101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

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Money Advice & Budgeting Service
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hi Healthy Ireland

HSE
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

INTRODUCTION

Foreword 1
Introduction & Acknowledgements 2
Recipe Symbols 3
Measurements / Weights 4
Oven Temperatures 5
A Guide to Healthy Eating 6
Keep a Well Stocked Food Cupboard 8
Food Safety in the Kitchen 10
Shopping Guide 13
Mix & Match 15
Quench It! 17

BREAKFASTS

Breakfasts 19
French Toast 20
Omelette 21
Poached Eggs 22
Scrambled Eggs 23

SAUCES, STOCKS & SOUPS

White Pouring Sauce 25
Sauces – Various 26
Vegetable Stock 27
Chicken Stock 28
Beef Stock 29
Chicken Soup 30
Cream of Mushroom Soup 31
Farmhouse Vegetable Soup 32

MINCE DISHES

Meat Loaf 34
Burgers – Quick 35
Chilli Con Carne 36
Hot Pot – Creamy 37
Lasagne 38
Cottage Pie 39
Spaghetti Bolognese 40
Spicy Meatballs 41

BEEF / LAMB / PORK

Beef Casserole 43
Beef / Lamb Curry 44
Beef Goulash 45
Beef Stew 46
Lamb Cutlet Casserole 47
Pork Casserole 48
Pork Stir-Fry 49
Stuffed Pork Chops in Foil 50

FISH

Baked Stuffed Fish 52
Chip Shop Fish Supper 53
Crispy Baked Fish in Tomato Sauce 54
Family Fish Pie 55
Golden Cod 56
Fish Cakes 57
Tuna Quick Bake 58

CHICKEN

American-Style Chicken 60
Chicken in Barbecue Sauce 61
Chicken and Broccoli Pie 62
Chicken in Creamy Sauce 63
Chicken & Tomato Casserole 64
Chicken Curry 65
Chicken Hot-Pot 66
Chicken in Mushroom Sauce 67
Chicken, Bacon & Mustard Bake 68
Chicken Risotto 69
Chicken & Vegetable Casserole 70

VEGETARIAN

Potato with Cheese & Onion 72
Spanish Omelette 73
Stir-Fry Vegetables 74
Veggie Burger 75
Vegetarian Casserole 76
Vegetable Curry 77
Vegetable Goulash 78
Vegetable Lasagne 79
Vegetable Pasta Bake 80
Vegetable Risotto 81

LIGHT MEALS

Traditional Packed Lunch 83
Alternative suggestions for packed lunches 84
Bacon Surprise 85
Baked Potato with Fillings 86
French Bread Pizza 88
Macaroni Cheese 89
Pancakes 90
Pizza Baps 91
Pizza Quick 92
Potato Cakes 93
Quiches – Various 94
Tea-Time Scramble 96
Toasted Cheese 97

WEANING

Introducing other foods 99
Suggested Guide to Weaning 100
Hints and Recipes for Baby Foods 101
Stage 1 Weaning Recipes 102
Chicken and Rice 103
Fish Surprise 104
Mince and Cheese Pasta 105
Savoury Potatoes 106

YOUNG PEOPLE

Benefits of Healthy Eating! 108
Snack Attack!!!! 109
Fruit Smoothies 110
Tossed Green Salad 111
Pesto and Chicken with Pasta 112
Spicy Potato Wedges 113
Chicken Tortillas 114
Baked Apples 115
Dried Fruit & Nut Mix 116
Other Meal & Snack Suggestions 117

COOKING FOR ONE

Cooking for One 119
Stir-Fry 121
Baked Stuffed Fish 122
Spaghetti Bolognese 123
Farmhouse Vegetable Soup 124
Other Meal & Snack Suggestions 125

BREADS, BUNS & CAKES

Breads, Buns & Cakes 127
Wholemeal Bread 128
Banana Bread 129
Wholemeal Scones 130
Tea Scones 131
Irish Tea Brack 132
Fruit Flan 133
Fruit Salad 134
Sponge Tray Bake 135
Queen Cakes 136
Raspberry Buns 137
Jam Swiss Roll 138
Porter Cake 139
Apple Cake 140
Carrot Cake 141
Coffee Cake 142
Cheese Cake 143
Apple Crumble 144
Apple Tart 145
Bread and Butter Pudding 146
Eve's Pudding 147
Christmas Cake All-In–One 148
Christmas Pudding 149

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Foreword

The food we eat is very important for our health and wellbeing. Food is part of our lives, but each person's food choices can be very different. Using selected recipes and shopping for ingredients in season or on offer will help you have a varied and healthy diet on a budget.

101+ Square Meals supports the implementation of Healthy Ireland (hi) the National Framework aimed at improving the health and wellbeing of everyone in Ireland. It supports every person to stay as healthy as possible throughout their life.

101+ Square Meals uses the Irish Food Pyramid and Healthy Eating Guidelines to help you plan healthier meals and get best value for your money. The book also contains shopping tips, food safety messages, menu planning advice, and even some treats and snacks for special occasions. The recipes are easy to follow and will be useful to improve health and wellness for you and your family.

Dr Cate Hartigan,
Head of Health Promotion and Improvement, Health and Wellbeing Division

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Introduction

The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. This cookery book was designed to take this into consideration and provide easy-to-prepare, low-budget, tasty, yet highly nutritious meals.

You will find sections containing useful tips on shopping, home freezing and food safety, helpful information on healthy eating, various tasty breakfast, lunch and dinner recipes as well as some practical advice for cooking for one. The '101+' recipes offer variety for every age and circumstance.

Hopefully this will result in healthier, more balanced diets for individuals and families within a realistic budget.

Acknowledgements

MABS National Development Limited would like to express their gratitude to ***safe*food** for their work on this exciting resource; their contribution has been significant and has made 101+ Square Meals a resource that every home should have.

This edition of 101+ Square Meals draws from earlier editions, and the work of those who pioneered this valuable tool is acknowledged, most particularly that of Norah Bourke, formerly of Limerick MABS, and colleagues at Limerick Community Dietitians HSE West. Also PAUL Partnership Limerick and the Limerick City Adult Education Service.

This resource goes to the heart of the ethos of MABS which is to support people to manage their money better, whilst at the same time, maintain a decent and healthy standard of living. 101+ Square Meals will ensure your family will have a healthy balanced diet which will not break the bank!

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Recipe Symbols

LOW COST	MEDIUM COST	HIGH COST
≤€6.50	>€6.50	≥€10

HEALTHY	PREPARATION TIME	COOKING TIME	UTENSILS NEEDED
OPTION	10 minutes	10 minutes	TYPE OF UTENSILS NEEDED TO COOK THE RECIPE

NUMBER OF SERVINGS (ADULT)	
	1 serving
	2 servings
	3 servings
	4 servings

Handy Hints

Usually giving an alternative ingredient or serving suggestion.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Measurements - Weights

Metric	Imperial	Metric	Imperial
5g	1/4 oz/1 teaspoon	250g	9oz
15g	1/2 oz/1 dessertspoon	280g	10oz
25g	1oz	300g	11oz
50g	2oz	340g	12oz
85g	3oz	375g	13oz
110g	4oz	400g	14oz
140g	5oz	425g	15oz
180g	6oz	450g	16oz/1lb
200g	7oz		
225g	8oz		

Metric	Imperial	Metric	Imperial
1/4 pt	150ml	3/4 pt	425ml
1/3 pt	200ml	1 pt	575ml
1/2 pt	275ml	1 3/4 pts	1 litre

HANDY HINTS

Yoghurt pot measures
Use any standard shape yoghurt pot marked 125g or 5.3oz
One pot is approximately:

4oz	white flour	3oz	wholemeal flour
6oz	castor or granulated sugar	4oz	soft brown sugar

5 fluid oz – liquid (e.g., water, milk)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Oven Temperature Conversion Table

DESCRIPTION	DEG. C	DEG. F	GAS MARK
Cool	110	225	Quarter
Extremely low	120	250	Half
Very low	140	275	1
Low	150	300	2
Very moderate	160	325	3
Moderate	180	350	4
Moderately hot	190	375	5
Fairly hot	200	400	6
Hot	220	425	7
Very hot	230	450	8
Very very hot	240	475	9

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

A guide to healthy eating

based on the Irish Food Pyramid

1. Eat a variety of 5 or more different coloured fruit and vegetables every day.

2. Wholegrain breads, high fibre cereals, porridge, potatoes, wholewheat pasta and brown rice satisfy hunger and are the best foods to fuel your body. These provide a slow release of energy – choose these in place of white versions.

3. Milk, cheese and yoghurt are important for strong bones and teeth. Choose lower fat milks, low-fat / no added sugar yoghurts and yoghurt drinks and reduced fat cheese. Skimmed milk is not suitable for children under 5. Low-fat milk is not suitable for children under 2.

4. Protein should be included in the diet each day. Peas, beans and lentils are all excellent sources of protein for vegetarians. Fish, eggs and lean meat are good sources of animal protein.

5. Choose healthier cooking methods like steaming, grilling and baking instead of frying foods. *Remember that meat can be sealed and browned on a pan without using cooking oil, or using just a drop of oil.*

6. When buying vegetable oils, go for the healthiest options – olive, sunflower or rapeseed oil – and use sparingly. When baking, standard margarines can be replaced with low-fat margarines.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

7. Prepare and cook your meals using fresh ingredients. Ready meals and take-aways tend to be high in fat and salt and should not be eaten regularly.

8. Portion size is important for all ages – choose smaller portions.

9. We need about 8-10 cups or glasses of fluid every day. Water and milk are the best options. *Fruit juice and sugary drinks should only be consumed occasionally and should be taken at the same time as meals to prevent damage to teeth.*

10. Add as little as possible or no salt to your food when cooking or at the table. *Why not experiment with flavouring your food with herbs, spices, pepper, garlic or lemon juice instead?*

11. Limit foods such as chocolate, crisps, biscuits, cake and sugary drinks – these are high in fat, sugar and salt.

12. Some of the recipes in this book contain nuts. *If you are allergic to nuts or are cooking for a young child, remove the nuts from the recipe.*

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Keep a Well Stocked Food Cupboard

- A well-stocked food cupboard means you will always have some ingredients to make a meal.
- Plan ahead by adding at least 1 or 2 cupboard foods to your shopping list each week. That way, over time you'll have a well-stocked cupboard.
- Keep supplies of flavourings such as pepper, lemon juice, herbs and spices, curry powder and tomato sauce.

Some suggestions based on the Irish Food Pyramid:

Bread, Cereals, Potatoes, Pasta & Rice

- Rice / pasta / noodles
- Breakfast cereals
- Porridge
- Keep bread in the freezer

Fruit & Vegetables

- Canned vegetables e.g. sweetcorn, tomatoes
- Fruit tinned in its own juice
- Tinned or packet soups
  Note – When buying tinned soup always read the label and choose the low salt option

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Milk, Yogurt and Cheese

- Dried mild powder, evaporated or condensed milk (a good standby if you run out of fresh milk)
- Tinned milk puddings such as rice, sago or tapioca
- Ready-made or tinned custard

Meat, Poultry, Fish, Eggs, Beans & Nuts

- Tinned fish e.g. tuna, mackerel, sardines
- Baked beans / peas
- Tinned or dried pulses e.g. red kidney beans, butter beans, lentils, chickpeas etc.

Others

- Stock cubes and gravy granules
- Tomato sauce and puree
- Herbs and spices for flavouring e.g. dried mixed herbs, pepper
- Tea, Coffee
- Sweetener or Sugar, Cocoa / Drinking Chocolate
- Jelly
- Plain Biscuits

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Food Safety in the Kitchen

1. **Buying food**
Purchase food from a reliable source and check the 'best before' and 'use by' dates.

2. **Storing food**
Put refrigerated foods and frozen foods into your fridge or freezer as soon as possible after buying, taking care not to overload your fridge or freezer.

Keep your fridge clean, tidy and organised. Do not store raw and cooked foods on the same shelf. Place cooked and ready-to-eat foods on a shelf higher than uncooked foods. Place raw meat, fish and poultry in sealed containers on the bottom shelf so they don't touch each other or drip onto other foods. All refrigerated products must be kept at a temperature of between 0 and 5 degrees.

3. **Cooking**
Cook food thoroughly. Any cooked food that will not be eaten straight away should be covered and refrigerated or frozen within 2 hours.

When re-heating food ensure that it is piping hot all the way through before eating. Food should never be re-heated more than once.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Food Safety in the Kitchen

4 **Freezing**

When putting food into the freezer ensure it is placed in a properly sealed container and labelled with its date, weight and food type. Check these labels later to ensure food has not been stored for longer than recommended by the manufacturer.

Freezers should be maintained at a temperature of -18◦C or less and should be in good working order.

Never put hot food or food that has already been frozen into the freezer.

5 **Thawing**

Frozen foods should be defrosted in the fridge, never use hot water or other artificial means to thaw frozen food. Always make sure that frozen foods are completely thawed especially chicken before cooking (unless the instructions specifically state “cook from frozen”, e.g. frozen vegetables). The freezer should be defrosted on a regular basis to prevent the build-up of ice.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Food Safety in the Kitchen

6 **General kitchen hygiene**

All kitchen cloths should be washed frequently and replaced regularly at least every 2 days. Use carefully remembering where they were last used. Tea towels should not be used as hand towels or wipe cloths. Surfaces and utensils should be cleaned with hot water and detergent before being used especially those that have been in contact with raw meat, fish, poultry or vegetables.

Keep family pets outside the kitchen. Their food should be kept separate from family food and different utensils and dishes should be used to feed them.

All rubbish should be stored in a rubbish bag or bin and sealed tightly when full. Waste should always be kept covered and rubbish bags should be removed daily to an outdoor bin.

7 **Wash your hands thoroughly**

- Before preparing food
- Before and after handling raw meat or vegetables
- After coughing, sneezing or using a handkerchief
- After handling a baby's nappy
- After handling pets

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Shopping Guide

Before shopping

Plan!

- Work out your budget for food for the week
- Plan your meals for the week
- Make a shopping list

While shopping

- Keep a running tally of what you are spending – this will help to keep you within budget.
- Stick to the shopping list!
- Don't shop on an empty stomach – you are more likely to be tempted by items you don't need.
- Start with getting the staples of your weekly shop. They can usually be found at the outer aisles.
- Be aware of special deals or offers – it's not good value if you don't need it.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Shopping Guide

- The more expensive brands are usually displayed at eye level, look high and low for better value products.
- Check out supermarkets' own brands – they can be cheaper and the quality is normally just as good.
- Always check the label for *Best Before* and *Use By* dates. Treat *Best Before* dates as a guideline and *Use By* dates as a deadline.
- Sign up for loyalty cards and collect loyalty points which will lead to money off future purchases.
- If possible, shop around for the best value available.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Mix & Match for Meal Planning

Mix and match foods from the colour code below when planning your meals.

Green: = Go Foods – Eat to your hearts content!!
Orange: = Caution Foods – Enjoy foods from here but don't go wild!
Red: = Easy-Does-It – Enjoy these foods as a treat!

	Green	Orange	Red
Cereal	• High fibre cereals • Porridge	• Plain cereals	• Chocolate / sugar coated cereals
Bread	• Brown bread	• All white bread • Plain pizza with vegetables on	• Bread with large amounts of spreads / jams / butter • Pepperoni pizza extra cheese
Potatoes	• Boiled / steamed or baked potatoes	• Potatoes: roast / mashed • Homemade spicy wedges	• Chips
Rice	• Brown boiled rice	• White boiled rice	• Fried rice
Pasta	• Brown boiled pasta	• White boiled pasta	• Pasta with creamy sauces and extra cheese
Vegetables	• Fresh / frozen vegetables • Salad • Homemade vegetable soup	• Salad with small amounts of regular dressing or low-fat dressing • Coleslaw-small amounts	• Salad with lots of dressing / oils • Potato salad • Packet vegetable soup
Fruit	• Fresh fruit e.g. apples, pears • Tinned fruit in natural / own juice • Freshly squeezed juices	• Raisins / dried fruits • No added sugar / unsweetened fruit juices	• Tinned fruit in syrup • Squash / juice drinks

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Mix & Match for Meal Planning cont'd

	Green	Orange	Red
Milk	• Low-fat milk • Skimmed milk • Semi-skimmed milk	• Full Fat milk	• Flavoured milk e.g. chocolate, strawberry • Ice cream
Yoghurt	• Natural yoghurts • Diet yoghurts • Yoghurt drinks	• Yoghurt - Frozen - Full fat - Fruit	• Chocolate / toffee flavoured yoghurts
Cheese	• Low-fat cheddar cheese • Cottage cheese • Edam / mozzarella	• Cheese - Full fat - Mini round - Plain sticks	• Cheese spreads • Processed cheese
Meat / Poultry Alternatives	• Beans* • Lentils	• Lean red meat* • Chicken / turkey*	• Meat / chicken in batter or breadcrumbs • Burgers / sausage rolls • Sausages / rashers / pudding
Fish	• Fresh fish	• Tinned Fish - In brine - Tomato sauce - Olive oil	• Fish in batter / breadcrumbs
Eggs		• Boiled / scrambled* poached	• Fried

* Good healthy sources of iron.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Quench It! – Drinks

What we drink makes up an important part of our overall diet. It is important to drink enough fluids during the day. Water and milk are the most suitable drinks as many fruit juices, squashes and soft drinks are high in sugar and this can lead to tooth decay and weight gain.

Green	Orange	Red
• Water • Milk • Freshly squeezed juices • Homemade fruit smoothies	• Unsweetened fruit juice • No added sugar drinks / squashes • Diet / light minerals • Fruit based milky drinks • Flavoured waters • Sports energy drinks if involved in intense exercise-- for greater than 60 minutes	• Fizzy drinks • Sugar drinks (squash & juices) • High-energy caffeine drinks

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Breakfasts

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Breakfasts

1	JUICE	Orange / Grapefruit / Cranberry / Apple	
2	FRUIT	Oranges / Mandarins, Grapefruit, Bananas Kiwis, Apples, Grapes, Strawberries. Dried / Tinned Fruit, e.g. Prunes, Apricots, Raisins. Stewed fruit e.g. Apple or Rhubarb to Porridge.	
3	BREAD	Wholemeal, Wholegrain, White Bread	
4	CEREALS	HIGH FIBRE EG:	Porridge Wheat Biscuits Fruit & Fibre Muesli Shredded Wheat Bran Flakes Sultana Bran
		LOW IN FIBRE EG:	Cornflakes Rice Krispies Special K
		OCCASIONAL TREATS, (LOW IN FIBRE) EG:	Coco Pops Sugar Puffs Crunchy Nut Cornflakes Honey Nut Loops Frosties

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

French Toast

INGREDIENTS		
4 slices of bread 1 egg	1 dessertspoon of vegetable oil pinch of salt if desired	3 dessertspoons low-fat milk pepper

1. Beat egg, milk, pepper and salt together in a shallow bowl.
2. Dip the slices of bread in the egg mixture.
3. Fry in hot oil until they are golden brown.
4. Drain on kitchen paper.

FRY

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	5 minutes

UTENSILS NEEDED

FRYING PAN

Handy Hints

Serve with grilled sausage and tomato or grilled rasher and tomato.

Omit salt & pepper and serve with a little jam or caster sugar.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Omelette

INGREDIENTS		
2 eggs 1 dessertspoon of vegetable oil	pinch of salt if desired pepper 1 small onion, finely chopped	2 dessertspoons of water/low-fat milk

1. Heat the oil in a frying pan and fry the onion gently until it is cooked.
2. Beat the eggs, add the water / milk, salt and pepper and pour into the pan over the onion.
3. Spread the mixture around the frying pan and cook until the eggs are set and come away from the edge of the frying pan.
4. Turn the omelette carefully to cook on the other side.

FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED
FRYING PAN

Handy Hints

If more than one omelette is required increase the eggs and onion. Fry the mixture and complete cooking under the grill.

Serve with toast.

Could also include vegetables such as sweetcorn, peas, peppers or tomatoes.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Poached Eggs

INGREDIENTS		
3 eggs 1 dessertspoon of vinegar	pinch of salt if desired pepper	½ pt/250ml water

1. Put the water into a saucepan or frying pan, add the salt, pepper and vinegar. Bring to the boil.
2. Break the eggs into the boiling salted water. Simmer gently until the eggs are set (this takes about 2 – 3 minutes).
3. Serve with toast and beans.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
2 minutes	3 minutes

UTENSILS NEEDED

SAUCEPAN
FRYING PAN

Handy Hints

The vinegar prevents the egg yolk from breaking.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Scrambled Eggs

INGREDIENTS		
3 eggs 1 tablespoon of vegetable oil	pinch of salt if desired pepper	4 dessertspoons of low-fat milk

1. Break the eggs into a shallow bowl and beat well with a fork.
2. Heat the oil in a saucepan then add the milk, pepper and salt.
3. Add the beaten eggs and stir over a moderate heat until mixture is thick and creamy.
4. Do not cook for too long or it will curdle.
5. Serve on hot toast.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	2-3 minutes

UTENSILS NEEDED

SHALLOW BOWL
WOODEN SPOON
SAUCEPAN

Handy Hints

Add low-fat grated cheese or chopped fresh tomatoes.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Sauces, Stocks & Soups

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

White Pouring Sauce

INGREDIENTS		
1oz/25g margarine 1oz/25g flour	¾ pt/425ml milk	pinch of salt if desired pepper

1. Melt the margarine in a saucepan.
2. Add the flour and cook over a low heat for 1 minute, stirring all the time.
3. Remove from the heat and cool slightly.
4. Add the milk, salt and pepper stirring all the time.
5. Return to the heat and bring to the boil. Keep stirring.
6. Reduce heat and cook slowly for 5 minutes.

BOIL/STEW

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
2 minutes	5 minutes

UTENSILS NEEDED

WOODEN SPOON
SAUCEPAN

Handy Hints

If the sauce becomes lumpy, place it in a sieve over a pot.

Work the sauce through the sieve into the pot below.

Always use a wooden spoon when preparing sauces.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Sauces – Various

1. **White Coating Sauce**
   as for white pouring sauce but using ½ pt / 275ml milk.

2. **Onion Sauce**
   as for white pouring sauce but fry one finely chopped onion in margarine before adding the flour.

3. **Cheese Sauce**
   as for white pouring sauce but add 2oz / 50g low-fat grated cheese 2 minutes before the end of the cooking time.

4. **Parsley Sauce**
   as for white pouring sauce but add 1-2 teaspoons of finely chopped parsley 2 minutes before the end of the cooking time.

BOIL/STEW

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
2 minutes	5 minutes

UTENSILS NEEDED

WOODEN SPOON
SAUCEPAN

Handy Hints

If the sauce is too thick add a little milk.

If the sauce is too thin blend in a little flour.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetable Stock

Many of the recipes in this book include stock. Stock cubes are often high in salt so try and make your own – it's low cost, easy to make and you can plan ahead by making double the amount and keeping it for another time. Freshly made stock can be stored in the fridge for up to 3 days and in the freezer for up to 1 month.

INGREDIENTS		
1 ½ pints water	1 onion 3 carrots	(Optional) 1 parsnip 3 celery stalks

1. Combine all the vegetables and water in a pot; bring to a boil.
2. Partially cover, reduce heat and simmer for 1 hour.
3. Strain into a large bowl and discard solids.
4. Cover and chill in the fridge or freezer for use at another date.

BOIL/STEW

COST	HEALTHY

PREPARATION TIME	COOKING TIME
5 minutes	1 hour

UTENSILS NEEDED
KNIFE, CHOPPING BOARD, SAUCEPAN, MEASURING JUG

Handy Hints

Stock cubes
If you are in a rush and need to use a stock cube instead of fresh stock, choose one that is low in salt.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken Stock

INGREDIENTS		
1 ¾ pints or 1l water	chicken carcass or raw chicken wings	1 onion

1. Add a couple of chicken wings or chicken carcass and an onion to 1 ¾ pts / 1l of boiling water and boil for 1 hour.
2. Allow to stand then skim off the fat from the surface.
3. Strain into a large bowl and discard the solids.
4. Cover and chill in the fridge or freezer for use at another date.

BOIL/STEW

COST	HEALTHY

PREPARATION TIME	COOKING TIME
5 minutes	1 hour

UTENSILS NEEDED
KNIFE, CHOPPING BOARD, SAUCEPAN, MEASURING JUG

Handy Hints

Stock cubes
If you are in a rush and need to use a stock cube instead of fresh stock, choose one that is low in salt.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Beef Stock

INGREDIENTS		
1 ¾ pints/1 l of water	1kg of beef bones	1 onion

1. Place the beef bones and the onion in a pot and add 1 ¾ pts / 1l of boiling water and boil for 1 hour.
2. Allow to stand then skim off the fat from the surface.
3. Strain into a large bowl and discard the solids.
4. Cover and chill in the fridge or freezer for use at another date.

BOIL/STEW

COST	HEALTHY

PREPARATION TIME	COOKING TIME
10 minutes	1 hour

UTENSILS NEEDED
KNIFE, CHOPPING BOARD, SAUCEPAN, MEASURING JUG

Handy Hints

Stock cubes
If you are in a rush and need to use a stock cube instead of fresh stock, choose one that is low in salt.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken Soup

INGREDIENTS		
1 teaspoon of vegetable oil 2oz/50g flour ½ pt/275ml low-fat milk	1 low salt stock cube* 1pt/575ml of boiling water pinch of salt if desired ground pepper	1 finely chopped onion 3 dessertspoons of peas 1 medium carrot chopped

1. Heat the oil in a saucepan.
2. Add the finely chopped onion and fry for 1 minute.
3. Add in the flour and cook for 2 minutes, stirring all the time.
4. Dissolve the stock cube in a 1pt / 575ml of boiling water. Gradually stir in the stock with carrots, peas, salt and pepper.
5. Bring to the boil and simmer for 15 minutes, keep stirring until thickened.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
8 minutes	20 minutes

UTENSILS NEEDED

WOODEN SPOON
SAUCEPAN

Handy Hints

*If you have time why not make your own stock (pages 27–29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Cream of Mushroom Soup

INGREDIENTS		
1 teaspoon of vegetable oil 10 mushrooms chopped 50g/2oz flour	1 low salt stock cube* 1pt/575ml of boiling water 3/4 pt/425ml low-fat milk pinch of salt if desired	pepper 1 finely chopped onion

1. Heat the oil in a saucepan. Add the mushrooms and onion and fry, stirring continually for 5 minutes.
2. Add the flour and stir well. Cook for another 2 minutes.
3. Dissolve the stock cube in a 1pt / 575ml of boiling water. Gradually stir in the stock and milk and bring to the boil. Keep stirring.
4. Simmer for 20 minutes, until thickened.
5. Add salt and pepper to taste.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
8 minutes	20 minutes

UTENSILS NEEDED
WOODEN SPOON SAUCEPAN

Handy Hints

Sweetcorn may be added.

*If you have time why not make your own stock (pages 27-29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Farmhouse Vegetable Soup

INGREDIENTS		
3 carrots 1 turnip 1 parsnip 1-2 leeks 1 onion 8 mushrooms	3 tomatoes/tin of tomatoes 1 teaspoon of vegetable oil 2oz/50g flour ¼ pt/150ml low-fat milk pinch of salt if desired	pepper 1 low salt stock cube* 1pt/575ml of boiling water

1. Wash, peel and dice carrots, turnips and parsnips. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.
2. Heat the oil in a large saucepan, and gently fry onion and mushrooms.
3. Add carrots, turnips, parsnips and leeks and fry gently.
4. Stir in the flour to absorb fat, gradually stir in the milk.
5. Dissolve the stock cube in a 1pt / 575ml of boiling water. Add stock and bring to boil, stirring continuously.
6. Add tomatoes, pepper and a pinch of salt if desired.
7. Cover saucepan and simmer gently for about 45 minutes.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	45 minutes

UTENSILS NEEDED

WOODEN SPOON
SAUCEPAN

Handy Hints

Not all vegetables here need to be used. Select according to availability, choice and cost.

*If you have time why not make your own stock (pages 27–29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Mince

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Meat Loaf

INGREDIENTS		
1lb/450g lean minced beef	pinch of salt if desired	1 low salt stock cube*
1 large onion, very finely chopped	pepper	1pt/575ml of boiling water
4oz/110g fresh brown breadcrumbs (4 slices)	2 dessertspoons tomato sauce	a little oil (to coat tin)
	1 egg, beaten	

1. Place all the ingredients in a large mixing bowl and mix thoroughly together.
2. Brush a large loaf tin with oil and fill with the mixture.
3. Smooth the top with a palette knife and place in the fridge for 1 hour.
4. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
5. Cook in the pre-heated oven for 1¼-1½ hours.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED
LARGE LOAF TIN MIXING BOWL

Handy Hints

This recipe is also delicious cold and served with salad.

*If you have time why not make your own stock (pages 27-29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Burgers – Quick

INGREDIENTS		
1lb/450g lean minced beef/lamb 4oz/110g breadcrumbs (4 slices)	pinch mixed herbs 1 small onion – finely chopped 1 small egg beaten	pinch of salt if desired pepper a little flour

1. Mix all the ingredients together in a bowl.
2. Bind using the beaten egg (add slowly as not all may be needed)
3. Shape mixture into round shapes with a little flour.
4. Fry or grill gently on both sides over a low heat until well cooked. Drain off any excess fat if frying.
5. Serve in bread buns or with mashed potato and salad.

FRY

GRILL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED

MIXING BOWL
FRYING PAN

Handy Hints

Add a few drops of Tabasco Sauce to the minced beef mixture for extra flavour.

To ensure that burgers are cooked in the centre, cover the pan with a lid and lower the heat.

Delicious served in pitta breads.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chilli Con Carne

INGREDIENTS		
1lb/450g of lean minced beef/lamb	½ tin tomatoes	1 dessertspoon of flour
1 onion, finely chopped	1 teaspoon chilli powder	1 low salt beef stock cube*
1 medium carrot sliced	2 dessertspoons tomato sauce	¼pt/150ml of water
2 dessertspoons peas	1 clove of garlic	
5 mushrooms sliced	½ tin of kidney beans or 1 tin of baked beans	
1 red pepper sliced		

1. Chop onion and garlic. Dissolve beef stock cube in a ¼ pt / 150ml of boiling water.
2. Put minced beef / lamb in a dry frying pan. There is sufficient fat in mince for frying. Cook for 20-25 minutes over a low heat until well browned, stirring all the time. Drain off any excess fat from the pan.
3. Add onions and garlic to the pan and cook for 2 to 3 minutes. Sprinkle on the flour and chilli powder and cook for 1-2 minutes, stirring all the time.
4. Add beef stock, tomato sauce and tinned tomatoes. Bring to the boil.
5. Add kidney / baked beans, carrot, peas, mushrooms and pepper to the mince. Simmer for 20 minutes.

FRY

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	20 minutes

UTENSILS NEEDED

FRYING PAN

Handy Hints

Add more kidney beans and use less beef to reduce the cost of the meal.

*If you have time why not make your own stock (page 29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Hot Pot – Creamy

INGREDIENTS		
1lb/450g lean minced beef 1 medium onion, finely chopped 2 carrots sliced	pinch of salt if desired ground pepper cream of mushroom soup (page 31)	1 tablespoon worcestershire sauce ½ pt/275ml low-fat milk 4 potatoes peeled and thinly sliced

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Put minced beef and finely chopped onion into a large frying pan and fry until the meat is browned and onion is cooked (about 5 minutes). Keep stirring and drain off any excess fat from the pan.
3. Stir in the soup mixture, milk and worcestershire sauce. Simmer gently for 10 minutes. Add pepper and salt, if desired.
4. Spoon mixture into casserole dish and top with sliced potatoes and carrots.
5. Bake for 30 minutes until the potatoes are tender.

FRY | OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

Leek & potato soup or vegetable soup can also be used.

Add seasonal vegetables for variety.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Lasagne

INGREDIENTS		
1lb/450g lean minced beef/lamb	1 tin chopped tomatoes	1 clove garlic
1 onion	2 dessertspoons of tomato sauce	cheese sauce (see page 26)
1 green or red pepper	pinch of salt if desired	10 sheets of easi-cook lasagne sheets
8 mushrooms	pepper	

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. TO MAKE MEAT SAUCE:
Chop onions, peppers, mushrooms and garlic. Put mince into a large pan and fry until completely brown, stirring all the time with a wooden spoon. Add onions and garlic to mince and cook for 3-4 minutes. Add chopped peppers, chopped mushrooms, tin of tomatoes and tomato sauce to the mince mixture. Bring to the boil and leave to simmer on a low heat for 15-20 minutes.
3. TO MAKE THE CHEESE SAUCE: see page 26.
4. FINAL PREPARATION:
Put layer of meat sauce in the bottom of casserole dish, cover with easi-cook lasagne sheets. Make 1 or 2 more layers as above finishing with a layer of lasagne sheets. Cover with cheese sauce. Sprinkle with remainder of cheese and bake for 30 to 40 minutes.
5. Serve with salad or vegetables.

FRY

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	40 minutes

UTENSILS NEEDED

SAUCEPAN
CASSEROLE DISH

Handy Hints

Double the ingredients and make in a large roasting dish.

When cooked divide into individual portions and freeze.

Use a medium sized box of easi-cook lasagne sheets.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Cottage Pie

INGREDIENTS		
1lb/450g lean minced beef 1 onion 2 carrots 2 dessertspoons of peas 3 mushrooms sliced	6 broccoli florets 5 potatoes cooked a little low-fat milk pinch of salt if desired pepper	1 low salt beef stock cube* ½pt/275ml of water

1. Pre-heat the oven to 180°C / 375°F / Gas Mark 4.
2. Place the minced beef in a frying pan. Add pepper and salt if desired.
3. Peel the onion, carrots and mushroom and chop them finely. Add all vegetables to the minced beef.
4. Fry until the meat is browned (approx. 15 minutes) and drain off any excess fat from pan.
5. Dissolve the stock cube in ½pt / 275mls boiling water and add to the minced beef
6. Bring to the boil, stirring all the time.
7. Put into a greased casserole dish.
8. Mash the potatoes and add a little milk and seasoning.
9. Spoon on top of meat mixture and smooth gently with a knife or fork to form a pattern on top.
10. Bake in the pre-heated oven for 45 minutes.

FRY | BOIL/STEW | OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	45 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

*If you have time why not make your own stock (page 29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Spaghetti Bolognese

INGREDIENTS		
1lb/450g lean minced beef/lamb	1 low salt beef or vegetable stock cube*	pepper
1 tin of tomatoes	½ pt/275ml of boiling water	1 dessertspoon flour
6 mushrooms chopped	1 dessertspoon tomato sauce	8oz/225g spaghetti
1 red pepper sliced	pinch of salt if desired	
2 carrots chopped		
1 onion finely chopped		

1. Cook the mince beef / lamb, onions, mushrooms and carrots on a dry pan (low heat) for 15 minutes. (There is sufficient fat in mince for frying). Drain any excess fat from pan.
2. Add flour and stir well.
3. Dissolve the stock cube in a ½pt / 275ml of boiling water. Add the stock, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 45 minutes.
4. Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.
5. Serve with the bolognese sauce on top.

FRY | BOIL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	45 minutes

UTENSILS NEEDED

FRYING PAN
SAUCEPAN

Handy Hints

Add broccoli and sweetcorn. You could make large batches of this recipe and freeze some, for when you are too busy to cook.

*If you have time why not make your own stock (pages 27-29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Spicy Meatballs

INGREDIENTS		
1lb/450g lean minced lamb/beef	2-3 cloves of garlic finely chopped	2 dessertspoons curry powder
1 large onion, finely chopped	1 teaspoon ginger (optional)	1 dessertspoon cornflour/flour

1. Place the minced meat in a large bowl.
2. Fry the onion and garlic until golden brown.
3. Mix the curry powder, ginger and cornflour / flour with a little water and add to the pan. Cook for a few minutes.
4. Add this mixture to the mince meat and mix well.
5. Shape into meatballs with damp hands.
6. Oven cook for 25 minutes.

FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	20 minutes

UTENSILS NEEDED

FRYING PAN
LARGE BOWL

Handy Hints

For a milder version use tomato puree instead of curry powder.

Serve with vegetables and pasta, rice or potatoes.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Beef / Lamb / Pork

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Beef Casserole

INGREDIENTS		
1½lb/675g round beef steak/rib steak 1 dessertspoon of vegetable oil 1 large onion peeled and chopped 7 mushrooms sliced	3 carrots sliced pinch of salt if desired ground pepper 1 dessertspoon of cornflour 1 tablespoon tomato puree	1 low salt beef/vegetable stock cube* 1pt/575ml of warm water

1. Pre-heat the oven to 170°C / 325°F / Gas Mark 3.
2. Trim the beef and cut it into thin strips about 2 inches in length.
3. Heat the oil and fry the chopped onion, mushrooms and carrots for 2-3 minutes. Place in casserole dish.
4. Fry the beef strips until brown and drain any excess fat before placing in the casserole dish.
5. Dissolve the stock cube in a 1pt / 575ml of boiling water.
6. Mix the cornflour with the juice in the pan and cook for 2-3 minutes. Remove from heat and stir in the stock.
7. Bring to the boil, add the tomato puree, salt and pepper.
8. Add to the casserole dish and cook for 1½ hours.

FRY | CASSEROLE | OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	1½ hours

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

Handy Hints

Use cheaper cuts of meat to reduce the cost.

*If you have time why not make your own stock (pages 27-29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Beef / Lamb Curry

INGREDIENTS		
1lb/450g stewing beef/lamb	2 dessertspoons curry powder	1 low salt stock cube*
1 large onion chopped	1oz/25g flour	1¾pt/1l of water
1 clove of garlic chopped	1 apple peeled and grated	

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Cut meat into one-inch pieces. Fry the meat, onion and garlic over a low heat until the meat is brown on all sides.
3. Then place in a casserole dish.
4. Add flour and curry powder to the juices remaining in the pan.
5. Cook for 2-3 minutes.
6. Dissolve the stock cube in a 1¾pt / 1l of boiling water.
7. Add the stock and grated apple. Stir continuously to avoid lumps.
8. Bring to the boil and add to the meat mixture in the casserole dish.
9. Cook in the pre-heated oven for 1½ hours until meat is tender.

FRY

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	1½ hours

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

This can be cooked on top of the cooker in a saucepan over a low heat for 1-1½ hours until the meat is tender.

Add more vegetables such as red pepper, mushrooms, peas and sweetcorn.

Serve with boiled rice or boiled potatoes.

*If you have time why not make your own stock (pages 27-29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Beef Goulash

INGREDIENTS		
1½ lb/675g stewing beef	ground pepper	1 pt/575ml water
1 dessertspoon of vegetable oil	tin of chopped tomatoes	6-8 potatoes peeled and sliced
3 onions peeled and sliced	½ dessertspoon paprika	1 clove garlic crushed
pinch of salt if desired	1 dessertspoon tomato puree	

1. Remove the fat from the meat and cut into one-inch cubes.
2. Heat the oil in a large frying pan. Add the cubes of beef a few at a time and fry them until they are brown on all sides.
3. Transfer the browned meat to a saucepan.
4. Fry the onions in the pan until they are golden brown.
5. Stir in the tomatoes, garlic, paprika, tomato puree, salt and pepper.
6. Add this to the browned meat. Then add the water. Bring to boil, stirring all the time.
7. Cover with a lid and cook slowly for 1 hour.
8. Add the sliced potatoes and simmer for another 30 minutes approximately.

FRY

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED

FRYING PAN
SAUCEPAN

Handy Hints

Stir in 2 dessertspoons of natural yoghurt before serving.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Beef Stew

INGREDIENTS		
1½ lb/675g stewing beef	1 low salt beef stock cube	pinch of salt if desired
1 dessertspoon of vegetable oil	1¾pt/1l of warm water	ground pepper
	1½ oz/40g flour	5 carrots
		1 onion

1. Fry the meat until browned.
2. Remove from the frying pan and place in a saucepan on a low heat.
3. Chop the onions and carrots and fry lightly.
4. Remove from the frying pan and place with the meat in the saucepan.
5. Sprinkle the flour into the frying pan and stir well.
6. Add the stock cubes, water and seasoning. Continue stirring.
7. Add this to the meat and vegetables and cook gently over a low heat for 1-1½ hours until the meat is tender.

FRY

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED

FRYING PAN
SAUCEPAN

Handy Hints

Add washed and peeled potatoes to the stew, 30 minutes before the end of cooking time.

This may also be cooked in a casserole dish in the oven.

If making stews or curries, make large batches and freeze some, for when you are too busy to cook.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Lamb Cutlet Casserole

INGREDIENTS		
1 dessertspoon of vegetable oil 8 lamb cutlets 2 large onions peeled and sliced thickly into rings 3 dessertspoons of peas 1 medium carrots chopped	5 potatoes, peeled and thinly sliced 1 low salt vegetable stock cube* ½ pt/275ml of warm water 1 dessertspoon plain flour	2 dessertspoons worcestershire sauce 1 teaspoon dried mixed herbs (optional) pinch of salt if desired ground pepper

1. Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
2. Partially cook the potatoes in boiling salted water for 5 minutes, then slice thinly.
3. Cook cutlets in a frying pan over a low heat for 5-10 mins until browned, turning once. Put on a warm plate.
4. Add the onions to the pan and cook gently for 2-3 minutes until browned.
5. Drain off all but 1 tablespoon of juice from the pan.
6. Scatter the flour in the pan and cook for 1 minute stirring constantly.
7. Dissolve the Stock in ½pint/275ml of boiling water. Add the stock, worcestershire sauce and mixed herbs. Cook until thickened. Add the salt and pepper to taste.
8. To assemble: lightly grease a casserole dish. Lay half the potatoes on the base, then top with lamb cutlets, carrots and peas. Pour over the thickened stock and onions. Lay the rest of the potatoes on top.
9. Cook in the oven for 45 minutes until cutlets are tender and the potatoes on the surface are golden.

FRY

CASSEROLE

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	45 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

Leftover potatoes could be used.

Pork chops could also be used.

*If you have time why not make your own stock (page 27)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Pork Casserole

INGREDIENTS		
1½ lbs/675g diced pork	1 medium carrot chopped	1 tin of tomatoes
1 small green pepper	1 teaspoon curry powder	pinch of mixed herbs
1 dessertspoon of vegetable oil	pinch of salt if desired	1 low salt vegetable stock cube*
1 onion peeled and chopped	½ teaspoon ground pepper	½ pt/275ml of warm water
6 mushrooms sliced	1oz/50g flour	

1. Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
2. Remove stalks and seeds from the green pepper and chop it up.
3. Heat the oil and fry the onion, green pepper, mushrooms for 3 minutes. Transfer them to a casserole dish.
4. Add the curry powder, salt and pepper to the flour, and coat the pork in this mixture.
5. Dissolve the stock cube in a ½pt / 275ml of warm water.
6. Fry the coated pork for 5 minutes and then put into the casserole dish. Add tomatoes, carrots, herbs and vegetable stock.
7. Cover tightly and cook in the pre-heated oven for 1½ hours.

FRY

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

This dish is delicious served with baked potatoes (page 86), boiled potatoes or boiled noodles and carrots or broccoli.

*If you have time why not make your own stock (page 27)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Pork Stir-Fry

FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	15 minutes

UTENSILS NEEDED

FRYING PAN

INGREDIENTS

1lb/450g pork pieces	2 carrots	1 chicken stock cube*
1 clove garlic	2 dessertspoons soy sauce	¼ pt/150mls of boiling water
1 onion	2 teaspoons cornflour	
6 mushrooms	1 dessertspoon of vegetable oil	
1 pepper		

1. Cut pork into thin slices.
2. Cut onions into thin slices and chop garlic.
3. Slice mushrooms and cut carrots and pepper into thin strips.
4. Mix the ¼ pt / 150mls chicken stock with the soy sauce.

   Blend in the cornflour and mix to a smooth paste.
5. Heat the oil in a large frying pan. Add the pork and fry until well browned.
6. Add onion and carrot to the pan and fry for 2-3 minutes.
7. Then add mushrooms and pepper to pork mixture and continue frying for 2-3 minutes.
8. Pour the stock mixture into the pan and bring to the boil, stirring all the time. Simmer for 5 minutes. Serve immediately with noodles.

Handy Hints

Chicken, beef or lamb can be used instead of pork.

Serve with noodles.

*If you have time why not make your own stock (page 28)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Stuffed Pork Chops in Foil

INGREDIENTS		
4 thick pork chops	pinch of mixed herbs	1 dessertspoon flour
pinch of salt if desired	6-8 mushrooms chopped	1 dessertspoon lemon juice
ground pepper		

1. Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
2. Trim the fat from the chops using a sharp knife and season on both sides with salt and pepper.
3. Fry chops in a little oil to seal in the juices. Remove from the pan.
4. Cook mushrooms for a few minutes until soft. Stir in lemon juice.
5. Sprinkle the flour and mixed herbs over mushrooms and cook for a few minutes. Remove from heat.
6. Cut four pieces of tin foil large enough to completely cover each chop.
7. Place a chop in the centre of each piece of foil.
8. Cover with the mushroom mixture.
9. Fold the foil over loosely and seal completely.
10. Place on a baking sheet and cook in a pre-heated oven for 35-40 minutes.

FRY | CASSEROLE

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	40 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

This dish is delicious served with baked potatoes (page 86).

Onions and a green pepper can also be used with the mushrooms.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Fish

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Baked Stuffed Fish

INGREDIENTS		
8 small fillets of fish 2 oz/60g brown breadcrumbs (2 slices) 1 onion finely chopped pinch of salt if desired	pepper 1 tablespoon finely chopped parsley (or 1 tablespoon dried parsley) or ¼ teaspoon mixed herbs	1 teaspoon of vegetable oil a little lemon juice (or grated rind)

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Clean and prepare fish. Dry in kitchen paper.
3. Mix breadcrumbs, chopped onion, parsley / mixed herbs, salt and pepper, in a small bowl.
4. Heat oil and stir into crumb mixture. Finally add a little lemon rind or juice.
5. Lay 4 fillets on a greased dish, skin side down and spoon stuffing carefully onto each fillet. Flatten well down and cover with the other four fillets. Cover with foil.
6. Bake for 20-30 minutes, depending on size and thickness of fish.
7. Lift fish carefully on to a warmed serving dish and surround with cooked peas, lemon wedges and parsley.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED
CASSEROLE DISH

Handy Hints

Fish suitable for baking: cod, haddock, mackerel, herrings, trout.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chip Shop Fish Supper

INGREDIENTS		
FOR THE BATTER: 4oz/110g plain white flour 1 egg ¼ teaspoon salt	1 teaspoon breadsoda/bakingsoda ¼ pint/150ml low-fat milk	FOR THE FISH: 2 dessertspoons flour pinch of salt if desired pepper 4 fillets white fish

1. MAKE THE BATTER: Sieve the flour, salt and bread soda/baking soda into a bowl. Make a well in the centre of the bowl, add the egg and a little of the milk. Stir briskly, gradually adding the rest of the milk beating well all the time. Leave the batter mixture in the fridge until ready to use.
2. Mix the flour, salt and pepper together. Coat the fish with the seasoned flour.
3. Dip the fish in the batter and place in deep fat fryer for about 10 minutes according to thickness of the fish.
4. Drain on kitchen paper.
5. Serve with spicy potato wedges (see page 113) and salad.

DEEP FRY

FRY

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED

DEEP FAT FRYER

Handy Hints

Only have occasionally as this recipe is high in fat.

Serve with your favourite vegetables.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Crispy Baked Fish in Tomato Sauce

CASSEROLE

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	30 minutes

UTENSILS NEEDED

SHALLOW OVEN DISH
SAUCEPAN

INGREDIENTS

1½ lb/675g cod or haddock (filleted and skinned)	TOMATO SAUCE: 1 small onion 1 clove garlic 1-2 celery sticks 1 tin tomatoes pinch of salt if desired pepper 1 level teaspoon sugar 1 teaspoon of vegetable oil	TOPPING: 1 teaspoon of vegetable oil 2oz/50g white or brown breadcrumbs (2 slices) 25g of low-fat grated cheese

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Wash and dry the fish, then cut into neat pieces. Place in a lightly greased shallow ovenproof dish.
3. TOMATO SAUCE:
   Heat oil in a small saucepan. Stir in the finely chopped onions, garlic and celery. Cook for 2-3 minutes until the vegetables soften but have not become coloured. Add the tomatoes, sugar, salt and pepper and bring to the boil, stirring all the time. Cover and simmer for 10-15 minutes, stirring occasionally.
4. Meanwhile prepare the topping. Heat oil in a small saucepan. Remove from the heat. Using a fork, stir in the breadcrumbs, then mix in the grated cheese.
5. Pour the tomato sauce over the fish. Sprinkle the topping evenly all over.
6. Cook for 30 minutes until the topping is crisp and brown.

Handy Hints

Fish suitable for baking: haddock, mackerel, cod, herring, and trout.

¼ oz/12g of mature cheddar cheese may be used.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Family Fish Pie

INGREDIENTS		
1½ lb/675g filleted fish 1 onion finely chopped pepper few drops of lemon juice ½ pt/275mls low-fat milk	1oz/25g low-fat spread 1 dessertspoon of flour 8 potatoes (cooked and mashed) 4 dessertspoons of frozen	peas 2 carrots chopped ½ teaspoon of mustard 1 teaspoon of mayonnaise

1. Skin the fish and cut into 4 pieces. Wash in cold water.
2. Place in a saucepan with onion and lemon juice. Add the milk. Cover and cook gently for 10 minutes.
3. Drain the fish, saving the stock.
4. Melt the low-fat spread in a saucepan. Add the flour and cook for 2 minutes until it forms a soft ball. Add the mustard and mayonnaise and thicken sauce with cornflour. Remove from heat and add the fish stock gradually. Bring to the boil, reduce heat and cook for another 2 minutes.
5. Grease a pie dish and add a little sauce. Place fish, peas and carrots in dish and cover with the seasoning and remaining sauce.
6. Fluff potatoes with a fork around edge of dish or spoon the potatoes around the edge.
7. Brown under the grill or in the oven.

BOIL/STEW

GRILL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	10 minutes

UTENSILS NEEDED

CASSEROLE DISH
SAUCEPAN

Handy Hints

Add 8oz/225g of frozen vegetables to the fish before cooking for 10 minutes.

Fish suitable for this dish include cod, herring, trout, mackerel and salmon.

This tasty dish is a great opportunity to try new fish.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Golden Cod

INGREDIENTS		
1½lbs/675g cod cut into 6 pieces pinch of salt if desired pepper juice of a lemon 1 dessertspoon water	1 onion peeled and chopped 1 teaspoon of vegetable oil 1 carrot peeled and grated	4oz/120g low-fat cheese grated 4 potatoes cooked peeled and sliced

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Place fish in oven-proof dish, sprinkle with salt, pepper and juice of lemon. Add water.
3. Heat oil in a pan, fry onion and carrot for 2-3 minutes. Then spread over fish.
4. Put a layer of cooked potato slices on top of vegetables.
5. Bake in the pre-heated oven for 30 minutes or until fish is cooked.
6. After 20 minutes of cooking time, sprinkle with grated cheese.

FRY

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	30 minutes

UTENSILS NEEDED
FRYING PAN OVEN-PROOF DISH

Handy Hints

Any white fish may be used, e.g. whiting.

Brown breadcrumbs may be used instead of potatoes.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Fish Cakes

INGREDIENTS		
12oz/350g cooked white fish (cod or whiting) 6 potatoes cooked and mashed	pepper 1oz/25g low-fat spread 2 dessertspoons chopped parsley 1 tablespoon of vegetable oil	2 beaten eggs 3oz/75g brown breadcrumbs (3 slices) 2 dessertspoons flour

1. Place the flaked fish, potatoes, butter, parsley, salt and pepper and 1 beaten egg in a bowl and mix gently with a fork. Place in the fridge for 30 minutes.
2. Roll into a long 'snake' on a floured surface. Cut into 8 portions and shape each into a flat round.
3. Dip the cakes into the second beaten egg and coat in breadcrumbs.
4. Fry or grill the fish cakes until golden brown on each side.
5. Serve with Tossed Green Salad (see page 111).

FRIDGE

FRY

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	15 minutes

UTENSILS NEEDED

FRYING PAN

Handy Hints

Tinned salmon may be used instead of white fish if preferred.

Use a plastic bag to hold breadcrumbs.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Tuna Quick Bake

INGREDIENTS		
2 cans of tuna in brine/ drained (198g/37oz) 1 onion, chopped	parsley sauce (page 26) 1 teaspoon worcestershire sauce	pepper 1oz margarine 8oz/225g fresh brown breadcrumbs (6 slices)

FISH SAUCE:

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Rinse the tuna under cold water to reduce salt. Flake the tuna and mix together with the onion, white parsley sauce, worcestershire sauce, salt and pepper.
3. Pour some of the fish sauce into a casserole dish. Add a layer of breadcrumbs, followed by a layer of sauce.
4. Continue layering in this way until all the ingredients have been used up.
5. Finish with a layer of breadcrumbs on the top, dot the surface with the margarine and bake in the pre-heated oven for 20-25 minutes.
6. Serve immediately.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	25 minutes

UTENSILS NEEDED

CASSEROLE DISH

Handy Hints

Add a little grated cheese to the brown breadcrumbs for the top of the dish.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

American Style Chicken

INGREDIENTS		
3oz/75g breadcrumbs 1 egg (beaten)	1 teaspoon mixed herbs pinch of salt if desired pepper	4 chicken legs

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Mix the breadcrumbs, salt, pepper and mixed herbs together in a bowl.
3. Beat the egg in a separate bowl.
4. Dip the chicken pieces in the egg and then in the seasoned breadcrumbs, pressing on well.
5. Place in a casserole dish, lined with tin foil. Bake in the pre-heated oven for 1 hour or until chicken is cooked.
6. Serve hot or cold with salad.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	60 minutes

UTENSILS NEEDED

CASSEROLE DISH

Handy Hints

Use a plastic bag to hold the breadcrumbs when coating the chicken.

Leftover breadcrumbs can be stored in the freezer and used straight from frozen when needed next.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken in Barbecue Sauce

INGREDIENTS		
8 chicken thighs/legs 2 medium onions thinly sliced pinch of salt if desired	pepper 1 green pepper thinly sliced 6 dessertspoons tomato sauce	1 dessertspoon worcestershire sauce 1 teaspoon chilli powder

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Mix all ingredients except the chicken to make the sauce.
3. Arrange the chicken in a single layer in the casserole dish.
4. Spoon sauce over the chicken.
5. Cover and bake for 55-60 minutes, until the chicken is tender.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	60 minutes

UTENSILS NEEDED

CASSEROLE DISH

Handy Hints

Serve with baked potato (page 86) or salad.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken and Broccoli Pie

INGREDIENTS		
1 teaspoon of vegetable oil	1 tin of mushroom soup or 300ml of homemade mushroom soup (page 31)	pinch of salt if desired
4 chicken fillets chopped	1 dessertspoon of curry powder	pepper
1 onion	¼ pt/150mls low-fat milk	2oz/50g brown breadcrumbs (2 slices)
1lb/450g broccoli		2oz/50g grated low-fat cheese

1. Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
2. Chop the onion finely and fry in the oil for 2-3 minutes.
3. Add the chicken pieces. Cook for 10 minutes.
4. Boil broccoli for 2-3 minutes.
5. Mix the milk, soup, curry powder, salt and pepper together in a jug.
6. Put the cooked chicken pieces, onion and broccoli into the casserole dish.
7. Pour in the soup mixture and cover with the breadcrumbs and grated cheese.
8. Cook in the pre-heated oven for 30 minutes.

FRY | BOIL/STEW | OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH
SAUCEPAN

Handy Hints

Carrots or any other vegetable can be used instead of broccoli.

Roast chicken or boiled chicken pieces could also be used.

Use cheaper cuts of chicken to keep cost low.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken in Creamy Sauce

INGREDIENTS		
6 chicken portions pinch of salt if desired pepper 2oz/50g low-fat spread 3/4 pt/425mls water	2 sticks celery chopped 300ml of cream of mushroom soup (page 31)	1 red pepper chopped 2 carrots chopped 5 mushrooms sliced 2 dessertspoons of frozen peas

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Season the chicken and fry it briefly on a dry pan (no oil) to seal it.
3. Drain well and transfer to a casserole dish.

TO MAKE SAUCE:

4. Melt the spread in a saucepan and fry the vegetables gently until they soften, but do not colour.
5. Remove the pan from the heat, stir in the soup. Bring to the boil, stirring all the time.
6. Simmer for 5 minutes.
7. Pour over the chicken pieces and cook on the middle shelf of a pre-heated oven for 55-60 minutes until light golden brown.

OVEN

FRY

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	60 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH
SAUCEPAN

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken & Tomato Casserole

FRY | OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
40 minutes	1½ hours

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

INGREDIENTS

8 small chicken portions	1 teaspoon mixed herbs	1 red pepper sliced
2 teaspoons of vegetable oil	2 cans of tomatoes	low salt chicken stock cube*
4 carrots peeled and sliced	chopped fresh parsley to garnish (optional)	½ pt/275ml of warm water
4 celery sticks trimmed and sliced	pinch of salt if desired	
pinch of chilli powder	pepper	
	1 medium onion	

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Heat the oil in a pan and brown half the chicken pieces thoroughly on all sides. This will take about 10 minutes. Remove with a spoon, then fry the remaining pieces. Remove and set aside.
3. Dissolve the stock cube in ½pt / 275mls of warm water
4. Fry the onion, carrots, celery and red pepper over a medium heat for 10 minutes, stirring occasionally, until soft but not brown. Stir in the chilli powder, pepper, herbs, tomatoes and stock.
5. Return the chicken to the pan, season to taste and bring to the boil. Place in a casserole dish.
6. Cover and cook in the centre of the oven for 1 hour.
7. Remove the lid and continue cooking for a further 15-30 minutes until the meat is very tender.
8. To serve: Sprinkle with the chopped fresh parsley.

Handy Hints

Not all vegetables here need to be used. Select according to availability, choice and cost.

*If you have time why not make your own stock (page 28)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken Curry

INGREDIENTS		
1 cooked whole chicken 5 mushrooms 1 green pepper 1 onion 2 dessertspoons of frozen peas	1 clove of garlic 2 dessertspoons medium curry powder 1 teaspoon of vegetable oil 1 dessertspoon flour	1 low salt chicken stock cube* ½ pt/275mls of boiling water

1. Remove the chicken off the bone.
2. Slice vegetables and garlic.
3. Dissolve the stock cube in ½ pt / 275mls of boiling water.
4. Heat the oil in a frying pan and gently fry the onions and garlic.
5. Add mushrooms and pepper to the frying pan and cook for 2 to 3 minutes.
6. Add curry powder and flour to the pan and cook for one minute stirring all the time.
7. Stir in the stock, chicken pieces and peas.
8. Reduce heat, cook slowly for 10 minutes without stirring.
9. Serve with boiled brown or white rice.

OVEN | FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	30 minutes

UTENSILS NEEDED

FRYING PAN

Handy Hints

Boil 4 chicken legs and remove the meat from the bone instead of using one cooked chicken. Fresh chicken fillets can be used. Fry gently before adding vegetables.

*If you have time why not make your own stock (page 28)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken Hot-Pot

INGREDIENTS		
1 teaspoon of vegetable oil	4 large potatoes peeled and cut into large slices	pepper
4 chicken leg pieces or breasts	1 small green pepper, chopped (optional)	2 sticks celery, sliced
1 large onion, thinly sliced	3 large tomatoes peeled and chopped or 1 tin of tomatoes	1 low salt chicken stock cube*
8oz/225g frozen sweetcorn or peas	pinch of salt if desired	1pt/575ml of boiling water

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Heat the oil in the frying pan, add the chicken and cook until brown on all sides.
3. Place chicken in a casserole dish.
4. Add the onion, salt, pepper, celery and potatoes to the juices in the frying pan and cook for 5 minutes. Drain off the fat.
5. Dissolve the stock cube in 1pt / 575ml of boiling water
6. Add the tomatoes and stock. Bring to the boil
7. Pour this over chicken pieces in the casserole dish.
8. Cover and cook for 45 to 50 minutes.
9. Add sweetcorn and / or peas and cook for another 15 minutes.

FRY

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	65 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

Use a variety of vegetables. These may be cooked in a saucepan on the top of the cooker.

Serve with rice or a baked potato.

*If you have time why not make your own stock (page 28)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken in Mushroom Sauce

INGREDIENTS		
6 chicken portions	1 dessertspoon vegetable oil	6 mushrooms (sliced)
pinch of salt if desired	SAUCE:	1 packet chicken soup
pepper	1 dessertspoon of vegetable oil	1 level teaspoon flour
1 low salt chicken stock cube* dissolved in 6 dessert spoons of water		¾ pt/425ml water

1. Trim chicken joints and remove all fat and skin, then season with salt and pepper.
2. Heat the oil in a large pan and fry the chicken portions on each side until golden brown.
3. Transfer the chicken portions to a casserole dish.
4. Pour the stock into the pan and stir, using a wooden spoon. Mix any crispy pieces from the sides of the pan. Boil for a few minutes. Keep for sauce.

TO MAKE SAUCE:

1. Heat the oil in a saucepan, add the mushrooms and cook over a low heat until the mushrooms soften.
2. Stir in the soup mix and the flour, then blend in the water.
3. Bring to the boil and simmer for 5 minutes.
4. Stir in the juices from the frying pan.
5. Pour the sauce over the chicken joints.
6. Cook in a pre-heated oven 190°C / 375°F / Gas Mark 5 for 50-60 minutes until the chicken is fully cooked.

FRY | OVEN | BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	60 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH SAUCEPAN

Handy Hints

A tin of chicken or mushroom soup can be used instead of the sauce.

*If you have time why not make your own stock (page 28)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken, Bacon & Mustard Bake

INGREDIENTS		
8 chicken portions skinned	3 dessertspoons plain flour	1 leek chopped
8 back rashers trimmed	2 dessertspoons lemon juice	1 low salt chicken stock cube*
pepper	2 carrots chopped	1pt/575mls of boiling water
1 dessertspoon mustard powder	1 onion sliced	

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Wrap the chicken pieces in the bacon rashers and secure each one with a cocktail stick.
3. Cook until brown on all sides in a dry pan.
4. Remove from the pan with a spoon and put to one side.
5. Add the mustard powder, flour and pepper into the pan and cook, stirring for 1 minute.
6. Dissolve the stock cube in 1pt / 575ml of boiling water
7. Fry the onions and leeks in the pan for 5 – 10 minutes or until softened but not brown. Add in the stock, lemon juice, carrots and leek and bring to the boil stirring continuously.
8. Place the chicken pieces in a casserole dish, add the stock from the frying pan and cover. Cook in pre-heated oven for 1-1½ hours.

FRY

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED

LARGE FRYING PAN
CASSEROLE DISH

Handy Hints

*If you have time why not make your own stock (page 28)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken Risotto

INGREDIENTS		
10oz/280g long grain rice	pinch of salt if desired	1 low salt chicken stock cube
1 onion	pepper	¾ pt/425ml of boiling water
1 clove of garlic	3 or 4 chicken fillets	
1 green or red pepper	1 teaspoon of vegetable oil	
5 mushrooms	1oz/25g of low-fat grated cheese	
1 small packet (or 1 small tin) of frozen corn		

1. Boil rice for approx. 5 mins, and drain.
2. Chop onion, pepper and mushrooms.
3. Cut chicken fillets into cubes.
4. Crush the garlic or chop into fine pieces.
5. Fry chicken pieces in vegetable oil.
6. Add garlic, onions, peppers and mushrooms. Fry gently.
7. Add rice to pan.
8. Dissolve the stock cube in ³/₄pt / 425ml boiling water, add corn, salt and pepper.
9. Bring to boil and cook gently for 30 minutes, or until all the liquid has been absorbed. Add the grated low-fat cheese.
10. Season to taste.

FRY

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	30 minutes

UTENSILS NEEDED

FRYING PAN
SAUCEPAN

Handy Hints

Stir frequently to prevent the risotto from sticking to the bottom of the pan.

Add other vegetables such as carrots and leeks.

Get the butcher to dice the chicken breasts for you.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken & Vegetable Casserole

INGREDIENTS		
4 chicken portions 3 large carrots 2 onions 6 mushrooms	1 low salt chicken stock cube ½ pt/275ml of boiling water	2 dessertspoons lemon juice ½ dessertspoon mixed herbs pinch of salt if desired pepper

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Wash, peel and chop carrots, onion and mushrooms.
3. Place chicken portions in a casserole dish with carrots, onion and mushrooms.
4. Dissolve stock cube in ½pt / 275ml of boiling boiling water
5. Pour in chicken stock, lemon juice, mixed herbs, salt and pepper.
6. Bake for 1-1½ hours or until chicken is cooked.
7. Serve with baked potatoes (see page 86) or rice.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED

CASSEROLE DISH

Handy Hints

This is a basic recipe for a tasty casserole.

Add your favourite vegetables.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetarian

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Potato with Cheese & Onion

INGREDIENTS		
4 medium potatoes ½ onion grated	4oz/110g grated cheese pinch of salt if desired	pepper

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Boil the potatoes, strain and mash.
3. Add onion, grated cheese, salt and pepper to the potatoes.
4. Place in a casserole dish.
5. Put under the grill for a few minutes to form a crust on the potato, or bake in a pre-heated oven for 20 minutes.

BOIL/STEW

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	20 minutes

UTENSILS NEEDED

CASSEROLE DISH
SAUCEPAN

Handy Hints

Serve with baked beans or salad.

Use this recipe as a side dish to a main meal.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Spanish Omelette

INGREDIENTS		
1 dessertspoon of vegetable oil 2 onions, chopped 1 chopped red pepper	pinch of salt if desired ground pepper 4 eggs 2 large potatoes boiled and chopped	1 dessertspoon chopped parsley

1. Heat 1 dessertspoon of oil in a frying pan.
2. Add the onions and cook until soft.
3. Add the red pepper, cook for 5 minutes.
4. Beat the eggs in a bowl. Add salt and ground pepper.
5. Stir the potatoes, parsley and fried vegetables into the egg mixture.
6. Pour the egg mixture into the heated frying pan and spread evenly to the edge.
7. Cook for 5 minutes until the egg mixture comes away from the side of the pan.
8. Place the pan under a pre-heated moderate grill for about 3 minutes to cook the top of the omelette.

FRY

GRILL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	15 minutes

UTENSILS NEEDED
FRYING PAN

Handy Hints

A good way of using leftover potato.

Serve with tossed green salad (page 111).

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Stir-Fry Vegetables

INGREDIENTS		
1 green pepper 1 yellow pepper 10 mushrooms 1 onion 3 carrots	½ lb/225g french beans/ string beans 1 dessertspoon of vegetable oil pepper	1 low salt stock cube ¼ pt/150ml water

1. Peel and slice the carrots.
2. Slice the peppers, onion and mushrooms thinly.
3. Heat the oil in a frying pan. Add the mixed vegetables and stir well.
4. Dissolve the stock cube in ¼pt / 150ml of boiling water and add to the pan. Keep stirring.
5. Cover the vegetables and cook gently for 10-15 minutes, until the vegetables are tender but still crisp. Add the beans and cook for a further 3-5 minutes.
6. Serve with boiled rice, pasta or potatoes.

FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	20 minutes

UTENSILS NEEDED
FRYING PAN

Handy Hints

A little soya sauce can be added for extra flavour.

Sweet and sour sauce can also be used.

Not all vegetables have to be used. Select according to availability, choice and cost.

Add other beans or chickpeas for extra protein.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Veggie Burger

INGREDIENTS		
1 dessertspoon of vegetable oil 1 leek or onion, finely chopped 1 clove garlic, crushed	5 mushrooms, chopped 1 carrot finely, chopped 2 dessertspoons chopped parsley	5 potatoes, cooked and mashed pinch of salt if desired pepper 2oz/50g wholemeal breadcrumbs (2 slices)

1. Heat the vegetable oil, add the onion and / or leek and fry until softened.
2. Add mushrooms, carrot and garlic and fry for 5 minutes.
3. Strain off any liquid.
4. Add vegetables and parsley to the mashed potato.
5. Season with salt and pepper.
6. Divide mixture into 8 portions and shape into rounds.
7. Coat with breadcrumbs. Grill or fry for two minutes on both sides until golden.

GRILL | FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	5 minutes

UTENSILS NEEDED
FRYING PAN

Handy Hints

Serve with a crunchy mixed salad.

For extra protein include some lentils.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetarian Casserole

INGREDIENTS		
4 medium potatoes chopped 2 medium carrots chopped 1 onion diced ½ turnip chopped	3 dessertspoons of peas 4 cloves of garlic pinch of salt if desired pepper 400g tin of kidney beans	1 low salt vegetable stock cube* 1pt/575mls of boiling water

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Fry the onions and garlic for five minutes. Slice potatoes and put a layer in the bottom of the casserole dish.
3. Layer the onion, garlic, vegetables and kidney beans.
4. Repeat layering until the dish is full. Season between the layers.
5. Finish with a layer of potatoes.
6. Dissolve the stock cube in 1pt/575ml of boiling water and add it to the casserole.
7. Cover and cook in the pre-heated oven until vegetables are tender.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	1½ hours

UTENSILS NEEDED
CASSEROLE DISH

Handy Hints

Instead of a vegetable stock cube cook the vegetables for 1hr in salted water, drain and add 1pt / 575mls of white sauce (page 26). Sprinkle with breadcrumbs and cheese and return to the oven for 30 mins.

*If you have time why not make your own stock (page 27)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetable Curry

INGREDIENTS		
1 dessertspoon of vegetable oil	1 low salt vegetable stock cube*	1 dessertspoon dessicated coconut (optional)
1 chopped onion	1pt/575mls of boiling water	1 teaspoon brown sugar
1 or 2 apples cored and peeled	6 mushrooms sliced	1 teaspoon lemon juice
2 dessertspoons curry powder	1 red pepper deseeded and sliced	1 tin of peas/beans
1 dessertspoon flour	2oz/50g sultanas	1 dessertspoon chutney (optional)
pinch of salt if desired	1 medium carrot chopped	
pepper		

1. Prepare the mixture of vegetables. Wash them and chop into cubes. Place in a saucepan.
2. Add the apple, lentils, lemon juice, coconut, sultanas, brown sugar and chutney. Add 3/4 pt / 425ml of stock and boil for 20 mins.
3. Heat the oil and fry the onion until it is soft.
4. Stir in the curry powder, flour and remainder of stock.
5. Bring to the boil. Add this to the mixed vegetables and season. Add the peas/beans.
6. Simmer for 10 minutes. Reduce heat and cook slowly for another 20 minutes. Add more stock if needed.

FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	45 minutes

UTENSILS NEEDED

FRYING PAN OR SAUCEPAN

Handy Hints

Serve with rice or pasta

*If you have time why not make your own stock (page 27)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetable Goulash

INGREDIENTS		
2 carrots chopped	2 onions, finely chopped	1 red and green pepper
3 medium potatoes chopped	1 clove of garlic, finely chopped	4 dessertspoons tomato puree
5 mushrooms sliced	1 dessertspoon of vegetable oil	2 dessertspoons paprika
½ courgette sliced	14oz/400g can of chopped tomatoes	pinch of salt if desired
3 dessertspoons sweetcorn		pepper

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Cut the vegetables into bite-sized pieces.
3. Heat the oil and fry the onions and garlic in the oil for 5 minutes and place in casserole dish.
4. Add the mixed vegetables to the frying pan for 5 minutes and then add to casserole dish
5. Heat the tomatoes, tomato puree, paprika and seasoning in the frying pan then add to the rest of the mixture in the casserole dish.
6. Cover the dish and put in the oven, after 20 minutes remove the lid and stir, put back in the oven uncovered for a further 20 minutes.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
40 minutes	40 minutes

UTENSILS NEEDED

CASSEROLE DISH

Handy Hints

For extra protein include some lentils/beans/barley.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetable Lasagne

INGREDIENTS		
1 large onion sliced	2 dessertspoons tomato sauce	½ low salt vegetable stock cube*
1 green pepper sliced	8oz/225g lasagne sheets or medium box of easi - cook lasagne sheets	½ pt/275mls of boiling water
1 yellow pepper sliced	2-3 dessertspoons of low-fat grated cheese	½ pt/275ml white sauce (page 25)
10 mushrooms sliced	pinch of salt if desired	mixed herbs
3 carrots finely chopped	ground pepper	
1 can kidney beans		
1 can tomatoes		

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Fry the onions, peppers, mushrooms and carrots for 3-5 mins.
3. Dissolve the stock cube in ½ pt / 275ml of boiling water.
4. Add the tomato sauce, kidney beans, tomatoes and vegetable stock. Season with salt and ground pepper.
5. Layer the sheets of lasagne and vegetables in a casserole dish: starting with a layer of vegetables and finishing with a layer of lasagne.
6. Make the white sauce (see sauces page 25) and pour on top.
7. Sprinkle with mixed herbs and grated cheddar cheese.
8. Bake in the pre-heated oven for 20 to 25 minutes.

FRY

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	25 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH
SAUCEPAN

Handy Hints

Serve with crunchy side salad or garlic bread.

1 dessertspoon of mature cheddar cheese may be used.

*If you have time why not make your own stock (page 27)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetable Pasta Bake

INGREDIENTS		
1 dessertspoon of vegetable oil	2 dessertspoons tomato sauce	200g/8oz pasta
1 onion chopped	1 or 2 cloves of garlic	1 pt/575ml cheese sauce (page 26)
1 green pepper sliced	mixed herbs	3 dessertspoons wholemeal breadcrumbs
8 mushrooms sliced	pepper	
1 tin tomatoes		

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Heat the oil, fry the onion, pepper, mushrooms and crushed garlic for 5 minutes.
3. Add the tomatoes, tomato sauce, mixed herbs and a little pepper.
4. Bring to the boil, reduce heat and simmer for 20 minutes.
5. Cook the pasta in boiling water for 12-15 minutes until it is soft. Drain the pasta and add to the vegetable mix.
6. Stir and cook gently for 2-3 minutes.
7. Put the pasta and vegetable mix into a casserole dish and cover with a thick cheese sauce (see page 26).
8. Sprinkle with grated cheese and breadcrumbs.
9. Bake in the pre-heated oven for 10-15 minutes.

FRY

CASSEROLE

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	15 minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

Handy Hints

Try different shapes and colours of pasta for variety.

For a change try wholewheat pasta

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Vegetable Risotto

INGREDIENTS		
½ low salt* vegetable stock cube ½ pt/275mls of boiling water 1 dessertspoon of vegetable oil	10oz/280g rice ½lb/225g frozen peas 6 mushrooms, chopped 1 finely chopped onion 1 can of kidney beans	1 green pepper finely chopped 1lb/450g tin tomatoes

1. Rinse rice and cook in stock for 10 minutes.
2. Heat the oil. Fry the chopped onion, mushrooms and pepper in the oil for 5 minutes.
3. Add the frozen peas, kidney beans and tomatoes to the fried vegetables and heat gently.
4. Stir in the rice and cook for 10 minutes until the liquid has been absorbed.
5. Serve with side salad.

BOIL/STEW

FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED

SAUCEPAN
FRYING PAN

Handy Hints

*If you have time why not make your own stock (page 27)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Light Meals

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Traditional Packed Lunch

Choose one item from each box

1. FRUIT

- One apple / orange / banana / pear / peach
- Two plums / mandarins / kiwis
- Handful of grapes strawberries / blackberries
- Any other fruit

2. BREAD

- Wholemeal or high-fibre bread
- Brown / white soda bread
- Brown / white bread
- French stick
- Pitta bread
- Scones
- Banana bread
- Wraps

3. FILLINGS

- Tuna and sweetcorn
- Cold chicken mashed in natural yoghurt and cucumber
- Sliced ham and tomato sauce and lettuce
- Hard boiled eggs mixed with onion in natural yoghurt and lettuce
- Curried tuna and lettuce
- Grated low-fat cheese with tomato and lettuce
- Peanut butter and banana
- Sliced beef

4. DRINK

- Water
- Milk
- Yoghurt
- Fruit juice*
- Homemade soup

*Should only be taken with meals due to the high sugar content

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Alternative suggestions for packed lunches

1. Salad Box
   Egg, lettuce, tomato, onion, cucumber, coleslaw, peppers, sweetcorn, carrot sticks
2. Pasta Dishes
   Pasta, tuna and sweetcorn
   Pasta, tomato and ham
3. Chicken and salad
4. Cream crackers and low-fat cheese

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Bacon Surprise

INGREDIENTS		
4 slices white or brown bread	2 heaped teaspoons low-fat spread	4oz/110g low-fat grated cheese 4 back rashers

1. Cut off crusts of bread. Roll out bread thinly.
2. Spread lightly with butter.
3. Put 1oz / 25g grated cheese on each slice of bread and roll up tightly.
4. Wrap each roll with a rasher and grill until golden brown or bake in the oven at 180°C.

GRILL

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	10 minutes

UTENSILS NEEDED

KNIFE, OVEN TRAY

Handy Hints

Use brown bread for healthier option.

Add vegetables such as tomato, sweetcorn, onion or mushroom.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Baked Potato with Fillings

INGREDIENTS
2 large potatoes scrubbed but not peeled

1. Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
2. Wash the potatoes, then prick them all over with a fork.
3. Bake in a pre-heated oven for 1½ hours or until the inside is tender.
4. For the microwave method, follow the instructions given in the manual.

FILLINGS FOR BAKED POTATO

BACON AND SWEETCORN FILLING:

2 large baked potatoes
6 dessertspoons tinned sweetcorn
4 rashers
ground pepper

1. Grill the rashers, trim the fat off and cut into small pieces.
2. Cut the potato in half and carefully scoop the centre out of the potato.
3. Mix this potato with the sweetcorn, rashers and ground pepper.
4. Return the mixture to potato skin.
5. Place in a hot oven and bake until warmed through and golden.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED
OVEN TRAY

Handy Hints

Par-boil the potatoes in their skins for about 20 minutes, then prick them and cover them with oil and bake for 15 minutes in a conventional oven. 180°C / 350°F / Gas Mark 4.

Serve with natural yoghurt or salsa

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Baked Potato with Fillings
(continued)

SAVOURY MINCED BEEF AND TOMATO FILLING

2 large baked potatoes
1 medium onion
pinch of salt if desired
ground pepper
1 dessertspoon tomato puree
4oz/110g lean minced beef
tomato slices for garnish

1. Fry the minced beef, onion and tomato puree until well cooked and drain any excess fat from the pan.
2. Cut the potato in half and carefully scoop the centre out of the potato.
3. Mix this potato with the mince. Add the salt and ground pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed through and slightly browned on top.
6. Garnish with tomato slices.

TUNA AND POTATO FILLING

2 large baked potatoes
pinch of salt if desired
ground pepper
7oz/200g can tuna fish, flaked
4oz/110g back bacon, grilled until crisp, crumbled
2 dessertspoons sweetcorn
2 spring onions

1. Cut the potato in half and carefully scoop the centre out of the potato.
2. Mix this potato, tuna and chopped bacon together.
3. Add a little salt and ground pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed through and slightly browned on top.

TURKEY AND HAM TOPPING

2 large baked potatoes
4oz/110g cooked ham
4oz/110g cooked turkey
2 dessertspoons peas
1 tsp low-fat/light mayonnaise
2 spring onions

1. Cut the potato in half and carefully scoop the centre out of the potato.
2. Slice the turkey and ham and add to the mashed potato flesh.
3. Stir in peas and a little mayonnaise.
4. Add a little salt and pepper.
5. Return the mixture to the potato skins.
6. Place in a hot oven and bake until warmed through and slightly browned on top.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED
OVEN TRAY

Handy Hints

Serve with a tossed salad.

Try adding 1 tin of baked beans and 1oz/25g of low-fat cheese.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

French Bread Pizza

INGREDIENTS		
1 french baguette, cut in half black pepper	2 tomatoes, sliced 2 dessertspoons (30 ml) tomato sauce	2oz/50g low-fat grated cheese

1. Pre-heat the grill.
2. Spread the tomato sauce over the cut surfaces of the baguette.
3. Top with slices of tomato and season with black pepper.
4. Sprinkle with the cheese.
5. Grill for about 2 minutes until the cheese has melted and is beginning to bubble.

GRILL

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	2 minutes

UTENSILS NEEDED

Handy Hints

Cooked ham, peppers, mushrooms can also be used.

Add ¼ red pepper, sweetcorn, onion, 3 mushrooms.

Use wholegrain baguette.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Macaroni Cheese

INGREDIENTS		
6oz/180g quick-cooking macaroni cheese sauce (page 26)	2oz/50g low-fat grated cheese	2oz/50g brown breadcrumbs

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Cook macaroni in lightly salted boiling water and drain.
3. Make the cheese sauce (see sauces page 26).
4. Add cooked macaroni to cheese sauce and pour into a large pie dish. Top with grated cheese and breadcrumbs.
5. Bake in the pre-heated oven for 20 mins.
6. Serve with tossed green salad (see page 111).

BOIL/STEW

GRILL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED
LARGE PIE DISH

Handy Hints

Any type of pasta can be used. For a change try wholewheat pasta

Serve with fresh tomatoes, mushrooms, peppers.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Pancakes

INGREDIENTS		
8oz/225g flour 1 egg	3/4 pt/425ml low-fat milk	pinch of salt if desired

1. Sieve flour and salt into a bowl.
2. Make a hole in the centre of the flour and drop in the egg with 1/4 of the milk.
3. Stir the egg mixture in the centre of the bowl with a wooden spoon, allowing the flour to fall in gradually from the sides.
4. Add the rest of the milk slowly, beating well to avoid lumping.
5. To Cook: Pour a thin layer of the mixture onto a hot, non-stick pan. Use a spatula to turn the pancake over when bubbles start to appear on top.

SWEET FILLINGS:
Stewed fruit
Jam
Fried bananas
Berries

SAVOURY FILLINGS:
Chopped cooked chicken
Smoked haddock
Stir fried vegetables
Tinned salmon
Mushrooms in white sauce

OTHER:
Mince cooked in curry sauce
Bolognese sauce
Chilli con carne

FRY

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	15 minutes

UTENSILS NEEDED
BOWL
FRYING PAN

Handy Hints

Serve with a little caster sugar & lemon juice.

Try using other types of flour e.g. buckwheat; half brown half white; spelt.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Pizza Baps

INGREDIENTS		
1 brown or white bap 1 tomato thinly sliced ½ onion sliced	2oz/50g low-fat grated cheese 2 mushrooms	diced cubes of red/green pepper

1. Lightly brown the bap under the grill until softened and warm, then cut in half.
2. Cook onion in a little oil in a frying pan and add the sliced mushrooms and diced pepper if desired.
3. Slice a tomato thinly and arrange on the two sides of the bap and pop the onions and mushrooms on top.
4. Sprinkle the grated cheese on top.
5. Bake in a pre-heated oven 180°C / 350°F / Gas Mark 4, or grill until golden brown for a few minutes.

GRILL | OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	5 minutes

UTENSILS NEEDED
BAKING TRAY FRYING PAN

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Pizza Quick

INGREDIENTS		
SCONE BASE: 7oz/200g self-raising flour 3oz/85g margarine 1 dessertspoon low-fat milk	1 dessertspoon of vegetable oil 1 onion 4 mushrooms 6 tomatoes/1 tin of tomatoes	2oz/50g low-fat grated cheese 1 red or green pepper sliced

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Heat the oil in a frying pan, cook the chopped onion, red / green pepper and mushrooms for 3-5 minutes. Add the chopped tomatoes. (If using tinned tomatoes add the juice as well) Simmer gently for 5 minutes.
3. Sieve the flour and salt into a bowl. Rub in the margarine.
4. Add the milk and mix to a stiff ball. Roll into a large round ½" in thickness.
5. Place on a greased tin.
6. Spread the tomato mixture on the base and sprinkle cheese on top.
7. Bake in the pre-heated oven for 30 minutes.

GRILL | OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	30 minutes

UTENSILS NEEDED

BAKING TRAY

Handy Hints

Any variety of vegetables, cooked meat or cooked chicken can be used to top the pizza.

Serve with salad.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Potato Cakes

INGREDIENTS		
2oz/55g flour 1/4 teaspoon baking powder	3 potatoes cooked and mashed 1/2oz/15g melted low-fat butter or margarine	vegetable oil for cooking 2 spring onions chopped

1. Sieve together flour and baking powder.
2. Add the mashed potatoes, melted butter and spring onions.
3. Bind together, using milk if necessary.
4. Turn onto a floured board or clean table top. Knead until the mixture is smooth.
5. Divide in two equal parts.
6. Flatten each piece with your hand to form a circle and cut into eight triangles.
7. Cook on a well-oiled, hot pan until brown on both sides.
8. Serve with Tossed Green Salad (see page 111) or baked beans.

FRY

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	10 minutes

UTENSILS NEEDED

FRYING PAN

Handy Hints

Serve with hot beans.

A handy way to use leftover potatoes.

Mixed herbs and chopped onion can be added for variety.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Quiches – Various

INGREDIENTS-PASTRY		
6oz/180g plain flour 3oz/85g margarine	pinch of salt if desired	a little water

PASTRY:

1. Sieve the flour and salt into a bowl.
2. Rub in the chopped margarine until the mixture resembles fine breadcrumbs.
3. Add the water and mix to a stiff dough.
4. Roll out the pastry and line a flan dish.

SUGGESTIONS FOR FILLINGS:

1. Salmon and tomato
2. Bacon and mushroom
3. Quiche Lorraine

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	45 minutes

UTENSILS NEEDED

FLAN DISH
OVEN DISH

Handy Hints

Use cooked vegetables for a quick filling.

Serve with a tossed green salad (page 111).

1 packet of frozen shortcrust pastry can also be used.

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Quiche Fillings

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	45 minutes

UTENSILS NEEDED

FLAN DISH
OVEN DISH

BACON AND MUSHROOM:

2 back rashers **4 mushrooms** **pinch of salt if desired** **pepper**
2 eggs **1/3 pt/200ml low-fat milk** **2oz/50g low-fat grated cheese**

Mix the eggs, milk, pepper and salt together. Grill the bacon and mushrooms, and allow to cool. Then chop them roughly and arrange on base of the flan. Pour the egg mixture over the bacon and mushrooms. Sprinkle a little grated cheese on top. Bake in the oven.

SALMON AND TOMATO:

1 tin of salmon **pepper** **2 tomatoes** **2 eggs**
pinch of salt if desired **low-fat grated cheese** **1/3 pt/200ml low-fat milk**

Drain the salmon and remove the bones. Slice the tomatoes. Arrange salmon and tomato on base of the flan case. Mix together the eggs, milk, pepper and salt and pour over the salmon and tomatoes. Sprinkle a little grated cheese on the top. Bake in the oven.

QUICHE LORRAINE:

4 back rasher with fat trimmed off **2oz/50g low-fat grated cheese**
1/3 pt/200ml low-fat milk **2 eggs**
pinch of salt if desired **ground pepper**
1 green/red pepper sliced

Grill the bacon and chop roughly. Place in the flan case. Mix together the milk, eggs, ground pepper, salt and pour over the bacon. Sprinkle the grated cheese on top and bake in the oven.

Bake in a pre-heated oven 200°C / 400°F / Gas Mark 6 for 40-45 minutes.

Handy Hints

Serve with tossed green salad (page 111).

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Tea-Time Scramble

INGREDIENTS		
3 eggs	2oz/50g cooked ham, chopped	pepper
2 dessertspoons of low-fat milk	2oz/50g low-fat grated cheese	2 slices hot wholemeal toast
1/4 oz/5g low-fat spread	pinch of salt if desired	parsley to garnish
1 tomato, chopped		

1. Beat eggs and milk together. Pour into a saucepan.
2. Add butter, chopped tomato and ham, grated cheese and seasoning.
3. Cook over a low heat until creamy, stirring all the time.
4. Spoon equal portions on to the toast.
5. Sprinkle with chopped parsley and serve hot.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED
SAUCEPAN

Handy Hints

Serve with baked beans.

Add 1 spring onion to the scrambled egg.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Toasted Cheese

INGREDIENTS		
2 slices wholemeal bread	2oz/50g low-fat grated cheese 2 teaspoons low-fat spread	1 teaspoon french mustard

1. Pre-heat the grill. Toast the bread on one side.
2. Toast the other side until it crisps but has not turned brown.
3. Mix the grated cheese, margarine and mustard together and spread over the toast.
4. Grill for about 2 minutes until bubbling and starting to brown.

TOASTED CHEESE AND TOMATO:

As above, but add 2 teaspoons tomato puree to the cheese mixture before toasting.

TOASTED CHEESE AND PICKLE:

As in main recipe, but add 2 teaspoons of your favourite pickle to the cheese mixture before toasting.

GRILL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	2 minutes

Handy Hints

Use worcestershire sauce instead of mustard.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Weaning

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Recommended introduction of other foods

When to start weaning

- Babies should be introduced to foods other than breast milk or formula at **around 6 months** of age.
- Do **not** introduce **before 4 months (17 weeks)** or delay **past 6 months (26 weeks).**

Signs your baby is ready for weaning

1. Good head control and sitting up with support.
2. Showing interest in food, watching you eat.
3. Chewing their hands, reaching out for food.
4. Looking for more frequent milk feeds over more than one week.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Suggested Guide to Weaning

	Stage 1* – Introducing other foods	Stage 2 Over 6 months	Stage 3 9-12 months
Cereal	Start with 1 teaspoon of gluten free cereal such as baby rice. It should be of a thick liquid consistency and easy for the baby to swallow.	Mixed cereal based on wheat, oats, rye, barley, pasta and rice.	Regular cereals, i.e., wheat biscuit, pasta and rice. Avoid sugar-coated cereals.
Bread		Fingers of toast / bread, rusks.	Fingers of toast / bread, rusks.
Vegetables	Carrot, potato, cauliflower: simmer them and then liquidise, puree or sieve them. (Avoid tinned vegetable).	Stronger flavoured vegetable: cabbage*, sprouts*, turnips. Simmer them, then mash or mince them.	Mash, mince or chop vegetables at this stage. Baked beans* can be introduced.
Fruit	Mash bananas, stew fresh fruit and then liquidise, puree or sieve them i.e., apples, pears. Tinned fruit in own juice can also be used.	Mash raw fruit.	Mince or chop fruit finely at this age.
Eggs		Scrambled or hard boiled eggs*. Add to vegetables or cereal.	Scrambled or hard boiled eggs*. Add to vegetables or cereal.
Yoghurt		Plain yoghurts with a little pureed fruit.	Plain yoghurts with a little pureed fruit.
Cheese		Soft, grated, mild pasteurised cheese.	Soft, grated, mild pasteurised cheese.
Meat Poultry		Finely chopped meat* without salt or spice. Moisten with home-made stock.	Minced* or chopped*.
Fish		White fish grilled, baked or steamed. Always remove the bones.	Fish fingers or other frozen fish products. Tinned salmon or tuna could be tried. Remove bones.

***Good sources of iron – important for babies over 6 months**

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Hints & Recipes for Baby Foods

To Freeze
Start your baby with one teaspoon and spoon the remainder of the prepared food into plastic ice cube trays. Allow to cool. Freeze food cubes, pop out and put into freezer bags. Label and date. As the baby gets older use larger containers (e.g. yoghurt or margarine cartons).

AVOID the following when preparing food for your baby	
Salt Packet soups Packet sauce mixes Butter or margarine in large amounts	Stock cubes, Gravy All savoury mixes with high salt content.

To moisten baby foods use	
STAGE 1: Breast milk or formula Cool boiled water Vegetable water Home-made stock	STAGE 2: Breast milk or formula Thin white sauce Thin custard Plain natural yoghurt Small amounts of pasteurised milk

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Stage 1 – Weaning Recipes

All recipes are versatile and can be tried with a variety of fruits and vegetables.

Mashed/Pureed Avocado
Peel ½ an avocado. Mash well so that you have a puree.

Mashed Banana
Mash/blend ripe banana with cooled boiled water, breast or baby's usual milk to make a puree. As baby gets older banana can be mashed without blending or adding milk.

Puree Carrot and Sweet Potato
Wash, peel and chop into small cubes equal amounts of Carrot and Sweet Potato. Cook in steamer or boil for 15-20 minutes with minimum water used. Add water from steamer or pot. Soft blend the vegetables into a puree using blender or liquidiser. Allow to cool a bit and serve warm.

Try about 2 to 6 teaspoons to start. The remainder can be frozen for other meals. Try this recipe with other vegetables too!

Puree Pear
Wash and remove core from 2 pears. Peel and chop into small cubes. Cover with a little boiled water and cook on low heat for about 4 minutes. When soft, blend into puree using blender or liquidizer. Allow to cool a bit and serve warm.

Try about 2 to 6 teaspoons to start. The remainder can be frozen for other meals. Try this recipe with other fruit too!

Banana and Peach Puree
Wash, peel and cut a peach into cubes. Peel and slice a banana. Put sliced banana and peach into saucepan with 30ml of apple juice. Cover the pan and simmer for about 3 minutes. Add 1 tablespoon of baby rice and puree using blender or liquidiser. Allow to cool a bit and serve warm.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken and Rice

(from 7 months)

INGREDIENTS		
75g/3oz chicken fillets 1/2 cup of rice	50g/2oz mixed vegetables e.g., carrots, parsnips, etc.	1/4 pt/150ml water

1. Cut chicken fillets into small pieces.
2. Wash, peel and chop mixed vegetables.
3. Simmer the chicken and vegetables in the water for 20-30 minutes until tender. Save the vegetable water.
4. Cook rice in boiling water for 10-12 minutes.
5. Strain the rice in the sieve and pour boiling water through to remove starch.
6. Mix the chicken, rice and vegetables together. Add the saved vegetable water to moisten*. Mash or puree.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED

SAUCEPAN
SIEVE

Handy Hints

*Vegetable water can also be used for moistening baby food.

Use liquidisers to puree vegetables and chicken.

Use remainder of stock for soup.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Fish Surprise

(from 7 months)

INGREDIENTS		
1oz/25g margarine/butter 1/4 pt/150ml milk	1 dessertspoon plain flour 4oz/110g cooked white fish* (REMOVE ALL BONES)	2 dessertspoons frozen peas (cooked)

1. Melt the margarine or butter in a saucepan, stir in the flour and cook for two minutes.
2. Gradually add the milk, stirring continuously.
3. Bring to the boil slowly. Remove from the heat.
4. Flake the fish and mash with the peas. Add in the white sauce gradually according to desired texture and flavour.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED

SAUCEPAN

Handy Hints

*Tinned salmon or tuna may be used instead of the white fish. Always remove the bones and drain tinned fish.

Cook the fish on a plate over the saucepan in which the peas are cooking.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Mince and Cheese Pasta

(from 7 months)

INGREDIENTS		
4oz/125g of cooked minced meat 8oz/250ml of milk	2 dessertspoon grated cheddar cheese 1 egg	1 cup of cooked pasta (e.g., macaroni)

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Beat the egg. Add milk and cheese, mixing well. (A blender is ideal).
3. Add the mix and the cooked mince to the cooked pasta.
4. Pour into a lightly greased casserole dish.
5. Bake in the oven for about 30 minutes.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED

CASSEROLE DISH
A BLENDER IF AVAILABLE

Handy Hints

Try different shapes and colours to add variety to dish.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Savoury Potatoes

(from 7 months)

INGREDIENTS		
potatoes vegetables carrot	cauliflower peas broccoli	cottage cheese or grated cheese

1. Boil potatoes in their skins and peel afterwards.
2. Mash potato with a little milk,
adding one or more of the following:
- mashed cooked vegetable like carrot, cauliflower, peas, broccoli;
- cottage cheese or grated cheese.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED
SAUCEPAN

Handy Hints

Ideal for children to make.

Use a microwave for cooking potatoes and vegetables.

Store any extra to use during the week.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Young People

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Benefits of Healthy Eating!

- Achieve a healthier body shape
- Clear, healthy skin
- Shiny, healthy hair
- Healthy happy heart
- Great smile and strong bones
- Be the best you can be at sports
- Concentrate better at work, school or college.

Just Do It!

- Beat the morning blues!
  Breakfast is the most important meal of the day!
- 1. Breakfast 2. Lunch 3. Dinner – GO!!!
- When hunger attacks – Strike back with a Healthy Snack!
- Thirsty Teenagers -
  Try Tasty Healthy Drinks!
- V – Variety B – Balance P – Portions!

Remember: *Use the following table as a guide for choosing snacks.*

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Snack Attack!!!

Green	Orange	Red
• Fruit / Brown scones • Crackers • Brown bread • High fibre breakfast cereals • Plain popcorn	• Plain biscuits • Plain scones • Pretzels • Bagels • Rolls • Peanut butter / banana on brown bread	• Sweet / chocolate biscuits • Cookies / buns / muffins • Cakes and tarts • Ice-cream • Chocolate • Crisps • Peanuts • Chocolate spread • Salted / butter / toffee coated popcorn
	• High fibre cereal bar (nuts and grains)	• Cereal bars coated with sweet layer or chocolate
• Yoghurt 1. Natural yoghurts 2. Diet yoghurt 3. Yoghurt drinks	• Frozen yoghurt • Full fat yoghurts • Low-fat custard • Sugar free jelly	• Chocolate / toffee flavoured yoghurts
• Fresh fruit • Vegetable sticks e.g. carrots	• Raisins / dried fruit	
• Baked potato	• Pizza • Brown bread with luncheon meat, tuna & sweet corn • Homemade oven chips • Homemade spicy wedges	• Chips • Burgers • Sausages / rashers / pudding • Sausage rolls

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Fruit Smoothies

INGREDIENTS	
1-2 pieces of large fruit (e.g. apple and pear) ½ carton of low-fat diet yoghurt 1 cup of low-fat milk	½ cup of freshly squeezed fruit juice 4 ice cubes

1. Make sure all the ingredients are chilled before use.
2. Wash and peel fruit.
3. Blend fruit, yoghurt, milk and juice together until creamy.
4. Add ice cubes and blend again.
5. Serve in a tall glass.

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	

UTENSILS NEEDED
LIQUIDISER/BLENDER JUICE SQUEEZER

Handy Hints

Use a variety of fruit: apples, oranges, kiwi, seedless grapes, strawberry and bananas.

Use freshly squeezed orange or lemon juice.

Use low-fat/diet yoghurt natural/strawberry, orange, vanilla.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Tossed Green Salad

INGREDIENTS		
DRESSING: 3 tablespoons olive oil 1 teaspoon whole grain mustard 1 teaspoon honey 1 tablespoon of lemon juice	pinch of salt if desired pepper **SALAD:** 7oz/200g mixed lettuce leaves ½ cucumber	3-4 tomatoes 1 medium carrot 1 spring onion chopped 4 tablespoon of sweetcorn 1 stick of celery chopped

1. DRESSING METHOD:
   - Place all ingredients in jar with a secure lid.
   - Make sure lid is on tightly.
   - Shake well to mix ingredients together.
2. SALAD METHOD:
   - Wash, drain and gently pat the lettuce leaves.
   - Tear leaves into small pieces.
   - Wash, dry and slice cucumber.
   - Wash tomatoes and cut each into eight pieces.
   - Wash, peel and grate carrot.
   - Wash and slice spring onion.
   - Wash and slice the celery.
   - Mix lettuce, cucumber and tomatoes, spring onion, sweetcorn and celery in large bowl.
3. WHEN READY TO SERVE:
   - Drizzle dressing over the salad and toss to coat.
   - Sprinkle grated carrot on top.

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	

UTENSILS NEEDED
LARGE SERVING BOWL JAR WITH SECURE LID (JAM JAR)

Handy Hints

Try mange tout, peas, diced mushrooms, olives & nuts.
Spinach leaves are very tasty.
Complete the meal with wholemeal bread (page 128) and hard boiled eggs, chopped ham or sliced chicken breast or Spaghetti Bolognese (page 40).

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Pesto and Chicken with Pasta

INGREDIENTS		
4 chicken fillets chopped	3 teaspoons green pesto	1 teaspoon of vegetable oil
12oz/340g pasta	pinch of salt if desired	1 small onion chopped
1 green/red pepper	ground pepper	

1. Cook the pasta as instructed on the pack.
2. Heat the olive oil in a frying pan. Add the chopped onion. Fry for 2 mins. Add the chopped chicken and fry for 8-10 mins, turning occasionally. Season with salt and ground pepper.
3. Chop the pepper.
4. Add the chopped pepper, pasta and pesto sauce to the chicken. Stir well. Cook for a further 5 mins.
5. Serve hot.

FRY

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	20 minutes

UTENSILS NEEDED

FRYING PAN
SAUCEPAN

Handy Hints

Delicious sprinkled with roasted pine nuts.

Vegetables such as mushrooms, sweetcorn, courgette can be added to this dish.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Spicy Potato Wedges

INGREDIENTS		
4 medium size potatoes 2 tablespoons of vegetable oil	1 teaspoon cayenne pepper	black pepper

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Wash and cut potatoes into 8 wedges (leave skin on).
3. Place in a container and pour vegetable oil over them. Close container and shake.
4. Sprinkle wedges with cayenne pepper and black pepper
5. Place wedges on baking tray.
6. Cook for 35 minutes until golden brown.

oven

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	35 minutes

UTENSILS NEEDED
PLASTIC CONTAINER BAKING TRAY 1 LARGE BOWL AND METAL SPOON

Handy Hints

Serve with tossed green salad (page 111).

Cover with natural yoghurt, low-fat grated cheese or salsa.

Try other spices to alter flavours – Cajun, Indian or Mexican, garlic.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Chicken Tortillas

INGREDIENTS		
2 chicken fillets 1 green pepper 1 red pepper	4oz/100g low-fat grated cheese 4 tortilla wraps	Salsa sauce/mild chilli sauce/cajun seasoning or paprika 1 teaspoon of vegetable oil

1. Cut the chicken into small strips.
2. Slice the peppers and onions into thin strips.
3. Fry the chicken in the olive oil over a medium heat for 8-10 minutes.
4. Add the Salsa sauce/mild chilli sauce/cajun seasoning or paprika and the vegetables.
5. Stir fry for a further 3 minutes until the seasoning mix coats them thoroughly to make a juicy filling.
6. Heat the tortillas in either:
   Oven — Pre-heat the oven to 180°C / Gas Mark 4.
   or — Wrap in tin foil and heat for 15 minutes.
   Microwave — Place on a plate, cover with cling film and heat for 1 minute on full power.
7. Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla around the filling to make a fajita.
8. Serve with tossed salad (see page 111).

FRY | OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	15 minutes

UTENSILS NEEDED

FRYING PAN

Handy Hints

For a healthy option add grated carrot and/or mushrooms.

Serve with low-fat natural yoghurt or sour cream.

8 chicken nuggets baked in oven instead of chicken fillets.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Baked Apples

INGREDIENTS		
3 cooking apples 50ml water	3 teaspoons brown sugar (1 level teaspoon per apple)	3 teaspoons of butter low-fat natural yoghurt

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Wash apples and remove the core.
3. Place in a baking dish.
4. Pour the water around the apples.
5. Fill each apple with sugar and top with 1 teaspoon of butter.
6. Bake in the oven till the apples are soft – about 30 minutes.
7. Remove from baking dish and drizzle with low-fat natural yoghurt.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED
BAKING DISH

Handy Hints

Use mincemeat (jar) instead of sugar.

Stuff the apples with currants, sultanas, raisins or any dried fruit.

Mix grated orange rind or cloves with the brown sugar.

Can be cooked in the microwave.

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Dried Fruit & Nut Mix

INGREDIENTS		
100g of dried fruit – raisins, sultanas, apricots etc	100g of nuts – sunflower seeds, almonds, shelled nuts,	cashews, hazelnuts

1. Place ingredients into an airtight container.
2. Put on lid and shake well mixing all the flavours of the nuts and dried fruit together.
3. Store in a cool dry place.
4. Eat within 14 days of preparation.

Ideal to munch on looking at TV, studying or just grazing!

CAUTION: This is not suitable for children under 5 years of age.

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	

UTENSILS NEEDED
AIR TIGHT CONTAINER – LUNCH BOX

Handy Hints

You can make enough for a week or according to your budget.

Buy the broken nuts in the health shops as they are cheaper.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Other meal & snack suggestions

Meals

Chilli Con Carne
Page 36

Spanish Omelette
Page 73

Stir-Fry Vegetables
Page 74

Veggie Burger
Page 75

Snacks

Baked Potato
86

Pizza Baps
Page 91

Tea-Time Scramble
Page 96

Toasted Cheese
Page 97

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Cooking for One

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Cooking for One

A common dilemma for many people living on their own is how to prepare and enjoy healthy meals in a way that is worth the effort, cost and time. Whether you are a younger student or an older person living on your own, the following section provides some helpful ideas on how to plan and cook meals in smaller amounts.

Smart Shopping

- Make a list and stick to it.
- Never shop on an empty stomach – you may buy food you wouldn't normally buy.
- Own brands are often just as nutritious as big name brands and are generally cheaper.

Bread, Cereals, Potatoes, Pasta & Rice

- Buy small loaves of bread.
- Fresh bread and bread rolls, scones and bagels can all be frozen.
- Par-baked bread rolls are ideal as they can be baked when needed.
- Choose loose potatoes rather than a large heavy bag.
- Whole wheat pasta and brown rice are great alternatives to potatoes.

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Fruit & Vegetables

- Buy fresh fruit and vegetables when in season as they are cheaper and tastier.
- Frozen vegetables are just as nutritious as fresh vegetables and require little preparation (do not over cook). They are also very economical as there is no waste.
- Fruit tinned in natural juice is a handy alternative to fresh fruit.

Milk, Yogurt & Cheese

- Supermarket own brands are often cheaper than big name brands and are available in a variety of sizes.

Meat, Poultry, Fish, Eggs, Beans & Nuts

- Butcher's counters are ideal places to buy meat in smaller amounts.
- Large packets of meat or fish on special offer, can be broken into smaller amounts and frozen for later use.
- Tinned fish is economical, comes in small tins ideal for one and requires no cooking.
- Frozen fish or fish fingers are good alternatives to fresh fish.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Stir-Fry

INGREDIENTS		
3oz/80g chicken, beef, pork or lamb pieces	1 small pepper	½ low salt stock cube* dissolved in 90mls of boiling water
1 clove garlic	1 carrot	2.5oz/70g white/brown rice
1 small onion	1 dessertspoon soy sauce	
2 mushrooms	1 teaspoon of vegetable oil	

1. Cut pork into thin slices.
2. Cut onions into thin slices and chop garlic.
3. Slice mushrooms and cut carrots and pepper into thin strips.
4. Mix the chicken stock with the soy sauce.
5. Blend in the cornflour and mix to a smooth paste.
6. Heat the oil in a large frying pan. Add the pork and fry until well browned.
7. Add onion and carrot to the pan and fry for 2-3 minutes.
8. Then add mushrooms and pepper to pork mixture and continue frying for 2-3 minutes.
9. Pour the stock mixture into the pan and bring to the boil, stirring all the time. Simmer for 5 minutes. Serve immediately with boiled white / brown.

TO MAKE BOILED RICE:
Bring a pan of water to a boil and add the rice. Cook according to package directions. Drain the rice in a strainer, put back in the pan, and cover to keep warm until needed.

FRY

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	15 minutes

UTENSILS NEEDED

FRYING PAN

Handy Hints

Chicken, beef or lamb can be used instead of pork.

Serve with noodles.

*If you have time why not make your own stock (pages 27-29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Baked Stuffed Fish

INGREDIENTS		
1 fillet of fish 1oz brown breadcrumbs (1 slice brown bread) 1 small onion (chopped)	1 teaspoon finely chopped parsley (or 1 teaspoon dried parsley) or a pinch of mixed herbs	½ teaspoon of vegetable oil a little lemon juice (or grated lemon rind)

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Clean and prepare fish. Dry with kitchen towel.
3. Mix breadcrumbs, chopped onion, parsley / mixed herbs, salt and pepper, in a small bowl.
4. Heat oil and stir into crumb mixture. Finally add a little lemon rind or juice.
5. Lay the fillet on a greased dish, skin side down and spoon the crumb mix on top. Cover with foil.
6. Bake for 20-30 minutes, depending on size and thickness of fish.
7. Lift fish carefully on to a warmed serving dish and surround with cooked peas, lemon wedges and parsley.

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED
CASSEROLE DISH

Handy Hints

Fish suitable for baking: cod, haddock, mackerel, herrings, trout.

Serve with vegetables of your choice.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Spaghetti Bolognese

INGREDIENTS		
1/4 lb/112g lean minced beef/lamb 1/2 onion finely chopped 1 dessertspoon tomato sauce pinch of salt if desired	pepper 1 dessertspoon of flour 1 tin of tomatoes 2 mushrooms chopped ½ red pepper chopped 1½ carrot chopped	½ low salt beef stock cube* ½ pt/275mls of boiling water 8 oz/225g spaghetti

1. Cook the mince beef / lamb, onions and mushrooms on a dry pan (low heat) for 15 minutes. (Sufficient fat in mince for frying).
2. Add flour and stir well.
3. Dissolve the stock cube in 1/2pt / 275ml of boiling water.
4. Add the stock and before it comes to the boil add the vegetables, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 45 minutes.
5. Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.
6. Serve with the bolognese sauce on top.

FRY | BOIL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	45 minutes

UTENSILS NEEDED
FRYING PAN SAUCEPAN

Handy Hints

Any leftover bolognese sauce can be used to fill pancakes or as a topping for baked potatoes. Other vegetables such as sweetcorn and broccoli can be added.

*If you have time why not make your own stock (page 29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Farmhouse Vegetable Soup

INGREDIENTS		
1 carrot	1 tomato	pinch of salt if desired
1/4 turnip	1/8 teaspoon of vegetable oil	1 low salt beef stock cube*
1 parsnip	1oz/25g flour	½ pt/275mls of boiling water
1 leek	1/8pt/75ml low-fat milk	parsley to garnish
1 onion	pepper	
2 mushrooms		

1. Wash, peel and dice carrots, turnips and parsnips. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.
2. Heat the oil in a large saucepan, and gently fry onion and mushrooms.
3. Add carrots, turnips, parsnips and leeks and fry gently.
4. Stir in the flour to absorb fat, gradually stir in the milk.
5. Dissolve the stock cube in 1/2pt / 275ml of water and bring to boil, stirring continuously.
6. Add tomatoes, pepper and a pinch of salt if desired.
7. Cover saucepan and simmer gently for about 45 minutes.

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	45 minutes

UTENSILS NEEDED
WOODEN SPOON SAUCEPAN

Handy Hints

Not all vegetables here need to be used. Select according to availability, choice and cost.

Leftovers can be frozen for up to one month.

*If you have time why not make your own stock (page 29)

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Other meal & snack suggestions for Cooking for One

Omelette
Page 21

Quiches*
Page 94

Tea Time Scramble
Page 96

Chicken & Vegetable Casserole*
Page 70

Pizza Baps
Page 91

Toasted Cheese
Page 97

*Leftovers can be divided into individual portions and stored in plastic containers in the freezer for later use.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Breads, Buns & Cakes

Contents & Introduction
Breakfasts
Sauces, Stocks & Soups
Mince Dishes
Beef / Lamb / Pork
Fish
Chicken
Vegetarian
Light Meals
Weaning
Young People
Cooking for One
Breads, Buns & Cakes

Breads, Buns & Cakes

Dessert foods are delicious and we all enjoy them sometimes. However they are part of the top shelf in the Irish Food Pyramid because they are usually high in fat, sugar and salt. Because of this eating too much dessert regularly can cause overweight and obesity. Being overweight or obese is bad for our health and can cause heart disease, type 2 diabetes and some cancers.

According to the Irish Food Pyramid, the recommended amount is no more than 1 serving per day and ideally not every day. Many of these recipes provide enough servings for a family over several days. A serving is equal to 1 small slice of fruit brack, 1 small cup cake (without icing) or 2 plain biscuits.

We hope you enjoy the following recipes but remember that the serving size is very important!

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Wholemeal Bread

INGREDIENTS		
1lb/425g wholemeal flour 1 dessertspoon wheatgerm 1 dessertspoon bran	½ pt/275ml butter milk 1 teaspoon bread soda/ baking soda 1 teaspoon brown sugar	1 teaspoon salt 2 teaspoons polyunsaturated oil e.g. olive oil 1 egg (optional)

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Mix all the ingredients well together.
   Then pour the lot into a lightly oiled loaf tin.
3. Bake in the pre-heated oven for 15 minutes.
4. Reduce heat to 150°C / 300°F / Gas Mark 2 and bake for a further 40 minutes.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS: 4+

PREPARATION TIME	COOKING TIME
30 minutes	55 minutes

UTENSILS NEEDED: LOAF TIN

Handy Hints

In an electric oven you can turn off the heat for the last 5 to 10 minutes and leave bread in oven to finish baking.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Banana Bread

INGREDIENTS		
10oz/280g self-raising flour 5oz/140g brown sugar 3 eggs, beaten 3 bananas, mashed	½ teaspoon baking powder 4oz/110g walnuts chopped	½ teaspoon cinnamon ½ teaspoon nutmeg 7oz/200g melted margarine

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Mix the dry ingredients in one bowl.
3. Mix the wet ingredients in another bowl.
4. Mix the wet mixture and the dry mixture together.
5. Put into well greased loaf tin.
6. Bake in the pre-heated oven for 1½ hours.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	1½ hours

UTENSILS NEEDED

LOAF TIN

Handy Hints

Serve with hot custard.

The mixture can also be split into muffin cases to make 8 good size muffins – great for a quick breakfast.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Wholemeal Scones

INGREDIENTS		
6oz/180g wholemeal flour 7oz/200g plain flour 2oz/50g margarine	½ pt/275ml fresh milk 1 teaspoon baking powder pinch of salt	1 dessertspoon caster sugar (optional)

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Place wholemeal flour, plain flour and sugar in a mixing bowl. Sieve in the salt and baking powder and mix well.
3. Rub in the margarine.
4. Add enough milk to make a soft dough. Turn onto a lightly floured board and gently knead. Roll out dough to ½ inch in thickness. Using a 2 inch cutter, shape scones and place on a baking sheet which has been dusted with flour.
5. Bake in the pre-heated oven for approx. 20 minutes.

OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED

BAKING TRAY

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Tea Scones

INGREDIENTS		
1lb/450g self-raising flour	2oz/50g sugar 4oz/110g margarine	1 egg water/milk

1. Pre-heat the oven to 200°C / 375°F / Gas Mark 6.
2. Put flour and sugar into a mixing bowl. Rub in the margarine.
3. Add the beaten eggs with sufficient water / milk to make a nice soft dough.
4. Put on a floured surface and roll to 1/2 inch thickness. Cut with a knife or pastry cutter, brush over with egg wash or a little milk and put on a floured baking tray.
5. Bake in the pre-heated oven for 15-20 minutes.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED

BAKING TRAY

Handy Hints

To make fruit scones add 2oz/50g mixed fruit to the mixture before adding the beaten eggs and water.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Irish Tea Brack

INGREDIENTS		
1 cup of strong tea 6oz/180g brown sugar 9oz/250g plain flour	1lb/450g mixed dried fruit 1 egg (lightly beaten)	½ level teaspoon bread soda/baking soda

1. Put tea, sugar and dried fruit in a bowl, cover and leave to soak overnight.
2. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
3. Grease a 2lb loaf tin.
4. Add the lightly beaten egg to the fruit mixture.
5. Sieve the flour and bread soda/baking soda together and fold into mixture.
6. Turn into the prepared tin. Place in the pre-heated oven and bake for 1½ to 1¾ hours.
7. Cool on a wire tray and serve sliced.

OVEN

COST

NUMBER OF SERVINGS

4+

PREPARATION TIME	COOKING TIME
30 minutes	1¾ hours

UTENSILS NEEDED

LOAF TIN OR CIRCULAR TIN

Handy Hints

Useful for school lunches.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Fruit Flan

INGREDIENTS		
3oz/85g flour 3oz/85g caster sugar 3 eggs	FILLING: 1 small tin of fruit in own juice	1 quick-set jel or jelly small carton of cream

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Place sugar in a bowl and whisk together with eggs over a pan of hot water for 10 minutes. Remove and continue whisking for 5 minutes on table.
3. Gently fold in sieved flour, in about 4 lots.
4. Pour sponge-cake mixture into a greased and floured flan tin.
5. Bake in a pre-heated oven for approx. 20 minutes.
6. Dissolve jelly and leave in a cool place. Do not allow to set.
7. Drain the tin of fruit.
8. When flan case is cooled, arrange fruit on top and cover with jelly.
9. Allow jelly to set and decorate with piped cream.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	20 minutes

UTENSILS NEEDED

FLAN TIN

Handy Hints

Fresh fruit in season can also be used.

To reduce fat content use natural yogurt or low-fat crème fraiche instead of cream.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Fruit Salad

INGREDIENTS		
SYRUP:	FRUIT:	2 bananas
3/4 pt/425ml water	2 apples	2 kiwi fruit
6oz/180g sugar	2 pears	green and black grapes
juice of 1 lemon	2 oranges	

1. Dissolve the sugar in the water, bring to the boil and add the lemon juice. Pour into a bowl and allow to cool.
2. Wash the apples. Cut in thin slices and put into the syrup. Peel the pears and kiwi fruit and place them in the syrup also.
3. Peel the oranges and cut into segments and add to the bowl.
4. Slice the grapes in half and remove pips before adding them to the syrup.
5. Mix all the fruit carefully.
6. Cover the bowl with cling film and place in the fridge for 1-2 hours.
7. Peel the bananas, slice them, sprinkle with lemon juice and add to the salad shortly before serving.

FRIDGE

BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS: 4+

PREPARATION TIME	COOKING TIME
20 minutes	

UTENSILS NEEDED: SERVING DISH

Handy Hints

To reduce sugar content use a little orange juice with a few teaspoons of lemon juice added to it instead of syrup.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Sponge Tray Bake – basic all-in-one

INGREDIENTS		
8oz/225g soft margarine 8oz/225g caster sugar	4 dessertspoons milk 12oz/300g self-raising flour	4 eggs

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Grease and base line a 12 x 9 inch (30 x 23cm) baking tray with greased greaseproof paper.
3. Measure all the ingredients into a large bowl and beat well for about 2 minutes until well blended.
   Turn the mixture into the prepared tin and level the top.
4. Bake in the pre-heated oven for about 35-40 minutes or until the cake has shrunk from the sides of the tin and springs back when pressed in the centre with your fingertips.
   Leave to cool in the tin.
5. Cut into slices.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	40 minutes

UTENSILS NEEDED

SWISS ROLL TIN
11" X 7" OR CIRCULAR TIN

Handy Hints

For handy apple slices add some chopped apples to the mixture before baking.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Queen Cakes

INGREDIENTS		
4oz/115g soft margarine 2 eggs	8oz/225g self-raising flour 4oz/115g caster sugar	a little milk

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Sieve flour into bowl.
3. Cream the margarine and sugar together.
4. Beat the eggs.
5. Add the flour and eggs gradually to the creamed margarine and sugar, beating well to avoid curdling.
6. If the mixture is dry add a little milk.
7. Divide the mixture into bun cases.
8. Bake in the pre-heated oven for 20 minutes.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED

BUN TRAY

Handy Hints

Makes 2 dozen small buns.

Add some sultanas or cherries to the mixture for variety.

These buns freeze well.

If soft margarine is used all the ingredients can be beaten together.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Raspberry Buns

INGREDIENTS		
12oz/340g self-raising flour	2 eggs	raspberry jam
4oz/110g sugar	pinch of salt	2 dessertspoons water
2oz/50g margarine	4 dessertspoons milk	1 teaspoon caster sugar for dusting

1. Pre-heat the oven to 230°C / 450°F / Gas Mark 8.
2. Sift the flour, salt and baking powder into a bowl. Rub in the margarine. Add the sugar and mix well.
3. Beat the eggs with the milk until light and lemon-coloured. Stir this into the flour mixture, mixing with a knife to get a smooth dough. (If dough seems slightly dry add cold water carefully a little at a time).
4. Roll dough on a lightly floured board into a thick roll, and divide in 12 equal portions.
5. Flour hands lightly and roll each portion into a ball. Place 2 inches apart on a greased baking sheet. Make a hole in the top of each bun and push in a little jam. Wet the edges of each hole and pinch together.
6. Brush with milk or egg and dust each bun over with caster sugar.
7. Bake in the pre-heated oven for 15 to 20 minutes.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED

MIXING BOWL
BAKING TRAY

Handy Hints

Any type of jam or fresh fruit can be used.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Jam Swiss Roll

INGREDIENTS		
4oz/110g margarine (at room temp.) 6oz/180g caster sugar 4 large eggs	6oz/180g self-raising flour, sieved	FILLING & DECORATION: warmed jam caster and icing sugar

1. Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
2. Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed. (2 – 3 minutes).
3. Prepare the tin, by lining it with greaseproof paper.
4. Put the mixture in the greased and lined swiss roll tin.
5. Bake in the middle of the pre-heated oven for 10 – 12 minutes.

WHEN BAKED

6. Place a sheet of greaseproof paper on top of a damp tea-towel.
7. Sprinkle lightly with caster sugar.
8. Turn the Swiss roll out onto the sugared paper.
9. Remove the paper from the bottom of the cake and trim the edges of the cake.
10. Spread quickly with warmed jam and roll up using the greaseproof paper as a guide.
11. When cold unwrap and sprinkle with icing sugar.
12. If liked, mark the top with diagonal lines, using a hot skewer.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	12 minutes

UTENSILS NEEDED

SWISS ROLL TIN 11" X 7"

Handy Hints

For a chocolate swiss roll simply replace 1oz of flour with 1oz of drinking chocolate or cocoa.

Try using low-fat crème fraiche with fresh strawberries chopped on top as a healthy treat!

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Porter Cake

INGREDIENTS		
5oz/140g margarine	3oz/85g candied peel	½ teaspoon of bread soda/baking soda
5oz/140g brown sugar	14oz/400g flour	1½ teaspoons cinnamon
1 cup of guinness	2 eggs beaten	
1lb/450g sultanas		

1. Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
2. Put the margarine, sugar and guinness into a saucepan and boil gently. Stir the mixture until the margarine is melted and sugar dissolved. Add the fruit and candied peel and let everything simmer for 5 minutes. Allow to cool.
3. Meanwhile sieve flour, bread soda and cinnamon into a bowl. Make a well in the centre and add the beaten eggs.
4. Add the cooled mixture from the saucepan and mix together quickly and well.
5. Turn into a lined and greased 9" cake tin. Bake in the pre-heated oven for 1½ – 2 hours.

OVEN

BOIL/STEW

COST

NUMBER OF SERVINGS

4+

PREPARATION TIME	COOKING TIME
20 minutes	2 hours

UTENSILS NEEDED

9" CAKE TIN

Handy Hints

To make a boiled fruit cake substitute the guinness with water.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Apple Cake

INGREDIENTS		
8oz/225g flour	2 cooking apples	a little milk
3oz/85g margarine	1 egg, beaten	a little salt
4oz/110g sugar		

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 6.
2. Sieve flour and salt into a bowl.
3. Rub in margarine until the mixture looks like breadcrumbs.
4. Peel and chop the apples and add to the flour mixture. Add the sugar and mix well. Add the beaten egg.
5. If mixture is too dry, add a little milk to make a stiff dough.
6. Put the mixture into a greased sandwich tin and sprinkle with granulated sugar.
7. Bake in the pre-heated oven for about 40 minutes until golden brown.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	40 minutes

UTENSILS NEEDED

SANDWICH TIN

Handy Hints

Fresh pears can be used.

Add a few sultanas for variety.

Serve hot or cold.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Carrot Cake

INGREDIENTS		
8oz/225g caster sugar ½ cup cooking oil	8oz/225g grated carrots, raw 2 eggs	9oz/250g white self-raising flour

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 4.
2. Mix sugar, grated carrots, eggs and oil together. Fold in flour and mix well.
3. Turn into an 8" round tin lined with greaseproof paper, and bake in the pre-heated oven.
4. Check after 50 minutes, by which time the centre of the cake should have risen.
5. Place on a wire tray to cool, with the greaseproof paper removed.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	50 minutes

UTENSILS NEEDED

8" CAKE TIN

Handy Hints

Sultanas can be added to the cake mixture.

The cake may be iced with a butter icing.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Coffee Cake

INGREDIENTS		
6oz/180g margarine (at room temp.) 6oz/180g caster sugar 3 large eggs	6oz/180g self-raising flour, sieved 1 dessertspoon coffee essence	COFFEE ICING: 8oz/225g icing sugar 1 teaspoon coffee essence 1 dessertspoon milk

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.

ALL-IN-ONE METHOD:

1. Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed (2-3 minutes).
   Place half the mixture in each of the prepared tins.
   Bake in the pre-heated oven for 25-35 minutes.
   When cooked remove from tins and allow to cool on a wire tray.

TO MAKE ICING:

1. Place all the ingredients together in a mixing bowl and beat with a wooden spoon until smooth.

TO FINISH CAKE:

1. Sandwich the two cakes with a little of the icing.
2. Pipe the remaining icing on top of the cake.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	35 minutes

UTENSILS NEEDED

2 x 6 ½ or 7 ½ inch (16 or 19 cm) sandwich tins.

Handy Hints

Ideal for birthday cakes.
To make a chocolate cake use substitute 4 oz flour and 2oz drinking chocolate instead of the 6oz flour. (leave out coffee essence)
Grease tins and put circle of greaseproof paper at base of each tin.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Cheese Cake

INGREDIENTS		
1 pkt. digestive biscuits (9oz/250g)	¼ pt/150ml cream	2oz/50g low-fat margarine
tub of creamed cheese (5oz/140g)	1 packet of lemon jelly	1 cup of water
	1 lemon	

BASE:

Melt the margarine over a low heat and add the crushed biscuits and mix well. Press the mixture into a loose-bottomed 9" cake tin and place in the fridge.

FILLING:

1. Melt the jelly in 1 cup of water. Allow to cool but not set.
2. Add the juice of the lemon and the lemon rind to the jelly.
3. Whisk together the cream cheese and cream.
4. Add this mixture to the jelly and blend well together.
5. Pour on top of the biscuit base.
   Place in fridge until it is firm and set.

BOIL/STEW

FRIDGE

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
45 minutes	

UTENSILS NEEDED

9" CAKE TIN

Handy Hints

Any flavoured jelly can be used.

Low-fat cream cheese can be used.

Decorate with fresh fruit.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Apple Crumble

INGREDIENTS		
3 cooking apples	TOPPING:	2oz/50g margarine
2oz/50g sugar	6oz/180g flour	
3 dessertspoons water	2oz/50g caster sugar	

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Put sliced apples, sugar and water in a saucepan and cook gently until they are soft. Place cooked fruit mixture in a pie dish.
3. Sieve flour into a bowl. Rub in margarine. Add sugar and mix thoroughly.
4. Sprinkle crumble mixture over fruit mixture.
5. Bake in the pre-heated oven for 30 minutes.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	30 minutes

UTENSILS NEEDED

PIE DISH
BOWL

Handy Hints

6 stalks of rhubarb can be used instead of apple.

Ground or chopped almonds can be added to the crumble mixture for added flavour.

Fresh or tinned pears can also be used.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Apple Tart

INGREDIENTS		
PASTRY INGREDIENTS: 12oz/340g plain flour 6oz/180g hard margarine	a little milk or water FILLING: 2 or 3 medium cooking apples	2 oz sugar

1. Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
2. Sieve the flour and salt into a baking bowl. Cut the margarine and rub into flour with fingertips until the mixture resembles fine bread crumbs.
3. Add the water or milk to the flour mixture and mix to a stiff dough.
4. Divide the pastry in to $^{1}/_{3}$ and $^{2}/_{3}$ portions.
5. Roll the larger piece ($^{2}/_{3}$) into a circle and use to line the base of a large greased plate / pie dish. Slice apples and arrange on the base of the plate. Sprinkle with sugar.
6. Roll out the second piece ($^{1}/_{3}$) of pastry to cover tart.

   Wet edges of pastry and press the pastry top in place.
7. Bake in the pre-heated oven for 30 minutes.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED

PLATE
PIE DISH

Handy Hints

This pastry can be used for mince pies. Just add 2oz of caster sugar to the flour before rubbing in the margarine.

Cloves may be added to the apple.

4 stalks of rhubarb can be used instead of apple.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Bread and Butter Pudding

INGREDIENTS		
6 slices of bread	a little milk	sultanas
2oz/50g butter	sugar	pinch of nutmeg
1 egg		

1. Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
2. Cut crusts off the bread, (if preferred) butter it and cut into fingers.
3. Grease the dish. Then put a layer of bread fingers on the base of the dish. Sprinkle with sultanas and sugar.
   Continue the layers, finishing with a layer of bread.
4. Beat egg and milk together and pour over the bread.
5. Sprinkle nutmeg on top.
6. Bake in the pre-heated oven for 30 minutes.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED

PIE DISH

Handy Hints

A good way of using up stale bread.

Stale cake or scone crumbs may also be used.

Serve with hot custard.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Eve's Pudding

INGREDIENTS		
4oz/110g sugar	1 beaten egg	3 large cooking apples
4oz/110g butter	4oz/110g flour	sugar to sweeten

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Melt the sugar and butter together in a saucepan and allow to cool.
3. Add the beaten egg. Then add all the flour and mix.
4. Stew the apples very lightly.
5. Add some sugar to sweeten the stewed apples.
6. Put the apples into a pyrex dish. Pour the cake mixture over the apples.
7. Cook in the pre-heated oven for 1 hour.

BOIL/STEW

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	60 minutes

UTENSILS NEEDED

PYREX DISH

Handy Hints

Decorate with flaked almonds.

Serve with fresh cream, hot custard or ice cream. To reduce fat, try low-fat yogurt or low-fat crème fraiche.

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Christmas Cake All-In-One

INGREDIENTS		
12oz/340g margarine	1 grated apple	4oz/110g cherries, washed, dried and halved
12oz/340g dark brown sugar	1lb currants	14oz/400g plain white flour
7 large eggs	12oz/340g sultanas	1½ teaspoon mixed spice
3 tablespoons whiskey	12oz/340g raisins	1 teaspoon ground nutmeg
grated rind of 1 lemon	4oz/110g chopped almonds	4oz/110g ground almonds
grated rind of 1 orange	4oz/110g mixed peel	

1. Pre-heat the oven to 140°C / 275°F / Gas Mark 1.
2. For the bottom of the tin: cut either circles or squares of double-thickness greaseproof paper. For the sides: Cut a strip of double greaseproof paper about 1 inch higher than the depth of the tin. (Grease well).
3. Weigh all the ingredients carefully.
4. Place all the cake ingredients together in a very large mixing bowl or basin and beat with a wooden spoon until well mixed (4-6 minutes).
5. Place this mixture in the prepared tin and smooth the top with the back of a wet dessertspoon.
6. Bake in the pre-heated oven on the middle shelf for approx 5-6 hours. Check at intervals after 2½ hours as ovens tend to vary. Cover the cake with double greaseproof paper or foil for about the last 1-2 hours, to prevent the top of the cake from becoming too brown.
7. Test the cake carefully before removing it from the oven.
8. Leave the cake to cool in the tin overnight. Turn out and remove papers, then store.

OVEN

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
45 minutes	5-6 hours

UTENSILS NEEDED

A DEEP 10"/25CM ROUND CAKE TIN OR A DEEP 9"/23CM SQUARE TIN

101+ SQUARE MEALS

- Contents & Introduction
- Breakfasts
- Sauces, Stocks & Soups
- Mince Dishes
- Beef / Lamb / Pork
- Fish
- Chicken
- Vegetarian
- Light Meals
- Weaning
- Young People
- Cooking for One
- Breads, Buns & Cakes

Christmas Pudding

BOIL/STEW

COST

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
45 minutes	2-3 hours

UTENSILS NEEDED

2 PT PUDDING BOWL
LARGE POT

INGREDIENTS

- 3oz/85 g self-raising flour
- 1/2 level teaspoon mixed spice
- 1/2 level teaspoon ground nutmeg
- 1/2 level teaspoon ground cinnamon
- 4oz/110g white breadcrumbs
- 6oz/150g dark brown sugar
- 4oz/110g margarine melted and cooled
- 1 grated apple
- 8oz/225g currants
- 4oz/110g raisins
- 4oz/110g sultanas
- 2oz/50g cut mixed peel
- 2oz/50g cherries, halved, washed and dried
- 1oz/25g chopped almonds

MIX TOGETHER:

- 2 large eggs
- 1 dessertspoon brandy/rum/whiskey
- 1/4 pint/150ml guinness
- juice and grated rind of 1 orange
- juice and grated rind of 1 lemon

PREPARATION:
Have ready 1 greased 2 pint / 1.1 litre pudding bowl. Cut a large circle of double greaseproof paper for the top of the pudding and grease well. Cut a large circle of tin foil to place over the double circle of greaseproof paper on top of the pudding.

TO MAKE PUDDING:

1. Sieve the flour and spices into a large bowl.
2. Add the breadcrumbs, sugar, prepared fruit, nuts, orange and lemon rind, make sure the rind is finely grated. Then mix thoroughly.
3. Make a well in the centre. Pour in the melted margarine, beaten eggs, spirits and guinness mixture. Mix thoroughly with a wooden spoon.
4. Cover and leave to stand overnight. The mixture is slack in the beginning but thickens overnight. Mix well again before filling the bowl.
5. Place the pudding bowl in a saucepan of water and boil for 2-3 hours. Keep the water topped up in the saucepan.

Handy Hints

The flavour of this pudding improves overtime, try making this recipe in November for Christmas.