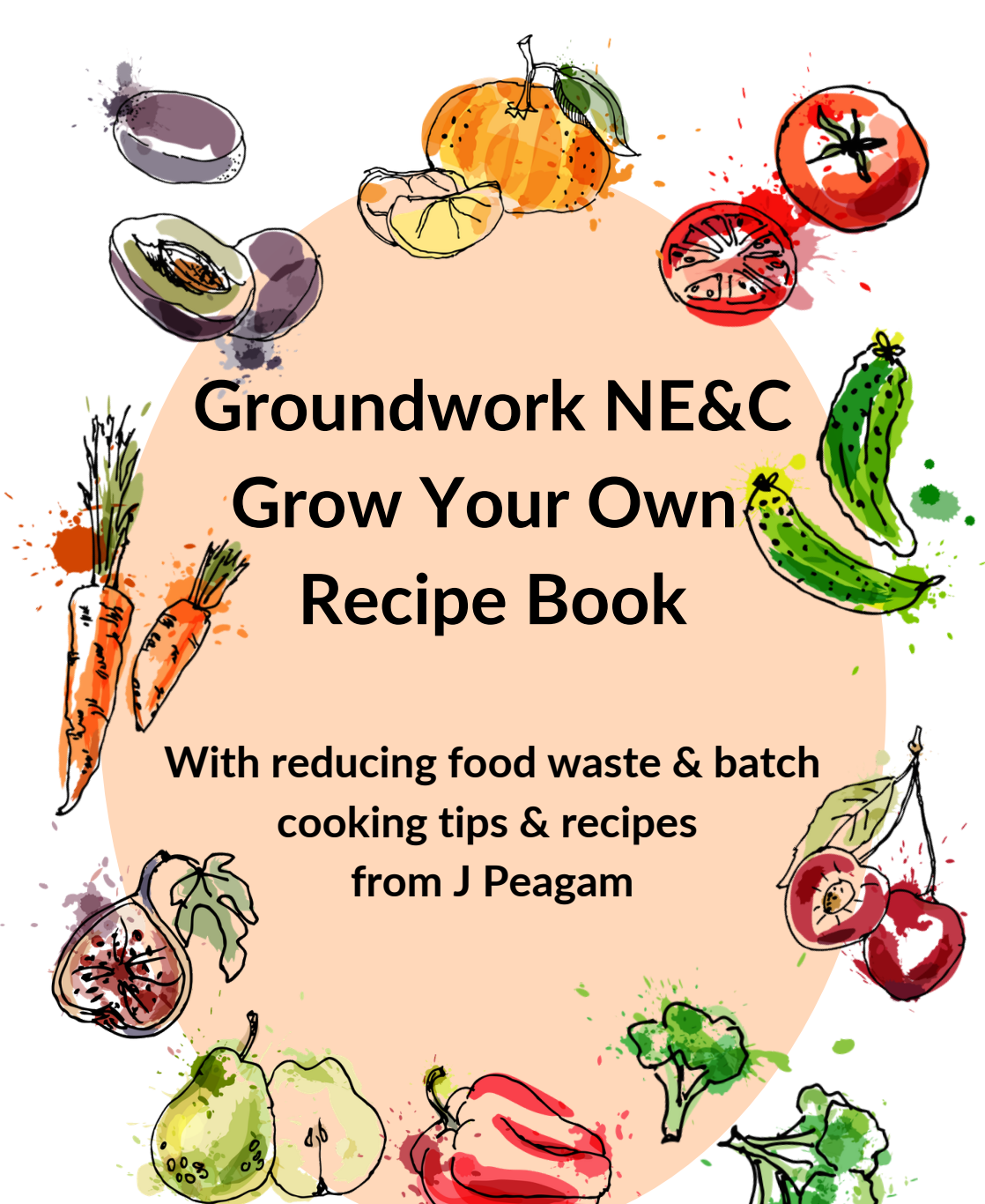




Groundwork NE&C Grow Your Own Recipe Book

With reducing food waste & batch
cooking tips & recipes
from J Peagam

In partnership with



Stockton-on-Tees
BOROUGH COUNCIL



GROUNDWORK NORTH EAST & CUMBRIA

Grow Your Own

Seasonal Veg, Fruit & Herbs

March, April, May

Vegetables:

Beetroot, carrots, cauliflower, cucumber, mushrooms, new potatoes, leeks, onions, parsnips, spinach, swede

Fruit:

Bananas, oranges, passion fruit, pineapple

Herbs:

Chives, coriander, parsley

June, July, August

Vegetables:

Broccoli, carrots, courgettes, cucumber, potatoes, lettuce, mange tout, onions, peas, radishes, runner beans, spinach, spring onions, turnip

Fruit:

Apricots, blueberries, cherries, gooseberries, raspberries, strawberries, tomatoes

Herbs:

Basil, Chives, coriander, elderflowers, parsley, rosemary, sage, tarragon

September, October, November

Vegetables:

Beetroot, broad beans, broccoli, carrots, celery, chillies, courgettes, cucumber, garlic, leeks, lettuces & salad leaves, mange tout, marrow, onions, parsnips, peas, potatoes, radishes, spinach, spring onions, swede, sweetcorn, turnips, squash.

Fruit:

Apricots, apples, bilberries, blackberries, blueberries, damsons, figs, grapes, pears, plums, raspberries, redcurrants, tomatoes

Herbs:

Basil, chestnuts, chives, coriander, mint, parsley, rosemary, thyme

December, January, February

Vegetables:

Beetroot, Brussel sprouts, carrots, cauliflower, celeriac, celery, leeks, onions, potatoes pumpkin, radishes, rocket, shallots, spinach, swede, turnips.

Fruit:

apples, clementine, cranberries, lemons, oranges, passion fruit, pears, pineapple, pomegranate, satsuma, tangerines

Herbs:

chives, coriander, mushrooms, parsley, sage.

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Batch Cooking to Reduce Food Waste

These recipes have been inspired from the packs received at local Bread & Butter Thing locations and Food Pantries and created by Janice Peagam.

Veg Bag – Typical produce are: Onions, carrots, peppers, courgette, tomatoes but any veg can be cooked to this recipe idea

For the most economical way to get the best from your collection, try to batch cook your veg and fruit, separate into bags or containers, use some and freeze the rest to be used later in the week. Use as in the suggested recipes listed.

Happy Cooking!

To Make a Batch Veg Base take all the and onions in the bag, together with peppers, whole head of garlic and some salt and pepper. Remember, you can use any of the veg in your pack, fridge, or vegetable rack - the key is to cook it all so it's not wasted.

- Heat oven to 180 degrees fan
- Dice the onions and peppers into 2cm pieces and place into a deep roasting tray
- Drizzle with oil
- Season with salt and pepper and turn it through the veg to coat it with the oil and seasoning
- Place in a pre-heated oven for 45 minutes
- When the veg is cooked take it out of the oven and let it cool, take the garlic out of its skin and stir into the mix
- Divide the mix into 4 portions to make into other meals and store in the fridge ready for use

Got bulk potatoes, as well as making chips, jackets, mash and roasties, you can cook them and portion it up for the freezer – even as mash.

Remember your mash can be used as a side dish or topping for cottage pie or woolton pie.

Also use for potato and leek boulangerie and leek and potato soup and potato curry.



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Batch Cooking to Reduce Food Waste

Alternative veg batch recipe:

To Make a Batch Veg Base take all the carrots and onions in the bag, together with a bunch of celery, two packs of cherry tomatoes and a whole head of garlic, salt and pepper and oil

Method:

- Heat oven to 180 degrees fan
- Dice the carrots, onions and celery into 2cm pieces and place into a deep roasting tray
- Add the cherry tomatoes and head of garlic unpeeled, drizzle with oil
- Season with salt and pepper and turn it through the veg to coat it with the oil and seasoning
- Place in a pre-heated oven for 45 minutes
- When the veg is cooked take it out of the oven and let it cool, take the garlic out of its skin and stir into the mix
- Divide the mix into 4 portions to make into other meals and store in the fridge ready for use

Note:

Both base mixes and all the vegetable dishes can be made in advance and re heated or frozen and either would work with all recipes. Don't be afraid to use up any leftover veg – it all works fantastic together to make great meals that are full of goodness!

Don't like it chunky? Dice it all smaller or even blend it – it makes a perfect smooth sauce for soups, gravy, curries, bolognaise and casseroles.

List of meals the **Batch Cook can be used:

- Lasagne
- Curry
- Bolognaise
- Bruschetta
- Risotto
- Peperonata Italian vegetable stew typically with red bell peppers, tomatoes, garlic
- Ratatouille French Provençal dish of stewed vegetables
- Frittata

**not all recipes are included, but if you'd like more email: tracy.roberts@groundwork.org.uk

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>> Veg Base Mix Lasagne

2 large plates or 4 smaller plates

Ingredients:

- Oil
- 2 cloves of garlic crushed
- Veg mix (as page
- 1 tin of tomatoes
- Lasagne sheets – fresh or dried
- Grated cheese

Method:

- Preheat your oven to 180 degrees fan
- Heat a drizzle of oil in a pan on a medium heat, add the crushed garlic
- Add the veg mix and then the tins of tomatoes
- Mix everything together
- Bring it to the boil and simmer it together for about 20 minutes.
- While mix is cooling, grease a dish to layer up your lasagne in
- Put a layer of veg mix on the base of your dish
- Sprinkle with grated cheese
- Top with lasagne sheets
- Repeat this process till you have used up all the veg mix and you have ended up with a final later of pasta sheets
- Top with a white sauce (see next page) sprinkled with grated cheese

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Grow Your Own White Sauce:

This can be shop bought usually in a jar or home made (see below)

Home Made All In One White Sauce

Ingredients:

- 50g butter or spread - cubed
- 500ml milk
- 50g plain flour
- Salt and pepper

Method:

- Put all your ingredients into a pan over a medium heat and stir continuously so that the sauce doesn't go lumpy until your sauce thickens
- Pour it over the lasagne
- Sprinkle with cheese
- Place the lasagne in the oven for about 40 minutes until cooked and golden brown on top. Serve with salad or garlic bread.



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Veg Base Mix Curry With Chickpeas – 2 large plates or 4 smaller plates

Ingredients:

- Oil
- 1 tablespoon curry powder
- Veg mix
- 1 tin tomatoes
- 1 tin chickpeas - drained
- Coconut milk
- 100g spinach
- Salt and Pepper

Method:

- Heat a drizzle of oil in a pan
- Add 1 tablespoon of curry powder and when it smells nice
- Add the veg mix
- Add the tin of coconut milk, tomatoes and chickpeas
- Mix everything together
- Add the spinach and let it wilt into the mixture
- Add the coriander & season to taste
- Stir everything together
- Bring to the boil and then simmer it all together for 20 minutes

Serve it with a sprinkling of chopped coriander, rice of your choice cooked to the packet instructions and naan bread

Swaps: This recipe can be made with or without the chickpeas, or you can swap them for lentils or any other type of beans. Swap coconut milk for chopped tomatoes. Works well with diced chicken too.



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Veg Base Mix Lentil Bolognaise With Pasta

2 large plates or 4 smaller plates



Ingredients:

- Oil
- Bay leaves
- Veg mix
- Tin lentils
- Stock cube or red wine
- Two tins tomatoes
- Tomato puree
- Grated cheese (optional)

Method:

- Heat a drizzle of oil in a pan on a medium heat
 - Add 2 bay leaves and when it starts to smell nice
 - Add the veg mix
 - Add a tin of lentils
 - Add 150ml of stock or red wine
 - Add two tins of tomatoes
 - Add a good squirt of tomato puree
 - Mix everything together
 - Bring to the boil and then simmer it all together for 20 minutes
- Serve with any pasta of your choice cooked to the packet instructions
- Sprinkle with grated cheese if you like that

Swaps: Not keen on lentils, swap it out for quorn.

This recipe can be swapped to meat version, just replace lentils with a mince of choice (turkey, beef, pork)

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Veg Mix Topped With Garlic Bread And Grated Cheese - Or Hot Veg Topped Bruschetta



Ingredients:

- Italian style herb such as basil, oregano, thyme or marjoram
- Veg mix
- Tin tomatoes
- Garlic Bread
- Grated Cheese
- Salad or vegetables

Method:

- Pre heat your oven to 180 degrees fan
- Heat a drizzle of oil in a pan on a medium heat
- Add a teaspoon of any Italian style herb such as basil, oregano, thyme or marjoram and when the herbs start to smell nice then
- Add the veg mix
- Add a tin of tomatoes
- Mix everything together
- Put it into an oven proof dish
- Slice the garlic bread into rounds
- Top with sliced garlic bread
- Sprinkle with grated cheese
- Heat in the oven for 20-30 minutes till heated through

Serve as it is or with a salad or vegetables of your choice. Alternatively, heat up all the vegetables as the recipe and top on warmed slices of baguettes or garlic bread slices (cook to package instructions)



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>> Grow Your Own

Fruit Crumble

What you need?

- 2 cooking apples, peeled, cored and diced
- 2 ripe pears, peeled, cored and diced
- 250g plums, halved, stoned and chopped
- (any fruit can be used)
- 50g light brown sugar (castor will do)
- 1 tsp ground cinnamon
- For the crumble topping:
- 85g cool butter, diced
- 100g plain flour
- 75g oats
- 75g demerara/brown sugar (again granulated or castor will do the same job)



Method

1. Preheat the oven to 190°C (gas 5). Combine the fruits in a 2 litre ovenproof dish. Sprinkle with the sugar and 1/2 tsp of the ground cinnamon. Spoon over 3 tbsp of water, then level the fruit. (For individual crumbles, divide the fruit among six large ramekin dishes on a baking sheet.)

2. Crumble topping, rub the butter into the flour using your fingertips until the mixture is crumbly. Stir in the sugar, oats and the remaining cinnamon.

3. Sprinkle the mixture evenly over the fruit – don't press it down. Bake in the oven for 50 minutes until the crumble is nice and golden and the fruit juices have started to bubble up around the edges. (Bake individual crumbles for 25–30 minutes.) Serve warm.

*This basic crumble mixture can top any fruit filling such as rhubarb with strawberries, gooseberries, or apples with blackberries.

*Demerara sugar in the crumble gives a lovely crunchiness. You could add 50g flaked almonds to the topping or replace 50g of the flour with porridge oats.

*Serve with cream, custard, vanilla ice-cream or Greek yoghurt.

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= Conversions =

Dry Ingredients

OZ	TABLESPOONS	CUPS	GRAMS	POUNDS
.5 OZ	1 TBSP	1/16 C	15 G	
1 OZ	2 TBSP	1/8 C	28 G	
2 OZ	4 TBSP	1/4 C	57 G	
3 OZ	5 TBSP	1/3 C	85 G	
4 OZ	8 TBSP	1/2 C	115 G	1/4 LB
8 OZ	16 TBSP	1 C	227 G	1/2 LB
12 OZ	24 TBSP	1 1/2 C	340 G	3/4 LB
16 OZ	32 TBSP	2 C	455 G	1 LB
64 OZ		8 C		

Oven Temperature

GAS	F	C
1	275°	140°
2	300°	150°
3	325°	165°
4	350°	180°
5	375°	190°
6	400°	200°
7	425°	220°
9	450°	230°
10	475°	240°

Liquid Ingredients

METRIC	QUARTS	PINTS	CUPS	TABLESPOONS	TEASPOONS	FLUID OZ
1 ML					1/5 TSP	
5 ML					1 TSP	
15 ML				1 TBSP	3 TSP	
30 ML			1/8 C	2 TBSP	6 TSP	1 FL OZ
50 ML			1/5 C	3.2 TBSP	9 1/2 TSP	
			1/4 C	4 TBSP	12 TSP	2 FL OZ
			1/3 C	5 TBSP	16 TSP	2 2/3 FL OZ
			1/2 C	8 TBSP	24 TSP	4 FL OZ
			2/3 C	11 TBSP	32 TSP	5 1/3 FL OZ
			3/4 C	12 TBSP		6 FL OZ
240 ML	1/4 QT	1/2 PT	1 C	16 TBSP		8 FL OZ
480 ML	1/2 QT	1 PT	2 C	32 TBSP		16 FL OZ
.95	1 QT	2 PT	4 C			32 FL OZ
1 L			4 1/4 C			
3.8 L	4 QT	8 PT	16 C			128 FL OZ

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Conversions

 1 GALLON 4 QUARTS 8 PINTS 16 CUPS 128 OUNCES 3.8 LITERS	 1 QUART 2 PINTS 4 CUPS 32 OUNCES .95 LITERS	 1 PINT 2 CUPS 16 OUNCES 480 ML 455 GRAMS 1 LB	 1 CUP 16 TBSP 8 OUNCES 240 ML 227 GRAMS 1/2 LB	 1/2 CUP 8 TBSP 4 OUNCES 118 ML 115 GRAMS 1/4 LB
 5 TBSP 1/3 CUP 16 TSP 3 OUNCES 85 GRAMS 74 ML	 4 TBSP 1/4 CUP 12 TSP 2 OUNCES 57 GRAMS 60 ML	 2 TBSP 1/8 CUP 6 TSP 1 OUNCE 28 GRAMS 30 ML	 1 TBSP 1/16 CUP 3 TSP .5 OUNCE 15 GRAMS 15 ML	 1 TSP 5 ML

notes

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