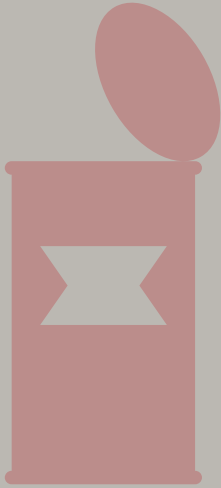


A top-down view of various food items including tinned goods, fresh vegetables, and herbs on a dark surface. The items are arranged around the central text, creating a rich and textured background. The items include tinned tomatoes, tinned corn, tinned beans, tinned fish, tinned soups, fresh dill, fresh parsley, fresh garlic, fresh onions, and a small bowl of mixed spices. A can opener is also visible on the left side.

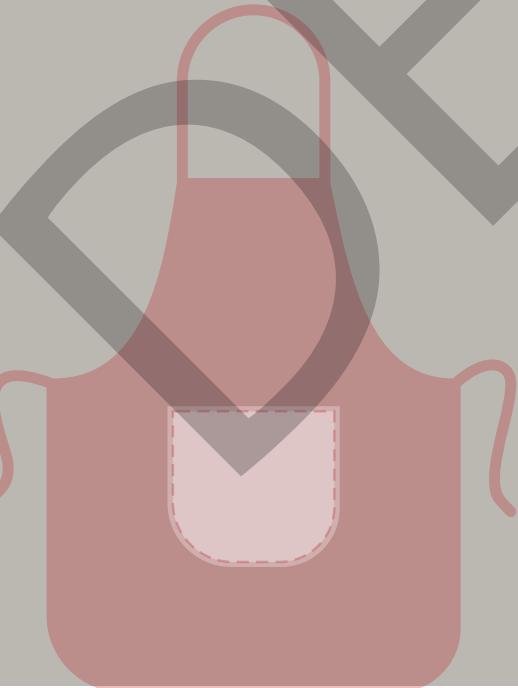
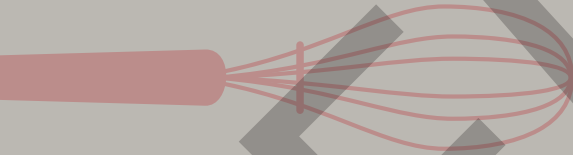
YOU CAN COOK

*Simple and easy recipes
using tinned and fresh food*



The aim of this book is to help inspire, motivate, and empower people to help them to cook – when we learn to cook, we develop confidence, independence, self-esteem, and the ability to make healthy choices for ourselves.

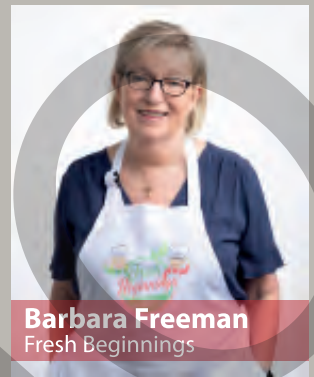
Barbara Freeman
of Fresh Beginnings



FORWARD

Welcome to Fresh-Beginnings's cookery book "You Can Cook".

The passion behind Fresh-Beginnings is Barbara, who has over 20 years of experience in hotel, restaurant and education catering and a love of good food! With simple tools and improved understanding of ingredients, cooking on a budget through to beautiful menu's we help you to cook well and eat better making mealtimes a positive experience for families and individuals.



Barbara Freeman
Fresh Beginnings

When we learn to cook, we are not only changing our own lives but also the lives of our family and friends by passing on the knowledge and encouraging them to try new foods and recipes making their mealtimes more enjoyable throughout the day!

This book is all about keeping it simple – our mission is to help readers who would not normally read a cookery book

To cook delicious meals with ingredients that they have and to encourage them to introduce fresh and frozen ingredients where possible making meals healthy and nutritious.

In this book you will find recipes made from only canned and non-perishable foods with matching recipes made from fresh ingredients. This will give you the opportunity to use the recipe that best suits your circumstances. You can choose from either of the recipes or you can mix and match and gradually add fresh ingredients to your diet where possible.

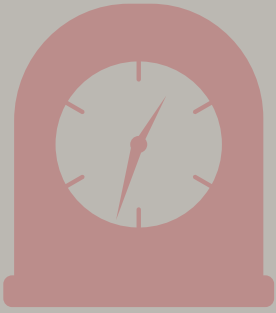
We all look for easy meal options, but it is important to ensure a healthy diet.

This recipe book not only offers some great recipes, but also some tips and information on how you can get confident in the kitchen to help you start to provide enjoyable food and make healthy meals!

Wishing you all the very best on your journey and I really hope you find this book useful.

Best wishes,





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**GETTING
STARTED**

Understand the basics

Tips for budgeting

If your budget is tight, it can seem difficult to buy foods that will help you to have a healthier diet – here are some tips that will help you to reduce your shopping bill and eat healthier at the same time.

Make a shopping list – this will help you to avoid buying additional items, that you do not need.

Plan your meals for a few days ahead and make a list before you go shopping. Stick to the list when you are in the shop, so you don't buy additional items – Never shop when you are hungry, it always makes you buy extra!

Go for value

Buy the supermarkets own brands – these are often cheaper and just as good quality.

Buy additional store cupboard items when they are on offer.

Foods such as rice, pasta, cereal, and canned foods will keep for a long time in your cupboard. Look for 2 for 1 offers and use these items to plan your next set of meals – remember, except the items on offer, stick to your shopping list!

Use frozen and tinned fruit and vegetables.

These count towards your 5 a day – they usually cost less than fresh and will not go off as quickly, so you are less likely to have any waste and save money.

Look for the supermarkets reduced item section

All supermarkets generally reduce the price of foods that are close to their use by date. This can be a great way to save money – make sure you can use them before the date runs out and cook or freeze everything before it goes off.

Make your own meals

Cook your own meals – you know what you are eating. Ready meals can be high in fat, sugar, and salt. Cooking for yourself can be a lot cheaper and healthier!

Packets

Pasta, rice, and couscous all make great meals – follow the instructions on the packets.

Jars

If you are lacking in confidence to make your own sauces, there are a variety of different sauces you can buy such as curry and tomato, which will help you make some delicious meals. Making your own is a lot cheaper and healthier. (See further on in the book for recipes)

Cans

Tuna and salmon are great to mix with pasta and rice and chopped tomatoes are good for making a quick past sauce – look out for the varieties with added garlic or herbs. Not forgetting, everyone's favourite baked beans, which can be eaten for any meal.

Finally – it is important to eat a healthy meal – if you are struggling to cook and have a cupboard full of cans and dried foods – it is amazing what you can make with a little imagination and the help from this book!

Food safety and hygiene...

“Number one in cooking!”

We all want to keep our families safe and healthy – follow these tips for good food safety in the home.

Washing your hands – This might sound obvious, but it is crucial - germs on your hands can get in the food and make it unsafe.

- Wash your hands with soap and running warm water.
- Wash your hands before, during and after preparing food; before eating; and after using the toilet.

Keep your equipment clean

- Use separate chopping boards, plates, and knives for different types of produce and for raw meat, poultry, fish, and eggs.
- Make sure all your chopping boards, utensils and work surfaces are clean and kept clean in between preparing different foods.

Food preparation

- Do not wash raw meat, chicken, and eggs. Washing these foods can spread germs as the juices and splashes from the water can spread on to your sink and counter.
- Do wash all fruit and vegetables under running water even if you are not going to peel them. Germs can spread from the outside to the inside as you cut or peel them.

Food safety – points to help keep you to be in control.

Cooking

- Make sure you cook food thoroughly to a safe temperature. You must make sure that food gets hot enough and is cooked for long enough and reaches a temperature of at least 72c
- When checking the temperature make sure you test the thickest part of the meat and if you don't have a probe that the juices run clear.
- Do not put cooked meat back on a plate that has had raw meat on it – always use separate plates to avoid cross-contamination
- Do not leave foods out at room temperature any longer than 2 hours
- Cool hot food quickly as possible – divide roasts and large portions of food into small, lidded containers so that they will cool quickly. When cool place in the fridge or freezer.

Storage

- Keep your fridge temperature between 0c – 5c
- Keep your freezer temperature between -18c - -20c
- Store raw meat on the bottom shelf away from fresh produce and ready to eat meals to avoid cross contamination
- Always keep food covered in lidded containers.
- Do not store opened cans of food in the fridge – transfer remaining ingredients to a plastic, lidded container.

Being Prepared...

“How to gain the confidence you need...”

Take a deep breath and take one step at a time. Creating your favourite dish is not a race or a competition – it should be enjoyable and one you will be proud of!

Once you get cooking, you won't look back. Start simple and expand as you become more adventurous as you gain your confidence – and YOU WILL!

Start with some basic recipes, with not too many ingredients and learn how to cook them first. You will see as you learn to cook the basics and grow in confidence that you will be cooking your favourite recipes in next to no time.

So here we go!

Cooking from scratch is far cheaper than buying prepared meals = and much healthier too!

Putting this into practice can be a little scary, but do not worry, practice makes perfect.

So long that it tastes good and is edible, then your hard efforts have paid off and you will improve as you gain more confidence and try new recipes.

Planning is the key ingredient - check your recipe and make a list of what ingredients you need. Don't rush this as this is when mistakes can happen – it is all about the planning and preparation.

Before you rush out to buy ingredients, check what you have in your cupboards, fridge, and freezer first, so that you are not buying items that you already have.

DID YOU KNOW?

Why use canned food?

Using canned food - it is great quality!

Cans go through an amazing process in a noticeably short time so they can often retain the freshness and nutrient content and in most cases, without the use of preservatives! Canned foods can be a nutritious option when fresh foods are not available.

Canned ingredients can be quickly adapted to make tasty recipes for families and individuals to enjoy.

Did you know?

Canned oily fish, such as Tuna, provides a good source of essential Omega 3

Fruit canned in juice provides one of your five - a-day (if you keep the juice from canned fruit i.e., raspberries and add water to dilute it to taste - it makes a lovely refreshing drink!)

With a little bit of creativity, you can make healthy, easy, and delicious dinners from some basic pantry staples:

- Canned, root and starchy vegetables
- Canned and dried fruits
- Canned proteins (Tuna, salmon, chicken, beans, lentils)
- Dry wholegrains (bread, crackers, pasta, quinoa, rice)
- Nuts, seeds, and nut butter Herbs, spices, and oil

Where possible, add in fresh ingredients if you have it and if you do not have, don't like or are allergic to certain ingredients, substitute them for something else!

A few kitchen essentials, to make things taste good:

Salt and pepper
A little sugar
Onions and garlic
Lemon juice
Vinegar
A few spices
Mustard
Worcester sauce
Chilli sauce

Leftover Canned Tomatoes

If a recipe only needs half a can then put the leftovers in a non-metallic airtight tub in the fridge for up to 3 days or freeze.



BREAKFAST

Easy Breakfast Omelette

SERVES
1

Ingredients:

- 2 eggs, beaten
- 60ml milk.
- 1-2 tsp oil
- tsp butter

Method:

- Season the eggs with salt and pepper and beat well with the milk.
- Heat the oil and butter in a non-stick frying pan over a medium-low heat until the butter has melted and is foaming.
- Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely.
- Cook for about 20 seconds then tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
- At this point you can fill the omelette with whatever you like – some grated cheese, sliced ham, fried mushrooms. Put the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve.



Pancakes

SERVES
4

Ingredients:

- 70g plain flour
- 2 eggs
- 100ml milk
- 1-2 tbsp oil

Method:

To make the batter, crack the egg into a large mixing bowl - add the flour, milk, and a tiny pinch of salt - mix everything together until you have a smooth batter - put a large frying pan on a medium heat and after a minute add ½ tablespoon of oil - add a ladle of batter to the pan, and swirl it round the pan - spread out slightly – each ladleful will make one pancake.

Cook the pancakes for 1 to 2 minutes, or until the bases are golden, then use a fish slice to carefully flip them over.

When the pancakes are golden on both sides, use a fish slice to transfer the pancakes to a plate. Serve with warmed marmalade or chocolate spread.

Did you Know

Juicing fruits + vegetables is healthy + refreshing - a great way to start your day!

Apples are low in calories yet high in fibre + water, making them very filling + a great weight loss food!

Fresh juice is full of nutrients + can be very beneficial to your health



SERVES 6

Raspberry and Peanut Butter Smoothie

Ingredients:

- 1 x 300g Tin Raspberries
- 4 tbsps. Peanut Butter
- 2 tbsps. Oats
- 1 Litre Milk (any will do)

Method:

Whiz all the ingredients together until smooth

Chill or drink straight away.

Breakfast Smoothies

Make up a breakfast smoothie in next to no time. Use a banana with other soft fruit and add a little honey for sweetness – add a few oats for some additional fuel to get you through the morning to help you avoid snacking!

Ingredients:

- 1 banana
- 1 tbsp porridge oats
- 80g soft fruit - whatever you have – Fresh, frozen, or canned all work well.
- 150ml milk
- 1 tsp honey
- 1 tsp vanilla extract

Method:

Put all the ingredients in a blender and mix for 1 minute until smooth.

Pour the banana oat smoothie into two glasses to serve.

SERVES 1



SERVES 1

Overnight oats Can be served in a variety of different ways!

Mix some oats and milk together with a yoghurt and a couple of your favourite ingredients and store in the fridge overnight for a healthy easy breakfast. You can get up and eat it – or it is good for on the go too!

Ingredients:

- 90g oats
- 300ml of any available milk (semi-skinned is better for you).
- 4 tbsp plain yoghurt (you can use flavoured – just not quite as healthy!).
- 1 tsp vanilla extract (optional)
- 2 tbsp honey

Instruction:

Put all the ingredients in a bowl together and mix well.

Divide between individual bowls/containers and cover. Put in the fridge overnight for at least 6 hours.

Add whatever toppings you like -

Suggested toppings: -

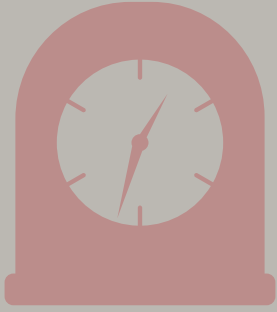
1. Canned or fresh fruits
2. Canned or frozen berry mix
3. Mixed nuts
4. Dried fruit

Did you Know

Juicing fruits + vegetables is healthy + refreshing – a great way to start your day!

Fresh juice is full of nutrients + can be very beneficial to your health

Overnight oats offer a range of health benefits, due to their rich fibre and protein content.

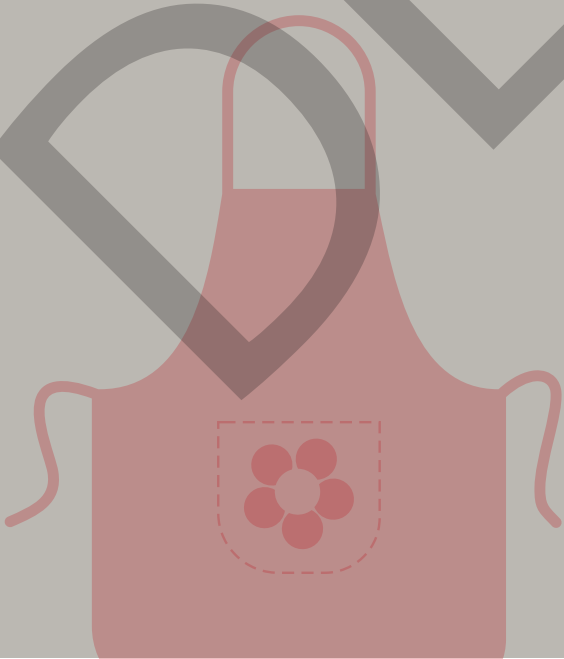


FEM

H



LUNCH



Sausage Rolls

MAKES
10

Ingredients:

- 1 x 500g of bought fresh puff pastry or ready rolled.
- 8-10 good quality pork sausages approx. 50g
- 1 tbsp red onion chutney (optional)
- 1 egg yolk
- 1-2 tbsp of sage & onion dried stuffing mix
- A little milk
- Seasoning

Method:

Preheat the oven to, 220°C, (200C in a fan oven), Gas Mark 7.
Roll the pastry and cut down the middle lengthways.

Remove the skin from the sausages and place in a bowl with the red onion chutney, stuffing mix and mix well.

Divide the sausage meat in half and place down the middle of each length of pastry.

Mix the yolk and milk in a small bowl with a fork and brush down one side of the pastry. Roll the pastry around the sausage meat using the egg to seal the edges.

Chill for 20 minutes, or at this stage they can be kept covered in the fridge for up to 2 days or placed in a sealed container and stored in the freezer for up to a month (defrost completely in the fridge before cooking).

Cut each piece into approximately 6 sausage rolls and place on a lightly oiled baking tray. Brush the tops with the rest of the egg mixture and sprinkle some sesame seeds on top. Bake for 20 mins or until golden and cooked through. Allow to stand for 5-10 minutes before serving.

There is nothing wrong with using shop bought pastry - especially if you are short of time!

Try these homemade sausage rolls with the homemade baked beans which you will find the recipe for in the extras section. A delightful combination and can be served for either lunch or dinner!



Jacket Potatoes

SERVES
4

Always welcome when your cupboard is bare.

Preparing your jacket potato for either oven or microwave

- Wash thoroughly, but not scrub as you will remove the skin
- Prick the potato – This helps to release the steam and create a nice fluffy potato
- You can also coat your potato in a little oil and roll it in a little salt – This helps to make the skin all crispy and adds more flavour.

Jacket potatoes can be ready in minutes if you cook them in the Microwave – Place prepared jacket potato in microwave on high setting for 3 minutes (800-watt) and then turn the potato over for another 3 minutes until tender. Add an extra minute if needed. (Adjust the time according to your microwave setting).

However, if you have a little extra time, you can cook them in the oven 180c/gas4 to get a nice crispy skin. This would take about an hour to an hour and a half.

A good compromise would be to cook the potato in the microwave until almost cooked and then pop it into a preheated oven to finish it off for approx. 10-15 minutes or until nice and crispy.

While your jackets are cooking you can prepare your toppings or simply use leftovers from your Chilli, Bolognese, or curries!

A great way to use any additional leftovers from your batch cooking!



Jacket Potato - Toppings

Tuna and red onion pepper

Finely chop 1/2 a red onion pepper and 1/2 a red pepper and place in a bowl with a small, tin of tuna, drained. Mix in some mayonnaise and seasoning. Divide the filling into two halves. Put one half on the jacket. Store the remainder in a sealed tub in the fridge and you could use that to put on a sandwich.

Beans and Cheese

Heat the baked beans. Grate a good amount of cheddar cheese. Split the potato, add some butter, and pour over the beans. Sprinkle the cheese on top and watch it melt into the beans.

Coleslaw

A healthy option. Prepare your jacket and simply open a tub of coleslaw. Place on your jacket and serve.

Bacon and cheese

Crispy bacon rashers chopped into pieces mixed in with the potato. Grate some cheddar cheese on the top and place back in the oven to melt.

Bolognese

When you are making a spaghetti Bolognese, make a little extra and keep in the fridge until the next day. Prepare your cooked jacket, reheat your Bolognese thoroughly and add to the jacket potato. You could also grate some cheddar cheese on the top and put back in the oven to melt. All the above would be nice served with some salad, lettuce, tomato. Cucumber chopped peppers and spring onion.



FEMMO

DINNER

Easy Pizza

You can't beat a great pizza – and this one is so easy and tasty!

MAKES
1-2

Ingredients:

- 1 x 290g packet pizza mix, 100ml Lukewarm water, Flour for rolling.
- 400g chopped tomatoes
- 1 tsp dried mixed herbs
- Tbsp tomato puree
- 2 pinches of sugar,
- 250g grated cheese
- topping of your choice.

Suggested toppings.

- Ham, diced bacon, or pepperoni
- Diced Pineapple
- Diced BBQ chicken (mix cooked chicken with a little BBQ sauce)
- Tuna
- Sweetcorn
- Onions and peppers
- Tomatoes

Method:

1. Switch the oven on to 220c / gas 7 and grease and lightly flour a baking tray.
2. Make pizza as per packet instruction.
3. To make the sauce put tomatoes, sugar, puree, and mixed herbs in a bowl and mix well – place in the fridge until required.

Now to get creative: -

1. Top your pizza with the tomato mix, not too thickly and then evenly spread the grated cheese.
2. Add the toppings of your choice.
3. Bake in the oven for 15 – 20 minutes until the edges are nicely browned.
4. Serve and enjoy!



Tuna Pasta Bake

SERVES
4-6

Ingredients:

- 500g pasta
- 100g frozen peas
- 50g butter
- 50g plain flour
- 600ml milk
- 1 tsp Dijon mustard
- 125g cheddar, grated
- 3x145g cans tuna, drained
- 4 spring onions, sliced
- 198g can sweetcorn, drained
- Seasoning

Method:

- Heat oven to 180C/fan 160C/gas 4.
- Bring a pan of water to the boil. Add the pasta and cook, following pack instructions, until slightly tender. Add the peas for the final 3 mins cooking time.
- Meanwhile, melt the butter in a pan over a medium heat. Stir in the flour and cook for 2 mins. Add the milk, whisking constantly, then slowly bring to the boil, stirring often, until sauce thickens. Remove from the heat, add the mustard and season well.
- Drain the pasta and peas, then return to the pan and stir in the tuna, spring onions, sweetcorn, and sauce. Tip into a shallow baking dish, season and top with the cheddar and bake in the oven for 15-20mins or until golden and bubbling.



Baked Lasagne

This is a family favourite comfort food – perfect on a cold night!

SERVES
4-6

Ingredients:

- About 10 sheets lasagne
- Make up half quantity of mince base mince recipe (see batch cooking section)
- Make white sauce (see white sauce recipe in the extra section)

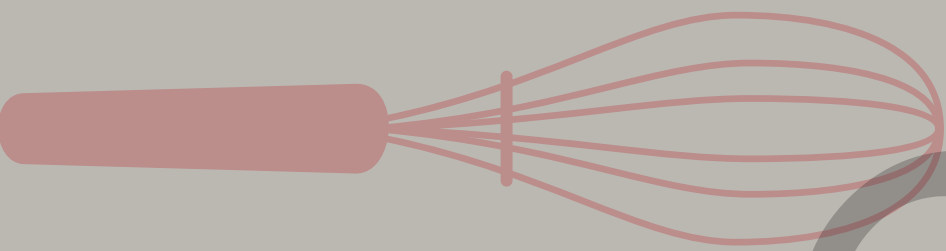
Method:

- Preheat the oven temperature to 200C/400F/Gas 6.
- For the lasagne, put one third of the meat sauce in the base of a 2.3 litre/4-pint shallow ovenproof dish. Spoon one third of the white sauce on top. Arrange one layer of lasagne sheets on top. Season. Spoon half of the remaining meat sauce on top and then half of the white sauce. Put another layer of lasagne sheet on top, then the remaining meat sauce and remaining white sauce. Sprinkle over the cheddar cheese.
- Leave for a couple of hours to rest before cooking so that the pasta can start to soften.
- Cook in the middle of the oven for about 45 minutes- or until golden brown on top, bubbling around the edges and the pasta is soft.

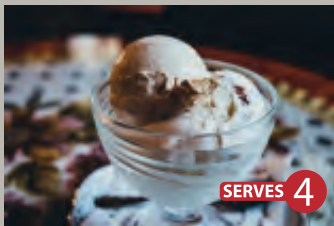
Leave to rest for 15 - 20 minutes to help it set and keep it from being runny.

This lasagne freezes well. Just assemble it but do NOT bake. Instead, wrap the assembled lasagne tightly with plastic wrap, then wrap again with aluminium foil and freeze for up to 1 month.

Defrost over night in the refrigerator and then follow instructions as above.



DESSERTS



SERVES 4

Home-made ice-cream

No ice-cream maker required!

Ingredients:

- 300ml double cream
- 3 eggs
- 70 g icing sugar
- 3 tbsp golden syrup

Method:

- Whisk the cream until it is thick (not too thick)
- Whisk in a separate bowl the eggs and icing sugar until it doubles in volume
- Add in the golden syrup
- Add the cream to the egg mixture and transfer to a lidded tub and Freeze

To make the ice-cream a little different you can add broken up pieces of crunchie (or whatever else takes your fancy) to the mix before freezing!

Fruity Flapjack

Flapjacks are deliciously sticky and are a perfect snack food. They keep well, and the oats are a good source of fibre, which slows the release of sugar into the body.

Ingredients:

- 175G Butter
- 175G Demerara Sugar
- 1 Tbsp Honey or Golden Syrup
- 1/2 Tsp Vanilla Extract
- 250G Rolled Oats.
- 100G Mixed fruit
- 50G Melted chocolate to drizzle on the top. (optional)

Method:

1. Grease and line a 20x20cm square tin. Preheat the oven to 180C/160Fan/350F.
2. Melt the butter, vanilla, sugar and honey or golden syrup in a large pan. Once the butter has melted and all the sugar has dissolved, tip in the oats and dried fruit and mix well.
3. Tip the mixture into the lined tin, press down evenly, and bake for 20-25 minutes for soft, chewy flapjacks. If you like a crispy flapjack bake for about 30 minutes.
4. When cooled drizzle some melted chocolate over the top for that extra little treat.



SERVES 4



Strawberry Mousse

Ingredients:

- Strawberries, 225g
- 300ml Double Cream, a medium pot
- 1/2 lemon
- Icing Sugar, to taste

Instruction:

- Wash and remove the stalks from the strawberries.
- Crush the strawberries with a potato masher until you have a lumpy puree. If there is too much liquid, strain some away. This stops the cream from getting too runny.
- Whip the cream in the other bowl with the rotary whisk until, when you lift up the whisk, the cream forms little mountain peaks.
- Using a tablespoon, fold the crushed strawberries into the bowl of cream, using the spoon like a paddle, until the strawberries are all completely folded in and there is no more white cream. Add a squeeze of lemon juice, to taste.
- How much icing sugar you need, depends on how sweet you like it. Sift in a little, heaped spoonful at a time, folding it in well. Keep tasting the mixture, until it is exactly right.

Did you Know

Fresh juice is full of nutrients + can be very beneficial to your health

Overnight oats offer a range of health benefits, due to their rich fibre and protein content.

Apple Crisp Crumble

MAKES
4-6

Ingredients:

For the Topping:

- 100g plain flour
- 150g cup packed light brown sugar
- Pinch of salt
- 110g unsalted butter (cold, cut into small pieces)
- 75g quick-cooking or rolled oats

For the Filling:

- 5 to 6 large apples
- 1 tablespoon lemon juice
- 75g cup packed light brown sugar
- 1/2 teaspoon ground sweet cinnamon

Method:

- Heat oven to 180C/160C fan/gas 4
- Butter a 24cm/9in ovenproof dish.
- Combine the flour, 150g brown sugar, salt, and butter in a mixing bowl
- Add in the butter to the dried ingredients and rub gently until it looks like breadcrumbs
- Add the oats and mix thoroughly. Set aside.
- Peel, core, and slice the apples.
- Add the apple slices in a bowl with the lemon juice and toss periodically to keep the apples from becoming brown.
- Add the 75g brown sugar and cinnamon to the apple and lemon juice mixture and toss.
- Transfer the apple mixture to the prepared baking dish
- Top the apple mixture evenly with the crumb mixture.
- Bake for 40 to 45 minutes, or until the apples are tender and topping is browned and crisp.



Microwave mug cake

MAKES
1

Ingredients:

For the Topping:

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil, a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)

Method:

- Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
- Add 1 medium egg and mix in as much as you can, but do not worry if there's still dry mix left.
- Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
- Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.