

COMMUNITY PANTRY COOK BOOK



20 RECIPES SHARED

COOKING INSPIRATION SHARED BETWEEN MEMBERS

WE HOPE YOU ENJOY

This book has been created to share ideas + inspiration for getting into the kitchen. The recipes often do not have specific measurements, however we hope that it provides ideas and introduces you to a few new foods that you may not have tried cooking before. Particularly helpful for items you may have picked up at the pantry!

Thank you so much to everyone who has already contributed, it has been a pleasure to try out and photograph some of your dishes. We will continue to grow the cook book and would love to receive more recipes. Please send them to me at michelledennis@cyrenians.scot

Enjoy!



CAMILLA'S EASY OVERNIGHT OATS

FILLING, HEALTHY + NO COOK



- 40g oats, or 2 crushed weetabix
- 175g natural yoghurt / milk
- 1tsp vanilla extract
- 1/2 tbsp of sweetener (if desired)
- 60 - 100g of fresh or frozen fruit of choice
(suggested combinations; stewed apples and cinnamon or mixed berries. Frozen fruit works best for a juice mix!)

Method:

Select a jar with a lid (an old jam jar will do) Add the ingredients to the jar in layers. Cover and chill in the fridge overnight .

The next morning your breakfast is ready to eat!

IONA'S BANANA PANCAKES

"I always end up with old bananas and use up all my flour in cookies, so this is a great recipe, gluten free too"

Makes 6 small pancakes

- 1 ripe banana
- 2 eggs
- 1/2 teaspoon vanilla extract
- pinch of salt

Method:

Squish banana with a fork until smooth, then add eggs, salt and vanilla, stir well. You can also add chocolate chips, coconut or fruit if you like.

Medium heat a pan with a little butter or oil, spoon some batter into the pan. Keep the pancakes small, around palm sized. Once they are golden brown carefully flip to cook the other side.

Serve with whatever toppings you fancy...golden syrup, maple syrup, nutella, lemon and butter, nuts, berries.....



SARAH'S CHEESE + POTATO BAKE

- Oil to grease the tray
- Sliced potatoes
- Grated cheese
- Parsley for flavour
- Salt for flavour
- Pepper for flavour
- One sliced tomato

Get a baking tray, use the oil to grease it, then add sliced potatoes. Add the cheese on top, then add the chopped tomatoes on top of the cheese, then finally add the parsley. Sprinkle with salt + pepper and pop in the oven to bake. Check with a knife after about 20 minutes if the potatoes are cooked. It will be ready once the potatoes are soft.

Once cooked enjoy!

CLAIRE'S EASY MOVIE NIGHT NACHOS

- Slightly salted tortilla chips
- Salsa sauce
- White cheese and orange cheese grated

Layer the tortilla chips with cheese and salsa, about 3 layers, with extra salsa and cheese on top. Pop in the oven for about 15 to 20 mins and it's done. Kids love this as a treat when we have our days of watching movies

MICHELLE'S SESAME + GINGER STIR FRY

YOU CAN MAKE THIS WITH WHATEVER VEG YOU HAVE, A HEALTHY GO TO WHEN YOU NEED TO EAT IN A HURRY

- 1/2 broccoli head
- 2 Carrots, chopped into batons
- handful of Green beans
- 2 x chopped spring onions
- egg noodles
- 1 x clove of garlic
- thumb size piece of ginger, grated
- tablespoon of soy sauce
- sesame oil / other oil to fry
- sesame seeds
- optional teaspoon of chili flakes and squeeze of lime

Heat the oil in a large frying pan / wok, add the chopped garlic and grated ginger, then add your chopped veg. Stir fry, meanwhile cook your noodles according to the packet instructions. Once noodles are softened after a few minutes, drain and add to the pan with the veg, add the soy sauce and sesame seeds and mix well. Sprinkle with chili flakes and a squeeze of lime, if using.



HELENA'S ANYTHING GOES VEGGIE CHILLI

- 1 tbsp oil
- 4 garlic cloves
- 1 tsp cumin
- 1 tsp paprika
- 1 heaped tsp (more if you like) chilli powder
- 1 veggie stock cube
- 2 tbsp tomato puree
- 1 large onion
- 2 peppers
- 2 medium carrots
- 1 courgette
- 2/3 hands full of spinach
- 1 tin of chick peas
- 1 tin of red kidney beans
- 1 small bag of veggie mince
- 2 x400g tins of tomatoes
- Pinch salt + pepper

Method:

Prepare vegetables cutting them all up fairly small (onion, carrots, peppers, courgette). Peel and chop garlic.

To cook put oil in a large pan on a medium heat add onion and stir frequently for 5 minutes or until soft.

Add in garlic, stir for a few minutes. Add in peppers, carrots, courgettes and stir for a few minutes add a touch of water if it starts to stick, then add your spices chilli powder, cumin and paprika stir for 2 minutes.

Drain and add kidney beans and chick peas cook for a further 5 minutes making sure that the mixture doesn't stick. Add 2 tins of tomatoes rinse can with water and add with vegetable stock cube and tomato puree. Stir well, add a pinch of salt and pepper. Cook for 20 minutes stirring occasionally. Add veggie mince cook for 5 minutes. Add spinach cook for a further 5 minutes



This can be served with boiled rice or a baked potato, you can add cheese on top if you like. A great recipe to use up vegetables you might have left in the fridge such as mushrooms or green beans. You don't need to have all the vegetables and beans. You can also use sweetcorn instead of kidney beans and chick peas. You also don't need to use veggie mince, a selection of vegetables would be just as good.

RACHEL'S SUPER SIMPLE GUACAMOLE

"It sounds way too simple, but from my experience people have been surprised at how good it actually is, despite having few ingredients!"

- 1 Avocado
- 1 Garlic Clove
- ½ Lime (juice)
- Salt & Pepper (to taste)



Cut open the avocado, remove the pit and scrape the flesh into a bowl. Discard the skin. Mash avocado flesh with fork in bowl until it is mostly smooth (a few lumps are okay!)

Remove the papery skin from the outside of the garlic clove, then grate (on the fine side of a cheese grater) or crush (with a garlic press) the whole clove, then add to the avocado.

Cut a lime in half and squeeze all the juice from one half into the bowl. Mix. Add salt + pepper to taste.

Enjoy with tortilla chips or as part of a larger meal!

AYESHA'S CHICKPEA CURRY

- 1 tbsp. vegetable oil (or coconut oil)
- 1 onion diced
- 2 cloves garlic finely chopped
- 1 tsp finely chopped fresh ginger
- 4 whole dried cloves
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp paprika to taste
- salt to taste
- 1 (400g) can chickpeas drained
- 1 (400g) can chopped tomatoes (or whole peeled, plum or fresh tomatoes)
- Handful chopped fresh coriander



Method:

Heat oil in a large pan over medium heat, then add the onions and cook for 5 minutes until soft but not browned.

Stir in the garlic, ginger, cloves, turmeric, cumin, coriander, and paprika, then cook, stirring constantly, for 1 minute.

Stir in the drained chickpeas, canned/ chopped fresh tomatoes and add some water. Bring to boil, then reduce the heat and simmer for 10 minutes, stirring occasionally.

Serve sprinkled with chopped fresh coriander. Serve with rice or naan bread.

STEFANOS TAGLIATELLE WITH CABBAGE + BACON

- medium onion, finely chopped
- olive oil
- salt + pepper
- bacon
- curry sauce / curry powder
- cabbage
- cream
- tagliatelle / spaghetti

Method:

Heat the oil in a pan, add the onion and bacon and fry until the onions are soft. Then add the curry sauce or powder, cabbage, and cream and continue to cook for 10 minutes to create a delicious sauce.

Meanwhile cook the tagliatelle / spaghetti in a pan of boiling water, according to packet instructions. Once cooked drain, add to the pan with the rest of the dish and combine well. Add a pinch of salt + pepper, serve and enjoy.



TOMASZ'S TUNA + PICKLED CUCUMBER SALAD

- Rice
- 1 x small can sweet corn
- pickled cucumbers
- 1/2 chopped red pepper
- green parsley
- 1 x can of tuna
- 2 / 3 tbs mayonnaise
- pinch of salt and pepper

Method:

Boil rice according to the package instructions and leave to cool. Dice pickled cucumbers and red pepper, then put them into the bowl. Drain tuna from the can and place it in a bowl. Add sweet corn and earlier prepared rice. Mix all ingredients and season with salt and pepper, then add mayonnaise and green parsley.



SAM'S SWEETCORN + COURGETTE FRITTERS

- 198g can sweetcorn, drained
- 2 spring onions, finely chopped
- 1 x small courgette, grated
- 1 tsp smoked paprika
- 50g flour
- 5 eggs, 1 beaten, 4 for poaching
- 40ml milk
- 4 tbsp sweet chilli sauce
- juice 1 lime
- 1 tbsp vegetable oil
- mixed leaves, to serve

Method

Mix the sweetcorn, spring onions, courgette, paprika, flour, beaten egg, milk and some seasoning in a large bowl and set aside.

Put a large pan of water on to boil. In a bowl, mix the chilli sauce with the lime juice and set aside.

Heat the oil in a large, non-stick pan and spoon in four burger-sized mounds of the fritter mixture, spaced apart (you may need to do this in two batches). When brown on the underside, turn over and cook for 3 mins more until golden.

Meanwhile, poach the eggs in the simmering water for 2-3 mins until cooked and the yolks are runny. Remove with a slotted spoon.

Serve the fritters topped with a poached egg, mixed leaves and a drizzle of the chilli dressing.



KIRSTY'S SLOW COOKER FAKEAWAY KEBABS

prep 10 mins

Cook 4 hrs high 6 hrs low

Ingredients:

- 1 tsp salt
- 1.5 tsp cayenne pepper (or to taste)
- 1.5 tsp garlic powder
- 1 tsp pepper
- 1 tsp oregano
- 1 tsp mixed herbs
- 500g lamb mince (or beef, turkey any)
- salad to serve (lettuce cucumber tomatoes onion anything you fancy)
- Pitta breads

Method:

1. Mix all the herbs and spices in a bowl
2. Add the mince and mix well
3. Once all the ingredients are combined roll the mixture into a loaf shape
4. Put the loaf in the slow cooker for 6 hours on low or 4 hours on high
5. Once it's finished cooking remove from the slow cooker and wrap in foil and leave for 10 minutes.
6. While it's resting prepare your salad and pitta
7. Now unwrap the kebab meat and thinly slice off pieces to fill your pitta

JANET'S TURKEY MEATBALLS

FOR THE MEATBALLS

- 500g lean turkey mince
- 1 small onion, peeled and very finely chopped
- 2 garlic cloves, peeled and very finely chopped
- 2 tsp Worcestershire sauce
- 1 egg, beaten
- Sea salt + freshly ground black pepper

FOR THE TOMATO SAUCE

- Olive oil, for frying
- 1 onion, peeled and diced
- 2 garlic cloves, peeled and crushed
- 1 tbsp tomato purée
- 2 x 400g tins chopped tomatoes
- ½ tsp dried oregano
- ½ tsp balsamic vinegar

Put the turkey mince into a mixing bowl with the chopped onion, garlic, worcestershire sauce, beaten egg and a good pinch of salt and pepper. Mix everything together until thoroughly combined. With wet hands, roll the mixture into 20 meatballs and put them on to a plate. Cover with cling film and chill in the fridge for 30 minutes.

Meanwhile, make the tomato sauce. Place a large frying pan over a medium heat and add a dash of olive oil. Once hot, add the onion and sauté for 5–6 minutes until soft, then add the garlic and cook for a further minute. Stir in the tomato purée and continue to cook for 2 minutes, then add the chopped tomatoes, oregano, balsamic vinegar and a good pinch of salt and pepper. Stir everything together and leave to simmer for 10 minutes, until slightly thickened.

To cook the meatballs, place a frying pan over a medium heat and add a dash of oil. Once hot, brown the meatballs in batches, turning frequently so they colour on all sides. Transfer to the pan with the tomato sauce to cook for a further 10 minutes until cooked through, turning from time to time. (If the sauce becomes too thick, add 50–100ml of water.)



ATKA'S FALAFEL

- 1 onion, chopped
- 2 cups chickpeas
- Bunch of dill/coriander
- 5 medium sized garlic cloves
- 2 tea spoons baking powder
- Half tea spoon salt (minimum, can be a bit more, not too much)
- Sunflower oil (to fry)

Method:

Rinse the chickpeas and soak in water. Leave over night (6 to 8 hours). Once soaked drain and rinse.

Put the chickpeas, onion, garlic dill/coriander in the food processor or meat grinder, add baking powder + salt, and mix until you have a smoothish consistency.

Form the mixture into balls, then heat the oil in the frying pan. Once the oil is hot, place the balls into the pan and cook until golden brown and crispy. Repeat a few times so you can have a koppel of falafels (til the dough is finished)



JANET'S BUTTERNUT SQUASH PASTA

- 500g pasta
- 900g butternut squash (or pumpkin), peeled and chopped into cubes
- 3 tbsp olive oil
- Jar tomato sauce for pasta (or make your own tomato sauce – I do!)
- Large onion
- 2 garlic cloves (crushed)
- 1 tbsp tomato puree
- Tin tomatoes
- 1 tsp dried oregano
- 85g (or more, obv!) grated cheddar

Method:

Cook pasta in boiling water for 10-12 minutes, add squash (pumpkin) for the last 5-6 minutes.

Meanwhile make sauce (if making your own) by sweating down onions in olive oil, adding crushed garlic and cooking till translucent, but not brown.

Add tin of tomatoes and allow to reduce slightly. (I add a dash of balsamic vinegar and a teaspoon of caster sugar at this stage). Add tomato puree (and some hot water if necessary) and finally stir in oregano.

Drain the pasta and squash and then combine with tomato sauce.

Spoon into a flameproof dish and sprinkle over cheese. Cook in oven until golden and bubbling (if you have a grill at your disposal, obviously it's easy just to grill it!)



SUSAN'S PASPOSA + CREAM

10 Servings

Dry ingredients:

- 2 cups semolina
- 2 tbsp baking powder
- 1 cup dried milk
- 1/2 cup sugar
- 1 tsp vanilla
- 1 carton of cream
- 2 tbsp milk

For the topping:

- 6 tablespoons of cream cheese
- 1 can of condensed milk

Method:

Preheat oven to 200c

Brown the dried milk together with the semolina in a pan, once they are golden brown set aside in a bowl to cool. Once cool add the rest of the dried ingredients and mix well, adding a pinch of salt. Then add the cream and milk and continue to mix (if it is still a little dry add some water)

Next, spread the mixture onto a buttered glass cooking pan and put it into the oven for 30 minutes, or until a knife comes out clean.

For the topping, beat all of the ingredients together. Add the topping and serve.



KIRSTY'S BLUEBERRY MUFFINS

- 1 cup milk
- 1 egg
- 1/3rd cup vegetable oil
- 2 cups plain flour
- 2 tsps baking powder
- 1/2 cup white sugar
- 1/2 cup fresh blueberries

Method

preheat oven 400 degrees F (205 degrees C)

Line a 12 cup muffin tin with paper liners

In a large bowl stir together milk egg and oil. Add flour baking powder sugar and blueberries. Gently mix the batter with only a few strokes. Spoon the batter into cups.

Bake for 20 minutes



AMBERS DOUBLE CHOC CHIP COOKIES

- 150g salted butter, softened
- 80g light brown sugar
- 80g granulated sugar
- 2tsp vanilla extract
- 1 large egg
- 225g plain flour
- 6tsp cocoa powder
- 1/2 tsp bicarbonate of soda
- 1/4 tsp salt
- 150g plain chocolate chips

Method:

heat oven to 190c / fan 170c / gas 5 and line 2 baking sheets with non stick baking paper

Mix together the butter and sugars until creamy. Mix in the vanilla extract and egg. Then sift in the flour, bicarbonate of soda and salt and mix with a wooden spoon. Add the chocolate chips and stir well.

Spoon onto the baking paper, spacing them well apart to give room to spread when cooking. Bake for 8 - 10 minutes until they are light brown on the edges and slightly soft in the middle.



HEATHERS GRUFFALO CRUMBLE

- 1 teaspoon cinnamon
- 85g flour
- 165g sugar
- 150g butter
- 180g oatmeal
- apples / rhubarb

Method:

Preheat oven to 180

Melt the butter, add sugar, flour and oatmeal and mix well. Then slice the apples / chop rhubarb. Cover the bottom of the dish with your fruit, sprinkle with cinnamon, cover with the oatmeal mixture and bake in the oven for 30 minutes. Serve with cream, ice cream or custard.



MARGARET'S GINGERBREAD

APPLE

- 100g (4 oz) Margarine
- 175g (6 oz) Black Treacle
- 50g (2 oz) Golden Syrup
- 150ml (5 Fl Oz) Milk
- 2 Eggs Lightly Beaten
- 225g (8 oz) Plain Flour Sieved
- 50g (2 oz) Caster Sugar
- 2 Tsp Ground Ginger
- 1 Tsp Bicarbonate Soda
- 2 Tbsp Apple Puree

Method:

Preheat oven to 160C / 325F or gas mark3. Grease and line 2lb loaf tin.

Place margarine, Treacle and Syrup into a pan and gently heat but do not boil. Remove from heat and add the milk.

Allow mixture to cool for 5 minutes then add the beaten eggs. Then sieve the dry ingredients into a mixing bowl, add the treacle mixture and beat well. Then add the Apple Puree.

Pour the mixture into the tin and bake in preheated oven for 1 hour. Enjoy with a cup of tea.

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