Cyrenians
Good Food
A pictorial recipe book
Introduction

It can be easy to take food for granted forgetting the major role it plays in our lives and on our health. Good food not only provides us with healthy nourishment but can also enrich our lives, providing enjoyment through the social aspect of sharing meals with friends and family.

The Cyrenians Good Food Programme is a social enterprise with a mission to bring good food and healthy lifestyles to people who are experiencing disadvantage, isolation, poverty, homelessness and social exclusion. The Programme includes cookery classes (more than 200 a year) for individuals with little or no experience or confidence in cooking, including many clients with a range of complex needs including poor literacy and numeracy skills. We encourage people to enjoy all that food can offer, make independent choices, take ownership of their diet and have the opportunity to cook a meal from scratch, using fresh ingredients, increasing skills and confidence to do it again.

Recognising the positive health and social benefits cooking classes can have, led to the Good Food Programme becoming a registered centre for REHIS courses. We regularly deliver Food Hygiene, Elementary Food and Health and Food and Health for Carers of Adults with a Learning Disability. We also deliver the REHIS/Cyrenians Joint Award Good Food Good Health which trains people to run their own cooking classes, including those who might support people with learning disabilities. More recently our course delivery has extended to the new REHIS Elementary Cooking Skills course that is of interest to a wide range of individuals who would like to learn basic cooking skills to use in a variety of settings.

Quite often we find someone may need support when making a dish for the first time. People can sometimes find it difficult to follow a standard text based recipe which can curb enthusiasm, lead to confusion, anxiety and lack of confidence.

The aim of this booklet, which contains 16 of our most popular recipes, is to provide easy to follow guidance on preparing each dish. Images can be more engaging, they can be understood quickly and easily and can clearly and simply communicate a message. These pictorial recipes are for anyone who finds it easier to follow a recipe step-by-step, using the photographs as a guide to preparing a dish for the first time supported or unaided, or as a prompt after previously preparing the dish in a class. The ingredients list can help in planning a shopping list.

We would like to say an enormous “thank you” to two of our volunteers, Tracy Bogan and Esther Halcrow who have given considerable time and commitment to carefully and methodically producing and sequencing the photographs for the recipes and to Rebecca Jack for producing the artwork for the recipe book itself. We would also like to thank Community Food and Health (Scotland) for providing the funding to publish this work.

We hope this booklet helps people take a step towards making better food choices, encourages someone to prepare a dish from scratch and increase their interest and enjoyment in having a go at cooking for themselves. Building skills, confidence and self esteem can lead to greater independence, inspiring people to try new things, and lead to a more satisfying and healthier diet.

Chris Stevenson
Food and Health Development Coordinator

Further information on the work and publications available from Community Food and Health (Scotland) can be found on their website: www.communityfoodandhealth.org.uk
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All the recipes should be prepared following good hygiene practices and safe and careful use of kitchen equipment such as ovens and knives.
Fishcakes

Ingredients

300g potatoes (approx. 5 medium sized)

Or 2 small tins tuna/salmon

300g white fish

25g butter/spread

Milk

2 tablespoons fresh parsley (or 2 teaspoons dried)
Fishcakes continued

Ingredients

2 eggs
100g breadcrumbs
Salt and pepper
1 lemon

...continued overleaf
Fishcakes continued

Method

1. Peel and chop potatoes
2. Place in saucepan
3. Put in saucepan and cover with cold water
4. High heat
5. Bring to the boil
6. Low heat
Fishcakes continued

Method

7. Simmer for 10-15 minutes
8. Drain potatoes
9. Add butter
10. Mash potatoes
11. Put fish and little milk in deep frying pan
12. Cook for 5 minutes on medium heat

Cyrenians Good Food
Fishcakes continued

Method

13. Remove from milk
14. Flake fish with fork
15. Chop parsley
16. Beat eggs
17. Mix the fish and parsley into potatoes
18. Add little salt and pepper
Fishcakes continued

Method

19. Add ½ the egg mixture
20. Mix together

21. Divide into 8 equal size pieces
22. Shape into flat, round patties, on a floured surface

23. Dip into egg
24. Coat with egg

...continued overleaf
Fishcakes continued

Method

25. Dip into breadcrumbs
26. Coat with breadcrumbs

27. Repeat for all
28. High heat

29. Oil in clean frying pan
30. Fry fish cakes for a few minutes
Fishcakes continued

Method

31. Turn and fry other side for a few minutes

32. Serve with lemon wedge, side salad or salsa
Pea and mint soup

**Ingredients**

1 large potato

1 clove garlic

1 stock cube

1 onion

1 knob of butter

1 heaped teaspoon mint
Pea and mint soup
continued

Ingredients

1 small packet of frozen peas
Pea and mint soup
continued

Method

1. Slice onion
2. Wash potato
3. Chop potato into small pieces
4. Chop garlic into small pieces
5. Low heat
6. Put knob of butter into saucepan
Pea and mint soup
continued

Method

7. Melt butter
8. Add onion and garlic

9. Stir in, to coat with butter
10. Add potatoes

11. Stir in and cook for 5-10 minutes
12. Add stock cube to pint of hot water

...continued overleaf
Pea and mint soup
continued

Method

13. Add stock to saucepan

14. Stir in

15. Cook for 10 minutes

16. Add frozen peas

17. High heat

18. Bring to the boil, and cook for 5 minutes
Pea and mint soup
continued

Method

19. Remove from heat, add mint
20. Blend with hand blender
21. Until soup is smooth
22. Serve
Spicy lentil and tomato soup

Ingredients

1 tin of tomatoes
25g lentils
1 onion
1 stick celery
1 carrot
1 pint (285ml) of water
Spicy lentil and tomato soup continued

**Ingredients**

1 stock cube

¼ teaspoon pepper

Pinch of chilli powder

¼ teaspoon ground cumin

¼ teaspoon ground coriander

...continued overleaf
Spicy lentil and tomato soup continued

Method

1. Put lentils in saucepan
2. Add water to saucepan
3. High heat
4. Bring to the boil, cook for 10 minutes
5. Slice onion
6. Wash carrot
Spicy lentil and tomato soup continued

Method

7. Wash celery

8. Chop carrot

9. Chop celery

10. Once lentils have cooked for 10 minutes

11. Add vegetables to lentils

12. Low heat

...continued overleaf
Spicy lentil and tomato soup continued

**Method**

13. Add tomatoes

14. Add stock cube

15. Add spices

16. Add spices

17. High heat

18. Bring to the boil
Spicy lentil and tomato soup continued

Method

19. Low heat

20. Simmer for 20 minutes

21. Optional – mash for a smoother texture

22. Serve
Cheese sauce

Ingredients

- 250ml milk
- 25g butter/margarine
- 25g flour
- 100g strong/mature cheddar cheese
- Salt and pepper
Cheese sauce continued

Method

1. Grate cheese and set aside
2. Melt butter in saucepan over a medium heat
3. Add the flour
4. Cook for a few minutes, stir constantly
5. Add a little milk
6. Stir into a paste

...continued overleaf
Cheese sauce continued

Method

7. Gradually add rest of the milk, stirring in each time

8. Cook for 2-3 minutes, once sauce thickens


10. Add cheese

11. Stir in cheese until it melts

12. Finished sauce
Chicken curry with rice and curry salad

Ingredients

2 chicken breasts (diced)  1 tablespoon oil
1 onion  1-2 cloves of garlic
1 pepper (green or red)  2 teaspoons mild curry powder

...continued overleaf
Chicken curry with rice and curry salad continued

*Ingredients*

**1 vegetable or chicken stock cube**

**1 small tin of chopped tomatoes**

**125g long grain or basmati rice**

**CURRY SALAD INGREDIENTS**

**1 banana**

**1 lemon**

**1-2 dessertspoons of desiccated coconut**
Chicken curry with rice and curry salad continued

Method

1. Slice onion

2. Chop or crush garlic

3. Deseed and chop pepper

4. Add oil to saucepan

5. Add onion and garlic to saucepan

6. Cook for a few minutes

...continued overleaf
Chicken curry with rice and curry salad continued

Method

7. Add pepper and cook for few minutes
8. Add the diced chicken
9. Cook until no longer pink
10. Low heat
11. Stir in curry powder, cook for 1 minute
12. Add tomatoes
Chicken curry with rice and curry salad continued

Method

13. Add stock cube, diluted in little water
14. High heat
15. Bring to the boil
16. Low heat
17. Simmer for about 30 minutes
18. Cook rice according to pack instructions
Method

19. Spoon the curry onto the cooked rice to serve

20. For banana salad: slice the banana

21. Squeeze a little lemon juice onto banana

22. Sprinkle with desiccated coconut

23. Serve with the curry
Frittata

Ingredients

1 large potato

3 tablespoons olive oil

1 onion

4 eggs

50ml single cream

½ teaspoon salt

...continued overleaf
Frittata continued

Ingredients

1/2 teaspoon marjoram  
65g cooked sausage/chorizo

OR red pepper and chilli  
65g cheddar cheese, crumbled
Frittata continued

Method

1. Preheat oven to 180°C

2. Wash potato

3. Peel and chop potato

4. Put potato in saucepan with water

5. High heat

6. Bring to boil, cook for 5 minutes until just cooked

...continued overleaf
Frittata continued

Method

7. Drain potatoes

8. Set aside

9. Slice onions

10. Put 2 tablespoons oil in frying pan

11. Low heat

12. Add sliced onions
Frittata continued

**Method**

13. Cover with lid

14. Sweat onions until soft and golden brown (approx. 10 minutes)

15. Remove from heat, set aside

16. Break eggs into mixing bowl

17. Whisk until slightly frothy

18. Add cream

...continued overleaf
Frittata continued

Method

19. Add salt
20. Add marjoram
21. Add onions
22. Add potatoes and sliced sausage/chorizo
23. Stir together
24. Add 1 tablespoon olive oil to frying pan, over medium heat
Method

25. Pour mixture into frying pan

26. Stir briefly to distribute ingredients evenly

27. Sprinkle cheese on top and spread evenly

28. Place in oven, cook for 25-35 minutes until centre has set

29. Remove from oven and leave to cool for a few minutes

30. Turn onto a large plate to serve
Macaroni cheese

Ingredients

150g macaroni

250ml milk

25g flour

25g butter/margarine

100g strong/mature cheese

Salt and pepper
Method

1. Fill large saucepan with water, add pinch salt, bring to the boil
2. High heat
3. Add macaroni
4. Cook for 10 minutes
5. Drain pasta and put aside
6. Grate cheese, put aside
Macaroni cheese continued

Method

7. Melt butter in saucepan over a medium heat

8. Add flour

9. Stir constantly for few minutes

10. Add a little milk

11. Mix into paste

12. Gradually add rest of the milk
Method

13. Cook for 2 – 3 minutes, stirring constantly until mixture thickens

14. Add pepper. Optional – ½ teaspoon of mustard for extra flavour

15. Add ½ the cheese

16. Stir in until all the cheese melts

17. Finished sauce

18. Add pasta to the sauce and pour into pie dish

...continued overleaf
Macaroni cheese continued

Method

19. Sprinkle the rest of the cheese on top

20. Place under the grill for a few minutes

21. Once top is golden brown, serve with side salad
Sausage casserole

Ingredients

- 4 sausages
- 1 onion
- 1 courgette
- ½ pepper
- 2-3 mushrooms
- ½ teaspoon mixed herbs
Sausage casserole
continued

Ingredients

1 stock cube

Vegetable oil

Pepper
Method

1. Grill sausages lightly (just browned, will be cooked again later)
2. Put sausages on plate to one side
3. Slice onion
4. Slice pepper
5. Slice courgette
6. Slice mushrooms

...continued overleaf
Sausage casserole
continued

Method

7. High heat

8. Add tablespoon of oil to saucepan

9. Add onion

10. Fry for a few minutes

11. Add pepper

12. Add courgette and mushrooms
Sausage casserole continued

Method

13. Fry vegetables for a further 3 minutes

14. Add tinned tomatoes

15. Add stock cube and stir to dissolve

16. Add herbs

17. Chop sausages

18. Into thick slices

...continued overleaf
Sausage casserole
continued

Method

19. Add sausages to the saucepan

20. Low heat

21. Simmer gently for 10-15 minutes

22. Add pepper to taste

23. Serve
Shepherd’s pie

Ingredients

- 250g mince
- 4 medium potatoes
- 1 onion
- 2 carrots
- 1 tin tomatoes
- 1 stock cube

...continued overleaf
Ingredients

1 teaspoon mixed herbs

Pepper

1 teaspoon butter/spread
Method

1. Preheat oven to 200°C
2. Chop onion
3. Chop carrots
4. Set aside vegetables
5. Put mince in saucepan
6. Cook over medium heat

Shepherd’s pie continued
Shepherd’s pie continued

Method

7. Cook until all mince browned
8. Add carrot and onion
9. Cook for a few minutes
10. Add tinned tomatoes
11. Add crumbled stock cube
12. Add pepper
Shepherd’s pie continued

Method

13. Add mixed herbs

14. Bring to the boil

15. Low heat

16. Simmer gently for 20 minutes, stir occasionally

17. Peel and chop potatoes

18. Place in saucepan, cover with water

...continued overleaf
Shepherd’s pie continued

Method

19. High heat
20. Bring to the boil
21. Low heat
22. Simmer for 20 minutes, until potatoes are cooked
23. Drain potatoes
24. Put potatoes back in warm saucepan, add butter
Method

25. Mash potatoes

26. Add pepper

27. Add a little milk

28. Taste mince

29. Adjust seasoning if needed

30. Put mince in small oven proof dish

Shepherd’s pie continued
Shepherd’s pie continued

Method

31. Spoon mashed potato on top
32. Cover all the mince with a layer of potato
33. Spread out potato and use a fork to make lines
34. Finished potato topping with lines
35. Put in oven, cook for 20 minutes
36. Remove from oven once browned and bubbling
Shepherd’s pie **continued**

**Method**

37. Serve
Spaghetti bolognese

**Ingredients**

- 225g minced beef (1 small pack)
- 1 onion
- 1 clove garlic
- 400g tin of tomatoes
- 2 dessertspoons of tomato puree
- 1 teaspoon mixed herbs
Ingredients

- 1 stock cube
- 100g spaghetti
- 3-4 mushrooms
- ½ pepper
- 1 carrot
- Salt and pepper

...continued overleaf
Spaghetti bolognese

Method

1. Chop the onion
2. Crush the garlic
3. Slice the mushrooms
4. Dice the pepper
5. Peel and slice the carrot
6. Fry mince in saucepan, over medium heat
Spaghetti bolognese continued

Method

7. Fry mince until browned

8. Add onion, garlic, pepper and carrot

9. Cook for a few minutes

10. Until vegetables start to soften

11. Add mushrooms

12. Add tinned tomato

...continued overleaf
Spaghetti bolognese
continued

Method

13. Add tomato purée
14. Add stock cube

15. Add herbs and pepper, simmer for 30-40 minutes
16. Cook spaghetti in boiling water, for time on packet

17. Drain pasta
18. Taste sauce, and adjust seasoning
Method

19. Add pepper and salt if needed

20. Add small spoon of sauce to the pasta

21. Stir in to coat pasta

22. Serve with rest of the sauce and cheese
Tuna pasta bake

**Ingredients**

- 185g tin tuna
- 1 onion
- 100g mushrooms
- 100g frozen peas
- 100g sweetcorn (tinned or frozen)
- 1 tablespoon oil
Tuna pasta bake continued

**Ingredients**

100g dried pasta

285ml (½ pint) cheese sauce
(see cheese sauce recipe on page 22)

35g cheese

...continued overleaf
Tuna pasta bake continued

Method

1. High heat

2. Bring water to the boil

3. Add pasta

4. Cook for time on packet

5. Drain pasta

6. Make cheese sauce and set aside (see cheese sauce recipe on page 22)
Tuna pasta bake continued

Method

7. Finely chop onion
8. Slice mushrooms
9. Oil in frying on medium heat
10. Add onion
11. Cook for a few minutes
12. Add mushrooms

...continued overleaf
Tuna pasta bake continued

Method

13. Cook for a few minutes

14. Add cheese sauce

15. Add sweetcorn

16. Add peas

17. Low heat

18. Simmer for 5 minutes
Tuna pasta bake continued

Method

19. Add the tuna

20. Simmer for a few minutes

21. Add the cooked pasta

22. Stir together well

23. Put in ovenproof dish and sprinkle with grated cheese

24. Place under grill for a few minutes or bake at 190°C

...continued overleaf
Tuna pasta bake continued

Method

25. Remove from grill once golden brown on top

26. Serve
Vegetable stir-fry

**Ingredients**

- 225g vegetables
- 1 small onion
- 1 clove of garlic
- 2 tablespoons vegetable oil
- 1 teaspoon grated ginger or ¼ teaspoon ground ginger
- 1 dessertspoon apple or orange juice
Vegetable stir-fry
continued

Ingredients

2 teaspoons soy sauce
1 packet noodles
1 teaspoon vinegar
Pepper
Vegetable stir-fry
continued

Method

1. Thinly slice onion
2. Crush the garlic
3. Prepare the vegetables
4. Wash and peel vegetables
5. Thinly slice vegetables
6. High heat

...continued overleaf
Method

7. Bring saucepan of water to the boil

8. High heat

9. Heat wok for a few minutes, then add oil to wok

10. Add onion and garlic

11. Low heat

12. Cook for 1 minute
**Method**

13. Add harder vegetables

14. Cook for 2-3 minutes

15. Add ginger

16. Add other vegetables

17. Cook for 2-3 minutes

18. Add noodles to boiling water, cook for 3-4 minutes

...continued overleaf
Vegetable stir-fry
continued

Method

19. Add juice
20. Add soy
21. Add vinegar
22. High heat
23. Cook for 1 minute
24. Drain noodles
Vegetable stir-fry
continued

Method

25. Add noodles to wok

26. Add pepper to wok

27. Stir in

28. Serve
Apple and sultana crumble

Ingredients

- 2 cooking apples
- 2 dessertspoons of water
- 25g brown sugar
- 25g sultanas
- 50g butter
- 125g plain flour
Apple and sultana crumble continued

Ingredients

¼ teaspoon ground cinnamon

50g brown sugar
Method

1. Preheat oven to 180°C
2. Peel apples
3. Chop apples
4. Put apples in saucepan
5. Add sultanas and 25g sugar
6. Add cinnamon
Apple and sultana crumble continued

Method

7. Add water

8. Low heat

9. Cook for 5 minutes until softened, take off heat

10. Cut butter into cubes

11. Put flour and butter in mixing bowl

12. Rub together

...continued overleaf
Method

13. Rub until breadcrumb texture forms
14. Add sugar
15. Stir in
16. Pour apples into greased ovenproof dish
17. Cover with crumble
18. Put on high shelf in oven
Apple and sultana crumble continued

**Method**

19. Bake for 30-40 minutes until golden brown

20. Serve with custard, cream or ice-cream
Banana cake

**Ingredients**

- 100g softened butter/margarine
- 100g soft brown sugar
- 2 bananas
- 2 eggs
- 100g wholemeal self-raising flour
Method

1. Preheat oven to 190°C
2. Grease loaf tin
3. Fully greased
4. Line tin with greaseproof paper
5. Grease again
6. Dust with flour

Banana cake continued...
Banana cake continued

Method

7. Put sugar and butter in mixing bowl
8. Cream with mixer

9. Until smooth
10. Mash bananas

11. Add the creamed mixture
12. Mix in
13. Beat eggs in small bowl
14. Add to the mixture
15. Mix in
16. Fold in flour gently
17. Pour into prepared loaf tin
18. Place in middle of the oven
Banana cake continued

Method

19. Bake for 45 minutes, until risen and brown on top

20. Sieve a spoon of icing sugar on top

21. Serve
Lemon flan

Ingredients

FOR THE BASE
100g plain flour

70g butter

2 dessertspoons of icing sugar
Lemon flan continued

Ingredients

FOR THE FILLING

1 lemon

2 eggs

70g caster sugar

100ml double cream
Lemon flan continued

Method

1. Grease the base and sides of a 7” diameter cake tin
2. Put flour and butter in a mixing bowl
3. Add the icing sugar
4. Lightly rub together
5. Until mixture looks like breadcrumbs
6. Pour into cake tin

...continued overleaf
Lemon flan continued

Method

7. Spread evenly around base and up sides

8. Press down firmly to keep in place

9. Put in oven at 160°C for 12 minutes till lightly browned

10. Remove from oven and leave to cool

11. Grate the zest of the lemon

12. Squeeze the juice of the lemon
Lemon flan continued

Method

13. Put lemon zest and juice in mixing bowl. Add caster sugar

14. Break the eggs into a bowl

15. Add the eggs

16. Add the double cream

17. Whisk mixture

18. Until combined

...continued overleaf
Lemon flan continued

Method

19. Pour filling into the cooled base

20. Gently place in oven

21. Bake at 160°C for 25 minutes until filling is firm

22. Leave to cool and set before serving
Poached pears with chocolate sauce

Ingredients

250g sugar
½ cinnamon stick
1 star anise
2 cloves
½ pint water
2 pears

...continued overleaf
Poached pears with chocolate sauce continued

**Ingredients**

**FOR THE SAUCE**
- 100g dark chocolate
- 75ml milk
- 75ml double cream
- ½ cinnamon stick
Poached pears with chocolate sauce continued

Method

1. Put sugar in saucepan
2. Add cinnamon, star anise and cloves
3. Add the water
4. High heat
5. Bring to the boil, stir constantly
6. Low heat

...continued overleaf
Poached pears with chocolate sauce continued

Method

7. Simmer for 10 minutes

8. Peel the pears

9. Add pears to the syrup, simmer for 30 minutes, until slightly soft

FOR THE CHOCOLATE SAUCE

10. Break chocolate into pieces

11. Put in a heat proof bowl

12. Put milk, cream and cinnamon in saucepan
Poached pears with chocolate sauce continued

Method

13. High heat

14. Bring to the boil

15. Remove cinnamon stick

16. Pour hot mixture over the chocolate

17. Stir constantly for a few minutes

18. Stir until chocolate melts

...continued overleaf
Poached pears with chocolate sauce continued

Method

19. Serve pears with chocolate sauce
A major part of the Cyrenians Good Food Programme is FareShare. The Project delivers around 9 tonnes of surplus food each week which is quality checked and distributed by volunteers and trainees from our Leith warehouse supplying 43 charity kitchens around Lothian to supplement their food budget and add value to their menu.

A Community Food Member of Good Food described their first year receiving food from us as “transforming” their service. This project works with people with mental health issues, providing positive training and community involvement. They run classes and groups morning and afternoon. With the help of FareShare they now provide lunch for everyone and also run cooking classes.

The transformation has been heard rather than felt. The noise level in their project has simply increased. Previously people would come, do their thing, and leave again. Now they are now hanging round for lunch and chatting to those in other groups. The silent hall way now rings with voices greeting each other or saying “bye everyone, see you tomorrow”.

Food is not simply fuel for the body and mind but is a social catalyst and lubricant. When eating together people share common experiences and build relationships. Isolated individuals in this community are closer together, friendships are forged, sorrows are shared, and joys are communal. The project may have transformed but it’s this change in the clients that has made it happen.

The work of Cyrenians Good Food Programme has been made possible because of the partnership and support of many organisations and individuals. A big thank you to all our Funders, Corporate Partners and Volunteers – you know who you are and the very major contribution you make to the work of the charity. We greatly value your support.

Thank you!
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