



7 Simple Recipes

For you to try at home

An easy read cookbook



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**Some words that you
may come across in
this booklet**

We are aware that some of the words used in this booklet can be a little confusing so here's what they mean. Any words in **bold** will be explained here.

Absorbed	This means when all liquid is soaked up
Coat	To coat something means to cover it fully, for example 'coating something in oil' means to cover it in oil
Patties	To make something into a 'patty' means to make a round ball then flatten it with your hands
Ragu	Ragu is a tomato based sauce that can be used for many different recipes
Kneading	Kneading means to press and stretch the dough with your hands
Puree	Puree means a thick paste
Simmer	Turn down the heat until the liquid bubbles slightly

QR code easy read guide



QR Codes are square pictures that you can scan with your camera on a smart phone or tablet



You will need to open the camera on your smart phone or tablet and point it at the QR code you want to scan



The camera will then scan the QR code automatically



You then need to click the 'go to page' button that pops up



It will then send you to the link attached to that QR code



In this booklet the link will take you to a video of Michelle and Georgie making that recipe!

How you can use these recipes together

Some of the recipes in this book can be used together, see below for some tasty ideas!



The Italian meatball recipe (pages 24-27) can be paired with the ragu sauce recipe (pages 31-33)



The pizza dough recipe (page 28-30) can also be paired with the ragu sauce recipe (page 31-33) as the pizza topping



The pizza dough recipe (28-30) can also be used to make bread instead of a pizza base



The cucumber and mint raita recipe (page 19 -20) can be paired with the onion bhaji recipe (page 14-18) as a sauce

Introduction to Options For Supported Living



Options for Supported Living is a charity that supports people with learning disabilities, autism and brain injuries in Liverpool, Sefton and Wirral



Our mission is to support, empower and enable people with disabilities to live their lives to the full



We think that having good health is a really big part of living a full life

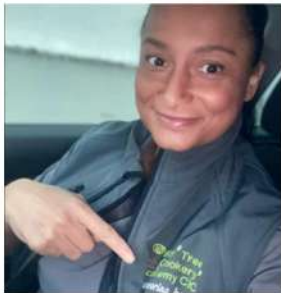


We believe that everybody is entitled to good health, and eating a healthy, balanced diet is very important of this



This recipe book is part of a project funded by the NHS to help adults with learning disabilities lead healthier lives

Introduction to Michelle and Baytree Cooking



Michelle O'Dwyer is the owner of Bay Tree Events and Bay Tree Cookery Academy CIC which aims to bring people together through cooking



Michelle has been a chef for over 20 years and has been teaching since 2017



Michelle has worked with Options for 3 years to empower and teach her students skills to cook for themselves and make healthy food choices



Michelle teaches her students how to cook lots of types of foods from around the world



Michelle wants to make cookery classes fun and accessible to everyone

Basic food hygiene



Scan for hygiene video 



Always wash your hands before you begin to prep your food and after handling any raw meat



Wear an apron when cooking



Tie your hair back



Make sure your chopping boards are clean



Always use clean utensils, these are things like spoons, knives and whisks

Vegetarian Paella

Ingredients



4 tablespoons of vegetable oil



125 millilitres of good quality extra virgin olive oil



800 millilitres of hot vegetable stock



1 lemon, sliced



2 garlic cloves, crushed

Vegetarian Paella

Ingredients



1 teaspoon smoked paprika



1 teaspoon ground turmeric



1 teaspoon dried oregano



400 grams of paella or risotto rice



150 grams of fresh peas

Vegetarian Paella

Ingredients



200 grams of cherry tomatoes



400 grams of diced veg eg. peppers, mushrooms, courgette



1 tablespoon of chopped fresh parsley, to serve



1 red onion, finely sliced

Vegetarian Paella Method



Scan to watch video of
how to make paella!



In a frying pan, heat one
tablespoon of the vegetable oil
over a medium heat



Add the onions and garlic and fry
for 2-3 minutes, or until softened



Add the chopped vegetables



Add the paella rice, ground
turmeric and smoked paprika and
stir well to coat the vegetables in
the spices



Add the hot stock and dried
oregano and bring the mixture to
the boil, stirring well

Vegetarian Paella

Method



Simmer the mixture, stirring occasionally, for 18-20 minutes or until the paella rice has absorbed most of the liquid



If the mixture looks dry you can add a little more water



Add the cherry tomatoes and peas to the pan



Continue to simmer the mixture for another 4-5 minutes or until the rice is just tender



Remove the pan from the heat and drizzle over the olive oil

Vegetarian Paella

Method



Stir until everything is mixed in together



Stir in the chopped parsley



Spoon the paella onto four plates



Place some of the lemon slices on top of each serving

Onion Bhajis

Ingredients



75 grams of gram flour (chickpea flour)



3 tablespoons of curry powder (mild or hot)



½ teaspoon chilli powder



1 teaspoon cumin powder



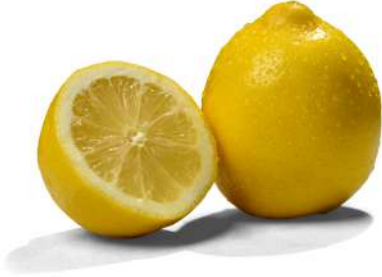
Salt



Vegetable oil, for frying

Onion Bhajis

Ingredients



½ a lemon, juiced



1 teaspoon of ginger, chopped



1 large clove of garlic, chopped



300 grams of onion, thinly sliced



Chopped fresh chilli and fresh coriander

Onion Bhajis

Method



Scan for part 1 of how to make onion bhajis. Part 2 is on the next page!



Add the sliced onions to the mixing bowl and add your:



- gram flour
- curry powder
- garlic
- ginger
- chilli powder
- cumin
- lemon juice
- salt



Mix it well and leave until the onions begin to soften and **absorb** the flour and spices (this will take about 30 mins or so)



You can add a little water to the onions if they feel dry

Onion Bhajis

Method



Scan for part 2!



Fill a saucepan with oil, about 5-6cm deep



Add a tiny amount of onion bhaji mix to the oil if it sizzles and rises to the surface your oil is hot enough



Wet your hands slightly and form small patties of mixture



Lower the patties carefully into the oil using a metal slotted spoon



Cook for 3-4 minutes turning them over halfway through to allow them to brown evenly

Onion Bhajis

Method



Remove from pan, and allow to drain on kitchen roll



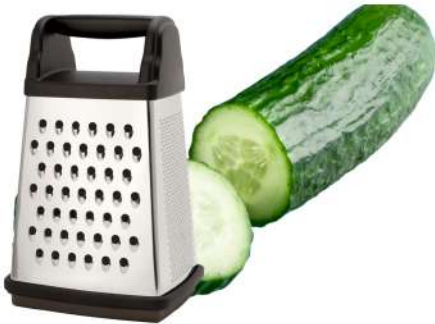
Serve and enjoy

Cucumber & Mint Raita

Ingredients



250 millilitres of natural yoghurt



½ cucumber, grated or finely chopped



Large handful of mint leaves, chopped



A large pinch of salt

Cucumber & Mint Raita

Method



Wrap the grated cucumber in a clean tea towel and squeeze out any extra water



Mix together all the ingredients and serve chilled with any curry or as a dip for poppadoms

Mince Pie Shortbread Crumble

Ingredients



265 grams of plain flour



250 grams of butter



35 grams of cornflour



411 grams of mincemeat



100 grams of caster sugar

Mince Pie Shortbread Crumble

Method



Scan to watch a video of how to make the crumble!



Preheat the oven to gas mark 4/180C/350F



Line a rectangular cake tin with greaseproof paper



To make the shortbread, sieve the flour and cornflour into a mixing bowl



Add the sugar and the butter into the bowl and rub together with your fingertips until it looks and feels crumbly



Take two-thirds of the mix and press down lightly into the cake tin

Mince Pie Shortbread Crumble

Method



Prick the mixture with a fork and bake in the middle of the oven for 30-35 minutes



The shortbread should look almost done (like a pale straw colour) but not brown on top



Once out of the oven, keep the shortbread in the tin and spread the mincemeat on top, covering it completely



Cover mincemeat with the rest of the crumble and place it back into the oven for 15-20 minutes



Leave to cool completely before removing from the tin, when it is cool cut into slices

Italian Meatballs

Ingredients



60 grams of soft white breadcrumbs, preferably from stale bread



60 millilitres of milk



400 grams of minced beef



200 grams of minced pork



1 egg (optional)

Italian Meatballs

Ingredients



30 grams of parmesan, grated



A pinch of nutmeg (optional)

Italian Meatballs

Method



Scan to watch video of how to make the meatballs!



Preheat the oven to 220C/425F/gas mark 7



Put the breadcrumbs in a small bowl with the milk and leave for 10 minutes, or until the bread absorbs the milk



Mix together the meatball ingredients and season with salt and pepper



Using your hands, mould into balls roughly 35 grams in weight



Put the meatballs on a baking tray

Italian Meatballs

Method



Bake the meatballs for 15 minutes, turning them once, until they are just starting to brown



Serve with ragu sauce & add pasta for a full meal

Pizza Dough Ingredients

See page 31 for Ragu sauce topping



7 grams of fast acting dried yeast



270 millilitres of warm water



450 grams of strong white flour



1 teaspoon of salt



25 millilitres or 2 tablespoons of
olive oil

Pizza Dough Method



Scan to find out how to make pizza dough or focaccia!



Mix the yeast, oil and water in a bowl and leave for around 10 minutes



Sift the flour & salt into a different bowl



After the 10 minutes are up, make a centre in the flour and gradually mix in the yeast water, mixing all the ingredients together



Once mixed, transfer the dough to a work surface



Knead the dough for about 10 minutes, until it is smooth, shiny and elastic (see video to learn how to knead dough)



It is important to have really strong and stretchy dough that will then allow you to make a thin base

Pizza Dough Method



Scan for part 2!



Put the dough in a lightly oiled bowl and cover with a plastic bag



Leave in a warm place for about 60 minutes until it has roughly doubled in size



Tip the dough out and knead again briefly



Cut into five equal pieces and shape into balls



You can put some the balls into the refrigerator to make pizzas later if you wish



Use a rolling pin to roll out each ball to rounds then the pizza bases are ready for toppings

Ragu sauce Ingredients

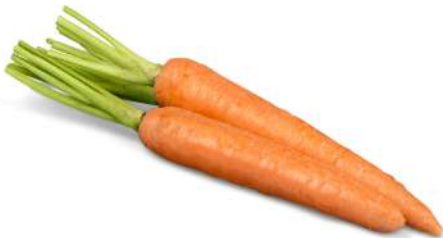
This is a basic tomato sauce that can be used with pasta, meatballs, or on pizza, grilled chicken or lamb.



800 grams of tinned plum tomatoes



1 celery stick



2 carrots



2 onions



1 bay leaf (dried is fine)

Ragu sauce

Ingredients



Handful of basil leaves, copped
(optional)



1 glass of water



2 tablespoons tomato purée



2 tablespoons olive oil



Salt and freshly black pepper

Ragu Sauce

Method



Scan for video on how to make Ragu sauce for your pizza topping!



Finely chop the celery, carrots and onions



Fry gently in a large tall pan in olive oil until softened and golden-brown



Add the tomatoes, basil, bay leaf, tomato purée, water, salt and freshly ground black pepper



Mix well, cover with a lid and allow to simmer on a low heat for around 30 minutes stirring occasionally



You can blend this sauce with a handheld stick blender (removing the bay leaf first) or leave it chunky

A Big Thank You!

This recipe book could not have been achieved without the help from:

Michelle O'Dwyer



Georgie Campbell



Ian Tumilty



Wirral Change



The students of the cooking workshops



Clare Ellis & George Egginton

