

The FAIR Cookbook



recipes for people with learning disabilities

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About FAIR

FAIR (Family Advice and Information Resource) is an information and advice service for people with learning disabilities, their carers and people who work with them.

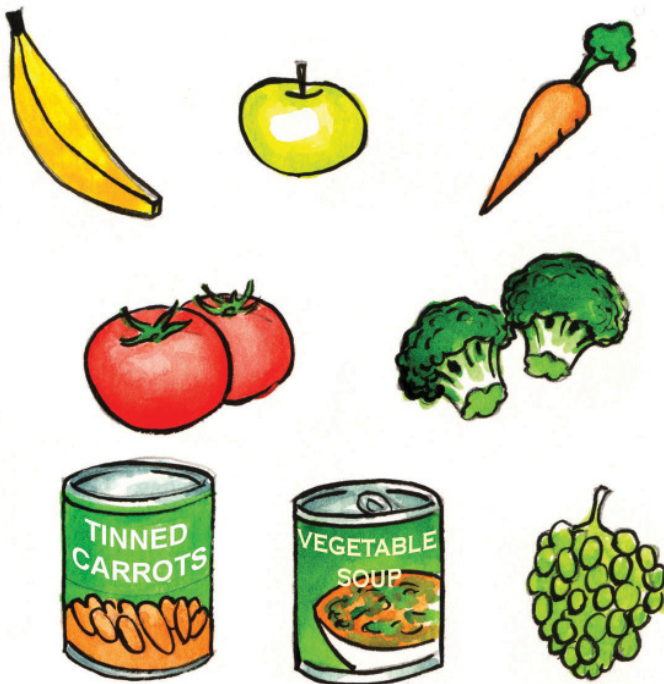
Over the years, we have worked with the NHS and other healthcare professionals on a series of guides on healthy living for people with learning disabilities. One of the most important ways to keep healthy is to eat the right kind of food.

This Cookbook contains some recipes that are healthy, tasty, good for you and easy to make.

This cookbook is to help people with learning disabilities to cook. You can cook alone or with help. Please ask your support worker or carer to help you if you do not normally use the cooker.

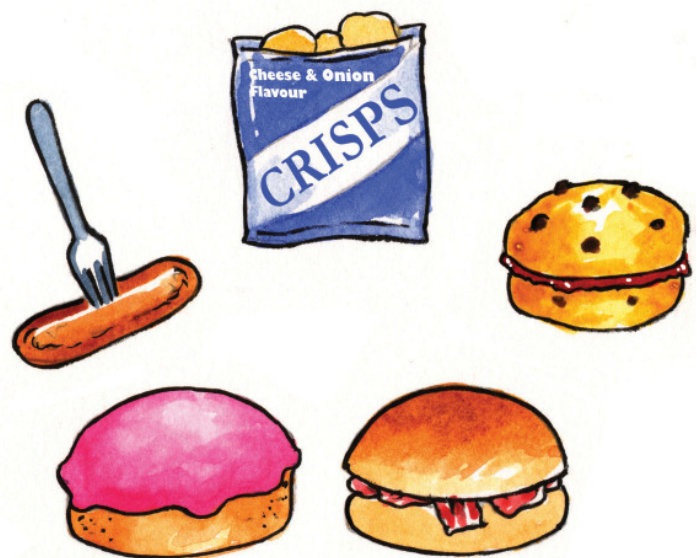
Be healthy

Eating the right sort of food is one of the best ways to stay healthy.



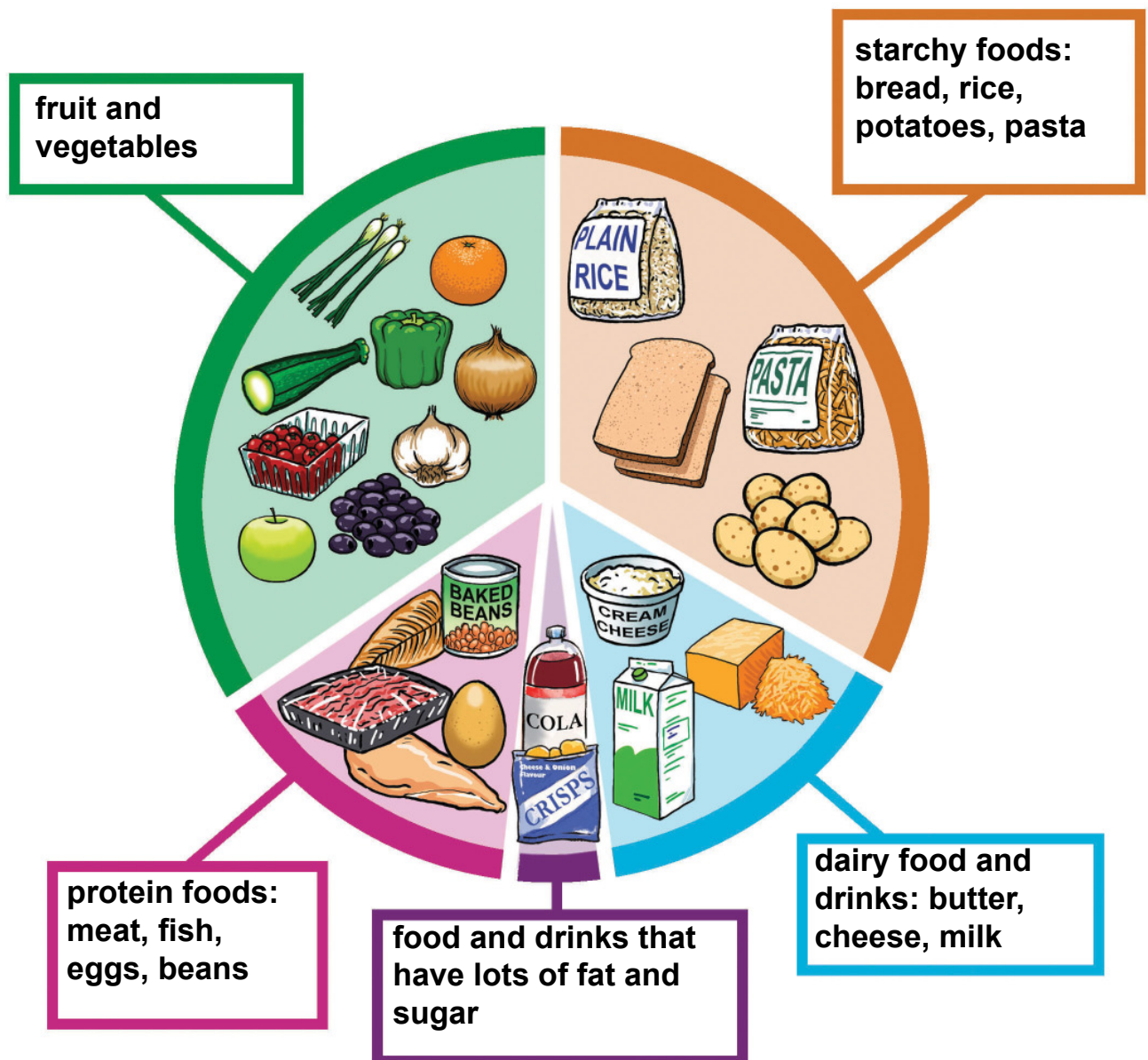
Eat a lot of fruit and vegetables - 5 portions a day.

Try to eat less fatty, sugary and salty foods.



The Healthy Eating plate

The picture shows how much of each different type of food you should eat.

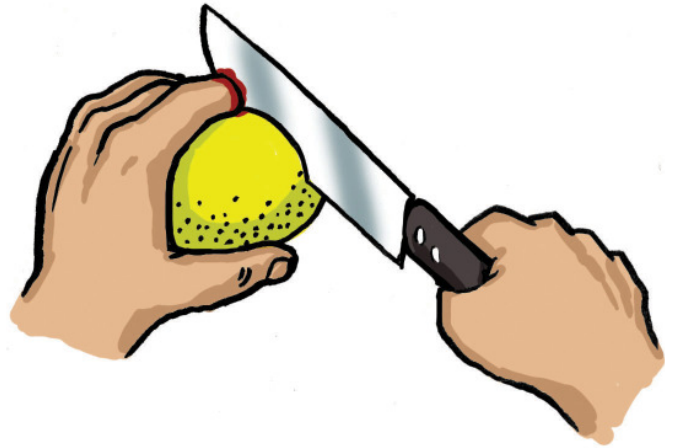


It's a good idea to try to get this balance right as often as you can.

Be safe and clean



Always keep an eye on the cooker and make sure that you don't burn the food when you are cooking. Don't forget to turn the cooker off after you use it!



Be careful when using sharp knives!



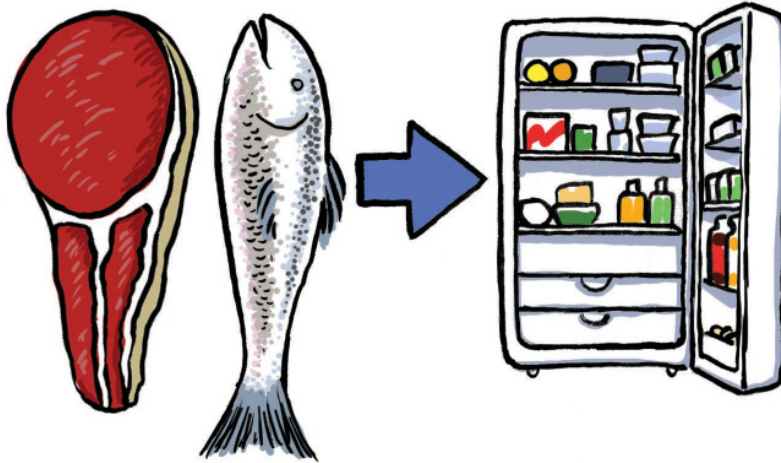
Make sure to put a plaster on if you cut yourself.



Wash your hands before and after cooking.

Clean up any mess you make.





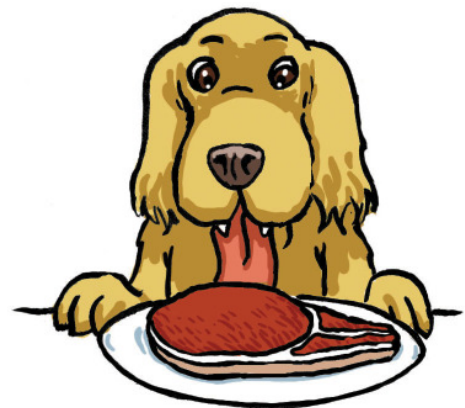
Keep meat and fish in the fridge.



Always check use by dates.
Don't use food if it's past its date.



Put things away in cupboards if you're not using them.



Keep pets away from food.



Wash all fresh vegetables before use.



Keep raw food away from cooked food.

What you'll need

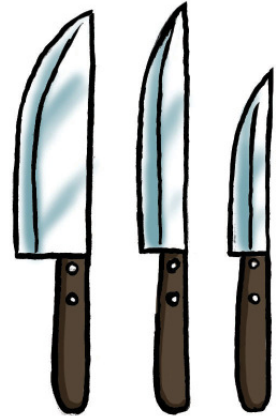
Most of the recipes in this book use the following things. If you need anything else the recipe will tell you.



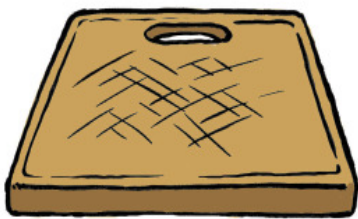
a cooker



pots and pans



knives



a chopping board



a wooden spoon



teaspoons
and tablespoons



a kettle



vegetable oil



salt & pepper



a measuring jug

Recipes

Pea and mint soup

Cooking time:

15-20 minutes

Serves 4



Ingredients



1 lb bag of
frozen peas



1 onion

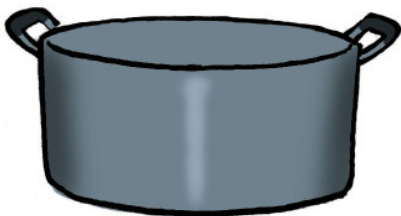


1 vegetable stock
cube in 1 pint of
boiling water



8 mint leaves

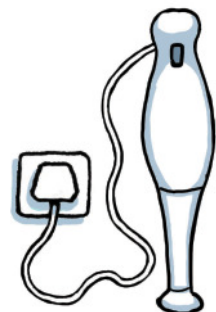
You will need



a cooking pot



a jug



hand blender

How to cook



1. Put a splash of vegetable oil in a pan and cook the onion until soft but not coloured.



2. Add the peas, mint leaves and stock and cook for 15 - 20 minutes until the peas are soft.



3. Mix with a hand blender or liquidise.



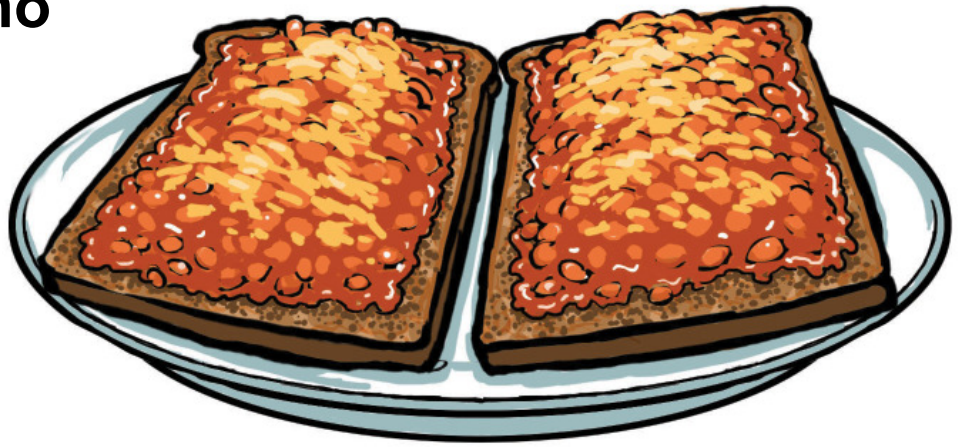
4. Then gently reheat.



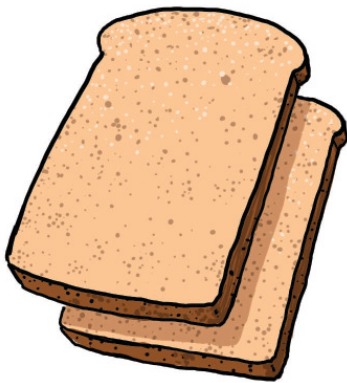
5. Then enjoy your soup!

Cheesy Beano

Cooking time:
about 10 minutes
Serves 1



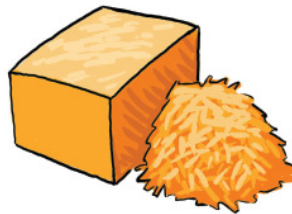
Ingredients



2 slices of brown bread



a small tin of
baked beans



30g cheese



Worcester sauce,
if you like

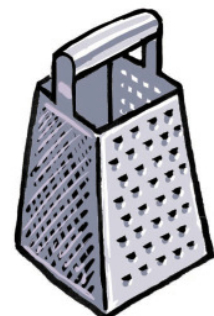
You will need



small cooking pot



a toaster



a cheese grater

How to cook



1. Empty the tin of beans into a small cooking pot and heat on a low heat. Stir so they don't stick.



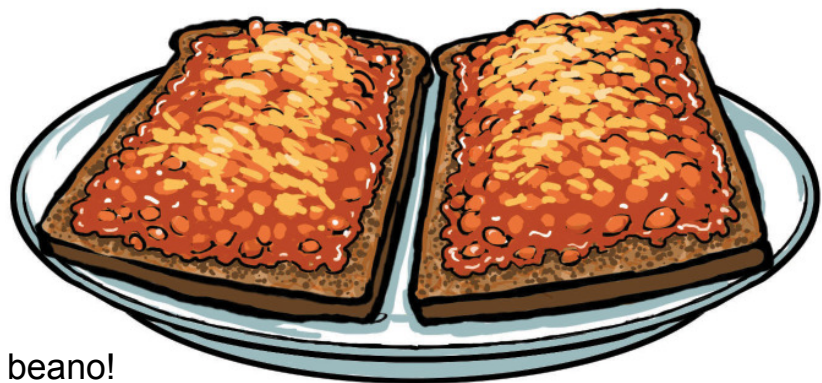
2. Put the slices of bread in the toaster.



3. When your toast pops up, put it on a plate and pour the beans on top.



4. Grate some cheese and put it on top of the beans so it melts. Add a splash of Worcester sauce if you like.



5. Enjoy your cheesy beano!

Mackerel pate

Cooking time:
10 minutes
serves 4



Ingredients



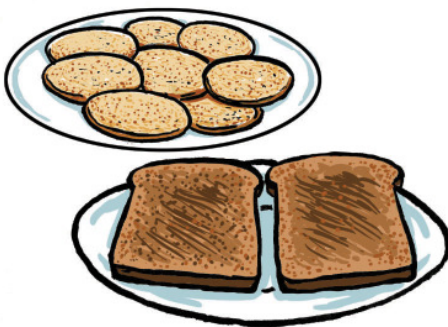
2 smoked mackerel fillets



1 small tub of low
fat cream cheese



lemon juice



oatcakes or toast

You will need



a bowl

How to cook



1. Skin the mackerel fillets and break them up with fingers into a bowl.



2. Add the small tub of low fat cream cheese



3. Mix well with a fork or hand blender until you have a smooth paste.



4. Add some lemon juice and some black pepper.



5. Serve with oatcakes or toast.

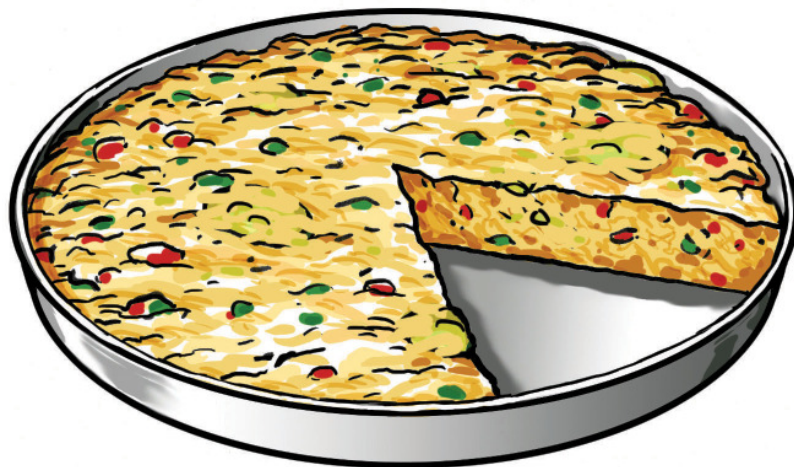
Vegetable frittata

Cooking time:

45 minutes

Serves 4 as a starter,

2 as a main course



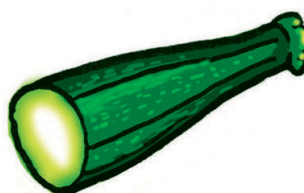
Ingredients



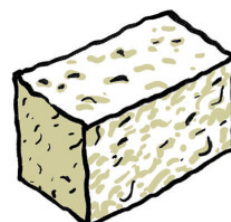
4 spring onions



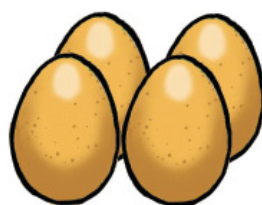
1 red pepper



1 courgette



100g feta cheese

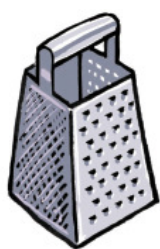


4 eggs



1 tablespoon of
vegetable oil

You will need



grater



2 bowls



whisk

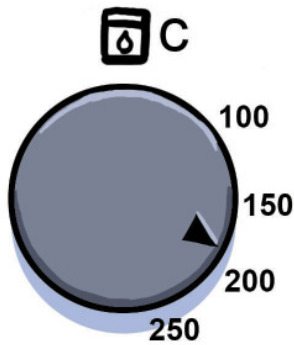


ovenproof dish



brush

How to cook



1. Switch the oven on to 180C/160C fan/gas 4



2. Cut the ends off the spring onions then chop them and put them in a bowl.



3. Cut the ends off the courgette then grate using your grater. Add the grated courgette to the bowl.



4. Remove the stalk and the seeds from the red peppers then chop and add to the bowl.



5. Break the feta cheese into the bowl by crumbling it with your hands.



6. Crack the eggs into a new bowl. Scoop any bits of shell out with a spoon if they fall in.



7. Whisk the eggs until the yolks are mixed into the white.



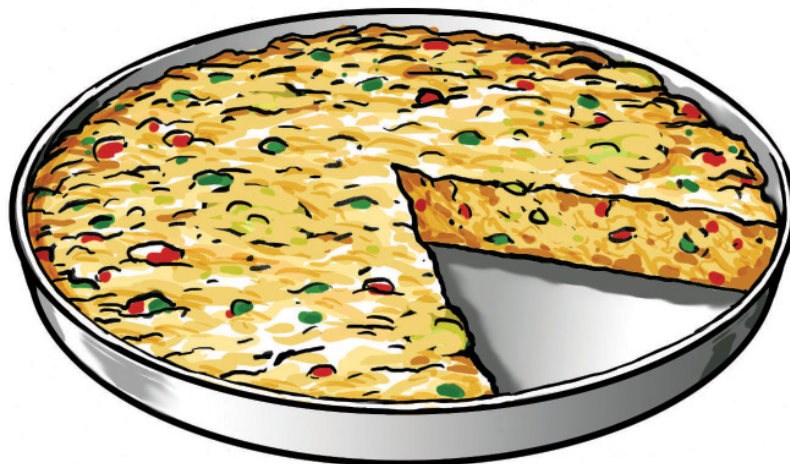
8. Pour the eggs into the bowl with the other ingredients and stir.



9. Brush a round ovenproof dish with vegetable oil.



10. Tip everything into the dish.



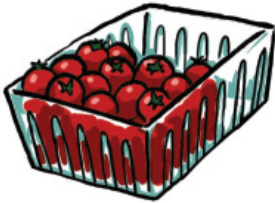
11. Put the dish in the oven for 30 minutes or until the egg is set. Then serve!

Easy cook pasta

Cooking time:
15-20 minutes
Serves 2



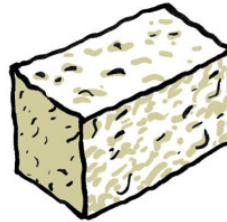
Ingredients



20 cherry tomatoes



20 pitted black
olives



60g feta cheese,
crumbled into bits



10 fresh basil leaves



2 mugfulls of
pasta (150g)



splash of
olive oil

You will need



bowl



a cooking pot

How to cook



1. Mix everything except the pasta together in a bowl with a splash of olive oil.



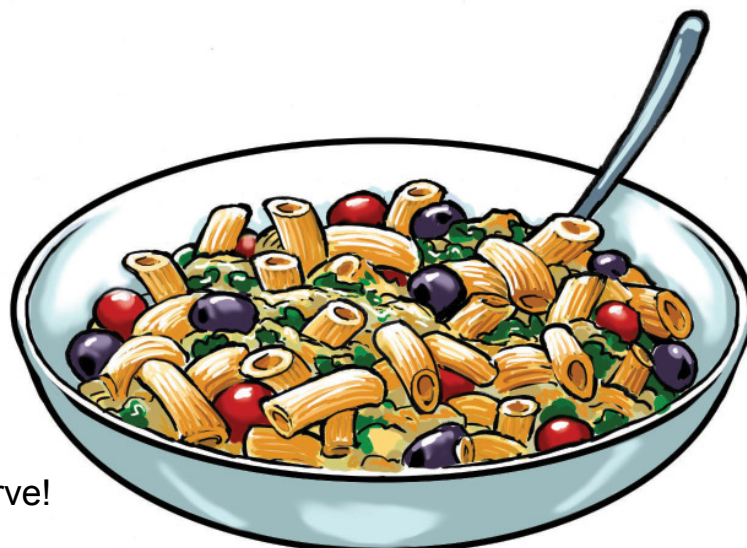
2. Boil the pasta in a pot of water for 10-12 minutes until cooked. Then drain off the water.



3. Add the mixture from the bowl to the freshly cooked pasta.



4. Season with black pepper if you like.



5. Serve!

Chilli beef

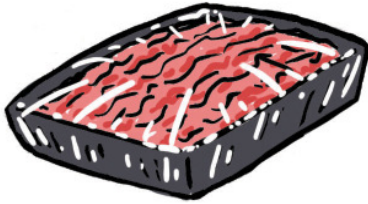
Cooking time:

3 hours

Serves 2



Ingredients



1 small pack of
lean steak mince
(250g)



1 large onion



1 green pepper



1 teaspoon of
Chilli powder



1 teaspoon of Cumin



1 tablespoonful
of tomato puree



1 tin of chopped
tomatoes



1 tin of kidney
beans



1 mug of plain rice

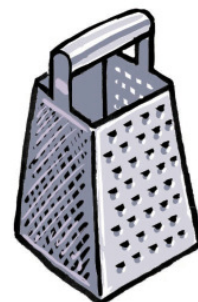
You will need



large cooking pot



small cooking pot



grater

How to cook



1. Chop up the peeled onion and chop and de-seed the green pepper.



2. Put some vegetable oil in a large cooking pot.



3. Add the mince. Stir well to break up lumps.



4. Add the chilli powder and cumin before the mince goes brown, and stir to mix it through.



5. Add the chopped onion and keep stirring.



6. Add about a tablespoonful of tomato puree when the mince is brown and the onion is a bit see-through. Then add the green pepper. Stir through.



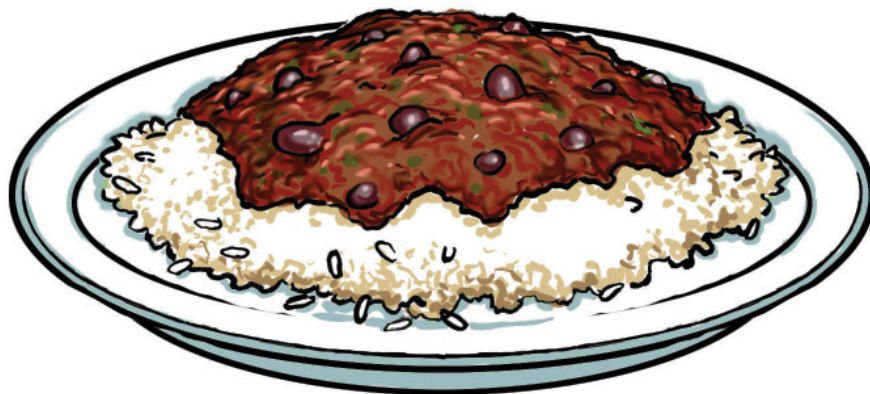
7. Add the chopped tomatoes and the kidney beans, and some water.



8. Put the lid on the pot and let it simmer on a low heat for about 3 hours. Make sure to keep stirring it every so often so that it doesn't stick to the bottom of the pot and burn.



9. Add 1 mug of rice and 2 mugs of water to a pan and simmer until all the water is absorbed.



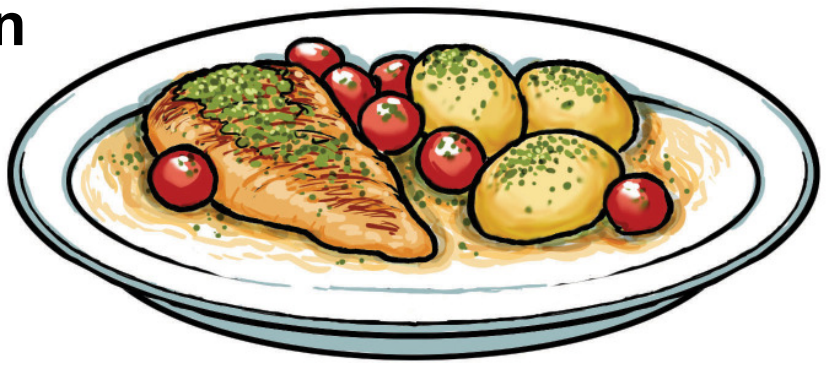
10. Put the rice on plates and spoon the chilli on top.

Tray-bake chicken

Cooking time:

25 minutes

Serves 2



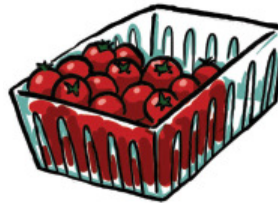
Ingredients



2 chicken breasts



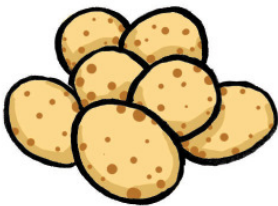
1 tablespoon of
olive oil



10 cherry tomatoes

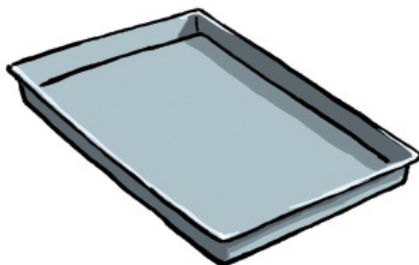


1 tablespoon of
pesto



10 small potatoes

You will need



roasting tray



small cooking pot

How to cook



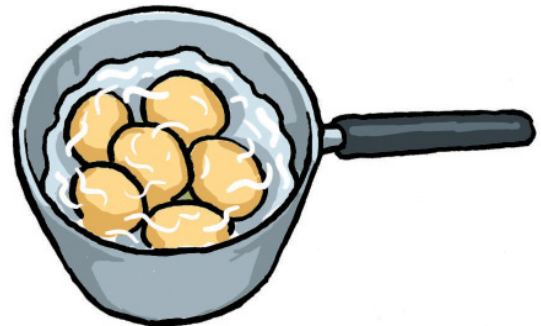
1. Put the chicken breasts in a large shallow roasting tray and drizzle about a spoonful of olive oil over them.



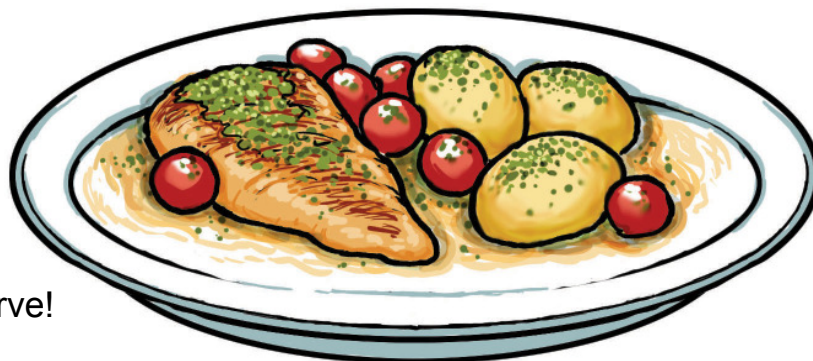
2. Grill for 10 minutes then add the cherry tomatoes and grill for another 5 minutes until chicken is cooked.



3. Put the pesto over the top.



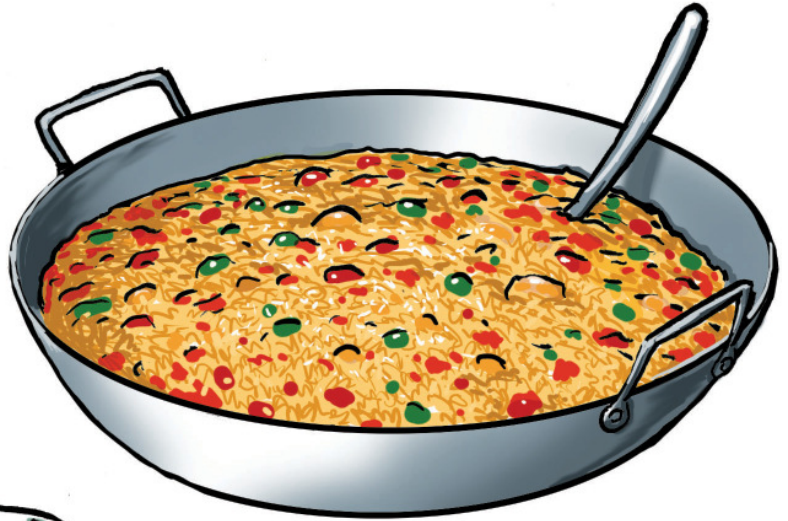
4. Boil some potatoes in a pan of water for 20 minutes or until soft. Then drain off water.



5. Serve!

Chicken paella

Cooking time:
30 minutes
Serves 2



Ingredients



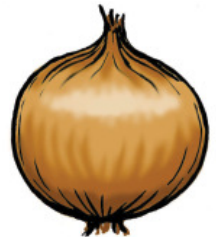
2 chicken breasts
cut into small chunks



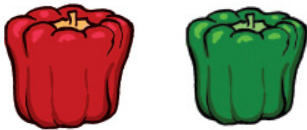
1 chicken stock cube
in a half pint of
boiling water



1 garlic clove,
peeled and
chopped



1 onion



1 red and 1 green
pepper chopped with
seeds removed



1 teaspoon of
turmeric



2 tomatoes



1 mug of rice

You will need



large frying pan



a jug

How to cook



1. Peel and chop the onion and garlic clove. Chop and de-seed the peppers.



2. Heat 2 tablespoons of vegetable oil in a large frying pan.



3. Put in the chicken chunks, chopped onion, chopped red and green pepper, chicken stock and chopped garlic.



4. Add 1 mug of rice with 2 mugs of boiling water.



5. Add the teaspoon of turmeric and 2 tomatoes cut into quarters.



6. Leave to simmer until the rice has soaked up the liquid. Add a bit more water if you need to. Add salt and pepper, if you like. Then serve!

Fruit salad

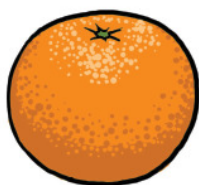
Time to make:
5 minutes



Ingredients



1 apple



1 orange



some seedless grapes



some strawberries



fresh orange juice



low fat yogurt if you like

You can use other fruits too, like bananas, peaches, or pears.

You will need



bowl



cling-film

How to make



1. Remove all cores, pips, stalks and orange skin. Then chop the apple and orange and any other fruits into chunks.



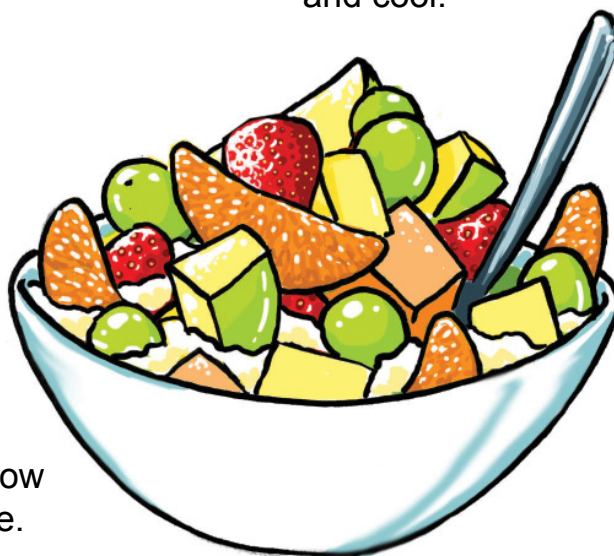
2. Put the fruit chunks in a bowl with the grapes and strawberries.



3. Pour some orange juice into the bowl and stir so it coats all the fruit.



4. Cover the bowl with cling film and put it in the fridge so the fruit is nice and cool.



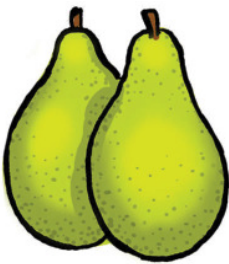
5. Serve with some low fat yoghurt, if you like. Enjoy!

Baked pears

Cooking time:
40 minutes
serves 2



Ingredients



2 ripe pears



apple juice



brown sugar

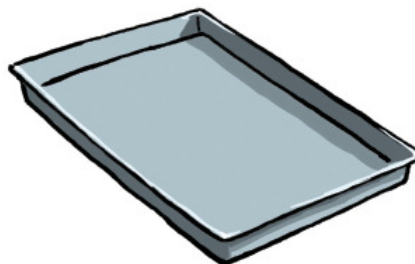


vanilla ice cream
or cream

You will need



small saucepan



baking tray

How to make



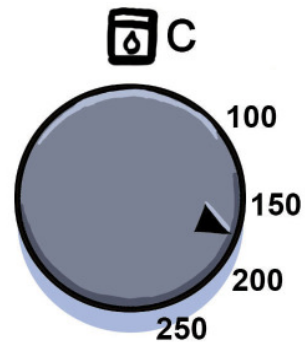
1. Cut off the stalks, then cut the pears into halves, and scoop out the cores with a spoon.



2. Mix a quarter mug of apple juice and a quarter mug of brown sugar together in a saucepan over a low heat until the sugar melts.



3. Put the pears on a baking tray and pour the apple juice and brown sugar over them.



4. Heat the oven to 170/gas mark 5 then roast the pears for 35 minutes or until the pears are turning brown.



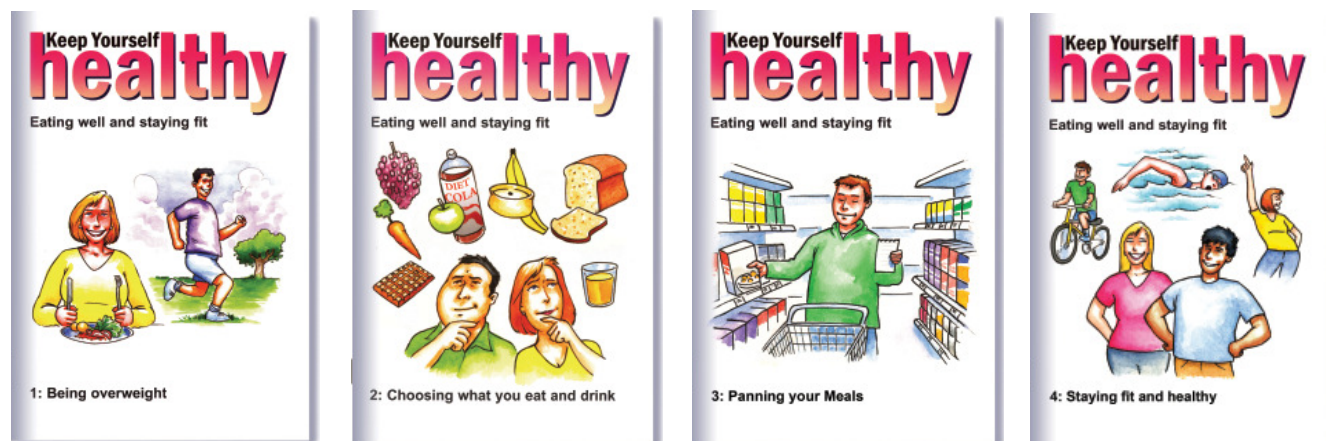
5. Serve with vanilla ice cream or cream.

We hope you will enjoy the recipes in this book. We've tried to make the recipes as clear as possible but let us know if you have any comments or suggestions.

You can contact us on:

0131 662 1962

fair@fairadvice.org.uk



FAIR produce a range of booklets on ***Eating Well and Staying Fit***. They give tips on weight loss, making healthy choices about what to eat and drink, planning meals, and staying fit.

Full details and an order form are available on our website:

www.fairadvice.org.uk/health-publications.php



FAIR (Family Advice & Information Resource) is an information and advice service for people with learning disabilities, parents, carers and people who work with them.

We are at 95 Causewayside, Edinburgh, EH9 1QG

Visit our website at **www.fairadvice.org.uk**

Produced by FAIR
with funding from by The Clothworkers' Foundation

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