



UCD Health Promotion Committee

The UCD Student Cookbook 2012



The Young Person's 5-a-day Guide to Mental Health & Resilience

1. Accept

- Accept yourself
- Find ways to develop your self-esteem
- Accept positive feedback from others
- Don't be hard on yourself
- Do things that make you feel good about yourself

2. Connect

- Stay connected with your family and friends
- Connect with places in your community where you feel valued & accepted
- Make sure you have one adult in your life who you trust and can turn to for support
- Join groups where you can meet like-minded people who share your interests
- Reach out for help if you need it

3. Contribute

- Get involved with something you care about
- Find ways to help people in your life
- Find ways to use your talents
- Offer support to others

4. Be Healthy

- Eat well by making healthy food choices
- Get active; do at least 30 minutes of physical activity every day
- Sleep well; aim for 7-8 hours unbroken sleep a night
- Look after yourself
- Take time out and learn ways to relax

5. Be Aware of your Thoughts

- Be aware of your thoughts
- Notice how your thoughts affect how you feel
- Don't treat your thoughts as though they are facts
- Find ways to balance critical and negative thoughts with more helpful ways of thinking
- Keep an open mind



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Introduction

UCD Health Promotion Committee under the chairmanship of Vice President for Students, Dr Martin Butler, promoted the 6th Healthy Cooking Competition last academic year. Contestants were asked to submit recipes for nutritious tasty well balanced and economical dishes - quite a challenge!

The competition was launched in January 2012 when Cooks Academy demonstrated a variety of nutritious economical dishes suitable for a student budget.

Many thanks to Dr Eileen Gibney who has from the beginning of this initiative given us the benefit of her expertise when shortlisting the competition entries for the final. This year we were very excited when the student representative on the committee made a successful application to THINKBIG, an initiative jointly established by Headstrong (an organization dedicated to the mental health of young people) and O2 as part of the latter's corporate social responsibility programme. This award was used to finance the final cookup and prizes. The event was very well attended and there was a record participation in our annual food quiz also run on the day!

The recipes in this cookbook include those chosen for the final, some gems from previous years and contributions from Cooks Academy as well as a few contributions from staff!

They all comply with the competition guidelines of being nutritious, with readily available ingredients which can be cooked using minimal equipment. This edition also includes some tips for healthy eating, a basic cooking equipment list as well as an advice sheet (see opposite page) from Headstrong for a healthy lifestyle.

The generous sponsorship of this publication by UCD Commercial Office is much appreciated.

The image shows two handwritten signatures in black ink. The signature on the left is 'Ros McFeely' and the signature on the right is 'Kathleen Kiely'.

Ros McFeely & Kathleen Kiely
Student Advisers

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A-Z of Culinary Terms

These are some of the editor's favourites, compiled when browsing "Food of the Western World" by Theodora Fitzgibbon who was the Irish Times Cookery Editor for many years, probably before most of you were born! Her recipes still stand the test of time.

A la carte: A menu term signifying that each item is priced separately.

Baste: To spoon either hot fat or other liquid over roasts to keep them moist during cooking.

Cacciatore: Italian for "hunter," refers to food prepared "hunter-style," with mushrooms, onions, tomatoes, various herbs and sometimes wine. Chicken cacciatore is the most popular dish prepared in this style.

Deglaze: after food (usually meat) has been sautéed and the food and excess fat removed from the pan, deglazing is done by heating a small amount of liquid in the pan and stirring to loosen browned bits of food on the bottom. The liquid used is most often wine or stock. The resultant mixture often becomes a base for a sauce to accompany the food cooked in the pan.

Entrée: in America, the term "entrée" refers to the main course of a meal. In parts of Europe, it refers to the dish served between the fish and meat courses during formal dinners.

Filletted: means boned and usually refers to fish which has had its bones removed.

Garam Masala: is the Indian name for a mixture of freshly ground spices usually including cardamom, cloves, cinnamon, coriander, cumin, mace, ginger, turmeric and black pepper.

Hake: is a sea fish of the cod family and can be cooked like cod.

Indian Rice: refers to rice grown in India, the two main types of which are Basmati and Patna.

Jajecznica: scrambled egg in Poland is a breakfast dish usually served garnished with chopped chives

Katalu: a Turkish dish consisting of aubergine and green pepper cubed, tomatoes cut in quarters, sliced green beans and okra (also called ladies' fingers); all these ingredients are simmered in oil with garlic and chopped parsley.

Latte: Italian for milk and so our milky coffee gets its name!

Marinade: is a highly seasoned liquid in which meat, fish and game is allowed to sit for several hours and which has the effect of flavoring and tenderising it.

Nuts: are edible kernels enclosed in a hard shell. Nuts are very nutritious and many can be eaten raw. Some such as walnuts, almonds and peanuts produce oils that have distinctive flavours.

Oregano: or French Marjoram is a Mediterranean aromatic herb used extensively in soups, stews and sauces. It was traditionally recommended as a tea to treat chest infections.

Parsley: is used as a garnish () for fish, eggs, meat and vegetables. It is also used as flavouring in soups and sauces. Traditionally it was used as a tea to alleviate the symptoms of indigestion and rheumatism.

Quinnat Salmon: did you know that when you eat tinned salmon, it is likely to be Quinnat as this is a common variety of Pacific salmon.

Ragù: is the correct term for Bolognese Sauce. 250g of minced beef is browned with 125g chicken livers (optional), 1 finely chopped onion and garlic to which is added 1 finely chopped carrot, 1 celery stalk, 2 slices of bacon or ham, 1 tbsp tomato purée, pinch nutmeg, 1 cup of stock, ½ cup of white wine and seasonings (oregano, salt and pepper). This is brought to the boil and simmered until it is thick and creamy.

Sauté: To cook food quickly in a small amount of oil in a skillet or sauté pan over direct heat.

Tortilla: is a thin pancake-like wafer made from Masa which is a cornmeal and is used in Mexico in place of bread. A Tortilla when first made is known as a blandita. When it is stale it is fried in a little oil and it becomes a tostada; and when it is fried with a filling it becomes a taco!

Uva: is the Italian for grape. Uva di corinto is a currant (currants are small seedless grapes that came originally from Corinth); Uva passa is a raisin (Raisins are sundried grapes); Uva sultane is a sultana (sultanas are white seedless grapes).

Vanilla: is a member of the orchid family, the pods of which are long and sheath like thus giving its name (Vainilla is a Spanish word meaning little sheath). Vanilla essence is used as flavouring in baking. Much of the so called vanilla essence nowadays is not extracted from the vanilla pods but from vanilline, a synthetic product.

Waldorf salad: consists of peeled, cored, diced apple mixed with equal amounts of celery; to this mix add mayonnaise and pecan or walnuts.

Xouba: a small Spanish fish similar in size and taste to a sardine. Good on the BBQ.

Yogourt: milk to which *Lactobacillus bulgaricus* has been added, which thickens the milk to a creamy curd which we now call yogurt. The Turks and Greeks claim themselves as the originators of yogurt but Prof Massal having isolated the bacterium in his laboratory in Geneva about 1870 and having passed on his technique to Prof Mechnikov in Russia can probably take the credit for its widespread popularity.

Zwetsch: is a fruit of the plum family grown in Germany mainly for drying into prunes.



Nutritional & Lifestyle Advice



Nutrition

Your body needs a wide variety of vitamins and minerals to keep you healthy. Fish is a great source of these essential nutrients; it is naturally low in saturated fat, rich in easy-to-digest protein and packed with many of the essential vitamins and minerals necessary for good health. Omega-3 fats help to reduce your risk of heart disease and help to keep your brain healthy into old age. Vitamin D helps you to absorb the calcium from your food so it's good for your bones, and the low-fat protein found in fish means you can help to keep cholesterol levels healthy. So when you add fish to your diet, you're taking care of more than your looks! By eating fish you get protein, iodine, zinc, selenium, and vitamins B, A and D as well as the all-important omega-3.

A good night's sleep!

All the nutrition in the world will be useless without giving your body enough rest to allow the nutrients to do their work. When you sleep your body gets busy repairing and rebuilding, so aim to be in bed by 10pm a few nights a week.

Glass of milk could accompany any dish for extra calcium.

Healthy exchanges are possible. For instance replace white toast, sausage and fried egg with the healthier option of brown toast, poached egg and grilled bacon.

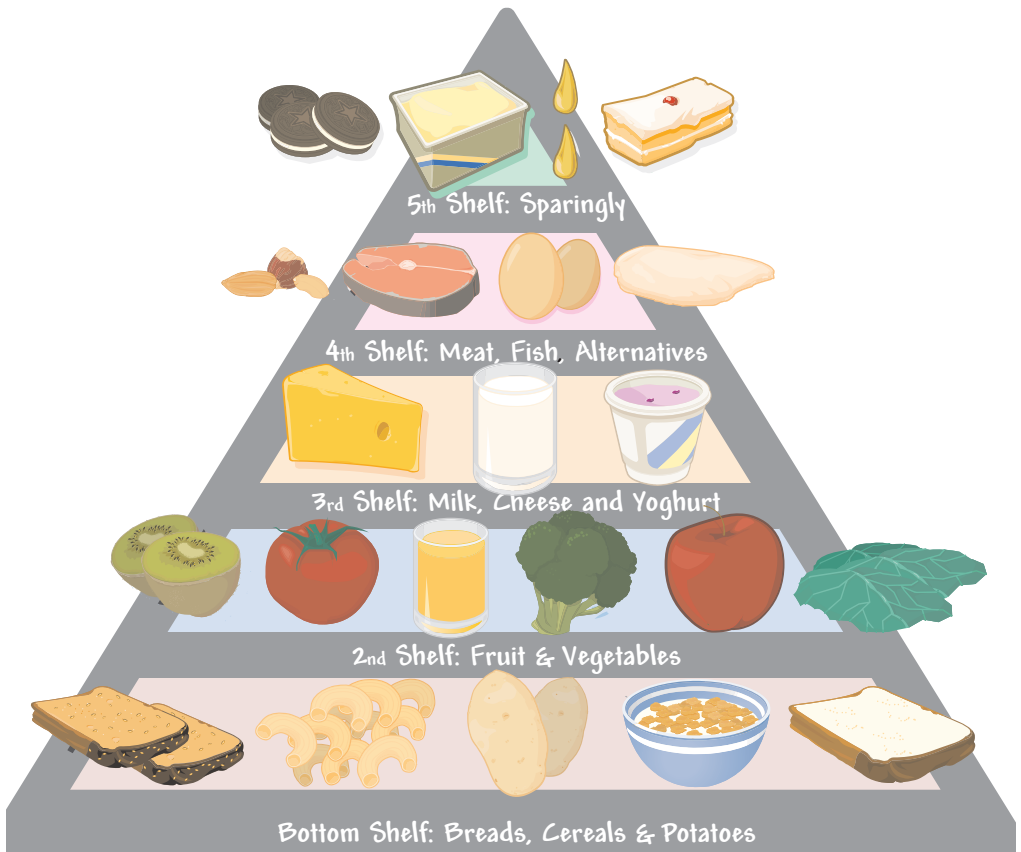
Food Pyramid

The Food Pyramid balances foods in the amounts needed to ensure you are eating sufficiently for the lifestyle you are leading. The more active you are, the higher your energy needs will be. Energy should come from the breads, cereals and potatoes shelf and from the fruit and vegetable shelf i.e. the two bottom shelves of the pyramid.

Fats, biscuits, cakes, confectionary and high fat food snacks can be enjoyed as part of a healthy eating plan, but in limited amounts.

Foods that contain similar nourishment are grouped together and can be interchanged. This allows you flexibility of choice, and provides the variety you need for good health. Variety is the spice of life!

Food Pyramid



If you are wondering what foods to eat and what to avoid, the Food Pyramid gives you a guideline as it balances foods in the amounts needed to ensure you are eating sufficiently for the lifestyle you are leading. The more active you are, the higher your energy needs will be. Energy should come from the breads, cereals and potatoes shelf and from the fruit and vegetable shelf i.e. the two bottom shelves of the pyramid. Fats, biscuits, cakes, confectionary and high fat food snacks can be enjoyed as part of a healthy eating plan, but in limited amounts. Foods that contain similar nourishment are grouped together and can be interchanged. This allows you flexibility of choice, and provides the variety you need for good health. Variety is the spice of life!

Suggested amounts to eat from each shelf

BOTTOM SHELF

Breads, cereals and potatoes

Choose at least 6 or more of the following each day:

- 1 bowl of breakfast cereal *or*
- 1 slice of bread *or*
- 3 dessertspoons cooked pasta/rice *or*
- 1 medium potato - boiled or baked

Note: If physical activity is high, up to 12 servings may be necessary

2ND SHELF

Fruit and vegetables

Choose at least 5 or more of the following each day:

- 1/2 a glass of fruit juice *or*
- 3 dessertspoons of cooked vegetables or salad *or*
- Bowl of homemade vegetable soup *or*
- 1 medium sized fresh fruit *or*

3 dessertspoons cooked fruit *or* tinned fruit (preferably in own juice)

3RD SHELF

Milk, cheese and yoghurt

Choose any 3 each day:

- 1/3 of a pint of milk *or*
- 1 carton of yoghurt *or*
- 1 oz Cheddar/Edam/Blarney cheese

Note: Choose low fat choices frequently

4TH SHELF

Meat, Fish and alternatives

Choose any 2 of the following each day:

- 2oz cooked lean meat or poultry *or*
- 3oz cooked fish *or*
- 2 eggs (not more than 7 per week) *or*
- 9 dessertspoons cooked peas/beans *or*
- 2oz Cheddar type cheese (preferably low fat) *or*
- 3oz nuts (not suitable for young children)

5TH SHELF

To be used very sparingly

- **Oils and fats**
Use about 1oz low fat spread/low fat butter *or* 1/2oz margarine *or* butter each day. Use oils sparingly.
- **Sugars, confectionary, cakes, biscuits and high fat snack foods**
If you drink or eat snacks containing sugar, limit the number of times you take them throughout the day. Eat high fat snacks in only small amounts, and not too frequently. Choose lower fat, sugar free alternatives.
- **Alcohol**
In moderation, preferably with meals and have some alcohol free days.







Basic Equipment for Student Cooking

The table below contains suggestions for equipment that will make your cooking easier and more enjoyable. In addition, if you have the cash (approx €30) or can persuade your fellow students to share, invest in an electric hand-held blender. It is terrific for blending soups and sauces. A small food processor will also help you speed up many preparation jobs.





Cooking Utensils



large & small non-stick frying pans	cutting board
wire whisk	1 cooking spoon
2 Medium sized pots	garlic press
vegetable peeler	1 can opener
1 large pot for cooking pasta/rice	salad spinner
measuring cups/ spoons	1 sharp cutting knife
2 spatulas	mixing bowls



Dry



Basil
Oregano
Black pepper (Ground)
Paprika
Chili powder
Peppercorns
Cloves
Rosemary
Coriander
Sage
Cumin
Salt
Curry powder
Tarragon
Dill
Thyme
Pasta shapes
Rice

Handy ingredients to have in your kitchen cupboard

Fresh/tinned
Basil
Garlic
Parsley
Ginger
Tomato paste
Tins of tomatoes
Tins of chickpeas
Kidney beans
Rice noodles



Smart Foods

According to the Irish Nutrition and Dietetic Institute (INDI), some of the smartest things that students can do in the run up to exams is to eat healthily and incorporate some moderate exercise and fresh air into their daily routine; all of these routines will lead to a more focused mind and make it easier to study properly.



Breakfast

Eat a good breakfast if you want to ensure that your brain is sufficiently energised to absorb all the new material you are being given. Your brain uses up to 20% of your total daily energy requirement so you must feed it with suitable foods - high fibre cereals will give your body a steady slow release of glucose. Slow release foods at breakfast include:

- Wholegrain cereal like weetabix with milk and fresh orange juice
- Bowl of porridge with sultanas
- Wholemeal bread toasted with chopped banana
- Smoothies are an option on days when you may feel too nervous to eat.

Snacks

Regular snacks are very useful especially around exam time which can be scheduled right throughout the day. Snacking on healthy foods will ensure a steady stream of glucose necessary to ensure that the brain can function properly. INDI recommend the following healthy snack options:

- Fresh fruit (apple, strawberries, kiwi) or veg (carrot, celery, pepper)
- Popcorn
- Fruit /Wholemeal scone
- Dried fruit /nuts
- Fruit Brack
- Wholegrain cereal bars

What to drink?

INDI recommends drinking approx 1.5 lts of non-caffeine drinks/day (eg. fruit juices, herbal tea and of course water) in order to keep well hydrated. If you drink fruit juices, Nutritionist Natalie Savona recommends diluting them by half with water to reduce the high sugar content.

While some studies indicate that the equivalent of one cup of coffee can make us more alert, excess caffeine can lead to loss of concentration and add to anxiety levels so avoid using caffeinated drinks as they are likely to have the opposite affect to the one you want!



Lunch

A good lunch is always recommended but particularly around exam time - It's very difficult to concentrate on the exam question with a rumbling tummy! On the other hand a sausages and chip lunch while it might be very tasty at the time will leave you feeling very sluggish for the afternoon as fat is very hard to digest particularly if you're nervous. Avoid the quick fix sugary bun too as that will upset your blood sugar levels - not the best way to study or take an exam!

INDI recommends :

- Bowl vegetable soup and wholemeal scone/bread
- Wholemeal chicken/ham/egg/cheese Sandwich
- Chicken/tuna Wrap
- Prepared tuna/pasta salad
- Smoothies

Beyondbakedbeans.org has a great selection of lunch recipes a few of which we have reproduced in this cookbook.

Alcohol

Excessive indulgence in alcohol has consequences for your health and academic performance. Check out the Headstrong publication 'Get the Lowdown on alcohol & Drugs' by visiting www.headstrong.ie and going to the 'General Interest' section in 'Resources'.



The UCD e-Pub is an interactive web survey that allows UCD students to enter information about their drinking patterns and receive feedback about their use of alcohol. Check your alcohol intake compared to other Irish students by logging on to www.ucd.ie/studentadvisers and click on the ePub icon.

General advice

INDI's expert advice is applicable at any time but especially around exam time:

- Don't skip meals especially breakfast.
- Avoid any kind of weight loss diets during exam time as many of these are lacking in essential nutrients and can cause you to lack concentration.
- As many students leave home quite a while before an exam be sure and take a healthy snack with you to eat either during or before the exam.
- Avoid caffeine drinks especially in the evening - try herbal/green tea instead as this will help you sleep better - another essential for successful exams.
- Get some form of exercise every day for example a brisk 30 min walk etc which will help you to relax and concentrate better.

Amanda Wynne of the British Dietetic Association adds that students especially females should boost their iron intake. Red meat is ideal (mince works just as well as more expensive cuts) but if you're a vegetarian, add nuts, pulses and leafy green veg such as broccoli to your diet to boost iron levels.

It is recommended that you include oily fish such as tuna, mackerel and sardines in your diet as they can help to stabilise your mood and combat depression.

Evening meal and a good night's sleep

A light protein-based meal is best for your dinner in the evening - use lean chicken or fish and plenty of vegetables.

Share your meal and the cooking with someone - have a chat and relax. A small snack before bed of a banana and a few nuts, a slice of hot-buttered wholemeal toast or wholemeal crackers can stop you waking with nighttime hunger pangs.

Some people find a warm milky drink comforting and it helps them get to sleep, but a camomile-based tea has a very calming effect too. Coffee - and other caffeine based drinks - should be avoided at this stage of the day so as to promote relaxation rather than excessive stimulation. And leave at least an hour between finishing work and going to bed to allow your body to wind down. Have a bath, dim the lights, listen to some favourite music and try to relax.



Some Budget Tips!

Always **make a list** before going shopping. That way you are less likely to impulse shop.

Budget: Work out how much you're going to spend on food each week and then stick to the budget. There is no sense in T-bone steaks for dinner in September and sliced pan by Christmas! Processed food and takeaways are expensive. You can dine in style if you buy fresh ingredients and cook yourself.

Compare prices: Remember to shop around. You may find the shop nearest to you is charging you for the pleasure of being close by. A short walk away may result in substantial savings. So know what to shop for and where. Sharing the cooking will also result in savings and it's much more sociable to prepare, cook and eat together!

Don't forget those **carbon footprints**. If you can buy local produce in season you will be doing yourself and the environment a favour!

Economise - cook in batches. It's much more economical to cook a larger quantity but you don't have to eat the same thing every day! After cooking, cool the food quickly (within one to two hours), then freeze in serving-sized portions. Make sure you reheat the food until it's piping hot all the way through.

Food goes off so cut down your waste by **using up what you buy** and freeze what you don't need.

Food Safety Please take it seriously



Hand washing before cooking

Do get into the habit of washing your hands before you start to cook. If you are entertaining some friends they won't be impressed by your efforts to poison them if they are ill after your cooking.

Crimes against hygiene

Some people think that having piles of dirty dishes in the sink and eating foods of dubious safety is an essential part of the student experience. But if you don't think a bout of food poisoning is going to enhance the semester, here are a few of the safety corners you can't afford to cut.

Leftover takeaways

If you really want to, there's nothing wrong with eating a bit of leftover pizza or curry for breakfast, as long as it's been kept in the fridge. But you mustn't eat it if it's been left out at room temperature overnight. In the right conditions, one bacterium could multiply to thousands of millions in twelve hours. Remember to cool leftovers within one to two hours and then put them in the fridge. If you reheat them, make sure they are piping hot all the way through.

'Use by' dates

'Use by' means exactly that.

There really isn't any leeway - once the 'Use by' date has been and gone, you just can't be sure the food is safe to eat. If you chance it, it could make you ill. 'Best before' dates are used on less perishable foods. Once this date has passed the food might not have such a good taste or texture, but it's unlikely to make you ill.

Mouldy food

Once you spot some furry growth on food, don't be tempted to cut that bit off and eat what's left. Moulds and other fungi produce invisible toxins, which can penetrate the rest of the food and make you ill. So, if a food has gone mouldy it's safest to bin it.

Food on the floor

Floors aren't clean, so any food that is dropped on the floor - even if it makes contact for just a fraction of a second - could be covered in dirt and bacteria when you pick it up. So, if your toast lands buttered side down it belongs in the bin!



Recipes

Weights, Measures, Abbreviations and other terms...

Tablespoon (Tbbs)	Litre (l)
Teaspoon (Tsp)	Pint (Pt) Ounce (oz)
Millilitre (ml)	pound (Lb)

100g = 3.5 ounces(oz)

500 grams = 110 Lbs

1 kilogram = 2.205 pounds

= 35 ounces

5 ml = 1 teaspoon

15 ml = 1 tablespoon

100 ml = 3.4 fluid oz

240 ml = 1 cup

1 litre = 34 fluid oz

= 42 cups

= 21 pints

1 fluid oz = 30 ml

20 fluid oz = 1 pint

1 cup = 237 ml

2 cups = 1 pint = 473 ml

Fishy

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Vegetable

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Meat

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Potato Gnocchi with Tomato & Basil Sauce

Vegetarian

Ingredients

2 baking potatoes
1tsp Sugar
240g pasta flour
1tsp White wine vinegar
2 eggs
500g cherry tomatoes
1tsp Coriander (seeds)
Fresh Basil
1 onion
2 tbsp Creme Fraiche
3 cloves garlic
Grated parmesan cheese
1 tbsp tomato paste
olive oil for cooking

Instructions for Cooking

1. Cut potatoes in half and boil in salted water until cooked through-25-30 minutes.
2. Meantime dice the onion and finely dice garlic clove and sweat for 5-10 minutes with the coriander seeds in a small amount of olive oil.
3. Add the tomato paste, sugar and wine vinegar and cook until sugar has dissolved.
4. Add the tomatoes and cook for 10-15 minutes until the they have broken down.
5. Blend with a hand blender.
6. Add crème fraiche and finely diced basil.
7. When potatoes are cooked, peel and mash them. Leave to cool slightly and then add the flour and eggs. Shape into sausages and cut into 2/3 inch pieces. Drop them into boiling water until the gnocchi rise to the surface of the water.
8. Remove them and add to the tomato sauce and heat through.
9. Serve with grated parmesan.

Chorizo & chickpea Pasta



Ingredients

1 400g can of drained chickpeas
300g of organic whole-wheat fusilli pasta
1 can of finely chopped tomatoes
1 packet of chorizo slices
1 teaspoon of dried cumin
1 teaspoon of dried coriander
Freshly chopped coriander

Instructions for Cooking

1. Bring some water to a boil over a medium heat. Add the pasta and cook for about 10 minutes or as the package directs.
2. Warm a fairly wide, heavy-based saucepan over a medium heat. Add the chorizo slices and stir with a wooden spoon for 1 to 3 minutes.
3. Stir in the tomatoes and add a tomato can of water.
4. Add the dried cumin, dried coriander and the drained chickpeas. Leave it to bubble away, firmly but gently, while the pasta finishes cooking. Once the pasta is cooked, drain it and add it into the sauce and stir.
5. Sprinkle over the freshly chopped coriander and serve.

Note: You can add more vegetables if desired such as sweetcorn, thereby increasing the taste and nutritional content of the dish. If you are vegetarian, then leave out the chorizo for a tasty vegetarian dish!



Ginger scallion Chicken fried rice

Serves 2

Ingredients

4 chicken breasts
Piece of fresh ginger
1 bundle scallions
1 carrot
salt and pepper
vegetable oil
rice (approx 100g per person)

Instructions for Cooking

1. Cut ginger, scallion, carrots and onion into any shape.
2. Boil rice until nearly cooked
3. Heat vegetable oil into pan, then put in onion, ginger and scallion.
4. After they are caramelised, add in chicken breast.
5. Stir fry until the chicken is brown, add a little water, followed by the rice.
6. Season with salt and pepper.
7. Serve.

Hearty Split-pea Stew with Quinoa



Ingredients

- | | |
|--|--|
| 2 tbsp olive oil (or rapeseed oil) | 1 tsp of turmeric powder |
| 1 large sweet potato, chopped | 1 onion, chopped |
| 3 large carrots, chopped | 1 small red jalapeno pepper, chopped |
| 1 apple, peeled, cored and chopped | 2 cups of water |
| 1/3 cup of split peas | 6 large kale leaves, thinly sliced |
| 1/2 tsp of minced fresh ginger | 1/4 cup chopped fresh cilantro (coriander) |
| 1/2 tsp of salt | 2 cups of quinoa |
| 1/4 tsp of freshly ground black pepper | 4 cups of water (for quinoa) |
| 1/2 tsp of cumin seeds | |

Instructions for Cooking

1. In a large pot, heat oil over medium heat. Add onion and sauté until translucent, for about 5 minutes. Add ginger, all spices, and jalapeno. Cook, stirring for 1 minute.
2. Add the chopped sweet potatoes, carrots and apples into the pot. Stir and cook for about 2 minutes.
3. Stir in 2 cups of water and split peas. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer for 25 minutes.
4. Stir in kale, salt and pepper. Continue cooking until lentils are tender and kale is cooked, about 45 minutes in total.
5. Just before serving, stir in cilantro.
6. Serve with brown rice or cooked quinoa.

Instructions for Quinoa

1. Rinse quinoa thoroughly with cool water and drain.
2. Add quinoa and 4 cups of water into a pot.
3. Bring to a boil, cover and simmer over low heat for about 15 minutes, until all liquid is absorbed.
4. Remove pot from heat, and let quinoa stand for 5 minutes.



Butternut Squash & Chickpea Curry

Ingredients

1 Butternut squash
Bunch of fresh coriander
1 onion
Turmeric, 2 tsp
1 tin chickpeas
Dried coriander, 2 tsp
1 tin low-fat coconut milk
Cardamom pods, 6

1 small red hot chilli
Mustard seed, 1 tbsp
4 cloves garlic
Dried lemongrass (optional)
1 vegetable stock cube
Olive oil, 2 tbsp
Thumb-sized piece of fresh ginger
Basmati Rice

Instructions for Cooking

1. First cut the butternut squash into bite-sized chunks, removing the rind.
2. Chop the onion and fry in a little olive oil in a large pot. Finely chop the ginger, garlic and chilli, or blend in a food processor. Stir this mixture into the softened (but not browned) onions and add the turmeric and dried coriander (with a little more oil if necessary).
3. Crush the cardamom pods with the flat blade of a knife and add to curry, along with the dried lemongrass.
4. Make up the vegetable stock according to directions and add 350ml to the pan, along with the chopped butternut squash and the drained chickpeas, and stir well. Bring to the boil and then reduce heat and allow to simmer until the pumpkin is gently cooked but not falling apart.
5. Chop the fresh coriander and stir into the pot, along with the coconut milk.
6. Put a little oil in a small frying pan and heat the mustard seeds until they start to pop (put a lid on the pan!) and then add to the dish.
7. Cook the rice and serve with the curry.

Smoked Haddock, Spinach & Pea Risotto

serves 4

Ingredients

250g risotto rice

750ml stock

2-3 cloves garlic, crushed or finely chopped

1 onion, sliced

400g white smoked fish (haddock/cod/coley etc) in pieces

150g spinach, wilted and roughly chopped

100-150g frozen peas

Lemon juice and sprinkle of parsley to serve



Instructions for Cooking

1. In a large pan or saucepan, sauté onion and garlic in a little olive oil.
2. Add the rice and stock and season with a little black pepper.
3. Simmer for 10-15 minutes.
4. Add the fish and continue to simmer for a further 10 minutes (Alternatively the fish can be poached beforehand, then broken up into chunks and added to the cooked rice and vegetables).
5. Stir in the spinach and peas and bring to a simmer once again to heat through.
6. Mix through and season to taste.
7. Serve with a wedge and sprinkle of lemon.



Breakfast Smoothie with Low Fat Yoghurt

serves 2 smoothies

Ingredients

500ml low fat glenisk yoghurt
250g pitted dates
1/2 tsp vanilla extract
2 cups of ice cubes
2 tbsps of jumbo oatflakes

Instructions for Cooking

1. Dry fry the jumbo oat flakes on a non stick frying pan for 5 minutes until golden. Keep shaking to make sure flakes get evenly toasted and don't burn. Leave aside to cool.

Alternatively....

2. The jumbo oat flakes can be dry roasted on a baking tray in an oven at 180°C for 20 minutes. Leave aside to cool.
3. Purée the yoghurt, dates and vanilla in a blender until smooth.
4. Then add the ice cubes to the blender and purée until mixture is thick and smooth.
5. Divide mixture between 2 tall glasses and sprinkle with the toasted oatflakes. Additional oatflakes can be added to the body of the smoothie to make it really nutritious.
6. Serve immediately.

Carrot & Coriander Soup

Serves 4

Ingredients

675g carrots, peeled and sliced
1 onion, finely chopped
15g butter
1 bay leaf
860ml - 1 litre white stock or water
salt and freshly ground black pepper
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh coriander
4 tablespoons double cream

Instructions for Cooking

1. Put the carrots and onion into a large, heavy saucepan with the butter. Sweat for 10 minutes or until beginning to soften. Add bay leaf, stock, salt and pepper. Bring to the boil, then simmer as gently as possible for 25 minutes. Remove the bay leaf.
2. Liquidise the soup with parsley and coriander in a food processor or blender and push through a sieve into a clean saucepan. Check the consistency. If a little thin, reduce by rapid boiling. If a little thick, add extra water.
3. Add the cream and season to taste with salt and pepper.





Chargrilled Mackerel with Kachumba

Serves 4

Ingredients

4 Mackerel, gutted and cleaned
2 tbsp olive oil
1 lemon, cut into wedges to serve

Ideal equipment:

Metal Fish Griller and BBQ

Kachumba ingredients

1 apple, cored and chopped
1 tbsp lemon juice
4 tomatoes, roughly chopped
cucumber, deseeded and roughly chopped
1 red onion, roughly chopped
salt and freshly cracked black pepper

Instructions for Cooking

1. To make the kachumba, toss the apple in lemon juice and add in the tomatoes, cucumber and red onion. Coat in olive oil and season to taste.
2. Brush the mackerel with oil and season with salt and pepper.
3. Heat the barbecue until it is very hot. Place the whole fish in a fish grill and grill for 5-10 mins on each side on the bbq.
4. Serve with a spoonful of kachumba and a wedge of lemon on the side.

Note: Kachumba is really good with curry. It also goes well with grilled fish.

Turkey Picatta

Serves 6

Ingredients

600gm Turkey Breast (or chicken Breast)
4 eggs
250gm grated parmesan cheese
200gm plain flour
100gm chopped flat leaf parsley
100ml sunflower oil
Salt and pepper

Instructions for Cooking

1. Lightly beat the eggs with the parmesan cheese and the chopped parsley and some seasoning.
2. Slice the turkey breast into thin even slices, dip the turkey slices into the flour and then into the egg mixture.
3. Heat a heavy based pan and add a layer of sunflower oil. Cook the turkey slices on both sides and remove from the pan onto a baking tray.
4. Finish the picatta in the oven for 5 to 10 mins at 160 deg or until cooked through.





California Sprout Salad

Serves 4

Ingredients

350g mixed shoots and sprouts (alfalfa, mung beans, sunflower, pea shoots and onion seeds)
150g freshly podded peas
1 fresh red chilli, deseeded and finely chopped
A small handful of fresh mint leaves
4 handfuls of watercress or rocket

Dressing Ingredients

150g chorizo sausage, finely chopped
2 garlic cloves, peeled and finely crushed
4 tbsp balsamic vinegar
4 tbsp extra-virgin olive oil

Instructions for Dressing

1. Heat a pan over a medium heat. (There is no need to add additional oil, as the chorizo contains enough oil of its own.)
2. Add chorizo and fry for 3-4 minutes, until dark golden and crispy.
3. Remove the pan from the heat and using a slotted spoon, transfer the meat to a plate lined with kitchen paper.
4. Add the crushed garlic into the hot oil in the pan, give the pan a shake, then add the vinegar, extra-virgin olive oil and a good pinch of salt and freshly ground black pepper.
5. Mix everything together well. Have a taste and adjust seasoning by adding more vinegar or salt if necessary. Put the pan to one side and let the dressing cool down a bit.

Note: If you want, reserve some sausage, garlic, chopped chilli and mint leaves to put on the top. As this is warm salad, it is best to dress it just before you serve it.

Instructions for Salad

6. Toss all salad ingredients in a big bowl, then transfer it to a nice serving platter, add the dressing and eat immediately.

Chicken and Chickpea Tagine

Serves 4

Ingredients

250g dried chickpeas (or 2 x 400g tin chickpeas)
1 large onion
5 cloves garlic
3 tbsp olive oil
4 chicken thighs
2 carrots cut into small batons
1 tbsp flour
1/2 tsp ground cinnamon
1 tsp ground cumin
1 tsp turmeric
400ml white wine
300ml chicken stock

Instructions for Cooking

Note: If using dried chickpeas soak them over night.

1. Cook the chickpeas until just tender; the older the chickpeas the longer they take to cook, about 45 minutes to 1 hour. Drain and set aside.
2. Chop the onion and garlic.
3. Heat oil in a casserole. When hot, brown the chicken thighs.
4. When cooked remove and set aside.
5. Cook the onion mixture for about 5 minutes until just soft, add the carrots and cook for a further 5 minutes.
6. Mix the flour and spices, stir into the vegetables. Cook for a couple of minutes. Put the chicken back into the casserole, add the chickpeas and pour in the wine and stock.
7. Season and cook on a low heat for about an hour.
8. Serve with couscous sprinkled with pine-nuts.





Beet Magic Juice

Makes 450ml approx.

Ingredients

2 beets (370g)
2 apples (390g)
1 carrot (170g)

Instructions for Cooking

1. Prepare all ingredients for juicing by rinsing well.
2. Cut apples off the core into 4 pieces each. Cut the top off the carrot, and peel beets.
3. Juice all ingredients by alternating pieces of carrot, apple, and beet for a more enjoyable juicing experience.

Healthy Chocolate Pecan Truffles

Makes 30 small truffles

Ingredients

2 cups cacao powder
1 tsp vanilla extract
1 cup coconut oil
1 tsp. cinnamon
1 cup agave nectar
1 tsp sea salt
2.5 cups coarsely ground pecan pieces
2 tbsp. cinnamon
1 tsp Himalayan salt

Instructions for cooking

1. Blend the cacao powder, vanilla extract, coconut oil, cinnamon, agave nectar and sea salt in a blender using until the mixture is well combined.
2. Refrigerate for up to 2 hours to set.
3. In the meantime combine pecans, cinnamon, and salt in a food processor and pulse into a fine crumb.
4. Scoop out approximately 1 tablespoon of the set chocolate mixture and form into 2" balls with your hands by rolling in a circular pattern, and then drop into and roll in the pecan mixture.
5. Store for one hour in refrigerator to set. Enjoy!





Grilled Mixed Vegetables

Ingredients

For the Grilled Vegetables

1/2 large aubergine, sliced
2 courgettes, sliced lengthwise
about 1/4-inch thick
1 chicory, remove any damaged outer
leaves and then cut in 1/2 lengthwise
Extra-virgin olive oil
Salt
Freshly ground black pepper

For the Acciugata Di Renato:

1 garlic clove, lightly crushed
5 tablespoons olive oil
2 tablespoons water
2 anchovies
1 handful fresh flat-leaf parsley,
leaves picked and chopped fine
1 tablespoon capers
Salt
Freshly ground black pepper

Instructions for cooking

For the Grilled Vegetables:

1. Heat the grill to medium-high heat. Grill the aubergine, courgette, and chicory for about 2 minutes on each side.
2. Serve the vegetables warm on a large platter, dressed only with acciugata (recipe below).

For the Acciugata Di Renato:

3. In a frying pan mix together the garlic, oil, and water and cook on a low flame. Do not brown the garlic.
4. Add the anchovies and remove the garlic.
5. Stir in the parsley, capers, and season with salt, and pepper. Serve over grilled vegetables.

Bleakeley's Burritos

Serves 4

Ingredients

500g Minced Beef
1 green bell pepper, sliced
1 onion finely chopped
Handful fresh/dried coriander
2 cloves garlic, chopped
1 tub sour cream
1 chopped red chilli pepper (more according to taste!)
3 tomatoes, sliced
1/2 bag lettuce
1 tin kidney beans / 1 tin baked beans
Grated cheese
6/8 flour tortillas
Salt & pepper
Olive oil -1tblsp
1 tblsp cumin

Instructions for Cooking

1. Sauté onion and garlic in the oil.
2. Add the mince and brown.
3. Add the chillies/chilli powder and cumin and mix well.
4. Add the beans with their sauce
5. Add the green pepper and cook until the sauce starts to thicken and reduce.
6. Add half the coriander.
7. Heat the tortillas (microwave/pan/oven)
8. Spoon the meat onto the tortillas
9. Add the cheese, followed by some sour cream, sliced tomatoes, lettuce and some coriander. Wrap the mix in the tortilla and enjoy!





Cottage Cheese Pancakes

Serves 4 pancakes

Ingredients

- 1 egg
- 1/2 cup cottage cheese
- 1 tsp vegetable oil
- 3 tbsp wholewheat flour

Cottage cheese gives a slightly sour touch to these pancakes that offsets the sweetness of accompaniments like maple syrup or apple sauce.

Instructions for Cooking

1. In a small bowl, beat the egg with a whisk until frothy.
2. Press the cottage cheese through a mouli or metal sieve into the egg in the bowl. Beat well.
3. Add the oil and flour. Beat again.
4. Lightly oil a non-stick pan and place over a low heat. When the pan is hot, spoon the batter into the pan, dividing the mixture into four pancakes. Flatten each pancake slightly with the back of a spoon. Cook each pancake for just a few minutes on each side, or until lightly browned.
5. Serve with maple syrup, honey, applesauce or jam.

Red Lentil Soup



Ingredients

1.5 tablespoons olive oil
2 cloves garlic-crushed
2 carrots-chopped
2 parsnips-chopped
1 stick celery-chopped
1 onion-chopped
100g lentils
1 sweet potato-chopped
1.75 pints vegetable stock
1 teaspoon fresh rosemary

Instructions for Cooking

1. Heat olive oil in large saucepan.
2. Fry onion for 2 minutes until soft.
3. Fry the crushed garlic for a further minute
4. Add all other vegetables and cover with a lid. Turn the heat down and allow them to sweat for 10 minutes.
5. Add pinch of salt and generous amount of black pepper
6. Add stock and red lentils. Bring to boil and simmer for 10-12 minutes
7. Add a teaspoon of fresh rosemary 2 minutes before the end of cooking.
8. Use a hand blender for a couple of minutes.



Minestrone Soup

Ingredients

- 4 tblsp olive oil
- 30g/1 oz butter
- 3 large onions, sliced thinly
- 4-5 carrots, diced small
- 2 sticks celery, sliced fairly thinly
- 3 smoked back rashers (optional), cut into strips
- 150g/6 oz pasta, orzo, small farfalle or fusilli OR Rice, long grain
- 1 tin of butter beans (or cannellini if you can get them)
- 1/2 a small head of savoy cabbage, shredded thinly (or cavolo nero)
- 1 tin of cherry tomatoes (plum will do)
- 2ltrs/3pts of chicken stock, (or plain water) heated
- 50g/2 oz fresh grated parmesan (and the rind of it, if possible)

Instructions for Cooking

1. Heat the oil and butter in a large pot.
2. Add the sliced onion and fry on medium heat till translucent but not brown.
3. Add bacon, stir to mix and cook for 3-5 mins
4. Add the chopped carrot, cook for 3-5 mins, stirring a couple of times.
5. Add celery, cook for 3 mins, stir a couple of times.
6. Add cabbage, stir to mix and cook for 2 mins.
7. Add the tin of tomatoes and the hot stock and stir, adding in the heel of parmesan if using.
8. Cook at a gentle boil for 1 hour. If the soup looks too thick, add in any extra water or stock now. There should be plenty of liquid as the pasta will absorb a lot of it. If not cooking pasta in the soup adjust accordingly.
9. Then add in your pasta.
10. Cook at a faster boil for 15 mins and just before the pasta tastes cooked add in your beans and stir to heat through.
11. Simmer for 3 mins.
12. Finally, take out the parmesan rind and stir in the freshly grated cheese, give the soup a good stir, adjust seasoning and serve or put aside to reheat.

Sweet Potato and Lentil Curry

Serves 4

Ingredients

- 1 large onion
- 2 sweet potatoes (chopped)
- 1/2 cup red lentils
- 1 carrot (chopped)
- 1 clove garlic (chopped)
- 1 cup of Quinoa
- 1 small tin coconut milk
- 2 low salt vegetable stock cubes
- 1 heaped tsp cumin
- 1 heaped tsp garam masala
- 1 dessertspoon curry powder
- Sunflower oil
- Pepper to season
- 1 Litre water (just enough to cover vegetables)

Equipment: A large pan and a saucepan for cooking the Quinoa

Instructions for cooking

1. Heat the oil
2. Sweat the chopped onion and garlic in the oil without burning.
3. Turn down heat and add curry powder, cumin & garam masala and cook for a few minutes - don't burn.
4. Add potato, carrot, lentils, stock cubes & water to pot and bring to boil. Turn down and simmer.
5. After 15 minutes add the coconut milk & cook for a further 15-20 minutes, stirring occasionally.
6. Meantime cook the Quinoa by boiling for 15 minutes.
7. Serve the curry with the Quinoa

Note: This is a real energy-boosting meal as quinoa is a protein that the body finds easy to breakdown and the vegetables are full of essential vitamins & minerals. It has the added advantage of being cholesterol free and low in salt!





Paquita's Lentil & Chorizo Stew

Ingredients

- 1 cup small lentils
- 1 tin of tomatoes
- 4 pieces of cooking chorizo
- 1 bay leaf
- 1 onion finely chopped
- 1 tsp of Pimenton (Spanish Paprika)
- 3 carrots chopped
- Salt & pepper
- 1/2 a cup of red wine (or beer)
- 2 potatoes diced
- 1 tablespoon of olive oil
- 200 grams of spinach

Instructions for Cooking

1. Put all ingredients except the spinach in a large pot.
2. Cover with cold water & bring to the boil.
3. Reduce heat and simmer for 1 hour and 15 minutes.
4. Stir in the spinach 10 minutes before the end of cooking.
5. Serve with toasted bread and olive oil.

Note: Lentils contain high levels of proteins, including the essential amino acids isoleucine and lysine. Health magazine has selected lentils as one of the five healthiest foods. Lentils are one of the best vegetable sources of iron. The lentils are complemented with spinach and carrots. The chorizo, bay leaf, wine and paprika make this a very tasty dish. Its simplicity increases its value!

Carrot Cake

Serves 12

Ingredients

2 eggs
140ml (5fl oz) vegetable oil
200g (7 oz) soft light brown sugar
300g (11 oz) grated carrot
100g (3 1/2oz) raisins
75g (3 oz) pecans or walnuts, chopped (optional)
180g (6 1/2oz) self raising flour
Pinch of salt
1/2 tsp bicarbonate of soda
1 tsp ground cinnamon
1/2 tsp freshly grated nutmeg
1/2 tsp mixed spice

For the orange cream cheese icing:

250g (9 oz) cream cheese (straight from the fridge)
1 tsp vanilla extract
275g (10 oz) icing sugar, sifted
Finely grated zest of 1 orange

Equipment: You will need a 13 x 23cm (5 x 9in) loaf tin

Instructions for Cooking

1. Preheat the oven to 150°C (300°F), Gas mark 2.
2. Oil and line the loaf tin with greaseproof paper.
3. Beat the eggs in a large bowl, then add the oil, brown sugar, grated carrot, raisins and chopped nuts.
4. Sift in the dry ingredients and bring the mixture together using a wooden or large metal spoon.
5. Pour the mixture into the prepared loaf tin, smooth the surface and bake in the oven for 1-1 1/4 hours or until a skewer inserted into the middle comes out clean.
6. Allow to cool in the tin for about 5 minutes before removing. Cool completely on a wire rack before serving.
7. To make the icing, beat the cream cheese, vanilla extract, icing sugar and finely grated orange zest and mix to combine. The icing should be smooth and quite thick. Spread the icing evenly over the cooled cake, dipping the knife into a bowl of hot water if the icing is hard to spread out. Cut into slices to serve. Un-iced, this cake is also delicious sliced and buttered.





Mediterranean Vegetable Hot Pot

Serves 4

Ingredients

- 4 tbsp olive oil
- 1 aubergine, diced
- 1 onion, sliced
- 2 garlic cloves, chopped
- 1 red pepper, seeded and sliced
- 2 courgettes, sliced
- 400g can chopped tomatoes
- 400g can mixed beans
- 200g can butter beans, drained
- 200g can chickpeas, drained
- 50g/2 oz pitted black olives
- 2 tbsp chopped fresh basil
- 1 tbsp chopped fresh parsley
- 1 small French stick, thinly sliced
- 15g/ 1/2oz parmesan, grated

Instructions for Cooking

1. Heat oven to 200C/fan 180C/gas 6. Heat half the oil in a flameproof casserole, then fry the aubergine until golden. Remove with a slotted spoon and set aside.
2. Add the onion, garlic, pepper and courgettes then fry for 5 mins. Add the tomatoes, beans, chickpeas, olives, aubergine and half the herbs. Bring to the boil, cover with a lid or foil, transfer to the oven and cook for 40 minutes.
3. Mix the remaining herbs and oil. Remove the hot pot from the oven and place the sliced bread on top. Brush with the herb oil and sprinkle over with parmesan and cook, uncovered, for 20 minutes.

Vegetarian Moroccan Tagine



Ingredients

1 red (or white onion), diced
2 cloves of garlic, finely chopped
50g butternut squash (peel, deseeded & chopped into very small cubes)
1 (medium size) carrot, grated
1/2 red pepper, diced
1/2 yellow pepper, diced
1/2-1 can of chopped tomatoes
1/2 tin of cooked chickpeas
1/2 tsp. ground black pepper
sprinkle salt
1/2-1 tsp. ground cumin (depending on taste)
Pinch of cayenne pepper/chilli powder (optional)
Bunch of fresh coriander (optional)
1 tsp. olive oil

Instructions for cooking

1. Heat oil in a deep saucepan on a medium heat. Sauté onion & garlic in oil.
2. When the onion begins to sizzle add peppers and butternut squash.
3. Add a sprinkle of salt to bring out the juices from the butternut squash. (This helps to mix the flavours together) Leave the ingredients to "sweat" on the heat for 5 mins, stirring occasionally.
4. Then add the chopped tomatoes - start with 1/2 a can, and if the mixture looks too dry add more, up to a full can. The tomatoes will bind the ingredients together and form the base of the sauce.
5. Finally, add the grated carrot. The natural sweetness of this vegetable will mbalance the acidity of the tomatoes.
6. Let the dish simmer on the heat for approx. 10 mins, stirring occasionally to stop the mixture from sticking to the saucepan.
7. After 10 mins, add the spices and the chickpeas (canned chickpeas are already cooked so simply need heating), Stir thoroughly so that the flavours are mixed.
8. Add chopped coriander & stir through immediately before serving (optional).
9. If you have time, leave the dish to simmer for about 10 mins longer to bring out the richness of the flavours.



Courgette & Carrot Chilli

Ingredients

- 1 large onion, diced
- 1 tbsp olive oil
- 1 tsp freshly ground cumin
- 1 tsp freshly ground coriander
- 2 tsp chilli powder
- 2 cloves garlic, crushed
- 2 courgettes, diced
- 6 carrots, diced
- 2 tins tomatoes
- 1 tin kidney beans, drained and rinsed
- 1 tbsp brown sugar
- Salt and pepper
- Basmati rice to serve


Instructions for cooking

1. Heat the oil in a medium sized saucepan.
2. Add the onion and cook for 5 mins, or until soft but not browned.
3. Add the spices and the garlic and stir for 1-2 mins.
4. Add the courgettes and carrots, stirring briefly.
5. Add the tinned tomatoes and add a splash of water to make a wet consistency.
6. Cover the pan and bring the contents to the boil. Reduce to a simmer and cook for 15 minutes or until the vegetables are just al dente (you don't want them to overcook).
7. Add the beans, sugar and seasoning to taste. Give a final good mix and serve over fluffy basmati rice.

Note: For added indulgence, serve with guacamole and sour cream.

Useful Websites





Beyond Baked Beans
REAL FOOD FOR STUDENTS

www.beyondbakedbeans.org

Aimed at students who are just embarking on their culinary experimentation. It has plenty of tips as well as easy-to-follow recipes some of which are reproduced in this publication.



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