



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

COOK SAFE HEALTHY COOKING COOKBOOK



A collection of recipes designed to
encourage healthy eating while
emphasising safety in the kitchen

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RECIPES

Soups & Starters

1. Creamy Parsnip & Chestnut soup
2. Creamy Tomato soup
3. Minestrone Soup
4. Mushroom & Stilton Soup
5. Potato & Chorizo Salad
6. Smoked Bacon & Lentil Soup
7. Vietnamese Rice Noodle Salad

Main Courses

8. Sir Fry Information Sheet
9. Ballotine of Turkey
10. Base Tomato Sauce
11. Bolognese
12. Burgers
13. Chicken and Chorizo Stew
14. Chicken Stuffed with Sun-Dried Tomatoes and Rosemary
15. Chicken Tikka Xacuti
16. Chinese Chicken Curry
17. Escallops of Pork in a Creamy Paprika Sauce
18. Fish in Foil
19. Green Lentil and Chickpea Dahl
20. Ratatouille
21. Stuffed Peppers
22. Smoked Haddock and Parmesan Risotto
23. Thai Green Curry
24. Vegetable Rogan Josh

Desserts

25. Apple Crumble
26. Chocolate Melting Heart Puddings
27. Mixed Berry Mousse
28. Sticky Toffee Pudding soaked in Toffee Sauce
29. Strawberry Cheesecake
30. Tarte Tatin

Snacks

31. Honey and Nut Cookies
32. Scones

For further information on the Cook Safe Healthy Cooking programme
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Creamy Parsnip & Chestnut Soup

PORTIONS

2-4

Ingredients

- 4 Parsnips peeled and chopped
- 1 Large onion chopped
- 2 Cloves garlic chopped
- 1 Can peeled and cooked chestnuts (or puree)
- 1L Chicken or vegetable stock
- Salt and pepper

Method

This is a hearty warming winter soup and does not have to be eaten at Christmas. The sweetness of the parsnips shines through and works well with the chestnuts.

1. In a large pan fry the onions and garlic over a medium heat till softened slightly.
2. Add the parsnips and continue to fry for a couple of minutes.
3. Add the stock and bring to the boil before turning down to a simmer for a further 10-15 mins.
4. When parsnips are soft and crush easily with the back of a spoon, add the tin of chestnuts and season with salt and pepper.
5. Cook for a further 5mins and allow to cool before liquidizing or pureeing.

Serve with crusty bread and perhaps a swirl of cream in the soup.



Creamy Tomato Soup

PORTIONS

6

Ingredients

- 1 Medium onion chopped
- 2 Sticks celery chopped
- 2 Cloves garlic chopped
- 1 Large potato chopped
- 750ml Passata (or 2 tins chopped tomatoes)
- 500ml Vegetable stock
- Salt and pepper
- Double cream (optional)

Method

1. Heat a large pan till very hot.
2. Add vegetables and stir well as they fry.
3. Once the onions start to soften the potatoes and garlic and stir through.
4. Then add the stock and tomatoes and bring back to the boil before reducing to a simmer.
5. Taste to check seasoning and add sugar, salt and pepper to taste.
6. Cook until vegetables are soft – about 30-40 mins. If using, add double cream to taste.

Serve with crusty bread



Only fill
chip pans
one third
full of oil

Minestrone Soup

PORCTIONS**5**

Ingredients

- 1 Jar red onion and rosemary pasta sauce
- 4 Rashers smoky bacon, finely chopped
- 1 Red onion, peeled and finely chopped
- 2 Carrots, peeled and finely chopped
- 2 Sticks of celery, trimmed and finely chopped
- 3 Cloves of garlic, peeled and finely chopped
- 800g Good-quality plum tomatoes (2 tins)
- 1 Courgette, roughly chopped
- 800g Cannellini or borlotti beans, drained (2 tins)
- small wineglass of red wine
- 500ml Chicken stock
- 1 Handful of baby pasta or spaghetti, broken up into small pieces
- 2 Handfuls of spinach, washed and chopped
- sea salt and freshly ground black pepper
- olive oil
- extra virgin olive oil
- grated Parmesan cheese, to serve

Method

1. Heat your oil in a saucepan and add the chopped bacon, onion, carrots, celery and garlic.
2. Sweat very slowly on a low heat for around 15 - 20 minutes until soft, but not brown.
3. Add tins of tomatoes, jar of red onion and rosemary pasta sauce, courgette, drained beans and the red wine.
4. Give everything a good stir, and then let it all simmer for 15 minutes.
5. When it's simmered for 15 minutes add your stock and baby pasta.
6. Stir and continue to simmer until the pasta is cooked.
7. Add your spinach and cook for further 5 minutes, until the spinach has wilted down.
8. If you think the soup looks a bit too thick, add a splash more stock to loosen it. Have a taste and season with salt and pepper.

Serve drizzled with some extra virgin olive oil over the top. Put the block of Parmesan on the table with a grater and let everyone help themselves.

Mushroom & Stilton Soup

PORTIONS

2-4

Ingredients

- 1 Onion chopped
- 300g Mushrooms chopped
- 2 Cloves garlic chopped
- 200g Stilton cheese (or any blue cheese)
- 1L Chicken or vegetable Stock
- Salt and pepper

Method

1. In a large pan fry the onions and garlic over a medium heat till softened slightly.
2. Add the mushrooms and continue to fry for a couple of minutes.
3. Add the stock and bring to the boil before turning down to a simmer for a further 10-15 mins.
4. Once the mushrooms are cooked through, crumble in the Stilton and season with salt and pepper.
5. Allow to cool before liquidizing or pureeing.

Serve with crusty bread and perhaps a swirl of cream in the soup.



Don't cook
if you have
been drinking
alcohol

Potato and Chorizo Salad

PORTIONS

4-6

Ingredients

- 600g New potatoes, cut into even-sized pieces weighing about 25g each
- 250g Chorizo
- 6 Spring onions, sliced
- 1/2 Lemon, juiced
- 150g Flat-leaf parsley leaves, roughly chopped
- 1 tsp Smoked Paprika
- freshly ground black pepper

Method

1. Put the potatoes in a medium saucepan, cover with water and add a generous pinch of salt. Bring to the boil and simmer for 15-20 minutes until tender.
2. Peel the paper wrapping off the chorizo and slice into quarters lengthways. Now cut each piece into slices about 1/4 cm/1/8 inch wide.
3. Heat a non-stick frying pan until hot before adding the chorizo slices. Fry the chorizo until the fat starts to run and the edges begin to char.
4. When the potatoes are cooked, drain thoroughly before adding to the chorizo. Stir well.
5. Remove from the heat and add the sliced spring onions, lemon juice and chopped parsley. Stir to make sure the parsley and onions are evenly distributed throughout the salad. Season well with pepper and sprinkle over the smoked paprika.
6. Tip into a serving dish and serve with crusty bread.



Smoked Bacon & Lentil Soup

PORTIONS

5

Ingredients

- 2 Rashers smoked back bacon chopped
- 1 Medium onion chopped
- 1 Carrot chopped
- 1/4 Turnip chopped
- 50g Red splitlentils
- 1L Vegetable stock
- Salt and pepper

Method

1. Heat a large pan till very hot. Add bacon and spread over bottom of pan, allow to cook till well browned and sticking to pan.
2. Add vegetables and stir well as they fry to lift burnt bacon from pan.
3. Once the onions start to soften add the lentils and stir through.
4. Then add the stock and bring back to the boil before reducing to a simmer.
5. Taste to check seasoning and add salt and pepper to taste.
6. Cook until vegetables are soft – about 30-40 mins.

Serve with crusty bread



Keep pan
handles turned
in
for safety

Vietnamese Rice Noodle Salad

PORCTIONS

5

Ingredients

- 3 tbsp Light soy sauce
- 1 Lemon, grated rind and juice only
- 2 Bird's-eye red chillies, thinly sliced
- 200g Fine rice noodles
- 100g Mangetout, halved lengthways
- bunch of radishes, thinly sliced
- 1 Small red onion, thinly sliced
- 1 tsp Toasted sesame seeds
- handful fresh coriander leaves

Method

1. In a large bowl, mix together the soy sauce, lemon rind and juice, chillies and two tablespoons of water.
2. Place the noodles in a large bowl, cover with boiling water and set aside for five minutes or so. Drain and cool under running water.
3. Toss together the cooled noodles, mangetout, radishes, red onion and sesame seeds (to toast the sesame seeds, place them in a non-stick frying pan over a medium heat and cook them, stirring, for a couple of minutes until lightly browned).
4. Gently stir in the marinade and divide between bowls. Scatter over the coriander leaves and serve.



Stir-Fry Information Sheet

Step 1

Invest in a nonstick or carbon-steel wok (you need to season a carbon-steel wok). While you can stir-fry in any old skillet, the wok's depth and sloping sides (it's cooler there, so you can move ingredients away from the hot bottom to the sides) are ideal.

Step 2

Prepare everything you need before you begin to stir-fry. Cut all your vegetables and meats and prepare your sauce. Stir-frying is fast; you won't really have time to chop the broccoli while the onion is cooking.

Step 3

Make sure that your vegetables and meats are all cut approximately the same size - bite size, as a matter of fact. Stir-frying uses high heat, so pieces must be small enough to cook through without burning.

Step 4

Learn the different cooking times of meats and vegetables. You'll need to stagger additions to the stir-fry according to how long they take to cook. (For example, you'd add onions first, and stir-fry for about 2 minutes, then add broccoli florets and stir-fry for 3 to 4 minutes, then add red bell pepper and stir-fry for 2 more minutes.)

Step 5

If you've got a wok full, stir-fry the meat completely first, then add it back in at the end. (This works well for a large assemblage of ingredients, because you ensure the meat cooks fully but not too much.)

Step 6

Heat the pan first, then add oil. When the oil is hot, add aromatics, such as ginger and garlic, and stir-fry for a few seconds, or until you smell them.

Step 7

Start adding your other ingredients, according to their approximate cooking times. When the food is about two-thirds done, add your sauce. If the food will take more than a few minutes more to cook, cover and steam until done. If it will take less time, continue to stir-fry.

Step 8

Practice the basic technique of lifting under the food in the wok with a spatula or other flat utensil and moving it to the side.

Ballotine of Turkey

PORTIONS**2-4**

Ingredients

- 500g Turkey breast
- 500g Streaky bacon
- 2/3 Good quality sausages (Optional)
- 1 Small onion diced
- 1 Small green pepper diced
- 2 Cloves garlic chopped
- 1 tsp Mixed herbs

Method

This is basically a stuffed and rolled breast of turkey which gives good eating flavour and makes a more interesting meal than just plain turkey. It also works out cheaper for a smaller amount of people. It has the added bonus of you not eating turkey left-overs till Easter!

1. Butterfly the turkey breast by cutting it almost in half lengthways. Remove the skins from the sausages. If you want to make the stuffing a bit more interesting, fry some onions, peppers and garlic in a tiny bit of olive oil till soft and add to the sausagemeat with some mixed herbs.
2. Otherwise just place the sausagemeat in a sausage shape down the centre of the opened turkey. Fold over the turkey and wrap with the smoothed and stretched streaky bacon. If necessary tie a couple of bits of string round to secure.
3. Place the parcel on some roughly sliced onion and put into a pre-heated oven at Gas Mark 5-6 or about 180-200c for about an hour. It may take longer depending on how thick the turkey is and how thick you have made the stuffing mixture. To test push a sharp knife or skewer into the centre of the parcel for 10 seconds and check to ensure it is very hot.
4. Once the turkey is cooked through remove from the tray and place to one side to relax. You should have some juices left in the tray with the onions, squeeze the onions with the back of a spoon to get all the flavour out and discard the skins and pulp.
5. Add some wine, water or stock to the tray and bring to the boil on the hob. This will allow all the bits stuck to the tray to be removed and mixed into the liquid. Reduce by half and serve immediately or thicken with a touch of cornflour.

Base Tomato Sauce

PORTIONS

4-6

Ingredients

- A little olive oil
- 1 Onion, finely chopped
- 2 Cloves of garlic, crushed
- 500ml Passata approx
- 1 tsp Oregano or mixed herbs
- 250ml Vegetable stock or water
- 1 Pinch salt and sugar

Method

1. Fry the onion and garlic in the oil for a few minutes until softened.
2. Add the tomatoes, stock or water and herbs and simmer gently for about 15 – 20 minutes.

Some Suggestions

- You can vary the quantities and types of vegetables you make the sauce with i.e. add a couple of sticks of chopped celery or some diced carrots.
- Add some mussels and raw tiger prawns, till just cooked, to the sauce for a traditional Marinara sauce.
- Fry some mushrooms in a little olive oil and add the sauce before stirring through some mascarpone cheese at the last minute.
- Add some chilli and chorizo sausage for a spicy sauce.
- If you're reheating the sauce a pinch of herbs at the last minute will lift the flavour.



Cooking:
2nd Highest
cause of house
fire deaths

Bolognese

PORTIONS

4

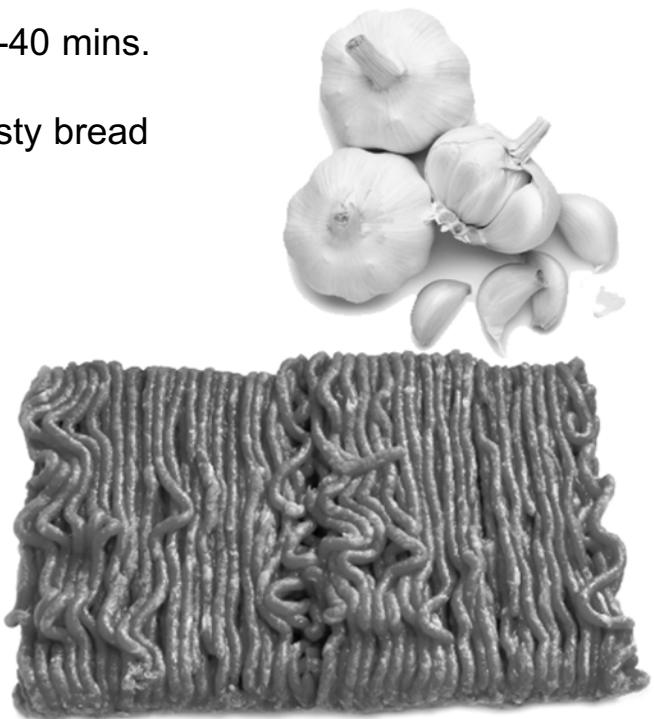
Ingredients

- 4 Rashers dry cure back bacon
- 1 Medium onion chopped
- 2 Sticks celery chopped
- 2 Cloves garlic chopped
- 500g Lean steak mince
- 750ml Passata (or 2 tins chopped tomatoes)
- 250ml Vegetable stock
- Salt and pepper
- Flat leaf parsley

Method

1. Heat a large pan till very hot.
2. Add bacon and spread over the bottom of the pan and allow to cook well till caramelised and sticking to pan.
3. Add vegetables and stir well as they fry.
4. Once the onions start to soften add the mince and stir very well till well browned.
5. Then add the stock and tomatoes and bring back to the boil before reducing to a simmer.
6. Taste to check seasoning and add sugar, salt and pepper to taste.
7. Cook until vegetables are soft – about 30-40 mins.

Serve with lots of freshly boiled pasta and crusty bread



Ingredients

- 1 Onion, finely chopped
- 1 Clove garlic, finely chopped
- 500g Lean beef mince
- 1 Egg (to bind)
- Seasoning

Method

1. Gently fry onion and garlic in a little oil and set aside to cool
2. Put the mince and beaten egg in a large bowl and mix together
3. Add some seasoning as required and add onion and garlic
4. Use your hands to form the mixture into balls about the size of a snooker ball, and then flatten them into burgers - they do shrink during cooking so bear this in mind
5. Place them under a medium to hot grill and cook for 10-12 minutes turning frequently - make sure they are cooked through before serving



Fire Point

More than half of deaths caused by cooking had alcohol as a contributory factor

Chicken and Chorizo Stew

PORTIONS

4-6

Ingredients

- 2 tbsp Sunflower oil
- 8 Chicken thighs
- 1 Onion, sliced
- 2 Cloves garlic, crushed
- 1 Red pepper, sliced
- 1 Red chilli, chopped
- 410g Can chopped tomatoes
- 300ml Chicken or vegetable stock
- 1 Orange (zest and juice)
- 2 tsp Smoked paprika
- 100g Chorizo, chopped
- 50g Mixed olives (optional)
- 100ml Dry sherry or wine (optional)

Method

1. Heat the oil in a large casserole dish and fry the chicken until golden. Remove from pan and reserve to one side.
2. Add the onion, garlic and red pepper and fry until the onion is tender. Add sherry if using and allow to reduce by roughly half.
3. Then pour over the tomatoes, chilli, stock and the zest and juice of the orange.
4. Bring to the boil, return chicken to pan then cover and simmer for 35 minutes.
5. Add the chorizo, smoked paprika and olives and simmer for a further 5 minutes or until the chicken is cooked through.

Serve with rice or sautéed potatoes.



Chicken Stuffed with Sun-Dried Tomatoes and Rosemary

PORTIONS
2

Ingredients

- 2 Chicken breast fillets
- 4 Slices serrano or parma ham
- 1 tsp Sun dried tomato paste
- 1 tsp Fresh or 1/2 tsp dried rosemary
- Salt and pepper

Method

1. Butterfly the chicken breasts and spread with paste, rosemary and salt and pepper.
2. Carefully fold up so the join is uppermost.
3. Place across the ham and roll to cover.
4. Cook on a preheated roasting tray for 15 mins in a hot oven (200c, Gas Mark 7-8).



Chip pans
should not
be left
unattended
at any time

Chicken Tikka Xacuti

PORTIONS

4

Ingredients

- 3 Chicken breast fillets, diced large
- 1 Large onion, sliced
- 1 Red pepper, sliced
- 1 Large sweet potato, diced
- 4 Cloves garlic, chopped
- 3" Ginger chopped
- Birds eye chillies, chopped (Optional to taste)
- 1 Jar Patak's madras curry Paste
- 1 Block creamed coconut
- 500ml Vegetable or chicken stock
- 1 Large carton low fat natural yoghurt
- Chopped coriander
- Salt and pepper

Method

1. Pre-heat oven to maximum temperature
2. In a large bowl mix together yoghurt with 2 dessert spoons of curry paste, add chicken with a pinch of salt and pepper to taste allow to marinade for a minimum of 1 hour.
3. Meanwhile heat a large pan till very hot, add a dessert spoonful of olive oil and fry onions till soft add peppers, sweet potato, garlic and ginger (and chillies if using) and fry for further minute.
4. Add stock and simmer for 20-30mins.
5. Make up coconut with half recommended water and add to pot along with a large handful of chopped coriander leaf. If the sauce is too thick add a bit of extra water.
6. Arrange chicken pieces on a heavy oven tray and roast for 10-15 mins till just cooked.
7. Add chicken to sauce or serve separately with a salad and boiled rice.

Chinese Chicken Curry

PORTIONS

6

Ingredients

- 1 Large onion chopped into big chunks
- 2 Cloves garlic chopped
- 1" Ginger chopped
- 1kg Chicken breast cut into big chunks
- Salt and pepper – best to have ground black pepper
- Tub of chinese curry sauce mix (from chinese supermarket)
- Coriander
- Dark soy sauce
- Cornflour

Method

1. Get a wok or large frying pan very hot.
2. Coat pieces of onion in a tablespoon of vegetable oil and put in pan/wok. DON'T MOVE THEM ABOUT TOO MUCH.
3. After 2-3 mins add a chopped clove of garlic and a splash of soy sauce. Remove from pan and leave to one side.
4. Meanwhile coat chicken in salt, pepper and soy sauce and dip into cornflour. Then plunge into boiling water, bring back to the boil and cook for 5mins.
5. In wok fry remaining garlic and ginger for a minute add the curry sauce, chicken pieces and onions and simmer for 5-10 mins.
6. Toss in coriander at the last minute and serve with rice or noodles.
7. Season to taste with soy and black pepper.



Only fill chip
pans one third
full of oil

Escallops of Pork in Creamy Paprika Sauce

PORTIONS

4

Ingredients

- 1 Pork fillet (Tenderloin)
- 1 Red pepper diced
- 1 Small onion diced
- Olive oil
- 50ml White wine (or water)
- 1 Juice of a lemon
- Few sprigs of thyme
- Small carton double cream
- 1 tbsp Flour
- 2 tsp Paprika
- Salt and pepper

Method

1. Trim and cut pork into 2cm slices. Using the heel of your hand flatten out to 1/2cm thick. Coat in seasoned flour mixed with paprika.
2. Heat a frying pan till smoking hot and drizzle a little olive oil in to it. Seal the meat on either side. This will take a max of 30 secs each side and remove to a plate.
3. Turn down the heat to medium and in the same pan fry the onions till soft before adding the pepper thyme and lemon juice. Continue to cook for a minute or two before adding wine. Allow the wine to bubble until almost gone and add cream.
4. Return the meat to the sauce and simmer for 10 mins.
5. Taste and season with salt and pepper.

Serve with crushed new potatoes or rice



Fish in Foil

PORIONS

2

Ingredients

- 2 Fillets of fish
- 6 Baby boiled potatoes sliced
- 1 Red pepper sliced
- 1 Courgette sliced
- 3 Mushrooms sliced
- Knob of butter
- 50ml White wine (or water)
- 2 Slices lemon (or juice)
- Salt and pepper

Method

1. Fry peppers, courgette and mushrooms in a little olive oil and allow to cool slightly.
2. While this is happening, make a foil bag by folding together 2 sheets of foil. Ensure sides are tightly sealed. Place ingredients in bag and seal.
3. Place on a baking tray and put into oven preheated to 200c or Gas Mark 7. Cook for 15-20 mins until fish is just cooked.

Beware of hot steam when opening package



Green Lentil and Chickpea Dahl

PORTIONS
8

Ingredients

- 1 Medium onion, chopped
- 4 Cloves garlic
- 1" Ginger, peeled and grated
- 2 Fresh green chillies
- 1 tin Chopped tomatoes
- 2 tins Cooked green lentils
- 1 tin Chickpeas (small, organic are best)
- 1/2 Lemon juice
- 2 tsp Ground roast cumin
- 2 tsp Ground roast coriander
- 1 tsp Paprika
- 1 tsp Chilli powder
- 1 tsp Turmeric
- 1 tsp Mango chutney
- 2 tsp Salt
- Black pepper
- 1/2 tsp Garam masala

Method

1. First, gently fry off the onions, garlic and ginger.
2. After 5 mins add all the spices. Cook for 2 mins.
3. Now add the chopped tomatoes and green chilli. Cook for another 2-3 mins.
4. Now add the drained tinned pulses. Stir well.
5. Add the salt, perpper, mango chutney. Place a lid on the pot and simmer gently for 10-15mins.
6. Finally, add the lemon juice and garam masala.

Serve this dish at room temperature. Goes best with roast or grilled chicken dishes, like Madhur Jaffrey's whole chicken baked in aluminium foil.



Of 131 dwelling house fire deaths, only 28% had working smoke detectors

Ratatouille

PORTIONS**8**

Ingredients

- 2 Large aubergines
- 4 Small courgettes
- 2 Red or yellow peppers
- 4 large ripe tomatoes
- 5 tbsp Olive oil
- 1 Supermarket pack or small bunch basil
- 1 Medium onion, peeled and thinly sliced
- 3 Garlic cloves, peeled and crushed
- 1 tbsp Red wine vinegar
- 1 tsp Sugar (any kind)

Method

1. Cut the aubergines in half lengthways. Place them on the board, cut side down, slice in half lengthways again and then across into 1.5cm chunks.
2. Cut off the courgettes ends, then across into 1.5cm slices. Peel the peppers from stalk to bottom. Hold upright, cut around the stalk, then cut into 3 pieces. Cut away any membrane, then chop into bite-size chunks.
3. Score a small cross on the base of each tomato, then put them into a heatproof bowl. Pour boiling water over the tomatoes, leave for 20 secs, then remove. Pour the water away, replace the tomatoes and cover with cold water. Leave to cool, then peel the skin away. Quarter the tomatoes, scrape away the seeds with a spoon, then roughly chop the flesh.
4. Set a sauté pan over medium heat and when hot, pour in 2 tbsp olive oil.
5. Brown the aubergines for 5 mins on each side until the pieces are soft. Set them aside and fry the courgettes in another tbsp oil for 5 mins, until golden on both sides. Repeat with the peppers. Don't overcook the vegetables at this stage, as they have some more cooking left in the next step.
6. Tear up the basil leaves and set aside.
7. Cook the onion in the pan for 5 mins. Add the garlic and fry for a further min.
8. Stir in the vinegar and sugar, then tip in the tomatoes and half the basil. Return the vegetables to the pan with some salt and pepper and cook for 5 mins.

Serve with basil.

Stuffed Peppers

PORTIONS**4**

Ingredients

- 8 Peppers (red, green, orange or yellow)
- 4 tbsp Olive oil
- 2 Onions finely chopped
- 2 Garlic cloves, peeled and finely chopped
- 400g Basmati rice
- 3 tsp Dried parsley
- 2 tsp Dried oregano
- 1 tin Chopped tomatoes
- 4 tbsp Grated cheese
- Freshly ground black pepper
- Pinch of salt
- Boiling water

Method

1. Make sure the oven is at a medium heat, preferably at 190 degrees celsius
2. To prepare the peppers, cut a lid out of the top of each pepper around the stalk, making sure that all the white bits inside and seeds are removed.
3. In a heated frying pan add around 2 tablespoons of olive oil add onions to this and stir. Cook onions until they are translucent but be careful not to brown them as this alters the taste. Add in garlic and cook for a further minute.
4. Strain the tomatoes into a measuring jug and make the juice of the tomatoes up to 600ml using the already boiled water. Keep the strained tomatoes because you will need them later.
5. Add the rice and oregano and parsley to the onions and garlic in the pan. Add the tomato juice and water mixture to pan and bring to the boil. Cover the pan and let it simmer for 8 minutes. Add the remaining chopped tomatoes and slowly heat.
6. Remove the pan from the heat and let it settle until all the liquid has been absorbed. Season with salt and pepper.
7. Put the contents of the pan into a baking tray and smooth out so that there are no clumps, this can be done using the back of a fork.
8. Now take the cut out peppers and stuff them carefully with the mixture. Replace the lids onto the peppers and drizzle with some olive oil. Put all the peppers in a baking tray, pour just a little water into the bottom of the tray for steaming purposes, do not drown the peppers.
9. Bake the peppers uncovered in the oven for approx 30 minutes or until the peppers are nice and soft and the rims are just lightly browned. Sprinkle liberally with the grated cheese while still hot.

Smoked Haddock & Parmesan Risotto

PORIONS**5**

Ingredients

- 1 Large Fillet (300-500g) natural smoked undyed haddock (Skin on)
- 1 Large onion, finely chopped
- 2 Sticks celery, finely chopped
- 2 Cloves garlic, finely chopped
- 400g Arborio risotto rice
- 150ml Dry white wine (optional)
- 125g Unsalted butter
- 15 Strands saffron (optional)
- 1.75L Vegetable stock
- 50ml Extra virgin olive oil
- 75g Grated parmesan cheese (vary according to taste)
- Salt and pepper

Method

1. Skin haddock and cut into large chunks and put to one side.
2. In a large pot bring stock to a gentle simmer and add haddock skin and saffron (if using).
3. In a large heavy based saucepan melt half the butter in half the olive oil and gently cook the onion until softened. Add the celery and garlic and continue to cook for 3mins.
4. Add the rice and stir well to coat the rice in pan juices.
5. Add the wine and bring to the boil, cooking until wine has almost disappeared.
6. Start adding the hot stock to the rice a little at a time, stirring gently. Allow the stock to become absorbed after each addition. Keep stirring constantly. Continue to add stock until rice is cooked but still al dente (about 30 mins).
7. Remove the pan from the heat and add the remaining butter, haddock and parmesan cheese and gently stir before covering and leaving to stand for 5 mins.
8. Season to taste with salt and pepper and gently stir again to combine; adding a little more stock if necessary and serve drizzled with remaining oil and some extra parmesan. A green salad and good bread are perfect accompaniments.

Thai Green Curry

PORIONS

2

Ingredients

- 1 tbsp Sunflower oil
- 2 Chicken breast fillets sliced
- 1 Onion sliced
- 1 Green pepper sliced
- 50g Beansprouts
- 1 Pack coconut cream
- 2 tsp Green curry paste
- A little water
- Chopped coriander

Method

1. Heat a wok or large pan till hot and add oil and curry paste. Be careful, as it will catch the back of your throat and nose!
2. Stir-fry for a minute and add in onions for a minute followed by chicken for 2 mins.
3. Add peppers and water to lift any residue from pan.
4. Add coconut cream and simmer for 7-8 mins till chicken is cooked through.
5. At the last minute stir through the beansprouts and coriander and serve with rice



Vegetable Rogan Josh

PORTIONS

2

Ingredients

- 1 tbsp Sunflower oil
- 4 Baby boiled potatoes cooked and quartered
- 1 Onion sliced
- 2 Cloves garlic chopped
- 1 Green pepper sliced
- 4 Mushrooms quartered
- 1 Carrot cooked and roughly chopped
- 2 tbsp Rogan Josh curry paste
- 100ml Vegetable stock
- 1 Tin Chopped tomatoes
- Chopped coriander

Method

1. Heat a wok or large pan till hot and add oil and curry paste. Be careful, as it will catch the back of your throat and nose!
2. Stir-fry for a minute and add in onions for a minute followed by garlic for another minute.
3. Add the rest of the vegetables and stock to lift any residue from pan.
4. Add tomatoes and simmer for 20 mins till flavours have combined
5. At the last minute stir through the coriander and serve with rice



People are twice as likely to die in a fire in Scotland than the rest of the UK

Apple Crumble

PORTIONS

5

Ingredients

For the crumble:

- 35g Rolled oats
- 35g Wholemeal flour
- 20g Caster sugar
- 35g Margarine or butter

For the filling:

- 400g Eating apples, peeled, cored and quartered
- 50g Sugar, to sweeten
- 1 tbsp Water

Method

1. Preheat the oven to 190°C/375°F/gas 5. Peel and core the apples, quarter and cut in to chunks.
2. Put the apples in to a pan with the sugar and water. Cook over a low heat for 5 minutes and place in a small oven proof dish.
3. Place the flour and oats in a bowl and mix well. Cut the margarine or butter in to small cubes and add this to the oats and flour. Mix with your fingertips until it resembles an even crumb texture. Add the sugar and mix through.
4. Cover the fruit with the crumble mixture. Bake for approximately 20 minutes until the crumble is golden and the apple hot



Chocolate Melting Heart Puddings

PORIONS
6

Ingredients

- 200g 70% Dark chocolate
- 120g Butter
- 60g Caster sugar
- 6 Eggs
- 40g Plain flour

Method

1. Preheat oven at highest setting.
2. Melt together chocolate and butter in a bowl over a pan of barely simmering water.
3. Mix together sugar, flour and eggs (don't worry it will look lumpy).
4. Fold together with chocolate.
5. Divide equally between 6 well buttered small ramekins, teacups or similar.
6. Bake for 5-8 minutes.

Serve immediately with fruit sauce or cream.



Mixed Berry Mousse

PORTIONS

6

Ingredients

- 300g Mixed berries (Frozen is fine)
- Icing sugar
- 300ml Double cream

Method

1. Place 300g mixed berries in a blender with 75g icing sugar and a squeeze of lemon juice.
2. Whiz to a purée, then pass through a sieve into a large bowl.
3. Stir in 300ml double cream and whip to a fluffy mousse using an electric whisk.
4. Divide among 4 x 150ml serving dishes or cups, or spoon into a large serving bowl, and decorate with a few extra berries if wished.

Eat straight away, or cover and chill. It can be made a day in advance.



Sticky Toffee Pudding soaked in Toffee Sauce

PORTIONS

4-6

Ingredients

- 125g Chopped dates
- 200ml Hot water
- 1 tsp Bicarbonate of soda
- 90g Butter
- 150g Caster sugar
- 2 Eggs
- 180g Self raising flour

Ingredients - Toffee Sauce

- 90g Butter
- 180g Brown sugar
- 184ml Double cream

Method

1. Preheat the oven to 155°C combi oven, 180°C normal oven.
2. Mix the dates, bicarbonate of soda and the water together and leave to soak.
3. Cream the butter and sugar together, slowly add 1 egg at a time, and then slowly add the date mixture.
4. Incorporate the flour. Keep mixing for a few minutes to get air into the mixture which will create a lighter pudding.
5. Pour into a greased baking tray and cook for 35-40 mins.
6. For the toffee sauce: Melt the butter in a thick bottomed pan, add the brown sugar and stir the mix.
7. Add the double cream and bring to the boil. Serve over the pudding.



Strawberry Cheesecake

PORTIONS

6

Ingredients

- 250g Digestive biscuits
- 100g Butter, melted
- 1 Vanilla pod
- 600g Soft cheese
- 100g Icing sugar
- 284ml Pot double cream
- 400g Punnet of strawberries, halved
- 25g Icing sugar

Equipment:

- | | | |
|---------------------------|--------------------|-----------------------------|
| • 23cm loose-bottomed tin | • baking parchment | • plastic food bag |
| • rolling pin | • large bowl | • dessert spoon |
| • chopping board | • kitchen knife, | • electric mixer |
| • spatula | • serving plate | • blender or food processor |
| | | • sieve |

Method

Base:

1. Butter and line a 23cm loose-bottomed tin with baking parchment.
2. Put the biscuits in a plastic food bag and crush to crumbs using a rolling pin.
3. Transfer the crumbs to a bowl, then pour over the melted butter. Mix thoroughly until the crumbs are completely coated.
4. Tip them into the prepared tin and press firmly down into the base to create an even layer. Chill in the fridge for 1 hr to set firmly.

Topping:

1. Remove the vanilla seeds: Slice the vanilla pod in half lengthways, leaving the tip intact, so that the two halves are still joined. Holding onto the tip of the pod, scrape out the seeds using the back of a kitchen knife.
2. Place the soft cheese, icing sugar and vanilla seeds in a bowl, then beat with an electric mixer until smooth.
3. Tip in the cream and continue beating until the mixture is completely combined.
4. Now spoon the cream mixture onto the biscuit base, working from the edges inwards and making sure that there are no air bubbles. Smooth the top of the cheesecake down with the back of a dessert spoon or spatula. Leave to set in the fridge overnight.

Un-moulding and topping:

1. Bring the cheesecake to room temperature, about 30 mins before serving.
2. To un-mould, place the base on top of a can, then gradually pull the sides of the tin down. Slip the cake onto a serving plate, removing the lining paper and base.
3. Purée half the strawberries in a blender or food processor with 25g icing sugar and 1 tsp water, then sieve.
4. Pile the remaining strawberries onto the cake, then pour over purée.

Tarte Tatin

PORTIONS**1**

Ingredients

- 350g Puff pastry (ready rolled for quickness)
- 110g Butter
- 110g Granulated sugar
- 1.4kg Dessert apples
- 1 Lemon
- 1 Egg

Method

- 1 Preheat oven to 190c/375f/Gasmark 5
- 2 Melt the butter in a 10" frying pan with a metal handle. Add the sugar and remove from the heat. Peel, core and thickly slice the apples. Arrange the apples over the melted butter and sugar in the base of the pan. Sprinkle over the zest of the lemon.
- 3 Place frying pan on medium heat until the butter and sugar start to caramelize. It may take 15-20 mins and you will be able to smell the change – it is essential that the apples get dark. Remove from the heat.
- 4 Roll the pastry into a circle 5mm thick to fit the pan. Lay it over the apples and press down lightly. Bake in oven for 25-30mins.
- 5 Remove from oven and allow to cool slightly, then turn out onto a plate and serve warm with cream.

NOTE: If you don't have a frying pan with a metal handle, cook the apples in an ordinary pan. Let the butter and sugar mixture become well caramelized and tip it into an oven proof dish. Cover with pastry and bake on a hot baking sheet.



Honey & Nut Cookies

PORTIONS

20

Ingredients

- 100g Polyunsaturated margarine
- 100g Demerara sugar
- 1 Egg, beaten
- 1tbsp Honey
- 225g Self-raising flour
- Pinch of salt
- 50g Mixed nuts, chopped

Method

1. Cream the margarine and sugar till light and fluffy, then beat in egg and honey.
2. Sift together the flour and salt, then gradually beat into the creamed mixture.
3. Add the nuts and mix well.
4. Divide the dough into about 20 pieces and roll each into a ball.
5. Place on greased baking sheets, flattening each with a fork dipped in cold water.
6. Bake in a preheated oven (180c, 350F, Gas Mark 4) for about 12 mins.

Allow to cool.



Ingredients

- 275g Self raising flour
- 1/2tsp Salt
- 75g Butter
- 50g Caster sugar
- 180ml Milk

Method

1. Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter.
3. Stir in the sugar and then the milk to get a soft dough.
4. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm/?in thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet.
5. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
6. Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden.
7. For fruit (50g Mixed Dried Fruit)or cheese (50g Mature Cheddar) scones add after stage 3.



28%
of house fires started
in kitchen



SCOTTISH
FIRE AND RESCUE SERVICE

Working together for a safer Scotland

TAKE CARE WHEN COOKING

SMOKE FROM COOKING CAN TRIGGER SMOKE
DETECTORS AND CAN BECOME A CAUSE OF FIRE.

- NEVER LEAVE FOOD COOKING UNATTENDED
 - SWITCH ON EXTRACTOR FAN
 - KEEP KITCHEN DOOR CLOSED
 - OPEN KITCHEN WINDOW
 - CLEAN COOKER AFTER USE