



BEAT HUNGER

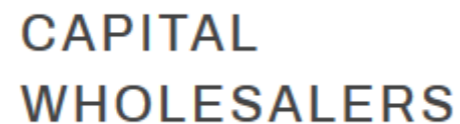
**A Community Cook Book
With recipes by Martin Wishart**

The Beat Hunger Campaign is brought to you by



With recipes by Martin Wishart

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Edinburgh North East Community Policing Team

The Edinburgh North East Community Policing Team and Partners are delighted to have you involved in the 'Beat Hunger' Campaign!

The 'Beat Hunger' Campaign is funded by the Deputy Chief Constable Local Partnership and Initiative Fund and is aimed at tackling food inequality / poverty in the North East area of Edinburgh.

As an organisation and as employees, we have a responsibility to improve the lives and futures of our community, particularly our children.

The Edinburgh North East Community Policing Team cover the Leith, Craigmillar and Portobello areas of Edinburgh.

Your North East of Edinburgh Community Policing Team can be contacted by telephone on 101 or by email at EdinburghCPTNorthEast@scotland.pnn.police.uk (in an emergency please always call 999).

We hope you enjoy!



Martin Wishart

"As a local business owner and a long term supporter of the Leith community, I am delighted to be able to offer my support to the Beat Hunger campaign."



Martin Wishart holds a Michelin star for each of his restaurants, both Restaurant Martin Wishart and Martin Wishart at Loch Lomond. Martin was raised in Edinburgh and opened his first restaurant, Restaurant Martin Wishart in Leith in 1999. He received his first Michelin star for this restaurant in 2001. Martin holds an honorary degree from Edinburgh University and runs his own cooking school.

Edinburgh North East Foodbank

In response to the ever-increasing need for emergency food provision within the church's local community, the Edinburgh North East Foodbank was established in 2013 by 4 Church of Scotland Churches in the Leith area.

The purpose of the foodbank is the prevention or relief of poverty in Edinburgh NE (Leith) in particular, but not exclusively, by providing emergency food supplies to individuals or families in need.

We operate a referral system, and work in partnership with both statutory and voluntary services, ensuring that those who are in crisis and in need of emergency food parcels are also getting the long term support they need and to address some of the issues behind the crisis.

We are delighted to be working in partnership with Police Scotland and Martin Wishart on the "Beat Hunger" Campaign, providing people who access the foodbank with some simple nutritious recipes they can follow using the food provided within the emergency food parcels.

If you or someone you know needs support with emergency food provision, then here are a few simple steps you can take to access a foodbank voucher:

1. You can contact some of the agencies we work with such as Citizens Advice, Housing Support Officer, Health Visitor, GP, Social Services, Resilience Hub Worker, or local charities. They will discuss your situation and provide a foodbank voucher.
2. You can find further information on our website www.edinburghne.foodbank.org.uk or contact us on info@edinburghne.foodbank.org.uk or 0131 554 2578 we can talk through your situation and put you in touch with a relevant local agency.

Alison Roxburgh

Manager

Edinburgh Community Food

Our aim is to:

get people into healthy food and healthy food into people

Edinburgh Community Food is all about helping people enjoy delicious, fresh, healthy food and making sure everyone in our city has access to an affordable, healthy diet. We work across the city, supporting and empowering low income and vulnerable communities by providing skills and confidence around food, cooking and nutrition through health sessions, training days and cookery courses.

Edinburgh Community Food is a charity *and* a social enterprise. Our social enterprise work is all about locally sourcing and selling the best quality fruit and vegetables. We deliver to homes and businesses across the city with all our profits going back into our charitable work.



We want to encourage people to cook more veg and to make it as easy as possible. We've developed **Take & Make DIY Meals** that have everything you need to make delicious, nutritious meals for 4 with no waste! These great kits are available to buy and we also supply them free of charge to those who would benefit most, using kind donations from our pay-it-forward scheme.

Nutrition in a nutshell

With all the confusing messages and fads some may feel that nutrition is complicated and hard to understand. We beg to differ!

As an example, here's the UK's Eatwell Guide which is all about how to get a healthy balanced diet: all the healthy stuff in the right proportions. The two largest areas are fruit & vegetables and carbohydrate foods. This means that plant-based food should make up two thirds of our diet, with much smaller amounts of protein and calcium-containing foods. If we aim for this balance across each day or 2 we'll not only reduce our risks of ill health (think: heart disease, strokes, diabetes, certain cancers) but we'll also feel better, physically and mentally!

Would you like to find out more about our fun and informative training courses? Visit our website: www.edinburghcommunityfood.org.uk or call **0131 467 7326**.



**LET'S GET
COOKING!**

RECIPE 1

Butternut Squash Soup



Recipe

“This is a simple soup to prepare with lots of flavour. Butternut squash has a dense orange flesh with a sweet nutty flavour. Select ones which feel heavy when you pick them up. It’s a great winter soup perfect for a lunch or pour it from a flask if you’re enjoying a walk outdoors.”

Recipe serves	
	4
Ingredient	Amount
1kg of butternut squash	1 Kg
Large onion	1
Butter	60 g
Chicken or vegetable stock	1200 ml
Curry powder	1 tbsp
Salt	
Small bunch of freshly chopped coriander (optional)	



Method

1. Peel the butternut squash then cut it in half lengthways and scrape the seeds out. Use a large chopping knife to cut the squash into small pieces of (approximately 1cm dice).
2. Cut the onion in half and slice as thinly as possible.
3. Select a large pan that's big enough to take all the ingredients together. Place the pan over a moderate heat and add the butter. When the butter has melted, add the sliced onion and squash to the pan. Gently sauté (fry quickly) the vegetables for 5-10 minutes stirring them from time to time and being careful not to colour them.
4. Next add the curry powder and stir into the vegetables. Pour the stock into the pan and bring it to a simmer (bubbling gently below boiling). Add a good pinch of salt to the pan and leave to simmer for 20 minutes or until the vegetables are soft and tender.



5. Remove the pan from the heat and add some freshly chopped coriander and serve in bowls.

RECIPE TIPS

- You can also cook this soup in a microwave.
- Prepare the squash and onions as described in the method. Then place the onion, squash, butter and curry powder in a large microwavable dish.
- Cover the dish with a piece of cling film and pierce it several times with a knife. Cook on high heat for 5 minutes.
- Then add the chicken or vegetable stock and cook for another 6-8 minutes or until the squash is soft and cooked through.



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RECIPE 2

Couscous



Recipe

“Couscous is a staple ingredient in North Africa. It’s usually steamed, and often served with vegetables and spices mixed through. You can serve it as an accompaniment to meat, fish, vegetables or a tasty salad. This is a granular style of pasta which is made by sprinkling durum or hard wheat semolina grains with cold salted water and rolling and coating them in fine wheat flour.”

Recipe serves	
	4
Ingredient	Amount
Couscous	250 g
Butter	25 g
Frozen or tinned beans	50 g
Raisins	25 g
Vegetable Stock	250 ml
Onion	Half
Tin of broad beans	1
Tin of sweet corn	1
Garlic cloves (or lazy garlic)	2
Mint leaves (optional)	4
Sea Salt	
Freshly ground black pepper	
Whole almonds	25 g



Couscous

1. Finely chop the onion and crush the garlic.
2. Place a heavy based pan on the stove over a moderate heat. Add the butter to the pan and when it starts to foam add the onion and garlic and gently sauté for 2 minutes.
3. Add the tinned peas, broad beans, sweetcorn, chopped almonds and raisins to the onions and stir everything together.
4. Add the vegetable stock and bring it to the boil.
5. Roughly chop the mint then add it to the pan along with the couscous. Remove the pan from the heat, stir everything together then place a tight fitting lid on top and leave for 5 minutes.
6. The couscous will now be cooked, season with sea salt and freshly milled pepper and serve.





RECIPE 3

Microwaved Spaghetti Pappa Al Pomolo



Recipe

Recipe serves

4

Ingredient

Amount

Spaghetti Pasta	300 g
Mixed dried herbs	1/4 tsp
Chopped tomatoes	1 Tin
Bread, diced or torn (crusts are best but any bread will do)	50 g
Vegetable or Sunflower Oil	2 tbsp.
Crushed garlic cloves (or garlic granules/ lazy garlic)	2



Method

Cooking the Spaghetti

1. Break the spaghetti in half and place it in a wide based microwavable bowl.
2. Cover the spaghetti with boiling water making sure that the water covers the spaghetti by at least 5cm and add a couple pinches of salt.
3. Add the vegetable oil to the spaghetti and mix; this will help to prevent the spaghetti from sticking together while cooking.
4. Cover the bowl with cling film and then pierce a few times in the centre. Place the bowl in the microwave and cook on full power for 8 minutes.
5. Remove the spaghetti and let it sit for 2 minutes. Once the spaghetti has rested for a few minutes, test a few pieces to see if they're as soft as you like. If they're too firm for you, return the noodles to the microwave and cook them for 2 more minutes.
6. Drain the water from the spaghetti and cover the bowl with cling film to keep the spaghetti hot while you cook the sauce.

Cooking the Sauce

1. Mix together in a microwavable bowl the garlic, herbs, tin tomatoes and a pinch of salt and a pinch of sugar.
2. Add the bread crusts and mix them into the tomatoes.
3. Cover the bowl with cling film then pierce a few times in the centre.
4. Place the bowl in the microwave and cook on High for 4 minutes. Carefully peel back the cling film and stir the sauce well.
5. Add the cooked spaghetti and stir again, then replace the cling film and leave to stand for 1 min before serving.



RECIPE TIPS

- Use the widest, shallowest microwavable bowl you can find; it will cook faster and more evenly, and is less likely to bubble over the sides.
- To store leftover chilli mixture, put it in an airtight container and you can then refrigerate for up to 3 days.
- To add a little variety to this dish, try adding a tin corned beef.
- Remember not to use metal in the microwave, or any crockery with metal trim.



RECIPE 4

Microwaved Vegetable Chilli



Recipe

Recipe serves

4

Ingredient

Amount

Ground cumin	1/2	tsp
Paprika	1/2	tsp
Chopped Tomatoes, drained and juice reserved	1	Tin
Kidney beans, drained and rinsed	1	Tin
Sweetcorn	1	Tin
Small onion, finely chopped	1	
Clove of Garlic, crushed (or lazy garlic)	1	
Vegetable stock cube	1	
Dark chocolate	50	g
Pinch of chilli powder		
Knob of Butter		



Method

1. Put the onion, garlic, butter and spices in a microwaveable container, give it a quick stir and then heat in the microwave on High for 30 seconds. Leave to stand for 1 minute and then add the chopped tomatoes, beans, sweetcorn, the stock cube and chocolate.
2. Cover with cling film and pierce 3 times. Place the container in the microwave and cook for 2 mins on High. Stir well and leave to stand for 1 min. If your chilli starts to dry out, add some of the reserved tomato juice.
3. Cover and cook on Medium for a further 2 mins. Give it a good stir and allow to stand for 1 min before serving.



RECIPE TIPS

- Use the widest, shallowest microwaveable bowl you can find; it will cook faster and more evenly, and is less likely to bubble over the sides.
- To store leftover chilli mixture, put it in an airtight container and you can then refrigerate for up to 3 days.
- To add a little variety to this dish, try adding a tin corned beef.
- Remember not to use metal in the microwave, or any crockery with metal trim.



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RECIPE 5

Microwaved Apple Cake Cooked in a Mug

Recipe

Recipe serves

4

Ingredient

Amount

Large egg (beaten)	1	
Self-raising flour	8	tbsp
Sugar	4	tbsp
Vegetable oil	4	tbsp
Vanilla extract	2	tsp
Milk	50	ml
Bramley apple sauce	4	tbsp
Golden syrup	6	tsp



Method

1. Lightly grease 4 small mugs - using a piece of kitchen towel and a little butter or margarine.
2. In a bowl mix the eggs, flour, sugar and oil together and then add the vanilla extract. Beat the mixture to form a batter; it is okay if it is lumpy. Next add the milk to make a loose batter.
3. Spoon 1½ tsp of the golden syrup into the bottom of each mug and then a tbsp. of the cooked Bramley apple.
4. Pour the cake batter over the top; fill each mug to just under halfway up.
5. Cook the mugs individually for 2 minutes on high.
6. Allow to stand for 1 minute and then serve.



RECIPE TIPS

- Any leftover batter can store in the fridge for up to 2 days.
- Alternative flavours can be used in place of the apple, such as raspberry or strawberry jam.



RECIPE 6

Pilaff Rice with Butterbeans & Curried Spam



Recipe

Recipe serves

4

Ingredient

Amount

Vegetable oil	2	tbsp
Mild curry powder	1	tsp
Butter beans (drained)	1	Tin
Basmati Rice	220	g
Spam, cut into 1cm cubes	1	Tin
Boiling water	600	mls
Pepper	1/2	tsp
Peas (frozen or tinned)	100	g
Cloves of garlic, peeled and roughly cut (or lazy garlic)	2	
Courgette, cut into 1cm cubes (roughly)	1	
Small onion, peeled and finely chopped	1	



Method

1. Heat the oven to 190°C or gas mark 6.
2. Using a deep pan, add the oil and warm over a moderate heat on the hob.
3. Add the chopped onion, garlic and courgettes, curry powder and cook for 2-3 mins to colour slightly.
4. Next add the drained butterbeans, frozen peas and rice and mix everything well together.
5. Then add the chopped Spam and the boiling water and mix well.
6. Bring the rice to the boil, cover with a tight fitting lid and place in the oven.
7. Cook for 15 mins, or until fluffy and all the water absorbed.
8. When cooked, remove from the oven and give the rice a stir using a fork, then place the lid back on and leave for 10 mins before serving.







RECIPE 7

Potato and Green Bean Curry

Recipe

“This is a great vegetarian curry dish, that’s really simple to prepare. It’s not too spicy but I think it does need that touch of chilli powder to give it a little heat. Take your time to crush the ginger and garlic to a paste as it does make a difference to the finished dish.

Part -cook the Green beans and potatoes in boiling water so by the time everything is sautéed the vegetables are perfectly cooked and have a great texture.”

Recipe serves	
	4 to 5
Ingredient	Amount
Cooked green beans, cut into 1cm long pieces	200 g
Large Maris Piper potatoes (or any cooking potatoes), diced into 1cm cubes and boiled for 2 minutes	3
Vegetable oil	2 tbsp
Cumin seeds	1/2 tsp
Turmeric powder	1/2 tsp
Red chilli powder	1/2 tsp
Ginger (or lazy ginger)	10 g
Chopped fresh tomatoes	2
Lime, for juice only (optional)	1/2
Cloves of Garlic (or lazy garlic)	2
Pinch of Salt	



Method

1. Heat the vegetable oil in a large saucepan over a medium heat.
2. Add the cumin and sauté for 20 seconds, and then add the diced potatoes and sauté (fry quickly) for 2 minutes.
3. Next add the turmeric, pinch of salt and chilli powders to the pan, and sauté for a further 2 minutes.
4. Add the ginger and garlic paste, stir well and sauté the potatoes for a further 2 minutes.
5. Add the green beans and sauté for 1 minute. Then add the chopped tomatoes.
6. Remove the pan from the stove and mix all together before serving.



RECIPE TIPS

- Add the juice of half a lime and mix in before serving for added zing.



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RECIPE 8

Spaghetti with Spinach, Lemon & Parmesan

Recipe

“Most kinds of pasta will work well for this dish, and of course fresh basil and parmesan will always be better than dried”

Recipe serves	
	4
Ingredient	Amount
Small white onion, finely chopped	1
Garlic cloves, crushed (or lazy garlic)	2
Butter	60 g
Baby spinach, well washed and dried	250 g
Grated parmesan (optional)	4 tbsp
Fresh lemon juice	1 tbsp
Spaghetti	350 g
Small pinch of chilli flakes	
Salt to season	
Freshly ground black pepper to season	
Handful of chopped fresh basil leaves (optional)	



Method

1. In a thick bottomed pan melt half of the butter, add the onions and garlic and cook for about one minute without colouring them.
2. Add the spinach to the onions and garlic, and stir it in until the spinach has wilted. Next add the chilli flakes and season with a little salt and pepper.
3. Remove the pan from the heat and place aside.
4. Cook the spaghetti in plenty of boiling salted water until tender drain off the water and stir in the remaining butter and check the seasoning.
5. Add the cooked spinach mixture and lemon juice to the cooked spaghetti and mix all together.
6. Serve immediately with plenty of grated parmesan a sprinkle of chopped basil.





RECIPE 9

Vegetable Curry



Recipe

“This vegetarian curry is very simple to make and healthy too. There is no end to the vegetables you could add to this curry and it’s a great way to use up any cooked leftover vegetables too. If you have leftover mash potatoes then why not try adding a little curry powder and some diced fried onion. Form them into small round patties; dust them lightly with flour and then gently sauté in a little oil.”

Recipe serves	
4	
Ingredient	Amount
Root ginger, peeled and roughly chopped	15 g
Cloves of garlic, peeled and sliced	3
Mild curry powder	1 tbsp.
Water	150 ml
Red chilli, roughly chopped	1
Chopped tomatoes	1 Tin
Chickpeas	1 Tin
Spinach leaves	1 Tin
Boiled new potatoes, cut into quarters	1 Tin
Frozen or tinned peas	200 g
Cooked lentils	1 Tin
Natural yogurt (optional)	4 tbsp.
Vegetable oil	2 tbsp.



Method

1. Heat a large heavy based pot over a moderate heat; add the vegetable oil then the ginger/garlic. Cook for 2-3 minutes. Next add the curry powder and chilli and cook for a further 2 minutes.
2. Pour in the water; add the tinned tomatoes, potatoes, peas and chickpeas and spinach bring the pan to a simmer. Leave to cook for 10 minutes.
3. Add the tin of cooked lentils and stir into the curry.
4. Check the curry for seasoning, add then stir in the natural yoghurt (optional). Transfer into a suitable serving dish.



RECIPE TIPS

- Remember to drain the water from the tinned vegetables.
- To add a little variety to this dish, try adding a tin of corned beef.



RECIPE 10

Vegetarian Egg Noodles with peanut & Sweet Chilli Sauce



Recipe

“Most kinds of pasta will work well for this dish, and of course fresh basil and parmesan will always be better than dried.”

Recipe serves	
4	
Ingredient	Amount
Medium egg noodles	200 g
Peanut butter	4 g
Grated fresh ginger (or lazy ginger)	1 tbsp
Sweet chilli sauce	2 tbsp
Soya sauce	2 tbsp
Lemon juice	1 tbsp
Pinch of salt	



Method

1. Cook the noodles (or pasta) in a pan of boiling water with a generous pinch of salt according to packet instructions, until tender.
2. Mix together in a bowl the peanut butter, grated ginger, sweet chilli, and soya sauce.
3. Then add the lemon juice and 4 tablespoons of water, mix together to loosen the sauce.
4. Drain the noodles (or pasta), leaving a splash of water in the bottom of the pan. Add the peanut sauce, heat for a minute and toss through the noodles.
5. Serve in bowls.



RECIPE TIPS

- You can substitute pasta for the egg noodles.



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RECIPE 11

Vegetarian Kedgeree



Recipe

“This is a vegetarian version of a breakfast dish from colonial India and it's lovely. It has great flavours with a nice balance of spices and nice textures from the various vegetables. It makes a tasty lunch or supper too, and can be cooked then served the next day.”

Recipe serves	
4	
Ingredient	Amount
Basmati rice	200 g
Cooked lentils	1 Tin
Vegetable oil	2 tbsp
Cumin seeds	1 tsp
Garlic cloves (or lazy garlic), finely chopped	3
Green chillies, chopped finely and de-seeded	2
Potato, diced into 1cm cubes	1
Carrot, diced into 1 cm cubes	1
Turmeric powder	3/4 tsp
Green beans, cut into 3cm pieces	100 g
Peas, frozen or tinned	100 g
Broccoli, cut into small sized florets	200 g
Hard boiled eggs	4
Salt	



Method

1. To start the kedgerree, wash and soak the rice in plenty of water for 10 minutes.
2. In a large saucepan, heat the vegetable oil; add the cumin seeds and sauté (fry quickly) for 30 seconds. Next add the garlic, ensuring the heat is low, and fry until golden brown.
3. Add the green chilli to the pan and stir, increase the heat; add the diced potato and carrot and sauté for 2 minutes. Add the turmeric and a little salt to taste, and cook for a further 3-4 minutes.
4. Drain the rice and add to the pan. Pour 700ml of hot water into the pan. Once the mixture starts to bubble, cover the pan with a tight fitting lid, lower the heat and slow-cook until the water has been absorbed.
5. Add the cooked tinned lentils, beans, broccoli, and peas to the pan. Stir well and simmer (bubbling gently below boiling) for a further 5 minutes before removing from the heat.



6. Season the kedgerree with salt and pepper. Transfer the kedgerree into a large serving dish. Peel the boiled eggs and cut into half. Place the pieces of boiled egg on and serve hot.

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Edinburgh Community Foods and Edinburgh North East Foodbank.

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