



# Our Manchester Fayre Recipes

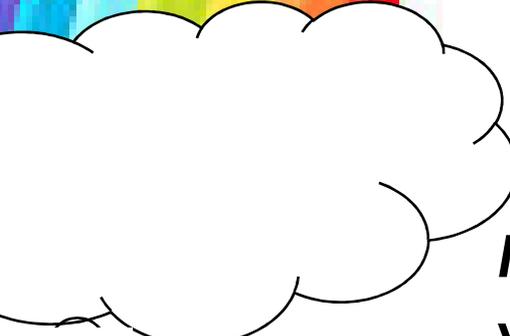


Manchester Fayre is the City Council's catering service. We wanted to share our favourite school meal recipes for you to make at home.



Here are our top tips for cooking at home:

- ✓ Wash your hands before you start cooking
- ✓ Ask an adult to help when using knives and the oven
- ✓ Use tinned and frozen vegetables as a cheaper alternative



Manchester Fayre would love to see what you've made at home. Tweet your pictures to @ManCityCouncil

## **Our Manchester Fayre Recipes**

### **Main courses:**

- Chicken curry
- Lasagne
- Sticky chicken
- Sweet & sour
- Neapolitan sauce (tasty pasta sauce recipe)
- Naan bread
- Cheese whirl
- Cheese flan
- Quorn cobbler

### **Light bites / easy lunch recipes:**

- Hot paninis
- Flatbread pizza
- BBQ Quorn pittas

### **Second course:**

- Chocolate & beetroot muffins
- Vegan sponge cake
- Sponge cake
- Flapjack

**All main course recipes are designed to feed a family of 6**

## **Main course**

### **Chicken Curry**

#### **Ingredients**

- 400g diced chicken
- 1 large onion
- 30ml vegetable oil
- 100ml water
- 1 clove garlic
- ½ tsp ground ginger
- 120g tinned tomatoes
- ¼ tsp paprika
- ¼ tsp ground cumin
- ¼ tsp turmeric powder
- ¼ tsp curry powder
- ¼ tsp chilli powder
- 1 large pepper
- ½ broccoli

#### **Method**

1. Peel and dice the onions.
2. Pour the oil and approx 30ml (2 tbsp) of water to a pan, add the onions and cook on a medium heat for approximately 30-45 minutes until the onions are golden brown and soft, add more water if mixture starts to dry out.
3. Peel and crush the garlic.
4. Add ginger, garlic and more water to just cover the onions.
5. Continue to cook in order to evaporate the water. The onions should now be starting to break down. Add a little more water if required.
6. Add the tinned tomatoes, continuing to reduce the mixture, stirring occasionally until the oil rises to the surface.
7. Add the spices and 70ml of water and continue to simmer for a further 10 minutes.
8. In a separate pan fry the chicken until cooked through (approx 15-20 minutes).
9. Puree the sauce using a blender or food processor
10. Chop the pepper and broccoli into small pieces (you may wish to add different vegetables such as mushrooms, cauliflower or carrots) and add to the sauce cooking for a further 5 minutes.
11. Add the cooked meat to the curry sauce and vegetables, combine well and serve with boiled rice.

Hint: add 1 teaspoon of turmeric to the rice during cooking to make 'sunshine rice', or add an array of vegetables like cooked peas, sweetcorn or carrots to make a colourful vegetable rice.

# Lasagne

## Ingredients

### For the bolognese sauce:

- 400g minced meat (beef, lamb, chicken or turkey)
- 1 onion
- 1 carrot
- 60g tomato puree
- 30g plain flour
- 200ml Vegetable stock (use a stock cube or equivalent and follow the instructions)
- 1 tin chopped tomatoes (400g)
- 1 pepper
- 1 clove garlic
- ½ teaspoon dried mixed herbs
- ¼ teaspoon dried basil
- ¼ teaspoon oregano
- 1 pack of lasagne sheets
- 50g grated cheese (to sprinkle on top of lasagne)

### For the cheese sauce

- 50g margarine
- 50g white flour
- 500ml milk
- 50g grated cheese

## Method

1. Chop the onion and carrots into small pieces
2. Peel and crush the garlic clove
3. Fry the meat and vegetables in a pan until the meat has turned brown.
4. Add the puree, vegetable stock, tinned tomatoes, herbs and garlic.
5. Add flour if needed to thicken and leave to simmer for approximately 20 minutes.
6. Taste the sauce and add salt and pepper if required.
7. To make the cheese sauce, combine the margarine, flour and milk in a pan over a medium heat, continuously stirring to avoid lumps.
8. Once sauce is thickened and looks glossy, remove from heat. Add cheese and stir through until melted.
9. To assemble the lasagne, in a large oven proof dish alternate layers of lasagne with the bolognese sauce and with the final lasagne sheet layer, finish by pouring over the cheese sauce.
10. Sprinkle the top with the remaining cheese.
11. Bake in the oven for approximately 40 minutes and until the top is golden brown, Gas Mark 7, Electric 220 °C, Fan 200 °C.

For a vegetarian version, replace meat with minced Quorn, soya mince or use more vegetables like sweet potato, courgettes, broccoli and mushrooms.

## Sticky Chicken

### Ingredients

- 2 tbsp tomato puree
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp honey
- 750g chicken drumsticks or fillets

### Method

1. Mix the tomato puree, oil, soy sauce and honey together and pour onto the chicken. Mix well rubbing the marinade into the chicken.
2. Leave to marinade for 1 hour.
3. Preheat the oven to Gas Mark 4 / Electric 180°C / Fan 160°C.
4. Place the marinated chicken in a tin and bake for 40 minutes.

Serving suggestion: Serve with vegetable rice or baked potato wedges with the skin on. Add some sweetcorn, peas or a green salad on the side.

## Sweet & Sour

### Ingredients

- 350g diced meat (lamb, beef, pork, turkey, chicken)
- 1 onion
- 1 tbsp vegetable oil
- 1 garlic clove
- 2 tbsp brown malt vinegar
- 60g tomato puree
- 550ml water
- 120g pineapple slices (you can use tinned or fresh)
- 1 pepper
- ¼ tsp cayenne pepper
- 1 tbsp demerara sugar
- 1 tbsp cornflour

### Method

1. Heat the oil in a large pan. Finely chop the onion and cook in the oil on a medium heat.
2. Add the diced meat to the pan
3. Cut the pineapple into chunks and finely chop the pepper. Add to the pan.
4. Peel and crush the garlic clove.
5. Add the vinegar, tomato puree, garlic, water, sugar and cayenne pepper.
6. Bring to the boil and simmer for 20 minutes.
7. Thicken with corn flour if needed.

Serve the sweet and sour dish with brown rice or wholewheat noodles. For a vegetarian option, swap the diced meat for your favourite selection of vegetables, for example, broccoli, cauliflower, carrots, baby corn and sugar snap peas or green beans. You could also try adding tofu.

## Neapolitan Sauce (a tasty pasta sauce recipe)

### Ingredients

- 1 tbsp vegetable oil
- 1 large onion, diced
- 1 garlic clove, finely chopped
- 2 large carrots, diced
- 2 sticks celery, diced
- 1 pepper, diced
- 300g passata (or tomato puree)
- 150ml water
- ½ tsp dried mixed herbs
- 1 tsp sugar
- 120g cheese, grated (e.g. cheddar cheese)

### Method

1. Roughly chop the onion, carrot and celery into small chunks. Heat the oil and cook the vegetables until they start to soften but without colouring.
2. Add the remaining ingredients and simmer until the vegetables are cooked through.
3. If you have a blender, you can blend the mixture to a smooth consistency. If not, leave the sauce chunky.
4. Adjust the seasoning if needed.
5. Serve with your favourite pasta or even use it as a pizza topping that has lots of hidden vegetables!

## Naan Bread

### Ingredients

- 110g Strong white flour
- 1 tsp Dried yeast
- ½ tsp Salt
- 40g Natural yoghurt
- 60ml Warm water

### Method

1. Preheat the oven to Gas Mark 7, Electric 220 °C, Fan 200 °C.
2. Combine all ingredients together, adding enough warm water to make fairly slack (wet) dough.
3. Divide the dough into 3 portions and mould into balls.
4. Flatten each ball into an oval shape (use lightly floured rolling pin or oiled hand). Put extra flour or oil on your work area to stop the dough sticking.
5. Grease baking sheets and heat in a hot oven for 3 minutes.
6. Quickly place naan bread dough onto a baking sheet and brush with oil, cook for 4-5 minutes, turn over and cook for a further 3-4 minutes.
7. Cut in half and serve half a naan per portion.

## **Cheese Whirl**

### **Ingredients**

- ¼ of a puff pastry sheet (from the supermarket)
- 3 large potatoes or 6 small potatoes (for mashed potato)
- 170g grated cheese
- ½ onion, diced
- 1 egg

### **Method**

1. Preheat the oven to Gas Mark 7 / Electric 220 °C / Fan 200 °C.
2. Lightly grease a baking tray with oil or line with baking paper.
3. Make up the mashed potato by peeling the potatoes and boiling in water until soft. Drain the water off and mash well using a fork or masher.
4. Finely chop the onion and add to the mashed potato along with the grated cheese and egg.
5. Mix well and adjust the seasoning if required.
6. Spread the mixture onto the pastry, right up to the edges.
7. Roll the dough into a tight spiral from the longest edge (like a Swiss roll) and cut into 2 inch (5cm) pieces.
8. Bake on greased tins for 20-30 minutes at Gas Mark 7 / Electric 220 °C / Fan 200 °C.

Serve with a mixed salad or your favourite hot vegetable.

## **Cheese Flan & Variations**

### **Ingredients**

- Shortcrust pastry (shop bought or you can make your own using the recipe below)
- 155g cheese, grated
- 2 eggs
- 250ml milk

Variations to try - add in 80g of one or more of the following variations:

- Onion
- Mushroom
- Broccoli
- Pepper
- Sweetcorn
- Spinach

### **Shortcrust pastry ingredients**

- 220g plain flour
- 35g wholemeal flour
- 55g vegetable shortening (solid white fat)
- 55g butter or margarine
- 30ml water

If your supermarket is out of stock of wholemeal flour, you can substitute with an extra 35g of plain white flour.

### **Method**

1. Preheat the oven to Gas Mark 5 / Electric 190°C / Fan 170°C.
2. If you are making your own shortcrust pastry, begin with by making this. If you are using shop bought pastry, skip to instruction 6.
3. Rub the butter and vegetable shortening into the flour between your fingers and thumbs until the mixture resembles breadcrumbs.
4. Add the water gradually and mix until the pastry binds together. You may not need all the water, use enough to create a soft but not sticky dough.
5. Roll out the pastry dough to fit a shallow tin or flan tin.
6. Line the tin with the pastry and blind bake in the oven for 15 minutes until a pale golden brown colour. Blind baking means baking the pastry with no filling in.
7. Remove the pastry from the oven and fill with grated cheese and a variation of your choice e.g. mushrooms and onions.
8. Whisk the egg and milk together and pour over the grated cheese.
9. Bake in the oven for approximately 30 minutes or until golden brown.

## Quorn Cobbler

### Cobbler filling ingredients

- 150g Quorn mince
- 1 onion, diced
- 2 carrots, diced
- ½ swede, diced
- 120g tinned tomatoes
- ¼ tsp mixed herbs
- 20g gravy powder
- 250ml water

### Scone Ingredients

- 20g wholemeal flour
- 100g plain flour
- 30g butter
- 1tsp baking powder
- 1 egg, whisked
- Pinch of salt
- 35ml water
- 20ml milk

### Method

1. Begin by making the cobbler mix. Preheat the oven to Gas Mark 7 / Electric 220°C / Fan 200°C.
2. Finely chop the onion and cook in a tablespoon of oil on a medium heat until soft.
3. Cook the diced carrots and swede in boiling water for 1 minute. Drain and add to the onion.
4. Add the Quorn mince, tinned tomatoes, mixed herbs and water. Bring to a simmer.
5. Continue to simmer until the carrot and swede are cooked through.
6. Add the gravy powder to thicken the mixture and adjust the seasoning if required using salt and pepper.
7. Meanwhile, make up the scone mix.
8. Using your fingers and thumbs, rub the margarine into the dry ingredients to create a crumble consistency. Add the eggs and liquid and mix until combined. Do not over mix otherwise the scone will become doughy when cooked rather than crumbly.
9. Roll the mixture out to approx 5cm thick and stamp out rounds using a circle shaped cutter. If you don't have any dough cutters, you can use a glass or a mug to cut out the rounds. Experiment with different shaped cutters.
10. Pour the cobbler mix into a deep oven-proof dish and place the scones on top. Brush the scones with egg or milk to give them a shine.
11. Cook in the oven for 15 to 20 minutes or until golden brown.

## **Light bites / easy lunch recipes**

**Hot paninis** - a quick and easy lunch time meal instead of a sandwich. You can buy panini bread from the supermarket or alternatively you can toast normal bread for a toasted sandwich. Below are some of the paninis fillings Manchester Fayre make:

- Cheese
- Cheese & tuna
- Cheese & sliced meat
- Cheese & beans
- Cheese & onion

To make your panini, slice in half and then place your favourite fillings on one half of the panini bread and place the other half on top. Place the filled panini in the oven at Gas Mark 4 / Electric 180°C / Fan 160°C fan for approx 5-10 minutes until the bread is toasted and the cheese begins to melt. Alternatively you can heat your panini in a pan on the hob. Add a small amount of butter to the pan and add your panini. Cook until the bottom is golden brown and the cheese is beginning to melt. Flip over to cook the other side and press down to flatten the panini. Cook until golden and the cheese is melted.

## **Vegeball Sub**

### **Ingredients**

- 2-3 Vegeballs per sub (or if prefer a meat version use meatballs)
- Baguette (½ baguette per portion)
- 1 tin of chopped tomatoes
- ½ onion
- 1 tsp dried mixed herbs
- 1 tbsp tomato puree
- Seasoning as required

### **Method**

1. Cook the vegeballs or meatballs following the manufacturer's instructions.
2. Warm the baguette in the oven for 8-10 minutes at Gas Mark 4 / Electric 180°C / Fan 160°C.
3. Meanwhile, cook the onion in a pan over medium heat until soft.
4. Add the chopped tomatoes, tomato puree, mixed herbs and seasoning. Simmer on a medium heat for 10 minutes.
5. Construct your vegeball sub by cutting the baguette halfway through lengthwise (not all the way through) and add the vegeballs / meatballs. Pour some of your tomato sauce over the vegeballs and serve.

Top tip: If you've had a go at making the neapolitan sauce for pasta you could save a small amount to put over your vegeballs.

## **Flatbread pizza**

### **Ingredients**

- Wholemeal wrap or pitta bread
- Your favourite vegetable pizza toppings e.g. cheese, tomato and sweetcorn, mixed vegetables or pineapple.

### **Method**

1. Preheat your oven to Gas Mark 6 / Electric 200°C / Fan 180°C.
2. Top a wrap or pitta bread with some canned chopped tomatoes and your favourite vegetables toppings.
3. Bake in the oven for 8-10 minutes.

Experiment with different toppings, you might find that you like something new. You could make a face on your pizza using the toppings.

## **BBQ Quorn pitta**

### **Ingredients**

- Wholemeal pitta bread
- BBQ sauce (shop bought or follow sticky chicken marinade recipe)
- Quorn pieces (approx 50g per portion)
- Chopped salad or hot vegetable of your choice

### **Method**

1. Combine Quorn pieces with BBQ sauce.
2. Bake in oven Gas Mark 5 / Electric 190°C / Fan 170°C for 15-20 minutes.
3. Place pitta breads in a toaster and warm through for approx 1 minute
4. Open pitta on the side and place inside chopped salad or hot vegetable
5. Add the cooked Quorn pieces and serve

A tomato version of this recipe can also be made using the neapolitan recipe.

## **Second course**

### **Chocolate & Beetroot Muffins - makes 12 muffins**

#### **Ingredients**

- 185g plain flour
- 75g cocoa powder
- 1 tbsp baking powder
- 240g caster sugar
- 2 eggs
- 250g beetroot (buy pre-cooked from the supermarket. You can find it in the fruit & veg aisle)
- 200g butter or margarine
- 1 tsp vanilla essence (optional)
- 12 muffin cases

#### **Method**

1. Preheat the oven to Gas Mark 4 / Electric 180°C / Fan 160°C. Place the paper muffin cases in the muffin tins.
2. Sift together the flour, cocoa powder and baking powder in a bowl. Add the sugar and mix together.
3. In a food processor, puree the beetroot. If you don't have one, try grating the beetroot.
4. Melt the butter / margarine in the microwave or on the hob and add to the beetroot along with the eggs and vanilla essence. Mix well.
5. Pour the wet ingredients into the dry ingredients then stir until just combined. The batter will be lumpy but no dry flour should be visible. Do not over-stir.
6. Spoon the mixture into the paper cases, approximately one dessert spoon per case.
7. Bake in the oven for 20 minutes until the tops spring back when pressed gently.

### **Vegan sponge cake (serves 8)**

#### **Ingredients**

- 200g self-raising flour
- 3 tsp baking powder
- 115g sugar
- 15ml vegetable oil
- 310ml cold water
- 2 tsp vanilla essence

#### **Method**

1. Preheat the oven to Gas Mark 5 / Electric 190°C / Fan 170°C. Grease two round cake tins.
2. Place all the ingredients into a bowl and mix well.
3. Divide the mixture between two well-greased round cake tins.
4. Bake for 30 minutes. To test if the cake is cooked, insert a knife into the middle of the cake. If it is cooked the knife will come out clean.
5. Cool for 10 minutes then turn out the cakes and allow to cool completely.
6. Sandwich the cakes together with a layer of strawberry jam and dust the top with icing sugar.

Optional: Make a vanilla flavour 'butter' icing using 115g icing sugar, 55g dairy free margarine and ½ tsp vanilla essence. Layer on top of the jam before sandwiching the cakes together.

## Sponge Cake

### Ingredients

- 85g margarine
- 60g caster sugar
- 1 egg, whisked
- 135g plain white flour
- 30g plain wholemeal flour
- 8g cornflour
- 35ml milk
- 35ml water

### Method

1. Preheat the oven to Gas Mark 6, Electric 200°C, Fan 180°C.
2. Using a whisk or spoon cream together margarine and sugar until light and fluffy.
3. Add whisked egg gradually with a little flour.
4. Add remaining dry ingredients and liquid.
5. Mix lightly and thoroughly.
6. Baked in a greased cake tin for 45 minutes to 1 hour or until golden brown.

Serve with warm custard or ice cream and with a fruit of your choice such as tinned peaches or stewed summer fruits.

## Flapjack & variations - makes 12 flapjacks

### Ingredients

- 155g margarine / butter
- 155g sugar
- 85g golden syrup
- 310g oats

Try different variations of flapjack by adding one (or more) of the following:

- 60g glace cherries
- 60g dried fruit
- 115g chopped dates
- 115g chopped dried apricots
- 15g ginger (stem ginger is best and can be bought from the baking aisle in the supermarket)

### Method

1. Preheat the oven to Gas Mark 5 / Electric 190°C / Fan 170°C. Grease a tin or line it with baking paper.
2. Melt the margarine, sugar and syrup in a pan and mix well.
3. Stir in the rolled oats. Add in your variation if you want to e.g. dried fruit, glace cherries etc.
4. Press the mix into your tin and bake in the oven for 30-40 minutes.
5. Portion into 12 while hot and allow to cool.

**Top tip:** If you don't have a baking tin to use, you can bake your flapjacks in a silver foil tray. You can buy these from the supermarket.

Serve on its own, with some fruit or alongside some easy banana ice cream. To make the banana ice cream, simply freeze some bananas for a few hours. Remove from the freezer and place in a food processor and blend until smooth.

You could try crumbling some flapjack on top of some plain low fat natural yoghurt with your favourite fruit as a healthy snack.