

## Farmhouse Vegetable soup

**Serves:** 6  
**Preparation time:** 15 minutes  
**Cooking time:** 30-35 minutes

### Ingredients

2 small onions  
2 large carrots  
1 large parsnip  
2 medium potatoes  
Half a cauliflower  
Medium stem of broccoli  
1 clove of garlic  
1150ml (2 pints) of vegetable stock (1 stock cube dissolved in 1150ml (2 pints) of boiling water)  
A few mixed herbs and black pepper  
Wholemeal, wholegrain or granary bread

### What to do

1. Wash, peel and chop the vegetables. Finely chop or crush the garlic, cut the cauliflower and broccoli into florets and roughly chop the remaining vegetables into chunks.
2. Place the onions and garlic in the saucepan with a little water and cook gently for about 5 minutes or until soft.
3. Add the carrots, parsnips and potatoes and cook gently for another 5 minutes.
4. Add the stock and bring to the boil
5. Stir in the cauliflower and broccoli
6. Simmer for 10-15 minutes or until the potatoes are soft.
7. Once cooked, liquidise the mixture using a blender.
8. Return the blended soup to the saucepan and reheat without boiling.
9. Season with the mixed herbs and black pepper. Serve with wholemeal, wholegrain or granary bread.

## Baked potatoes with fillings

**Serves:** 2  
**Preparation time:** 5 minutes  
**Cooking time:** 1-1 ½ hours

1. Pre-heat the oven to 220°C or 425°F or gas Mark 7.
2. Wash 2 large baking potatoes carefully and prick them all over with a fork.
3. Bake in a pre-heated oven for 1 ½ hours or until the inside is tender (test with a fork or a skewer).

*Handy Hint:* to speed up cooking time, par-boil the potatoes in their jacket for 20 minutes, then prick them and bake them for a further 15 minutes. Cooking time will also depend on the size of the potato – larger potatoes will take longer than smaller potatoes. Old potatoes are more suitable for baking than new potatoes.

### Filling 1 - Bacon and Sweetcorn

#### Ingredients

6 dessertspoons tinned sweetcorn, drained  
4 back rashers, remove rind and visible fat before cooking  
Black pepper

#### What to do

1. Grill the bacon and cut into small pieces.
2. Cut the potato in half. Carefully scoop out the centre of the potato and place in mixing bowl.
3. Mix the potato with the sweetcorn, bacon and black pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed and through and golden.

### Filling 2 - Tuna Melt

#### Ingredients

200g (7oz) can of tuna  
85g (3oz) low fat cheese  
Black pepper

#### What to do

1. Open the tinned tuna and drain. Grate the cheese
2. Cut the potato in half. Carefully scoop out centre of the potato and place in mixing bowl.
3. Mix the potato with the tinned tuna and add some black pepper to flavour.
4. Return the mixture to the potato skins and top the potatoes with grated cheese.
5. Place in a hot oven and bake until the cheese has melted, and the potatoes are warmed through.

## Apple crumble / Rhubarb crumble

**Serves:** 6

**Preparation time:** 10 minutes

**Cooking time:** 20 minutes

### Ingredients

3 large cooking apples or stalks of rhubarb

Water

A little sugar

110g (4oz) plain flour

2 flat dessertspoons brown or white sugar

50g (2oz) polyunsaturated or monounsaturated margarine

½ tsp ground cinnamon (optional)

Handful porridge oats (optional)

Handful chopped nuts such as almonds (optional)

### What to do

1. Pre-heat the oven 190°C or 375°F or gas mark 5
2. Peel and slice the cooking apples or the rhubarb. Add a sprinkle of sugar to taste.
3. Cook in the microwave or on hob. If using microwave, add 3 – 4 tbsp water, cover and cook for 4-5 minutes on high power. You will need more water to cook the apples in a pot on the hob. Gently bring to the boil and simmer until apples have softened.
4. Meanwhile, sieve the flour. Mix flour, sugar and margarine in bowl and rub in with your fingertips until it looks like breadcrumbs.
5. Add cinnamon, porridge oats or chopped nuts if you wish.
6. Sprinkle this mixture over cooked apples and bake in the pre-heated oven for 20 minutes or until just golden brown.

### Tip

This dish is delicious served with low fat yoghurt or low-fat custard.

### Variations

Other options include apple and plum crumble with cloves, pear crumble and gooseberry crumble. Use around 675g (1 1/2lb) of fruit for 4 servings.

You can use wholemeal flour instead of white flour for added fibre.

Sprinkle lemon juice on top of the fruit for extra tang!

# Loving Leftovers!

It stands to reason that if we are cooking more, then we are going to have more food waste, so we would like to introduce you to “Loving Leftovers”, an award-winning initiative by Belmont and Milltown National Schools in partnership with their Heritage Group. This is a collection of recipes written by the children from both schools including dishes using popular food leftovers – it won the National Heritage Award in the National Tidy Towns Competition 2018. A sample of the recipes are included overleaf, and you can check the full collection out at <https://milltown.galwaycommunityheritage.org> - you might also like to check out their Food Heritage Project where the schoolchildren gathered 92 stories and recipes from generations past. The collection was so well received that it was accepted by the National Folklore Collection in Dublin as a distinctive record of food culture in Ireland.

## Tadhg McDonagh’s Rascal Rice

*Ingredients:* leftover boiled rice, leftover chicken, peas, pineapple, peppers

*Method:* Add cooked leftover chicken into cold rice and add to pan, fry until hot, then add peas, peppers and pineapple for a few minutes for extra taste.

## Matthew’s Mouth-Watering Banana and Chocolate-Chip Bread

*Ingredients:* 3-4 overripe bananas, 2 tablespoons of honey, 2 eggs, 100g butter, 225g self-raising flour, 100g milk chocolate chips

*Method:* Place the flour and butter into a large bowl and mix together until crumbly. Add the chocolate chips and sugar and stir. Whisk the eggs and honey together and then combine well with the flour mixture. Mash the bananas and stir in. Grease a loaf tin and add the mixture and bake at 180 degrees for 1 hour. Allow to stand for 15 minutes and serve with a little whipped cream.

## Andrew’s Chicken Stock

*Ingredients:* 1-2 chicken carcasses, 1 litre of water, 2 cloves of garlic, 200g onion + carrot + celery roughly chopped, 4 peppers, 2 sprigs of rosemary, parsley and thyme.

*Method:* Place all the ingredients into a large deep bottomed pan and bring to the boil. Skim the surface and then turn the heat down to simmer and continue to simmer for 3-4 hours, skimming as necessary. Pass the stock through a fine sieve and allow to cool for about half an hour and then refrigerate. Once the stock is cool, it should look clear and slightly amber in colour. Use it as a base for soup or divide it into small plastic containers and freeze.

### **Sheridan's Spagilli**

*Ingredients:* leftover spaghetti Bolognese, 2 spoonful's of chilli powder, 1 can of chilli beans.

*Method:* Heat the Bolognese on a low temperature, add 2 spoonfuls of hot chilli powder and stir together. Put the tin of chilli beans into the mixture and stir again, simmer for 15-20 minutes, serve and enjoy!

### **Stephanie's Superb Lamb Croquettes**

*Ingredients:* Leftover roast lamb, leftover mashed potato, leftover bread crusts crumbed, 2 tbsp of cheddar cheese grated, 1 tbsp curry powder, 1 egg beaten, salt and pepper, oil, butter.

*Method:* Rip the lamb into chunks and mix with mash and grated cheese in a bowl. Shape them into a cylinder shape. Mix the curry powder with flour and add a pinch of salt and pepper. Beat the egg and put it and the breadcrumbs in 2 separate bowls. Dip the cylinder shapes into the flour mixture, then the egg, then wrap it in the breadcrumbs, and repeat until all the cylinders are done. Put them in the fridge for 15 minutes before cooking. Heat a frying pan, add the oil and butter, and fry until crispy and golden, then eat and enjoy because its tasty!

# THE FOOD PYRAMID

