



THE MADE IN HACKNEY GUIDE TO THRIFTY FEASTS

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

- *fully costed recipes using seasonal, organic ingredients*
- *budget shopping guide • growing your own • foraging*



WWW.MADEINHACKNEY.ORG

WELCOME

Feeding yourself and your family healthily on a limited budget can be a challenge. Throw into the mix aspirations to buy local, organic and seasonal ingredients from independent retailers and the challenge is greater still. However – as this booklet aims to highlight – with a bit of savvy shopping, space for growing food (a window ledge will do), some solid recipes and basic cookery skills, even small budgets can stretch to make meals that are good for your health, and good for the planet.

To help you on your way, this booklet highlights the borough's best food shopping destinations and features cookery tips and seasonal recipes that can be made with limited equipment and funds. For those inspired to look after the environment as well as their health, we've thrown in some simple steps to start composting, foraging and growing your own food.

Now let's get cooking!

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FOOD FOR FREE

Ensuring people don't go hungry in Hackney are a series of awesome collectives providing emergency food relief and free meals – many of which are as much about having a community get-together as a free feed.

Foodcycle (pictured above)

As much about eating communally and making new friends as it is about a free three-course meal.

Location:

New Kingshold Community Centre, 49 Ainsworth Road E9 7JE
Tel: 020 7729 2775

www.foodcycle.org.uk

Meals served: Thursdays 12:30pm

North London Action for the Homeless

A delicious three-course meal is served to anyone who feels they need it. Some ingredients are sourced from their organic kitchen garden which hosts monthly communal gardening sessions.

Location: St Paul's Church Hall, Stoke Newington Road N16 7UE
Tel: 0774 522 7135

Meals served: Mondays 12.00–1.30pm; Wednesdays 7.00–8.30pm

Hackney Food Bank

Hackney Food Bank provides free food parcels of emergency groceries. To receive a parcel you must be referred by, and given a voucher, by a frontline service such as a GP, Job Centre, Citizens Advice Bureau or Social Services. There are collection points around the borough, details of the location is provided on the voucher.

www.hackney.foodbank.org.uk

PACT Lunch

These lunches are made from surplus food donated by local businesses and are aimed primarily at Woodberry Down residents. Meal times and venues vary but usually take place at The Redmond Community Centre, Sheltered Housing on Newnton Close and Edible Landscapes.

For details visit: www.mhdt.org.uk/pact/growandeat/pact-meals/ or stop by The Redmond Community Centre, Kayani Avenue N4 2HF

People's Kitchen

For the full People's Kitchen experience turn up a few hours early to join in with the cooking before enjoying a 'community feast'. Donations are welcome but not essential.

Location: Passing Clouds,
1 Richmond Road E8 4AA
Meals served: Sundays 6.00pm

Location:
Concorde Youth Centre,
Kingsmeade Way E9 5PP
Meals served:
Every other Saturday 6.00pm



St Leonards Church

A selection of hot and cold food is served to anyone who needs it.

Location: St Leonards Church,
Shoreditch High Street E1 6J
Tel: 020 7613 3232

Meals Served: Tuesdays 2.00-4.00pm
Wednesdays 10.00am-12:30pm

The TAB Centre

Hot and cold food served to anyone who needs it.

Location: 18-20 Hackney Road E2 7NS
Meals served: Thursdays 8.00-10.00pm; Fridays 9.00am-12pm

Free 'Cook & Eat' sessions

Want to learn how to cook, make new friends and eat a delicious meal? Hackney Council's Public Health team fund various cookery collectives (including Made In Hackney) to lead FREE Cook & Eat sessions in venues across the borough. Made In Hackney courses include International Cuisine, Parent & Children Cooking For Life and Hackney Take Away. For current schedule go to:

www.hackney.gov.uk/healthy-hackney.htm



BUDGET SHOPPING GUIDE

Hackney has an incredible selection of affordable shops, markets and stalls. Here are some of our favourites.

East London Food Access

Weekly fresh fruit and vegetable stalls, low prices and good quality produce.

Parkwood Primary School

Queens Drive N4 2HQ

Mondays 3.00pm–4.00pm

Tyssen Community School

Oldhill Street N16 6QA

Mondays 3.15pm–4.00pm

Granard House, Hartlake Road E9 5BN

Tuesdays 9.00am–12.30pm

Randal Cremer Primary School

Ormsby Road E2 8JG

Tuesdays 2.30pm–3.30pm

Nightingale Estate, Olympus Square

E5 8PL Wednesdays 9.00am–1.00pm

St. Dominic's Primary School

Ballance Road E9 5SR,

Thursdays 3.00pm–4.00 pm

Star Buys: Carrots 65p per kg, sweet potatoes £1.50 per kg, 5 lemons £1.

Food For All (Organic)

Hackney's oldest community health food shop, open since 1976. Low prices, great atmosphere, unpackaged goods, extensive range of culinary/medicinal herbs and excellent advice.

3 Cazenove Rd, Stoke Newington

N16 6PA Tel: 020 8806 4138

Opening Hours: Mon-Fri 9am–6pm,

Sat 10am–6pm, Sun 11am–4pm

Star Buys: 500g unpackaged organic oats 88p, 500g unpackaged short grain brown rice £1.20, 12 tins organic tomatoes £7.34.

Growing Communities farmers market & vegetable bag scheme

(Organic)

The cheapest way to buy local, seasonal, organic produce in the borough is from the Growing Communities Farmers' Market or weekly fruit and vegetable bag scheme. They take Healthy Start vouchers, offer a discount for pensioners and do various bag sizes so you can get the best deal.

Vegetable & Fruit Bag Scheme: Collection points across Hackney

Market Opening Hours:

Saturdays 10am–2:30pm

Location: St Paul's Church, Stoke

Newington High Street, N16 7UY

Tel: 020 7502 7588

Star Buys: Standard Veg Bag £12 (feeds 2), Medium £14.25 (feeds 4), Large £16.25 (feeds 6) Prices per week.

London Star Night Chinese Supermarket

Well stocked Chinese supermarket with low-cost tofu, tempeh, rice and noodles.

203-213 Mare Street E8 3QE

Tel: 020 8985 2949

Opening Hours: 10am-10pm

Star Buys: 800g tofu £1.60, 400g tempeh £1.40, and other deals on noodles, rice and teas.

Ridley Road Market

Bustling daily market with international and local produce, grains, tins, lentils and imported Caribbean, African and Indian dry goods at very low prices.

51-63 Ridley Road E8 2LH

Tel: 020 8356 4916

Opening Hours: Mon to Thurs
6am-6pm, Fri & Sat 6am-7pm

Star Buys: Fruit and vegetables at £1 a bowl. Unpackaged bags of rice, legumes, spices. Crates of overripe fruit that need using quickly £1.50.

TFC Supermarket

Excellent Turkish supermarket full of grains, lentils, fresh vegetables, dried fruit, nuts, spices and a bakery.

89 Ridley Road, E8 2NH

Tel: 020 7254 675

Opening Hours: 8am-9pm (winter),
8am-10pm (summer)

Star Buys: 3 x packs of 4 wholemeal pittas 99p, Tomato paste 25p. Low prices on chopped tomatoes, olive oil, olives, grains, lentils in small to catering size portions.

Reading food labels

Cooking from scratch with fresh ingredients is way healthier than buying processed foods. But if you're going to buy pre-made, be aware not all food products are created equal. Avoid:

'Light' or 'diet' products Light or diet does not mean good for you! Often have unhealthy ingredients like artificial sweeteners to improve taste.

High fructose corn syrup (aka fructose-glucose corn syrup) Linked to heart disease, obesity, cancer, dementia, liver failure, tooth decay and more.

Industrial trans fats (aka hydrogenated fats) We need fats to stay healthy, but this fat found in fast food can cause heart disease, obesity and cancer.

E Numbers Although not all E numbers are bad, lots are. Used to colour, preserve, sweeten and flavour, avoid E621, 951, 211, 151, 133 & 213.

Things to know

- Ingredients are listed by greatest quantity first.
- Beware claims such as 'all natural'; 'no added sugar' and 'low in fat' – they don't tell you anything.



GROW YOUR OWN

You don't need a garden to grow your own fruit and veg in the city. A sunny window ledge, balcony or patio will do to keep you supplied with organic fresh herbs and salad all year round.

Grow herbs (the easy way)

1. Buy a small pot of herbs from your local garden centre, farmers market or grocery store.
2. Select a larger container to grow your herb plant in. You can use a recycled container (eg. large Tupperware, olive oil drum, recycling bin), in which case you need to puncture at least 6 holes in the base for drainage.
3. Add 1cm of gravel, small stones or broken china to base of container.
4. Fill container to top with compost.
5. Make a hole in the middle and fill with water.
6. Transplant the herb plant into hole and cover with compost up to the base of the stem.
7. Place in a sunny position and lightly water every 2-3 days until well established.

Easy herbs to grow:
coriander • mint •
rosemary • sage • thyme

Cut & come again salad

1. Source a recycled tray at least 15cm high and 30cm long – plywood grocery crates are perfect.
2. Line the base of the tray with 2cm of gravel, small stones or broken crockery.
3. Fill the tray with compost.
4. Pour water lightly over the compost (from top) or stand compost in a tray of water to soak through from beneath.
5. Scatter the surface of the compost with mixed leaf salad seeds (use approx. 15-20 seeds).
6. Lightly cover seeds with compost – do not push seeds deep into soil.
7. Place tray in sunny, warm position for seeds to germinate.
8. Water every 2-3 days.
9. Pick leaves regularly by cutting neatly at base of individual leaf stem. You can use scissors.
10. Have two or three trays sown one month apart to ensure a constant supply of leaves.

Plants for free

Anna M. Stevenson/flickr



You can get plants for free by taking cuttings from established plants to grow into new ones. To do this, cut a few pieces of woody growth with green ends at a diagonal angle from a healthy plant, e.g. rosemary or sage, and place in a pot of compost. Some cuttings will die, some will grow or 'take' which you can then transplant into a larger pot to grow into a full plant. Place in a sunny position and water every 2-3 days.



SHOP & SAVE – DO IT DIFFERENTLY

There's more ways to get a bargain than lingering around the shop assistant with the reducer gun. Here are some ideas.

Bulk Buying

Buying in larger quantities is cheaper. Think catering sized tins of chopped tomatoes, 5 litre olive oil drums, 25kg sacks of rice, 5kg seeds or nuts. If cash flow is an issue you can share the cost with a neighbour or friend, like a mini co-op. Can't carry heavy items? Contact the Good Gym and a friendly sporty type will volunteer to lug it home for you.

www.goodgym.org/areas/hackney

Eat Together

Cooking for one or small numbers can be more expensive than cooking for a group. Why not team up with neighbours, friends or family and take it in turns to cook. Cheaper and more sociable.

Food Co-ops

Buying collaboratively with a group of people (friends, neighbours, colleagues) means you can buy food direct from wholesalers at a lower price. This is particularly useful if you want to get organic food from **Goodness Direct** or **Suma** at more affordable prices.

Unpackaged Goods

Loose, unpackaged goods are often cheaper and better for the environment as they save on packaging. Health food shops **Food For All** and **Mother Earth** sell various grains, nuts and seeds unpackaged. Don't forget to bring your containers!



GO WILD!

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 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.

debol/flickr

Beginners foraging – what to pick first

Melanie Shaw



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

Bryant Olsen



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)

© Christian Sinibaldi



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



GET COOKING!

So you've attended a communal meal, been shopping, had a forage and grown some herbs and salad – not bad! Now it's time to get cooking. These recipes are quick to make, require minimal equipment, are good for you and taste delicious.

Recipe costings are based on using organic, seasonal produce from the Growing Communities vegetable box scheme (a typical large bag is pictured on page 13) so you can see that ethical shopping needn't be that costly.

Tight budget? If your budget's really tight you can reduce the cost substantially by buying from Ridley Road market, TFC supermarket and other shops listed in our budget shopping guide on page 6.

Washing your fruit and veg
If you're not using organic produce, wash food thoroughly for at least 30 seconds using lots of friction. This will reduce your exposure to chemical residues shown to have harmful impacts on human health. After washing you can also soak in water with a homemade solution of 1 teaspoon white vinegar, 1 tablespoon baking soda and $\frac{1}{4}$ squeezed lemon. This won't remove all chemicals absorbed by the plant, but it gets rid of enough to be worth doing.



Eating Seasonally

For those using seasonal ingredients we've divided recipes into summer/autumn and winter/spring to match what's available at these times.

What does eating seasonally mean and why do it? Eating seasonally means you only eat produce at the time it is naturally ready to be eaten. So no use of energy intensive hot houses or veg flown in from around the world (not great for the environment!) Seasonal produce often tastes better, and as it's been grown locally, hasn't been treated with wax to stop it perishing on long journeys. Remember to look for country of origin. Supermarkets often stock produce 'in season' but perversely it's often been flown in from thousands of miles away. Some examples of seasonal produce are below.

SUMMER/ AUTUMN

VEGETABLES:

aubergines
beans (runner, dwarf)
courgettes • kale • lettuce
peas • potatoes • radishes
rocket • squash
sweetcorn • tomatoes

FRUIT: strawberries
raspberries • redcurrants

HERBS: basil • chilli • coriander

VEGETABLES:

broad beans (spring)
cabbage • carrots • fennel
kale • parsnips
potatoes • pumpkin
purple sprouting broccoli
radishes • squash
swedes • turnips

FRUIT:
apples • pears

WINTER/ SPRING



PEA AND WATERCRESS SOUP

Serves 4

INGREDIENTS

- 1 onion, finely chopped
- 1 garlic clove, roughly chopped
- 1 medium potato, cut into small chunks
- 500ml of vegetable stock
- 300g fresh peas
- (or frozen if out of season)
- 100g watercress
- 2 mint sprigs

METHOD

1. In a saucepan gently cook the onions and garlic in 1cm of water.
2. Once the onions are soft, add the potato and vegetable stock, then simmer for 5 minutes until the potato is just cooked.
3. Scatter in the peas and watercress, stir, cover, then simmer for 3 minutes.
4. Add the mint and blitz with a hand blender until smooth.

Costings

- Peas: £1.50
- Watercress: £1.30
- Veg stock: 15p
- Olive oil: 12p
- Onion: 9p; Potato: 9p
- Garlic: 2p; Mint: free

Total: £3.27



TOFU, PEANUT BUTTER & RED PEPPER SALAD

Serves 4

INGREDIENTS

300g of tofu, cut into chunks
4 tablespoons soy sauce
200g rice vermicelli noodles
2 tablespoons peanut butter
200ml vegetable stock
1 red chilli, finely chopped
1 tablespoon ginger, chopped
1 teaspoon sesame oil
1 red pepper, thinly sliced
Coriander if you have it

Costings

Tofu: £1.20
Noodles: 89p
Peppers: 60p;
Soy sauce: 48p
Peanut butter: 26p
Chilli: 10p; Sesame oil: 7p
stock: 6p; Coriander: free

Total: £3.66

METHOD

1. In a large bowl, combine the tofu with half the soy sauce and leave for 10 minutes.
2. Cook the noodles according to instructions.
3. Drain and rinse the noodles under cold water.
4. Add the drained noodles to the tofu and the soy sauce.
5. In a blender, combine the remaining soy sauce with the peanut butter, vegetable stock, chili pepper, ginger and sesame oil and puree until a smooth sauce forms.
6. Pour the peanut sauce over the noodles, add the sliced red peppers and mix.
7. Garnish with coriander if you have it.

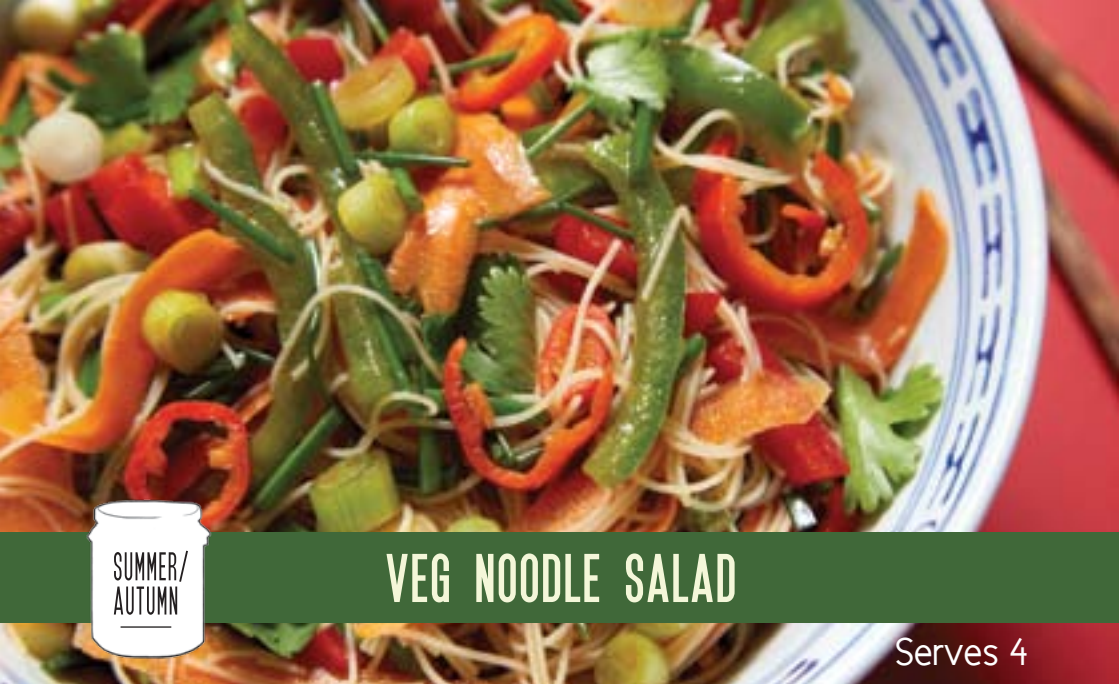
Salad dressing ideas

Citrus Tang: 2 tablespoons extra virgin olive oil, 1/4 juice of a fresh orange

Classic: 2 tablespoons extra virgin olive oil, 1/2 tablespoon balsamic vinegar

Mustang: 2 tablespoons extra virgin olive oil, 1 teaspoon of wholegrain mustard

Fancy: 2 tablespoons extra virgin olive oil, 1/2 tablespoon of soy sauce, grated ginger, finely chopped chilli



VEG NOODLE SALAD

Serves 4

INGREDIENTS

200g brown rice noodles
Small bunch fresh coriander leaves
3 carrots
1 green pepper; 1 red pepper
A large handful of chives
A bunch of spring onions
1 tablespoon of sesame seeds (optional)
For the dressing: *2 tablespoons cider vinegar*
1 fresh red chilli; 1 tablespoon tamari/soy sauce
1 lime, juice and zest; 2 tablespoons olive oil

METHOD

1. Cook the noodles according to the instructions on the packet, drain and rinse under a cold tap and leave to cool and dry
2. Slice the vegetables finely and shave the carrots with a peeler
3. Add all the salad ingredients to a large serving bowl and toss together
4. Place the dressing ingredients in a bowl and mix then add to the salad
5. Garnish with herbs; e.g. chopped chives, coriander, spring onions, sesame seeds

Costings

Noodles: £1.89
Spring onions: 49p
Green/red peppers: 38p
Carrots: 23p
Cider vinegar: 18p
Sesame seeds: 15p
Lime: 15p; Chilli: 10p
Soy sauce: 9p; Oil: 20p
Chives, coriander: free

Total: £3.86



BLACK BEAN, POTATO AND TOMATO SALAD

Serves 4

INGREDIENTS

- 1 can black beans
- 4 tomatoes, chopped finely
- 1 can sweetcorn
- 2 large potatoes
- 2 tablespoons cumin
- 4-6 tablespoons olive oil (to taste)
- Sprig rosemary (foraged)
- 1 lemon or lime (optional)

Costings

- Tomatoes: 72p
- Black beans: 69p
- Sweetcorn: 65p
- Potatoes: 35p
- Olive oil: 36p
- Rosemary: free

Total: £2.77

METHOD

1. Pour black beans, tomatoes and corn into a colander. Rinse, and drain.
2. Cut the potatoes into cubes. Parboil in pan of boiling water for 5 minutes.
3. Drain water from the potatoes and place on a baking tray. Brush lightly with olive oil and garnish with fresh rosemary and black pepper if you have any.
4. Roast in the oven on 200C/400F/Gas Mark 6 for 8 minutes or until golden brown.
5. Once the potatoes have cooled add to a large bowl or pan, add the black beans, tomatoes and corn and mix together with olive oil.
6. Squeeze the juice of one lemon or lime on top.

LENTIL & TOFU SALAD

SUMMER/
AUTUMN

STIR FRY VEG WITH NOODLES

Serves 4

Serves 4

INGREDIENTS

2 tablespoons olive oil
1 large courgette, finely diced
400g tofu, finely diced
1/2 teaspoon smoked paprika powder
250g cooked puy lentils
1 large carrot, grated
1 red pepper, sliced and roasted
Balsamic vinegar

METHOD

1. Heat the oil in a pan and add the courgette, tofu and smoked paprika.
2. Cook for a few minutes on a low heat to soften the courgette.
3. Stir in the balsamic vinegar and allow to sizzle and reduce.
4. Mix the lentils, carrot and red pepper in a bowl, then add the tofu and courgettes from the pan.

Costings

Tofu: £1.60
Red pepper: 60p
Lentils: 37p; Courgette: 30p
Olive oil: 12p
Carrot: 9p; Paprika: 7p

Total: £3.15

INGREDIENTS

1 broccoli, chopped
4 spring onions, chopped
1/2 mango, peeled and sliced
200g rice noodles, cooked according to packet instructions
1 red chilli, finely chopped
2 tablespoons olive oil
2 tablespoons fresh chopped herbs

METHOD

1. Heat a frying pan on a low heat with 1 tablespoon of olive oil.
2. Add the broccoli and gently sauté to soften.
3. Add the spring onions, stir in the mango, then add the cooked noodles.
4. Stir in the chilli and continue to stir-fry for a further few minutes.
5. Add the fresh herbs with a tablespoon of olive oil and serve.

Costings

Noodles: 89p
Mango: 75p; Broccoli: 67p
Spring onions: 49p
Olive oil: 15p
Red chilli: 10p; Herbs: free

Total: £3.05



SUMMER VEGBALLS

Serves 4

INGREDIENTS

- 1 Aubergine
- 1 red or white onion
- 1 clove of garlic; 1 red chilli
- 1 tablespoon of coconut oil
- Lemon zest and juice
- Slightly stale slice of bread
- Fresh basil or other fresh herbs

Costings

Aubergine: £1.20
Oil: 18p; Lemon: 15p
Chilli: 10p; Onion: 9p
Garlic: 2p; Bread: free
Herbs: free

Total: £1.74

METHOD

1. Cut the aubergine in half lengthways.
2. Dice the flesh into chunks and put into a saucepan or frying pan.
3. Finely slice the onion and garlic, chop the chilli finely, and add these to the aubergine in the pan with 1 tablespoon of the oil.
4. Cook on a medium heat for about 10 minutes to soften.
5. Grate over the lemon zest, squeeze in the lemon juice and, once the aubergines are soft, tip everything into a mixing bowl.
6. Grate the bread over the top, finely chop the herbs and mix in well.
7. Shape the mixture into tablespoon-sized balls with your hands.
8. Brush balls lightly with olive oil, place on a baking tray and put in a preheated oven at 180F/350C/Gas Mark 4.
9. Serve with extra lemon and pita bread if you have it.



SUMMER/
AUTUMN

BROCCOLI AND TOFU STIR FRY

Serves 4

INGREDIENTS

1/2 broccoli, cut up into small pieces
2 garlic cloves, sliced
1 red chilli, deseeded and finely sliced
1 bunch of spring onions, sliced
1 bunch of spinach, shredded
400g of tofu, cut in pieces
25g of roasted cashew nuts
Homemade hoisin sauce: *1 teaspoon*
peanut butter; 2 tablespoons soy sauce;
1 garlic clove crushed; 1 tablespoon molasses;
2 teaspoons rice vinegar

Costings

Tofu: £1.60
Hoisin sauce: 60p
Spinach: 50p
Spring onions: 49p
Broccoli: 33p
Cashews: 30p
Red chilli: 10p; Garlic: 8p
Vegetable oil: 6p

Total: £4.06

METHOD

1. Fire up the wok or frying pan and wait 30 seconds for it to get hot.
2. Add the broccoli, dry-fry on a high heat for 5 minutes or until just tender, adding a little water if necessary.
3. Add the garlic and chilli, dry-fry for 1 minute (add more water if necessary), then toss through the spring onions, soya beans, spinach and tofu.
4. Stir-fry for 3 minutes. Add the hoisin, soy and cashews.



ROASTED VEGETABLES WITH COUSCOUS

Serves 4

INGREDIENTS

1 red and 1 yellow pepper, halved and deseeded
1/2 butternut squash; 1 tin tomatoes
3 tablespoons extra-virgin olive oil
1 teaspoon cumin seeds
50g whole almonds; 250g couscous
300ml hot vegetable stock
Zest and juice of 1 lime; Fresh mint

METHOD

1. Heat oven to 200C/400F/Gas Mark 6.
2. Cut peppers and squash into bite-sized pieces (leave skin on the squash).
3. Put all the veg into a baking tray, add 2 tablespoons of oil, then mix and roast for 20 minutes.
4. Add cumin and almonds.
5. Roast for another 20 minutes, then cool.
6. Place couscous into a large bowl, pour over the stock, cover, then set aside for 10 minutes (fluff up with a fork).
7. In a bowl, mix zest, juice and remaining oil. Fold in the mint. Pour over the veg and tin of tomatoes, then mix with the couscous.

Costings

Almonds: 60p
Tomatoes: 49p
Couscous: 41p
Peppers: 38p; Squash: 32p
Lime: 20p; Olive oil: 12p
Veg stock: 9p
Fresh mint: free

Total: £2.61



SAAG TOFU

Serves 4

INGREDIENTS

400g tofu; 1 bunch spinach
1 cup soya yoghurt
1 onion, sliced thinly
2 cloves garlic, finely chopped
4 teaspoons peanut oil
1 teaspoon ginger, grated
1 teaspoon mustard seeds
1/2 teaspoon curry powder
1/4 teaspoon ground cumin

METHOD

1. Cut tofu into small chunks.
2. Heat 2 teaspoons of oil in a large nonstick pan over medium-high heat (but taking care not to have it so high the oil smokes).
3. Add tofu to the pan
4. Cook, stirring gently every 2-3 mins until browned on all sides, transfer to a plate.
5. Add the remaining 2 teaspoons of oil to the pan and reduce heat.
6. Add onion, garlic, ginger, and mustard seeds and cook until the onion is translucent.
7. Add spinach and cook until wilted.
8. Mix soya yogurt, curry powder and cumin.
9. Add to the pan along with the tofu and cook until heated through.
10. Serve with brown rice.

Costings

Tofu: £1.60
Soy yoghurt: 67p
Spinach: 50p
Ginger: 30p
Spices: 30p
Peanut oil: 15p
Onion: 9p; Garlic: 4p

Total: £3.65

CHICKPEA, TOMATO AND KALE STEW



KALE PESTO PASTA

Serves 4

Serves 4

INGREDIENTS

1 small red onion, diced
1 tablespoon fresh ginger, chopped finely
1 tablespoon olive oil
1 tin peeled tomatoes
800g tin chickpeas, drained and rinsed
A bunch kale, roughly chopped
1 large fresh tomato, chopped
3 teaspoons cumin powder
1 teaspoon chilli powder
Water

METHOD

1. Heat the olive oil, onion and ginger in a saucepan.
2. Add the tinned tomatoes, kale, fresh tomato, chickpeas, chilli, and cumin.
3. Bring to a boil.
4. Reduce heat and simmer with lid on for 30 minutes, stirring occasionally.

Costings

Chickpeas: £1.10; Kale: 50p
Tin tomatoes: 49p
Ginger: 30p; Cumin: 22p
Tomato: 18p
Chilli powder: 14p
Red onion: 9p; Olive oil: 6p

Total: £3.08

INGREDIENTS

100g toasted sunflower seeds
4 handfuls kale, roughly chopped, stems removed
A bit of fresh red chilli
(more or less, according to taste)
2 cloves garlic
6 tablespoons olive oil
400g pasta, cooked according to instructions

METHOD

1. Put the sunflower seeds, kale, garlic and chilli in a food processor.
2. Add a glug of olive oil over the top.
3. Blitz until it forms a nice paste – make it as smooth as you like, adding more oil in as needed.
4. Serve with cooked pasta.

Costings

Pasta: 80p
Sunflower seeds: 66p
Kale: 50p
Olive oil: 36p
Red chilli: 10p
Garlic: 6p

Total: £2.48



CARROT AND CORIANDER SOUP

Serves 4

INGREDIENTS

2 tablespoons oil
1 onion, chopped
500g carrots, sliced
2 cloves garlic, crushed
2 teaspoons ground coriander
Pinch of black pepper
1 litre vegetable stock
3 tablespoons fresh coriander, chopped
Juice of 1 orange

Costings

Carrots: 39p
Veg stock: 30p
Ground coriander: 28p
Orange: 15p; Oil: 12p
Onion: 9p; Garlic: 4p
Fresh coriander: free

Total: £1.37

METHOD

1. Heat the oil in a large pan, add the onions, carrots and garlic until they are beginning to soften.
2. Stir in the ground coriander and plenty of pepper.
3. Add the stock and bring to the boil, cover and simmer for 20 minutes or until the carrots are really tender.
4. Stir in the fresh coriander.
5. Whizz the soup with a hand blender and add the orange juice.

LEEK & POTATO SOUP



SIMPLE SQUASH AND COUSCOUS

Serves 4

Serves 4

INGREDIENTS

1 tablespoon vegetable oil
1 onion sliced
500g potatoes, cubed
2 medium leeks, sliced
1 litre vegetable stock
Fresh parsley (optional)
Black Pepper

METHOD

1. Heat the oil in a large pan and add the onions, potatoes and leeks. Cook until they soften.
2. Add the vegetable stock and plenty of pepper and bring to the boil. Simmer until the veg is tender.
3. Take off heat and whizz with a hand blender until smooth.
4. Serve with parsley as a garnish.
5. Eat with wholemeal pita, homemade bread or a bowl of brown rice.

Costings

Leeks: 96p
Potatoes: 45p
Onion: 9p
Veg stock: 6p; Oil: 6p
Parsley: free

Total: £1.62

INGREDIENTS

1 butternut squash, cubed
1 can tomatoes; 150g couscous
2 red onions, cut into wedges
2 lemons, zest and juice
2 tablespoons cumin and coriander mix
Fresh coriander or other fresh herbs, roughly chopped (optional)

METHOD

1. Add the onions and squash to a baking tray and cook with oil for 15 minutes at 200C/400F/Gas Mark 6.
2. Tip canned tomatoes into a pan with 1/2 can of water, add the onions and butternut squash and cover with a lid for 20 minutes.
3. Add the lemon zest and juice, couscous and seasoning. Cover and turn off heat.
4. Leave on the hob for 10 mins, then stir through the coriander and serve.

Costings

Squash: £1.93
Tomatoes: 69p
Lemons: 30p
Couscous: 25p
Onions: 18p; Herbs: 14p

Total: £3.49



BEANS ON TOAST

Serves 4

INGREDIENTS

- 2 tins white beans
- 3 onions
- 3 cloves garlic
- 3 tablespoons olive oil
- 3 tins tomatoes
- 200ml vinegar
- 2 tablespoons molasses (optional)
- 3 tablespoons tomato puree
- 500ml water

Costings

- Tomatoes: £1.47
- Beans: £1.38
- Molasses: 47p
- Onions: 27p;
- Olive oil: 18p
- Tomato puree: 15p
- Total: £3.92**

METHOD

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



WINTER/
SPRING

YELLOW LENTIL AND CAULIFLOWER CURRY

Serves 4

INGREDIENTS

- 1 onion, thinly sliced
- Spices: cumin, coriander, turmeric, garam masala
- Thumb-sized piece of ginger, finely chopped
- 200g yellow lentils, rinsed and uncooked
- 1 litre vegetable stock
- 1 can coconut milk (optional)
- 1 clove of garlic (optional)
- 1 cauliflower, broken into little florets

Costings

- Lentils: £1.38
- Cauliflower: £1.29
- Coconut milk: 89p
- Spices: 14p; Onion: 9p
- Oil: 6p; Veg stock: 6p

Total: £3.91

METHOD

1. Add onion, ginger and garlic (optional) to a pan with 1cm of water.
2. Cook on low heat until onion is soft.
3. Add the curry spices, then stir-fry for 1 minute before adding the lentils, vegetable stock and coconut milk (optional).
4. Bring the mixture to the boil and simmer until the lentils are soft.
5. In the last ten minutes of cooking stir in the cauliflower to cook.

BEAN BURGERS



ROASTED SQUASH PIZZA BREAD

Serves 4

Serves 4

INGREDIENTS

2 tins beans of your choice, well-cooked
2 medium onions, quartered
200g rolled oats
6 teaspoons chilli powder
or spice mix of your choice
1 banana, mashed
6 tablespoons olive oil

METHOD

1. Preheat oven to 200C/400F/gas mark 6.

Combine the beans, onions, oats, chilli powder and mashed banana (to bind) until a chunky (not puréed) texture is reached, to produce a moist mixture.

2. With wet hands, shape into whatever size patties you want.
3. Brush lightly with oil.
4. Place onto a lined baking tray and cook until golden brown (about 15 minutes depending on your oven).

Costings

Beans: £1.38; Chilli: 63p
Oats: 40p; Oil: 30p
Banana: 20p; Onion: 18p

Total: £3.09

INGREDIENTS

1 butternut squash, cubed
2 cloves garlic, crushed
5 tablespoons olive oil
Sprinkle of sage, finely chopped
1 crusty loaf baguette, sliced

METHOD

1. Preheat oven to 200C/400F/gas mark 6.
2. Mix the squash, olive oil and sage in a bowl, then add to a baking tray and bake for 20 minutes, stirring occasionally.
3. Brown the bread on each side (about 3 minutes), then scoop the roasted squash mixture over the bread, brush with olive oil and put back in the oven for 2 more minutes before serving.

Costings

Squash: £1.93
Baguette: 45p
Olive oil: 36p
Sage: 7p; Garlic: 4p

Total: £2.85



WINTER VEGGIE PIE

Serves 4

INGREDIENTS

2 tablespoons olive oil
2 onions, sliced
4 garlic cloves, finely sliced
1 tin chopped tomatoes
50g flour; 300g frozen peas
1kg potatoes, cut into chunks
200ml almond milk

METHOD

1. Heat 1 tablespoon of the oil in a saucepan over a medium heat.
2. Add the onions and cook until softened, then stir in the flour and cook for another couple of minutes.
3. Add the garlic and cook until it begins to soften. (You can also add more veg.)
4. Tip the tomatoes into the pan along with a can of water. Simmer until the sauce has thickened and the vegetables are cooked.
5. Stir in peas.
6. Boil the potatoes separately until tender.
7. Drain potatoes, then place them back in the saucepan and mash. Stir through enough almond milk to reach a soft consistency, then add the remaining olive oil and season to taste.
8. Heat the grill. Spoon the hot vegetable mix into a pie dish. Top with the mash and drag a fork lightly over the surface. Place under the grill for a few minutes until the surface is golden.

Costings

Peas: £1.50; Potatoes: 89p
Tinned tomatoes: 69p
Almond milk: 35p
Onions: 18p; Oil: 12p
Garlic: 8p; Flour: 5p

Total: £3.86



LENTIL SPAG BOL

Serves 4

INGREDIENTS

1 onion, chopped
1 clove garlic, crushed
2 tablespoons tomato puree
1 tin chopped tomatoes
100g red lentils in 100ml water
250g grated carrot
1 teaspoon mixed herbs
400g pasta

METHOD

1. Dry fry the onion in a pan so it cooks in its own juice.
2. Add the crushed garlic, tomato puree, chopped tomatoes, lentils and water, grated carrot and mixed herbs.
3. Simmer for about 20 minutes.
4. Cook the spaghetti according to packet instructions.
5. Add spaghetti to lentil mixture and serve.

Costings

Pasta: 80p
Tomatoes: 69p
Lentils: 69p; Carrots: 39p
Onion: 6p; Olive oil: 18p
Tomato puree: 10p
Mixed herbs: 7p; Garlic: 2p

Total: £3.00



VEGGIE HOTPOT

Serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 2 onions, finely chopped
- 4 carrots, chopped
- 1 swede, chopped
- 50g plain flour
- 1 litre vegetable stock
- 4 tablespoons barley
- 3 sprigs thyme, leaves only (optional)
- 1 kg potatoes, sliced

Costings

Swede: £1.49
Potatoes: 89p
Carrots: 40p
Barley: 15p; Onions: 18p;
Oil: 6p; Veg stock: 6p
Flour: 5p; Herbs: free
Total: £3.28

METHOD

1. Preheat the oven to 200C/400F/Gas Mark 6.
2. Heat a large saucepan over a medium heat. Add the oil and, once hot, add the onion and cook until softened.
3. Add the carrots and swede (you can add more veg). Place a lid on and gently fry until softened.
4. Remove the lid, add in the flour and stir it in to coat the veg and soak up any cooking juices.
5. Add the stock, barley and thyme and stir to mix well. Simmer for 15 minutes to thicken.
6. Bring a large pan of water to the boil and add the sliced potatoes. Cook for a couple of minutes to soften, then drain.
7. Pour the veg into a large baking tin. Then arrange the potato slices over the top of the vegetables so they completely cover them.
8. Cook for 45 minutes, or until the potatoes are golden on top.



WINTER/
SPRING

EASY LENTIL HOT POT

Serves 4

INGREDIENTS

1 tablespoon olive oil
3 garlic cloves, sliced
3 teaspoons mixed spices:
smoked paprika, cumin
500g carrots and any other
winter veg, chopped
2 tins tomatoes
300ml vegetable stock
250g cooked brown lentils
Sprig of fresh thyme (optional)

Costings

Tomatoes: £1.38
Spices: 42p
Carrots: 39p
Lentils: 37p
Stock: 9p: Oil: 6p
Garlic: 2p

Total: £2.73

METHOD

1. Heat the oil in a large pan.
2. Add the garlic, spices, carrots and any other veg you have and cook for 5 minutes.
3. Add the tomatoes, stock and fresh thyme (optional) and cook for 20 minutes.
4. Take out the thyme and stir in the lentils and bring back to a simmer. Eat it on its own or serve with rice or mashed potato.



TOMATO SAUCE WITH PASTA

Serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 2 cans chopped tomatoes
- 1 crumbled stock cube
- 1 tablespoon tomato purée
- 1 teaspoon molasses
- Basil leaves, chopped (optional)
- 300g pasta

METHOD

1. Heat the oil in a pan, add the garlic, then gently fry for 1 minute.
2. Tip in all the other ingredients, except the basil. In a jug add boiling water to the stock cube, stir well and add to the pan. Bring mixture to the boil.
3. Reduce the heat, then simmer uncovered for 5 minutes, stirring occasionally.
4. Cook the pasta according to instructions, drain and mix in the sauce. Add chopped basil leaves to taste.

Costings

- Tomatoes: £1.38
- Pasta: 60p
- Molasses: 36p
- Stock cube: 20p
- Olive oil: 6p
- Tomato puree: 5p
- Garlic: 2p

Total: £2.67



WINTER MASH WITH CHICKPEAS

Serves 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 large parsnip, peeled and diced or swede, turnip, carrots (whatever you have)
- 3 potatoes, peeled and diced
- 1 tin chickpeas
- 200ml almond milk

Costings

Veg: £1.49
Chickpeas: 69p
Potatoes: 45p
Almond milk: 35p
Oil: 12p; Onion: 9p
Garlic: 2p

Total: £3.21

METHOD

1. Heat oil in saucepan, gently cook the onion, garlic, parsnip and other veg with a few tablespoons of water. Put the lid on and cook for 5 minutes.
2. Add enough boiling water from the kettle to just cover the veg and simmer until tender.
3. Boil potatoes for 20 mins until tender; then drain and mash with almond milk and chickpeas. Add 1 teaspoon of mustard (optional) and some more oil to the mix.
4. Drain the vegetables well, stir into the mashed potato and serve.



Market traders often sell off crates of ripe produce really cheaply. Make the most of these bargains by putting what you can't use in your freezer to use at a later date. If you don't have a freezer you can use them up quickly in smoothies, baking or share with friends.

BAKED APPLES



SPICED POACHED PEARS

INGREDIENTS

4 large bramley apples
1 orange; 75g raisins
2 tablespoons flaked almonds (optional)
4 teaspoons coconut oil
1 teaspoon ground cinnamon
1 teaspoon ground cloves

Costings

Apples: £1.28; Orange: 48p
Coconut oil: 29p
Raisins: 23p; Almonds: 23p
Cloves: 6p; Cinnamon: 4p

Total: £2.61

METHOD

1. Set the oven to 180/gas mark 4
2. Core the apples with a corer or small sharp knife and place in a baking dish
3. Melt the coconut oil in a pan
4. Put the raisins and spices in a bowl with the coconut oil
5. Zest the orange into the bowl then squeeze in the juice
6. Place the mixture inside the apples coating the skin with the juices
7. Sprinkle the remaining almonds over the apples
8. Bake in the oven for 35 minutes
9. Eat warm

INGREDIENTS

2 pears; 2 oranges
1 stick of cinnamon
1 teaspoon ground ginger
1 teaspoon cloves
100ml water

Costings

Pears: 64p
Oranges: 96p
Cinnamon stick: 9p
Cloves: 6p; Ginger: 4p

Total: £1.79

METHOD

1. Zest the oranges then squeeze juice.
2. Put the zest and juice into a pan with all the ingredients apart from the pears and bring to the boil
3. Peel the pears leaving on the stalk
4. Cut the base of the pears so that they stand up on their own
5. Place the pears sideways in the juice and simmer for 15–20 minutes
6. Serve the pears covered with the juice and a dusting of cinnamon

** UK grown seasonal apples and pears are available in autumn/winter and very early spring if they've been stored well.*



SIMPLE WHOLEMEAL FLATBREADS

Serves 4

INGREDIENTS

200g wholemeal flour
1/4 teaspoon salt
100ml warm water
2 tablespoons olive oil (plus extra for cooking)

Costings

Flour: 35p
Oil: 15p; Salt: 2p
Total: 52p

METHOD

1. Place flour and salt in a large mixing bowl and gradually add water.
2. Mix the water and flour together by hand (feels nice!)
3. Add oil and then knead the dough until soft. If sticky, add little flour, if dry, add a splash of water.
4. Take dough out of bowl and knead on a surface with flour on it for 5 mins.
5. Cook straight away or if time, leave dough to stand for 30 minutes.
6. Divide dough into four balls.
7. Add a little flour to a clean surface and your rolling pin, this stops dough from sticking.
8. Roll into flat circles, lifting dough regularly to stop sticking.
9. Heat frying pan with oil rubbed lightly over the entire surface.
10. Cook flatbreads for approx. 2 mins on each side on a medium-high heat.
11. The finished bread will have a few brown spots and be light in colour.



Many traditional recipes recommend using much more salt and sugar than is necessary. It's advisable to halve suggested amounts and reduce further each time you make the dish.

MADE IN HACKNEY MUFFINS

by Jayne Totty of Supernourished

Makes 12

This naturally sweet muffin recipe is very adaptable as you can use whatever's in season. The whole wheat spelt flour and linseeds pack a fibre punch and keep you fuller for longer.

Costings

Spelt flour: 83p

Linseeds: 60p

Bananas: 35p

Dairy-free milk: 26p

Coconut oil: 25p

Baking powder: 7p

Berries: 34p

Total: £2.70**INGREDIENTS**

400g wholewheat spelt flour
(or wholewheat flour)
250ml dairy-free milk (e.g. almond)
60ml oil (olive or melted coconut oil)
2 mashed ripe bananas
(or 200g fruit puree such as apple)
3 tablespoon ground linseeds
2 teaspoons of baking powder

Plus one of the following:

100g fresh or frozen berries
and 1 tablespoon vanilla extract
2 small apples, grated + 50g raisins
and 1 teaspoon ground cinnamon
1 large carrot, grated + 50g raisins
and zest of a lemon or orange

METHOD

1. Preheat the oven to gas mark 6/180c.
2. Line a muffin tray with paper cases.
3. Stir the linseeds into the milk, whisking well. Add the oil, stir again and leave to stand for a few minutes to thicken slightly.
4. Next add the mashed bananas (or fruit puree) and mix well.
5. Mix together the flour and baking powder then stir into the wet mixture.
6. Stir in your additions (berries, apples, carrots, raisins etc)
7. Divide the mixture evenly between the muffin cases.
8. Transfer to oven and bake for 30 mins until golden and springy to the touch.
9. Remove from the muffin tray and leave to cool before eating.



MADE IN HACKNEY OAT BARS

by Jayne Totty of Supernourished
Makes 1 tray of flapjack style bars

A simple, tasty recipe great for lunch boxes or as a quick on the go snack. It won't taste as sweet as a 'normal' bar but a great way of 'retraining' your taste buds to enjoy less sweet treats.

INGREDIENTS

200g oats (fine milled)
2 tablespoons ground linseeds
150g ripe banana (1 large banana)
60ml olive oil or melted coconut oil
50g raisins
Optional additions: pumpkin seeds, sunflower seeds, desiccated coconut, chopped nuts

Costings

Linseeds: 40p
Coconut oil: 25p
Oats: 20p
Banana: 17p
Raisins: 15p

Total: £1.17

METHOD

1. Preheat your oven to 180C, gas 6 and line a baking sheet with baking parchment.
2. Mash your banana in a large bowl, add the oil and mix well.
3. Stir in the oats, ground linseed and mix well. Add in any extras now such as raisins and mix together well with your hands, squeezing the mixture together until it starts to bind.
4. Press the whole batch of dough into a small baking tray and score into bars.
5. Bake for 20–30 minutes or until golden then cool on a wire rack.



There's no need to throw away over-ripe bananas; they can be mashed into porridge, used to make bean burgers or smoothies or used in baking as here.



COMPOSTING YOUR FOOD WASTE

Throwing food waste into a general rubbish bin is a bad look. It smells and once at landfill the rotting food will release methane gas that contributes to global warming. Instead, put food waste in the council provided blue food waste bin or start your own compost heap. In a virtuous cycle, this compost can be used to grow more delicious food in. Genius.

How to home compost

The most common mistake is to only put food waste in your compost bin. This will create smelly anaerobic sludge, not compost. Add greens and browns (see below) to make lush, non-stinky compost.

Do

- turn over with a fork every now and again
- use a tumbler if on concrete
- get a bin with a good size door for access

Don't

- put in cooked food waste as it attracts vermin
- put in animal poo, this needs composting separately
- place heap in direct contact with concrete

When's it ready?

Four to six months depending on air temperature, what you add and how often.

50% Greens (nitrogen)

vegetable peelings
fruit skins • green leaves
grass clippings (untreated)
green plants

50% Browns (carbon)

tea bags • brown leaves
straw • toilet roll tubes
brown paper bags • strips
of cardboard • small twigs

Hackney Council food waste recycling scheme

Hackney Council collects all types of food waste – including cooked – and provides caddies and compostable bags for you to line them with for free. Result. Estates increasingly have communal food waste bins. For more information go to: www.hackney.gov.uk/recycling-bluebin where you can also order your free blue bins and liners and find out your collection day.

GET INVOLVED!



Attend a class

Made In Hackney is all about teaching people the skills to access healthy, affordable food that's good for people and planet. Why not join a class to learn how to grow food, bake bread, make sugar-free cakes, cook delicious meals and more. Our Community Classes are held at our Stoke Newington HQ on bi-weekly Sundays and we run programmes in kitchens across the borough. For details see our website: www.madeinhackney.org/whats-on or our posters displayed in Food For All's window: 3 Cazenove Road, Stoke Newington, N16 6PA

Volunteer

Love being in the kitchen? Fancy being part of a small dynamic team and giving something back to the local community? Why not volunteer at Made In Hackney! Join our dedicated team of volunteers who lead community classes, support our cookery teachers and assist us in the office. To apply send a covering letter and CV to: info@madeinhackney.org

Donate

Want to donate to a worthy, local good cause where the money has a real and immediate impact and doesn't get sucked up in massive admin costs? Then donate to Made In Hackney. www.madeinhackney.org/get-involved/donate

Fundraise

Want to do something special? Made In Hackney is looking for passionate individuals or groups to fundraise for us in exciting and innovative ways. From marathons to treks, silent discos to auctions, yoga-a-thons to supper clubs, if you've got a great idea for fundraising we'd love to hear from you! Contact us on **020 8442 4266** or info@madeinhackney.org

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