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RECIPES FOR YOUR FAMILY

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The government is telling us to stay at home and only go outside for food, health reasons or essential work, to stay two metres (six feet) away from other people and wash our hands as get home.

This will mean that more of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us.

Here are some recipes we hope will help you cook for those you are isolated with during this time.

Stay safe and stay healthy!

TUNA PASTA BAKE

PREP TIME: 10
COOK: 40 M
SERVES: 6

INGREDIENTS

600g Rigatoni
50g Butter
50g Plain flour
600ml Milk
250g strong cheddar-grated
2 x 160g cans tuna steak in
spring water,
(drained)
330g sweetcorn-(drained)
Large handful of chopped
parsley

METHOD

Heat oven to 180C/fan 160C/gas 4

Boil 600g rigatoni for 2 mins less time than stated on the pack.

To make the sauce, melt 50g butter in a saucepan and stir in 50g p

Cook for 1 min, then gradually stir in 600ml milk to make a thick w

Remove from the heat and stir in all but a handful of the 250g grat

Drain the pasta, mix with the white sauce, two 160g drained cans
330g drained can sweetcorn and a large handful of chopped parsley
season.

Transfer to a baking dish and top with the rest of the grated chedd

Bake for 15-20 mins until the cheese on top is golden and starting

MEATBALLS

INGREDIENTS

1kg beef mince
1 onion finely chopped
½ large bunch of flat leaf parsley finely chopped
85g parmesan grated
110g fresh breadcrumbs
2 eggs beaten with a fork
Olive oil
Spaghetti for serving 100g per portion

FOR THE SAUCE

3 tablespoons olive oil
4 garlic cloves
4x cans of chopped tomatoes
3 tablespoons caster sugar
½ large bunch flat leaf parsley

METHOD

First make the Meatballs

Add 1kg beef mince, 1 finely chopped onion, ½ large bunch flat-leaf parsley, 85g grated parmesan, 100g fresh breadcrumbs, 2 beaten eggs and seasoning. Get your hands in and mix together really well – the more you squeeze and mash the mince, the more tender the meatballs will be. Heat oven to 220C/200C fan/gas 7.

Roll the mince mixture into about 50 golf-ball-size meatballs. Set aside 10 meatballs for freezing, allowing about 5 per portion, then spread the rest on a large roasting tin– the meatballs will brown better if spaced out a little. Drizzle with a little oil (about 1 tsp per portion), shake to coat, then cook for 30 mins until browned.

Meanwhile, make the sauce. Heat 3 tbsp olive oil in your largest pan, add 4 crushed garlic cloves and sizzle for 1 min.

Stir in four 400g cans chopped tomatoes, 3 tbsp caster sugar, ½ a large bunch flat-leaf parsley and seasoning. Simmer for 15-20 mins until slightly thickened. Stir in a few basil leaves, if using, spoon out any portions for freezing. Add the cooked meatballs to the pan to keep warm while you boil the spaghetti (you'll need about 100g per portion).

Spoon the sauce and meatballs over spaghetti, or stir them all together. Serve with extra parmesan and a few basil leaves, if you like.

PREP TIME: 30 mins
COOK: 30 mins
SERVES: Appro

MACARONI CHEESE

PREP TIME: 15
COOK: 30 M
SERVES: 4

INGREDIENTS

700ml Full fat milk
1 onion peeled and halved
350g Macaroni
50g Butter- plus a little extra for greasing
50g Plain flour
175g Mature cheddar
1tsp English Mustard
50g Parmesan grated
50g coarse white breadcrumbs

METHOD

Prepare the pasta: In a small pan, warm the milk, onion, garlic and until almost boiling. Remove from the heat, leave covered to infuse then strain. Cook the macaroni according to pack instructions until still with a little bite (this is called al dente in Italian). This will take mins. Drain in a colander, then run under the tap and stir to stop the sticking together

Make a roux: (A roux is simply flour and fat, cooked together, then thicken sauces.) Heat oven to 190C/ fan 170C/gas 5 and butter a ovenproof dish. Melt the butter in the medium pan. When foaming, flour, then cook, stirring constantly, for 1 min on a low heat.

Finish the sauce: Slowly stir the warm infused milk into the roux until Simmer for 3-4 mins, stirring often, until the sauce has thickened a coating consistency (run your finger through the sauce on a spoon leave a trail). Remove the pan from the heat, then add the cheddar mustard powder. Season, then stir until the cheese has melted.

Assemble and bake: Mix the cheese sauce through the macaroni then tip into the prepared dish. Sprinkle the Parmesan and breadcrumbs the top, then bake for 15-20 mins until golden brown and bubbling piping hot on its own or with a green salad.

TURKEY BURGERS

PREP TIME: 15
COOK: 20-25
SERVES: 8

INGREDIENTS

2 tablespoons olive oil
1 large onion finely chopped
2 large garlic cloves crushed
85g porridge oats
450g minced turkey
100g dried apricot finely
chopped
1 large carrot grated
1 egg beaten
Bread rolls to serve

METHOD

Heat 1 tbsp oil in a pan and gently fry the onion for 5 mins until soft. Add the garlic and cook for 1 min. Add the oats and fry for 2 mins more. Tip onto a plate and set aside to cool.

Add the rest of the ingredients to the cooled mixture and mix well with your hands. Season to taste and shape into 8 patties.

Heat oven to 200C/fan 180C/gas 6. Heat the remaining olive oil in a stick frying pan and sear the burgers on each side until well coloured (2-3 mins). Transfer to a baking sheet and cook in the oven for 10-15 mins.

For the chutney heat 1 tbsp of olive oil in a pan and add 1 finely chopped onion. Cook for 5 mins until softened. Stir in 1 crushed garlic clove for a further min. Add 1 tbsp sundried tomato paste, a 400g can gochujang, chopped tomatoes and a pinch of sugar. Gently cook for 20-25 mins until thick. Season to taste, then leave to cool before serving.

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JACKET POTATOES

PREP TIME: 5 MINS
COOK: 60 MINS
SERVES: 4

INGREDIENTS

4 Large baking potatoes
2 tablespoons olive oil
200ml soured cream

Ideas for fillings;
Please see slide on next page...

METHOD

Heat 1 tbsp oil in a pan and gently fry the onion for 5 mins until soft. Add the garlic and cook for 1 min. Add the oats and fry for 2 mins more. Tip into a bowl and set aside to cool.

Add the rest of the ingredients to the cooled mixture and mix well with your hands. Season to taste and shape into 8 patties.

Heat oven to 200C/fan 180C/gas 6. Heat the remaining olive oil in a stick frying pan and sear the burgers on each side until well coloured (about 2 mins). Transfer to a baking sheet and cook in the oven for 10-15 mins. For the chutney heat 1 tbsp of olive oil in a pan and add 1 finely chopped onion. Cook for 5 mins until softened. Stir in 1 crushed garlic clove for a further min. Add 1 tbsp sundried tomato paste, a 400g can gochujang, 400g chopped tomatoes and a pinch of sugar. Gently cook for 20-25 mins until thick. Season to taste, then leave to cool before serving.

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JACKET POTATOES

PREP TIME: 5 M
COOK: 60 M
SERVES: 4

Ideas for fillings;

Tuna, Red onion and Pepper

Finely chop half a red onion and half a red pepper then place in a bowl with a drained can of tuna. Mix in some mayonnaise and season with freshly ground black pepper. This makes enough for two potatoes.

Prawns with Mayonnaise

A handful of cooked prawns is all you need for a glamorous topping for your spud. Defrosted, frozen, cooked prawns are ideal for this. Just heat them through thoroughly and mix with a little mayonnaise.

Cream Cheese and Chives

Choose a full-fat cream cheese and don't be shy! Chop some chives and scatter these over the top

Bolognese

Hold back a little of your Bolognese sauce when you're making spaghetti bolognese. A couple of spoons of this on an oven-baked jacket is sufficient for a tasty meal.

Chilli and Soured Cream

Chilli con carne works really well with jacket potatoes and this is great if you have some in the fridge or freezer. Heat it separately then spoon over the jacket potato. Top with some soured cream.

Beans and Cheese

This is the classic filling. Heat the baked beans - they work really well if the sauce has been reduced down and the beans have started to go a bit mushy. Grate a good amount of strong cheddar cheese. Split the potato, add some butter then pour over the beans. Sprinkle the cheese over the top and watch it melt into the beans. Delicious.

CHILLI CON CARNE

PREP TIME: 10
COOK: 60 M
SERVES: 4

METHOD

INGREDIENTS

- 1 large onion
- 1 red pepper
- 2 garlic cloves
- 1 tablespoon olive oil
- 1 teaspoon chilli powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 500g beef mince
- 1 beef stock cube
- 400g chopped tomatoes
- ½ teaspoon dried marjoram
- 1 teaspoon sugar
- 2 tablespoon tomato puree
- 410g canned red kidney beans
- Plain boiled rice – to serve

Prepare your vegetables. Chop 1 large onion into small dice, about 5mm square. This is to cut the onion in half from root to tip, peel it and slice each half into thick matchsticks lengthways, not quite cutting all the way so they are still held together. Slice across the matchsticks into neat dice. Cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop 2 garlic cloves.

Start cooking. Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave until hot (a little longer for an electric hob).

Add the onion and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft and slightly translucent.

Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, paprika and 1 tsp ground cumin.

Give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.

Brown 500g lean minced beef. Turn the heat up a bit, add the meat to the pan and brown with a spoon or spatula. The mix should sizzle a bit when you add the mince.

Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince is brown, there are no more pink bits. Make sure you keep the heat hot enough for the meat to brown, rather than just stew.

Make the sauce. Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.

Add a 400g can of chopped tomatoes. Tip in ½ tsp dried marjoram, 1 tsp sugar and 1 tsp salt and pepper. Squirt in about 2 tbsp tomato purée and stir the sauce well.

Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn the heat until it is gently bubbling and leave it for 20 minutes.

Check on the pan occasionally to stir it and make sure the sauce doesn't catch on the bottom or isn't drying out. If it is, add a couple of tablespoons of water and make sure that the sauce is moist enough. After simmering gently, the saucy mince mixture should look thick, moist and saucy. Drain and rinse a 410g can of red kidney beans in a sieve and stir them into the chilli. Bring to a boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if too dry.

Taste a bit of the chilli and season. It will probably take a lot more seasoning than you

SPANISH OMELETTE

PREP TIME: 10
COOK: 30 M
SERVES: 3

INGREDIENTS

500g waxy potatoes such as 'Charlotte'

Knob of Butter

2 small onions finely sliced

1 red pepper finely sliced

8-9 eggs

1x 25g pack of chives

METHOD

Finely slice the onions and chop the red pepper, removing the seeds. Cut the potatoes into roughly ½ cm slices.

Heat a knob of butter in a medium (about 24cm) frying pan over a medium heat and cook gently for 10 – 15 until starting to go brown, add the pepper and cook for a further 5 mins.

Put the potatoes in a steamer over boiling water for 10 - 12 mins until just cooked through. If you don't have a steamer, put in a saucepan, cover with boiling water and simmer gently for around 8 - 10 mins until just cooked through. Drain well.

Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt. Use scissors to snip the chives into small pieces and stir in.

Heat the grill. Add a little more butter to the frying pan and add the potatoes. Pour over the egg mixture. Cook for 15 mins until almost golden brown underneath - you can use a fish slice to lift the omelette and check. Put the frying pan under the grill. Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve.