

Share Shack Cook-Along

February-March 2024

If you have any questions regarding these recipes or stories to share about the sessions - please email them to bethan.amos@theaws.org



Share Shack
by active communities



Panzanella Salad

Ingredients:

- 1kg ripe mixed tomatoes, halved if small, quartered if large
- 300g day-old sourdough or ciabatta, torn into large chunks
- 100ml extra virgin olive oil
- 50ml red wine vinegar
- 1 small shallot, finely chopped
- 1 garlic clove, grated
- 100g black olives, pitted - optional
- large handful of basil leaves, torn

Method:

Heat the oven to 180C/160C fan/gas 4. Put the tomatoes in a colander and sprinkle over 1 tsp sea salt, then leave to sit for 15 mins.

Spread the chunks of bread out on a baking tray and toss with 1 tbsp of the oil. Bake for 10-15 mins, or until lightly toasted.

In a bowl, whisk together the remaining oil, the vinegar and shallot and garlic. Season to taste. Toss with the tomatoes, croutons, olive oil dressing, the olives and half the basil in a large bowl. Spoon the panzanella onto a serving plate and top with the remaining basil.

Pink Onions (serves 4)

Ingredients:

- 1 red onion, peeled and very thinly sliced
- 100ml white wine vinegar (we used apple cider vinegar in the session)
- 1 tbsp caster sugar
- 1 tsp salt
- 100ml boiling water

Method:

Place all ingredients in a small bowl, mix well and leave for at least 15 minutes. Spoon the onions out of the liquid when you serve them. These will keep for 3-4 days in an airtight tub in the fridge.

Raw Broccoli Salad (serves 6)

Ingredients:

- 500g broccoli florets – thinly sliced and roughly chopped
- 1/2 cup finely chopped red onions
- 2 limes, zested and juiced
- Optional – 1/2 cup dried cherries or sunflower seeds

Dressing:

- 1/3 cup olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp honey
- Garlic clove – grated
- Salt and pepper to taste

Method:

Mix all the dressing ingredients together in a small bowl. Pour over the salad ingredients and leave to soak up the flavours for at least 30 minutes.

Crunchy Cabbage Salad with Sticky Peanut Dressing (Serves 12 as a side dish)

Ingredients:

- 4 red peppers
- Half a white cabbage
- Bunch of spring onions
- Half a cucumber
- 4 ripe mangos (use prepared or tinned if you like)

For the peanut butter salad dressing: (you don't have to use peanut products, can just leave out and add more water)

- 250g peanut butter
- 8 tbsp soy sauce
- 6 tbsp sweet chilli sauce
- 2 tbsp honey
- 4 limes, zested and juiced
- Splash of water
- Handful of fresh mint
- Handful of salted peanuts

Method:

Chop everything up into small chunks and add to a bowl. Mix the salad dressing in a separate bowl or jug. Add just enough water to make a smooth, runny sauce.

When ready to serve, add the dressing to the salad bowl and mix everything together. Top with peanuts and mint.

Pineapple Crunch Salad (serves 4)

Ingredients:

- 300g fresh pineapple cut into 1cm slices (you can use tinned)
- 1/2 a white cabbage shredded finely,
- 1 red pepper, deseeded cut into thin strips
- 1/2 a red onion, peeled and diced as small as you can
- 1 lime, zested and juiced
- 2 tbsp sweet chilli sauce

Method:

Mix all the ingredients together and serve.

Carrot mash (serves 4)

Ingredients:

- 500g carrots
- 1 tbsp sugar
- 1 knob butter, plus a little extra
- 1 small handful of fresh herbs
- 1 orange
- a few whole cloves garlic
- 1 pinch cumin
- salt
- pepper

Method:

Boil the carrots in salted water with a tablespoon of sugar, a knob of butter and a little shake of mixed herbs.

Cut the skin off the orange and thinly slice – removing any pips and add the slices to the water along with the peeled garlic cloves.

As soon as the carrots are cooked, drain them, add some seasoning and a little more butter and mash. It might be easier to use a blender, but it's quite nice left a bit chunky.

Cauliflower, Chickpea and Couscous (serves 4-6)

Ingredients:

- 1 large cauliflower cut into florets
- sumac
- 400g couscous
- 2 tsp vegetable stock powder (or one stock cube)
- 600ml boiling water
- Large bunch fresh parsley and coriander
- Zest and juice of 2 lemons
- Salt and pepper
- 1/2-3/4 of a jar of chermoula paste (can be found at Tesco, Waitrose etc)
- 1 tin chickpeas , drained and rinsed.

Method:

Preheat the oven to 180C fan, place the cauliflower florets on a roasting tin, drizzled in olive oil and season with salt, pepper and sumac. Roast until golden brown, around 30mins.

Place the couscous in a mixing bowl, pour on the 600ml boiling water with the vegetable stock, cover the bowl with clingfilm and let sit for 10minutes. Then fluff the grains with a fork, add the lemon zest and juice, salt and pepper and chopped fresh herbs.

Open the tin of chickpeas, place in a sieve and rinse through with cold water until the water runs clear. Shake dry and mix into the couscous.

Mix the chermoula paste into the cooked cauliflower, then serve on top of the couscous.

Vegan Chickpea Shashuka (serves 4)

Ingredients:

- 1 tbsp olive oil
- 1/2 cup diced white onion
- 1 medium red pepper, chopped
- 3 cloves garlic, finely chopped
- 400g tinned tomatoes
- 1-3 tbsp tomato paste
- Sea salt to taste
- 2 tsp smoked or sweet paprika
- 1 tsp ground cumin
- 2 tsp chili powder
- 1/4 tsp ground cinnamon
- 1 pinch cayenne pepper (optional)
- 400g cooked chickpeas (rinsed and drained)

Method:

Heat a large deep frying pan over medium heat. Once hot, add olive oil, onion, pepper and garlic. Sauté for 4-5 minutes, stirring frequently, until soft and fragrant.

Add tomato puree or diced tomatoes, tomato paste, sea salt, paprika, cumin, chili powder, cinnamon, cayenne pepper (optional), cardamom, and coriander (optional). Stir to combine.

Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently.

Add chickpeas and olives (optional). Stir to combine. Then reduce heat to medium-low and simmer for 15-20 minutes to allow the flavors to develop and marry with the beans.

Taste and adjust seasonings as needed, adding more cumin or paprika for smokiness, cayenne for heat, coconut sugar for sweetness, cardamom and coriander for earthiness (or slight curry flavor), chili powder for smoke/heat, or olives for saltiness and to balance the tomato flavor. Cook longer, as needed, to develop flavors.

Serve as is or with bread, pasta, or rice.

Brussel Sprouts and lentils (serves 4-6)

Ingredients:

- **1kg brussel sprouts, trimmed and thinly sliced**
- **Olive oil**
- **Salt and pepper**
- **2 tins of green lentils, drained and rinsed**
- **Fresh parsley, roughly chopped**
- **Fresh mint, roughly chopped**

Dressing:

- **1 tsp Dijon mustard**
- **2 tbsp balsamic vinegar**
- **6 tbsp olive oil**
- **1 garlic clove, grated**

Method:

Mix together the ingredients for the dressing in a small bowl.

Heat a large frying pan over a medium heat with a little oil. Stir fry the sliced brussel sprouts until softened and golden. It's ok if some of the edges get more coloured and a little crunchy.

Stir through the drained lentils, add the herbs and dressing and serve warm.

Sweet potato and tuna fishcakes – serves 4-6

Ingredients

- 2 sweet potatoes
- 160g tin of tuna in spring water, drained
- Handful fresh parsley, chopped
- 1 red chilli, finely chopped
- 2 tsp soy sauce
- 2 tsp oyster sauce
- 2 spring onions, finely sliced
- 1 lemon, zested
- 2 tbsp vegetable oil
- 1 mug plain flour
- 2 eggs, beaten
- 4 slices bread, crumbed (or use ready made breadcrumbs)

For the salad:

- 1 carrot
- 1 cucumber
- 1/4 of a white cabbage, shredded
- 1 tbsp sweet chilli sauce
- Salt and pepper to taste
- Sesame seeds and mixed seeds (optional)

Method:

Peel and chop the sweet potatoes into 2cm cubes. Place in a saucepan with boiling water and boil until tender to mash (insert a fork and it will easily go through when ready). Mash when tender and let cool a few minutes until they're cool enough to handle.

Prepare the salad ingredients. Peel the cucumber into thin ribbons, you won't be able to use the inside with the seeds as they will be too watery. Repeat the carrot so you have fine vegetable ribbons for your salad. If you're using it, finely shred some white cabbage to bulk up the salad and make it more nutritious. Place the salad vegetables in a mixing bowl and toss together to start breaking down the cabbage a little.

Finely chop the parsley, spring onions and chilli for the fishcakes, zest the lemon and add it all to a large mixing bowl. Drain the tin of tuna and add to these ingredients. Add the soy and oyster sauce if using. Finally add the cooled mash, and combine.

In 3 separate bowls, place the flour, breadcrumbs and the beaten eggs. This is your panee station.

Form the mixture into 8 equal sized fishcakes, roll into a ball and lightly flatten. Next pane the fishcakes by first coating them in flour, then egg, then breadcrumbs. This will give a delicious crunchy texture when cooked.

Heat a large frying pan over a medium heat with a little vegetable oil. Cook until nice and golden on both sides.

Serve with the salad, seasoned with some salt and pepper and a drizzle of sweet chilli to taste.

Aash (Serves 6-8)

Ingredients:

- olive oil for frying
- 2 large onions, finely chopped
- a large bunch flat-leaf parsley, finely chopped
- a large bunch coriander, finely chopped
- 5 large cloves garlic, crushed
- 1 tbsp unsweetened tamarind paste (or you can use a substitution of lime juice and brown sugar)
- 2 tsp paprika
- 3 tbsp tomato purée
- 75g butter (or plant based substitute)
- 1 heaped tbsp plain flour
- 1 litre vegetable stock
- 100g basmati rice
- 100g dried green lentils
- a small bunch dill, finely chopped
- a bunch spring onions, thinly sliced

We can substitute fresh herbs for dried – use 1/3 of the quantity of dried instead

Method:

Pour in enough olive oil to coat the base of a large pan and put over a medium heat. Cook the onions for a few minutes until softened, without browning. Add the parsley and coriander, and cook them down for a few minutes until wilted. Stir in the garlic and cook for a few more minutes until soft and translucent, again without browning.

Stir in the tamarind, paprika, tomato purée and butter, then add the flour and mix well. Fry for a few minutes, then pour in the stock and 1 litre of cold water, and season generously. Bring the contents of the pan to a rolling boil, then stir in the rice and lentils. Reduce the heat and simmer, without a lid, for 25-30, minutes or until the rice and lentils are cooked. If the soup seems too thick, add some boiling water (up to 300ml), a little at a time, until you reach a desired consistency.

Season, then serve immediately (it will continue to absorb more liquid if left to sit too long) with the dill and sliced spring onions scattered on top.

Bombay Spiced Mince and Potatoes (serves 4)

Ingredients:

- 1 tbsp vegetable oil
- 1 medium onion, finely chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp garam masala
- 1/2 tsp turmeric powder
- 1 or 2 bay leaves
- 250g/9oz lean minced beef
- 1 400g can chopped tomatoes
- 4 medium potatoes cut into wedges
- Water - 1/2 fill the empty tomato can
- 250g/9oz frozen peas

Method:

In a saucepan heat the oil and fry the onions until really soft (about 8-10 minutes). Add the spices and fry for about 1 minute. Add the minced beef and fry until brown.

Add the tomatoes, potatoes and water. Put a lid on the saucepan and simmer for 20 minutes until the potatoes are tender. If the dish is becoming too dry you may like to add a little more water.

Add the peas and simmer uncovered for a further 5 minutes. Remove the bay leaves and serve.

Handy Hints:

Ø If you don't have the individual spices you can use curry powder or curry paste.

Ø Try using other vegetables in this dish.

Ø Use chicken instead of beef if you prefer.

Ø If you are vegetarian, you could leave the meat out and use a meat substitute or add a can of beans or lentils and extra potatoes.

Ø If you are not using lean mince, spoon off any excess fat before adding the tomatoes.

Aubergine with Apricots (Serves 4)

Ingredients:

- 1 tbsp oil
- 1 red onion, finely chopped
- 2 aubergine, cut into 2cm cube chunks
- 2 x 400g tin chickpeas, drained and rinsed
- 1 x 400g tin tomatoes
- 1 tbsp ras el hanout spice mix
- 2 tsp ground cumin
- 100g dried apricots, cut into small pieces
- 2 tbsp cornflour
- 500ml hot vegetable stock
- salt and pepper to taste

To serve - 2 tbsp runny honey, one handful of flaked almonds to taste

Method:

Place all the ingredients in a large lidded saucepan over a low heat and cook for 30-40 minutes, until the vegetables are soft and the sauce has thickened. If the sauce is too thick, add another 100ml of water.

When serving, stir in the honey and sprinkle with almond flakes.

One pot Tomato Pasta (serves 16)

Ingredients:

- 1050g spaghetti
- 1200g tinned tomatoes (3 tins)
- 3 large onions, sliced
- 12 cloves garlic, peeled and sliced
- 6 tbsp olive oil
- 12 tbsp pesto
- 9 tbsp tomato puree
- 3 litres vegetable stock, I use Marigold powder
- 3 tsp Salt
- 1 1/2 tsp freshly ground black pepper
- 600g cherry tomatoes
- 225g grated parmesan

Method:

Put the spaghetti, tinned tomatoes, onion, garlic, olive oil, pesto, salt and pepper, and stock in a large saucepan.

With the lid on, put it over a medium heat for about 10 minutes, until the pasta is almost cooked.

Stir in the cherry tomatoes and cook for a further 3 or 4 minutes until the pasta is cooked and the cherry tomatoes are softened.

Top with the Parmesan cheese to serve.

Sweet Potato and Quinoa Chilli (serves 4)

Ingredients:

- 750g sweet potatoes, peeled and cut into 2cm cubes
- 1 red onion, peeled and finely diced
- 3 large cloves garlic, peeled and crushed
- 1 tin of black beans, drained and rinsed (400g tin)
- 500g passata or 1 tin chopped tomatoes
- 3 tbsp tomato puree
- 600ml hot vegetable stock
- 150g quinoa rinsed and drained
- 1 tbsp ground cumin
- 1 tbsp paprika
- 1 tbsp ground coriander
- 1 tbsp mild chilli
- Salt and pepper

Method:

Heat a large saucepan over a gentle heat, when it's warm add the onions and cook until soft and sweet, we don't want to brown them.

Then add the garlic, spices and tomato puree, cook for 1-2 minutes until fragrant.

Then add the remaining ingredients and cook until the sauce is thick and the sweet potatoes are softened. This will be about 30-35 minutes.

If you want you can add an extra 100-200ml water if it gets too thick.

Seitan Recipe

Seitan is high in plant-based protein, while also offering a source of iron and selenium. It's also low in fat and carbs.

Ingredients:

- 120g vital wheat gluten
- 2 tbsp nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- 3 tsp bouillon powder (we used Marigold vegan bouillon)

Method:

Put the vital wheat gluten, nutritional yeast, onion and garlic powders, 1 tsp of bouillon powder and a pinch of salt into a bowl, and mix well. Make a well in the mixture and pour in 180ml of water. Use your hands to form into a dough. Allow to rest for 5 mins.

While the dough is resting, add the remaining 2 tsp of bouillon to a pan of water and set it on the stove to boil. As the broth is warming, divide the seitan dough into four sections and roll each into a sausage shape about 2cm thick. Cut the rolls into bitesize chunks using kitchen scissors and add to the pot of boiling water.

Allow to simmer for 15 mins, by which time the seitan should have floated to the top. Remove from the broth and set aside for immediate use or store in an airtight container for up to five days.

Quick Fruit Ice Cream

Ingredients:

- 500g mixed frozen berries (you can use frozen bananas if you like or a mix of your favourite fruit)
- 1/4 tsp vanilla essence
- 3-4 tbsp icing sugar
- 75g clotted cream (or yoghurt)
- 75ml whipping cream

Method:

Blend the frozen berries, vanilla essence, icing sugar and clotted cream in a food processor for five seconds. With the motor running, pour in the whipping cream and continue to blend until smooth.

Spoon the ice cream into a container and store in the freezer until ready to serve or eat immediately.

Quick and Easy Banana Pancakes

Ingredients:

- 1 ripe/over ripe banana
- 1 egg
- 2 tbsp self raising flour

Method:

In a medium sized mixing bowl place the peeled banana, and using a fork squash the banana until smooth. Add the egg and mix. Add the flour and mix again.

Heat a frying pan over a gentle heat. Lightly grease the pan with a drop of oil and wipe off excess with some kitchen roll.

When warm, cook the pancakes, one dessertspoonful = one pancake. They will form bubbles on the surface when ready to turn. Cook until golden and puffy.

They will brown easily on a high heat because of the sugar content of the bananas

Slow Cooker Blondies (serves 8)

Ingredients:

- 130g light brown soft sugar
- 110g butter
- 1 large egg
- 1/2 tsp vanilla extract
- 160g plain flour (all-purpose flour)
- 1 tsp baking powder
- A few sprinkles of salt
- 75g white chocolate chopped

Method:

Melt the butter in the microwave.

Pour it onto the sugar in a large bowl, mix, then leave to cool down.

Beat the egg with the vanilla extract and add to the butter mixture when cool. Mix together the flour, baking powder and salt (or use self-raising) and fold it into the mixture until just combined.

Grease and line your slow cooker pot. I used a large cake case but you can also use baking paper.

Pour the mixture into the lined pot, then scatter the chocolate on top.

Cook on high for 1-2 hours or until a skewer comes out clean.

Remove the pot from the base and leave to cool slightly. When cool enough to handle remove the cake case from the pot and place on a cooling rack to cool completely.

Pan-fried Bread and Butter Puddings

Ingredients:

- 16 medium slices of bread from a good quality white loaf
- 75g butter, softened
- 100g mixed dried fruit
- 25g light muscovado sugar
- 1/4 tsp each ground allspice, grated fresh nutmeg and ground cinnamon
- 4 medium free-range eggs
- 150ml double cream, plus extra to serve
- 150ml milk
- 1/2 tsp vanilla extract
- 50g caster sugar

Method:

Cut out an 8cm circle from each slice of bread (keep the crusts for coarse breadcrumbs), then spread each on one side with a little butter. Mix the dried fruit with the sugar and spices in a bowl, then put 1 heaped tbsp of the mixture into each of the buttered centres of 8 of the discs.

Cover with the rest of the discs, buttered-side down. Press together around the edges as though to seal.

Beat the eggs, cream, milk, vanilla in a shallow dish. Put the caster sugar in another shallow dish.

Put the frying pan over a medium heat until hot. Dip each fruit sandwich into the egg mixture and leave for about 10 seconds, then flip over and leave another 10 seconds until well soaked and evenly coated (you may need to do this in batches).

Turn up the heat slightly, put the sandwiches in the frying pan (again, you may need to do this in batches) and cook for 2-4 minutes on each side until crisp and golden. Drain briefly on kitchen paper, then dip in caster sugar and serve with extra cream to pour over, if you wish.

