

Pop Up Recipes



POPUP



cooking

Pop Up Cooking happens in places where people gather, providing an easy way for anyone to cook cheap, nutritious meals together and share ideas.

We would like to say a huge thank you to everyone involved with Pop Up Cooking, for their initiative and energy in the development of this work, especially to Wendy Ellis and the Reverend Christine Jones without whom we would not have got this far.

The following Recipes and Information are included in this book:

- Porridge
- Tomato Sauce
- Meatballs with Tomato Sauce
- Tomato Soup
- Minestrone Soup
- Red Lentil Soup
- Ham, Rice and Beans
- Fish Cakes
- Quesadilla (A heated tortilla or wrap)
- Jacket Potato
- Apple Crumble
- Cooking with a Kettle
- Meal Ideas Using Tins

Costs are based on supermarket prices in 2015.

Porridge

Serves 2

1 mug porridge oats

2 ¼ mugs of liquid (milk or water or commonly half water half milk)

Any mug will do as long as you use the same one to measure the oats and the liquid

Costing: 4p if you use no milk (per person)

8p if you use half milk half water (per person)

Equipment: Mug, pan and wooden spoon

Method

In a pan

1. Put the oats, water and milk in a pan.
2. Bring to the boil, gently simmer, stirring the porridge until it thickens after about 4 or 5 minutes.

Microwave.

1. Put the oats, water and milk in a microwaveable bowl.
2. Heat on high for 1 minute, stir then heat again for 1 minute, if not thickened may need another minute.
3. Leave to stand for 2 minutes before eating.

- **With your porridge you can add.....**
Mashed or sliced banana, grated apple, cinnamon, chopped pear, syrup, sultanas, honey, orange rind, frozen berries, hazelnuts, flaked almonds, or sugar.
- You can add seeds to the porridge when cooking.

Try porridge for breakfast. It costs a lot less than cereals and keeps you feeling full.



Tomato Sauce

Serves 4

1 Onion
1 Clove of garlic, finely chopped
Drop of oil
2 Large tins of chopped tomatoes
Handful of fresh basil or dried herbs
salt and ground pepper

Costing: 87p approx. serves 4 portions. (22p each).

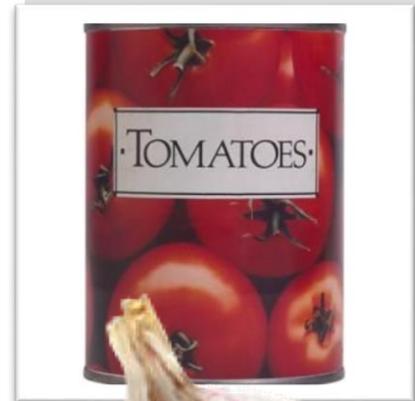
Equipment: pan, spoon to use in pan, chopping board, sharp knife, tin opener.

Method

1. Chop the onion and finely chop the garlic.
2. Heat oil in pan and gently soften onion and garlic.
3. Add tomatoes, basil, salt and pepper to taste.
4. Simmer gently for 20 minutes.

With your tomato sauce you can . . .

- Add half a chilli
- Add mushrooms, courgette and bacon bits
Serve with pasta and grate cheese on top
- Stir in tuna and olives and serve with pasta
- Use on a pizza base
- Add tinned and drained beans, sweetcorn, celery or other ingredients.



Meatballs with Tomato Sauce

Serves 4

3 teaspoons of oil
1 teaspoon of mixed herbs
1 can of chopped tomatoes
3 tablespoons of tomato puree
1 stock cube
1 large onion, peeled and chopped
1 clove of garlic, peeled and chopped
75g (approx. 1) carrot washed and chopped
75g (about 1/8) swede peeled and chopped
75g (3) mushrooms sliced
200g (roughly 6) sausages
100ml of water

Costing: Approx. £1.95 to serve 4 people (49p each)

Equipment: A sharp knife, a chopping board, a pan, a tin opener, a spoon, a measuring jug or cup.

Method

1. Heat the oil in a pan and add the onions. Cook over a medium heat for 3 to 4 minutes stirring occasionally, then add the garlic, carrot, swede, mushrooms and herbs and continue to cook for 2 to 3 minutes.
2. Add the chopped tomatoes, tomato puree, stock cube and water to the pan. Mix well and cook over a medium heat for 5 minutes.
3. Remove the skin from the sausages by slitting the skin, roll the sausage meat into small balls (using your hands), drop them into the sauce and cook for 20 minutes.
4. Serve with rice or pasta.

With your meatballs you can vary by

Adding other vegetables

(there are no wrong vegetables to use).

Use frozen vegetables instead of fresh or as well.



Tomato Soup

Serves 6

3 teaspoons oil (rapeseed or olive oil)
2 large onions, finely chopped
2 tins (400g) tomatoes
1 litre of vegetable stock (made with a stock cube)
3 teaspoons mixed herbs
2 tablespoons tomato puree
Black pepper

Costing: £1.29 approx. makes 6 portions, (22p each)

Equipment: pan, teaspoon, tablespoon, chopping board, sharp knife, tin opener, measuring jug. (hand held blender, optional)

Method

1. Heat the oil in the pan. Chop the onion and cook gently for about 10 minutes over a low heat.
2. Add the tin of tomatoes, stock, tomato puree, mixed herbs and pepper.
3. Bring to the boil and simmer gently for 20 minutes.
Blend the soup to make it smooth if you wish.

With your soup you can . . .

Make it thicker or thinner depending on the amount of stock you add.

Make it chunky or smooth depending if you blend it or not.

Add red lentils at the same time as the tomato puree to make it go further.

Replace mixed herbs with dried basil to change the flavour.

Add a carrot or celery stick to alter the flavour and make it go further.

Serve with bread.

Will freeze for up to 3 months.



Minestrone Soup

Serves 10

3 teaspoons olive oil
1 large onion
2 garlic cloves
3 large carrots
3 sticks of celery
1 potato
2 tablespoons tomato puree
1.5 litres vegetable stock (use a stock cube)
1 tin of tomatoes
150g pasta (about 9 tablespoons)
Savoy cabbage about a quarter (optional)
Mixed herbs (optional)



Costing: £1.52 approx. 10 portions (15p each)

Equipment: pan, teaspoon, tablespoon, chopping board, sharp knife, tin opener, measuring jug

Method

1. Heat the oil in the pan. Chop the onion, carrots, celery, potato, and garlic. Add all the chopped vegetables to the pan and cook gently for about 15 minutes.
2. Add the tin of tomatoes, stock and tomato puree and mixed herbs (if using). Simmer for 5 minutes.
3. Add the pasta and cabbage (if using). Cook for another 15 minutes until the pasta and vegetables are tender.

With your soup you can . . .

Add grated cheese.

Use frozen vegetables instead of or as well as fresh.

Add a tin of cannellini beans.

Use whatever vegetables you have (there isn't a right or wrong vegetable to use).

Add 3 teaspoons of mixed herbs for flavour.

Serve with bread.

Red Lentil Stew

Serves 4

2 teaspoons olive oil	1- 2 cloves of garlic, finely chopped
1 onion, chopped	1 green pepper, de-seeded and diced
1 carrot, sliced	1-2 sticks of celery (sliced)
125g / 5oz red lentils, washed and drained (6 Tablespoons)	
1 stock cube	
180ml /6fl oz of water	1 teaspoon of dried mixed herbs
1 tin of tomatoes	1 ½ tablespoons of tomato puree
Freshly ground pepper	

Costing: £1.93 approx. Serves 4. (48p each)

Equipment: pan, teaspoon, tablespoon, chopping board, sharp knife, tin opener, measuring jug, sieve.

Method

1. Heat the oil in a large pan add the onion and garlic and cook together to soften.
2. Add the green pepper, carrot and celery and cook together for 5 minutes.
3. Add the lentils, stock cube, water and herbs to the pan and mix together. Cook uncovered for 10 minutes.
4. Add the tin of tomatoes and tomato puree then cover and simmer for another 15-20 minutes or until the stew is thick and the lentils are soft. Season with pepper.
5. Serve with wholemeal pasta/spaghetti, brown rice, roasted vegetables or any green salad.

With your red lentil stew you can . . .

Add grated cheese, use frozen vegetables instead of or as well as fresh

Use whatever vegetables you have available



Ham, Rice and Beans

Serves 4

- 1 cup of rice
- 1 small tin of sweetcorn drained
- 1 tin of kidney (chilli) beans drained
- 1 small tin of ham or spam diced
- 1 onion finely diced
- 1 small tin of tomatoes
- 3 teaspoons of oil

Costing: £2.21 approx. Serves 4. (55p each)

Equipment: frying pan, pan, chopping board, sharp knife, tin opener, cup, wooden spoon, tea spoon

Method

1. In a pan mix the rice with 2 cups of boiling water and stir and gently cook for 10-15 minutes until the rice has cooked and has absorbed the water. Watch it doesn't stick to the base of the pan in the last few minutes.
2. In a frying pan soften the onion in a little oil, add the diced ham and tin of tomatoes and cook for a couple of minutes. Add the sweetcorn and kidney beans and stir for a further 5 minutes.
3. Serve the rice and top with the ham, tomatoes and beans.

With your ham, rice and beans you can . . .

- Use half a jar of pasta sauce or chilli sauce to give it a spicy flavour instead of tomatoes
- 2 sachets of microwave rice can be used instead of the packet rice, in which case the sweetcorn and kidney beans will need to be heated in their liquid and then drained.



Fish Cakes

Serves 8

1 tin of tuna, mackerel or sardines.
600g potatoes washed and diced (or use Smash)
An onion chopped into small pieces
Milk and margarine for mashing
Pepper to taste
Oil if frying

Costing: Approx £1.20 (15p each)

Equipment: Pan, knife, tin opener, chopping board, potato masher, baking tray, fork, frying pan and bowl.

Method

1. Preheat the oven to 220 deg.C, 200 deg.C fan oven, gas mark 7 or can fry in a small amount of oil.
2. Wash chop and boil potatoes, 15-20 minutes until soft.
3. Drain and mash potatoes. Add milk and margarine.
4. Peel and chop onion finely and lightly cook to soften.
5. Add onion and flaked fish to potatoes. Season.
6. Mix in bowl, shape into 8 fishcakes.
7. Bake on baking tray for 20 minutes until golden brown or fry until golden brown and heated through.

To vary your fish cakes you can

Add a small tin of sweetcorn drained at number 5 above, or add chopped garlic with the onion, or chilli for a Thai spicy version, or grated cheese, or chopped boiled egg, or chopped parsley or chives.



Quesadilla

(This is a heated tortilla or wrap)

Serves 1

- 1 readymade Tortilla
- 1 teaspoon oil (rapeseed is good)
- ½ teaspoon mustard
- 2 teaspoons chutney
- 1 tomato
- ¼ small onion finely chopped (red onion has a mild flavour)
- 2 tablespoons (25g) grated cheese

Cost: A tortilla wrap costs 10 pence. The total price depends on the chosen filling ingredients.

Equipment: Frying pan, spatula (to turn wrap over) chopping board, knife, grater

Method

1. Heat frying pan to medium heat. Add 1 teaspoon oil and spread it out.
2. Heat tortilla for 30 secs, flipping it over when hot.
3. Spread the tortilla with a little mustard, mix 2 teaspoons chutney and 2 tablespoons grated cheese, add a chopped tomato, (small handful of spinach if you have any) or any leftover vegetables. Fold the tortilla in half and press down the edges.
4. Cook until golden and the cheese has melted. Flip over so both sides are lightly browned.
5. Cut in half or quarters and eat.

Alternative fillings :(all these can be used)

100g (small tin) of mixed beans in mild chilli sauce or small tin of kidney beans.

Add flavour by adding chilli sauce or smoked paprika or cumin or any sauce.

Use up left over meat e.g. chicken

Left over chilli or spaghetti bolognese sauce, baked beans (not too much liquid) and cheese. Sliced ham and cheese and tomato



Jacket Potatoes

Serves 4

4 Medium potatoes or sweet potatoes
plus fillings (see below):

Cost: About 15p per potato (excluding the fillings).

Equipment: Baking tray, knife.

Method

1. Heat the oven to 220 deg.C. or gas 7.
2. Prick the potatoes with a fork or knife.
3. Can rub the skins with oil to give a crunchier skin.
4. Place on oven shelf and bake for approx. 1 hour (sweet potatoes 40-50 minutes)
or microwave for 15-20 minutes.
You can shorten the cooking time by microwaving for 8-10 minutes then 20 minutes in the oven to crisp.
5. Make a deep cross in the potatoes and fill with one of the tasty fillings listed below.
 1. Tuna and Mayo
 2. Grated cheese and onion
 3. Cheese, drained sweetcorn, chopped peppers
 4. Left over food bits from the fridge such as, bolognaise sauce, mackerel, chilli, coleslaw, roast vegetables, cheese and bacon, sausage plus some mayo
 5. Leek (lightly boiled) with a tub of soft cheese
 6. Defrosted frozen vegetables in a sauce
 7. Baked beans (with sausage)
 8. Sautéed bacon, onion and cheese

Other options: Cook more than you need and store in a fridge for 2 days or freeze. Make sure you reheat.



Apple Crumble

Serves 6

450g apples (3 cooking apples) and 2 tablespoons sugar or use a tin of any fruit

Crumble topping

100g (9x tablespoons) plain flour

50g (7x tablespoons) porridge oats

80g (3x tablespoons) margarine (in a block is easier)

30g (2x tablespoons) sugar

2 dessert spoons = 1 tablespoon



Costing: £1.48 Approx. (25p each)

Equipment: Dish to cook it in, sharp knife, chopping board, mixing bowl, spoon or weighing scales

Method

1. Switch the oven on 180 C/350F/Gas 4.
2. Take out the core and chop the apples into thin slices (Peel if you want). Sprinkle with sugar.
3. Put flour and porridge oats in the bowl. Rub the margarine in using your fingertips. Stir in the sugar.
4. Put apples in base of the cooking dish, sprinkle the crumble on top.
5. Bake in the oven for 30-40mins until the crumble is tinged brown and the fruit below is cooked.

With your crumble you can. . . .

Add cinnamon or mixed spice to flavour (put it in with the fruit),

Add sultanas, raisins, blackberries, pears to the apple, or use any fruits in season.

The crumble topping can be used in savoury dishes, (without sugar) on top of cooked carrots, potatoes, leeks, etc.

Cooking with a Kettle

Healthy Pot Noodle

Serves 1

1 Nest of instant rice noodles (egg noodles are thicker and take too long to cook through)

A handful of frozen mixed vegetables or peas or beans

Small chunks of carrot or courgette (peeled into thin ribbons using a potato peeler, then they are thin enough to eat raw)

Soy sauce or sweet chilli sauce

Cost: 1 portion of rice noodles costs 20p. Total including vegetables less than 50p per portion

Equipment: Bowl or large mug, plate, kettle, potato peeler, spoon to mix

Method

1. Put the rice noodles in a mug or bowl. Cover with boiling water. Put the plate on top to stop the steam escaping and leave for about 3 minutes. Test if it is soft by squeezing between your finger and thumb. Drain.

2. Stand the frozen vegetables in boiling water until soft and then drain.

3. Mix the noodles and vegetables together.

4. Add strips of carrot or other vegetables.

5. Add soy or sweet chilli sauce to flavour.

With your pot noodle you can add the following alternative flavourings :

Vegetable stock powder or Oxo cubes

Tomato ketchup, ground pepper, marmite, chutney, Chinese 5 spice powder.

Use up left over meat e.g. chicken, chop very finely and add to pot noodle

Nuts or seeds can also be added



Meal Ideas using Tins

- Mix together a tin of tomatoes, mixed vegetable soup and a tin of beef stew. Heat up and add cooked pasta or potato.
- Add a tin of tuna or chicken stew to mushroom soup and a couple of teaspoons of curry powder. Serve with rice.
- Add a tin of stewed meat, a tin of chopped tomatoes, a tin of vegetables and a tin of chickpeas to a casserole dish. Add a little water if thick. Cover with mash or tinned sliced potatoes and cook approx. 45mins until heated through.
- Mix half a tin of sweetcorn and a tin of tuna to cooked pasta and eat cold.
- Use pineapple chunks in a stir fry. Use the pineapple juice to make a sauce with 1 tablespoon of sugar, 1 tablespoon vinegar, 1 tablespoon cornflour and $\frac{1}{4}$ teaspoon ginger.



Hints and Tips to Save Money

- Try porridge for breakfast. It costs less than cereals and keeps you feeling full.
- Plan what you will eat. Making a list often leads to less waste.
- Store 'own' brands are often cheaper and can taste the same.
- Always check and compare 'unit' prices listed on shelves e.g. £ per 100g.
- Don't shop at eye level, cheaper brands are usually on higher or lower shelves.
- Know when stores mark down prices, but only buy what you will use.
- Cut down on meat in recipes and substitute with beans or lentils instead.
- Don't waste food - note the use by dates, freeze before.
- Buy fresh fruit and vegetables from the local market or greengrocer, you can usually buy small amounts too.
- Buy fruit or vegetables when they are in season.
- Prepared meals and convenience foods cost more.
- Take time for cooking foods from scratch.
- Take advantage of money off coupons.
- Good low cost items available most of the year are:
Protein- beans, lentils, eggs
Vegetables - carrots, onions, swede, potatoes
Fruit - apples, bananas.
- Useful tins to have are:
Sweetcorn, tuna fish/mackerel, tomatoes, chick peas, baked beans.
- Make soups from leftover vegetables.



Tips to Save on Fuel

Electricity is 3 times more expensive than gas, cook on gas if possible.

Reduce the cost of cooking by bringing potatoes, rice or pasta to the boil in a pan, then turn the heat off and leave the lid on to allow to continue cooking but for no extra fuel cost.

Cook double portions of a meal and store the extra in the fridge or freezer for another day.

A slow cooker is useful. They use little electricity and make cheaper, tougher cuts of meat tender.



Struggling for Food?

Everyday people going hungry make use of Foodbank to feed themselves and their families. We all occasionally need help.

You can ask for a voucher simply by visiting one of the agencies listed in this booklet. They will quickly understand your situation and may give you a voucher that you can exchange for 3 days of food for your household.



Struggling for Food?

Where can I get a voucher in Ellesmere Port or Neston?

Citizens Advice Bureau: 1 Whitby Rd, CH65 8AA. Mon-Fri, 9am to 4pm.
Also at Neston Library, 2nd and 4th Wed of each month, 9.30am to 1pm.

The Debt Advice Network: The Hub 108-112 Whitby Rd, Mon-Fri, 9am to 5pm.

Plus Dane Housing (Tenants only): 7-9 Civic Way, CH65 0AX. Mon-Thurs 9 am to 4.30 pm. Fri- 9am to 4 pm.at Neston Library, Thurs- 10am to 12noon.

Neston Youth & Community Centre: Wed- 1pm - 4pm or by appointment. Contact Jackie or Chloe on 0151 336 7805.

P3 Navigator Hub: 15 Whitby Rd, CH65 8AA. Mon, Tues, Thurs, Fri - 11am to 2pm and at The Neston Centre, High St, Thurs-Fri, 10 am to 12noon.

Elton, Portside and Stanlaw Abbey Children's Centres also hold foodbank vouchers.

Where can I get a voucher if I live in or near Chester?

Age UK Cheshire: Queen St, CH1 3LG Mon-Fri 9am to 1pm and 2pm to 4pm, closed Wed pm.

Citizens Advice Bureau: The Blue Coat, CH1 3EE Mon-Fri 9am to 4pm.

DIAL West Cheshire: Hamilton Place, CH1 2BH. Mon-Fri 10am-4pm.Closed Wed pm.

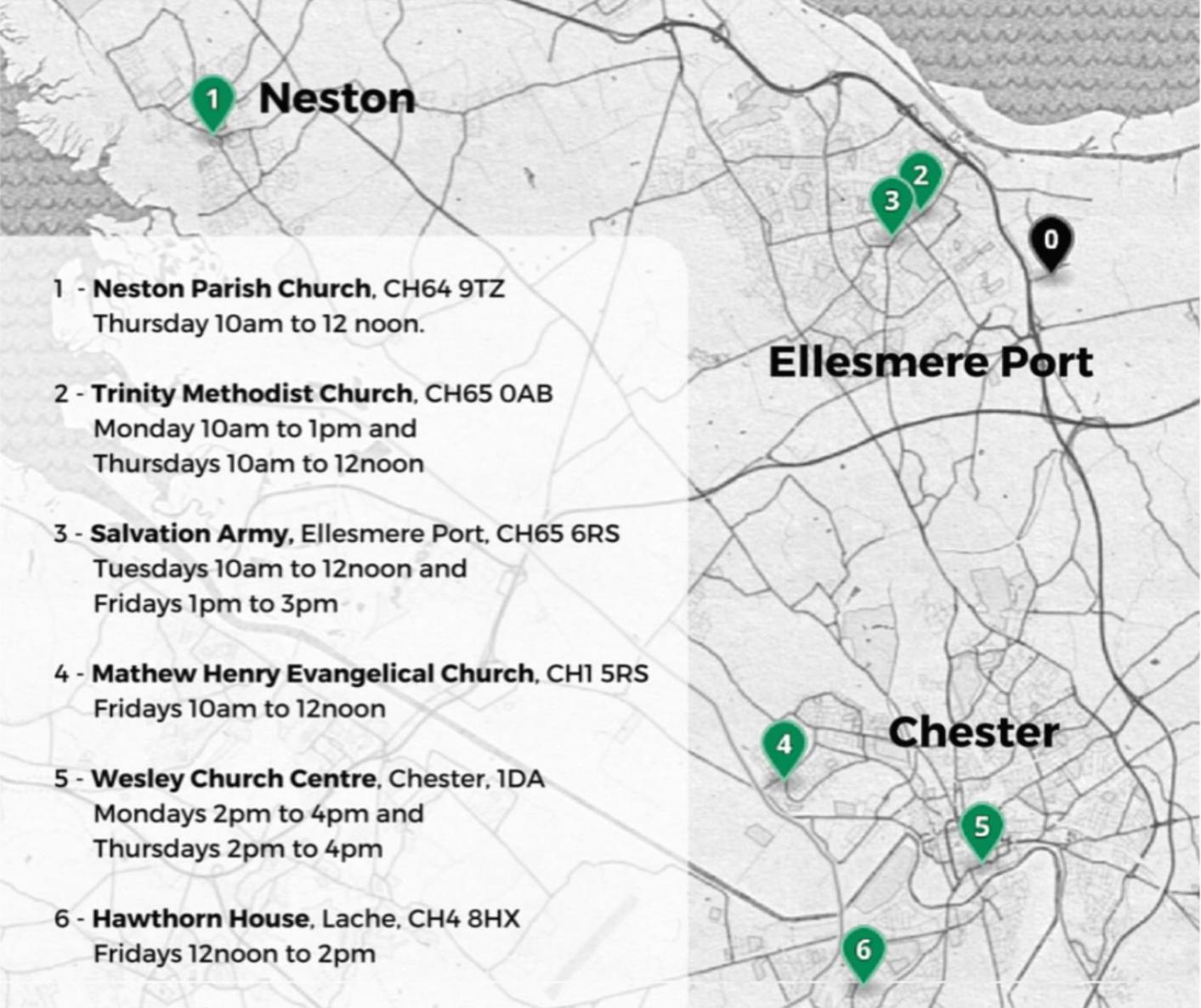
P3: York House, York Street, CH1 3LR. Mon, Tue, Thurs 11am to 3pm. Closed Wed, Fri 11am to 1pm.

Salvation Army: St Anne Street CH1 3HU. Mon 1pm to 3pm, Wed and Fri 10am to 2pm.

Avenue Services, Sanctuary Housing and the Blacon, Chester Victoria, Kingsway and Lache and Handbridge Children's Centres also hold foodbank vouchers.

Got a Voucher?

If you have a voucher, you can collect food from one of the places below:



The map shows the following collection points:

- 1 - Neston**
- 2 - Ellesmere Port**
- 3 - Ellesmere Port**
- 4 - Chester**
- 5 - Chester**
- 6 - Lache**

0 - Ellesmere Port (marked with a black pin)

1 - Neston Parish Church, CH64 9TZ
Thursday 10am to 12 noon.

2 - Trinity Methodist Church, CH65 0AB
Monday 10am to 1pm and
Thursdays 10am to 12noon

3 - Salvation Army, Ellesmere Port, CH65 6RS
Tuesdays 10am to 12noon and
Fridays 1pm to 3pm

4 - Mathew Henry Evangelical Church, CH1 5RS
Fridays 10am to 12noon

5 - Wesley Church Centre, Chester, 1DA
Mondays 2pm to 4pm and
Thursdays 2pm to 4pm

6 - Hawthorn House, Lache, CH4 8HX
Fridays 12noon to 2pm

Please do contact our office for more information.

We're open from 9am to 12 noon on
Mondays, Tuesdays, Thursdays & Fridays

Call 0151 355 7730 or email info@westcheshire.foodbank.org.uk



Pop Up Cooking is facilitated by West Cheshire Foodbank. We want to say thank you to Links Healthy Living Centre for providing the funding to get it going and to Trinity Methodist Church in Ellesmere Port for their support in launching Pop Up Cooking.

This booklet has emerged from Pop Up and we have also drawn inspiration and borrowed ideas from Anne Marie Lambert's recipe book Canny Cooking, published by Get Cooking! & The Gap.



Useful Websites

www.lovefoodhatewaste.com has tips on making food go further, reducing waste and working out food portions.

www.supercook.com will suggest recipes that you can make using the food you have in your cupboard.

www.stilltasty.com will help you decide if different types of food are edible after their 'use by' or 'sell by' dates.

www.letsgetcookingathome.org.uk has easy family recipe hints and tips.

www.supermarketownbrandguide.co.uk compares the taste of own label foods to more expensive brands to help you decide if it is worth spending any more.

www.westcheshire.foodbank.org.uk is the place to go to find out more about the work of West Cheshire Foodbank.

Designed and Produced by Alec Spencer and Roger Ellis.

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