



MADE IN HACKNEY
presents
THRIFTY FEASTS II

FOOD THAT'S GOOD FOR YOUR HEALTH, WEALTH & THE PLANET

- Fully costed recipes • What's in season • Budget shopping guide
- Free food guide • Growing your own • Healthy eating tips



HELLO

Welcome to the 2nd edition of Made In Hackney's 'Thrifty Feasts' cookery book. We know eating healthily on a budget can be a challenge. Add in trying to eat in a way that's good for the planet, and it can seem harder still. So don't worry – we got you!

In this book you'll find fully costed plant-based recipes, seasonal food and shopping tips, a growing your own guide and a directory of FREE community meals and food sources.

Everyone should have the right to eat healthy, affordable food that's good for the planet. We hope this book helps us all get a little bit closer to that.

Now to the kitchen friends!

Love
The MIH Family xx

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Recipe costings based on January 2019 prices at budget supermarkets and local independent health food stores.

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Made In Hackney is a registered charity number 1176690



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viridian
Ethical vitamins with an organic heart

The creation of this booklet was kindly supported by ethical supplement company Viridian Nutrition.





FREE FOOD – COME AND GET IT!

Whether it's a shared meal, community fridge or food bank – there's some excellent collectives trying to make sure people don't go hungry in Hackney. And it's not just about FREE food, but saving food from being wasted. Get involved.

The Community Fridge

Save food from going to waste and get FREE shopping. Help yourself to fresh fruits and veggies, bakery goods, tins and more.

When: Every Monday, 12noon-5pm (can help yourself other days if anything left)

Where: The Redmond Community Centre, 4 Kayani Ave, Woodberry Down N4 2HF (Ask reception where the community fridge is and you'll be shown to it)

3 course meal by NLAH

Delicious 3 course vegetarian meal served with good vibes each week including soup and bread, a main course, dessert and tea or coffee.

When: Monday 12noon-1.30pm & Wednesdays 7-8.30pm

Where: North London Action for the Homeless, St Paul's Church Hall, Stoke Newington Road, N16 7UE

Food Cycle Meals

Eat a delicious hot meal for free and meet your fellow Hackney neighbours. Yum.

When: Every Thursday, 12.30pm

Where: New Kingshold Community Centre, 49 Ainsworth Road E9 7JE

Vital Ital Café

After teaching a 'Reggaetivity' exercise class at the centre Sharon & pals serve up a delicious FREE community meal.

When: Tuesdays 7.15-8.30pm

Where: The Redmond Community Centre, 4 Kayani Ave, Woodberry Down N4 2HF

Refugee Community Kitchen

This super rad global collective serves hot food on the street in two east London locations weekly.

When: Thursdays, 8-9pm & Sundays 7-8pm

Where: Thursdays outside Hackney Central Library, Reading Lane & Sundays outside Bethnal Green Tube station

Hackney Food Bank

To get a week's food you will need a voucher from either Citizens Advice, children's centres, some GPs or your health visitor.

When: Hoxton: Monday 11am-1pm
Hackney Central: Tuesday 10.30am-1pm
Upper Clapton: Wednesday 5pm-6.45pm
Stoke Newington: Thursdays 12noon-2.30pm

Where: Hoxton: St John Hoxton Crypt, Pitfield Street, N1 6NP;
Hackney Central: St Luke at Hackney, Homerton Terrace, E9 6RT;
Upper Clapton: St Thomas Clapton Common, Oldhill Street and Clapton Terrace, E5 9BW;
Stoke Newington: St Mary's New Rooms, accessed via the Quiet Garden, Stoke Newington Church Street, N16 9ES



Cook & Eat sessions

Want to learn how to cook, meet new people and eat a delicious meal at the end all for free? You can! Made In Hackney, Shoreditch Trust, People's Kitchen and other providers run courses throughout the borough. Visit: madeinhackney.org/whats-on and hackney.gov.uk/healthy-hackney



BUDGET SHOPPING GUIDE

Hackney is blessed with an array of affordable markets, independent supermarkets and major chains. Here are some of our favourites.

Ridley Road Market

The queen of budget markets, famous for its £1 a bowl deals. 5 mangos or 5 avocados for £1? Unbeatable.

When: Monday to Friday 9-5pm, Saturdays 9-5.30pm

Where: Ridley Road E8 2LH, between Kingsland High Street & St Mark's Rise

Save The Date market stall

A 'pay as you feel' market stall with fresh produce, bakery and more that would otherwise have gone to waste. Usually at Kingsland Waste Market. Check @SaveTheDateLondon on Facebook for latest info.

When: Saturdays 9-3pm

Where: Kingsland Waste Market, Kingsland Road, between Middleton Road and Richmond Road

TFC Supermarket

Turkish store with a great bakery, fresh produce, grains, nuts and lentils.

When: Monday to Sunday, 8-9pm winter, 8-10pm summer

Where: 89 Ridley Rd E8 2NH

Lidl

Now trialling 'Too Good To Waste' boxes of imperfect fruit and veg. Nicknamed the 'wonky veg' box they cost £1.50. Only available until midday so get there early to grab one.

When: Monday to Saturday 8am-10pm; Sunday 11am-5pm

Where: 27-37 Well Street E9 7QX

Iceland

For frozen veggies check out the deals at this frozen food chain. Avoid the ready meals though please.

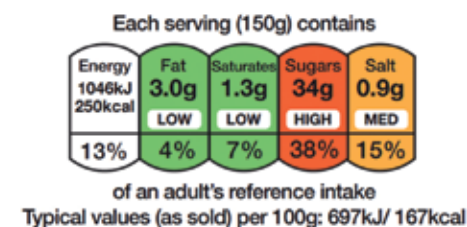
When: Monday to Saturday 7am-11pm, Sundays 11am-5pm

Where: 142-146 Stoke Newington High Street N16 7JL; Dalston Cross Shopping Centre E8 2LX; 337 Mare Street E8 1HY; 150 Mare Street E8 3SG

HEALTHY EATING TIPS

Reading food labels

Food labels can be confusing, so the 'traffic light' labelling scheme was introduced to help people understand the nutritional information they contain.



What do the traffic light labels tell us?

The amount of energy in the food measured in calories (kcal) and the volume of sugar, fat, saturated fat and salt (things you should have in moderation to stay in good health) per serving of the product.

OK, so how do I read it?

Each coloured circle tells you the percentage of your recommended *total amount per day* the food item contains *per serving* (not necessarily the whole packet!). So if it says 90% that's nearly your whole day's recommended allowance in just that one portion. The colour coding tells us if the amount is **high (red)**, **medium (amber)** or **low (green)**. So if you're buying an item and it has lots of red circles, select again. Unless it's your birthday of course.

Myth busting

'Light/diet products are healthier'

✗ Not true. It may be low in calories (energy) but it may also be low in nutrition, leaving you hungry and more likely to snack. And beware of products labelled 'low fat', they can still be high in sugar and/or salt.

'Gluten free is healthier'

✗ Nope. It could still be packed with sugar, salt and saturated fats. Check what else is in the product. Unless you are gluten intolerant or are coeliac you don't need to avoid gluten completely.

Helpful health facts

Which oil? Extra virgin olive oil is best for dressings and general cooking. Avocado oil has the highest smoking point for frying but is expensive.

Which sugar? Date paste, apple sauce, overripe bananas, stevia or xylitol (from birch trees).

Eat the rainbow! As our ambassador Dr Rupy says, **count colours not calories**. Ensure you have a colourful plate packed with fresh fruits and veggies, nuts, seeds, pulses, wholegrains and fermented foods (like kimchi and sauerkraut, not beer!).



ORGANIC ON THE CHEAP(ER)

Growing Communities Market & Veg Bag Scheme

The most affordable way to access organic fresh fruit and veg in Hackney is to sign up to the Growing Communities veg/fruit bag scheme, or shop at their weekly organic farmers market. They take Healthy Start vouchers and offer a pensioner's discount.

When: Market open Saturday 10am-2.30pm

Where: St Pauls Church car park, Stoke Newington High St, N16 7UY

To sign up to the veg bag scheme give them a call on 020 7502 7588 or visit www.growingcommunities.org

London Fields farmers market

Small farmers market with a non-certified but low cost 'no-spray' fruit and veg stall.

When: Sundays 10am-2pm

Where: London Fields Primary School

Form a food coop

To get organic staples at wholesale prices form a food buying coop. You'll need to be organised and have a place to stash the deliveries. For advice on how to do this google 'how to set up a food buying coop'.

Bulk buy

If you have the cash flow, bulk buy staples such as flour, rice, oats, lentils and crates of tins to get a better deal.

PLASTIC FREE

Ditch the single use plastic packaging by shopping at these stores. Don't forget to take your own bags and containers.

Food For All

Find unpackaged grains, nuts, herbs and other staples (including Essex grown quinoa) at this legendary independent community health food store.

Where: 3 Cazenove Road N16 6PA (above Made In Hackney)

When: Monday-Saturday 9am-6pm, Sundays 11am-4.30pm

Bulk Market

Not a budget store but you can get unpackaged loose items such as grains, nuts, legumes and more.

Where:

6 Bohemia Place, E8 1DU

When: Tuesday-Saturday 10am-7pm, Sundays 12-5pm

Get scrubbing!

When not buying organic (it is pricey) scrub your fruit and veg with a brush for 30 seconds, or remove the skin entirely. This helps to remove any pesticide residue which isn't good for our health.

Remember to take your own bag with you, like this lush MIH tote bag, whenever you go shopping.



© Tom Hains

Made In Hackney Eatwell Guide

The MIH Eatwell Guide is an adapted version of the Public Health England Eatwell Guide.



Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables everyday (aim for 7-9 or more!)



Limit fruit juice and/or smoothies to a total of 150ml a day.

Calcium



Iron



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Pulses, Beans, Nuts and Seeds
Peas, chickpeas, lentils, beans (aduki beans, black eyed beans, kidney beans), nuts, seeds



Dairy Alternatives
Fortified plant-based milk (hemp, oats, almond, coconut, soy), Nut-based cheese



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



GROW YOUR OWN

You don't need a garden to grow your own organic veggies. A sunny window ledge or balcony will do. To get started we recommend...



Salad

Grow cut and come again salad in recycled containers.

Micro greens

Multi-sow salad or brassica seeds (8-12 to a seedling module) and pick as very small seedlings.

Sprouting

Use a large glass jar or invest in a sprouter to grow your own super nutritious sprouted seeds. We recommend broccoli, mung bean or alfalfa sprouts.



Ticoles CC BY-SA 3.0

Liza CC BY-2.0



Herbs

Save money and make simple, low cost ingredients taste great by adding herbs. We recommend **thyme**, **basil**, **rosemary** and **oregano** to get started.

Plants for free

To get FREE plants take cuttings. To do this, cut a 10cm or more length cutting from an existing plant. Ensure to cut where the stem looks green as opposed to woody. Cut your cutting at the end on the diagonal, cover the diagonal in spit (seriously) and stick into a pot of fresh compost and water every other day. When it forms new roots voila – you have yourself a new plant.



Eco-warrior Princess / Unsplash

Seed swaps

Save money on seeds by swapping with pals. If 4 of you buy 2 packets each, that's 8 different veggie seeds for the price of 2!

Seed saving

Let some plants go to seed so you have a batch of free seeds for replanting.



WILD IN THE CITY

Wild food features on many fancy restaurants menus but the beauty of it is that it's available for free – to everyone! You just have to get out there and pick it – or 'forage' as the professionals say.

Where to forage

- Private gardens (with permission!)
- Hackney Marshes
- Lea Valley Park
- Regents Canal
- River Lea Navigation

These areas are usually not sprayed with harmful pesticides and herbicides unlike parks and streets.

Tips

1. Only eat something you are **100% sure** you have identified correctly.
2. Don't pick from below knee height due to dog/human wee/pollutants.
3. Pick from middle of a patch (edges prone to pollution and dog wee).
4. Young plants and leaves are tastier and more nutritious.

Beginners foraging – what to pick first



Greens

Chickweed A tasty green that can be eaten raw in salads. High in vitamin C and also contains vitamin A, D, B, iron, calcium and potassium. Traditionally used to aid weight loss.

Pick: February-September

Dandelion leaves Eat young, small leaves in salads and marinate or stir fry the roots. High in calcium, iron and antioxidants. Bitter but very good for you.

Pick: March-May



Nettles This ultimate, free superfood is packed with vitamin A, K, iron, calcium and protein. Eat cooked in soups, stews and use fresh or dried as a tea. Pick young, fresh leaves.

Pick: March onwards (cut back regularly for constant supply)



Fruit

Apples Hackney Marshes has some wild apple trees, but you can also 'scrum' (with permission) from the gardens of people who can't be bothered to pick the fruit.

Pick: September-November

Blackberries Eat them fresh, preserve into jams, bake into crumbles or freeze to use throughout year. Find them along canals, Lea Valley Park and Hackney Marshes.

Pick: August-October

Cherry plums Haggerston Park has an epic supply of sweet cherry plums but to reach them you'll need a long handled fruit picker. Great to preserve into jams, cordials or dried fruit bars – also known as fruit leathers.

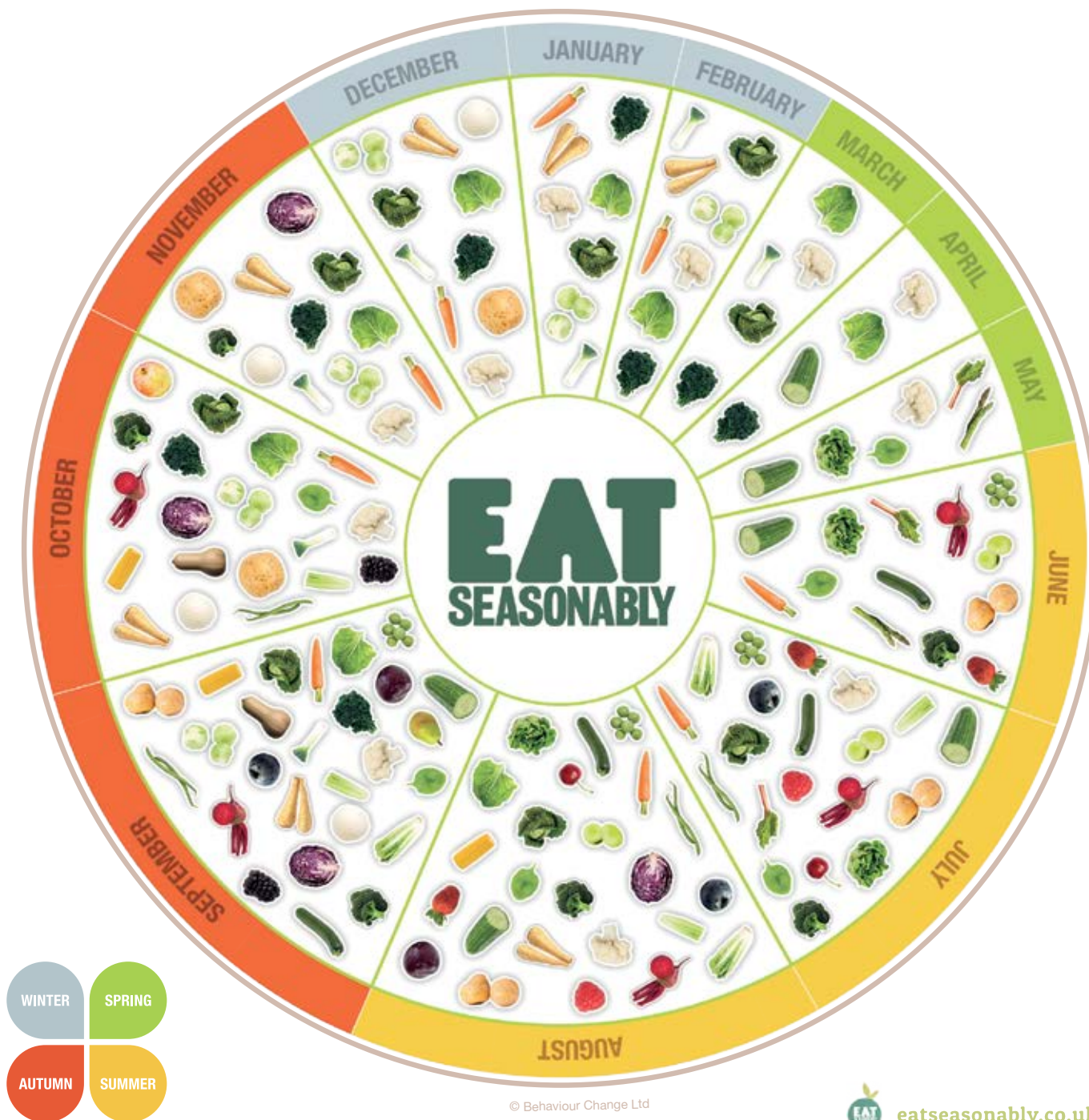
Pick: July-August

Elderberries & elderflowers

Packed with vitamin C, elderberries (main photo) can be found on street trees, parks and at the marshes. Tree picking in parks is OK as trees aren't sprayed. Perfect for cordials.

Pick: September-October

	APPLES, COX									OCT		
	ASPARAGUS					MAY	JUN					
	BEANS, BROAD						JUN	JUL	AUG			
	BEANS, RUNNER							JUL	AUG	SEP	OCT	
	BETROOT						JUN	JUL	AUG	SEP	OCT	
	BLACKBERRIES									SEP	OCT	
	BLUEBERRIES							JUL	AUG	SEP		
	BROCCOLI						JUN	JUL	AUG	SEP	OCT	NOV
	BRUSSELS SPROUTS	JAN	FEB							SEP	OCT	NOV
	CABBAGE, SPRING GREEN	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV
	CABBAGE, WHITE									SEP	OCT	NOV
	CABBAGE, SAVOY	JAN	FEB	MAR				JUL	AUG	SEP	OCT	NOV
	CABBAGE, RED								AUG	SEP	OCT	NOV
	CARROTS	JAN	FEB				JUN	JUL	AUG	SEP	OCT	NOV
	CAULIFLOWER	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV
	CELERY							JUL	AUG	SEP	OCT	
	CHERRIES							JUL	AUG			
	COURGETTE						JUN	JUL	AUG	SEP		
	CUCUMBER				APR	MAY	JUN	JUL	AUG	SEP		
	KALE	JAN	FEB	MAR	APR					SEP	OCT	NOV
	LEEKS	JAN	FEB	MAR						SEP	OCT	NOV
	LETTUCE, COS							JUL	AUG	SEP		
	LETTUCE, CURLY					MAY	JUN	JUL	AUG			
	PARSNIPS	JAN	FEB						AUG	SEP	OCT	NOV
	PEARS									SEP		
	PEAS						JUN	JUL	AUG	SEP		
	PLUMS								AUG	SEP		
	POTATOES, MAINCROP										OCT	NOV
	POTATOES, NEW						JUN	JUL	AUG	SEP		
	RASPBERRIES							JUL	AUG			
	RHUBARB					MAY	JUN	JUL				
	SPINACH					MAY	JUN	JUL	AUG	SEP	OCT	
	STRAWBERRIES						JUN	JUL	AUG			
	SQUASH									SEP	OCT	
	SWEETCORN								AUG	SEP	OCT	



Created by Made In Hackney cookery teacher Mark Breen, the following recipes are delicious, nutritious and come in at under £1 per portion or less.

All the pricey ingredients are optional so don't worry if you need to miss something out. We hope you enjoy making them at home as much as we enjoy making them with you in our classes. Let's get cooking!



FEEL GOOD SALAD – ROAST BEETROOT, ORANGE & DILL WITH CRUNCHY CHICKPEAS

Serves 4

INGREDIENTS

Crunchy chickpeas

400g can of chickpeas	55p
2 tablespoons olive oil	28p
1 teaspoon ground cumin	10p
1 teaspoon paprika	10p
½ teaspoon freshly ground black pepper	5p

Salad

4 beetroot	£1.31
3 oranges	90p
Small bunch fresh dill	70p
4 tablespoons olive oil	14p

TOTAL COST	£4.13
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Oven, hob

METHOD

Salad:

1. Peel 2 of the oranges.
2. Put the beetroot in a large pan and pour over cold water to cover. Bring to the boil over a medium heat and cook for 1 hour or until tender. Drain and put under cold running water until cool. (You can use pre-cooked beetroot but it's more expensive).
3. Peel and slice the beetroot very thinly and place in a large bowl or plate.
4. Slice 2 oranges into rounds and remove any pips with the point of a sharp knife.
5. Layer the oranges on top of the beetroot, then sprinkle over the dill.
6. Mix the zest and juice of the final orange with 4 tablespoons of olive oil and drizzle over the beetroot and orange.

Crunchy chickpeas:

1. Preheat oven to 200°C / gas mark 6.
2. Thoroughly drain chickpeas, rinse and pat dry with a tea towel.
3. Toss chickpeas in the olive oil, cumin paprika and pepper.
4. Spread the chickpeas on a tray and roast until golden and crunchy. This takes about 20 minutes.
5. Remove from the oven and sprinkle over the beetroot and orange salad.

To serve: You could bulk this out with pearl barley, brown rice or cous cous.



TOMATO & BREAD SUNSHINE SALAD Serves 4
(The Italian's call this panzanella)

INGREDIENTS

300g ripe mixed tomatoes	80p	Olive oil	18p
100g stale bread	60p	2 tablespoons of red wine vinegar	
1 small red onion	21p	(or pomegranate molasses)	12p
1 red pepper	14p	Freshly ground black pepper	5p
2 tablespoons capers	45p		
A bunch of fresh basil	70p		
		TOTAL	£3.25

METHOD

1. Tear the stale bread into rough pieces and place on a tray. Leave aside in a warm place for around 30 minutes – this will help dry it out.
2. Chop the tomatoes, red onion and red pepper into small pieces.
3. Place the tomatoes in a bowl. Rinse the capers, squeezing out any excess liquid and add to the bowl, along with the onion, peppers and bread.
4. Toss the mixture together with your hands, then stir in 2 tablespoons of vinegar (if using) and about 3 times as much extra virgin olive oil. Taste and add a little more pepper, vinegar or oil, if needed.
5. Tear in the basil leaves, stir together and serve.

To serve: Cous cous (optional, if hungry)



WORLD'S BEST COLESLAW Serves 4

INGREDIENTS

2 medium sized carrots	12p	Pinch of sea salt	2p
1/2 a head of cabbage	40p		
Bunch of spring onions	20p	TOTAL	£1.74
Zest and juice of 1 lemon	30p		
1 big handful of cashew nuts	65p		
1/2 garlic clove	5p		



Stick blender with mini bowl attachment or food processor

METHOD

1. Grate the carrots, and slice the cabbage and spring onion thinly.
2. Chuck the cashew nuts, garlic, lemon and sea salt into a beaker. Whizz up together with a stick blender. Taste and season as needed with sea salt, pepper or lemon. It should be pretty punchy because it's going to be diluted when it's added to the other ingredients.
3. Thin down the nut mixture with a little water until it's closer to the consistency of a vinaigrette.
4. Mix together with the carrot and cabbage.
5. Serve with a jacket potato or a selection of other salads.



SPICED SQUASH & RED ONION SALAD

Serves 4

INGREDIENTS

1 large butternut squash	90p	4 tablespoons of sunflower seeds	50p
2 red onions	42p	1 tablespoon parsley	10p
3 tablespoons olive oil	15p		
1 teaspoon cumin seeds	5p		
1 teaspoon coriander powder	5p		
1 teaspoon paprika	5p		

TOTAL £2.25



Oven

METHOD

1. Heat the oven to 200°C/ gas mark 6.
2. Scoop out seeds from squash and cut into pieces (approx 3cm long).
3. Put the squash in a large bowl, add three tablespoons of olive oil, and some black pepper, the cumin, coriander and paprika and toss well.
4. Spread, skin down, on a baking sheet and roast for 20 minutes until the squash has taken on a little colour and started to cook.
5. Slice the onions then mix them with the squash and cook for another 20 minutes. Remove from the oven and leave to cool.
6. Roughly chop the parsley.
7. To serve, spread the vegetables on a platter and scatter the seeds and parsley on top.

Variations: for a dressing, mix 2 tablespoons of tahini with 2 tablespoons of olive oil, a squeeze of lemon and a splash of water and drizzle over the salad. You could bulk this out even more with some pearl barley, brown rice or cous cous.





BEETROOT & GINGER SOUP

Serves 4

INGREDIENTS

3 large raw beetroots	£1.32
3 carrots	18p
1 onion	16p
Juice from 1 orange	30p
Thumb of ginger	5p
1 litre vegetable stock	20p
2 tablespoons of olive oil	10p

TOTAL £2.31



Stick blender, hob

METHOD

1. Peel and chop the beetroots and carrots. Slice the onion and grate the ginger.
2. Heat two tablespoons of olive oil in a saucepan, add the onion and cook on a medium heat for 5 minutes.
3. Add the orange juice and stir.
4. Add the beetroot, carrot, ginger and stock and bring to the boil. Simmer for 25-30 minutes.
5. Blitz until smooth. Serve.



PEA & MINT SOUP

Serves 4

INGREDIENTS

2 white onions	32p
1 garlic clove	3p
2 tablespoons olive oil	10p
800g frozen peas	69p
small handful of mint leaves	70p
1 litre vegetable stock	20p

TOTAL £2.04



Stick blender, hob

METHOD

1. Dice the onions and garlic.
2. Heat two tablespoons of olive oil in a saucepan, add the onions and gently cook for 4 minutes and then add the garlic for an additional minute.
3. Stir in the peas and vegetable stock. Bring to a boil, then simmer for 5 minutes.
4. Cool slightly, add a handful of mint leaves and blitz until smooth.
5. Enjoy warm or chill in the fridge for a couple of hours before serving.



THAI PUMPKIN SOUP

Serves 4

INGREDIENTS

1 butternut squash, or small to medium pumpkin, peeled, deseeded and chopped	90p	1 tablespoons grated ginger	5p
1 onion, sliced	16p	2 tablespoons extra virgin olive oil	25p
200ml coconut milk	50p	lime juice, for seasoning	30p
500ml vegetable stock	10p	1 red chilli to serve (<i>optional</i>)	20p
3-4 tablespoons Thai red curry paste (vegan)	45p	A pinch of black pepper	5p
TOTAL		£2.96	



Stick blender, oven, hob

METHOD

1. Heat oven to 200°C/ gas mark 6.
2. Toss the pumpkin or squash in a roasting tin with 1 tablespoon olive oil, then roast for 30 minutes until golden and tender.
3. Put the remaining oil in a saucepan with the onion and ginger.
4. Cook on a medium heat for 8-10 minutes until softened.
5. Stir in the curry paste for 1 min, followed by the roasted pumpkin and all but 3 tablespoons of the coconut milk and stock.
6. Bring to a simmer and cook for 5 minutes. Cool then blitz with a stick blender until smooth.
7. Return to the pan to heat through, seasoning with pepper and optional lime juice.
8. Serve drizzled with the remaining coconut milk and scattered with sliced chilli.



BREAD ROLLS

makes 12 rolls

INGREDIENTS

500g bread flour (wholemeal)	85p	300ml lukewarm water
7g fast-action yeast	7p	Extra flour for dusting
1½ teaspoons date syrup or ½ teaspoon sugar	11p	
2 teaspoons salt	5p	
3 tablespoons olive oil	30p	

TOTAL

£1.38



Oven

METHOD

1. Sieve the flour and salt together into a bowl and mix with the oil.
2. Mix the yeast with the a splash of the warm (body temperature) water and date syrup.
3. Add the yeast mix to the flour mix then gradually add the remaining warm water while mixing with your hands add a little at a time and combine, be careful not to squeeze the dough. Add enough liquid until you achieve a nice sticky dough.
4. Knead for 10 minutes by hand until smooth and elastic.
5. Place the dough in a lightly oiled bowl and cover with lightly oiled cling film and leave in a warm place to double in bulk, this will take approx. 1 hour.
6. Knock back the dough and shape into 12 bread rolls. Place the rolls onto a silicone lined baking tray. Add a sprinkle of sesame or poppy seeds if desired.
7. Leave them in a warm place until they appear well risen.
8. Pre-heat the oven to 200°C/gas mark 6 and bake the rolls for 25 minutes or until the bread sounds hollow when tapped on the bottom. Spraying the oven with water at regular intervals can help create a better crust.
9. Best eaten warm!



SWEET POTATO, BLACK BEAN & PLANTAIN CARIBBEAN CURRY WITH RICE 'N' PEAS Serves 4

INGREDIENTS

Caribbean curry

1 large sweet potato	35p
1 large plantain	30p
4cm piece of ginger	5p
400g tin of chopped tomatoes	35p
400g tin of coconut milk	£1.00
400g tin of black beans	55p
2 onions, sliced	32p
2 cloves of garlic, chopped	6p
1 fresh red chilli (optional)	20p
1/2 bunch fresh coriander	35p
2 tablespoons of coconut oil	10p
1 teaspoon turmeric	13p
2 tablespoon curry powder	18p

Rice 'n' peas

400g can of kidney beans	55p
400g white rice	60p
<i>(brown rice also works and is healthier)</i>	
200ml coconut milk	£1.00
1 garlic clove	3p
1 onion	16p
1/4 teaspoon ground allspice	10p
2 sprigs of thyme	10p
1 tablespoon of coconut oil	5p
1 whole scotch bonnet chilli	20p
<i>(to add warmth to the dish, not to eat)</i>	
200ml water	

TOTAL COST £6.23



Hob

METHOD

Caribbean curry

1. Peel and dice the sweet potato, peel and slice the plantain and peel and chop the ginger.
2. Put the coconut oil into a large saucepan and place on a medium heat. Add the ginger, garlic, onion, finely chopped coriander stalks (not the leaves, these are to garnish) and chopped and de-seeded red chilli (optional) and cook for 4 minutes.
3. Add the turmeric, curry powder, tomatoes, sweet potato and plantain. Cook until softened which will take approx 20 minutes, if the pan needs water to stop it drying out add some.
4. Add the coconut milk and drained black beans until heated through and well combined.
5. Scatter with coriander leaves.

Rice 'n' peas

1. Rinse the rice.
2. Chop the onion and garlic into thin pieces. You can lightly sauté or add in raw.
3. Add the rice, onion and garlic to a pan shortly followed by the coconut milk and water, kidney beans (including juices from the can) and allspice.
4. Next add the thyme and scotch bonnet. There are two methods: add sprigs of thyme and scotch bonnet chilli whole and remove both after cooking, or add the thyme leaves to the pot and slice 1/4 scotch bonnet into small pieces and add to the rice and do not remove.
5. The liquid should come about 3cm above the level of the rice and beans. Bring to a simmer, then cover with a lid, turn the heat right down and cook for about 10 to minutes (don't stir the rice, but you can scrape the bottom of the pan from time to time, to ensure rice on the bottom isn't burning.)
6. Locate and carefully remove the chilli and thyme sprig if you've gone for that method. Fork through the rice to fluff it up.





CHINESE SWEET & SOUR STIR FRY

Serves 4

INGREDIENTS

2 tablespoons coconut oil	10p
1 large onion	16p
1 medium red bell pepper	55p
Small handful of green beans	12p
<i>(frozen are fine & often more affordable)</i>	
400g can of tomatoes	35p
200g can of unsweetened pineapple chunks, drained, juice reserved	60p
200g extra-firm tofu or tempeh	£1.00
Brown rice or wholegrain noodles	60p
<i>(portion as recommended on packet)</i>	

Sauce

1 tablespoons rice vinegar	18p
<i>(optional)</i>	
1 tablespoons date syrup	11p
1 tablespoons tamari	
or low salt soya sauce	15p

TOTAL £3.92



Hob

METHOD

1. Chop the onion and bell pepper into slices and dice the tofu or tempeh.
2. Stir together all sauce ingredients in a small bowl.
3. In wok or large frying pan, heat coconut oil over medium heat. Add onion and cook, stirring often, until golden, about 8 minutes.
4. Add bell peppers, green beans and tofu or tempeh, increase heat to medium-high and stir-fry for 5 minutes. Add tomatoes (with liquid) and pineapple chunks and stir-fry 5 minutes.
5. Stir in the sauce and cook, stirring, until mixture has thickened slightly, around 2 to 3 minutes.
6. Serve with wholegrain noodles or brown rice cooked to packet instructions.



BANGING BEAN BURGER

Serves 4

INGREDIENTS

400g can borlotti, kidney or butterbeans	55p	½ teaspoon black pepper	5p
200g cooked mashed veg (pumpkin/sweet potato/squash)	35p	4 tablespoons sesame seeds or breadcrumbs for coating <i>(optional)</i>	85p
1 garlic clove	3p	Wholemeal buns	65p
3 tablespoons flour	5p	2 tomatoes	26p
2 tablespoons olive oil	10p	Lettuce leaves	10p
A squeeze lemon juice	30p		
½ teaspoon cumin	5p		
½ teaspoon coriander powder	3p		
½ teaspoon paprika	5p		
		TOTAL	£3.42



Hob, oven

METHOD

1. Preheat the oven to 200°C/ gas mark 6.
2. Drain the beans and leave to dry.
3. Mash the beans as much as you can with a potato masher in a bowl.
4. Add the mashed vegetables, flour, sliced garlic, lemon juice, spices and pepper. Mix well and squish together.
5. The mixture then needs to be rolled into burger-sized balls with wet hands. Flatten the balls slightly. If you like, you can coat them with sesame seeds or breadcrumbs for extra crunch.
6. Drizzle two tablespoons of olive oil on a baking tray, place the burgers on top then turn them all over so that they have a coating of a little oil on each side.
7. Place the baking tray in the oven and cook for 30 minutes, turning the burgers over midway through cooking.
8. Serve in buns with lettuce and tomato.



RAINBOW TAGINE

Serves 4

INGREDIENTS

400g can tomatoes	35p	½ teaspoon ground cinnamon	5p
400g can chickpeas, drained and washed	55p	250ml vegetable stock	5p
1 onion	16p	Handful dried fruit	£1.00
2 garlic cloves	6p	(prunes, dates or raisins work well)	
3 different vegetables	40p	Bunch of parsley	70p
(red pepper, courgette, aubergine, carrot are all good)		Cous cous to serve	42p
1 tablespoon of olive oil	5p	(75g each cooked to packet instructions)	
½ teaspoon ground cumin	5p		
½ teaspoon ground coriander	5p		
		TOTAL	£3.89



Hob

METHOD

1. Finely chop the onion and garlic.
2. Heat the olive oil in a saucepan, add the onion and garlic then gently cook for 5 minutes on a medium heat or until softened.
3. Add the spices and fry for a minute until they smell nice but aren't burnt. Add the veg, and fry for 8-10 minutes until they're coated in the spices and start to take on some colour.
4. Add the chickpeas, stock, tomatoes and dried fruit.
5. Cook on a medium heat for 15-20 minutes until the vegetables are tender. Scatter over the parsley and serve with couscous.

SWEET POTATO GNOCCHI

Serves 4

INGREDIENTS

3 large sweet potato	50p
200-220g of pasta flour	25p

TOTAL	75p
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Hob

METHOD

1. Preheat the oven to 200°C/ gas mark 6. Roast the sweet potatoes whole in the oven for about 40 minutes until cooked through.
2. When they are cooked open them in two and use a spoon to remove the sweet potato discarding the skin.
3. Mash the sweet potato with a fork and add to the flour mixing well.
4. Knead the dough together for a few minutes. Separate the dough in sections. Take a small chunk of dough and role it into a long log of about 3 centimetres diameter. Cut it in pieces of about 3-4 centimetres long. Role the gnocchi on a fork to create a small indentation.
5. Bring a pan of water to the boil then add the gnocchi.
6. The gnocchi are cooked when they rise in the water (it should take approximately 5 minutes).
7. Serve with green pesto or your choice of sauce.

EASY GREEN PESTO

Serves 4

INGREDIENTS

Bunch of basil	70p
3 tablespoons mixed nuts or seeds (almonds, pumpkin, sunflower)	£1.24
1 clove garlic, peeled	3p
Juice of half a lemon	15p
3-4 tablespoons nutritional yeast	98p
(optional)	
3+ tablespoons of olive oil	15p
3-6 tablespoons water (plus more as needed)	

TOTAL	£3.25
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Stick blender with mini blending bowl or food processor

METHOD

1. Add the basil, nuts, garlic, lemon juice and nutritional yeast to a pestle and mortar or processor and bash or blend until a paste like consistency forms.
2. Add olive oil a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed. Then add 1 tablespoon water at a time until the desired consistency is reached – a thick but pourable sauce.
3. Taste and adjust flavour as needed. Serve with your favourite pasta and veg combo.

Variations: Great alternatives to basil in your pesto include sorrel, parsley, spinach or watercress.



ROASTED VEGETABLE PIZZA

Serves 4

INGREDIENTS

For the dough

500g wholemeal or spelt bread flour	60p
1 teaspoon date syrup	5p
1 teaspoon salt	5p
7g yeast	7p
2 tablespoons extra virgin olive oil	10p
320ml warm water	0p

Pizza toppings

1 each of red, yellow or green pepper	55p
1 red onion	21p
100g mushrooms	26p
1 teaspoon dried oregano	5p

Tomato sauce

400g can tomatoes	35p
Handful of basil leaves	35p
2 cloves garlic	6p

Cashew cheese (optional)

50g cashews	65p
1 tablespoons nutritional yeast	33p
½ teaspoon sea salt	5p
¼ teaspoon garlic powder	3p

TOTAL £3.76



Hob, oven, food processor (optional)

METHOD

1. Mix the yeast with a small splash of the warm water and date syrup – this wakes the yeast up.
2. Sieve the flour and salt into a bowl. Then add the olive oil and then the yeast mixture. Mix with your fingertips in a clockwise motion. Then pour in a third of the remaining warm water, continuing to mix with finger tips (the mixture should start to look like bread crumbs), then pour half of the remaining water, continuing to mix with your fingertips (the mixture should now look like ripped rags), then pour in the remaining water and the mix should come together in to a slightly sticky dough.
3. Knead with the palm of your hands for 10 minutes.
4. Shape the dough into a ball and place in an oiled bowl to prove. Leave covered with a cloth or lightly oiled cling film in a warm area for 1 hour. When the dough has doubled in size it is ready.
5. Thinly slice the mushrooms, onions and pepper. Crush the garlic.
6. Prepare sauce by adding olive oil to a saucepan and adding the garlic and basil stalks very finely chopped. Cook gently to flavour the oil, now add the can of tomatoes and simmer for 20-25 minutes until the sauce has thickened. Add the basil leaves and set aside.
7. Prepare cashew cheese by blitzing raw cashews, sea salt, nutritional yeast and garlic powder in a food processor or with a pestle and mortar until they look like small crumbs.
8. Preheat oven to 200°C / gas mark 6.
9. Divide dough into 4 equal balls and roll out to your desired pizza thickness and transfer to a parchment-lined round baking sheet. Top with desired amount of tomato sauce, a sprinkle of cashew cheese and the veggies.
10. Bake for 15 minutes or until crisp and golden brown.
11. Serve with remaining cashew cheese, dried oregano and red pepper flake.



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BBQ-PULLED JACKFRUIT BURRITO Serves 4

INGREDIENTS

400g can jackfruit	£1.39	1 red onion	21p
8 tortillas	95p	1 Serrano chilli (optional)	20p
1 teaspoon chilli powder	12p		
1 tablespoon lemon juice	5p		
½ teaspoon pepper	3p		
2 tablespoons olive oil	5p		
2 cloves garlic	6p		
		TOTAL	£3.06



Hob

METHOD

1. Drain and rinse the jackfruit
2. Dice the onion, garlic and chilli if using.
3. Using a fork, shred the jackfruit.
4. Add the chilli powder, lemon juice and pepper to the jackfruit.
5. Heat two tablespoons of olive oil in a saucepan, add the onion, garlic and chilli and then gently cook for 5 minutes on a medium heat or until softened.
6. Add the jackfruit and cook about until lightly browned about 5-8 minutes.
7. Heat the tortillas. Serve with refried beans, mango and chilli salsa and if you are really hungry, rice.



REFRIED BEANS Serves 4

INGREDIENTS

400g canned pinto beans	55p
1 bay leaf	5p
1 onion	16p
1 tablespoon olive oil	5p
2 medium cloves garlic	6p
½ jalapeño pepper	10p
1 tablespoon finely chopped canned chipotle chillies in adobo sauce	18p
<i>(or a chopped red chilli if easier to find)</i>	

TOTAL £1.15



Hob

METHOD

1. Finely chop the onion, garlic and de-seed and chop the jalapeño pepper.
2. Heat the olive oil in a saucepan on a medium heat and add the onion, garlic and jalapeno.
3. Gently cook for 5 minutes on a medium heat or until softened.
4. Add beans and chipotle and cook, stirring as it cooks for about 15 minutes until the beans have started to break down.
5. Add a splash of water if the it is catching on the bottom. Serve.



MANGO & CHILLI SALSA Serves 4

INGREDIENTS

2 shallots	10p
1 red chilli (no seeds)	20p
1 mango	69p
1 tablespoon olive oil	5p
1 lime juice and zest	30p
1 tablespoon fresh coriander	5p

TOTAL £1.39

METHOD

1. Chop the coriander including the stalks and finely slice the mango, shallots and chilli.
2. Put the shallots, chilli, mango and coriander in a bowl.
3. Add the lime and olive oil and mix together.
4. Leave for at least 20 minutes to let the ingredients get to know each other. Serve.



POSH BEANS ON TOAST

Serves 4

INGREDIENTS

2 x 400g tins white beans	£1.10	2 tablespoons red wine vinegar	18p
3 onions	48p	(or pomegranate molasses)	
3 cloves garlic	18p	3 tablespoons tomato puree	18p
3 tablespoons olive oil	15p	500ml water	
2 x 400g tins tomatoes	70p		
2 tablespoons date syrup	24p		
TOTAL		£3.21	



Hob, toaster or grill

METHOD

1. Chop the onions and garlic.
2. Heat the oil in a pan over a medium heat. Add the onions and garlic to the pan and cook until soft.
3. Add the tinned tomatoes, puree, date syrup, red wine vinegar (if using) and water and mix with a hand blender until smooth. Bring to the boil, then add the beans.
4. Stir the mix and reduce to a simmer. Cook gently for 1 hour until the sauce is thick and the beans are soft.
5. Serve on toast.

VEGETABLE PANCAKE

Serves 4

INGREDIENTS

240g cup chickpea (gram) flour	40p	½ teaspoon salt	6p
Cooked veggies of choice for filling (mushrooms, tomatoes, avocado)	£1.80	½ teaspoon white pepper (optional)	10p
4 tablespoons nutritional yeast	£1.32	½ teaspoon baking powder (optional)	6p
1 teaspoon turmeric	6p	480ml aquafaba (chickpea juice) (optional)	0p
1 teaspoon garlic powder	6p		
60g mixed herbs (chopped fresh or dry)	10p		
TOTAL		£3.96	



Hob

METHOD

1. In a large bowl whisk together the chickpea flour, nutritional yeast, turmeric, garlic powder, white pepper and salt.
2. Next prepare your 'aquafaba'. Rather hilariously this is the posh name for chickpea juice – yes that's right the liquid that chickpeas sit in in a tin. Pour this liquid into the bowl attachment of a stick blender or a large blender, add the baking powder, and then whip until it forms a frothy, white substance.
3. Pour the whipped aqua faba into the dry ingredients and stir gently to combine. Add the herbs.
4. Prepare your veggies for the filling. These can be anything from cold chopped tomatoes and avocado, to lightly fried mushrooms and spinach. Use up whatever you have in the fridge.
5. Lightly cover a frying pan with olive oil and ladle a cup of the mixture into the centre of the pan.
6. Spread the mixture evenly out into a circle
7. Cook until the top of the pancake forms bubbles.
8. To one side of your pancake add in your veggie fillings. Fold the pancake in half on top of the filling and cook for 1-2 minutes until the inside is firm.
9. Repeat 4 times to get 4 large pancakes. Or be speedy and have two frying pans going at the same time.
10. Keep meals in a pre-heated oven to stay warm while you make the other pancakes.

CAULIFLOWER KORMA WITH LEMON PILAU RICE

Serves 4



INGREDIENTS

Cauliflower korma

1 cauliflower head	£1.00
400g can butter beans	40p
1 large onion	16p
Thumb size piece ginger	5p
5 cloves garlic	15p
1 chilli (if you like heat)	7p
2 tomatoes	26p
400ml can coconut milk	£1.00
1 teaspoon turmeric	5p
2 tablespoons curry powder	36p
1 tablespoon coconut oil	5p

Lemon pilau rice

400g basmati rice	60p
1 teaspoon black mustard seeds	5p
Small handful curry leaves	15p
½ teaspoon turmeric	3p
½ lemon	15p
1 tablespoon coconut oil	5p

TOTAL COST	£4.58
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Hob

METHOD

Cauliflower korma

1. Break cauliflower into florets, dice (cut into small cubes) the stalk and slice the leaves.
2. Chop the onion into small cubes, slice the chilli and peel and chop the ginger and garlic.
3. Combine the onion, ginger, chilli, and garlic and fry with coconut oil in a pan.
4. Add the turmeric, curry powder and heat until they smell nice but aren't burnt, about 1 minute.
5. Add the tomatoes, coconut milk, beans and cauliflower.
6. Simmer for 25 minutes.

Lemon pilau rice

1. Wash the basmati rice.
2. Heat a tablespoon spoon of coconut oil in a pan and add the mustard seeds, when they pop add the red lentils and stir for a minute.
3. Add the curry leaves and turmeric. Stir for another minute before adding to the rice with the lemon juice and zest.
4. Add water to the pan, 3cm above the level of the other ingredients.
5. Bring to the boil, stir once, then simmer on a medium heat for 10 minutes with a lid on.

Variations: You could use wholegrain rice which is even healthier, but takes a little longer to cook. If you don't have one of the ingredients above, try substituting or leaving it out, for example you could swap the curry leaves for a cinnamon stick for a warmer flavoured rice or you could swap the lentils for some nuts.



EASY CHILLI NO CARNE

Serves 4

BANANA & PEANUT BUTTER FLAPJACKS 10 slices

INGREDIENTS

400g can red kidney beans	55p	1 teaspoon smoked paprika	5p
200g chopped vegetables	20p	Juice of a lime	30p
<i>(celery, carrot, peppers, mushrooms)</i>		Fresh coriander to garnish	35p
400g can tomatoes	35p	2 tablespoons olive oil	5p
750ml low salt vegetable stock	15p	Brown rice, pasta or cous cous	60p
1 onion	16p	<i>(cooked to packet instructions)</i>	
2 cloves garlic	6p		
4 tablespoons tomato puree	24p	TOTAL	£3.21
1 tablespoon olive oil	5p		
1 teaspoon ground cumin	5p		
1 teaspoon cayenne pepper	5p		



Hob

METHOD

1. Heat the olive oil in a saucepan, add the onion (chopped) and gently cook for 5 minutes on a medium heat or until softened.
2. Add all the chopped vegetables, chopped garlic and spices. Stir and cook for 5 minutes.
3. Add the tomato puree, tinned tomatoes, vegetable stock and kidney beans. Stir gently to combine everything.
4. Bring to the boil, cover pan and simmer for about 30 minutes or until the veg have cooked.
5. Cook the rice, pasta or cous cous to packet instructions.
6. Add the lime juice a little at a time whilst tasting. Garnish with chopped coriander.

INGREDIENTS

250g rolled oats	50p	100g raisin	32p
2 tablespoons smooth		85g pumpkin or sunflower seeds	55p
peanut butter	12p	<i>(50/50 mix)</i>	
3 tablespoons date syrup	36p	50g coconut oil, plus a little	
2 ripe mashed bananas	28p	extra for greasing	23p
1 apple	35p	100ml hot water	
85g chopped dried apricot	55p	TOTAL	£3.26



Oven, hob

METHOD

1. Peel and grate the apple.
2. Heat oven to 160°C/ gas mark 3.
3. Line a 20cm square tin (or the closest thing you have) with baking parchment.
4. Heat the coconut oil, peanut butter and date syrup in a small pan until melted.
5. Add the mashed banana, apple and 100ml hot water, and mix to combine.
6. Tip the oats, the dried fruit and the seeds into a large bowl.
7. Pour in the combined banana and apple and stir until everything is coated by the wet mixture.
8. Tip into the cake tin and level the surface.
9. Bake for 40 mins or until golden. Leave to cool in the tin before slicing and serving.



© Faith Mason

BANANA NICE-CREAM WITH SAUCE Serves 4

INGREDIENTS

Nice cream

4 ripe bananas (*overripe also fine*) 56p

Chocolate cauce

100g melted coconut oil 45p

50g cocoa powder 80p

20g organic maple syrup 33p

Simple date caramel

6 pitted soft dates 40p

TOTAL £2.54



Freezer, food processor, hob

METHOD

Nice cream

1. Peel and freeze the bananas overnight in a Tupperware or sandwich bag.
2. When the bananas are frozen let them thaw for 5 minutes before cutting them into chunks.
3. Place them in a food processor and process until the texture of ice cream.

Chocolate sauce

1. In a pan on a low heat combine the the coconut oil, cocoa and maple syrup and mix until smooth.
2. Pour over frozen nice-cream.

Simple date caramel

1. Place 6 pitted soft dates into a blender and blitz until small pieces remain.
2. While the blender is running trickle in half a teaspoon of water and blend until you form a paste.



Pixabay

CHOCOLATE & GINGER TIFFIN 20 mini squares

INGREDIENTS

40g coconut oil 18p

100g dairy-free dark chocolate (at least 70% cocoa) £2.20

1 tablespoons date syrup 12p

100g vegan ginger nut biscuits 40p

50g dried raisins or cranberries 16p

25g mixed nuts 50p

TOTAL £3.56

Swap Suggestion: If you don't want to use biscuits you can swap out the ginger nuts for almonds (see picture) and it will still taste delicious!



Oven, hob, fridge or cold store

METHOD

1. Roughly chop the chocolate. Toast and chop the mixed nuts.
2. Line the base of a 20cm square tin (or the closest thing you have) with baking parchment.
3. Gently melt the chocolate with the coconut oil and date syrup in a glass bowl over simmering water.
4. Break the ginger nuts into small pieces in a bowl, then add the dried raisins or cranberries and mixed nuts.
5. Scrape in the chocolate mixture and give everything a good mix to combine, then spoon the mix into the tin.
6. Use the back of the spoon to smooth out the top and press it down, then chill in the fridge for 2 hours or until set hard.
7. Once set, cut into 20 mini squares. These will keep in the fridge for a week.

PEAR & APPLE PARCELS

Serves 8

INGREDIENTS

1 packet vegan filo pastry	£1.85
4 apples	44p
4 pears	41p
50ml date syrup	43p
1 tablespoon ground cinnamon	5p
1 tablespoon of poppy seeds	14p

TOTAL £3.32



Oven, hob

METHOD

1. Preheat the oven to 180°C / gas mark 4.
2. Core, peel and dice the apples and pears.
3. Cook the fruit over a medium heat in a pan with the date syrup and cinnamon for 10 minutes, stirring regularly.
4. Strain the mixture reserving both the fruit and the syrupy juice, not allowing the fruit to soften too much.
5. Place 2 filo sheet measuring approx. 10cm square in one hand and put a spoonful of the fruit in the centre.
6. Wrap the pastry around the fruit in a bundle and place on a baking tray and cook in the preheated oven for 5 minutes or until the filo is slightly coloured.
7. Serve with any juice from the fruit pan drizzled over the top and a sprinkle of poppy seeds.

APPLE & BERRY CRUMBLE

Serves 8

INGREDIENTS

50g of ground almonds	65p
200g oats	40p
2 tablespoons nuts	20p
2 tablespoons coconut oil	10p
1 teaspoon cinnamon	5p
1 teaspoon ginger	5p
6 apples	£1.60
100g berries (frozen are fine)	40p
40ml date syrup	34p

TOTAL £3.79



Oven, hob

METHOD

1. Pre heat the oven to 180°C / gas mark 4.
2. Peel the apples and remove the core, cutting them into bite-sized pieces.
3. Crush the nuts; either in a pestle and mortar or a blender or by crushing them under a chopping board.
4. Put the apples into a saucepan with 2 tablespoons of water. Cook gently on a medium heat for about 8-10 minutes until soft but still retaining colour and bite. Remove and mix with berries in a Pyrex dish or cake tin.
5. Use the saucepan to melt the coconut oil, add the date syrup, cinnamon, and ginger. Pour this over the oats, almonds and crushed nuts and stir well until all the dry ingredients are coated with the coconut oil mix.
6. Distribute the topping mixture over the apples.
7. Bake until golden (20-30 minutes).



LET'S COMPOST

It's 2019. Let's stop throwing food waste in the landfill bin. Please! When old food rots down at a landfill site on top of other rubbish it releases methane gas into the air. Not good. If you compost, it makes new soil to grow more delicious food. Winner.

Hackney Council food waste collection service

Use Hackney Council's FREE food waste collection service (the small blue bins). You can put ALL cooked and raw food waste in these and it'll be taken away and turned it into new soil to use on the parks of Hackney.

Live in a block of flats? Many blocks across the borough now have food waste collection bins. If yours doesn't yet, get in touch with your housing association and insist they install some.



How to home compost

Get a home compost bin to turn all your uncooked food waste into free soil. Ensure to add 'browns' (see recipe opposite) as this will stop your bin from smelling of sick and attracting flies. A good compost bin smells neutral.



50% Greens
vegetable peelings
fruit skins • grass cuttings
green leaves • green plants

50% Browns
tea bags • dead leaves
straw • brown paper
cardboard • small twigs

When's it ready?

4-6 months depending on air temperature, what you add and how often you 'turn it'.



© Simon May



STAY PART OF THE FAMILY

If you've got this book then you're already Made In Hackney family, so don't be a stranger! Here's how you can stay involved.

Attend a class

Whether you'd like to learn bread making, fermentation or how to make a banging curry – we got you!

Volunteer

Support our cookery teachers in classes or become a project apprentice in our office.

Make a donation

Help us to keep doing this vital work.

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