

# SPICE CLUB

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# FOOD RECIPES



# INTRODUC- TION

These sessions have been designed to ignite the passion back into family cooking, the aim of the tasty, simple meals are for families to have some time out and be playful in the sessions, experimenting and sometimes getting it wrong (that's where you learn).

Without the pressure of cooking the family meal and hungry stomachs to feed, this is a chance to, learn, bond, try different foods, and ignite the interest back into the evening meal, whilst also giving less adventurous cooks more skills.





# IMPORTANCE OF QUALITY INGREDIENTS

Great recipes start with fresh, good-quality ingredients. Seasonal and locally sourced food that hasn't travelled far are the best flavours and combining these with wonderful herbs and spices can transform what's on your plate.





# EXPERIMENTING & CUSTOMIZING

These sessions are to inspire you to change recipes to your taste, swap ingredients, try new flavours, or mixing styles all keeps cooking exciting. Personalizing a dish makes it unique and suitable to your families' tastes.



# WEEK ONE - FLATBREADS

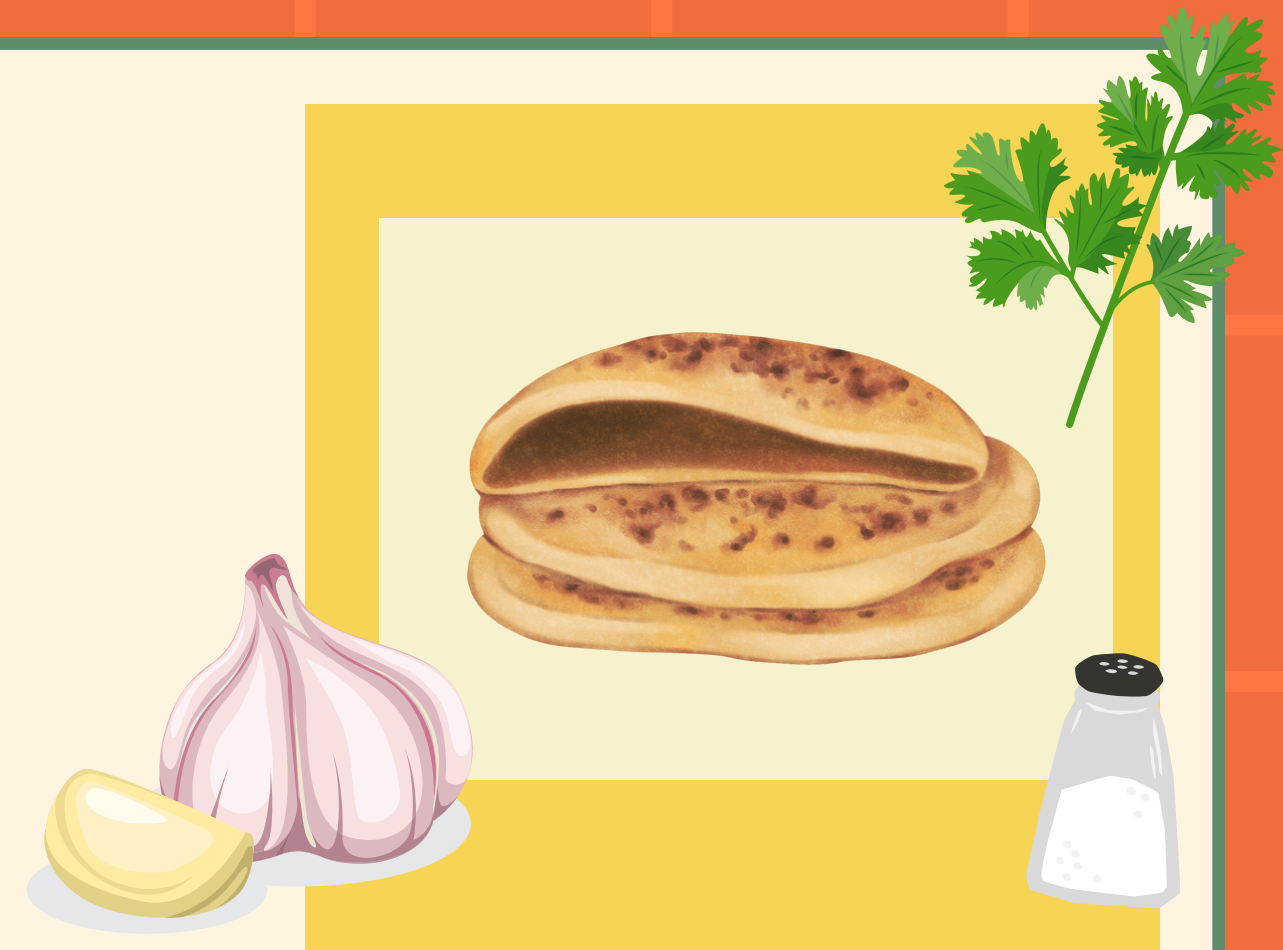
350g self-raising flour, plus extra for dusting  
1 teaspoon baking powder  
350g natural yoghurt

## GARLIC AND HERB BUTTER (OPTIONAL)

2 cloves of garlic  
1 bunch of fresh soft herbs, such as flat-leaf parsley, tarragon, basil, dill  
40g unsalted butter

## METHOD

1. Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute or so to bring it all together.
4. Put the dough back into your bowl and cover, then leave aside for about ½ hour.
5. If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher, use a cheese grater if you find it easier (small side).
6. Choose your herb leaves and finely chop them, throw away the stalks.
7. Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs, then leave to cool, don't let the garlic and butter burn.
8. Dust a clean work surface and rolling pin with flour, then divide the dough into 4.
9. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into rounds, roughly 2mm to 3mm thick.
10. Place the heavy bottomed pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until it starts to puff up, turning with tongs.
11. Brush the flatbreads all over with herby garlic butter as they come off the griddle.



# WEEK TWO - 3 CURRIES - PEACH AND CHICKPEA

## Ingredients

- 1 stock cube, vegetable or chicken
- 400g can peaches (or apricots or mandarins)
- 400g canned chickpeas, rinsed (drained weight)
- A splash of oil
- 1 tbsp curry powder
- 2 rounded tsp cumin (ground or seeds)
- 2 big cloves garlic, finely chopped
- A handful of fresh coriander, finely chopped
- 1 chillies, chopped
- 400g cans or cartons chopped tomatoes
- 1 onion, finely chopped

## METHOD.

1. Peel and finely chop the onion and garlic, and chop the chilli. Put the oil into a saucepan and add the onion, garlic and chilli, then the cumin, and cook gently on a low heat. Allow the onions to sweat, not brown. If they burn, the burnt taste will permeate through your whole curry, whereas sweating them will add a delicious sweetness.
2. Add the drained and rinsed chickpeas.
3. Drain the peaches, reserving the juice, and chop into small chunks. Add to the onion mixture in the pan, along with any juice from the tin. By this time, the chickpeas should have finished cooking so reduce them down to a simmer.
4. Pour the chopped tomatoes over the peaches and onion, add the coriander and crumble in the stock cube. Then stir everything together. Reduce the heat to a low setting, and allow to cook gently for at least 30 minutes. This thickens the sauce and melds the flavours together - if chopped finely enough, the onions will disappear as they make the sauce thicken with a sweet spiciness. You may need to add a cup of water to the sauce if it starts to get too thick.

# WEEK TWO - 3 CURRIES - CHICKEN KORMA

## Marinade

- ½ kg (1.2 lbs) chicken
- ¼ teaspoon ground turmeric
- 3 tablespoons plain yoghurt or coconut milk
- 1 tablespoon ginger garlic paste (or ½ tbsps. each fine grated)
- ¾ to 1 teaspoon garam masala or korma masala
- 1 to 1¼ teaspoon red chili powder
- ½ teaspoon sea salt

## To saute & blend

- 1½ tablespoon oil or ghee
- 2 green cardamoms
- 1 cup onions sliced (2 medium yellow onions)
- 10 whole cashew nuts or almonds (or use 5 each)
- ¼ cup yoghurt or coconut milk

## For korma curry

- 1 to 2 tablespoon oil or ghee
- 1 small Indian bay leaf (optional)
- 4 cloves (optional)
- 2 inch cinnamon (optional)
- 1 cardamom (optional)
- 1 to 2 green chilies slit or chopped
- ½ cup hot water (more if needed)
- ¼ teaspoon salt (adjust to taste)
- ½ to ¾ teaspoon garam masala
- 1½ teaspoon coriander powder(ground coriander)
- ¼ teaspoon Kashmiri red chili powder (optional, for color)
- 2 tablespoons coriander leaves(cilantro) fine chopped to garnish

## Instructions

- Marinade: To a mixing bowl, add all the ingredients Mix well to coat the chicken with the ingredients. Cover and keep aside.
- Make the korma paste: Heat a pan with ghee/oil and add 2 cardamoms and onions. Saute until they turn golden brown and begin to caramelize (not burnt). Add the nuts and cool down. Blend to a smooth paste with yoghurt.
- Saute chicken: In the same pan, heat ghee/oil and add the optional whole spices - bay leaf, cinnamon stick, cloves and cardamom. When they begin to sizzle, add green chili and chicken. Saute on a medium heat for 5 to 6 mins.
- Make Chicken Korma: Add the onion puree, salt, coriander powder, garam masala and chili powder (optional, for deeper colour). Stir in the hot water and bring to a boil. Cover and cook on a medium low heat until the chicken is cooked through & you see traces of oil over the korma.

# WEEK TWO - 3 CURRIES - HALLOUMI AND SPINACH CURRY

## Ingredients

- 1 stock cube, vegetable or chicken (add more if you feel it needs more)
- 1 400g can coconut milk
- 1 bag of washed spinach (if unwashed take time to wash thoroughly)
- 2 packets of halloumi cheese
- 1 tbsp curry powder
- 2 rounded tsp cumin (ground or seeds)
- 1 tsp turmeric
- 1 tsp ground coriander
- 2 cloves garlic, finely chopped
- A handful of fresh coriander, finely chopped £7
- 1 chillies, chopped
- 1 onions, finely chopped

## METHOD

- Slice the hallmouni into about 5 cm slices, drain the liquid and in a frying pan cook the halloumi until it turns a light brown. Make sure you keep turning the halloumi but be careful as it can spit. Once cooked set aside.
- Place a little oil in a heavy bottomed pan and add the finaly chopped onion, once it begins to cook add the garlic and spices then add the chilli. Don't let the garlic or spices burn.
- Then add the spinach a hand full at a time until each handful shrinks (then add more).
- Then add the coconut milk, curry powder and stock
- Once the curry starts to look like it's coming together and the flavours are to your taste, add the cooked halloumi. Serve hot with basmati rice, or paratha.



# WEEK THREE - BURGERS

## INGREDIENTS

- 1 small onion
- 500g good-quality beef mince
- 1 egg
- 1 tbsp vegetable oil
- Add any of these herbs and spices to give the burgers different distinctive tastes, smoked paprika, basil, coriander, Italian seasoning
- All or any of the following to serve: sliced tomato
- beetroot, horseradish sauce, mayonnaise, ketchup, handful iceberg lettuce, rocket, watercress

## METHOD

- Chop your onion into very small pieces
- Put your mince meat into a mixing bowl and add your onion and desired spices, smoked paprika will give it a barbeque taste, or if you fancy an Italian style, add basil and oregano, be playful.
- Turn your mixture into balls, these can be smaller or bigger depending upon your preference.
- In a frying pan add a little oil just to stop; the burger sticking and once the pan is hot add your burger. Turn over regularly until it is fully cooked. You can put a knife in the middle to see if the inside is still pink.

# WEEK THREE - BEAN BURGERS

## INGREDIENTS

- 2 or 3 Carrots
- 1 large Onion
- 1 can Kidney beans
- Cumin
- Smoked paprika
- bunch of coriander
- oil
- egg for binding (optional)
- flour for binding (optional)

## METHOD

- Rinse your kidney bean well under a tap and place in pan of water to until boiling, once boiled remove from heat.
- Chop your onion into small pieces
- Grate carrot until the pile of carrot is similar in size to the pile of onion
- Add onion and carrot to a frying pan and herbs and spices cook until soft,
- Add chopped coriander and drained kidney beans then mash the mixture until it becomes fully combined. you can add a whisked egg or a little flour here, but if you prefer egg or flour free it works well without
- Once cool roll into a ball with your hands and flatten.
- Cook the patties in a frying pan. They will break apart, so gently reshape in the pan, the patties will be cooked when browned.

# WEEK FOUR- JAM ROLY POLY

## INGREDIENTS

- 2x 50g salted butter cold and cut into chunks, plus extra for greasing
- 2x 250g self-raising flour plus extra for rolling
- 1 vanilla pod seeds scraped out
- 50g shredded suet
- 150ml milk plus a drop more if needed
- 100g/4oz raspberry or plum jam, or a mixture

## METHOD

- Put a deep roasting tin onto the bottom shelf of the oven, and make sure that there's another shelf directly above it. Pull the roasting tin out on its shelf, fill two-thirds with boiling water from the kettle, then carefully slide it back in. Heat oven to 180C/160C fan/gas 4. Tear off a large sheet of foil and greaseproof paper (about 30 x 40cm). Sit the greaseproof on top of the foil and butter it.
- Tip butter, flour and vanilla seeds into a food processor; pulse until the butter has disappeared. Tip into a mixing bowl. Stir through the suet, pour in the milk and work together with a cutlery knife until you get a sticky dough. You may need a drop more milk, depending on your flour.
- Tip the dough out onto a floured surface, quickly pat together to smooth, then roll out to a square roughly 25 x 25cm. Spread the jam all over, leaving a gap along one edge, then roll up from the opposite edge. Pinch the jam-free edge into the dough where it meets, and pinch the ends roughly, too. Carefully lift onto the greased paper, join-side down (you might find a flat baking sheet helpful for this), loosely bring up the paper and foil around it, then scrunch together along the edges and ends to seal. The roly-poly will puff quite a bit during cooking so don't wrap it tightly. Lift the parcel directly onto the rack above the tin and cook for 1 hr.
- Let the pudding sit for 5 mins before unwrapping, then carefully open the foil and paper, and thickly slice to serve.

# WEEK FOUR- HOMEMADE CUSTARD

## INGREDIENTS

- 200ml double cream
- 700ml whole milk
- 4 large egg yolks
- 3 tbsp cornflour
- 100g caster sugar
- 1 tsp vanilla extract

## METHOD

- Put the cream and milk into a large pan and gently bring to just below boiling point. Meanwhile, in a large bowl, whisk the yolks, cornflour, sugar and vanilla. Gradually pour the hot milk mixture onto the sugar mixture, whisking constantly.
- Wipe out the saucepan and pour the mixture back into it. Heat gently, stirring with a wooden spoon (see Steps 1 and 2, for stirring tips) until the custard is thickened, but before any lumps form. Eat hot or cold.



# WEEK FIVE- VICTORIA SANDWICH

## Victoria Sandwich

- 4 large eggs (in their shells)
- About 270g caster sugar
- About 270g self-raising flour
- 135g unsalted butter, softened, plus extra to grease the tins
- About 135g soft margarine
- 1125g raspberry jam (good-quality)
- A little caster sugar to sprinkle

## Method

1. Heat your oven to 180°C/Fan 160°C/Gas 4. Grease two 20cm sandwich tins and line the bases with baking paper. Weigh the eggs first (in their shells), then weigh the same quantity of sugar and flour. For the butter and the margarine, you need half the weight of the eggs.
2. In a large bowl, cream the butter, margarine and sugar together using an electric whisk until pale in colour and light and fluffy. Scrape down the sides of the bowl and beat again.
3. Beat the eggs together in a jug, then gradually add to the mixture, beating well after each addition. Scrape down the sides of the bowl and mix again. Sift the flour over the surface of the mixture and gently fold in, using a large metal inspoon.
4. Divide the mixture between the prepared tins. To ensure the cakes are exactly the same size you can weigh the cake mixture into each tin. Gently smooth the surface with the back of the spoon to level it.
5. Bake in the centre of the oven for 25 minutes until risen, golden brown and the cakes spring back in the centre when lightly touched with a fingertip. They should be slightly shrunken away from the edges of the tin. Leave the cakes in the tins for 5 minutes, then remove to a wire rack. Leave to cool completely.
6. When cold, sandwich the cakes together with the raspberry jam and sprinkle the top with a little caster sugar.

# WEEK SIX- QUESADILLAS

## INGREDIENTS

- 1lbs minced beef
- half cup refried beans
- a couple of chopped green chillies (if you wish)
- half tsp dried oregano
- half tsp ground cumin
- 2 tsp chilli powder
- half tsp salt
- 4 tortillas
- butter
- 2 cups grated cheese

## METHOD

- In a large skillet, cook ground beef over medium heat until no longer pink. Drain any excess grease. Stir in fried beans, green chilies, oregano, cumin, chili powder, and salt. Cook over medium-low heat for 3-4 minutes or until heated through.
- Heat another skillet to medium-low heat. Brush one side of a tortilla with butter, place butter side down into the pan. Evenly sprinkle cheese over the top of the entire tortilla. On one half on top of the tortilla, add some of the meat mixture.
- Cook until the bottom has browned and the cheese has melted. With a spatula fold the half of the tortilla without the meat mixture over the half with the meat mixture and press down. Remove from the pan.
- Repeat with remaining tortillas.
- Cut into wedges and serve

# THANK YOU

to all parents and pupils involved in this pilot, we have really enjoyed it and your contributions and commitment to the sessions made it a great success!

If you'd like to contact us about with any feedback:

[annie@bwdfoodalliance.org.uk](mailto:annie@bwdfoodalliance.org.uk)

[sarahjohns@healthwatchbwd.co.uk](mailto:sarahjohns@healthwatchbwd.co.uk)

