



talk

create!

creative community cookbook with activities



# CONTENTS

Page 3 Project Introduction

Page 4-5 All About Egg Cup

Page 6-7 All About Good Things Collective

Page 8-9 Magenta Monocle's Giant X-Stitch Activity

Page 10-11 Molly Bland's Collage Activity

Page 12-13 Steve Fairclough's Poetry Activity

Page 16-17 Cabbage Recipes

Page 18-19 Egg Recipes

Page 20 Celeriac Recipes

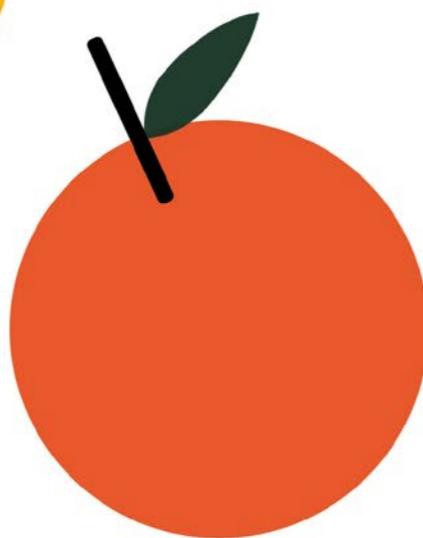
Page 21 Mushroom Recipes

Page 22-25 More Recipes

Page 26 Mural Design

Page 27 Sharon's Poem

Page 28 Sponsorship



Welcome to the Food Talk Create! - creative, community cookbook with activities. A collaborative project between Eggcup's Morecambe outlet, "Food People. Community." and Morecambe based creative hub the Good Thing Collective (formerly The Exchange CIC). Our main aim was to bring members from both our groups together in Covid safe ways to create artwork, fuel discussions around food and that people will feel more connected to their community by taking part.

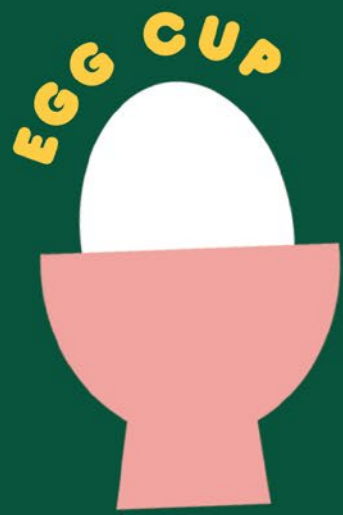
Over 4 weeks in April we invited members in store and across the community via the internet to try out food-themed creative activities and share cooking tips, tricks and recipe ideas from people that got involved along the way.

We filled the Eggcup windows with beautiful creations and ideas to make an exhibition in the windows and a lasting legacy of mural panels and artworks for the wall made by members and community volunteers. At the end of the month we launched this cookbook designed by West End based designer Molly Bland who pulled everything together to create this beautiful booklet that we can look back on time and time again.



[www.goodthingscollective.co.uk/foodtalkcreate](http://www.goodthingscollective.co.uk/foodtalkcreate)

Funding for this project has been provided as part of a Micro-Commission for Voluntary Arts using Arts Council England and DCMS funding.



Eggcup is a local community food initiative that works to stop good food from going to waste, and get high quality affordable food to members in the community. Our low-cost weekly membership helps people to save money on food, making life more affordable for those who are on a tight budget.

# FOOD PEOPLE COMMUNITY



Before Covid, we ran pop up food groups across the area, but those haven't been safe over this last year. In response, we have set up two new community hubs, one in central Lancaster and one in Morecambe West End, allowing members in the community to come to us to collect their food in a way that keeps volunteers and shoppers all safe. Both of these hubs adhere to strict hygiene and food safety standards, just like a traditional shop.

We are very grateful to all of our volunteers, without them we wouldn't be able to stay open, so thank you to anyone who has ever donated time or energy or surplus food to help keep Eggcup ticking. We are always in search of volunteers, for serving members, driving vans, answering the phone, and sorting stock, so if you would like to find a way to give back to your community, build your CV, and fill some time in your week, email us at [admin@eggcup.org](mailto:admin@eggcup.org) to find out more. If you run a local food business and would like to connect with us to use your surplus food and stop it going to waste, feel free to get in touch too, our drivers would be happy to start collecting from you.



Our aims as an organisation are to build community capacity and resilience, using food. We can do both of these things by redistributing surplus food, good quality grub that would otherwise go to landfill that instead can go to people who are on a low budget. We work with a number of local and regional food businesses and charities to source our food. The nature of surplus food is that the amount and types of food varies week to week, so you'll never know exactly what you're going to get! If you cook with surplus food, hopefully you will find some recipes in this cookbook that are very flexible with their ingredients and can be tweaked depending on what's in your cupboard that day, as well as inspiration for ingredients you're less familiar with.



Not all of our food is surplus though, we set up a Buying Cooperative with a number of other food clubs in the area, and we pool our members money together to bulk buy cupboard basics (at the moment milk, bread, and eggs) for cheap from local suppliers, and then we pass those savings on to our members, and the members of lots of other similar groups such as the Olive Branch, Food for Thought, Stanley's Community Centre, and many others. These cupboard essentials are items that most people are buying every week anyway, so getting them at industry discount rates (all included in the £4 weekly membership fee) is a good way for everyone to save money. (or both! We have lots of members who also volunteer) with Eggcup means being involved in an organisation that cares deeply about the local community, about affordable, nutritious, and delicious food, the environment, and wants to hear your voice about how we should run things.



Being a member or volunteering with Eggcup (or both, we have lots of members who also volunteer) means being involved in an organisation that cares deeply about the local community, about affordable, nutritious, and delicious food, the environment, and wants to hear your voice about how we should run things.

The Good Things Collective is a Morecambe-based, community rooted organisation; working with the community to develop creative opportunities, enterprise and community-led change in the area. We use the arts and creativity in bringing people together to create a culture of warmth and belonging. Our work always celebrates our town and its people; because we love where we live, and we love the people that live here!



You might remember us from West Street when we were The Exchange Creative Community, where we turned an empty, unloved terrace into a thriving community hub of activity with cafe, workshops, studios, events, live music, community meals, exhibitions and more! Due to CoronaVirus we had to leave our venue on the terrace as it was too small to meet social distancing safety guidelines for a community hub, but we still have our studio in Morecambe Arndale and we're working hard on our plans for a forever home in the heart of the West End to redevelop the Old Coop department store on Regent Rd into a creative, community enterprise hub.



We hope you've enjoyed getting creative with the food-themed activities. We were delighted to see a new member focussed organisation move into the area and this project gave us a real life project and opportunity to collaborate with the people at Food.People.Community (Eggcup). We believe art and creativity is for everyone not just artists and it has an important role to play in our town; helping us try new things, open up new ideas, build relationships and make places feel loved and cared about. We hope this micro-project helps form lasting relationships between Eggcup and the Good Things Collective and that we might generate new projects and collaborations in the future to make our area even better.

**IN THE MEANTIME HERE ARE SOME OF OUR MAIN PROJECTS RUNNING THAT YOU MIGHT LIKE TO GET INVOLVED IN:**

**MICRO GARDENS -**

We have the go ahead to use the parcel of land on the corner of Cavendish Rd. We aim to create a useful and enjoyable space with space to grow produce, flowers and skills. We are looking for local people interested in volunteering to help maintain the plot. No experience necessary - we'll all learn together!



**MAKE IT IN MORECAMBE -**

Our community-based enterprise and project start up programme, designed with the community to provide a unique offer to support community-led ideas for new enterprises, products and projects with a creative, social and/or sustainable focus.



**GOOD THINGS STUDIO -**

You may have spotted our pop-up community studio in Morecambe Arndale where you can become an artist member of the Good Things Collective and pay £20 p/month and register as a studio member to have access when the center is open. We also run a range of exhibitions and community events from here when safe to do so.



**CREATIVE WEST END -**

CWE is a growing network of local people and organisations that understand the benefits of the arts and creativity in community life and want to help this grow. We run community markets when it is safe to do so and invest in creative community projects that aim to bring about community-led change across the West End for the benefit of the community. It is a friendly group which welcomes anyone to get involved who lives, works or wants to connect with CWE and shares our values. For more information about Creative West End, visit [creativewestend.net](http://creativewestend.net)

**COOP HUB -**

We have been working with Lancaster City Council since our plans to redevelop the former Coop Department Store as a creative community hub with cafe, workshop space, coworking, private business space that will become home to a range of programmes, projects and events. We're half way 2 thirds the way to our funding target and when met we can begin renovations. If you want to be a part of helping make this happen or think you could benefit from workspace get in touch!



Loop Systems Limited  
Architecture • Landscape • Environment

**ALL ENQUIRIES:**  
[BEKI@GOODTHINGSCOLLECTIVE.CO.UK](mailto:BEKI@GOODTHINGSCOLLECTIVE.CO.UK)  
**MORE INFO:**  
[WWW.GOODTHINGSCOLLECTIVE.CO.UK](http://WWW.GOODTHINGSCOLLECTIVE.CO.UK)  
**FOLLOW US ON FACEBOOK, TWITTER OR INSTAGRAM: @GOODTHINGSCIC**

# Giant Cross Stitching With Magenta Monocle

I've always been creative – my mother says about my textile art that I was born with a set of pins in my mouth! I like to use old skills in new ways and these food themed urban cross stitches are a great example. I find beauty in the strange and the unexpected and love to recycle.

I live in the West End of Morecambe and have been involved in the Good Things Collective since day 1 when it started 5 years ago (formerly The Exchange). I also helped set up and run Sustainability Morecambe and more recently became a member of Food.People.Community.

Community participation is vital to my art – it completes my artistic circle. I'm excited to bring art to the walls of our local food store and hope you'll join me!

For Food Talk Create! Eggcup and Good Things Collective member Magenta Monocle created 14 bespoke x-stitch designs inspired by food favourites and food items commonly left over at food clubs. These were free for members to take away with the chance for members to have their finished artworks on the walls of the new shop when complete.

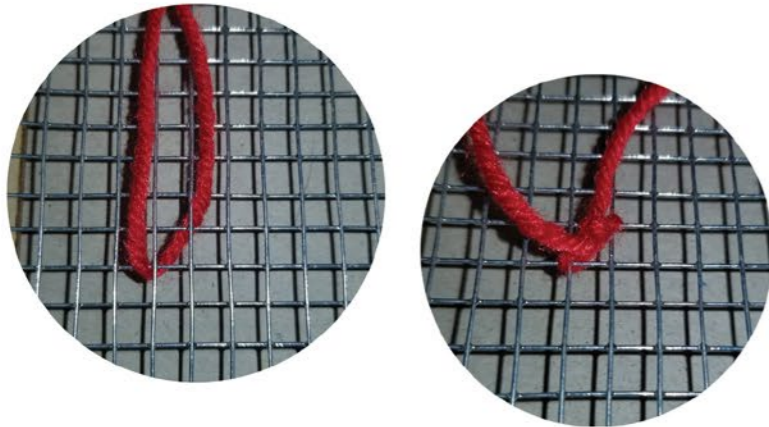
If you want to have a go at home with recycled materials you will need:

- A frame to stitch on
- A chart of the design that fits your frame
- Enough yarn to stitch your design
- a plastic needle
- A pair of scissors
- A pencil or pen to mark off your completed stitches as you go.

Step 4: Working from your first square begin stitching the pattern using a cross stitch. Each square of the pattern is one cross stitch. Stitch one colour at a time using the yarn provided.



Step 1: To start your x stitch cut a piece of yarn about the length of your arm.(or a length you choose I find this length a handy one for beginners)

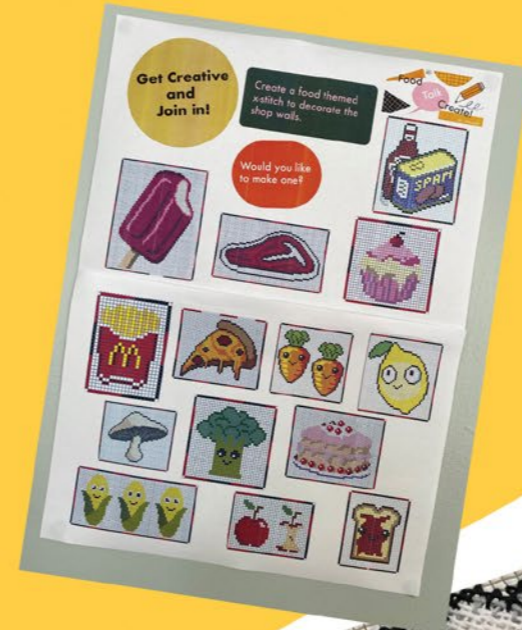


Step 2: Find the square for the first stitch you want to begin with, thread your wool diagonally over the square and knot it leaving one short end and one long end. (Make sure your knot is at the back of your work)

Step 3: Thread your needle

A cross stitch is worked by making rows of slanted stitches, called the tent stitch, that look like one half of an "X" and then going back over that row the opposite way, completing a full cross stitch.

End a length of yarn by sewing under previous stitches or knotting thread in place.



Find Magenta on Instagram: [@magentamonocle](https://www.instagram.com/magentamonocle)

# Fruit bowl collage workshop with Molly Bland

You will need:

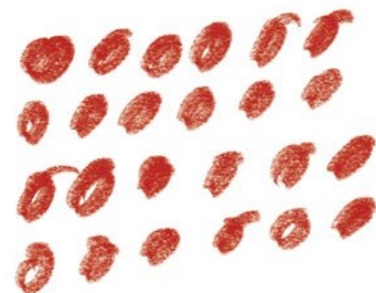
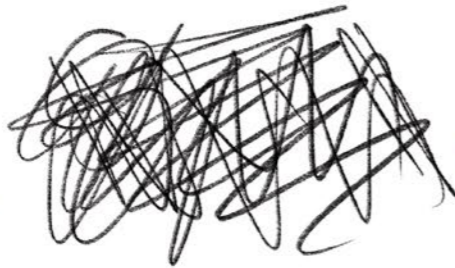
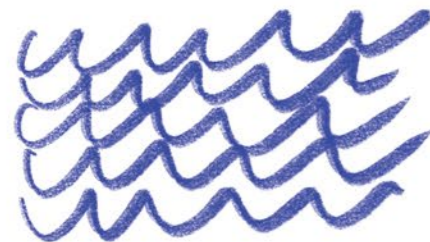
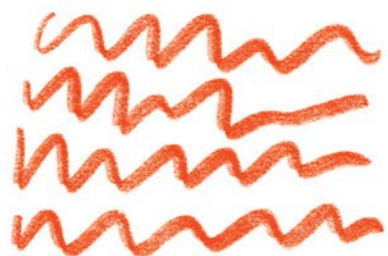
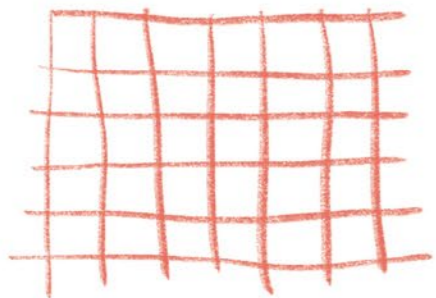
- Paper - plain, coloured, whatever you have!
- Art supplies (pencils, crayons, paints, pens)
- Scissors
- Glue

Molly is a local artist and designer. She uses collage, and digital design to respond playfully to briefs in a variety of disciplines. Check out her work at [www.mollybland.co.uk](http://www.mollybland.co.uk)

Step 1: Use your pens, pencils crayons and things to draw or paint patterns and scribbles onto your paper. These will become your collage materials. Here are some examples of my favourite squiggles to do.

## Top Tip!

When making your marks consider a pattern for your bowl



Step 2: When your drawings and paintings are dry, cut out the shapes of your favourite fruits.

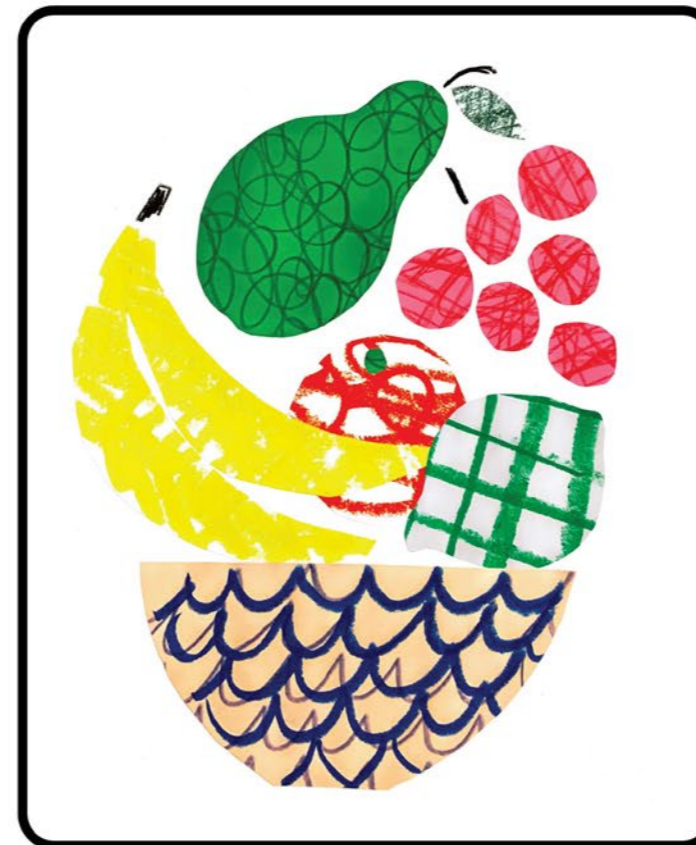
Some ideas for what you can put in your bowl: apples, bananas, pears, oranges, lemons, limes, grapes..



Step 3: Cut out your bowl shape



Step 4: Arrange and glue these onto a blank piece of paper and there you have it your collaged fruit bowl art piece!



## Top Tip!

Use your left over scraps to make stalks and leaves for your fruit to add detail to your bowl, or simply draw them on.

See where your creativity it takes you - you don't have to make a fruit bowl. You can use this technique to make all sorts of images and artworks!

# Food poetry workshop with Steve Fairclough

You will need:

- Scissors
- Glue stick



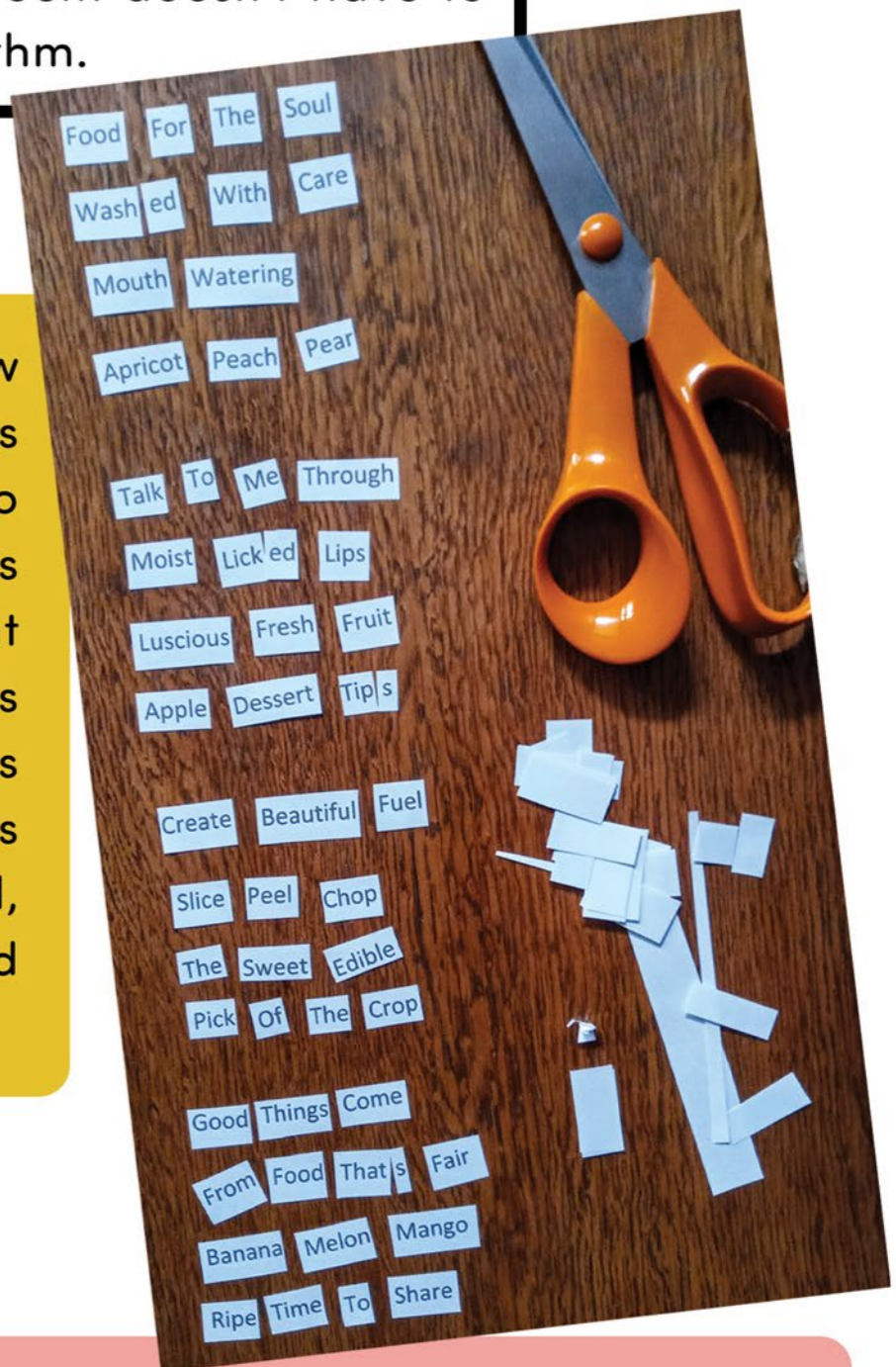
Hello!  
I'm a Project Worker with The Good Things Collective, and a Freelance Creative Practitioner. What does that mean? I've worked in the Performing and Creative Arts for 23 years as an actor, writer, director, singer, poet, film maker and on and on... I really enjoy helping people find their creative side, especially through words. I run practical workshops that allow people to work at their own pace and find their own skills. No pressure on spelling and grammar, we just focus on the heart of the words, the sentiment, the story. I find everyone has at least one good story to tell.

Obviously, the word selection for something like this could go on and on and on. So, within this kit we have tried to put together a food-based theme for the bulk of the words. Then there is a selection of other words to link your sentences together and also some letters to extend words. There are 908 words and linking letters in total. Head to the Good Things Collective website to download the full word pack. You could also make your own by writing words on a sheet of paper - you could get really creative with this and recycle old envelopes or card to write your words on!

Good	Food	Talk	Create	Taste	Refresh	Food	For	The	Soul	Able	Age	Also	Away	Back	Base
Cup	Cake	Fair	Shop	Recipe	Grub	Nosh	Crunch	Bite	Smell	Beat	Been	Best	Bird	Book	Bone
Egg	Cook	Budget	Surplus	Cook	Comfort	Food	Lick	Your	Lips	Bond	Bulk	Busy	Burn	Both	Calm
Shopping	Apple	Pear	Banana	Share	Larder	Stew	Soup	Fruit	Garnish	Clam	Care	Card	Case	Chip	Cold
Morecambe	Shrimp	Cheese	Cupcake	Steak	Banquet	Biscuit	Feast	Mouth	Hungry	Come	Copy	Cool	Core	Cost	Dark
Spam	Tins	Packets	Frozen	Fresh	Greedily	Lovable	Table	Plate	Bowl	Date	Deal	Deep	Does	Done	Down
Lemon	Zest	Cress	Carrot	Turnip	Pastry	Pasty	Pie	Lunch	Breakfast	Drop	Each	Earn	Ease	Ever	Even
Parsley	Peas	Pizza	Burger	Sour	Barbecue	Dinner	Crisps	Supper	Pudding	Else	Fall	Fast	Farm	Feed	Feel
Sweetcorn	Savoury	Sweet	Spice	Sauce	Apricot	Almond	Paste	Cream	Asparagus	Food	Film	Flow	From	Fuel	Full
Broccoli	Lentil	Taste	Mushroom	Fresh	Zucchini	Loaf	Flour	Pasta	Rice	Game	Goes	Gold	Gone	Grow	Half
Cuisine	Flavour	Snack	Cashew	Nuts	Potato	Mash	Baked	Slice	Roast	Hand	Heat	Hope	Home	Hour	Huge
Flapjack	Meat	Fish	Vegetables	Veggie	Munch	Nibble	Stir	Olive	Oils	Join	Just	Keen	Keep	Kept	Kind
Seafood	Aroma	Pepper	Vinegar	Salt	Radish	Relish	Pita	Plum	Pea	Knew	Know	Last	Less	Life	Lock
Baking	Bake	Cake	Flavours	Chips	Quiche	Milk	Soft	Through	Onion	Love	Made	Make	Many	Mean	Mood
Sausages	Dessert	Mushy	Beans	Sauce	Sprouts	Tuna	Salmon	Bacon	Eggs	More	Much	Menu	Must	Need	Next
Tomato	Jam	Dairy	Bread	Butter	Poached	Runny	Hard	Fried	Boiled	None	Once	Only	Open	Over	Pack
Spaghetti	Diet	Fingers	Sandwich	Dish	Yogurt	Waffle	Moist	Carve	Pour	Pour	Pick	Plus	Real	Said	Soft
Ingredients	Grill	Fry	Steam	Boil	Blended	Eaten	Melted	Drink	Water	Soon	Talk	That	Tend	Them	Than
Sugar	Tasty	Edible	Watering	Leg	Coffee	Tea	Water	Hot	Cold	This	That	Time	Took	Turn	True
Nourish	Food	Mouth	Thought	Salad	Spoon	Knife	Fork	Pots	Pans	Used	Vary	Warm	Wash	With	Your

Remember, poetry is a personal thing. It's all about what you want to say and how you want to say it! There are opportunities to rhyme words, but again, poetry doesn't always have to rhyme. You can always write in blank or free verse where your poem doesn't have to follow any rhyme or rhythm.

Please add as many new words as you like to this and tell us why **Food** is so important, why it brings people together, what your favourite foods are? Or any other stories you would like to tell us linked to food, conversation, and creativity.



We hope you enjoy this version of our random food poetry kit, and I hope you are able to contribute to our collection! I promise the hardest bit is cutting up the words!

Best wishes and get cracking!  
Steve  
steve@goodthingscollective.co.uk





food • people • community

Thank you to all our amazing members and volunteers across Eggcup and the Good Things Collective and the wider community that have brought this project to life through sharing, creating and volunteering. Special thanks to Molly Bland, Steve Fairclough, and Magenta Monocle for providing the art packs, and Megan Bowyer for providing the Ingredient Spotlight template. We also wish to thank our project funders Voluntary Arts, Arts Council England, DCMS and sponsorship for extra magazine printing from Creative West End.





# CABBAGE



"Homemade Coleslaw - Make a base with chopped cabbage, onion and carrot - you could even add chopped radishes! Sometimes I add some apple or walnuts whatever you fancy. Then mix with a dressing of 4 tbsp vinegar, good pinch of S&P, 2 tbsp sugar before adding your choice of mayonnaise"

"I use cabbage with peanut butter and tomatoes to make a stew, sounds weird but it's really good! Fry an onion, (and garlic and spices if you want), add some water and potatoes for about 15 mins, then add the cabbage and diced tomatoes for about 10 minutes, then stir in the peanut butter and maybe a dash of vinegar - It's nice with cumin and coriander if you have any"



## Stuffed Cabbage Rolls:

For the stuffing:

- Large onion
- 2 cups rice
- 2 tomatoes finely chopped
- Fresh herbs chopped
- Chopped courgette
- Salt
- Pepper
- Cumin
- Olive oil

Combine all these in a bowl and mix well.

For the rolls:

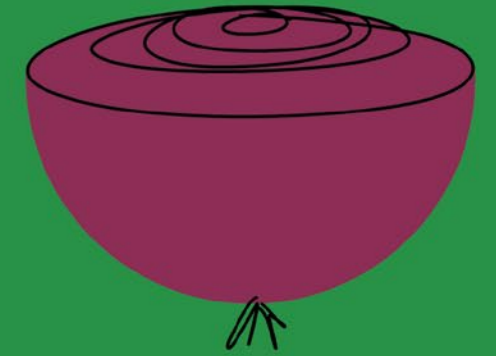
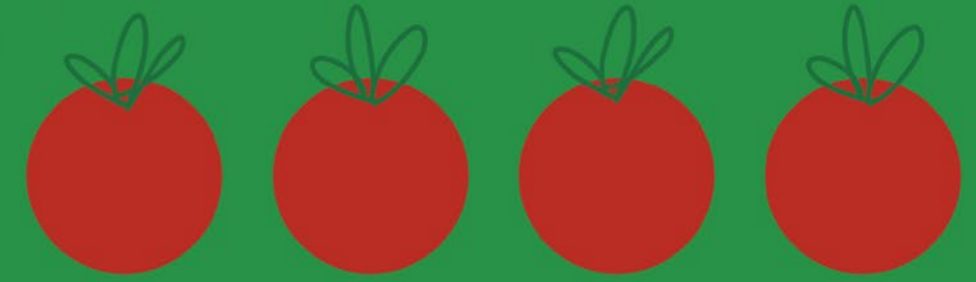
- Cabbage leaves
- Olive oil
- Cup of water
- Spoonful of all purpose flour
- Lemon juice

Remove the core of the cabbage and discard. Stick a large fork into the cabbage head and immerse in a pot of boiling water (leaving the fork in). When the outer leaves turn bright green remove the cabbage using the fork, set aside softened leaves. Return the cabbage head to the pot and repeat until all leaves has softened.

Place filling inside the leaves and roll up from the thick end of the leaf. Line the bottom of a large pot with some unused leaves and drizzle with olive oil.

Place rolls closely together seam side down into the pot in 2 or 3 layers, add enough water to cover the rolls then cover with a lid and bring to the boil over a medium heat. Simmer for 20 minutes or long enough for the rice to cook.

In a small bowl stir the flour into the lemon juice until dissolved, add several tablespoons of liquid from the pot and stir to combine. Pour juice mixture into the pot and shake gently to distribute. Let sit before serving, serve at room temperature.



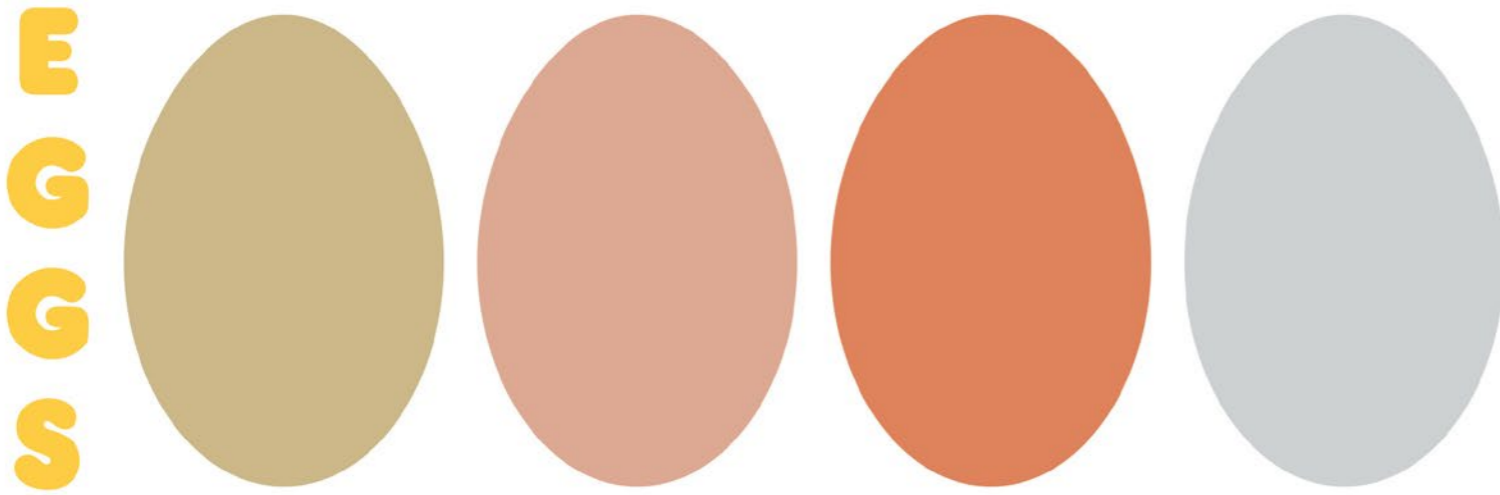
## Cabbage Shawarma

For the Shawarma:

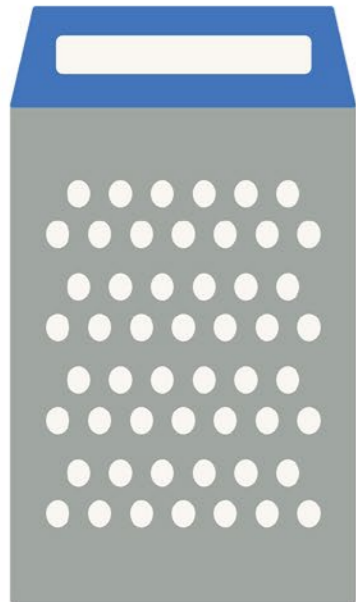
- 1 small cabbage, or half a large cabbage, shredded
- 1tsp of ALL (or any) of the following: ground coriander, cumin, garlic powder, paprika, tumeric.
- 1/2 tsp of ALL (or any) of the following: ground allspice, cinnamon, ginger, cloves, salt.
- A good twist of black pepper
- The zest of 1 small lemon, and a squeeze or two of juice

Served with:

- Tzatziki (mint and yoghurt)
- Pitta breads, or tortillas
- Couscous
- Cucumber salad (raw diced 1/2 cucumber, 1/2 red onion, and tomato - with olive oil, squeeze of lemon, salt, and pepper)
- Mix all of the spices together in a bowl.
- Shred the cabbages to make long strands, and add to an oven dish.
- Drizzle over olive oil, and add the spice mix. Mix around! Add any other spices to taste.
- Bake the spiced cabbage in a 200 degree oven for about 20 minutes, mixing the cabbage regularly. The cabbage should be soft, and beginning to char around the edges - be careful not to burn!
- Whilst the cabbage is roasting, prepare the extra elements.
- Dice the 1/2 cucumber, 1/2 red onion, and tomato, and add olive oil, salt and pepper, and lemon to taste.
- Follow the packet instructions for cooking your couscous. Maybe steam it in warm vegetable stock, or add a stock cube to the boiling water. Add dried apricots, currents, or pomegranate seeds for extra sweetness.
- To make your own Tzatziki, mix greek or dairy free yoghurt with chopped fresh mint. You can also add honey, olive oil, salt, or lemon, to make it a little fancier.
- Once the cabbage is nearly cooked, warm your pitta or tortillas.
- Serve everything together! This meal is best served so that everyone can dive in and make their own plates, adding more or less of each different dish. Enjoy!



"Just made a cracking 8 egg omelette from the egg cup eggs. With some home grown purple sprouting broccoli, feta cheese that needed using up and whatever was in the fridge (mainly a grated carrot). Add salt and pepper, got 4 breakfasts sorted!"

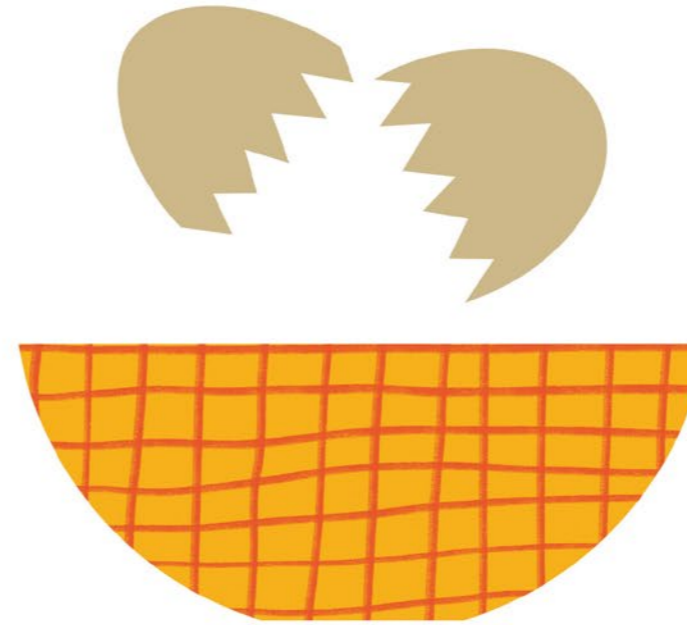


"Spanish tortilla! Fry up potatoes slowly in a bit of oil. Beat eggs in a bowl with salt and pepper to taste, and add to the pan. Stick under the grill to cook the top. Easy, cheap, tasty..."



### Bread and butter pudding:

There always seems to be plenty of bread going spare. Beat a pint of milk and plenty of sugar into 6 eggs and add some vanilla if you have it. Dip triangles of buttered bread (crusts off) in the mix. Lay on end in a tray pointing upwards and top with plenty of sugar so it goes nice and crispy when you bake it. Works very well with croissants or brioche too. Sultanas/raisins optional.



### Countrystyle Scrambled Eggs:

- Streaky or back bacon
- Butter
- Spring Onions
- Eggs
- Cheese of your choice

Chop up the bacon into small, 1cm bits and start frying them in the butter over medium heat. After a few minutes when they are cooked, add some chopped spring onions. Cook those together on low heat until the spring onion starts to soften, only a minute or two. Turn the heat back up to medium and add some whisked eggs into the pan. Move it all around until it is cooked, it is a bit like a deconstructed omelette. Keep the egg moving to stop it sticking, and don't be afraid to move it off the heat for a minute if it's going to quickly. Season to taste with salt and pepper. Serve on the plate with some grated cheese.

### Nanna's Sticky Gingerbread Sponge:

When I was a teenager my Mum had a Bread, Cakes and Sandwich shop on York Bridge and we used to sell trays and trays of it every single week. I've literally made thousands of these over the years. It doesn't look like much when it comes out of the oven but it tastes amazing and goes super sticky when it's left 24 hours.

- 2 cups self raising flour
- 1 cup sugar
- 2 tablespoons treacle
- 1 teaspoon bicarb of soda
- 1 teaspoon ginger (I'm usually a bit heavy with the ginger)
- 4oz/ 100g Butter or margarine
- 1 egg
- 1 cup milk

Put everything bar the milk in a bowl, in a pan bring the milk to boiling and pour over the other ingredients, whisk until a smooth batter, pour into a lined cake tin (it's so sticky when it cools it really needs to be lined otherwise you have fun getting it out the tin) - if you have a really heavy duty thick tin, it works best.

Cook at Gas Mark 2/ 150°C/ 300°F for 1 hour, be very careful to leave it for at least 50 minutes because if you open the oven door too soon, it will sink like a stone in the centre - will still taste OK but it's really annoying when it happens.

Cool in the tin, it tends to be crunchy round the edges when it's first cooked which I love but leave it at least 24 hours in a tin if you can bear to wait as it goes unbelievable sticky then - makes a great pudding with custard as well and is also nice with some finely chopped stem ginger through it or chocolate drops.



# C E L E R I A C

"Sliced and egg wash, breadcrumbs then deep fried. Lovely with garlic Mayo!"

"Makes a great soup - add any herbs!"

## Celeriac Gratin:

- 3 tbsp olive oil
- 1kg celeriac
- 4 garlic cloves, peeled and chopped
- 2 fresh red chillies, finely chopped (or 1 tsp dried chilli flakes)
- 6 anchovy fillets, finely chopped
- 1 large sprig rosemary, leaves finely chopped
- Salt and black pepper
- 500ml single cream

Preheat the oven to 190C/375F/ gas mark 5 and use a little oil lightly to grease a fairly large gratin dish. Peel the celeriac and slice it very thinly (2p-piece thickness is good). Roughly combine the garlic, chilli, anchovy and rosemary. Put a layer of celeriac in the base of the dish, sprinkle with the aromatic mixture and season. Repeat the layers until you've used up everything. Pour the cream on top: just enough so it's visible around the edges of the dish, not so much as to cover the celeriac. Drizzle with oil and bake for 40-50 minutes, until the celeriac's tender and the top browned and crisp. For extra crispness, finish under the grill.

## Celeriac Coleslaw:

- 1 celeriac
- 2 apples
- 100g walnuts
- 1 lemon
- 2 tbsp mayo
- Sealt
- Pepper

Peel and grate the celeriac. Without peeling the apples grate these too and add to a large bowl along with finely chopped walnuts. Mix with mayo, salt and pepper. Stir and enjoy!

## Celeriac Mushroom Wellington:

- 1/2 celeriac
- 100g mixed wild mushrooms
- 1 shallot
- 4 cloves garlic
- 1 tbsp pine nuts
- 1 sprig thyme
- 1 tbsp dill, chopped
- 1 tbsp dried porcini mushrooms
- 1 tbsp breadcrumbs
- olive oil
- 300g puff pastry (see link above if you want to make your own)
- 1/2 beaten egg
- Splash milk

Preheat oven to 200°C. Soak your dried porcini in boiling water. Peel the celeriac and cut into cubes. Put on a baking tray with olive oil, salt, pepper and three unpeeled garlic cloves. Put in the oven to roast. Finely chop the shallot. Peel and finely chop the remaining garlic clove. Add some olive oil to a small frying pan on a low heat and gently sweat the onion and garlic for 10 minutes. Roughly chop the wild mushrooms and add to the pan. Pick the thyme leaves and add. Season and let the mushrooms gently cook down for 10 minutes. After 20 minutes in the oven check your celeriac and turn them. Remove the three garlic gloves and put to one side. Once cooked take the mushrooms off the heat and leave to cool slightly. Then stir in the pine nuts, dill and breadcrumbs. Take the celeriac out of the oven when soft and golden. Cool and then add to the mushroom mix. Squeeze the roasted garlic cloves and add the soft garlic to the filling. Take the porcini out of the soaking liquid and finely chop. Add to the filling. If it's looking a little dry add a splash of the soaking liquid. Put a piece of parchment paper on a clean surface. Roll out the puff pastry on the parchment sheet into a square, about 25cm by 25cm. Add your filling to one half of the rectangle - leaving a 2cm gap around the edge.

# M U S H R O O M S

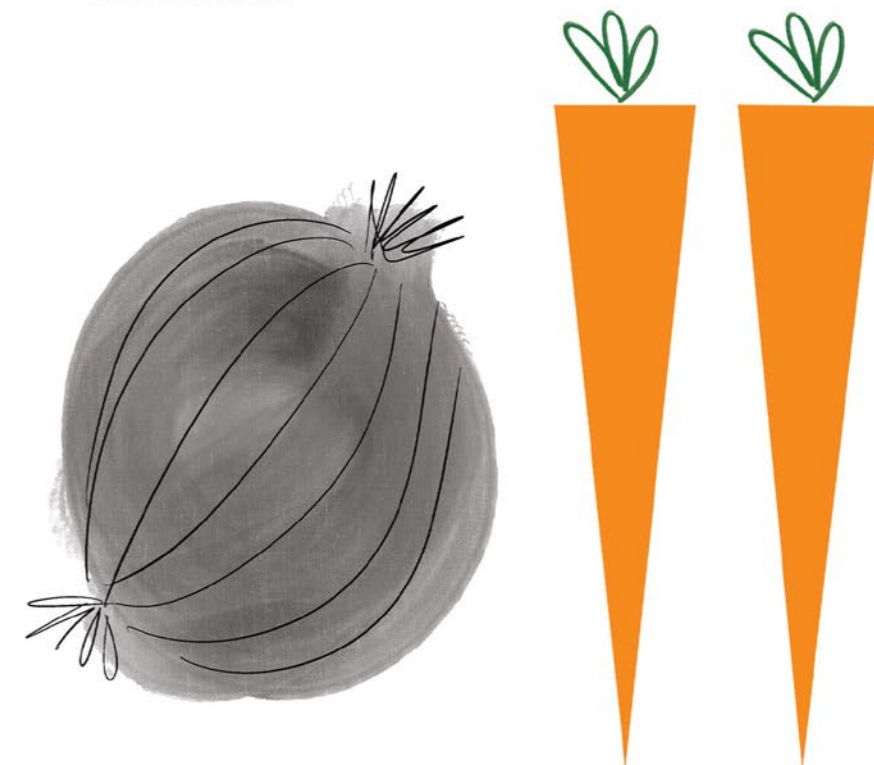
"I eat lots of mushrooms, and often use them as a sort of meat replacement in a lot of dishes, such as little chopped up mushrooms instead of pork in a carbonara, or dried mushrooms in a stock or soup. My favorite way to eat them is just fried in butter with some garlic and salt, maybe a little paprika, and on top of toast."



## Cottage pie:

- 1 onion
- 2 carrots
- Box of mushrooms
- 2 cloves of garlic (optionally add celery peas or spring onions)
- Pack of beef mince
- Stock of your choice, one cubes worth
- Gravy granules
- 4 small or 2 big floury potatoes

Chop up the onion, carrots, mushrooms and garlic. Lightly fry and soften the veggies in a pan and season with salt and pepper. But leave the mushrooms till later. Peel your potatoes and boil them in some heavily salted water. Mix in the beef mince. I like to use about 15% fat mince as for more flavour but also not too fatty. Then brown with the mixture. Then add the mushrooms last as they soak up the juice from the meat. Add gravy stock and when all is cooked add a touch of gravy granules to thicken. Put in a suitable dish once cooked. Mash the potatoes and mix in some butter. Top the dish with the mash and then some grated cheese. Cook in the oven until golden brown and delicious.



# MORE RECIPES

## Butternut squash and chickpea curry:

Oil  
Onion  
Garlic  
Ginger  
Curry powder  
Garam masala  
Ground cumin  
Cumin seeds  
Ground turmeric  
Chill powder  
Butternut squash  
Chopped tomatoes  
Coconut milk  
Vegetable stock  
Chickpeas  
Salt and pepper

Start by preheating the oven to 200C. Chop off both ends of your squash, then peel the skin, and finally chop it in half top to bottom. You'll then want to remove all the sides and insides by scraping them out with a spoon. Cut it into roughly equal sized cubes, about 1 cm big. Put them onto a baking sheet and drizzle with oil, then throw on some salt and pepper and garam masala. Cook until the cubes start to go crisp and brown on the edges, about 30-40 minutes. Now that the squash is roasting you can start making the curry sauce. Heat the oil in a pan and add some small pieces of chopped onion. Fry until fragrant, about a minute or two, then add the garlic and ginger too. When they've started to go soft and a bit brown add all the other spices. Add some water or oil if needed to stop it burning. You'll want to mix and fry this for a few minutes. Add in the chopped tomatoes, coconut milk and vegetable stock. Bring to a gentle simmer and let it cook for 10 minutes. Depending on how you like your curry you can blend this or leave it. Use a handheld blender or place into a blender and blend until smooth. Transfer back to the pan. Drain your tin of chickpeas and then add them to the sauce, letting them cook for a few minutes. Taste and season with salt and pepper. Add the roasted butternut squash and serve! Garnish with some chopped coriander if you have it in, and serve with some basmati rice.

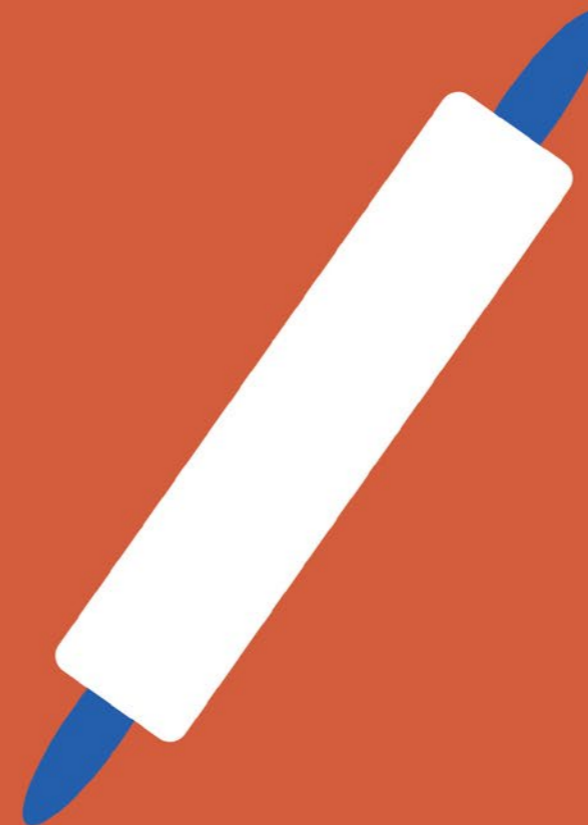


## 15 minute naan bread:

Flour  
Plain yoghurt, use any greek or unflavoured yoghurt  
Baking powder (not needed if you have self raising flour)  
Salt

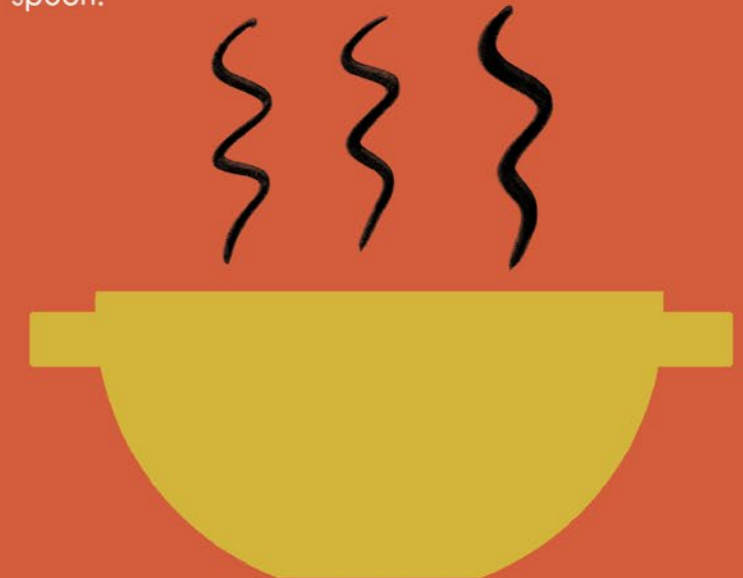
Mix the ingredients together in a mixing bowl, a healthy pinch of salt and baking powder according to the instructions on the packet. You want a sticky but manageable dough, if its too dry add more yoghurt, too wet add more flour. The exact amount depends on brands and how thick your yoghurt is. Knead your mixture together a few times, it doesn't need to be properly kneaded, just bring all the ingredients together. Divide up the dough into fist sized balls ready to roll out.

Roll out your first naan nice and thin onto a floured surface, as thin as you can get it! Heat up a skillet or cast iron pan very hot and carefully place the dough in. Wait for a few minutes until big air bubbles have appeared, then flip over and cook for another few minutes. While your first naan is cooking you can roll out the next one. If you want to prep them all ahead of time you can, just be careful of them sticking to the counter as you wait. You can liven up this simple recipe by adding crushed garlic or cumin seeds and other spices into the dough. Brushing the cooked naans with chilli oil or garlic butter will add extra flavour too.



## Slow Cooked Rosemary Lamb with Cranberry Sauce

Take a joint of lamb (best shoulder - and cheaper too) poke it with fresh rosemary and salt and pepper. Then take a jar of cranberry or red currant sauce and a litre of stock (chicken or lamb) and cover the lamb with it. Cover with foil and put it on the lowest setting in your oven for about 12 hours or until you can cut it with a spoon.

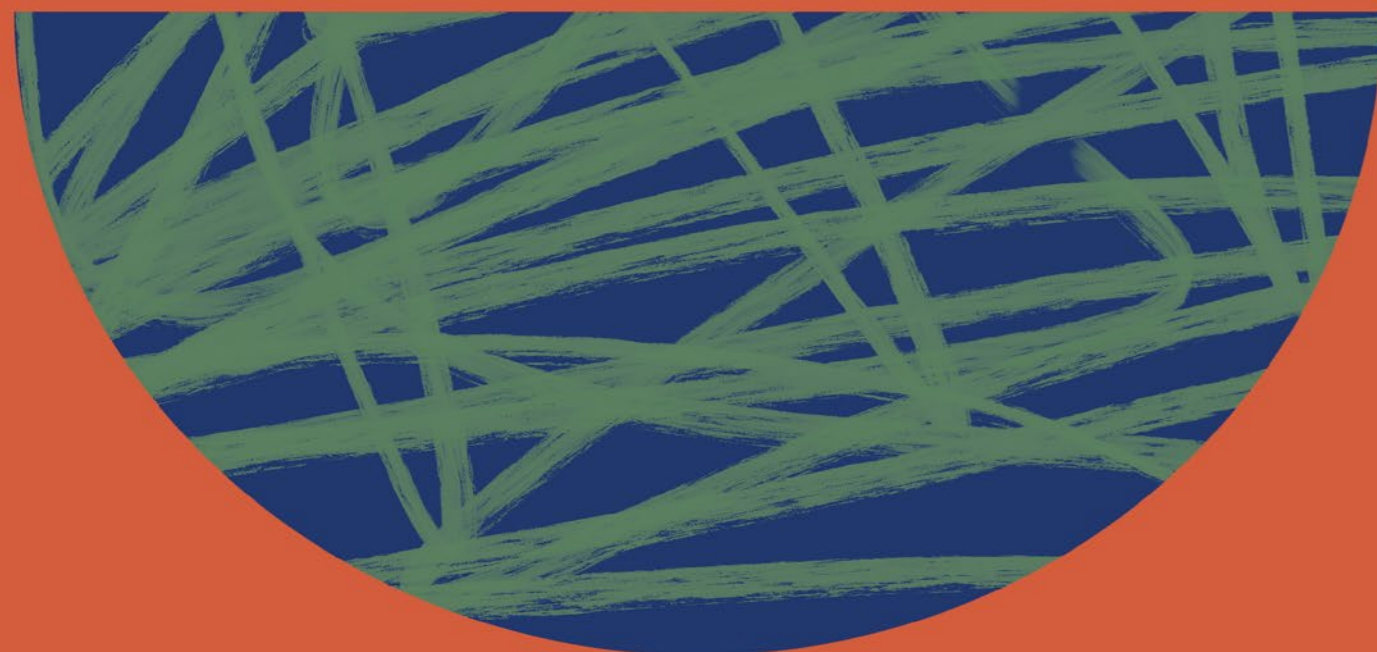
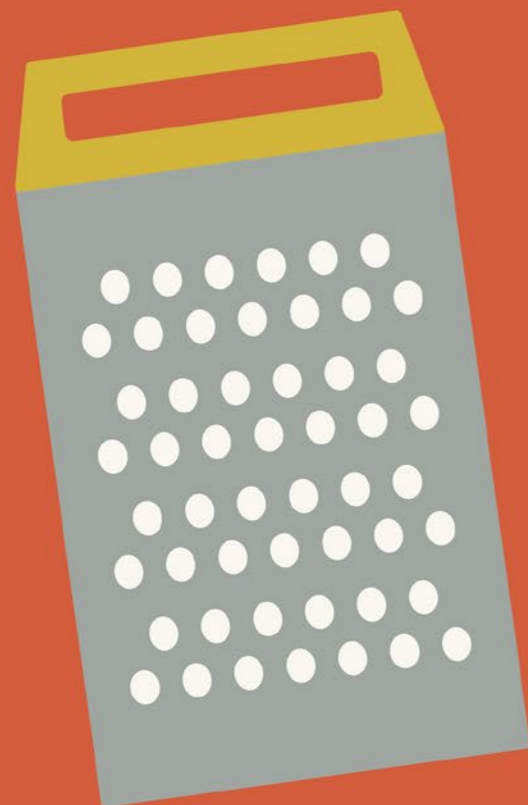


### Vegan Courgette Cake

250g plain flour  
350g caster sugar  
85g cocoa powder  
2 tsp baking powder  
1 tsp bicarb of soda  
125ml vegetables oil  
2 tsp vanilla extract  
250g grated courgettes  
300 ml almond milk

When the universe gives you courgettes... Make chocolate cake!

Pre-heat oven to 180C/350F/Gas 4. Grease 2 x 23cm/9in cake tins. In a large bowl, put flour, caster sugar, 85g cocoa, baking powder and bicarbonate of soda then mix. Add almond milk, vanilla extract, vegetable oil and mix well. Add in your grated courgettes and mix until combined. Divide the mixture between the two tins and cook for 25-35 minutes (until an inserted scewer comes out clean). Leave to cool for 5 minutes in their tins then remove, ice with anything you like and sandwich together!



# KANTEENA'S MAGIC GUNPOWDER HOT SAUCE

1 cup chopped onions  
6 gloves garlic  
1 cup chopped chillies of your choice  
Half cup sugar  
Salt and pepper  
Fresh herbs  
Quarter cup of oil  
Cup of grated carrots  
Tinned fruit  
Optional extras: Soy sauce, celery, peppers, lemon juice

Makes 3-4 cups.

In a medium or large saucepan heat the oil. Add onions and cook on high heat for 5 minutes, until translucent. Add the carrots and continue to cook for 5 minutes. Add the sugar, chillies, garlic and season with salt and pepper. Cook on a low heat for 20 minutes.

Turn up the heat and add the vinegar and tinned fruit. Bring to the boil then simmer for 2 hours or put on a low heat in the oven. Leave your sauce to cool then mix in chopped herbs and whizz with a blender. Store in a sterilised container in the fridge for up to 6 months!



# MURALS



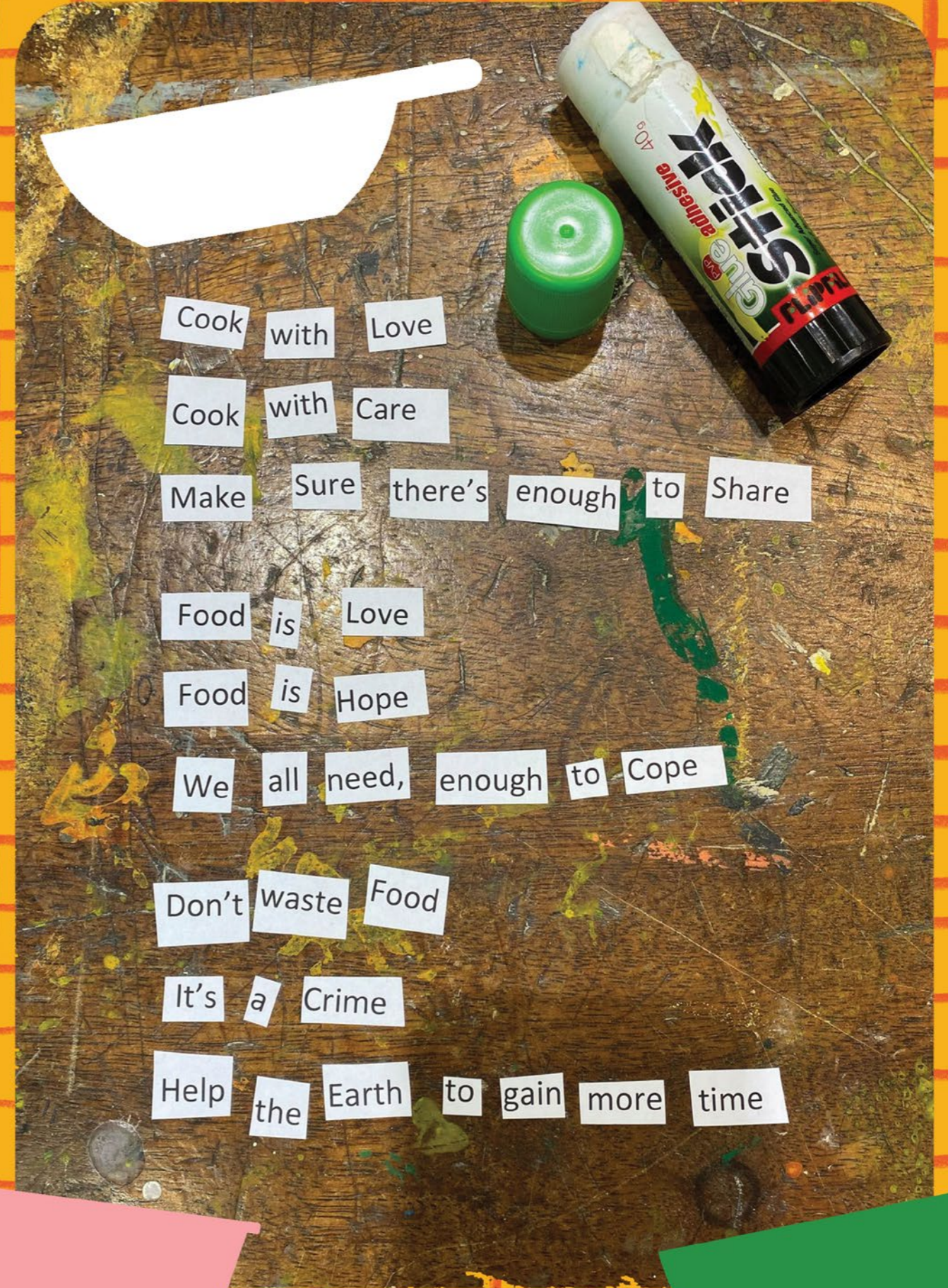
Eggcup volunteer and lead project artist Molly Bland designed these vibrant and joyful mural panels inspired by community conversations, creative activities and artworks created over the 3 week period of the project. Good Things Collective community volunteers and participants helped prep, draw and paint the panels ahead of installing in the Food.People.Community. shop windows. With the 4th panel painted in a pop-up outdoor paint-by numbers activity celebrating the cookbook launch day.



Check out Molly's other work at [www.mollybland.co.uk](http://www.mollybland.co.uk)



A poem from Steve's Poetry Workshop



By Sharon Wilding

This magazine was printed with sponsorship & support from Creative West End.

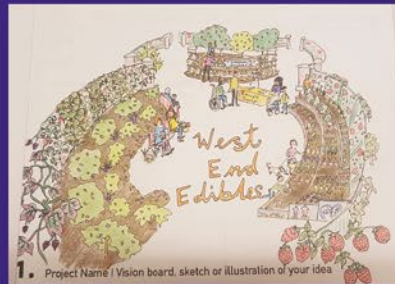


# CREATIVE West End

EST 2019



**FUN, FREE,  
CREATIVE PROJECTS  
FOR YOU TO JOIN IN:**

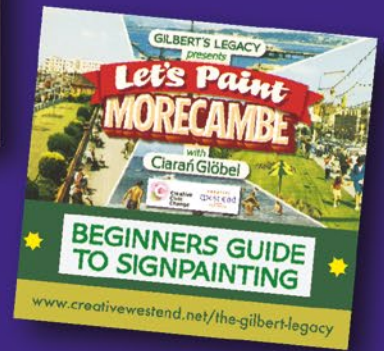


Creative West End is a growing network of local people and organisations that understand the benefits of the arts and creativity in community life and want to help this grow.

We are a friendly and supportive group working together to create a network rooted in kindness and creativity that we believe will help regenerate and improve opportunities in the area.



We welcome anyone that lives, works or wants to connect with Creative West End and shares our values to join.



## JOIN US:

Together we will be part of an exciting future, using the arts and creativity as our toolkit.

## TO JOIN:

Email: [hello@creativewestend.net](mailto:hello@creativewestend.net)  
Phone: Jo - 07733 095 610

Or register online:



**WWW.CREATIVESTEND.NET**



SUPPORTED BY:

