

DOWN TO EARTH COOKING

with Mary



Athy Community Family Resource Centre



Welcome to Athy Community Family Resource Centre!!

Mary Grufferty-Flood is going to show you how to make easy, cheap & delicious meals in her cooking demo videos.

This booklet is designed to go with the 4 video series that is available on Athy CFRC's [facebook page](#) OR our [youtube channel](#).

Please contact us in Athy Community FRC if you need any support in watching the videos.



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Video 1: Homemade Sausage Rolls with Sesame Seeds

(Serves 4 people)

Makes approximately 18 bite sized pieces (lunch box, starters, main with veg)

Equipment you will need:

<ul style="list-style-type: none">▪ Chopping board	<ul style="list-style-type: none">▪ Cling film
<ul style="list-style-type: none">▪ Sharp knife	<ul style="list-style-type: none">▪ Oven tray
<ul style="list-style-type: none">▪ grater	OPTIONAL: <ul style="list-style-type: none">● Garlic crusher● Frying pan● Pastry brush
<ul style="list-style-type: none">▪ Large bowl	
<ul style="list-style-type: none">▪ Cup, teaspoon	

Ingredients:

- 1-pound Jumbo sausages (70% pork - in your local German supermarket) OR sausage meat
- ½ cup breadcrumbs
- 2 small cloves garlic, crushed (or flatten with a knife and chop finely OR grate)
- 1 Onion, grated or finely diced
- 1 egg
- Fresh herbs (flat leaf parsley) & ½ tspn Herbs De Provence
- Ready made puff pastry
- Sesame seeds
- OPTIONAL EXTRAS: cheese (to add into sausage meat)



photo1



photo 2

Method:

Preheat oven to 200 degrees Celsius

1. Peel skin off the sausages with a knife & place in a bowl
2. Wash hands (always after handling meat)
3. Add onion, garlic, breadcrumbs, egg, herbs & mix well (photo 1)
4. (Place clingfilm on table top to save on the washing up) Place pastry on table and cut in half lengthwise. Place a line of sausage meat mixture along the edge of pastry length ways.(photo 2) Moisten edge of pastry. Cover pastry over meat. Press firmly to seal.
5. Score lightly with a knife on the top of the pastry to make diagonal lines (Freeze at this point if wanted)
6. Glaze the top with milk or water (photo 3)
7. Sprinkle sesame seeds on top.
8. Cut into bite size pieces (or any size you like)
9. Place in oven 15/25 minutes

Take out of the oven, allow to cool and enjoy!!!



photo 3

Video 1: Perfectly cooked fried eggs (12.54 minutes in)

(Serves 2 fried eggs)

Equipment you will need:

- Frying pan with lid
- OPTIONAL: Spatula

Ingredients:

- Butter
- 2 eggs
- Salt & pepper

Method:

1. Melt butter in a pan
2. Crack eggs one at a time and break into the pan
3. Add 2 teaspoons of water to the pan, season
4. Turn off the heat & cover with a tight lid until the white is cooked through

Ta DAAAAA!!! Enjoy



Video 2: White Vegetable Soup

(Serves 4)

Equipment you will need:

▪ Chopping board	▪ Spoon
▪ Sharp knife	▪ Wooden Spoon
▪ Bowl	▪ Blender (Handheld)
▪ Large Pot	▪ Mug, for measuring

Ingredients:

- 2 stalks of Celery
- ½ Leek 2 outer layers removed, washed well under the tap, roughly chopped
- 2 Scallions, cut up
- 2 Potatoes: peeled, roughly cut
- Head of Cauliflower: cut roughly
- Parsnip, cut roughly
- White onion (torpedo shallot, red, brown 1 euro in a bag)
- 1 stock vegetable (or chicken) cube
- Herbs i.e.: herbs de provence, thyme, bay leaf, flat leaf parsley, curly parsley
- 1 clove of garlic
- Water
- Cream and/or milk

Method:

1. Chop the celery, parsnip, scallions, leek, potatoes, onion, cauliflower into a bowl of water to rinse.
2. Transfer the vegetables to a large pot
3. Add stock cube
4. Add pepper & a pinch of salt, 2 bay leaves, thyme
5. Add water (2 mugs)
6. Place on the hob. Bring to boil, then simmer on a low heat with lid on tightly for about 15/20minutes, until the vegetables are soft. (Test with a spoon)
7. Remove thyme & bay leaf (if used)
8. Add parsley, taste to check.
9. Add cream, milk & water, as you like.
10. Blitz until mixture is soupy looking (use handheld blender if you have one)
11. Add more milk or water, if needed

Enjoy!!!

This soup is lovely with the brown bread shown next in the video...



Video 2: Foolproof Brown Bread (15.33 minutes in)

Equipment you will need:

- | | |
|-------------------------|---------------------|
| ▪ 2 x 1-pound loaf tins | ▪ Baking Paper |
| ▪ Large Bowl | ▪ OPTIONAL: Spatula |

Ingredients:

- Flour: wheaten or plain, 2 handfuls
- Buttermilk (half teaspoon lemon juice or teaspoon vinegar into ordinary milk will work instead)
- Pinch of sugar & ½ teaspoon of salt
- Bread soda/Bicarbonate of soda, 1 heaped teaspoon
- OPTIONAL EXTRAS:
 - ½ handful of Porridge oats
 - pumpkin seeds
 - handful bran
 - handful wheatgerm,
 - sesame seeds
 - linseeds
 - almonds
 - walnuts
 - an egg
 - 2 tablespoons oil (rapeseed or olive)

Method:

Preheat oven to 200 degrees Celsius

1. Line loaf tin with baking paper. (Sprinkle with bran, wheat-germ, oats, etc. to prevent sticking.)
2. Put dry ingredients in a large bowl, mix together
3. Add a- heaped teaspoon bread/bicarbonate soda-
4. Make a well in the center, add enough to make a sloppy mixture until it closes in behind the wooden spoon when you stir it. Add more buttermilk if needed.
5. Pour into tin. Flatten top. Stick a-knife or spatula right through the mixture in the tin. (Sprinkle top with bran or oats if wanted.)
6. Place in the oven for 45 minutes to an hour.
7. Check to see if bread is done: if you tap the bottom of the loaf and it sounds hollow, or if you insert a knife through the loaf and it comes out clean, the bread is done.

Once completely cooled, this bread can be frozen and used at a later date.



Video 3: Lasagne

(Serves 4)



Equipment you will need:

<ul style="list-style-type: none"> ▪ Chopping board 	<ul style="list-style-type: none"> ▪ Small Pot
<ul style="list-style-type: none"> ▪ Sharp knife 	<ul style="list-style-type: none"> ▪ Wooden Spoon
<ul style="list-style-type: none"> ▪ Oven Proof Dish 	OPTIONAL: <ul style="list-style-type: none"> ● Garlic Crusher ● Spatula
<ul style="list-style-type: none"> ▪ Bowls 	
<ul style="list-style-type: none"> ▪ Grater 	

Ingredients:

- Fresh lasagne pasta sheets
- White Cheese sauce roux:
 - 1 ounce butter
 - 1 ounce flour ,
 - 3 quarters of a pint fluid (milk and/or water)
- Tomato Mince Sauce:
 - Garlic, crushed or chopped finely
 - 1 onion, finely chopped
 - Oil (i.e. olive or rapeseed)
 - 225 grams Beef mince
 - 225 grams pork mince (OR turkey or chicken as alternatives)
 - Beef stock cube
 - 1 tin of chopped tomatoes
 - Cheese: mature red cheddar, feta, parmesan reggiano, manchego, emmental, smoked applewood, mozzarella balls
 - Italian herb mix
 - Salt & pepper
 - Pinch of sugar
 - OPTIONAL: semi sundried tomatoes
 - This dish goes perfect with salad!

Method:

Preheat oven to 180 degrees celsius

1. For the roux: (white sauce)
2. Melt the butter in a pan on the hob on a medium heat
3. Add the flour and stir until thick
4. Gradually add the fluid, stirring continuously until lumps are gone & the sauce is bubbling & has thickened
5. Take off the heat & put aside until ready to use
6. To make the tomato mince sauce:
 - a. Add oil to a pan on the hob
 - b. Lightly fry onions until clear (sautee), add garlic and a pinch of herbs
 - c. Add the mince, separate & mix in with onions as it browns
 - d. Add tin of tomatoes (semi-sundried tomatoes optional) with a pinch of sugar to the pan
 - e. Add stock cube
 - f. Add salt & pepper as you like
7. To put together the lasagne:
 - a. Line base of the dish with pasta sheets
 - b. Cover with the Tomato mince sauce
 - c. Follow with a spoon of white sauce
 - d. Grate your cheeses over the white sauce
 - e. Repeat the layers until you have finished your sauces, finishing with white sauce covered with lots of grated cheese on top
8. Cook for 35/45 minutes in the oven. Enjoy!

Video 3: Old Fashioned Fish Pie (26 minutes in) (Serves 4)

Equipment needed:

- | | |
|---|---|
| <ul style="list-style-type: none"> ▪ Wooden Spoon | <ul style="list-style-type: none"> ▪ Chopping Board |
| <ul style="list-style-type: none"> ▪ Sharp knife | OPTIONAL: <ul style="list-style-type: none"> ● Veg Peeler ● Spatula |
| <ul style="list-style-type: none"> ▪ 3 Pots | |
| <ul style="list-style-type: none"> ▪ Potato Masher | |

Ingredients:

- White Cheese sauce roux: (TIME OF ROUX IN VIDEO IS 7.40 minutes in)
 - 1 ounce butter
 - 1 ounce flour,
 - 1/2 a pint fluid (milk and/or water)
- Potatoes, peeled & chopped evenly (2 potatoes per person)
- Thyme, parsley: chopped
- 1 Clove of garlic
- Salt & pepper
- Approx. 1-pound Frozen packet of mixed fish (from your local German-named supermarket!)
- butter
- 1 Onion, chopped
- Mushrooms, chopped finely
- cream



Method:

1. For the white sauce roux:
 - a) Melt the butter in a pan on the hob on a medium heat
 - b) Add the flour and stir until thick
 - c) Add fluid, stirring continuously until lumps are gone
 - d) Put aside until ready to use
1. For the Pie mash topping:
 - a) Put potatoes in a pot with just enough water to barely cover them.
 - b) Add thyme, garlic and season.
 - c) Bring to the boil, then turn down the heat & cover, simmering, for 20 minutes.
 - d) Strain and Season, add some cream
 - e) Mash
2. To make the pie:
 - a) Sauté the onions with a knob of butter & some garlic and season (keep the lid on, low heat)
 - b) Add mushrooms to the onion pan, add in fish mixture, mix
 - c) Add the white sauce to the fish mix
 - d) Grate some cheese and add parsley to the pot
 - e) Place the fish sauce mix into an oven-proof container. Taste to check if seasoning is needed or not.
 - f) Place mashed potato on top of fish, starting at the edges of the container, then fill in the middle last.
 - g) Top with grated cheese.
 - h) Place in oven for about 20minutes

Take out of the oven....and enjoy!!

Video 4: Chicken Breast, Mash, Vegetables & Gravy

(Serves 4)

Equipment you will need:

- | | |
|------------------|-----------------------------|
| ▪ Chopping Board | ▪ Cling Film |
| ▪ Sharp knife | ▪ Tinfoil |
| ▪ Oven Dish | ▪ 2 pots: 1 medium, 1 small |
| ▪ Potato Masher | |

Ingredients:

- 4 chicken breasts
- Fillings:
 - Ham slices
 - Black pudding
 - white pudding
 - Mozzarella balls & sundried tomato
- Bacon/rashers
- Potatoes, chopped evenly
- Vegetables: cauliflower, broccoli, (both cut small) carrots (cut thinly)
- Butter
- Gravy granules (or soya sauce & corn flour instead)
- OPTIONAL: thyme



Method:

Preheat oven to 180 degrees Celsius

1. Chicken breasts:
 - a. Slice into each breast sideways, with a knife to make a pocket for filling.
 - b. Fill with filling of your choice
 - c. Wrap each breast with a rasher of bacon.
 - d. Place chicken breasts in a oven proof container and wash hands
 - e. Put in oven for 30 minutes
 - f. Take out of oven when done and pour the liquid from the dish into a clean pot
2. Cut vegetables thinly in strips, add all to a pot with water and cook with lid on, until starting to soften. (5 or 6 minutes)
3. Potatoes: Put potatoes in a pot with just enough water to barely cover them. Add thyme (optional). Bring to the boil, then turn down the heat & cover, simmering, for 20 minutes. Strain and Season, add some cream and/or butter & mash
4. Gravy:
 - a. Pour liquid from the chicken into a small pot
 - b. Add gravy granules to the pot
 - c. Add the liquid from the potatoes and the vegetables
 - d. Put on the hob, bring to the boil and stir until thickened

Plate up and enjoy!!

Video 4: Traditional Apple Crumble (12.57 minutes in)

(Serves 4)

Equipment you will need:

- Oven Dish
- Sharp knife

OPTIONAL:

- Vegetable Peeler

Ingredients:

- Cooking apples, peeled thinly (Brambly is nice)
- cinnamon
- Sugar
- Crumble:
 - Handful of porridge oats
 - 2 handfuls plain flour
 - Handful flaked almonds
 - Brown sugar
 - butter

Method:

Method:

Preheat oven to 180 degrees Celsius

1. Grate the apples (or you can stew or slice thinly if you are in a hurry)
2. Add a dusting of cinnamon
3. Add a handful of sugar
4. Crumble:
 - a. Add the dry ingredients in to a bowl.
 - b. Grate in the butter & mix together, rubbing between fingertips until the mixture resembles breadcrumbs.
5. Add crumble on top of the apple dish
6. Put in oven for 25 minutes until golden colour

Enjoy!!! (Lovely with vanilla ice cream or custard!)

