



**COOKING**  
*together*



**COGINIO**  
*'da'n gilyda*



# CHRISTMAS RECIPE PACK 2018



# EASY CANAPES & NIBBLES



# Christmas Wraps

## INGREDIENTS (makes 2 wraps)

2 tortilla wraps  
1 tablespoon cream cheese  
½ teaspoon cranberry sauce  
¼ teaspoon dried parsley  
25g spinach leaves (washed)  
2 cherry tomatoes – halved  
1 spring onion – sliced thinly

### Christmas extras:

50g cooked turkey  
30g brie – sliced  
30g balsamic roasted vegetables

## EQUIPMENT

chopping board  
sharp knife  
small bowl  
fork  
teaspoon  
table knife

## METHOD

1. In a small bowl, mix the cream cheese, cranberry sauce and parsley together.
2. Spread the cream cheese mixture over the two wraps using the back of the teaspoon or table knife.
3. Scatter the spinach over the middle of the wrap and top with the tomatoes, spring onions and your chosen extras.
4. To wrap up, fold over two opposite sides to seal the edges and then roll up firmly to enclose the filling. Cut in half to serve.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Milk



# Vegetable Spring Rolls

## INGREDIENTS (makes 12)

- 4 dessertspoons vegetable oil
- 2 cloves garlic - peeled and sliced
- 1 small piece fresh ginger – peeled and grated
- 1 medium carrot – peeled and thinly sliced
- 1 pepper - deseeded and sliced
- ¼ cabbage – shredded thinly
- 2 teaspoons low salt **soy sauce**
- 2 tablespoons fresh coriander – chopped (optional)
- 1 packet **filo pastry**

## EQUIPMENT

- Chopping board
- Sharp knife
- Vegetable peeler
- Dessertspoon
- Wok or frying pan
- Wooden spoon
- Mixing bowl
- Pastry brush
- Baking tray
- Spatula

## METHOD

1. Heat the oven to 200°C/Gas 6.
2. To make the filling, heat 1 dessertspoon oil in the wok or frying pan. Add the garlic and ginger and fry for 1 minute. Add the prepared vegetables and fry for 3 minutes until soft. Finally add the soy sauce and chopped coriander (if using).
3. To make the spring rolls, carefully take one sheet of the filo at a time, keeping the remainder covered to prevent it from drying out.
4. Cut each sheet of filo pastry in half to make 2 rectangles. Brush one rectangle with a little oil. Place 2 teaspoons of the vegetable mixture along one of the shorter edges of the pastry. Then fold over the sides (to seal the filling) and roll up to make the parcel.
5. Place the spring roll on the baking tray and brush the top with oil. Repeat the process until you have used all of the filling/pastry.
6. Bake in the oven for 15-20 minutes until golden brown. Serve hot or cold.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Soya



# Beetroot & Herby Cheese Parcels

## INGREDIENTS (makes 12 parcels)

100g cream cheese  
½ teaspoon mixed herbs  
75g cooked new potatoes – diced  
100g cooked beetroot – diced  
1 tablespoon parsley – finely chopped  
4 spring onions – finely chopped  
ground black pepper  
1 packet filo pastry – defrosted, if frozen  
3 tablespoons vegetable oil – for brushing

## EQUIPMENT

wooden spoon  
chopping board  
sharp knife  
mixing bowl  
tablespoon  
teaspoon  
pastry brush  
dessertspoon  
baking tray

## METHOD

1. Heat the oven to 200°C/Gas 6.
2. Put the cream cheese and mixed herbs in a mixing bowl and beat with a wooden spoon until soft. Add the diced potato, beetroot, parsley and spring onions. Season with black pepper and gently mix all the ingredients together.
3. One at a time cut each filo pastry sheet into a rectangle 30cm x 20cm. (Cover the remaining pastry to prevent it drying out.) Brush one sheet with a little vegetable oil.
4. Place a tablespoon of the mixture on to the corner of the filo rectangle which is closest to you. Fold the filo in half along the length, to form a long, thin rectangle. Continue to fold the pastry over to make triangle shapes as you fold at right angles.
5. Place the triangular parcels on the baking tray. Brush with vegetable oil. Bake for 15 minutes until golden brown.
6. Serve warm.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Milk



# Spanakopitta Parcels

## INGREDIENTS (makes 12 parcels)

250g frozen spinach – defrosted and drained  
1 dessertspoon vegetable oil  
1 small onion – peeled and finely chopped  
1 garlic clove – peeled and crushed  
1 tablespoon chopped parsley  
1 tablespoon chopped mint  
½ teaspoon ground nutmeg  
75g **Feta cheese**  
ground black pepper  
1 packet **filo pastry** – defrosted, if frozen  
3 tablespoons vegetable oil – for brushing

## EQUIPMENT

frying pan  
dessertspoon  
chopping board  
sharp knife  
sieve  
small bowl  
fork  
pastry brush  
baking tray

## METHOD

1. Heat 1 dessertspoon of oil in the frying pan, add the onion and garlic and cook for 5-6 minutes until they are soft.
2. Add the drained spinach to the pan and cook for a further 2-3 minutes. Leave to cool slightly, then add the parsley, mint, nutmeg, cheese and pepper.
3. Heat the oven to 200°C/Gas 6.
4. Cut or fold a filo pastry sheet into a rectangle 8 - 10cm wide. Brush with a little oil. Place a dessertspoon of vegetable mix at the end of the strip closest to you. Fold over in triangles, sealing the ends with oil.
5. Place on a baking sheet. Repeat Step 4 until all the pastry and filling are used up. Brush each samosa with oil and bake for 10 - 15 minutes until golden-brown.
6. Serve warm with a cucumber riata dip.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Milk



# Vegetable Samosas

## INGREDIENTS (makes 12)

- 1 pack **filo pastry**
- 4 tablespoons vegetable oil
- 1 large onion – peeled and finely chopped
- 2 cloves garlic – peeled and chopped
- 1 teaspoon curry powder
- 8 small new potatoes – cooked and diced
- 300g frozen mixed vegetables

## EQUIPMENT

- sharp knife
- chopping board
- teaspoon
- wooden spoon
- large saucepan
- pastry brush
- dessertspoon
- baking tray
- tablespoon

## METHOD

1. Put the onion in a pan with 1 tablespoon of the oil and fry for 5-6 minutes. Add the garlic and curry powder and fry gently for a further 2-3 minutes.
2. Once cooked, transfer the onion mixture to a mixing bowl. Add the cooked potato and the mixed vegetables and mix until combined.
3. Heat the oven to 200°C/Gas 6.
4. Cut or fold a filo pastry sheet into a rectangle 8 - 10cm wide. Brush with a little oil. Place a dessertspoon of vegetable mix at the end of the strip closest to you. Fold over in triangles, sealing the ends with oil.
5. Place on a baking sheet. Repeat Step 4 until all the pastry and filling are used up. Brush each samosa with oil and bake for 10 - 15 minutes until golden-brown.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten



# Homemade Tortilla Chips

## INGREDIENTS (serves 4)

- 4 tortilla **wraps** (plain, wholemeal or seeded)
- 1 tablespoons vegetable oil (or spray oil)
- ½ teaspoon paprika or black pepper

## EQUIPMENT

- chopping board
- pastry brush
- scissors/pastry cutter shapes
- baking tray
- teaspoon

## METHOD

1. Heat the oven to 200°C.
2. Brush (or spray) both sides of the tortillas with a little oil and then cut into triangles with scissors or cut into different shapes using pastry cutters.
3. Arrange in a single layer on 1-2 baking trays and bake for 8 minutes until crispy and golden on the edges. Remove from the oven and sprinkle with a little paprika or black pepper (optional).
4. Leave to cool and serve.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten



# Tomato Salsa

## INGREDIENTS (serves 4)

1 teaspoon vegetable oil  
1 medium onion – diced  
2 cloves garlic – crushed  
1 pepper (any colour) - chopped  
1 x 400g can tomatoes  
1 teaspoon paprika  
½ teaspoon chilli powder (optional)  
½ teaspoon dried parsley  
black pepper to season

## EQUIPMENT

Chopping board  
Sharp knife  
Saucepan  
Wooden spoon  
Can opener  
Tablespoon  
Teaspoon  
Hand blender

## METHOD

1. Prepare the vegetables – peel and chop the onion and crush the garlic cloves.
2. Put the oil in the pan and cook the onion over a medium heat until soft but not brown. Then add the garlic and pepper and cook for a further minute.
3. Add the tomatoes, paprika, chilli powder (if using) and parsley. Simmer for 20 minutes until reduced and thickened.
4. Season with black pepper and either serve warm or cold with homemade tortilla chips.

## ALLERGY AWARENESS!

This recipe contains no known allergens.



# Cheese & Tomato Tartlets

## INGREDIENTS (makes 12)

- 3 tablespoons vegetable oil
- 6 slices wholemeal **bread**
- 2 dessertspoons pesto (or pasatta)
- 6 cherry tomatoes – quartered
- 4 fresh basil leaves – torn
- 100g reduced fat mature cheddar **cheese** – grated

## EQUIPMENT

- chopping board
- sharp knife
- saucepan
- wooden spoon
- grater
- teaspoon
- rolling pin
- pastry cutter
- pastry brush
- 12 hole bun tin

## METHOD

1. Heat the oven to 200°C/Gas 6.
2. With a rolling pin, roll each slice of bread until flattened. Cut 2 circles from each slice (save the leftover pieces for making fresh breadcrumbs for another recipe).
3. Lightly brush both sides of each bread circle with the remaining oil and place them in the bun tin. Press down to form a case or lining for the filling.
4. With a teaspoon spread a little pesto or pasatta onto each piece of bread. Then add the tomato, basil and a sprinkling of cheese.
5. Bake the tartlets for 10-15 minutes or until the bread is crisp and browned and the cheese has melted. Serve warm.

## ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk



# Leek, Ham & Cheese Tartlets

## INGREDIENTS (makes 12)

3 tablespoons vegetable oil  
1 leek – trimmed and thinly sliced  
6 slices wholemeal **bread**  
2 slices ham – torn  
75g reduced fat mature cheddar **cheese**

## EQUIPMENT

chopping board  
sharp knife  
saucepan  
wooden spoon  
grater  
teaspoon  
rolling pin  
pastry cutter  
pastry brush  
12 hole bun tin

## METHOD

1. Heat the oven to 200°C/Gas 6.
2. Place 1 tablespoon of oil in the saucepan. Gently fry the leeks until they are softened and just beginning to brown. Then set aside to cool.
3. With a rolling pin, roll each slice of bread until flattened. Cut 2 circles from each slice (save the leftover pieces for making fresh breadcrumbs for another recipe).
4. Lightly brush both sides of each bread circle with the remaining oil and place them in the bun tin. Press down to form a case or lining for the filling.
5. Spoon a teaspoon of the cooked leek into each of the bread cases, add some ham and sprinkle with a little cheese.
6. Bake the tartlets for 10-15 minutes or until the bread is crisp and browned and the cheese has melted. Serve warm.

## ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk



# SWEET TREATS



# Apple & Mincemeat Parcels

## INGREDIENTS (makes 12 parcels)

3 dessert apples – cored and cut into dice pieces  
juice of ½ lemon  
1 tablespoon mincemeat  
1 pack of **filo pastry**  
3 tablespoons vegetable oil

## EQUIPMENT

chopping board  
sharp knife  
mixing bowl  
lemon squeezer  
tablespoon  
pastry brush  
baking tray  
cooling wire

## METHOD

1. Heat the oven to 190°C/Gas 5.
2. Place the apples and mincemeat in a mixing bowl. Pour over the lemon juice and mix well (this will stop the apples from going brown).
3. Take a sheet of filo pastry and fold it in half lengthways. Brush the pastry with three brushstrokes of oil.
4. Place 1 tablespoon of the apple mixture on the end of the strip of pastry nearest to you. Fold over the two sides of the pastry and then roll it into a parcel.
5. Place parcels on a baking sheet and brush the top lightly with a little oil. Bake for 10-15 minutes until golden-brown. Place the cooked parcels on a cooling wire.
6. Serve warm with a sprinkling of cinnamon or icing sugar and a tablespoon natural yogurt.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten



# Banana & Chocolate Parcels

## INGREDIENTS (makes 12 parcels)

- 4 bananas – peeled and sliced
- 2 tablespoons chocolate drops
- 1 pack of **filo pastry**
- 3 tablespoons vegetable oil

## EQUIPMENT

- chopping board
- sharp knife
- mixing bowl
- lemon squeezer
- tablespoon
- pastry brush
- baking tray
- cooling wire

## METHOD

1. Heat the oven to 190°C/Gas 5.
2. Place the sliced bananas and chocolate in a bowl and mix gently.
3. Take a sheet of filo pastry and cut in half to make two rectangles. Brush the pastry with three brushstrokes of oil.
4. Place 1 tablespoon of the banana mixture on the end of the strip of pastry nearest to you. Fold over the two sides of the pastry and then roll it into a parcel.
5. Place parcels on a baking sheet and brush the top lightly with a little oil. Bake for 10-15 minutes until golden-brown. Place the cooked parcels on a cooling wire.
6. Serve warm with a sprinkling of icing sugar and a tablespoon natural yogurt.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten



# Mince Pie Muffins

## INGREDIENTS (makes 6 large/12 small muffins)

75g white self raising **flour**  
75g wholemeal self raising **flour**  
50g caster sugar  
½ teaspoon mixed spice  
2 dessertspoons Christmas mincemeat  
1 medium **egg**  
2 tablespoons vegetable oil  
75ml **milk**  
1 tablespoon porridge **oats** (optional)

## EQUIPMENT

measuring jug  
mixing bowl  
fork  
dessertspoon  
tablespoon  
teaspoon  
spatula  
muffin cases & tin

## METHOD

1. Heat the oven to 190oC/Gas5. Prepare the muffin tins by lining with muffin cases (if using).
2. In a large bowl, mix together the flour, sugar, mixed spice and Christmas mincemeat.
3. In a jug, measure the milk and oil. Then add the egg\* and lightly beat together with a fork. (\*Always wash your hands thoroughly after handling raw eggs.)
4. Pour all of the liquid ingredients into the dry ingredients. Stir with a tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir. Be careful not to over mix.
5. With a dessertspoon,  $\frac{3}{4}$  fill each muffin case with the mixture and sprinkle the top with a some porridge oats (if using). Bake for 20 – 25 minutes until golden brown (and they spring back when touched).

## ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, eggs, milk



# Chocolate Orange Muffins

## INGREDIENTS (makes 6 large/12 small muffins)

75g white self raising **flour**  
50g wholemeal self raising **flour**  
25g cocoa powder  
50g caster sugar  
Zest of 1 orange (or ½ teaspoon orange essence)  
1 medium **egg**  
2 tablespoons vegetable oil  
75ml **milk**  
1 tablespoon porridge **oats** (optional)

## EQUIPMENT

measuring jug  
mixing bowl  
fork  
grater  
dessertspoon  
tablespoon  
teaspoon  
spatula  
muffin cases & tin

## METHOD

1. Heat the oven to 190°C/Gas5. Prepare the muffin tins by lining with muffin cases (if using).
2. In a large bowl, mix together the flour, sugar and the orange zest.
3. In a jug, measure the milk and oil. Then add the egg\* and lightly beat together with a fork. (\*Always wash your hands thoroughly after handling raw eggs.)
4. Pour all of the liquid ingredients into the dry ingredients. Stir with a tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir. Be careful not to over mix.
5. With a dessertspoon, ¾ fill each muffin case with the mixture and sprinkle the top with a some porridge oats (if using). Bake for 20 – 25 minutes until golden brown (and they spring back when touched).

## ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, eggs, milk



# USING UP THE LEFTOVERS



# Leftover Turkey Curry

## INGREDIENTS (serves 4)

- 1 large onion – peeled and finely chopped
- 2 garlic cloves – peeled and crushed
- 1 red pepper – de-seeded and chopped
- 250g cooked turkey – cut into small pieces
- ½ teaspoon dried ginger
- 2 heaped teaspoons curry powder or garam masala
- 1 x 400g can chopped tomatoes
- 50g red lentils
- ½ chicken **stock cube** (dissolved in 150ml hot water)
- 50g frozen peas
- 2 tablespoons fresh coriander – finely chopped (optional)
- ground black pepper

## EQUIPMENT

- large saucepan
- sharp knife
- chopping board
- garlic crusher
- wooden spoon
- dessertspoon
- teaspoon
- can opener
- colander
- measuring jug
- weighing scales
- tablespoon

## METHOD

1. Prepare the vegetables and turkey and place in the pan.
2. Add the rest of the ingredients to the pan and bring to the boil. Then reduce the heat and cook for 25-30 minutes until the vegetables are soft and the sauce has thickened.
3. Before serving, add a little black pepper and sprinkle over a little coriander (optional). Serve the curry with rice, Indian style flatbreads or homemade potato wedges.

## HANDY HINTS

Try replacing the turkey with Quorn pieces for great vegetarian alternative.

## ALLERGY AWARENESS!

This recipe contains:

Celery, Milk, Egg, Mustard, Soya, Cereals containing gluten (Stock Cube)



# Oven Baked Pilau Rice

## INGREDIENTS (serves 4-6)

1 teaspoon vegetable oil  
1 onion – peeled and finely chopped  
1 clove garlic – finely chopped  
1 teaspoon garam masala  
½ teaspoon turmeric  
4 cardamom pods – crushed slightly  
1 bay leaf (fresh or dried)  
1 cinnamon stick (optional)  
200g easy cook brown rice  
water

## EQUIPMENT

chopping board  
sharp knife  
frying pan  
wooden spoon  
medium size (1lt) oven-proof dish  
measuring jug  
foil

## METHOD

1. Preheat the oven to 180°C/Gas 4.
2. Heat the oil in the pan. Add the onion and cook over a medium heat for 5 minutes, until it starts to soften. Then add the garam masala, turmeric, cardamom, bay leaves and cinnamon (if using) to the pan and cook for a further 1-2 minutes.
3. Transfer the onion mixture to the oven-proof dish. Add the rice and mix thoroughly. Then pour over enough water to fully cover the rice.
4. Tightly cover the dish with foil (this will prevent any steam escaping whilst cooking) and place in oven for 35-40 minutes until the rice is soft and all of the water has been absorbed. Serve the rice with a homemade curry and steamed vegetables.

## HANDY HINTS

The rice can be prepared in advance. Once cooked, make sure that it is cooled very quickly and then keep in a fridge for up to 3 days. To serve, reheat thoroughly (until piping hot) in a microwave.

## ALLERGY AWARENESS!

This recipe contains no known allergens.



# Easy Flatbreads

## INGREDIENTS (makes 8)

75g plain flour  
25g wholemeal plain flour  
100ml low fat plain yogurt  
 $\frac{3}{4}$  teaspoon baking powder  
black pepper

## EQUIPMENT

mixing bowl  
weighing scales  
teaspoon  
wooden spoon  
flour dredger  
table knife  
rolling pin  
non-stick frying pan  
spatular  
foil

## METHOD

1. Place the ingredients in a large bowl and mix together until you form a soft dough.
2. Transfer the dough onto a lightly floured surface and knead gently for one minute. Split the dough into 8 even sized pieces.
3. With your hands or a rolling pin flatten each piece into an oval shape (roughly the thickness of a £1 coin) and set aside on a floured surface ready to cook.
4. Place the frying pan on a medium-high heat. When hot, place one flatbread in the pan and cook for 1 to 2 minutes on each side until brown and slightly puffed up. Once cooked, wrap in foil to keep warm and continue to cook the rest.

## HANDY HINT

Any uneaten flatbreads can be frozen. To reheat, defrost thoroughly, sprinkle with a little water (this prevents it from drying out) and place in the oven or grill until warmed.

## ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Milk



# Sweet & Sour Turkey

## INGREDIENTS (serves 4)

2 onions - chopped  
1 dessertspoon vegetable oil  
250g cooked turkey - diced into small pieces  
1 pepper (any colour) - deseeded and chopped  
1 dessertspoon tomato puree  
½ chicken **stock cube**  
275ml/ ½pt boiling water  
1 small can pineapple chunks in natural juice  
50g frozen peas  
1 teaspoon low salt **soy sauce**  
1 tablespoon cornflour (mixed into a paste with a little water)  
Black pepper

## EQUIPMENT

sharp knife  
chopping board  
dessertspoon  
frying pan or saucepan  
wooden spoon  
measuring jug  
can opener  
teaspoon  
small bowl  
tablespoon

## METHOD

1. Heat the oil in the pan. Add the onion and cook for 5 minutes until softened.
2. Add the turkey, pepper, tomato puree, stock cube and water to the pan. Bring to the boil and then reduce the heat, cover and simmer for 20 mins.
3. Add the pineapple pieces (including the juice), peas and soy sauce and cook for a further 3 mins. Meanwhile mix the cornflour to a runny paste with cold water. Then add to the pan to help thicken the sauce. Once thickened, leave to simmer for a further 2 minutes.
4. Serve with boiled rice, noodles or cooked vegetables.

## HANDY HINT!

This dish can be frozen – why not make a large batch, portion out and freeze ready for a later date!

## ALLERGY AWARENESS!

This recipe contains: Celery, Milk, Egg, Mustard, Soya, Cereals containing gluten



# Easy Egg Fried Rice

## INGREDIENTS (serves 4)

1 teaspoon vegetable oil  
2-3 spring onions – finely chopped  
100g frozen peas  
300g cooked brown rice  
1 egg  
1 tablespoon soy sauce  
black pepper

## EQUIPMENT

chopping board  
sharp knife  
wok or large 'non stick' frying pan  
wooden spoon or spatula  
fork

## METHOD

1. Heat the oil in the wok or frying pan until hot, then add the spring onions and stir-fry over a high heat for 1 minute. Add the peas and rice, mix well and cook for a further minute.
2. Make a well in the centre of the rice and pour in the egg. When the bottom starts to set, scramble the eggs with a fork, then stir through the rice.
3. Finally add the soy sauce and a little black pepper. Serve immediately with Stir Fried Vegetables or Sweet and Sour Turkey.

## ALLERGY AWARENESS!

This recipe contains: Eggs, Soya

