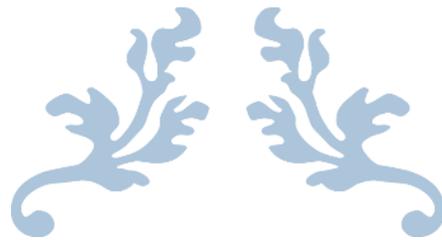




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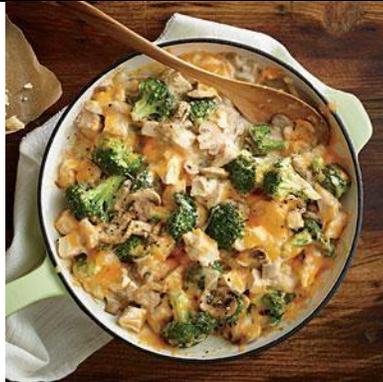
EASY READ RECIPES





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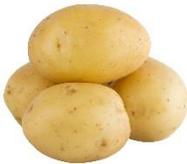
Easy Read Recipe On How To Make Chicken and Broccoli Casserole



What you will need to make the Casserole:



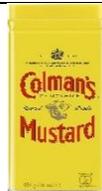
- Fry light
- 1 onion chopped
- 1 garlic clove crushed



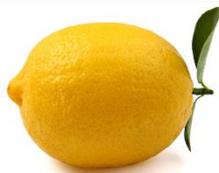
- 500g Maris piper potatoes peeled and chopped into cubes
- 4 carrots chopped



- 4 chicken breast cut into strips
- 1 large broccoli cut into small pieces

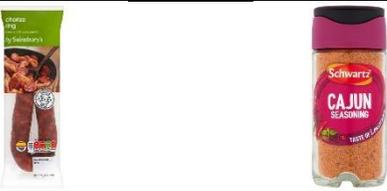
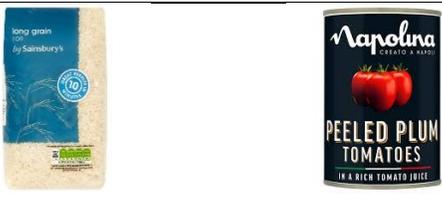


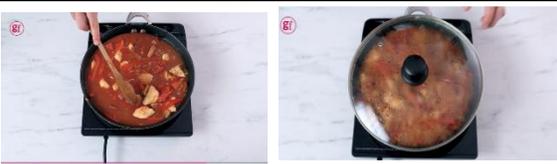
- 1 sprig of rosemary
- 1 liter chicken stock
- 1 teaspoon of mustard powder

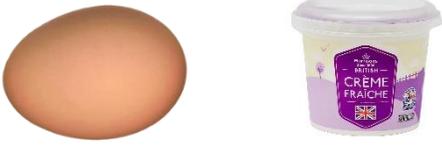


- Juice of 1 lemon
- Chopped parsley to serve

	<h2><u>Method</u></h2>
	<p>Spray a deep pan with fry light and place on medium heat.</p>
	<p>Add the onion and fry for 2-3 minutes.</p>
	<p>Next add the garlic, potatoes and carrots. Stir fry for 2- 3 minutes</p>
	<p>Then add the rosemary and stock. Let this simmer for 15 minutes stirring occasionally</p>
	<p>Take a little of the stock out and mix with the mustard powder then add to the casserole.</p>
	<p>Add the chicken, broccoli and lemon juice and simmer for 6 minutes or until the chicken is cooked.</p>
	<p>When the casserole is ready serve sprinkle the chopped parsley over it. Serve with rice or salad</p>

	<h2 style="text-align: center;">Easy Read Recipe On How To Make Chicken and Chorizo Jambalaya</h2>
	<p>What you will need to make the Chicken Pie:</p>
	<ul style="list-style-type: none"> • 2 chicken breast • 1 tablespoon of olive oil
	<ul style="list-style-type: none"> • 300ml chicken stock • 1 onion diced
	<ul style="list-style-type: none"> • 1 red pepper • 2 garlic cloves crushed
	<ul style="list-style-type: none"> • 75g chorizo sliced • 1 tablespoon Cajun seasoning
	<ul style="list-style-type: none"> • 250g long grain rice • 400g can plum tomatoes
	<ul style="list-style-type: none"> • Large frying pan with a lid

	<h2><u>Method</u></h2>
	<p>Slice the chicken into bite size pieces.</p>
	<p>Heat 1 tablespoon of olive oil in a large frying pan, fry the chicken for 5-8 minutes until golden. Take the chicken out and set aside.</p>
 <p>cook onion until soft</p>	<p>Fry the onion in the same pan and cook for 3-4 minutes until soft.</p>
	<p>Add the red pepper, crushed garlic, chorizo, Cajun seasoning and cook for 5 minutes.</p>
 <p>return chicken to pan</p>	<p>Next add the chicken back into the frying pan.</p>
	<p>Then add the rice, tomatoes and stock. Stir then cover with the lid,</p>
	<p>Cook for 20-25 minutes until the rice is soft and cooked. Serve and enjoy</p>

	<h2 style="text-align: center;">Easy Read Recipe On How To Make Chicken Pie</h2>
	<p>What you will need to make the Chicken Pie:</p>
	<ul style="list-style-type: none"> • 4x skinless chicken breast • 1 tablespoon of butter • Bunch of spring onions
	<ul style="list-style-type: none"> • 150g of button mushrooms • 300ml chicken stock
	<ul style="list-style-type: none"> • 1 egg • 2 large tablespoons of crème fraiche
	<ul style="list-style-type: none"> • 1 sheet of pre-rolled puff pastry • 1 heaped tablespoon of flour • 1 tablespoon of olive oil
	<ul style="list-style-type: none"> • 2 teaspoons of English mustard • A few sprigs of fresh thyme • Quarter teaspoon of nutmeg

	<h2><u>Method</u></h2>
	<p>First preheat the oven on 200c/400f or gas mark 6.</p>
	<p>Slice the chicken into strips.</p>
	<p>Next step put a large pot on med heat then add the olive oil and butter. Then add the chicken and cook for 3 to 6 minutes.</p>
	<p>Slice the mushrooms and spring onions then add to the pot.</p>
	<p>Add to the pot the 1 tablespoon of flour and stir. Then add the mustard, crème fraiche and chicken stock and stir.</p>

	<p>Pick the thyme leaves and stir into the pot with the nutmeg as well. Season with salt and pepper and leave to simmer.</p>
	<p>On a clean surface dust some flour and unroll the puff pastry.</p>
	<p>Use a small knife to make a cut in the middle of the pastry lid this is called scoring.</p>
	<p>Take the pot of chicken off the heat. Empty the chicken mixture into an ovenproof baking dish.</p>
	<p>Cover the baking dish with the pastry sheet, tucking it in at the edges.</p>
	<p>Beat the egg in a bowl, then brush it on top of the pie.</p>
	<p>Put the pie into the oven and bake for 15 minutes or until golden. Serve with veggies and enjoy.</p>



Easy Read Recipe On How To Make Pizza



What you will need to make the Pizza bases. This makes two pizzas



- 350g flour
- 170ml of water



- 1 teaspoon of salt
- 1 tablespoon of oil



- 2 $\frac{3}{4}$ teaspoon of baking powder
- pizza base sauce or ketchup



- Toppings of your choice



Method

	<p>Pre heat the oven to 200c/180c fan or gas mark 6</p>
	<p>In a bowl mix together the flour, baking powder, salt. Oil and water.</p>
	<p>Mix to form a soft but not sticky dough.</p>
	<p>On a floured surface knead the dough for 3-4 minutes.</p>
	<p>Separate into two balls. Use a rolling pin and shape into a round base.</p>
	<p>Add your pizza base sauce.</p>
	<p>Add toppings of your choice on to the pizza base.</p>
	<p>Place the pizza on flat baking tray and bake for 15 minutes.</p>
	<p>Slice and enjoy</p>



Easy Read Recipe On How To Make Sausage Pasta



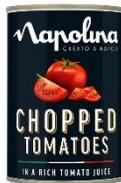
What you will need to make the sausage pasta



- 1 tablespoon of olive oil
- 4 thick sausages cut into bite sized pieces



- 2 garlic cloves crushed
- 200ml white wine



- 1 tablespoon tomato puree
- 400g chopped tomatoes



- 500g penne pasta
- Parmesan cheese
- Basil leaves chopped



Method

		<p>Heat the oil in a large pan, fry the sausages for 8 minutes until golden and cooked through.</p>
		<p>Add the garlic and cook for 1 minute</p>
		<p>Pour the white wine in and let it boil until the liquid has reduced to half.</p>
		<p>Stir in the tomato puree and the canned chopped tomatoes</p>
		<p>Season with salt and pepper.</p>
 		<p>Let the sauce simmer for 15 minutes until it is thick.</p>
		<p>While the sauce is cooking boil your pasta.</p>
		<p>Add the basil and cooked pasta into the sauce.</p>
		<p>Serve the pasta with some grated parmesan cheese and enjoy.</p>

	<h2 style="text-align: center;">Easy Read Recipe On How To Make Tuna Pasta Bake</h2>
	<p>What you will need to make the Tuna Pasta Bake</p>
	<ul style="list-style-type: none"> • 350g dried fusilli pasta • 1 leek
	<ul style="list-style-type: none"> • 100g frozen spinach • 100g frozen sweetcorn
	<ul style="list-style-type: none"> • 250g tub of plain quark • 175g fat free natural fromage frais
	<ul style="list-style-type: none"> • 400g canned tuna chunks in spring water • 75g reduced fat cheddar cheese grated
	<h2 style="text-align: center;"><u>Method</u></h2>

	Preheat the grill on high temperature
	Bring a pan of salted water to the boil, add the pasta in and cook for 8 minutes.
	After 4 minutes add the frozen spinach, frozen sweetcorn and leek into the pan with the pasta and cook for the remaining time.
	Drain the pasta and vegetables then tip it back into the pan.
	Next add the quark, fromage frais, tuna and half of the cheese into the pan with the pasta and mix.
	Add salt and pepper to season the pasta.
	Spoon the pasta into a large ovenproof dish.
	Sprinkle the remaining cheese and place on a baking tray.
	Grill the pasta bake for 10 minutes, until the cheese has melted and browning.
	When the pasta bake is ready serve with salad or veggies.



Easy Read Recipe for Homemade Beef Burgers



What you will need to make your
Homemade Beef Burgers, this recipe
makes 4 burgers.



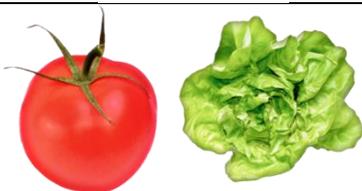
- Half tablespoon olive oil
- 1 onion peeled and chopped



- 500g of beef mince
- 1 teaspoon of mixed herbs



- 1 egg
- 4 slices of cheese
- 4 burger buns



- Lettuce
- Tomato

	<h2 style="margin: 0;"><u>Method</u></h2>
	<p>First heat the olive oil in the frying pan, then add the chopped onion and fry for 5 minutes till the onion is soft and golden. When the onions are cooked put them aside.</p>
	<p>In a bowl mix together the beef mince, the egg, the herbs, and the cooked onions. Add salt and pepper to the mixture.</p>
	<p>When the mixture is ready, use your hands to shape the 4 burger patties.</p>
	<p>Fry the burgers for 5 to 6 minutes on each side. Then check the middle is cooked through.</p>
	<p>Prepare your burger bun, this is where you can add the cheese slices, lettuce and tomato slices.</p>
	<p>Your burger is now ready to enjoy.</p>



Easy Read Recipe On How To Make Cheesy bean and chipotle quesadillas



What you will need to make the quesadillas



- 2x 400g cans mixed beans salad
- 3 tablespoon of chipotle sauce



- 2 tablespoons of chopped coriander
- 140g grated cheese



- Oil for frying
- Pack of 8 wraps



Method



Drain the canned beans and reserve 2 tablespoon of water.

	<p>Next put the beans, the 2 tablespoons of reserved canned water, chipotle sauce, coriander leaves and half the grated cheese into a bowl.</p>
	<p>Use a fork or potato masher to mash everything together.</p>
	<p>Lay the 4 wraps out then spread the mixture on each wrap. Sprinkle the remaining cheese on and then top with another wrap.</p>
	<p>In a large pan heat oil and pan fry the wraps on a medium heat. When each side is a golden colour remove from the heat.</p>
	<p>Slice and serve. These can also be enjoyed with side salad.</p>



Easy Read Recipe On How To Make Chocolate Brownies



What you will need to make the chocolate brownies:



- 375g good quality dark chocolate
- 375g butter cut into pieces



- 500g caster sugar
- 6 eggs



- 225g plain flour
- Icing sugar for dusting



- 30cm x 21cm tin



Method

	<p>Preheat the oven to 120c/160c fan or gas 4</p>
	<p>Butter and line the base of the tin with baking paper.</p>
	<p>Melt the chocolate and butter in the microwave for 5 minutes, stirring halfway through.</p>
	<p>Beat the sugar and eggs in a bowl</p>
	<p>Then stir in the melted chocolate.</p>
	<p>Add the flour into the mixture and mix well.</p>
	<p>Pour the mixture into the tin Bake for 40-45 minutes. Leave to cool in tin.</p>
 	<p>Dust with icing sugar and cut into squares. Serve and enjoy.</p>



Easy Read Recipe On How To Make chocolate and vanilla ice pops



What you will need to make the Ice Pops



- 2 tablespoons of cocoa powder
- 4 tablespoons of sweetener



- 525g any no added sugar ,fat-free vanilla yogurt
- 1 teaspoon of vanilla extract



- You will also need ice- lolly moulds and ice- lolly sticks

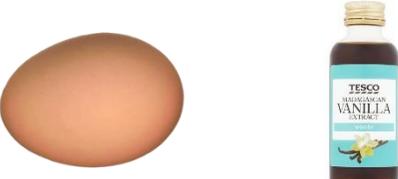


Method

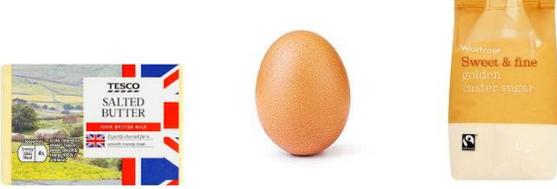


Put the cocoa powder, half the sweetener, 3 tablespoons of water in small bowl and stir well.

	<p>Then put the yogurt in a small bowl add the vanilla extract and remaining sweetener and stir.</p>
	<p>Swirl the cocoa mixture through the yogurt and then divide equally into the ice-lolly moulds.</p>
	<p>Then insert the ice-lolly sticks into each mould.</p>
	<p>Freeze for 8-10 hours or until set.</p>
	<p>Enjoy these ice-pops whenever you fancy a sweet treat.</p>

	<h2 style="text-align: center;">Easy Read Recipe On How To Make Chocolate Chip Cookies</h2>
	<p>What you will need to make the Chocolate chip cookies</p>
	<ul style="list-style-type: none"> • 150g salted butter softened • 80g light brown muscavado sugar
	<ul style="list-style-type: none"> • 80g granulated sugar • 225g plain flour
	<ul style="list-style-type: none"> • 1 large egg • 2 teaspoon vanilla extract
	<ul style="list-style-type: none"> • ½ teaspoon bicarbonate soda • ¼ teaspoon salt • Plain chocolate chips
	<h2 style="text-align: center;"><u>Method</u></h2>

			First preheat the oven on 190c/fan 170c/ gas 5
			Line two baking trays with non-stick baking paper.
			Put the softened butter, light brown sugar and granulated sugar into a bowl and beat with a wooden spoon until creamy.
			Add the vanilla and egg to the mixture and beat well.
			Sift the flour, bicarbonate soda and salt into the mixture and stir with a wooden spoon.
			Add the chocolate chips and stir well.
			Use a teaspoon to scoop up small amounts of the mixture.
			Place on a baking tray, spacing each portion apart. This mixture makes about 30 cookies.
			Bake for 8-10 minutes until the cookies are golden in colour and feel soft in the centre.
			Leave to cool. Enjoy with a glass of milk or a hot drink.

	<h2 style="text-align: center;">Easy Read Recipe On How To Make Lemon Curd and Orange Cake</h2>
	<p>What you will need to make the lemon curd and orange cake:</p>
	<ul style="list-style-type: none"> • 170g soft salted butter • 150g golden caster sugar • 2 eggs
	<ul style="list-style-type: none"> • 70g natural yogurt • 150g self –raising flour
	<ul style="list-style-type: none"> • 50g ground almonds • 1 large orange ,zested • 2-3 tablespoons of milk
	<ul style="list-style-type: none"> • 10 tablespoons lemon curd • 20g flaked almonds
	<ul style="list-style-type: none"> • 1 litre loaf tin • Lemon zest, to decorate

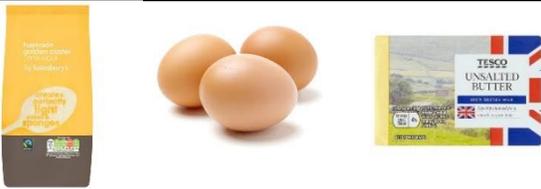
		<h2 style="text-align: center;"><u>Method</u></h2>
		Heat the oven to 180c/160c Fan /gas mark 4
		Butter and line a 1 litre loaf tin.
		Put the butter, sugar, eggs, yogurt, self-raising flour, ground almonds, orange zest, milk and 5 tablespoons of lemon curd into a large mixing bowl and whisk till smooth.
		In a separate bowl add the remaining 5 tablespoons of lemon curd in and whisk till smooth.
		Spoon half the mixture into the prepared tin then spoon over the whisked lemon curd and top with the remaining mixture.
		Sprinkle over the flaked almonds
		Bake for 50 minutes until golden.
		Leave to cool, then sprinkle over the lemon zest. Serve and enjoy

	<h2 style="text-align: center;">Easy Read Recipe On How To Make Malteser Cheesecake</h2>
	<p>What you will need to make the Malteser Cheesecake:</p>
	<ul style="list-style-type: none"> • 200g Digestive Biscuits • 75g of Unsalted Butter • 100g Maltesers
	<ul style="list-style-type: none"> • 400g Cream Cheese • 300g Mascarpone
	<ul style="list-style-type: none"> • 1 teaspoon Vanilla extract • 200g Icing sugar
	<h2 style="text-align: center;"><u>Method</u></h2>
	<p>First get all your ingredients measured, then line a cake tin with greaseproof paper.</p>
	<p>Melt the butter in the microwave for 1 minute or until melted.</p>

	<p>Crush the digestives in a freezer bag with a rolling pin. Then add to the melted butter.</p>
	<p>Once the butter and biscuits are mixed, add it to the cake tin and press down with a spoon. This is the bottom of your cheesecake.</p>
	<p>Put it in the fridge to chill while you make the filling.</p>
	<p>In a bowl add the cream cheese, mascarpone and mix it all together.</p>
	<p>Add the icing sugar a little at a time then add the vanilla extract. Everything should be mixed together.</p>
	<p>Crush all the Maltesers and add half into the cream cheese mixture and save half for putting on the top for decoration.</p>
	<p>Now spoon the mixture onto the biscuit base.</p>
	<p>Place cheesecake in the fridge to set for 4 hours.</p>
	<p>After 4 hours sprinkle the rest of the Maltesers on top. Take the cheesecake out of the tin. Now serve and enjoy the cheesecake.</p>

	<h2 style="text-align: center;">Easy Read Recipe On How To Make Wartime Carrot Cake</h2>
	<p>What you will need to make the Wartime Carrot cake:</p>
	<ul style="list-style-type: none"> • 230g self-raising flour • 85g margarine
	<ul style="list-style-type: none"> • 85g castor sugar • 115g grated carrot
	<ul style="list-style-type: none"> • 55g sultanas • 1 egg • A little milk or water
	<h2 style="text-align: center;"><u>Method</u></h2>

		<p>Preheat the oven to 220c/220c fan or gas 7 mark</p>	
			<p>Sift the flour into a mixing bowl</p>
			<p>Rub in the margarine</p>
			<p>Add the sugar, grated carrot, sultanas and egg. Mix well and then add a little milk or water to make sticky.</p>
			<p>Spoon the mixture into individual cup cases.</p>
			<p>Cook in the oven for 20-25 minutes or until golden in colour.</p>
			<p>Once cooled top with buttercream and decorated how you please.</p>

	<h2 style="text-align: center;">Easy Read Recipe for Blueberry Cake with Cheesecake Frosting</h2>
	<p>What you will need to make the cake and it serves 10 slices</p>
	<ul style="list-style-type: none"> • 175g of soft butter • 175g golden caster sugar • 3 large eggs
	<ul style="list-style-type: none"> • 225g self raising flour • 1 teaspoon baking powder • 2 teaspoon vanilla extract
	<ul style="list-style-type: none"> • 142ml of sour cream • 375g blueberries
	<ul style="list-style-type: none"> • 200g tub of Philadelphia cheese • 100g icing sugar
	<ul style="list-style-type: none"> • 22cm round loose bottom cake tin
	<h2 style="text-align: center;"><u>Method</u></h2>

		Preheat the oven to fan 160c/180c for conventional or Gas 4
		Butter and line the base of the cake tin with baking paper.
		Put the butter, Sugar, eggs, flour, baking powder and vanilla in a bowl. Stir the mixture very well for 3 minutes. You could also use an electric whisk if you have one.
		Mix the mixture until it is light in colour then add 4 tablespoon of the sour cream and half of the blueberries.
		Empty the mixture into the tin. Bake for 50 minutes, until it has risen, looks golden in colour and springs back when lightly pressed.
		Cool the cake, then take it out of the tin and leave it to finish cooling.
		To make the frosting, mix the soft cheese, icing sugar and remaining sour cream until smooth and creamy. Make sure the cake is cooled before you spread the frosting on.
		Decorate the cake after you have put the frosting on with the rest of the blueberries.
		Store the cake in the fridge. Serve and enjoy.

	<h2 style="text-align: center;">Easy Read Recipe on How to make Banana Bread</h2>
	<p>What you will need to make the Banana Bread</p>
	<ul style="list-style-type: none"> • 125g butter • 150g caster sugar
	<ul style="list-style-type: none"> • 1 teaspoon vanilla extract • 1 egg
	<ul style="list-style-type: none"> • 2 ripe bananas – mashed • 190g self raising flour
	<ul style="list-style-type: none"> • 60ml of milk
	<h2 style="text-align: center;"><u>Method</u></h2>

	<p>First grease and line with grease proof paper a 2lb Loaf tin</p>
	<p>Put a pan on medium heat and melt the butter, sugar and vanilla extract.</p>
	<p>Remove the pan from the heat and mix the mashed bananas in.</p>
	<p>Put the egg in a bowl and whisk it, then add to the mix.</p>
	<p>Next add in the flour and milk into the mixture.</p>
	<p>Spoon the mixture into the prepared tin.</p>
	<p>Bake the banana bread for 35 minutes at bake at 170°C and if using gas oven bake on gas mark 3.</p>
	<p>Leave to cool and enjoy.</p>

Produced by Thusira Kenyon and the Regional Advocacy and Community Engagement Team.