



Transform cookbook

Introduction

Welcome to the Transform cookbook!

This book is thanks to **Natasha** (a member of staff at Transform) who came up with the innovative idea of running a recipe competition for clients, and then including these in a book which would then be shared.

The competition invited **clients** to submit their own recipes that were quick to make, affordable and healthy. These were then distributed to clients at various sites, all of whom did a wonderful job of cooking each recipe, scoring how easy it was to prepare and how good it tasted. The highest scoring recipes resulted in prizes for the entrants.

To make sure the recipe book includes a well-rounded collection, we also invited Transform **staff**, **Patrons** and **Ambassadors** to contribute recipes.

And voilà, here is the end result!

Natasha's idea was brought to life with the help of Transform's Innovation Fund, which covered the cost of printing.

With special thanks

Transform wishes to express our sincere appreciation and thanks to all those individuals who donated recipes and those who took the time to trial them.

Thanks also to **Faye** and **George** (both Transform colleagues) who worked together to produce this book. We hope you enjoy all the tasty recipes in this book.

Happy cooking!

Contents

Top tips!

Cooking on a budget	1
Shopping smartly	2

Soups

Tomato and lentil soup	4
Thai green soup	5
Fish chowder	7
Gazpacho	8

Mains

Beef mince and potato bake	10
Mixed salad with dressing	11
Turkey meatballs with penne pasta	12
Stir fry with chicken	13
Thai green chicken curry	15
Toad in the hole	16
Bangers and mash (with a twist)	17
Fish pie	19
Mackerel pie	20
Sausage casserole and jacket potato	21
Pasta all'Arrabbiata	22
Franco's tuna bad boy!	23
Macaroni cheese	24
Mushroom fusilli	25
Omelette	26

Sweet treats

Michaela's munchy pancakes	28
Tropical fruit crumble	29
Tea loaf	30
Chocolate bars	31
Apple pudding	32

Cooking on a budget

Learn to cook basic meals

Cooking your own meals is often cheaper than buying ready meals. This book offers some options for you try out.

Eat more fruit and veg

Add more vegetables to your dinner. This will help fill you up, keep you healthy and save money!

Cook with pulses

For example, try adding lentils to a Bolognese sauce. An affordable way to increase the bulk of a meal.

Don't waste food

Leftovers can be used for other meals. For example, left over roast chicken can be used to make a curry, added to pasta with pesto, or in sandwiches.

Cook in bulk

To save on waste which will save money, cook a large pan of something like chilli con carne. Divide into separate portions and freeze. Try other recipes too such as curry or casserole.

Defrosting food

When using a frozen portion, make sure you defrost the food safely and thoroughly before you use it. Ask a member of staff for advice if you're not sure.



Shopping smartly

Plan your meals, write a shopping list and stick to it!

Meal planning will help you to only buy what you need.

Check your cupboards and fridge / freezer to see what you already have, to help you decide what to cook and save you buying unnecessary items.

Decide what meals you will have for the week and use this to prepare a shopping list.

Shop at the end of the day

This is the best time to find food that is reduced because it has reached its expiry date.

Buy meat and fish that's been reduced and you can freeze these ready to use another day. Make sure you defrost the food safely and thoroughly before you use it.

Buy at budget supermarkets

Aldi and Lidl offer excellent value for money.

Buy tinned food

Tins are often priced cheaply and can be stored in the cupboard ready for whenever they are needed.

Buy frozen fruit and veg instead of fresh

Frozen fruit and veg is much cheaper than fresh but still healthy, so this is one way to save money!

Buy value brands

A lot of your food could be bought from the supermarket's value range without you noticing much difference.





Soups

Tomato and lentil soup

Serves: 4

Ingredients

125g of dried red lentils

400g can of chopped tomatoes

1 large onion

2 garlic cloves

850ml of water

2 vegetable stock cubes

1 tablespoon of oil

Fresh herbs for garnishing



Recipe by Susan, Elmbridge

Method

1. Chop the onion and garlic.
2. Heat the oil at a medium heat in a frying pan.
3. When the pan is hot, add the onion and fry until soft.
4. Stir in the dried lentils.
5. Add 850ml of boiling water to the pan and crumble in the stock cubes.
6. Add the chopped tomatoes.
7. Simmer for 30 minutes until the lentils are cooked.
8. You can liquidize the soup for a smoother texture if you prefer.



Thai green soup

Serves: 4

Ingredients



1 bag of new potatoes, chopped into halves

6 chicken thighs, cut into roughly 5cm / 2" pieces

4 carrots, peeled and diced

1 red pepper, cut into bite-sized chunks

1 green pepper, cut into bite-sized chunks

1 pack of green beans, trimmed

2 teaspoons of mild Thai green curry paste

2 cans of coconut milk

2 packs of microwave basmati rice

1 onion, finely diced

2 garlic cloves, finely chopped

2 tablespoons of oil

Recipe by Marley, Guildford

Method

1. Bring a pan of water to the boil and add the new potatoes. Leave them to soften up for 10-15 minutes.
2. In another big pan, heat up some olive oil until it's nice and hot then add the onion and garlic and begin to seal them off (you don't want them browned but just so they turn translucent).
3. Add the chicken pieces and start to seal and brown them off (this keeps the flavour of the chicken in more instead of just cooking them quickly before placing them in the soup).
4. Once the chicken is nearly cooked through and has a nice golden colour to all sides of it, add 2 teaspoons of the Thai green curry paste (more if you're brave!) and stir it into the chicken until all of it is nicely coated.
5. Add the 2 tins of coconut milk, fill up an empty tin with water and add 2 of those so that you have equal measures of coconut milk to water.

6. Bring this gently to the boil.
7. By this point the new potatoes should be mostly cooked. The best way to tell is to slide a sharp knife into them and it should go in easily, but the potatoes should still hold their shape.
8. Drain the new potatoes and gently tip them into the pan with the chicken and coconut milk.
9. Give everything a good stir around, turn the heat down and leave to simmer for 15 minutes.
10. After 15 minutes put the peppers, carrots and green beans into the soup and leave to cook for around 10 minutes or until the vegetables are al dente (not soft, but still firm to the bite).
11. Season with salt and pepper to your taste.
12. Follow the instructions on the microwave basmati rice so it is cooked and piping hot.
13. Get out your favourite bowls and fill the bottoms of them with the rice.
14. Ladle your yummy soup over the rice – make sure you get a bit of everything!



If you have any leftover to heat up on another day, make sure you use a new pack of rice and cook it thoroughly following the instructions before placing it in the bowl.

Fish chowder

Serves: 2

Ingredients

1 small onion

20g of butter

4 or 5 small potatoes

1 can of sweetcorn,
drained

1 or 2 medium carrots,
peeled

A small portion of green
vegetables – beans or
frozen peas

1 tablespoon of flour

2 small pieces of fish
e.g. salmon

1 vegetable stock cube

500ml of boiling water (use
as much as required, see
direction in recipe)

300ml of full fat milk



Recipe by Russell, Guildford

Method

1. Chop the onions and carrots and slice the potatoes.
2. In a large pan, fry the onions in butter until soft.
3. Add the carrots, potatoes, sweetcorn and green vegetables, and fry for 5-10 minutes.
4. When the vegetables are well cooked, add the flour and continue to stir until it cooks and thickens.
5. Add the milk until it almost covers the vegetable mix.
6. Add the boiling water until one inch above the vegetable mixture and crumble in the stock cube.
7. Simmer for 25 minutes until the vegetables are cooked.
8. Add the fish. Cook for 10 minutes, then break the fish into pieces and serve.

Gazpacho

(Spanish chilled soup for the summer)

Serves: 6

Recipe by David Hypher (Transform Patron)

Ingredients

600g of tomatoes

300g of cucumbers
(about 2 medium)

2 spring onions

900ml bottle of low-sodium
tomato juice

1/2 teaspoon of
Worcestershire Sauce



Method

1. Coarsely chop the tomatoes.
2. Peel and coarsely chop the cucumbers and spring onions.
3. In a bowl mix the veg, tomato juice (from the fridge) and Worcestershire Sauce together and blend until smooth.
4. Season with salt and pepper.



TOP TIPS!
Quick,
healthy and
delicious!



Mains

Beef mince and potato bake

Serves: 4

Ingredients



3 large potatoes

225g of beef mince

1 large onion

1 red pepper

1 green pepper

1 red chilli

600ml of gravy (using
gravy granules or beef
stock cube)

1 can of peas

1 can of sliced carrots

Butter

Salt and pepper

Recipe by Noel, Spelthorne

Method

1. Preheat the oven to 120°C / gas mark 2.
2. Pan fry the mince until brown.
3. Chop the onion, peppers and chilli.
4. Add the onion and peppers to the pan and cook for 2 minutes.
5. Peel and finely slice the potatoes.
6. Coat the inside of a casserole dish with butter. Spread the sliced potatoes evenly inside the dish.
7. Add the mince, onion, peppers and chilli.
8. Make the gravy (fairly thick), and add to the dish.
9. Season with salt and pepper.
10. Place a lid on the dish and put it in the oven for 60-90 minutes.
11. Remove from the oven and serve.

Mixed salad with dressing

Serves: 2

Recipe by Pauline Mitchell (Paul Mitchell's wife)

For the salad

Half an iceberg lettuce

1/4 of a cucumber

2 tomatoes

2 sticks of celery

2 carrots

1 eating apple



Method for the salad

1. Cut the lettuce up small and add to a bowl.
2. Dice the cucumber and add to the bowl.
3. Chop the tomatoes, celery, apple and carrot and add to bowl
4. Add salad dressing (instructions below).

For the dressing

3 tablespoons of olive oil

1 tablespoon of vinegar

1 teaspoon of mustard

1 teaspoon of sugar

Method for the dressing

1. Put all the ingredients into a screw top jar.
2. Shake well with the lid on until fully mixed.



TOP TIPS!
This should keep
for a week in
the fridge.

Turkey meatballs with penne pasta

Serves: 4

Recipe by Karen, Spelthorne

Ingredients

2 tablespoons of olive oil
2 onions
1 teaspoon of dried rosemary
4 garlic cloves
1 courgette, coarsely grated

Zest of 1 lemon
500g of turkey mince
2 cans of tomatoes
1 teaspoon of sugar
300g of penne pasta



Method

1. Chop the onion and garlic.
2. Heat half of the olive oil in a frying pan with the onion for a few minutes. Stir in the rosemary and garlic.
3. Transfer half to a bowl. Take the pan off the heat.
4. Squeeze the grated courgette to remove moisture, and add the courgette to the cooled onion with the lemon zest.
5. Add the turkey mince and seasoning and mix well.
6. Shape into 24 meatballs.
7. Return the frying pan to the heat with the remaining onions, add the tomatoes, sugar, 200ml of water and season. Boil for 15 minutes.
8. Cook the pasta.
9. Heat the rest of the oil in a separate frying pan.
10. Add the meatballs and fry until cooked through and brown on the outside.
11. Add the sauce and pasta and cook briefly then serve.

Stir fry with chicken

Serves: 2

Ingredients



- 2 nests of egg noodles
- 100g of broccoli, chopped into florets
- 2 skinless chicken breasts, cut into strips
- 200g of mushrooms, chopped into halves
- 1 red onion, thinly sliced
- 1 red pepper, chopped
- 1 garlic clove, thinly sliced
- 1 tablespoon of vegetable or sunflower oil
- ½ teaspoon of dried chilli flakes
- 3 tablespoons of hoisin sauce, mixed with 2 tablespoons water

Recipe by Stuart, Elmbridge

Method

1. Bring a pan of water to the boil and add the noodles, and bring back up to the boil.
2. Add the broccoli to the noodles and boil for two minutes until the broccoli and noodles are just tender.
3. Drain, rinse with cold water and set aside in the colander.
4. Heat one teaspoon of the vegetable oil in a large non-stick frying pan or wok, then add the chicken.
5. Stir-fry the chicken for two minutes over a high heat until browned.
6. Take the chicken out of the pan, and set aside on a plate.
7. Return the pan to the heat and add the remaining oil. Add the peppers, onions and mushrooms. Stir and cook for a couple of minutes until just tender, but still brightly coloured, and the mushrooms are just browned.

8. Add the garlic and chilli flakes, then sizzle for a few seconds until fragrant.
9. Tip in the drained noodles, broccoli and chicken, and stir fry until the noodles are hot.
10. Add the hoisin sauce and water mixture, and then mix so everything is coated in the sauce.

TOP TIPS!
Serve with
spring rolls



Thai green chicken curry

Serves: 2

Ingredients



- 1 garlic clove
- 1 tablespoon of oil
- 3 chicken breasts
- 1 tablespoon of green Thai curry paste
- 50g of palm sugar, grated
- 1 can of coconut milk
- 1 can of water chestnuts, drained
- 1 pack of sweet chilli and lime rice
- 1 pack of kaffir lime leaves
- Salt and pepper



Recipe by Julie, Farnham

Method

1. Chop the garlic finely and slice the chicken breasts into bite-sized pieces.
2. Heat a wok slightly, and add the oil. Turn up the heat to high.
3. When the oil is very hot, add the garlic and cook very briefly until translucent.
4. Add the curry paste and cook for 30 seconds more or until fragrant.
5. Add the chicken breasts and palm sugar and give it a stir.
6. Cook until the chicken is browned.
7. Add the coconut milk, kaffir lime leaves and the drained water chestnuts.
8. Cook for about 20 minutes, until the chicken is tender.
9. Microwave the rice according to packet instructions.
10. Season with salt and pepper.

Toad in the hole

Serves: 2

Ingredients



- 125g of plain flour, sieved
- 2 large eggs, beaten
- 150ml of semi-skimmed milk
- 2 tablespoons of oil
- 4 sausages
- Salt and pepper

Recipe by Robert, Reigate

Method

1. Preheat the oven to 220°C / gas mark 7.
2. Put the flour in a mixing bowl, then make a well in the centre before pouring in the beaten eggs and milk.
3. Mix thoroughly then season the mixture with salt and pepper.
4. Divide up your oil and sausages between two shallow oven proof dishes and cook them in the oven for ten minutes, turning the sausages as necessary.
5. Take your batter and divide it between the two dishes.
6. Make sure the sausages are well covered by the batter, then put them back in the oven for 15-20 minutes until the toad in the hole is golden brown all over.



Bangers and mash (with a twist)

Serves: 4

Ingredients

8 sausages

680g of potatoes

3 red onions

2-3 tablespoons of
balsamic vinegar

1 small pot of single cream

Knob of butter or margarine

1 tablespoon of milk

2 tablespoons oil

Salt and pepper



Recipe by Chris, Woking

Method for mashed potatoes

1. Peel and chop the potatoes into quarters.
2. Place into a medium saucepan.
3. Add cold water to the pan until the potatoes are covered by at least an inch. Add a half teaspoon of salt to the water.
4. Turn the heat on to high, and bring the water to the boil. Reduce the heat to low to maintain a simmer and cover.
5. Cook for 15-20 minutes, or until you can easily poke through them with a fork.
6. When the potatoes are done, drain the water and return them to the pan.
7. Pour the milk and butter or margarine over the potatoes and mash together until smooth.
8. Add salt and pepper to taste.

Method for the sausages

1. Chop the red onion.
2. Heat the oil at a medium heat in a frying pan.
3. Fry the sausages and red onion until the sausages are cooked through (not pink in the middle).
4. Add the balsamic vinegar and reduce.
5. Stir in a little cream over time.
6. Add boiling water to reduce thickness, if necessary.



Fish pie

Serves: 4-5

Ingredients



- ½ a head of broccoli
- 4 mushrooms
- 1 red onion
- 1 carrot
- 1 garlic clove
- 4 stalks of parsley
- 25g of flour
- 25g of butter or margarine
- 300ml of milk
- 1 tablespoon of oil
- 300g-350g fish mix (frozen)
- 650g of mashed potato (frozen)
- Handful of grated cheddar cheese

TOP TIPS!

Can also be frozen (once cooled)

Recipe by Vlada, Guildford

Method

1. Preheat the oven to 200°C / gas mark 6.
2. Put the frozen mash in a saucepan and simmer until piping hot.
3. Chop the broccoli, mushrooms, carrot, onion and garlic.
4. Put the broccoli, mushrooms and carrot in a saucepan and steam or boil for 10-15 minutes, then drain.
5. Heat the butter in a saucepan until melted, then add the flour. Add the onion and garlic to the pan and simmer for 1-2 minutes, stirring continuously. Add the milk and bring to the boil.
6. Add the frozen fish, vegetables and parsley, and simmer for 5-10 minutes until thick.
7. Put the fish mixture into a large dish and cover with the mashed potato. Sprinkle a little parsley on top and a handful of cheese.
8. Cook in the oven for 20-25 minutes or until golden.

Mackerel pie

Serves: 1

Ingredients



1 mackerel fillet

1 small onion

2 tablespoons of oil

1 small tin of chopped tomatoes

90g of cheese

Vegetables for a side dish – beans, broccoli, carrots etc.

Recipe by Caroline, Guildford

Method

1. Preheat the oven to 190°C / gas mark 5.
2. Chop the onion.
3. Heat the oil in a frying pan, and when it's hot, place the onions in and fry until they have turned golden brown.
4. Drain the oil off and put the onion into the bottom of a casserole dish.
5. Skin and flake the mackerel fillet and put on top of the onion.
6. Place the chopped tomatoes in next.
7. Finally, grate the cheese and scatter on top of the tomatoes.
8. Place the casserole dish in the middle of the preheated oven for 25 minutes until hot right through.
9. While the pie is cooking, boil the vegetables until soft.

Sausage casserole and jacket potato

Serves: 4

Recipe by Claire, Sutton

Ingredients



454g pack of sausages

1 onion, peeled and chopped

500ml of gravy (made from granules)

4 large potatoes

Method for casserole

1. Preheat the oven to 180°C / gas mark 4.
2. Put the sausages and onion in a casserole dish.
3. Make up a cup of gravy and pour over sausages. Put in the oven.

Method for potatoes

1. Wash the potato and prick it a couple of times with a fork.
2. Put on the oven shelf with the casserole and cook for one hour or until the potatoes are soft and the sausages are cooked.



TOP TIPS!

Serve with frozen peas or sweetcorn

Pasta all'Arrabbiata

Serves: 2

Ingredients



1 tin of chopped tomatoes

3 teaspoons of dried sage

1 heaped teaspoon of crushed dried chillies (depending on how spicy you like it)

3 tablespoons of olive oil

50ml of double cream

2 large cups of penne pasta

Cheddar or parmesan cheese

Salt and pepper

Recipe by Paul, Elmbridge

Method

1. In a small frying pan, add the oil, sage and dried chillies, and heat on a very low temperature, stirring. Be careful not to burn this, so as soon as it starts to sizzle, remove from heat and add the tinned tomatoes straight away.
2. Mix together quickly and cook on a medium heat until tomatoes go into a paste.
3. Take off the heat, stir in the cream and warm gently for 5 minutes. Do not boil, or the cream will split.
4. Add salt and pepper to taste.
5. While you are preparing the sauce, boil the pasta for 10-12 minutes until al dente. Drain the pasta completely, put it back in the pan and mix with the sauce.
6. Serve with cheese grated on top.

TOP TIPS!
If you add too much cream it ruins the flavour

Franco's tuna bad boy!

Serves: 4

Ingredients



- 1 tablespoon of oil
- 2 garlic cloves
- 1 large onion or 2 small ones
- 1 box of passata (sieved Italian tomatoes)
- Salt, pepper and mixed herbs
- Chilli or chilli flakes
- Spinach
- 1 tin of tuna (in oil)
- 1 yellow pepper
- 3 big pinches of sugar
- 360g of pasta



Recipe by Franco, Farnham

Method

1. Chop the onions, garlic and pepper.
2. Heat up a deep frying pan with a very small amount of oil.
3. Put in the onion and garlic and slightly brown off.
4. Add the tuna oil only from the can, and fry a little more.
5. Add the passata. Fill the box with cold water and add this to the dish with three big pinches of sugar, three big pinches of salt, some pepper, mixed herbs, and some chilli flakes.
6. Leave to simmer slowly for 15-20 minutes.
7. Add the spinach, yellow pepper and tuna while still simmering for 20 minutes more.
8. 10 minutes before the sauce is done, boil and cook some pasta until soft.
9. Drain the pasta but not thoroughly and add half the sauce to the pasta, and mix. The rest is to go on top of each plate of pasta.

Macaroni cheese

Serves: 2

Recipe by Pauline Mitchell (Paul Mitchell's wife)

Ingredients



75g macaroni
(or pasta)

Cheese sauce (you can use a packet mix which will need milk – see packet for details)

Grated cheese

Breadcrumbs made from one slice of bread (stale bread would do, or even a crust that is not used)

Method

1. Bring to the boil a litre of boiling water in a saucepan.
2. Place the macaroni into a saucepan on a moderate heat for 7-8 minutes.
3. Drain the macaroni and put to the side for later.
4. Make the cheese sauce.
5. Add the macaroni to the sauce and briefly mix.
6. Add the mixture to a casserole dish.
7. Put the breadcrumbs on top and then the cheese.
8. Place in a hot oven for 10 minutes.

TOP TIPS!
Why not
add cooked
bacon?



Mushroom fusilli

Serves: 4-5

Ingredients

400g of dried fusilli pasta

60g of hazelnuts

4 tablespoons of olive oil

1 onion

300g of mixed mushrooms (such as oyster or chestnut mushrooms)

4 garlic cloves

4 tablespoons of fresh flat-leaf parsley

Salt and pepper



Recipe by Simon, Spelthorne

Method

1. Bring a large saucepan of salted water to the boil and add the fusilli. Bring back to the boil and cook for 10-12 minutes.
2. Chop the onions, garlic, mushrooms and parsley.
3. Dry roast the hazelnuts in a small frying pan for 3-4 minutes, or until the skins begin to brown. Then turn them out onto a damp clean tea towel. Fold the tea towel over the nuts and roll them on the worktop to remove most of the skins. Chop the nuts roughly.
4. Heat the oil in a large saucepan over a medium heat. Fry the onion, garlic and mushrooms for 5 minutes. Stir in the chopped nuts and continue to cook for another minute.
5. Season to taste with salt and pepper.
6. Drain the pasta and toss together with the mushroom mixture and the fresh parsley thoroughly.

Omelette

Serves: 1

Recipe by Pauline Mitchell (Paul Mitchell's wife)

Ingredients

2 eggs

1 teaspoon of butter
or margarine

4 tablespoons of milk



Fillings can be some of the following

50g of grated cheese

1 chopped fresh tomato

Chopped ham or bacon
(ham is cheaper)

Method

1. Prepare the filling by chopping the ingredients so they are ready to add when the omelette is part cooked.
2. Crack the eggs into a bowl and add the milk. Mix well with a fork or whisk to a consistent pale yellow liquid.
3. Melt the butter into a small frying pan on a moderate heat. Swirl round so all the pan is moist
4. When the butter bubbles with the heat, add the egg mixture.
5. When the omelette begins to set round the edges, add the prepared filling.
6. With a spatula draw the edges of the cooking omelette to the middle and tilt the pan so any runny moisture can cook nearest the heat
7. When the top of the omelette has set and is still creamy, loosen the edges and turn over so that the other side cooks.
8. Slip onto a plate and enjoy!





Sweet treats

Michaela's munchy pancakes

Makes 12 pancakes

Recipe by Michaela, Woking

Ingredients



110g of plain flour

Pinch of salt

2 eggs

200ml of milk

75ml of water

50g of butter

Toppings

Strawberry sauce
and strawberries

Chocolate sauce
and bananas

Butter and sugar

Lemon and sugar

Golden syrup

Cheese and bacon

Method

1. Sift the flour and salt into a large mixing bowl.
2. Make a well in the centre of the flour, and break the eggs into it.
3. Whisk the eggs into the flour.
4. Add small quantities of the milk and water bit by bit whilst still whisking.
5. Whisk until the batter is smooth.
6. Heat enough butter to cover the frying pan until hot.
7. Turn the heat to medium once the butter is melted.
8. Put 2 tablespoons of batter into the pan and move the pan to swirl the batter over the bottom.
9. When one side has set, flip the pancake over and cook the other side.
10. Put the pancake on a large plate, top with your desired topping and serve.

Tropical fruit crumble

Serves: 2

Ingredients



½ a tin of mangos

1 small tin of
pineapple chunks

¼ teaspoon of lemon juice

50g of plain flour

25g of unsalted butter – at
room temperature

33g of sugar (any type)

½ teaspoon of
ground ginger

½ teaspoon of cinnamon

1 tablespoon of sugar
(for fruit)

Recipe by Lawrence, Farnham

Method

1. Preheat oven to 180°C / gas mark 4.
2. Drain the fruit from the tins and spread the fruit out on the bottom of a small oven proof pie dish.
3. Sprinkle over half the sugar and lemon juice.
4. Chop the butter into cubes and put it in a mixing bowl. Add the flour and rub them together between your fingers until the mixture looks like breadcrumbs.
5. Add the other half of the sugar and mix.
6. Add the cinnamon and ginger and mix into the crumble mixture.
7. Sprinkle the mixture evenly over the fruit in the dish.
8. Put in the oven and bake for approximately 30 minutes or until golden in colour.

TOP TIPS!

Serve with
custard,
ice cream
or cream.

Tea loaf

Makes a 1kg loaf

Ingredients



500g bag of value
dried fruit

1 large mug of black tea

1 large mug of brown sugar

1 large mug of
self-raising flour

1 egg, beaten

20g of butter

Recipe by Susan, Elmbridge

Method

1. Preheat the oven to 180°C / gas mark 4.
2. Soak the fruit and sugar in the tea overnight.
3. The next day, stir in the remaining ingredients.
4. Grease a large loaf tin with butter and pour the cake mixture into it.
5. Bake in the centre of the oven for 45 minutes.
6. Allow to cool for 10 minutes in the tin.
7. Remove from the tin and leave it until cold.



Chocolate bars

Makes 16 bars

Ingredients



50g of butter

200g of plain or milk
chocolate for cooking

3 tablespoons of
golden syrup

250g of plain or milk
chocolate biscuits

65g of mini honeycomb
pieces

50g of mini fudge chunks

85g of mini marshmallows

Recipe by John, Reigate

Method

1. Place the butter and golden syrup into a saucepan and heat gently until melted.
2. Take the saucepan off the heat and leave to cool.
3. Melt the chocolate in a bowl over a pot of hot water until melted.
4. Crumble up the biscuits and place in a mixing bowl.
5. Add the melted chocolate, melted butter and syrup, then add the honeycomb, fudge and marshmallows. Save some of the marshmallows and fudge chunks for the top!
6. Mix all the ingredients well, then pour into a greased and lined, shallow 18cm square tin.
7. Smooth the top, then add the rest of the fudge and marshmallows on top.
8. Place the tin into the fridge for one hour to set, then cut into bars.

Apple pudding

Serves: 2

Recipe by Paul Mitchell (Former Chief Executive)

Ingredients

2 apples

110g of self-raising flour

50g of sugar

50g of margarine

2 eggs



Method

1. Pre-heat the oven to 180°C / gas mark 4.
2. Peel the apples, removing the core and cut them up into small chunks.
3. In a mixing bowl, add the sugar and margarine and mix well with a fork.
4. Crack the eggs into a jug or bowl and beat well with a fork.
5. Add the eggs and flour to the mixture in the bowl and mix well.
6. Add the apples to the mixture and mix well.
7. Put the mixture into the casserole dish and put it in the oven.
8. Cook for 45 minutes.
9. Serve hot with ice cream or custard.

TOP TIPS!

Reheat the
second portion
on another
day



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AUG22