

Friday Club Recipe Book

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We've had lots of
fun in Friday
club making
different recipes.

Here are a few
for you to try
again. Enjoy!

Quick & Easy Bread Pudding

SIMPLE RECIPE

- Serves 4
- 5 mins to prepare and 20 mins to cook

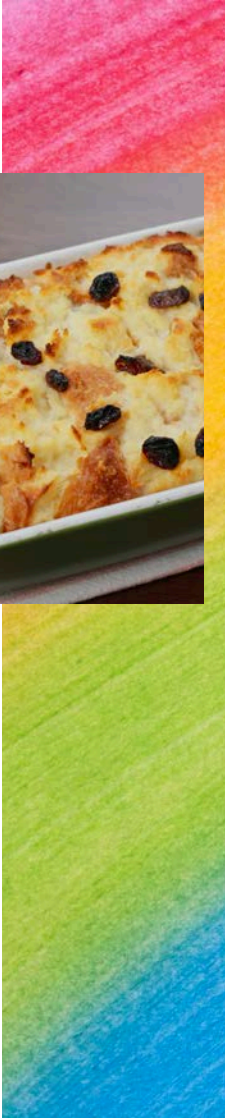
Ingredients

- 150ml whole milk
- 140g white bread
- 50g raisins or dried cherries
- 568ml pot of fresh custard
- butter, for greasing
- 5-7 tbsp caster sugar

Directions



1. Heat oven to 140C/fan 120C/gas 1. Stir the custard together with the milk. Trim the crusts from the bread, cut into triangles, then place in a large bowl with the raisins or dried cherries. Pour over the custard mixture, then carefully stir everything together so all the pieces of bread are coated. Lightly grease a small ovenproof dish with butter, then spoon in the mixture.
2. Cook for 30-35 mins until there is just a slight wobble in the centre of the custard. Sprinkle over the sugar to cover the surface, then pop under a hot grill for 1-2 mins until the sugar starts to melt and caramelize.



Creamy Tomato Soup

SIMPLE RECIPE

- Serves 4

Ingredients

- 1 Onion
- 2 tbsp Olive Oil
- 1 Tin chopped tomatoes
- 1/2 tsp caster sugar
- 200ml veg stock
- 2 tbsp mascarpone cheese
- Salt & Pepper

Directions

1. Peel and chop onion into small pieces Heat the oil and cook the onions until they are soft
2. Add the chopped tomatoes, sugar and stock Cook gently for 15 mins
3. Take the pan off the heat and add the mascarpone .
4. Blend until smooth Season with salt and pepper



Keema Curry

SIMPLE RECIPE

- Serves 2

Ingredients

- 1 tsp Oil,
- 100g Mince or cooked green or brown lentil.
- 1/4 Onion,
- 1/2 tsp Garlic powder
- 1/2 tsp ground ginger,
- 1 tsp Curry powder,
- 100g Tinned tomatoes
- 1/2 tsp White sugar
- 2 tbsp Peas



Directions

1. Heat the oil in a large non-stick frying pan and cook the onion and garlic over a low heat for 2-3 minutes.
2. Add the mince and ginger and cook until browned all over (about 5 minutes).
3. Add the curry powder, sugar, tinned tomatoes PLUS 200mls water
4. Cook for 20 minutes, stirring occasionally until thickened.
5. Add the peas to heat through for a minute or two just before serving.

Pizza Pinwheels

SIMPLE RECIPE

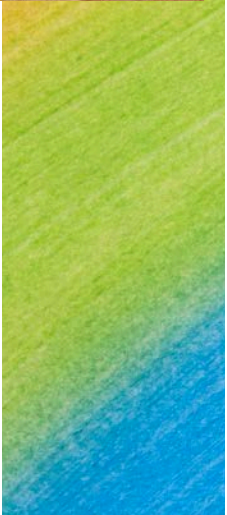
Ingredients

- 375g pack ready-rolled puff pastry, thawed if frozen
- 6 tbsp ready-made pasta sauce (not too chunky)
- 100g wafer thin ham
- 100g mature cheddar, grated
- 1 egg, beaten
- 1 tsp dried oregano or mixed herbs

Directions



1. Preheat oven to 200C/180C fan/gas 6. Unroll the pastry onto a lightly floured surface and roll it out. Spread a layer of pasta sauce over it, leaving a 1cm border around the edges. Arrange the ham evenly on top, then scatter the grated cheese over.
2. Starting at one of the short ends, roll the pastry up as tightly as possible. Chill in the fridge for 10 minutes.
3. Take a very sharp knife and cut the roll into 12 equal slices, laying them flat on 2 non-stick baking trays as you go. Brush each pinwheel lightly with beaten egg. Bake for 12-15 minutes until puffed and golden. Leave to stand for 5-10 minutes before serving.



Quick Quesadillas

SIMPLE RECIPE

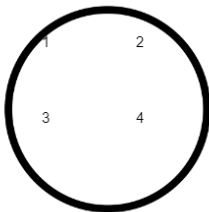
Ingredients

- Spring onion
- Pepper
- Tomatoes
- Cooked chicken or ham
- Sweetcorn
- Grated cheese
- Cream cheese
- Salsa or tomato sauce
- Tortilla/wraps

Directions



1. Chop all ingredients small.
2. Make a cut in the tortilla from the centre to the edge between section 1 & 4
3. Spread a thin layer of salsa/tomato sauce/cream cheese on section 2 & 3 of wrap.
4. Add any selection of ingredients
5. Sprinkle a little smoked paprika/chilli powder, garlic powder & cumin.
6. Add grated cheese
7. Fold wrap. Section 1 over section 2, then section 1&2 over section 3, then section 1,2&3 over section 4
8. Pop in toaster for 3 minutes.
9. Eat with your favourite dip



Strawberry Shortcake Mug Cake

SIMPLE RECIPE

Ingredients

- 20 g (1½ tbsp) Butter
- 15 g (½ tbsp) Sugar
- 45 g (3 tbsp) Warm milk
- ¼ tsp Vanilla extract
- 35 g (4 tbsp) All purpose flour
- ½ tsp Baking powder
- Pinch of salt

Directions

1. Mix ingredients together
2. add 2 tbsp Strawberries, cut into small pieces or treats of your choice
3. Cook on high for 1-1min 15 seconds



Carrot Cake Mug Cake

SIMPLE RECIPE

Ingredients

- 20 g (1½ tbsp) Butter
- 15 g (1 tbsp) Sugar
- 45 g (3 tbsp) warm Milk
- 1 - 2 tbsp Grated carrot
- 35 g (4 tbsp) All purpose flour
- ½ tsp Baking powder
- ½ tsp Cinnamon
- Pinch of Salt

Directions

1. Mix ingredients together
2. Cook on high for 1-1min 15 seconds



McGriddle

Muffins

SIMPLE RECIPE

Ingredients

- 1 sausage
- 1 cups pancake mix
- $\frac{3}{4}$ cup water
- 1 tbsp syrup
- $\frac{1}{2}$ cup shredded cheese

Directions

1. Preheat the Oven to 200 degrees Celsius
2. Cook the Sausage & chop into small pieces.
3. In a bowl, mix the pancake mix with the water, syrup, and shredded cheese. Add the cooked sausage.
4. Pour the batter into the muffin tins
5. Bake in oven for 12-15 minutes.
6. Allow the muffins to cool slightly before eating.



Sweet French Toast

SIMPLE RECIPE

Ingredients

- 1 egg
- 2 tsp milk
- 2 slices bread
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon sugar
- pinch ground cinnamon

Directions

1. Heat a small amount of margarine or butter in a frypan.
2. Beat the ingredients together in a shallow bowl.
3. Dip a bread slice in the mixture, thoroughly coating both sides.
4. Allow excess mixture to drain and place bread slice in frying pan.
5. Fry for a few minutes on each side, adding extra butter and margarine if required.
6. Repeat with remaining bread.



Savoury French Toast

SIMPLE RECIPE

Ingredients

- 1 egg
- 2 tsp milk
- 2 slices bread

Directions

1. Heat a small amount of margarine or butter in a frypan.
2. Beat the egg and milk together in a shallow bowl.
3. Dip a bread slice in the mixture, thoroughly coating both sides.
4. Allow excess mixture to drain and place bread slice in frying pan.
5. Fry for a few minutes on each side, adding extra butter and margarine if required.
6. Repeat with remaining bread.



Easy Egg-Fried Rice

SIMPLE RECIPE

Ingredients

- ½ cup long grain rice
- 1 tbsp vegetable oil
- ½ onion - chopped
- ½ cup peas + sweetcorn together
- 1 egg - beaten
- Splash of Soy Sauce to season

Directions

1. Cook the rice following the pack instructions, then drain.
2. Heat 1/2 tbsp of oil in a large frying pan over a high heat. Add the chopped onion and fry until slightly browned around 5 mins.
3. Add the rice, peas and sweetcorn, stir and toast for about 5 mins. Move everything to the side of the frying pan.
4. Add the remaining oil, then tip in the egg mixture. Leave it to cook a little then mix it in with the rice.
5. Tip it into a serving bowl and add a splash of soy sauce to season and Enjoy!!



Breakfast Burrito

SIMPLE RECIPE

Ingredients

- 1 sausage
- ¼ chopped onion
- ½ chopped pepper, any colour
- 2 eggs
- 2 flour tortillas
- Salt and black pepper to taste

Directions

1. Cook sausage, onion and peppers in a pan stirring frequently, 6 to 8 minutes.
2. Add eggs; stir until cooked, about 5 minutes. Season with salt and pepper.
3. Lay out tortillas and place ½ mixture down the center of each tortilla. Fold top and bottom of tortillas over the filling, then roll each into a burrito shape. Mist with cooking spray and place in the basket of an air fryer.
4. Air fry at 400 degrees F for 4 to 6 minutes. Flip each burrito over, mist with cooking spray, and air fry until lightly browned, 2 to 4 minutes more.



Easy Cheese Noodles

SIMPLE RECIPE

Ingredients

- 1 tsp oil
- 1tsp butter
- ¼ onion, finely chopped
- 1 slice ham chopped
- 1 tsp plain flour
- ½ tsp parsley
- 1 packet chicken Noodles
- ½ cup milk
- ½ cup water
- ½ cup frozen peas
- ½ cup grated Cheese
- 1 tsp lemon juice



Directions

- 1.Heat olive oil & butter in pan and gently fry onion & ham until onion is soft.
- 2.Add flour, parsley and chicken flavour sachets, stir for 1 minute.
3. stir in water & milk and bring to a simmer.
- 4.Add Noodles & cook stirring occasionally until noodles are soft.
- 5.Add peas & cheese, cook for a further 1 or 2 minutes
- 6.Add lemon juice
- 7.Season with salt and pepper
- 8.Serve.



Bolognese

SIMPLE RECIPE

Ingredients

- 1 tbsp. vegetable oil
- 1/2 onion, finely chopped
- 1tsp garlic
- 1/2 tsp mixed herbs
- 100g mince/cooked lentils
- 1tbsp tomato purée
- 75mls stock
- 100 g chopped tomatoes
- 1tsp Worcestershire sauce
- 2 or 3 mushrooms
- 1/2 a pepper (any colour)
- Salt & pepper



Directions

1. Fry the onion & garlic and cook for 1min.
2. Add the mince & brown it/cooked lentil
3. Add tomato purée and 75 ml of stock 100g tomatoes, 1tsp worcestershire sauce, mushrooms, peppers, 1/2 tsp mixed herbs, salt and pepper. Bring to the boil.
4. Turn heat down and simmer, stirring occasionally, for 20min
5. Around 15min before the sauce has finished cooking, boil your pasta.



Air Fryer Scones

SIMPLE RECIPE

Ingredients

- 75 grams ($\frac{1}{2}$ cup) self-raising flour
- $\frac{1}{4}$ teaspoon baking powder
- 20 grams ($1\frac{1}{2}$ tbsp) butter
- 12 $\frac{1}{2}$ grams (1 tbsp) sugar
- 30 ml ($\frac{1}{8}$ cup) milk

Directions

1. Rub the butter through the flour & baking powder with gentle movements until the mixture looks like fine breadcrumbs.
2. Add the sugar and mix through.
3. Add the milk and once a soft dough begins to form use your hands to form it into a ball.
4. Dust the work surface with flour and pat the split the dough in half. Form the dough out into a flat disk about 2 cm deep.
5. Put a piece of baking parchment in the base of your air fryer and place the scones on top.
6. Brush the tops of the scones with a little milk
7. Set the airfryer at 185C and bake the scones for 11 minutes.
8. Remove from the air fryer to cool



Cornflake Squares

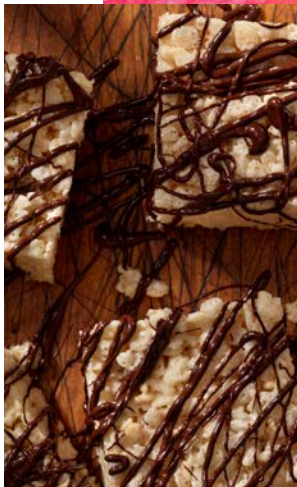
SIMPLE RECIPE

Ingredients

- 50g cornflakes
- 50g marshmallows
- 12g butter
- 1 tablespoon ready made nestles caramel
- 50g milk chocolate

Directions

1. Put cornflakes in a bowl and crush slightly with clean hands
2. Put butter and marshmallows in a pan and heat gently. Pour onto cornflakes
3. Stir until coated
4. Pour into container and press down
5. Spread over the caramel
6. Melt the chocolate in microwave and spread on top of caramel.
7. Leave to set and cut into pieces.



Truffles

SIMPLE RECIPE

Ingredients

- 50g digestive biscuits
- 25g coconut
- 8g cocoa powder
- 16g butter
- 35g condensed milk
- Extra cocoa powder to roll truffles in (optional)

Directions

1. Place digestives in a food bag
2. Roll with rolling pin until crushed
3. Place them in a bowl with coconut, cocoa and condensed milk
4. Put butter in pan and melt on hotplate
5. Pour over ingredients and combine
6. Roll into approx 10 even sized balls
7. Roll in cocoa (optional) and put in paper cases
8. Enjoy"



Falafel

SIMPLE RECIPE

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh cilantro
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons chickpea flour or all-purpose flour
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper (optional)
- 2 tablespoons olive oil

Directions

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a food processor, pulse the chickpeas, parsley, cilantro, onion, and garlic until well combined but still slightly chunky.
3. Transfer the mixture to a mixing bowl and stir in the chickpea flour or all-purpose flour, cumin, coriander, salt, black pepper, and cayenne pepper (if using).
4. Using a cookie scoop or tablespoon, form the mixture into balls and place them on the prepared baking sheet.
5. Brush the falafel balls with olive oil.
6. Bake the falafel in the preheated oven for 20-25 minutes, or until they are crispy and golden brown on the outside.
7. Serve the falafel warm with your favorite dipping sauce or in a pita pocket with vegetables and tahini sauce.



Fruit Kebabs & Yoghurt Dips

SIMPLE RECIPE

Ingredients

- 1 banana
- Strawberries
- Grapes
- Blueberries
- Natural yoghurt
- Syrup
- Cinnamon

Directions

1. Peel & slice the banana
2. Remove the stalk & slice the strawberries in half
3. Carefully push the banana slices, strawberry halves, grapes and blueberries onto the skewers in any order you like

For The Dip

1. Mix the yoghurt and maple syrup together in a small bowl, then sprinkle over the cinnamon and serve with the fruit skewers



Cheese & Vegetable Frittata

Ingredients

- 1 tsp Vegetable oil, for greasing
- 4 Eggs
- 50ml Milk
- handful grated cheddar or crumbled feta
- 1 pinch of salt & pepper
- 1 tbsp chopped fresh herbs such as parsley or chives (optional)
- 10 cherry tomatoes (whole or halved)
- 50g Broccoli, chopped
- 1 handful chopped peppers
- 1 handful frozen peas, defrosted



Directions

1. Preheat the oven to 180C/350F/Gas 4.
2. Rub the oil over the inside of a 20cm square oven-proof dish or a 6-hole muffin tin with kitchen roll or pastry brush.
3. Break the eggs one by one into a small bowl so you can check if there is any egg shell in the bowl. If there is, you can fish it out with a spoon. Tip each egg into a big bowl when you have checked for shell.
4. Wash your hands after handling eggs.
5. Add the milk to the eggs and whisk with a fork until it is light and fluffy.
6. Add half of the grated cheese and salt & pepper. You can also add herbs if you like.
7. Put the vegetables you want to use into the oven proof dish. If you are using a muffin tin you can choose which vegetables go in each of the holes. Pour the egg and cheese mixture onto the vegetables and sprinkle the rest of the cheese on top.
8. Place the tin or dish in the oven for 20 minutes so that the frittata is golden-brown and set. Check that it is cooked in the middle by poking in a sharp knife. If it is still loose return the dish to the oven until set. Leave to cool a little before removing from the tin with a heatproof spatula. You can eat it warm or cold.

Playdough

SIMPLE RECIPE

Ingredients

- 8 tbsp plain flour
- 2 tbsp table salt
- 60 ml warm water
- 1 tbsp vegetable oil
- food colouring (optional)



Directions

1. Mix together into a ball

Notes

You can store your playdough in a plastic sandwich bag in the fridge to keep it fresh. Don't forget to squeeze out the air from the sandwich bag before sealing it.

Friday Club

& **Cooking Session**

2-3.30pm

P5-P7 age group

Livingston Old Parish Church
St. Andrew's, Deans

**Cooking, Crafts,
Games, Fun, Chat
and Tuck Shop.**

Entry £1

Tuck shop £1

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