



HEALTHY HERMIE MULTICULTURAL COOKBOOK





INTRODUCTION

This recipe book has been produced by the participants of the 'Feeding Hermie Healthy Futures' pilot project, in conjunction with Edinburgh Community Food.

The inclusive 3-month food education project involved Hermitage Park Primary 7 students and nursery families. It was made possible by Leith Chooses funding, awarded to Hermitage Park School Association.

Weekly sessions, designed and led by Edinburgh Community Food, helped to increase participants' knowledge of cooking, nutrition, food hygiene, meal planning, budgeting and food waste reduction.

At the end of each session, the budding Hermie chefs took home a delicious, healthy dish to share with their families. And now, they're delighted to share a selection of their favourite recipes with you, in our multicultural cookbook, inspired by the diversity of our Hermie and Leith communities.

We hope you enjoy the mouth-watering starters, mains and desserts, which are designed to be as healthy, low-cost and simple to prepare as possible. Let's get cooking!

Find out more:

<http://bit.do/feeding-healthy-hermie-futures>
www.leithchooses.net/leithchooses-2018-19

ABOUT HERMITAGE PARK

Hermitage Park is a friendly and inclusive school where everyone is valued and encouraged to aim for excellence. We aim to create an educational environment of the highest quality where children feel safe, happy and learn skills for life and work.

The Hermitage Park School Association discusses issues important to parents, raises funds to help enhance the school experience for our children and promotes a sense of community between the school and its families.

HERMIE FUN FACTS

This year Hermie celebrates its 110th anniversary.

We have 367 pupils who currently attend the school/nursery.

Our motto is 'Be kind and be fair'.

We're extremely proud of the diversity that makes us Hermie. Did you know we speak 30 different languages and that for 12% of our pupils, English isn't a first language?

We currently grow our own fruit and veg and make our own pickles, and thanks to our 'Munch 'n' Crunch' initiative, pupils receive a free piece of fresh fruit every break time.

Find out more:

hermitageparkprimary.com

hermieschoolassoc.wordpress.com



ABOUT EDINBURGH COMMUNITY FOOD

Edinburgh Community Food is all about helping people to enjoy delicious, fresh healthy food and making sure everyone in our city has access to a healthy diet.

We tackle health inequalities in low-income communities in Edinburgh through our food and health development and promotion work, including cooking courses, nutrition workshops, health information sessions and REHIS training courses.

The members of our development team are all professionally trained, experienced community food and health workers, as well as being qualified nutritionists and members of the Association for Nutrition.

Find out more:

www.edinburghcommunityfood.org.uk

Our mission is:

“

Helping people get into healthy food and healthy food into people.

”

Food and Health Course



REHIS Food & Health is a free, nationally-recognised and certificated course which provides training in the principles of good nutrition and getting a healthy, balanced diet.



The course is packed with useful information that aims to cut through the many mixed messages around nutrition. It is suitable for anyone who has a personal interest in food and health or who works or volunteers in catering or food production.

Our highly-qualified team of friendly and approachable Associate Nutritionists is experienced in delivering REHIS training to people from many different backgrounds, with different levels of experience.

To find out more or make a booking, please contact:

admin@edinburghcommunityfood.org.uk / 0131 467 7326



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MADE ME
THINK ABOUT
PLANNING
MEALS,
NUTRITION
AND PORTION
SIZES.

NURSERY PARENT



TOMATO AND BASIL SOUP

PREP: 15 MINS | COOK: 30 MINS | SERVES: 4

Ingredients:

1 tbsp olive oil
4 cloves garlic, chopped
2 onions, chopped
1 carrot, diced
2 stalks celery, diced
Handful fresh basil leaves/1 tsp dried basil
100g tomato purée
2x 400g tins chopped tomatoes
1 reduced-salt vegetable stock cube
500ml boiling water

Method:

1. Heat the oil in a heavy-based pan.
2. Add the garlic and onions, stir for a couple of minutes.
3. Add the carrot and celery and fry until softened.
4. Add tomato purée, chopped tomatoes and vegetable stock.
5. Bring to the boil, then simmer for 30 mins.
6. Blend if desired and add finely chopped basil.

Tip: To make a slightly creamier soup, add a cup of full-fat milk after blending.

CHINESE CHICKEN NOODLE AND SWEETCORN SOUP

PREP: 10 MINS | COOK: 20 MINS | SERVES: 4

Ingredients:

900ml chicken or vegetable, reduced-salt stock

1 chicken breast fillet

2 spring onions

Half a Chinese cabbage

1 tsp chopped ginger

50g rice or wheat noodles

2 cloves garlic

2-3 mushrooms

2 tbsp sweetcorn

1 tsp reduced-salt soy sauce, plus extra for serving

Method:

1. Pour the stock into a pan and add the chicken, ginger and garlic. Bring to the boil, then reduce the heat. Simmer for about 20 mins, until the chicken is tender.
2. Remove the chicken, place on a chopping board and shred into bite-size pieces.
3. Return the chicken to the stock with the noodles, Chinese cabbage, sweetcorn, mushrooms, 1 spring onion and the soy sauce.
4. Simmer for 3-4 mins until the noodles are tender and the cabbage is wilted.
5. Ladle into two bowls and scatter the remaining spring onion over.
6. Serve with extra soy sauce for sprinkling.

POLISH SAUSAGE SOUP

PREP: 10 MINS | COOK: 30 MINS | SERVES: 4

Ingredients:

2 large onions, sliced

2 tbsp olive oil

2 garlic cloves, chopped

200g Kabanos Polish sausage, chopped

1 tsp paprika

85g brown basmati rice

1 tbsp chopped thyme

2l strong-flavoured beef stock

3 carrots, thickly sliced

100g kale, shredded

Method:

1. Fry the onions in the oil for 5 mins.
2. Add the garlic and sausage, fry for a few mins more, then stir in the rice, paprika and thyme.
3. Pour in the stock, bring to the boil.
4. Add the carrots and season, cover, then simmer for 20 mins.
5. Stir in the kale, then cook for 10 mins more.
6. Serve with crusty bread.



SPANISH OMELETTE

PREP: 10 MINS | COOK: 35 MINS | SERVES: 4

Ingredients:

| |
|--|
| Dash of oil |
| 1 medium onion, finely sliced |
| 600g waxy potatoes, cut into thin slices (like thick crisps) |
| 6 medium eggs, beaten |
| Black pepper |
| 1 green or red pepper, finely chopped (optional) |

Method:

1. Boil the potato slices for about 8 mins until fairly soft, then rinse and drain.
2. Very gently fry the onion in oil for 5 mins until soft. Then add the green or red pepper, if using, and cook for another 5 mins. Remove from heat.
3. Beat the eggs in a bowl, then season with black pepper.
4. Add the potato to the pan, then pour the eggs over the top, making sure it covers the potatoes. Next, push the potatoes down with a wooden spoon if necessary.
5. Return the pan to a gentle heat and cook until about two-thirds set. Finish off under the grill.

Tip: Add any other vegetables you like. The leftovers of this tasty tortilla are perfect for tomorrow's lunch - for the office or the kids' lunch boxes.

FALAFEL WRAPS, WITH SALSA AND SALAD

PREP: 10 MINS | COOK: 10 MINS | SERVES: 4

Ingredients:

For the falafels:

| |
|-----------------------------------|
| 1 x 400g tin mixed beans |
| 1 x 400g tin chickpeas |
| 1 lemon |
| 1 tbsp harissa |
| 1 heaped tsp allspice |
| 1 heaped tbsp plain flour |
| 1 bunch fresh coriander |
| Olive oil |
| 8 small wholewheat tortillas |
| Salad or chargrilled veg to serve |

For the salsa:

| |
|---|
| 1 big handful mixed-colour ripe tomatoes |
| Half or whole fresh red chilli (as preferred) |
| Half clove fresh garlic |
| 1 lime |

Method:

1. Drain the beans and chickpeas and put them into a food processor.
2. Finely grate in the lemon zest, then add a pinch of salt and pepper, the harissa, allspice, flour and coriander stalks (reserving the leaves). Blitz until smooth.
3. Scrape out the mixture and use clean, wet hands to quickly divide and shape it into 8 patties about 1.5cm thick.
4. Put 1 tbsp of oil into the frying pan and add the falafels, turning when golden and crisp. (Alternatively bake in the oven until crisp.)
5. Chop the tomatoes, chilli, garlic and half the coriander leaves, then add the lime juice. Season to taste.
6. Serve the falafels with warm wraps, salsa and salad or chargrilled veg.

GREEK PASTA SALAD

PREP: 10 MINS | COOK: 10 MINS | SERVES: 4

Ingredients:

320g penne or fusilli pasta

1 garlic clove

250g cherry tomatoes

100g cucumber

50g green and black olives

1 yellow pepper

4 tbsp extra virgin olive oil

Lemon juice to taste

Fresh basil or parsley leaves

Method:

1. Bring a large pan of water to the boil. Throw in the pasta and a clove of garlic, boil until 'al dente' (between 11-13 mins depending on type of pasta), drain and run under cold water to cool. Put the garlic to one side to use for the dressing and put the pasta into a bowl.
2. Chop up the cherry tomatoes, olives, cucumber and pepper, and add to the pasta bowl.
3. Squash the garlic clove out of its skin and mash it with a fork. Add the lemon, oil and fresh basil or parsley. Drizzle this over the salad.
4. Serve immediately or keep in the fridge for up to 2 days.



CHICKEN CHOW MEIN

PREP: 10 MINS | COOK: 15 MINS | SERVES: 4

Ingredients:

3 garlic cloves, crushed

A good chunk of fresh root ginger, grated (or dried ginger)

1 red chilli, deseeded and chopped

1 tbsp soy sauce

2 tbsp tomato purée

3 chicken breasts, cut into chunky strips

3 blocks dried egg noodles

Half head broccoli, broken into florets

3 carrots, cut into thin sticks

1 tbsp vegetable oil

300g pack beansprouts

3 spring onions, halved and sliced into long strips

1 tbsp oyster sauce

Method:

1. Mix together the garlic, ginger, chilli, soy sauce and tomato purée, then add the chicken. Leave it to marinate while you prep the rest of the ingredients.
2. Boil a large pan of water, add the noodles, broccoli and carrots, then cook for 4 mins before draining.
3. Heat the vegetable oil in a wok, tip in the chicken and its marinade, then stir-fry for 4-5 mins until cooked. Next, toss in the noodles, vegetables, beansprouts and spring onion to warm through, then mix the oyster sauce with 2 tbsp water and stir this in just before serving.

Tip: Try adding pork and prawns to this recipe to make mixed chow mein, or if you prefer, substitute the chicken for more vegetables to make a vegetarian option.

BANGLADESHI SALMON CURRY

PREP: 15 MINS | COOK: 20 MINS | SERVES: 2

Ingredients:

2 salmon fillets

2 tbsp lemon juice

2 tsp cumin

1 tbsp oil

1 onion

2 cloves garlic, chopped

2cm ginger, finely sliced

2 tsp cumin

1 tsp ground coriander

1 tsp turmeric

Quarter tsp chilli powder

Half vegetable stock cube

150ml boiled water

Half tin chopped tomatoes

Generous handful fresh coriander, roughly chopped

Brown rice to serve

Method:

1. Mix together the lemon juice and 2 tsp cumin in a bowl. Rub it over the salmon fillets and leave for at least 10 mins.
2. Heat the oil and fry the onion for 5 mins, then add ginger and garlic, cooking until soft.
3. Add 2 tsp cumin, the coriander, turmeric and chilli, then the tomatoes and vegetable stock made up with the 150ml boiled water, stirring continually.
4. Add the salmon to the pan and cook gently for 10-15 mins until cooked through.
5. Finally, add the fresh coriander and serve with brown rice (prepared according to pack instructions).



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A GREAT
WAY TO
LEARN HOW
TO COOK
HEALTHY
FOOD.

PRIMARY 7 PUPIL

SWEET POTATO AND LENTIL DAAL

PREP: 15 MINS | COOK: 25 MINS | SERVES: 5

Ingredients:

1 tbsp sunflower oil

1 onion, finely chopped

1 garlic clove, grated

1 tsp ground coriander

1 tsp ground cumin

1 tsp ground turmeric

0.5 tsp cayenne pepper

400g sweet potato (prepared weight), peeled and cut into 2cm cubes

400g tin chopped tomatoes

1.2l vegetable stock (kalko gluten free)

1 heaped tbsp mango chutney

300g red lentils

Small packet coriander, roughly chopped

Naan bread, to serve

Method:

1. Put the oil and onion into a saucepan, then cook for 5 mins.
2. Stir in the garlic and cook for a further 1 min, then stir in the spices and sweet potato. Combine everything together.
3. Tip in the chopped tomatoes, stock and chutney. Bring to the boil, then gently simmer for about 10 mins.
4. Add the lentils and simmer for another 20 mins until the lentils and sweet potato are tender.
5. Stir in the coriander and serve with warmed naan bread.

FISH BITES, SWEET POTATO WEDGES AND MUSHY PEAS

PREP: 25 MINS | COOK: 10-30 MINS | SERVES: 5

Ingredients:

| Fish bites: | Sweet potato wedges: | Mushy peas: |
|--------------------------------|--|--------------------------------------|
| 3 free-range eggs | 1 tbsp olive oil | 400g frozen peas |
| 150g cornflakes | Half tsp paprika | 50g reduced-fat crème fraiche |
| 750g frozen white fish fillets | 750g sweet potatoes, sliced lengthways into quarters | 1 small bunch chives, finely chopped |
| Freshly ground black pepper | | |

Method:

1. Preheat oven to Gas Mark 7/220°C (200°C fan oven). Line 2 large baking trays with baking paper.
2. Crack the eggs into a shallow bowl, whisk well and season with plenty of black pepper. Add the fish and swirl around until coated in the egg.
3. Tip the cornflakes into a large food bag, then seal and bash with a rolling pin until crushed.
4. Open the bag and add the frozen fish pieces one at a time to the crushed cornflakes, turning the fish around to fully coat. Lift the fish out and put onto one of the prepared baking trays.
5. Put the wedges onto the other prepared baking tray and drizzle with the oil and paprika. Toss to combine, then shuffle the tray around until the wedges are in a single layer. Next, put both trays in the oven and bake for 15 mins.
6. Remove the wedges tray and turn the wedges over. Return to the oven for another 10-15 mins, or until the fish is cooked through and the sweet potatoes are tender and golden brown.
7. Meanwhile, bring a large pan of water to the boil, add the peas and cook for 2-3 mins, until heated through. Drain and tip back into the saucepan, add the crème fraiche and crush with a masher until quite broken down.
8. Stir in the chives, then serve the fish and wedges with a portion of peas.

CHEESE AND BROCCOLI PASTA BAKE

PREP: 10 MINS | COOK: 20 MINS | SERVES: 4

Ingredients:

300g wholewheat pasta

1 small head broccoli, cut into florets

Half bag spinach

1 tsp mustard/mustard powder

3 tbsp flour

250g mature cheddar, grated

500ml milk

2 tbsp olive-based spread

Green salad to serve

Method:

1. Cook the pasta, adding the broccoli for the final 4-5 mins and cook until tender. Drain well.
2. Melt the margarine in a small saucepan. Add the flour and stir until you have a thick paste. Next, add a little of the milk and stir. Continue to do this until all the milk is gone and you have a thick sauce.
3. Remove from the heat and stir in half of the grated cheese, all the mustard/mustard powder and the spinach.
4. Add the cheese sauce to the broccoli and pasta and stir well.
5. Transfer to an oven-proof dish, cover with the rest of the cheese and cook under the grill until the cheese is melted.
6. Serve with a green salad.

MEATBALLS IN TOMATO SAUCE

PREP: 15 MINS | COOK: 40 MINS | SERVES: 4

Ingredients:

For the meatballs:

450g lean minced beef or turkey

1 leek or onion, very finely chopped

115g mushrooms, finely chopped

1 tsp thyme

1 tbsp tomato purée

1 free-range egg, beaten

2 tbsp gram/rice/GF/corn flour or similar

For the tomato sauce:

1 onion, finely chopped

1 carrot, finely chopped

1 celery stick, finely chopped

1 garlic clove, crushed

2 tins chopped tomatoes

300ml veg stock

1 tbsp tomato purée

1 tsp basil

Black pepper to taste

500g pasta shapes or spaghetti

Method:

1. Preheat oven to Gas Mark 4/180°C (160°C fan oven).
2. Mix all the ingredients for the meatballs together, roll into small balls and place in the fridge to chill (if you have time).
3. Place the meatballs on a greased baking tray and then bake in the oven for 15 mins.
4. Meanwhile, place all the sauce ingredients in a saucepan and bring to a boil, before cooking for 10 mins, stirring continuously until you have a thicker sauce. Reduce heat, cover and simmer, stirring occasionally.
5. Remove the meatballs from the oven and add to the sauce, cover, simmer and ensure they are cooked through before serving (**NO PINK BITS**).
6. Just before serving, prepare the pasta shapes or spaghetti according to pack instructions.



BLUEBERRY AND LEMON PANCAKES

PREP: 10 MINS | COOK: 20 MINS | SERVES: 14-16

Ingredients:

200g plain flour

1 tsp baking powder

1 tsp golden syrup

75g blueberries

Zest 1 lemon

200ml milk

1 large egg

Butter

Method:

1. Put the flour and baking powder in a bowl. Mix them well with a fork. Drop the golden syrup into the dry ingredients, along with the blueberries and lemon zest.
2. Pour the milk into a measuring jug. Break in the egg and mix well with a fork. Pour most of the milk mixture into the bowl and mix well with a rubber spatula. Keep adding more milk until you get a smooth, thick, pouring batter.
3. Heat the frying pan and brush with a little butter. Then spoon in the batter, 1 tbsp at a time, in heaps. Bubbles will appear on top as the pancakes cook – turn them at this stage, using a metal spatula to help you. Cook until brown on the second side, then keep warm on a plate, covered with foil.
4. Repeat until all the mixture is used up.

RICE PUDDING

PREP: 5 MINS | COOK: 40-45 MINS | SERVES: 4

Ingredients:

600ml (2.5 cups) whole milk

66g (third of a cup) of uncooked short grain white rice

Pinch salt

1 egg

50g (quarter cup) dark brown sugar

1 tsp vanilla extract

0.25 tsp cinnamon

40g (third of a cup) raisins

Method:

1. In a medium-sized, heavy-bottomed saucepan, bring the milk, rice and salt to a boil over a high heat. Reduce heat to low and simmer until the rice is tender (about 20-25 mins). Stir frequently to prevent the rice from sticking to the bottom of the pan.
2. In a small mixing bowl, whisk together the egg and brown sugar until well mixed. Add a half cup of the hot rice mixture to the egg mixture, 1 tbsp at a time, vigorously whisking to incorporate.
3. Add the egg mixture back into the saucepan of rice and milk and stir, on a low heat, for 5 to 10 mins, until thickened. Be careful not to let the mixture come to a boil at this point or it will curdle. Stir in the vanilla.
4. Remove from the heat and stir in the raisins and cinnamon.

CARROT AND ORANGE FLAPJACKS

PREP: 15 MINS | COOK: 25 MINS | SERVES: 20

Ingredients:

100g low-fat spread

3 level tbsp golden syrup

225g porridge oats

2 medium eggs, beaten

2 medium carrots, raw, peeled and grated

40g sultanas

Zest 1 orange

1.5 tsp mixed spice

Method:

1. Preheat oven to Gas Mark 4/180°C (160°C fan oven). Melt the spread in a large pan over a low heat. Brush a little of the melted spread over the base and sides of a 30x20cm swiss roll tin, then line the base with baking paper.
2. Stir the golden syrup into the melted spread, then add the oats, eggs, carrots, sultanas, orange zest and mixed spice. Stir well until everything is combined.
3. Put the mixture into the prepared tin and smooth the surface with a spatula. Bake for 20 mins until firm and golden. Cool in the tin for 30 mins, then turn out onto a chopping board, remove the baking paper and cut into 20 pieces to serve.



HEALTHY GRANACHAN

PREP: 10 MINS | COOK: 55 MINS | SERVES: 2-4

Ingredients:

3 tbsp rolled oats
150ml crème fraiche
150g Greek yoghurt
1 punnet raspberries
1-2 tbsp honey

Method:

1. Toast the oats in a frying pan until lightly browned, then set aside and let them cool. Take care not to burn the oats.
2. Whisk up the crème fraiche with the yoghurt and fold in the honey and 20 or so raspberries.
3. In dessert glasses, place 2-4 raspberries at the bottom of each glass (reserve some for the top).
4. Sprinkle the cooled oats over the top of the mixture and place some more raspberries on top.
5. Place in the fridge until ready to eat.



BANANA MUFFINS

PREP: 15 MINS | COOK: 25-30 MINS | SERVES: 12

Ingredients:

140g wholemeal flour
100g self-raising flour
25g brown sugar
1 tsp bicarbonate of soda
1 tsp baking powder
2 mashed bananas (over-ripe if possible)
3 large eggs, beaten with a fork
150ml pot low-fat natural yoghurt
25g chopped pecans or walnuts (optional)
2 tbsp oats

Method:

1. Heat oven to Gas Mark 4/180°C (160°C fan oven) and line a muffin tray with muffin cases.
2. Mix the wholemeal and self-raising flour, bicarbonate of soda and baking powder in a large bowl.
3. In another bowl, mix the bananas, eggs, sugar, nuts and yoghurt. Quickly stir into dry ingredients, then gently scrape into the muffin cases and scatter with oats.
4. Bake for 20 to 30 mins or until a skewer comes out clean.
5. Once cooked, allow to cool before removing and eating muffins.



LOW-FAT BROWNIES

PREP: 15 MINS | COOK: 20-25 MINS | SERVES: 24

Ingredients:

3 eggs, separated

225g golden caster sugar

200g low-fat yoghurt

1.5 tbsp vegetable oil

175g self-raising flour

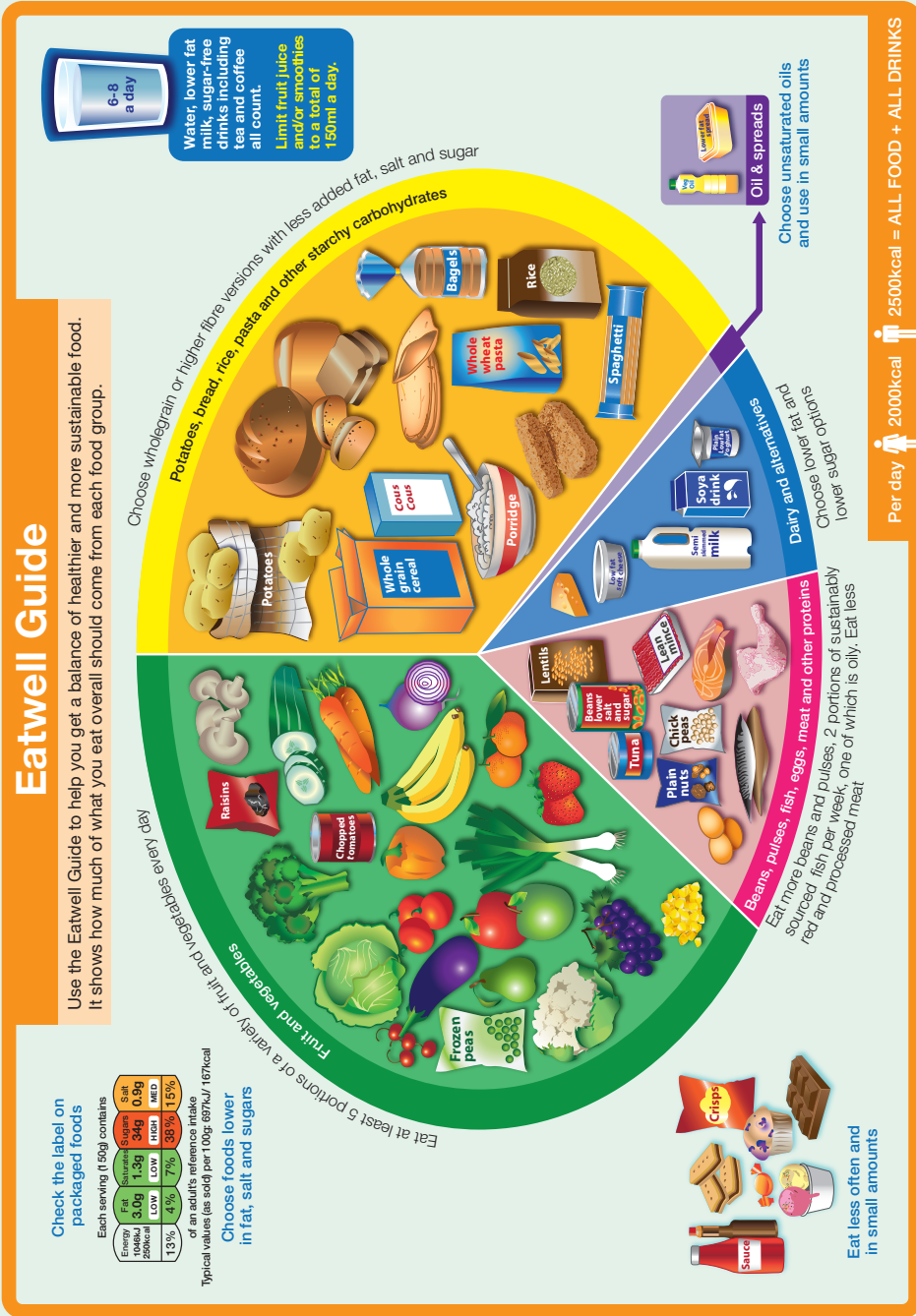
75g cocoa powder, plus extra for dusting

Method:

1. Preheat oven to Gas Mark 5/190°C (170°C fan oven).
2. Brush a 30x20cm brownie tin with oil and dust lightly with cocoa powder.
3. Mix egg yolks, sugar, yoghurt and oil together.
4. Sift in the flour and cocoa and gently fold in.
5. Whisk egg whites to soft peaks.
6. Add a spoonful of the egg whites to the chocolate mix and stir well to loosen, then gently fold in the rest of the whites.
7. Pour into a baking tin and bake for 20 to 25 mins or until a skewer comes out clean.
8. Cool for 5 mins, then turn out onto a rack to cool further before serving.



USEFUL
INFO



THE EATWELL GUIDE KEY MESSAGES

- Eat at least 5 portions of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing higher fibre or wholegrain versions where possible.
- Have some dairy or dairy alternatives: choosing lower-fat and lower-sugar options.
- Eat some beans, pulses, fish (2 portions a week, one of which should be oily), eggs, meat, and other proteins such as tofu and mycoprotein.
- Choose unsaturated oil and spreads and eat in small amounts.
- Drink 6-8 cups/glasses of fluid per day. This can include water, lower-fat milk and sugar-free drinks, including tea and coffee. Fruit juice and/or smoothies should be limited to a total of 150ml per day.
- If foods high in fat, salt and/or sugar are part of the diet, they should be consumed less often and in small amounts.

Source: Food Standards Scotland

'The Eatwell Guide, The UK healthy eating model: Information for teachers'

STORE CUPBOARD ESSENTIALS

Below is a list of items to have to hand to help make quick, affordable meals at any time:

Sunflower/vegetable/olive/rapeseed oil

Plain and self-raising flour

Dried herbs and spices, stock cubes and garlic

Tinned fruit in juice e.g. peaches and pears

Tinned pulses, baked beans and chickpeas

Tortilla wraps or pitta breads (can be frozen)

Eggs, milk, cheese, plain yoghurt

Rice and pasta

Lentils and split peas

Tomato purée

Frozen fruits and vegetables

Frozen mince or bolognaise

From these staple ingredients you could make an omelette with added veggies; pasta with tinned tomatoes; beans or cheese on toast; or you could even mash up chick peas with garlic to make hummus and dip pitta breads in.

SHOPPING SAVVY: TIPS BEFORE YOU SHOP

First check the cupboards, fridge and freezer. What's already in there? How much room have you got in the freezer for storage?

Can you buy in bulk? If so, have you got room to store it or can you share it with others?

Prices vary according to what's in season. Eating what's in season will not only be cheaper but tastier and more nutritious.

Write a list before you go, based on the meals you are planning to cook, and stick to it.

Eat before you go shopping. A hungry shopper always spends more.

Know your supermarket. When do they reduce fresh food/ bakery items? (Most reduce at the end of the day, usually in stages, so shop smart.)

Will you be able to use reduced items in time? Do they fit with your meal plan? Could they be frozen and used later?

FOOD HYGIENE AT HOME



Follow these simple tips to keep yourself and your family safe:

- Check fridge **temperature** with a cheap fridge thermometer. (Keep fridge between 1-4°C.)
- **Regularly** wash tea towels and cloths – germs love damp and dirty cloths.
- **Wash** hands before, during and after cooking.
- Always use **separate** chopping boards for **raw** and **ready-to-eat foods**. Wash boards/knives/hands thoroughly after use. Raw foods can contain harmful germs that spread easily to anything they touch. This is called **cross-contamination**. Wooden, plastic and glass chopping boards are all fine, as long as they are cleaned well.
- Always cover and store **raw meats** at the bottom of the fridge.
- Carefully follow the manufacturer's instructions on food packets:
 - How to store
 - Cooking **time** and **temperatures**
 - Defrosting time.

When cooking meats, make sure there are **no pink bits** and that any juices run clear.

Avoid leaving food at room temperature for any length of time. If you are not going to eat something straight away, **cool it as quickly as possible, cover and refrigerate**.

Do not put hot foods in the fridge, this will raise the fridge temperature and allow bacteria to grow.

Wipe down surfaces well (with anti-bacterial spray) before and after cooking.

Keep pets off surfaces.

Use by date: Seen on high-risk, perishable and pre-packed foods to ensure food safety. Foods must not be consumed after this date.

Best before date: Consume foods before this date for best quality and highest nutritional content.



ACKNOWLEDGEMENTS

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- Hermitage Park School Association for completing the project funding application.
- Leith Chooses for providing the opportunity for and awarding funding, as well as to the Leith community for voting for our project.
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- Hermie parents Gill and David Thomson for editing, designing and arranging the print of this cookbook.
- The BBC Good Food Website: www.bbcgoodfood.com where some of the recipes in this booklet have been adapted from. You can find lots of further inspiration for healthy recipes there.





**feeding
healthy
hermie
futures**



**LEITH
CHOOSES**

