

CREATIVE FOOD

Recipes and illustrations from young people
in Cheshire West



RADIATE ARTS

CREATIVE FOOD

CONTENTS

3 - About the project

6&7- Spencer's Spagehetti and Veg Balls

8 - Jake's Crispy Paninis

9&10 - Jack's Tacos and Nachos

11 - Zac's KFC

12 - Olly's Super Tasty Carbonara

13&14 - Aiden's Pepperoni Pizza

15&16 - Alex's Veg Tray Bake

17 - Helen's Creamy Beetroot Salad

18&19 - Pam's Vegan Courgette Cake

20 - Ethan's Banana Bread

21&22 - Anna's Chocolate Truffles

23&24 - Jasmine's Strawberry Jam

25&26 - Claire's Brown Sauce

27 - Thank you to our collaborators

RADIATE ARTS

CREATIVE FOOD

Welcome to our Creative Food Recipe Book, we hope you enjoy it. All the recipes have been designed with children and young people in mind. The recipes have been tested and are kid approved!

There are step by step instructions which older children will hopefully be able to follow. Younger children will need some help from a grown-up, especially with chopping and hot pans. Please be careful when handling raw meat and don't forget to wash your hands!

Allergens – if you have any allergies or intolerances, be sure to check all the ingredients on the label of the packaging of each product.



RADIATE ARTS

CREATIVE FOOD

Radiate Arts is excited to bring communities together through Creative Food, using art to celebrate West Cheshire's food heritage and inspire pride in sustainable local practices.

This collaborative visual arts project has brought together young people and community groups to explore and celebrate West Cheshire's local food production.

The project has included hands-on engagement with local food producers Groobarbs and local community growers from Kingsway Allotments.

Working with students from Dorin Park SEN School and members of Deaf & Sensory Network (DSN) Youth Vibe, participants have gained first hand experience of sustainable growing from passionate members of the community, visiting their farms and growing spaces.



Dorin Park School



DSN Youth Vibe

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They have made mandalas from fruit and vegetables, experimented and played with their food to create patterns and make appetising arrangements. Dorin Park had the opportunity to try weeding using a hoe, watering fennel in the Groobarbs greenhouse and have a go in the driver's seat of a tractor!

DSN Youth Vibe were able to explore Kingsway Allotments, learn about different seeds and different growing environments, how to identify a vegetable by its leaves, explore the plants to find out which insects are helpful for growing fruits and vegetables and which ones aren't. They also learned about Kingsway Allotments connections with the local foodbanks and how they minimise food-waste. Both groups have made creative responses to their visits and shared their favourite recipes and dishes which can be found inside this book.



Fruit mandala



Dorin Park School



DSN Youth Vibe

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Spencer's Spaghetti and Veg Balls

Serves 4

Passata



Garlic



Paprika



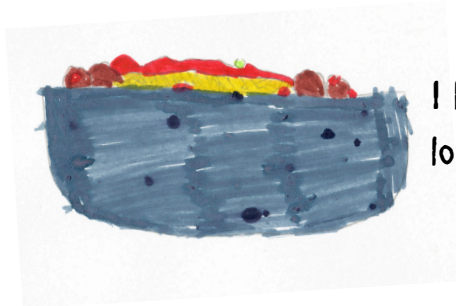
Basil



Veggie Balls



Cheese
(optional)



I like this recipe because I love cooking and it is quite easy to make.

Two pans



Boiling water



Bayleaves



Any pasta



Any extra bits

???

Broccoli



Ingredients

300g Veggie balls

400g carton of tomato passata

300g Spaghetti or any type of pasta

2 Bay leaves

Sprig of Basil

Garlic

Paprika

1 stalk or 300g broccoli, washed and cut into florets.

Boiling water

Any vegan cheese (optional)

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Method

Put your veggie balls in the oven for the time stated on the packet

Get your frying pan and put it on the hob

Add the passata and some paprika to taste

Leave to heat for a bit (9-10 minutes)

In a separate pan, add your spaghetti to boiling water for the time specified on the packet.

Whilst the pasta cooks, go back to your sauce and add the bay leaves, some garlic to taste (crushed or chopped) and a sprig of basil. Leave to cook and occasionally stir.

Boil the broccoli florets for about 3 or 4 minutes, either with the pasta or separately.

Remove the bay leaves from the sauce and add the veggie balls into the sauce.

Drain your pasta, add it to your sauce, and then serve with the drained broccoli!

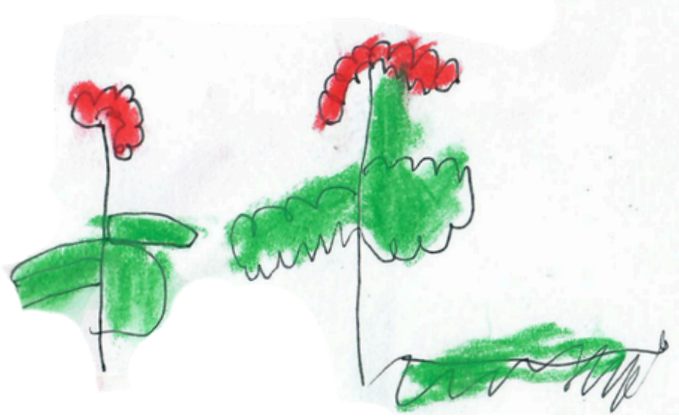
(If you want, add vegan cheese!)



Spencer, DSN Youth Vibe

CREATIVE FOOD

Jake's Crispy Paninis



Ingredients

- 2 panini rolls
- 4 big slices of ham (your choice what type!)
- Cheese (your choice what type!)
- Butter and/or sauces (optional!)
- Plum tomatoes, iceberg lettuce, rocket leaves

Method

Cut your panini rolls in half. Optionally, you can spread some butter and/or sauces, like mustard.

Add your choice of cheese and ham. Any type of either works- any type of cheddar is usually best, but mozzarella and other cheeses work too! Same with your choice of ham.

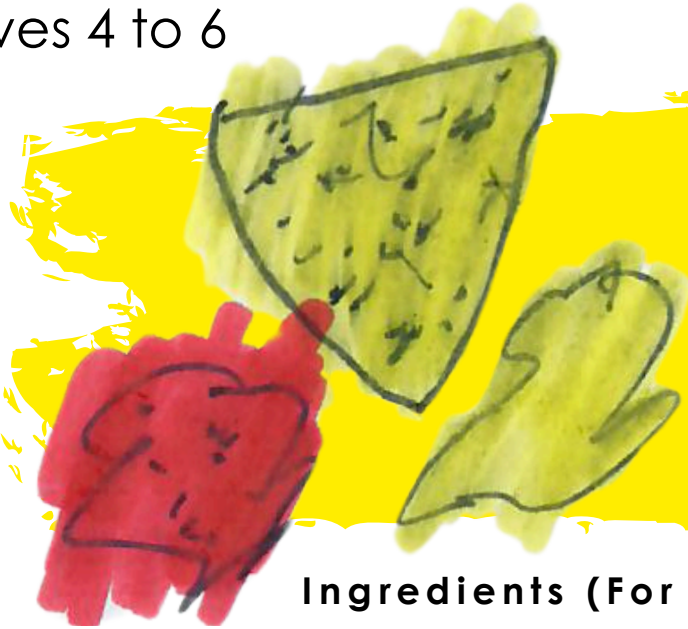
Add some veggies inside your panini, like tomatoes! If you have a panini press, stick your paninis in for 3-5 minutes and serve gooey and hot. Alternatively, you can use a frying pan. Drizzle a slight amount of oil (spray oil is best for this) and add in your paninis, frying until they are golden brown and crunchy on each side.

Serve hot and gooey with some fruits and veggies on the side!

CREATIVE FOOD

Jack's Tacos and Nachos

Serves 4 to 6



"Tacos and nachos are my favourite thing to have for dinner. They are the best."

Ingredients (For the tacos)

Taco shells

500g of mince (Or you can use a vegan alternative!)
Seasonings (¼ tbsp salt, ¼ tbsp pepper, 1 tbsp garlic granules (or paste), 1 tbsp onion granules, 1 tbsp oregano, 2 tbsp paprika, 2 tbsp cumin, and ¼ tbsp cayenne pepper.)

Half an onion

Tomato paste

Toppings (Shredded cheese, sour cream, lettuce, tomatoes, all optional!)

65ml water

12 taco shells

Ingredients (For the nachos)

A large bag of nacho chips (approx. 200g)

200 to 300g Nacho cheese sauce

100- 200g Shredded cheese (mozzarella or cheddar)

Jalapenos/Chillies or other veggies (optional)

Salsa

Sour cream

Avocado (optional)

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Method (For the tacos):

Put a frying pan onto a medium heat and add your oil of choice. Allow it to heat up.

Dice up half an onion (or a whole one, if you really like onions!) and add into the pan. Stir them occasionally to let them turn golden brown and crispy.

Once the onions have turned crispy, add in your mincemeat. Stir around and let it cook.

Once the mince is cooked through, add your mixture of spices. Stir thoroughly.

Add in a teaspoon of tomato paste and a very small amount of water (65ml or less) and stir.

Cook for 2 minutes or more until the sauce is no longer watery. Serve into taco shells and add whatever toppings you like!

Method (For the nachos):

Add a bag of nacho chips into a tray.

Drizzle cheese sauce evenly across your chips. Add any shredded cheese (mozzarella or cheddar) or jalapenos/other veggies to taste.

Bake in the oven for about 10 minutes or until the cheese has melted to your preference.

Serve with salsa and sour cream on the side (don't add on top of the nachos because the cheese will set!)

CREATIVE FOOD

Zac's KFC

Serves 4-6 as a snack or part of a meal

Ingredients

1 x cauliflower
200g gram flour
100g corn flour
50ml red wine
vinegar
Salt & white
pepper to taste
Splash of water
500ml vegetable oil

The method

Prepare your cauliflower by removing the stalk with a knife and cutting the head into bite-size chunks. Save the stalk for later recipes (it's great sliced thinly and eaten raw in salads).

Place your cauliflower florets into a large bowl with pepper, salt, corn flour and gram flour. Pour red wine vinegar in with a splash of water and get your hands in there to form a sticky paste which should lightly coat your cauliflower.

Fry in hot oil (180°C) a few pieces at a time (*make sure you are very careful with hot oil, children should ask an adult to do this part*).

Enjoy straight away with a dip of your choice; we recommend a spicy dip or garlic aioli.

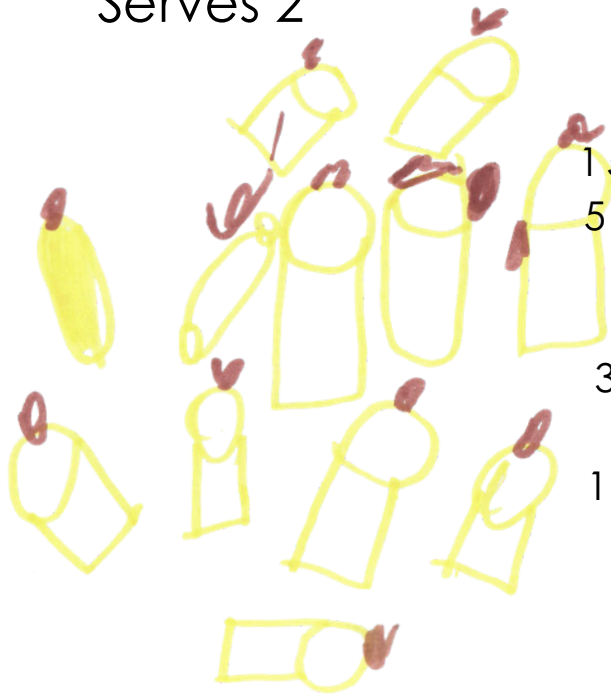


CREATIVE FOOD

Olly's super tasty Carbonara

Serves 2

Ingredients



150g Pasta, tagliatelle preferably
50g or 2 rashers bacon, chopped
into small pieces
2 eggs
30 g Parmesan cheese for sauce
and extra to top
1 teaspoon garlic powder/ paste
Coriander

Method

Cook the pasta in boiling water with a pinch of salt.

In your frying pan, add bacon and let it slowly fry for about 5 minutes until crispy

In a bowl, mix your sauce. Add in 2 eggs, 30g cheese, a pinch of salt and pepper, 1 tsp garlic powder/paste (whichever you prefer), coriander if you like, and mix together.

When your pasta is done cooking, drain it over the sink and add back to the saucepan.

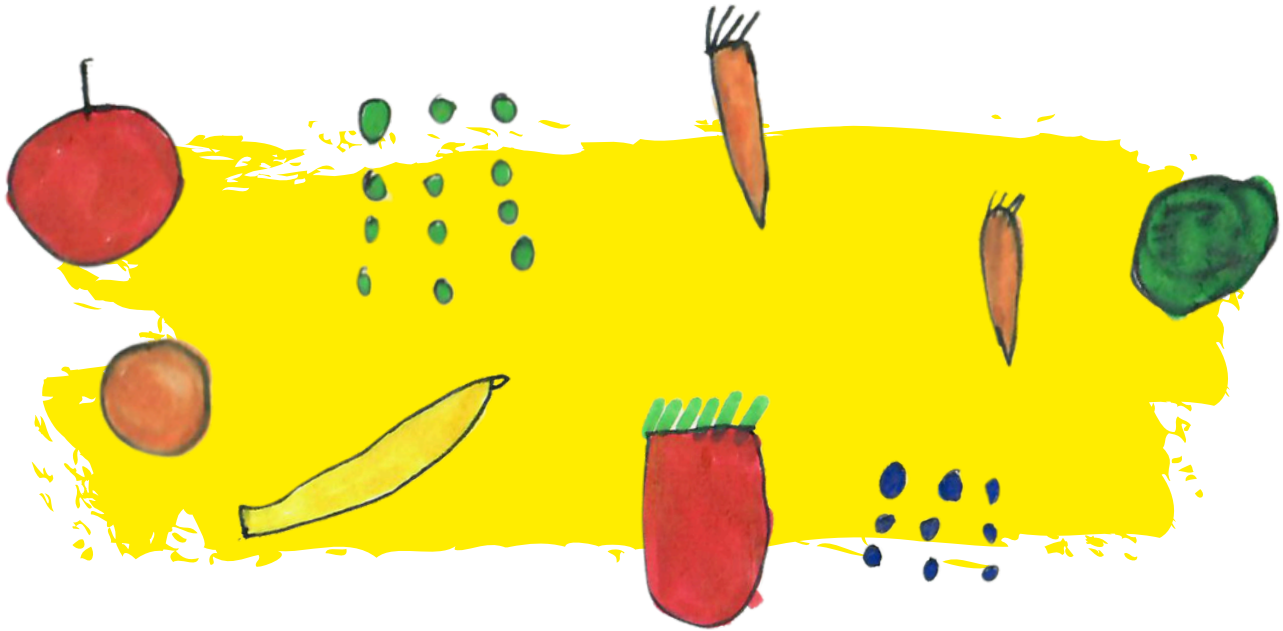
Pour the sauce and bacon in with the pasta and mix it all together and heat on a low heat, stirring constantly for a minute and then serve!

Add some additional parmesan to taste.

CREATIVE FOOD

Aiden's Pepperoni Pizza

Serves 6



Ingredients:

650g of plain white flour

7g of dried yeast

2 tsp salt

25ml of olive oil

50ml of milk

325ml of water

A carton of tomato passata

Mozzarella and cheddar cheese

Pepperoni slices

A packet of rocket

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Method

Mix your flour, yeast, salt, oil, and milk together in a large bowl, mixing slowly to allow them all to blend together. Slowly add your water and continue mixing well to make a soft dough.

Turn out your dough onto a floured chopping board (or any surface) and knead for about 5 minutes until it is smooth.

Put the dough back in a clean bowl and cover with a dampish tea towel. Leave in a warm room for 1 ½ hours to rise!

Once the dough has started rising after an 1 ½, knead for another five minutes before leaving to rise again for another half an hour.

Preheat your oven to a high setting. Roll out the dough on a lightly floured pizza tray to make one big pizza base.

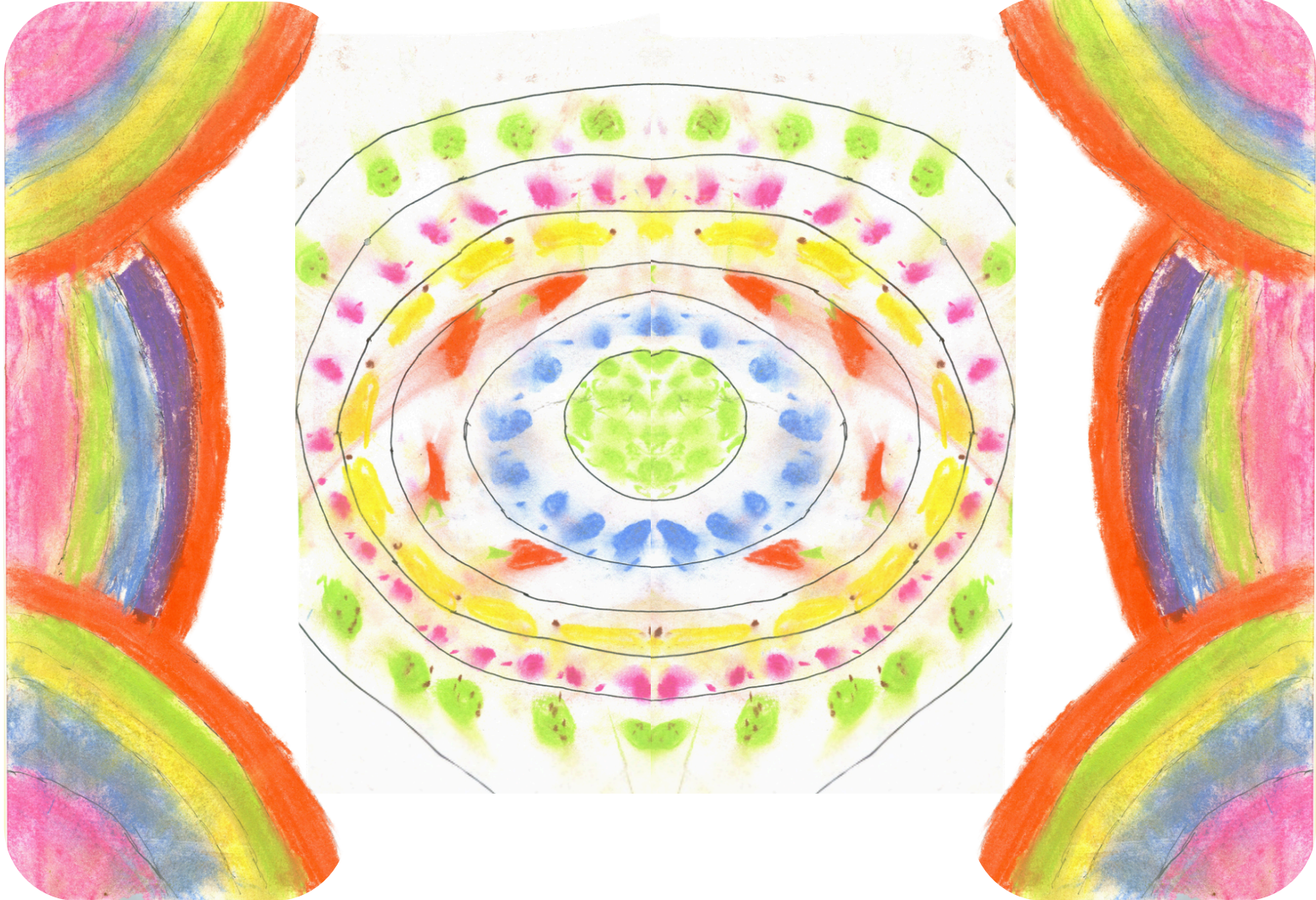
Spread your tomato passata across the dough to make the sauce base, then top with whatever cheese you like- as well as the pepperoni slices!

Put in the oven and leave to cook until the dough is cooked and the cheese melted.

Serve topped with rocket leaves and enjoy!

CREATIVE FOOD

Alex's Veg Tray Bake



Ingredients

- 2 aubergines cut into chunks
- 3 courgettes cut into half-moons
- 2 red onions finely sliced
- 4 tbsp oil, such as sunflower or vegetable oil
- 500g ripe tomatoes on the vine roughly chopped
- 3 mixed peppers roughly sliced

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Method

Heat the oven to 200C/180C fan/gas 6.

Toss the aubergine, courgette and onion pieces on a large baking tray with the oil and seasoning using your hands, then spread everything out to an even layer.

Roast for 35 mins until lightly browned, then stir in the tomatoes (picked from the vine) and peppers.

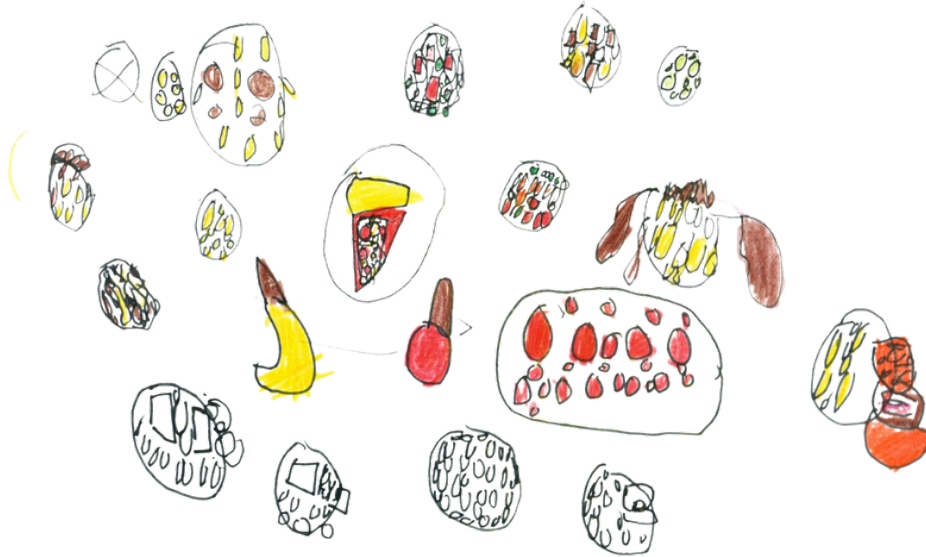
Turn the oven temperature up to 220C/200C fan/gas 7.

Roast for a further 40 mins, stirring every now and then until well-browned.

Remove from the oven and leave to cool. Will keep chilled in an airtight container for up to five days

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Helen's Creamy Beetroot Salad



Ingredients

3-4 medium cooked beetroots
3 tablespoon soured cream
1-2 tablespoon horseradish
2 garlic cloves, minced
Salt and black pepper, to taste

Method

Grate the cooked beetroots and gently squeeze out any excess liquid.

In a bowl, mix the grated beetroot with sour cream, horseradish, minced garlic, salt, and pepper.

Stir well until everything is combined. Enjoy!

beetroot salad by
justsimplerecipes.co.uk/beetroot-salad-recipe/

CREATIVE FOOD

Pam's Vegan Courgette Cake



Ingredients

Cake's Wet Ingredients:

- 150 g caster sugar
- 50 g coconut oil or vegan butter, melted and cooled
- Zest of 3 lemons + 60 ml lemon juice
- 1 tsp lemon extract (optional)
- 60 ml soy (or other) milk
- 240 g coarsely grated courgette

Cake's Dry Ingredients:

- 180 g plain flour
- $\frac{3}{4}$ tsp baking soda
- $1\frac{3}{4}$ tsp baking powder
- 100 g ground pistachios or almonds

Lemon Icing Ingredients:

- 50 g icing sugar
- approx. 3 tsp lemon juice

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Method

For the cake:

Set the oven to 175° C. and grease a 1kg cake tin with a bit of oil or line it with a piece of baking paper.

In a large bowl, mix all the wet ingredients together.

Place a sieve over the bowl with wet ingredients and sift the first three dry ingredients in. Fold them into the wet ones using a spatula and a gentle clockwise folding motion until no flour pockets remain.

Finally fold in ground pistachios or almonds until you get a thick but still pourable cake batter.

Transfer the batter into a baking tin and bake for 50 mins – it's done when a toothpick comes out clean of any crumbs. Let it cool down completely before removing from the tin and icing.

Once cool, remove from the tin and decorate with icing or chilled frosting and chopped nuts.

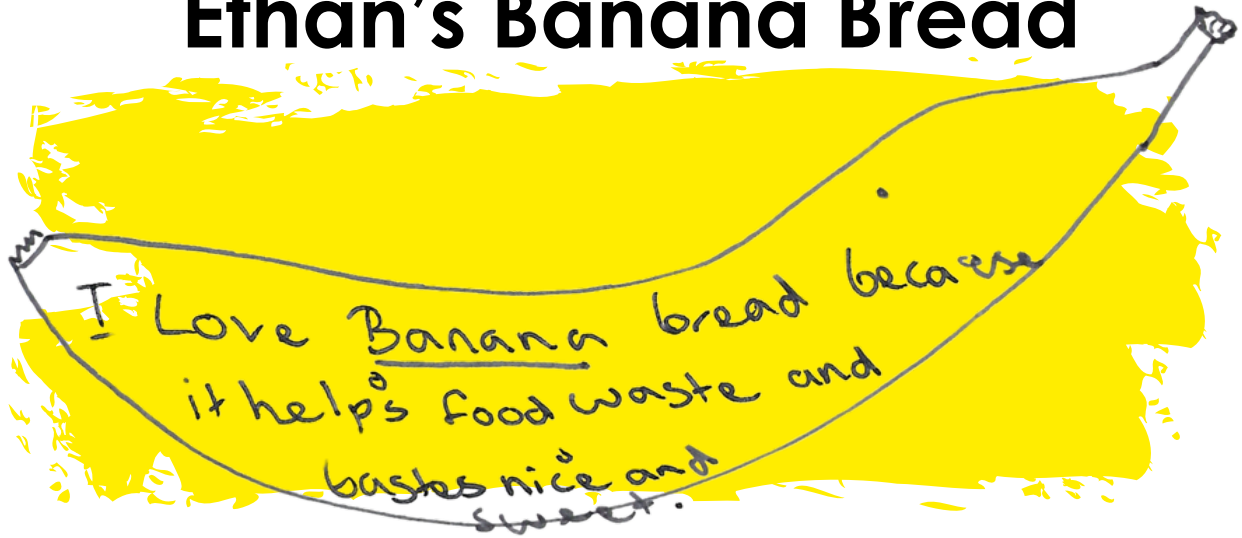
For the lemon icing:

Whisk the icing sugar and lemon juice in a medium size bowl until fully combined. Add the lemon juice gradually to avoid lumps in your icing.

Spoon icing over the cake starting from the middle so that it drips down to the sides creating pretty drizzle marks.

CREATIVE FOOD

Ethan's Banana Bread



Ingredients

- 3-4 Very ripe bananas
- 100g soft light brown sugar
- 300g self raising flour
- 100g sultanas
- 50g Pecans (optional)
- 1 Teaspoon ground mixed spice
- 1 Teaspoon baking powder
- 150ml Sunflower oil

Method

Preheat your oven to 180°C and line a loaf tin with baking paper.

Mash your bananas with a fork and add to a bowl along with the sugar, flour, sultanas, pecans, mixed spice and baking powder. Mix well.

Once well combined, add in the oil and beat together.

Pour the mixture into the lined baking tin and bake in the oven for 55-60 minutes. Remove from the oven once a skewer inserted into the middle of the cake comes out clean.

Allow to cool slightly, serve and enjoy!

CREATIVE FOOD

Ingredients

6 tbsp coconut oil, melted
6 tbsp cacao powder
5 tbsp maple syrup
Pinch salt

Optional toppings:
Cacao powder
Crushed pistachios
Cacao nibs

Method

Add the coconut oil, maple syrup and pinch of salt to a pan on a low heat and mix together until the coconut oil has melted (or carefully melt in the microwave).

Slowly add each tbsp of cacao powder whilst whisking until you have a smooth mix.

Transfer to a freezer proof bowl or dish and place in the freezer for 45-60 minutes.

Remove from the freezer (the mix should be fairly firm) and scoop out with a spoon into your hands and roll into balls.

Then simply roll into a coating of your choice. Place back in the freezer for 15-30 mins and they're ready to enjoy.

CREATIVE FOOD

Jasmine's Strawberry Jam



Jasmine, DSN Youth Vibe

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Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients

2 pounds fresh strawberries (about 1 kg)

1/2 cup honey

1 teaspoon lemon zest from one lemon

2-3 tablespoons lemon juice- squeeze this out of the same lemon you use for lemon zest

Method

Rinse the strawberries well then chop off the top part with the leaves. Cut the strawberries into halves or quarters. Place them in a pot. Add in the honey, lemon zest and lemon juice. Toss to combine.

Place the pot on medium heat and cook covered for 10 minutes. Open the pot and using the back of a wooden spoon or a potato masher, mash the strawberries to break them down a little.

Let them cook for another 10 minutes while you stir from time to time until thickened. If your jam is still watery after cooking for 20 minutes total, let it keep cooking while stirring from time to time until it has a jam-like consistency and can coat the back of a spoon.

Place in a glass jar to cool then store in the fridge.

Enjoy on pancakes, muffins, crepes, bread and more!

Healthy Strawberry Jam by

<https://www.preciouscore.com/healthy-strawberry-jam/>

Claire's Brown Sauce



Ingredients

- 1kg rhubarb
- 500g red onions (about 5 small ones)
- 2 long red chillies, deseeded
- 2 garlic cloves
- 300g cooking apples (about 1 medium)
- 30g (about 3cm) fresh ginger
- 1 tablespoon ground ginger
- 1 tablespoon paprika
- 150g sultanas
- 75g dried cherries/cranberries
- 500ml red wine vinegar
- 1 tablespoon salt
- 1kg demerara sugar

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Method

Trim the rhubarb, chop it very roughly, put it into the food processor and chop it very finely, but don't turn it into a mush. You may want to do this in stages, or else just cut the trimmed rhubarb into half inch slices by hand.

Tip the chopped rhubarb into a large, heavy-bottomed pan. Now, process the onions, chillies and garlic until finely chopped and transfer these into the pan with the rhubarb. Chop the apple the same way and add to the pan.

Stir in the minced fresh ginger, the ground ginger, paprika, sultanas, dried cherries, red wine vinegar, salt, and sugar.

Bring to a boil, then lower the heat and simmer until everything has turned to a pulp - about 45 minutes.

Take the pan off the heat, let cool for about 10 minutes and then, a ladleful at a time, liquidise or process until smooth.

Pour into sterilised jars, let cool, and cover and store away.

CREATIVE FOOD

Thank you to Groobarbs and Kingsway Allotments for taking part in this project and sharing their passion for sustainable and local food production with young people from Dorin Park and DSN Youth Vibe.

This project was kindly funded by UK Government and Cheshire West and Chester Council.

Scan the QR code to find out more about Radiate Arts and what we do. Or visit www.radiatearts.co.uk



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