



Information  
about CFINE  
support services  
featured inside



# Easy-Peasy Meals

Funded by:

**Aberdeen International  
Airport**

**ABZ FUND**  
Propelling Support Regionally

# CFINE Easy Peasy Meals

## *Digital Edition*



**Print copies of this book are also available.**

*To request your print copy, simply email [info@cfine.org](mailto:info@cfine.org)*

Funded by:

**Aberdeen International Airport**

**ABZ FUND**  
Propelling Support Regionally

# Contents

## Useful Resources

- Conversion Chart
- Freezing and Storage Advice
- Zero Waste Cooking- Checklist

## Starters and Sides

- Soup-er Seasonal Broth
- Cauliflower and Broccoli Cheese
- Celeriac Mash/ Celeriac Crisps
- Courgette Pancake Fritters
- Frittata
- Onion Bhajis
- Perfect Pickle
- Leftover Porridge Bread
- Potato Wedges/ Potato Chips
- Roasted Vegetables
- Soda Bread
- Turnip and Squash Smash

## Easy Peasy Mains

- Baked Bean Lasagne
- Beef Stew/ Veg Stew
- Brussel Sprout Bubble and Squeak
- Chicken Korma
- Chickpea, Tomato, and Spinach Curry
- Liz's Pizza - an easy peasy pizza
- Skillet Sausage Casserole
- Stovies
- Vegetable Curry

## Sweet Treats

- Apple Slice
- Leftover Porridge Pancakes
- Oatmeal Cookies
- Seasonal Fruit Upside-down cake
- Simple Scones



# Conversion Chart



Different cookbooks use different measurements, however all recipes in this cookbook have been developed to use measurements in cups, millilitres (mls), grams (g), tablespoons (tbsp), and teaspoons (tsp).

To convert between these different measurements, use our conversion chart, below:

<b>1 cup = 250ml = 250g</b>	<b>1tbsp = 15ml = 15g</b>
<b>1/2 cup = 125ml = 125g</b>	<b>1/2tbsp = 7ml = 7g</b>
<b>1/3 cup = 85ml = 85g</b>	<b>1sp = 5ml = 5g</b>
<b>1/4 cup = 65ml = 65g</b>	<b>1/2 tsp = 2.5ml = 2.5g</b>
<b>1/4 cup = 1.2ml = 1.2g</b>	

## Additional tips include:

- For making a stock using stock cubes, dissolve one stock cube in 500ml of hot boiling water.
- All recipes in this cookbook have minimal seasoning mentioned, they aren't crucial for recipes so season to personal preferences.

# Freezing & Storage Advice

This is a simple guide to use when you are uncertain of how to handle the meals that you have made too much of and a rough guidance for refrigerating, freezing, and storing food.

Batch cooking is an excellent way to save money on meals and takes less time to make a new meal every day, that is why all recipes in this cookbook were written to make multiple servings. However, the leftover portions need to be stored correctly to make sure that they stay safe to be reheated and eaten again on a later day.

Food	Type	Refrigerator (2 - 6°C)	Freezer (-18°C or below)
Fresh Beef, Veal, Lamb, and Pork	steak		
	chops	3-5 days	4-12 months
	roasts		
Fresh Poultry	whole chicken		1 year
	chicken pieces	1-2 days	9 months
Leftovers	with cooked meat		2-6 months
	soups and stews	3-4 days	2-3 months
	pizza		1-2 months

CREDIT: [foodsafety.gov](http://foodsafety.gov)

A freezer acts as a pause button - food in a freezer won't deteriorate and most bacteria cannot grow in it. You can freeze pre-packaged food until midnight on the 'use by' date. Leftovers and homemade goods should be frozen as soon as possible. Cool any warm dishes before putting them in your freezer.

To stop the cold air in your freezer from drying out your food, place food in an air-tight container wraps it well in freezer bags or freezer wrap. It doesn't matter if you cook your meat from frozen, once defrosted, or fresh, you can use your leftovers to make a new meal. This new meal can then be frozen, but make sure you only reheat it once.

# Zero Waste Cooking- Checklist

This guide provides a great starting point for how you can tackle food waste through delicious, good food. To ensure you can consider zero waste as widely as possible, use this checklist to prepare meals to make sure you don't miss an opportunity to save waste!

<b>Plan</b> Before I go to the shop, I have planned my meals for the week and the ingredients I need for these recipes.	
<b>Wrap</b> As I use the food I have bought, I am making it last longer by keeping it wrapped over, so air doesn't spoil it.	
<b>Portion</b> I know how much I need to eat before getting full, and portion my food appropriately	
<b>Check</b> I check my cupboards and shelves before shopping, so that I can fit ingredients I have into my meal plan for the week.	
<b>Freeze / Chill</b> I freeze or chill food that I won't use in time, so I can save it for another day	
<b>Storage</b> I store food appropriately, according to storage instructions, so I make sure it can stay as fresh as possible for as long as possible.	
<b>Using things up</b> I am confident using up food I have leftover, including making new meals from it to make sure I do not create food waste	
<b>Ticking all of the boxes above, I am playing my part in tackling food waste and tackling the climate and nature emergency!</b>	



# Starters and Sides

## Soup-er Seasonal Broth

When it comes to soup, there's no exact recipe! Use this guide for a soup-er fun way to enjoy a tasty and healthy meal, while tackling food waste!

**From the Granite City Good Food Zero Waste Cooking Guide**

### 1- Start with fruit and vegetables... basically any you can think of!

- **Root Vegetables:** carrots, turnips/swede, parsnip, celeriac, beetroot
- **Veg from Bulbs:** onions (white/red/spring etc.), leeks, shallots, garlic
- **Fruits:** tomatoes, peppers, aubergine, courgettes, squash, pumpkin, sweetcorn, chilli
- **Florets:** broccoli, cauliflower, artichokes
- **Leaves:** spinach, cabbage, chard, nettle, curly kale
- **Mushrooms:** button mushrooms, oyster mushrooms, shitake mushrooms

### 2- Add in your other ingredients

#### Stock and Liquids

- **Stocks:** vegetable, beef, chicken, water
- **Dairy and Milk:** milk, coconut milk, cream (single or double), crème fraîche, yoghurts
- **Tomatoes:** passata (chopped tomatoes also work well to add liquid!), tomato puree

#### Proteins

- chicken (breast or thigh!), beef, ham, turkey.

But... a soup-er broth doesn't need meat if you don't want it! Instead, consider:

#### Bulking Ingredients

- lentils, peas, beans, chickpeas, pearl barley
- pasta, rice, or noodles
- potatoes (A floury potato does really well here)

### 3- Finish with some seasoning and spice

**Spices:** examples include paprika, cayenne pepper, cumin, turmeric, mace, ginger, lemongrass, garlic

**Herbs:** basil, thyme, mint, chives, rosemary, coriander, bay leaf, tarragon, oregano

Other inspiration might include lemon juice, harissa paste, miso paste, Worcestershire sauce, soy sauce etc.

### 4- Bring your soup to a boil before simmering until everything is fully cooked (especially if you are using meat!)- this varies dependent on your ingredient choices.

# Starters and Sides

## Cauliflower and Broccoli Cheese



### Ingredients:

½ medium cauliflower (around 400g)  
½ broccoli (around 175g)  
30g butter  
30g plain flour  
400ml milk  
50g cheddar cheese (finely grated)  
salt and pepper (to taste)

### Method

1. Fill a saucepan with water, cover with a lid and bring to the boil over a high heat.
2. Cut the cauliflower into florets, halving or quartering any large ones. Do the same with the broccoli. You can even thinly slice the stems to also use if you like.
3. Add the cauliflower and broccoli, and sliced stems if using, to the water and return to the boil. Reduce the heat and simmer, covered with a lid, for about 4 minutes, or until the florets are tender.
4. Meanwhile, melt the butter in a pan over a low heat and stir in the flour. Cook the flour and butter together for a few seconds, stirring, then gradually add the milk, stirring all the time until it is all used. Increase the heat and simmer gently for 1 minute, stirring constantly.
5. Add roughly half the grated cheese to the sauce and cook for 1 minute more, stirring constantly until the cheese melts. Add a splash more milk if the sauce thickens too much. Season to taste.
6. Drain the vegetables then tip into a shallow ovenproof dish. Pour the sauce over. Sprinkle with the remaining cheese and place under a hot grill or just allow to melt for 2–3 minutes.

From CFINE's Archive

# Starters and Sides

## Celeriac Mash

### Ingredients:

1 celeriac, peeled and chopped into 1-inch chunks  
Juice of 1/2 lemon  
2oz, butter/margarine (or 1 tbsp oil)  
1-2 teaspoons full cream milk (or cream)

### Method

1. Tip the celeriac chunks into a microwavable bowl, pour over the lemon juice and 2tbsp water.
2. Cover the bowl and microwave on high for 15 minutes.
3. Stir, and then microwave for another 5-10 minutes until the chunks are soft.
4. Mash the milk or cream and butter/margarine and season well with salt and pepper.



## Celeriac Chips

### Ingredients:

2 large celeriac  
3-4 tablespoons groundnut or vegetable oil  
1 tablespoon mild curry powder

### Method

1. Pre-heat your oven to 230C/ gas 8/ fan 210C. Peel the celeriac, slicing off the top and bottom and sweeping down the sides with a heavy, sharp knife to remove the tough skin. Cut the celeriac into thumb-thick slices and then into fat chips.
2. Bring a large saucepan of salted water to the boil, throw in the chips and blanch (boil rapidly, uncovered, for 1-2 minutes). Drain the chips and throw back into the saucepan. Add the oil, curry powder and sea salt. Toss until well coated.
3. Spread the chips over a large heavy baking sheet, leaving plenty of space (you may need 2 sheets). Cook them in the oven for about 30-35 minutes.

Both recipes from the CFINE Recipe Archive

# Starters and Sides

## Courgette Pancake Fritters

### Ingredients:

50g plain flour  
2 eggs  
50ml milk  
1 courgette (grated)  
1 tablespoon oil  
Dipping sauce of your choice  
Spices of your choice



### Method

1. Tip flour into a bowl. Make a well in the centre, break in eggs, then gradually whisk together, adding milk, a little at a time, to make a smooth batter. Stir in courgette and season well. If you are adding any additional spices, add them at this step.
2. Heat oil in a non-stick frying pan.
3. Add tablespoons of mixture to make fritters, and fry for 2-3 mins on each side until lightly golden.
4. Serve with dipping sauce

## Recipe from the CFINE Archive



## Frittata

### Ingredients:

1/2 onion  
2 tsp olive oil  
leafy salad to serve  
100g frozen peas  
1tbsp milk  
4 eggs

### Method

1. Heat grill to medium. In a 20cm frying pan fry the onion and chorizo in the oil over a low heat.
2. Cook for 4- 5 mins stirring occasionally until the onion is soft.
3. Take the pan off the heat pour out any excess fat from the chorizo then stir in the beaten eggs and milk with some seasoning.
4. Stir in the prawns and peas and return to a low heat for 10 -12 mins until all but the very top of the frittata is set.
5. Flash it under the grill until golden keep the handle away from the heat. Serve in wedges with a leafy salad.

## From Torry Tasters

# Starters and Sides

## Onion Bhajis

This recipe is a perfect compliment for the Vegetable Curry Recipe (also featured in this cookbook), and shares a number of ingredients with the curry itself. A perfect side to a delicious curry!

### Ingredients:

1 large onion, thinly sliced (use the remaining half from the curry)  
1 small potato, grated  
1 small courgette, grated  
1 small carrot, grated  
1 green chili, finely chopped (optional)  
1-inch piece ginger, grated  
1 tsp cumin seeds  
1 tsp coriander seeds  
1/2 tsp turmeric powder  
1/2 tsp chili powder (optional)  
1/2 tsp baking powder  
Salt to taste  
100g chickpea flour gram  
Vegetable oil, for frying

### Method

1. Thinly slice the onion and grate the potato, courgette, and carrot. Place them in a large mixing bowl.
2. Add the grated ginger, chopped green chili, cumin seeds, coriander seeds, turmeric powder, chili powder, baking powder, and salt to the vegetables.
3. Add the chickpea flour to the vegetable mixture and mix well. Gradually add water, a little at a time, until a thick batter forms that coats the vegetables.
4. Heat vegetable oil in a deep pan over medium heat.
5. Once the oil is hot, drop spoonfuls of the batter into the oil, flattening slightly with the back of the spoon. Fry until golden brown and crispy, about 3-4 minutes on each side.
6. Remove the bhajis with a slotted spoon and drain on paper towels. Serve hot with chutney or yogurt.

**From the Granite City Good Food Zero Waste Cooking Guide**

# Starters and Sides

## Perfect Pickle



### Ingredients

150g of your leftover or surplus vegetables, washed, and finely chopped

100ml of vinegar, any dependent on your preference

100ml of boiling water

garlic clove crushed (optional)

small chilli pepper (optional)

bay leaf

Tbsp sugar, or honey, or maple syrup (optional, but sharp without).

½ - 1 teaspoon of salt to taste

Some spices – personal preference, sparingly

GET CREATIVE – try adding different ingredients small amounts at a time, then over time

### Method

1. Put vinegar, spices, water, garlic, chilli, sugar, bay leaf in a small saucepan and bring to the boil over a medium heat.
2. Put your chosen vegetable into a bowl and sprinkle over the sugar and salt. Massage the vegetables gently for a few minutes then squeeze out the excess moisture.
3. Pack into the clean jam jar and pour in the vinegar mixture so that the vegetables are covered, seal with a lid and shake to combine. Leave to stand for 20 minutes before eating. Kept refrigerated the pickled will last 2 weeks.

**From the Granite City Good Food Zero Waste Cooking Guide**

# Starters and Sides

## Porridge bread



### Ingredients

200g cold leftover porridge

500g strong white bread flour, plus extra for dusting

½ tbsp caster sugar

1 tsp flaked sea salt

7g dried yeast

Small handful of oats, to sprinkle

### Method

1. Put the porridge in a large mixing bowl with 300ml lukewarm water. Stir in the flour, sugar, salt and yeast until fully combined. Cover with a damp tea towel and leave to prove for 1 hour, or until it has almost doubled in size.
2. Tip the dough onto a well floured surface and knock the dough back, punching and kneading it – don't worry if it's very soft. Shape the loaf and put it in a non-stick 900g loaf tin.
3. Cover with the damp tea towel and let it prove for another 45 mins. It should expand to fill the tin.
4. Heat the oven to 220C/200C fan/gas 6.
5. Make a slash along the length of the dough and sprinkle on the oats. Bake for 10 mins,
6. Turn the heat down to 190C/170C fan/gas 3 and cook for another 30 mins.
7. Carefully turn the loaf out and tap the bottom. If it sounds hollow, then the bread is ready. If not, put it back in the oven for another 5 minutes

**From the Granite City Good Food Zero Waste Cooking Guide**

# Starters and Sides

## Potato Wedges

### Ingredients:

3 Large Potatoes (or around 1kg)  
1 tbsp Oil  
Salt

### Method

1. Preheat oven to 200C.
2. Bring a large pan of slightly salted water to the boil.
3. Cut the potatoes into chunky wedges, then add the wedges to the boiling water and boil for 7 minutes.
4. Drain and leave to dry for 5 minutes.
5. Spread the wedges out on a large baking tray, toss with the oil and salt if you want them salted.
6. Make sure that the wedges are spread out evenly and none are overlapping. Roast for 30 minutes, turning halfway.



## Potato Chips

### Ingredients:

3 Large Potatoes (or around 1kg)  
1 tbsp Oil  
Salt

### Method

1. Preheat oven to 200C.
2. Peel the potatoes and cut them into long chip shapes, the width of a finger is ideal.
3. Rinse under the cold tap and pat dry with a tea towel.
4. Spread the chips on a large baking tray and toss with the olive oil and salt if wanted.
5. Make sure they are spread out evenly with no overlapping and roast for 45-50 mins, turning now and then.

Both recipes from CFINE Back to Basics



# CFINE Support Services

The Simmers Centre, 2-4 Poynternook Road  
Aberdeen  
AB11 5RW

**Telephone:** 01224 596156  
**Email:** [info@cfine.org](mailto:info@cfine.org)  
**Website:** [www.cfine.org](http://www.cfine.org)

# Support Services

CFINE offers a range of support services aimed at tackling poverty and building resilience for and with disadvantaged, vulnerable, low-income individuals, families and communities in North East Scotland. Should you wish to find out further information about these services please contact us via telephone or email.

## **Emergency Food**

Our food bank, located at 2-4 Poynternook Road AB11 5RW, is open every weekday from 10am-3pm. No referral is required.



## **Community Food Pantries**

[pantries@cfine.org](mailto:pantries@cfine.org)

We operate five community food pantries across Aberdeen City and Aberdeenshire. The pantries work on a membership basis, offering you a family-oriented, shop-like experience at a fixed weekly price.



## **FareShare**

[fareshare@cfine.org](mailto:fareshare@cfine.org)

As part of the FareShare scheme, we redistribute perfectly good, surplus food from the food industry to Community Food Members, who are frontline charities and community groups supporting people experiencing food insecurity.

## **Support Advice Finance and Education (SAFE)**

[safe@cfine.org](mailto:safe@cfine.org)

01224 531386

The SAFE Team will work with you to help you navigate the welfare system and ensure you are claiming the benefits you are entitled to, aiming to improve your household income.

## **Free Period Products**

[FSP@cfine.org](mailto:FSP@cfine.org)

CFINE distributes free period products to pharmacies, charitable organisations, community centres, libraries, and more!



# Support Services

## Volunteering

Whether you want to meet new people, help out in the community, learn new skills or just keep busy, we have a range of roles available! As a volunteer, you will receive ongoing training and support, and the opportunity for personal development in your new role.



## Warehouse Skills Development

### Programme

The Warehouse Skills Development Programme is an 8-week course available to people aged 16 plus. It is aimed at those currently experiencing long term barriers to employment.



## Cook at the 'Nook

The Cook at the Nook training kitchen is a community space where anyone can master cooking a variety of budget-friendly meals.

## Community Growing

Our Community Growing team offer free support services to community growing projects and run growing courses throughout the year.

## Happily Optimistic Positively Energised (HOPE)

HOPE supports prisoners being released from HMP Grampian to reintegrate successfully into their local communities.

## The Fruit Mart Peterhead

[fruitmart@cfine.org](mailto:fruitmart@cfine.org)  
01779 477948

The Fruit Mart in Peterhead sells fresh produce and provides adults with learning difficulties with supported training and skills development.

## Support Services Aberdeen City

CFINE maintains a directory of support services on behalf of Food Poverty Action Aberdeen. The document is regularly updated and relies on organisations providing up to date information on their services.





If you require any more information regarding our support services please do not hesitate to get in touch!



# Starters and Sides

## Roasted Vegetables



### Ingredients:

3 potatoes  
2 carrots  
2-3 tbsp oil  
Any other vegetables you want!

### Method

1. Preheat oven to 200C.
2. Wash your vegetables. You can choose if you would like to peel them, but it is personal preference.
3. Cut your potatoes, carrots and, any other vegetables you want to add such as onions, garlic, or parsnips.
4. Make sure to cut your vegetables into similar sized pieces so that they can cook evenly.
5. Once cut, place the veg into a bowl with the oil and any seasonings you would like to add, then toss the vegetables to make sure the vegetables are fully coated.
6. Empty the bowl of vegetables onto a baking tray and make sure that the vegetables are spread evenly with no overlapping.
7. Put the tray into the oven and bake for 40 minutes.
8. Serve and enjoy!

**From CFINE Back to Basics**

# Starters and Sides

## Soda Bread

### Ingredients:

150ml milk  
1 tbsp white vinegar  
250g self-raising flour  
1 tsp bicarbonate of soda  
1 tsp salt



### Method

1. Stir the milk and vinegar together, and allow to stand until curdled, this should take around 10 minutes.
2. Preheat oven to 200C / Gas 6. Grease a baking tray.
3. In a bowl, mix together flour, sugar, bicarbonate of soda and salt.
4. Gradually stir in the soured milk into the flour mixture until the dough just comes together and turn the dough out onto a well-floured surface. Knead a few times and shape into a round. Place the dough onto the prepared baking tray. With a sharp knife, cut an X shape into the top of the dough to release steam and help the keep its round shape.
5. Bake in the preheated oven until golden, about 45 minutes.

### From CFINE Back to Basics



## Turnip and Butternut Squash Smash

### Ingredients:

1 large turnip (cut into chunks)  
1 small butternut squash (cut into chunks)  
2 medium potatoes (cut into chunks)  
2 tablespoon milk  
50g butter  
Seasoning of choice

### Method

- Put the vegetables in a large pan, cover with water and bring to the boil. Simmer for 15 mins or until the vegetables are very soft, then drain.
- Leave the vegetables to steam dry in a colander for a few minutes, then return to the pan. Add the milk and butter, then season.
- Crush the vegetables to a chunky mash and serve.

### From CFINE's Archive

# Easy Peasy Mains

## Baked Bean Lasagne



### Ingredients:

9 sheets dry lasagne  
2 tins chopped tomatoes  
2 tins baked beans  
1 large onion (chopped)  
2 cloves garlic (crushed)  
1 tsp dried basil  
1 tsp dried oregano  
1/2 pint vegetable stock  
200g mushrooms (sliced)  
Low calorie spray oil  
Salt and pepper  
160g low fat cheddar cheese

### Method

1. Spray a large pan with spray oil and add the chopped onion and herbs and fry on a medium.
2. Heat until the onion is soft then add the garlic and mushrooms and continue to fry for a minute or two then add the stock and the tinned tomatoes.
3. Bring to the boil then reduce the heat and simmer for about 20-30 minutes.
4. Add the baked beans and simmer for another 10 minutes until the sauce is thickened but keep stirring. Season to taste with salt.
5. Sprinkle the grated cheese on top then cover with foil and bake at gas 5 for 45 minutes at 375F / 190C.

**From Torry Tasters**

# Easy Peasy Mains

## Beef Stew

### Ingredients:

400g stewing steak

3 potatoes

1 tin of chopped carrots

1 onion

1 clove garlic

750ml beef stock

3tbsp flour

2tbsp tomato purée

3tbsp oil



### Method

1. In a bowl combine the flour and any salt or pepper.
2. Cut the stewing steak into cubes and then add them to the flour mixture and toss until thoroughly coated.
3. Chop the onion and mince the garlic. Peel and cut the potatoes into cubes.
4. In a large pan, heat the oil and fry the onions and floured steak until brown.
5. Add the beef stock, make sure to stir the bottom of the pan to minimise any burning.
6. Add the carrots, potatoes, and tomato purée to the pan. Turn the heat down to a medium and cover to leave to simmer for 1 hour or until the beef is tender.
7. Once cooked, season to taste and serve hot.



## Vegetable Stew

### Ingredients:

2tbsp oil

300g mushrooms

1 onion

3 carrots

2 cloves garlic

3tbsp tomato purée

30g flour

4 potatoes

1 can of chickpeas

1L vegetable stock

### Method

1. Prepare the vegetables by finely chopping the onion and garlic, roughly chopping the mushrooms, carrots, and potatoes.
2. In a large pan, heat the oil and add the mushrooms to fry for 5 minutes. To the pan add the onions, carrots, and fry for 5 minutes.
3. Add the garlic, tomato purée and any salt or pepper.
4. To the pan, add the flour and stir until it is fully mixed in.
5. Add the vegetable broth, chickpeas, and potatoes. Bring to a boil, once boiling reduce the heat to low and let the stew simmer for 45 minutes.
6. Make to stir occasionally and take off the heat when the potatoes are fully cooked, and the stew has thickened.
7. Serve and enjoy.

# Easy Peasy Mains

## Brussel Sprout Bubble and Squeak



### Ingredients:

500g floury potatoes (e.g. King Edward or Maris Piper) peeled and quartered  
250g Brussels sprouts, cooked  
20g butter  
25g plain flour  
Oil  
Bacon, to serve (optional)  
Eggs, to serve (optional)  
Salt & pepper (to taste)

### Method

- 1.Boil the potatoes in a pan of salted water for 15–20 minutes until soft. Meanwhile, finely chop the cooked Brussels sprouts.
- 2.Drain the potatoes and mash thoroughly using a potato masher. Return to the pan and stir over a low heat for 1-2 minutes to dry out. Add the butter to melt and mix well, then take off the heat.
- 3.While the potatoes are still warm, mix in the shredded Brussels sprouts. Season with salt and pepper. Tip the flour onto a plate and shape the potato and sprout mixture into 6 patties and lightly coat with the flour.
- 4.Heat some oil in a large frying pan. In batches, fry the cakes for 2 minutes on each side, until golden. Drain on kitchen paper and serve with bacon and egg, if you like.

From CFINE's Archive

# Easy Peasy Mains

## Chicken Korma

### Ingredients:

4 British chicken breast fillets (around 600g )  
2 tbsp sunflower or vegetable oil  
40g butter  
2 brown onions, coarsely grated or very finely chopped  
4 tsp ginger and garlic paste  
2 tsp ground cumin  
2 tsp ground coriander



### Method

1. Heat 1 tbsp oil in a large non-stick frying pan or wok and fry the chicken over a high heat for 5-6 minutes.
2. Transfer the Chicken to a place using a slotted spoon or spatula and return the pan to the heat.
3. Keep the chicken warm by covering in foil placing in the oven on a low heat
4. Add the remaining oil, butter, and onions to the pan and cook over a medium heat, stirring often for 10 minutes or until the onions are soft and lightly browned. Add the mango chutney and stock to the spiced onions and bring to a simmer.
5. Return the chicken to the pan with the onions. Add the cream and simmer, stirring occasionally for 5-6 minutes, until the chicken is piping hot and cooked through.
6. Add a splash of water to loosen the sauce if necessary.



## Chickpea, Tomato, and Spinach Curry

### Ingredients:

1 medium onion  
2 cloves garlic  
30g (approx. 2cm) of peeled fresh ginger  
1/2 tbsp mild curry powder  
500g chicken thigh skinless  
1 cup chicken stock  
120g baby spinach leaves  
400g chopped tomatoes (crushed and sieved)  
2tbsp oil

### Method

1. In a food processor process onion, garlic and ginger to a puree. Heat oil in a deep frying pan.
2. Add onion puree and cook over a medium heat for 2-3 minutes to soften the onion.
3. Add curry powder, stir and cook for a further minute.
4. Add chicken and stir fry until chicken colours.
5. Pour over chicken stock and chopped tomatoes. Stir while bringing up to the boil.
6. Reduce heat and simmer with the lid off for 25-30 min until chicken is cooked and sauce thickened.
7. Stir in baby spinach leaves and allow to wilt.

**Both recipes from Torry Tasters**

# Easy Peasy Mains

## Liz's Pizza an easy peasy pizza

### Ingredients:

100g Greek yoghurt  
100g self-raising flour  
25g cheese  
1 onion  
Tomato purée  
Any other toppings you'd want to add



### Method

1. Preheat oven to 180C.
2. In a bowl, mix together flour and yoghurt until combined.
3. Grease a baking tray and roll out the dough on the tray to make a pizza shape.
4. Lightly cover your dough with the tomato purée.
5. Prepare your toppings by slicing and chopping them to the sizes you want.
6. Add those toppings to the pizza.
7. Sprinkle the cheese evenly on top of the pizza.
8. Place into the preheated oven and bake for 30 minutes or until golden.
9. Serve and enjoy!

From CFINE Back to Basics. Based on a recipe by CFINE Volunteer, Liz.



## Skillet Sausage Casserole

### Ingredients:

4 potatoes  
4 carrots  
8 sausages  
2 tbsp Oil  
1 onion  
1 pepper  
1tsp paprika  
1 can chopped tomatoes  
400ml stock

### Method

1. Peel the potatoes and carefully cut them into quarters. Peel the carrots and cut each carrot into about 4 or 5 even pieces. Finely cut the onion and pepper.
2. Prick the sausages with a fork. In the skillet heat the oil and fry off the sausages until they are golden, once cooked remove and set them aside on a plate.
3. To the skillet, add the onions and peppers. Fry for 5-10 minutes, after fried add the garlic and paprika for another minute.
4. Add the chopped tomatoes and stock. Once simmering, add the sausages back to the skillet.
5. Cook on high for 1 hour or on low for 3 hours, then serve or leave to cool and freeze.

From CFINE Back to Basics

# Easy Peasy Mains

## Stovies



### Ingredients

900g potatoes (washed, peeled, and sliced)  
1 large onion (chopped)  
15ml oil or beef dripping  
100ml water (and top up as needed)  
Beef stock cube (OXO is ideal)  
200 – 400g leftover meat (roast beef, lamb, mince, or 400g tin corned beef)  
Salt and pepper (to taste)  
Oatcakes (optional)  
Pickled beetroot (optional)

### Method

1. Heat 1-2 tbsp beef dripping or oil in a pan over medium heat.
2. Fry onions for 3-5 minutes until softened.
3. Layer potato slices in the pan, stirring to coat them in onions and fat.
4. Add 100ml water and stock cube. Add water as needed to cover 2/3 of the potatoes.
5. Cover the pan and cook on medium heat for 5-10 minutes.
6. Add leftover meat or fresh meat. For corned beef, add it at the end.
7. Season with salt and pepper. Bring to a boil, then reduce to a simmer.
8. Cover and cook for 30-45 minutes, occasionally stirring.
9. Potatoes should be soft but not mushy. Add corned beef (if using) and heat through.
10. Let it rest for 10 minutes before reheating briefly.
11. Serve hot with oatcakes and pickled beetroot if desired.

**From the Granite City Good Food Zero Waste Cooking Guide**

# Easy Peasy Mains

## Vegetable Curry



### Ingredients

1 large courgette, chopped	2 cloves garlic, minced
2 medium potatoes, peeled and diced	1-inch piece ginger, minced
2 carrots, sliced	2 tbsp curry powder
1/2 large onion, chopped	1 tsp turmeric powder
1 bell pepper chopped	1 tsp ground cumin
1 half butternut squash or pumpkin, diced (optional for a seasonal touch)	1 tsp ground coriander
1 tin chopped tomatoes	1/2 tsp chili powder (adjust to taste)
1 tin coconut milk	Salt and pepper to taste
	Fresh coriander for garnish
	Juice of 1/2 lemon
	2 tbsp vegetable oil

### Method

1. Heat the vegetable oil in a large pot over medium heat. Add the chopped onion (using half) and sauté until soft and translucent, about 5 minutes.
2. Add the minced garlic and ginger and cook for another 2 minutes until fragrant.
3. Stir in the curry powder, turmeric, ground cumin, ground coriander, and chili powder. Cook for 1-2 minutes to release the flavours.
4. Add the diced potatoes, carrots, butternut squash/pumpkin, and bell pepper. Stir to coat the vegetables in the spices.
5. Add in the chopped tomatoes and coconut milk. Stir well to combine. Bring the mixture to a boil, then reduce the heat and let it simmer.
6. After 10 minutes of simmering, add the chopped courgette. Continue to cook for another 15-20 minutes, or until all the vegetables are tender.
7. Season the curry with salt, pepper, and lemon juice. Garnish with fresh coriander before serving.

**From the Granite City Good Food Zero Waste Cooking Guide.**

# Sweet Treats

## Apple Slice



### Ingredients:

250g self-raising flour  
130g sugar  
3 apples  
125g butter  
1 egg

### Method

1. Preheat oven to 180C.
2. Peel and cut apples into small 1cm cubes.
3. In a bowl, mix the flour and sugar then adding the diced apple and toss well.
4. Melt the butter in a small pot.
5. Add an egg to the butter and stir together.
6. Pour the butter and egg mixture into the bowl with the flour, sugar, and apples.  
Mix until combined.
7. Grease and line a slice tin.
8. Add the mixture to the prepared slice tin and spread evenly.
9. Bake for 35-40 minutes or until golden brown
10. Once baked, take out the oven and allow to rest.
11. Cut into squares, serve, and enjoy!

**From CFINE Back to Basics**

# Sweet Treats

## Leftover porridge pancakes

### Ingredients

150g cold leftover porridge  
150g self-raising flour  
2 tsp baking powder  
1 ripe banana, mashed  
2 large eggs  
100ml milk  
2 tsp vegetable or sunflower oil  
Fruit, yogurt and maple syrup or honey, to serve



### Method

1. Mix the porridge, flour, baking powder, banana, eggs and milk in a bowl. Heat the oil in a frying pan. Drop 2-3 tbsp of the porridge mixture into the pan and cook over a medium heat until the underside is golden and bubbles are popping on the surface
2. Flip over and cook for another few mins until cooked through, then keep warm in a low oven and repeat until you've used up all the batter.
3. Serve with the fruit and yogurt and top with a drizzle of the syrup or honey.

From the Granite City Good Food Zero Waste Cooking Guide



## Oatmeal Cookies

### Ingredients:

150ml oil  
200g sugar  
1 egg  
150g self-raising flour  
300g oats  
1tsp cinnamon (Optional)  
100g raisin (Optional)

### Method

1. Preheat oven to 180C.
2. Line two large baking trays with some baking paper.
3. In a large bowl, mix together the oil and sugar. Then add the egg, and additionally you could add some cinnamon to the mixture.
4. Add the flour to the bowl gradually followed by the oats and mix together. If you want any raisins, then add them in at this stage.
5. With the cookie mixture, add a heaped tablespoon of the mixture onto the baking trays for each cookie. Keeping them well spaced apart for cooking.
6. Bake the cookies for 12-15 minutes or until golden. Take out the oven and leave to rest for ten minutes.
7. Take cookies off the tray and serve to enjoy.

From CFINE Back to Basics

# Sweet Treats

## Seasonal Fruit Upside Down Cake



### For the Cake:

150g unsalted butter, softened  
150g caster sugar  
2 large eggs  
1 tsp vanilla extract  
175g self-raising flour  
1 tsp baking powder  
50ml milk

### For the topping:

50g unsalted butter, melted  
100g light brown sugar  
300g of fruit (see seasonal suggestions below)

### Method

- 1.Preheat your oven to 180C (160C fan) or gas mark 4.
- 2.Grease a 20cm (8-inch) round cake tin and line the base with baking parchment.
- 3.Pour the melted butter into the tin and sprinkle the brown sugar evenly over it.
- 4.Arrange the fruit slices or pieces over the sugar layer in a single layer.
- 5.Cream the softened butter and caster sugar together until light and fluffy.
- 6.Beat in the eggs one at a time, adding the vanilla extract.
- 7.Sift the self-raising flour and baking powder together, then fold into the mixture gently.
- 8.Add the milk and mix until just combined.
- 9.Spoon the batter over the fruit in the tin, spreading it evenly.
- 10.Bake for 35-40 minutes, or until a skewer inserted into the centre comes out clean.
- 11.Allow the cake to cool in the tin for 5 minutes before turning it out onto a serving plate so the fruit is on top.
- 12.Serve warm with cream, custard, or ice cream.

**From the Granite City Good Food Zero Waste Cooking Guide**

# Sweet Treats

## Simple Scones



### Ingredients:

350g Self Raising Flour  
1 tsp Baking Powder  
85g Butter  
 $\frac{1}{4}$  tsp Salt  
3 tbsp Caster Sugar  
175ml Milk

### Method

1. Preheat oven to 220C/gas mark 7.
2. Tip the self-raising flour into a large bowl with  $\frac{1}{4}$  tsp salt and the baking powder, then mix.
3. Add the butter, then rub in with your fingers until the mix looks like fine crumbs. Stir in the caster sugar.
4. Put a baking tray in the oven. Make a well in the dry mix, then add the milk and combine it quickly with a cutlery knife.
5. Scatter some flour onto the work surface and tip the dough out on top of the floured surface. Cover the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother.
6. Pat into a round about 4cm deep. Take a 5cm cutter and dip it into some flour. Using the floured cutter, cut four scones out of the dough. You may need to reroll the dough to get the remaining scones out of it.
7. Carefully arrange the scones on the hot baking tray and bake for 10 minutes until golden.

If freezing, freeze once cool. Defrost, then put in a low oven (About 160C/gas mark 3) for a few minutes to refresh.

**From CFINE Back to Basics**



## For more information, get in touch!

### CFINE

The Simmers Centre, 2-4 Poynerhook Road  
Aberdeen  
AB11 5RW

**Telephone:** 01224 596156  
**Email:** [info@cfine.org](mailto:info@cfine.org)

[www.cfine.org](http://www.cfine.org)  
[www.granitecitygoodfood.org](http://www.granitecitygoodfood.org)



Funded by:

**Aberdeen International Airport**

**ABZ FUND**  
Propelling Support Regionally