

# STOKE READS



National  
Literacy  
Trust

# Stoke Family Cookbook





# Foreword

“Stoke-on-Trent is famous for lots of iconic dishes and as a city we’re passionate about our food. It’s great to see that some classic Stoke recipes, like everyone’s favourite oatcakes and a traditional Staffordshire lobby, have made their way into the cookbook - as well as food from lots of different cultures. Food and cooking is a brilliant way of celebrating the rich and varied heritage of our city, as well as bringing families across Stoke-on-Trent together at the dinner table. I hope everyone will take time to talk about and try out some of the great dishes in this cookbook.”

**- Councillor Lilian Dodd, Lord Mayor of Stoke-on-Trent**

“Wherever we’re from and whatever we’re interested in, one thing we can all agree on is that sitting down for a good meal with loved ones is one of life’s great pleasures. And the good news is that it has literacy benefits too! Our research shows that children who sit down to eat dinner and talk with their family are more confident at talking than those who don’t.

“Reading recipes, writing shopping lists, and following the steps to create a meal are all simple and fun ways to improve the skills that children need to succeed and be happy – and you get to enjoy a delicious meal at the end! There are so many great recipes in this cookbook from lots of different community groups across Stoke-on-Trent and I can’t wait to test some out at home!”

**- Jonathan Douglas, Director of the National Literacy Trust**

# Starters

**Name: Patricija Švenčionytė**

**School: Burnwood Community Primary School**

## Shashlik



### Ingredients:

- 4 onions
- 100g oil
- 200g mayonnaise
- 2kg pork shoulder
- A blend of spices of your choice – suggested spices include ground cumin, black pepper, ground cinnamon, ground coriander, cayenne pepper, etc.

### Recipe serves:

Makes 16 skewers

### Method:

1. Using a knife, carefully cut your pork shoulder into even cubes.
2. Peel your onions and cut them into even pieces.
3. When you have weighed your ingredients, put them into a bowl (pork, onions, oil and mayonnaise) and use your hands to bring it all together.
4. Add spices to taste.
5. Cover and marinate overnight.
6. Put the pork shoulder onto a skewer, and then place on a grill or barbecue and leave to cook. While it is cooking, make sure you turn it so it cooks evenly.
7. Once cooked, serve with salads and rice.

**My family likes this recipe because: "Every time we go to Lithuania we always eat it, because it is our tradition but mostly it's delicious. This recipe was created by my father."**

**Name: Adea Sollaku**  
**School: Glebe Academy**

## Butternut squash soup

### Ingredients:

- Low calorie cooking spray
- 1 onion, peeled and diced
- 1 medium butternut squash, peeled, deseeded and cut into wedges
- 1 small potato or sweet potato, peeled and quartered
- 2 garlic cloves, peeled and crushed
- Salt and freshly ground black pepper
- 900ml vegetable stock
- A few sprigs of thyme to serve

**Recipe serves:** 4

### Method:

1. Spray a large pan with cooking spray and place over a low heat.
2. Add the onion and cook for 1-2 minutes.
3. Add the butternut squash and potato and cook for 2 minutes, turning up to a medium heat.
4. Add the garlic and season to taste.
5. Pour over the stock and simmer for 25 minutes.
6. Using a hand blender or food processor, blend until smooth.
7. Serve sprinkled with thyme sprigs.



**My family likes this recipe because: "It's very filling, keeps you warm on a cold day and most of all, it's healthy."**

**Name: Inas Hashim Alfatlawy**

## **Kubba Halep**



### **Ingredients:**

For the shell:

- 2 cups rice
- 2 cups boiling water
- 1 potato, diced
- 1 teaspoon salt
- 1 teaspoon turmeric powder

For the meat filling:

- 500g beef mince
- 1 onion, diced
- Half a cup of parsley
- 4 tbsp olive oil
- 1 tsp salt
- Half a tsp black pepper

**Recipe serves: 5**

### **Method:**

1. Soak the rice in water for 30 minutes, then drain and rinse well.
2. Put the rice into a pan and add the salt, turmeric and the boiling water. Stir well.
3. Cover and cook on a low heat for 30 minutes, then stir once before turning off the heat.
4. In a frying pan, heat half the oil over a high heat. Add the diced onion and fry until soft, before adding the mince and browning.
5. Add the salt, black pepper and parsley to the cooked beef mixture and mix well. Set aside to cool completely.
6. Add the rice to a blender, and blend until smooth.
7. Make a small ball out of the rice dough, then make a dent in the middle and make into a patty.
8. Take a spoonful of the meat mixture and put into the middle of the patty, before sealing up and moulding into an oval shape.
9. Heat the other half of the oil on a high heat. Fry the kubba until they're crispy, before placing on a paper towel to remove excess oil.

**My family likes this recipe because: "It is special to us."**

**Name: James Perry**  
**School: Trentham Academy**

## D' oat cuisine!

### Ingredients:

- 6 North Staffordshire oatcakes
- 400g brie cheese
- 200g chopped mushrooms
- 4 slices of smoked bacon
- 1 clove crushed garlic
- 50g butter

**Recipe serves:** 6

### Method:

1. Cook the bacon in a large frying pan and then remove from the pan and set aside.
2. Melt the butter in the same pan and add the garlic and cook for 2-3 minutes.
3. Add the mushrooms and cook for 3-4 minutes and then remove from the pan and set aside.
4. On a medium heat, put two oatcakes in the pan and top with two slices of brie so that they start to melt. Place slices of bacon and some of the mushroom mixture on top.
5. When the oatcake is slightly crisp, roll it up, slice in half and place in the oven at 100°C to keep warm.
6. Repeat steps 4 and 5 for the remaining oatcakes.
7. Serve with a salad garnish.



**My family likes this recipe because: "It takes a North Staffordshire classic and adds a Mediterranean twist."**

**Name: Aniya Francis**  
**School: Glebe Academy**



## Healthy egg muffins

### Ingredients:

- Half an onion
- 8-12 small mushrooms
- 1 pepper
- 8 eggs
- 4 slices of bacon
- Low fat cooking oil spray
- A pinch of salt and pepper

**Recipe serves:** makes 12 muffins

### Method:

1. Preheat the oven to 200°C.
2. Chop onions, mushrooms, peppers and bacon into small pieces.
3. Spray frying pan with low fat cooking oil spray.
4. Fry the chopped ingredients until cooked.
5. Spray a Yorkshire pudding or muffin tray with low fat cooking oil and spread the cooked ingredients evenly between the 12 holes in the tray.
6. Whisk up the eggs and add a pinch of salt and pepper.
7. Pour the eggs over the other ingredients until they are covered.
8. Cook in the oven for 15 minutes until the muffins rise.

**My family likes this recipe because: "It's quick and easy to make, and we have lots of fun watching them rise in the oven. They also taste great with baked beans!"**

**Name: Lewis Dawson**  
**School: Trentham Academy**

## Cheese straws

### Ingredients:

- 85g grated cheese, like cheddar
- 50g plain flour
- 50g butter
- 1 egg
- 1 tsp baking powder
- A pinch of cayenne pepper

**Recipe serves:** 4

### Method:

1. Preheat the oven to gas mark 7 or 220°C.
2. Sift the flour, baking powder and cayenne pepper into a mixing bowl.
3. Cut the butter into small pieces and rub into the flour mixture. Tip in the grated cheese.
4. Separate the egg into the yolk and white. Put aside the white.
5. Add the egg yolk to the mixture and stir until you get a stiff dough.
6. Sprinkle a pinch of flour onto a clean table top.
7. Take half the dough and shape it into an oblong about 9 inches long and 3 inches wide. Repeat with the other half.
8. With a sharp knife, cut the dough into straw shapes and place on an ungreased baking tray.
9. Bake in the top half of the oven for 8-12 minutes until they are golden brown. Allow them to cool on a baking tray.



**My family likes this recipe because: "It's a nice treat to have and they're fun and easy to make and brings the family together."**

**Name: Kai Wetton**  
**School: Trentham Academy**

## Vegetarian falafel cakes



### Ingredients:

- 400g of chickpeas
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 tsp cumin seeds
- 1 tsp mild chilli powder
- 2 tbsp chopped mint
- 3 tbsp chopped coriander

**Recipe makes:** approx. 20 falafels

### Method:

1. Using a food processor, blend the chickpeas with the onion, garlic, spices, herbs, breadcrumbs and a little salt and pepper, to make a chunky paste.
2. Take dessert spoonfuls of the mixture and flatten into cakes. Heat a 1cm depth of oil in a frying pan and fry half the falafel for about 3 minutes, turning once until they are crisp and golden.
3. Drain on kitchen paper and keep warm while cooking the remainder in the same way.

**My family likes this recipe because:**  
**"It's simple and tastes nice!"**

# Pizza dough bites

Name: Evie Pearce

School: Trentham Academy

## Ingredients:

For the dough:

- 125g strong white flour
- 125g plain flour
- 1 (7g) sachet of yeast
- A pinch of salt
- A drizzle of olive oil
- Hot water

For the filling:

- Oil spray
- Garlic purée
- Passata (or tomato purée)
- Cheese (I would recommend red Leicester and mozzarella)
- Any other filling you want (e.g. pepperoni, ham, etc.)

**Recipe serves:** Approx. 12

## Method:

1. Preheat the oven to 200°C.
2. Firstly, you need to make the dough. I would recommend putting the kettle on now so that the water is nice and hot for later. Add the flour, yeast, salt and oil to a mixing bowl and then collect your water. If the boiled water has cooled down enough that you can use your hands with the mixture, start adding the water. However, if here are little fingers, it is best to mix a bit of cold water from the tap, or you can mix with a spoon instead.
3. Add the water to the mixture and mix it in until it is not dry, yet does not stick to your hands. If there is too much water with the mix, balance it out with flour.
4. Now you should knead the dough for approximately 10 minutes. It should become smooth and elastic.
5. Leave the dough to prove for between 1-3 hours. When I make this with my family, we tend to chill and watch TV at this time.
6. Ping! The dough is ready! Use a tray with holes the size of canapes, or alternatively you can use a regular baking tray. Make the dough into dough balls and then create a well in the middle that's big enough for everything going in.
7. Fill the well with a squirt of passata and the garlic. Then, add the cheese and any other fillings that you want. You might need to chop some of the fillings so they fit in.
8. You should be able to make about 12 of these bites. If you have any spare dough, how about making some dough balls and serving with some garlic butter?
9. Allow the pizza dough bites to cook in the oven for about 10 minutes at 200°C. The cheese should be bubbling and the dough itself should be golden brown.
10. When you take the bites out, let them cool for a few minutes because I've found out the hard way that the inside can be molten hot. Don't let them go cold though!
11. Serve, and try to get your fair share before they all go!



**My family likes this recipe because: "It's our mega comfort food, which we usually eat as an appetiser before our proper pizzas. We find that these are usually the best curled up on the sofa on a Saturday evening in front of the telly. It's also an easy recipe to whip up when you've got the hang of it."**

**Name: Isabel Edwards**  
**School: Trentham Academy**

## Salty summer potatoes

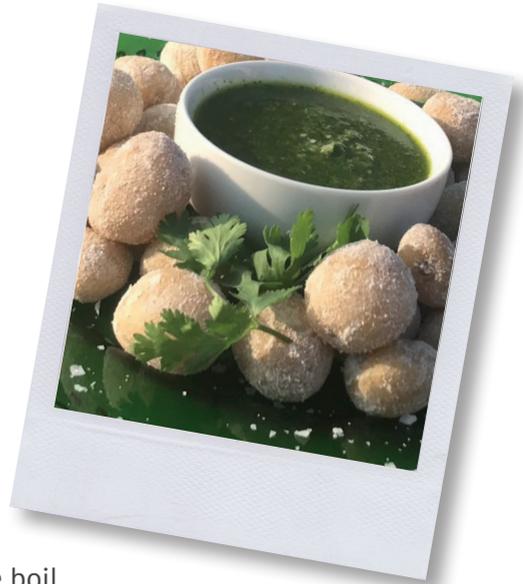
### Ingredients:

- 500g new potatoes
- 340g finely ground salt
- 3-4 cloves of garlic
- ¼ tsp ground cumin
- ¾ tsp rock salt
- 250ml virgin olive oil
- 1 large bunch of coriander

**Recipe serves:** 4

### Method:

- Place the potatoes and salt in a large pan of water and bring to the boil.
- Simmer for 20-30 minutes until tender.
- Drain, put the potatoes back in the pan and shake until a light crust forms.
- To make the sauce, peel the garlic cloves and trim the stems off the coriander.
- Place the garlic, coriander, cumin and rock salt in a food processor or blender to create a paste. While blending, drizzle in olive oil gradually.
- Pour the sauce into a jar and dip your potatoes in.



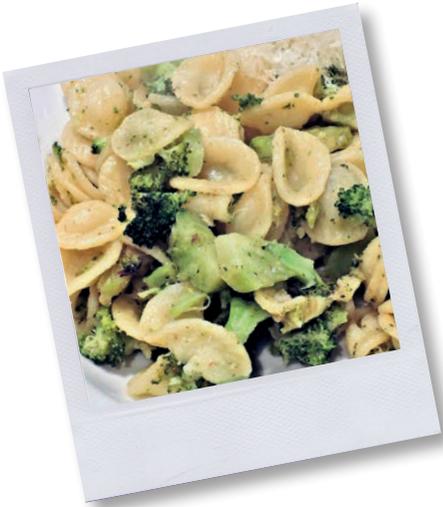
**My family likes this recipe because: "It's perfect for summer barbeques and everyone is able to dip into it!"**

# Mains

**Name: Paul Salvatore**

**Job: Senior Community Coach at Stoke City FC**

## Orecchiette with broccoli, garlic and chilli



### Ingredients:

- 6 tbsp olive oil
- 1 garlic clove peeled and finely chopped
- 1 small red chilli deseeded and finely chopped
- 6 small cherry tomatoes quartered
- 2 tbsp finely chopped fresh parsley
- 500g orecchiette
- 200g broccoli florets to taste
- Salt and black pepper
- 40g freshly grated pecorino cheese to garnish (optional)

**Recipe serves: 4**

### Method:

1. Heat the olive oil in a pan over a medium heat. Add the garlic, chilli and tomatoes and fry for 2–3 minutes until the tomatoes are softened. Stir in the parsley.
2. Meanwhile, cook the pasta in a large pan of boiling salted water until 1 minute away from being al dente. At that point, add the broccoli florets and cook for 1 minute.
3. Drain the mixture and add it to the sauce. Mix well and season to taste.
4. Pile the pasta into serving bowls or deep plates, and grate some Pecorino over it, if desired.

**My family likes this recipe because: "I grew up eating orecchiette, the typical pasta shape of Puglia. The name translates as 'little ears', which is exactly what the shape resembles. Italian grandmothers traditionally make the pasta by hand, shaping it while having a good old chat. The hollow in the little ears perfectly entraps whatever sauce they are served with."**

**Name: Hooria Waheed**  
**School: Glebe Academy**

## **Creamy chicken curry**

### **Ingredients:**

- 2 onions
- 4 cloves of garlic
- 1 medium sized chicken breast, cubed
- 3 tsp cooking oil
- 1 tsp salt
- 1 tsp dried coriander
- 1 tsp cumin
- 2 green chillies
- 1 tsp dried chilli flakes
- 100ml double cream
- 2 tsp coriander

**Recipe serves:** 4

### **Method:**

1. Chop onions finely and put in the oil to simmer.
2. Cut garlic cloves finely and add to the onions.
3. Once the onions are golden brown, add the chicken and cook on a low heat for 10 minutes.
4. Add all the spices and stir regularly until the chicken is cooked through.
5. Once the chicken is cooked, add the double cream and stir.
6. Serve on a plate and garnish with coriander.

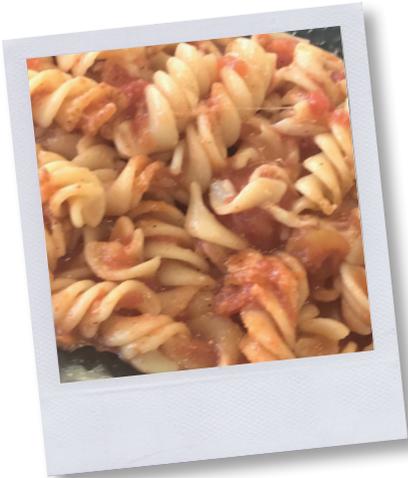
**My family likes this recipe because: "For our evening meal, we tend to eat traditional curries with chapattis. This recipe provides a little bit of a twist to the traditional chicken curry and as a family we love cooking it together."**



**Name: Megan Potts**

**School: Excel Academy**

## **Tomato and mozzarella pasta bake**



### **Ingredients:**

- 250g mozzarella – sliced
- 50g parmesan – grated
- 2 x 400g can of chopped tomatoes
- 400g pasta
- 2 table spoons of olive oil
- 2 garlic cloves – chopped
- Basil leaves
- Chilli powder

**Recipe serves:** 4 people

### **Method:**

1. Heat oven to 220°C/180°C fan/gas mark 6.
2. Heat the oil in a large pan, add the garlic and fry for 1 minute.
3. Add tomatoes, chilli powder and seasoning, bring to boil then simmer for 10 minutes.
4. In another pan boil the pasta for 10 minutes and drain.
5. Mix the pasta with the tomatoes and add the basil.
6. Spoon half the mixture into an oven proof dish, arrange half the mozzarella and half the parmesan.
7. Cover with the rest of the mixture and cover with the remaining cheese.
8. Cook in the oven for 20 minutes until lightly brown on top.

**My family likes this recipe because:  
"They all like pasta and like all the things in my  
pasta bake and like trying new things."**

**Name: Maddie Bayley**  
**School: Trentham Academy**

## Mum's cosy day lobby

### Ingredients:

- 500g stewing or braising steak, cut into chunks with the fat removed
- 1 onion, diced
- 4 large potatoes, diced
- 1 swede, diced
- 4 celery sticks, chopped
- 4 carrots, chopped
- 2 beef stock cubes
- 1 handful pearl barley

**Recipe serves:** 4

### Method:

1. Put all of your ingredients into a slow cooker, cover with boiling water and stir to combine.
2. Leave to cook on a low heat for 5 hours (perfect for working parents!)
3. Season to taste.
4. Serve into large bowls with chunky bread for dipping.



**My family likes this recipe because: "it's our comfort food. We love this meal on rainy days, and after long days at work or school."**

**Name: Izaak Smith**  
**School: Trentham Academy**

## Stroganoff



### Ingredients:

- 2 onions (finely sliced)
- 6 slices of thin cut steak
- Handful of mushrooms (sliced)
- 1 beef stock cube
- 300ml single cream
- 4 teaspoon English mustard
- 200ml of cold water

**Recipe serves:** 4 people

### Method:

1. Fry sliced onions and steak until browned off.
2. Crumble stock cube in cold water and pour over steak and onions, cook for 10 minutes on medium heat.
3. Add English mustard and mushrooms and cook for a further 5 minutes.
4. Add single cream, stir well and simmer over a low heat for another 30 mins, stirring regularly.
5. Serve with boiled rice and garlic bread.

**My family likes this recipe because:**  
**"It is a hearty dish full of delicious flavours. I also associate this with family because we all gather round to eat this amazing dish after a hard day."**

**Name: Ellie Bloomer**  
**School: Trentham Academy**

## Saturday night family fajitas

### Ingredients:

- 6 peppers (red, green and orange)
- 3 onions
- 4 chicken breasts
- 1 pack of white tortilla wraps
- Fajita seasoning
- Soy sauce
- Salsa dip
- Sour cream dip

**Recipe serves:** 4

### Method:

1. Fry the peppers and onions in a large frying pan, and the chicken in a separate frying pan.
2. Sprinkle the fajita season over the chicken and the peppers and onions.
3. Once cooked, mix together all the ingredients and add a dash of soy sauce.
4. To make the fajitas, take one wrap and spread on some salsa and sour cream dips. Then, spoon in some of the chicken mixture and you're done!



**My family likes this recipe because: "The whole family looks forward to Saturday night and having fajitas!"**

**Name: Lauren Whitby**  
**School: Excel Academy**

## Roast rack of lamb with honey glazed carrots

### Ingredients:

For the lamb:

- 1 600g rack of lamb, French trimmed
- 1 tbsp chopped rosemary
- 2 cloves of garlic, minced
- ½ tbsp. thyme leaves, finely chopped
- Zest of ½ a lemon
- ¼ tsp of salt
- ¼ tsp of cracked black pepper
- 2 tbsp olive oil
- 1 bulb of garlic, cut in half
- 1 lemon, cut in half

For the carrots:

- 500g carrots, washed, cut in half
- 1 tbsp thyme leaves, finely chopped
- A pinch of sea salt
- A pinch of cracked black pepper
- 1 tbsp olive oil

For the yoghurt and mint sauce:

- 70g Greek yoghurt
- 1 tbsp chopped mint
- 1 garlic clove, minced
- The juice of half a lemon
- A pinch of sea salt
- A pinch of cracked black pepper

**Recipe serves:** 4

### Method:

1. Remove the lamb from the fridge about an hour before cooking, to bring it to room temperature.
2. Preheat the oven to 200°C/fan 180°C/gas mark 6.
3. Add the thyme leaves to a mortar and pestle and crush until it releases its oil. Transfer to a bowl, add the lemon zest, rosemary, garlic, salt, pepper and oil and mix well.
4. Rub the herb mixture over the rounded part of the lamb, leave for at least 30 minutes, longer if you can.
5. For the carrots, mix together the thyme, honey, salt, pepper and oil. Place the carrots on a roasting tray and pour over the thyme and honey mixture, making sure all the carrots are covered.
6. Place the lamb on a roasting tray, and add the halves of lemon and garlic to the tray.
7. Put the lamb on the middle shelf of the oven and roast for 30 minutes if you want it medium, 40 minutes if you want it well done.
8. Add the carrots to the oven 10 minutes after you add the lamb, cooking for 20-25 minutes, turning the carrots halfway through cooking.
9. While the lamb is cooking, make the yoghurt sauce: add all the ingredients to a bowl, mix well and leave in the fridge until you're ready to serve.
10. Remove the lamb when done and rest for 10 minutes. Cut the lamb using a carving knife between each rib, serve 2 or 3 cutlets per person.
11. Serve the lamb with the carrots and yoghurt sauce.



**My family likes this recipe because: "We enjoy eating lamb and love marinated vegetables, especially parsnips and carrots."**

**Name: Emma-Lee**  
**School: Glebe Academy**

# Lasagne

## Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 2 cloves of garlic, finely diced
- 500g beef mince
- 1 tbsp tomato puree
- 400g tin of chopped tomatoes
- 400ml beef stock
- 1 tsp Worcestershire sauce
- 55g mozzarella, shredded
- 50g parmesan, grated
- Lasagne sheets
- 50g butter
- 50g plain flour
- 450ml milk

**Recipe serves:** 4

## Method:

1. Preheat the oven to 200°C/fan 180°C/gas mark 6.
2. In a large pan, heat the olive oil over a low heat. Fry the onion, carrot, celery and garlic for 5 minutes or until softened.
3. Add the mince and fry on a medium heat until browned.
4. Stir in the tomato puree, chopped tomatoes and stock.
5. Add the Worcestershire sauce and simmer for 15 minutes or until the liquid has reduced.
6. Meanwhile make the white sauce. Melt the butter in a small saucepan over a low heat.
7. Add the flour and whisk until combined and cook on a low heat for 1-2 minutes.
8. Remove from the heat gradually, whisk in the milk then return to the heat and whisk until the sauce thickens.
9. Layer the lasagne in a baking dish starting with one third each of the ragu, then the pasta, then the white sauce. Repeat and top with the parmesan and mozzarella then bake in the oven for 40-45 minutes until piping hot and bubbling on top.



**My family likes this recipe because: "You can freeze leftovers and have them another day."**

**Name: Aimee Mulroy**  
**School: Trentham Academy**

## Grandma's fish pie



### Ingredients:

- 100g white fish
- 50g smoked fish
- 100g peeled raw shrimp or prawns
- 50g butter
- 50g plain flour
- 300ml cold milk
- 300ml single cream
- 2 eggs (hard boiled)
- 500g potatoes

**Recipe serves:** 4

### Method:

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Put the white and smoked fish in a pan full of milk and bring to the boil. Simmer for 20 minutes
3. Peel and dice the potatoes. Add to boiling water and cook until soft.
4. Drain the milk from the fish into a small jug as you will need it later.
5. Flake the fish into small pieces.
6. In another pan, melt the butter and mix with flour to make a roux sauce. Slowly add the milk from the fish and mix until the sauce begins to thicken. Combine with the cooked fish and raw prawns and simmer.
7. Drain the water from the potatoes, add the cream and mash.
8. Pour the fish and prawn mixture in to an ovenproof dish. Arrange sliced hard boiled eggs on top.
9. Cover with mashed potato and bake for 1 hour or until cooked throughout.
10. Serve and enjoy!

**My family likes this recipe because: "Grandma makes it for me when I feel sad. It is my favourite family recipe and I hope to pass it on to my own children one day!"**

**Name: Ben Harrison**  
**School: Trentham Academy**

## Chinese sweet chilli chicken and egg fried rice

### Ingredients:

For the chicken:

- 2 medium sized chicken breast fillets
- 1 leek
- 1 carrot
- ½ a red pepper
- Handful of mange tout
- 1 cube frozen garlic
- 2 tbsp sweet chilli sauce
- Light soy sauce
- Sesame oil

For the egg fried rice:

- Enough rice for 2 (pre-cooked)
- 3 eggs
- Handful of frozen peas

**Recipe serves:** 2 people

### Method:

1. Thinly slice the chicken, leek, carrot and pepper.
2. Heat a tablespoon of oil in a wok, then add the chicken and stir fry for 4 minutes.
3. Add the leek, pepper, carrot and garlic and stir fry for a further 4 minutes.
4. Add 2 tbsp light soy sauce, sweet chilli sauce and mange tout and continue to fry for a further minute or until the chicken is completely cooked
5. Take off the heat, cover and leave while you make your rice
6. Put the pre-cooked rice in a frying pan and heat on a medium heat
7. Whisk 3 eggs in a jug, add the peas and pour onto rice
8. Add soy sauce and sesame oil to taste, stir fry for at least 2 minutes, or until the rice is hot throughout before serving.



**My family likes this recipe because: "It isn't too filling,  
it's easy to make and tastes really nice!"**

**Name: Kelsey Trevett**  
**School: Excel Academy**

## Crumbly chicken and vegetable pie



### Ingredients:

- 1 onion
- 40g plain flour
- 40g butter
- 400ml milk, warm
- 1 chicken stock cube
- Pinch of nutmeg
- Pinch of mustard powder
- 1 bay leaf
- 1 egg
- 250g cooked chicken
- Mixed vegetables
- Pre-made shortcrust pastry

**Recipe serves:** 5-6

### Method:

1. Heat the oven to 200°C/fan 180°C/gas mark 6.
2. Peel and chop the onion finely.
3. Melt butter in a pan over a medium heat, and add the onion. Cook for five minutes.
4. Add flour to the pan and stir to form a thick paste.
5. Crumble the stock cube in, and stir well. Keep stirring over a low heat until there's no lumps.
6. Slowly add milk, stirring all the time. Season with salt and pepper, and add the nutmeg and mustard powder. Make sure you mix it thoroughly so there's no lumps.
7. Once the sauce has thickened, put onto a low heat. Chop the cooked chicken and add it to the sauce.
8. Add in the vegetables and pour the finished mixture into a pie dish.
9. Put the pastry onto a clean, floured surface, and dust a rolling pin with flour. Roll the pastry out thinly, trying not to tear it.
10. Make sure the pastry is larger than the pie dish. Place it over the top of the dish and press the outside to make a pattern.
11. Brush the top of the pie with beaten egg and make a small hole.
12. Cook for 25 minutes.

**My family likes this recipe because:**

**"It is simple to make and always warms us up."**

**Name: Abbie Trigger**  
**School: Excel Academy**

## Cottage pie

### Ingredients:

- 1 large onion, chopped
- 2 medium carrots, chopped
- 500g beef mince
- 400g can chopped tomatoes
- 290ml beef stock
- 350g potatoes, peeled and chopped
- 350g parsnips, peeled and chopped
- 2 tbsp tomato puree
- Fresh thyme leaves from one spring
- 1 bay leaf
- 1 tbsp oil
- 1 tbsp horseradish
- Salt and pepper

**Recipe serves:** 4

### Method:

1. Preheat the oven to 190°C.
2. Heat the oil in a large pan, add the onion and carrots and cook over a medium heat until they are soft.
3. Add the minced beef and cook until brown.
4. Add tomatoes, puree, beef stock, bay leaf and thyme. Cover and simmer for 30 minutes.
5. Meanwhile, to make the topping, boil the potatoes and parsnips in salted water until soft. Drain them and mash with a knob of butter and splash of milk.
6. Stir in the horseradish to the mash and season with salt and pepper.
7. Spoon the meat into an ovenproof dish, top with the mash and bake for 30 minutes until golden brown.

**My family likes this recipe because: "They like it because of how it's crispy and how the mince is mixed in with everything."**



**Name: Natasha Shah**  
**School: Trentham Academy**

## Chicken biryani



**Recipe serves:** 5-6 people

### Method:

1. Fry chopped onions in oil until golden brown, then spread on paper and crush when cool.
2. Fry the chicken with ginger and garlic pastes.
3. Add the tomatoes and chicken biryani spice mix and fry on high.
4. Add the yoghurt and crushed onions, then over and cook until chicken is tender.
5. Add the green chillies.
6. In a separate pan, boil the rice in 12 cups of water with 2 tbsp salt. Drain the water when the rice is half cooked.
7. In another pan, put the rice and chicken curry in layers.
8. Sprinkle with yellow food colouring, coriander and mint, then cover and simmer on low for 10-15 minutes.
9. The delicious chicken biryani is ready!

**My family likes this recipe because: "It is high on flavour, it is a complete meal in itself, and it appeals to every age and every palate. The flavour of a variety of spices like ginger and garlic bring about a warmth and heat in the entire biryani. My mum's handmade biryani makes you fall in love with it because of the way it is cooked. It is made out of love for us. Whether a child or an adult, all age groups love this dish."**

### Ingredients:

- 1 tbsp ginger paste
- 2 drops Kewra essence or rose water, mixed in 2 tbsp of water
- 500g chicken
- 500g basmati rice, soaked for 20 mins
- ½ bunch coriander leaves, finely chopped
- 320g onions, thinly sliced
- 320g tomatoes, thinly sliced
- 2-3 tbsp mint leaves
- 200ml oil
- 200ml yoghurt (beaten)
- 1 tbsp garlic paste
- 1 pinch yellow food colouring, mixed with 4 tbsp water
- 45g chicken biryani spice mix
- Green chillies
- 2 tbsp salt

# Desserts

**Name: Emily Jones**  
**School: Trentham High School**

## Orange and almond cake

### Ingredients:

- 2 medium oranges
- 6 eggs
- 200g runny honey
- 350g ground almonds
- 1 tsp baking powder
- Butter (for greasing)
- Flour (for dusting)

**Recipe serves:** 10

### Method:

1. Put the oranges in a sauce pan and cover with water. Bring to the boil, put a lid on the pan and simmer for 1-1 ½ hours until they're very soft. The skins should be easy to pierce with the handle of a wooden spoon. Drain and set aside to cool.
2. When the oranges are cool enough to handle, cut in half and remove any pips. Place the oranges in a food processor and blend to a puree.
3. Preheat the oven to gas mark 7 or 180°C/160°C fan/gas mark 4.
4. Grease a 24cm round cake tin – preferably loose-bottomed – with butter then sprinkle with flour.
5. Whisk the eggs in a bowl until they are frothy, then add the honey, ground almonds, baking powder and the oranges. Mix thoroughly but lightly, then pour the mixture into the cake tin.
6. Bake the cake for 45-50 minutes until it is firm to the touch and shrinking away from the sides of the tin. Leave it to cool in the tin before turning it out.



**My family likes this recipe because: "It brings us all into the kitchen to make it. We all love how moist and dense it is - it tastes absolutely amazing!"**

# Baklava

**Name: Mohammed Bahktir**  
**School: Glebe Academy**

## Ingredients:

- 18 sheets of filo pastry
- 150g butter
- 200g pistachios and walnuts
- 2tbsp sugar
- 1tsp cardamom

## For the syrup

- 300g sugar
- 250ml water
- 1tbsp lemon juice
- 1tbsp orange blossom water

**Recipe serves:** 8-10

## Method:

1. Preheat the oven to 180°C/gas mark 4.
2. Grease a medium baking tray with butter.
3. Melt the remaining butter in a sauce pan over a low heat.
4. Lay 10 sheets of filo pastry on at a time into the baking tray, brushing each sheet with butter before adding the next.
5. In a clean bowl mix together the nuts, sugar and cardamom and spread some of the mixture over the pastry in the tray.
6. Layer up the remaining sheets on top of the nut mixture brushing each sheet with butter as before.
7. Using a sharp knife cut a crisscross pattern into the top layers of the pastry.
8. Put in the oven for 30-40 minutes.
9. Meanwhile make the syrup by mixing the sugar, water, lemon juice and orange blossom in a saucepan and cook for about 20 minutes.
10. When the baklava is out of the oven, pour the syrup into the slits in the baklava and leave to cool. Cut into small diamond shaped pieces and serve.



**My family likes this recipe because: "It is delicious."**

**Name: Kate Leake**

**Job: Author**

## **Kate Leake's yummy apple crumble**



### **Ingredients:**

#### **For the filling**

- 2-3 Bramley apples, peeled, cored and chopped into chunks
- 2 tbsp cold water
- 50g sultanas or mixed fruit
- 1 heaped tsp cinnamon

#### **For the crumble**

- 170g plain flour
- 85g cold butter, chopped into small cubes
- 85g demerara sugar

**Recipe serves: 4**

### **Method:**

1. Preheat the oven to 180°C.
2. Put the chopped apples, water, sultanas and cinnamon in a heavy based saucepan and heat gently over a moderate heat, until the apples have started to soften and break down. Add more water if they start to stick, but be careful, you don't want them to be too mushy! It should take 5-10 minutes. Set aside to cool while you make the topping.
3. For the crumble topping, place the flour and butter in a mixing bowl and rub the butter into the flour with your fingertips, until it resembles chunky breadcrumbs. Stir in the demerara sugar.
4. Place the apple filling into a 1.25l ovenproof dish and scatter the crumble over the top. Lightly press the crumble mix down with your fingers and pop the dish into the preheated oven for 30-40 minutes until golden and bubbling. Serve hot with custard or vanilla ice-cream.

**My family likes this recipe because: "This apple crumble is the 'happy pud' in our family. It never fails to make you smile, whatever kind of day you've had. We like good chunky crumble, so I use a deeper dish with a smaller diameter, so that the topping doesn't spread too thinly!"**

**Name: Joshua King**  
**School: Trentham Academy**

## Choc chip cookies

### Ingredients:

- 100g margarine
- 75g sugar
- 200g self-raising flour
- 75g chocolate chips
- 25g drinking chocolate
- 1 tbsp milk

**Recipe makes:** 20 cookies

### Method:

1. Preheat the oven to 175°C.
2. Cream together the margarine and sugar, then gradually sift the flour and drinking chocolate, mixing well.
3. Add the chocolate chips and milk.
4. Knead the mixture into a ball.
5. Once the mixture is fairly stiff, make it into about 20 small balls.
6. Place the balls on a greased tray and lightly flatten the top of each with a fork.
7. Bake for 12 to 15 minutes.
8. Once baked, leave on the tray until cool.



**My family likes this recipe because:**  
**"My grandma and I used to make them together  
and she came up with the recipe herself."**

**Name: Lyla Elizabeth Leneghan**

**School: Glebe Academy**

## Banana and walnut muffins



### Ingredients:

- 100g soft margarine
- 175g light brown sugar
- 2 ripe bananas
- 2 eggs
- 1 tsp baking powder
- 225g self-raising flour
- 50g chopped walnuts
- 2 tbsp milk

**Recipe serves:** 7

### Method:

1. Preheat the oven to 180°C.
2. Cream the margarine and sugar in a mixing bowl until soft.
3. Break in the eggs and beat well.
4. Fold in the flour and baking powder.
5. Stir in the walnuts and milk.
6. Mash the bananas and add them to the mix, stirring well.
7. Put the mixture in cupcake cases.
8. Cook in the oven for 20 minutes.

**My family likes this recipe because: "It is the first thing me and my dad made together."**

**Name: Grace Mountford**  
**School: Birches Head Academy**

## Cupcake lights

### Ingredients:

- 30g flour
- 2 eggs
- 300ml water
- 50g water
- 50g icing sugar
- M&Ms
- Small bar of milk chocolate
- Food colouring of your choice

**Recipe makes:** 12 cupcakes

### Method:

1. Preheat oven to 180°C.
2. Mix together the eggs, flour and water.
3. Transfer the mixture into 12 cupcake cases and bake for 20-25 minutes.
4. Make the buttercream icing by mixing butter, icing sugar and food colouring until smooth.
5. Ice the cupcakes once cooled.
6. Melt the milk chocolate in a microwave and use a piping bag to draw lines on the top of the cupcakes.
7. Place M&Ms on the cupcakes to look like fairy lights.



**My family likes this recipe because: "It's nice."**

**Name: Imethra Aluthge Don**  
**School: Trentham Academy**

## Kiribath



### Ingredients:

- 3 or 4 cups of rice
- 50ml water
- 6 teaspoons of coconut milk powder
- 1 to 1.5 teaspoons salt

**Recipe serves:** 5 to 6

### Method:

1. Wash and drain rice and place it in a pot.
2. Add the water and the salt to the drained rice.
3. Cook the rice until it is tender, on a low flame.
4. Add the coconut milk powder to the tender rice and stir (this makes the rice creamy) until it forms a sticky consistency.
5. Once the rice is cooked, you need to shape it into a round cake-like shape.
6. Leave your cake to cool down; if you cut straight away it won't stick together and pieces of rice will fall on the plate.
7. Cut the rice into wedges and serve like cake slices.

**My family likes this recipe because: "It is fun to make as everyone can have a job to do, for example, wash and drain the rice or add salt and coconut milk powder. Also, it is a time where my family is reunited and we can have time together and finally taste and enjoy our recipe together."**

**Name: Jack Ratcliffe**  
**School: Excel Academy**

## Swiss roll

### Ingredients:

For the sponge

- 4 large eggs
- 115g caster sugar
- 115g self-raising flour

For the filling

- 170g margarine
- 340g icing sugar
- 4 heaped tbsp strawberry jam

**Recipe serves:** 6-8 people

### Method:

1. Preheat oven to 220°C.
2. Lightly grease a 13 by 9 inch swiss roll tin and line with baking parchment.
3. Using a high-speed electric whisk, mix together the caster sugar and eggs in a large bowl. Mix until light and frothy – the whisk should leave a ribbon trail when lifted out.
4. Sift in the flour, carefully folding it in at the same time. Do not overmix it; it must be light.
5. Pour the mixture into the tin and shake it to make it level.
6. Bake for 10 minutes until the sponge goes golden brown and begins to shrink from the sides of the tin.
7. While the cake is cooling, lay out a piece of parchment paper that is larger than the tin and sprinkle it with caster sugar.
8. Once the cake has cooled, tip it quickly onto the parchment paper and carefully peel off the paper on the bottom of the cake.
9. To make the buttercream, beat together the icing sugar and margarine until smooth.
10. Spread the jam and buttercream evenly over the cake.
11. Slice off the sides of the sponge so it is completely straight.
12. Taking care to avoid cracking, very slowly roll up the sponge.



**Name: Jonas Carpenter**  
**School: Birches Head Academy**



## Chocolate brownies

### Ingredients:

- 125g butter
- 275g flour
- 1 tsp of baking powder
- 3 eggs
- 275g sugar
- 1 tsp of vanilla essence
- 50g cocoa
- Nuts (optional)

**Recipe serves:** makes approx. 24 brownies

### Method:

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Grease the pan and add the greaseproof paper.
3. Melt the butter in a small saucepan.
4. Once melted, pour into a mixing bowl with the sugar, baking powder and vanilla.
5. Whisk together, then sift the flour into the bowl before beating in the eggs.
6. Add the mixture to the greased tin and place in the oven for approximately 40 minutes. When done it should be hard on top and squidgy on the bottom.

**My family likes this recipe because:**  
**"I bake it for them."**

**Name: Alfie Brookes**  
**School: Excel Academy**

## Lemon drizzle sweetness surprise

### Ingredients:

For the sponge:

- 225g unsalted butter, softened
- 225g caster sugar
- Finely grated zest of one lemon
- 4 eggs
- 1 tsp vanilla extract
- 225g self-raising flour

For the topping:

- Juice of 1 ½ lemons
- 85g caster sugar

**Recipe serves: 10**

### Method:

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Beat together the sugar and the butter until pale and creamy, then add 4 eggs, one at a time, stirring them in gently. Sift in the flour, then add the finely grated lemon zest.
3. Line a loaf tin (8x21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.
4. Bake for 45-50 minutes until a thin skewer inserted into the centre of the cake comes out clean.
5. While the cake is cooling, mix together the sugar and lemon juice to make the drizzle. Pour over when the cake has cooled down.

**My family likes this recipe because: "Mum: It's the only one she likes as it's not too sweet but just sweet enough. Dad - He has a big sweet tooth. Me - I love sponge cake and think the drizzle makes it even nicer."**



**Name: Katie Dempster**  
**School: Trentham Academy**



## Klenät

### Ingredients:

- 2 eggs
- 125g unsalted butter
- 125g sugar
- 150ml double cream
- 2 tsp baking powder
- 450g flour
- Zest of 1 ½ lemons
- 5g ground cardamom
- 1kg lard

### Method:

1. Knead all of the ingredients together (except the lard) and cover the bowl with cling film before leaving the dough to rest for 12-24 hours.
2. Place flour on the work surface so that the dough doesn't stick.
3. Roll out the dough until it is around 5mm thick.
4. Cut the dough into rhombus shaped pieces then cut a small incision in the middle before folding one tip through the incision to tie in a knot.
5. Heat the lard in the pan until it reaches 170°C - 180°C. Your pan should be half filled with lard.
6. Deep fry the dough in the pan for around 2 minutes on each side until golden brown throughout.
7. Cover in brown sugar.

**My family likes this recipe because: "It is a family tradition and we eat these at Christmas."**

**Name: Courtney Simpson-Dono**  
**School: Excel Academy**

## **Terry's Chocolate Orange cupcakes**

### **Ingredients:**

- 2 x Terry's Chocolate Oranges
- 150g butter
- 150g caster sugar
- 120g self-raising flour
- 30g cocoa powder
- 3 medium eggs
- 350g icing sugar
- 5ml orange food colouring
- 10ml orange flavour extract
- 1 x 200g Galaxy chocolate bar

**Recipe makes:** 12 cupcakes

### **Method:**

1. Preheat the oven to 180°C and line the muffin tray with cases.
2. Chop up 1 of the chocolate oranges.
3. Beat the butter and caster sugar together until smooth.
4. Add the self-raising flour, cocoa powder and eggs and beat again.
5. Add a little amount of the mixture into each case.
6. Add a small piece of the chocolate orange into the mixture.
7. Add more of the mixture into each one until you can't see the chocolate orange.
8. Bake in the oven for 15-18 minutes.
9. Once cooked, leave the cupcakes on a wire rack to cool.
10. For the icing, beat the butter for 3-4 minutes until very smooth.
11. Gradually add in the icing sugar (100g each time) and beat each time.
12. Add the orange flavouring and food colouring.
13. Pipe the buttercream onto each cupcake.
14. Put a segment of chocolate orange onto each cupcake.
15. Melt the galaxy chocolate in the microwave.
16. Drizzle the melted chocolate over the cupcakes.



**My family likes this recipe because: "It is very tasty and looks delicious."**

**Name: Gabriella Chapple**  
**School: Trentham Academy**



## Mug cakes

### Ingredients:

- 4 tablespoons plain flour
  - 3 tablespoons caster sugar
  - ½ a teaspoon baking powder
  - 3 tbsp milk
  - 1 tbsp vanilla essence
  - 3 tbsp vegetable oil or sunflower oil
- You can add other things like cocoa powder, chocolate chips, sprinkles, dried fruit and more! You can also add toppings.

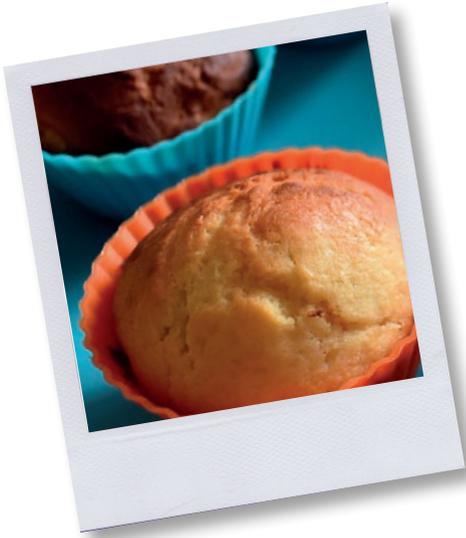
**Recipe makes:** 1 mug cake

### Method:

1. Stir the flour and sugar together in your mug (preferably a wide mug instead of a long one) and then add the baking powder.
2. Here is where you can add any additional ingredients (like the chocolate chips or dried fruit) to the flour, sugar and baking powder.
3. Add the milk, followed by the oil.
4. Lastly, add the vanilla, unless you opt for a chocolate cake.
5. Mix all the ingredients together and place in the microwave for 1 and a half minutes.
6. Take out and prod the cake with a knife or cocktail stick to see if it is cooked. If the knife/cocktail stick comes out clean, the cake is cooked. If it comes out with cake mix on, put back in the microwave for 10 seconds. Repeat this until cooked.
7. Leave the mug to cool.
8. If you want, add toppings like whipped cream, sprinkles, chocolate sauce etc.

**My family likes this recipe because: "It is quick and easy and you don't have to go to the trouble of cleaning lots of bowls and utensils. It tastes like a proper cake and they like it because you can add anything to it. This recipe is good if you fancy cake, but can't be bothered to make a big one."**

**Name: Amelia Jayne Brennan**  
**School: Birches Head Academy**



## Vanilla cupcakes

### Ingredients:

- 1-2 tbsp milk
- 110g butter
- 110g caster sugar
- 2 eggs
- 1 tsp vanilla extract
- 110g self-raising flour

**Recipe makes:** 12 small cupcakes

### Method:

1. Preheat the oven to 180°C/160°C fangas mark 4.
2. Line a 12 hole muffin tin with paper cases
3. Cream the butter and sugar together in a bowl until pale. Beat the eggs in a little at a time, before stirring in the vanilla extract.
4. Fold in the flour using a large spoon, adding a little milk until the mixture is at dropping consistency. Spoon the mixture into the muffin holes until they are half full.
5. Bake for 10-15 minutes or until golden brown on top, and a skewer inserted comes out clean. Set aside to cool until able to handle, then place on a rack.

**My family likes this recipe because:**  
**"It is delicious and soft."**



# STOKE READS



## About Stoke Reads

The Stoke-on-Trent Literacy Hub is branded Stoke Reads. The campaign brings together partners across the city to promote reading and boost literacy levels.

Stoke Reads was launched in February 2017 by the National Literacy Trust and Stoke-on-Trent City Council. The campaign inspires the city to enjoy reading and helps parents to support their children's literacy skills. Schools are delivering innovative literacy projects and businesses have the opportunity to play an importance role in raising literacy levels.

## About the National Literacy Trust

We are an independent charity dedicated to raising literacy levels in the UK. Our research and analysis make us the leading authority on literacy. We run projects in the poorest communities, campaign to make literacy a priority for politicians and parents, and support schools.

Visit [literacytrust.org.uk](http://literacytrust.org.uk) to find out more, donate or sign up for our free email newsletter. You can also find us on Facebook, Twitter and Instagram.

The National Literacy Trust is a registered charity no. 1116260 and a company limited by guarantee no. 5836486 registered in England and Wales and a registered charity in Scotland no. SC042944. Registered address: 68 South Lambeth Road, London SW8 1RL.

These recipes have been submitted by Stoke-on-Trent residents and have not been independently tested. Please note that some images included in the cookbook are stock images.