

CAN
COOK

WELL
-FED

Eat-well Cook-easy
Recipes to try at home

A photograph of a woven basket filled with fresh vegetables, including several large carrots with their green tops and some purple onions. The basket is placed on a dark, weathered wooden surface. The overall lighting is soft and natural, highlighting the textures of the vegetables and the wood.

WIN TER



**If people eat well
they cope well.**

**If they don't,
they don't.**

Hiya!

As a nation, we seem to have fallen out of love with the idea of cooking from scratch, and into the trap that convenience is best. Supermarkets have become saturated with pre-made, processed products. All of them good for busy time schedules, but rarely ever good for you.

At Well-Fed, we are all about getting everyone back into the kitchen cooking real food, and steering people away from the temptation of most things processed. We want you to cook at home and feel good about the cooking you do.

This is why we've brought to you a small selection of our favourite winter warmer recipes to keep you well fed throughout the cold months. Recipes that with just a touch of commitment, will allow you to cook quality, classic, home-cooked dishes, such as a comforting cottage pie or the perfect Sunday roast.

So, whether you choose to curl up on the couch with one of our hearty soups, or sit around the dinner table with your family and one of our family favourites. Each and every one of our recipes will enable you and yours, to eat-well and cook-easy.

Cooking is a great past-time, we hope our recipes provide you with lots of good food moments.

Enjoy! Best wishes
Faith, Well-Fed at Home Senior
Co-ordinator



Can Cook/ Well-Fed is a good food company focussed on feeding everybody, great food, regardless of their circumstance.

SOUPS

A close-up photograph of a white ceramic bowl filled with a smooth, vibrant orange-red tomato soup. The soup is garnished with a small sprig of fresh green thyme. The background is softly blurred, showing hints of other ingredients like a red onion and a wooden spoon.

Tomato soup

Our freshly homemade tomato soup, ready to give Heinz a run for it's money. Spend a bit of time and whip up this family favourite – we guarantee you'll rarely go back to the tins.

Serves 4

Ingredients

2½ tbsp sunflower oil
4 cloves of garlic
1 onion
½ tsp thyme (optional)
3 tins of chopped tomatoes
4 tsp brown sugar or any sugar you've got in the cupboard
½ tbsp balsamic vinegar
20ml vegetable stock
½ tsp salt

Equipment

Chopping board
Sharp knife
Large saucepan
Measuring jug
Wooden spoon or any other utensil you use for stirring
Hand blender, or normal blender

Let's cook!

1. Peel the garlic cloves and thinly slice, set aside on your chopping board.
2. Peel and roughly dice the onion, set aside on your chopping board, separate from the garlic.
3. Heat the oil in a pan, add the onions and fry over a medium heat for 4-5 minutes until golden, stirring continuously to make sure they do not stick to the pan.
4. Next, add the garlic and continue to cook for a few minutes. Keep an eye on the garlic as it can burn very quickly.
5. Add the rest of the ingredients and simmer for 30-40 minutes, if you notice the soup bubbling too vigorously, lower the heat and continue to cook.
6. Finally, blend until smooth with a hand blender, or maybe you have a smoothie blender – use this, works perfectly.

We serve this alongside our favourite sandwiches for the perfect winter warming lunch.

Pea and ham broth

A lighter version of your nan's favourite. Filled with big chunks of gammon, and a generous handful of garden peas, a soup to leave you feeling full and fresh. Perfect to be made ahead, stored and used for lunches during the week for you and all the family.

Serves 4

Ingredients

400g diced gammon, alternatively dice gammon steaks or a gammon joint. If you've had a roast gammon dinner, use whatever you have leftover – simply throw in at the end of making the soup and heat through.

2 onions
4 carrots
2 sticks of celery
200g frozen peas
1 chicken stock cube
1 bay leaf (optional)
1 garlic clove
2 sprigs of fresh thyme

Equipment

2 saucepans
Sieve
Chopping board
Sharp knife

We like to stir 1 tsp of mint sauce through each portion for a tangy twist.

Let's cook!

1. Peel one of the onions and leave whole.
2. Peel the leftover onion and 2 of the carrots and roughly chop into small chunks.
3. Peel the garlic clove and finely chop as small as possible.
4. Chop the celery into chunks, making sure they're a similar size to the carrot and onion.
5. Fill one of the saucepans with cold water and slowly bring to a boil. Carefully add the diced gammon, 2 whole carrots and onion. Bring everything to a simmer and cook for 1-1.5 hours, until the gammon is cooked through.
6. After the gammon has cooked, strain using a sieve and keep 1.5 litres of stock to use in the broth later.
7. Next, heat a drizzle of oil in your other saucepan and add the chopped veg, allow to sweat for about 5 minutes. Add the garlic and thyme, and continue to cook for a further 3-4 mins.
8. Next, add the leftover ham stock, that you saved earlier, to the vegetable mix. Crumble in the chicken stock cube and add the bay leaf. Simmer for 25-30 minutes, until the vegetables are tender. Add the frozen peas for the last 5 minutes.
9. In the meantime, shred the cooked gammon joint and set aside. Once the vegetables are cooked through, add the ham to the broth. Some gammons are saltier than others, taste the broth and then season to your taste.

Serve alongside a good chunk of crusty bread!



FAMILY FAVOURITES



Cottage pie

This recipe is a labour of love. Stick with it... it's worth it.

Serves 4

Ingredients

400g minced beef
1 onion
1 stick of celery
1 carrot
6 garlic cloves
4 jacket potatoes
400ml beef stock
1 tsp dried thyme
2 tsp plain flour
You will also need an oil such as olive oil or sunflower oil.

Equipment

Sharp knife
Chopping board
Large saucepan
2 small saucepans
Wooden spoon or any other utensil you use for stirring
Measuring jug
Peeler or knife
Masher
Oven-proof dish

Let's cook!

1. Peel the onion, carrot and garlic cloves, remove the tops and bottoms from the celery and the carrots.
2. Next, dice the onion, carrot, celery and garlic as finely as you can and set to one side.
3. Peel the potatoes using your knife or peeler and then chop into even sized chunks and add to a saucepan of cold water to prevent them from browning.
4. Make up the stock mix in the measuring jug using your choice of stock cube and 400ml of boiling water.
5. Add 3 tbsp of oil to a large saucepan along with the diced onion, carrot, celery and garlic. Soften over a medium heat for about 5-7 minutes, stirring continuously to make sure nothing sticks.

6. Once the veg has softened and the onions are translucent, add the minced beef. Break up the mince using your spoon, and cook until the mince has browned, this should take about 5 minutes.
7. Next stir in the dried thyme and flour and season with salt and pepper. Cook for another minute or so.
8. Next add the premade stock mix. Stir through the ingredients and bring to a simmer. Cook for about 45 minutes, if the mixture begins to simmer too vigorously, turn down the heat. After about 45 minutes, the meat should have softened and the mixture should have thickened.
9. Whilst the filling is cooking, bring the saucepan of potatoes to the boil. Once the water has reached boiling, reduce the heat to a simmer and cook for 15-20 minutes or until the potatoes are soft. To check this, use a knife and poke through the middle of a larger chunk of potato. If the potato slides off the knife easily, the potatoes will be cooked. Drain and add back into the empty saucepan.
10. Preheat the oven to 180°C.
11. Using a masher, mash the potatoes until smooth, using a knob of butter or a little milk to loosen the mixture. Season to your taste and your potatoes will be done.
12. When the meat mixture has thickened, add to an oven-proof dish and top with the mash. Smooth the mash using a fork and cook in the centre of the preheated oven for 30-40 minutes until the mash is golden and the filling is bubbling away.

Serve alongside your favourite greens for that added portion of goodness. You'll be cooking this for years to come!

Pork and apple casserole

Casseroles are the defining dishes of the winter months, so we decided to marry together one of our favourite flavour combinations in one of our favourite winter dishes. Shake up your go-to winter mealtimes and give this one a go!

Serves 4

Ingredients

1 onion
1 leek
2 sticks of celery
3 carrots
1 apple – any kind will do
1 tbsp plain flour
500ml of chicken stock
1 tbsp cider vinegar or white wine vinegar
2 pork fillets (loin works best)
2 tsp wholegrain mustard
You'll also need an oil such as olive oil or sunflower oil.

Equipment

Sharp knife
Peeler or sharp knife
Chopping board
Large saucepan
Wooden spoon or any other utensil you use for stirring
Measuring jug
Frying pan

We love this dish served with creamy mashed potato.

Let's cook!

1. Peel the onion and halve. Then slice into thin half-moons.
2. Peel the outer layer of the leek, making sure any soil residue is cleaned off, and thinly slice.
3. Chop the tops and bottoms off the carrots. If you like your carrots peeled, peel your carrots and chop into small chunks. If you don't mind the peel, leave the peel on and chop into small chunks (removing the peel removes some of the nutrients!)
4. Chop the top and bottom off the celery and then chop the remainder of the stick into 1cm cubes.
5. Peel and de core the apple, then chop into small chunks.
6. Make up the chicken stock mix, using 500ml of boiled water and either 2 chicken stock cubes or a stock pot.
7. Heat a drizzle of olive oil in your large saucepan and add all of your veg and apple, with a pinch of salt. Cook on a medium-low heat for about 7 minutes, stirring constantly with your wooden spoon, making sure nothing sticks.
8. Add the flour, and stir. Cook for about a minute and then add the cider vinegar and chicken stock. Bring the pan to a simmer and cook for 20-25 mins, until the veg has softened.
9. Whilst the veg is cooking, using a clean chopping board, chop the pork fillets into 1cm thick chunks.
10. When the casserole has been cooking for about 15 minutes, heat a drizzle of oil in the frying pan and add the pork, cook for 3 mins on both sides. Once cooked to your liking, take off the heat and set to one side.
11. Once the veg is cooked, add the pork and wholegrain mustard to the casserole and mix well.



PERFECT SUNDAY ROAST

Roast chicken with homemade gravy, roast potatoes and roasted winter veg

Is this our favourite national dish? Probably! Whether it's for every Sunday or a special occasion, we've asked our Head Chef Tony to share with you his go-to family roast dinner recipe – complete with a very tasty homemade gravy.

Serves 4

Ingredients

A whole chicken – the size will depend on how many you're planning to feed.

1 large onion
6 garlic cloves (with skin on)
6 carrots
4 sticks of celery
3 sprigs of fresh thyme
200ml water
1 lemon
1 tsp salt
1 tsp pepper
3 tbsp olive oil
2 tbsp plain flour
700ml chicken stock
200ml white wine (optional)

Equipment

Sharp knife
Chopping board
Something to prick the lemon with – a fork will do, although we've found corn on the cob skewers work a treat if you've got any laying around.
Measuring jug
Skewer
Tin foil
Spatula or spoon
Large roasting tin
Sieve

Let's cook!

1. Peel the onion and cut into quarters
2. Cut the tops and ends off the carrots and celery. Slice the carrots in half lengthways so they are able to lie flat in the roasting tin. Halve the celery sticks if necessary.
3. Measure out 200ml of water.
4. Preheat the oven to 200°C.
5. Place the onion, garlic cloves, carrots, celery and sprigs of thyme into the roasting tin, add 2 tbsp olive oil and mix well, using your hands or a spoon. Add the water you have just measured out.
6. Remove any string from the chicken, then rub the remaining olive oil and salt and pepper all over it, making sure you cover both sides.
7. Spike the lemon several times using a fork and place into the cavity of the chicken.
8. Lay the chicken flat, on top of the vegetables and roast in the oven for 1.5 hours. After 30 minutes turn the chicken over onto the breast side, return to the oven and cook for a further 30 minutes, adding a little more water if you notice the vegetables drying up. After another 30 minutes turn the chicken back over breast side up and cook for the remaining 30 minutes. For the remaining 30 minutes, take the chicken out of the oven every 10 minutes and baste. To do this, using an oven glove, tip the roasting tin up slightly so that the juices flow to one side, using a large spoon, scoop the juices all over the chicken a few times, and return to the oven.
9. After 1.5 hours, check the chicken is cooked. To do this, insert the skewer into the thickest part of the chicken thigh, if the juices are clear the chicken is cooked through. Once the chicken is cooked through, remove from the oven along with the vegetables. Remove the chicken from the roasting tin, cover with tin foil and rest for 20 minutes at room temperature.

Now onto the gravy...

1. Make up your stock mix using a chicken stock cube or stock pot, and boiling water. If you're using the wine, measure it out. You will need 200ml or a large glass.
2. Now transfer the remaining contents of the roasting tin to a saucepan and place over a medium heat – make sure you try and get as much of the cooked vegetables off the bottom of the tin.
3. Add the wine to your saucepan (if you're not using wine, add 200ml of water). Cook until the wine has evaporated or for about 5 minutes.
4. Next add the flour and cook for a minute or so (stir constantly).
5. Add the chicken stock and stir well, simmer for about 5-10 minutes, giving the vegetables a squash with your spoon or spatula as you go.
6. The gravy will thicken up during this time, when you're happy with the consistency strain the gravy through a sieve and season to taste.

Carve the chicken and serve with a generous helping of your homemade gravy.



Roast winter veg

Serves 4

Ingredients

- 4 tbsp olive oil
- 1 clove of garlic
- 2 sprigs of fresh thyme
- 4 carrots
- 4 parsnips
- 2 onions – white or red depending on your preference!

Equipment

- Sharp knife
- Chopping board
- A roasting tin, any large enough to fit the veg in will do

Let's cook!

1. Chop the tops and ends off the carrots and parsnips.
2. Peel and quarter the onions.
3. Peel and roughly slice the garlic. Remove the leaves from the sprigs of thyme.
4. Preheat the oven to 200°C.
5. Place all of the veg, into a roasting tin and drizzle over the oil. Add the garlic and thyme, and season with salt and pepper. Mix everything together, making sure the veg is well coated.
6. Roast for 30-40 minutes until the veg is tender and golden. Check every 10-15 minutes, and shake the tin, tossing the veg so it cooks evenly – it's that simple! Serve with your Sunday roast.

Feeling fancy? Right at the very end stir through a drizzle of honey and a dollop of wholegrain mustard.



Roast potatoes

The perfect accompaniment to your roast chicken and homemade gravy.

Serves 4

Ingredients

- 1kg Potatoes
- 100ml Sunflower oil
- 2 sprigs of fresh rosemary
- Salt and pepper to taste.

Equipment

- Peeler
- Sharp knife
- Chopping board
- A saucepan, any large enough to fit the potatoes in will do
- Colander
- A roasting tin, any large enough to fit the potatoes in will do.

Let's cook!

1. Peel and chop the potatoes into even sized chunks to suit your taste – the smaller the chunks, the crispier your roasties will be.
2. Place the potatoes into a saucepan and rinse several times in cold water to remove as much starch as possible – you'll be able to tell the starch has been removed when the water is relatively clear. Once rinsed, drain off the water and your potatoes are good to go.
3. Remove the leaves from the rosemary sprigs and finely chop as small as you can.
4. Add the potatoes to the saucepan with fresh, cold water. Place over a medium / high heat and bring to a boil. Once boiling, reduce the heat and simmer gently for 20-30 minutes, until the potatoes are soft, the larger your potatoes the longer this will take. Tip: the closer the potatoes are to breaking up, the fluffier your roast potatoes will be.
5. Preheat the oven to 200°C.
6. When the potatoes are ready, carefully remove from the water and place into a colander. Allow the potatoes to cool until the steam has gone.
7. Heat the sunflower oil in the roasting tin in the oven until hot. Next add the potatoes very carefully, making sure you don't burn yourself or break them up. Season with salt and pepper and turn in the oil by carefully shaking the tin.
8. Now, roast in the oven for about an hour, tossing every 15 minutes, until crisped and golden to your liking. Add the chopped rosemary for the last 15 minutes.

Added to the roast chicken, winter veg and fresh gravy – the perfect roast dinner.

SAUSAGES!

Sausage dishes are a favourite of ours and they are relatively cheap so we decided to make a fuss about cooking with them.



Warming sausage casserole

A dish to be shared around the table. Perfect for those cold winter days, this dish is what you should find in the dictionary when you look up heartwarming.

Serves 4

Ingredients

8 sausages (pick your favourites!)
1 onion
3 sprigs of fresh rosemary
x2 400g tins of plum or chopped tomatoes
x2 400g tins of cannellini beans
2 tsp harissa paste
200ml chicken stock
You will also need a drizzle of oil

Equipment

Oven-proof frying pan, or ordinary frying pan and casserole dish
Chopping board
Sharp knife
Measuring jug
Wooden spoon, or any other utensil you use for stirring
Sieve

Always good with bread and butter.

Let's cook!

1. Peel and roughly chop the onion into chunks, no need to be neat!
2. Remove the leaves from the rosemary sprigs and finely chop as small as possible.
3. Make up the stock using boiling water and a chicken stock cube or stock pot.
4. Drain the beans using your sieve, rinsing a few times with cold water to get off any residue.
5. Preheat the oven to 200°C.
6. Drizzle a little oil into the frying pan and heat over a low-medium heat. Throw in your sausages and fry for about 5 minutes, until browned all over. Once the sausages are nice and brown, remove from the pan and set aside for later.
7. Drizzle a little more oil into the pan and throw in the chopped onions. Cook over a low heat until they have softened and have turned slightly golden. Add the chopped rosemary and a pinch of salt and stir together.
8. Next add the Harissa paste to the pan and stir together (we borrowed this tip from Nigel Slater).
9. Add the plum or chopped tomatoes, drained cannellini beans and stock to the pan and mix together with the other ingredients. Bring the mixture to the boil for a moment and then lower the heat. Add the sausages you set aside earlier and stir, making sure everything is well combined.
10. Check the seasoning and adjust accordingly to your taste, then bake in the centre of the oven for 1 hour or until the casserole has thickened.
11. If you're using a pan that is not oven proof, transfer the casserole to an oven proof dish and bake in the centre of the oven for 1 hour or until the casserole has thickened to your liking.
12. Serve alongside some crusty bread and butter or creamy mash!

Toad in the hole

Toad in the hole – a recipe we've all heard of but most of us never make. Put your fears of faffing aside, as we have made this recipe as simple as possible. One that the kids are guaranteed to love.

Serves 4

Ingredients

6-8 sausages
1 tbsp sunflower oil
140g plain flour
2 eggs
175ml semi skimmed milk
Salt

Equipment

Measuring jug
Set of scales
Whisk
Roasting tin
Mixing bowl

Let's cook!

1. Preheat the oven to 180°C.
2. Weigh out the flour and measure the milk.
3. Get your roasting tin at the ready and throw in all of your sausages. Drizzle over the oil and shake the tin, making sure the sausages are well coated.
4. Place into the centre of the oven and cook for 15 minutes or until the sausages have turned a golden brown. To ensure they are browned all over, shake the tray a few times throughout cooking to turn the sausages, ensuring they cook evenly.
5. Whilst the sausages cook, it's time to make the batter. Tip the weighed flour into a mixing bowl with a pinch of salt. Make a well in the centre of the flour mound with your fingers and carefully crack both eggs into the well, being careful not to drop any shell in. Combine the eggs and flour using a whisk into a thick batter.
6. Slowly add the milk bit by bit whilst continuing to whisk until the mixture is well combined and leave to stand whilst the sausages finish browning.
7. Once the sausages have browned remove from the oven. Carefully pour the batter over the sausages, making sure each one is covered in the mixture.
8. Return the roasting tin to the oven on the top shelf and bake for 20-25 minutes or until the mixture is well risen and golden.

**Goes great with our onion chutney,
see page 21.**



Sausage, mash, broccoli and gravy



Serves: 2 adults and 2 children

Ingredients

6 sausages (pick your favourite)
4 baking potatoes
A head of broccoli
40g gravy mix
500ml or 2 cups of water
You will also need some milk or butter for the mash

Equipment

Baking tray
Sharp knife
Peeler or knife
3 saucepans
Colander
Measuring jug or cup
Masher
Whisk

Let's cook!

1. Peel the potatoes, then chop into similar sized chunks and set aside in a saucepan of water to prevent them from browning.
2. Chop the florets of broccoli off of the head and set to one side ready to be boiled later.
3. Measure out 500ml or 2 cups of water.
4. Preheat the oven to 180°C.
5. Once the oven has been brought up to temperature, place the sausages onto a baking tray and cook in the centre of the preheated oven for 20-30 minutes – shake the tray a few times throughout cooking to turn the sausages over, ensuring they cook evenly.
6. In the meantime, put the pan of potatoes on the heat and bring to a boil. Once the water has reached boiling, lower the heat and simmer the potatoes for 20-25 minutes until the potatoes are soft – to check this poke a knife through one of the potatoes, if the potato easily slides off the knife, it is cooked through, if the knife sticks in or the potato does not slide off easily, continue to cook. Repeat this test until the potatoes are cooked through – remember the larger the potato chunks, the longer they will take to cook.
7. Once the potatoes are cooked, using a colander, drain from the pan, then place the potatoes back into the pan and mash. Add a little butter or milk to smooth the mash mixture, then season to taste with salt and pepper.
8. Next, measure out the gravy mix and add to a separate saucepan along with the measured water and mix using your whisk. Slowly bring the mixture to a boil whilst whisking all the time to avoid lumps. Simmer the mixture whilst still whisking continuously until the gravy has thickened to your desired thickness. Bring a separate pan of water to the boil and add the broccoli. Cook for 3-5 minutes until tender and then drain using your colander.
9. Serve the mash alongside the sausage and broccoli with a big drizzle of gravy over the top.

Onion chutney

If you'd like to spruce up your gravy mix, whip up this chutney beforehand and stir through your gravy before serving. Tip – this chutney can be made up in bulk and stored in the fridge to be used at your convenience. We enjoy it spread in a sausage or cheese sandwich – you can add it to anything you would ordinarily serve alongside a typical onion chutney. This recipe makes enough to turn your normal gravy into an onion gravy with our sausage and mash dish. If you'd like to save some for other purposes, increase the ingredients in equal proportions.

Ingredients

2 red onions
2 tbsp sunflower
2 sprigs of fresh thyme
1 tsp brown sugar
1 tbsp balsamic vinegar
Salt and pepper to taste

Equipment

Sharp knife
Chopping board
Saucepan, any size above a small is fine
Wooden spoon, or any other utensil you use for stirring

1. Peel the onions, and thinly slice.
2. Remove the leaves from the sprigs of thyme.
3. Heat the sunflower oil in your saucepan over a low heat. Once the oil has heated, add the onions, breaking up into thin slithers with your wooden spoon.
4. Add the thyme leaves, and a sprinkling of salt and pepper, and then cook for about 45 mins, stirring all the time – be patient. Over time the onions will noticeably soften and become darker.
5. Once the onions are dark and sweet they will be cooked.
6. Add the sugar and balsamic vinegar and continue to cook until the sugar has dissolved and the mixture has thickened and is a sticky consistency.
7. Take off the heat and drain any excess oil. If you're using this in your gravy, stir the mix through the gravy and serve.
8. If you're making this to store as a chutney, leave the chutney to cool. Once cooled, add to an airtight container and store in the fridge until ready to use, it will keep for about 1 week to 10 days.



DESERTS

We've picked our two favourite crumbles – almost identical in their preparation, the only difference being one is apple and the other is winter berries with a bit of apple thrown in.



Apple crumble

We wait all year round for this winter classic to make it back onto the menu. Apple crumble – the staple British winter treat and one we continue to make year on year. Whether you've set yourself a bit of time for a Sunday treat for all the family, or simply want to satisfy your own sweet tooth, we've got a simple recipe that you can rely on. Add your choice of custard, cream or ice cream, whichever is your favourite, dollop it over the top – desserts are not to be scrimped on.

Serves 4

Ingredients

120g butter
240g sugar (caster or demerara)
240g plain flour
300g Bramley cooking apples
300g your choice of eating apples
4 tpsps water

Equipment

Sharp knife
Chopping board
Peeler or knife
Saucepan with lid
Mixing bowl
Spoon for stirring
Baking dish

Let's cook!

1. Measure out 120g of sugar and set to one side.
2. Next, measure out the butter, plain flour, Bramley apples, and your choice of eating apples, and set to one side.
3. Take both types of apple and peel. Then chop into even sized small chunks – the smaller the chunks, the quicker the filling will cook. Set the apples to one side.
4. Place the weighed-out flour and butter, and sugar into a mixing bowl. Rub the mixture together using your fingers until it looks like breadcrumbs, add a little water if the mixture is too dry.
5. Preheat your oven to 180°C.
6. Weigh out the remaining 120g of sugar and place into your saucepan.
7. Add the chopped apples to the saucepan, along with 4 tbsp of water. Cook over a high heat with the lid on for a few minutes. Then take off the lid and mix. Lower the heat and continue to cook until the apples have softened but are not a puree, stirring every now and again – to make the crumble a little more flavoursome we like to add a sprinkling of cinnamon to the mix.
8. Place the apple mixture into a small baking dish and spread the crumble evenly over the top.
9. Bake in the centre of the oven for 30 mins or until the crumble is nice and golden.

Now for that dollop of cream, ice-cream or custard – whatever you fancy.

Winter berry crumble

Serves 4

Ingredients

120g butter
240g sugar (caster or demerara)
240g plain flour
300g frozen winter berries
300g your choice of eating apples
4 tsp water

Equipment

Sharp knife
Chopping board
Peeler or knife
Saucepan with lid
Mixing bowl
Spoon for stirring
Small baking dish

Let's cook!

1. Measure out 120g of sugar and set to one side.
2. Next, measure out the butter, plain flour, frozen berries, and your choice of eating apples, and set to one side.
3. Place the weighed-out sugar, butter and flour into the mixing bowl. Rub the mixture together using your fingers until it looks like breadcrumbs. If the mixture seems a little dry, add a little water and continue to rub together until you get the desired consistency.
4. Preheat the oven to 180°C.
5. Weigh out the remaining 120g of sugar and place into a saucepan. Add the chopped apples, mixed berries and 4 tbsp of water.
6. Cook over a high heat with the lid on for a few minutes. Then take off the lid and stir the mixture. Lower the heat and continue to cook until the apples and berries have softened but are not a puree. Stir every now and then to make sure the mixture doesn't stick to the bottom.
7. Place the apple/ berry mixture in the bottom of a small baking dish and spread over the crumble mix, making sure it is even.
8. Bake in the centre of the oven for 30 mins or until the crumble mix is golden on top and the filling is bubbling.

Again, with cream, ice cream or custard – you choose



Meet the team



We love to cook and want everyone to join us. Cooking and enjoying a good meal is a great way to relax, ponder the day or share a story or two. Enjoy it.

Stay in touch

  @CanCookWellFed



OUR
MEALS
CHANGE
LIVES

Design: Mike Carney / milkesstudio.co.uk

Up next

The **SPRING/SUMMER** edition, full of delicious vegetarian dishes.



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Well-Fed is a partnership between Flintshire County Council, ClwydAlyn Housing Association and Can Cook.

