



# Young People's Recipe Book

Recipes from our Chaplaincy

**YMCA**

YMCA  
DOWNSLINK GROUP

Here for young people  
Here for communities  
Here for you

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# About this recipe book

## Chaplaincy meals at YMCA DownsLink Group

Our multi-faith chaplains provide a sense of family. The chaplaincy sessions give young people a space to be heard, the chance to discuss deeper issues – and to share a home-cooked meal together.

This recipe book was inspired by the meals that our residents enjoy most. When a chaplain asked a resident about their favourite meals, the resident gathered ideas from others in their supported housing and created a menu.

The chaplain, together with the help of our volunteer chaplains, then compiled a recipe book. Our young residents had a hand in its design.

These meals have brought our young residents, volunteers and colleagues together.

We hope you enjoy them.

## Environmental impact and energy use

We've included an estimate for the wattage and therefore electricity used for each recipe, rating them green, yellow or red.



## Vegetable Curry

### Cooking appliance:

Hob – Watt minutes = 50,000

Oven – Watt minutes = 70,000

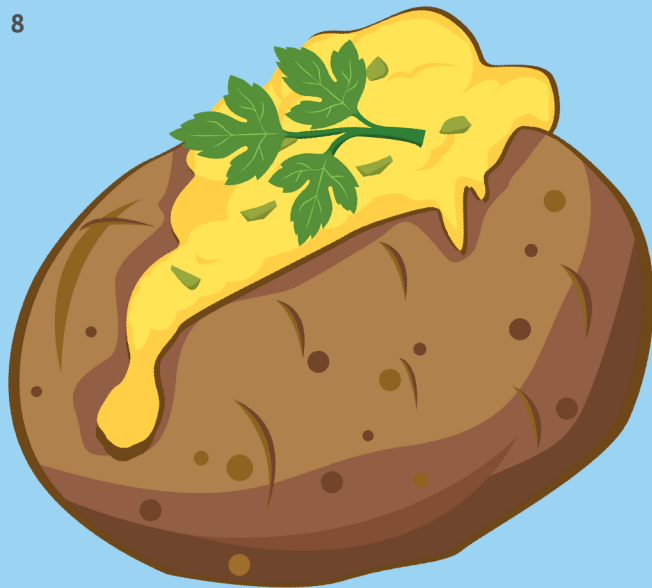
Total Watt minutes = 120,000

### Ingredients:

- Peppers – red, yellow, orange
- Large yellow onion
- Cauliflower
- 2 garlic cloves
- Garam masala 1 tbsp
- Curry Ppowder 1 tbsp
- Ground Coriander 1 tbsp
- Coconut milk 1 can
- Chopped Tomatoes 1 can
- Chicken (optional) 2 large breast fillets (make sure the chicken is halal if applicable)
- Rice 500g
- Oil drizzle for veggie pan and chicken pan
- Naan 1 per person (find a gluten free option if applicable)

### Instructions:

1. Put a drizzle of oil into the pan. Once hot, add the spices, onion and garlic.
2. Heat the oven to 150°C.
3. (Optional) In a separate pan heat some oil and add a tsp of each of the spices. Once aromatic, add the chicken.
4. Boil a pan of water. When boiling, add the rice.
5. Once the onion is translucent, add the peppers. After a minute add the coconut milk and chopped tomatoes. Add the chopped cauliflower.
6. Sprinkle the naan with water, put on a baking tray and into the oven for 5 minutes
7. (Optional) Once the chicken is fully cooked, take off the heat.
8. When the rice is fluffy and soft, remove from heat.
9. Once the curry sauce with the veggies have reduced and is thicker and the cauliflower soft, remove from heat.
10. Place rice on the plate, adding the curry sauce on top. Add chicken if using.



## Jacket Potato

Cooking appliance:

Oven – Watt minutes = 157,500

### Ingredients:

- Jacket potato (one per person)
- Sour cream (one container)
- Cheddar cheese (one block)
- Bacon bits (one bag)
- Spring onion (2 stalks)
- Oil
- Salt

### Instructions:

1. Heat the oven to 200°C.
2. Rub the potatoes with oil. Season with salt.
3. Once the oven is warm, cover the potatoes with tin foil and put into the oven for 20 minutes.
4. While the potatoes are cooking, grate the cheese and chop the spring onion.
5. After 20 minutes turn the potatoes and take off the tin foil. Put the potatoes back in the oven for an hour until cooked through and soft when pressed.
6. Take out of the oven and let cool for a few minutes.
7. Serve with desired toppings.



## Veggie Chilli

### Cooking appliance:

Kettle - Watt minutes = 15, 000

Hob - Watt minutes = 70,000

Total Watt minutes = 85,000

### Ingredients:

- Minced meat (optional) (one package) (check to make sure it is halal if applicable)
- Kidney beans 1 can
- Black beans 1 can
- Mixed beans 1 can
- Peppers – red, yellow, orange, chopped
- Large yellow onion
- Chopped tomatoes - 2 cans
- Rice 500g
- 2 garlic cloves
- Chilli powder 2 tbsp (1 tsp for the meat)
- Ground cumin 1 tbsp (1 tsp for the meat)
- Ground coriander 1 tbsp (1 tsp for the meat)
- Oil
- Cheese (grated as a topping)
- Sour cream (as topping)

### Instructions:

1. Boil 1 litre of water and put it into a pan on the hob. Add the rice.
2. Heat a drizzle of oil in a separate pan and add the spices. Once aromatic, add the onion and chopped garlic.
3. When the onion is translucent, add chopped tomatoes and beans. Let the chilli cook for 15 minutes on medium, then reduce to low for 15 minutes.
4. While the chilli is cooking, cook the meat with one tsp of each spice. When the meat is fully cooked through, take it off the heat.
5. When the rice has become fluffy, pour off the water.
6. Once the chilli is cooked, remove and serve with the rice. Add toppings as desired. [OBJ]



## Fish and Chips

### Cooking appliance:

Oven – Watt minutes = 87, 500

Hob – Watt minutes = 30,000

Total Watt minutes = 117, 500

### Ingredients:

- 1 fillet of haddock per person
- 1 piece of haloumi or Quorn fish
- White flour
- Breadcrumbs (Panko or other brands and gluten free if applicable)
- Oil
- Potatoes 10 (frozen chips can also work and will be easier)
- Salt
- Mushy peas - 1 can
- Ketchup / malt vinegar to top

### Instructions:

1. Heat the oven to 200°C.
2. Peel and cut the potatoes into chips. The pieces should be no more than 2 centimetres in width.
3. Cover the chips in a drizzle of oil and salt, making sure the chips are completely covered, and put in the oven for 20 minutes.
4. Cover fish fillets in flour. If the flour is not sticking to the fish, wet the fish with water.
5. Cover the haloumi in flour. If the flour is not sticking, wet the haloumi with water.
6. Sprinkle breadcrumbs onto the fish and the haloumi.
7. Heat some oil in a pan. When hot, add the coated fillets. Heat some oil in a separate pan and when hot, add the coated halloumi pieces. Cook until both sides of halloumi and fish are golden.
8. When chips look golden, remove from oven.
9. Serve with a side of mushy peas (warm or cold, up to you) and sauces.

Gluten Free alternative, just fry the haloumi/quorn fish/fish by itself and do not bread it or use gluten free flour and gluten free breadcrumbs.



## Vegetable Stew

**Cooking appliance:**

Hob – Watt minutes = 60,000

### Ingredients:

- Celery 2 stalks chopped
- Carrots 3 chopped
- Potatoes 3 chopped
- Large onion chopped
- Vegetable broth 1 litre (check it does not include gluten)
- Flour 1 cup (for thickening the broth) (Use corn flour for gluten free alternative)
- Bay leaf 2
- Salt 1 pinch
- Oregano 1 tbsp
- Basil 1 tbsp
- Pepper 1 pinch and then desired for taste
- Rosemary 3 tsp

### Instructions:

1. Heat some oil in a pan. Add the spices and chopped onion. After one minute add the chopped celery and carrot.
2. Once the onion is translucent, add the vegetable broth and potatoes. Add the bay leaves.
3. Add the flour and stir until there are no bumps of flour remaining.
4. Keep your eye on the stew and keep stirring until the potatoes are cooked through.
5. Once the potatoes are tender, take off the heat. Let the stew cool slightly and then serve.



## Full English

### Cooking appliance:

Oven – Watt minutes = 87,500

Hob – Watt minutes = 50,000

Total Watt minutes = 137,500

### Ingredients:

- Frozen hash browns (2 per person)
- One half a tomato per person
- White button mushrooms 2 cartons
- 2 cans of beans
- Sausages (2 for each person) (Halal if applicable)
- 2 packs of bacon (make sure to keep the bacon in separate pans from everything for a halal option. You can also use vegan bacon, if applicable)
- Eggs, one per person
- Vegetable stock 200 ml (check to make sure it does not include gluten)

### Instructions:

1. Heat oven to 200°C (or as per hash brown package).
2. Halve the tomatoes and slice the mushrooms.
3. Once the oven has reached the correct temperature, bake the hash browns for 20 minutes.
4. Boil water and add the stock cube. Stir until all of the cube has dissolved.
5. Heat oil in a pan. When hot, add the sausages. Flip the sausages regularly to ensure they do not burn and are cooked evenly.
6. Cook the bacon in a separate pan on medium heat.
7. Cook the mushrooms in a pan with the vegetable stock.
8. Heat a pan. When hot, sear the cut side of the halved tomato.
9. Once the tomatoes are fried, fry the eggs in the pan.
10. Check sausages are cooked through using a meat thermometer (check temperature needs on the thermometer based on the type of sausages) or cut a sausage in half to see if there is any pink meat left inside).
11. Remove sausages from heat once browned or at the necessary internal temperature.
12. Remove the hash browns from the oven, mushrooms and eggs from the pans.
13. Plate everything and serve.





## Burgers and Wedges

### Cooking appliance:

Oven – Watt minutes = 87,500

Hob (Barbeque, weather permitting) - Watt minutes = 50,000

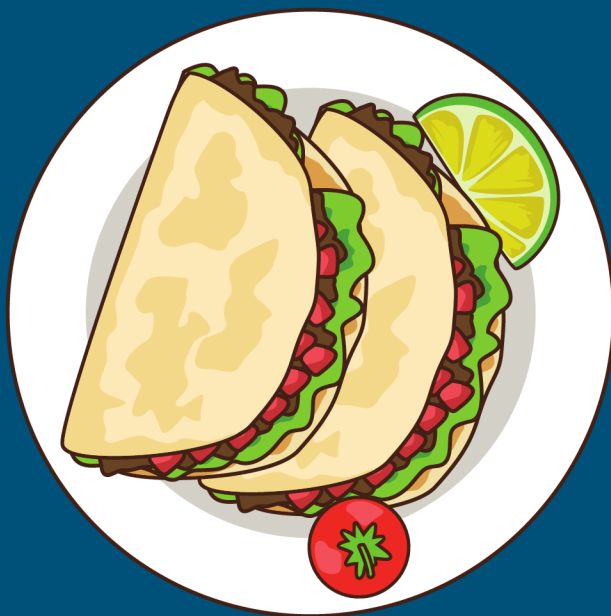
Total Watt minutes = 137,500

### Ingredients:

- Beef mince 1 kg (buy vegan/veggie burgers) (check that burgers are halal)
- Flour 1 tbsp (as a sticking agent) (corn flour for gluten free alternative)
- Burger buns (gluten free burger buns)
- 1 large head of lettuce
- 3 tomatoes
- Cheese 250g
- 1 large onion
- 10 potatoes (bag of frozen chips will be easier)
- Oil enough to toss the chips in
- Salt
- Pepper
- Desired sauces (Ketchup, mayonnaise, mustard, etc.)

### Instructions:

1. Heat the oven to 200°C.
2. Peel and chop the potatoes into wedges.
3. Toss the potato wedges in oil and salt and pepper.
4. Put the potato wedges in the oven and leave them for 20 minutes or follow instructions on the frozen chip bag.
5. In a bowl, mix the beef mince with the flour and a dash of salt and pepper until all the flour is incorporated.
6. Heat some oil in a pan.
7. Make the beef mince mixture into balls in your hand and put them into the hot pan. Squish the ball down in the pan to get a burger shape.
8. Fry the burgers on each side and check to make sure they do not burn. It is ok if they are not fully browned through - how cooked the burger is comes down to preference.
9. While the burgers and wedges are cooking, prepare the onion and tomatoes by slicing both into 1cm width rings. Slice the cheese into strips as thin as you can. Cut the lettuce into 2-inch width pieces.
10. Check the potato wedges and when they are golden on the outside and soft when compressed, remove from oven.
11. When the burgers are cooked, put them on buns and add other servings of your choice. Plate the wedges and serve.



## Tacos

### Cooking appliance:

Hob – Watt minutes = 50,000

### Ingredients:

- Mince meat 1.25kg (check to make sure it's halal if applicable)
- Lettuce 2 heads
- Block of cheddar cheese
- Tomatoes 3
- Onion 2
- Taco shells 2 per person (buy gluten free taco shells, Tesco usually has them)
- Taco seasoning 2 tbsp
- Red peppers
- Sour cream (used as a topping)

### Instructions:

1. Heat a drizzle of oil in two pans on medium heat. Add half the diced onions in each.
2. When the onions are translucent, add the taco seasoning, 1 tbsp per pan.
3. Put one pan down to lowest warmth to keep the onions warm. In the other pan, add the mince meat.
4. Stir the meat occasionally to ensure it does not burn.
5. While the meat is cooking, dice the red peppers. Grate the cheese. Chop the lettuce into inch wide strips. Dice the tomatoes.
6. Put the peppers into the pan without the meat and cook on medium heat until they go soft.
7. When the meat is fully browned, remove from heat. When the peppers are soft, remove from heat.
8. Serve with desired toppings and taco shells.



## Veggie Cottage Pie

### Cooking appliance:

Kettle – Watt minutes = 15,000

Hob – Watt minutes = 80,000

Oven – Watt minutes = 87,500

Total Watt minutes = 182,500

### Ingredients:

#### Potato topping:

- 3-3 1/2 pounds potatoes (1.6kg), peeled and cut in half
- 6 tablespoons milk
- 4 tablespoons olive oil or butter
- Pinch nutmeg (optional)
- Salt and pepper to taste
- 2 cups or 200 grams of grated cheese

#### Lentil mushroom filling:

- 2 tablespoons olive oil
- 2 onions, diced
- 4 garlic cloves, minced
- 2 carrots, grated
- 2 celery stalks, diced
- 6 cups (500g) brown or mixed mushrooms, diced
- 4 tbsp of gluten free/vegan gravy
- 1 teaspoon brown sugar (optional)
- 1/2 teaspoon paprika
- 4 cups (400g) cooked brown or green lentils (tinned or from dried)
- 2 tablespoon tomato paste
- 1/2 cup vegetable stock
- Chopped fresh parsley

### Instructions:

1. Make potato layer: Boil water in a large pan. Add potatoes and boil for 12-15 minutes or until tender. Drain potatoes and return them to the pan. Add milk, olive oil or butter, nutmeg, salt and pepper and mash until smooth and creamy.
2. Heat oven to 200°C. Spray an 8x8-inch baking dish (or comparable size) with nonstick spray and set it aside.
3. Make lentil layer: Heat olive oil in a large deep pan. Add onions, garlic, carrots and celery. Cook for about 5 minutes, stirring occasionally. Add mushrooms, gravy, brown sugar and seasoning. Cook for 8-10 minutes or until all liquid released by mushrooms evaporates.
4. Add cooked or tinned lentils, tomato paste and veggie stock. Stir well, bring to a simmer and cook for 5 minutes or until all excess liquid evaporates. Remove from heat.
5. Transfer lentil mushroom filling to the prepared baking dish. Top with mashed potatoes, gently spreading the puree with the back of a spoon. Top with cheese of your choice.
6. Bake for 20 minutes or until you have a golden-brown crust on top.
7. Decorate with freshly chopped parsley and enjoy!



## Cottage Pie

### Cooking appliance:

Kettle - Watt minutes = 30,000

Hob - Watt minutes = 40,000

Oven - Watt minutes = 87, 500

Total Watt minutes = 157,500

### Ingredients:

- Potatoes 5 large
- Frozen peas, carrots, and corn 1 bag
- Quorn mince 2 bags
- Block of cheddar cheese
- Gravy granules 1 cup (gluten free if applicable)
- Black pepper
- Salt
- Milk 2 cups (use oat milk if vegan)
- Butter 3 tbsp (Use margarine if vegan)

### Instructions:

1. Heat the oven to 200°C.
2. Boil a full kettle
3. Peel and chop potatoes into small cubes.
4. Put the boiled water into a pan over high heat. Add chopped potatoes.
5. Now boil a half full kettle of water.
6. While potatoes are boiling, put mince in a pan and heat over medium heat.
7. Put the boiled water into a pan and add gravy granules, frozen peas, carrots and corn.
8. When the potatoes are soft, drain the water.
9. Add the milk and butter to the potatoes along with a pinch of salt and some pepper to taste.
10. Mash the potatoes. If they need more liquid, add milk or butter.
11. Put the mince in a baking pan. Add the veggies and gravy mix. Put the mashed potatoes on top and grate cheese over it.
12. Put the cottage pie in the oven and cook until the cheese on top is melted and golden.
13. Take the pie out and let it sit for 5 minutes before serving.



## Sausages with Buns

**Cooking appliance:**

Hob – Watt minutes = 40, 000

### Ingredients:

- Sausages 2 per person (get beef halal sausages if applicable)
- Hot dog buns 2 per person (gluten free buns)
- Lettuce 2 heads
- Cherry tomatoes 8
- Balsamic vinegar to drizzle over the salad
- Olive oil to drizzle over the salad
- Ketchup (other desired sauces like mustard or mayonnaise)

### Instructions:

1. Chop the lettuce into 2-inch width pieces and halve the cherry tomatoes.
2. Put the sausages in a pan and heat on medium heat.
3. When the sausages are browned on the outside, cut one of the sausages and ensure it is browned throughout.
4. When the sausages are fully cooked, toss the lettuce and tomatoes and drizzle on some olive oil and balsamic vinegar.
5. Plate the sausages in buns and top with the desired sauces.

“I love sausages and this recipe is so quick and easy to make.” - Kristen



## Stir Fry

### Cooking appliance:

Kettle – Watt minutes = 15,000

Hob – Watt minutes = 60,000

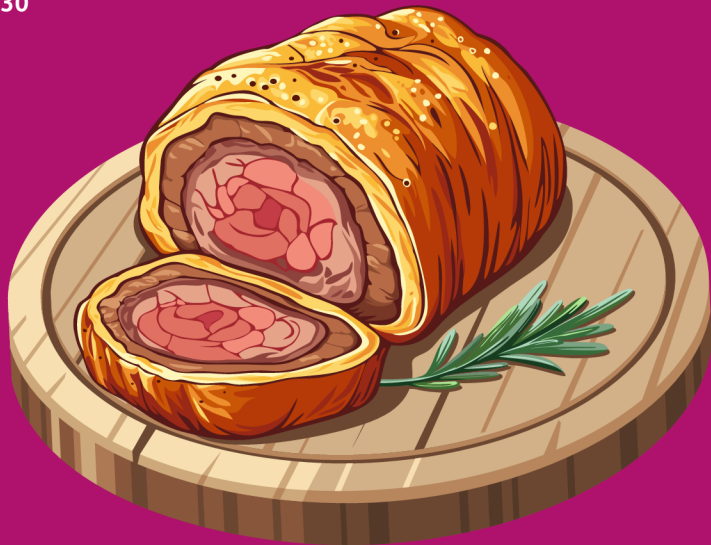
Total Watt minutes = 75,000

### Ingredients:

- Chicken breast fillets 600g (check to make sure it's halal if applicable)
- Red, yellow, green bell peppers cut into strips
- Large onion diced
- Large courgette sliced into rounds
- Rice noodles 2 packages
- Sauce packets 4 (Check to see if the sauce is gluten free)
- Oil, enough to drizzle in a pan.

### Instructions:

1. Drizzle some oil into a pan over medium heat. Put the chicken into the pan and begin to cook it. Stir occasionally.
2. Boil a kettle with one litre of water. Once boiled, put it in a pan over medium heat and add the rice noodles.
3. In another pan drizzle some oil and add the vegetables. Add 2 sauce packets into the vegetables. Stir occasionally to stop the sauce from burning.
4. When the chicken is browned and mostly cooked through (some pink is ok at this stage) add the last 2 sauce packets into the chicken. Stir occasionally to ensure that the sauce does not burn.
5. When the rice noodles are boiled, try one and make sure it is not chewy.
6. Check the chicken is cooked through by cutting one open - there should be no pink inside. Remove from heat when fully cooked.
7. Make sure the veggies are tender, cut one with a different implement to the one used for the chicken.
8. When all the components are cooked, serve leaving people to choose whether to add the chicken or not. Put veggies on top of the rice noodles.



## Rosemary Sausage Roll

**Cooking appliance:**

Oven – Watt minutes = 105,000

### Ingredients:

- 1 pack of just roll puff pastry

For the filling:

- 2 small onions, sliced
- 1 tsp butter + 1 tsp oil
- 2 sprigs rosemary, finely chopped (approx. 1 tbsp chopped rosemary)
- 14 oz (400g) good quality pork sausages or sausage meat (about
- four large sausages)
- ½ cup breadcrumbs
- 4 slices of brown sourdough soaked in milk
- 1 egg, optional, to brush the top of the pastry

### Instructions:

1. Heat oven to 180°C.
2. Soak bread with 1 cup of milk, leave for 10 mins. Squeeze any excess milk out of bread.
3. Fry onions with butter until soft. Add chopped rosemary.
4. Mix onion mixture sausage meat and breadcrumb mixture together and season.
5. Lay out sheet of pastry and form a sausage of mixture down one side.
6. Beat egg mixture and brush edges.
7. Pull pastry over line of sausage meat and continue to roll.
8. Using a knife, make diagonal scores along length of sausage roll and brush with egg mixture.
9. Sprinkle chopped rosemary over the top. Cut into four.
10. Place on a baking tray with baking paper cook for 25 minutes or until golden brown.

For gluten free/veggie option, get gluten free and veggie sausages and make mashed potatoes (See cottage pie, potato topping for mash instructions)

“I can't wait to cook the sausage roll as it's one of my favourite chaplaincy meals.” - Katie



## Carbonara Sauce

### Cooking appliance:

Kettle – Watt minutes = 15,000

Hob – Watt minutes = 30,000

Total Watt minutes = 45,000

### Ingredients:

- 2 pack of lardons
- 1 pack Italian hard cheese
- 8 eggs
- 2 packs of spaghetti
- Optional: For a vegetarian dish, spring onions and bell peppers.

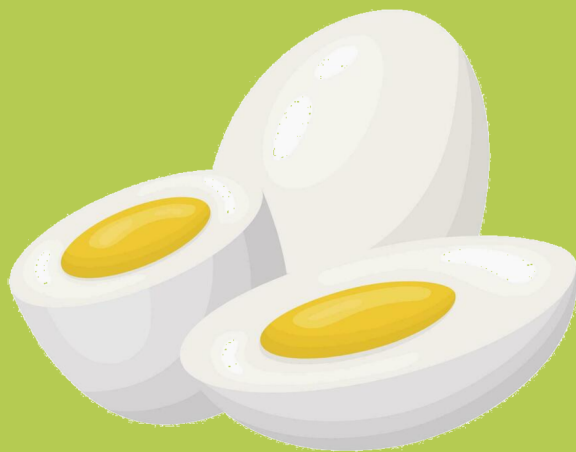
### Instructions:

1. Heat a pan over medium heat. Once warm, add the lardons. When the meat is cooked through, remove from heat but leave the fat.
2. Boil water over medium heat. Add the pasta. Cook for 8-12 minutes, stirring occasionally.
3. Separate the yolk from the egg whites. Whisk the yolks with grated Italian hard cheese and the fat from the meat. Keep the yolks from the eggs to make an omelette for those who are vegetarian.
4. When the pasta is cooked, drain the pasta, but keep some of the water. Put the cooked pasta into the pan with the sauce. If the sauce is too thick add some left over pasta water.
5. Sprinkle the meat over the pasta and serve.

### Optional omelette for vegetarians:

1. In a bowl whisk the leftover eggs, egg whites, spring onions, and peppers.
2. Heat a pan on medium heat with some oil.
3. Once the pan is hot, add the mixture of eggs, egg white, spring onions and peppers.
4. You can make a few omelettes or one big one.
5. Add herbs and ground pepper and salt for flavour.
6. Once the egg is cooked on the bottom, fold in half and flip.
7. When the egg is fully cooked through, plate and serve.





## Boiled Eggs

### Cooking appliance:

Kettle – Watt minutes = 15,000

Hob – Watt minutes (based on cooking for 8 minutes) = 12,000

Total Watt minutes = **27,000**

### Ingredients:

- Large egg (per person)

### Instructions:

1. Boil enough water in a kettle so that the water fills a saucepan  $\frac{3}{4}$  of the way to the top.
2. When the water is boiled and bubbling, put the egg into the water.
3. For a softer yolk boil for 6-7 minutes. For a harder yolk boil for 8-9 minutes.
4. Take the egg out of the water with a spoon and put in an egg cup, bowl or on a plate.
5. Crack the shell and enjoy the boiled egg with salt and pepper or other desired seasonings.

“I would love to know how to boil an egg. It’s so useful to have the basics of cooking covered.” - Charlie

## YMCA DOWNSLINK GROUP

YMCA DownsLink Group  
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Registered company:	03853734
Registered charity:	1079570
Registered social housing provider:	4644
Registered BACP accreditation:	00102752
Registered Ofsted:	Brighton & Hove 2767751 East Sussex 2766597 West Sussex and Surrey 2766609