



*So Just as Food Nourishes the Body,
So Kwan Yin offers Dhamma for the Heart.*

Satipanya Recipes

First Evening Supper

First things first: Wash hands and put on apron!

Menu: Soup, bread, oat-cakes, rice cakes, crackers, peanut butter, jam, cake, fruit. If there are salad leftovers its fine to serve these too.

Soup making tips

For seasoning, don't use anything too spicy (pepper or curry powder) as 3 of the other meals are spicy. If making soup just from left-overs, use one heaped large ladle-full per person (about 200g), before adding a little water. Best to be cautious at the outset with the water – it can always be added later on.

Using fresh veg, about 200g raw veg per person; adding about 40g lentils per person adds protein & flavour.

NB Don't put pasta or rice into soup! (They keep expanding and absorbing liquid). Quinoa and buckwheat are OK.

Bread: Take internal container out of *The Bread Machine* – it needs to be twisted anticlockwise slightly. Check correct paddle is already in situ (flat paddle). Take plastic cup of tools out of container. Do not switch on at wall until ready to cook.

Fill container as follows and in order:

2 tablespoons olive oil.

400ml water.

1 ½ teaspoons salt.

2 teaspoons demerara sugar.

600g strong wholemeal flour (add gently so that it floats on top of water)

1 teaspoon dried yeast – sprinkle evenly over the top.

Return container to machine, twisting clockwise slightly to lock in place. If you try to lift the container it should stay put. Menu 1 should be showing, if not keep pressing menu button till menu 1 shows.

Press timer. This will show as 4 hrs. If you want to delay the start of cooking, keep pressing timer till correct time shows e.g if the loaf should be ready 8 hours from now, increase time to 8 hours. Press 'Start' to start baking.

Machine gives series of bleeps when baking complete. Open lid, to remove container - take care, container will be hot!!! Twist container slightly anticlockwise then lift. Turn container upside down on wire rack. Twist the tap affixed to the outside at the bottom (don't burn your fingers!) and this should dislodge the loaf. If it doesn't come, then use the green spatula to gently ease it out. Let it cool on rack for an hour. Once cooled, gently fish out the paddle which is usually buried within the cooked loaf. Don't use a sharp implement. This will scratch the surface.

Serve **bread and crackers, oat cakes** etc with margarine, peanut butter and jam.

Cake – one thick slice per person, serve with yoghurt.

Fruit – Bowl with apples, oranges and bananas. Apples must be washed before going into bowl.

Everyday Breakfast

First things first: Wash hands and put on apron!

It is necessary to ask who wants porridge and/or toast.

N.B. we don't use serviettes or kitchen paper as serviettes.

Porridge: PRESSURE COOKER

Measures for 5 people:

(1 cup = 240ml)

2 cups **oats**

800 ml water (average)

A small half teaspoon of salt (optional)

Method

Evening before, pour boiling water into container with porridge

Bring multi-cooker into the dining room.

At 6 am, switch on cooker to KEEP WARM setting.

At 6.50 am, CANCEL cooker.

Stir and if too thick add boiling water. It should be a little soupy.

and then set on PORRIDGE. This will bring it to a boil. Stay there in case it boils over - 5 mins.

Then CANCEL and put on KEEP WARM setting.

Toast:

Only one piece of toast per person.

Put the toaster on for the right amount of toast – 2 or 4 or 6 slices.

Turn dial to 1 min 45 seconds. Second use at 1min 30 sec.

The toaster gets hotter!

Diagram:

Refer to diagram for other breakfast ingredients and layout.

NB Leaving Day Breakfast

No porridge!!!

Baked beans and two toast!

You need to ask who wants baked beans. Some don't!

One small tin for three people. One large tin for 4 to 6. Two large tins 7 plus

Beans: put in rice cooker at 06.00 and follow instructions of porridge (but don't add hot water!)

Serve with mustard and Tabasco Sauce

1. *Pepper Risotto served with cabbage and a hummus dip*

First things first: Wash hands and put on apron!

Take frozen veg medley out of freezer (1/2 bag for 5 people) the evening before to defrost.

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, **before** you start cooking.

Ingredients – for **five** people

when we have a full group there are 13 people so times 3 all amounts

Risotto

Arborio rice – 1 cup

Crunchy Veg Medley quarter bag, about 200g – defrosted.

onion – 1 large, chopped chunky

garlic - 5 cloves, crushed with garlic crusher

Button mushrooms – 150g, wipe clean.

celery - 3 sticks, cut into 1cm strips

one pepper diced

Bertolli beans - 800g. (1 large tin), drained.

bouillon 3 teaspoons

dried parsley 1 tablespoon

fennel seeds 1 teaspoon (use fresh fennel from herb garden when available)

Engevita 2 tablespoons

Cabbage

green cabbage – 1/2 green cabbage, shredded into 1cm strips & steamed.

Method:

Using the Induction Hob:

NB easy to burn the food so must be stirred regularly – especially any setting above 2.

It's also better to use the wooden spatulas rather than plastic.

Risotto

10.00 (or earlier if wished) Fry the onions until soft in olive oil.

Add garlic and fennel seeds and continue cooking till their aromas are released.

Add mushrooms, stirring gently, for approx. 5 mins.

Add celery, peppers and parsley and continue cooking for another 5 mins.

Make 1 cup stock from 1 teaspoon bouillon plus 1 cup boiling water.

Add stock and rice, simmer for a minute, stirring, then cover with a lid and set aside at heat setting 1 to keep hot. Rice will gradually soften and expand.

11.30 Make a further 2 cups stock by stirring 2 cups boiled water into 2 teaspoon bouillon.

Add stock to risotto, bring mixture back to boil then simmer for 10min, stirring frequently.

11.45 Add defrosted veg medley continuing to stir and simmer risotto for five mins as veg heats through and cooks.

Add drained berlotti beans, simmer till beans are heated through.

Stir in two tablespoons of Engivita nutritional yeast, - may need extra boiled water to get a thick creamy consistency.

Transfer to hot plate for serving.

NB Put out extra Engivita for people to add to taste.

Cabbage

11.40 Steam the shredded cabbage for 5-10 minutes

Stir the cabbage after 3 mins to ensure even cooking.

Check to see it has softened.

Continue cooking only if necessary.

Transfer to hot plate for serving.

Raw Veg & hummus dip (This should have been prepared set out on the servery during the morning work period.)

**carrot sticks, 2 each*

**cucumber sticks, 2 each*

**celery sticks, 2 each*

all items about 10cm/4ins in length & served in separate bowls

alongside these bowls, offer 1 pot of 300g hummus served on a side plate with teaspoon

NB Because this is a rice dish, any leftovers need to be binned in the caddy for recycling.

Dessert:

Cake: Generous slices of Vegan Cake (choose a different flavour to the last one).

Serve with yoghurt and put out desert dishes.

Fruit Bowl: *rinse apples (this should be prepared at work period)*

2. *TVP Pasta with broccoli & salad.*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Ingredients – for **five** people (**Prep in italics*)

when we have a full group there are 13 people so times 3 all amounts

Sauce

**onion - 1 large chopped small*

**garlic - 5 cloves crushed with garlic crusher*

olive oil

dried basil – 2 heaped teaspoons

dried oregano – 2 heaped teaspoons

tomatoes - 800g tinned chopped tomatoes

tomato puree – 200g (1 tube)

sugar – 1 level teaspoon

ground black pepper – ½ teaspoon

lemon, ¼ of a fresh lemon

**TVP one cup dried (tvp expands substantially when rehydrated)*

Frozen Peas approx. 150g

Salad:

**Lettuce (equiv of a large leaf per person). Tear large leaves into smaller pieces.*

**Tomatoes, 2 quarters each, and serve in a separate small bowl*

**Cucumber: Use about ¼ of the cucumber. Cut into sticks – two per person.*

**Celery: Similar length celery sticks, also two per person.*

Pasta

300g for 5 people

11.30 Put large pan of water on to boil (it may take 10mins) and add pasta when boiling.

Boil for time recommended on package (usually 10 – 15 mins) with one level teaspoon salt

Drain & shake when pasta is cooked to taste

Stir in a little olive oil and transfer to hot plate to serve.

Broccoli

11.40 **broken into florets & steamed separately,*

retaining slight crunchiness. Try testing them after 5 mins.

Method

TVP

At work period - rehydrate the TVP at a ratio of 1½ units of liquid to 1 unit of TVP. The TVP will absorb the flavour of whatever you rehydrate it with. For this reason, boiled water alone is not ideal, but rather use 1½ cups of boiled water mixed with 1 tablespoon soy sauce, ½ teaspoon salt, 1 tablespoon lemon juice.

Sauce

11.00 Fry the onion in olive oil, on low heat and covered.

Once their juices are releasing, add the garlic.

Continue cooking until onions begin to soften.

Add ground black pepper and stir frequently *until onions are soft.*

Add chopped tomatoes & tomato puree

Stir in basil & oregano
Simmer for a few minutes
Add the soaked & seasoned TVP to the sauce, and simmer for 20 mins,
stirring from time to time
Add ¼ squeezed lemon, sugar & any more seasoning if required
Add peas to the mix & simmer for a further 10 min

Servery

Place on servery: pasta – sauce – broccoli - salads

Salad *lettuce, tomato and cucumber, celery, each served in a separate bowl.*

(This should have be prepared and set out on the servery during the morning work period.)

Put out olive oil & balsamic vinegar alongside

Dessert: Banana Custard **Bananas*

Half a litre of custard for 5. (You should need no more than 1 litre even for a large group).

2 tablespoons custard (35g) with 1-2 tablespoons sugar in large glass bowl. Take special care to form a gooey paste by adding *small* amounts of soya milk to the sugar and custard powder.

Cook in microwave on full power (6 mins for ½ litre), stopping and stirring after 3 minutes and making sure it does not boil over. If making 1 litre custard this may require about 9 minutes.

If still thin, microwave for another few minutes, but stopping and stirring after each minute, to prevent it boiling over.

Once cooked, add 3 sliced bananas.

It can be reheated later in the microwave.

3. *Butter Beans & Cauliflower in white sauce, baked potatoes & carrots*

First things first: Wash hands and put on apron!

During the Work Period

Set out the Meal Reflections, the salt, pepper pots, serving utensils and the dessert first, *before* you start cooking.

Ingredients – for **five** people (**Prep in italics*)

when we have a full group there are 13 people so times 3 all amounts

Sauce

**onions – 1 large, chopped small*

**garlic – 4 cloves, cut finely*

soya milk – 500ml

bouillon – 4 heaped teaspoons (don't need this if using Bisto White sauce).

cornflour or Bisto White Sauce mix.– 4 level tablespoons.

olive oil – lots (enough to soak up flour)

Butter beans

1 large tin 800g, drained

****Cauliflower***

½ large or 1 medium, broken into small florets

****Carrots***

3 (about ½ a carrot per person and one extra) scrub & cut into chunky 1 cm rings

Baked Potato: 4 potatoes, cut into 5 halves & 6 quarters (1 half and 1 quarter pp + 1 for luck!)

Method

Cauliflower

10.40 Steam the cauliflower florets till al dente (doesn't take long perhaps 5 – 7 mins steaming). Remember cauliflower will soften further when added to sauce so don't overcook at this stage.

10.45 Potatoes Heat the oven to 200C fan. Take about 10 min. Bell rings.

Rub a little oil over each potato and put on the top shelf of the oven. Bake for 20 mins, then turn down the oven to 170C fan and bake for 45 mins-1 hr more until the skin is crisp and the inside soft.

11.00 White Sauce: *You may have your own preferred way but for novice cooks, here are easy methods.*

If using Cornflour: Mix cornflour with a little soya milk in a bowl. Heat the rest of the milk in a saucepan that has a handle for pouring. When hot, pour about ¼ of the milk into cornflour mix, stirring continuously. When amalgamated, pour cornflour mix back into saucepan to combine with the rest of the hot milk, and bring to a simmer, stirring continuously.

Mix the bouillon with a little hot water and add to white sauce.

If sauce is lumpy, you can use the blender to smoothen it.

If using Bistro White Sauce: Heat milk first then add this to the white sauce mix. Stir till it thickens. (Does not need bouillon as the Bisto mix is already flavoured.)

Set aside at low temp to keep warm while preparing onions.

11.15 Fry onions in plenty of olive oil on a medium heat until well softened

Add garlic once onions are beginning to release their juices – this prevents browning of garlic.

Once onions are soft, stir in the white sauce, adding hot water as needed until the consistency of white sauce is reached.

Add steamed cauliflower, and simmer sauce until the floury taste is absent, stirring from time to time.

Add butterbeans, and simmer, stirring from time to time to prevent sticking.

If it is too watery, mix a little cornflour / white sauce mix into a creamy paste and stir in.

Transfer to hot-plate to serve.

Carrots

11.30 Steam, retaining some crunchiness (perhaps about 10 min or so.)

Serve separately. Leave in the pans. The boiled water will keep them warm.

Any leftover to be frozen and added to the soup on Saturday.

Dessert:

Cake: Generous slices of Vegan Cake (choose a different flavour to the last one).

Serve with yoghurt and put out desert dishes.

Fruit Bowl: *rinse apples (this should be prepared at work period)*

4. *Stir Fry and Buckwheat*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Ingredients – for **five** people

when we have a full group there are 13 people so times 3 all amounts

Main dish

Tofu – 1 packet 400g (may be in freezer). Cut into cubes approx 2cm x 2cm. Marinated in soy sauce and Teryaki sauce (see quantities below).

*Onion – 1 large, cut in half, then cut in slices, then cut slices into thumb-lengths (about 4cm).

*Garlic – 8 cloves, chopped

*Ginger – about 50g raw, about 30g peeled. Chop finely

*Peppers – 1 red, 1 yellow, Slice lengthwise then cut slices into thumb-lengths .

*Mushrooms – 250g, remove stalks and slice lengthways. Cut head into slices.

* Courgette – 1 (about 200g) cut into thumb-lengths, then cut each piece lengthwise into sticks .

* Cherry tomatoes – 200g, remove stalks but keep whole (unless too large for bite-size in which case cut in half)

Soy Sauce, 1-2 tablespoon

Teryaki Sauce, 1-2 tablespoons.

Chinese 5 spice, 1-2 teaspoon (Cajun seasoning may be substituted if no 5-spice in cupboard)

Peanuts / cashew nuts, heaped teaspoon-full per person.

Side Dishes

Buckwheat 1 cup uncooked buckwheat;, 200g (buckwheat is gluten free)

Green Beans 200g, top and tail, cut into thumb lengths.

Lemon – 1 - 2 teaspoonful juice.

Olive Oil – drizzle

Method

Rice Pudding

10.00 To serve 5, measure out the following ingredients into a large pan and stir well.

100g of 'pudding rice' (do not rinse!)

50g Demerara sugar

5 cardamoms

3 cloves

600ml of soya milk

Bring the mixture to the boil, stirring frequently to prevent sticking. Reduce heat to setting 1, cover pan and allow rice to soften and expand slowly over the morning.

When ready to serve, place in large pyrex bowl with lid.

Stir Fry (using electric wok):

** If cooking for 10 or more: There isn't enough room in the wok to fry all ingredients when cooking for 10 or more. In this case start at about 11.20 and cook half the ingredients as far as Part 2. Transfer these to a pot and keep warm at heat setting 1.

Then cook the second half and proceed to Part 2.

Finally stir in the onions, peppers, mushrooms etc cooked earliest.

11.30 Part 1: Use Low heat setting to fry the onions in oil, adding garlic and ginger once onion softens, stirring regularly.

When garlic and ginger have softened to release their aroma, add peppers, mushrooms, courgette with the five-spice / cajun seasoning.

Fry for about 5 - 8 mins on medium heat, stirring frequently. Add oil if needed.

Part 2: Add tomatoes, tofu marinated in teriyaki and soy sauce, stir gently to prevent tofu and tomatoes from disintegrating.

Simmer for about 5 minutes till tomatoes soften.

If cooking for 10 or more, stir in the onions/pepper/mushroom etc mix cooked earlier.

Add more soy / teriyaki sauce if necessary, also add spice to taste.

Bring Wok into dining room to serve, with setting at 'warm'.

***Buckwheat**

Two cups of water to one cup of buckwheat. Add ½ teaspoon of salt per cup.

11.10 Boil kettle to have 2 cups hot water ready at hand.

Put a little oil in rice cooker and select 'meat' setting. When oil is hot add the buckwheat. Stir regularly for a few minutes till the buckwheat has toasted.

Cancel the 'Meat' setting and select 'Keep warm'. Add the boiling water (careful it will sizzle and spit!) Cover with a lid. Buckwheat will slowly absorb the water and soften over the next 40 mins or so.

Serve in Rice Cooker.

Green Beans: (if you prefer, steam these before you start the stir-fry and set aside, the heat of the water in the steaming pot will keep them warm)

11.50 Steam till al-dente – only takes about 5 mins.

Transfer to heated pyrex glass bowl and mix with a little olive oil and lemon juice.

Condiments: Peanuts / Cashew nuts – crush a little if you like.
Soy sauce and Chinese five-spice / Cajun Seasoning

Dessert: **Rice pudding** serve with jar of blackcurrent / raspberry jam.

Fruit Bowl (No Cake!) a selection of fruit (wash beforehand!)

5. *Korma Dhal Curry* *Brown rice & Cucumber salad.*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Ingredients – for **five** people

when we have a full group there are 13 people so times 3 all amounts

One large or two small onions

4 cloves of garlic

250g red split lentils. (Can use 125g red and 125g puy lentils)

2 onions finely chopped

2 carrots diced into small (pea-sized) pieces

2 parsnips diced as for carrots.

Olive oil.

Marmite and bouillon to taste

Sprouts – washed, peeled and cut into quarters (or halves if very small).

Cucumber – quarter of cucumber, cut into thin slices; then quarter the slices.

Yoghurt – quarter of carton.

Seasoning: Whatever curry mix is available

Madras curry powder – 1 tablespoon

Tikka Marsala – 1 tablespoon

Cumin – 1 dessertspoon (for sprouts)

Brown rice

Brown basmati rice – 1.5 cups

Pudding: Cake and fruit

Method

Work Period:

This dish benefits from slow cooking at low heat to bring our best flavour.

!0am – or earlier if wished:

Lentils:

If using puy lentils, cook separately for 15-20 mins, drain and rinse.

Red split lentils: Rinse well with cold water until water runs clear. This removes any bitter taste. Drain lentils, add fresh water to cover, bring to boil, simmer until they become a paste 15~ mins. Add water if necessary. Take off heat.

Curry Sauce: While lentils simmering, fry onions in oil on low heat. Stir frequently. When juices are running add the garlic and continue frying at low heat till onions are soft.

Add carrots, parsnips, Madras and Tika Masala. Fry for a few minutes stirring continually – add oil to lubricate.

Add cooked lentils.

Simmer covered until carrots are cooked (10-15 minutes). Low heat, stirring from time to time.

Cover and set aside at heat setting 1 to allow further softening of vegetables and to allow flavours to amalgamate.

11.50 Dissolve one or two teaspoons Marmite in a little boiling water and add to the curry to taste. Bring mix to a simmer for a few minutes, stirring regularly to prevent burning. Add hot water if necessary. Transfer to hot-plate to serve.

Sprouts

11.30 Boil water to steam sprouts.

Cut into quarters

Steam for 5-10 mins or so till soft.

Transfer to frying pan with oil and dessert spoon of Cumin.

Fry lightly for 5 mins

Transfer to heated glass bowl, cover with lid and place on hot-plate to serve.

NB Put leftover rice into green recycling bin.

Brown Rice

11.20 Put rice in pressure cooker.

Add ½ teaspoon of salt

Then add 1.5 cups water for every cup of brown rice.

Close lid firmly, switch on and select '**Rice**' setting. Numbers will flash until full pressure is reached.

(takes about 5 mins) At this point it will count down from 12 to 0.

After finished, turn off cooker and restart rice setting for 5 minutes more, then depressurise, but leave lid on and bring into dining room to serve.

Takes about 20 min

When done, put out in **WARM** setting

Salad (Work Period)

thinly slice a quarter of the cucumber and cut slices into quarters

mix with a third of a carton of soya yoghurt. Add fresh mint from the garden if you like.

serve in plastic green bowl with dessert spoon

cut up 10cm sticks of celery, serve 2 each in separate bowl

Condiments

mango, aubergine.

put jars out with lids off & teaspoon on each lid

Dessert:

Cake: Generous slices of Vegan Cake (choose a different flavour to the last one).

Serve with yoghurt and put out desert dishes.

Fruit Bowl: *rinse apples (this should be prepared at work period)*

6. *Chilli Beans w/quinoa & salad*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, **before** you start cooking.

Ingredients – for **five** people

when we have a full group there are 13 people so times 3 all amounts

Sauce

onion – 1 large, medium chopped

garlic – 5 cloves, crushed with garlic crusher

Large sweet potato diced small.

black pepper – ½ level tablespoon

tomatoes – 1 large tin, 800g, chopped tomatoes

tomato paste – 200 gms

dried basil – 2 heaped teaspoons

cumin – 2 level teaspoons

olive oil

Kidney beans

One large tin 800g

Quinoa

1½ cups of uncooked quinoa.

Method

Work Period :

Salad

Lettuce - **Tear!** into small bite-size pieces one leaf of lettuce per person

Cucumber – About a quarter of the cucumber, sliced.

Tomato – 3 tomatoes, cut into sections.

Celery - 2-3 sticks, diced.

Serve as a mixed salad in large glass bowl.

Cover with lid and put out onto servery – do not put in fridge!

Put out olive oil & balsamic vinegar

Cooking: As with the curry, the chilli also benefits from being cooked early then set aside at low heat to let all the veg soften further and the flavours mature.

Sauce

Open tins of chopped or plum tomatoes

10am (or earlier if wished):

In a pan, cook the onions in olive oil on a low heat. Once juices of onions are being released, add garlic.

When onions soft, add ½ level tablespoon of ground black pepper, (or if you prefer, a combination of cajun seasoning and black pepper) stirring frequently.

Add sweet potatoes and continue frying for a few minutes, stirring to prevent burning. Add oil as needed.

Add 2 level teaspoons of cumin & 1 level teaspoon of salt

Cook for few mins, stirring frequently

Add tinned tomatoes and basil

Add tomato paste

Simmer for 15-20 mins, till potatoes soft, stirring occasionally

Add the cooked, drained kidney beans

Simmer for few minutes then set aside at heat setting 1 to soften further and mature until lunch time.

11.55 Bring mixture back to a simmer. Add more seasoning – salt and pepper (if necessary) and juice of half a lemon, squeeze in to give a bit of bite.

Start 11.20

1.5 cups of Quinoa in Pressure COOKER

Add ½ level teaspoon salt

500ml boiling water

Put Cooker on **RICE until it is up to pressure (i.e. when timer stops flashing) and turn off.**

Leave to depressurise – about ten minutes - you can check by toggling the valve -

take the cooker into the dining room, plug in and set to **WARM.**

Put out tabasco sauce next to hot plate for people to add to the mixture if they wish

Dessert: If the leaving day is Saturday a.m., then serve the Crumble – see 7 Ploughman's Lunch.

Otherwise:

Cake: Generous slices of Vegan Cake (choose a different flavour to the last one).

Serve with yoghurt and put out desert dishes.

Fruit Bowl: *rinse apples (this should be prepared at work period)*

N.B. After tea you may wish to prepare loaf of bread for baking in the morning – see tomorrow's lunch instructions.

7. *Ploughman's Lunch with soup.*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Bake loaf of bread in bread machine – see next page. Takes 4 hours plus one hour to cool. Can prepare previous evening and set timer so it will bake in the morning.

Soup:

Keep in mind 1 ½ litre soup for five.

Any food left over from previous dishes should be mixed and incorporated. If making soup just from left-overs, quantity before starting cooking should be one heaped large ladle-full per person, before adding a little water. Best to be cautious at the outset with the water – it can always be added later on.

NB Don't put pasta or rice into soup! (Can be added at final stage if wished, otherwise they just swell up and absorb all the liquid) Quinoa and buckwheat are OK.

For seasoning, tend not to use anything too spicy (pepper or curry powder) as 3 of the other meals are spicy

Soup may be blended. Use the electric blender.

Ploughman's Lunch

1 loaf of bread – baked in bread machine*, cooked that morning if possible, cut into slices (at least 2 per person)

margarine – put out tub with butter knife

Nairn oat biscuits, rice cakes (which are gluten/wheat free)

Cream crackers and other biscuits.

Humous - 1 300g pot of humous per 5 people on a side dish with a small serving spoon

A bowl of tomatoes (1 per person).

Vegetarian pate: One pot for five people.

Pudding: Fruit Crumble & Yogurt(*serves 5*)

Fruit Crumble

Peel and slice 3 Bramley apples and add to a saucepan with a squeeze of lemon

Add 2 tablespoon of demerara sugar and no more than 2 tablespoon hot water. Add handful of any dried fruit that you fancy – dates are great, as are sultanas; You will get both by picking these out of the muesli measured out for the crumble.

Heat with lid on, stirring occasionally until apple is softening. It won't take long, so check frequently, to avoid pulping

Add a dusting of cinnamon

Crumble

½ cup muesli (pick out fruit and add to apples, otherwise fruit burns in the crumble topping).

1 cup wholemeal flour

½ cup jumbo oats

½ level teaspoon of cinnamon

¼ teaspoon mixed spice

½ tablespoon demerara sugar

3 tablespoons of margarine

Mix the above well in a large bowl until the mixture is in lumpy crumbs. (Add more margarine if necessary).

Put the cooked fruit in the pyrex dishes - and spread the crumble mix over. Make sure the apple is entirely covered and remove any sultanas from the crumble mixture – they will burn in the oven if they are on top.

11.30 *Preheat oven to 180 degrees.*

11.45 Put in the oven on middle shelf, for about 30 minutes
to be ready by 12.15

Serve with Yoghurt

If the leaving day is Saturday, the crumble is done on Friday and then on Saturday serve this:

Cake: Generous slices of Vegan Cake (choose a different flavour to the last one).
Serve with yoghurt and put out desert dishes.

Fruit Bowl: *rinse apples (this should be prepared at work period)*

Final Day Tea – for those who are leaving next morning.

Bread, butter, peanut butter, jam, cake, fruit.

If there is soup / salad /crumble leftovers these may also be served.

*The Bread Machine**

To prepare,

Take bread-making tools out of machine

Correct paddle is already in situ (flat paddle).

Do not switch on at wall until ready to cook

Take out internal container – it needs to be twisted. Same again when you return it.

For a light textured loaf.

Fill as follows and in order:

2 tablespoons olive oil.

400ml water.

1 ½ teaspoons salt.

2 teaspoons demerara sugar.

600g strong wholemeal flour (add gently so that it floats on top of water)

1 teaspoon dried yeast – sprinkle evenly over the top.

Return container to machine, twisting to lock in place. If you try to lift the container it stays put.

Press size and choose large – don't worry if the machine over-rides this setting to very large

Menu should show 1, if not toggle menu switch through all menus till it comes back to 1.

Press Timer, This will show as 4 hrs (loaf will be ready in 4 hrs). If you want to delay the start of cooking (e.g. if preparing on Friday evening) increase the time. E.g. if the loaf should be ready 8 hours from now, increase time to 8 hours.

To retrieve the loaf, remove it while still in the container by twisting the container and lifting. Then twist the tap affixed to the outside at the bottom, and this should dislodge the loaf and you should be able to lift it out of the container easily. If it doesn't come, then use the green spatula to gently ease it out. Put it on rack to cool.

Once cooled, fish out the paddle, gently. Don't use a sharp implement. This will scratch the surface.

Original Day 4: Cottage Stew, w/potatoes, courgettes & beetroot salad

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Ingredients – for **five** people

when we have a full group there are 13 people so times 3 all amounts

Main dish

puy lentils – 1 cup

red split lentils – $\frac{3}{4}$ cup

**onion – 1 large, chopped into medium chunks*

**garlic – 4 cloves, finely chopped*

**parsnips – 2 medium, chopped into 1cm rings & halved, i.e. thickness of your thumb*

**carrots – 2 medium, chopped into $\frac{1}{2}$ cm rings & halved, i.e. thickness of your thumb*

bay leaves – 2 leaves

dried parsley - 2 heaped teaspoons

stock: yeast extract - 1 heaped teaspoon and 3 teaspoons Bouillon

mixed with 400 ml. hot water

ground pepper - 1 level teaspoon

smoked paprika - 1 tbsp

sunflower oil

Side Dishes

**Courgettes*

**Potatoes*

**Beetroot and orange*

Method

Puy lentils: Prepare after Work Period to get out of the way.

09.00 (cooking time approx. 20-25 minutes)

Measure into pan, cover with plenty of cold water (they expand as they cook)

Bring to the boil. After approx. 20 minutes, sample a few.

They should be soft but still retain their shape.

When cooked, drain the lentils and set aside.

Red split lentils

09.10 (cooking time approx. 15 minutes)

Measure into a pan.

Rinse well with cold water until water runs clear. This removes any bitter taste.

Cover with plenty of cold water and bring to the boil.

After 14/15 minutes they will turn mushy.

Remove from the heat drain and set aside.

Rice Pudding

10.15 To serve 5, measure out the following ingredients into a large pan and stir well.

100g of 'pudding rice' (do not rinse!)
50g Demerara sugar
5 cardamoms
3 cloves
600ml of soya milk

11.00 Bring the mixture to the boil, stirring frequently to prevent sticking. Reduce heat and simmer gently for approximately 20 minutes until the rice is soft.

Place in large pyrex bowl with lid, reheat in microwave if necessary.

Stew

11.15 Please Note: the hob can easily burn the food, so take care to stir often.

Prepare stock.

Fry the onions in oil in covered pan, adding garlic once onion softening, stirring regularly.

Add carrots and parsnips with the ground black pepper, dried parsley and bay leaves.

Fry for a few minutes on medium heat, stirring frequently.

Add the stock : bouillon/yeast extract liquid.

Simmer until nearly cooked.

Add the cooked lentils (Make sure they are drained)

Simmer, stirring frequently to stop lentils sticking to the bottom of the pan, until thick like porridge.

Add more water if necessary.

Towards the end add **smoked paprika** tbsp plus to taste.

The finished dish should have a fairly thick consistency.

***Potatoes**

Estimate quantity per person – (about 100g each)

Scrub & scrape where necessary & cut to about a quarter apple size.

Leave in salted (½ teaspoon) cold water (stops browning) before steaming

11.40 Fill pan with boiling water.

Add potatoes to water – boil 15 min or until they are easily pierced with a sharp knife.

***Courgettes**

Slice into 2cm thickness. 4 slices per person

11.40 Put the courgettes in a large pan add boiling water from the kettle to cover. Cover with a lid and bring to a gentle boil. Turn off heat and leave for 10 minutes, drain in steamer basket in sink and serve.

***Beetroot and Orange Salad**

Cut up a packet of beetroot into approx. 1cm cubes (or a bit bigger is fine)

Put in large bowl for mixing

Cut an orange into approx. 1cm cubes

Mix the two together with 1teaspoon balsamic vinegar

Drizzle approx. 1 teaspoon of honey over the mix

Serve in a white ceramic bowl with a dessert spoon

Dessert : Rice pudding and Fruit Bowl (No Cake!)