

Use Up Your Leftovers!

In each Recipe Box there are a few extra leftover ingredients - here are some ideas to use them up in different meals and dishes. Just search the ideas on the recipe sites listed at the bottom of the page or on Google and you should find plenty of tasty recipes.



CHEDDAR CHEESE - How about using cheese in some savoury baking with the family. **Cheese scones** (see the recipe on the other side), **cheese biscuits** or **cheese twists** are tasty homemade treats. Or you could make a tasty and very simple **Cheesy Dip** to eat with raw carrots, celery (both in the box!), cucumber, apples or pears.



LASAGNE - You'll probably have around half the packet left so why not make **another lasagne**? Vary the recipe by making a **classic meat lasagne** or trying **different veggies in the sauce**. The BBC Good Food site has loads of excellent lasagne ideas including **recipes for lentil, chicken, lamb, spinach, mushroom, spinach, courgette and vegan lasagnes**.



CHOPPED TOMATOES - You should have an extra tin of chopped tomatoes in your box. Use it to make another lasagne 'ragu' sauce. Or perhaps a homemade **chilli con carne, tomato soup, a curry, pasta sauce, or a tasty pasta bake**,

CHEESY DIP

125g Natural or Greek Yogurt
50g Cheddar Cheese
A few chives, optional

1. Measure out the yogurt and place it in a small mixing bowl.
2. Weigh the cheese and grate it, snip the chives with scissors if using.
3. Mix everything together and serve.



CELERY - the combination of finely cut celery, onion and carrots cooked in butter or oil is the basis of many **sauces, stocks, stews and soups**. The trio are named together as 'mirepoix' in French. You can also **eat celery raw** as it is, it's particularly tasty **eaten with a dip** like the one above, the pea dip from last week, hummus, creme cheese, tomato salsa etc.



GARLIC - How about making **homemade garlic bread** to go with your lasagne, check out the recipe below. Garlic is an ingredient in many **curries, stews, soups, pasta sauce or stir fries**
Save some for next weeks Stir Fry



EASY HOMEMADE GARLIC BREAD

60g butter, softened
2 garlic cloves, crushed or finely chopped
salt and pepper
1 small white baguette (about 150 to 180g)

1. Heat oven to 200C/180C fan/gas 6.
2. Put the butter in a bowl, add the garlic and mix well with a pinch of salt and pepper.
3. Slice the baguette into about 12 slices but not all the way through, leaving the base intact to hold it together.
4. Spread a layer of garlic butter on each slice.
5. Wrap the baguette in foil, place on a tray and bake for 5-6 mins, then peel back the foil. Cook for a further 4-5 mins to crisp up.

Need some more recipe ideas or inspiration? Then check out the sites listed below. Stuck with a tricky to use up ingredient? Then please do email me at louisa@growinglocal.org.uk and I'll gladly help you come up with some ideas!

BBC Good Food: <https://www.bbc.co.uk/food>

Jamie Oliver: <https://www.jamieoliver.com>

Jack Monroe: <https://cookingonabootstrap.com/>

Growing Local: <http://growinglocal.org.uk/recipes/> Eat Your Veg <http://www.eatyourveg.co.uk>

WISH Herefordshire <https://www.wisherefordshire.org/keeping-well-staying-healthy/healthy-lifestyles/healthy-eating/cooking-at-home/>



THIS WEEKS EXTRA INGREDIENT

Baking Powder



WHAT IS BAKING POWDER?

Baking powder is a raising agent that is commonly used in cake-making, muffins, biscuits and cookies. It is made from an alkali, bicarbonate of soda, and an acid, cream of tartar, plus a filler like cornflour or rice flour which absorbs moisture.

The powder is activated when liquid is added, producing carbon dioxide and forming bubbles that cause the mixture to expand. For this reason, it is important to get your baking mixture into the oven quickly once the 'wet' ingredients have been added to the 'dry' ingredients.

Self-raising flour is made from plain flour combined with a small amount of baking powder. To make self-raising flour add two teaspoons of baking powder to 150g plain flour, or three teaspoons to 225g plain flour.

THE BAKE OFF CHALLENGE! SCONES

Scones are a traditional British baked good, usually made with wheat flour, butter, milk and a little sugar to sweeten them. They are delicious eaten warm from the oven, sliced in half and spread with butter. Jam and cream are lovely too for a traditional English Cream Tea!

CHALLENGE yourselves to make your very own delicious scones, either making the traditional recipe below or following one of the Variations.



INGREDIENTS to make 6 - 8 scones

225g Plain Flour
3 teaspoons Baking Powder
55g Butter or Margarine
30g Caster Sugar
150ml Milk
1 Egg, beaten, to glaze

VARIATIONS

For Fruit Scones - add 30g Sultanas or other Dried Fruit to the flour.

For Cheese Scones - substitute 50g grated Strong Cheese for half the butter, and omit the sugar. Sprinkle a little extra cheese on the tops.

METHOD

1. Preheat your oven to 220°C / 200°C fan / Gas Mark 7. Sprinkle a little flour on a baking sheet or tray.
2. Sieve the flour and baking powder into a large bowl, add the butter.
3. Rub the butter into the flour using your finger tips (this is called 'rubbing in') until the mixture looks like breadcrumbs. Stir in the sugar.
4. Make a deep well in the flour, pour in the milk and mix to a soft, spongy dough with a knife (or your hands!).
5. Sprinkle a little flour on the work surface, knead the dough very lightly until it all comes together. Roll or press the dough out until it's 2.5 cm thick. Stamp into rounds using a pastry cutter if you have one, or use an upturned glass or mug.
6. Place the scones on the floured oven tray. Brush them with the beaten egg.
7. Bake the scones at the top of the oven for 15 minutes, or until well risen and golden brown. Leave to cool for a few minutes before tucking in!



Homemade American style fluffy pancakes are totally delicious and surprisingly easy to make. Make or eat them for breakfast or brunch.

FLUFFY FRUIT PANCAKES

2 teaspoons Butter or Baking Block
150g Plain Flour
2 teaspoons Baking Powder
1 teaspoon Bicarbonate of Soda
1 tablespoon Sugar
100ml Milk
2 Eggs
100g Tinned, Frozen or Fresh Fruit i.e sliced tinned peaches, sliced fresh bananas, frozen blueberries/blackberries, mixed tinned fruit all work brilliantly
Oil, for greasing
Honey, Sugar, Yogurt and more Fruit to serve

1. First pop the butter in a microwave-proof dish and melt for a few seconds. Set to one side.
2. Pour the flour, baking powder, bicarb and sugar into a bowl and mix well to combine. Make a well (a big wide dent) in the middle of the dry ingredients and pour in the milk and melted butter. Crack in the eggs and mix it all together to make your pancake mix.
3. Grab a frying pan, preferably a non-stick one, and brush it with a little oil. Bring it to a high heat for a minute to warm the pan through, but don't let the oil start smoking, so watch it. Reduce the heat to medium, and dollop in large spoons of the pancake mixture and spread with the spoon into a small circle. Quickly drop on the top of each some pieces of fruit. Cook for about 1 minute and then, using a spatula, gently turn each over.
4. Repeat until all of the pancake batter is used up. Serve warm with more fruit, honey, yogurt or a sprinkling of sugar.

