

# Recipe Book



	Lentil soup	1
	Scrambled Egg	9
	Shepherds Pie	19
	Macaroni Cheese	30
	Smoked Fish Baguettes	41
	Oriental Style Salmon Kebabs	49
	Strawberry Fool	58
	Rock Cakes	65

# Lentil Soup



# Ingredients



Leek



1 onion



2 carrots



1 small turnip



200gms lentils



½ teaspoon pepper



1 litre vegetable stock

# Utensils



Vegetable peeler



knife



Chopping board



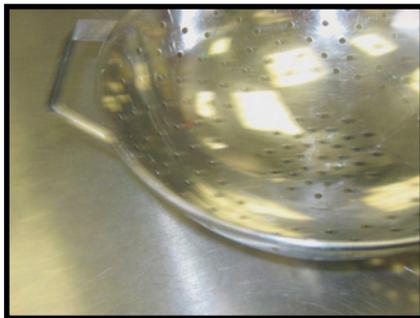
Sieve



Teaspoon



Jug



Colander



Pan

# Method



Wash lentils.



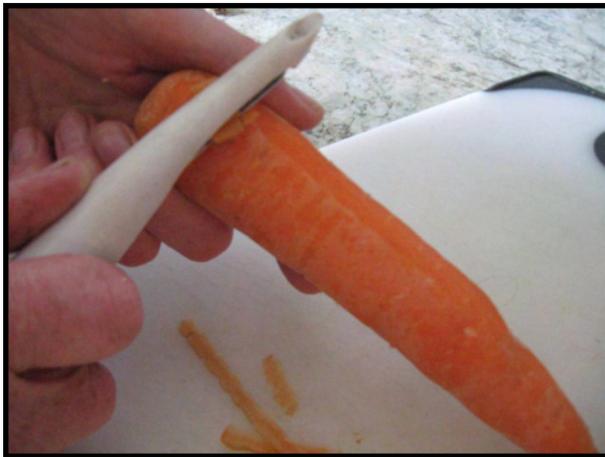
Chop leek.



Wash leek.



Chop onion.



Peel carrots.



Chop carrots.



Peel turnip.



Chop turnip.



Put chopped vegetables in bowl.



Pour vegetable stock into pan.



Add lentils.



Add vegetables.



Add ½ teaspoon pepper.



Cook for 40 minutes.



Serve in bowl with crusty bread.

# Scrambled Eggs



# Ingredients



4 eggs



4 tablespoons milk



1 tablespoon  
margarine



salt and pepper

# Utensils



bowl



cup



spoon



measuring spoon



whisk

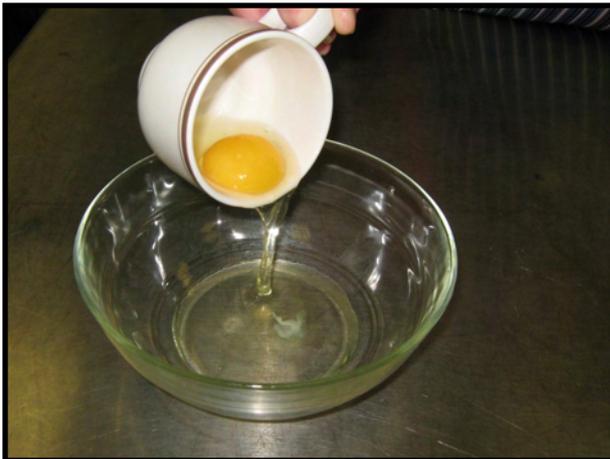


wooden spoon

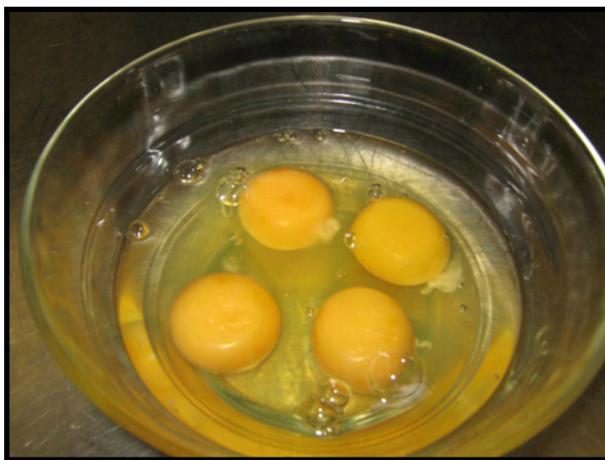
# Method



Break egg in cup.



Pour egg into bowl.



Do this with 4 eggs.



Whisk eggs.



Add margarine.



Add milk.



Add salt and pepper.



Whisk.



Go to microwave.



Put bowl in microwave.



Cook for 1 minute.



Take bowl out of microwave and stir.



Put bowl in microwave.



Cook for 1 minute.



Take bowl out of microwave and stir.



Put bowl in microwave.



Cook for 1 minute.



Take bowl out of microwave and stir.



Put scrambled eggs on to a plate.



Serve with tomatoes.

# Shepherds Pie



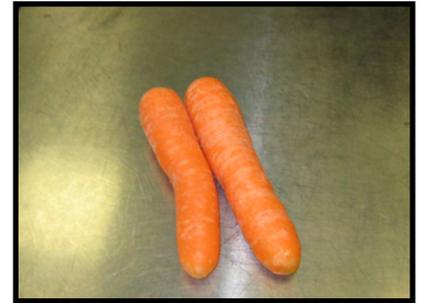
# Ingredients



Potatoes



1 onion



2 carrots



1 small turnip



350gms minced beef



Salt and pepper



2 tablespoons  
gravy granules

# Utensils



Vegetable peeler



knife



Chopping board



Measuring spoon



Tablespoon



Jug

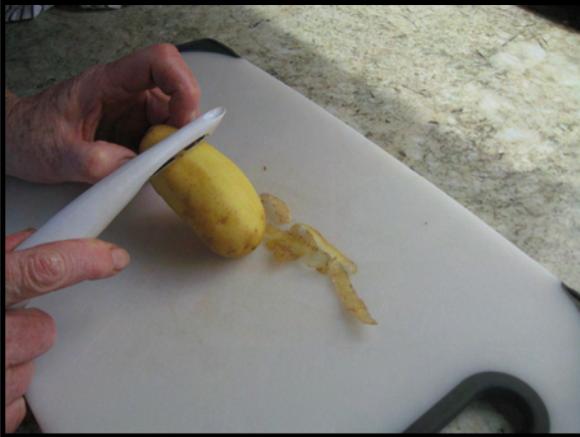


Pie dish

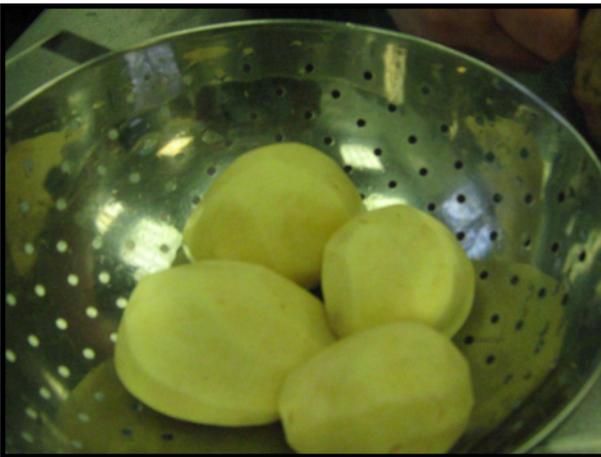


Pan

## Method



Peel potatoes.



When potatoes are peeled cut them up.



Put in pan of water and boil until cooked.



When potatoes cooked,  
drain the water.



Mash potatoes.



Chop onion.



Peel carrots.



Chop carrots.



Peel turnip.



Chop turnip.



Put mince in pan and heat on cooker to brown mince.



Add onion, turnip and carrots to mince.



Add water.



Cook for 30 minutes.



Add 2 tablespoons gravy granules.



Add salt and pepper.



Pour mince into dish.



Put mashed potato on the mince.



Spread potatoes.



Spread potatoes with fork.



Put under grill for 5 minutes.



Serve with vegetables.

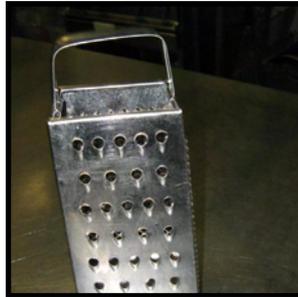
# Macaroni and Cheese



# Utensils



Bowl



Grater



Pan



Scales



Colander



Wooden Spoon



Teaspoon

# Ingredients



150g macaroni



30g margarine



375ml semi skimmed  
milk



100g grated cheddar  
cheese



1/2 teaspoon English  
Mustard



30g plain flour



salt and pepper

## Method



Weigh 150g Macaroni.



Boil 1 pint of water with  
 $\frac{1}{2}$  teaspoon salt.



Cook macaroni in  
boiling water until soft.



Pour macaroni into colander.



This drains away the water.



Put cooked macaroni in bowl.



Melt margarine in pan.



When the margarine is melted.



Add flour.



Stir for 2 minutes.



Slowly stir in milk.



Bring sauce to boil,  
stirring all the time.



Add ½ teaspoon mustard.



Add 50g cheese.



Add a little salt and pepper.



Add cooked macaroni.



Stir macaroni into sauce.



Pour into dish.



Sprinkle cheese on macaroni.



Put cheese over macaroni.



Put dish of macaroni under grill for 2 minutes.



Serve with vegetables.

# Smoked Fish Baguettes



# Utensils



Bowl



Spoon



Sharp knife



Plate



Knife



Baking Tray



Grater

# Ingredients



2 small part baked  
baguettes



1-2 teaspoons  
fresh chives



1 large smoked  
haddock



1 dessertspoon  
margarine



2 tablespoons  
grated cheese



pepper

# Method



Turn on oven to  
190C/ 375F/ Gas  
Mark 5.



Cut baguettes.



Chop chives.



Put chives and margarine in bowl.



Mix together.



Spread the mixture on to the baguettes.



Cut fish.



Put fish on to the baguettes.



Add pepper.



Add cheese.



Put on to a baking tray.



Put in oven for 7 minutes.



Serve with lettuce,  
tomatoes and  
cucumber.

## Oriental Style Glazed Salmon Kebabs



# Utensils



Bowl



Lemon juicer



Sharp knife



Teaspoon



Tablespoon



8 Wooden skewers



Brush



Wooden spoon

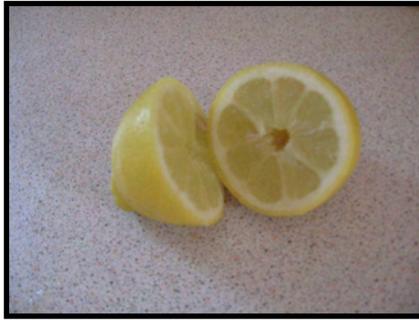


Cling film

# Ingredients



2 teaspoons oil



1 teaspoon lemon  
juice



2 tablespoons honey



450g salmon



4 tablespoons soy  
sauce

## Method



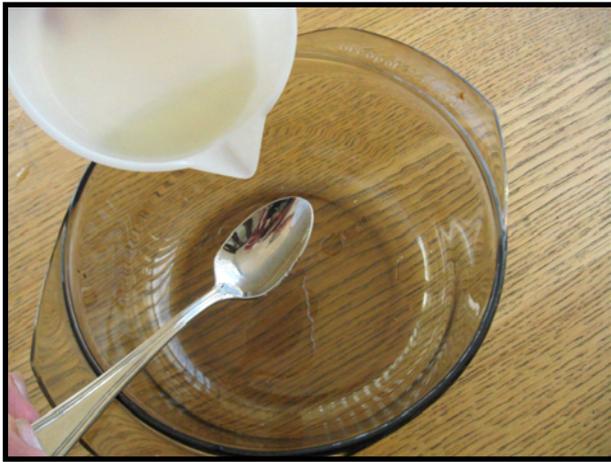
Squeeze lemon on juicer.



Get bowl.



Add 2 tablespoons honey.



1 teaspoon lemon juice.



2 teaspoons oil.



4 tablespoons soy sauce.



Cut salmon.



Add salmon to bowl.



Mix.



Cover with cling film.



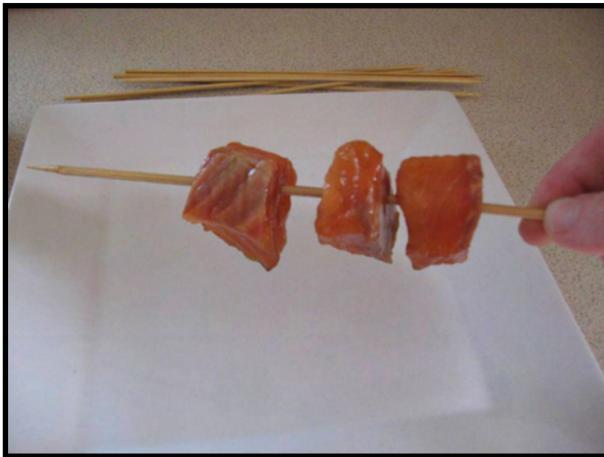
Put bowl in fridge for 20 minutes.



Soak skewers in water for 10 minutes.



Get bowl from fridge.



Put salmon chunks on to the skewers.



Put on to the grill pan, cook for 8 minutes.



While cooking, turn kebabs over.



And brush with mixture from bowl.



Serve with salad and pitta bread.

# Strawberry Fool



# Ingredients



1 strawberry sugar  
free jelly



350gms strawberries



500gms low fat  
fromage frais

# Utensils



Bowl



Jug



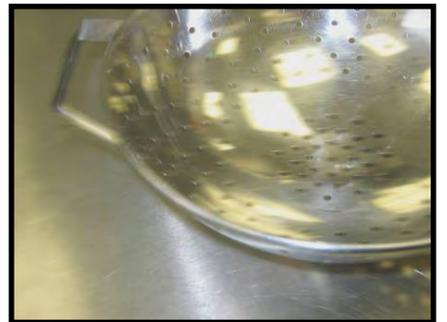
Bowl



Knife



Fork



Colander

# Method



Wash strawberries with water.



Cut out stalks.



Dissolve jelly in 75ml boiling water.

Let it cool.



Add 75ml cold water.



Mash strawberries.



Add jelly.



Put bowl in fridge for 2 hours.



Take bowl out of fridge and stir mixture.



Add fromage frais.



Mix.



Pour into bowl.



Put in fridge for 2 hours.

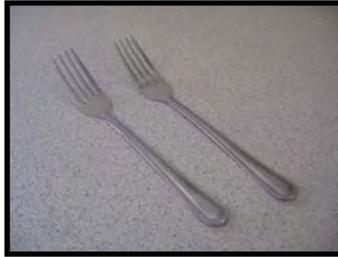
# Rock Cakes



# Utensils



Bowl



2 forks



Slice



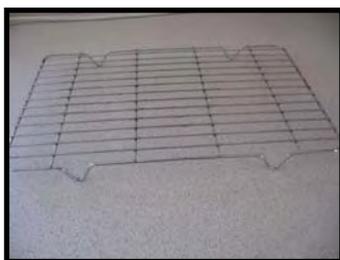
Baking Tray



Oven



Timer



Cooler tray



Scales



Measuring spoon

# Ingredients



75gms margarine



200gms self raising flour



75gms soft brown sugar



100gms sultanas



$\frac{1}{2}$  teaspoon mixed spice



1 egg

## Method



Weigh 200gms self raising flour.



Put in bowl.



Weigh 75gms margarine.



Add margarine to bowl.



Rub margarine and flour with fingers.



Weigh 100gms sultanas.



Add sultanas to bowl.



Add  $\frac{1}{2}$  teaspoon mixed spice.



Weigh 75gms soft brown sugar.



Add sugar.



Add egg.



Mix with fork.



Grease baking tray.



With 2 forks, make small balls and put on baking tray.



Put tray in oven  
200C/400F/Gas  
Mark 6.



Bake for 15 minutes.



Take tray out of oven.



Put cakes on to cooling tray.



When cool, they are ready to eat.

Produced by Donna Dawson, Accessible Information Officer,  
Equally Well Team, NHS Grampian.  
Acknowledgements to Confidence to Cook and Willowbank Day Centre,  
Peterhead

