

Dinners and puddings



Easy read recipes

For people with learning disabilities



Incorporating Bromley Scope

Foreword



Dame Kelly Holmes specialised in the 800 metres and 1500 metres running events and won a gold medal for both distances at the 2004 Summer Olympics in Athens.

This cookbook is a cookbook like no other. It is clear and easy to understand and can be used by anyone - and the food is really good too!

It has been co-produced by members of Bromley Mencap, an award winning local charity that has been providing services and support for disabled people and their carers for over 60 years. Amongst their services, which focus on independent lifestyles, Bromley Mencap run cookery classes for disabled people of all ages.

I am passionate about healthy lifestyles and therefore healthy eating. All of the recipes were developed with disabled children, young people and adults. With starters, mains and desserts there's something for everyone. They look delicious and I hope you like cooking them to enjoy home cooked food with your friends and families.... and maybe trying out some of Bromley Mencap's exciting activities to work off the lovely meals!

A handwritten signature in blue ink, appearing to read 'Kelly'.

Dame Kelly Holmes

What is in this book?

Personal hygiene when making food



Keeping food safe from germs



Keeping safe when cooking



When should you wash your hands?



Dinners and puddings

^(V) means vegetarian

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Personal hygiene when making food



Cover cuts with a plaster.



Remove all rings before touching food.



Tie back your hair and don't touch it.



Don't sneeze or cough over food.



Never lick a spoon and put it back in the food.



Change dish cloths and tea towels every week.

Keeping food safe from germs



Keep food covered in the fridge. Don't store food in tins in the fridge. Put food into a dish with a lid.



Check "use by dates" or "sell by dates". Throw away old food from your fridge and cupboards.



Keep raw foods on the bottom shelf of the fridge. Throw away leftovers after 3 days.



Eat rice as soon as it is cooked. Leftovers should be covered and quickly put in the fridge.



Cover food when pets are around. Don't let pets walk on the worktops.



Cover food in summer to stop flies landing on it.

Keeping safe when cooking



Always wash your hands first - and always wash them again after you have touched meat, chicken, fish or eggs (even the outside of the egg).



Always wash fruit and vegetables.



Sponges are best. Screwed up cloths can have lots of germs in them.



Wash chopping boards, knives and worktops as soon as you have used them. Use hot soapy water.

Keeping safe when cooking (continued from page 7)



On the cooker, turn pan handles to the side so they won't get knocked off when walking past them.



Always turn off cooker rings when you are not using them.



When you chop with a knife, chop on a board and make sure you chop away from your hand.



If you walk around holding a knife, always point it to the floor.



Never put knives in a sink of soapy water. You can cut yourself if you put your hand in the sink. Keep it in your hand and wash it.

When should you wash your hands?



Before you start to make food



After you have touched raw chicken



When you have been to the toilet



After you have touched raw meat



After a cigarette



After you have touched raw fish



After you have blown your nose



After you have touched an egg



After touching pets



After emptying the bin

Garlic Mushrooms

You will need:



1 or 2 large flat mushrooms per person



Chives (you don't have to have these)



A clove of garlic



Salt and pepper



Some butter or margarine

1



Wash your hands and put on your apron.

2



Peel the mushrooms and trim the stalks. Put into a microwave dish.

3



Sprinkle on the garlic salt or peel and chop the garlic clove.

4



Put a knob of butter on top of each mushroom.

5



Sprinkle on some fresh or dried chives.

6



Put a tablespoon of water in the dish and put lid on.

7



3 minutes

Cook in the microwave on full power for about 3 minutes.

8



1 minute

When cooked, leave to stand for one minute then eat.

Ratatouille with Rice



You will need:



**Fresh basil
chopped**



tomato puree



2 aubergines



**2 tablespoons of
red wine vinegar**



4 onions



1 teaspoon sugar



4 small courgettes



cooking oil



2 small peppers



**1 packet basmati
rice**



3 cloves of garlic



4 tomatoes

Ratatouille with rice (continued)

- 1



Wash your hands and put on your apron.
- 2



Turn the oven on to gas mark 6 or 200 degrees centigrade.
- 3



**Cut off the end of the aubergines and cut into chunks.
Cut the ends off the courgettes, then cut into chunks.**
- 4



Cut the peppers into chunks.
- 5



Chop the tomatoes and basil into very small pieces.
- 6



Chop onions into small pieces.
- 7



Boil a kettle and put basmati rice in a saucepan.
- 8



15
minutes

Pour on the boiling water and cook for 15 minutes.
- 9



Put a frying pan on a medium heat and when hot, pour in 2 tablespoons of olive oil.
- 10



Brown the aubergines for 5 minutes on each side until the pieces are soft.

Ratatouille with rice (continued)

- | | | |
|----|---|---|
| 11 |  | Put the aubergines on a plate. |
| 12 |  | Fry courgettes in another tablespoon of oil for 5 minutes, until golden. |
| 13 |  | Then add the peppers. |
| 14 | | Don't overcook vegetables as they have more cooking to do later. |
| 15 |  | Put the vegetables onto a plate and keep warm in the oven. |
| 16 |  | Cook the onion in the pan for 5 minutes. |
| 17 |  | Add the garlic and fry for a further minute. |
| 18 |  | Stir in the vinegar and sugar, then tip in the tomatoes and the basil. |
| 19 |  | Put all vegetables in the pan with some salt and pepper and cook for 5 minutes. |
| 20 |  | Drain the rice into a sieve or a colander that has small holes. |
| 21 |  | Pour hot water on the rice and leave to drain. |
| 22 |  | Pour rice on to a plate, add the ratatouille on top and serve. |

Paella



You will need:



1 small onion
(sliced)



1 clove of garlic
(peeled and
crushed)



1 tablespoon of
sunflower oil or
cooking oil



1 fillet of chicken
breast (or quorn)
cut into bite sized
pieces



½ teaspoon
turmeric



250g Uncle Ben's
Express golden
vegetable rice



150ml chicken
stock



75g tiger prawns



Chopped coriander
to garnish

Paella (continued)

1



Wash your hands and put on your apron.

2



Fry the onion and garlic in sunflower oil for 1 minute.

3



Add the chicken or quorn pieces and turmeric and cook 3 to 4 minutes or until the chicken is brown.

4



Mix in the rice and add the stock. Stir well.

5



Bring to a gentle simmer before covering with a lid and cook for a further 3 minutes.

6



Add the prawns to the pan, cover again and cook for a further 2 minutes.

7



Sprinkle with coriander and serve.

Quiche Lorraine



You will need:



1 savoury flan case



170ml (3 fluid oz)
cream



2 rashers of bacon
(1 red pepper
as vegetarian
alternative)



30ml (1 fluid oz)
milk



1 onion finely
chopped



2 tablespoons oil



50g (2oz) grated
cheddar cheese



2 eggs

Quiche Lorraine (continued)


- 1




Wash your hands and put on your apron.
- 2



Take the flan case out of the wrapper and keep in a safe place. Pre-heat the oven to 200C/400F (gas mark 6).
- 3



Heat the oil in a frying pan and fry the bacon/pepper for 2 minutes on each side until cooked.
- 4



Remove from the heat and place on top of a piece of kitchen roll on a plate. When cool, cut the bacon/pepper into bite sized pieces.
- 5



Put the chopped onion into the frying pan and cook it gently on a low heat until soft. Remove from the pan.
- 6



Place the grated cheese into the base of the flan case covering lightly.
- 7



Spread the onion over the cheese and evenly scatter the bacon/pepper on top of the onion.
- 8



Beat the eggs lightly in a bowl and add the cream and milk.
- 9




Carefully pour the egg mixture over the bacon/pepper in the flan case, but do not fill it too much.
- 10



25-30 minutes

Place the flan on a baking tray and put it in the oven to bake for 25 to 30 minutes until the filling is set and golden.
- 11



Serve with French bread and salad.

Sausage Kebabs & Rice

You will need:



2 kebab sticks



cooking oil & vinegar



6 cocktail sausages



4 streaky bacon



8 pineapple chunks



salt and pepper



8 tiny tomatoes



8 small mushrooms



rice

If you want a vegetarian option, use peppers instead of sausages and bacon.

1



Wash your hands and put on your apron.

2



Turn on the oven to 200°C or 400°F or Gas 6.

3



The bacon needs to be stretched, cut in half and rolled.

4



Put everything on the kebab sticks making sure they are touching each other.

5



Place onto a baking tray and drizzle oil and vinegar over the top.

6



Sprinkle with salt, pepper & herbs.

7



Bake in the oven for 25 minutes and check the bacon and sausages are cooked. Cook the rice in the microwave. Serve.

Hungarian Paprika Chicken



You will need:



1 chicken breast per person



1 pot of cream



1 small onion



¾ pint of chicken stock (2 chicken Oxo cubes)



1 small red pepper



2 tablespoons plain flour



2 tablespoons tomato puree



cooking oil





1 tablespoon paprika





Sugar, salt and pepper


Hungarian Paprika Chicken (continued)


- 


1 Wash your hands and put on your apron.
- 


2 Turn the oven on to gas mark 4 or 180C or 350F.
- 


3 Cut the onion into small pieces.
- 

4 Cut the pepper into small pieces.
- 

5 Boil a kettle and crumble Oxo cubes into a measuring jug.
- 

6 Pour water on the Oxos to make $\frac{3}{4}$ pint of stock.
- 

7 Cut chicken into about 8 pieces.
- 

8 Put into a frying pan with the oil and cook on medium heat until chicken is browned.
- 

9 Put the chicken into a casserole dish and keep warm in the oven on a low heat.

Hungarian Paprika Chicken (continued)

10



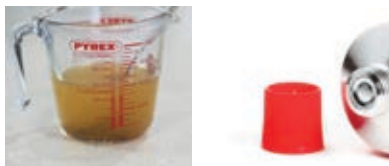
Put the onions and peppers in frying pan and fry for 5 minutes.

11



Stir in the flour and cook for about 2 minutes.

12



Add the stock and tomato puree and bring to the boil.

13

2
mins



Cook for 2 minutes then add paprika, sugar and salt & pepper.

14



Put a lid on the dish and cook in the top of the oven for 45 minutes.

15



Take it out of the oven and take lid off.

16



Put it on the stove on a low heat and stir in the cream.

17



Simmer for a few minutes until hot.

18



Serve with green vegetables and basmati rice.

Sweet and Sour Pork with Rice



You will need:



2 fillets or loins of
pork per person



3 teaspoons sugar



1 onion



1 tablespoon
tomato puree



1 red or green
pepper



1/2 pint chicken
stock (2 oxos)



3 small mushrooms
per person



small tin pineapple
chunks



4 tablespoons
vinegar



1 tablespoon soy
sauce



Cooking oil



1 tablespoon
cornflour

- 

1 Wash your hands and put on your apron.
- 

2 Cut up pepper and onion.
- 

3 Take the fat off the pork and cut into cubes.
- 

4 Boil a kettle and pour ½ pint of water onto crumbled Oxos.
- 

5 Mix the cornflour with the vinegar and soy sauce.
- 

6 Pour into the stock and add sugar and tomato puree.
- 

7 Put some cooking oil in a frying pan and fry onion and pepper.
- 

8 Add pork and fry until slightly brown.
- 

9 Pour the stock mix into a large saucepan.
- 

10 Add the onions, peppers and pork to the saucepan.

11



45
minutes

Bring to the boil and let it simmer gently with a lid on for 45 minutes.

12



Slice up the mushrooms and open the pineapple.

13



Drain the pineapple juice into a cup to use in the sauce.

14



After 45 minutes add the mushrooms to the saucepan.

15



10 minutes later, add the pineapple and cook for 5 minutes.

16




Put the packet of rice in the microwave to cook for 2 minutes. Serve.

Bacon and Leek Gratin



You will need:

	400g potatoes		25g plain flour
	4 slices of bacon		300ml milk
	2 leeks		1 teaspoon yellow mustard
	25g butter		50g cheese
	salad		

- 

1 Turn on the oven to 200°C or 400°F or Gas 6.
- 

2 Peel and finely slice potatoes.
- 

3 Slice leeks and chop bacon.
- 

4 Melt butter in pan.
- 

5 Add flour and stir well with a wooden spoon.
- 

6 Gradually add milk stirring all the time until it thickens into a smooth sauce.
- 

7 Grate cheese and add half to the sauce.
- 

8 Add mustard.
- 

9 Layer the potatoes, leeks and bacon in an ovenproof dish with some of the sauce.
- 

10 Spoon the rest of the sauce on the top and sprinkle on some more grated cheese.
- 

11 Bake in the oven for 35 – 40 minutes until golden and the potato should be soft. Serve with salad.

Bubble & Squeak (V) with Bacon & Tomatoes



You will need:



Mashed potato



Cooking oil



Onion (cubed)



Streaky bacon





Leftover cooked vegetables





Tomatoes cut in half


If you are a vegetarian, just don't cook bacon with it


- 

1 Wash your hands and put apron on.
- 

2 Mix together all the vegetables and mash.
- 

3 Fry bacon in a frying pan for about 5 to 10 minutes. No oil.
- 

4 Add the onions and tomatoes and fry until cooked.
- 

5 Put the oven on low to keep the bacon and tomatoes warm when cooked.
- 

6 Pour the mash mix into the frying pan with the onions. Turn the heat up a little and fry until brown. Flip it over and brown the other side. Serve.

Chocolate Pancake Pie



You will need:



100g plain
chocolate



bananas



50g icing sugar



1 egg beaten



whipped cream



oil for frying



100g plain flour



250ml milk

1		Wash your hands and put on your apron.
2		To make the pancake mix put flour and beaten egg into a bowl.
3		Make a hole in the middle of the flour for the egg. Stir in half the milk into the hole and gradually work down the flour from the sides.
4		Beat it hard and then stir in the rest of the milk.
5		Grate the chocolate into a small bowl.
6		Heat the oil in the frying pan and pour some pancake mixture in.
7		Cook for about 1 minute and then toss it over and cook the other side for 30 seconds.
8		When cooked, slide it on to a warm plate.
9		Sprinkle on chocolate and icing sugar and sliced banana.
10		Cook the next pancake and put it on top and repeat step 7 until all pancakes are made.
11		Put icing sugar on the top one. Serve.

Chocolate Rice Krispie Cakes



You will need:



**300g milk
chocolate, chopped**



150g Rice Krispies



48 small cake cases

1



Break the chocolate into small pieces and put into a large heatproof bowl.

2



Melt the chocolate by putting the bowl over a pan of simmering water. Make sure the water does not touch the bottom of the bowl.

3



Stir until all the chocolate has melted.

4



Once the chocolate has melted take off the heat and add in the Rice Krispies. Stir well so all the Rice Krispies are covered in chocolate.

5



Spoon the mixture into the small cupcake cases.

6



Leave the cakes to set for 1 hour.

Jamaican Pudding



You will need:



Ginger cake



Carton of custard



1 Fresh pineapple
or tin of pineapple
chunks



Small tub of double
cream – beaten
until it thickens



1 Banana



Pinch of ground
cinnamon or ginger

1



Put the pieces of ginger cake into the bottom of your dish.

2



Peel and chop the pineapple into small chunks.

3



Then peel the banana and cut into slices.

4



Place the pineapple chunks and banana slices on top of the ginger cake and spoon over the pineapple juice (or you could use rum).

5



Pour the custard on top so all the fruit is covered.

6



Spoon on the thickened cream over the custard.

7



Put in the fridge for 15 minutes to let the cake soak up all the juices from the fruit.

8



Lightly sprinkle with cinnamon or ginger and serve.



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Incorporating Bromley Scope



Bromley Mencap
Registered Office:
Rutland House
44 Masons Hill
Bromley
Kent BR2 9JG

Tel: 020 8466 0790
Fax: 020 8466 7102

enquiries@bromleymencap.org
www.bromleymencap.org.uk



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