

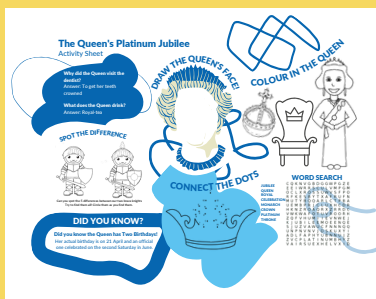
Our Cooking at Home program is available all year round and aims to inspire households to explore everyday, family-friendly and adaptable healthy home cooking. Cooking from fresh is a great way to boost nutrition, learn skills and tailor your meals to your own needs. Cook along with our in-house team, and discover new recipes and ingredients.

Check out our Cooking at Home project:

www.citycateringsouthampton.co.uk/cooking-at-home-with-city-catering

or contact us by email at Marketing@citycateringsouthampton.co.uk

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ACTIVITY SHEET?



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City Catering - your local charity serving school meals across Southampton



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Celebrate Her's Majesty's Platinum Jubilee with our simple and homemade recipes from our Cooking at Home project

Our Cooking at Home program is available all year round and aims to inspire households to explore everyday, family-friendly and adaptable healthy home cooking. Cook along and try out some of our tasty dishes which include four tasty mains and three dessert dishes.

VEGETABLE FRITTERS SERVED WITH SWEETCORN & TOMATO SALSA

Prep time: 20 minutes

Cooking time: 10 - 15 minutes

Serves 4

INGREDIENTS:

FRITTERS:

- 2 medium size courgettes, washed & grated
- 2 medium size carrots or 1 large, peeled & grated
- 2 cloves of garlic, crushed
- 85g plain flour
- 2 egg, lightly beaten
- ½ bunch of spring onions, washed & finely sliced
- Oil for cooking, around 3 tbsp
- Salt & pepper, to taste

SALSA:

- 1 tin of sweetcorn, drained
- 4 tomatoes, finely diced
- ½ red onion, finely diced
- 1 clove of garlic, crushed
- 1 lemon, juiced
- 1tbsp oil
- ½ red chilli, finely chopped, optional
- Handful of fresh chopped coriander or parsley or chives, optional
- Salt, to taste



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METHOD:

SALSA:

Make it first as it will be nicer if it has been in the fridge for a little while before serving.

1. Wash the tomatoes first and dry them. Then on a chopping board and with a sharp knife, cut them vertically (from stem top to bottom) into four wedges. Then using the knife slice the seeds away from the tomato flesh (alternatively you can just scoop them out with a spoon). Chop the tomato flesh into small dice. The seeds are not needed in this recipe, put them aside and you can use them up next time you are making a tomato sauce.



2. In a medium-size bowl add the drained sweetcorn, finely diced tomatoes, finely diced red onion, crushed garlic, the juice of the lemon, oil & red chilli (if using). Mix all the ingredients well.

3. If using fresh herbs add them now (finely chopped) and mix well again. Cover the bowl and leave in the fridge while you are making the fritters.

FRITTERS:

1. Put the grated courgette in a colander and sprinkle it with some salt. Let the courgette sit for 10 minutes and then using your hands, squeeze out as much liquid as possible.



2. In a large bowl: add the grated & squeezed courgette, grated carrots, sliced spring onions, crushed garlic, lightly beaten eggs & flour. Using a spoon/fork, mix until well combined.



3. Put oil in a large frying pan and turn on the heat from medium to high.

4. When the oil is hot, scoop a spoon full of the vegetable mixture into the pan and flatten it with the back of the spoon. Repeat 2 or 3 more times, depending on the size of your frying pan, making sure to leave a couple of cm between fritters.

5. Cook the fritters for 3 minutes (you will see that they go golden brown & crispy) and then turn them and cook the again for another 2 minutes.



6. Lift the fritters from the frying pan when cooked and put them in a plate or tray, lined with some kitchen roll to absorb any excess fat.

7. Scoop more vegetable mixture into the frying pan, repeating step 4 until you have no more vegetable mixture left. You should end up with around 8 large enough fritters or 12 smaller ones, depending on the size that you are scooping them into the frying pan.

8. Serve a couple of fritters per person with a side of sweetcorn & tomato salsa.



RAINBOW VEGGIE FLATBREAD PIZZA

Prep time: 25 min

Cooking time: 15 min / Serves 4

INGREDIENTS:

- 350g plain flour
- 3 tbsps. oil
- 150ml warm water
- 100g tomato passata
- 1 tsp dried basil
- 150g cheese, grated
- 1 small red onion, diced chunky
- 100g sweetcorn, drained
- 200g cherry tomatoes, halved
- 1 green pepper, diced chunky

METHOD:

1. Pre heat the oven at 200°C.
2. **To make the flatbreads:** put flour in a large bowl with a pinch of salt (and pepper if you like). Create a well in the middle and add 3 tbsps. of oil. Slowly start adding the warm water while mixing (Start mixing with a fork and when starts coming together finish it with your hands).



Add all the water until you have a thick smooth dough that is not sticky. If you think it needs it, you can add a little bit more water.

3. Put the dough in a floured work top and knead for a minute or two, until smooth. Put it back in the bowl and cover with a cloth. Let it rest for 10 min.
4. Meanwhile, put the passata in a small bowl and add the dried basil, some seasoning and mix well.

5. Prepare all you vegetables:

drain the sweetcorn, half the cherry tomatoes and dice the onion and pepper.

6. Take the dough from the bowl and divide into 4. Roll those four pieces into balls and then using a rolling pin, roll each one out onto a thin pizza base.

7. Put the flat breads on greased baking trays and cook in the oven for 3 minutes. Remove from the oven and turn the flat breads over.

8. Spread the herby passata on top of each of them, sprinkle with the grated cheese and top with your prepped veggies.

9. Put them back in the oven and cook for 10 – 12 minutes, or until the cheese has melted.

10. Serve warm from the oven with a side salad.

TIPS:

- You can use mozzarella instead cheddar.
- If you feel creative, you can arrange the veggies in a pattern so they look like a rainbow!
- You can add garlic, chilli or any other herbs (fresh & dried) that you like to the tomato passata.



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MIXED BEAN, ONION & TOMATO QUESADILLA

SERVED WITH SIDE SALAD

Prep time: 10 minutes

Cooking time: 30 min

Serves 4 to 6

INGREDIENTS:

- 2 tbsp oil
- 1 onion, finely diced
- 3 garlic cloves, chopped
- 1 chilli, chopped
- 600g tinned mixed beans, drained (reserve 2 tbsp of beans water)
- 2 tomatoes, chopped
- 1 tsp ground cumin (optional)
- 240g cheese, grated
- 6 flour tortillas

METHOD:

1. Add oil to a frying pan. Add the finely chopped onion and garlic and cook for a couple of minutes over high heat. Add the chopped chilli and cook for another minute.

Add beans, chopped tomatoes, water and cumin (if using). Cook for a further 3 to 4 minutes. Transfer to a bowl and keep aside.



2. Place a flour tortilla on a work surface. Sprinkle half of the tortilla with some cheese, top with the bean mix, then top with more cheese and fold in half. Repeat until you have filled them all.



3. Put a non-stick frying pan over medium heat. When hot, place one quesadilla in it pressing down lightly, cook for 3 minutes until the side touching the frying pan is golden and crispy.

4. Carefully turn to the other side (flip over the folded edge to prevent filling from spilling out), press down lightly again and cook without lid for a further 3 minutes until crispy.

5. Remove from the frying pan and repeat with the rest, you can keep them warm in the oven, on a low heat.

6. When they are all cooked, cut into wedges and serve with a side salad.



TIPS:

- You can use any hard cheese that you have available.
- You can experiment with different spices for this recipe, cumin is lovely, any Cajun spices will work really well too.
- You can also add more chilli if you want to make it extra spicy.
- Serve the quesadillas with some dips like salsa, sour cream or guacamole.



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**LOOKING FOR PARTY FOOD SIDE DISHES TO GO
WITH OUR RECIPES? TRY OUT SOME OF THESE TIPS...**



PIZZA FINGERS

If you are making pizzas cut them into fingers and get creative with a selection of toppings from colourful vegetables, pineapple chunks & ham to slices of sausage and chorizo.



VEGETABLE STICKS PLATTER

Cut carrots, celery and peppers into sticks, sliced cucumbers, half some radishes and serve them all with a selection of dips!

YOGHURT & HERB DIP

Mix some natural yoghurt, chopped fresh herbs, lemon juice, a bit of oil, salt & pepper.



GUACAMOLE DIP

Peel and crush avocado with some lemon juice, salt & pepper – sprinkle some paprika on top.

SWEET CHEESY CHILLI DIP

Mix some cream cheese & sweet chilli sauce).

CHEESE PUFF PASTRY PINWHEELS

Get a sheet of puff pastry, brush it with egg (egg beaten with a drop of milk), spread some grated cheese on top, roll tight, cut into slices and bake slices flat on a greased tray until golden. This is a basic recipe and you can add your personal twist to it: spread some tomato paste and herbs on the puff pastry before adding the cheese and you will end up with pizza style pinwheels.



ASSORTED SANDWICHES

Tuna & sweetcorn mayo, cream cheese & cucumber, ham & mustard, egg mayo & cress. The possibilities are endless.



FRUIT PLATTERS

Fruit Platters are also lovely, get a selection of different fruits, wash and peel them as required and arrange them in slices, segments or chunks on a large platter. The trick is to get a colourful selection of fruits, the perfect time to do it is now as British strawberries are in season so they are not only delicious but also cheaper in price.

POTATO AND SPRING ONION FRITTATA

Prep time: 45 minutes

Cooking time: 35 minutes

Serves 4

INGREDIENTS:

- 500g potatoes, peeled and cut into 2cm cubes
- 6 eggs
- ½ bunch of spring onions, finely sliced
- 80g grated cheese
- 40ml oil
- Salt & pepper to taste

METHOD:

1. Bring a saucepan of water to the boil, add the potatoes and cook until just tender.

2. Meanwhile, whisk the eggs in a large bowl with some salt and pepper. Add the spring onions and cheese, mix.

3. Drain the potatoes well and add them to the eggs. Fold in gently to make sure that all the ingredients are evenly mixed.



4. Put oil in a large frying pan, when the oil is hot (but not smoking) add the egg mixture making sure it is evenly distributed on the pan.

5. Cover with a lid and cook on low heat for approximately 12 to 15min. Every so often, shake the pan gently to make sure it is not sticking.

6. To finish the frittata you have two options: you can continue to cook it on the stove until it is fully set (when shaking the pan, the egg mixture will no longer wobble). Otherwise, if you have used an ovenproof frying pan, you can finish it in the oven or under the grill until fully set and has turned a lovely golden colour on top.

7. Let it rest for a few minutes, slice into wedges and serve.



TIP:

- If you have a pie or quiche pan you could just cook it fully in the oven, at 180°C for 12-15 min or until fully set. If you have a muffin tin, you could use it too and would end up with mini frittatas. If cooking in the oven make sure to grease the tins very well before pouring the egg mixture.



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SOMETHING SWEET?

Try a selection of our favourite School Dessert Recipes



COOKIES:

(Makes 20 cookies)

- 325g butter/margarine
- 165g caster sugar
- 500g plain flour
- 6g baking powder

1. Cream the margarine and sugar until really fluffy.

2. Mix in flour and baking powder, the mixture will form a dough consistency.

3. Divide into 20 balls or if preferred, shape into rolls and cut into slices.

4. Put on to greased baking sheets.

5. Flatten slightly with a fish slice, masher or a cookie stamp.

6. Bake for approximately 10 to 15 minutes at 160°C.

FLAPJACKS:

(Makes 24)

- 650g butter/margarine
- 450g demerara sugar
- 950g Quaker porridge

1. Melt the margarine.

2. Combine oats, sugar and melted margarine.

3. Press into well greased tins.

4. Cook at 180°C until light golden.

5. Portion while warm.



VANILLA SPONGE:

(Serves 12)

- 125ml vegetable oil
- 3 eggs
- 70ml milk
- 1 drop of vanilla flavouring/essence
- 170g plain flour
- 20g baking powder
- 160g caster sugar

1. Put all the wet ingredients in a large bowl and whisk until well combined.

2. Add all the dry ingredients & mix well.

3. Whisk until well combined and there is no lumps. The more you whisk it the fluffier it will be.

4. Pour into greased lined tray.

5. Bake at 180°C for 25 min.

TIPS:

- You can turn it into a chocolate sponge by reducing the amount of flour to 160g and adding 15g cocoa powder.
- If you would like icing on the sponge: mix 125g icing sugar with 15ml of warm water, whisk until smooth. Pour on top of the sponge – a few sprinkles (sugar strands or similar) on top of the icing would be lovely too.



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