



The Kinder Cookbook

Sharing recipes that celebrate kindness in our community



A community initiative by

The Cumberland 

In partnership with





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About this ^{Kinder} cookbook

I am very proud to introduce you to The Kinder Cookbook, a testament to the power of kindness.

Kindness is in our nature at The Cumberland; it shapes everything we do, from supporting local initiatives, to fostering a culture of care with customers and colleagues alike.

“We’ve been proud to help support the tireless efforts locally to redistribute surplus food to those in need.”

In partnership with FareShare Lancashire and Cumbria and FareShare Glasgow and the West of Scotland – organisations dedicated to fighting food waste and hunger – we’ve witnessed first-hand the incredible impact of all they do.

In June 2023, we pledged £250,000 to help combat food poverty in the region as part of our Kinder Kind of Kitchen initiative.

We’ve been proud to help support the tireless efforts locally to redistribute surplus food to those in need. We’ve seen the difference they make to those facing food poverty in our communities, which we believe is fundamentally important to tackle in the region we serve.

In June 2024, we renewed our commitment to this vital cause by pledging our support to FareShare

Lancashire and Cumbria for another year and joined forces with FareShare Glasgow and the West of Scotland to extend our reach into south-west Scotland.

For the next 12 months, we’ll help to fund more than 50 food projects being supported by FareShare Lancashire and Cumbria and FareShare Glasgow and the West of Scotland.

The Kinder Cookbook tells this story and celebrates the way sharing food can bring people together in challenging circumstances. It features recipes lovingly contributed by people in our communities, from foodbanks to community kitchens and everything in between.

With each dish, we are reminded of the profound impact of coming together to share food. Whether it’s a nourishing meal shared with loved ones or a warm bowl of soup available to a stranger in need, these recipes are a celebration of how food connects us all.

“With each dish, we are reminded of the profound impact of coming together to share food.”

I extend my heartfelt gratitude to FareShare Lancashire and Cumbria and FareShare Glasgow and the West of Scotland for their unwavering dedication to making the world a more compassionate place. I also want to express my appreciation to all those who have generously shared their recipes for this cookbook,

as well as to the countless individuals and organisations who bring the Kinder Kind of Kitchen initiative to life and are making a difference in their communities.

As you explore the pages of The Kinder Cookbook, I invite you to not only savour the delicious flavours but also to reflect on the people who have shared their personal stories, revealing the significance of these recipes and their contributions to our local community food projects.

Together, let us continue to cultivate kindness, one recipe at a time.

Des Moore
CEO, The Cumberland Building Society



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The perfect pantry

WIGTON FOOD PANTRY, WIGTON, CUMBRIA



Food has always been John Crouch's passion. He loves sharing it with others and bringing people together. Wigton Food Pantry provides the perfect opportunity.

"I used to be a publisher working in Fleet Street in London, then I had a huge career change and trained as a chef before moving up north 40 years ago," recalls John.

"Now I live in Wigton and love it up here. There's such a strong sense of community with everyone looking out for one another."

John's career as a chef has given him all sorts of exciting experiences, including being asked to recreate historical dishes for the Wordsworth Trust at Grasmere and the Vindolanda Roman site along Hadrian's Wall. He has also taught cooking, run workshops and worked as a demonstration chef.

About three years ago John was very happy to be asked to help set up Wigton Food Pantry, and he has been a volunteer there ever since.

"Our delivery from FareShare Lancashire and Cumbria helps us offer a range of good food to families struggling to make ends meet, and we also run a coffee morning to bring people together. We ask people to donate

what they can afford – there's no pressure.

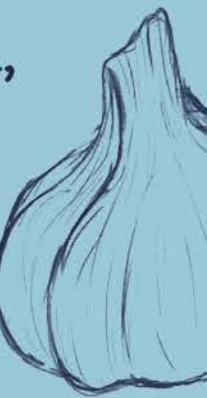
"I came up with the idea of running cooking on a budget class and was delighted when people signed up. Some had never cooked before but that didn't matter. We are a very friendly, supportive and caring group. We cook, laugh, chat and have fun with a focus on healthy, nutritious food that doesn't cost the earth, is very tasty and simple to make.

"Whether we are serving coffee, unpacking food or chatting to people, it's a real privilege to help in any way we can."

"My tuna curry recipe was one of the most popular dishes on our six-week course, and we will start another course very soon."

Cumberland assistant cluster manager Ali Elliott saw for herself the difference Wigton Food Pantry makes when she volunteered at the centre.

"A couple of us volunteered every Wednesday morning in January 2024," she said, "and we love being involved. Whether we are serving coffee, unpacking food or chatting to people, it's a real privilege to help in any way we can."



Tuna, Potato & Pea Curry

WIGTON FOOD PANTRY, WIGTON, CUMBRIA

As well as supplying food to people in their rural community, Wigton Food Pantry also runs workshops and classes showing how to make nutritious meals from simple ingredients. This tuna, potato and pea curry recipe has been a favourite in these sessions.



METHOD

Heat the oil on high heat and then stir fry the garlic for 30 seconds.

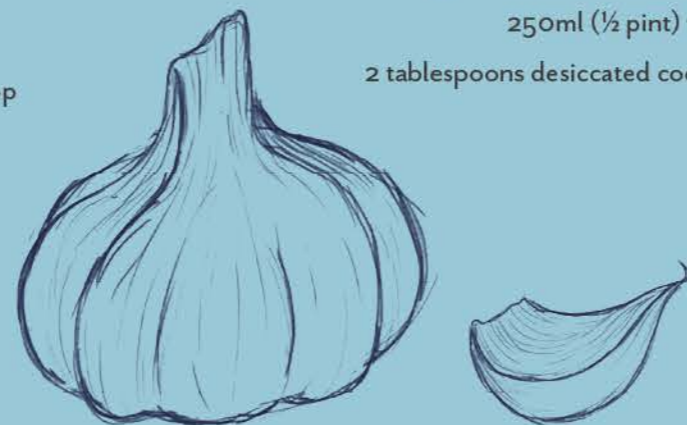
Add the onion on a reduced heat, and stir fry for about 10 minutes, allowing the onions to become translucent and begin to brown.

Add the masala paste and the potatoes. Raise the heat again and bring to a brisk sizzle, stir frying as needed for about 5 minutes.

Add about 20ml (½ pt) of water and stir. As soon as the water begins to bubble, add the peas, cover and turn the heat to low and cook for about 5 minutes.

Add the drained tuna, sprinkle the coconut over the top and stir. Heat through thoroughly and serve.

“My tuna curry recipe was one of the most popular dishes on our six-week course”



INGREDIENTS

- 1 tablespoon oil
- 1 garlic clove, finely chopped
- 225g (8oz) onion, very finely chopped
- 250g (12oz) cooked potatoes, diced
- 2 tablespoons Balti masala paste
- 125g (5oz) peas
- 2 x 185g tins tuna in brine, drained
- 250ml (½ pint) water
- 2 tablespoons desiccated coconut



From Nana, with love

CALDERWOOD HOUSE, EGREMONT, CUMBRIA



His Nana's cooking is one of the ways Neil McLaughlin remembers her – with love.

Neil was brought up at his Nana's house. "She was an amazing cook," he recalls. "I always remember her Christmas puddings and cakes. She had 12 children and she would love cooking these big family meals. Homemade food was what we got, and I can always remember tattie pot. It was a weekly dish that was my favourite. My Nana taught me to make it."

In 2005, Neil's Nana passed away. This had a devastating effect on him. "Nana and Mam died very close together, when I was just 22. I was lost. I didn't know how to cope. They were everything to me and, without them, the world was a darker place. I started drinking to help ease the pain, and then found I couldn't stop. I saw the world through a drunk lens. I was confused, angry, upset - I didn't really know who I was anymore."

Neil says that coming to Calderwood House, a hostel in Egremont, has literally saved his life. "I have found my family again," he declares. "I'm starting to believe in myself and look forward to the future with hope. I want to make Nana and Mam proud."

After his Nana's death, Neil began caring for his Granda. This included cooking Nana's legendary tattie pot. "I got it right after a few attempts," he says. "It wasn't easy trying to get it right and make it taste like my Nana used to make it, but I managed eventually. I used to love seeing the smile on Granda's face."

"I'm starting to believe in myself and look forward to the future with hope. I want to make Nana and Mam proud."

Neil is still cooking his Nana's tattie pot at least once a week, at Calderwood House, where he is now a resident. "Everyone loves it. Every time I cook it, it takes me right back to being with her in her kitchen, where I felt safe and loved."

"My eight-year-old daughter Ocher loves coming to see me here. We cook lasagne together and I am teaching her how to make Nana's tattie pot so that her legacy will live on. We will never forget her. I loved my Granda and Nana and I miss them very much. I hope they are looking down on me with a smile and are happy for me to pass their recipe on, and others can pass it on again."





"I loved my Granda and Nana and I miss them very much. I hope they are looking down on me with a smile and are happy for me to pass their recipe on, and others can pass it on again."

Neil's Nana's Tattie Pot

CALDERWOOD HOUSE, EGREMONT, CUMBRIA

Neil is still cooking his Nana's tattie pot at least once a week at Calderwood House, where he is now a resident. "Everyone loves it. Every time I cook it, it takes me right back to being with her in her kitchen, where I felt safe and loved."



METHOD

Peel and chop the carrots, onions and swede and place them in an ovenproof dish. Peel and chop the potatoes, saving two or three whole to use later. Add the chopped potatoes to the ovenproof dish.

Seal the diced beef or pork by frying in a frying pan with a dash of oil.

Add the diced beef or pork into the ovenproof dish with the vegetables, and then add enough water to cover the ingredients and add the stock. Give the mixture a stir.

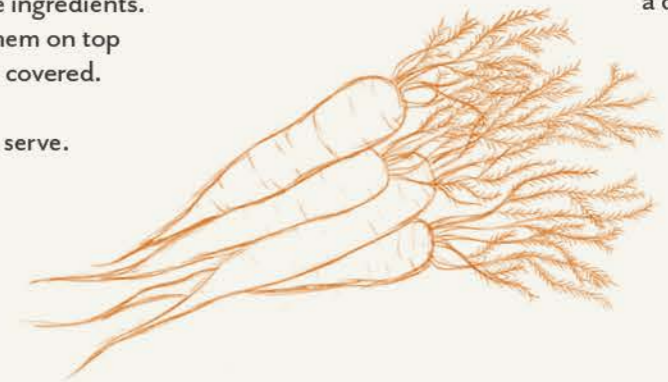
Cook in the oven at 160° for 50 minutes or until the beef/pork is tender. Add the salt and pepper and mixed herbs then slice the black pudding.

Place the slices of black pudding on the top of all the ingredients. Peel and thinly slice the remaining potatoes. Layer them on top of the black pudding and vegetables so everything is covered.

Cook for a further 30 minutes in the oven, and then serve.

INGREDIENTS

- 3 packs of diced beef or pork
- 1 large pack of carrots
- 4 large onions
- 1 swede
- 1 large bag of potatoes
- 1 pack of beef stock pots
- 2 packs of black puddings
- salt and pepper
- mixed herbs
- a dash of oil



A pot of gold

HARRABY COMMUNITY CENTRE, CARLISLE, CUMBRIA



Even on the coldest day, vegetable soup warms hearts in Harraby.

Harraby Community Centre's café is a much-loved part of life on Carlisle's largest estate – especially during its Monday meal deal.

“On a cold winter's day nothing can beat the taste of our delicious homemade vegetable soup,” says Liz Jackson, manager of Harraby Community Centre. “We serve it as part of our meal deal. You get a bowl of soup - packed full of fresh veggies - a roll, a homemade cookie and a hot drink for just £1.50.

“On a cold winter's day nothing can beat the taste of our delicious homemade vegetable soup.”

“It's always a sell-out. On most Mondays we have around 40 to 50 people gathering together to eat soup, chat, laugh and make new friends. We love to see how food can bring people together, warming their hearts as well as their bellies. So many people now live on their own. Isolation and poverty are a real problem.”

The café is a safe, warm, welcoming space for people to enjoy healthy, filling food,

as well as new and old friendships. Anybody is welcome, including people on their own.

“Some people have formed little friendship groups who always meet at their favourite table. It's lovely to see the comfort that food and friendship bring.”

“There will always be someone to talk to and we have lots of volunteers to support you,” says Liz. “Some people have formed little friendship groups who always meet at their favourite table. It's lovely to see the comfort that food and friendship bring.”

The centre has a community garden that helps boost supplies for the café and pop-up shop. “Last summer we grew cucumbers, peppers, lettuce, radishes, potatoes and fruit. In our pop-up shop you can buy eight items for just £3.50, and that includes fresh produce, tinned goods, toiletries, and dog and cat food.

“Thanks to a weekly delivery from FareShare Lancashire and Cumbria, it means we can open the café Monday to Friday,” says Liz. “We are so grateful for their support.”



Use-Any-Vegetable Soup

HARRABY COMMUNITY CENTRE, CARLISLE

Even on the coldest day, vegetable soup warms hearts in Harraby. Harraby Community Centre's café is a much-loved part of life on Carlisle's largest estate – especially during its Monday meal deal.

"We love to see how food can bring people together, warming their hearts as well as their bellies"

METHOD

Peel and chop the vegetables (including any spare or leftover vegetables you may want to use) and lightly dry fry in a non-stick saucepan for about 7 minutes.

Add the stock and bring to the boil, then turn down to a simmer for about 25 minutes. Add the frozen peas, and continue to simmer for 5 minutes or until all the vegetables are soft.

Place in a blender and whiz until smooth or use a hand blender if you have one.

This will make enough for a family of 4 with leftovers and doesn't cost the earth.

INGREDIENTS

- 1 stick of celery
- 1 large onion
- 2kg potatoes
- 2kg carrots
- 1kg frozen peas
- 2 litres of veg stock





“Food unites us and can bring so much joy and comfort. We notice if someone is struggling and we always do our best to make them feel better.”



Libby with Cumberland colleagues

Spice of life

BENDRIGG TRUST, KENDAL, CUMBRIA

At Bendrigg Trust, anything is possible. This is the proud claim of Libby Thompson.

Bendrigg is a charity providing residential activity breaks for disabled and disadvantaged people at its centre near Kendal.

“You may never have dreamt of flying down a zip wire or exploring the depths of a cave but at Bendrigg we make the ‘impossible’ possible,” says head chef Libby.

“We love to cook for the hundreds of visitors who come to see us every year to try new things, make new friends and, most importantly, have fun.”

These adventures are fuelled by food: 10 bags a week of which come from the FareShare Lancashire and Cumbria depot. “We never know what we’re going to get until they arrive, and we have lots of fun thinking about recipes and ideas so that nothing is wasted,” Libby says.

“We love to cook for the hundreds of visitors who come to see us every year to try new things, make new friends and, most importantly, have fun. There are six of us in the kitchen, including our wonderful retired head chef Carolyn, who is now 80 but still comes to help us out. We are like one big family.”

The kitchen serves breakfast, lunch and dinner to visitors and staff and is always busy. On one recent day it served 83 lunches.

Libby says: “Our visitors often have particular dietary needs and it’s important that we respect that. For some, eating the wrong food could have a significant impact on their health. One mum came to see me to talk about her child who could only eat a very limited amount of protein. She trusted me with her child, and that means so much to me and the team.”

Libby says there’s always a buzz at Bendrigg mealtimes. “Food unites us and can bring so much joy and comfort. We notice if someone is struggling and we always do our best to make them feel better. While we pride ourselves on our home-cooked food, we always have a supply of chicken nuggets and fish fingers in the freezer for the visitor who craves a bit of something they know. But we often encourage children to try something new.”

Bendrigg’s iced gingerbread, with its warm, gingery taste and sweet icing, is the perfect pick-me-up and energy boost. “We make it in vast quantities because people love it so much,” says Libby.





Bendrigg Iced Ginger Shortbread



BENDRIGG TRUST, KENDAL, CUMBRIA

This cake, often enjoyed after a long day out in the Lakes, is a popular request among returning groups at Bendrigg. A clear favourite among visitors, staff, and volunteers alike, this iced ginger shortbread is a testament to its irresistible appeal and the positive experiences it accompanies at Bendrigg.

METHOD

Rub the margarine and flour together to make fine breadcrumbs. Add all other ingredients and mix well. Put the mixture into well-greased trays and press down lightly.

Bake in a very moderate oven at 180°C for about 20 minutes. Once it is cool, add the icing and cut into portions.

INGREDIENTS (SERVES 96)

- 2.75kg (6lbs) plain flour
- 1.36kg (3lbs) moist brown sugar
- 1.7kg (3.24lbs) margarine
- 168g (3oz) ground ginger
- 30g (1oz) bicarbonate of soda

FOR THE ICING

- 1.13g (2.5lbs) icing sugar
- water to form into a stiff paste



Remember, this recipe serves 96 people so unless you're really hungry, make sure to divide the quantities

"Bendrigg's iced gingerbread, with its warm, gingery taste and sweet icing, is the perfect pick-me-up and energy boost"

A taste of home

"In Ukraine, borscht has long been considered a symbol of a strong family"

KING'S CHURCH, COCKERMOUTH, CUMBRIA

Anna Zhuzha dreams of the day she can return home to Ukraine and cook her favourite meal with her mother again.



Anna fled to the UK in June 2022 with her two sons, their two cousins and her sister-in-law, in the wake of the Russian invasion. "We thought we would be going home in six months," says Anna. "We thought the war would be over by then. Sometimes I can't quite believe that we are still here."

Her husband Igor joined her in January 2023. He was able to leave because they have a disabled son. But Anna's mother and two brothers are still in Ukraine.

"When I cook borscht I think of love – love for my family, love for my country, love for our culture and food."

"I worry about them all the time. I was on the phone to my mum the other day when suddenly there was this loud, booming noise. A rocket flew over her head, landing not far away. My family lives in a large industrial city where bombs are dropping every day. It feels like a million miles from Cumbria and our lives here."

Anna's host family, Donny and Lorraine, live on the edge of Cocker-mouth. "They welcomed us with open arms and we will never forget their kindness," says Anna.

They bonded over food. Particularly borscht: a soup made with meat stock, vegetables and seasonings. "I remember trying to cook borscht for them for the first time. I couldn't find the right ingredients and it didn't taste like I wanted it to. But now I have perfected it, and I am happy to say it is delicious."

Anna met Katerina, a Ukrainian woman in her 70s, at an English speaking class in King's Church. Katerina had the idea to cook borscht for their new friends. More than 200 people turned up to their first pop-up café at the church.

"Then the Rotary Club in Cocker-mouth asked us to host

an evening to celebrate our food and culture," says Anna. "Eighty people sat down to eat my borscht and dumplings. My husband made our special garlic bread. We wanted to show our guests a glimpse of our culture so we recreated a traditional wedding, complete with a bride in a beautiful white dress. We sang and danced as we shared our love for our country and for all the people we have left behind. We raised more than £2,000 that night for humanitarian aid in Ukraine. It was a night I will never forget."

There are many variations of the borscht recipe. Anna explains that almost every Ukrainian housewife has her own version, often handed down through generations and closely guarded as a family secret.

Anna says: "In Ukraine, borscht has long been considered a symbol of a strong family. All the ingredients are prepared in a clay pot, transferring their flavours to each other and, as a result, they become one whole soup – rich, hearty and thick. When I cook borscht I think of love – love for my family, love for my country, love for our culture and food."

"It is my dream that, one day, we will be able to go home and I will cook borscht with my mother once again. But our lives in Cumbria will always hold a special place in our hearts."



Classic Ukrainian Borscht

KING'S CHURCH,
COCKERMOUTH, CUMBRIA

"Borscht is a cultural heritage of Ukraine, our pride and a culinary symbol of our country. It is simply impossible to be indifferent to this thick rich soup"

In Ukraine, borscht has long been considered a symbol of a strong family: all the ingredients are prepared in a clay pot, transferring their flavours to each other, and as a result, they become one whole - rich, hearty and thick borscht. In the past, borscht was eaten almost every day; it was served on holidays and at weddings.

METHOD

Pour 1.5-2 litres of water into a pan. Add the meat and put on a medium heat. Before boiling, remove the foam from the surface of the water. As soon as the broth boils, cover with a lid and cook over low heat for 1 hour.

Clean the beets, carrots and onions. Grate the beets on a coarse grater, and grate the carrots on a medium grater, chop the onion.

Heat the oil in a frying pan over medium heat, add the onions and carrots and fry for 5 minutes. Then add beets (sprinkle with fresh lemon juice - this way the borscht will be really red). Fry the vegetables for another 5 minutes, add tomato paste, mix and fry for another 5 minutes.

Remove the meat from the broth and strain the broth through a sieve. This is your meat stock. Add diced potatoes to the meat stock. After 5-10 minutes, add chopped cabbage. Let it boil.

Separate the cooked meat from the bone and cut into cubes. Add the cubed meat to the borscht, add a pinch of salt and the vegetables. Let it boil.

Stir the borscht, add a bay leaf and finely chopped herbs (parsley and dill) with garlic (the greens and garlic should be finely chopped and mashed together), cover with a lid and cook over a medium heat for a further 5 minutes.

Turn off the heat and let the borscht infuse for 15 minutes. Serve with sour cream.

INGREDIENTS

- 1.5 - 2 litres water
- 400g pork or beef on the bone
- 4 medium potatoes
- 2 small beetroot
- 1 carrot
- 3 medium white onions
- 300g fresh white cabbage
- 2 tbsp tomato puree
- 4-5 tbsp sunflower oil
- 1 head of garlic
- One bunch each of dill and parsley
- 1 tsp lemon juice
- bay leaf
- salt to taste



"The peculiarity of this dish is that it becomes tastier the next day, when the flavours mix well."

Food with friends

ST BARNABAS FOODBANK,
CARLISLE, CUMBRIA



Diane Johnston knows exactly how valuable St Barnabas Foodbank in Carlisle is, having used it herself in the past.

"I know what it's like to struggle to make ends meet at times," she says. "The foodbank not only gave me vital supplies for me and my teenage daughter Paris when we needed it the most, it also helped me realise we were not on our own."

"There's no shame in asking for help. In fact, I believe it's a strength."

"So many of us are struggling these days and we all do what we can to support each other."

Diane, now a volunteer at St Barnabas Foodbank, says that they don't offer only food. They also offer support, friendship and care to more than 50 families. She describes the donations they receive from FareShare Lancashire and Cumbria as "a lifeline".

"When it came to thinking of a recipe, I wanted to share one that I cook regularly as it's a great way of using up some of the canned food that we get in regularly from FareShare Lancashire and Cumbria."

"So many of us are struggling these days and we all do what we can to support each other."

"There's a lot of fibre in my soup, and you can be as creative as you want with anything you want to add. I often mix in some chilli and fresh vegetables - anything I have to hand. It's cheap, filling, nutritious and full of flavour."

"My daughter and I have started to cook together more now, coming up with all sorts of ideas for cooking on a budget. One of our favourites is her meatball and spaghetti recipe. She uses tinned meatballs, tomatoes and some basil for flavour. It is delicious."



Bean & Tomato Soup

"It's cheap, filling, nutritious and full of flavour."



ST BARNABAS FOODBANK,
CARLISLE, CUMBRIA

When considering a recipe for The Kinder Cookbook, Diane wanted to share a dish she regularly cooks but also demonstrates a creative use of the tinned food donated by FareShare Lancashire and Cumbria.

METHOD

Bring 275ml (½ pint) of water to the boil in a large pan. Add the vegetable stock cube and mix until dissolved.

Add the tinned beans, tinned tomatoes and tinned carrots and heat through. This is your opportunity to add extras, such as chopped fresh vegetables or tinned potatoes.

Keep stirring as the soup heats up.

When boiled, turn the heat down and leave to simmer for 10 minutes.

Season with salt and pepper to taste. You can add a few chilli flakes for a bit of a kick. Blend or serve as it is.

INGREDIENTS

2 tins beans

2 tins tomatoes

2 tins carrots

vegetable stock cube



"You can add a few chilli flakes for a bit of a kick."

I like to make flapjack with the oats that came with our Delivery. I make it so we have pudding after our healthy lunch. I also make chocolate cake with the mix we got on our delivery. All the members enjoy my puddings.

Flapjack
802 oats
4 t spoons syrup
2oz Butter

mix oats, syrup + butter in dish. put in tray + bake for 20mins 180°

Golden Flapjack

"I like to make flapjack with the oats that come with our delivery from Fareshare Lancashire and Cumbria."



CUMBERLAND OCCUPATIONAL AND SOCIAL CENTRE, CUMBRIA

Cumberland Occupational and Social Centre in Cleator Moor provides high quality day care for adults with various disabilities throughout West Cumbria.

Mandy Shaw has been a service user for nearly seven years, and loves to help make this flapjack recipe.

METHOD

Mix the oats, syrup and butter in a dish.

Line your baking tray with greaseproof paper.

Put your flapjack mixture in the tray and spread out evenly. Bake for 20 minutes at 180°C.

Once out of the oven, leave to cool for a few minutes before taking the flapjack out of the tray. Cut into your ideal size portions.

INGREDIENTS

225g oats

4 teaspoons of golden syrup

50g butter

"All of the members of Cumberland Occupational & Social Centre enjoy our puddings."



Mandy's flapjack recipe is a favourite at the Cumberland Occupational & Social Centre

Italian Chicken Pasta

DREAMSCHEME, ASPATRIA, CUMBRIA

This recipe, contributed by Adrian Cozens, a dedicated volunteer at Aspatria Dreamscheme, holds a special place in his heart. It's not only his wife's favourite dish but also a reminder of their cherished visits to Italy. Forty years ago, dining at an Italian restaurant was a rare treat, and this dish captures the essence of those memorable experiences.



Adrian Cozens, volunteer at Aspatria Dreamscheme

METHOD

Fry the garlic and onions until they are translucent, then add the plum tomatoes, celery, tomato puree, bay leaves, oregano, basil and honey and bring to the boil. Allow to simmer for 30 minutes or until the liquid is significantly reduced and the sauce is quite thick.

While the tomato sauce is simmering, fry the diced chicken until it is cooked through and continue until it browns. Add the single cream and allow it to simmer and reduce until approximately half of the liquid is left. Take off the heat and add the almonds.

Add the tagliatelle (2 balls per person) to a pan of boiling water and cook until it is al dente.

Drain the pasta and rinse with a kettle of boiling water. Place the pasta in a bowl, place the tomato sauce over and finish with the chicken mix.

“Partnering with FareShare Lancashire and Cumbria has enabled us to provide a wide range of good quality food at affordable prices; this in turn provides balanced, nutritious meals and the resultant health benefits”

INGREDIENTS

- 4 boneless skinless chicken breasts (diced)
- 2 tins of plum tomatoes (chopped)
- 1 clove of garlic (minced)
- 1 large onion (diced)
- 2 sticks of celery (chopped)
- 1 large red pepper (finely chopped)
- 2 tbsp tomato puree
- 2 tbsp olive oil
- 3 bay leaves
- 1 tsp oregano
- 1 tsp basil
- 1 tsp honey
- 1 small tub single cream
- 50g sliced almonds
- 1 500g bag tagliatelle

“This recipe has been lovingly perfected over 35 years.”



Turning things around

RECYCLING LIVES CHARITY, PRESTON, LANCASHIRE

Recycling Lives Charity delivers FareShare Lancashire and Cumbria, helping to tackle food poverty while preventing food waste. It also delivers rehabilitation programmes, supporting and empowering ex-offenders and people in recovery or at risk of homelessness by equipping them with skills and opportunities to change their lives.

Its Training Kitchen delivers Jamie Oliver's Ministry of Food programme, teaching people how to cook nutritious, affordable meals. "We have a lot to thank Jamie Oliver for," says Mike Gregory, head chef at Recycling Lives Charity in Preston.

"When he introduced his Ministry of Food in 2018, it changed the way many people looked at food. I now run Jamie's six-week course here at Recycling Lives Charity and I have seen it make a difference for so many people.

"Food isn't just fuel for the body. It's central to how we feel about ourselves. Our course encourages people not just to cook but to learn about the nutritional



value of food as they change the way they think and feel about what they put into their bodies." The focus is on fresh, healthy, homemade, cost-effective meals. People are encouraged to move away from processed food cooked straight from the freezer; swapping Turkey Twizzlers for homemade curries, pies and soups.

Mike says: "We couldn't do any of this without the support and encouragement of our colleagues who deliver FareShare Lancashire & Cumbria, which has enabled us to support so many people and develop our services. We are now running a weekly soup kitchen as well as our community café, which is open five days a week from 8am to 3pm. And we've taken the Ministry of Food course and our own classes on the road.

"People are encouraged to move away from processed food cooked straight from the freezer, swapping Turkey Twizzlers for homemade curries, pies and soups."

He mentions Tom Harper as an example of what the course can achieve. "He has a natural talent and we love having him as a member of our team. His dedication and commitment blew me away, and I am so proud of everything he has achieved."

A year ago Tom Harper would not have described himself as a good cook. "I could make a good bacon sandwich," he smiles. "And beans on toast."

Today, Tom is a chef whose repertoire includes cheesecakes, scones, pasta dishes and curries.

"It's just snowballed," he says. "From Indian to Chinese to Italian, all the way back to making pies. That's the first job I did when I first came."

He's talking about his arrival at Recycling Lives Charity, the Preston-based charity and social enterprise that does exactly what its name says. Tom is proof of that.

The 35-year-old is a former painter and decorator. He started using cannabis when he was 13. Then he became dependent on alcohol.

"I literally couldn't function without it," he says. "My life was very bleak before Recycling Lives Charity. I had nothing to get up for."

Last year Tom saw a Facebook ad for Recycling Lives Charity's cookery classes. Tom was in recovery, living in supported housing and trying to stay clean. "I could see myself slipping back into my old ways of isolation and low self-esteem. I willed myself to go in for the course, and I loved it."



When the course ended Tom asked if he could stay involved. He was able to volunteer in the Charity's training kitchen, cooking and serving meals for its adjoining community café. His talent and enthusiasm impressed so much that he's now working on a paid basis for 10 hours a week while also volunteering.

"It's given me a purpose; a reason to get up in the morning"

Tom says: "It's built my confidence, getting compliments through my cooking. It's given me a purpose; a reason to get up in the morning. Painting and decorating wasn't really my ideal career. I didn't really know what I wanted to do. This has built a passion in me.

"I've got the bug now. I've been buying cooking books. I bought my own stand mixer for home. My weekends now: instead of isolating I'll bake cakes and pass them on to the other residents in the supported accommodation around me.

"I think about cooking a lot. It helps divert me when negative thoughts do come in."

Tom has impressed so much that there are plans for him to be taken on full-time to run the café. "It's an exciting prospect," he smiles.

In summer 2024, Tom will have been sober and clean for two years. "It hasn't been easy. There's been a lot of hard work. But you start to slowly see the benefits of sobriety. Recycling Lives Charity has made a massive difference, just from the support that they're giving me. In the kitchen we've become a small family."



*"Food isn't just fuel for the body.
It's central to how we feel about ourselves."*



Vegetable Balti

RECYCLING LIVES CHARITY, PRESTON, LANCASHIRE

Last year Tom Harper saw a Facebook ad for Recycling Lives Charity's cookery classes, delivering Jamie Oliver's Ministry of Food courses. Tom was in recovery, living in supported housing and trying to stay clean.

When the course ended Tom asked if he could stay involved. He was able to volunteer in the Charity's training kitchen, cooking food to be served in its adjoining community café.



METHOD

Heat the oil in a large pan, then add the onions, garlic and apple and cook gently, stirring occasionally until the onion softens (about 5-8 minutes). Stir in the curry paste.

Tip the fresh vegetables into the pan and add the tomatoes and stock. Stir in half the chopped coriander.

Bring to the boil then turn the heat to low, give it a good stir, pop a lid on, and leave to simmer for half an hour.

While this cooks, bring 150ml of water to the boil, season with salt, then add the rice and turn to a low heat and leave to cook for 10 minutes, until all the water is absorbed. Remove the lid to the curry and cook for another 20 minutes, until all the vegetables are soft and the liquid has reduced.

Finally, season with salt and pepper and you're ready to plate up your curry. Sprinkle the remaining coriander over as garnish and serve with yoghurt, as suits.

INGREDIENTS

- 1 tbsp vegetable oil
- ½ onion
- 1 garlic clove
- ½ apple
- 3 tbsp curry paste
- 65g butternut squash
- 1 carrot
- 65g turnip
- 65g cauliflower
- 200g can chopped tomatoes
- 300ml vegetable stock
- 3 tbsp chopped coriander
- 65g low-fat yoghurt
- 75g basmati rice



"Double or triple all quantities to batch cook. The curry can be popped in the freezer once cooled."



“Add gravy granules to thicken if needed”

Cottage Pie

KIRKBY LONSDALE COMMUNITY CUPBOARD,
KIRKBY LONSDALE, CUMBRIA

Amidst the challenging time of the COVID-19 lockdown, Issy Bradshaw, community coordinator at Kirkby Lonsdale Community Cupboard, saw an opportunity to support her community by providing much-needed warmth and nourishment during a bleak winter.



METHOD

Fry the mince until brown and remove from the pan (keep the pan and meat juices).

Finely dice the onion, celery and carrot, and put in the pan that the meat was cooked in. Add the finely chopped garlic, mixed herbs and salt and pepper, and fry until they are all soft.

Add the meat and tomato puree, crumble in the stock cube and mix well.

Cover with boiling water, add the gravy granules to thicken if needed, then simmer for 15-20 minutes. Transfer to an ovenproof dish.

Boil the potatoes, then mash them and milk and butter, plus a little salt and pepper and put on top of the mince.

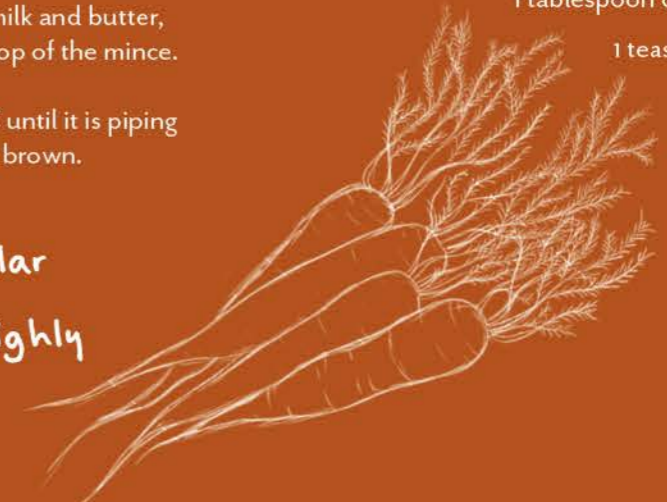
Cook for about 25-30 minutes at 180°C until it is piping hot throughout and the potato is golden brown.

INGREDIENTS

Serves 4

- 500g minced beef
- 1 medium onion
- 1 large carrot
- 1 stick of celery
- 1 clove of garlic
- salt and pepper
- 1 stock cube
- 1 tablespoon of tomato puree
- 1 tablespoon of beef gravy granules
- 1 teaspoon of mixed herbs

“Cottage Pie was a regular on the menu, a classic comfort food that was highly requested and loved.”



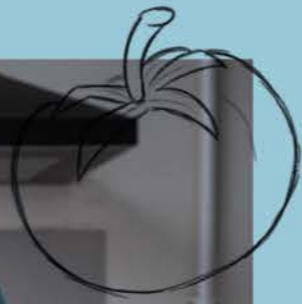
Ryan & Kelly, The Cumberland; Hazel, Kate's Kitchen; Andy & June, Fareshare Glasgow & The West of Scotland



Members of the community with June & Andy from Fareshare Glasgow & The West of Scotland



Inna
(find her tomato soup recipe over the page)



An inspirational kitchen

KATE'S KITCHEN,
ANNAN, DUMFRIES



Free food is on offer to all who need it at Kate's Kitchen in Annan, where the support goes far deeper than a free meal.

The community café on the High Street is open four days a week serving free food and drinks but Kate's Kitchen also boasts a well-being group, gardening club and activity days, alongside the chance to learn how to grow and cook your own fresh food.

“Encouraging people to grow food with us and learn to cook on a budget are all things that we do to create sustainable communities.”

“It would be no exaggeration to say that, at Kate's Kitchen, we are helping people to change their lives,” says project organiser Hazel Thompson.

“Of all the 150 people who visit us every week there will always be one or two who stick in my mind.

“One of our volunteers was lonely, shy and anxious when they first came to us four years ago on the recommendation of their GP. Today they are not only one of our dedicated volunteers, they have been on television to talk about what we do.

“We are so proud of how far they have come. That is just one of the many people whose lives have been turned around thanks to the work we do here.”

The Kate's Kitchen tomato soup recipe was submitted by their Ukrainian cook Inna Dorofeivia. “Inna moved here with her son to escape the war in March 2023 and has found a new life with us all,” says Hazel. “Her tomato soup is delicious and very popular. We are sure you will love it too.”

The project opened up a charity shop close to Kate's Kitchen on the High Street in February 2023 - and it's now playing a vital role in keeping the project sustainable.

“We depend on donations and grants to run our various projects so anything anyone can give is welcomed,” says Hazel.

“FareShare Glasgow and the West of Scotland is a lifeline for us, providing food every week without fail to cook and serve in our café. We also give out food parcels and run a Meals on Wheels service for those who are housebound and vulnerable.

“We use lots of surplus food and nothing is wasted. Encouraging people to grow food with us and learn to cook on a budget are all things that we do to create sustainable communities.”

Inna's Tomato Soup

KATE'S KITCHEN, ANNAN

The Kate's Kitchen tomato soup recipe was submitted by their Ukrainian cook Inna Dorofeivia. "Inna moved here with her son to escape the war in March 2023 and has found a new life with us all," says Hazel. "Her tomato soup is delicious and very popular. We are sure you will love it too."

METHOD

Boil the potatoes, carrots and spices.

In a separate pan, boil the tomatoes with the salt, pepper and sugar.

Drain the vegetables, and remove the cloves and bay leaf. Blend all the ingredients together in one pan.



INGREDIENTS

- 2kg potatoes
- 2kg tomatoes
- 0.5 kg carrots
- 50 g sugar
- Bay leaf
- 1 jar chopped tomatoes
- Pinch of nutmeg
- 5 cloves
- Pepper and salt

Invite over the extended family... these quantities serve 40 people.



From waste to wonderful

“Food from local shops and eateries which would otherwise be wasted is turned into nourishing meals.”

PEOPLE'S CAFÉ AND COMMUNITY FOOD LARDER, KENDAL, CUMBRIA

Waste is being turned into wellbeing at the People's Café and Community Larder in Kendal. A passion for the environment, good food, friendship and community is at the heart of the Waste into Wellbeing project.



The People's Café has built up a reputation as a vibrant, friendly space where you can cook, eat, laugh and chat - and everyone is welcome.

Food from local shops and eateries which would otherwise be wasted is turned into nourishing meals, provided on a pay-what-you-can basis, or is redistributed to residents in need through the community larder.

Waste into Wellbeing's overall goal, which is delivered as part of South Lakes Action on Climate Change, is to reduce the waste and surplus food generated by wholesalers, hospitality and retailers in Kendal.

“All the food we distribute and share in our café would have been discarded. Now it is helping to feed a community.”

The ultimate outcome is to reduce greenhouse gas emissions and help achieve Zero Carbon Kendal.

Stacy Hurley, project lead at The People's Café and Community Food Larder, says: “We are very proud of the fact that in 2020 we saved five tonnes of food from landfill – and in 2023 that went up to 33 tonnes.”

“We are, at heart, an environmental charity and we care passionately about reducing food waste.”

“We believe that everyone can make a difference. Even the way you cook at home has a real impact. Our volunteers are fabulous and they can give you all sorts of ideas on how to make delicious food from leftovers and scraps that you might have been tempted to throw away.”

“We know that food poverty is a real issue but so, too, is social isolation. We love bringing people together to

cook, eat and share their stories. We started our weekly cook-alongs with 'Winter Warmer' demonstrations, which soon morphed into everyone having a go.

“All the food we distribute and share in our café would have been discarded. Now it is helping to feed a community.”

Volunteer cook Claire Wickham runs the monthly cook-alongs to help people think creatively about food. She loves the buzz around cooking and eating together. And when it comes to recipes, she encourages people to try a mouth-watering array of flavours from all over the world.

“We recently had a glut of frozen beef burgers so we're making Bobotie, a South African dish, in our next cook-along,” explains Claire.

“We mash the burgers up to use as mince, adding some curry powder, sultanas and mango chutney and topping with an egg custard. It might sound a little unusual but it is absolutely delicious.”

An average of 15 people turn up to the monthly cook-alongs where the people and the chat matter just as much as the food.

“We believe that everyone can make a difference. Even the way you cook at home has a real impact.”

“We just ask people to pay what they can afford,” says Claire.

“One woman, who lives on her own, commented on how lovely it was to cook and eat with someone else. That can make such a difference to people.”



Nigel Taylor, head of marketing at The Cumberland, grew up in South Africa before moving to the UK in 2009.

He said: "What a surprise it was, finding out we were cooking Bobotie at Kendal People's Café - a very long way from South Africa. The fact we were making it with surplus food, ensuring it did not go to waste, was great to see."

"Bobotie is a culinary delight that embodies the cultural diversity of South Africa. Whether enjoyed as a family meal or as part of a special occasion it is a must to cook and share."

"Bobotie is a culinary delight that embodies the cultural diversity of South Africa."

"With its fusion of African, Dutch and Malay flavours, this dish showcases the country's rich heritage and the art of blending diverse culinary traditions."

"Cooking it for the first time with a group of Kendal People's Café volunteer members and Cumberland colleagues was an amazing experience."

"I can honestly say the meal was delicious and simple to make. The shared experience of the cook-a-long has been truly heartwarming."



This recipe is close to Nigel's heart



Bobotie

"It might sound a little unusual but it is absolutely delicious"

PEOPLE'S CAFÉ AND COMMUNITY LARDER,
KENDAL, CUMBRIA

Volunteer cook, Claire Wickham, runs the monthly cook-alongs to help people think creatively about food. She loves the buzz around cooking and eating together. And when it comes to recipes, she encourages people to try a mouth-watering array of flavours from all over the world.



METHOD

Heat oven to 180°C/ fan 160°C/ gas mark 4.

Pour cold water over the bread and set aside to soak.

Fry the onions in the butter, stirring regularly for 10 minutes until they are soft and starting to colour.

Add the garlic and beef (or beefburgers or quorn mince) and stir well, crushing the mince into smaller grains until it changes colour.

Stir in the curry powder, herbs, spices, chutney, sultanas and one of the bay leaves with ½ tsp of salt and plenty of black pepper.

Cover and simmer for 10 minutes. Squeeze the water from the bread, then add the meat mixture until well blended. Tip into an ovenproof dish and press the mixture down well, smoothing the top. You can make this and chill one day ahead.

For the topping, beat the milk and egg with seasoning, then pour over the meat. Top with the remaining bay leaves and bake for 35-40 minutes until the topping is set and starting to turn golden.

Serve with new potatoes and a tomato and onion salad.

INGREDIENTS

Serves 3

- 1 slice white bread
- 1 onion, chopped
- 20g butter

1 garlic clove, crushed

500g packet lean minced beef or equivalent weight in beefburgers or Quorn mince

1 tbsp mild curry powder

1 tsp dried mixed herbs

2 cloves

½ tsp ground allspice powder

2 tbsp mango chutney

2 tbsp sultanas

1 bay leaf

FOR THE TOPPING

150ml full cream milk

1 large egg

2 bay leaves

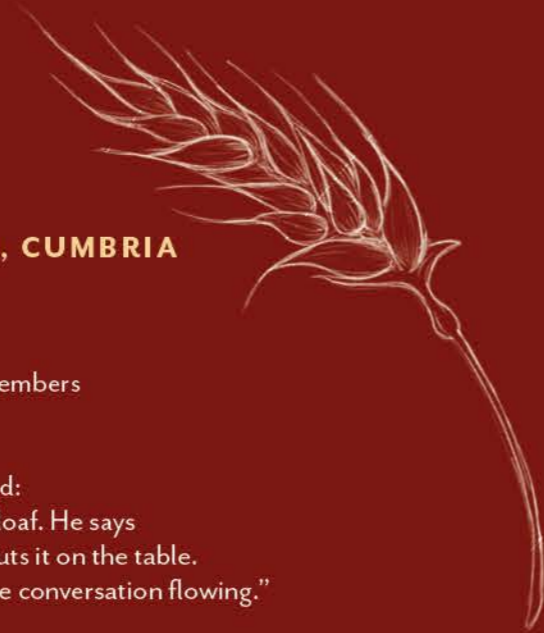


Canadian Malt Loaf

MILLOM COMMUNITY FOOD PANTRY, MILLOM, CUMBRIA

Millom Food Pantry aims to reduce food waste by providing their members with regular food boxes as part of Millom Network Centre.

Angela Dixon, chief executive officer at Millom Network Centre, said: "The recipe our chef Richard Turner has chosen is a Canadian malt loaf. He says this is the best cake for all ages and there is never any left when he puts it on the table. There's nothing better than a cup of tea and a piece of cake to get the conversation flowing."



METHOD

Oil a baking tray and coat with flour or line it with greaseproof paper.

Mix all the dry ingredients together in a mixing bowl.

Add the cooled black tea and mix well.

Add the eggs and treacle to make a batter.

Bake in the oven at 180°C gas mark 6 for 50 minutes until golden brown.

"This is the best cake for all ages and there is never any left when he puts it on the table"

INGREDIENTS

Sunflower oil for greasing the cake tin or you can use greaseproof paper

1 tablespoon treacle

150ml hot black tea

85g dark brown sugar

300g mixed dried fruit

2 large eggs, whisked

250g plain flour

½ tsp baking powder



"There's nothing better than a cup of tea and a piece of cake to get the conversation flowing"



On the rise

PHOENIX ENTERPRISE CENTRE FOOD PANTRY,
CLEATOR MOOR, CUMBRIA



Mia O'Fee, marketing officer at Phoenix Enterprise Centre Food Pantry in Cleator Moor, is passionate about helping to fuel west Cumbrians, and to make them feel better about themselves.

Mia recalls a week when the centre handed out 95 bags of food to 22 families who had been referred to its food pantry.

"Our food bags are not just about giving hungry families the basics. They are about giving people choice.

"We look at every new referral and carry out a financial assessment. This can highlight where we can signpost to extra support if needed. So food is part of the plan, but it's not the solution. We look at people holistically, taking each and every person's story into account."

Mia loves to cook. The food bags contain the ingredients needed to make the recipe she has chosen for The Kinder Cookbook. "I thought long and hard about the recipes I would like to share and bread came out on top. It's a staple for life, it's easy and fun to make, it's cost effective and there aren't many ingredients.

"If you make my flatbread you don't even have to turn the oven on as it takes just a few minutes in the frying pan. And my no-knead bread is so simple to make. It's a great recipe to try out with the kids at home."

Mia particularly values bread's versatility. "You can fill a flatbread with anything you have lying around in the fridge: meat, salad, veggies, cheese, eggs."

"Food is not just our fuel for life - it's central to how we feel about ourselves."

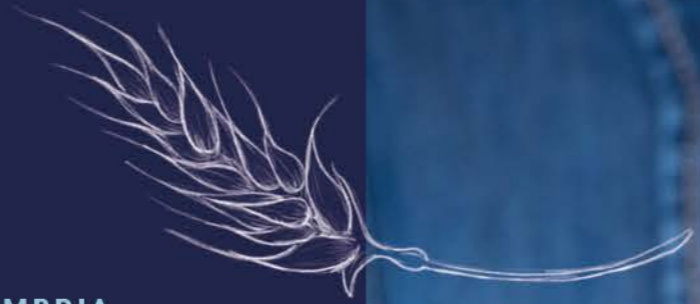
The Food Pantry relies on the donations it receives from FareShare and the local community and the support of its volunteers. They pack the bags and deliver them across Copeland.

"Food can bring people together," says Mia. "It can give joy. We are all food mad in the office and our shared lunches are always something to look forward to. We eat together, chat, come up with new ideas, and support each other. They are special times."



Easy 3-Ingredients Flatbread

No, really.
Just 3 ingredients!



PHOENIX ENTERPRISE CENTRE FOOD PANTRY, CLEATOR MOOR, CUMBRIA

METHOD

In a large mixing bowl, combine your self-raising flour with salt. Mix and then add the Greek yogurt, mixing until all the ingredients are combined. Use your hands to incorporate the flour and yogurt and form a ball of dough. Depending on how wet the mixture is, you might need a bit more flour.

Lightly flour your kitchen surface. Sprinkle a tablespoon or two of flour on top of the ball of dough. Transfer the dough onto the kitchen surface, and press into a circular shape. Divide the dough into four even portions.

Re-flour the surface again and get one portion of dough. Use a rolling pin and roll it out into a circular shape. Repeat until you have four uncooked flatbreads.

Heat a large, non-stick pan on medium heat (you don't need any oil).

When hot, place one flatbread on the heated surface and cook for 2-3 minutes, before flipping and cooking for another two minutes.

Repeat the process until all four flatbreads are cooked.

Note - this only works with self-raising flour.

INGREDIENTS

380g (1 ¾ cups) self-raising flour
(you can use gluten free flour)

230ml (1 cup) Greek
yoghurt (reduced-fat may
need a bit more flour)

½ teaspoon salt

You can add some dried
herbs to your dough for
more taste e.g. dill,
thyme, basil etc.



"You can fill a
flatbread with
anything you have
lying around in the
fridge: meat, salad,
veggies, cheese, eggs."





No Knead Bread

Baked in a cast iron oven-safe pot

PHOENIX ENTERPRISE CENTRE FOOD PANTRY,
CLEATOR MOOR, CUMBRIA



METHOD

In a large bowl, dissolve yeast and salt in warm water.

Add the flour and stir to make a sticky dough.

Cover the bowl with cling film and let rise in a warm place for 1 hour.

Using hands or a spatula, stretch and fold the dough edges into the centre. Repeat 30 minutes later.

Let the dough rise for another hour.

Preheat the oven to 250°C with the cast iron pot inside, with the lid on, for at least 20 minutes. This is to ensure the pot is heated through.

On floured baking paper, shape the dough into a loaf by folding and stretching, then place in a bowl to rest.

Gently flip the loaf over so the floured side is on top and the loaf is in the centre of the baking paper.

Carefully transfer the dough on the baking paper into the hot pot. Score the top with a knife.

Cover with the lid, and bake for 35 minutes. Remove the lid and bake for another 10 minutes until golden brown.

Remove the loaf using the baking paper, and cool on a wire rack for at least 15 minutes.

INGREDIENTS

350ml (1 ½ cups) warm water from the tap

1 packet yeast (active dry or instant, 2 teaspoons)

½ tablespoon fine salt

390g (3 ¼ cups) plain flour or bread flour (plus more for dusting)

Note: The dough can be refrigerated overnight. Let it rest 30 minutes at room temperature before baking.



Lush Spring Onion & Cheese Soda Bread

PHOENIX ENTERPRISE CENTRE FOOD PANTRY, CLEATOR MOOR, CUMBRIA

METHOD

Preheat the oven to 200°C, fan 180°C, gas 6 and dust a baking tray with flour.

Sift the flour, bicarbonate of soda and salt into a mixing bowl and add a couple of grindings of black pepper. Stir in most of the spring onions and cheese, keeping a little back for the top of the loaf.

Make a well in the centre and add enough buttermilk to bring the mixture together into a clean ball. Don't overwork the dough. Add a little extra milk if needed to bring it together.

Shape into an approximately 18cm round and put on the prepared tray.

Mark the loaf into quarters, cutting almost all the way through. Brush with a little milk, then scatter the remaining spring onions and cheese on top.

Bake for 35-40 minutes until the loaf is crisp and sounds hollow.

Cool for at least 30 minutes on a wire rack before eating.

INGREDIENTS

400g plain flour, plus extra to dust

1 tsp bicarbonate of soda

1 tsp fine sea salt

1 bunch of spring onions, chopped

125g cheese, crumbled or coarsely grated (cheddar or feta)

300ml buttermilk (instead you can use 200g natural yogurt mixed with 100ml milk)

1 tbsp milk, to glaze



Remember to keep aside some spring onions and cheese to sprinkle on top!





Ryan's Heart-Warming Chilli Con Carne

RYAN MCCUBBIN, THE CUMBERLAND

Ryan McCubbin, cluster manager (Scotland) at The Cumberland, said: "This is a great, easy dish to make and share with a table of your closest family and friends."



METHOD

Peel and finely chop the onion and garlic cloves. Finely slice the fresh chilli, removing the seeds. For those who like it pretty hot, keep the seeds in.

Pop a tablespoon of olive oil into a big pan. Stick on a medium heat – adding the onion, garlic and chopped chilli. Cook for 8 minutes, or until the onion is soft. Be careful not to burn the garlic, especially if using powder.

Peel and finely chop the carrot and celery sticks. Chop the pepper into thin strips and remove the seeds. Add to the pan with the smoked paprika and chilli powder. Fry for another 4-5 minutes.

Add both the beef and pork mince, breaking this up once in the pan. Cook for a further 5-6 minutes, allowing the meat to brown and excess liquid to evaporate.

Add the tinned tomatoes and passata. Bring to the boil then reduce the heat to allow the chilli to simmer. Season with salt and black pepper. Ideally you'll let this simmer for up to 1 hour – you want it to thicken up nicely. Check every now and then, stirring every so often.

Wash and roughly chop the coriander leaves. Season the chilli with a bit more salt and pepper, scattering the chopped coriander over the top to finish before serving.

INGREDIENTS

- 250g minced beef
- 250g minced pork
- 2 x 400g tins of chopped tomatoes
- 500g tomato passata
- 1 x pepper (red, yellow or green)
- 1 large onion (red or brown)
- 1 large carrot
- 2 celery sticks
- 2 cloves of garlic or 1 tablespoon of dried garlic powder
- 1 tablespoon of smoked paprika
- 1 fresh red chilli (optional)
- 1 tablespoon of chilli powder
- 20g fresh coriander
- olive oil

White Chocolate & Lemon Buns

EMILY PIDGLEY BOWMAN, THE CUMBERLAND



Emily Pidgley Bowman, finance analyst at The Cumberland, said: "When I was younger, my grandma taught me how to cook and bake. She loved to make homemade things and has passed that down to me. If I were to go over to her house for lunch, your best bet would be that it was homemade, hearty and followed by a sweet."

"Thanks to her, I now love to cook and bake, especially these white chocolate and lemon muffins."

METHOD

Put the butter and sugar in a bowl and mix until all combined and fluffy.

Sieve your flour into the bowl and add the eggs. If the mixture is too pasty and thick, add a splash of milk to make it more creamy.

Use a grater to get the lemon zest and add it with a little squeeze of juice. Keep the lemon in the fridge as you'll need the rest of the juice later.

Put in as many white chocolate chips as you wish.

Spoon the mixture into cases and put in the oven at 180°C for around 15 minutes.

Make sure you check on them. They will be ready when you put a skewer into the batter and it comes out clean.

Once the buns are cool, use a wooden cocktail stick to poke holes in the top of each bun. Juice the rest of the lemon and drizzle over the buns.

For extra luxury, melt a white chocolate bar and use it to ice the buns.



INGREDIENTS

200g sugar

200g butter

200g flour

2 eggs

splash of milk

1 lemon

white chocolate chips

white chocolate bar (optional)



Kinder Kind of Kitchen Community Food Member Directory



FARESHARE LANCASHIRE AND CUMBRIA

Contact FareShare Lancashire and Cumbria, operated by Recycling Lives Charity, to find out more about receiving food, donating any surplus food items, or becoming part of the team. A20, Redscar Business Park, Longridge Road, Preston, PR2 5NE / Tel: 01772 665958 / Email: fareshare@recyclinglives.org

Aspatia Dreamscheme

Working with the community to raise aspirations, improve social welfare and build mental and emotional resilience.

Bendrigg Trust

A residential activity centre specialising in high-quality courses for people with physical and learning disabilities.

Calderwood House

A converted police station in Egremont providing an innovative solution to homelessness and unemployment.

Copeland Occupational & Social Centre

Providing high-quality day care for adults with disabilities from centres in Cleator Moor and Cocker mouth.

Harraby Community Centre

Providing a wide range of social and educational activities for people in Carlisle, as well as a friendly community café.

King's Church Cocker mouth

A warm, friendly and welcoming church encouraging people to connect by attending their community events.

Millom Community Food Pantry

Playing their part in reducing food waste by providing members with regular food boxes as part of Millom Network Centre.

Phoenix Enterprise Centre Food Pantry

Passionate about helping to fuel west Cumbrians, by delivering food parcels to people who require help in the Copland area.

Recycling Lives Charity - Supper's Up

A weekly soup kitchen offering a warm welcome and a hot meal to people in need in Preston.

Recycling Lives Charity Training Kitchen

Offering cookery classes for novice or seasoned chefs to hone basic kitchen skills and learn more about nutrition and budgeting.

St Barnabas Church Foodbank

Offering food, support, friendship and care to more than 50 families in Carlisle.

The Kirkby Lonsdale Community Cupboard

Helping to reduce food waste, and provide donated and surplus food to residents within the local community.

Waste Into Wellbeing – Kendal People's Café

A volunteer-led, social project at the heart of Kendal's community, aiming to reduce food waste and provide nourishing meals.

Wigton Food Pantry

Building a community spirit by supplying food and helping to make nutritious meals from basic ingredients.

Allithwaite Community Food Hub

Aspatia Youth Club

Botcherby Community Centre

Bram Longstaffe Wellbeing and Wellbeing Centre

Brampton Food Bank

Brook Street Primary School

Carlisle Key

Christians Against Poverty Whitehaven

Culgaith C of E School

Dazzle for Children and Young People

Denton Holme Community Centre

Distington Action Against Hunger

Flookburgh Community Food Club

Friends of Dean Barwick Primary School

Grange-over-Sands Community Foodshare

Greystone Community Centre

Harriston Village Hall

Highfield Food Pantry

Inglewood Nursery and Infant School

Kendal Food Club

Little Clifton Energy Hub

Melbourne Food Club

Moreland C of E School

Northside Community Centre

Oasis Food Pantry

Petteril Bank Community Centre

Project John

South Workington Youth Partnership

Space 2 Create

Staveley with Ings Together

The Grub Hub

The Intact Centre

The Oval Food Pantry

The Well Communities

Ulverston Food Project

Waste Not Want Not Cartmel

Workington Derwent Rotary Club

Zero Waste Sedbergh



FARESHARE GLASGOW & THE WEST OF SCOTLAND

Contact FareShare Glasgow and the West of Scotland, operated by Move On, to find out more about receiving food, donating any surplus food items, or becoming part of the team. 1070 South Street, Glasgow, G14 0AP / Tel: 0141 958 1133 / Email: fareshareteam@moveon.org.uk

Apex Scotland

Reducing re-offending, promoting desistance, tackling deprivation and making communities safer

Kate's Kitchen

A safe, friendly place; a hot meal; and a listening ear on Annan High Street

Oasis Youth Centre

An accessible, safe and inclusive space for 12-25 years olds living in and around Dumfries

River of Life Church

A contemporary Christian church in Dumfries providing food parcels, youth groups and prayer meetings

Summerhill Community Centre

A volunteer-led community venue in the heart of north west Dumfries

A heartfelt thank you...

Dedicated to the volunteers, service providers, service users, and Cumberland colleagues who contributed recipes and stories to The Kinder Cookbook.

Your passion for cooking for your community fills every page.

