

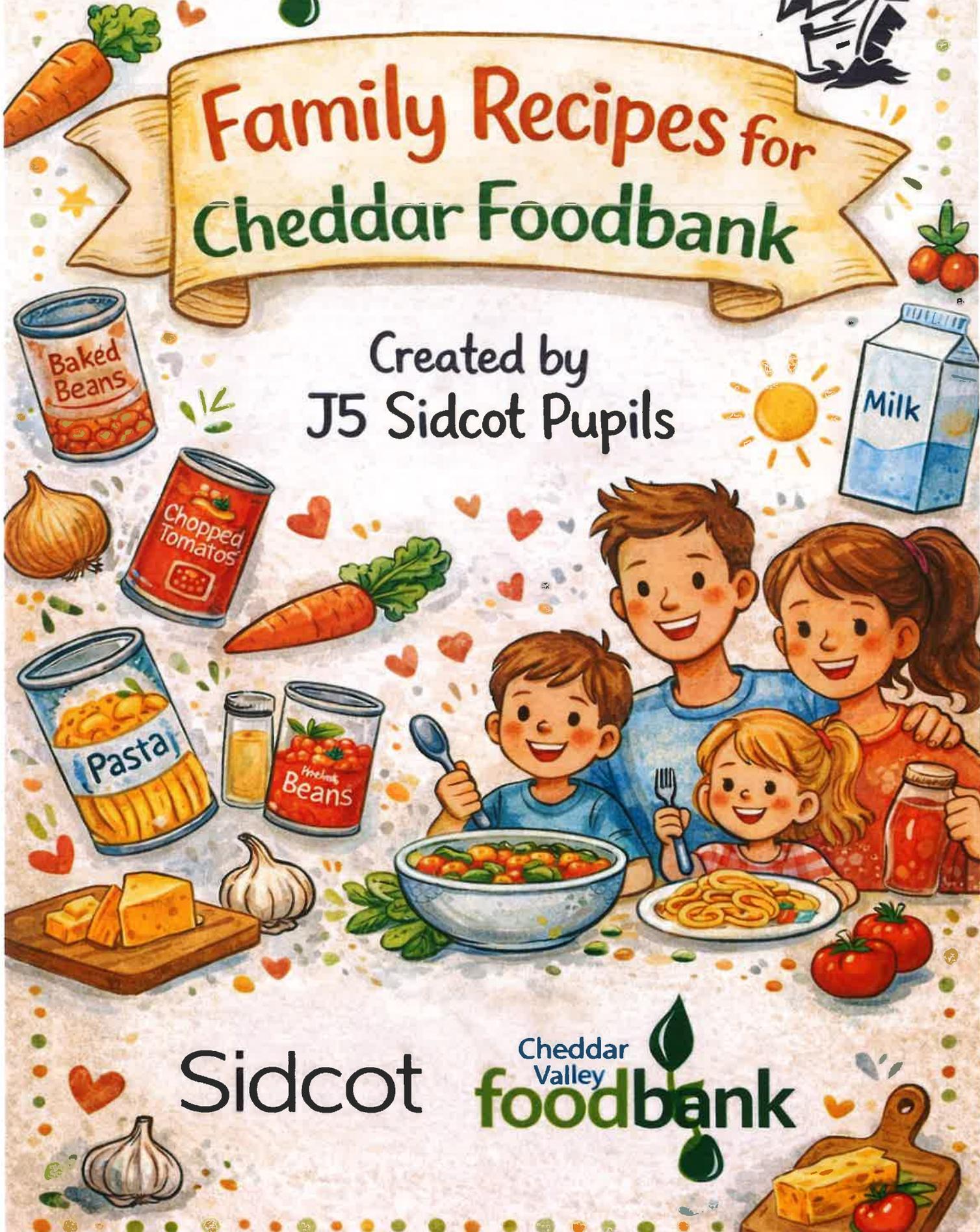
Cheddar Valley
foodbank

Sidcot



Family Recipes for Cheddar Foodbank

Created by
J5 Sidcot Pupils



Sidcot

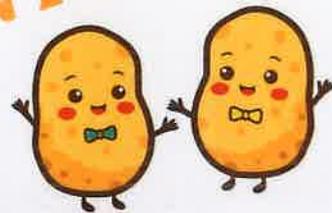
Cheddar Valley
foodbank

VEGGIE STEW

recipe

INGREDIENTS

- Two potatoes
- 400g tin tomatoes
- 1/2 jar of red peppers
- Tin carrots
- Tin butter beans
- Tin black beans
- Tin kidney beans
- 1 tsp of paprika
- 1 tsp of dried herbs
- 2 bay leaves



Instructions:

- 1) Peel the potatoes.
- 2) Chop them into 8ths.
- 3) Pour the tin tomatoes in the slow cooker.
- 4) Add the paprika, dried herbs and bay leaves.
- 5) Chop the pepper and add to the tomatoes.
- 6) Add the potatoes and stir.
- 7) Leave to cook on high for 30 minutes.
- 8) Add the black beans, butter beans and kidney beans.
- 9) Leave to cook in the slow cooker for 4 hours.
- 10) Continue to stir and check the sauce does not stick to the bottom.

Difficulty level:

2.5



Peach and Chickpea Curry



4 servings



30 minutes

INGREDIENTS

250g canned chickpeas

1 onion

1 fat clove of garlic

chili flakes

1 rounded tsp cumin

400g tin of peaches

400g tin of chopped

tomatoes

A handful of finely
chopped coriander
(optional)

1 tin of
vegetable
rice to serve
with it.

INSTRUCTIONS

1. **FIRSTLY, COOK YOUR RICE IN A SAUCEPAN FOR 10-12 MINUTES UNTIL SOFT AND FLUFFY.**
2. **DRAIN YOUR CHICKPEAS AND RINCE THEM THOROUGHLY.**
3. **PEEL AND FINLY CHOPP THE ONION AND GARLIC.**
4. **PUT THE CHICKPEAS, CHOPPED ONION AND GARLIC IN A BOWL.**
5. **ADD YOUR CHILLI FLAKES CAREFULLY.**
6. **POUR A LITTLE OIL INTO A MEDIUM, HEAVY BOTTOMED PAN, AND ADD THE ONION, GARLIC AND CHILLI, THEN THE CUMIN, AND COOK GENTLY ON A LOW HEAT FOR A FEW MINUTES TO SOFTEN THE ONION. DON'T BE TEMPTED TO TURN THE HEAT UP - BURNED ONIONS WILL PERMEATE YOUR WHOLE CURRY, WHEREAS SWEATING THEM WILL ADD A DELICIOUS SWEETNESS.**
7. **DRAIN THE PEACHES, RESERVING THE JUICE, AND CHOP INTO SMALL PIECES.**
8. **ADD TO THE ONION MIXTURE IN THE PAN, ALONG WITH THE RESERVED JUICE. BY THIS TIME, THE CHICKPEAS SHOULD HAVE FINISHED BOILING, SO REMOVE THEM FROM THE HEAT AND DRAIN THEM, AND TIP THEM INTO THE PEACHES-AND-ONION PAN.**
9. **POUR THE CHOPPED TOMATOES IN, ADD THE CORIANDER, AND CRUMBLE OVER THE STOCK CUBE, THEN STIR EVERYTHING TOGETHER. REDUCE THE HEAT TO A LOW SETTING, AND COOK GENTLY FOR 30 MINUTES. YOU MAY NEED TO ADD A CUP OF WATER TO THE SAUCE IF IT STARTS TO GET A BIT THICK. STIR WELL, AND SERVE.**

Mixed Bean Goulash



Ingredients:

1. 1x400 tin of kidney beans
2. 1x400 tin of baked beans
3. 1 onion
4. 1 fat clove of garlic
5. 4 tablespoons of oil
6. 3 tablespoons of paprika
7. 1x400g of tin chopped tomatoes
8. 1 vegetable stock cube



Sidcot Oakride

Method:

- 1) First, drain and rinse the beans. Empty the kidney beans and the baked beans into a colander, and blast under cold water to get rid of the tinned taste, and the cheap sauce from the baked.
- 2) Peel and chop the onion, and peel and finely slice the garlic.
- 3) Place in a saute or large non-stick frying pan with the oil and paprika, and fry on a low heat until the onion is softened.
 - 4) Add the chopped tomatoes, crumbled stock cube, sugar and half a tin of water, and stir well. Simmer gently for 15 minutes until thickened and glossy.
 - 5) Tip in the colander of rinsed beans, stir to mix well and heat through for 10 minutes.
- 5) Serve, devour and enjoy.



Vegetarian spaghetti

INGREDIENTS.

130g spaghetti

A few generous pinches
of salt

1 very fat clovers of garlic

40g of cheese.

A few springs of parsley.

Generous pinch of crushed chilli
flakes.

2 tbsp of sunflower oil

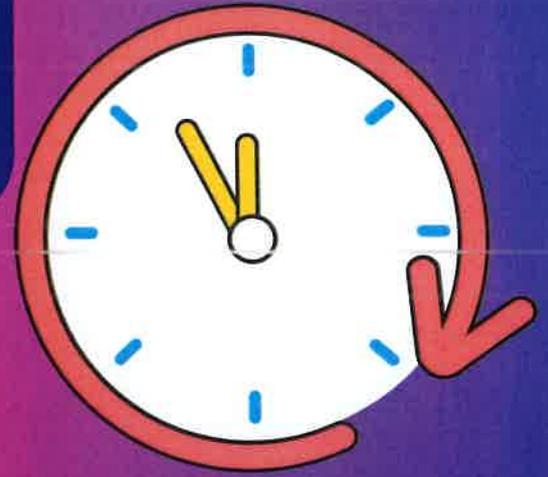
Plenty of coarsely ground black
pepper.

2 tbsp / 30g of butter

1 tsp of mixed herbs



Spaghetti Per Martedì



METHOD

- Pop the spaghetti in a non-stick pan with cold water.
- Add salt.
- Bring it to the boil on the largest hob ring.
- Cover with a lid.
- While the spaghetti is boiling for 10 minutes, prepare the rest.
- Grate your cheese either coarsely or finely.
- Break your bread into crumbs and tear it up.
- Finely chop the parsley.
- Add the garlic, breadcrumbs, chili and parsley to a small bowl and drizzle with the oil.
- Season with a little salt and lots black pepper.
- When the 10 minutes timer is up, the spaghetti should be cooked lovely and soft.
- Drain it and set it for one side.
- Drizzle it with a tablespoon of oil to stop it from sticking together as it cools.
- Add the 30g butter into the pan and add the garlic, breadcrumbs, parsley, garlic.
- Pop the back on the heat for a minute at most- don't want to burn the garlic - and then tip the spaghetti back in.
- Add the cheese and chili and mix well to cook the spaghetti in all those lovely flavours.

You have done it!



SLAMING SALMING

Salmon Chowder

RECIPE

Ingredients

- 2 raw medium potatoes
- 2 tbsp tinned carrots
- 2 sliced chives
- Thyme
- Lemon zest
- 2 tins of salmon
- Salt and pepper to season it.



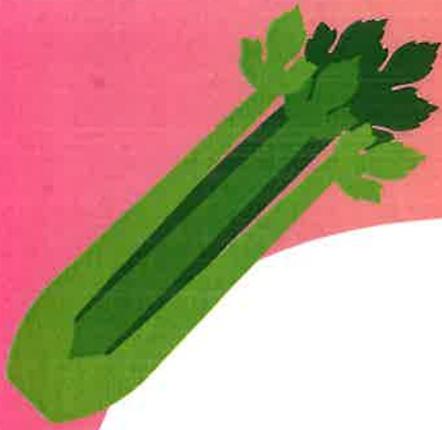
Equipment

slow cooker



Method

- Add diced potatoes, carrots, celery, onion, and minced garlic to the slow cooker.
- Pour the hot broth over the vegetables and herb bundle. Cover and cook on high for 35 hours.
- Season the tinned salmon with salt and pepper.
- Cover and cook for 30 minutes, or until the salmon is cooked through and flakes easily.
- Taste and season the chowder with additional salt and pepper if needed.
- Ladle the chowder into bowls. Garnish with chopped chives.



Recipe



Ingredients

- tinned vegetables
- 1 medium onion (diced)
- 2-3 carrots
- 1 tbsp sunflower oil
- 1 potato
- 1 tin of tomatoes chopped
- 500ml vegetables stock
- 200g dried lentils
- 1 tin of sweetcorn

Method

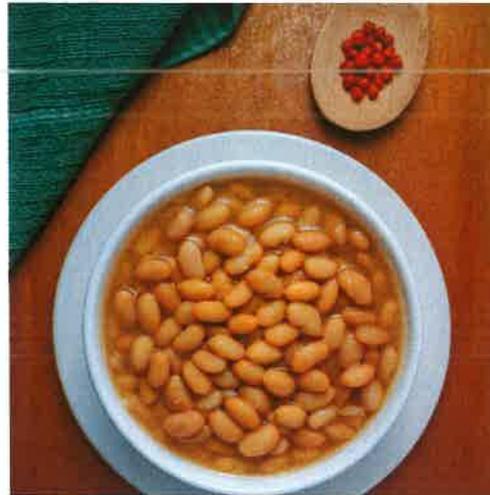
- Chop up carrots
- cut potato into cubes
- onion diced
- mix all the ingredients
- cook for 4-5 hours
- Add lentils on last hour
- add any favorite veg.



SLOW COOKER SPANISH BEANS

Ingredients

- CHORIZO
- TIN TOMATOES
- CANELLEINI BEANS
- PAPRIKA
- DREID MIXED HERBS
- 1-2 ONIONS
- 3 GARLIC CLOVES
- BLACK BEANS
- GROUND BLACK PEPPER



Method

-
- Use kitchen scissors to snip each slice of chorizo into quarters.
 - Tip the tomatoes into the slow cooker pot and use the scissors again to snip the tomatoes into slightly smaller chunks.
 - Fill the tomato tin with water and pour into the slow cooker pot.
 - Half fill the can again and add this too.
 - Add the chorizo, beans, paprika, dried herbs onion and garlic to the pot. Season and add pepper.
 - Cover with lid and cook on low for 6-7 hours until the beans are completely soft.
 - Turn off the slow cooker and stir the the the beans. Season with salt and then serve topped with extra chorizo.





Fluffy Bread

Ingredients:

450g of strong white bread flour
7g of sachet fast action yeast
40g of butter (melted)
1 tsp of salt
300ml of warm water
Prep Time : 5-10min
Cook Time : 20-25min
Servings : 6 ppl

Notes :

Enjoyed best when warm!

Don't forget to share with the family!

Instructions:

Measure out the butter on a scale, then melt it in the microwave before adding in the flour.

After that, add the yeast and salt to separate sides of the bowl.

Thirdly, add the warm water to the mixing bowl.

Mix everything until it comes together into soft sticky dough.

Once your dough has formed, knead it into a soft sticky dough ball.

if your using your hands, knead it on a floured, flat surface. It'll take around 5-10min.

If you need to, when doing it by hand, add a little bit of extra flour to make sure it's not too sticky.

Oil a bowl and then pop the dough into it, cover it with cling film, and leave it in a warm place to rise until doubled in size.

preheat oven to 200 degrees.

cook in oven for 20-25 minutes until golden brown.