Recipes provided by Mrs Liz Loughridge and the ‘Better Government for Older people’ Recipe book.
Cooking for one or two people may not be much fun; in fact it can seem like a waste of time, particularly if you are dining alone. It is also difficult to buy some foods in small quantities, and fresh foods can be expensive. This means that meals can become monotonous, so it is important to try to overcome these problems and eat for your health’s sake.

Whatever way you organise your eating, it is a good idea to plan a week’s menu in advance so that you don’t waste time shopping and you can also cook a few dishes together and save money on your fuel bills.

No single food provides all the nutrients we need so it’s important to eat a wide variety of foods.

The Eatwell plate below makes healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet.
It is a good idea to have an emergency store cupboard for times when you are unable to get to the shops. It is also a good starting point for easy and cheap cooking. A list of some foods is given below as a guideline. Most of these foods have a long shelf life.

<table>
<thead>
<tr>
<th>Milk</th>
<th>Cartons of long life milk (UHT), evaporated milk, condensed milk</th>
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</thead>
<tbody>
<tr>
<td>Cereals</td>
<td>High fibre cereals, oats, packets of crackers, biscuits for cheese, spare loaf, pasta</td>
</tr>
<tr>
<td>Meat</td>
<td>Tins of minced steak, ham, stew, corned beef, chicken</td>
</tr>
<tr>
<td>Fish</td>
<td>Tins of tuna, salmon, sardines, mackerel</td>
</tr>
<tr>
<td>Fruit and Vegetables</td>
<td>Instant potato powder, tinned potatoes, carrots, peas, lentil soup, chicken soup, baked beans, spaghetti, tinned fruit, rice pudding</td>
</tr>
<tr>
<td>Drinks</td>
<td>Fruit juice, Bovril, Ovaltine, drinking chocolate, milkshake mix</td>
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</tbody>
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This cookery book has been put together to provide nutritious meals with the minimum of effort and expense. It is part of the Northern Trust’s Age Health and Happiness Programme.
Breakfast Ideas

- Fresh grapefruit or tinned segments in fruit juice.
- Bowl of cereal.
- Bread and jam.
- Boiled egg with toast
- Fresh fruit juice
- Bowl of cereal with fresh fruit or berries
- Toast with Honey
- Fruit juice of piece of fruit
- Beans on toast
- Poached egg on toast
- Toast with jam or honey
- Fruit juice or piece of fruit
- Bowl of porridge with added fruit or berries
Starters

- Chicken Noodle Soup
- Leek and Potato Soup
- Lentil Soup
- Tomato Soup
- Quick Vegetable Soup
- Melon and Prosciutto
- Roast Pepper and Tomatoes
- Savoury Mushrooms
**Chicken Noodle Soup**

**Ingredients**
- 1 ½ pints of vegetable or chicken stock
- 125g mushrooms finely sliced
- 1 bunch spring onions chopped
- 150g can sweetcorn drained
- Sliced chicken
- 1 pack egg or rice noodles

**Method**
Bring stock to the boil, add noodles and cook for required length of time. Reduce heat to a simmer and add the chicken and the vegetables. Cook for five minutes, season with some soy sauce and serve.

**Leek and Potato soup**

**Ingredients**
- 2 tsp sunflower or vegetable oil
- 2 large leeks washed and sliced
- 2 medium potatoes peeled and chopped
- 1 litre of chicken or vegetable stock

**Method**
Heat the oil over a medium heat. Add the leeks and cook for a few minutes, stirring continuously. Add the potatoes and cook for a few minutes before adding the stock. Bring to the boil over a medium heat. Turn down the heat to a low level and simmer for 20 minutes.

Serve with wholemeal bread or rolls.
**Lentil Soup**

**Ingredients**
- 1 tsp oil
- 1 small onion peeled and chopped
- 1 medium carrot peeled and chopped
- 4 tbsp red lentils
- Water or vegetable stock
- Salt and pepper

**Method**
Heat the oil in a saucepan. Add the onions and carrot and fry on a low heat until soft. Add in the remaining ingredients and bring to the boil. Reduce heat and simmer gently for 30-40 minutes until the lentils are soft, stirring occasionally.
For a smoother soup put through a blender or sieve.
Tip: Quantities may be doubled for two people

**Tomato Soup**

**Ingredients**
- 1 tsp margarine
- 1 onion chopped
- 1 carrot grated
- 2 celery sticks chopped
- 1 tin of tomatoes
- 1 pint stock
- 1 tsp tomato paste
- 1 tsp sugar
- salt and pepper

**Method**
Melt the margarine and lightly fry the onion, carrot and celery, add the tomatoes and stock and cook for about 30 minutes, add the sugar, salt and pepper and puree.
Quick vegetable soup

Ingredients

- 1 small onion
- 1 potato sliced
- 250g vegetables (carrot, broccoli, cauliflower) roughly chopped
- 1 pint vegetable or chicken stock
- 2 tsp olive oil
- pepper

Method

Cook onion in oil, add vegetables and stock, bring to boil. Simmer until soft. Cool slightly and blitz with a hand blender.

Melon and prosciutto

Serves 2

Ingredients

- ½ Galia or Honeydew melon cut into 8 slices
- 8 thin slices of prosciutto ham
- Parsley

Method

Wrap ham around melon, arrange on a serving dish and chill well. Garnish with parsley.
Roast pepper and tomatoes

**Ingredients**
- 1 Red pepper
- Cherry tomatoes
- Honey

**Method**
Cut pepper in half and scoop out seeds. Fill with cherry tomatoes which have been cut in half. Drizzle over honey. Bake in a moderate oven for 10-15 minutes.

Savoury Mushrooms

**Ingredients**
- 2 large flat mushrooms
- Grated cheddar cheese
- Breadcrumbs

**Method**
Mix together cheese and breadcrumbs and fill mushrooms with mixture. Season with salt and pepper. Bake in oven 180°C for 10-15 minutes.

Serve with salad.
Smoked mackerel pate

**Ingredients**
- 1 packet peppered smoked mackerel
- 1 oz/25g blue cheese
- Greek style yoghurt
- Juice ½ lemon

**Method**
Remove skin and flake mackerel, crumble in cheese, add yoghurt to make thick consistency, and add lemon juice. Serve with oatcakes or toast. Can be served as a main course with salad.

Stuffed tomatoes

**Ingredients**
- 2 large firm tomatoes
- 2oz/50g cream cheese
- 1 tbsp fresh double cream
- ½ small bunch spring onions (Topped and tailed and finely chopped)
- Salt and pepper

**For the dressing**
- 1 ½ tbsp salad oil
- 1 tsp sugar
- ½ tbsp wine vinegar
- Pinch dry mustard

**Method**
Slice top off tomatoes and reserve, scoop out seeds and discard. Blend cheese and cream together and fold in chopped onions. Season with salt and pepper. Spoon filling into tomatoes and pile high replace top at a slant.

**Dressing**
Beat oil and vinegar together the add mustard and sugar. Pour over tomatoes and chill for 30 minutes.
Quick Snack Ideas

- Toast with sardines in tomato sauce
- Roasted tomatoes with cheese
- Boiled egg with soldiers
- Pate coleslaw and tomato on toast
- Tuna and mayonnaise sandwiches
- Smoked mackerel with apple and mayonnaise on toast
Main Courses

- Baked eggs
- Butter bean stew
- Baked stuffed chicken breast
- Cheese and tuna medley
- Paddy pizza
- Sausage and pepper goulash
- Chicken, couscous with a red pepper sauce
- Lentil stew
- Liver with onions and marmalade
- One pan chicken
- Peppered salmon
- Savoury mince
- Spicy mince
- Sticky mustard salmon
- Vegetable curry
- Tomato chutney
Baked Eggs

**Ingredients**
- 1 oz/25g butter
- 3 oz/75g mature cheddar cheese grated
- ½ pint milk
- 3 oz/75g small broccoli florets
- 4 large eggs
- 1 tbsp flour
- a pinch of nutmeg

**Method**

Preheat oven to 200°C, gas mark 6. Bring a small pan of salted water to the boil and cook broccoli for 3-4 minutes until tender. Put butter, flour and milk into a pan and whisk over a medium heat until thickened. Take the sauce off the heat and stir in most of the cheese. Season with salt and pepper and add the grated nutmeg. Put the broccoli into the base of a medium oven proof dish and season. Break the eggs into the dish and pour the hot sauce over the top. Sprinkle with the remaining cheese. Place the dish on a baking tray and bake for 10 minutes or until hot and bubbling.

Butter bean stew

**Ingredients**
- ½ tbsp oil
- 410g tin butter beans
- 1 onion peeled and diced
- ½ red pepper deseeded
- 1 bay leaf
- ½ tsp cumin seeds
- ¼ swede/turnip peeled and diced
- ½ vegetable stock cube
- 2 carrots peeled and diced
- Parsley

**Method**

Cook onion in the oil until soft and add bay leaf. Add swede/turnip, carrots, pepper and enough stock to cover. Simmer for 10 minutes. Stir in beans and cumin seeds and simmer for further 10 minutes.
Garnish with parsley.
Baked stuffed chicken breast

Ingredients

- 1 chicken breast per person
- A variety of stuffings may be used e.g. pate, sun dried tomatoes and mozzarella cheese, traditional breadcrumb stuffing or cheese and pineapple
- 1 slice of bacon per chicken breast
- 1 carton natural yoghurt
- 1 small tin of condensed chicken or mushroom soup

Method

Heat the oven to 200°C, 400F, Gas 6
Lightly grease an ovenproof dish
Make an incision in the chicken breast and stuff with the stuffing mix
Wrap the bacon around the chicken and place in the dish, mix the yogurt and soup and pour over chicken
Cover with tin foil and bake for about 40 minutes or less if you are making a small quantity
Sausages can also be stuffed, wrapped in bacon and baked, but leave out the yoghurt and soup mix.

Cheese and tuna medley

Ingredients

- 1 tin tuna, drained and flaked
- 1 packed potato crisps
- 4 oz/100g peas frozen if possible
- 2 oz/50g mushrooms sliced
- 1 onion chopped
- 6 oz/150g grated cheese (cheddar)
- 3 eggs
- half a pint of milk
- Salt and pepper

Method

Heat oven 180 °C, 350F, Gas 4 and grease an oven proof dish. Mix together the tuna, potato crisps, peas, mushrooms, onions and half the cheese together with the salt and pepper. Beat the eggs and milk and pour over the tuna mixture. Pour into the prepared dish and bake for 30-40 minutes.
**Paddy Pizza**

- Split a soda farl in half and spread with a little tomato paste
- Add your favourite toppings and cover with grated cheese
- Grill until golden
- Serve with a salad and/or microwave French fries for a quick meal

**Sausage and pepper Goulash**

**Ingredients**

- 4-8 fat pork sausages
- A little garlic paste or 1 clove of garlic
- 1 onion chopped
- A little chopped red or green pepper
- 1 tsp paprika, half tsp mixed herbs (you don’t need to add these if you use tinned tomatoes with herbs added)
- 1 oz/25g macaroni
- Small canned chopped tomatoes
- Less than half a pint of stock and salt and pepper

**Method**

Cut each sausage in 4 and fry until browned, add the onion and pepper and cook for a few minutes.
Stir in the tomatoes, stock, herbs if needed, macaroni, salt and pepper.
Cook for about 30 minutes before serving with crusty bread.
A spoonful of fromage frais is nice spooned on top before serving but not necessary.
Chicken couscous with a red pepper sauce

**Ingredients**

- 2 chicken breasts
- Couscous as required
- 2 red peppers
- 140ml olive oil
- 2 tsp runny honey
- 30mls sugar
- 45mls vinegar
- 1 onion finely chopped
- 3 cloves garlic minced
- 200mls chicken stock

**Method**

To make the red pepper sauce, sauté the peppers in 4 tbsp of olive oil, add the honey, sugar, vinegar, onion and garlic. Simmer over a medium heat for 10 minutes, until the peppers soften. Add the remaining olive oil and chicken stock. Cover and simmer for 5-10 minute. Season to taste and set aside. Meanwhile cook the chicken in a pan or griddle until cooked through. Cook the couscous according to the instructions on the packet. Serve the chicken on top of the couscous and pour over the red pepper sauce.

Lentil stew

**Ingredients**

- 8 oz/200g lentils (rinsed)
- 2 onions peeled and finely chopped
- 1 vegetable stock cube
- 4 carrots peeled and chopped
- 1 small sweet potato peeled and diced
- 1 tsp soy sauce
- 3 tbsp frozen peas
- 1 celery stick chopped
- 1 tsp dried dill
- 4 potatoes diced

**Method**

Put onions and stock cube in 1 pint of water and bring to the boil. Add lentils, carrots, sweet potato and potato and simmer for 30 minutes. Add celery, dill, soy sauce and peas and simmer for 5 minutes. Serve with cabbage. Tip: Make leftovers into soup for next day by adding more stock, water and herbs. Blend until smooth.
Liver with onions and marmalade

**Ingredients**

- 1 large onion
- 4 oz/100g lambs liver
- Chicken stock
- 1 tbsp marmalade

**Method**

Slice onions and cook in stock until soft. Add liver and bring to the boil and simmer gently for 10-15 minutes (until juices run faintly pink when liver is pricked with a fork). Stir in marmalade.
Serve with mashed potatoes and cabbage

One pan chicken

**Ingredients**

- Olive oil
- 2 chicken drumsticks or thighs Salt and pepper
- 8 oz/200g potatoes cut in ½ inch dice Parsley
- 1 small red onion peeled and cut into segments 4 cloves garlic
- 1 red pepper seeded and quartered

**Method**

Preheat oven to Gas mark 7 (210°C). Coat baking tray with oil and arrange vegetables, garlic and chicken on tray. Drizzle with oil and sprinkle with seasoning and cook in oven for 30 minutes.
Serve with green salad.
Peppered salmon

**Ingredients**

- 100g new potatoes
- 2 tsp olive oil
- 1 tbsp parsley chopped
- 2 salmon fillets

**Method**

Pre heat oven to 190°C or put grill on medium heat. Lay fillets on a foil lined baking tray. Squeeze lemon juice over the salmon and sprinkle with pepper. Bake or grill the salmon for about 6-8 minutes. The flesh is cooked when the salmon is opaque and flakes easily with a fork.

Meanwhile cook the potatoes in boiling water for 10-15 minutes. When the potatoes are nearly cooked, add in the peas and cook for a couple of minutes. Drain and return to the pan. Season the potato and pea mixture with salt and pepper and then add oil and parsley.

Serve the salmon on top of the crushed potato mixture.

Savoury mince

**Ingredients**

- 8 oz/200g lean minced beef
- 1 small onion finely chopped
- 1 carrot finely chopped
- 1 tsp dry mustard
- 2 tbsp Worcestershire sauce

**Method**

Brown mince, add onion and fry until soft. Add carrot, mustard, and Worcester sauce. Bring to the boil and simmer for 30-40 minutes. Add water or stock if too dry. Serve with rice.
Spicy mince

**Ingredients**

- 1 tsp oil
- 1 small onion finely chopped
- 1 small glove garlic peeled and crushed
- 200g lean mince
- ½ red pepper finely chopped
- 1 large carrot peeled and thinly sliced
- 1 small tin tomatoes
- 1 tsp chilli powder
- Salt and pepper

**Methods**

Heat oil in pan, sauté the onion and garlic over a medium heat for a few minutes. Add mince and brown thoroughly. Add the remaining ingredients and simmer gently for 15 minutes stirring occasionally.

Serve with rice.

Sticky mustard salmon

**Ingredients**

- Juice and zest of ½ orange
- ½ tsp runny honey
- ½ tsp wholegrain mustard
- 1 skinless boneless salmon fillet

**Method**

Whisk orange juice, zest, mustard and honey together. Marinate salmon in mixture for 30 minutes or longer, in the fridge.

Bake for 20 minutes at gas mark 4 (180 °C).

Serve with peas and potatoes or brown basmati rice.
Vegetable curry

**Ingredients**

- 1 tsp vegetable oil
- Small tin tomatoes
- ½ red pepper sliced
- 4 mushrooms washed and sliced
- 1 glove of garlic finely chopped
- 1 medium potato peeled and cut into chunks
- ½ cauliflower cut into florets
- 1 small onion finely chopped
- 2 tsp curry powder
- 1 cup rice
- 1 carrot peeled and sliced

**Method**

Heat the oil in a large frying pan; fry the onion and garlic over a medium heat until golden (2-3 minutes). Add curry powder and stir through the onions. Add the potatoes, carrots and cauliflower and cook for a minute stirring continuously. Add the tomatoes, red pepper and mushrooms and bring to the boil (you may need to add a small cup of water at this point). Turn the heat down until the sauce is just bubbling and cook for 20 minutes until the vegetables are soft. Serve with boiled rice.

Tomato chutney

**Ingredients**

- 2lb red tomatoes
- 2lb cooking apples
- 1lb soft brown sugar
- 1lb sultanas
- 1 large onion
- 1 pint malt vinegar
- 1 tbsp mustard
- 1 tsp ginger
- 1 tsp cloves
- 1 tsp cinnamon
- dash of nutmeg
- salt and pepper

**Method**

Mix all the ingredients together and bring to the boil. Simmer for 1 hour. Pour into sterilised jars.
Desserts

- Banana with citrus spice
- Baked apples with lemon and honey
- Brown buns
- Chocolate sauce for fresh fruit
- Easy fruit loaf
- Ginger stewed apricots
- Lemon drizzle cake
- Poached pear
- Quick apricot whip
- Raspberry mousse
- Shortbread
- Yoghurt and honey dessert
- Yorkshire pudding with syrup
**Ingredients**

- 2 bananas peeled and sliced in half lengthways
- Juice of ½ lemon
- 1 tsp ground cinnamon

**Method**

Place banana on baking tray.
Pour over lemon juice and sprinkle with cinnamon.
Bake in a pre heated oven 200°C (Gas mark 6) for 10-15 minutes until caramelised.
Serve with fresh blueberries

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**Ingredients**

- 2 medium cooking apples
- ½ tbsp clear honey
- Grated rind and juice of ½ lemon
- ½ tbsp butter

**Method**

Preheat oven to 180°C (gas mark 4).
Remove core from apples leaving whole.
With a sharp knife cut lines through apple skin at intervals.
Place in ovenproof dish.
Mix together honey, lemon rind, lemon juice and butter.
Spoon in apples.
Cover with foil or lid and bake for 30-35 minutes until apples are tender.
Serve with custard, cream or ice cream.
**Brown buns**

**Ingredients**
- 2 cups self raising flour
- 1 egg
- 1 cup milk
- ½ cup sugar
- 2 dessert spoons treacle
- 2 tsp ginger

**Method**
Melt the sugar, treacle and ginger in a pan then add to the dry ingredients. Add the egg and beat well. Add milk to pouring consistency and then pour into muffin tins and bake in a hot oven for 15 minutes.

**Chocolate sauce for fresh fruit**

**Ingredients**
- Dark chocolate
- Greek style yoghurt

**Method**
Melt three squares of dark chocolate And add to yoghurt.
Use as a dipping sauce for fresh fruit or with tinned pears
Easy fruit loaf

**Ingredients**
- 2 cups self raising flour
- 1 beaten egg
- 4 oz/100g butter
- Cup water
- Cup sugar
- Cup mixed fruit

**Method**
Combine butter, water, sugar and mixed fruit together and simmer for 15 minutes. Allow to cool, and then add 2 cups self raising flour and 1 beaten egg. Grease loaf tin and add mixture. Bake in a preheated oven (Gas mark 4) for 1 hour 180 °C

Ginger stewed apricots

**Ingredients**
- 2 apricots halved and stoned
- 1 tsp sugar
- Good pinch ground ginger
- ½ tbsp orange juice or water

**Method**
Stew apricots together with other ingredients in saucepan until soft but still retain their shape. Serve with fromage frais.
Lemon drizzle cake

**Ingredients**

- 6 oz/150g self raising flour
- 6 oz/150g caster sugar
- 4 oz/100g butter
- 2 eggs
- 4 tbsp milk
- 1 tsp baking powder
- Grated zest of 2 lemons

**Topping**

- 4 oz/100g caster sugar
- Juice of 2 lemons

**Method**

Grease a 2lb loaf tin, pre-heat oven to 180°C. Mix ingredients then pour into tin. Bake in oven for 35 minutes. Melt sugar in lemon juice, pierce top of cake and pour over topping. Leave to cool before serving.

Tip: this recipe works well with any citrus fruits e.g. lemon, lime mandarin etc.

Poached pear

**Ingredients**

- 2 pears
- 1 tsp runny honey
- ½ tsp vanilla essence
- 2 tbsp raspberries

**Method**

Peel the pears, cut in half and scoop out the core leaving the stalk in place. Place in a pan and just cover with water; add honey and vanilla essence and simmer gently for 6 minutes or until the pears are tender but not too soft. Stir in the raspberries. Place the fruit and berries in a serving dish. Boil the juice until reduced to a syrup and pour over the fruit.

Serve warm or chilled.
Quick apricot whip

**Ingredients**
- ½ large can apricot halved in juice
- ½ tbsp liqueur
- ½ cup yoghurt
- 1 tsp flaked almonds

**Method**
Drain juice from apricots and place fruit and liqueur in a small bowl. Blend until smooth. Put alternate spoonfuls of fruit, puree and yoghurt into glasses swirling together to give marbled effect. Top with flaked almonds.

Raspberry mousse

**Ingredients**
- 4 oz/100g raspberries (fresh or frozen and thawed)
- 2 oz/50g low fat fromage frais
- 1 tsp honey

**Method**
Blend together and serve.

Yorkshire pudding with syrup

**Method**
Cook frozen Yorkshire puddings according to packet instructions.
Serve hot with golden syrup and double cream or vanilla ice cream

Also great with stewed apples, cream or ice cream
Shortbread

Ingredients
- 2 cups plain flour
- 1 cup cornflour
- 1 cup icing sugar
- 8 oz/200g butter

Method
Sieve flour and cornflour. Add butter (cut into pieces) and rub together to make breadcrumbs. Add icing sugar. Grease a Swiss roll tin and fill with mixture. Press down firmly with back of spoon. Bake in preheated oven 180°C (gas mark 4) for 1 hour. Cool slightly and cut into fingers. Remove from tin when cold.

Yoghurt and honey dessert

Ingredients
- 1 small pot natural yoghurt (125 ml)
- 1 tsp runny honey
- 1 banana sliced
- 1 tbls muesli

Method
Blend the yoghurt and honey in a small bowl. Place a few slices of banana at the bottom of the bowl. Place a spoonful of yoghurt on top of the banana and sprinkle over a little muesli. Repeat to form layers ending with a scattering of muesli.
Tip: Use any fruit that you like either fresh or tinned in natural juice (double quantities for two people)