



**CHEDDAR AND
ROSEMARY
BISCUITS**

THESE INDULGENT SAVOURY BISCUITS ARE AS SIMPLE TO MAKE AS THEY ARE DELICIOUS. PERFECT ON THEIR OWN, OR TOPPED WITH PICKLE OR CHUTNEY AND A PIECE OF HAM.

Meal Type: *Snack*
Costs per biscuit: *7p (recipe 67p)*
Cooking Time: *15 Minutes*
Preparation Time: *10 Minutes*
Makes: *10-14 Biscuits*

INGREDIENTS

- 100g Butter - diced into small cubes
- 100g Plain Flour
- ½ tsp Dried Rosemary
- 40g Grated Cheddar Cheese
- Milk

METHOD

1. Mix butter, flour, cheese and rosemary together. Bring to a dough (you should not need to add any water to do this), place in a bowl, cover and chill for at least an hour.
2. Preheat the oven to around 160C.
3. Roll out the dough to around 5mm thick and cut into small rounds (3-4cm). The left over dough can be rolled out again.
4. Place onto a baking tray lined with a non-stick mat or some baking parchment. Do not put them too close together as they will spread a little.
5. Brush the top of each with a little milk and place into the oven. Cook for 12-15 minutes until lightly browned.
6. Remove from the oven and leave to sit on the tray for 4-5 minutes.
7. Carefully remove to a cooling rack. When they are nicely cooled, they are ready to serve.
8. They can be stored in an airtight container for 3-4 days.

Per serving:

Energy 130kcal, Fat 9.9g, Carbohydrates 7.8g, Fibre 0.4g, Protein 2.2g, Salt 0.1g

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**LEMON CURD
YOGURT WITH
LAVENDER
SHORTBREAD**

A SIMPLE, QUICK AND CHEAP DESSERT READY IN MINUTES. GREAT ON ITS OWN, BUT EVEN BETTER WITH THIS DELICIOUS HOMEMADE LAVENDER SHORTBREAD.

Meal Type: Dessert
Costs per serving: £1.25
Cooking Time: 10 Minutes
Preparation Time: 20 Minutes
Makes: 4-5 Servings

INGREDIENTS

DESSERT

100g Lemon Curd
300g Greek Yogurt
1 Punnet Raspberries

SHORTBREAD

85g Butter
40g Sugar
125g Plain Flour
1 tsp Dried Lavender Flowers (if you can't find any lavender other herbs work well too)

Dessert per serving:

Energy 139kcal, Fat 1.4g, Carbohydrates 20.5g, Fibre 4.3g, Protein 9g, Salt 0.2g

Shortbread per serving:

Energy 248kcal, Fat 14.3g, Carbohydrates 26.9g, Fibre 1.1g, Protein 2.4g, Salt 0.01g

METHOD

1. Beat the butter, sugar and lavender together. Stir in the flour. Bring together to form a dough and knead very lightly for a couple of minutes.
2. Place in a bowl, cover and put into the fridge for about an hour.
3. Meanwhile make the dessert. Place a small teaspoon of lemon curd into the bottom of 4-5 glasses or ramekins.
4. Place the rest of the lemon curd into a bowl and mix in the yogurt a little at a time.
5. Top the glasses/ramekins with the yogurt/lemon curd mix.
6. Crush the raspberries a little and place on top. Cover and place into the fridge until needed.
7. Preheat your oven to 170C. Remove the shortbread dough and roll out on a floured surface to about 5mm thick.
8. Cut into biscuits (your choice of shape) and place on a baking tray lined with a baking mat or parchment paper.
9. Prick all over with a fork and place into the oven. Cook for 20 minutes. They should be pale, but cooked through. Remove and leave to cool on the tray for 3-4 minutes.
10. Carefully move to a cooling rack.
11. Serve each dessert with a couple of shortbreads on the side.

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FISH PIE

FISH PIE NEEDN'T BE AN EXPENSIVE OPTION. THIS RECIPE USES FROZEN MIXED DICED FISH COOKED IN A DELICIOUS CREAMY SAUCE AND TOPPED WITH GOLDEN MASH POTATO.

Meal Type: Main

Costs per serving: £1.25

Preparation Time: 15 Minutes

Cooking Time: 25 Minutes

Serves: 4

INGREDIENTS

FILLING

- 350g Mixed Diced Fish (buy from frozen and defrost in fridge overnight)
- 1 Leek- Roughly chopped
- 350ml Milk
- 20g Butter
- 20g Plain Flour
- 1 Vegetable Stock Cube
- 1 Tbsp Chopped Flat Leaf Parsley
- 1 Lemon - grated zest only

TOPPING

- 600g Maris Piper Potatoes - peeled and cut into large dice.
- 20g Butter
- 1 Egg Yolk
- Salt and Pepper

METHOD

FILLING

1. In a non-stick pan, melt the butter and add the leek. Cook gently for 4 minutes, taking care not to burn the butter or the leek.
2. Add the flour and mix well. Stir over the heat for a minute or so.
3. Add the milk a little at a time, stirring well over the heat to form a smooth paste after each addition. Keep it moving so it does not burn.
4. When you have added all the milk, you should have a smooth sauce. Crumble in the stock cube, turn the heat right down and leave to gently cook for a couple of minutes.
5. Add the parsley and grated lemon zest and remove from heat.
6. Place the fish into an oven proof dish. Pour over the sauce and set aside until the topping is ready.

TOPPING

1. Preheat the oven to around 180C.
2. Place the potatoes in a large pan and cover with cold water. Add a little salt, place on the heat and bring to the boil. Turn down and gently simmer for 15-20 minutes.
3. When the potatoes are cooked (a fork should go through one with little resistance), remove from the heat and drain well.
4. Place back into the pan and place the pan on a very low heat to try and dry out the potatoes a little before mashing.
5. Mash the potatoes well until all the lumps are removed. Add the butter and melt in, then add the egg yolk and mix well.
6. Pipe or spoon the potato on top of the filling.
7. Sprinkle a little smoked paprika on top and place into the oven.
8. Cook in the oven for 20-25 minutes until the top is nicely browned and everything is cooked through and piping hot.

Per serving: Energy 377kcal, Fat 16.1g, Carbohydrates 32.3g, Fibre 3.4g, Protein 24g, Salt 1.3g

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**CORN BREAD
WITH CHILLI**

Meal Type: Snack/Accompaniment
Costs per serving: 14p (recipe £1.43)
Cooking Time: 25 Minutes
Preparation Time: 10 Minutes
Serves: 10

ONCE YOU HAVE MADE THIS DELICIOUS, SIMPLE CORNBREAD, YOU WILL WANT TO MAKE IT AGAIN AND AGAIN. VERSATILE AND DELICIOUS, YOU CAN EASILY ADD DIFFERENT HERBS AND SPICES TO CREATE YOUR OWN VERSION.

INGREDIENTS

30g	Melted Butter
200g	Cornmeal/polenta flour (try to find a fine one)
150g	Plain Flour
2 Tsp	Baking Powder
½ Tsp	Salt
500ml	Buttermilk
1 Tsp	Chilli Flakes
2	Eggs

METHOD

1. Preheat the oven to 180C
2. Beat together the eggs and buttermilk. Add the melted butter.
3. Mix together all the dry ingredients (including the chilli). Mix in the eggs/buttermilk/butter mixture. Mix well to form a smooth batter.
4. Grease and line a loaf or cake tin with parchment paper.
5. Place in the oven and cook for 25 minutes, after which it should be nicely risen and browned on top. Check if it is cooked by inserting a skewer through the middle. If it comes out clean, it is cooked through.
6. Remove from oven and leave to sit in the tin for 5 minutes before turning out onto a cooling rack.
7. Leave to cool for a few minutes. Serve warm with soup, cheese or sliced meats.
8. It can be stored in an airtight container for 3-4 days.

Per serving:

Energy 127kcal, Fat 4.7g, Carbohydrates 28.7g, Fibre 1.4g, Protein 6.5g, Salt 0.5g

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**SPINACH MAC
AND CHEESE**

ALWAYS A DELICIOUS AND WARMING DISH, THIS MAC AND CHEESE IS LIVENED UP WITH SPINACH, MUSTARD AND A LITTLE SMOKED PAPRIKA.

Meal Type: Main
Costs per serving: 63p
Cooking Time: 25 Minutes
Preparation Time: 15 Minutes
Serves: 4

INGREDIENTS

30g Butter
1 Small Onion - peeled and chopped
300g Dried Short Pasta
1 Tbsp Mustard
30g Plain Flour
500ml Milk
100g Spinach Leaves - washed, large stems removed
100g Cheddar Cheese
1 Egg Yolk
A pinch of Smoked Paprika
A pinch of Salt and Pepper

Per serving:

Energy 546kcal, Fat 20.7g, Carbohydrates 65g, Fibre 5.4g, Protein 22.3g, Salt 1.2g

METHOD

1. Bring a large pan of salted water to the boil. Add the pasta and cook for 1-2 minutes less than the pack instructions. Remove from the heat, drain and cool under some cold water if not using immediately.
2. Preheat the oven to 180C.
3. In a non-stick pan, melt the butter and add the diced onion. Cook gently for 2-3 minutes until the onion is soft.
4. Add the flour and mix well. Stir over the heat for a minute or so.
5. Add the milk a little at a time, stirring well over the heat to form a smooth paste after each addition. Keep it moving so it does not burn.
6. When you have added all the milk, you should have a smooth sauce.

Add the spinach, chopping up or tearing any really big leaves. Stir in well over the heat, allowing the spinach to wilt.

7. Remove from the heat, then add the mustard, three quarters of the cheddar and stir well until it is all melted. Stir in the egg yolk. Season to taste with salt and pepper.
8. Mix the pasta with the sauce and place into an oven proof dish. Top with the remaining cheese and sprinkle a little smoked paprika on top.
9. Place into the oven for 20-25 minutes until nicely browned and piping hot.

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**ROSE AND
VANILLA
PANNA COTTA**

Meal Type: Dessert
Costs per serving: 59p
Cooking Time: n/a
Preparation Time: 10 Minutes
Serves: 4-5

A GREAT DESSERT FOR ENTERTAINING, THIS CAN BE MADE IN ADVANCE AND SERVED WHEN READY. SIMPLE AND DELICIOUS, BRING IT TO LIFE WITH YOUR CHOICE OF GARNISH TO ADD EXTRA FLAVOUR AND TEXTURE.

INGREDIENTS

3	Gelatine Leaves
500ml	Milk
1 Tsp	Vanilla Essence
A few drops	Rosewater
30g	Sugar

METHOD

1. Soak the gelatine in a bowl of cold water for 3-4 minutes until it is soft.
2. Place the milk, vanilla and sugar in a pan and bring to a low simmer.
3. Take the gelatine out of the water and squeeze out any excess. Add to the pan and remove from the heat. Stir well until the gelatine is dissolved.
4. Leave to cool for a minute or so and carefully add the rosewater a couple of drops at a time, tasting to check it is not too strong.
5. Divide the mix into 4 or 5 ramekins/bowls and cool. If you are feeling brave, place into moulds lined with clingfilm instead so you can turn them out once they are set.
6. Once they have cooled down enough lightly cover and place into the fridge.
7. Leave to set for a couple of hours, or overnight.
8. Remove, turn out if you want, or simply garnish with some (or all) of the suggested items. Dust with a little icing sugar.

Per serving:

Energy 101kcal, Fat 2.1g, Carbohydrates 14.8g, Fibre 0.01g, Protein 6g, Salt 0.2g

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