



THE NATIONAL  
FESTIVAL  
OF MAKING



Cracking  
Food Food

# Less Waste More Taste



RECIPE BOOK &  
HANDY COOKING TIPS





**The National Festival of Making is a unique celebration of UK making, from the factory floor to the kitchen table.**

Presenting a programme of work that combines Art, Manufacturing, Making and Communities, and commissioning international and national artists to create world class works and a participatory *Free Family festival* for all to enjoy.

Blackburn and Pennine Lancashire are rich in heritage and thrive with industrious makers and manufacturers. We're proud that the town and its people have welcomed the festival back to showcase their skills and spirit and to welcome the nation's best and most innovative makers and shakers.

The 15TH & 16TH JUNE 2019 saw a town-wide takeover of Blackburn centre, with hundreds of things to make, see, hear and do, from Town Hall Square to the Cathedral Quarter.

# Get Ready to Make!

**FestivalofMaking.co.uk** | f t i

#FestivalofMaking



**Cracking Good Food is a not for profit social enterprise** that promotes cooking skills in the community by delivering courses & training, as part of a wider campaign for affordable, sustainable & healthier food for all. 80% of our work is Community Outreach, working with vulnerable, disadvantaged and hard-to-reach groups. We run 3 cookery schools across Greater Manchester as well as a foraging programme. These, alongside bespoke sessions in the workplace, provide essential core running costs for our organisation.

We work in harmony with the environment promoting organic and seasonal food, raise awareness of the dangers of processed food & issues surrounding food waste. A third of the world's food is wasted yet millions are hungry and malnourished. We campaign against homelessness, promoting social justice and humanity for all.

**The following pages will give you information, advice, recipes and tips to help you prepare, cook and eat fresh, healthy and homemade food. The Blackburn community have helped to provide recipes for this booklet, and we encourage you to shop local and buy your food from your nearby markets, putting money back into your local economy!**



*Good food is affordable if you know what to cook and how.*

**CrackingGoodFood.org**



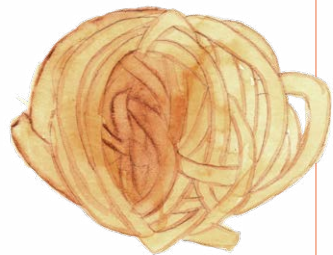
## RECIPE 1

# Salmon Pesto Pasta

### Ingredients

400G LINGUINE PASTA  
4 X SALMON PORTIONS SKIN ON AND SCALED  
2 TBSP PESTO SAUCE  
HALF LEMON  
BLACK PEPPER  
SALT  
3 TBSP OLIVE OIL

SERVES 4



### Method

1. Bring a large pan of salted water to boil and cook pasta according to pack instructions until al dente (not too soft). Drain, reserving 100ml of cooking water.
2. Bring a small pan to boil and add garden peas and cook until they start to rise to the top of the pan. Drain and reserve peas until needed.
3. Heat a frying pan over medium heat and add olive oil. Season salmon fillets all over with salt & pepper and add to pan skin side down. (In batches if pan can't fit all 4). Cook the salmon for 4 minutes on the skin side down, then turn over, lower the heat and drizzle salmon with cooking juices (add butter if desired).
4. Take drained pasta & peas and run through two tbsp of pesto and a drizzle of olive oil and a table spoon of pasta water. Once mixed divide into equal portions. Place Salmon on top with a dressing of pesto & a squeeze of lemon.

RECIPE PROVIDED BY GILES AT MAYERS FISHMONGERS AT BLACKBURN MARKET



## Tips

### AND WHERE TO BUY INGREDIENTS LOCALLY

Fish is a great source of low fat protein and contains many vitamins and minerals. Aim for at least 2 portions a week, including at least 1 portion of oily fish. Oily fish is high in omega-3 fats, which may help to prevent heart disease.

### Remember:

Tinned fish can be high in salt so don't add any more!

Dry pasta should be cooked in plenty of boiling water adding the pasta to the water a little at a time making sure that the water remains boiling. This will prevent leakage of goodness into the water which is then discarded. Try boiling the pasta for 6-7 minutes then turning off the heat and leaving the pan with a tight lid for at least ½ an hour. You'll find the pasta will be cooked and you've saved energy.

### Shop Local

You can buy portions of Salmon from MAYERS FISHMONGERS at Blackburn Market for **£2 each**



## RECIPE 2

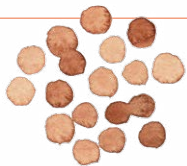
# Spicy Lentil and Spinach Soup



### Ingredients

- 1 TBSP OLIVE OIL
- 1 ONION, DICED
- 1 CARROT, FINELY DICED
- 1 TSP GROUND CUMIN
- ½ TSP TURMERIC
- 2 GARLIC CLOVES, FINELY CHOPPED
- 1 CHILLI, DICED
- 1 LARGE HANDFUL OF SPINACH
- 2 STOCK CUBES
- 250G RED LENTILS, RINSED

SERVES 4



### Method

1. Heat the olive oil in a large saucepan. Add the onion and carrot. Cook on a low to medium heat for 10 minutes until the onions are soft.
2. Add the cumin, turmeric, garlic and chilli and cook for a further 1-2 minutes until the aromas are released.
3. Pour in 1.25 litres of boiling water, crumble in the stock cubes and add the lentils. Bring to a simmer and cook for 20 minutes, stirring occasionally to ensure the lentils aren't sticking.
4. When the lentils are cooked add the spinach and add a splash of olive oil.
5. Transfer the soup to a blender (or use a hand held blender), and blend until smooth before serving.



**Tip**

MAKE MORE THAN YOU NEED AND PUT THE LEFTOVERS IN THE FRIDGE OR FREEZER TO EAT ANOTHER DAY! OR ADD PASTA TO IT FOR THE FOLLOWING NIGHT'S DINNER!

## Tips

### BUYING FRUIT & VEGETABLES

Buying vegetables from local greengrocers, local markets and independent shops means that you can buy loose and you don't have to buy more than needed. Remember to bring your own bag, and help to cut down on single use plastics!



When shopping at a supermarket, buy the reduced vegetables, freezing what you don't need right away. If you chop this first, then you've then got a ready supply of vegetables for stir fries, curries, stews & soups. This is much cheaper than buying packets of frozen veg!



When cooking, make double quantities and store the extra in the fridge or freezer for another day. You'll save on loads cooking costs & time.



Fruit and vegetables are bursting with essential vitamins and minerals needed for good health and a healthy digestive system as they are high in fibre. Fresh, frozen, dried and canned fruit and vegetables all count towards the recommended 5-a-day.

Try and eat the rainbow, as each fruit and veg offer different nutrients – tastier too!





# How To Cook and Prepare...

## COURGETTE

Chop your courgette into small pieces...

and fry with garlic, chilli and some soy sauce.

Add a squeeze of lemon...

and serve with rice or noodles.



## BUTTERNUT SQUASH

Fry a tablespoon of Thai Green paste in a little vegetable oil with some chopped onions,

...then add a tin of coconut milk.

Throw in squash, diced small and any other vegetables you have with some lemon juice.

Cook until soft and then serve with rice or noodles.



## AUBERGINE

Cut your aubergine in half, drizzle in oil and bake until soft.

Scoop out the flesh, add harissa, crushed garlic, cooked lentils, tomato paste and mix altogether.

Fill the skins with this mixture, sprinkle on some grated cheese and put in oven to melt.



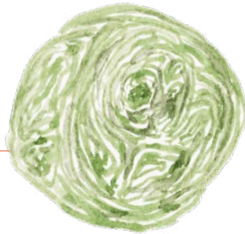
## RECIPE 3

# Spicy Chicken Homemade Kebabs

### Ingredients

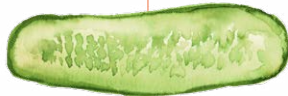
4 X SPICY BONELESS CHICKEN  
BREASTS OR THIGHS  
1 TBSP MAYONNAISE  
¼ HEAD OF SHREDDED CABBAGE  
½ CUCUMBER, SLICED  
2 MEDIUM RED ONIONS, SLICED  
2 LARGE TOMATOES, SLICED  
¼ HEAD OF LETTUCE, SLICED  
X4 PITTA BREADS

SERVES 4



### Method

1. Cut the chicken into strips
2. Cook the chicken under a hot grill until the chicken is tender and cooked all the way through
3. Mix the cabbage, cucumber, tomato, onion together with the mayonnaise
4. Distribute the chicken between the pitta breads, and then add the lettuce, tomato and shredded cabbage mixture
5. Serve and eat straight away



RECIPE PROVIDED BY DANIELLE FROM GREENS BUTCHERS  
AT BLACKBURN MARKET

Spicy boneless chicken thighs cost **£1.20** per 100g  
from GREENS BUTCHERS at Blackburn Market

## Tips

### TRY MAKING YOUR OWN CHICKEN BROTH!

Broth is exceptionally nutritious, easy to make and can be used to make soups, gravy and sauces!

Ask your local butcher for any chicken carcasses they may be about to throw out having taken off the breasts, thighs, legs and wings. Put this into a large stock pot, add vegetables and a pinch of salt and pepper and simmer for 4 hours.

If you have a slow cooker, even better  
– it uses less energy!

### Shop Local

SCOTT STEWART'S FRUIT & VEG stall at Blackburn Market sells bags of 'Vegetable Broth Mix' containing loads of delicious pre-cut vegetables for **£1.50**.





# Tips

## GO STIR-CRAZY FOR STIR-FRY!

Here are some easy ideas to add more flavours and textures to your stir-fry

- Try adding some plain or smoked tofu cut into sticks towards the end of the frying process
- Fry a plain omelette and cut it into strips to add with the noodles
- Fry strips of meat or prawns along with the vegetables or add leftover chopped cooked meat towards the end
- Add some chopped pineapple for sweetness & crunch
- Try adding some cashews or peanuts (roasted or plain) once you've fried your vegetables
- Make a simple sauce using freshly squeezed lime juice mixed with peanut butter and soy sauce with a dash of water to drizzle over the food as you serve it?
- Throw in a shake of Chinese five-spice for more oriental flavour
- Sprinkle the finished dish with toasted sesame seeds for more crunch
- Add a dollop of natural yoghurt with chopped coriander on top of your plate of stir fry
- Steam rice instead of boiling noodles and pile your stir-fry on the top of your rice
- If you're serving with rice, turn it into egg-fried rice by quickly frying up the rice with a scrambled egg and a little toasted sesame oil



## RECIPE 4

# Banana Muffins



## Ingredients

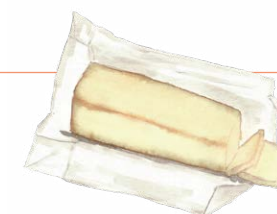
- 30G UNSALTED BUTTER
- 60G HONEY
- ½ TSP VANILLA EXTRACT
- 2 LARGE, VERY RIPE BANANAS
- 150G PLAIN FLOUR
- 1 TSP BAKING POWDER
- ½ TSP BICARBONATE OF SODA
- ½ TSP CINNAMON
- PINCH OF SALT

SERVES 10



## Method

1. Preheat the oven to 190C/gas mark 5
2. Put the butter, honey and vanilla extract in a pan on a low heat to melt
3. Remove and set aside to cool
4. Mash the bananas and, in another bowl, put the flower, baking powder, bicarb, cinnamon and salt
5. Mix the melted butter mixture with the bananas and then add this to the flour mixture
6. Don't mix too much, just enough to ensure the flour is mixed in
7. Put 10 muffin paper cases in a muffin tray and then fill them with the mixture
8. Put in the oven for 25 minutes
9. Leave in the tin to cool for five minutes and then remove to a wire rack





# Community cooking classes

IN BLACKBURN

CRACKING GOOD FOOD along with THE NATIONAL FESTIVAL OF MAKING ran two fantastic cooking sessions in Blackburn making a variety of healthy and extremely tasty dishes from scratch.

We brought along fresh fruit and vegetables and over the two sessions managed to rustle up the following recipes: Home made pizza with plenty of vegetables, healthy baked goods such as banana muffins and wholemeal scones which were lower in sugar and high in fibre, fabulously healthy soup with lentils and loads of vegetables, we used up an excess of peaches and made a crumble and learnt how to use up our leftovers in a frittata.


In addition we learnt about sustainability, seasonal cooking, batch cooking and how to use up leftovers. Most importantly of all we cooked together, laughed together, chatted together and ate delicious food together. This is only the beginning.

We are excited to continue cooking and eating together in the future!



# Cracking Good Messages


REMEMBER THE THREE R'S WHEN LIVING A HEALTHY AND SUSTAINABLE LIFESTYLE:



**Reduce** Wase. Use cloth/paper shopping bags or re-use old plastic bags. Use bamboo or biodegradable products such as toothbrushes, razors and containers



**Reuse** & repurpose items to avoid increasing landfill! Be creative and upcycle furniture. Support local charities and buy second hand clothes, kitchen items & garden tools!



**Recycle** at home and compost food waste. This enables the materials you throw away to be used again by making them into new products





THE NATIONAL  
FESTIVAL  
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Cracking  
Good Food

great  
places  
HOUSING GROUP

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