



Real Food Works Microwave Cookbook

A celebration of ten years
of community cooking



**What's
cooking**

**REAL FOOD
WORKS**

nourishing body, mind & spirit



(C) Frogprints

“

I will be using the microwave more,
saving time, energy and money!

Cheryl, North Ormesby



Welcome to Quick and Easy Microwave Cooking

The aim of Quick and Easy Microwave Cooking is to help people live a healthier and more sustainable lifestyle and save money.

A microwave is a very energy efficient and low cost appliance that can produce healthy food quickly. The contents of this recipe book are organised by season so you can see and use what is available at different times of the year.

If you use the Growing Middlesbrough website
www.growingmiddlesbrough.org.uk
you can also source locally produced ingredients.

Quick and Easy Microwave Cooking was developed by the Federation of City Farms and Community Gardens as a part of the One Planet Middlesbrough: Creating Sustainable Communities project, which is funded by the Big Lottery's Communities Living Sustainably programme.

One Planet Middlesbrough: Creating Sustainable Communities is a project helping Middlesbrough residents live more sustainably and save money.

To find out more, visit www.menvcity.org.uk/opm

We hope you enjoy this book and find it useful.

**Michael Marston, Northern Development Co-ordinator,
Federation of City Farms & Community Gardens.**



Easy as Pie

1. Microwave ovens work by producing electromagnetic waves via a magnetron inside the oven. These waves create friction in the water molecules in the food, which then causes them to heat. The same process is used in a conventional oven, but the microwave is faster.

2. This process makes microwave cooking particularly good for liquid foods such as soups, sauces, casseroles etc. and when cooking at low power levels.

3. Containers suitable for microwave cooking should allow the microwaves to pass through e.g. glass & ceramics. Metal containers are not suitable and only plastic containers labelled 'microwave safe' should be used. Most takeout containers, can be used.

4. Cover bowls, where indicated in the recipes, with cling film, plate or similar lid to prevent splashing. Always remove cling film and lids carefully as the steam trapped can cause serious burns.

The Microwave Kitchen

Essentials for great cooking



Ceramic bowls and dishes



Oven gloves



Plates



Hand blender/whisk



Measuring jugs



Cups and mugs



Cutlery



Wooden mixing spoons



Kettle



Salt and pepper



Pans



Microwave

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✓ Vegetarian

♥ Remember - just for treats! Eat in moderation

Why cook seasonally?

Eating fruit and vegetables that are in season is a good idea because:

- They will have travelled fewer miles therefore saving energy and CO² emissions.
- They have been grown in this country so will be fresher.
- Food grown here helps to support our farming and food growing communities sustaining jobs and local business.
- They will taste better and have a greater nutritional value.
- It helps us understand the seasonal cycle and encourages greater variety in our use of ingredients throughout the year.

Whether you buy from a local shop or a supermarket, food sold in the EU must be labelled to show where it has come from. If in any doubt, look for the Union Jack flag that tells you it has been grown in this country. Additional information about the quality and origin of the food that we buy is provided by other labels, a number of which are shown on page 60. It is useful to be familiar with these when you go shopping so you know what you are buying.



SPRING March/April/May

What's in season?

Asparagus, new potatoes, spinach, salad leaves, watercress, spring onions and rhubarb.



Bean and Tomato Soup

This is a recipe to use when you've been busy all day and you want something quick, tasty and simple. It can be prepared from your store cupboard ingredients, supplemented by any seasonal vegetables you have. Using fresh herbs will add more flavour - you can buy herbs in pots from your local supermarket and keep them on your kitchen windowsill.

Serves 4-6

- 2 celery sticks, chopped finely (you can use carrots or leek if you don't have celery)
- 1 small onion, chopped finely
- 1 sprig of fresh thyme or a pinch of dried thyme
- 575ml hot vegetable stock
- 400g tin of tomatoes
- 400g tin of baked beans in tomato sauce
- Worcestershire sauce
- black pepper
- chopped parsley, to garnish

Tip

If you don't have celery you can use two medium carrots or a chopped leek.

1 Put the celery, onion and thyme and a tablespoon of stock into a large microwavable bowl. Cover and cook on FULL POWER for 2-3 minutes.

2 Remove the sprig of thyme (if used), add the tomatoes and beans to the celery and onion, add the remaining stock, a few drops of Worcestershire sauce and seasoning to taste.

3 Heat on FULL POWER for 5 minutes.

4 Puree until smooth. Serve sprinkled with parsley.

Spicy Carrot and Lentil Soup

Whilst carrots don't come into season until June you can still buy British carrots in the shops all year round. This is because British farmers put their carrots "to bed" in the autumn by covering them with a thick layer of straw to protect them from frost. This eco-friendly way of storage means that the crop is kept fresh.

Serves 6

- 1 tbsp vegetable oil
- 1 medium onion, peeled and chopped
- 2 sticks of celery, chopped
- 2 medium carrots, grated or chopped
- 55g split red lentils
- 1 tsp ground cumin
- 1 tsp ground coriander
- 850ml vegetable stock
- black pepper

1 Put oil, onion and celery in a bowl, cover and cook on FULL POWER for 3 minutes.

2 Add carrots, lentils, cumin, coriander and half of the stock. Cover and cook on FULL POWER for 10 minutes.

3 Add the rest of the stock and cook on FULL POWER for 3 minutes.

4 Blend until smooth and serve with some crusty bread.

Asparagus Risotto

The British asparagus season is very short, lasting for about six weeks from the beginning of May. When choosing, look for firm but tender stalks with good colour and closed tips.

Serves 4-6

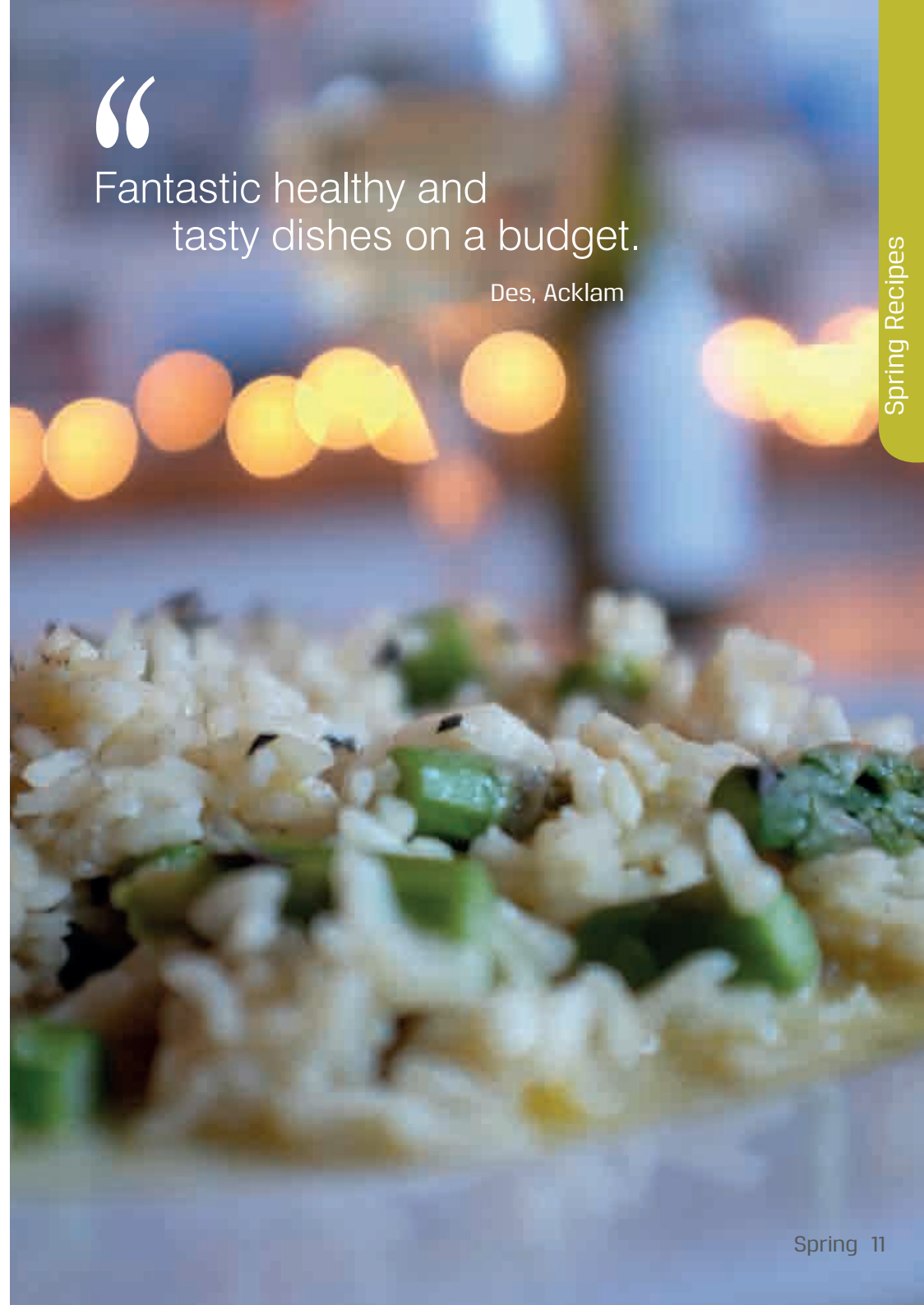
25g butter
 4 spring onions, finely chopped
 250g risotto rice
 900ml vegetable stock, may need a little extra
 150g fresh or frozen peas or a mixture with broad beans
 100g asparagus spears
 60g natural yogurt
 black pepper
 Parmesan or mature Cheddar cheese (note that there are vegetarian options available)

- 1 Put the butter and spring onions in a bowl, cover and cook on FULL POWER for 2 minutes.
- 2 Add the rice and half the stock to the bowl. Cook uncovered on FULL POWER for 10 minutes.
- 3 Add the vegetables and the rest of the stock. Cook uncovered on FULL POWER for 10 minutes or until the rice is cooked (if it is too thick add some extra stock).
- 4 Stir in the yoghurt and pepper and add some cheese to taste.
- 5 Serve with a crisp green salad.

“

Fantastic healthy and tasty dishes on a budget.

Des, Acklam



Chicken Fajitas

This recipe is a quick and tasty family favourite and can be cheaper to make than to buy the boxed kits in the shops.

Serves 4-6

- 2 tbsp vegetable oil
- 1 medium onion, finely chopped
- 1 garlic clove, crushed
- 2 peppers, sliced
- 6 medium mushrooms, chopped
- 1 tsp cumin
- ½ tsp chilli powder
- ½ tsp paprika
- 1 tsp turmeric
- 200g (half tin) chopped tomatoes
- 250g cooked chicken, sliced
- flour tortillas

- 1 Put the oil, onion and garlic in a bowl, cover and cook on FULL POWER for 2 minutes.
- 2 Add the other ingredients (except tortillas). Stir well. Cover and cook on FULL POWER for 6-8 minutes.
- 3 Serve wrapped in warmed tortillas, with salad.

Vegetable Fritatta

This is a versatile dish that can be made from any left overs that you have in the kitchen. It can be a main meal or a lunch box addition.

Serves 4

- 3 spring onions chopped
- 1 garlic clove
- 2 tbsp oil
- 250g cooked sliced new potatoes
- 50g fresh, frozen or tinned peas
- ½ sweet pepper, chopped
- 25g frozen sweetcorn
- 4 medium free range eggs
- Parmesan (or mature cheddar) cheese

- 1 Chop the garlic, put it in a microwavable bowl with the spring onions, sweet pepper and oil. Cook on FULL POWER for 2 minutes.
- 2 Put the onion mixture in a round medium deep dish such as the lid of a casserole dish. Layer sliced potatoes over onions and add peas and sweetcorn. You can also use any left overs or seasonal vegetables such as spinach.
- 3 In a separate bowl, beat together eggs and pour over potatoes and onion mixture. Sprinkle with cheese. Cook on MEDIUM in 2 minute bursts until set. It can be browned under the grill for a few minutes.
- 4 Serve warm with salad and crusty bread, or use cold as a lunch box or picnic treat.

Tip

Not sure if your eggs are still edible? Do the water test - if an egg sinks it's really fresh and if it floats it needs to be chucked. If it tilts on the bottom or sits upright it is slightly older but still usable.





Sweet and Sour Chicken

Forget expensive takeaways, make your own - it's quick and tasty.

Serves 4-6

- 9 tbsp tomato ketchup
- 3 tbsp malt vinegar
- 4 tbsp dark (muscovado) sugar
- 2 garlic cloves, crushed
- 4 skinless and boneless chicken breasts, cut into chunks
- 1 small onion, roughly chopped
- 2 red peppers, de-seeded and cut into chunks
- 1 small tin pineapple pieces in juice, drained
- 100g broccoli
- handful salted, roasted cashew nuts, optional

- 1 In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers.
- 2 Microwave, uncovered, on FULL POWER for 8-10 minutes until the chicken is starting to cook and the sauce is sizzling.
- 3 Stir in the pineapple pieces and broccoli and return to the microwave for another 3-5 minutes until the chicken is completely cooked.
- 4 Leave to stand for a few minutes, then stir in the cashews, if using, and serve with white rice.

Veggie Shepherd's Pie

Cooking cauliflower in a microwave preserves its nutrients and is really easy.

Serves 4-6

- 1 tbsp olive oil
- 1 clove garlic, crushed
- 1 large onion, halved and sliced
- 2 large carrots, diced
- 2 tbsp thyme chopped, or ½ tsp dried thyme
- 400g tin chopped tomatoes
- 2 vegetable stock cubes
- 410g tin green lentils
- 1 medium cauliflower
- 85g mature Cheddar, grated
- black pepper to season

- 1 Put the onion and garlic in a bowl with oil, cover and cook on FULL POWER for 3 minutes.
- 2 Add the carrots, thyme and the tomatoes, then sprinkle in the stock cubes and cook on FULL POWER for 5 minutes.
- 3 Add the tin of lentils, including their juice, then cover and cook on FULL POWER for 8 minutes until the carrots are cooked and the lentils are soft. Put to one side.
- 4 To make the cauliflower mash, use 1 medium cauliflower broken into florets. Place in a bowl with 4-5 tbsp water. Cover and cook in the microwave until soft. Drain and mash/puree until smooth with a small amount of butter and milk. Season to taste.
- 5 Put the veg and lentil mixture into a dish and cover with the cauliflower mash. Sprinkle with cheese and put under a hot grill until golden.

Did you know

Colour aside, cauliflower is a close relative of Broccoli. In fact, during the earliest stages of growth, the two plants are similar.

Chocolate Brownies



A rich and delicious treat that takes minutes to make. Why not use Fairtrade chocolate and sugar?

Serves 4-6



- 100g plain chocolate
- 100g butter
- 100g brown sugar
- 100g self-raising flour
- 2 tsp cocoa powder
- 2 medium free range eggs, beaten
- ½ tsp vanilla essence
- 100g walnuts, chopped (you could use dried cranberries instead of walnuts)

Did you know

Walnuts are a rich source of Omega 3 oil, important for heart health and brain function.

- 1 Put chocolate and butter in a bowl and cook on FULL POWER for 1 minute or until chocolate has melted.
- 2 Stir in other ingredients and beat well.
- 3 Pour into a square dish and cook on FULL POWER for 4-6 minutes or until firm to touch.
- 4 Allow to cool and cut into squares.
- 5 Don't over-cook the brownie. If it is still a little moist on top leave it to stand for 2-3 minutes. If it is still wet, cook it in short bursts until it is ready.

Carrot Cake



The idea of using vegetables in cakes comes from wartime rationing. The carrot makes the cake moist so it keeps well.

Serves 4-6

- 150g self raising flour
- 150g brown sugar
- 2 tsp ground cinnamon
- 4 medium carrots, grated (approx 400g)
- 85g raisins
- 125ml vegetable oil
- 2 medium free range eggs
- 40g walnuts

- Icing ingredients
- 60g cream cheese
 - 30g butter
 - 240g icing sugar
 - 1 tbsp lemon juice

- 1 Combine all the cake ingredients. Put the mix into a microwave safe cake dish.
- 2 Cook for 10 minutes on MEDIUM. Stand for 5 minutes.
- 3 Cool on rack.
Beat icing ingredients together and pour over cake.
Top with walnuts.

Spiced Rhubarb



The first rhubarb of the year is harvested by candlelight in forcing sheds - where all other light is excluded - a practice that produces a sweeter, more tender stalk. These sheds are dotted around the "Rhubarb Triangle" of Wakefield, Leeds, and Morley.

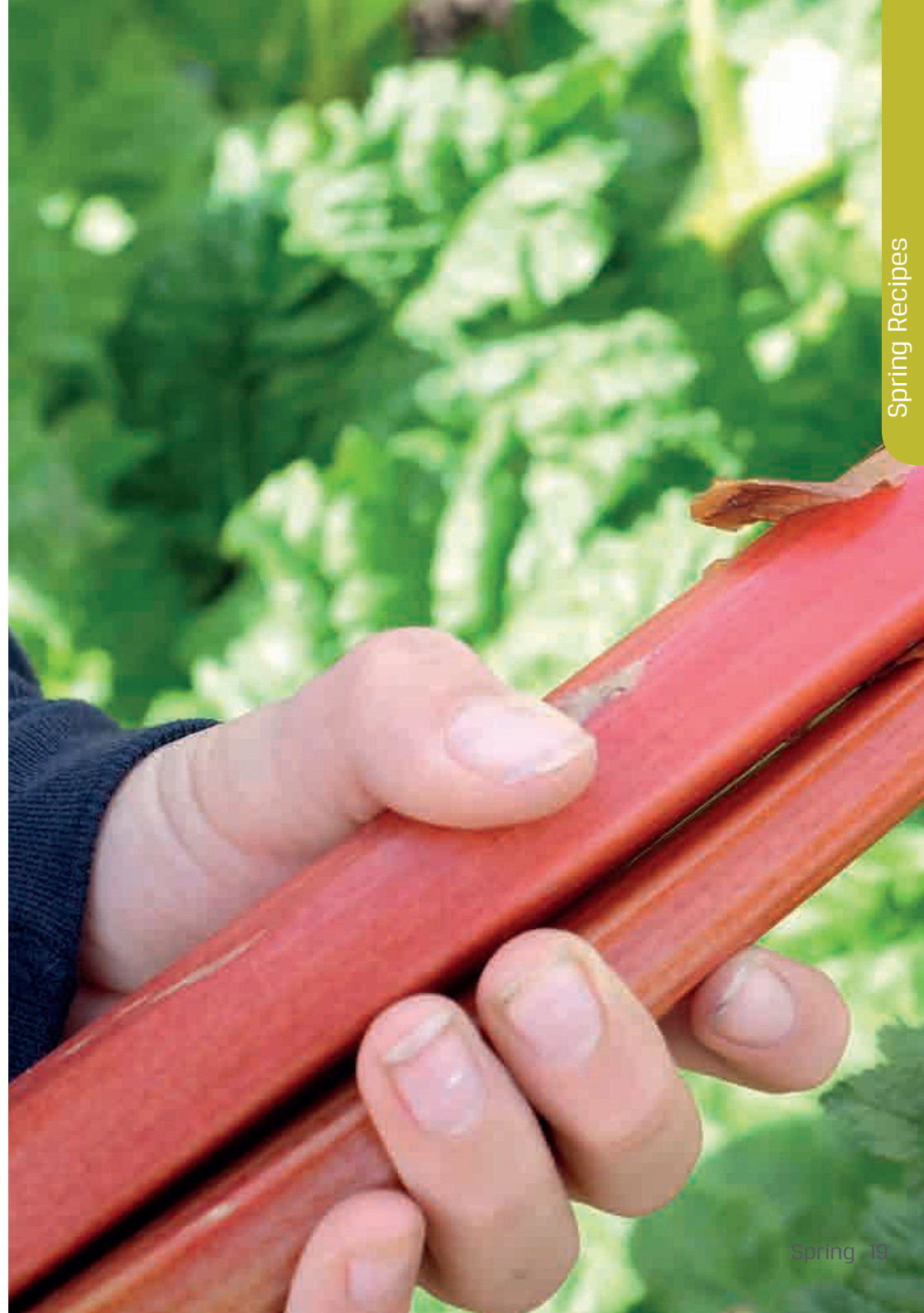
Serves 4-6

- 400g rhubarb stalks, cut into small lengths
- 100g dried fruit
- 1 medium orange, rind and juice
- 1 cm fresh ginger root, peeled and grated, or 1 level tsp ground ginger
- 1 tsp ground cinnamon
- 2 tbsp honey (or more to taste)

- 1 Put all ingredients into a bowl and stir well together.
- 2 Cover bowl and cook on FULL POWER for 6-8 minutes or until rhubarb is just soft.
- 3 Serve hot on top of porridge or as a dessert with yoghurt or egg custard, or as a base for a crumble.

Tip

Don't over cook the rhubarb or it will become very mushy.



Egg Custard



A quick dessert to accompany seasonal fruits such as rhubarb. Use free range eggs if you can as these come from "happy hens".

Serves 4-6

3 free range eggs
 ½ tsp vanilla essence
 2 tbsp caster sugar
 300ml milk
 grated nutmeg

- 1 Heat the milk in a jug on FULL POWER for 2-3 minutes (don't boil).
- 2 Beat together eggs, sugar and vanilla.
- 3 Pour milk onto egg mixture and beat together.
- 4 Pour mixture into a bowl or into 6 individual ramekins. Sprinkle with nutmeg.
- 5 Cook on SIMMER/LOW POWER for 6-8 minutes. The custard should be starting to set around edges and will continue to set after standing.
- 6 Serve with poached fruit such as rhubarb or raspberries.

Did you know

Eggs cook particularly well in the microwave due to the gentle heating process.



SUMMER
 June/July/August

What's in season?

Peas, tomatoes, peppers, beetroot, carrots, broad beans and French beans, garlic, courgettes, cucumber, broccoli, strawberries, raspberries and currants.



Courgette and Pea Soup



A great summer soup. You can use your own mint - it grows easily in pots - or it can be bought from supermarkets.

Serves 4-6

- 1 tbsp vegetable oil
- 2 cloves garlic, chopped
- 4 spring onions, chopped
- 250g courgettes, thinly sliced
- 250g peas, fresh, tinned or frozen
- 700ml vegetable stock
- black pepper
- 20g fresh mint, chopped
- 200g natural yoghurt

Did you know

Courgettes are also known as zucchini - they are low in saturated fat and very low in cholesterol and sodium.

- 1 Put onions, garlic and oil into a bowl. Cover and cook on FULL POWER for 2 minutes.
- 2 Add the courgettes and 200ml of stock. Cover and cook on FULL POWER for 4 minutes.
- 3 Add peas, mint, the rest of the stock and season with pepper. Cover and cook on FULL POWER for 3 minutes.
- 4 Blend until smooth, adding yoghurt.
- 5 Serve hot, garnished with some fresh mint.

“

Soups are a dream to make in a microwave ... and so quick.

Jan, Linthorpe



Tomato and Basil Soup



A really tasty soup for a summer day. Keep a pot of fresh basil in your kitchen. You can buy pots of fresh basil from the supermarket.

Serves 2-4

- 1 tbsp vegetable oil
- 1 medium onion, chopped
- 1 garlic clove, chopped
- 1 medium carrot, peeled and chopped
- 1 tsp sugar
- 450g fresh tomatoes, chopped or 400g tin chopped tomatoes
- 450ml hot vegetable stock
- 2 tbsp fresh basil chopped
- 2 tsp lemon juice
- 2 tbsp tomato puree

- 1 Put the oil, onion, garlic, carrot and sugar in a bowl. Cover and cook on FULL POWER for 5 minutes.
- 2 Add the other ingredients. Cover and cook on FULL POWER for 8 minutes.
- 3 Blend and serve.

Tip

If using fresh tomatoes you can remove the skin by pouring boiling water over them and leaving to stand for 1 minute. Drain carefully. The skin should then rub off.

Did you know

Tomatoes contain high levels of lycopene which is beneficial for heart health and has been linked with prostate cancer prevention in several studies.

Stuffed Peppers

A quick, light and tasty summer dish.

Serves 4-6

- 3 large red peppers, halved and de-seeded
- ½ tin chopped tomatoes, with liquid
- 5 tbsp pre-cooked brown rice
- 2 tbsp hot water
- 2 spring onions, thinly sliced
- 125g small tin of sweetcorn, drained
- ½ tin kidney beans, drained and rinsed
- ¼ tsp crushed red chilli flakes (to taste)
- 60g grated/chopped mozzarella cheese
- 1 tbsp grated Parmesan or mature Cheddar cheese

Did you know

Botanically speaking, a tomato is a fruit. The government classified it as a vegetable in the late 1800s so it could be taxed under custom regulations.

- 1 Arrange pepper halves in a microwave safe baking dish. Cover dish with cling film. Poke a few holes in the cling film for vents and cook on FULL POWER in the microwave for 6 minutes, or until tender.
- 2 In a medium bowl, mix tomatoes and their liquid, rice and water. Cover with cling film and cook on FULL POWER for 4 minutes.
- 3 Stir spring onions, sweetcorn, kidney beans and red chilli flakes into the tomato mixture. Cook on FULL POWER for 3 minutes.
- 4 Spoon hot tomato mixture evenly into pepper halves and cover with cling film. Make a few holes in the plastic to vent steam and cook on FULL POWER for 6 minutes.
- 5 Remove cling film, sprinkle with mozzarella cheese and Parmesan (or mature cheddar) cheese and leave to stand for 1 - 2 minutes before serving with a crispy salad.

Salmon, Leek and Tomato

A delicious way to get your daily Omega 3 requirements.

Serves 4

- 700g leeks, finely sliced
- 3 tbsp vegetable oil
- 2 tbsp wholegrain mustard
- 2 tbsp clear honey
- juice of half a lemon
- 250g cherry tomatoes, halved
- 4 skinless salmon fillets (each approx. 175g)
- black pepper

- 1 Put the leeks in a dish with oil. Cover and cook for 3 minutes.
- 2 Whisk together oil, mustard, honey and lemon juice and season with pepper.
- 3 Scatter the tomatoes over the leeks and spoon over half the sauce.
- 4 Lay the salmon fillets on top of vegetables and spoon over remaining sauce. Cover and cook on FULL POWER for about 6 minutes. Leave to stand 2-3 minutes.
- 5 Serve with green vegetables or a crunchy salad.



Savoury Flapjack



A change to the usual sweet flapjack. Serve as a snack or a lunch dish.

Serves 2-4

- 1 medium onion, finely chopped
- 1 medium red pepper, finely chopped
- 1 tbsp vegetable oil
- 400g tin chopped tomatoes
- 1 tbsp dried mixed herbs
- 170g porridge oats
- 60g grated mature Cheddar cheese
- cayenne or chilli powder to taste

1 Put oil, onion and peppers into a bowl. Cover and cook on FULL POWER for 3 minutes.

2 Add tomatoes and herbs to mixture and cook on FULL POWER for 2 minutes.

3 Add the rest of ingredients (keeping a small amount of cheese to sprinkle on the top) and mix well. Press the mixture into a dish so that it is about 1cm thick. Sprinkle on remaining cheese.

4 Cook on FULL POWER for 7-8 minutes. When cooked it should be firm on the top.

5 Cut into squares and serve warm with some salad as a tasty lunch or to go with some homemade soup.

Did you know

Oats contain more fibre than other grains and this helps to keep you feeling fuller for longer.

Stir Fry Wrap



Tortilla wraps are a handy 'package' for a range of foods. Kids love them and they provide carbohydrates for energy.

Serves 4

- ½ medium onion, chopped finely
- 1 garlic clove chopped/ crushed
- 1 tbsp oil
- 80g mushroom
- 1½ red/yellow pepper, thinly sliced
- 40g fresh or tinned sweet corn
- 40g fresh or tinned peas
- ½ tsp chilli spice (or to taste)
- 1 tsp mixed herbs
- 2 tsp soy sauce

1 Finely chop the onion and garlic. Place in microwavable bowl with the oil and heat on FULL POWER for 3 minutes.

2 Slice the peppers and mushrooms and add with the remainder of the ingredients to the softened onion. Stir well and heat on FULL POWER for 6-8 minutes.

3 Leave to stand for 2 minutes.

4 Heat each wrap for 10 seconds.

5 Add a large spoonful of the mixture to the centre of the wrap, turn in the edges and roll up.

6 Serve on own or with fresh salad.



Fruity Flapjack



Oats are high in dietary fibre and are a slow release energy food, so keep you feeling fuller for longer.

Makes 16 squares

150g butter
100g soft brown sugar
3 tbsp honey or golden syrup
350g porridge oats
bananas or chopped
apple, pear, berries or any
seasonal or dried fruit

- 1 Use a 12.5 x 23cm dish.
- 2 Put the butter, sugar and syrup in a bowl and cook for 1-2 minutes, until the sugar has dissolved.
- 3 Add the oats and stir well.
- 4 Tip half the mixture into the dish and press down firmly. Cover with a layer of fruit, add the rest of the oat mixture being sure to cover all of fruit. Press down evenly.
- 5 Cook on FULL POWER for 5-6 minutes until firm to the touch.

Leave to cool slightly before marking into 16 squares.
- 6 Cool completely before lifting out of the dish.



Banana and Walnut Cake



Tea time treat for anytime of year. This is great for using up those overripe bananas in the fruit bowl.

Makes at least 16 slices!

115g soft brown sugar
55g butter
3 ripe medium bananas
115g soft margarine or butter
115g caster sugar
2 medium free range eggs
2 tbsp milk
115g self-raising flour
50g broken walnuts, roughly
chopped

- 1 Put the brown sugar and 55g butter into a bowl and cook for about 2 minutes, stirring once, until the butter has melted. Pour into a deep 23cm flan dish and tip to coat the base.
- 2 Cut the bananas into thick slices and arrange on the butter and sugar mixture.
- 3 Put the 115g soft margarine or butter, caster sugar, eggs and milk into a bowl and sift the flour over. With a wooden spoon or electric mixer, beat until smooth and light. Stir in the walnuts. Spoon the mixture over the bananas and level the surface.
- 4 Stand the dish on a low rack in the microwave and cook on MED-HIGH for about 12 minutes or until the surface is still slightly moist and the cake beneath is cooked.
- 5 Leave to stand for at least 5 minutes. Slip a knife around the edge of the cake and turn it over on to a warm serving plate. Cut into wedges.

Did you know

Bananas are a good source of potassium, an essential mineral for maintaining normal blood pressure and heart function.

Fruit Cheesecake



There are many versions of cheesecake across the world, some baked, some not. It is believed that some form of cheesecake has been eaten since the time of the ancient Greeks.

Serves 4-6

175g crushed biscuits such as digestive, oat or ginger
 65g butter or margarine
 200g low fat cream cheese
 100g low fat yoghurt
 2 tsp lemon juice
 2 tbsp icing sugar
 1 tsp vanilla flavouring
 seasonal fruit to decorate (or use frozen fruit)

Tip

Some grated lemon or orange zest in the mixture adds some nice texture.

- 1 Put margarine in bowl and melt on FULL POWER for 30-40 seconds. Stir in crushed biscuits and mix well.
- 2 Put biscuit mixture into a flat dish and press down with a spoon. Put in the fridge to set.
- 3 Mix cream cheese, yoghurt, lemon juice, icing sugar and vanilla together until smooth.
- 4 Put the cheese mixture on top of the biscuit base and smooth it down until level. Put in the fridge to chill.
- 5 Decorate the cheesecake with fresh strawberries, raspberries or blackcurrants or frozen fruit.



AUTUMN
 September/October/
 November

What's in season?
 Butternut squash,
 pumpkin, leeks, celery,
 cauliflower, onions,
 potatoes, apples, pears
 and blackberries.





Lentil and Apricot Armenian Soup

An unusual soup that's tasty and satisfying.

Serves 4-5

- 1 large potato peeled and cut into small chunks
- 1 litre vegetable stock
- 50g red lentils, washed in a sieve
- 50g chopped dried apricots
- juice of ½ a lemon
- 1 tsp ground cumin
- 1 tbsp parsley, fresh chopped (or 1 tsp dried)
- black pepper to taste

1 Put potato chunks in a bowl with approx 100ml of stock. Cover and cook on FULL POWER for 4-5 minutes or until potatoes are soft.

2 Add the rest of the ingredients and approx 800ml of the remaining stock. Cover and cook on MEDIUM POWER for 8-10 minutes then check that the lentils are cooked.

3 Blend soup and season. Add the remaining stock as needed for preferred thickness.

Tip

Cooking the vegetables using just a small amount of stock speeds up the cooking process.

“

Tasty food can be cooked
and prepared quickly

Amarjit , Gresham

Beetroot Hummus



A wonderfully coloured recipe. Use as a dip or sandwich spread.

12-16 servings

- 4 small beetroots, cooked (not pickled)
- 200g half tin of chickpeas (or equivalent dried chickpeas cooked)
- 3 tbsp tahini (sesame seed paste)
- 2 tbsp olive oil
- 1 clove garlic
- juice of half a lemon

- 1 Put all the ingredients together in a blender or food processor and blend until smooth. You may need to add a little water if the paste is too thick.

Did you know

Beetroot is a vegetable that is classed as a super food, valuable for combating chronic fatigue syndrome. It also helps to add oxygen to the blood to help with anti-ageing.

Tip

Tahini paste is commonly used in Middle Eastern cookery and is made from ground sesame seeds. You can purchase it in the health food section of the supermarket or at a health food store. The paste keeps well and can be used as a spread like peanut butter, or in salad dressings.

Cauliflower Cheese Soup



A family favourite vegetable dish served in a different way. This is a good way of using up any dried up scraps of cheese. It works well with any strong flavoured cheese.

Serves 4-5

- 1 onion, chopped
- 1 tbsp vegetable oil
- 1 medium cauliflower, broken into small florets
- ¼ tsp dried English mustard
- 500ml skimmed milk or soya milk
- 200ml vegetable stock
- 100g goats or other strong flavoured cheese
- black pepper to season
- chopped parsley to garnish

- 1 Put onion and oil in a bowl and cook on FULL POWER for 2 minutes.
- 2 Add cauliflower, mustard, stock and half of the milk to the onion. Cover and cook on FULL POWER for 6-8 minutes or until cauliflower is going soft.
- 3 Add the rest of milk and the cheese and cook on FULL POWER for 3-5 minutes or until cheese has melted.
- 4 Blend soup and season.
- 5 Garnish with parsley and serve with crusty bread.



One Pot Pumpkin

No need for lots of pans - just one bowl required. It's estimated that 1 million pumpkins are bought in the UK each Halloween. Don't just carve them and throw the flesh away, make a tasty dish like this one!

Serves 4-5

- 2 tbsp vegetable oil
- 2 leeks, sliced and washed
- 6 rashers of smoked bacon, rind removed and chopped
- 350g pumpkin or butternut squash flesh, chopped into chunks
- ½ tsp dried thyme
- 250g long grain rice
- 700ml stock, vegetable or chicken

1 Put oil, leeks, bacon and pumpkin into a large bowl. Cover and cook on FULL POWER for 5 minutes.

2 Add stock to bowl with thyme and rice. Stir together and cook uncovered on FULL POWER for 15-20 minutes or until stock is absorbed and rice is cooked.

3 Serve as a tasty one pot meal.

Tip

Check before cooking that your bowl fits in the microwave and can rotate. You could leave bacon out and serve as a vegetarian dish (made with vegetable stock).



Pumpkin and Chickpea Curry



A hearty and tasty dish for the shortening days of autumn.

Serves 4-6

- 2 tbsp vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, finely chopped
- 2 tsp grated fresh ginger
- 1 tsp crushed dried chillies
- 2 tsp curry powder or 1 tsp curry paste
- 350g pumpkin (flesh only), cubed - any type of squash can be used
- 1 large sweet potato, peeled and cubed
- 250ml vegetable stock
- 150g frozen peas
- 50g creamed coconut, chopped
- 400g tin chickpeas, drained and rinsed
- 1 tbsp cornflour

- 1 Put the onion, garlic, oil and ginger in a microwavable bowl and cook on FULL POWER for 2 minutes. Add the curry powder or paste and chillies and cook on FULL POWER for 1 minute.
- 2 Add pumpkin, sweet potato and half of the stock. Cover and cook on FULL POWER for 10 minutes.
- 3 Add peas, chickpeas, coconut and the rest of the stock. Stir, cover and cook on FULL POWER for 4 minutes.
- 4 Mix the cornflour with a little cold water and stir into the curry. Cook uncovered for 2 minutes until thickened.
- 5 Serve with rice and/or chapatis.

Tuna Pasta

This recipe is very versatile. If you want a vegetarian option, leave out the tuna. You could use cooked crispy bacon or ham instead of tuna or try adding a layer of sliced tomatoes.

Serves 4

- 175g pasta/macaroni
- 40g butter
- 1 small onion, finely chopped
- 40g flour
- 600ml milk
- 1 tsp wholegrain mustard
- 150g grated mature Cheddar cheese
- 3-4 mushrooms, chopped
- 100g frozen peas/sweetcorn
- 1 150/160g tin of tuna, drained

- 1 Cook pasta according to the instructions on the packet and drain.
- 2 Put the butter and onion in a bowl and cook on FULL POWER for 2 minutes. Add mushrooms and cook for a further 3 minutes.
- 3 Stir in flour. Gradually add milk and stir well. Cook on FULL POWER for 3 minutes and stir well. Add peas and cook for a further 3 minutes (the sauce should be thick).
- 4 Add the mustard, tuna, pasta and most of the cheese, keeping a little for the top. Stir well together.
- 5 Transfer to a serving dish, sprinkle with cheese and cook on FULL POWER for 4 minutes. Serve with a green salad.

Baked Apple



A quick and tasty autumn treat.

Serves 1-2

- 1 apple per person (use an English eating apple such as Cox or Braeburn)
- dried fruit such as sultanas, chopped apricots, dates or mixed dried fruits
- apple juice
- mixed spice or cinnamon to taste
- chopped nuts (optional)



- 1 Remove the stem and core from the apple using a peeler.
- 2 Place the apple in a coffee cup, a small dish with sides or a small bowl.
- 3 Combine the fruit with the spice and fill the hole in the apple with this mixture. Sprinkle some outside the core as pictured.
- 4 Pour a little apple juice over the mixture.
- 5 Cook on FULL POWER for 4-6 minutes for 2 apples. Increase cooking time for more apples (4 mins for one, 6 mins for two apples).
- 6 Serve with low fat yoghurt or crème fraîche.



Beetroot and Orange Chocolate Cake

Delicious cake with a hidden vegetable! Try hiding grated courgette instead of beetroot - but don't tell the kids.

Serves 6-8

- 350g cooked (not in vinegar) beetroot, grated
- 150g granulated sugar
- 100ml vegetable oil
- zest of 1 orange
- 225ml boiling water and juice of 1 orange
- 175g wholewheat flour
- 1½ tsp baking powder
- 60g unsweetened cocoa powder
- 1 tsp cinnamon
- 50g dried fruit
- 50g chopped nuts

- 1 Mix together the beetroot, sugar, orange zest and oil in a large bowl. Pour the water and orange juice mix over the mixture.
- 2 In another bowl, mix together flour, baking powder, cocoa, cinnamon, nuts and fruit. Add to the beetroot mixture and stir well.
- 3 Line the bottom of a bowl with greaseproof paper, pour in the mixture and cook on FULL POWER for about 10-12 minutes until the edges are firm but the centre is just setting i.e. still moist.
- 4 Leave stand for 5-10 minutes in the bowl.
- 5 Remove from the bowl and place on a wire rack to cool.



Crunchy Pear and Ginger Layer



A dessert using some wonderful autumn produce with a hint of spice. You could add some dried ginger to the mixture for extra taste.

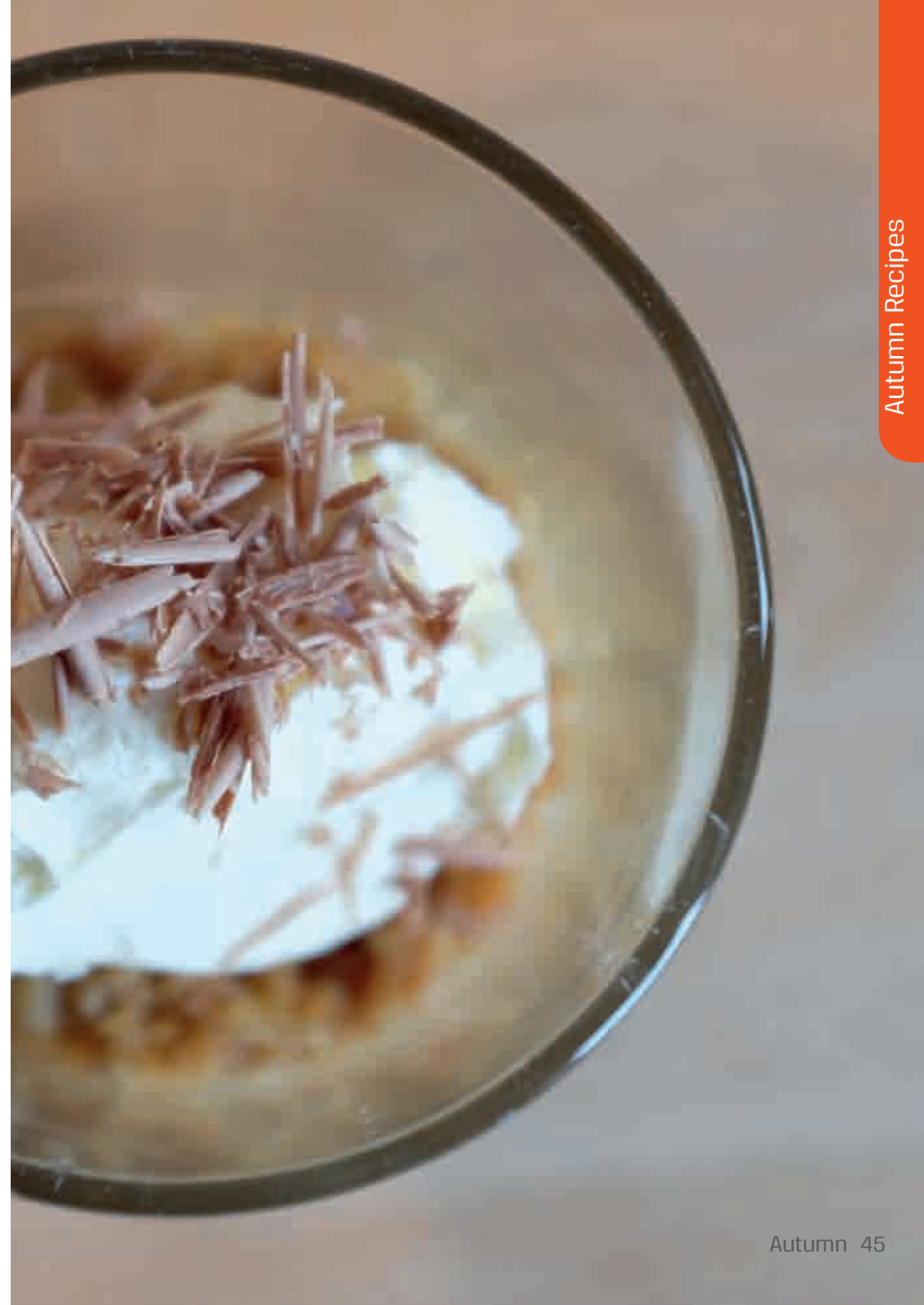
Serves 3-4

800g pears, cored and chopped
1 tbsp honey
50ml apple juice
1 lemon, zest and juice
1 tsp vanilla essence
50g margarine/butter
150g ginger biscuits, crushed
50g oats
25g flaked almonds

Tip

If you want pears to ripen faster put them next to bananas in the fruit bowl !

- 1 Put the pears, vanilla, honey, apple and lemon juice in a bowl. Cover and cook on FULL POWER for 5-7 minutes or until the pears are soft. Blend or mash the mixture to make a puree.
- 2 Put the margarine/ butter in a bowl and melt on MEDIUM for 30-50 seconds.
- 3 Add lemon zest, biscuits, almonds and oats to the melted margarine/butter and stir together.
- 4 Put alternate layers of the pear and biscuit mixture in either one large bowl or individual bowls. Chill in the fridge before serving.
- 5 Serve with natural yoghurt, cream and flaked chocolate as a topping.



Quick Apple Crumble



A quick dessert or breakfast dish. If you use eating apples rather than cooking apples then you don't need to add sugar. Keep the skins on as they go lovely and soft when cooked.

Serves 4

- 4 English eating apples
- 200g seasonal fruit such as blackberries, or dried fruit - sultanas/raisins/apricots/cranberries
- 200ml apple juice
- ½ tsp mixed spices
- 'crunchy' breakfast cereal

- 1 Core and chop the apples (don't peel).
- 2 Put them in a microwave safe container.
- 3 Add the spice, apple juice and dried fruit.
- 4 Cover and microwave on FULL POWER for 4-5 minutes or until soft, then stand for 2 minutes.
- 5 Sprinkle on crunchy cereal as a topping and serve with low fat yoghurt, custard or ice cream.

Did you know

There are around 3000 different types of apples in the UK.



WINTER
December/January/
February

What's in season?
Celeriac, cabbage, swede
and turnip, parsnips,
carrots, sprouts, kale,
shallots, onions and
cauliflower.



Celeriac and Tomato Soup

The celeriac provides a mild celery taste in this winter soup.

Serves 4-6

- 3 tbsp vegetable oil
- 1 medium onion, finely chopped
- 500g celeriac, peeled and chopped into small pieces
- 400g tin chopped tomatoes
- 700ml stock
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh mint, plus a few sprigs to garnish
- grated zest of half a lemon
- cayenne pepper

Tip

You can use celeriac raw in a salad. Just grate and add some lemon juice to stop it going brown.

- 1 Put the oil and onion in a bowl, cover and cook on FULL POWER for 3 minutes.
- 2 Add the celeriac, tomatoes and stock together with cayenne pepper to taste. Cover and cook on FULL POWER for 8 minutes or until the celeriac is tender.
- 3 Leave to stand for 2 minutes, then add the parsley, mint and grated lemon zest. Liquidise with a food processor/blender until creamy.
- 4 Serve garnished with sprigs of mint.



Leek and Potato Soup



A comforting and cheap winter warmer. Always be sure to use all the green parts of the leek as they contain the most nutrients.

Serves 4-6

- 2 tbsp vegetable oil
- 2 large leeks, sliced and washed
- 2 medium potatoes, peeled and diced
- 850ml vegetable stock
- milk
- black pepper
- chopped parsley

- 1 Put the leeks with the oil in a bowl. Cover and cook on FULL POWER for 3 minutes.
- 2 Add potatoes. Cover and cook on FULL POWER for 5 minutes.
- 3 Add half of the stock. Cover and cook on FULL POWER for 5 minutes or until the potatoes are soft.
- 4 Blend until smooth, adding the rest of the stock and some milk for extra creaminess. Season with pepper and serve with a sprinkle of chopped parsley.



Chestnut and Mushroom Spread



A nice starter to a Christmas meal.

Serves 8-10

- 175g ground, cooked chestnuts
- 50g margarine/butter
- 1 small-medium onion, chopped
- 1 garlic clove, chopped
- 450g large flat mushrooms, trimmed and cleaned
- 1 tbsp fresh thyme or ½ tsp dried
- freshly ground black pepper to taste
- optional 1-2 tbsp sherry or red wine

- 1 Put the butter, onion and garlic in a bowl. Cover and cook on FULL POWER for 2-3 minutes.
- 2 Coarsely chop the mushrooms, then add to the onion and garlic. Stir in the thyme and season with pepper.
- 3 Cover and cook on FULL POWER for 3 minutes or until the mushrooms have softened.
- 4 Stir in the optional sherry or wine. Cook uncovered on FULL POWER, stirring occasionally, until most of the liquid has evaporated, approx. 6-9 minutes.
- 5 Add the mixture to the ground chestnuts and mix until thoroughly combined. Refrigerate when cool. The spread can be stored in a fridge for 2-3 days or frozen.
- 6 Serve as a starter to a meal or as a sandwich spread.

Tip

You can use tinned chestnut puree for this recipe, just check they are not sweetened.

Cheese and Leek Bread Pudding



This wartime favourite makes a tasty main course for all the family. Using a strong flavoured cheese in recipes means you can use less cheese to get flavour, cutting down on saturated fats.

Serves 4-6

- 2 leeks, chopped and rinsed
- 1 onion, chopped
- 1 tbsp vegetable oil
- 100g wholemeal bread, cut into small pieces
- 350ml semi skimmed or soya milk
- 50g butter/margarine, melted
- 3 medium free range eggs, beaten
- 1 tsp dried mixed herbs
- 100g strong flavoured cheese such as Cheddar

Tip

This is a great dish for using up any stale bread that you have. You could also experiment with speciality breads like olive, rye or seeded.

- 1 Put onion, leeks and oil in a bowl and cook on FULL POWER for 5 minutes.
- 2 Mix the bread with milk, butter, eggs, herbs and half of the cheese.
- 3 Add the leeks and onion to the bread mixture and put into a lightly buttered straight-sided dish. Sprinkle on the remaining cheese.
- 4 Cook, uncovered on MEDIUM POWER for 10-12 minutes or until just firm.
- 5 Serve hot with seasonal vegetables or crispy salad. Nice served with a fresh tomato sauce.



Red Cabbage with Apples and Cranberries



A lovely vegetable side dish for Christmas – or any time.

Serves 4-6

- 2 tbsp vegetable oil
- ½ red onion, chopped
- 450g red cabbage, finely shredded
- 2 eating apples, cored and sliced
- 2 tsp brown sugar
- 50g dried cranberries
- 2 tbsp balsamic or red wine vinegar
- ¼ tsp ground cinnamon
- 50g flaked almonds, toasted

- 1 Put the oil and onion in a bowl. Cover and cook on FULL POWER for 2 minutes.
- 2 Add all the other ingredients except the almonds. Mix well, cover and cook on FULL POWER for 10-12 minutes or until cabbage has softened.
- 3 Stir in the almonds just before serving.

Did you know

Cabbage is rich in iron and has a high vitamin C content.

Spicy Lentil Salad



A winter salad recipe. You could add chopped celery, kale or spinach for seasonal colour.

Serves 2-4

- 400g dry lentils or 400g tin cooked lentils
- ¼ tsp dried oregano
- 3 tbsp vegetable oil
- 3 tbsp balsamic or red wine vinegar
- 2 garlic cloves, finely chopped or crushed
- ½ tsp ground cumin
- 1 small red onion, finely diced
- 1 medium red pepper, de-seeded and finely diced
- 3 tbsp fresh mint, chopped
- 170g Feta cheese, diced
- black olives

- 1 If using dried lentils, wash and place in a large bowl. Add water until just covered. Cover bowl and cook on FULL POWER for 10-12 minutes or until lentils are soft. Drain and allow to cool. If using tinned lentils, rinse and drain well.
- 2 Whisk together the oil, vinegar, oregano, cumin, garlic and season with black pepper.
- 3 Mix the lentils together with the dressing, mint, pepper and onion. Leave to stand for 10 minutes.
- 4 Serve garnished with the Feta cheese and olives.

Did you know

Lentils are loaded with potassium, a key mineral that helps to keep blood pressure at healthy levels. One cup of cooked lentils provides twice as much potassium as a medium banana.

Brussels Sprout Stir Fry



A different way to serve this essential winter vegetable.

Serves 4-5

- 800g Brussels sprouts, finely shredded
- 4 spring onions, shredded
- 150g peeled chestnuts, roughly chopped
- 50g dried cranberries
- 1 clove garlic, chopped
- 1 tbsp oil
- 2 tsp honey
- 1 tsp lemon juice

Tip

Boiling the chestnuts for 5 minutes and cooling will mean you can peel them more easily.

- 1 Put the oil, sprouts and garlic in a bowl. Cover and cook on FULL POWER for 3 minutes.
- 2 Add the other ingredients. Stir well. Cover and cook on FULL POWER for 6-8 minutes (sprouts should be soft but not soggy).
- 3 Serve with noodles or rice, or you could serve with sliced turkey.



Fruit Sponge Pudding



A perfect, light sponge in a twinkling!

Serves 4

- 100g butter
- 100g caster sugar
- 2 medium free range eggs
- 100g self raising flour
- 2-3 tbsp milk

Choice of fillings:

- Cooked apples
- Summer fruits
- Cooked plums
- Dried fruit and spice
- Pear and walnuts

Tip

Use seasonal fruits in this recipe for best value. The sponge does provide carbohydrates for energy, but should not be consumed too often as it contains fats and sugars.

- 1 Beat the butter and sugar together until creamy and light.
- 2 Beat the eggs together and add to the butter and sugar mixture a little at a time beating well. If the mixture separates, beat in a tablespoon of the flour.
- 3 With a spoon, add the flour and mix together gently. Add milk.
- 4 Put the filling choice in the bottom of a microwave safe bowl. Put the sponge mixture on top of filling and spread out evenly.
- 5 Cook on FULL POWER for 4 minutes or until it appears set.
- 6 Put a plate on the top of the bowl, turn both over together and tap the bowl to cause the sponge to drop onto the plate. Serve with custard, ice cream or yoghurt.

Chocolate Mousse



A lighter version of a popular treat. Using dark chocolate in recipes means you get a rich chocolate taste but less sugar. This recipe contains raw eggs.

Serves 4

80g dark/milk chocolate
2 tsp cocoa powder
2 egg whites
2 tsp caster sugar
4 tbsp plain yoghurt
raspberries/strawberries
to decorate

- 1 Break the chocolate into pieces in a bowl, add cocoa and melt on FULL POWER for 1-2 minutes.
- 2 Whisk the egg whites together with sugar until they make soft peaks.
- 3 Add the melted chocolate to the yoghurt and stir together. Fold the egg whites into the mixture until combined.
- 4 Put into individual dishes and decorate with fruit. Put in the fridge to chill and set.

Did you know

Chocolate is high in antioxidants which are beneficial for the heart, but this is in chocolate with a high cocoa content. The darker the chocolate, the greater the benefits.



Know your labels

Reading food labels explains where your food comes from. Look for these logos to check how sustainable it is too. Don't forget to look for 'Made in the UK', 'Produced in the UK' or the British flag too.



Fairtrade

Fairtrade certifies that products originating abroad meet certain environmental, labour and developmental standards.



Soil Association

The Soil Association is one of the organic standards that also offers many welfare benefits.



Freedom Food

Freedom Food is the RSPCA's labelling and assurance scheme dedicated to improving welfare standards for farm animals.



Marine Stewardship Council

When you see seafood bearing the blue MSC ecolabel, you can be sure it comes from a certified sustainable fishery.



Red Tractor

The Red Tractor scheme, run by Assured Food Standards, certifies the food was produced in Britain and to certain quality standards for food safety, hygiene and the environment and reflects standard industry practice in the UK. Some of the standards benefit animal welfare too.



The Lion Mark

The Lion Mark appears on eggs and ensures they meet food safety criteria and that the eggs were laid in Britain.



LEAF Marque

This standard developed by LEAF (Linking Environment And Farming), is based on environmentally responsible farming principles which support farmers to produce good food, with care and to high environmental standards.

Make your money count

You can usually find local and sustainable food at farmers' markets, farm shops, community growers, grocers and at some supermarkets. The Growing Middlesbrough website lists some ideas too (www.growingmiddlesbrough.org.uk).

The most local and sustainable food comes from your own garden or outside space.

Why not try growing a little food yourself? For help to do this, contact One Planet Middlesbrough on oneplanetmbro@menvcity.org.uk.

Small changes, big differences

Don't feel that you have to change the way you buy food all at once. You can introduce changes gradually, maybe one product at a time, and see how you go. Even small changes make a big difference!

Grow it! Well why not?

Middlesbrough Environment City are able to help with information and advice and run a whole range of training and taster courses to help you get started growing, no matter what space you have.

Contact Catherine Howell, Community Enabler
email: oneplanetmbro@menvcity.org.uk

Online resources

Local food

www.growingmiddlesbrough.org.uk
www.northerndalesfarmersmarkets.com
www.deliciousdarlington.org.uk
www.durhamlocalfood.org.uk

Organic food

www.soilassociation.org.uk

Fairtrade food

www.fairtrade.org.uk

Making the most of the food you buy

england.lovefoodhatewaste.com
www.sainsburyfoodrescue.co.uk

Foodbank

www.middlesbrough.foodbank.org.uk

Growing your own, allotments and community gardens

www.rhs.org.uk/Advice/Grow-Your-Own/Vegetables
www.menvcity.org.uk
www.farmgarden.org.uk

Advice, training, events

www.menvcity.org.uk
www.realfoodworks.co.uk

Facebook/Twitter

www.facebook.com/GrowingMiddlesbrough
www.facebook.com/middlesbroughfarmersmarket
www.facebook.com/stokesleyfarmersmarket
www.facebook.com/SaltburnFarmersMarket
www.facebook.com/Teesfoodcoop
www.facebook.com/eatseasonably
www.facebook.com/LoveFoodHateWasteCommunity
www.facebook.com/slowfooduk
www.facebook.com/Middlesbrough-Foodbank
www.facebook.com/OnePlanetMiddlesbrough
www.facebook.com/menvcity

Apps

Love Food Hate Waste (iphone and android)
MSC Seafood Finder (android)
Riverford Veg Recipes (iphone)
Grow Your Own Magazine (iphone)

@stokfarmmarket
@saltyfarmmarket

@EatSeasonably
@LFHW_UK
@slowfooduk

@OnePlanetMbrow
@Menvcity

Microwave cooking

Common misconceptions

There are many misconceptions about microwave ovens, including:

- **Microwave energy changes the chemical composition of food.**
Not true! The only changes experienced are those caused by fast cooking. There is no evidence of poisonous or dangerous compounds created by microwave cooking.
- **Eating food cooked in the microwave exposes you to radiation.**
Not true! As soon as the oven is switched off, there are no longer any microwaves in the oven or the food.
- **Microwave energy is radioactive.**
Not true! It uses the same form of energy as your mobile phone. Microwave energy can't make the oven, food or anything else radioactive. Extensive research has provided no conclusive evidence that microwave exposure, at any level, either causes or promotes cancer.



Microwave cooking

The healthy option

Cooking from scratch, where you have control of the ingredients and additives which go into your food is always the healthiest option. Using a microwave can make this simpler and more convenient.

There are other benefits too:

- According to extensive research by e.g. Harvard School of Medicine, microwave cooking is acknowledged to be the best way to maintain the maximum nutrients in cooked food. This is the result of the speed of cooking and the reduced amount of liquid used.
- The foods you can't cook in a microwave are the ones we need to cut down on - fried foods and high fat pastry items.
- Protein foods don't brown when cooked in a microwave. This means that nutrients like vitamin A and E are less likely to be destroyed.
- Potentially dangerous micro-organisms in food tend to thrive in temperatures between 5°C and 60°C. When you use a microwave oven, food can be thawed, cooked and served quickly so it spends less time in the dangerous temperature zone.
- Over 90% of kitchens in the UK contain a microwave cooker. They are seen to be simple to use, convenient, fast and most importantly, people are familiar with the technology.
- Microwave cookers are a much safer option when getting children involved in cooking. It can also be safer for busy parents, as they do not have to 'stand over' the cooker whilst the food cooks.

Microwave cooking

The economical option

- Microwave cooking works by heating up the water molecules within foods rather than the heat having to pass through a hob and pan. This results in using up to 75% less energy compared with conventional cooking,
- Time is money! Microwave cooking takes substantially less time, typically 25/30% of the time taken using conventional cooking.
- The cookware you need is also inexpensive. Plastic, ceramic and glass containers can be used to cook and to serve your dishes - also saving on washing up!
- Microwave cooking is also convenient. Using the timer means that there is no need to 'stand over' the cooker whilst the food cooks.



Your Store Cupboard

Building up a well-stocked store cupboard and freezer will save time shopping but also means that you will be able to make a nutritious meal at short notice. Essentials might include flour, butter, oil, pasta and rice, some tinned tomatoes and beans, stock cubes, garlic and spices for savoury dishes, caster sugar, baking powder and mixed spice for sweet dishes.

The following is a comprehensive list of the ingredients used in these recipes. They do not need to be bought all at once but probably better built up over a period of time when experimenting with new cooking ideas and flavours.

Pasta, Grains and Flour

- Flour (self-raising/plain and wholewheat)
- Rice (risotto/long grain/brown)
- Packets of pasta/macaroni

Pulses

- Dried lentils (red)
- Tinned beans (red kidney/lentils)
- Baked beans

Nuts and Seeds

- Walnuts
- Flaked almonds
- Cashews

Dried Fruit

- Apricots
- Mixed dried fruit
- Cranberries
- Raisins

Oils and Vinegar

- Vegetable/olive oil
- Balsamic/red wine vinegar
- Malt vinegar

Tins and Jars

- Tomatoes - plum or chopped
- Green lentils
- Passata
- Tomato puree
- Tuna
- Olives
- Pineapple
- Honey

Herbs and Spices

- Mixed spice
- Thyme
- Parsley
- Black pepper
- Cumin
- Curry powder
- Coriander
- Nutmeg
- Mint
- Ginger
- Cinnamon
- Red chilli flakes
- Chilli powder/cayenne
- Dried mixed herbs
- Mustard
- Wholegrain mustard
- Basil
- Turmeric
- Paprika
- Worcestershire sauce
- Stock cubes
- Garlic
- Tomato ketchup

Dairy

- Parmesan/Mozzarella/Cheddar cheese
- Natural yoghurt
- Butter/margarine

Baking

- Baking powder
- Sugars (granulated/caster/muscovado/icing)
- Golden syrup
- Porridge oats
- Cocoa powder
- Plain chocolate
- Vanilla essence

Frozen Food

- Peas
- Sweetcorn
- Fruit (apples/raspberries/blackcurrants/rhubarb)

Quick and Easy Microwave Cooking was funded as part of the One Planet Middlesbrough: Creating Sustainable Communities project, which is funded by the Big Lottery's Communities Living Sustainably programme. We are also very grateful to the Thirteen Group for their input and support.



This book is available electronically on the Growing Middlesbrough website:

www.growingmiddlesbrough.org.uk



Many thanks to all who have helped create this book including: David Malone and Wendy Marlowe. Real Food Works have had over ten years experience and developed these recipes from a series of workshops they delivered across Middlesbrough.

Michael Marston (Federation of City Farms & Community Gardens), Differentia Design (design).



'We're committed to encouraging our residents to look after their health and wellbeing and save energy and money at the same time.'

'These cookbooks are really useful, not only because a microwave costs less to run than an oven, but also because microwave cooking is faster and the food produced can be just as healthy as using other cooking methods.'

Ali Blakey, Thirteen's Money Advice and Employability Team

Partners in the Thirteen Group





Quick and Easy Microwave Cooking

This is a cook book that overturns many myths and misconceptions about microwave cooking and is based on ten years experience of delivering over 1,500 microwave cooking workshops across the North East of England, during that time Real Food Works engaged with over 45,000 people of all ages

The recipes are not just quick and easy but delicious and nutritious too. Coupled with sensible advice about seasonal food, this will be the first book to turn to for busy people cooking for themselves or their families.

