



GET COOKING

REAL HEALTHY
FOOD



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INTRODUCTION

MANY YOUNG PEOPLE IN OUR COMMUNITY EAT LARGE AMOUNTS OF JUNK FOOD AND HIGH ENERGY DRINKS. A NOTABLE AMOUNT OF GIRLS THINK THE WAY TO STAY SLIM IS TO MISS MEALS. MISSING BREAKFAST AND LUNCH AFFECTS THEIR ABILITY TO CONCENTRATE IN SCHOOL LEADING TO UNDER ACHIEVEMENT. CONVENIENCE AND HIGH SUGAR FOODS ARE THE NORM. A POLL, TAKEN WITH UNDER 14S OF THEIR PACKED LUNCHES DURING PLAY-SCHEME, REVEALED HIGH FAT AND SUGAR CONTENT DIETS. THEY LOVE TO COOK BUT HAVE LITTLE OPPORTUNITY AT HOME TO LEARN THE MOST BASIC SKILLS OF COOKING FOOD FROM SCRATCH.

THANKS TO FUNDING FROM THE NATIONAL LOTTERY WE HAVE LEARNED HOW TO COOK REALLY HEALTHY FOOD FROM SCRATCH. PLEASE ENJOY THE RECIPES IN THIS BOOK AND CHECK OUT OUR WEBSITE WWW.GETBOOKING.ME FOR VIDEO TUTORIALS AND MORE RECIPES. WE WANT TO INSPIRE YOU TO GET COOKING FOOD FROM SCRATCH AND SHOW YOU HOW EASY IT IS.

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CRONFA
GYMUNEDOL
COMMUNITY
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BREAKFAST



OUR

FIVE OF THE BEST SMOOTHIES

MIXED BERRY MADNESS

1 cup of strawberries
1 cup of blueberries
1 cup of raspberries
handful of baby spinach

SUMMER FRUITS

1 cup of strawberries
1 kiwi fruit
1 cup of peaches
1/2 cup cucumber

MINION MADNESS

1 banana
1 cup of melon
1/2 cup fresh pineapple

WATERMELON WHOOOP

1 kiwi fruit
1 cup watermelon
1 cup grapes

PINA COLADA

1 banana
1 cup pineapple
1 handful of baby spinach
1/2 cup of coconut milk

Method for all

Put all the ingredients in a blender and whizz until completely smooth. If it's a little thick, add a drop of chilled water then blitz again. Pour into glasses and drink straight away.



NATHAN'S

HEALTHY FULL ENGLISH

Ingredients Method

4 rashers good-quality lean
unsmoked back bacon
4 brown-cap
portabello mushrooms
2 tomatoes
6 tsp olive oil
2 slices granary
or wholegrain bread
2 good-quality pork sausages
minimum 86% pork
2 free-range eggs
baked beans
few drops cider vinegar

1. Lay the bacon, mushrooms and tomatoes on a foil-lined tray. Brush the tops of the mushrooms with 3 tsp of the oil and both sides of the bread with the remaining oil. Set aside. Heat the grill to very hot. Lay the sausages on a small foil-lined tray. Grill for about 10 mins until cooked, turning occasionally.
2. Meanwhile, three-quarters fill a small pan, and a wide, deep sauté pan with water. Bring both to the boil. Lower an egg into the small pan and remove after 30 secs. Crack the egg into a cup. Add vinegar to the larger pan then, using a wire whisk, swirl the water around to create a whirlpool. Remove the whisk and slowly tip the egg into the centre of the whirlpool. When the water comes back to the boil, remove the pan from the heat, cover and leave for 3 mins, then remove the egg. Place in a bowl of warm water while you cook the other egg – or cook both eggs an hour ahead, leave in a bowl of iced water, then reheat for 1½ mins in simmering water before serving.
3. Meanwhile heat a griddle pan to very hot. Place the tomatoes, bacon and mushrooms under the grill for 3-4 mins without turning. At the same time, lay the bread on the griddle pan, cook until crisp, about 1 min each side. Drain everything on kitchen paper.
4. Remove the eggs with a slotted spoon and drain briefly on a cloth. Arrange everything on a plate and serve with baked beans



CAITLYN'S STRAWBERRY CHEESECAKE OVERNIGHT OATS

Ingredients Method

- | | |
|---------------------------|---|
| 1 cup rolled oats | 1. Place strawberries, almond milk, and greek yogurt into a food processor and process on high until fruit is pureed. |
| 1 cup strawberries, diced | 2. Transfer into a large bowl and add the rest of the ingredients. Mix with a spoon until combined. |
| 1 tbsp chia seeds | 3. Cover and place in the refrigerator for at least 2 hours or overnight. |
| pinch of salt | 4. To serve top with a little crushed digestive biscuits and strawberry jam. |
| 3/4 cup skimmed milk | |
| greek yogurt, plain | |
| 1 tbsp honey | |
| 1 tsp vanilla extract | |
| a few digestive biscuits | |
| strawberry jam | |



MADDIE'S FRUIT PANCAKE STACK

Ingredients Method

1 large free range egg
150 ml skimmed milk
250 g natural set yogurt
150 g plain flour
1 tsp baking powder
1 tbsp maple syrup
1 tsp butter
2 Kiwi
100 g strawberry
2 bananas
50 g blueberries
50 g raspberries.

1. In a bowl, whisk the egg, and 150g yogurt together until well combined.
2. Whisk in the milk.
3. Add the flour and baking powder and whisk until smooth.
4. Whisk in the maple syrup.
5. Put 1 tsp of butter in a non-stick frying pan and place over a high heat.
6. Reduce to medium and add 2 tbsp of batter per pancake
7. Fry until pale golden underneath, then flip with a slotted spatula and fry until cooked on both sides.
8. Repeat until all the pancakes are cooked.
9. Place a pancake on each plate, top with sliced kiwi and a little more yogurt.
10. Add another pancake and top with sliced strawberries and more yogurt.
11. Top with a final pancake.
12. Surround the stack with the remaining sliced fruit and a final yogurt drizzle



LUNCH



SOPHIE'S

CHICKEN CLUB WRAP

Ingredients Method

500g chicken breast, trimmed
1/2 tsp freshly
ground pepper divided
3 tbsp plain
greek yogurt
3 tbsp minced onion
2 tbsp extra-virgin
olive oil
1/8 tsp salt
1 medium tomato, chopped
1 avocado, chopped
3 strips cooked
bacon, crumbled
pack of lettuce
4 10-inch flour tortillas

1. Preheat grill to medium-high.
2. Sprinkle chicken with salt and pepper, grill both sides until cooked. Transfer to a clean cutting board and let cool for about 5 minutes.
3. Meanwhile, whisk yogurt, vinegar, onion, oil, salt and the remaining 1/4 teaspoon pepper in a large bowl.
4. Chop the chicken into bite-size pieces and add to the bowl, along with tomato, avocado and bacon; toss to combine.
5. To assemble the wraps, place 2 lettuce leaves on each tortilla and top with chicken salad (about 1 cup each). Roll up like a burrito.
6. Serve cut in half, if desired.



RIO'S SPICY CURRY BURGERS

Ingredients Method

500g turkey mince
½ red onion, grated
1 garlic clove, crushed
2 tsp madras curry powder
handful chopped coriander
1 egg yolk
1 tbsp sunflower oil
4 burger buns
mango chutney
salad leaves

1. In a large bowl, mix together the turkey mince, onion, garlic, curry powder, coriander and egg yolk with a little salt and pepper. Combine well with your hands, then shape into 4 flat burger patties.
2. Heat the oil in a frying pan over a high heat, then cook the burgers for 5 mins each side or until cooked through.
3. Cut and toast the burger buns.
4. Place the salad on the bottom halves of the warm buns, then top with the burgers and mango chutney.



MICHAEL'S

SPANISH OMELETTE CHEAT

Ingredients Method

4 eggs, beaten
1/4 tsp salt
small packet of thick-cut
potato crisps (around 40g)
1 tbsp extra virgin olive oil
optional
tomatoes
ham
cheese

1. Heat the olive oil in a small frying pan over medium heat.
2. Season the eggs with salt, then fold in the potato crisps. (or any other ingredients you fancy).
3. Transfer the mixture to the preheated pan and cook for 2 to 3 minutes, until golden brown.
4. Place a flat plate over the top of the pan and invert the pan onto the plate to flip the omelette out. Slide the omelette back into the pan (golden brown side up).
5. Cook for another 2 to 3 minutes, until cooked through. Transfer to a serving plate. Garnish as desired and serve hot.



GEORGE'S

FRENCH BREAD PIZZA

Ingredients Method

3 tbs butter
4 tsp extra-virgin olive oil
4 cloves garlic, finely minced
1/2 tsp dried oregano
Salt
1 large loaf french stick
1 small tin of
chopped tomatoes
200 g mozzarella cheese
Your own toppings

1. Preheat oven to 210C.
2. Heat butter and 3 tbs olive oil in a medium saucepan over medium-low heat until butter is melted. Add garlic, and oregano and cook, stirring occasionally, until garlic is softened but not browned.
3. Place bread cut-side-up on folded foil and spread half of garlic/butter/oil mixture evenly over cut surfaces of bread.
4. Add tomatoes to remaining garlic/butter/oil mixture in pan, stir to combine, increase heat to medium, bring to a simmer, then reduce heat to maintain a bare simmer. Cook for 15 minutes
5. Spread sauce evenly over bread, top with mozzarella
6. Add your own toppings.
7. Transfer to oven and bake until cheese is melted



DINNER



KIAN'S PIZZA

Ingredients Method

300g strong bread flour
1 tsp instant yeast
(from a sachet or a tub)
1 tsp salt
1 tbsp olive oil
plus extra for drizzling

For the tomato sauce
100ml passata
handful fresh basil
or 1 tsp dried
1 garlic clove, crushed

For the topping
125g ball mozzarella
sliced handful grated
or shaved parmesan
(or vegetarian alternative)
handful cherry tomatoes, halved

To finish
handful basil
leaves (optional)

1. Make the base: Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.
2. Make the sauce: Mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.
3. Roll out the dough: If you've let the dough rise, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.
4. Top and bake: Heat oven to 240C/fan 220C /gas 8. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.



BRADLEY'S

FRUITY CHICKEN CURRY

Ingredients Method

1 tsp olive oil
4 chicken breasts
chopped into chunks
2 small onions
chopped finely
1 garlic clove crushed
15g mild curry powder
100g carrots grated
15g plain flour
25g tomato puree
500ml vegetable stock
25g sultanas
1 small banana peeled
50g mango chutney
100g bramley apple
peeled and cored
200g petite pois frozen

1. Heat the oil in a saucepan and brown the chicken chunks all over.
2. Remove the chicken from the pan, put to one side. Add in the onions, garlic and curry powder, cook for 3 - 4 minutes until softened.
3. Add the carrots, flour and tomato puree and cook for a further 3 - 4 minutes. Add the chicken back into the pan along with the stock.
4. Meanwhile, blend the sultanas, banana, chutney and apple until it's a smooth consistency. Pour this into the saucepan with the curry.
5. Put a lid on and cook on a low - medium heat for about 20 minutes until the chicken is cooked through. (Add a splash of water if the curry begins to dry out.)
6. Add the peas and cook for a further 10 minutes.
7. Serve with rice and poppadoms.



JORDAN'S

EASY SPAGHETTI BOLOGNESE

Ingredients Method

2 tbsp olive oil
400g beef mince
1 onion, diced
2 garlic cloves
100g finely chopped carrots
2 x 400g tin
chopped tomatoes
400ml beef stock
400g dried spaghetti
salt and pepper

1. Heat a large saucepan over a medium heat. Add a tbsp of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.
2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.



CATRIN'S

SWEET AND SOUR CHICKEN

Ingredients Method

500g chicken breast
110g corn flour
2 tbsp oil
1 red bell pepper
1 green bell pepper
1/2 onion chopped

Sauce

170g sugar
125ml cup apple cider vinegar
2 tbsp soy sauce
1 tsp garlic powder
1/2 tsp onion salt/powder
4 tbsp ketchup
1 tbsp corn starch
2 tbsp cold water

1. First prepare the sauce. Add sugar, vinegar, soy sauce, garlic powder, onion salt/powder, and ketchup to a medium saucepan. Stir and bring to the boil. In a small bowl whisk together 1 tbsp corn starch and cold water until dissolved. Add to saucepan and stir until thickened, then reduce to low heat.
2. Add chicken pieces and corn flour to a large ziplock bag. Seal and shake to coat chicken. Drizzle a large pan or skillet with oil. Add coated chicken. Saute over medium heat for about 5 minutes. Add peppers and onions. Continue to saute over medium heat until chicken is browned and cooked through.
3. Add sauce to chicken and peppers. Stir to coat well. Serve warm with cooked rice if desired.



DESSERT



CHLOE AND KATIE'S CHOCOLATE MUFFINS

Ingredients Method

- | | |
|----------------------------|---|
| 250g self-raising flour | 1. Preheat the oven to 170C, gas 5. |
| 25g cocoa powder | 2. Line a 12-hole deep muffin tray with paper muffin cases. |
| 2tsp baking powder | 3. Sift together the flour, cocoa and baking powder. |
| 175g caster sugar | 4. Stir in the sugar. |
| 175ml milk | 5. Add the remaining ingredients and mix lightly together. |
| 2 large eggs, beaten | 6. Spoon the mixture into the prepared cases. |
| 100ml sunflower oil | 7. Bake for approximately 20 mins or until golden and springy to the touch. |
| 75g plain chocolate chunks | 8. Cool for 10 mins; transfer to a wire rack and leave to cool completely |
| 1-2tsp vanilla extract | |



SAM'S APPLE CRUMBLE

Ingredients Method

400g cooking apples

50g caster sugar

crumble topping

35g wholemeal flour

35g rolled oats

35g unsalted butter

20g caster sugar

1. Preheat the oven to 190°C/375°F/gas 5.
2. Peel and core the apples, then quarter and cut into chunks.
3. Put the apples into a pan with the sugar and 1 tbsp of water, then cook over a low heat for 5 minutes to soften slightly, stirring occasionally, then tip into a small ovenproof baking dish.
4. Place the flour and oats in a bowl and mix well. Chop the butter into small cubes and add this to the oats and flour. Mix and rub in with your fingertips until it resembles an even crumb texture.
5. Add the sugar and mix through, then cover the fruit with the crumble mixture.
6. Bake for around 20 minutes, or until golden and cooked through.



ELLIE'S

1 MINUTE FLOURLESS CHOCOLATE CAKE

Ingredients Method

- | | |
|----------------------|---|
| 1 egg | 1. In a high speed blender or food processor, |
| 1 medium ripe banana | pulse the banana, egg, cocoa powder until |
| 2 tbsp | a very fine batter is formed. |
| cocoa powder | |
| | 2. Grease a mug very well. Pour the batter in |
| | there and cook in the microwave for 60 |
| | seconds or longer, depending on desired |
| | texture. |



KAMRON'S

WHITE CHOCOLATE AND RASPBERRY COOKIES

Ingredients Method

225g softened butter
150g caster sugar
250g self raising flour
1 large eggs
100g white chocolate
broken into pieces
50g chopped raspberries

1. Beat together the butter and sugar until soft.
2. Beat in the egg and a little of the flour.
3. Mix in the rest of the flour.
4. Fold in the chopped raspberries and chocolate.
5. Shape cookies with floured hands - you may need to add a little more flour if your raspberries have split and added a lot of moisture to the mix
6. Place on a non stick baking liner on a baking tray.
7. Bake for 10 - 15 minutes or until golden at 180C.
8. Leave to cool and firm up on the baking tray.

THANKS TO WHO HAS

OWEN BAILEY ELLA BENNETT CASY BOSWELL LIAM BOSWELL
SHAUN BUTTON LILLIE CARROLL BLAYDON CARTWRIGHT
GEORGIA DAVIES JORDAN DAVIES MICHAEL DAVIES
SKY DEACON ELLIE DIXON JORDAN EDMUNDS
LUKE EDMUNDS KYLE EDWARDS ASHLEY EVANS
KAHLEM EVANS LEWIS GOMERSALL LIAM GOSLING
LOUIS GRBA CARWYN HAYTON LEVI HAYTON
MORGAN HAYTON SHAUN HAYTON CHLOE HOWELLS
JAGO JAMES BRANDON JARVIS
CHLOE JONES JORDAN JONES LEVI JONES NATHAN JONES
TRISTAN KING JAMIE KNOT CAITLYN LOCKYER
DAFYDD LOCKYER LEWIS MAYCOCK KAMRON MORAN
KEAN MORAN KATIE MORGAN KIAN MORRIS
NAOMI NICHOLLS JAMIE NOTT JAY PEDRO
JOE REED STANSFIELD RHYS JACK RICHARDS SAM RICHARDS
KENZIE RIVERS KARLI ROMBACH
CALLUM RYAN BRANDON LEE SMITH JOE SMITH
JOSH SMITH KEELAN SMITH LEVI SUKAITAS CHELSEA WHITE

EVERYONE TAKEN PART

KIERAN WILLIAMS OWEN WILLS CARYS WOODWARD
HARVEY BIANCHI ALEX BURKE JACK BURKE LEWIS BUSBY
SAM BUSBY LILLY BUSBY TEGAN COHEN COREY COLEMAN
ZAK DAVIES RILEY DAVIES TARYN EDWARDS CAI EDWARDS
MICHAEL EVANS OLIVA GEALLY HALLIE GRBA
ANIKAH HOWELLS TIANA JARVIS TYLER JACK JONESHY
JACK JONES LLOYD JOSEPH DANIEL KEIRLE
ELLIE KOSCIELNEY EMILY KOSCIELNEY HARRISON LAW
ISLA LAW OAKLEY LAW THEO LAW JOSEPH-LEE LERIWILL
KENZIE LEWIS CALLUM MAJOR JAYDEE MANGION
JODIE MANGION JACK MAUL DAISY PECK HARI PHILLIPS
REGAN PHILLIPS LOWRI-MAI PHILLIS DYLAN PHILLIS
JAYDEN PRICE HARVEY PRITCHARD KIARA PRITCHARD
LOLA PRITCHARD FINLEY REED OSCAR REED JACK REED
AMILA ROMBACH AMY THOMAS CALLUM THOMAS
TEYA THORNE CATLYN TURNER CONNOR TURNER
EVIE WALTERS ALEXIA WALTERS MARLEY WILLIAMS
TYLER WILLIAMS KAYDIE WILLIAMS





IT'S BEEN A PRIVILEGE TO WATCH CHILDREN AND YOUNG PEOPLE WHO PARTICIPATED IN THE PROJECT GROW IN CONFIDENCE AS THEY GAINED KNOWLEDGE AND SKILLS THAT WILL BE WITH THEM THROUGH LIFE. THEY HAVE TURNED OUT TO BE CONFIDENT COOKS, WHO ARE NOT AFRAID TO EXPERIMENT AND TO TEACH THEIR PEERS THE BENEFITS OF COOKING FRESH HEALTHY INGREDIENTS FROM SCRATCH.

I WAS PARTICULARLY IMPRESSED BY THE WAY YOUNG PEOPLE WORKED WITH THOSE YOUNGER THAN THEM TO TEACH THEM NEW SKILLS.

CONGRADULATIONS EVERYBODY I'M PROUD TO BE PART OF A MOVEMENT THAT SUPPORTS SUCH WONDERFUL, TALENTED YOUNG PEOPLE.

CHIEF EXECUTIVE
HIRWAUN YMCA

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