



SCRAN

A YOUNG PERSON'S GUIDE TO EASY COOKING ...



HARTLEPOOL
BOROUGH COUNCIL



North East and
North Cumbria

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A YOUNG PERSON'S GUIDE TO EASY COOKING ...



We are **YOUTH VOICE FOR HARTLEPOOL** and
we've created this fun and delicious cookbook.

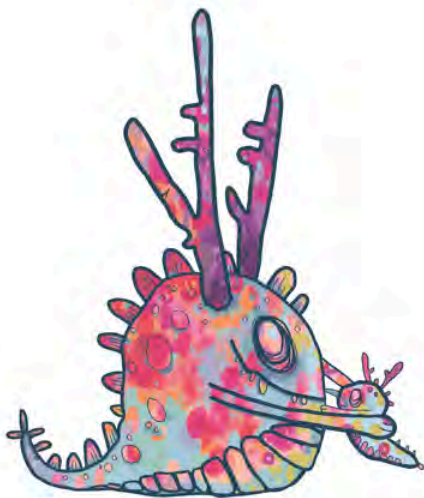
Recently, we conducted a cost-of-living survey and found that 80% of young people in Hartlepool have been directly affected by the cost of living. We decided that it would be useful for young people to be able to create quick, easy, and healthy meals.

Over the summer we tested these recipes, adding our own twists, cooking, and tasting them.

Our aim is to make cooking accessible for all young people, inspiring them to have the confidence to have a go in the kitchen!

We also know how important it is to look after your mental health. Eating well and looking after yourself can help you feel much better.

SO, LET'S GET COOKING!



WHY LEARN TO COOK?

It's fun.

Gives you a life skill.

You can learn to be self-sufficient.

Cheaper than takeaways.

Self-satisfaction.

It's a survival skill.

It's a bonding activity with family or the people in your life.

Helps you with a balanced diet.

Your parents will appreciate it.

Find a hidden talent/passion.

You could make a career of it.

So, you're not living off Maccies!

Makes you feel more confident when you can cook for yourself.

Saves ya money!

Helps your creativity.

Can be a good stress – reliever.

Impress your girlfriend/boyfriend.



REASONS TO BE HEALTHY

Better sleep

Better immune system

Stronger

More energy

More productive

More confident

Happier!

You'll have better skin

Glossier Hair



A VERSATILE TOMATO SAUCE

This sauce can be used as a pasta sauce, sauce for meatballs, pizza sauce or a topping for chicken....

You will need;

- A tin of chopped tinned tomatoes
- Half an onion
- Clove of garlic
- Mixed herbs
- Tomato puree

Chop your onion as small as you can and fry in about a tablespoon of vegetable oil.

Cook on a medium heat until the onions go soft and a bit translucent.

Finely chop up a clove of garlic and stir with the onion.

Stir and cook for another 5 minutes and then add your tin of tomatoes, a squeeze of tomato puree, a pinch or two of mixed herbs and some salt and pepper.

Keep stirring and cook for about 15 minutes until the sauce is thick.

ANY LEFTOVERS CAN BE FROZEN!





PAPRIKA WEDGES – *AIR FRYER RECIPE*

You will need;

- 3 tablespoons of paprika
- 1 tablespoon of oil
- Salt and pepper
- Mixed herbs
- Any type of potatoes – how many depends how many wedges you fancy
- Cornflour – this is optional, it can make them a bit crispier!

Peel all the potatoes.

Chop into desired shape and size.

Give them a swirl in some water and then drain.

Mix the rest of the ingredients to create a paste and mix it into the wedges with your hands.

Put the wedges in the air-fryer for about 20 minutes but take them out halfway through and give them a good shake!





EASY OMELETTE

You will need;

- EGGS!
- Bit of butter or oil
- Splash of milk if you want
- Whatever you fancy putting in it

Put a bit of butter or oil in the pan.

Pour the eggs (mix in a splash of milk is using) into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.

Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.

At this point you can fill the omelette with whatever you like....

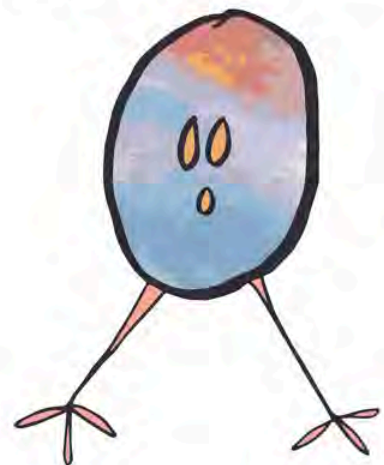
OUR FAVOURITE FILLINGS.....

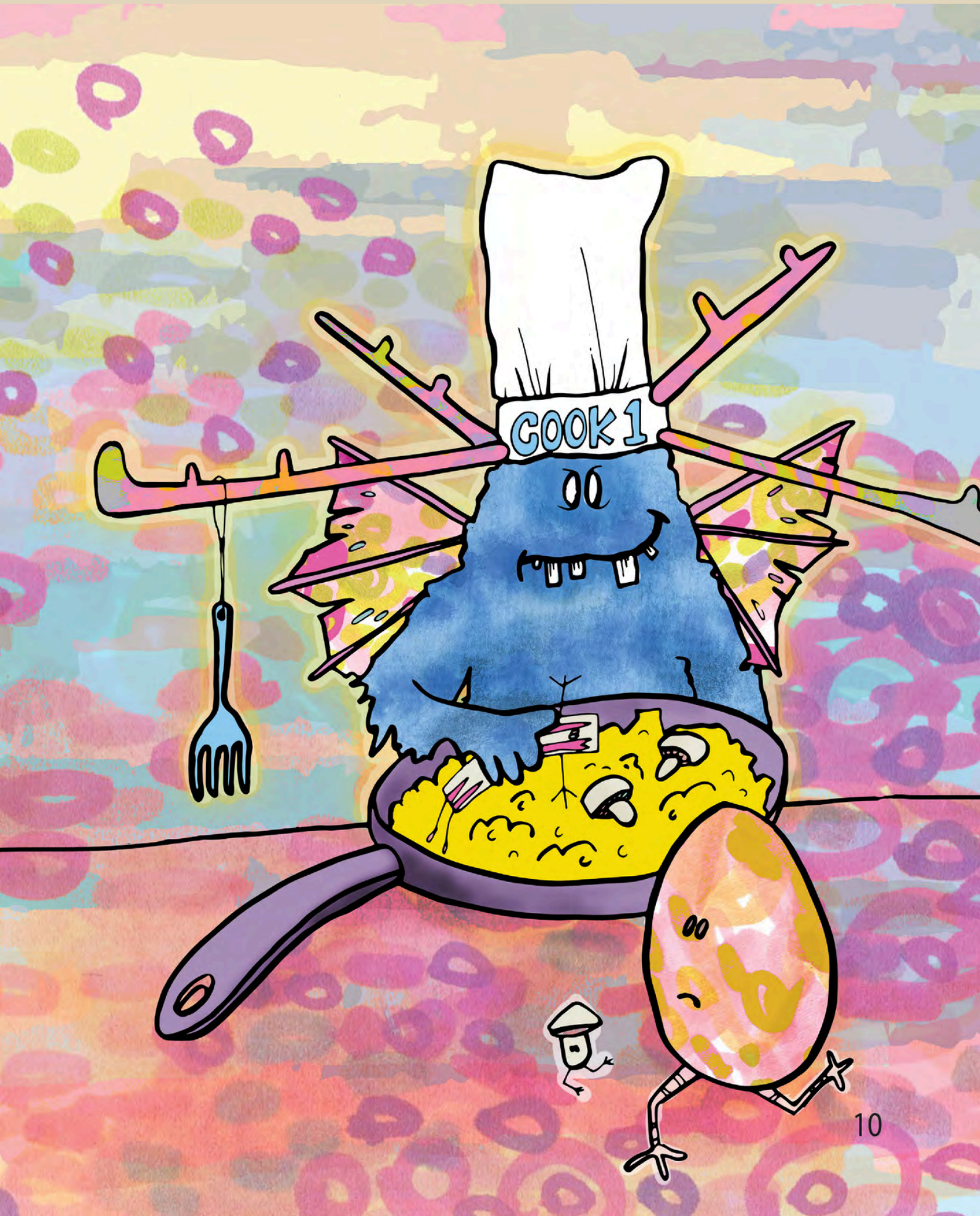
Mushrooms and cheese!

If you do it right, cheese and tomato.

Bacon and mushrooms and maybe some peppers if there's some in the fridge.

Quorn chicken and sweetcorn...bit of parsley





SUBWAY STYLE MEATBALLS

You will need;

- 500g minced beef
- 3 slices of white bread – if it's a bit stale, even better
- 1 egg
- Mixed herbs
- Salt and pepper
- 1 tablespoon of oil

Make a batch of tomato sauce (see page 5).

Put three slices of white bread in the food processor and whizz up to make you breadcrumbs.

Then put the beef, breadcrumbs, egg, herbs and salt and pepper in a bowl and mix until they are well combined.

Form into small golf balls – around about 12.

Add oil to the pan and when it's hot, add the meatballs.

Cook until the meatballs have browned, and they are cooked through.

Add in your tomato sauce and cook for a further 15 minutes.

Serve the meatballs on a ciabatta or baguette, top with grated cheese and add any other toppings you like. You can also serve with spaghetti

Boil some spaghetti in boiling water for about 10 minutes.

You can freeze any you don't use.

FULLY DEFROST BEFORE RE-HEATING

THOUGH!





HEALTHY PARMO!

You will need;

- Chicken Breasts (one for each person you are cooking for)
- 1 Egg (whisked up)
- Breadcrumbs (you can use a crust of bread in a food processor)
- The tomato sauce on page 5
- Mozzarella Cheese
- Mixed Herbs

First if all, make your tomato sauce (see page 5).

Slice open your chicken breast. Wrap some cling film round it and bash with a rolling pin to gently flatten it out a bit.

Whisk the egg and put in a bowl, put breadcrumbs on a plate.

Dip the chicken in the egg mix and then dip into breadcrumbs.

Fry your chicken in a pan with a couple of tablespoons of oil. You will want to make sure it's golden on both sides.

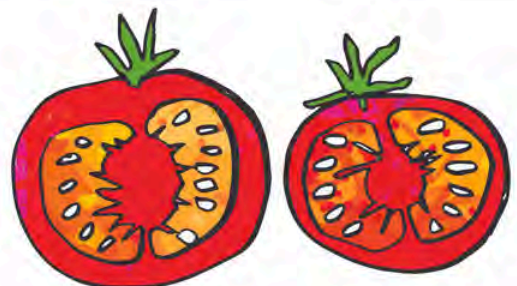
When it's cooked, pour some of your tomato sauce on the chicken.

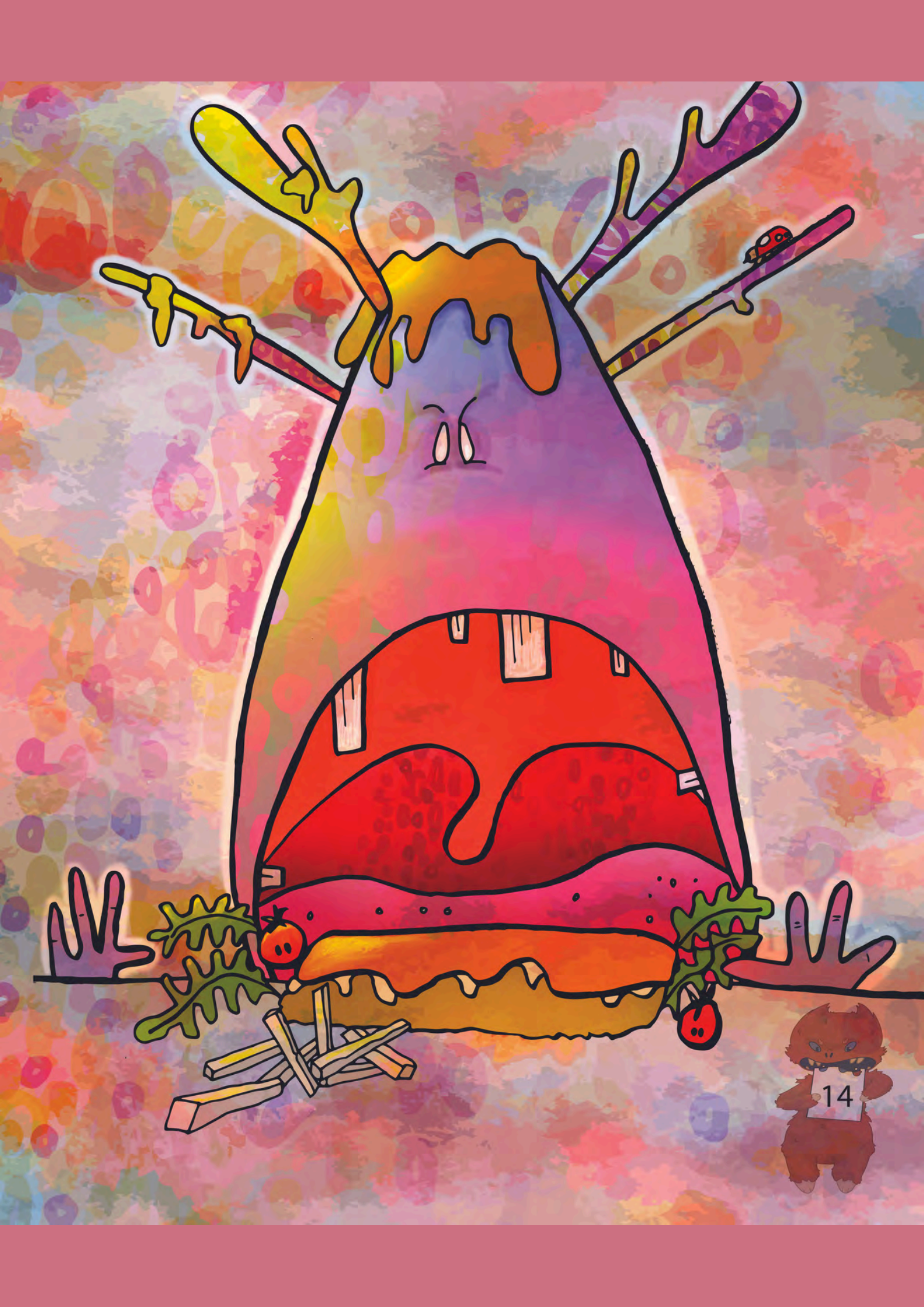
Add some cheese- we used mozzarella, but you can add any cheese you have. It might be best to grate it.

Put it in the oven for 20 minutes and it's done.

Serve with wedges or salad.

**FREEZE ANY LEFT-OVER SAUCE AND USE
IN ANOTHER RECIPE.**





SATAY STIR FRY

You will need;

- Chicken breast or pack of frozen Quorn pieces
- 1 Garlic clove
- Ginger
- 1 medium carrot cut into sticks.
- Slices of red pepper
- Dried noodles – egg or rice noodles or a pack of instant noodles
- Peanut Butter 2 tablespoons
- Chicken stock cube
- Any other veg you fancy- sweetcorn, broccoli, cabbage etc.

Heat some oil (whatever type you have) in a pan and add your chicken or Quorn and cook until golden or cooked through.

Cook your noodles according to the packet instructions and set aside (keep half a mug of noodle water)

Cut some carrot into sticks and slice the red pepper.

Grate the ginger and finely chop the garlic (or use garlic puree and ginger puree) and stir in with the chicken/Quorn for 2 minutes.

Add the carrot and pepper and cook until the veggies have softened.

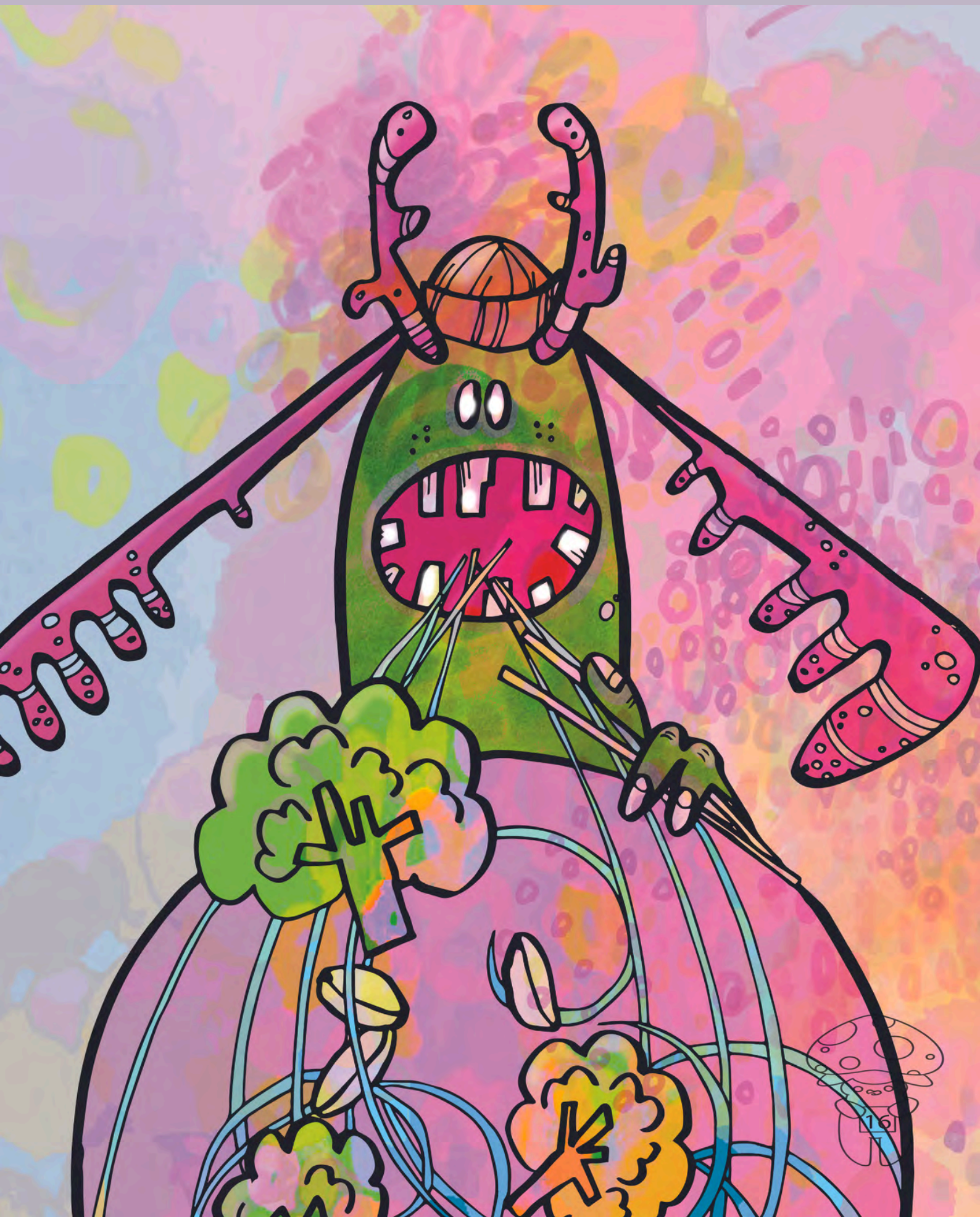
In a small bowl add; 2 tablespoons of peanut butter, ½ chicken stock cube, 1 tablespoon of soy sauce and 4 tablespoons of water and make into a paste.

Add this to the pan along with your noodles and noodle water.

Give it all a good stir so it's coated in the sauce.

ENJOY!





SUE'S DIRTY CAJUN RICE

You will need;

- 200g of brown rice
- A chicken stock cube
- 500g minced beef
- A green pepper and a red pepper- chopped into small pieces
- 1 red onion- chopped small
- 1 carrot- chopped up really small
- Some mushrooms- slice them up
- 4 rashers of bacon- chopped up
- 1 beef stock cube
- 200ml of boiling water
- 2 teaspoons of Cajun spice or a mix of black pepper, cayenne pepper, garlic powder, cumin and paprika
- Bit of Worcester sauce if you have it

Cook the mince in a hot pan until it turns brown, add, and fry the chopped bacon and chopped onion.

Add the Cajun spice and Worcester sauce and stir for a few minutes.

Then add the carrots, peppers, and mushrooms. Keep cooking and stirring until the veg is soft.

Add the beef stock cube to the boiling water and add to the rest of the ingredients. Simmer on a medium heat until everything is cooked through, and the vegetables are soft.

Cook the brown rice as the packet instructions tell you to.

Once the rice is ready, drain the water away and add the rice to the pan. Stir to combine everything.

SERVE WITH SOME SLICED SPRING

ONIONS ON TOP IF YOU LIKE!





CHEESY BEAN BURRITOS

You will need;

- Rice
- Onion
- Clove of garlic
- Vegetable oil
- Tomato puree
- 1 tin of mixed beans OR a mixture of kidney beans, chickpeas, black eyed beans, and any other kind of bean to hand...
- Fajita spice – any brand
- Tortillas
- Grated cheese

Weigh out your rice, 3 ounces – wash it and add $\frac{1}{4}$ pint of water. Bring to the boil and then cook on low for 10 mins - make sure you have a lid on your pan (you can use micro rice if you like). Peel and chop your onion into very small pieces.

Turn on the hob and put a little oil in the pan, let it heat for a minute then add your onions. You need to cook your onion quite slowly and for about 10 minutes until it's soft.

Chop a garlic clove up and add it to the pan with a good squeeze of tomato puree then cook for 5 minutes until combined and thickened. Drain the liquid from the beans then add these along with the fajita spice mix. You can use the full packet of half or just a few tablespoons – depends on your taste.

Cook these together for a few minutes until thick and then add your cooked rice.

Lay a piece of foil on a flat surface and put a tortilla on top. Put a few spoonsful of bean mixture into the tortilla and add as much cheese as you like making sure you can still fold the wrap.

Fold the top and bottom of the wrap up and over the filling, then fold in the sides- roll it is tightly so nothing escapes. Wrap the full thing in foil and make however many you want.

Pop the wraps in the oven for about ten minutes.

DONE!

- You can add vegetables that you like to these- maybe sweetcorn or peppers
- You can freeze or refrigerate extra mix
- It stood for boxed meals or packed lunches
- You can make it in bulk, store it in the freezer and re-heat





ETON MESS

You will need;

- Meringue nests
- Frozen fruit- we used strawberries and blueberries
- You can use strawberries if you have any
- Whipping cream

This is so easy! You can pretty much do it however you want.

Use an electric mix to whip the cream.

If you don't have one- here's a tip. Put your cream in a Tupperware tub with a TIGHT LID and shake it to whip your cream.

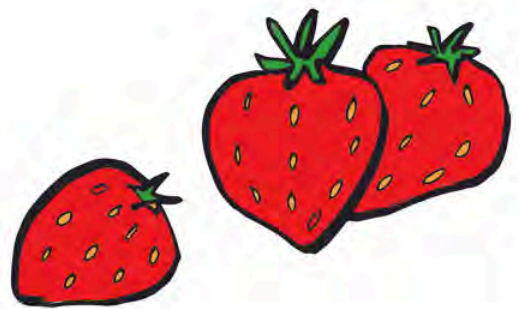
Chop your strawberries.

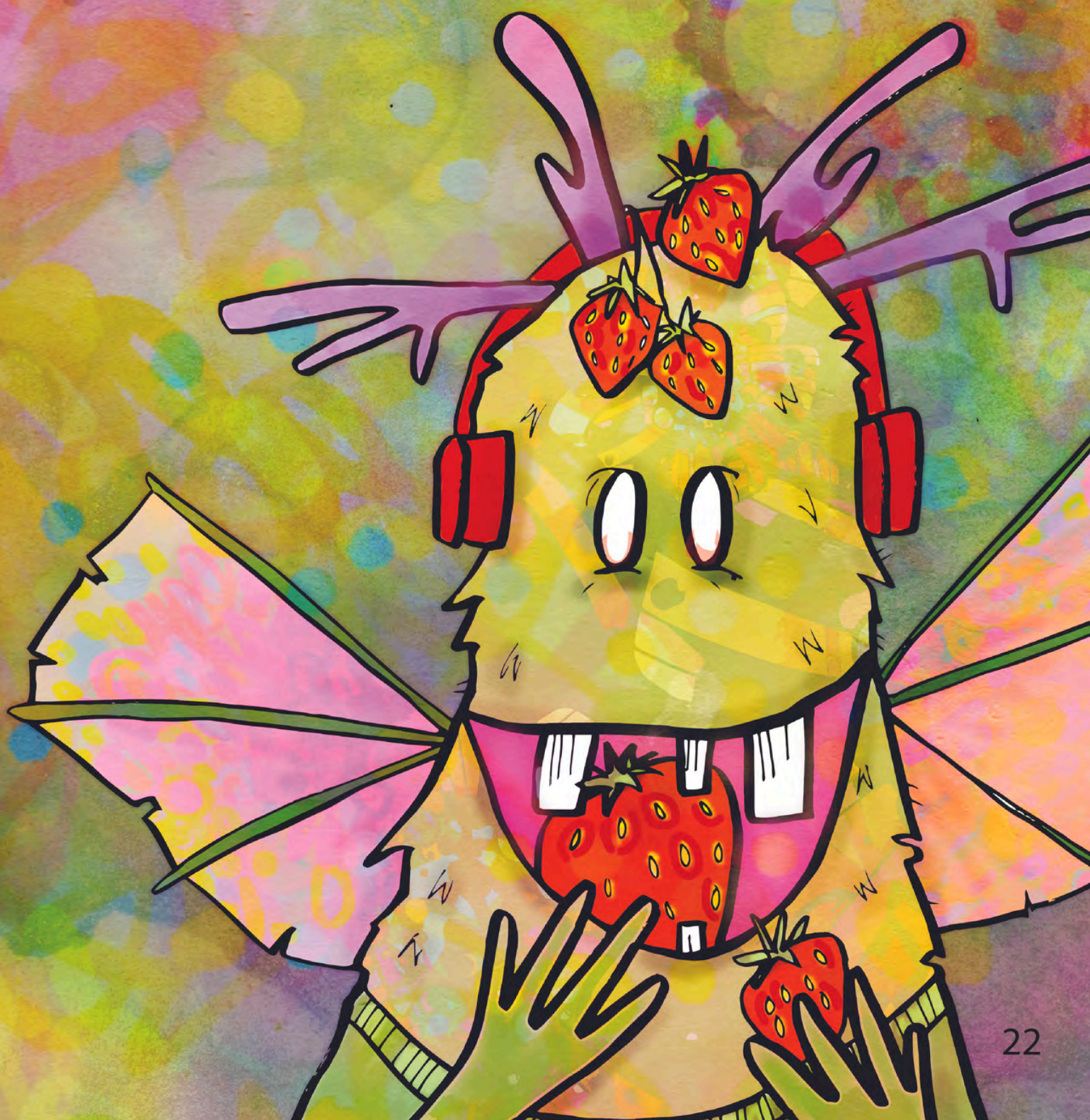
Drain your defrosted fruit.

Smash your meringues.

Mix together.

SCRAN IT!





GOLDEN FLAPJACKS

You will need;

- 250g Jumbo Porridge Oats
- 125g Butter
- 125g Light Brown Sugar
- 2-3 tablespoons of Golden Syrup (or a bit more- depends how gooey you want them!)
- 20 x 20 baking tin

Put your oven on at 200 or gas mark 6.

Put the oats, butter, sugar and syrup in a food processor and mix.

You can do this by hand with a wooden spoon- just make sure everything is well mixed!

Evenly, put some butter on the baking tin so the flapjacks don't stick and pour the mixture into the tin.

Push the mixture into the tin and into hr. corners with the back of the spoon.

Bake in the oven for about 15 minutes until the flapjacks until golden brown.

**OK SO THESE ARE HIGH IN SUGAR- SO
YOU SHOULD ONLY HAVE THEM AS A
TREAT!!**





PEANUT COOKIES

You will need;

- 200g peanut butter
- 175g golden caster sugar
- 1 large egg

Put the oven on and heat up to 180 degrees.

Put peanut butter and sugar into a bowl.

Mix with a wooden spoon.

Add the egg and mix until the mixture is a firm dough.

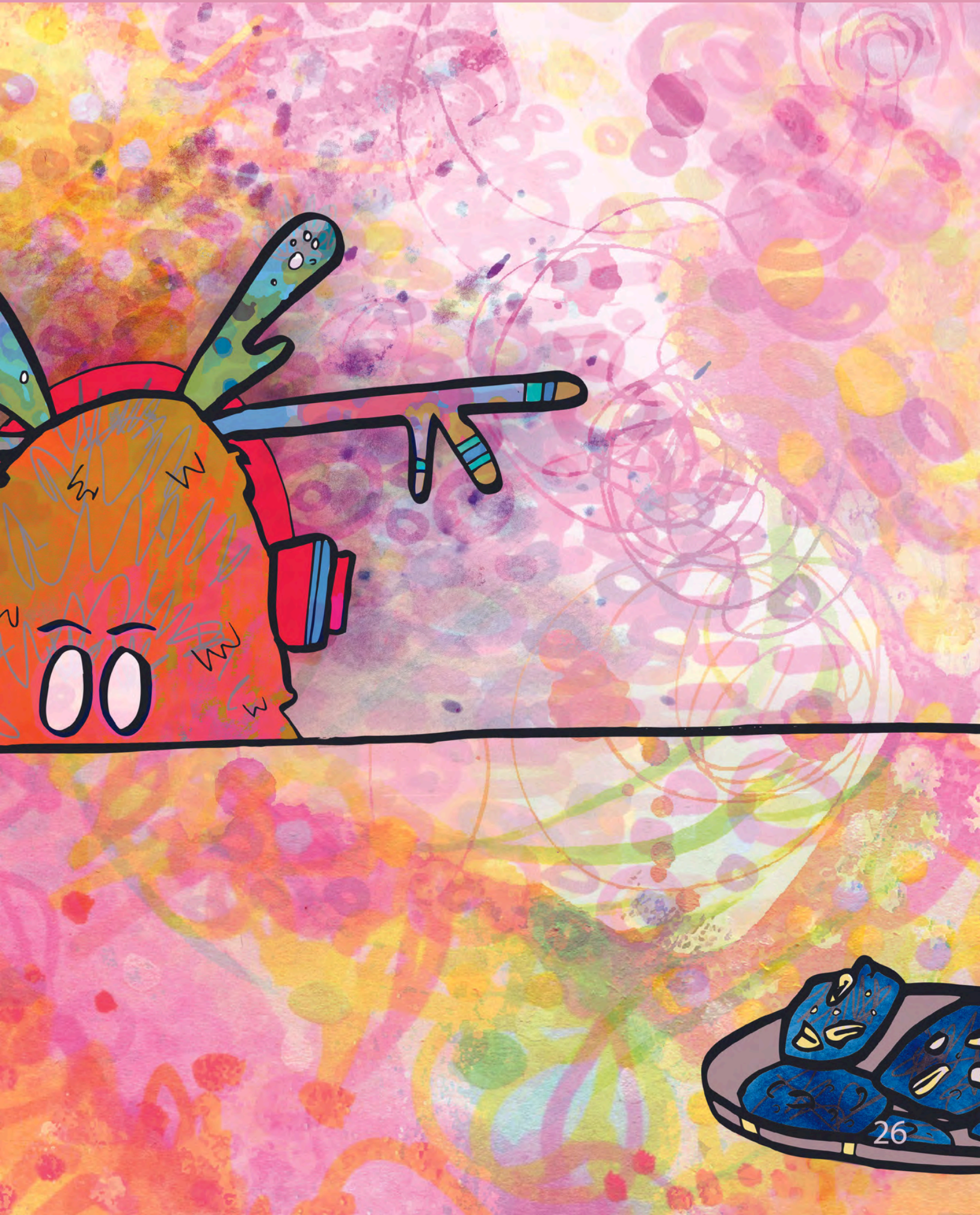
Break off some cherry tomatoes sized dough balls and place them well apart from each other on a baking tray.

Squash them down a bit with a fork.

Bake for 12 minutes until they are golden round the edges.



**DON'T EAT THESE TOO OFTEN – THEY'RE
PRETTY HIGH IN SUGAR!**



OUR GO-TO SALADS

We had to have salads in here because that's what young people told us they think of when they think of healthy food... here's our favourites;

Shaun's: Lettuce, all the colours of peppers, gherkins, radish, cucumber, and carrot

Emily's: Tuna, cucumber, sweetcorn, tomato, and mayo

Georgia's: Lettuce cucumber carrot, chicken, or ham if I want it to be filling. Throw some croutons in there if you're feeling fancy. Love a crouton!

Dylan's: Fruit salad of tinned peaches, tinned pineapple, melon, and grapes

Layla's: Tin of Pinto beans (or sub for kidney beans or chickpeas), cucumber, shredded carrot, sweetcorn, ice berg lettuce, that red; lettuce, red onion, garlic croutons, tomato and then sling a bit of salad dressing on it

Amy's: Cucumber, lettuce, Quorn chicken, tomatoes (but they must be sliced!) and then add some cheese!

HAVE A GO AT MAKING YOUR OWN!





PASTA & POTATOES...

Why are pasta and potatoes a good, healthy, and easy meal?

Pasta is simple to make and doesn't take much skill. Put your pasta in a pan of boiling water, allow it to simmer away for about 10 minutes until it's soft. It's filling, cheap, and quick and you can eat it with loads of different sauces and toppings...

Boil the pasta, fry bacon and mushrooms. Beat the eggs in a jug then add pecorino, the eggs and cooked pasta into a pan on a really low heat until it's all cheesy. Plate up with more cheese.

Mac and cheese, slap it in a pan or whack it in a tray in the oven and bake it. I like to add cayenne or paprika to make it spicy.

Tomato pasta with cheese on top is my favourite.

Cheesy pasta with frozen peas – mix cooked pasta with cream cheese or crème fraiche, grate in some cheese and add peas until cooked.

Cold pasta with Mayo and cucumber.

Tuna and cheese pasta but mixed together when it's hot so the cheese melts.

Potatoes are also great to make as they are also healthy, filling, and cheap and can be made super-fast. Microwave them for 10 minutes and crisp up in the oven for a few minutes. You can add loads of different toppings...

A little bit of mustard powder mixed with the jacket potato, mix some cheese in as well put it back in the potato skin and add beans on the top.

Coleslaw and cheese

Left over bolognese, chilli or curry

Tuna on a baked sweet potato

Spring onion, bacon, cheese, and sour cream

Bean, cheese and tuna

WHAT IS YOUR FAVOURITE?!





SWAPS AND SWITCHES

You can treat yourself to fizzy drinks, chocolate, and other treats as part of a healthy diet, but you might want to try swapping some of these for a healthier option from time to time.

Swap your can of Monster for flavoured sparkling water

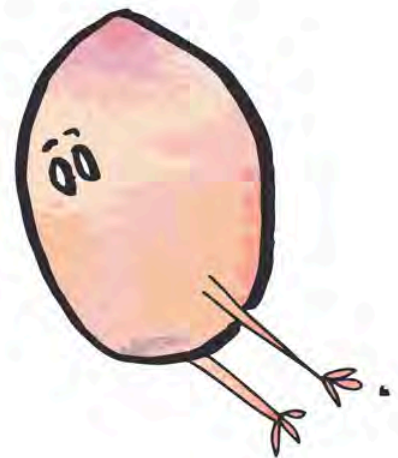
Drink water with fruit in it instead of fizzy drinks

Swap a bag of crisps for; popcorn, cheese and crackers, breadsticks and cream cheese, carrots and hummus

Switch biscuits for Apple and peanut butter, crumpets, honey bagel with honey or banana

Switch cakes for banana bread, malt loaf, scotch pancakes

WHAT DO YOU THINK?!





This booklet was created by Georgia, Amy, Layla, Erin, Emily, Amy F, Dylan and Shaun of Youth Voice Hartlepool. Supported by Hartlepool Youth Service

Illustrated by *Mandascot* and Layla
www.mandascot.com

Funded by NHS North East and Cumbria as part of the "Telling the iThrive story" project

Youth Voice Hartlepool meet at Rossmere Youth Centre on Mondays 4.30 – 6.00. Open to all young people aged 13-19. If you would like to be involved, contact;

rachael.garlick@hartlepool.gov.uk



Everybody feels a bit of a MoNster.....

Sometimes



If you're **13-19**, find out what services
and activities are available for you



