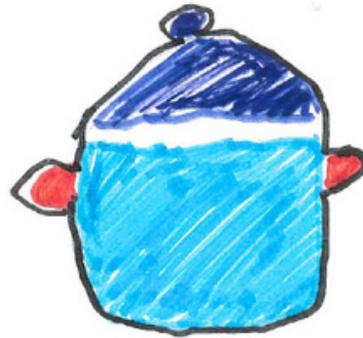
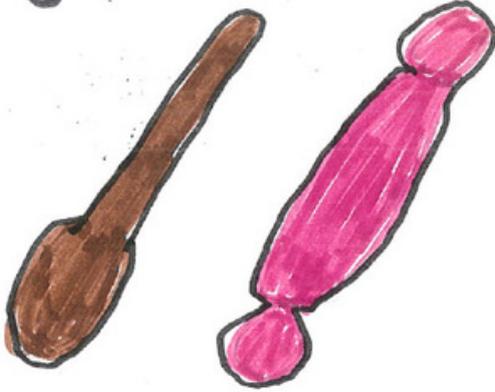


winter warmer



Recipe Book



Whisk



Mushrooms



Sweet

Potato

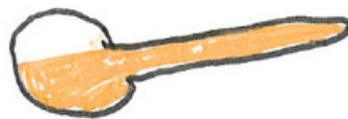


Onions



Herbs

Spices



created by artshape

**There once was a poet and cook
Who used the online Art Shape book
To make cheap, healthy meals
Packed with warming appeal
Delicious! Come on - take a look**

Carolyn Gemson

Thank you to everyone who contributed a recipe
to this Winter Warmer Cookbook.

We hope you find something yummy to make!

Front cover design by Pat Bath.

This activity was funded by the Multiply
programme.

Beef Stew with Dumplings.

Serves 4

Ingredients

1lb or 500g of Cubed lean beef - skirt is best but you'll have to go to the butchers for this. They will also chop it for you if you ask them.

A large onion

3 or 4 carrots

Cornflour

2 stock cubes

Bay leaves

Parsley

Salt and pepper

Self raising flour

Shredded suet

Water

Chop the carrots and onion.

Add 2 pints or 1litre of boiling water to a pan or your slow cooker.

Stir in the 2 stock cubes till melted.

Add beef, onion, carrots, a couple of bay leaves and parsley.

Cook for 2 and a half hours on a low heat on the hob OR low/med temperature in the slow cooker for 6 hours.

Make the dumplings - Add 8 ounces or 250g of self raising flour to a bowl. Stir in 4 ounces or 125g of shredded suet. Add in a pinch of salt and parsley if you want herby dumplings. Then add cold water a little at a time and mix till it's the consistency of play dough. Flour your hands. Take a lump of dough the size of a ping pong ball and roll into a ball with two hands. Dust with more flour.

Then pop the dumplings on top of the stew. Cook on the hob or in the oven gas mark 5, 180 degrees. This makes the top of the dumplings crispy and even nicer, in my opinion. Simmer or bake for 30 minutes. If you are using the slow cooker method, turn it up to high temperature during this stage.

When finished, take the dumplings out. The flour in the dumplings will have thickened the sauce, but if it's not thick enough mix a teaspoon or two of cornflour in a cup with cold water, stir into the stew and keep stirring till the colour goes make to what it was.

Take out the bay leaves. Season with salt and pepper as required and serve.

Amounts are easily adjustable for more or less people. My family loves dumplings so I often make more than is really necessary.



Beverly Carter

Veggie burgers

to feed 2 people

1 (16 ounce) can black beans or chickpeas or kidney beans or butterbeans drained and rinsed

½ red, orange or green bell pepper, washed and finely chopped

½ onion, peeled and finely chopped

3 cloves garlic, peeled

1 egg

1 tsp chili powder

1 tsp ground cumin

1 teaspoon Thai chili sauce or hot sauce

1 thick slice stale bread

bread rolls to serve

Mash the beans/peas in a large bowl with a fork.

Crumble the bread into crumbs with your fingers. Add to the bowl

Crush the garlic into the bowl

Stir in the finely chopped vegetables.

Break the egg into a small bowl or mug. Add the spices and chili sauce .and whisk lightly with a fork. Add to the larger bowl and stir gently to make sure everything is mixed evenly together

Divide the mixture into four burgers

Heat a small amount of cooking oil in a large frying pan and add the burgers. Cook until they are really hot and browned on both sides

Serve hot inside the rolls or burger buns with a salad mixture of your choice

You can add extra vegetables or swap them around depending on what you enjoy or have available. Some of my 'variations have included 1 or more of the following:

a thumb of very finely chopped fresh ginger

grated carrot

chopped nuts

seeds - sunflower, pumpkin chia, etc

finely chopped celery

finely chopped broccoli or cauliflower

finely chopped fennel

fresh herbs

Cost: I sourced all my ingredients from my local food pantry, so the cost was minimal, they are a fantastic way of eating cheaply and healthily. Supermarket costs -app £2 to feed 2 people



Carolyn Gemson

Yeast Pancakes

50ml warm milk

250ml warm milk

6g dry yeast

1tbsp sugar

3tbsp sugar

Piece of melted butter

Pinch salt

170g flour

170g flour

Oil for cooking

~~~~~

First 50ml milk yeast and 1 tbsp of sugar mix in little bowl. Set aside for a bit

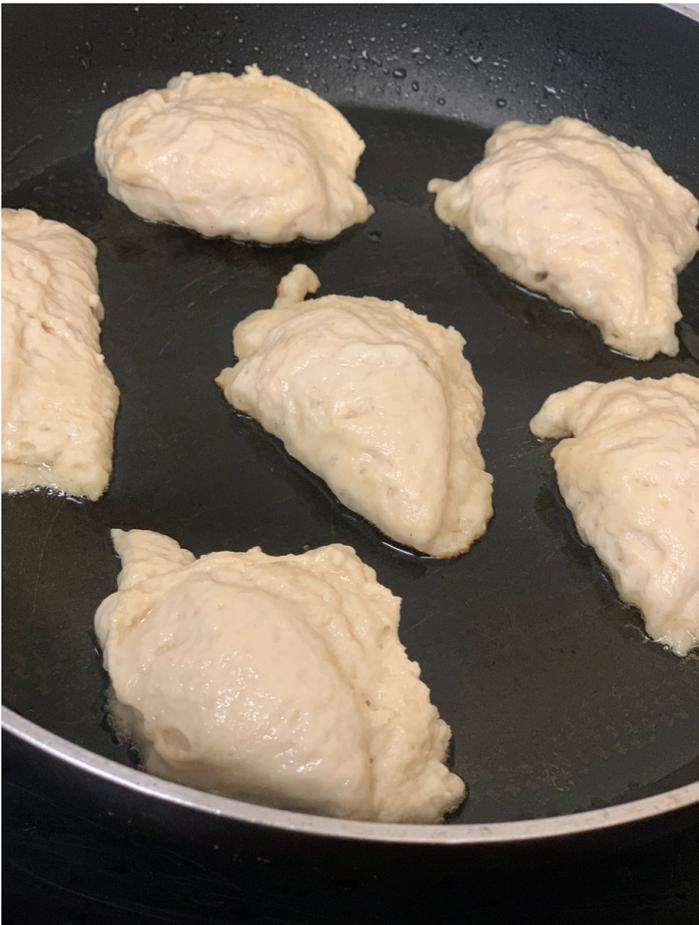
Secondly in large bowl of 250 warm milk add your piece of melted butter, 3 tbsp of sugar, pinch of salt and the half of flour which is 170g.

Then first step add to the second step with the rest of 170 g flour. Mix.

Cover all with a little clean tea towel and put near radiators in warmth. For half an hour,

Cook,

Merge your spoon in cold water after each helping to cook your pancakes.



leva Dzalbe

**VALENTINE'S TOMATO SOUP**  
with heart shaped croutons

Serves 6



**Ingredients:**

- 1 - 2 onions red or white chopped
- 5 - 6 fresh tomatoes chopped
- 1 stick of celery, chopped
- 1 carrot, chopped
- 1 tin tomatoes
- 1 tablespoon olive or sunflower oil
- 2 garlic cloves, crushed
- 1 tablespoon Italian herbs
- 5 cups of vegetable stock
- 1 dessert spoon of tomato purée
- Salt & pepper to taste
- Fresh parsley, chopped, to garnish
- Cream, crème fraiche or natural yoghurt to garnish

**For croutons:**

- White sliced bread - a few slices
- Large knob of butter
- Salt
- Italian herbs



**Instructions:**

1. Heat oil in a large saucepan and cook onion gently for 5 mins until transparent, followed by the celery and carrot for a further 2 mins.
2. Add garlic, fresh tomatoes and tinned tomatoes
3. Stir in purée and herbs followed by stock and stir
4. Bring to the boil, then lower heat and simmer for about 15 mins
5. Season to taste
6. Remove from heat and blend
7. Reheat gently
8. Serve in bowls with a heart shaped swirl of cream and a sprinkling of parsley.

**For croutons:**

1. Cut your bread with a heart shaped cookie cutter
2. Place them onto a parchment covered baking sheet and spread them out in a single layer.
3. Melt the butter in a small bowl, stir in salt and brush over each heart. Then sprinkle with herbs.
4. Bake until the croutons are crispy and light brown at about 180 degrees.



# One Pot North African squash and chickpea soup

This richly spiced combination of squash, tomatoes and pulses is based around a traditional Moroccan recipe, a delicious, belly-filling, one-pot dish.

Servings 6

## Ingredients

- 2 tablespoons sunflower oil
- 2 large onions, diced
- 2 garlic cloves, finely chopped
- 1 celery stalk, finely diced
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- 100g red lentils
- ½ teaspoon ground ginger
- 
- 400g tin chickpeas, drained and rinsed
- 8 saffron strands, toasted and crushed (optional)
- 500ml roasted tomato sauce or passata
- A good handful of parsley, roughly chopped
- A large bunch of coriander, roughly chopped
- 300g squash or pumpkin
- 1.2 litres vegetable stock
- 1 bay leaf
- 50g vermicelli, orzo or other small pasta
- Dates, to serve (optional)

## Method

Heat the oil in a large saucepan over a medium heat. Add the onions and sauté until just starting to turn golden. Turn the heat down to medium-low and add the garlic, celery, pepper, turmeric, cinnamon and ginger. Sauté for a couple of minutes.

Now add the lentils, chickpeas, saffron, tomato sauce or passata, parsley and about half the coriander. Cook over a low heat for 15 minutes.

Meanwhile, peel and deseed the squash or pumpkin and cut into large cubes. Add to the pan with the stock and bay leaf. Cover and simmer gently for about 30 minutes. Add the pasta and simmer until it is cooked. Season with salt and pepper to taste.

Serve immediately, scattered with the remaining coriander leaves and with a few dates on the side, if you like.

### Jan's Tips;-

- *For a delicious stew, serve over couscous, just use less stock.*
- *If you don't have the spices in your store cupboard, you might like to replace with a Cajun spice mix instead. Be aware that spices do lose their punch as they age, so you may need to increase the quantity according to your taste!*
- *If you don't have fresh parsley and coriander available, use dried herbs instead, add to the pot with the other spices.*
- *An alternative to fresh squash can be found in most supermarket freezer sections. This is a time and money saver tip!*
- Original recipe from River Cottage Veg Everyday by Hugh Fearnley-Wittingstall



# Quick Tasty Fish Pie

## Ingredients

1 tablespoon plain flour

1 tablespoon of butter

Third of pint of milk

Bag of potatoes about 5lbs

Two packets of mixed fish chunks

250g bag of grated cheese or more to taste

Choice of veggies or for speed frozen bags of mixed vegetables to microwave

1: Peel and cut potatoes into quarters and put in pan of boiling water. Cook until soft. (Put oven onto 180)

2: To make the cheese sauce put the butter into a pan to melt on a gentle heat. Add the flour when melted and mix into the butter to make a paste.

3: Add the milk slowly and keep stirring all of the time to squash out any lumps with the back of the wooden spoon.

4: Once the sauce starts to thicken add half the bag of grated cheese and keep stirring until it melts and you are left with your cheese sauce.

5: Mash the potatoes with a bit of butter and milk and season if needed.

6: Put the mixed fish pieces into the bottom of a lasagne type cooking dish.

7: Pour over the cheese sauce and then layer the mashed potatoes over it. Sprinkle the remaining grated cheese over the top and bake for 30 mins.

8: Microwave frozen veg or steam fresh veg after preparing and serve with pie.



Maria Griffin

# Poached Eggs and Vine Cherry Tomatoes on Sourdough Toast with Olive Oil Drizzle by Nathan Coll



## Step 1:

Bring some water to the boil in a pan and add two tablespoons of vinegar to the water (the vinegar keeps the eggs in one piece)

Carefully crack two eggs into the water.

Set timer for 3 to 4 minutes...

## Step 2:

Cut two slices of sourdough bread and place in the toaster.

## Step 3:

In a frying pan drizzle some olive oil add 5 cherry tomatoes – fry for 30 seconds each side until slightly brown (be careful as the olive oil can jump when hot).

#### Step 4:

Check your eggs by using a spatula and lifting the eggs out of the pan. Shake gently to see if the white part is cooked throughout. Return the eggs to the water for another 30 seconds if needed...

#### Step 5:

Place eggs on kitchen towel to blot excess water.

#### Step 6:

Place toast on your plate, add butter if preferred to your toast and then place both eggs on the left piece of toast carefully.

**Step 7:** Place your cherry tomatoes on the right piece of toast and drizzle the olive oil from the pan onto the toast.

**Step 8:** Make a hot drink to go with it, such as black coffee and enjoy your simple and healthy meal! 😊



# Mexican Chicken Stew recipe

Only 5 ingredients needed but you can add other veg and things to make it your own just add them at stage 2

12x chicken thighs

1x large red onion cut into wedges

3x peppers any colours sliced

2x tsp of smoked paprika

2x 400g cans of chopped tomatoes with garlic and herbs

## How to make it:

1, Put a small amount of olive oil in a non-stick pan on a high heat cut the chicken in to large chunks and cook for 5-6 minutes or until a golden brown on all sides

2, then reduce the heat to a medium heat and add the onion, peppers and the paprika or you can add chilli powder if you want and stir-fry for 3-4 minutes

3, then add the chopped tomatoes to the pan you can add a bit of water if you think it needs it and lightly season with salt and pepper to taste.

4, bring to the boil then cover and reduce the heat to low and simmer for 25-30 minutes or until the chicken is cooked through the serve and enjoy



Stephen Smith

# Sue's Homemade Ground Elder and Vegetable Soup

Ground elder can be so difficult to eliminate from gardens, as it was in my previous garden! Rather than be defeated by it I decided to use it as a free vegetable and learn to love it! I created this soup which my family all loved!! Ground elder was first recorded in Britain in 1578 but was known to be present in Roman times. It was probably introduced as a potherb. It contains good amounts of vitamin C. The young leaves are well worth eating and are delightful. So this recipe is best tried in the spring when the new leaves start to emerge. Baby spinach can be used as an alternative to ground elder, substitute when ground elder is out of season.

## Ingredients

- 8 medium potatoes **Cost approx. £1** ( Wash, Peel and chop)  
6 small onions **Cost approx. 75p** ( Wash, Peel and slice )  
6 medium carrots. **Cost approx 60p** ( Wash, Peel and chop)  
1 large bowl young ground elder leaves **Free** ( Wash & remove stalks)  
2 vegetable or Chicken stock cubes. **Approx 20p**  
Season with black pepper and salt  
A few Bay leaves ( remove before liquidising / optional )  
Cream to taste 1 tsp per bowl **approx 20p** ( Single or Double )



- 1, Add 4 litres of water to large saucepan and bring to the boil.
- 2, Add Chopped potato, Carrots and onion and simmer until tender for approx 20 mins.
- 3, Add stock cubes, prepared ground elder and ( optional ) bay leaves to pan and simmer for another 5 mins until leaves are wilted and tender.
- 4, When everything is cooked liquidise through a blender. Add more water if too thick.
- 5, Pour back into clean saucepan and add seasoning to taste.
- 6, Warm through until nearly boiling( Stirring ) then serve in bowls with fresh bread or rolls.
- 7, Add a teaspoon of cream ( Optional) and swirl with spoon to decorate.

ENJOY !!



# Lentil Bake

This recipe can be adapted for: Black Eye Beans, Soya Beans/ any other type of bean, green lentils/other colour lentils etc (probably not orange though, as they go to mush, so are better for soup.)

## Ingredients to serve 4.

- 250g carrots grated
- 1/2 bag leeks (1 large, or/2 small) Sliced
- 1/2 large courgette grated
- 1/2 pack mushrooms sliced
- 1 1/4 tins chopped tomatoes
- Cooked beans/lentils (I just cover the base of ovenproof dish with the beans or lentils. Or add as many as you like)
- 1 thick crust of bread, or 2 thin made into breadcrumbs.

I cook a lot of beans & freeze. Same with lentils, then I always have some to hand.

## If using a slow cooker:

- 1: Add all the ingredients, except beans/lentils, breadcrumbs & leeks.
- 2: Switch it on.
- 3: Fry the leeks & add to the veg mixture.
- 4: Leave on until cooked (see your instruction manual for timings etc.)

## Non slow cooker:

- 1: Fry the leeks until soft.
- 2: Add all the remaining ingredients, except the beans/lentils & breadcrumbs, & cook until soft.

**Both methods:**

Add the veg mixture & beans/lentils to an ovenproof dish.

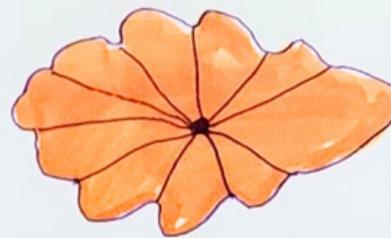
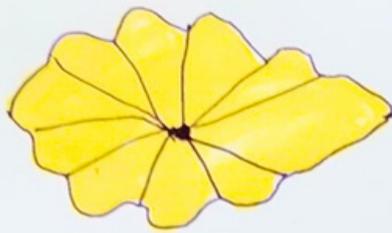
Heat enough butter in a saucepan to mix in the breadcrumbs. It's trial & error! I usually have to add more butter to saucepan!

Spread the buttered breadcrumbs on top of veg mixture. Bake in a preheated at 180 for 20-25 minutes.

Keep an eye on it & if starting to burn on top cover with foil.

I don't like spicy things, but you can always add herbs/spices if desired.





## Chicken Sweet Corn Soup

### Ingredients

1 cup Sweet Corn boiled

1 tbsp Salt

Water

1 tbsp Black Pepper

2 Pieces Chicken Breast Boneless

1 tsp Sugar

1 tbsp Oil

1 tbsp Cornflour and Water

1 Onion Finely Chop

1 Egg

1 tbsp Garlic Paste

### For Corn Paste

1 Take some corn and water in a blender and grind into a paste.

### For Chicken Sweet Corn Soup

1 Boiled the chicken in water and shredded once done, keep chicken water aside.

2 Heat oil and add onion,

3 Add the corn paste and swirl it around, then add chicken stock and mix.

4 Add crushed black pepper, salt, corn and let the soup boil.

5 Add chicken and stir. Then add sugar.

6 Now add cornflour and stir it well to maintain consistency.

7 Add egg and stir.

8 Cook for 25 minutes and turn off heat. Chicken Sweet Corn Soup is ready to serve.

Cost £4



# Best Apple Crumble

One large bag of apples.

8 tbs sugar

8 tbs plain flour

8 tblsp butter

8 tablespoons porridge oats

1 tbs nutmeg

1 tbs cinnamon

Peel and core apples and slice into segments. Put in a pan with enough water to cover a fifth of the pan. Sprinkle sugar over the top and cover with lid. Steam until soft.

In a mixing bowl mix the flour and sugar with a spoon. Add the butter and using both hands mix by rubbing the mixture through your fingertips until it looks like breadcrumbs. Add more flour if still too wet slowly and keep putting your hands into the bowl and using all fingertips to rub into breadcrumbs.

Add the oats, nutmeg and cinnamon and continue mixing into the breadcrumbs. Put softened apples into the bottom of an oven dish and sprinkle crumble mix over them. Bake in oven for 15-20 mins on 160 C Fan or 180 if not until golden brown.





# COWBOY COOKIES



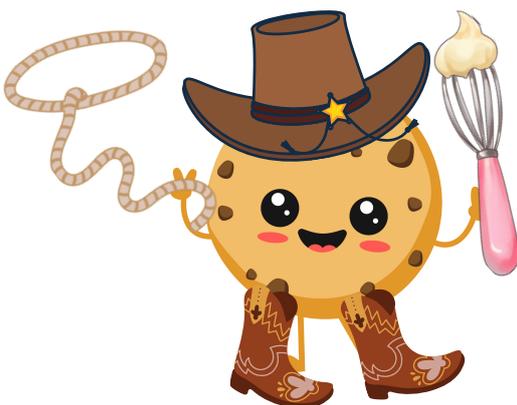
These cookies became a family favourite after we lived in Canada for a long time. They are so hearty and comforting and make a perfect breakfast snack for cold mornings, or to get you through a rainy afternoon.

You can swap the nuts and choc chips for seeds or dried fruit - or anything you want to chuck in and use up!

- 1 cup (227 grams) **unsalted butter** melted until browned.
- 1 and 1/2 cups (319 grams) **light brown sugar**, packed
- 1/2 cup (99 grams) **granulated sugar**
- 3 large **eggs** at room temperature
- 2 teaspoons pure **vanilla extract**
- 2 and 1/3 cups (270 grams) **all-purpose flour**
- 1 teaspoon **baking soda**
- 1 teaspoon **ground cinnamon**
- 1/2 teaspoon **salt**
- 2 cups (178 grams) **old-fashioned oats**
- 3/4 cup (60 grams) **sweetened flaked coconut**
- 1/2 cup (64 grams) **nuts or your choice**, or **seeds** roughly chopped plus more for decorating
- 12 ounces (340 grams) **semi-sweet chocolate chips, rasins or M&Ms**
- 1 teaspoon flaky sea salt **optional**



1. Preheat the oven to 350 f or 180 c
2. Line two cookie sheets with baking paper and grab two mixing bowls
3. Mix all the wet ingredients together first - butter, egg, vanilla extract
4. In a separate bowl mix everything else, then add this to the wet mixture
5. Scoop 2 inch balls onto the baking sheets, leaving about 2 inches between so that they can spread
6. Bake for 12 - 15 minutes, until the edges are browned
7. Take them out and sprinkle with sea salt if you like that





Thank you to everyone who contributed a recipe to this Winter Warmer Cookbook.

This activity was funded by the Multiply programme.

**Multiply**

**ART SHape**

Art Without Barriers