

BRUSHSTROKES COMMUNITY RECIPE BOOK

Easy Cooking On A Low Budget



NOT WASTE

BRUSHSTROKES RECIPE BOOK

A collection of recipes gathered from dishes shared at the Brushstrokes annual BIG LUNCH and a series of cookery demonstrations which took place at Brushstrokes during 2018. Many recipes use left over or reduced priced food and demonstrates cooking on a very low budget.

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With thanks to all the volunteers and demonstrators who attended and contributed to these events

Funded by The Anchor Foundation

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Quiche and Potato Salad

(Serves 4)

Ingredients :

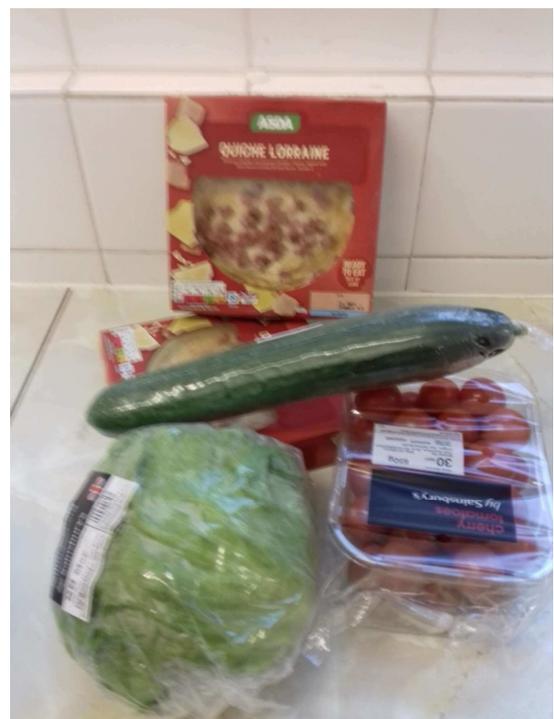
250ml Mayonnaise,
Spring Onion
Potatoes

Cucumber
Lettuce
Tomatoes
1 x Quiche

Method :

Peel and boil potatoes until soft and wait to cool. Finely chop up spring onions . Mix the onions with the potatoes and add the mayonnaise. Chop up potato mix to small chunks .

Quarter the quiche and place onto plate with potato salad and lettuce and tomatoes.



Pasta and Meatballs in Tomato Sauce (Serves 4)

Ingredients:

1 x Pack Meat Balls

1 x Pack/ tin of tomato soup

1 x Pack of Pasta Twists

Method:

Place meat balls on to a hot plate and shallow fry until all brown. Add tomato sauce and season with salt and pepper to taste. Cook for 15-20 minutes.

Add pasta to saucepan of boiling water and cook until soft.

Place cooked pasta onto dish, add meatballs and sauce.



Sliced Meat And Salad (Serves 4)

Ingredients :

1 x Pack Of Cooked Sliced Beef
or other cooked meat.
1 x Tub Of Coleslaw
Cucumber
Tomato
Lettuce

Method:

Simply roll meat slices up and place on plate with a large spoon of coleslaw and chopped salad. A very quick and easy healthy lunch.



Brushstrokes Mixed Grill (Serves 4)

Ingredients:

1 x Pack of Sausages
1 x Pack of kebabs
1 x Pack of burgers
1 x Tin of beans.

Method.

Place kebabs on a baking tray and cook in the oven at 180 degrees for 25 minutes. Shallow fry the sausages and burgers on a medium / hot temperature until meat is brown and juices are clear. Heat up beans in a saucepan.

Place beans, kebab, sausage and burger onto plate. A hearty breakfast or supper.



Crispy Roast Chicken and Roast Potatoes

Ingredients:

1 x Tray of chicken pieces

1 x Small Pack of Potatoes

Sun flower oil.

Side Salad

Method:

With a sharp knife carefully remove the skin from the chicken portions. Score the meat of the chicken and expose about 8mm of flesh. Poor sunflower oil over the chicken portions and garnish.

Place chicken portions into middle shelf of preheated oven at 180 degrees and cook for 35 / 40 minutes making sure that all the fluids from the chicken are clear.

Wash and quarter the potatoes. Boil the potatoes for 8 minutes. Remove from water and place on a baking tray. Place into the top shelf of a preheated oven and cook for 30 minutes until crispy and brown.

Place chicken on plate with potatoes and serve with a side salad.



Pepper Penne Pasta in Tomato Sauce with Chicken Pieces.

Ingredients:

4 x Medium Onions

1 Jar Of Pepper Pasta Sauce

3 x Peppers

1 x 500g Penne Pasta

1 x Pack of tandoori chicken

Method:

Peel and finely chop the onions. Slice up peppers. In a medium saucepan cook the onions and peppers until soft. Add the jar of Pepper and Pasta Sauce and leave to simmer for a further 10 minutes.

In a separate saucepan place the Penne pasta into boiling water and boil until soft.

Drain the water from the Penne pasta and add the Pepper Pasta Sauce. Stir the sauce into the pasta.

Slice up chicken and place pasta on plate.



“Shfta” Kurdish Kebab / Mini Burger (Serves 6)

Ingredients:

2 x Medium Onions
1kg Minced Lamb
1 x Teaspoon Garlic powder
1 x Teaspoon “Smak” Spice Powder
1 x Teaspoon Cumin
1 x Tablespoon of plain flour
100 grams of mint.
6 x Plain bread buns

Method :

Chop onion into small pieces. Chop up mint leaves into small pieces. Mix onion and the mint into the minced lamb. Add garlic, cumin, flour and “Smak” spice and mix. Once mixed through make the mix into long balls just larger than a thumb.

Heat up a shallow pan of sun flower oil. Carefully place mini burger into hot oil and fry for 8/10 minutes until crispy brown making sure that the meat is brown all through.

Serve between a bread bun with salad.



“Kunafa” Kurdish Pudding (serves 4/6)

Ingredients:

500g Kunafa dough
750g Sugar
250g Butter
1 x teaspoon of cinnamon
1 cup of water
1 x teaspoon rose water

Method :

This is a very easily prepared traditional Kurdish dish. Shred the Kunafa dough into pieces and place into a mixing bowl. Mix in the sugar and butter into the dough. Spread the mix onto a baking tray and place into a pre heated oven at 180 degrees for 15 minutes until the surface is golden brown. Remove from oven.

Add the rose water to the cup of water and pour over the whole surface of the dough and allow to soak into tray.



Couscous

Ingredients:

1 mug of couscous
2 mugs of chicken or vegetable stock
1 handful of sultanas
Fresh coriander leaves

Method:

Spread out couscous onto as shallow dish. Boil the chicken stock and add to couscous. Allow to soak for 10 minutes. Add the sultanas and stir.

Serve on a platter and garnish with coriander leaves.



Pictured Below :

Lamb meat balls in tomato sauce, lamb Koftas in pitta bread, platter of couscous and a side of mint yoghurt sauce.

Mint Yoghurt Sauce

Ingredients:

500 ml Yoghurt
Grated Cucumber
Chopped Mint

Method:

Place yoghurt into a mixing bowl.
Grate some cucumber and add to yoghurt. Chop up mint and mix into yoghurt.



Lamb Koftas In Pitta Bread

Ingredients

500gms minced Lamb
1 Onion, 2 cloves of garlic
1 tsp cumin
1 tsp coriander
1 tsp sumac
2 tbs chopped mint
1 pack pitta bread

Method:

Finely chop onion and crush the garlic. Mix the onions and garlic into the minced lamb. Add the coriander, cumin, chopped mint and sumac and mix thoroughly. Take a large tablespoon of mince and roll the mince into long roll.

Place onto a baking tray and cook in a preheated oven for 25 minutes at 180 degrees.

Wrap pitta bread in silver foil and place onto a baking tray. Put them into the oven for 10 minutes.

Remove bread and Koftas from oven and slice open pitta bread. Allow Koftas to rest for 5 minutes and slice. Fill pitta bread with the sliced Kofta and serve with salad.



Lamb Meatballs In A Tomato Sauce (Serves 4)

Ingredients:

500g minced lamb
1 onion, 2 cloves of garlic
Zest of lemon
1 tsp cumin
1 tsp coriander
1 tsp sumac
2 tbs chopped mint
1 tbs olive oil

Method:

Finely chop onion and crush the garlic. Mix the onions and garlic into the minced lamb. Add the coriander, cumin, chopped mint and sumac and mix thoroughly. Take a large tablespoon of mince and roll the mince into balls. Shallow fry the balls of mince in olive oil. Cook the balls until they are golden brown all over and remove from heat.

1 tin of chopped tomatoes
1 tbs tomato puree
1 clove of garlic crushed
1 tsp of sugar
Few Basil leaves

Place chopped tomatoes into a large saucepan and bring to boil. Add the tomato puree, garlic sugar and basil leaves.

Add the cooked meat balls to the saucepan and simmer for a further 5 minutes. Serve with couscous.



Three Quick And Easy Summer Meals

Egg & Feta Cheese Salad (Serves 2)

Ingredients :

2 eggs
1 tub of coleslaw
100 g Feta Cheese
Salad.

Boil eggs for 4/6 minutes and allow to cool.
Slice up salad. Serve the egg with a tablespoon of coleslaw ,salad and feta cheese.



Vegetable Bean Casserole (serves 2)

Ingredients :

3 Carrots
1 tin of butter beans
1 tin of chickpeas
1 tin of tomato
1 onion 1 clove of crushed garlic
2 celery sticks

Method:

Peel and slice the carrots and onions and place on a medium heat in a saucepan until onions are transparent. Add the tomatoes, butter beans, chick peas, shallots and garlic. Cut up celery sticks and add to saucepan. Simmer for 25 minutes. Add seasoning to taste.



Pineapple & Mint Dessert

Ingredients:

1 Pineapple
1 tbs sugar
Handful of fresh mint.

Method:

Cut off outer skin of pineapple. Thinly slice down the length of the pineapple. Place mint and sugar in a small bowl and crush the mint in the sugar. Sprinkle the pineapple with the mint and sugar and serve.



Fillets Of Salmon On A Bed Of Couscous. (serves 4)

Ingredients:

4 Salmon Fillets
1 tbls Dark Soy Sauce
1 Clove Of Crushed Garlic
1 tbls Ginger Paste
1 tbls Lemon juice
1 tbls olive oil.

1 mug of couscous
2 mugs vegetable stock
Fresh Basil

Method:

I prefer to take the skin off the salmon but this can be left on. Mix the ginger paste, crushed garlic and Soy Sauce into a small bowl to make a paste. Use this paste to cover the salmon fillets and marinade. Coat the base of a baking tray with olive oil. Place the salmon fillets into the baking tray and cover with silver foil. Cook in the middle of a preheated oven for 20 minutes at 200 degrees.

Spread out the couscous onto as shallow dish. Boil the vegetable stock and add to couscous. Allow to soak for 10 minutes.

Place fillet of salmon onto a bed of couscous and drizzle with lemon juice.



“Mish Gengji” Albanian Roast Lamb (serves 6)

Ingredients:

1 kg Lamb pieces / cutlets
3 Peppers
2 Medium Onions
1 Chilli Peppers
1 Lime
Handful Of Coriander Leaves

Method:

Chop up peppers and remove seeds. Peel and chop up the onions and grate the chilli pepper. Place lamb cutlets onto silver foil in a baking tray. Add onions, peppers and chilli and bake in the middle of preheated oven for 40 minutes at 200 degrees.

Remove from oven and squeeze the juice of the lime over the meat. Serve with chopped coriander leaves.



“Halwa” Albanian Desert

Ingredients:

200g Plain flour
400g Sugar
100g Almonds (crushed)
1 tbs Olive oil

Method:

Place oil in a saucepan on a medium heat. Add the plain flour and stir continuously until the flour has darkened and thickened. Add the sugar and continue to stir until soft. Crush the almonds with a rolling pin and add these to the mix. Using two large spoons shape and mould the helpings into small doughnuts.



Beef Salad (serves 1)

Ingredients:

100g Cooked sliced beef
100g coleslaw
1 cucumber
1 tomato
1 lettuce

Method:

Slice up cucumber, tomato and lettuce. Roll up each slice of beef and place on a plate. Add the salad.

Serve with crusty bread.



This book was inspired by using food that was either reduced by supermarkets or left over in the back of our fridges. We hope that it has given you many recipe ideas on how easy it is to have a meal on a low budget and how not to waste any food.

*We hope you have found our **"Cooking On A Budget"** recipe book useful.*