

# Week 1 - Classic homemade coleslaw - Serves 8 as a side

## Ingredients

- 1 small white cabbage or ½ large
- 4 carrots peeled
- 1 large red onion
- ½ small bunch dill, chives, parsley or coriander, finely chopped (optional)
- 1 tbsp Dijon mustard
- 50g mayonnaise
- 50g yogurt
- soured cream or more mayo
- 1-2 tbsp white wine vinegar
- a few pinches of paprika

## Method

- Step 1
- Remove any bruised or damaged outer cabbage leaves. Halve through the stem, and remove the dense core with a sharp knife and discard. Put cut side down onto a chopping board, and slice as finely as you can into thin shreds. Then tip into a bowl.
- Step 2
- Grate the carrots on a box grater to coarsely shred add tip into the bowl. Finely slice the onion, and thin as you can, and add to the bowl with the other veg. Add the herbs if using. A mixture is nice if you have some to use up.
- Step 3
- In a jug, whisk the mustard, mayo, yogurt and vinegar. Season well, and taste for sharpness and creamy. Add more vinegar if you like.
- Step 4
- Tip the dressing into the veg bowl, and mix everything together well with a large spoon. Stir so all the veg gets coated lightly in the dressing. Sprinkle with a few pinches of paprika, and serve straight away. Can be covered and chilled for up to 3 days. Mix well before serving.

# Week 2 – vegetable stir – Serves 4

## Ingredients

- 250g medium egg noodles
- 1 tbsp tomato purée
- 2 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- 1 tbsp sunflower oil
- small piece of ginger –peeled and grated
- 300g stir-fry vegetables
- 1 red chilli deseeded and chopped (optional)

## Method

- Step 1 - Bring a pan of water to the boil. Add the noodles, bring back to the boil and cook for 4 mins, then drain well. Mix the tomato purée, soy and chilli sauce in a small bowl with 150ml water.
- Step 2 - Meanwhile, heat the oil in a large pan or wok, add the ginger, vegetables and red chill (if using), then stir-fry for 2 mins. Add the noodles and sauce and cook for a further 2-3 mins until everything is piping hot.

# Week 3 - Pasta Bake - Serves 4

## Ingredients

- 280g penne
- 280g broccoli cut into florets
- 25g butter
- 25g plain flour
- 300ml milk
- 1 tbsp wholegrain mustard
- 140g mature cheddar grated

## Method

- Step 1
- Cook the pasta, adding the broccoli for the final 4-5 mins and cooking until tender. Drain well.
- Step 2
- Heat the butter in a saucepan and stir in the flour. Cook for 1 min, then gradually add the milk, stirring well between each addition. Bring to the boil, stirring, then simmer for 2 mins, before stirring in the mustard, half the cheese and seasoning.
- Step 3
- Mix the pasta and broccoli into the sauce and spoon into an ovenproof dish. Scatter over the remaining cheese and place under a hot grill for 3-4 mins until golden and bubbling.

# Week 4 - Pizza Dough - Makes 4 pizza bases

## Ingredients

- 500g bread flour
- 1 tsp salt
- ½ tsp dried yeast
- 300-350ml warm water
- Oil for greasing

### Topping per pizza

- Tomato puree
- 50g cheese
- 50g Chicken/pepperoni etc
- 50g Vegetable i.e. sweetcorn, mushrooms or onions

## Method

- step 1 - Put the flour and salt in the bowl and add the yeast into the water. It's always a good idea to wait 5 mins before using the liquid to see if the yeast is working – little bits will start to rise to the top and you'll know it's active
- Step 2 - Pour the liquid into the bowl. And mix with a metal spoon until it forms a dough. Knead by hand, it will take you about 10 mins. Try not to add too much flour if you can. This is a slightly sticky dough, but that keeps it light and it rises beautifully.
- Step 3 - Oil another bowl and place the dough in it. Turn it around so that it's lightly coated in the oil. Cover tightly with cling film and then a tea towel. Place in a draught-free area that's warm and leave until the dough has doubled in size. Punch it down first and bring it together on a floured surface.) Divide the dough into 2 pieces for big pizzas or 4 for plate-sized ones, then shape into balls dust them in flour as they will be sticky.
- Step 4 - If you want to get air pockets and a light but crisp dough, then don't use a rolling pin. It flattens and pops the air bubbles. Use your fingers to gently stretch the dough out. Once it's about 16cm, place the disc over the tops of your hands (not palm side) and use them to stretch it further, up to about 25cm and repeat with the other dough. If not use a rolling pin to roll out the dough to the desirable size.
- Step 5 - Assemble the toppings of your choice. Remember that less is more, as the dough will stay crisper and the toppings will cook better.
- Step 6 - Place on a pizza tray and cook at 180 degrees, until the dough has gone crisp, the cheese has melted and gone golden.

# Week 5 - Ginger biscuits – Makes 20

## Ingredients

- 100g salted butter cubed
- 75g light brown soft sugar
- 1 tbsp grated fresh ginger
- 100g golden syrup
- 250g self-raising flour
- 1½ tbsp ground ginger
- 1 tsp bicarbonate of soda
- 1 small egg yolk beaten

## Method

- Step 1 - Heat the oven to 190C/170C fan/gas 5. Line two large baking trays with baking parchment. In a jug add the butter and melt in the microwave then add the sugar, fresh ginger and golden syrup and leave to cool.
- Step 2 - Mix the flour, ground ginger and bicarbonate of soda together in a bowl with a wooden spoon. Gradually stir in the cooled sugar mixture and the egg yolk and knead briefly to make a dough.
- Step 3 - Roll the dough into 20g balls and put on the prepared baking trays with 3cm between each to allow for spreading. Bake for 8-10 mins until golden brown. Leave to cool on the trays for a min, then transfer to a cooling rack to cool completely.