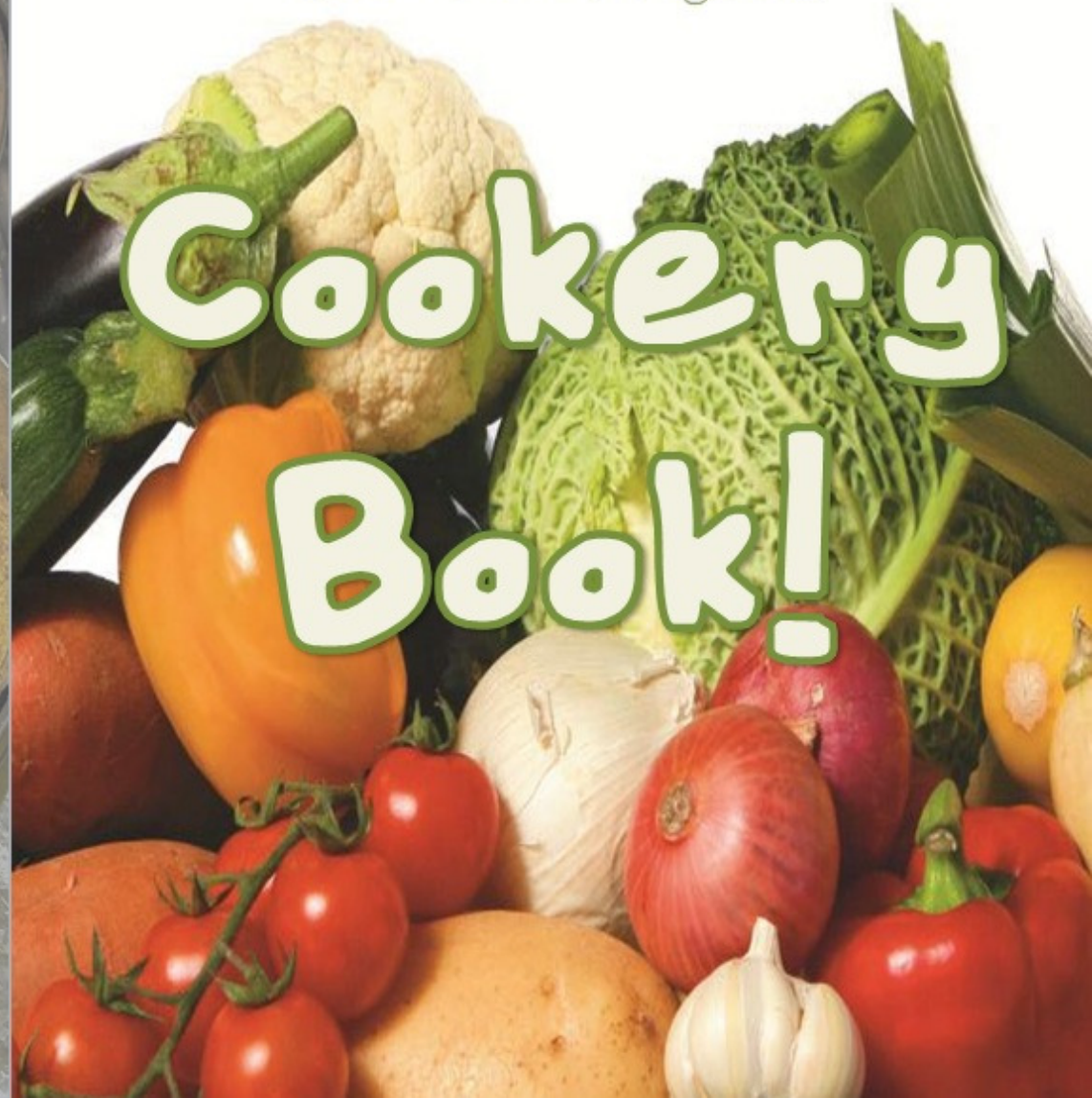




The Hangleton
& Knoll Project
Working for a better community

Hangleton & Knoll Intercultural Intergenerational Good Food Project



Cookery Book!

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Foreword

Between November and December 2012 the Hangleton & Knoll Project, funded by the Brighton & Hove Food Partnership, embarked on a new kind of cookery project. We invited members from the local 'Multi-cultural Women's Group', '50+ Group' and youth project to come together, share recipes and cook with one another with some fantastic results!

This cookery booklet gives some of the varied recipes used and shows pictures of the food that was made and the group making it. We hope you like it ☺



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Make the most of your food!

In Brighton & Hove, over a third of what we throw away is food, most of which could have been eaten.

On average, a family with children spends £680 every year on food that ends up in the bin. As well as wasting money, food going to landfill is a major contributor to greenhouse gas emissions.

[Brighton & Hove City Council](#) are working with the [Brighton & Hove Food Partnership](#) and [Food Matters](#) to support the [Love Food Hate Waste](#) campaign and share tips on how to cut down the food you throw away.

You can head onto their websites to find all sorts of useful hints and tips on how to cut down on your food wastage, including helpful pointers on:

- buying food
- using food
- storing food
- food at outdoor events
- composting



Frances' Cointreau

Ice Cream

Serves 2

Prep time 15 mins

Freeze time 1-3 hrs

**For those of you who've heard of or tried
Frances' famous Ice Cream - here's the recipe!**

Ingredients

2 large eggs (with yolks and whites separated)
4oz icing sugar
½ pint double cream
3 tbsp Cointreau
Grated rind of an orange

Method

1. Whisk the egg whites then whisk in half of the sugar.
2. Whisk the egg yolks with 1tbs of the Cointreau and the rest of the sugar until it is light in colour and thick.
3. Whisk the cream and add the rest of the Cointreau.
4. Mix and freeze.

Enjoy!

Basic Bread

Makes 12 rolls

Prep time 1 hour

Cook time 20 mins

Ingredients

750g bread flour, plus extra for dusting
1 level tsp salt
40g lard OR 2 tbsp oil
1 sachet easy-blend yeast OR 15g fresh yeast
1 level tsp sugar or honey
425ml warm water
1 beaten egg or milk for glaze

Method

1. Sieve flour and salt into a large bowl and rub in the fat/oil
2. Mix in the dried easy-blend yeast (if using).
3. Dissolve the sugar or honey in the water and add the fresh yeast (if using) and allow it to dissolve in the water.
4. Make a well in the flour and pour in all the warm water at once.
5. Mix until all the water is taken up then knead the mixture until smooth, elastic and springy.
6. On a floured work surface divide the dough into 12 equal pieces and shape into balls, then place onto a greased baking sheet. Cover the dough with greased cling film whilst proving and leave in a warm place to rise for at least ½ hour.
7. Preheat the oven to 220°C/Gas 8. When dough has doubled in size carefully remove the cling film and glaze.
8. Place on the top shelf in the oven, turn the tray around after 10 mins and take out after a further 5-10 mins when golden brown. Cool and then eat!

Carrot and Coriander Soup

Prep time 15 mins

Cook time 30 mins

Serves 6



Ingredients

450g carrots
15 ml sunflower oil
40g butter
1 onion chopped
1 celery stick chopped
2 small potatoes chopped
1 litre stock
10-15 ml ground coriander
15 ml chopped coriander
200 ml milk
Salt and freshly ground pepper

Method

1. Set the oven to 180°C or gas mark 4. Grease and line two large sandwich tins.
2. Sieve together the flour and drinking chocolate.
3. Cream the margarine and sugar together in a bowl until light and fluffy. Beat in the eggs a little at a time adding 2 tbsp of the flour mixture to prevent curdling. Fold in the remaining flour and chocolate mixture and stir in the hot water.
4. Put the mixture into the tins and smooth the tops. Bake for 25 minutes or until the surface springs back when pressed lightly. Remove the cakes from the tins, and cool on a wire rack.

Butter cream filling

Mix all the ingredients together until smooth and light. Spread on one of the cakes and sandwich together.

Icing

Add the water to the sugar and the drinking chocolate to form a thick paste and coat the top of the cake.

Moist Chocolate Cake

Serves 1 - 12

Prep time 25 mins

Cook time 25 mins

Ingredients

170g Drinking chocolate
230g Self Raising flour
340g Butter
340g Caster sugar
6 Eggs, well beaten
2 tbsp Hot water

Filling

110g Margarine
110g drinking chocolate
220g icing sugar
Water or milk to mix if required

Icing

330g icing sugar
110g drinking chocolate
4 tbsp water to mix, approx

Method

1. Using a heavy based saucepan, melt the butter and oil and fry the onion over a gentle heat until slightly softened but not brown.
2. Add the celery and potato to the onion and cook for a few minutes before adding the carrots. Fry over a gentle heat for 3-4 minutes. Reduce the heat and cook for about 10 minutes stirring occasionally.
3. Add the stock and bring to the boil and then partially cover the pan and simmer for about 10 minutes until the carrots and potatoes are tender.
4. In a separate small pan, melt the remaining butter and fry the ground coriander for about a minute. Reduce the heat and add the chopped celery tops and fresh coriander and fry for about a minute.
5. Process the soup in a blender. Pour this into a saucepan and add the milk, coriander mixture and seasoning. Heat gently and adjust the seasoning to taste.
6. Garnish with the remaining celery leaves or fresh coriander.

Top Tips

Add a hint of chilli to add a nice spicy kick to this soup!

Minestrone Soup

Serves 6

Prep time 10 mins

Cook time 45 mins

Ingredients

1½ litres of vegetable stock
1 can of tomatoes
1 can of cannellini beans
200g of macaroni
2 celery sticks
1 hand full of kale
1 potato (chop into cubes)
2 cloves of garlic (crushed)
1 onion (finely chop)
1 leek (chop up into small pieces)
1 carrot (chop up into small pieces)
Half a small Swede (chop into cubes)



Method – Mincemeat

1. Peel, core and finely chop the apples.
2. Cut up the peel into small pieces if it isn't already cut.
3. Grate a bit of the zest from the lemon and orange (you need about 1/8th of all of the juice).
4. Cut the orange and lemon in half and squeeze in a bit of the juice (you need about 1/8th of all of the juice).
5. Grate a bit of nutmeg.
6. Put everything in a bowl and mix all the ingredients together really well.
7. Fill clean jam jars – pack the mincemeat down into them – and screw on the lids. Store in a cool dry place until needed.

Method – Pastry

1. Put the dry ingredients in with the butter in a food processor.
2. Add cold orange juice until it forms a ball.
3. Wrap in cling film and store in the fridge until needed.

Putting it all together!

1. Pre-heat oven to 200°C / Gas 6.
2. Lightly butter a 12-holed cake tin.
3. Thinly roll out the pastry on a floured surface. Cut out 12 circles with a fluted pastry cutter, large enough to fill the base of the prepared tin. Press gently into each hole, then fill with the mincemeat.
4. Cut out another 12 slightly smaller discs and use to cover the mincemeat. Press the edges together to seal. Make a small slit in the top of each, then brush lightly with milk.
5. Pop into the pre-heated oven for 20 mins or until browned and serve hot with cream.

Hints and Tips

A lot of recipes use water in the pastry but we used orange juice for a Christmassy taste!

Grate very cold butter into your pastry mix instead of waiting for it to cool enough to melt and mix.

Mince pies

Prep time 40 mins

Cook time 20 mins

– Not just for Christmas!

Ingredients

Makes 10 – 15

Mincemeat

1 lemon (unwaxed if possible)
1 orange (unwaxed if possible)
35g sultanas (or 100g of mixed dried fruit)
1 ½ tsp brandy or rum
35g raisins
35g currants
12g candied peel
70g sharp apples
35g brown sugar
A bit of nutmeg
A bit of cinnamon

Pastry

225g plain flour
30g icing sugar
120g butter
60ml water **OR**
orange juice



Method

1. Fry the onions
2. Add the garlic, leek, potato, swede, carrot and tomato
3. Season with salt and pepper and cook for 15 minutes, stirring occasionally
4. Add the macaroni and cannellini beans
5. Add the stock, tomato puree and basil
6. Bring the soup to boil then turn the heat down low and simmer for approx. 30 minutes
7. Taste and adjust seasoning



Top tips

This is a great recipe for adding all your leftovers, the more the merrier!

Serves 4

Egg Fried Rice

Prep time 15 mins (longer if pre-cooking rice)

Cook time 10 mins

Egg-fried rice is easy to prepare and tastes great as a meal on its own. For the best result, make sure the rice is cooked and cooled beforehand so it won't stick together when frying

Ingredients

- 1 egg
- 2 tsp sesame oil
- 2 tbsp vegetable oil
- 200g/7oz long-grain rice (uncooked weight), cooked and left to go cold
- 100g/4oz frozen peas, defrosted (rinse under warm water to do this quickly)
- 4 spring onions, finely chopped
- 100g/4oz bean sprouts (optional)
- 1-2 tsp soy sauce
- Ground white pepper

Method

1. Prepare the veg.
2. Fry the onion in olive oil until almost clear.
3. Add the garlic and other vegetables (celery, mushrooms, carrot) and fry for a couple of minutes.
4. In another pan fry the mince in a small glug of olive oil. Using a spoon separate the mince to ensure all is cooked evenly.
5. Add the vegetable mix to mince and mix well.
6. Add the passata, bay leaves and pepper then add the stock and bring to the boil. Stir well then cover the pan and cook on low heat stirring occasionally.
7. Add the pasta to a large pan of boiling water (add salt now rather than adding to your plate).
8. Cook to your preference then serve with cheese sprinkled on top.

Hints and tips

- If you have lots left over you could put it in a takeaway tub and stick it in the freezer
- When you are cooking the pasta you could add salt to the water for extra flavour and oil to stop the pasta sticking
- Want try something different? You could try adding some balsamic vinegar, sugar, dark chocolate, beer or honey...

Spaghetti Bolognese

Serves 4-6 people

Prep time 20 mins

Cook time 40 mins

Ingredients

1 medium onion, finely chopped
3 cloves garlic, finely chopped
2 celery stalks
2 bay leaves
1 handful of mushrooms
1 large carrot (approx)
500g minced beef or vegetarian alternative (e.g. Quorn)
500ml jar of passata (sieved tomatoes) or can of tomatoes
2 glugs of olive oil (about a tablespoon each)
200 ml stock (we used low salt veg bouillon)
Salt and pepper to taste
80 – 100g spaghetti per person
Parmesan or other cheese to sprinkle to serve



Method

1. Beat together the egg and sesame oil and put to one side.
2. Heat the vegetable oil in a wok or large frying pan. When it's shimmering and almost smoking, add the rice and stir-fry for about 3-4 minutes until completely heated through.
3. Add the peas, spring onions and bean sprouts (if using). Stir-fry, turning the rice constantly around the pan, for about 3 minutes. Season well with soy sauce and pepper, then push to one side of the pan.
4. Pour the beaten egg mixture into the other side and leave for about 10 seconds so it begins to set. Using a chopstick, briskly swirl around the egg to break it up and then toss around with the rice. Stir-fry for a further minute and serve straight away.

Hints and tips

This is another great recipe for using up your leftovers

Throw in some meat for an extra dimension

Add extra soy sauce to your taste

Courgette Koftas

Makes approx. 12 Koftas

Prep time 20 mins

Cook time 20 mins



Ingredients

- 3-4 large courgettes
- 2 medium sized onions - finely chopped
- 2" piece fresh ginger - grated
- 3-4 tbsps basan (chickpea flour)
- Oil for frying
- 1 jar passata
- 2-3 tbsps of natural yoghurt
- 1 tbsp fresh coriander finely chopped
- Salt to taste
- 1 tsp turmeric powder
- 1½ tsp garam masala (mixed spice)
- ½ tsp chilli powder
- ½ tsp cumin seeds
- ½ tsp ajwain (carom seeds) optional

Put the vinegar, sugar, salt and oil into a sauce pan and put on a low heat and keep stirring. When the sugar and salt melt, it's ready. Do not boil it otherwise you lose the vinegar's flavour.

Spread the rice in the bottom of a baking tray and gradually put the seasoned vinegar into the rice. Don't stir it; just use a wooden spoon to help it absorb using a stabbing/chopping motion. Keep mixing like this and help it cool down using a fan.

Preparation

Cut the seaweed sheet in half. Place the sheet of seaweed over the bamboo mat so that the near edges align. Spread about 80g of rice evenly over two thirds of the seaweed leaving a space of about a full centimetre at the far end/top and a half a centimetre at the near side/bottom.



Place strips of the filling of your choice along the middle. Roll the mat lightly by holding it with your thumb and the ingredients with your fingers. Fold the near edge of the seaweed with the mat over to meet the other end of the seaweed, over the rice. Open the mat right away to adjust the connecting portion of the seaweed. Use your finger to spread a small amount of water along the one cm strip of bare seaweed. Wrap the mat again and press lightly with both hands.

Remove the mat, straighten both ends of the sushi and slice into between 6 and 8 pieces.

Serves
2-4 people

Sushi

Prep time
45 mins



Ingredients

Sushi Rice

2 cups uncooked glutinous -
white rice (sushi rice)
3 cups water
½ cup rice vinegar
1 tablespoon vegetable oil
¼ cup white sugar

Seaweed sheets (Nori)

Filling suggestions

Avocado, smoked salmon, fried egg (omelette),
pickled mooli, cucumber, tinned tuna etc.

To serve

Wasabi, soy sauce, pickled ginger

Method

Rice

Rinse the rice until the water runs clear. Put the rice in a medium sized non-stick saucepan with the water and bring to the boil, then reduce the heat and simmer for 20 minutes until the water is absorbed. Remove from the heat and cool until it is cold enough to handle.

Method

1. Wash and grate the courgettes. Squeeze excess juice out of them by hand and save this juice.
2. Add half of the grated ginger, salt, carom seeds, chilli powder and garam masala to a large bowl. Then add the basan and mix all this well.
3. Make 12 balls - approx. walnut size. Shallow fry these balls until golden brown then keep aside.
4. In a separate pan heat a little oil and then add the cumin seeds. When brown, add the chopped onion and ginger and cook until the onions are light brown. Then add salt, turmeric powder, chilli powder and stir.
5. Add the passata and cook until a little thickened. Add the courgette juice and water to make it a gravy-like consistency then bring to boil.
6. Add the fried Koftas and reduce heat to simmer gently. Simmer for approx. 10 minutes. Check the seasoning, add the garam masala and stir.
7. Garnish with fresh coriander leaves before serving.

Hints and Tips

These are delicious with rice or naan bread.

These can be made with various vegetables - grated cauliflower, pumpkin, grated carrot and horseradish, spinach and paneer.

For meat eaters, minced meat can also be used in the mix.

Cauliflower and Potatoes

(Ghobi Aloo)

Serves 4 as a side dish

Prep time 10 mins

Cook time 30 mins

Ingredients

- 1 small cauliflower - cut into small florets
- 2 large potatoes - cut into 1" pieces
- 1" fresh ginger chopped
- 1-2 green chillies
- 1-2 tbsps fresh coriander, finely chopped.
- 1/2 tsp carom seeds (ajwain)
- 1 tsp turmeric powder
- 1/2 tsp chili powder
- 1 tsp garam masala
- 1 tsp cumin seeds
- 1 tsp salt
- 2 tbsps oil



Method

1. Heat the oil in a large wok.
2. Add the cumin and carom seeds until brown.
3. Add the chopped ginger and stir followed by the salt and turmeric powder.
4. Next add the cauliflower and potatoes, stir well and cover. Cook on a slow heat, occasionally checking so that it does not stick to the bottom of the wok.
5. Once tender, add the garam masala and chilli powder and mix well.
6. Check seasoning and garnish with fresh coriander leaves before serving.

Hints and Tips

This method can be used with many dry vegetables such as carrot, peas and potatoes, aubergine and potatoes, peas and potatoes, capsicum and sweet corn, capsicum and potatoes etc. Why not experiment?!

All these options are delicious to use in wraps or as filling in pitta breads.