



*Recipes from Open Age phone groups  
April - September 2020*

# Made in Lockdown

Recipes from Open Age phone groups April - September 2020

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## Foreword

During the Spring of 2020, as the Covid-19 pandemic led to lockdown measures across the UK, many of our members found themselves self-isolating in their homes for weeks, even months.

Friends who had been meeting up for years for food and lively conversation as part of our regular lunch, cooking and social groups, were left feeling stranded and excluded from their communities inside their own flats and houses. For some, who weren't able to access technology, the telephone became their only connection with the outside world.

So we started running phone groups, bringing them together again through regular 'conference' calls, revisiting those unfinished conversations about their experiences, life in general and of course food.

We chatted together about what everyone had been cooking, and about how the food they were eating connected them to each other and to their friends and families.

Inevitably, the lockdown restrictions meant that it was tricky to get ingredients, so we often had to get creative.

Favourite family recipes were adapted - and brand new ones dreamt up - to make use of long-forgotten treasures that we found lurking in the backs of our kitchen cupboards.

We wanted to put this book together as a record of how our Open Age community came together to support each other through a remarkable period of time.

It was never really planned as a cookbook at first. Many of the recipes were shared as part of a wider conversation rather than as a specific recipe, and were hastily scribbled down, so they may not be 100% accurate!

Those of our members who could, snapped low resolution photos of their dishes on their phones and emailed them to us all, while those with no access to technology embellished their recipes with verbal anecdotes and memories of family meals in the past.

We've all enjoyed sharing these recipes with each other, and have learnt new ideas, and tried new dishes ourselves.

It is the wonderful contribution of our Open Age members who so kindly shared their photos and stories who have made this book possible.

Thank you.

## Friday Meals Group *Supported by Emma*

**From:** Bożena Szablowska  
**Sent:** 18 August 2020 21:35  
**To:** Emma Cohen  
**Subject:** Friday food quiz + swop recipe's

Every Friday during Lockdown & up to date a group of us have been joining Emma for catch up, food quiz and swopping recipe's.

I was in France for much of that time & looked forward 2 those 1-hourly phone sessions. I learned a LOT through the quizzes and also enjoyed discovering new & quick cuisines.

I come from a Polish background so some of my recipes reflected my Mother's traditional cooking.

It was a BRILLIANT idea as I missed my 'La Bodega' restaurant 'get togethers' with other group members. Thank you Emma for keeping us going through these UNPRECEDENTED times.

Bożena x



Emma's Quiche Lorraine

## Lemon Cheese Cake

*Maria*

100g butter  
180g Biscotti biscuits crushed  
500g Greek yoghurt  
340g soft cheese  
3 tbsp icing sugar  
2 Lemons  
120g lemon curd

Melt butter and combine with the biscotti biscuits to make a base

Mix together yoghurt, soft sheese, icing sugar and lemon juice and spread over base and refrigerate. When cold and set, spread over the Lemon curd.



*Maria's advice is to make sure you have someone to share this with, otherwise you can make yourself feel ill - as she did during lockdown eating it all!*

## Bożena's one pan dish

*Bożena says you can add or leave out what you like to the pan - depends on whatever she has to hand at the time.*

Take some eggs, usually two per person

Chop onions, tomatoes, green peppers and garlic and dry fry or a little oil, add mincemeat of your choice.

When cooked add the eggs and cook to your liking

## Luz Maria's Salad

Mix together avocado, green apple, celery, and lettuce.

Mix Olive oil and Greek yoghurt and pepper together and add to the salad.

## Pasta with Fresh Tomato Sauce

Emma

Chop some cherry tomatoes, spring onions, chilli and Feta cheese.

Mix with olive oil and fresh basil, squeeze of Lemon and add to just cooked spaghetti and stir through.

## Chicken Stew

Luz Maria

Take a chicken breast and boil in water with pepper and salt

When cooked add rice to the water and cook.

In another pan cook chopped red/green pepper, green beans and peas in olive oil and cook for a few minutes.

Add salt and Pepper and garlic and then peeled tomatoes.

Add chicken and rice mix to the sauce and cook for another 5 mins.

## Gazpacho

as discussed by Maria and Margarita

Peel tomatoes and then cut (it is very important to peel the tomatoes)

Put stale bread in water and vinegar

Mix together and then sieve, add salt, pepper and olive oil.

Margarita likes to add green pepper and onion and cayenne pepper to make it more of a soup, it is traditionally a drink



another similar  
Quick dish :-  
Cut green peppers  
+ red peppers +  
tomatoes small,  
cook slowly + then  
add fried eggs  
on top.

## Emerita's Potato and Chorizo dish

Cut some French beans and small potatoes and cook.

Boil some Chorizo  
Boil some eggs

Cook some garlic and onions  
in olive oil

Put all together and eat!



## Bozena's Polish Potato Pancakes

1.5 lbs Potatoes  
1 small onion  
1 small egg  
2 tbsps plain flour  
1 tsp salt  
0.5 tsp pepper  
Vegetable oil for frying

Peel and grate potatoes on the fine side of grater and then the same with the onion. Mix together and then put in a sieve and drain, squishing out all the water. Leave out

Take a bowl and beat egg with flour, salt and pepper.

Add drained potato/onion mix and stir well

Heat about quarter inch of oil over medium heat and then add about a quarter cup of potato mix and spread a bit in the pan – you can usually do about 3 at a time – cook for about 2-3 mins each side until looking brown and crispy.

Remove from pan onto some kitchen paper to soak up any oil and then keep warm on tray in oven as you do the rest.

Makes about 9 pancakes

SERVE WITH SOUR CREAM  
AND CHIVES (OPTIONAL)  
OR BOZENA'S FAVOURITE  
IS WITH TOMATO KETCHUP.

# Mum's delicious Jerusalem artichoke thing

Emma

- 1lb Artichokes - peeled & cut onto walnut pieces
- ½lb Button mushrooms
- 1oz butter
- 1oz flour
- ½ pt milk
- ½ pt stock
- Salt & pepper
- 1 or 2 tbsps thick cream
- Nutmeg or mace.

Boil artichokes until barely tender.

Add some butter and put aside.

Toss mushrooms in butter.

Make a bechamel sauce by melting some butter in a saucepan over a medium-low heat.

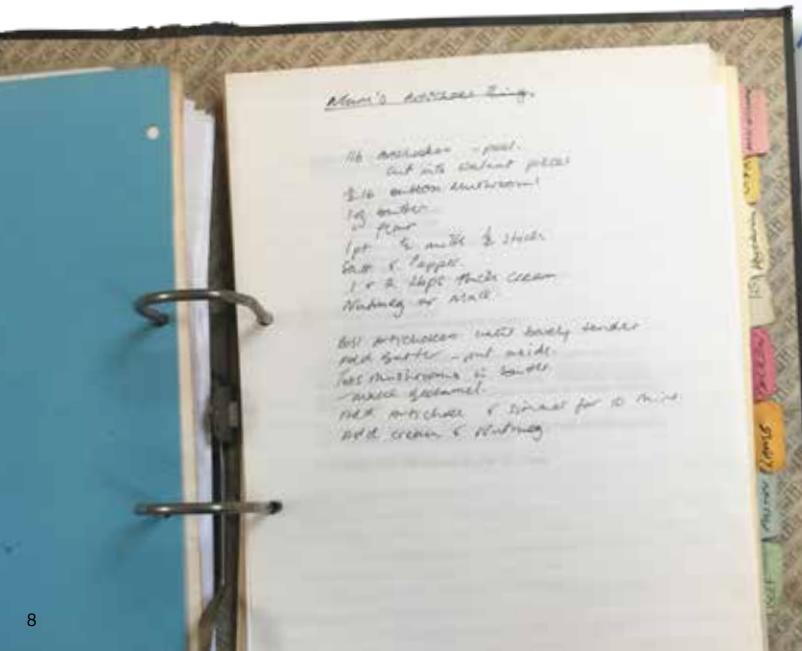
Stir in the flour.

Whisk in a little of the milk at a time, stirring continuously until your sauce is smooth and slightly thick.

Add artichokes and simmer for 10 minutes

Add cream and nutmeg.

The old file  
where I wrote  
down my  
favourite of  
Mum's recipes



Mum and I would make this dish together. She loved to grow her own vegetables and was rarely seen either inside or outside without her rubbery gloves on! I would be given the task of peeling the particularly knobby Jerusalem artichokes. We would sit around the kitchen table and make food and chat - Mum always chuckled about this dish which she used to make for dinner parties as the artichoke can make people rather windy!

Mum loved food.  
If she wasn't  
cooking she'd be  
eating! →



## Margarita's Couscous

Boil 1.5 ltrs of water and chicken stock and add couscous, add dried fruit – papaya and mango and leave to cook, make sure to drain water as it gets too sweet. Add lemon juice and olive oil and coriander

MARGARITA'S TIP:  
WORKS REALLY  
WELL WITH FISH.

## Bozena's Cucumber salad

Take 1 Cucumber and peel the skin off

Slice the rest of the cucumber as finely as you can - "wafer thin"

Put the cucumber in a bowl and add garlic granules, Salt and Pepper

Add a little crème fraiche and mix gently. (yoghurt or sour cream would work too)

Sprinkle some chopped Dill over the salad.

Margarita also makes  
the same salad  
but she adds some  
finely chopped mint  
at the end and she  
likes hers with Greek  
yoghurt - not any  
other type of yoghurt.

## Bozena's Polish Beetroot Soup

Take 3 or 4 ready cooked beetroot (no vinegar) and slice into thin strips.

Take a stock cube, 3 bay leaves, garlic granules and add 1 ltr of water, add beetroot and bring to boil and simmer for 10 mins.

Serve with fresh bread

Option: Add 2 boiled eggs sliced or 1tbsp Fromage Frais



## Chicken Casserole with Sweet Tomatoes

Emma

Put 4 chicken legs in a casserole and season with salt and pepper  
Add a large bunch of basil (chop the stalks and tear the leaves)  
1 head of garlic, cloves separated and skin on  
Put in 2 large handfuls of cherry tomatoes

Add a good old slug of olive and push everything in and around together in the dish. Cook in a preheated oven, Gas mark 4 for 1.5 hrs uncovered to allow the skin to crisp up. May need a bit of a mix halfway through.



Home grown salad +  
Tomatoes with the  
Casserole!

## Margarita's Picodegallo

2 or 3 big tomatoes  
Half a big Spanish onion  
1 Lime  
1 or 2 Avocado  
Fresh coriander  
1 green chilli (take out seeds)

Cut tomatoes into small cubes and throw away the seeds/pulp

Cut onion into small cubes

Cut Avocado into small cubes and squeeze lime juice over it (stops it going black)

Mix all together and add finely chopped chilli and fresh chopped coriander

# Margarita's Beef Wellington

–“Spanish style my way!”

1. Take some Bavette steaks for as many people you are cooking for
2. Use a cooking syringe and inject the steaks with 30ml of brandy
3. Put the steaks in a zip lock bag and add red wine and leave to marinade in the fridge for 24 hours.
4. Slice one onion and fry in some olive oil, when soft take the onion out of the oil and then add the steak to the same oil which you have patted dry from the marinade. Keep the marinade.
5. Brown the steak and remove from pan.
6. Cut some mushrooms into slices and add to the pan with the onion and the reserved marinade and cook until almost dry.
7. Take some slices of serrano ham and lay out, put a steak on each slice and add the mushroom and onion mix and some chopped thyme and oregano.
8. Roll into a sausage and wrap in cling film and put in the fridge.
9. Take some puff pastry and roll out
10. Place the sausage shaped steak in the pastry and brush with some beaten egg and cook in a preheated oven at 200c for about 10 minutes and then lower the temperature 140c for another 20/30minutes dependent on how well cooked you like your steak



*This is a special occasion dish that Margarita cooks for her daughter who particularly loves it at Christmas*

# Baked Rice with saffron, pork and greens

Wendy

Serves 2

1g Saffron  
1 Pork fillet Diced  
1 red pepper diced  
1 onion finely chopped  
2 cloves garlic crushed with salt  
1 dried Nora pepper – soaked in hot water and then chopped  
Head of broccoli into florets  
1 courgette  
10 mange tout  
Large handful of Rocket  
75g paella Rice  
250ml chicken/veg stock

Soak the saffron in 250ml of boiling water and leave for an hour or more

Preheat oven to 200c / 400F/ Gas mark 6

Heat 3 tbsp Olive oil and add Pork and fry for 5 mins

Add the red pepper, garlic, onion and Nora pepper to the pan.

Add 25ml of the saffron water and the rice and cook for 1 min stirring to coat all the rice.

Add the stock and rest of the saffron water to cover the rice by 1cm. Bring to the boil and turn to simmer and cook for about 10mins.

Blanch the broccoli for 1 min and drain and cut into smaller pieces

Chop Rocket, courgette and mange tout into 1cm pieces and put all the green veg on top of the rice and put the whole dish in the oven for 10mins uncovered.

Serve with a wedge of lemon



## Emma's Tomato and Mustard Tart with Tarragon

1 sheet Puff Pastry  
2.5 Tbsp smooth Dijon mustard  
Mixture of tomatoes thinly sliced  
Fresh Tarragon finely chopped  
Sea salt and Black Pepper  
Extra virgin olive oil

Preheat oven to 220C or Gas mark 7  
Unroll pastry and place in lined roasting tin. Spread mustard all over leaving a 2cm border.  
Arrange tomatoes over mustard  
Scatter over Tarragon, salt and pepper and drizzle with Olive oil  
Bake in oven for 25-30 mins



## Sweetcorn and Mushroom Soup Margarita

2 Spring onions chopped  
A few slices of Ginger chopped  
A cup of Mushrooms sliced  
A cup of frozen sweetcorn  
Chicken stock  
2/3 beaten Eggs  
Salt and Pepper – Margarita likes a lot of white pepper  
Coriander to garnish

Heat some oil and fry the spring onions and ginger for a bit then add the mushrooms and the sweetcorn.

Add the stock and cook for a while

*\*MARGARITA SAYS THIS NEXT STEP IS IMPORTANT...*

"take the pan off the fire and then stir in the beaten eggs keeping it moving"

Add salt and pepper to taste  
Add coriander leaves if you like

## Side Dish for Two Bozena

Take 3 or 4 carrots and peel into long slices -Julienne peeler

Add 2 tsp of Olive oil, salt and pepper, Juice of ½ a Lemon and a tsp of garlic granules (or fresh garlic)

Add some chopped Dill or Parsley and serve



## Almond Peppers Emma

4tbsp Olive oil  
2 yellow peppers cut into strips  
2 red peppers cut into strips  
2tbsp white wine vinegar  
1tsp sugar  
40g raisins  
40g split/flaked almonds  
5oz deseeded tomatoes cut into chunks  
Salt and pepper

Heat the oil in a pan and add the peppers. Fry for about 10 minutes on a gentle heat until softened.

Add all the remaining ingredients and cook for another 10 minutes.

Season and serve hot, warm or cold.

Delicious on its own or with grilled fish or meat.

## Summer Dish Margarita

1 sweet red pepper cut into pieces  
1 medium onion chopped  
3 Potatoes cut into small pieces  
Frozen mixed veg or fresh  
1tbsp white wine vinegar

Boil potatoes until nearly done.

Take out the potatoes.

Add frozen veg to the same water and cook

Put potatoes and veg together and allow to cool

Add the vinegar and mix

Add the raw red pepper and onion to the mix.

Add mayonnaise if you like and on top add chopped boiled egg or tuna or chicken if you like or are hungry.

## Margarita's Chinese Soup/Stock

Margarita uses this as a base to add vegetables to or just cooked meat or noodles or all !

Heat some vegetable oil add some fresh grated ginger or Margarita recommends the frozen ginger cubes you can get in the supermarket and then just add one cube.

Add half a finely chopped onion and fry gently with the ginger and add 2 tbsps Oyster sauce and some white pepper

Cook for 2 minutes

Add water – as much as you want to make and add half a chicken stock cube bring to the boil and cook for about 3 -4 minutes

Add whatever you fancy to the stock or just have as it is.

# Chicken livers

Bozena

Take some chicken livers dependent on how many you are feeding, remove any stringy bits.

Make a mixed leaf salad with some rocket

Eat all together with some bread.

Fry them in a little olive oil and some garlic, salt and pepper for about 3 mins each side.

# Emma's Quiche Lorraine

Frozen short crust pastry

8 slices smoked streaky bacon or bacon of choice grilled until crisp, and chopped

3oz gruyere or Cheddar grated (any cheese will do)

2 large eggs

275 ml of Milk or cream (I prefer milk its less rich)

Salt and Black pepper

Blind Bake pastry case (make sure it is firmly pushed into metal quiche/flan dish and prick over base with fork) in preheated oven at gas mark 4, 350F, 180c for 15 minutes.

*I discovered from Margarita and Bozena that you can get a metal flan/quiche tin with holes in its base which prevents the soggy bottom I am trying to avoid! I still use my mum's old flan tin, can't part with it as I always think of her whenever I use it 😊*

Take out and brush with beaten egg and pop back in the oven for 5 mins

Take out and fill the base with the bacon and cheese and pour over the egg/milk mixture

Pop back in the oven on top of a baking sheet and cook for 35-40 mins until golden and puffy!

Delicious served with a fresh green salad and vinaigrette dressing



*Friday meals Group  
When we were able to  
meet in La Bodega.  
Looking forward to  
getting back here!*



# “Men’s Space Cookery and Lunch”

Supported by chef Manju and Russell

Members of the men only cooking group at SHC met regularly assisting the Chef, Manju, to cook healthy meals which they all sat and ate together. They have recently been engaged in cooking phone group sharing ideas about their favourite dishes and created recipes using the ingredients that are in their cupboard.

Hi Russell

Just a thank you note for you and Manju, for making this lockdown bearable

As you know I am 67 years Old and unfortunately I have a few health issues with my hearth and Lung I need a Breathing Machine to Sleep

Your efforts are so helpful to make my life easier, I come from Malta, that is why I like Italian food so much I suppose.

I have to tell you, I also enjoy talking and mixing with the Lads at the cooking Class One always learn something new when talking and mixing with other cultures

Can't wait to start meeting again at St Charles Hopefully it will not be too long

I attached a file with a couple of recipes, to show What you and Manju, helped us cook

I have a few more pictures of different recipes, if you are interested to see them I only take a picture of the food when my effort is a success, otherwise I take a selfie ha ha ha

Thanks for everything, and please thank Manju for me too

Sincerely  
Albert



Coronation Chicken with Rice





# Ratatouille Hotpot for Everyone

Pat and Richard

I google ratatouille hotpot and choose the bbc good food recipe.

<https://www.bbcgoodfood.com/recipes/ratatouille-hotpot>

I like it because it has potatoes au gratin on top.

Notes that might help you:

I treble the amount of cheese.

If I do not have double cream I mix a bit of melted butter with milk. I make the same quantity as double cream (150ml)

I peel the potatoes and cut them in to reasonable sizes that after par boiling I will be able to hold in order to cut very very thinly.

I then parboil the potatoes for about 10 minutes.

I then cool the potatoes.

When easy to handle I use the sharpest knife I have and slice the potatoes in to rings very very very thinly. Otherwise they just do not cook in the oven.

If I do not have enough courgettes I just put a bit more onion in.

If I do not have red onions I use ordinary onions.

Basically I follow the recipe and improvise where necessary rather than not make it.

It is always good.

Note : This recipe makes about 5 portions.

# Chicken Casserole for 4 people

Albert

500g chicken breasts, cut into bite-size chunks

1 Large or 2 medium sized carrots cut into 1cm cubes

4 cloves garlic, crushed

1 tsp peeled and chopped root ginger

1 green chillie, finely chopped

1 large onion, roughly chopped

1 Cup Chopped Mushrooms

½ Cup Peas

1 tsp dried Tarragon or any preferred herbs

2 tbsp sunflower or olive oil

½ tsp salt

1 tsp Jamaican Jerk or Chinese 5 spice

1 tsp light soya sauce

1 tsp Gravy Granules

200g Basmati Rice

Wash and soak the rice in water for 15 min

On medium heat fry the onion for 3 minutes or until slightly brown. Add the chicken and fry for a further 3 minutes

Add the Mushrooms and carrots, green chilli, Herbs, Jamaican Jerk, Salt and pepper

Sprinkle the gravy granules on top.

Lower the heat and let simmer for 15 min

Drain the rice

Place the rice in a saucepan add a pinch of salt and 400g Water. Bring to a boil, let it simmer for 1 Minute \*

Cover the saucepan and switch off the heat  
Let the rice soak in the water, should take about 5 to 7 Minutes

When the rice has soaked in all the water, dish out a portion of rice on a serving plate, make a well in the middle, and place a portion of stew in the well



\* TIP... IF YOU WANT YELLOW RICE JUST ADD A PINCH OF TURMERIC

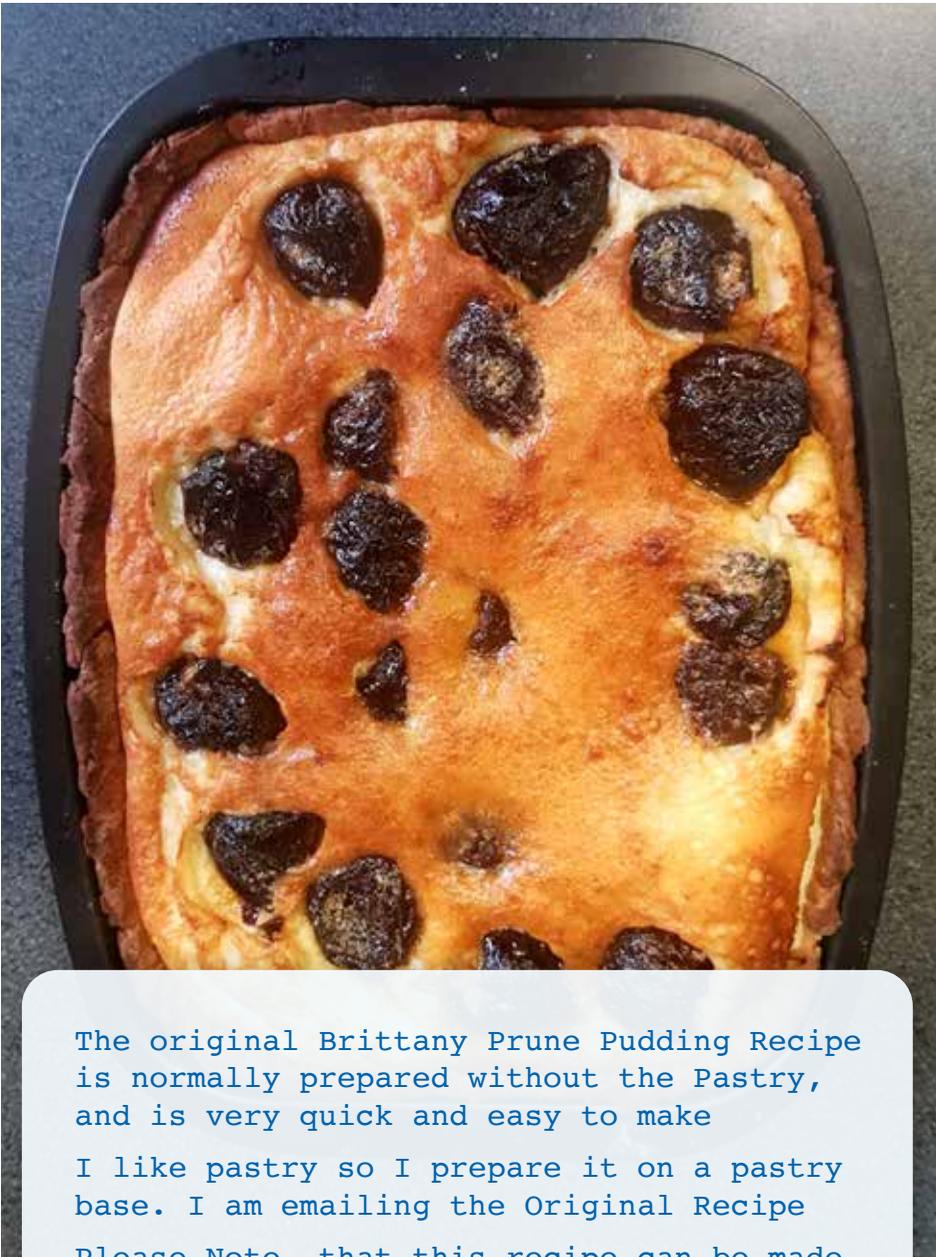


/2019

Members develop independent living skills and become more confident in the kitchen.

They often decide what meals they would like before hand and the chef Manju Malhi would create a recipe.

On the day the guys would follow the recipe and help with the preparation and cooking.



The original Brittany Prune Pudding Recipe is normally prepared without the Pastry, and is very quick and easy to make

I like pastry so I prepare it on a pastry base. I am emailing the Original Recipe

Please Note, that this recipe can be made with any preferred fruit or even plain

If you would like a photo of the pudding without Pastry, just let me know

I will sacrifice myself and make one for you, " My mouth is already salivating"

Ha Ha.

**From:** Albert

**to:** Russell

**Subject:** RE: Brittany prunes pudding

100 grams plain flour  
125 grams caster sugar  
3 whole eggs  
1 vanilla pod  
500 ml milk  
60 grams butter  
2 tbls Rum

Slightly caramelize the butter on low heat and let it cool down a bit

Put dry ingredients in a bowl and mix well  
Make a well in centre and whisk one egg at a time incorporating the flour mix until you get a smooth paste

Add the milk a little bit at a time and keep whisking until you get a runny paste

Finally add the butter, Rhum, and vanilla, and mix well. Preferably let the Batter rest for 30 Minutes, so that the flour will be infused

Use a deep dish so the mixture will only come up half way, to give room to rise

Lay the Prunes at the bottom of a deep dish,  
and slowly pour the batter into the dish

Bake in a hot Oven for 30 to 40 Minutes at 180 Celsius until lightly browned

When Cooked take out of the Oven, and let it cool down

Best Eaten Luke warm



The session usually finish up with lots of empty plates, men washing dishes and plenty of vibrant conversations

# *Kensington Activity Group (KAG) and Campden Ward*

*Supported by Ewa*

Kensington Activity Group meet every Monday morning at Kensington Library, and Campden Ward Social Group gather in St George's church on Wednesday afternoons.

Our members vary according to the topic on offer, but there is a core group who seldom miss a session. Some have been coming for decades, rather than just years.

Before lockdown we used to have a wide variety of talks and activities planned for each week, including many lovely performances by young musicians from the Royal College of Music.

During the very last days in the SHC office I started calling around the members and enquiring if they wanted to carry on as a phone group.

To my delight most of them did, and on 20th April we had our first telephony meeting.

Since then our we have had a specific topic for each week, and most importantly one of those themes was favourite recipes during the last week of April.

We hope you enjoy them!



Campden  
Ward Social Group  
enjoying a Christmas  
lunch in St. George's  
church where we  
used to meet  
(Dec 2019)

## Fried Prawns

Mercedes



Fry big, good prawns in good olive oil with garlic and sweet or hot chili, season with salt and pepper.

This is a very common dish in Spanish restaurants and all over Spain, everyone loves it. Mercedes's mother, sisters, everyone makes this popular tapas dish, which can also be enjoyed as a starter. In the old days in Spain it used to be enjoyed at any occasion, but due to the price of prawns these days it is mostly cooked for special occasions. Mercedes recommends the black prawns from Marks & Spencer, she thinks they are simply delicious.

## Spaghetti

Virginia

Mix spaghetti with butter and Marmite, the juice of half a lemon, garlic and cheese.

Nigella made this on TV. Jolly easy, quick supper for one or two.

Add as much marmite as you like!



## Spaghetti

Marisa

Mix cooked spaghetti with garlic, chilli and parmesan

## Spaghetti

Virginia

Mix cooked spaghetti with half a lemon, garlic and cheese

I read this recipe somewhere, quick and easy.

Easy, simple meal to have during shutdown. Rosamond had moved to her son's in the country for lockdown, and it was her daughter-in-law Sue who was working from home who invented the dish.

Rosamond really liked this delicious & easy meal



## Pesto Pasta

Rosamond

Penne or shell pasta (or two nests of Tagliatelle per person)  
Pinch of salt  
1tbl of oil (olive if you have it)  
1 chopped onion  
A few slices of smoky bacon  
5-6 sliced mushrooms  
Scattering of black pitted olives (no stones!) OR artichoke hearts (if you feel daring!)  
Green pesto

Boil enough servings of pasta with a pinch for the time suggested on packet, drain when cooked and keep in the saucepan.

Meanwhile, fry 1 tbl of oil with the chopped onion and smoky bacon. Add to drained pasta with olives or artichoke hearts and green pesto. Stir all together and serve.

# Pasta Bake in a Frying Pan

Liza

From: liza sandell  
Sent: 24 August 2020 10:11  
Subject: Recipe background

Dear Ewa,

My son was born in 1986, so 15 years later (at the start of the 21st century!) he was a teenager and always hungry. Whenever I prepared a meal I would dish up one-third to me, two-thirds to him! If I cooked spaghetti bolognaise, I heaped a huge pile of spaghetti on his plate before adding the sauce. I often added unconventional vegetables to the sauce to bulk it up.

Now I am alone I am always looking for shortcuts in cooking just for me, and one of those was to use a single pan. Long spaghetti didn't work well but I discovered there are lots of much smaller pasta alternatives available these days. The basics of the sauce are onion, garlic and lots of tomatoes and tomato paste. Today I look to see what vegetables are handy, I know I should consume them as part of a healthy diet. It is so easy to relapse into just eating sandwiches at our age!



You will need some small pasta like Tubetti rigati, small onion, tomato sauce, garlic for base, plus 4 other chopped vegetables you have handy. Herbs. Salt & Pepper, Water.

Cut up onion and garlic, gently fry in oil

Add tomato paste and vegetables and mix up together,

Gradually stir in water, to easily cover veggies, then add herbs, salt and pepper

Finally add pasta and stir in. Bring to boil, to gently bubble, and cook for 10 mins, keeping an eye on liquid, it shouldn't get too dry, so be prepared to add more if necessary.

## Rich Raspberry or Strawberry Sundae

Angela

Whipped cream and plain full-fat yogurt in equal amounts  
Raspberries or strawberries  
A little brown sugar (optional)

Whip cream, mix with yogurt and lastly fold in the berries. Sprinkle brown sugar on top (optional) and place in the fridge preferably overnight, but a couple of hours will do.

ANGELA THINKS SHE GOT THIS RECIPE FROM THE TIMES NEWSPAPER SOME YEARS AGO, AND HAS BEEN TREATING HER FAMILY TO IT EVER SINCE. EVERYONE THINKS IT'S DELICIOUS - AND NOT VERY GOOD FOR THEM!



# Smoked Haddock pots

Barbara

Spinach OR cabbage (enough for two)  
 Seasoning  
 2 smoked haddock chunks (preferably undyed)  
 1-2 tbs of cream  
 1 tbs grainy mustard  
 Cheddar cheese (grated)  
 Salad leaves with lemon juice and toasted, rustic bread to serve

Add cooked and chopped SPINACH or cabbage to a smallish gratin dish.  
 Season with salt and pepper.  
 Add a portion of SMOKED HADDOCK (undyed) chunks to top the spinach.  
 Mix 1-2 tbs of cream with 1 tbs of GRAINY MUSTARD and spoon over haddock

Scatter some grated CHEDDAR CHEESE over haddock.  
 Place on a baking sheet and put on middle shelf in oven for 15 mins until bubbling and golden brown.

Serve with SALAD LEAVES dressed with lemon juice to cut through the richness of the cream sauce. And a thick slice of RUSTIC BREAD toasted.

Sourdough perhaps?

Serves 1 or 2. Depending on the size you make!

BARBARA FOUND THIS RECIPE YEARS AGO IN A MAGAZINE AND CUT IT OUT TO ADD TO HER COLLECTION. IT IS EASY TO MAKE, AND IS TASTIER MADE WITH UNDYED HADDOCK IF YOU CAN FIND IT (AND AFFORD IT!). BARBARA COOKS THIS DISH TO HAVE WITH HER HUSBAND EVERY 2-3 WEEKS AND HAS SHARED IT WITH MANY OF HER FRIENDS.

This recipe appeared in Barbara's old Italian recipe book of starters. She has been making it for over 30 years for her friends and family, and all love it. It is a really nice summer meal.

# Potato Pancakes

Virginia

3 medium potatoes grated and sieved to push out water  
 grated onion  
 1 tbl self-raising flour  
 1 egg  
 salt

Mix and form into pancakes, fry until crispy.

Serve with yogurt or sour cream or apple sauce  
 smoked salmon+cream cheese + dill

Placki Kartoflane (Polish)  
 Kartoffelpuffer (German)  
 Latkes (Yiddish)

Virginia grew up with these potato cakes in Canada where her Mum used to make them, as did other people in her street.

They were a very popular Jewish peasant food with their roots in the Jewish communities of Central and Eastern Europe.

In the 1970's Virginia used to go with her husband to Blooms in London's East End, where these potato pancakes were traditionally served with salt beef.

They are popular especially during the Jewish festival of light, Hanukkah, and can be bought ready made in Polish stores

# Salad Nicoise Italian style

Barbara

5 small waxy potatoes boiled and sliced.  
 3 boiled eggs cut into quarters.  
 1 tsp salt  
 200 g. green beans, french - (Boiled until tender and cut in half.)  
 1 Can Italian tuna fish.  
 2 tbs thinly sliced red onion  
 Small cup of light lemon mayonnaise

\* I cheat and make this with a good commercial mayonnaise and add a tablespoon or two lemon juice to taste. The juice renders it more liquid and easier to pour.

In a glass salad bowl layer some of the potato slices, then top with some of the tuna, onion, green beans and egg slices.

Then spoon over a little mayonnaise. Continue layering until used up.

Scatter capers over salad.

Serve within two hours. Personally I like to leave it to settle for half an hour or more before serving.



# Smoked Mackerel Paté

Sandra

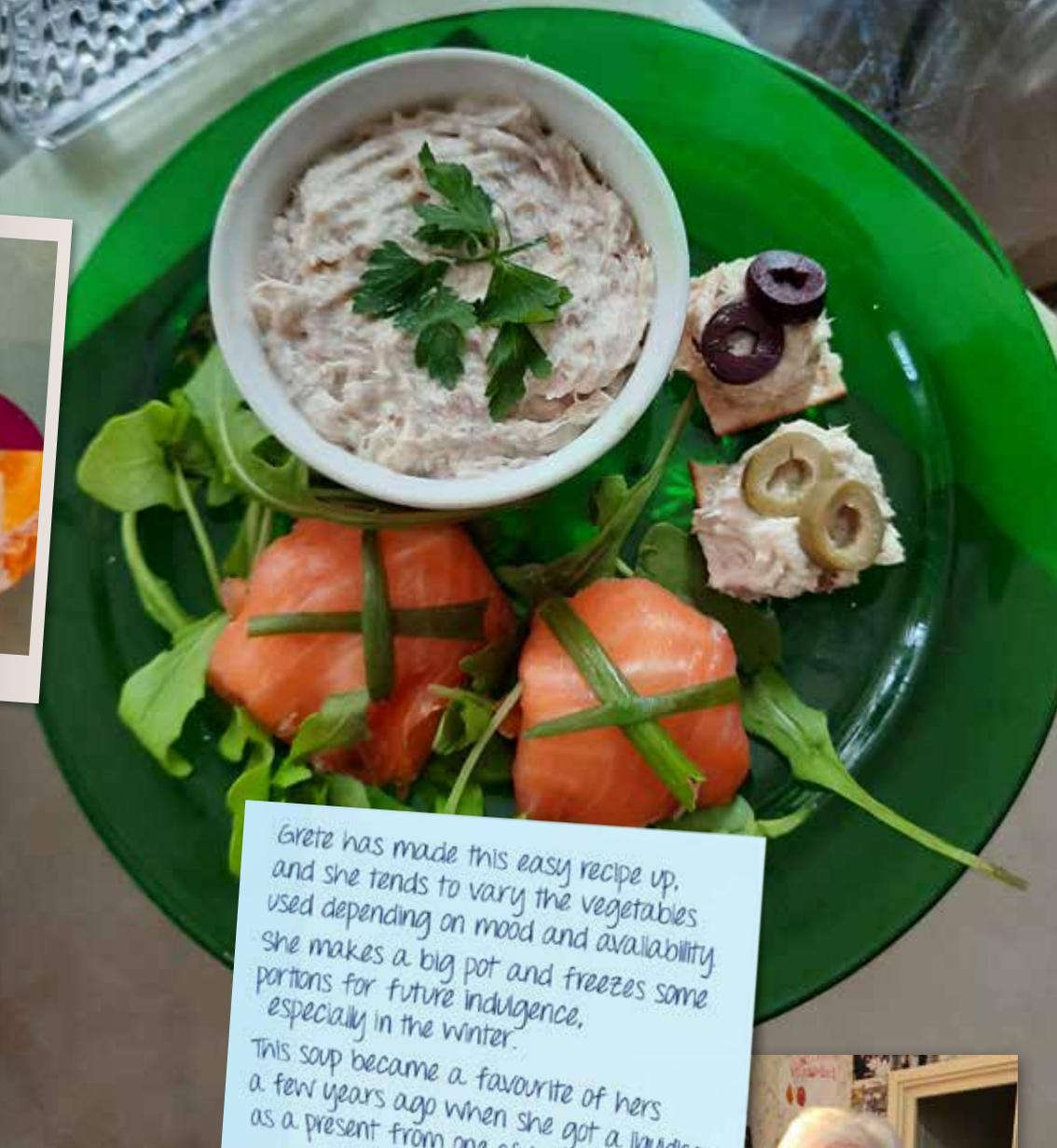
I have been making this recipe for over 40 years ! it is nutritious, inexpensive, easy to make and can be adapted in a variety of ways.

Originally the recipe called for the mackerel, a tub of soft cream cheese, lemon, black pepper etc., to reduce the unnecessary amount of fat, plus the cost you only need to use TWO ingredients – as seen in the photo.

SMOKED MACKEREL seems to only come in packs of three filets, so as always when catering for one or two people there is always too much. However, the pate can be kept for several days or frozen in individual portions.

Remove the skin (keep this as is it useful to cover the finished pate to keep it moist – flake the fish, discarding any hard outer pieces. Stir in the CREME FRAICHE, SOUR CREAM or YOGHURT with a fork and mash around until you have a pate, the smoothness depends on how you prefer the texture and with a yoghurt you will get less thickness.

The photo shows three serving variations: Individual portions, canape sizes or, for a dinner party take a piece of smoked salmon or smoked trout, add a dollop of pate and then wrap the fish around to make a parcel – served on a bed of salad leaves with warm bread or crackers this is a good starter or summer main dish. Perhaps add asparagus spears, green bean salad etc.,



Grete has made this easy recipe up, and she tends to vary the vegetables used depending on mood and availability she makes a big pot and freezes some portions for future indulgence, especially in the winter. This soup became a favourite of hers a few years ago when she got a liquidiser as a present from one of her children

# Tuna Pasta

Deborah

All you need is a tin of tuna, one jar of tomato sauce with basil, coriander and mixed herbs, pepper. Put the tuna and sauce into a saucepan and heat.

Make pasta and there you go. Takes about ten minutes.

*My pasta dish is very simple, quick to do and nutritious. My son told me about this recipe. There is no story... But it is very tasty.*

# Vegetable Soup

Grete

Sauté butternut squash, sweet potato, onion, carrot, celery and potato in a good knob of butter, add chicken stock and simmer until almost soft.

Roughly liquidise, and add any flavouring of your choice, e.g. garlic, chilli flakes or herbs.



# Chitrani's Salmon Teryaki

Chitrani

4 x Salmon fillets

For the Marinade:

3 tbsp medium dry sherry

3 tbsp soft brown sugar

2 tbsp water

3 tbsp soy sauce

2 tbsp oil

2.5cm Ginger peeled and crushed

2 garlic cloves peeled and crushed

To Serve:

Egg noodles

Sesame oil

Sesame seeds, toasted

Green salad

Mix together all the ingredients for the marinade

Place the salmon filets in a shallow dish and marinade overnight covered

Preheat oven to 220c/440f/gas mark 6.

Remove fish from marinade, pour the marinade into a saucepan and boil to reduce until syrupy

Return the fish to the dish and pour over the reduced marinade, place in the oven and bake for 10 mins

Cook noodles according to the packet instructions, drain well and toss with sesame seeds and sesame oil.

Serve with salmon on top and a green salad.

# Pasta Omelette with Spinach and Cheddar

Chitrani

Serves 4

3oz pasta shells

1 lb fresh spinach

8 eggs

4oz mature cheddar grated

8oz cherry tomatoes halved

Cook pasta and drain. Wash the spinach and put in a pan with just the water on its leaves.

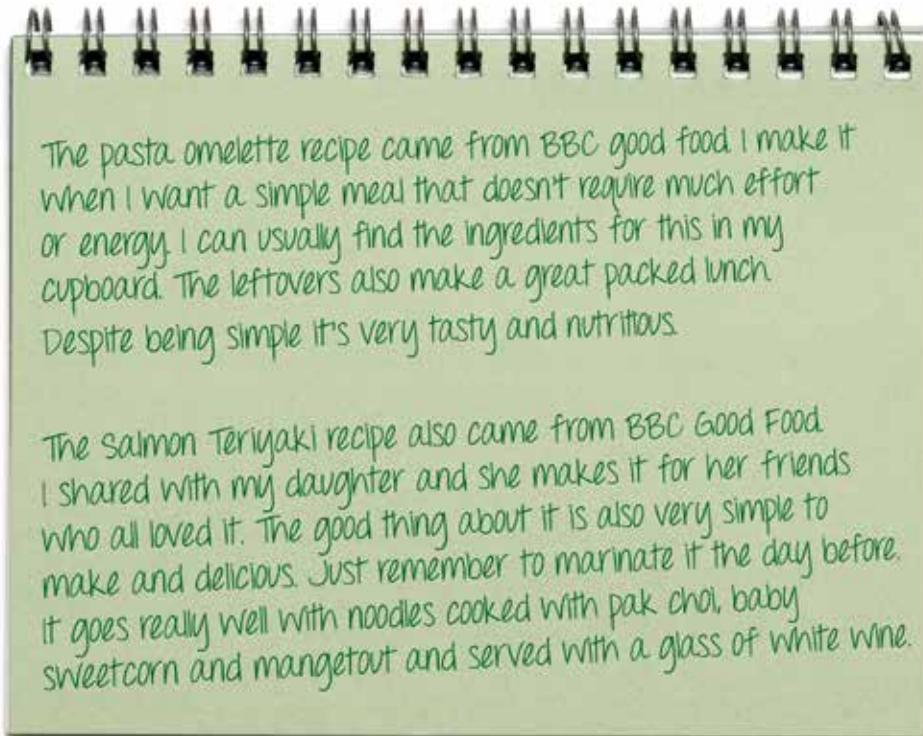
Put on medium heat and as soon as it starts to steam, cover and cook for 3-4 mins

Drain the spinach and chop, mix into the pasta. Lightly beat the eggs and mix into the pasta with most of the cheese and the tomatoes; season with salt and pepper

Heat one tablespoon of olive oil in a large frying pan and cook the egg mixture for 8-10 mins until almost set.

Preheat the grill

Sprinkle the omelette with the remaining cheese then grill to brown the top.



The pasta omelette recipe came from BBC good food. I make it when I want a simple meal that doesn't require much effort or energy. I can usually find the ingredients for this in my cupboard. The leftovers also make a great packed lunch. Despite being simple it's very tasty and nutritious.

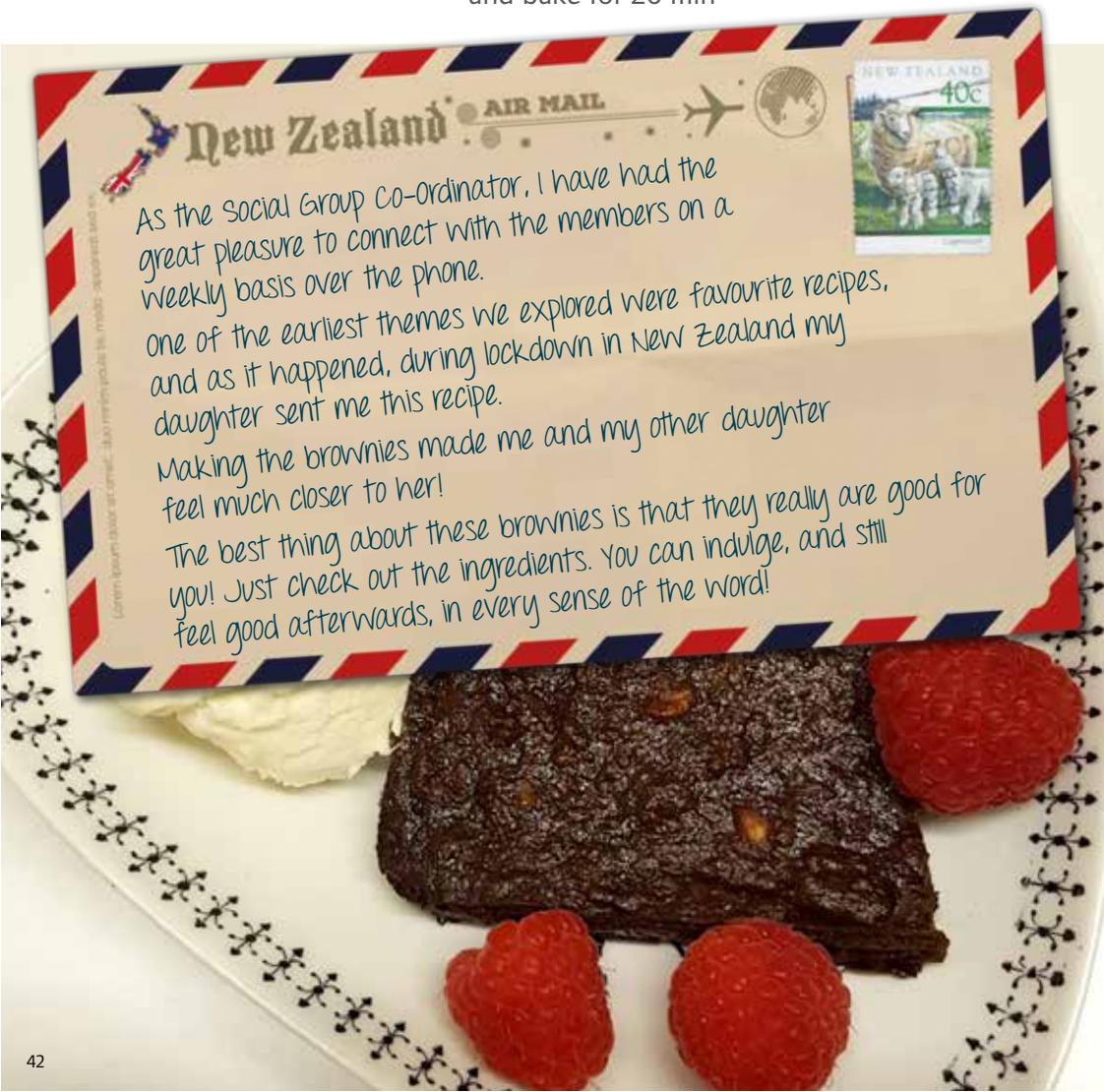
The salmon Teryaki recipe also came from BBC Good Food. I shared with my daughter and she makes it for her friends who all loved it. The good thing about it is also very simple to make and delicious. Just remember to marinate it the day before. It goes really well with noodles cooked with pak choi, baby sweetcorn and mangetout and served with a glass of white wine.

# Feel Good Chocolate Brownie

Ewa

300g sweet potato  
125g nut butter  
70g maple syrup  
25g organic cocoa powder  
Crack of sea salt  
OPTIONAL choc chips

Preheat oven to 175 degrees  
Bring saucepan of water to the boil and add sweet potatoes, boiling for about 20 mins  
Once soft, mash your sweet potatoes and transfer to a mixing bowl  
Add all remaining ingredients and mix well  
Transfer the batter to a (lined) baking dish and bake for 20 min



# Spaghetti aglio olio peperoncino

Marisa

Marisa is Italian, and her mother used to make this. Everyone in Italy makes this simple dish, and everyone loves it.

Marisa wrote down the recipe in Holland Park, which Emma took a photo of.



PASTA (SPAGHETTI) WITH  
OIL (EXTRA VERGINE) GARLIC  
AND CHILLI PEPPER  
CALLED PASTA / OGLIO / PEPERONCINO

IN A FRYING PAN PUT SOME OIL  
WITH GARLIC CUT SMALL  
WHEN THE GARLIC IS BROWN (DO  
NOT BURN IT) TAKE IT OFF THE GAS  
AND MIX IT WITH YOUR CHOICE  
SPAGHETTI (ALREADY DRAINED)  
MIX SPAGHETTI WITH <sup>THE</sup> GARLIC AND  
CHILLI PEPPER.

SPRINKLE SOME PARMESAN CHEESE  
AND IT IS READY TO EAT

*With contributions from:*

Maria Montoya  
Bozena Szablowska  
Luz Maria Tine  
Emerita Gomez Sanchez  
Margarita Morales  
Wendy Holland  
Albert Buhagiar  
Herbert Jordan  
Dalton (Ken) Richards  
Peter Onwu  
Edward Cumin  
Pat and Richard Davies  
Mercedes Sutherland  
Marisa Corapi  
Virginia Main  
Rosamond Belfrage  
Liza Sandell  
Angela Docker  
Barbara Jepps  
Sandra Franklin  
Deborah Ebied  
Grete Goldhill  
Chitrani Gammanpila

Thanks once again!

To find out about becoming a member  
or getting involved, get in touch at:

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