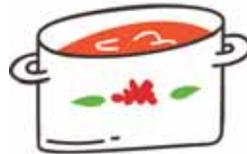


This cook book has been developed and designed by Essex Care Leavers.



Lots of care leavers in Essex have told us they struggle to know where to start when cooking.



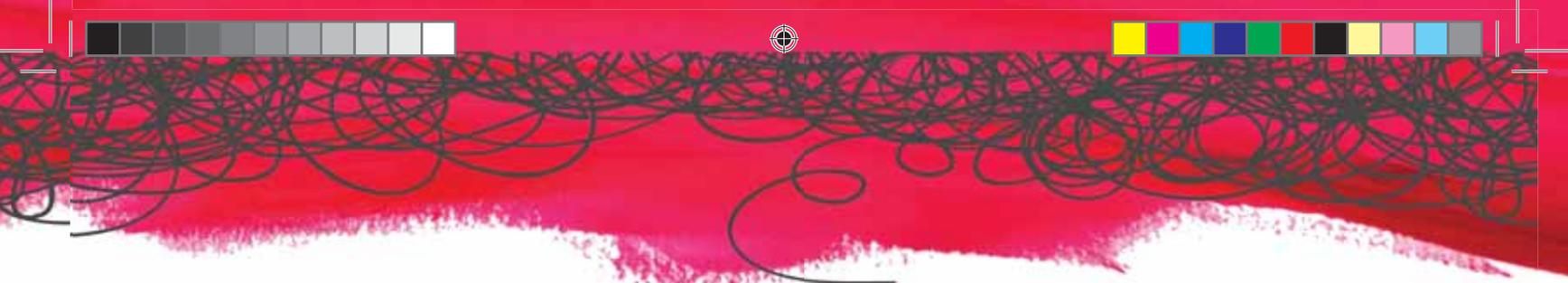
We Hope that this step by step easy guide will help young people in the Kitchen and when they go shopping.



The recipes have come from young people, social workers and decision makers.



Please note that products can vary in price and quality depending on shops that they are purchased in.



TOP TIPS

Our top shopping tips:

- Buy your shopping from larger supermarkets as smaller 'local' shops are usually much more expensive.
- Plan your meals.
- Remember that you can freeze left over food for another time.
- Plastic take away containers make fantastic storage for left overs.
- Shop in the reduced section, you can find out the time by asking when items are usually reduced as this will be different in all shops.
- Always take your bags with you
- Don't shop on an empty stomach as you are much more likely to buy stuff you don't need.
- Only shop once a week
- Set yourself a budget
- Buy big portions of meat and split them up into portions before freezing them.
- Try own brand products as often they taste the same as branded.

RECIPES

OVERNIGHT OATS

You will need:

Porridge Oats
Frozen Fruits
Greek style natural yogurt



TASTY TIPS

Use different fruits and fresh fruit such as banana

What you need to do:

STEP 1



Place your frozen fruit in the bottom of your glass.

STEP 2



Shake over the porridge oats till the glass is half full.

STEP 3



Spoon over the natural yogurt until it nearly reaches the top. (don't do it too high otherwise it will make it hard to mix)

STEP 4



Now Mix, you can either eat it immediately or you can leave it over night and let the oats absorb the fruit for a yummy breakfast.

PASTA

You will need:

Dried or fresh pasta of your choice



TASTY TIPS

Grate some cheese into the cooked pasta and add the sauce below, this makes a fab combination.

What you need to do:

STEP 1



Fill your pan $\frac{3}{4}$ full and bring to the boil (or boil a kettle and then add this water to the pan if you are in a hurry!)

STEP 2



Once it is boiling add the pasta, make sure the water covers the pasta –if not add a bit more.

STEP 3



Boil the pasta for the amount of time it says on the packet. Stir the pasta a few times when you first put it in to stop it sticking.

STEP 4



Drain the pasta in a colander or if you don't have a colander use the lid to tip the water out of the pan.

RECIPES

TOMATO SAUCE (to go with any pasta)

You will need:

1 tin of chopped tomatoes, 1 onion, 1 clove of garlic, Salt and pepper, 1 tablespoon of oil, Mixed herbs, Optional extras: Pinch of dried chilli or chopped up fresh chilli to give it a kick.



TASTY TIPS
You can add almost anything to this tomato sauce to give it a twist. I like red lentils, or fried mushrooms, courgettes or black olives

STEP 1

Chop the onion, garlic and the chilli (if you are using it). Heat the oil in a saucepan, add chopped ingredients and fry until soft, keep on stirring it to make certain it doesn't burn.



STEP 2

Add the tin of chopped tomatoes and some salt and pepper and mix it all together and cook for about 15/20 minutes stirring occasionally (add the basil at the end if you are using that once you have removed the pan from the heat).



*Freeze sauces so that you can use them for other meals, take away packaging is good for this.

SPAGHETTI BOLOGNESE

(using the tomato sauce from above)

What you will need:

Mince
Tomato sauce (from previous recipe)
(Extra garlic to taste)
Mixed herbs



TASTY TIPS
add a small amount of beef gravy granules to thicken the sauce to make it extra tasty

STEP 1



Put a teaspoon of oil in a frying pan, place the mince, garlic and mixed herbs, ensure you stir the mince so that it doesn't stick to the bottom of the pan.

STEP 2



You will notice that the mince will begin to turn brown, this is a sign that it is cooking, keep stirring the mince.

STEP 3



Once all of the mince is brown cook for a further few minutes to make sure that the inside is cooked through.

STEP 4



Add in the tomato sauce and stir together.

TASTY TIPS
Add cheese to this to make it extra yummy

RECIPES

LASAGNE

Lasagne is the perfect dinner and one which you can section once it has been cooked and freeze for another day

What you need:

Bolognaise sauce
(with minc, with tomato sauce from the recipe before)
A jar of white lasagne sauce
Lasagne sheets
grated cheese



TASTY TIPS
you could accompany this with garlic bread and salad

STEP 1



Begin by adding about 1/2 the bolognaise sauce to the bottom of a dish and spread it out evenly across the whole of the bottom.

STEP 2



Lay the lasagne sheets over the bolognaise sauce, try not to overlap them otherwise they don't cook properly, try cover as much of the bolognaise sauce with the lasagne sheets as possible.

STEP 3



Then pour over about 1/2 the white sauce and spread out evenly over the lasagne sheets covering them as much as possible.

STEP 4



Then layer the other half of the bolognaise sauce over the white sauce and spread evenly. Then lay on more lasagne sheets to cover the bolognaise sauce.

STEP 5



Then pour the white sauce and even out across the top (you can use the back of a spoon to do this).

STEP 6



Sprinkle cheese over the top and place the lasagne in the oven for approximately 45 mins at 180C.

RECIPES

AVOCADO on CRISPbread or TOAST

Avocado provides a healthy nutritious snack or lunch

What you need:

Avocado
Bread for toast, or crispbreads



TASTY TIPS
Add various toppings like ham and pepper to make it extra tasty.

STEP 1



First begin by cutting the avocado in half.

STEP 2



Then remove the stone from the middle with a spoon.

STEP 3



Scoop out the inside with a spoon and put into a bowl.

STEP 4



With the back of a fork mash the avocado until it is spreadable.

STEP 5



5. Then spread onto toast or crisp bread.

PITTA PIZZAS

What you will need:

Pitta bread,
Tomato
Cheese



TASTY TIPS
Add tomatoes, it makes a yummy combination

TASTY TIPS
Add various toppings like ham and pepper to make it extra tasty.

STEP 1



First toast the pitta bread, then squirt some tomato puree in the middle of the pitta.

STEP 2



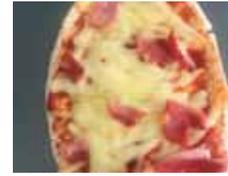
Spread the tomato puree with the back of a spoon until it covers one side of the pitta.

STEP 3



Sprinkle cheese over the Pitta, (add any other ingredients at this stage).

STEP 4



Put it under the grill or in the oven for approximately 5-7 minutes until melted.

RECIPES

CHICKEN DRUMSTICKS

Chicken drumsticks are super cheap and have lots of protein in them, you can have them for a snack or put them with veg, rice and more to have a healthy meal. The main thing with chicken that is still on the bone is to make sure that it is cooked properly.



TASTY TIPS
Add some seasoning to the drumsticks before cooking to give them an extra kick

STEP 1



Place your chicken drumsticks on a baking tray.

STEP 2



Space them evenly apart and cook them at 180 degrees for 45 mins.

STEP 3



To check if they are cooked cut one open with a knife and check the inside. If it is steaming from the inside then it means it is ready. Put back in oven for longer if they are not done or you are unsure.

EGG on TOAST

You will need:

Egg,
oil and Bread for toast



TASTY TIPS
Add add a slice of bacon for a special breakfast

STEP 1



Put a small amount of oil in the bottom of a pan.

STEP 2



Then crack the egg into the pan.

STEP 3



The egg will then begin to turn white.

STEP 4



To ensure that the egg is cooked in the middle you can flip the egg over, when both sides are white. (the egg should take approximately 3 mins on each side).

RECIPES

CREAMY PASTA and HAM

What you will need:

Any pasta,
Cream Cheese, ham if desired



TASTY TIPS

Add ham
to make it
extra yummy



STEP 1

Firstly cook
pasta as in the
previous recipe.



STEP 2

Stir in some of the
cream cheese and ham
whilst the pasta is still hot.

SCRAMBLED EGG (in the microwave)

You will need:

Eggs, Butter, Milk

STEP 1



Begin by cracking
the eggs into a
bowl.

STEP 2



Add a splash of milk
and a teaspoon of
butter to the eggs,
mix with a fork or
whisk.

STEP 3



Place the eggs in the
microwave for 2
minutes at a time,
if it looks like this
give it a stir and put
the eggs in for a
further 2 minutes.

STEP 4



The eggs should look like
they do in the photo, light
and fluffy. You can eat this
with toast or team it with
some crushed avocado.

TASTY TIPS

Add pieces of
smoked salmon
for a special lunch

OMELETTE

What you will need: Eggs, Milk, oil,

STEP 1



Begin by cracking
the eggs into a
bowl, add any
other ingredients.

STEP 2



Use a fork and
mix all the
ingredients
together.

STEP 3



Heat oil in pan
and add all
ingredients.

STEP 4



It should look
like this is
the pan.

STEP 5



After approx 5 mins
flip the omelette, If
it sticks, use a spatula
to gently ease it off
the pan.

TASTY TIPS

Add chesse and onion,
or tomato and bacon,
or mushrooms

RECIPES

EGGY BREAD

What you will need:

- 1 or 2 eggs
- 90ml/ 1/3 cup of milk
- 1 tablespoon butter
- 4 slices of bread
- 2 teaspoons sugar



TASTY TIPS
add Jam or fruit
for a sweeter snack
or dessert

STEP 1



Stir the the eggs and milk in a bowl until they are mixed together .

STEP 2



Add the sugar.

STEP 3



Take one slice of bread and place it in the egg mixture,soak it on both sides for 30 seconds.

STEP 4



Meanwhile melt the butter in the pan, making sure it doesn't begin to brown.

STEP 5



Add the bread and fry for around 2 minutes on each side.

CHEESE and HAM TOASTIE

What you will need:

- Oil, bread,
- ham, cheese



TASTY TIPS
Add Tinned tuna
instead of ham
for a tuna melt

STEP 1



First place your cheese and ham into the bread (no butter needed).

STEP 2



Put a drizzle of oil into the pan or butter and wait for a minute then place the whole sandwich in the pan, you can then add pressure with the back of a spatula.

STEP 3



Cook on one side for around 5 minutes and then flip it over, keep checking it by lifting up one side with the spatula, the bread should look like this once you have flipped it over.

STEP 4



Cook for a further few minutes you will know it is done when it looks like this in the middle .

RECIPES

PANCAKES (makes about 7)

You will need:

2 eggs
2 cups (240g) of plain flour
125ml milk
50 ml water
Pinch salt
25g butter



TASTY TIPS
For a main meal use savoury ingredients like cheese, ham or mushrooms.

STEP 1



Sieve the flour into a bowl and add a pinch of salt.

STEP 2



Break the eggs into the flour and whisk (quickly stir) with a fork or a whisk.

STEP 3



Add the milk and water mixture bit by bit whisking as you go.

STEP 4



Put a frying pan on the hob and add a small cube of butter and melt so it covers the pan.

STEP 5



Add $\frac{1}{2}$ a ladle (2 tablespoons) of mixture to the hot pan and tip so that it covers the base of the pan.

STEP 6



Cook for around $\frac{1}{2}$ minute and check if one side is done by lifting with a spatula to see if it is golden brown.

STEP 7



Then flip the pancake and cook the other side for around $\frac{1}{2}$ minute.

STEP 8



Add one of the following; lemon juice and sugar, jam, chocolate spread and banana.

This information is issued by:
Children in Care Council.

Contact us:
involvement@essex.gov.uk
<https://cicc.essex.gov.uk/>
07584262934

Essex County Council
County Hall
Chelmsford
Essex, CM1 1QT

 **Essex_CC**

 **facebook.com/essexcountycouncil**

The information contained in this document
can be translated, and/or made available in
alternative formats, on request.

Published November2019