

OVER 50 DELICIOUS RECIPES FOR ALL THE FAMILY

HOW TO ADD VEGETABLES WITHOUT ANYONE NOTICING!

The Friendly Vegetable Book

INCLUDING SNACKS, SWEET THINGS & LUNCHBOX IDEAS

Food & Health Partnership



written by Tina Deubert
Common Cause Co-operative

LOCAL FOOD

Most of the vegetables in this booklet grow in this country and are available locally. Using fresh, local and seasonal produce has many advantages:

- Less travel so less pollution
- Fresher and tastier
- More goodness because it's fresh
- Often cheaper
- Supports your local food producers and therefore your local economy

FARMERS' MARKETS

There are Farmers' Markets all over the country, where the criteria is strictly 'locally grown' and therefore seasonal too. If you haven't tried shopping at a Farmers' Market, give it a go. You'll find it's a really enjoyable way of getting your food. You can talk to the producers and find out how the food has been grown. You are also paying your money direct to the producer, making sure they are getting a fair price for their food and supporting the local economy.

For more information about Farmers' Markets look at: <http://www.farmersmarkets.net/> and for the sources of local vegetables near to you, go to: <http://www.foodloversbritain.com> or <http://www.localfoodadvisor.com>

VEG-BOXES

Why not try a veg-box scheme? Local growers will deliver a box to your door or a nearby drop-off point every week. Getting your box can be very exciting – you never know what you're going to get! A pound spent on a local organic box scheme will generate a pound for the local economy, whereas a pound spent at the local supermarket will only generate about 14p.

Veg-box contacts in East Sussex:

Ashurst Organics, Plumpton, near Lewes

Telephone: 01273-891219

email: ashurstveg@tiscali.co.uk

Barcombe Nurseries

Telephone: 01273 400011

Hankham Organic Growers, Pevensey

Telephone: 01323 741000

Herons Folly Garden, Mayfield

Telephone: 01435 873608

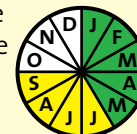
Simply Wild Organics, Robertsbridge

Telephone: 08456 586141 OR 586142

email: enquiries@simplywildorganics.co.uk

SEASONAL VEGETABLES

Vegetables and fruit in season are usually best value and often look and taste the best. The season of each vegetable is shown as a green-coloured section on a 12 month calendar. Some vegetables can be stored and used out of season. This storage period is shown as a yellow section.



The Friendly Vegetable Book

This booklet will give you lots of ideas for presenting seasonal vegetables to your family in an attractive and tasty way.

Quantities are for four people, except where stated otherwise. Many recipes are suitable for freezing. These are marked with a ❄️ at the beginning and again at the point where they should be frozen. Always cool thoroughly before freezing.

Nothing is set in stone. Varieties of veg don't matter unless stated; chop and change according to what's available. If you think something needs more or less salt, garlic, onion or whatever – do it.

Tina



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HANDY VEG TIPS

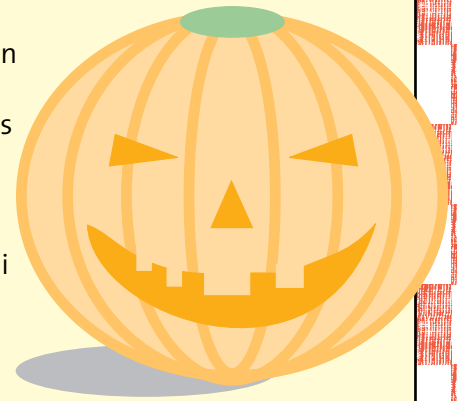
- Try to get vegetables as fresh as possible. Look for bright colours, firm leaves and flesh, nothing soggy or limp. If it looks good, it probably tastes good too.
- Buy potatoes, onions or carrots by the sack and share with friends to reduce the cost - they all store well.
- Don't leave vegetables soaking in water – you will lose a lot of the goodness – try to prepare them just before you need them.
- Include some vegetables with every meal – steaming or stir-frying only takes a few minutes, so does a salad.
- Having a 'rainbow of colours' at each meal will ensure a good balance of vitamins and minerals.
- Calcium doesn't just come from dairy products, green leafy vegetables are very high in calcium. The darkest parts are best for you.
- Try mixing a dessertspoonful of peanut butter with cooked green vegetables.
- Add any of these to your cooked vegetables for a bit of extra flavour: olive oil, pepper, herbs, salt, butter, lemon juice.
- Remember to save time by cooking twice the quantity and freezing half for another occasion.

BABIES AND CHILDREN

Vegetables are a really good starter food for young babies and if they get used to the taste of fresh vegetables at the beginning, life will be so much easier later. So start as you mean to go on by puréeing or mashing the vegetables you are cooking for the rest of the family. You can freeze leftovers in small containers to use another time.

Remember to leave out salt for babies.

- When you are shopping, get the children to choose some new vegetables to try.
- Involve the children in preparation and cooking – they'll probably sneak a few bits into their mouths so as well as helping you they'll be eating more veg!
- Always supervise young children when they help with the food preparation – knives and hot things are dangerous!
- Very young children might respond to naming vegetables – Katy Carrot, Thomas Turnip, Billy Broccoli – or calling broccoli 'baby trees' and sprouts 'baby cabbages'.



STORECUPBOARD INGREDIENTS

Basics

- Salt & pepper
- Curry powder or ground cumin, coriander, turmeric and chilli
- Dried herbs
- Nutmeg – *whole nutmeg is much cheaper, just grate finely when you need it*
- Stock cubes or powder – *any kind*
- Vegetable oil
- Wine or cider vinegar

Fresh basics

- Carrots, potatoes and root vegetables
- Garlic
- Lemons
- Onions – *indispensable!*

Extras

- Breadcrumbs – *crumble, grate or food-process leftover bread and freeze for later use*
- Butter – *sometimes a little bit of butter makes all the difference*
- Cheese – *mature cheddar has a stronger flavour so you use less, which makes it cheaper in the long run and reduces the fat content of your meal*
- Chick Pea Flour – *available from health food shops and makes a simple high protein, low fat batter – just add water and seasoning*
- Flour – *wholemeal or half-and-half wholemeal and white for a fuller flavour. Plain white flour is best for sauces and can be used instead of wholemeal*
- Fresh herbs

- Mayonnaise and/or salad cream
- Mustard – *Dijon and wholegrain mustard add a special taste to salad dressings and cheese dishes. English can be used as well – as it is much hotter you will need less*
- Olive Oil *has a more pronounced flavour*
- Seeds – *sunflower, sesame and pumpkin*
- Tahini – *sesame seed paste for use in dips and dressings - available at health food shops and some supermarkets*
- Yogurt – *natural unsweetened*

EQUIPMENT

This is all you need to prepare and cook vegetables:

- Sharp Knife
- Peeler
- Saucepan
- Frying pan
- Grater
- Colander
- Masher

Optional

- Blender of some kind

STORING VEGETABLES

Leave mud on until vegetables are needed – this will help them keep longer.

Most vegetables don't need storing in the fridge, just a relatively cool, dark place. However, green leafy vegetables like spinach, chard and lettuce will keep longer if you wash and drain them then put them in a plastic bag or container with a lid in the fridge.

Turnips

Slow roasting root veg brings out wonderful flavours. Cut them into small cubes, mix with 1 dsp oil, salt, pepper and herbs and roast in a medium oven for about 1 hour until soft and slightly browned.

TURNIPS



SWEDE



CARAMELISED TURNIPS

Peel and cut turnips into walnut-sized pieces. Heat butter or oil in a pan and fry the turnips over a high heat for a couple of minutes. Keep them moving all the time. Turn the heat down to medium and continue to fry, stirring occasionally, until a knife will slide in and out easily – about 10 minutes.

Add a large pinch of sugar, stir for a minute or two until brown and glossy and serve.

CRUSTY TURNIPS

Boil or steam 1kg (2lb) of peeled baby turnips for 10 minutes.

Drain and cut them in half.

Shallow fry them in a little vegetable oil for about 15 minutes until tender.

Add a generous handful of breadcrumbs mixed with a finely chopped onion and handful of chopped parsley (optional).

Stir over the heat until the oil is absorbed and the breadcrumbs are nice and crispy.

Season to taste.

TURNIP TOPS – COOK LIKE SPINACH

Swede

BOIL OR STEAM

Peel and dice or cut into sticks; swede can take 20-30 minutes depending on how old it is. Cook until it is soft all the way through and add some butter, salt and pepper.

Swede can get a bit woody when it's old so try to get it young and fresh. If you do have an older one it's best to mash or purée it.

ROAST SWEDE

Peel and cut swede into chunky chips, boil for 5 minutes, put into the roasting tin around the meat or with the potatoes, and roast for about 1 hour until nice and crispy.

Try roasting chunks tossed in oil then coated with flour mixed with grated cheese, salt and pepper.

Pumpkin & Squash

Both can be steamed, but I think they're tastier roasted.

ROAST PUMPKIN/SQUASH

Cut the pumpkin in half, scoop out the seeds, peel it and cut into even sized chunks (about 2cm/1 inch).

Put into a roasting tin or fairly deep baking tray and add:

- 1 tbsp vegetable oil (olive oil is good)
 - 2 cloves garlic, crushed
 - A generous sprinkling of salt and pepper
- Mix well with your hands.

Roast in the oven at 180°C/Gas 4 for a good hour, until it is lovely and soft in the middle and slightly crispy on the edges.

Serve with a roast dinner or casserole.

It can also be nice cold!

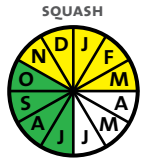
If you have any leftover you can make it into soup – just liquidise it with some water, season and bring to the boil.

Variations - try adding any or all of the following:

- 1 fresh chilli, finely chopped or 1/4 teaspoon chilli powder, dried or fresh herbs – rosemary and thyme, onions cut into large chunks or segments.

M A S H S O U P C U R R Y

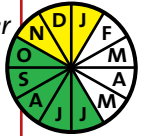
Squash



PUMPKIN



BEEETROOT



Beetroot

Boil in its skin for 45-60 minutes – the larger and older it is, the longer it needs. When cooked, peel and slice or dice as you like, or roast it. You can also grate raw beetroot into salads.

BEETROOT JELLY

Make a red jelly replacing 1 tbsp of the water with vinegar, and add grated raw or cubed cooked beetroot.

ROAST BEETROOT

Peel and cut into cubes or wedges. Toss with a little oil, a couple of whole, peeled garlic cloves and a splash of vinegar.

Wrap in foil and bake in the oven (180°C/Gas4) for 1½-2 hrs until soft.

Good with roast dinners.

Mash a little cooked beetroot with potato for a bit of fun.



Cut courgettes into slices lengthways, brush with oil, cook on the barbecue or a griddle pan and sprinkle with lemon juice.



Courgette flowers can be cooked in batter and eaten!



Grate courgettes and stir-fry in a little butter and/or oil. Add lemon juice at the end and a little grated nutmeg.

Courgettes

Slice or dice the courgettes and stir fry them in butter until they begin to go transparent and a little bit brown (5-10 minutes). Add a bit of salt and pepper, and lemon juice if you like. Or steam them – about 5 minutes.

TOFU BURGERS ❄️

Grate about 250g (½ lb) tofu into a mixing bowl

Mix well with:

- 1 medium onion, finely chopped
- 2 medium carrots, grated
- 2 courgettes, grated
- 1 tbs plain flour
- ½ tsp salt
- 1 egg
- 1 dsp curry powder, or a mixture of cumin, coriander, turmeric and chilli

Shape into burgers with your hands and coat with flour. If the mixture is too moist, add a little more flour.

Shallow fry the burgers over a medium heat until crispy on both sides.

Freeze after cooking because the texture of raw tofu is spoilt by freezing. ❄️

These are good with salad and taste great cold, so will make a change in lunchboxes or picnics.

ORANGE & YELLOW

SQUASH OR COURGETTES AND TOMATOES

These are both plentiful once the summer gets underway, and it's sometimes hard to find a way to use them up. This simple dish will accompany many main courses.

Fry a couple of chopped onions with a dessertspoon of vegetable oil in a large frying pan or saucepan.

Add 500g (1lb) quartered fresh tomatoes and cook them gently, stirring occasionally until they begin to soften.

Slice, dice or grate 500g (1lb) courgettes and stir them in. Add a clove or two of crushed garlic.

Stir and fry until the courgettes are cooked and the tomatoes have made a kind of sauce. This will take a good 20 minutes, and if you cook it for longer on a low temperature the flavours will be even better.

Season to taste and serve as a vegetable dish or with pasta as a sauce.

Variation

Blend to make a smooth sauce or soup and disguise the courgettes!

VARIETIES ARE RICH IN BETA-CAROTENE

COURGETTES



H I G H I N V I T A M I N C A N D P O T A S S I U M

Onion & apple compliment cabbage.

Add a zing to cooked cabbage or carrots with the juice of half a lemon.

Red cabbage and vinegar go well together. Shred cabbage, stir fry it with a pinch of salt and sugar, add a splash of vinegar at the end and serve.

KALE AND SPRING GREENS

Use kale and greens wherever you might use cabbage.

Delicious steamed for about 5 minutes and served with butter, or stir-fried, shredded, on their own or with grated carrots for a bright and colourful dish.

Cabbage

Cabbage is one of those vegetables everyone loves to hate, and no wonder – by the time it's been drowned in boiling water it's lost any flavour and texture it had. The best ways to cook it are steaming and stir frying; both only take about 5 minutes and taste delicious!

CABBAGE & CARROTS, INDIAN STYLE

I never seem to make enough of this and it goes with just about everything.

Shred half a cabbage finely – any kind
Grate 2 or 3 carrots.

Heat 1 tbsp vegetable oil in a large saucepan or deep frying pan and throw in a tablespoon of mustard seeds (optional). Once the seeds start to pop – this happens quite quickly – add the cabbage and carrots plus a pinch of salt and a pinch of sugar, and stir fry it for five minutes.

Add the juice of half a lemon, stir it and serve.

STEAMED • PICKLED

NUTTY CABBAGE

- 1 dsp vegetable oil
- 1 onion, chopped
- 1 small cabbage, finely shredded
- 75g (3oz) dry-roasted peanuts, coarsely ground, or try sesame seeds
- salt and pepper

Mix cabbage, nuts and onion together. Stir fry for about 5 minutes and season to taste.

CARAWAY CABBAGE

Heat a teaspoon of oil in a saucepan.

Add 1 teaspoon of caraway seeds, stir for a few seconds then add ½–1 whole cabbage, shredded. Add a pinch each of sugar and salt and stir-fry for about 5 minutes.

“Lovely - everyone enjoyed it” (Tracy)

RED CABBAGE



GREEN CABBAGE



R I C H I N V I T A M I N C - E S P E C I A L L Y R A W

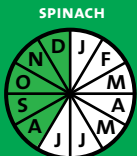


Chop spinach very finely and add it to soups, sauces, pasta or mashed potato. It reduces right down and looks like a herb.

Try mixing something sweet with it, like raisins, chopped dried prunes or coconut.

A pinch of salt & sugar makes spinach or cabbage taste wonderful

To get the most iron out of spinach, eat it with foods rich in vitamin C - tomatoes or fruit juice are good.



Spinach & Chard

STEAMED PUREED

SPINACH ROULADE ❄️

This is quick to prepare and takes ten minutes to cook. It makes a lovely main part of a salad meal, and you could pop any leftovers in the lunchboxes as a change from sandwiches.

Heat oven to 200°C/Gas Mark 6.

Line a swiss roll tin or similar sized baking tray with greaseproof paper, oiled on both sides, or use baking parchment, which doesn't need greasing.

Combine the following in a large bowl or food processor:

- 4 egg yolks (use the whites in the next step)
- 2 tsp wholegrain or Dijon mustard
- 75g (3oz) self raising flour or plain + ½ tsp baking powder
- 25g (1oz) ground almonds
- 50g (2oz) grated cheddar cheese
- 4 tbsp water
- 200g (8oz) spinach, finely chopped

Beat the egg whites in a separate large bowl until stiff then fold into the spinach mixture.

Pour into tray and bake in the centre of the oven for 10-12 minutes until firm to touch.

Remove from the tray and place on a flat surface, keeping it on the paper.

Roll immediately like a swiss roll (still on the paper) and leave it to cool on a wire rack.

This can be frozen once cool – before it is filled. ❄️

To serve, unroll (it will probably crack but this doesn't matter) and carefully remove the paper.

Spread mayonnaise over the roulade and then roll up again. You could add herbs and/or garlic to the mayonnaise.

Variations

- Spread shredded lettuce, cucumber, tomato or other salad ingredients of your choice over the mayonnaise before rolling it up (grated carrot is a tasty and colourful addition).
- Use cream cheese instead of mayonnaise.

R I C H I N I R O N , F I B R E , V I T A M I N A

SPINACH AND TOMATOES

- 2 medium onions, chopped
- 500g (1lb) chopped fresh tomatoes
- 1 dsp vegetable oil
- 1 tsp ground coriander (optional)
- 200-300g (8-10oz) spinach, washed and finely chopped
- Salt and pepper

Gently fry onions in oil for about 5 minutes in a large frying pan, stirring occasionally.

Add tomatoes, stir and cook for 5 minutes.

Add coriander and spinach. Cook slowly over a low-medium heat until the spinach has wilted and the tomatoes have become a bit saucy – about 20 minutes. Stir occasionally.

Season to taste.

Serve with rice or pasta, or try it as a vegetable dish with curries or other main course dishes.

Variation

For a quicker version with a bit of bite, add a teaspoon of mustard seeds to the fried onions then add the chopped fresh tomatoes. Cook until tomatoes just begin to go soft (5 minutes) then add the chopped spinach; stir and fry for a couple of minutes, season to taste and serve. This goes well with curries.

CHEESY BURGERS ❄️

These are quick to make and everybody likes them. Serve with salad and new potatoes, or baked potatoes. Put in a bun with salad and all the trimmings for a burger with a difference. They freeze well, and are delicious cold.

Makes 10 good sized burgers

Mix together in a large bowl:

- 2 medium finely chopped onions
- 250g (8 oz) breadcrumbs
- 200g (6 oz) finely chopped spinach
- 250g (8 oz) grated cheese
- ½ tsp salt
- A good shake of pepper
- ¼ tsp ground nutmeg
- 2 eggs

*“Better than veggieburgers!”
(Luke)*

Shape into burgers and coat in flour. ❄️

Shallow fry over a low heat until both sides are crispy and the inside is well done. This takes about 10 minutes on each side.

GREEN PANCAKES

Add finely chopped raw spinach to a pancake batter. Cook one side of pancake, turn it over then sprinkle grated cheese on top to melt while the other side is cooking. This makes a quick tea or lunch. Serve with some salad or raw vegetable sticks.

Broccoli

STEAMED RAW DIPPED

This is a definite candidate for steaming. Cut into quarters lengthways, or into florets, and steam for 5-7 minutes. Don't forget the stalk – remove any woody bits and slice it like carrots. Broccoli is also good raw with dips – and the stalk has a lovely mild peppery flavour when raw so don't waste it.

Purple Sprouting Broccoli – arguably much tastier than broccoli and needs steaming for 5 minutes.

Broccoli is a bit of a super-veg; one medium stalk contains more than twice the recommended daily amount of Vitamin C. It is also high in anti-oxidants.

While broccoli is one of the most popular vegetables today, it wasn't even available in this country a century ago!

GREEN BROCCOLI



PURPLE SPROUTING BROCCOLI



PASTA WITH BROCCOLI AND CREAM CHEESE

- 300g/10oz pasta of your choice
- 1 tbsp oil
- 2 medium onions, chopped
- 1 large head broccoli, cut into florets, stalk cut into small cubes
- 2 cloves garlic, crushed or finely chopped
- 200g/8oz cream cheese
- Salt and pepper to taste
- 1 tbsp or more finely chopped parsley, chives or spring onions

Boil plenty of water in a large saucepan and cook the pasta as per the instructions.

While the water is heating fry the onions in the oil in a large saucepan until they are transparent.

Add the small pieces of broccoli and the garlic, and stir-fry until the broccoli is just tender.

Add the cream cheese and stir until it has melted and mixed in well.

Taste and season.

Sprinkle the chopped herbs or spring onions over the top and serve with the cooked pasta.

Serve with tomato salad or grilled tomatoes.

Variations

- Mix the sauce with the pasta, place in a baking dish and brown under the grill for a few minutes.
- Sprinkle some toasted chopped nuts or flaked almonds over the top.
- Add sweetcorn to the broccoli for more colour and goodness.
- Add mushrooms to the onions.

R I C H I N C A L C I U M , M A G N E S I U M & I R O N

STIR-FRIED BROCCOLI

- 1 dsp vegetable oil
- 2 cloves crushed or chopped garlic
- 2 medium onions, chopped or sliced
- 2 medium carrots, cut into fine slivers, or grated
- 1 large head broccoli, cut into small florets, stalk into fine slivers

Heat the vegetable oil in a wok or large saucepan, and fry the onions until they begin to brown.

Add the garlic and carrots. Stir and fry for 2-3 minutes if carrots are cut into slivers. If grated, add the broccoli as well.

Add the broccoli and stir and fry for about 5 minutes, until it is just tender.

Season to taste.

Serve as an accompaniment for any main meal.

Brussels sprouts

NUTTY SPROUTS

Steam 500g (1lb) Brussels sprouts for 10 minutes.

Heat 1 tbsp vegetable oil in a frying pan, with the rind and juice of 1 lemon, 2 tsps sugar and 100g chopped nuts (any kind).

Stir and cook for a minute then mix in sprouts and serve.

R I C H I N B E T A - C A R O T E N E & C A L C I U M

BROCCOLI CHEESE

Make a cheese sauce as on page 27.

Steam 2 large heads of broccoli, cut into quarters, for about 5-10 minutes until just tender.

Place the cooked broccoli in a shallow baking dish, pour the cheese sauce evenly over the top and sprinkle grated cheese over this.

Brown under a hot grill for about 10 minutes – keep an eye on it.

Variations

- Use half broccoli and half cauliflower
- Use a mixture of vegetables - root vegetables work particularly well, as do Brussels sprouts

BRUSSELS SPROUTS



Brussels sprouts are best steamed for about 10 minutes. Just take off any grotty outer leaves. You don't need to cut a cross in the base unless they are very old.

Potatoes



Mix mashed potato with: chopped onion, parsley, cheese, cooked leeks or finely chopped celery.

Nutmeg is a great spice with potato and puréed vegetables.

QUICK CRISPY 'TATOES

These can be used in place of chips, but they are much easier and use less fat - and they taste wonderful.

Wash potatoes – don't peel them unless they are too blemished. Allow roughly 2 medium sized potatoes per person.

Cut them into 1cm (1/2 inch) cubes/chunks.

Put them into a roasting tin or similar with 1/2 tablespoon vegetable oil.

Sprinkle with salt, mix with your hands until well coated and bake in the oven (180°C/Gas 4) for about 3/4-1 hour, depending on how crispy you want them.

For extra flavour add sliced onions, garlic, dried or fresh herbs – thyme is good.

Variation

Cut the potatoes lengthways into wedge shapes, toss them in oil then coat them in a mixture of flour, paprika and salt. They will need slightly more oil – about 1 tbsp – and will take a little longer.

M A S H E D F R I E D

POTATO CAKES

Grate some potatoes into a large bowl and mix with 1/2 tsp salt.

Form into little cakes and shallow fry slowly, until crispy - about 10 minutes on each side.

Variations - try adding:

Chopped onion, parsley, grated carrot, chopped spinach, grated courgette, finely chopped left-over vegetables, grated cheese. If you add a few extras, mix in an egg to help keep it all together.

POTATO SALAD *Serve warm or cold*

Cut some potatoes into even-sized chunks and boil until just tender.

Drain and add a dollop of mayonnaise and mix well, taking care not to break up the potatoes too much.

Add salt and pepper to taste.

Variations

- Add yogurt or vinegar to the mayonnaise.
- Add finely chopped onions or spring onions.
- Add chopped parsley.
- Use a different dressing (see page 30).

POTATOES



H I G H I N V I T A M I N C A N D B C O M P L E X R

BAKED

CHEESE & POTATO PIE

This isn't really a pie, more a bake – there's no pastry involved. Serve it with a crisp green vegetable or salad.

Mix together:

- Lots of mashed potato
- 2 or more finely chopped onions
- 300g (9-10oz) mature cheddar
- 20-40g (1-2 oz) butter (optional)
- Salt and pepper to taste

Put it all in a shallow baking dish, grate cheese on top and bake in a medium oven (180°C/Gas 4) for 45-60 minutes, or until lovely and crispy.

BAKED POTATO

Scrub then pierce with a knife.

Bake in a hot oven (190°-200°C/ Gas 5 or 6) for 1-1½ hours until soft when pierced with a knife.

Serve with a filling of your choice or with salads or casseroles.

STEAMING PARSNIPS

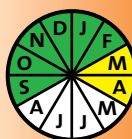
Cut lengthways into quarters, remove the hard centre part, then cut lengthwise again. Steam them for about 10 minutes, or a bit longer if you want to mash them and serve with butter.

ROASTING PARSNIPS

Toss in oil, salt and pepper and roast for about 30 minutes.

Once I forgot about them so they came out like crisps; the children ate them cold and thought they were delicious!

PARSNIPS



Parsnips

PARSNIP SAUSAGES ❄️

Mash together:

- 500g/1lb steamed parsnips (soft)
- Knob of butter

Add:

- Pinch salt
- Pinch ground nutmeg
- ½ beaten egg

Shape into little sausages, dip in the remaining egg and coat with flour. ❄️

Shallow or deep fry to accompany a roast or other cooked meal.

ROOT VEGETABLE CRISPS

'Shave' beetroot, parsnips, carrots, potatoes, swede or Jerusalem artichokes with a peeler and toss them briefly in a little oil and salt, lay them on a baking tray in a single layer and cook in a hot oven (180°C/Gas 4) for 10-20 minutes. Some will cook quicker than others, so keep an eye on them and turn them over half way through, if necessary, to avoid burning.

Cauliflower

Cut into portion-sized segments then steam this for about 10 minutes. You don't want it soggy; it needs a bit of bite.

CAULIFLOWER



Cauliflower tastes good raw - try it with dips (see page 32)

CURRIED CAULIFLOWER

Cut it into florets and mix with a bit of oil, a teaspoon or so of curry powder and a generous pinch of salt, put it in a pan and roast for about 30 minutes.

CAULIFLOWER CHEESE

Steam cauliflower for 5-10 minutes until just tender. **Make cheese sauce** (see page 27). Place cauliflower in a dish and cover well with sauce. **Sprinkle** with cheese and brown under the grill.

Celeriac

Peel, cut into chunks and boil or steam for 20-30 minutes until tender then mash and add butter or margarine, grated nutmeg and salt and pepper.

CHEESY ROAST

Steam chunks or chips for 10-15 minutes, toss in oil then coat with flour mixed with salt, pepper, grated cheese and paprika. Roast for about 45 mins (180°C/Gas 4).

PHOSPHORUS, POTASSIUM

CELERIAC



Leeks

Clean leeks under running water to remove all the grit. Slit lengthways into the first 3 or 4 layers to make them easier to clean. Slice them, then steam for 5-10 minutes or stir-fry in butter.

Serve leeks with cheese sauce – or you can bake part-steamed leeks in sauce for 45 minutes until crispy on top or brown under the grill.

Chinese medicine considers leeks good for the liver.

STEAM
ROAST
EAT IT RAW

RAW
FRIED
STIR-FRIED
STEAMED

CHIC
MULTI
& CACTA

LEEKS



& Onions

LEEK & POTATO RISSOLES ❄️

Serve these with a nice fresh green salad for a light meal, or with meat or fish and vegetables. You could also serve them with a fry-up. They freeze well (uncooked).

In a large bowl, mix together:

- About 500g (1lb) mashed potatoes
- 2 leeks, cleaned and very finely chopped
- 1 onion, finely chopped
- 200g (8oz) grated cheese – mature cheddar
- Grated nutmeg (about ¼ tsp)
- 1 egg or egg white
- Salt and pepper to taste
- Flour or breadcrumbs for coating

Shape the mixture into rissoles – any size.

Coat them in breadcrumbs or flour. ❄️

Shallow fry over a medium heat until crispy on both sides – about 10 minutes on each side.

Variations

- Add any of these: grated carrot, sliced celery, finely chopped spinach, cabbage, mashed root vegetables.
- Fry the leeks and onions in a little oil or butter to soften them up first.
- Make without cheese as an alternative potato dish.

BAKED CHEESE AND ONION OMELETTE

Cooking omelette for more than 2 people can be a logistical nightmare! Try this version for a cross between an omelette and a quiche.

Heat the oven to 180C°/Gas 4

In a large bowl, mix together:

- 2 large onions, chopped or sliced
- 8 eggs
- 500g/1lb grated mature cheddar – save a bit for sprinkling on top
- ½ tsp dried thyme
- ½ teaspoon salt
- Pepper to taste
- ½ tsp grated nutmeg

Oil a flan or similar sized baking dish (not a loose-bottomed one) and pour the mixture in. Sprinkle cheese over the top and bake for about 40 minutes until just set. Check that it's not wobbly, but don't over-cook it.

Serve with salad and 'Crispy Tatoes' (p14).

Variations

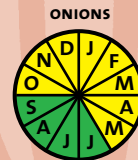
- Add finely sliced leeks, finely chopped spinach, chopped parsley, grated carrot, tinned sweetcorn or frozen peas.
- Add chopped ham, bacon or cooked chicken.
- Add mince or frozen vegemince - fry in a little oil until it is crispy first.
- Add drained tinned kidney beans and a pinch of chilli.
- Put sliced or quartered tomatoes on the top.

We all know that onions make you cry.

Sometimes keeping the onions in the fridge if you've got room can help. Otherwise just grin and bear it!

Onions were fed to the builders of the great pyramids.

If your hands are smelly after cutting onions or garlic rub moistened salt into your hands then rinse with warm water and soap.



Carrots

G R A T E D S T E A M E D

Remove leafy tops as soon as you buy/pick them to preserve their goodness.

Raw isn't always best. Cooking carrots breaks down the cell walls and makes the beta-carotene easier to absorb.

Grate carrots into just about anything – tomato sauce, shepherd's pie, sandwiches, soups, salads.

Roast whole baby carrots with a sprinkling of vegetable oil, salt and pepper, for 1 hour.

Cumin and carrots is a great combination.

Peel and remove the top 1cm (1/2 inch) unless they are organic, cut into slices or sticks, then steam them for 10-15 minutes, depending on how soft you like them. Or eat them raw.

SAVOURY FLAPJACK ❄️

- 200g (7oz) porridge oats
- 200g (7oz) finely grated carrot
- 200g (7oz) grated courgette
- 2 small onions, finely chopped
- 200g (7oz) grated cheese
- 2 eggs, beaten
- 1 tsp dried thyme or sage
- 1/2 tsp salt
- 1/2 tsp pepper

Heat oven to 190°C/Gas 5.

Grease a baking tray (Swiss roll tin size).

Mix all the ingredients in a large bowl then press into the tray. Bake 25-30 minutes, until set and lightly browned.

Cut into slices and eat warm with a parsley or cheese sauce (see page 27) or cold as part of a salad meal, lunchbox or snack. ❄️

Variation

Try using chopped spinach, parsley, or other grated root vegetables.

SHEPHERD'S PIE PLUS ❄️

This can be made with minced lamb or beef, or Puy lentils for a vegetarian version – they are less floury than other lentils and hold their shape better, giving more texture and a nutty taste. Compared to meat they are still cheap and are surprisingly tasty.

- 1.5kg (3lb) potatoes
- Butter or margarine
- 200g (8 oz) Puy lentils OR minced lamb or beef
- 2 or 3 onions, chopped
- 1 tbs vegetable oil
- 2 or 3 grated carrots
- 2 leeks, finely sliced
- 1 tin tomatoes
- 2 stock cubes or 2 teaspoons stock powder
- Pepper to taste

Boil puy lentils in plenty of water for about 1/2 hour until they are soft then drain.

Scrub and cut up the potatoes (you don't need to peel them) and boil until soft enough to mash (20-25 minutes).

Meanwhile fry the onions in the oil in a large saucepan until they begin to go soft.

CARROTS



Add carrots and leeks. Stir and fry for a couple of minutes.

Add the meat and cook until it is brown and separated or **add the lentils** and go to the next step.

Add tomatoes, mash them up and add a little water if necessary.

Add stock cubes or powder and stir well.

Put the meat or lentil mixture into a dish large and deep enough to accommodate it with potato on top.

Mash the potato with butter or margarine and season to taste then spread it over the top of the meat or lentil mixture. ❄️

Bake in a medium oven (180°C/Gas 4) for ¾ -1 hour until the top is nicely browned.

Serve with stir-fried or steamed cabbage or another green vegetable.

Variations

- Boil swede, turnips or parsnips with the potato and mash it all together (swede takes longer to cook so cut it up very small).
- Add any of these to the mixture at the onion stage: celery, spinach, mushrooms, peppers – anything else you can chop small and mix in.

CRISPY CARROTS

- 500g (1 lb) grated carrots
- ½ tsp dried thyme or sage, or 1 tbsp chopped fresh parsley (optional)
- Salt and pepper to taste
- 50g/2oz butter or marger, melted

Mix everything together, put in a shallow heatproof dish under the grill (medium heat). Cook until crust forms – 8-10 minutes – and serve with the main meal.

This can be cooked more slowly in the oven.

*“Both versions of the Shepherd’s Pie are very popular. Everyone has seconds and it always all goes!”
(Sarah)*

CARROT AND ORANGE JELLY

Make an orange jelly and add finely grated carrot and orange zest for a bit of fun!

Beans

BROAD BEANS

Many of our bean varieties today originated from those grown by American Indians.

A simple way to eat any beans:

Wash, slice and steam them for about 5 minutes, toss in a little olive oil and a crushed clove of garlic and serve.

I didn't know what to do with broad beans the first time I got them in my vegbox, and it's taken me three years to begin to get the hang of them!

Take the beans out of their pods and steam them for about 5 minutes until tender, then once they've cooled a bit, peel off the skin. Put them in a salad, with lots of dressing. (see page 30)

Variation

Add crispy bacon and crisp lettuce.

Very young, small broad beans can be steamed and eaten whole, in their pods.

GREEN BEANS

Children will probably eat whole beans raw, and they are good with dips if they're nice and fresh.

RUNNER BEANS

May need stringing – there's nothing worse than stringy beans to put you off them for life – so it's worth taking the time. You can steam them whole, slice them diagonally or in 2 or 3 cm lengths. They only take 5-10 minutes.

MIXED VEGETABLES WITH BROAD BEANS

Serve with pasta or rice

- 2 medium chopped onions
- 1 tbsp vegetable oil
- 2 handfuls of broad beans in their shells
- 500g (1lb) chopped fresh tomatoes
- 1 pepper, any colour, cut into short strips
- 3 medium carrots cut into fine sticks or slivers
- 250g (8oz) chopped spinach
- 2 or 3 tablespoons tomato purée
- salt and pepper

Gently fry onions with the oil in a large saucepan or deep frying pan.

Stir in beans, tomatoes, pepper, carrots and spinach and cook over a low heat for about 20 minutes, stirring occasionally. The longer and slower this cooks, the better it tastes. Stick a knife in the broad beans to make sure they are cooked – it should come out easily.

Add tomato puree and cook for a bit longer, stirring occasionally.

Season to taste.

Sprinkle grated cheese over the top for the children.

Variation

- Try other combinations of vegetables.
- Add some ground coriander and chilli (powder or fresh) to the onions just before you add the other ingredients to make a spicier dish.

GREEN BEANS



BROAD BEANS



BROAD BEAN PATÉ

This is delicious and simple. Have it with toast or dip carrot sticks and other vegetables into it. You could also use it in sandwiches or pitta bread.

Shell 1.5kg (3lb) broad beans.

Steam for about 10 minutes until tender then peel them.

Blend the cooked beans with 1 dessert-spoon of vegetable or olive oil, the juice of half a lemon, a crushed garlic clove and a pinch of salt.

Taste and add more salt and lemon if necessary.

Variations

- Try adding a little Greek yogurt and mint instead of lemon juice and garlic.
- Make it spicy by adding a bit of chilli – fresh, powder or Tabasco sauce.

A fun way to eat green beans:

Steam them for a couple of minutes, run under the cold tap and drain well. When they are dry, freeze them on a tray then pop them in a bag.

Give them to the children straight from the freezer – it's a real treat.

PEAS

Fresh peas have a short season and are delicious lightly steamed for a couple of minutes, or eaten raw. You can also put them in salads.

MANGE TOUT

Good raw or lightly steamed or stir-fried.



Peas

PEAS HIDING

Cook some pasta tubes in plenty of boiling water.

Fry a couple of chopped onions in a little vegetable oil until tender, add fresh or frozen peas and stir and cook for a couple of minutes.

Mix with drained, cooked pasta tubes - some of the peas will 'hide' in the tubes!

Sprinkle grated cheese over the top or mix in a spoonful or so of cream cheese to make it more saucy.

FAIRYTALE PEAS

Take a pea and place it under your mattress.

If you sleep soundly - you're not a princess, I'm afraid.

If you are a princess, eat the pea with lots of champagne and caviar.

Vegetable mixtures

Cut up carrots, celery, cucumber into sticks and put them in a bowl for everyone to dip into while you're getting the meal ready, or for after school.

Put a dip on the table (see page 32) with lots of sticks of raw vegetables.

Try adding some extra vegetables before baking pizza – tomatoes, onions, peppers, spinach, mushrooms – and serve it with a salad.

VEGETABLE FRITTERS

You can serve any vegetables this way – try onions, carrots, spinach, squash, courgettes, sliced finely and dipped in this spicy batter. Serve them with spicy chutney or a yogurt and mint dip – they make a fun lunch or teatime treat and taste so good they might not make it to the table!

Mix together:

- 250g (½ lb) chick pea flour
- 1-2 tps curry powder or 1 tsp each cumin & coriander, ½ tsp turmeric and 1 large pinch chilli powder
- ½ tsp salt
- ½ tsp baking powder
- 1 dsp vegetable oil

Add water gradually until it is the consistency of very thick cream. You will need about 400-500ml (¾ pint).

Dip the finely sliced vegetables into the batter and shallow fry them over a medium to high heat until brown and crispy.

Drain on kitchen paper.

Variations

- Disguise the vegetables by mixing grated carrot, chopped spinach, onion and anything else you want to use with the batter and fry in dollops to make little spicy cakes. These are also good cold for lunchboxes and picnics.
- Use a fairly thick pancake batter (see page 27) with or without the spices - just add salt.

RATATOUILLE

This easy method means all you have to do is chop and mix the vegetables and bake in the oven. Whether it's true ratatouille I don't know, but it tastes good anyway!

In a large bowl, mix together the following, chopped into similar sized pieces:

- 2 or 3 courgettes
- 6 large fresh or 1 tin of tomatoes
- 1 aubergine
- 2 peppers, different colours
- 2 medium onions

Add:

- 2 cloves garlic, crushed
- 1 tablespoon of olive or vegetable oil
- A generous sprinkling of salt and pepper
- 1 teaspoon dried thyme or a couple of sprigs of fresh thyme and rosemary

Mix well and put it all in a casserole dish, cover with a lid or tin foil and bake in a medium oven (160°C/Gas 3) for 1 ½ hours.

After one hour add a bit of water if it's too dry. The longer and slower it cooks the better.

RAINBOW RICE

This is a colourful and tasty way of serving a mixture of vegetables. Serve it with fish or meat or sprinkle some roasted nuts on top. Pick and choose from this list of veg – you don't have to use them all

- Rice – 1 mug for 3 people
- 2 stock cubes or 2 tsp stock powder
- 1 tbsp oil
- 2 medium onions, chopped
- ½ tsp dried thyme
- 2 diced carrots
- 1 diced pepper
- 2 thinly sliced leeks
- 2 sticks chopped celery
- 1 head broccoli, cut into small pieces
- Salt and pepper

Cook the rice – put it into a medium saucepan then add 1 ¾ mugs of water per mug of rice. Add stock cubes. Bring to the boil then reduce the heat to very low, put the lid on or cover tightly with foil and leave it to cook for 10-15 minutes. It will absorb all the water and be ready for the next stage. Turn the heat off and leave it until you need it.

Meanwhile cook the vegetables – heat the oil and gently fry the onions in a large pan or wok.

Add thyme and carrots. Stir, cover and cook for 5 minutes.

Add the remaining vegetables, stir then cook, covered, for a further 10 minutes.

Add the cooked rice and mix it all together. Taste to see if it needs a bit of salt and pepper and serve!

Variations

- Add cubes of cheese or tuna fish at the end.
- Mix ½ tsp turmeric or curry powder with the onions.
- Add chopped parsley.
- Add cabbage, spinach or other greens, finely shredded with the other vegetables.
- Add a tin of cooked chick peas or other beans.

For a quicker version:

Use onions, diced carrots, frozen peas and sweetcorn for a quick and colourful mixture. Add some chopped parsley for extra vitamins and colour.

BUBBLE & SQUEAK

Fry a couple of onions in a frying pan.

Add leftover mashed potato and stir.

Add any other leftover veg.

Heat it through well, letting some of it go crispy on both sides, though it doesn't have to stick together.

Add some diced cheese (optional).

Serve for lunch or tea with tomatoes.

SNEAKY VEG

Purée well cooked root veg and add to mashed potato – small amounts at first and increase if you get away with it! Add butter, salt, pepper and nutmeg and/or yogurt, cream or milk.

Chop leftovers finely and put in the fridge to use in tomorrow's meal. This might be shepherd's pie, soup, pasta sauce, omelette.

Soups

Homemade soup is easy and quick to make and of course tastes much better than bought soup! All soups can be frozen. ❄️

Quick Soup for One Person
– takes about 5 minutes.

Fry a chopped onion in some vegetable oil, add chopped leftover vegetables and stir them until heated through. Meanwhile boil water in the kettle, add about a cupful, plus a stock cube or ½ teaspoon stock powder (to taste). Liquidise it or eat it as it is.

Soup has to be one of the easiest ways of using vegetables, and if you liquidise it you can 'hide' some which your family might not normally eat.

You can turn just about any vegetables into soup using this basic idea:

Fry onions in oil or butter until translucent.

Add chopped vegetables of your choice, and herbs, curry powder or spices.

Stir and cook for 5 minutes.

Add water, bring to the boil and cook for around 20 minutes until vegetables are tender.

Liquidise, add seasoning to taste and serve

Variations

Make it more substantial by adding some cooked meat, cooked lentils or tinned beans 5 minutes before the end. If using meat cut it into small pieces and make sure it is piping hot all the way through.

Try these combinations:

Carrot – add orange juice and zest or curry spices for extra flavour. **Parsnips** with apple, butter, onions and herbs, or curry flavouring.

Celery with onions and potato, plus herbs – dill seeds work well. **Leek** and **Potato**.

Put these on the table in little bowls to sprinkle over soup:

- Grated cheese
- Chopped parsley or spring onions
- Fried bread or toast, cut into squares
- Toasted seeds or nuts
- Natural yogurt
- Crispy onions

COURGETTE SOUP

Heat 1 tbsp vegetable oil in a large saucepan.

Add:

- 3 large onions, roughly chopped
- 1kg (2lb) courgettes, washed and cut into chunks
- 3 or 4 cloves of garlic

Stir and cook until heated through, put the lid on, turn the heat to medium and cook for about 15 minutes, until all the courgettes are soft and mushy.

Add 1 teaspoon stock powder or 1 stock cube dissolved in a little boiling water.

Liquidise the mixture, adding a little boiling water if it is too thick.

Add salt and pepper to taste, and serve while it is still a pretty green colour.

QUICK TOMATO SOUP

- 2-3 medium onions, chopped
- 1 tsp dried basil or thyme
- 2 tins tomatoes
- Salt, pepper and sugar
- Fresh chopped parsley (optional)

Fry onions in some vegetable oil until translucent.

Add herbs, stir and add tomatoes.

Liquidise, return to the pan and heat through. Add some water if necessary.

FRESH TOMATO SOUP

Fry the onions as with Quick Tomato Soup, then add 1kg (2lb) whole large tomatoes, put the lid on or cover with foil. Turn the heat to medium and let it steam for 5 to 10 minutes until the skins have burst and look loose.

Take the tomatoes out, sit them in a colander over the saucepan to catch the juices and peel them.

Return the peeled tomatoes to the pan, add 250ml (½ pint) water and continue as with Quick Tomato Soup, making sure the tomatoes are well cooked before liquidising.

Tip: *If you have lots of small tomatoes put them in a pan with a tablespoon of water. Put the lid on and cook gently until very soft, then press them through a colander to remove the skins.*

Season to taste. A pinch of sugar will set off the flavours beautifully.

Add parsley just before serving.

Variation

Add some or all of the following to the onions, put the lid on and turn the heat to medium for about five minutes to let them cook through before adding the tomatoes:

- Finely chopped celery
- 2 or 3 grated carrots (these give the soup a really intense 'Heinz' colour!)
- Finely chopped red pepper

BROCCOLI SOUP

This was a surprise! I needed to use up a lot of broccoli so I tried making soup to freeze.

Gently fry 3 medium chopped onions in oil or butter.

Add 500g (1lb) washed chopped broccoli, including stalks.

Stir and fry for a few minutes. Put the lid on and cook for 5 minutes.

Add 500ml (1 pint) boiling water and a stock cube. Cook for about 10 minutes until tender.

Liquidise and season to taste.

Soups

PUMPKIN OR SQUASH SOUP

Pumpkin and Squash make lovely soups, especially with the addition of curry powder or spices like cumin, coriander, turmeric and chilli. This is especially nice with yogurt.

A really tasty pumpkin soup can be made when it has been roasted with onions, garlic and herbs for about an hour. Blend with water and season to taste.

FRUITY SOUP

Chop equal quantities of whole tomatoes, apples and celery (including skins and cores) and cook gently in a pan with butter until tender. Add stock or water and stock cubes, blend then sieve to remove bits. Season to taste.

MIXED VEGETABLE SOUP

This is a lovely fresh looking soup with its colourful combination of vegetables – use some orange, white and green vegetables to make it look attractive. Sprinkling chopped parsley over it at the end makes it look even better.

FOR A LUXURIOUS TOUCH!

Fry a couple of chopped onions in vegetable oil in a large saucepan.

Add:

- 2 or 3 diced carrots
- 2 medium diced potatoes
- 3 sticks chopped celery
- Diced medium swede, turnip or parsnip

Stir and cook for about 5 minutes.

Pour in 1 litre (2 pints) boiling water and stir.

Cook over medium heat for 10-15 minutes until the vegetables are tender.

Add 2 stock cubes or 2 tsps stock powder, taste and season if necessary.

Add any of these:

- Finely shredded spinach
- Finely shredded green cabbage
- Chopped parsley
- Finely chopped spring onions
- Peas
- Green beans

Cook for 5 minutes more and serve.

Because this looks so lovely, it's nice to serve it as it is, though you can liquidise it if your family prefers smooth soups.

Tip – if it is a brownish colour when liquidised, sprinkle some chopped parsley or other herbs over the top – makes all the difference!

If there's any left over it freezes best liquidised.

Sauces

TOMATO SAUCE

Use for pasta, a topping for pizzas or serve with sausages, rissoles, omelettes and so on. Blend to make it smooth and disguise any added vegetables if necessary.

Gently fry 2 or 3 chopped onions for about 10 minutes in 1 tbsp vegetable oil.

Add a tin of tomatoes. Mash them up and let it cook for a further 10 minutes, stirring occasionally.

Add a pinch of sugar and salt and pepper to taste.

It is fine after 10-15 minutes, but the longer and slower this cooks, the better it tastes.

Variations

Add any of these at the onion stage:

- Grated carrot
- Finely chopped leeks
- Finely chopped peppers
- Finely chopped spinach

CHEESE SAUCE

Heat 1 tbsp vegetable oil, butter or margarine in a saucepan.

Add 1 or 2 finely chopped onions

Fry gently until the onions begin to look clear, then add 1 tsp English mustard, or mustard powder (this brings out the cheesy flavour).

Add 3 dsps plain flour and stir.

Gradually add 500 ml (1 pint) milk, stirring all the time.

Heat and stir until it reaches boiling point – by this time the sauce will have thickened.

Add more milk if you want a thinner sauce and bring back to boiling point.

Turn off the heat and add 250g (8 oz) grated mature cheddar cheese.

Stir until it has melted and season to taste.

Variations

- Leave out the cheese, use more onion and add lots of chopped parsley
- Add finely chopped leeks with the onions (blend if you want to hide them)
- Add a bit of paprika and/or nutmeg
- Add some herbs – fresh or dried (oregano, parsley, thyme, sage are all good)

Salads

PEPPERS

are high in beta-carotene and vitamin C.

RADISHES

are good for the digestion and make a tasty appetiser.

TOMATOES

have a good amount of vitamin C, beta-carotene, folic acid and some B vitamins.

Tomatoes taste better at room temperature, and keep for quite a while like this.

The original wild tomato can still be found in the Andes of Peru.

CELERIAC

can be grated and eaten with a lemony or mayonnaise-based dressing.

PARSLEY

Children enjoy munching on a sprig of parsley and it contains iron & vitamin C.

Here are some ideas for salads – just let your imagination and your tastebuds run away with you. Serve with a tasty dressing (see page 31) in a large, attractive bowl to accompany any meal.

BASIC GREEN SALAD

Use lettuce, baby spinach leaves, other salad leaves, cucumber – whatever you like. Try adding young (washed) dandelion leaves, nasturtium leaves, seeds and flowers and other herbs or edible flowers to brighten it up.

For a mixed salad add:

Grated or sliced carrot, tomato, celery, finely sliced onions, spring onions or anything else you can think of.

GRATED CARROTS WITH:

- A handful of raisins and a splash of lemon juice.
- Lemon juice and salt. Try adding a dessertspoonful of mustard seeds or sesame seeds for added flavour and interest.
- Finely grated beetroot and the juice of half a lemon for a colourful side dish.

CABBAGE SALAD

Mix some dressing in a salad bowl and add:

- Half a medium shredded cabbage (any kind)
- 2 grated carrots
- A bunch of chopped spring onions or small red onion, finely chopped or thinly sliced
- 50g (2oz) raisins

Mix together well.

Just before serving mix in:

- 100g (4 oz) chopped roasted nuts (optional)

Note: If you find raw cabbage difficult to digest, try steaming for 2 minutes just before mixing with the salad dressing.

TOMATO SALAD

Slice or cut tomatoes into segments, add a generous pinch of sugar and a pinch of salt, toss and leave for a few minutes.

Variations

- Sprinkle chopped fresh herbs (basil or thyme are good) or a pinch of dried herbs over the top.
- Add finely sliced red, white or spring onions.
- Add cubes of feta cheese and olives.

SALAD BAR

Put out ingredients in separate dishes so everyone can make their own salad -
lettuce, cabbage, carrot, cucumber, tomatoes, celery, radishes,
sweetcorn, onion, beetroot, plus sprinkles and dressings.

SPINACH SALAD

Put washed baby spinach leaves in a bowl with some dressing. Leave it to absorb the dressing for ½ hour or so.

Add any of these:

- Bits of crispy fried bacon
- Tiny cubes of cheese (blue cheese is good)
- Toasted nuts (walnuts go very well)
- Finely sliced onion
- Dry-fried Halloumi cheese

Try it with fresh crunchy bread

RICE OR PASTA SALAD

Also a good lunchbox idea.

Cook some pasta or rice (or use leftover), and mix with salad dressing while still warm. Add a spoonful of tomato puree or ketchup (optional).

Let it cool, then add any of these, grated or finely chopped: cucumber, carrot, celery, shredded cabbage, parsley, onion, tomato and herbs. Season and add more dressing to taste.

Extras:

Add tuna fish, tinned beans, cubes of cheese or hard-boiled egg.

Broccoli, Green beans and Cauliflower - can also be made into salads.

Steam for a couple of minutes then mix in dressing immediately – the warmth will encourage the vegetables to soak up the flavours of the dressing and make it taste delicious.

COLESLAW

Homemade coleslaw is simple and tasty. Here is a basic combination:

- White cabbage, finely shredded
- Grated or chopped apple – mix with lemon juice to stop it going brown
- Grated carrot
- Onion, finely chopped or grated

Choose quantities to taste and mix in a bowl with mayonnaise or one of the 'stretched mayonnaises'(page 30).

Optional additions:

- Raisins, sultanas or other dried fruit
- Celery
- Red cabbage
- Pears
- Chopped parsley
- Grated swede, turnip, parsnips, kohlrabi or celeriac
- Nuts or seeds

SWEDE OR TURNIP SALAD

Peel and grate some raw swede or turnip and mix with mayonnaise and vinegar, lemon juice or yogurt, or use salad cream, and season to taste. Sprinkle some chopped fresh parsley or finely chopped spring onions on the top to brighten it up.

LETTUCE

Try adding pears to crisp lettuces.

KOHLRABI

lovely raw - like radishes without the heat. Peel and cut into sticks or grate into salads.

It contains useful minerals and vitamin C.

BETROOT

Add mayonnaise to grated raw beetroot to make a pretty pink salad.

CUCUMBERS

Tired eyes? Put a slice over each eye and relax for 10 minutes.

Cucumber seeds can be removed by cutting it lengthwise and scraping the seeds out with a spoon.

Dressings

MAYONNAISE is quite expensive, and is also thick and heavy, so here are some ways to make it go further and give it a lighter taste.

Mix with one of these:

- Natural yogurt
- Cider or wine vinegar
- Vegetable oil and a bit of vinegar
- Lemon juice
- Tahini
- Blue cheese

For extra flavour add:

- Crushed garlic and chopped parsley
- Chives, spring onions or garlic
- Chopped herbs

HONEY & VINEGAR DRESSING

For a low fat dressing, put 2 tbsps cider vinegar and 1 tbsp runny honey into a screw top jar and shake well. For extra taste add 1 tsp Dijon mustard.

SPINACH PESTO

- 70g young spinach leaves, roughly chopped
- 5 tbsps sunflower or olive oil
- 2-3 cloves garlic, crushed
- 1 tsp dried or 1 tbsp fresh chopped basil
- 4-5 tbsps coarsely ground nuts – almonds, hazelnuts, cashews or walnuts

Put the spinach leaves, oil, garlic and basil into a blender and chop finely.

Add the nuts and whizz briefly to mix - more if you want a smoother paste.

Serve mixed with pasta.

Variations

- Add 3 tbsps finely grated parmesan or other cheese.
- Try adding chilli

OIL & VINEGAR DRESSING

- 2 tbsp vegetable oil
- 2 tbsp cider or wine vinegar
- 1 tsp honey or sugar

Put all this in a jar or bottle, screw the lid on tightly and give it a good shake until everything's blended.

Add more honey, oil or vinegar to taste.

This is a good basic dressing which makes any kind of salad even more delicious.

Try adding:

- A crushed clove of garlic
- A pinch of dried or fresh herbs
- A teaspoon of mustard – Dijon or wholegrain
- Chilli
- Lemon juice instead of vinegar

TAHINI DRESSING

This goes really well with carrot and cabbage salads.

- 1 tbsp tahini
- Juice of half a lemon
- 1 crushed garlic clove
- Salt to taste
- ½ tsp honey or sugar (optional)
- about 1 tbsp water

Mix everything together in a small bowl or jar – it goes lumpy at first but very soon becomes smooth.

Sprinkles

CROUTONS

There are several ways of making croutons:

Brush slices of bread with oil, lightly sprinkle with salt, bake in the oven (180°C/Gas 4) for 10-20 minutes or toast under the grill. Cut into squares.

- **Shallow fry** slices of bread then cut into little squares.
- **Crush garlic** into the oil before spreading it on the bread.
- **Use toast** for a fat-free version.

GOMASIO

Mix together

- 2 tbsps roasted sesame seeds – dry-fry them until they begin to hop about – have a lid ready to stop them escaping!
- ½ tsp salt

Grind in a pestle and mortar or a coffee grinder to make it a bit smoother.

This can be used as a dry dip or sprinkled on your food – it's lovely on baked potatoes with butter, with grated carrot or sprinkled on any salad or vegetable at the table.

It stores well in a jar with a screw top lid.

DRY ROASTED SEEDS

Sprinkle over salads and vegetable dishes; they are lovely with baked potatoes.

Heat a dry frying pan, add 2 handfuls sunflower, pumpkin or sesame seeds and stir over a low heat until they all have a light brown tinge, then tip into a bowl and allow them to cool.

Pumpkin seeds take a bit longer, and sesame seeds will begin to pop, so have a lid ready to stop them escaping all over the kitchen and shake rather than stir them.

Try dry-roasting chopped nuts, too – hazelnuts, walnuts and almonds take on a delicious flavour and can be sprinkled or incorporated into other dishes.

Variation

Salty Seeds – once the seeds have turned brown, pour a splash (about ½ dsp) of soy sauce onto them and stir quickly. It will steam a bit and the heat will dry out the soy sauce, leaving a tasty coating on the seeds. This works best with sunflower seeds and makes a delicious snack.

CRISPY ONIONS

Fry sliced onions gently until they turn very dark brown and crispy. Sprinkle them on anything. Once cool they keep for a while in a screw-top jar.

SIMPLE SPRINKLES

Parsley, finely chopped, adds a sparkle of colour to salads, cooked veg, potatoes, soup – anything in fact.

Finely chopped spring onions, added to soups and sauces at the last minute, look pretty.

Grate cheese or cut into little cubes for salads, soups, pasta, rice, potatoes or green vegetables

Lightly toast nuts by baking them in the oven for about 10 minutes.

Chop them in a food processor or crush lightly with a rolling pin.

Sprinkle on salads, soups, rice dishes or anything else you can think of.

Dips

Cut up lots of colourful vegetables to dip.

Cut firm lettuce, eg. 'little gem' into segments lengthways and use with dips.

SIMPLE DIPS

Mix equal quantities of ketchup and mayonnaise for a fun pink dip.

Ketchup and brown sauce!

Tomato puree, lemon juice and garlic with a pinch of chilli (optional).

Mayonnaise with garlic and herbs.

YOGURT, CUCUMBER & MINT

Use to accompany spicy dishes and curries.

- ½ large pot natural yogurt
- ¼ cucumber, grated
- Fresh mint, finely chopped, or 1 tsp concentrated mint sauce

Grate the cucumber into a bowl and mix well with the yogurt and mint.

CREAM CHEESE DIPS

Mix any of these with cream cheese or sour cream:

- Parsley or other herbs
- Spring onions
- Garlic
- Chives
- Onions
- Chilli and paprika
- Curry powder

Add salt and pepper to taste.

HOUMOUS

Homemade is much, much cheaper than bought houmous and you can adjust the quantities to suit your taste.

You will need a liquidiser, food processor or hand-held blender.

Blend together until smooth:

- 1 tin chick peas, drained
- Juice of ½-1 lemon
- 1 garlic clove, crushed
- 2 tbsps sunflower oil
- 1-2 dsp tahini (sesame seed paste)
- Salt to taste
- 1 handful chopped fresh parsley (optional)

If it is too thick add a little more oil or lemon juice to taste.

Taste and adjust the seasoning.

Use as a dip or in sandwiches – great in pitta bread or wraps with a bit of salad.

CHILLI DIPPING SAUCE

Mix together:

- 2 tbsps vinegar
- 2 tbsps clear honey
- 1 fresh chilli, finely chopped or ½ tsp chilli powder
- 1 clove garlic, crushed
- 2 tps soy sauce

YOGURT AND TAHINI

- 2 tbsp tahini (sesame seed paste)
- 2 tbsp plain yogurt
- 1 clove of garlic, crushed
- Juice of a lemon
- Salt and pepper

Mix everything together well, add salt and pepper to taste and serve.

AVOCADO DIP

- 1 ripe avocado
- 1 small onion, grated
- pinch of chilli powder
- ½ tbsp vegetable oil
- Juice of ½-1 lemon or lime
- Salt and pepper to taste

Cut open the avocado, remove the stone and the peel.

Mash the avocado with a fork, then add the onion, chilli, olive oil and juice and a little salt and pepper.

Mix well until it becomes smooth and creamy.

SPICY PEANUT DIP

Put everything in a blender and blend until smooth. Add more water if it's too thick.

- 1 clove of garlic, crushed
- 1 tbsp grated fresh ginger
- Juice of 1 lemon
- 7 tbsps sunflower oil

- 1 tbsp soy sauce
- ½ tsp chilli powder or ½ fresh chilli, finely chopped
- 3 tbsps peanut butter
- 1 ½ tbsps water

This can be used like a satay sauce.

DRY SPICY DIP

This is a different kind of dip which children really enjoy. Serve with vegetables cut into sticks. It could be called a 'magic dip' – one mum tried it on a whole group of children who loved it so much she had to go out and get some more vegetables!

- 2 tbsp whole coriander seeds
- 1 tbsp whole cumin seeds
- 3 tbsp sesame seeds
- Salt to taste
- ¼ tsp chilli powder
- ¼ tsp black pepper

Put all the seeds into a small, heavy frying pan over a medium heat and dry-fry them, stirring gently until they have gone a bit darker and smell deliciously nutty.

Tip them onto a plate to cool slightly.

Grind in a pestle and mortar or coffee grinder until fine.

Gradually mix in salt, chilli and black pepper, taste occasionally until you get a balance you like.

Sweet things

QUICK EVERYDAY CAKE

*This is the simplest cake ever – just bung it in!
Have it plain or add some vegetables or fruit for extra taste.*

Grease a baking tray measuring about 21cm x 25cm (10ins x 8ins) and at least 4cm (1½ins deep), or you could use two standard loaf tins.

Heat the oven to 180°C/Gas 4.

Mix together:

- 150g (5oz) vegetable oil
- 100g (3½oz) plain yogurt
- 2 eggs, lightly beaten

Add:

- 175g (6oz) soft brown sugar
- 280g (10oz) plain wholemeal flour or a mixture of white and brown
- 1 tsp baking powder
- 1 tsp bicarbonate of soda

Stir well, pour into tin and bake for 30-40 minutes. It is cooked when a knife stuck into the middle comes out clean, and the cake has begun to shrink away from the sides of the tin. Cool in the tin then cut into squares. It freezes well.

Variations – Add 200g (7oz) of any of the following:

- Grated carrot or apple
- Grated courgette and 50g (2oz) cocoa to replace 50g (2oz) flour
- Grated raw beetroot and 75g (3oz) roasted chopped nuts
- Puréed beetroot plus cocoa powder to replace 50g (2oz) flour
- Puréed parsnip
- Yellow courgettes, grated plus 1½ tsp cinnamon, ginger or ground cardamom

PANCAKE BATTER

Use for savoury pancakes or, with slightly less milk, fritters. Multiply quantities as necessary.

Mix together until smooth:

- 1 egg
- 45g (1¾oz) self raising flour or plain plus a large pinch of baking powder

Gradually add:

3 or 4 tbsps milk until the mixture is about the consistency of single cream.

MARROW & GINGER JAM

This is a classic, old fashioned jam which, if you like ginger, is delicious, and it can be used with courgettes if you've got too many. This quantity will fill 4-5 jars.

- 1kg/2lb marrow, peeled, de-seeded and cut into small cubes or grated (depending on how much texture you'd like)
- 2 lemons – grated rind and juice
- 50g/2oz fresh ginger, grated
- 1kg/2lb sugar

Cook the marrow in a saucepan with a little water (about 1cm or ½ inch) and the lid on, until tender. It will take 5-10 minutes.

Drain if necessary and put into a large bowl with all the other ingredients.

Cover the bowl and leave to stand for 24 hours.

Pour into a saucepan large enough to be half-filled by the mixture, heat gently, stirring occasionally until the sugar has dissolved.

Continue cooking and stirring until the marrow is transparent and the syrup thick. It will not set stiffly.

Pour into warm jars* and screw the lids on tightly. A vacuum seal will be created and the lids will 'pop' from time to time while cooling. Put the jars onto a heat-proof surface to cool.

* Use old jam jars which have been thoroughly washed and labels removed. Keep the lids. Heat the oven to 100°C, put the jars on a baking tray with the lids separately and leave for at least ten minutes. This does the double job of sterilising them and warming them ready for the jam.



MUFFINS – BASIC MIX ❄️

Heat oven to 200°C/Gas 6. Oil a muffin tin or line with paper muffin cases.

Into a large bowl, mix:

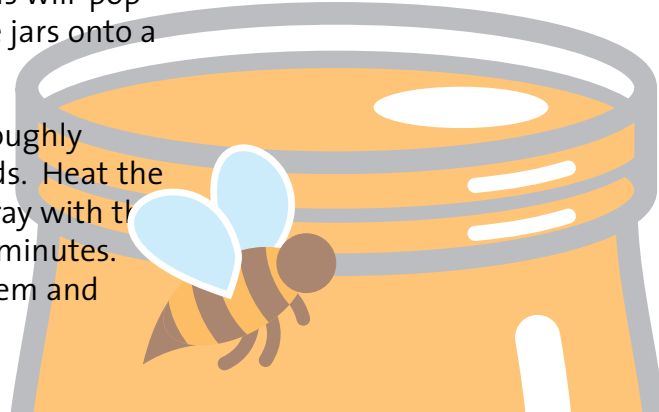
- 250g (8oz) plain flour – white, brown or a mixture of the two
- 3 tsps baking powder
- Pinch of salt (optional)
- 90g (3oz) sugar
- 90ml (4 tbsps) vegetable oil or 90g melted butter – oil is fine and much easier
- 240ml (8 fluid oz/12 tbsps) milk
- 1 egg, beaten

Spoon the mixture into muffin tin and bake for 20 minutes.

Vary it by adding 100g (4oz):

- Grated carrot (this goes well with orange zest)
- Grated courgette and 50g (2oz) chopped nuts
- Grated apple
- 50g berries – blackcurrants, blackberries, raspberries, redcurrants.

They make a good breakfast or sweet for lunchboxes.



Lunchboxes & Snacks

SUPER SANDWICHES

Try adding any of the following to the usual sandwich fillings:

Salad – lettuce, cucumber and tomato, grated carrot, sprouted seeds or beansprouts, finely shredded cabbage, grated beetroot, finely sliced celery.

Some good combinations are:

Grated cheese with:

Grated carrot, coleslaw, apple or pear, celery

Houmous with:

Grated carrot, grated raw or sliced cooked beetroot, beansprouts – try sprouting your own

Cream cheese with:

- Onion and parsley, grated carrot, cucumber, finely chopped red pepper or fruit

Tuna fish with:

Cucumber, red pepper, sweetcorn

Marmite with:

Lettuce and/or cucumber

Peanut butter with:

Finely sliced celery

For a change from sandwiches try:

- Quiche with salad or vegetable sticks plus a bread roll
- Cold pancake rolled up with a sandwich filling – try spinach pancake on page 11
- Celery sticks filled with peanut butter – bit messy but a lovely combination
- Pot of dip (see page 32) and vegetable sticks
- Flask of soup – careful with glass though
- Cold fritters, tofu burgers and spinach burgers
- Coleslaw
- Salad and a small container of dressing

When children are hungry give them vegetables or fruit before anything else – a bowl of mixed vegetable sticks on the kitchen table will disappear so quickly you won't believe it.

Meet them from school with some cut up carrots, celery, peppers, cucumber, an apple, some strawberries – anything nice and fresh and crunchy and tasty. They all need something after school and will be hungry, so this is a good time to cash in – they'll be grateful for anything!



The Food and Health Partnership brings organisations together from across the food system to work to ensure a coordinated approach to tackling food supply, access and consumption.

The Partnership also runs a range of food action projects working directly with consumers and producers to increase access to a healthy diet and support the local food system.

Telephone: 01273 403635 **Email:** info@foodandhealth.org.uk **Web:** www.foodandhealth.org.uk



Common Cause promotes community development that is co-operative, supports the local economy and is environmentally sustainable. Common Cause is currently a partner in the Food and Health Partnership, runs the Lewes Farmers' Market and is working with Plumpton Agricultural College at the Sustainable Food and Farming Centre at Netherfield, East Sussex. Common Cause Co-operative was established in 1991 in Lewes, East Sussex as a not-for-profit community organisation.

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I would like to thank all those parents who tested the recipes and the children who sampled the results. Thanks also to Alan, Hannah, Rosie and Alice, who have had to sample some very 'interesting' experiments – they're glad I've stopped making vegetable cakes for the moment! Thanks too, to Tony the designer, who has brought the recipes to life and made this book so attractive.

Tina Deubert
Common Cause