

Staple Cupboard Recipes



The recipes in this booklet have been collated and adapted from a number of sources to help utilise staple cupboard and non-perishable food items.

If you have any allergies, please read the ingredient list on the recipe before attempting it. Please be aware of general food hygiene measures when cooking at home.

To find out more about food hygiene visit:

www.food.gov.uk/safety-hygiene/cooking-your-food

Corned Beef Hash with Greens and Baked Beans



Ingredients:

- 3-4 white potatoes
- 2 tbsp vegetable or olive oil
- 1 onion roughly chopped
- Large handful of spring greens or spinach or kale
- 1 tin corned beef
- 2 tbsp Worcester sauce or brown sauce (optional)

Method:

1. Put the potatoes in a pan, cover with cold water and bring to the boil. Cook for about 6-7 mins, then drain.
2. Heat the oil in a non-stick frying pan and cook the onion for 3-4 mins over a medium heat.
3. Add the potatoes and the greens and corned beef, and push down with a spatula to crisp up, cooking for about 5 mins. Turn the mixture over, trying not to break up the meat and potatoes too much, then add the Worcestershire or brown sauce.
4. Cook for another 5 mins, pushing down to crisp the base again. Season a little, then serve with baked beans and a sprinkling of parsley if you like.

Lentil and Beef Cottage Pie with Root Vegetable Mash

Ingredients:

- 1-2 tbsp olive oil
- 1 small onion (frozen ready chopped is also good)
- Seasoning such as garlic, salt, pepper, and Italian herbs, bay leaf, rosemary
- 150g lean mince beef
- 1 pack or 1 tin ready to eat green lentils
- 1 cup beef or chicken stock
- 2 tbsp tomato puree

For the topping:

Cook a mixture of root vegetables such as potato, celeriac, parsnip, turnip or carrot and when soft mash with butter and whole milk.

Method:

1. Heat the olive oil in a pan on a medium heat and add the onions. Let them brown slightly and then turn the heat to low. Add the spices and herbs.
2. Add the mince and cook for further 10-15 minutes.
3. Add the lentils and cover the pan stirring occasionally. Cook for further 5-10 minutes. Add the stock and the tomato puree and mix until well combined. Continue simmering on a low heat.



4. Heat the oven on 180c. Cut the root vegetables into small cubes and place in a pan with water. Bring to the boil. Reduce the heat and cover the pan with a lid. Let cook for about 15-20 minutes or until soft.
5. Remove the water from the pan and use the milk and the butter to create a mash. Season with salt.
6. Transfer the mince and lentil mix to a baking dish, level and then place the mash on the top levelling it. Place in the oven and cook until crispy and golden brown on the top. place in the oven for about 40 minutes or until crispy and golden on the top.

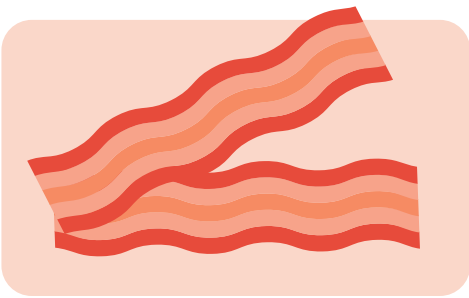
To make this a vegetarian dish just swap beef mince for an extra tin of lentils and the beef stock for a vegetable stock.

Bacon Broccoli Pasta Bake



Ingredients:

- 2tbsp olive oil
- 300g dry pasta shells
- 1 head of broccoli
- 100g unsmoked back bacon
- 1 jar ready made white pasta sauce
- 150g grated cheese
- 20g breadcrumbs

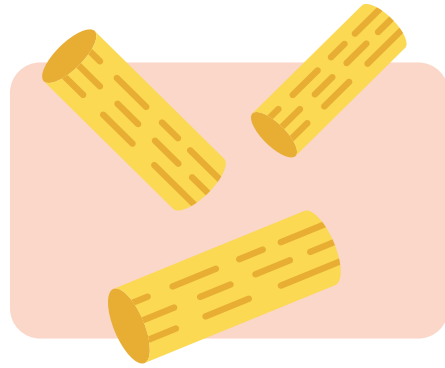


Method:

Preheat the oven on 180c.

1. Cook the pasta in a pan of salted water and olive oil. Leave the pasta slightly under cooked, drain and set aside.
2. Chop the broccoli florets into small pieces and set aside.
3. Now cut the bacon and set aside also.
4. Place the cooked pasta in a deep ovenproof dish. Add the sauce, the broccoli and the bacon and mix well until all is combined together.
5. Top with the cheese and breadcrumbs and bake in the oven until golden brown on the top.

To make this a vegetarian dish, just leave out the bacon.



Tinned Sardines or Tinned Tuna Fishcakes

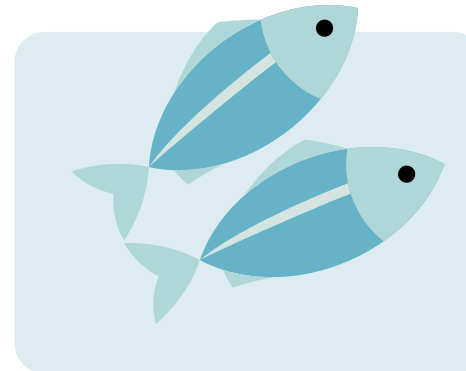


Method:

1. Put the potatoes in a pan of salted cold water. Bring to the boil, then turn the heat down and simmer for 6-8 minutes or until tender. Drain well, leave to steam dry in the pan, then mash coarsely using a potato masher or the back of a fork.
2. Put the sardines or the tuna in a bowl, mash lightly with a fork, then add the spring onions or chives, egg, mustard, lemon zest, and the flour. Mix until combined, add the mashed potato, season generously with salt and black pepper, then mix again.
3. With lightly floured hands, shape the mixture into 8 even patties. Put each one on a plate as you work, then loosely cover and chill for 10 minutes.
4. Heat 1 tbsp of the vegetable oil in a large non-stick frying pan then fry half the fishcakes for 3-4 minutes on each side until golden and piping hot.
5. Put on a plate and keep warm. Repeat with the remaining oil and fishcakes. Serve with salad and lemon wedges for squeezing over.

Ingredients:

- 2-3 potatoes, peeled and chopped
- 2 tins of sardines or tuna in oil (drained)
- 4 spring onions or a handful of chives finely chopped
- 1 large egg, beaten
- 1 tbsp mustard
- Zest of 1 lemon (optional)
- 50g plain flour
- 2 tbsp vegetable oil

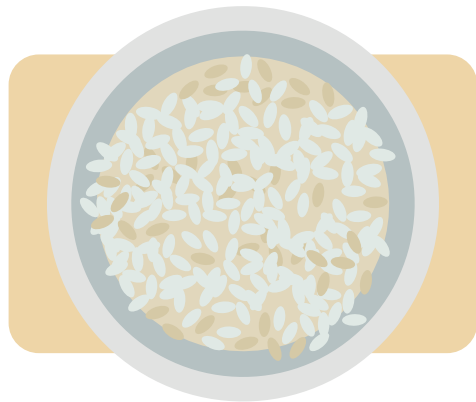


Mild Chicken Korma and Rice



Ingredients:

- 1 tbsp olive oil
- 1 onion
- 1 small sweet potato, diced
- 200g diced chicken breast or tofu pieces if making a vegetarian version
- 1 jar ready-made mild Korma sauce
- 1 bag boil in the bag rice



Method:

1. Peel the onion and dice it. Take a medium sauce pan and heat the olive oil. Add the diced onion and stir gently over a medium heat.
2. Peel the sweet potato and dice to small cubes and add to the olive oil and onion mix. Carry on cooking for about 10 minutes stirring regularly.
3. Add the diced chicken and cook for further 5 minutes until the chicken pieces have changed to a white colour.
4. Add the jar of korma sauce and let cook under a lid for 15-20 minutes.
5. Boil the rice in the bag according to manufacturers instructions on the back of the packaging.

To make this a vegetarian dish, just swap chicken for tofu.

Sausage and Bean Stew



Ingredients:

- 8 sausages (either frozen, tinned or fresh)
- 2 cans of mixed beans
- 2 tins of chopped tomatoes
- 1 tbsp dried Italian herbs
- Salt and pepper to taste



Method:

1. Heat a large non-stick frying pan, then brown the sausages for 3-5 mins over a high heat.
2. Drain the beans, then add to the pan with the chopped tomatoes, herbs and sugar. Season well and bring to the boil.
3. Simmer for 15-20 minutes until the sausages are cooked through and the sauce has thickened, coating the beans.

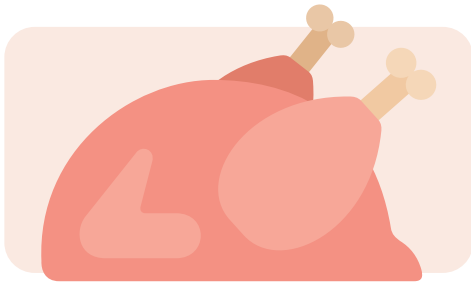
To make this a vegetarian or vegan dish, just use vegetarian or vegan sausages.

Chicken Noodle Casserole using tinned soup



Ingredients:

- 4 boneless, skinless chicken breasts or any other part of the chicken you have
- 1 pack of noodles
- 2 tins of creamy mushroom soup or creamy chicken soup
- 1 cup of prepared chicken stock
- Salt and pepper to taste
- 4 slices white bread
- 1 stick unsalted butter, plus more for greasing



Method:

1. Preheat the oven to 180c.
2. In a medium saucepan, cover the chicken breasts with cold, salted water by 1 inch and bring to a low boil over medium-high heat. Simmer the chicken breasts until cooked through, 8-10 minutes. Remove the chicken out of the liquid and set aside to cool. Once the chicken is cool enough to handle, shred into small pieces.
3. Meanwhile, bring the cooking liquid back to a boil and cook the egg noodles until slightly underdone, 6 minutes.
4. In a medium bowl, mix together the shredded chicken, noodles, soups and the chicken stock. Season with salt and pepper.
5. Place the mixture into a lightly greased oblong or round pan or a casserole dish.
6. Crumble the bread over the top of the casserole, then pour the melted butter.
7. Place in the oven for 25-30 minutes or until golden brown and slightly crispy on the top.

Corn Chowder



Method:

1. Gently cook the onion, garlic and celery in the oil or butter for 4-5 minutes until soft. Stir in the flour and cook on a low heat for 1-2 minutes.
2. Add the potatoes followed by the sweetcorn and cook gently for about 5 minutes taking care it does not burn.
3. Gradually add the prepared chicken or vegetable stock, bring to the boil and simmer for 5 minutes. Season with salt and pepper and simmer for another 20 minutes before adding the cream or the milk.

Ingredients:

- 2 tbsp of olive, vegetable oil or butter
- 1 large onion, peeled and finely chopped
- 1 clove of garlic, peeled and crushed
- 2 sticks of celery, finely chopped (optional)
- 1 tbsp flour
- 1 can of sweetcorn
- 1 large potato, peeled and cut into rough 1cm cubes
- 1 litre prepared chicken or vegetable stock
- 2 tbsp chopped parsley
- 60ml double cream, single cream or whole milk (depending on how creamy you like it)



Raspberry and Peach Yorkshire Pudding Bake



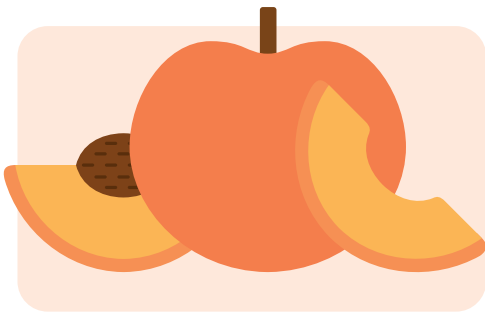
Ingredients:

- 1 can of sliced peaches, drained
- 1 can of raspberries, drained
- 1 pack of Yorkshire pudding batter mix
- ¼ cup sugar

Method:

1. Heat the oven to 220c. Spread the fruit out in a medium baking dish. Make the batter following the manufacturers instructions on the back of the pack and then add the sugar.
2. Pour the batter over the fruit and bake in the oven for about 20-25 minutes or until golden brown on the top.

Raspberries may be swapped for other available berries and tinned, frozen or fresh fruit may be used.



Cherry Pie

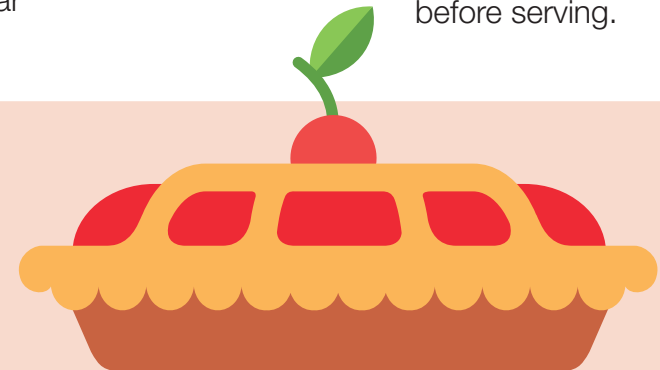


Ingredients:

- 1 box ready made and rolled shortcrust pastry (if you don't have ready made shortcrust pastry you can make your own following any sweet pastry recipe)
- 2 tins of cherries or cherry pie filling
- 1 tsp milk
- 1 tsp sugar

Method:


1. Heat oven to 175c.
2. Lay the pastry flat and using a dinner plate, cut round the plate to make two equal in size circles, one to go as the bottom of the pie and one as the top.
3. Spoon tinned cherries or cherry pie filling into crust-lined plate. Top with second crust; seal edge and flute. Brush top crust with milk and then sprinkle with sugar. Cut slits in several places on top crust.
4. Bake 40-45 minutes or until crust is golden brown. After 15-20 minutes of baking, cover crust edge with strips of foil to prevent excessive browning. Cool at least 1 hour before serving.



Remember to have 6-8 drinks per day to make sure you are staying well hydrated, this will help with your overall health.




Aim for 6–8 drinks per day, unless advised otherwise by your GP



Choose drinks that you like and are likely to finish

Drink more in the morning if you worry about getting up at night



Do not wait until you feel thirsty to have a drink



For more information and resources, visit www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration

Some specific resources are available and can be accessed online (via the websites below) or sent through the post. If you would like any of this information to be sent through the post please contact your local Age UK or Age UK Salford on **0161 788 7300**.

- Eat, Drink, Live well booklet – tips for people who have a poor appetite or have lost weight without meaning to
- Meal and snack ideas from a range of cultures
- Food First recipes

These 3 documents are available at: www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources

Eating and Drinking Well with Dementia: A guide for family carers and friends: www.bournemouth.ac.uk/research/centres-institutes/ageing-dementia-research-centre/eating-drinking-well-dementia-toolkit

Recipes and tips for older vegetarians and vegans: vegetarianforlife.org.uk