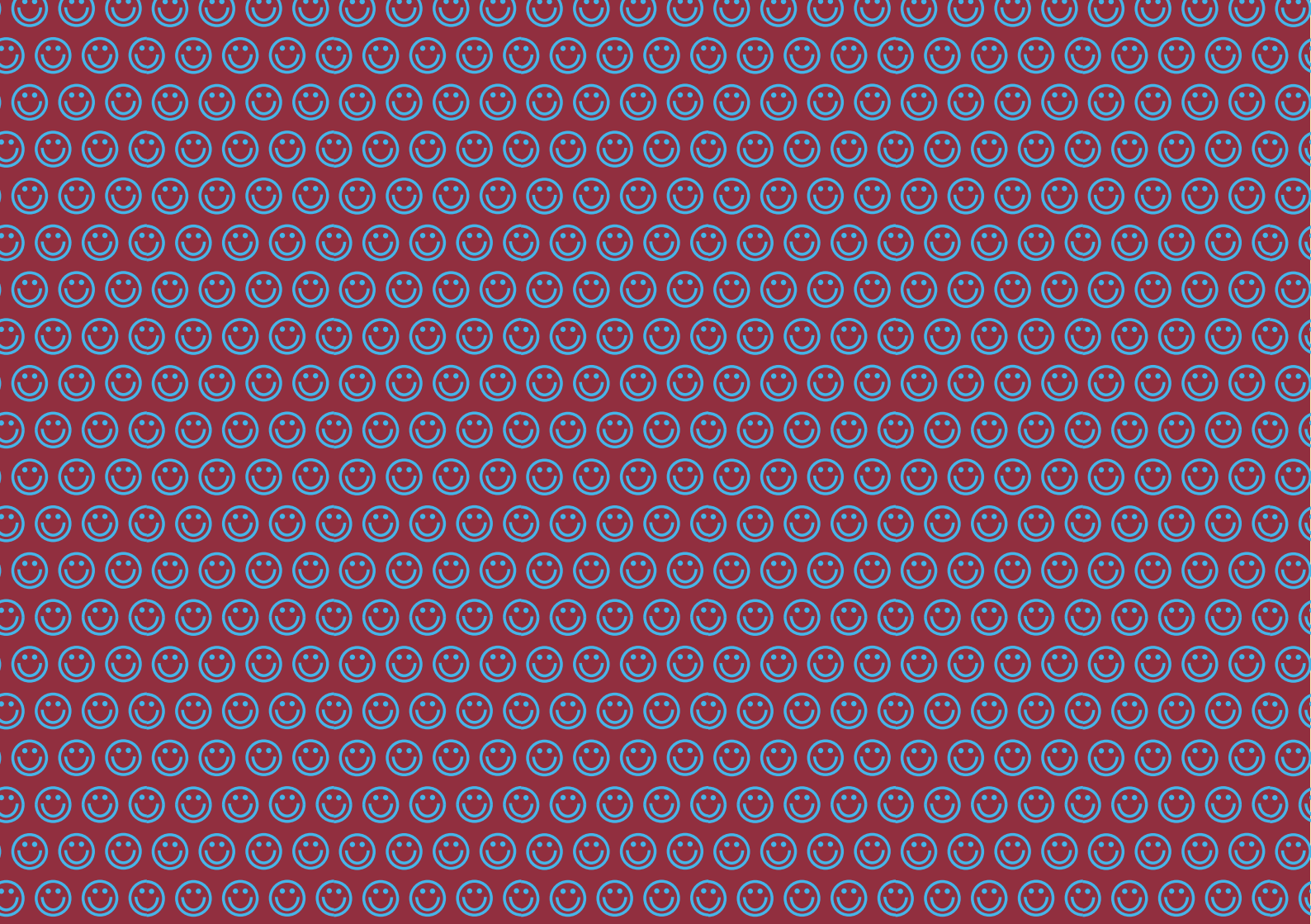


CELEBRATING



10 YEARS OF TASTY





# TOMATO SAUCE

(Makes 1 litre)

Gently heat the oil in a large saucepan and add all the prepared veg.

Sauté and stir for 5-10 minutes until the veg starts to soften.

Add the oregano and chopped tomatoes, stir and bring to the boil before reducing the heat and simmering for 20-30 mins.

Remove from the heat and puree. Add hot water to adjust the consistency and season to taste.



## INGREDIENTS

¼ small butternut squash,  
roughly diced

1 large carrot, roughly diced

1 medium courgette, roughly diced

1 red pepper, diced and de-seeded

3 level teaspoons of oregano

2 tins of chopped tomatoes

1 tablespoon of olive oil



Freezes well

## Welcome to our anniversary recipe book!

We've included 10 of our favourites from the last 10 years.

Okay, so we've actually got 11 recipes. As two of the dishes require tomato sauce, we've added that recipe too.

It's a great way to include hidden vegetables and is one of the tastiest sauces we know. It's great in our recipes and just as good by itself, served over pasta for a quick, delicious dinner.

## EASY



We've chosen recipes that are nice and easy but still really tasty.

## FREEZE



Most of them are suitable for freezing but we've included guide notes.



Also included are tips to update and make the recipes your own!



## INGREDIENTS

**250g** grated mature cheddar cheese, plus extra for topping

**3** tablespoons of cornflour

**600ml** of milk

**200g** dried macaroni, or pasta shape of your choice!



# MACARONI CHEESE

SERVES 😊😊😊😊😊😊

Pre-heat oven to 170°C / Gas Mark 3.

Cook the macaroni in plenty of boiling water according to the packet instructions then drain through a colander.

**Be careful not to overcook!**

Mix the cornflour with a little of the milk to make a smooth paste, then heat the remaining milk until it reaches boiling point. Slowly add the cornflour paste and stir continuously until it has thickened – **don't over thicken!**

Add the grated cheese and mix well until it has melted into the sauce and then add the cooked pasta and stir.

Pour into a medium greased ovenproof dish and top with grated cheese before placing in the oven to cook for 35 minutes until golden brown. Serve hot, delicious with garlic bread and peas



*Season the cheese sauce with grated nutmeg or a pinch of mustard.*

*Add some diced bacon or ham.*

*Sprinkle with breadcrumbs for a crunchier topping, you could even add slices of tomato too!*

*Creamy and delicious!*

Harry Burnwood, former  
Bridport Primary pupil (now 13)





## INGREDIENTS

- 600g** lean minced beef
- 3** teaspoons mixed dried herbs
- A pinch** of salt
- 1 litre** of our Tomato Sauce
- 400-500g** pasta in the shape of your choice
  - wholemeal is healthiest!



Freezes well

# BEEF MEATBALLS IN TOMATO SAUCE WITH PASTA

**SERVES** 😊😊😊😊😊😊

Preheat oven to 150°C/Gas Mark 2.

Prepare/heat 1 litre of tomato sauce.

Mix the minced beef, herbs and salt together thoroughly and then roll into 24 evenly-sized meatballs.

Oven cook for 20–25 minutes in a shallow tray browning slightly. Then add the hot tomato sauce, stir and return to the oven for 10 minutes.

Cook your pasta according to the packet instructions (wholemeal will take longer) and serve. Delicious sprinkled with grated cheese or with garlic bread!



*Spice it up with garlic, chilli or chorizo!*

*Simple for anyone to make.*

Jayne Fry, Kitchen Manager, Blandford







## FOR THE PASTRY

**225g** plain flour  
(+ extra for dusting)

**115g** unsalted butter  
(or margarine)

## FOR THE FILLING

**225g** grated mature cheddar

5 eggs

Olive oil

**225g** finely diced onions

2 teaspoons parsley

**200ml** milk



Pastry freezes well but thaw  
before use; Quiche freezes  
well cooked

# CHEESE & ONION QUICHE

SERVES 😊😊😊😊😊😊

Preheat oven to 180°C/Gas Mark 6 and lightly grease  
a 8-10" flan tin.

Make the pastry and chill for 20 mins – Using fingertips,  
rub the butter into the flour until it resembles breadcrumbs;  
then add just enough cold water to form a ball.

Roll the pastry out on a floured surface, then line the flan tin  
and prick the base with a fork before baking blind for 20 mins.

Lightly fry the diced onions in a little olive oil, then beat the  
eggs, milk, cooked onions, parsley and half of the cheese  
together before pouring the filling mix into your pastry case.

Sprinkle the rest of the cheese on top then place on a baking  
tray and cook for 20–25 mins, until lightly browned and set.

Enjoy hot or cold - great for lunch, tea, picnics and parties!



*You could add  
diced bacon or  
ham or, for extra  
veggies, courgettes,  
mushrooms  
or tomatoes. You  
could even swap  
Cheddar for feta  
or goat's cheese!*

*Delicious and enjoyed by  
all our children - and staff!*

Jane Whitehouse-Sharp  
Headteacher, Shillingstone  
Primary School





## INGREDIENTS

- 400g** diced chicken thigh
- 25g** finely chopped fresh coriander
- 100g** cooked red lentils
- 175g** diced onions
- 600g** our Tomato Sauce or passata
- Vegetable oil
- 2** teaspoons of mild curry powder
- 1** clove of finely chopped garlic
- 200g** diced red peppers
- 200g** butternut squash, diced and roasted
- 300g** easy cook long grain rice
- 260ml** water



Can be frozen but defrost fully before heating

# MILD CHICKEN CURRY

SERVES 😊😊😊😊😊😊

Heat the oil and gently fry the curry powder or paste before adding and browning the diced chicken. Make sure it is evenly coated with curry spices!

Add the onions, lentils, garlic, peppers, tomato sauce and water then bring to the boil before simmering gently for 25 minutes.

Stir in the butternut squash and coriander and serve with rice or Naan bread and peas, for a burst of colour and added goodness!



*Try using Quorn for a veggie option!*

*Naan bread dipped in curry is scrummy!*

Esme Holland, Pupil,  
Salwayash Primary School





## INGREDIENTS

- 1 finely diced courgette
- 1 finely chopped/crushed clove of garlic
- 100g finely diced mushrooms
- 100g finely diced onions
- 1 teaspoon finely chopped parsley
- 3 whole peppers, de-seeded and halved lengthways - whichever colours you like best!
- 100g finely diced mixed peppers
- 200g easy cook rice
- Olive oil



# STUFFED HALF PEPPERS

SERVES 😊😊😊😊😊😊😊😊

Cook the rice according to the packet instructions, drain and set to one side.

Whilst the rice is cooking, roast the halved peppers on a lined baking tray with a sprinkle of olive oil for 15 minutes at 165°C / Gas Mark 5.

Roast the finely diced vegetables and garlic with a drizzle of olive oil too.

Mix the cooked rice with the finely diced roasted vegetables and chopped parsley then fill each half pepper.

Reduce the oven temperature to 150°C/Gas Mark 2 and return to the oven for 25 mins until the peppers are tender – delicious served with a green salad.



*Use couscous or bulgar wheat instead of rice*

*Top with grated cheese or mix feta into the rice mixture*

*Add diced olives for a truly Mediterranean feel!*

*My fussy eater has become adventurous!*

Hannah Deacon,  
Mum to Leo & Tessa







## INGREDIENTS

- 1 litre of vegetable stock
- 250g diced carrots
- 100g sliced celery
- 200g finely diced onion
- 1 clove garlic
- 150g sliced leeks
- 30ml olive oil
- 150g diced parsnip
- 150g diced potatoes



Freezes well

# VEGETABLE SOUP

SERVES 😊😊😊😊😊😊

Sauté the onions and garlic in the olive oil until soft, then add the rest of the vegetables and the stock.

Bring to the boil and simmer for 30 minutes, until all the vegetables are tender then blend to taste and serve.

Delicious with fresh bread and cheese!



*A swirl of cream  
can lift any soup!*

*My dream meal would be  
soup with cheese and bread  
(followed by chocolate  
pudding of course!)*

Noah Williams, Pupil,  
Charmouth Primary School





## INGREDIENTS

**1kg** Bramley apples, peeled, cored & diced - cover with cold water & lemon juice to stop them turning brown

**100g** fresh or frozen raspberries

**175g** plain flour

**40g** rolled oats

**100g** caster sugar

**35g** demerara sugar

**100g** unsalted butter/baking margarine, cut into small pieces

**Ready to serve custard/custard mix**  
(follow packet instructions)



Freeze before cooking  
and add 10 minutes to the  
cooking time

# RASPBERRY & APPLE CRUMBLE

**SERVES** 😊😊😊😊😊😊

Preheat oven to 150°C / Gas Mark 2 then cook the apple in a saucepan on a low heat with a couple of tablespoons of water – **don't overcook!**

Rub butter into flour until it resembles breadcrumbs, then stir in the sugar and oats.

Place the softened apples into a medium ovenproof dish and scatter the raspberries evenly over the top before covering with the crumble mix and a sprinkle of demerara sugar.

Place on a baking tray and cook for 30 minutes until the topping is golden brown. Serve hot with custard, cream or ice cream; delicious!



*Ring the changes by swapping the raspberries with either blackberries or rhubarb, or try apple with cinnamon and sultana or plum. Be creative and discover your family's favourite!*

*My favourite... delicious and 50% fruit!*

Veronique Singer, Headteacher,  
Radipole Primary School





### FOR THE SPONGE

150g unsalted butter  
150g caster sugar  
½ teaspoon of baking powder  
3 eggs  
25g cocoa powder  
140g self-raising powder

### FOR THE CUSTARD

1 pint of milk  
2 heaped tablespoons  
of custard powder  
2 tablespoons of caster sugar  
1 tablespoon of cocoa



Sponge freezes well,  
custard doesn't freeze

# CHOCOLATE SPONGE WITH CHOCOLATE CUSTARD

SERVES 😊😊😊😊😊😊

Pre-heat the oven to 150°C / Gas Mark 2 and line a medium sponge tin with greaseproof paper

Cream together the butter and sugar until they are light and fluffy before beating in the eggs, one at a time

Fold in the sieved flour, cocoa and baking powder and spoon into your prepared tin before cooking in the oven for 20 minutes

Make the custard by mixing the cocoa powder, custard powder and sugar with a little of the milk. Heat the rest of the milk and add the chocolate custard paste whilst whisking, return to the heat until thickened.

**Serve hot!**



*Serve with fresh berries  
which will add colour  
to your dish.*

*A fave with children.*  
Tracy Dawson, LFL Cook

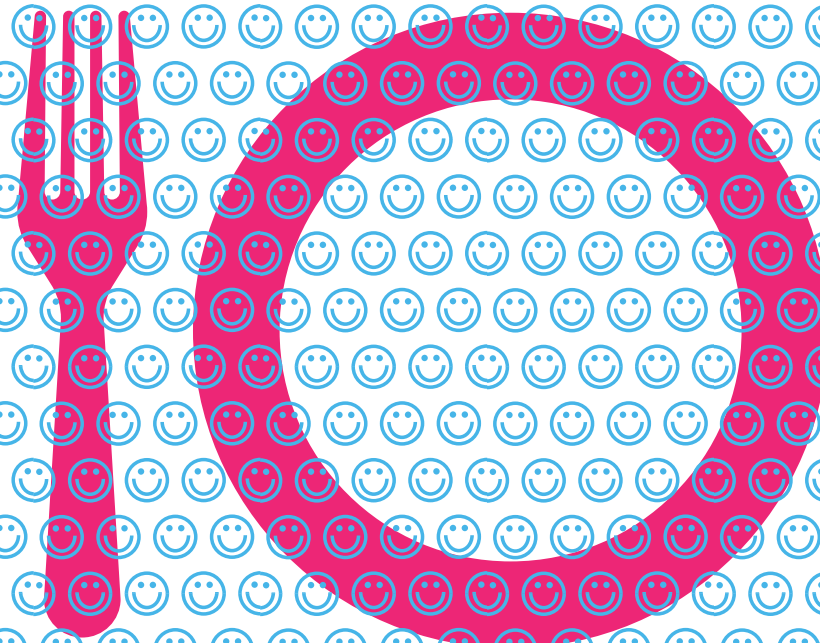












YEARS

FULL



All of the recipes  
in this book have been served as  
school meals by Local Food Links.  
We believe that tasty, nutritious food keeps  
kids happy and focused all day at school.

© Local Food Links 2016

📞 01308 420269

[localfoodlinks.org.uk](http://localfoodlinks.org.uk)

Design by  
[spike@3hourswest.co.uk](mailto:spike@3hourswest.co.uk)



Over the past 10 years we've been providing tasty nutritious meals to schoolchildren all across the south west. To celebrate we thought we'd share 10 of our favourite recipes that have been filling up tummies and helping kids to concentrate better in the afternoons. We hope you enjoy making them as much as we have!

