

South West Herts Partnership

Feeding your Family



Recipes using cupboard ingredients

| Recipe | CONTACT INFO/WEB LINKS |
|-------------------------|---|
| Saucy Bean Baked Eggs | https://www.bbcgoodfood.com/recipes/saucy-bean-baked-eggs |
| Spaghetti Puttanesca | https://www.bbcgoodfood.com/recipes/spaghetti-puttanesca |
| Tuna Pasta Bake | https://www.bbcgoodfood.com/recipes/tuna-pasta-bake |
| Fridge Omelette | https://www.bbcgoodfood.com/recipes/fridge-omelette |
| Balsamic & Herb Chicken | http://allrecipes.co.uk/recipe/6017/balsamic-and-herb-chicken.aspx |
| Toad in the hole | http://allrecipes.co.uk/recipe/221/toad-in-the-hole.aspx |
| Tuna Fishcakes | https://www.bbc.co.uk/food/recipes/tuna_fishcakes_01279 |

Long Life Products

| Product Name | Details |
|--------------------------|---|
| Peanut butter | Good as a snack or dessert and can last for up to 9 months. Almond and cashew butters are also good. |
| Canned or dried beans | Canned varieties can last for 2-5 years, whilst dried versions can last indefinitely if stored correctly. Lentils, beans and pulses can be made into many things, and will also bulk out dishes to make more. |
| Dried fruit & Vegetables | Last up to a year and have the same amount of nutrients as fresh |
| Canned tuna/meat | Good sources of protein that last up to 5 years |
| Canned soup | Good if you are unwell and can last up to 5 years (ensure you choose low sodium varieties). |
| Nuts & Seeds | Can be added to baked goods for added nutrients or eaten alone. Most types are long lasting (especially pumpkin seeds or cashews). |
| Potatoes | Cheap, filling and can last up to 4 months if stored correctly |

Things you can Freeze



- Meat and fish
- Bread
- Vegetables and fruit
- Soup
- Premade meals
- Pizza's
- Fresh stuffed pasta
- Bananas (a good ice cream substitute!)
- Baked goods
- Milk
- Eggs (beat first – do not freeze in their shells!)
- Applesauce
- Grapes (a good snack!)
- Ginger (easier to grate when frozen)



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Child Friendly Recipes to keep kids amused

Whether they're helping you cook or simply watching, kids must be familiar with basic safety rules in the kitchen.

10 Safety Rules

1. Check that the oven and other cooking appliances are turned off before you leave the kitchen.
2. Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
3. If you burn yourself, tell an adult immediately and hold the burned area under cool running water.
4. Don't put knives or other sharp objects into a sink full of water. Someone could reach in and get hurt.
5. Watch out for sharp knives. Let an adult cut or slice foods or help you do it.
6. Never put water on a cooking fire -- it could make the fire bigger. Ask an adult for help! Put out a fire with a fire extinguisher. If the fire is small, it can be put out with baking soda or smothered with a lid. Leave the house and call 999 if the fire has leaping flames.
7. Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
8. Never add water to a pan that has hot oil in it. It could make the oil splatter and burn someone.
9. Always turn pot handles in toward the back of the range top. This way no one can bump into them and knock the pot over.
10. Keep paper towels, dish towels and pot holders away from the range top so they don't catch on fire.

You can find more safety tips at: <https://www.childcare.co.uk/information/cooking-with-children>

| Recipe | CONTACT INFO/WEB LINKS |
|---------------------------------------|---|
| Chocolate Fudge Biscuits | https://www.bbcgoodfood.com/recipes/chocolate-fudge-crinkle-biscuits |
| Vanilla Cupcakes | https://www.bbcgoodfood.com/recipes/vanilla-cupcakes |
| Chocolate Oat Squares | https://www.goodtoknow.co.uk/recipes/chewy-chocolate-oat-squares |
| Banana Loaf | https://www.bbcgoodfood.com/recipes/brilliant-banana-loaf |
| Jam Tarts | https://www.deliciousmagazine.co.uk/recipes/jam-tarts/ |
| Simple Stir Fry | https://www.bbcgoodfood.com/recipes/simple-stir-fry |
| Banana Pancakes | https://www.bbcgoodfood.com/recipes/easy-banana-pancakes |
| Chocolate Rice Krispie Cakes | https://www.bbcgoodfood.com/recipes/chocolate-rice-krispie-cakes |
| BBC good food - Healthy Kids' Recipes | https://www.bbcgoodfood.com/recipes/collection/healthy-kids |



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Food Substitutes when you can't get hold of what you need

| Food Type | Substitute | Quantity | Extra Details |
|----------------------------------|---|--|---|
| Rice | Cauliflower/broccoli/cabbage/butternut squash rice, grains e.g. couscous, quinoa, barley, millet, flax, buckwheat, bulger etc., orzo pasta. | Grains should be used in equal quantities | Cauliflower or broccoli can be riced using a grater or food processor and then fried until tender. It can also be found in the freezer section (long lasting). |
| Pasta | Noodles, courgette/butternut squash/carrot pasta, fresh pasta, aubergine lasagne sheets, polenta. | | Vegetable pasta is made by peeling the vegetable into long, thin strips (steamed to cook). Homemade pasta does not require a machine (rolled) and has the ratio of 100g flour to 1 egg. The aubergine sheets are created by thinly slicing aubergine lengthways. Gnocchi has many recipes online and requires only potatoes, flour and egg. |
| Wheat Flour | Nut flours (e.g. almond, coconut), spelt flour, chickpea flour, oat flour, rye flour. | | |
| Eggs (when used for baking only) | applesauce, pureed fruit, flax/chia seeds, powdered egg, yoghurt/buttermilk, arrowroot powder, aquafaba (juice in canned chickpeas or beans). | Apple sauce/pureed fruit should be used as 65g per egg. 1tbsp ground seeds will become egg like when combined with 3tbsp water. 60g of yoghurt/buttermilk is used rather than an egg. 2tbsp arrowroot per 3tbsp water replaces 1 egg. Aquafaba is good as a replacement for egg white (3tbsp per egg). | |
| Milk | (Dairy) powdered milk, cream, evaporated milk, long-life milks e.g. UHT, (Non-dairy) nut milks (long-life), soya/oat/coconut milk, sterilised milk. | | Rice milk can be made by soaking rice in water overnight then grinding it. |

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| Fruit/Vegetables | Canned, tinned, dried and frozen versions can be used. Root vegetables are long life. | | <ul style="list-style-type: none"> Dried versions can be revived by adding water. Sweet potatoes mash is a good alternative to normal mash if you can't get your usual potatoes – yummy mashed with cumin/ butter and a dash of maple syrup. |
| Sugar | Honey, Maple Syrup, Agave Nectar, Stevia (natural sweetener), Fruit puree/ concentrates, dates, Molasses. | | |

Food Ideas for;



Breakfast

- Porridge
- Yoghurt and muesli/granola
- Fruit and nut bars
- Toast with peanut butter/jam
- Scrambled eggs
- Beans on toast
- Banana pancakes (combine 2 eggs, 1 banana and 1tsp baking powder)
- Breakfast muffins (many recipes only)
- Frittata muffins (recipes online)
- Overnight oats
- Smoothies – a great way to use up fruit and vegetables that are going bad
- Banana bread – can be frozen!
- Breakfast sandwiches

Lunch

- Baked potatoes
- Salads (add rice/quinoa/couscous etc)
- Stuffed pasta (long life/can be frozen)
- Toasties and sandwiches
- Tuna pasta salad
- Hot dogs in rolls
- Chicken goujons/fish fingers in wraps (can be made at home, recipes online)
- Soup – make croutons with stale bread by tossing with oil and garlic then baking.
- Stir fry – a way to use up old vegetables
- Leftovers from dinner (or from the freezer!)
- Bubble and squeak
- Vegetable sticks with dips

Dinner

- Chicken Fajitas
- Risotto
- Stews/casseroles
- Fishcakes (homemade)
- Seasoned chicken thighs (a cheaper cut of meat) – can be marinated with curry powder, paprika, soy sauce and honey, sweet chilli etc.
- Frittatas are a good easy to use up leftover veg – lots of recipes online with whatever you have in your fridge .
- Bean chilli
- Stuffed vegetables eg mushrooms, peppers, aubergine
- Vegetable tagine
- Spaghetti puttanesca
- Toad in the hole
- Homemade burgers are cheap and easy – if you are using low fat mince make sure you use a binder such as an egg or breadcrumbs so they don't fall apart!

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Food Ideas for;



Snacks

- Fruit skewers
- Baked goods (nice to make with kids!)
- Protein/energy balls
- Frozen yoghurt lolly
- Wasabi peas/ roasted chickpeas
- Jelly
- Popcorn (easy to make at home!)
- Nuts and seeds
- Vegetable sticks with hummus
- Vegetable crisps (eg sweet potato/ beetroot)

Easy Recipes

Sausage casserole

Cut sausages in to chunks and brown in oil, throw in whatever veg you have with tinned tomatoes and a little wine if you have any. Add some chicken or veg stock.

Hint – potatoes/sweet potatoes and butternut squash work well here. You can also use lentils to bulk it up. Cook for an hour or so (oven or hob low heat). Season with any herbs (basil/oregano/thyme/paprika/salt and pepper) you like and other flavourings such as Worcester sauce, tabasco or even ketchup

Homemade Chicken or Turkey Goujons

Slice into strips and dip in flour, egg and breadcrumbs (bought or made with stale bread), cooked until golden in oil or butter (or both!) – serve with simple spaghetti in tomato sauce or pesto pasta. Also nice with tomato and red onion salad.

Spaghetti Carbonara

Chop up 1 onion and fry with pack of pancetta cubes until crispy, cook spaghetti according to packet., adding frozen peas halfway through. Meanwhile mix Crème fraiche (300ml), 2 eggs, 80g parmesan cheese and lots of black pepper. Mix altogether once spaghetti cooked and service with extra parmesan and black pepper.

| Recipe | CONTACT INFO/WEB LINKS |
|---------------------------------|---|
| Cheats Chicken Pilaf Traybake | https://www.olivemagazine.com/recipes/family/cheats-chicken-pilaf-traybake/ |
| Oregano Chicken Squash Traybake | https://www.bbcgoodfood.com/recipes/oregano-chicken-squash-traybake |
| Salmon Pesto Traybake | https://www.bbcgoodfood.com/recipes/salmon-pesto-traybake-baby-roast-potatoes |
| Cod Tomato Traybake | https://www.bbcgoodfood.com/recipes/cod-tomato-traybake |
| Stuffed Peppers | https://www.delish.com/uk/cooking/recipes/a31234335/classic-stuffed-peppers-recipe/ |
| BBC- goodfood | 59 Cheap & Healthy Recipes https://www.bbcgoodfood.com/recipes/collection/cheap-and-healthy |
| Jamie Oliver | Easy-to-follow, super-flexible recipes with lots of useful swaps and tips to help you feed yourself and your loved ones in these unique times. Let's celebrate freezer faves, big up the store cupboard and get creative with whatever we have to hand. Let's keep cooking and carry on! https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/ |