

Broccoli & Cheese Soup

Ingredients

1 onion, chopped

300g broccoli florets and stems

450ml vegetable stock

450ml semi-skimmed milk

60g mature cheddar cheese,
grated

Salt and freshly ground black
pepper

***(Teresa Mercer & Alison Morton @ St
Helens Council)***

Method

Clean and chop the vegetables

Place the onion, broccoli and vegetable stock in a saucepan

Bring to boil and simmer for about 15 minutes or until the vegetables are soft

Liquidise the soup using a hand blender or food processor or potato masher

Return to the saucepan with the milk. Heat until almost at boiling point

Add the grated cheddar cheese, stirring until it melts

Serve with plenty of fresh crusty bread

Handy Hint

Mashing the soup with a potato masher will help to thicken it. Once you have got the hang of making soup you can make it with any ingredients you have to hand or left overs

Leftover Pasta Bake

Ingredients

Pasta

Leftover turkey, cubed

Leftover stuffing

Cream cheese

Grated cheese

Leftover gravy or chicken soup

*Christmas 2019 (Teresa Mercer & Alison Morton @ St
Helens Council)*

Method

Cook pasta according to instructions

Drain pasta

In a pan add gravy or chicken soup, turkey and cream cheese and mix until combined

Add pasta to sauce mix

Place in oven dish

Crumble over the stuffing

Add cheese and bake until cheese is bubbling

Bread & Butter Pudding

Ingredients (serves 4-6)

6 large slices of bread

40g butter / margarine

115g sultanas

40g sugar

3 eggs

500ml milk

(Teresa Mercer & Alison Morton

@ St Helens Council)

Method

Pre-heat the oven to 180oC/350oF/Gas mark 4

Spread the bread with butter/margarine and cut into quarters diagonally

Arrange one third of the bread triangles in a lightly oiled baking dish, with the crusts to the bottom and the point of the triangle uppermost.

Sprinkle the sultanas and nutmeg among the layers as you go.

Continue layering the triangles until the bread has been used up.

Combine the sugar, eggs, and milk and then pour the mixture over the bread. If you have time, allow to stand for 20-30 minutes for the custard to soak the bread

Bake for 30-40 minutes until the custard is set but wobbly and the top is beginning to brown and crisp. Reduce the heat if the top browns too quickly.

Turkey and Ham pie

Ingredients

Leeks

Leftover shredded turkey

Left over ham – packet ham is fine

1 tablespoon of flour

400ml chicken stock made from 1 stock cube

3 large spoons of cream cheese (the herb version adds flavour)

Leftover roast potatoes

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)

Method

Pre heat the oven

Chop leeks

Place a little oil in a pan and soften leeks (about 5 mins)

Add flour and stir for 1 min

Add stock and bring to the boil, stir continuously until thick sauce is made

Add turkey and ham and simmer for 5 mins

Remove from heat then add the cream cheese and mix together

Pour leek, turkey and ham sauce mix into oven tray

Roughly chop the roast potatoes and spread over the top of the mixture

Place in middle of oven

Cook for 25 mins until piping hot

Turkey Curry

Ingredients

Onion

Leftover turkey

Jar of curry sauce

Packet rice

Oil

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)

Method

Chop the onion into small pieces

Heat oil in a pan and cook the onions until soft

Shred the turkey, add to pan and fry gently

Add the curry sauce to the pan and bring to boil

Simmer for 5 mins

Microwave rice according to instructions

Serve with rice

Bubble & Squeak

Ingredients

Leftover mash or roast potato

Leftover cooked parsnip

Leftover Brussel sprouts

1 egg

Cooked turkey

Gravy

Cranberry sauce to serve

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)

Method

Mash leftover veg together and mix with egg

Season with salt and pepper

Make into 4 patties of equal thickness

Put turkey and gravy in pan and simmer

Fry the patties for 3 mins on each side until brown and warm inside

Put the patties on a plate, place the turkey and gravy on top

Add cranberry sauce and serve

Christmas Pizza

Ingredients

Cooked stuffing

Pizza base / muffins sliced

Leftover turkey, cubed

Leftover pigs in blankets, sliced

Cubed leftover roast potatoes

Sliced leftover Brussel sprouts

Gravy

Cheese

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)

Method

Spread thick gravy like you would tomato sauce over pizza base

Sprinkle turkey, pigs in blankets, roast potatoes and sprouts over the pizza base

Crumble stuffing over the top

Add the cheese

Place on baking tray and cook until cheese is bubbling

Add cranberry sauce to serve

Carrot Soup

Ingredients

1 large onion

1 teaspoon (5ml) oil

1 large potato, peeled

6 large carrots, peeled

1.2 litres vegetable stock

2 tablespoons milk (optional)

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)

Method

Clean and chop the vegetables

Peel and chop up the onion and fry it in the oil at the bottom of the saucepan until it is golden

Add the vegetables and the stock to the onion

Bring to the boil and simmer for 30 – 45 minutes until the vegetables are soft

Allow to cool little, and mash the soup or put it through a blender

Add the milk and bring back to serving temperature (Do not boil as milk may curdle)

Serve with plenty of crusty bread

Handy Hint

Mashing the soup with a potato masher will help to thicken it. Once you have got the hang of making soup you can make it with any ingredients you have to hand or left overs

Breakfast Omelette

Ingredients (serves 1)

1 sausage or leftover pigs in blankets

1 slice of back bacon

2 mushrooms

Cherry tomatoes, halved

2 eggs

Black pepper

Vegetable oil

(Teresa Mercer & Alison Morton @ St Helens Council)

Method

Cook the sausage under a hot grill for 8-10 minutes, turning them occasionally until browned

Cook the bacon under the grill for 5-6 minutes turning once until crisp and golden

Cool slightly, then slice the sausages and cut the bacon into bite sized pieces

This could be done the night before, simply chill until required

Heat the oil in frying pan and add the mushrooms and cook for 3-4 minutes or until golden

Add the tomatoes and cook for a further 1 minute

Remove the pan from the heat, add the sausages and bacon and mix well

Beat the eggs with a little black pepper

Pour into the pan and stir for 1 minute until eggs begin to cook

Cover the pan and cook for 5 minutes or until the surface has almost set

Cook the omelette under a hot grill for 2-3 minutes until firmly set

Hot Christmas Leftover Sandwich

Ingredients

Leftover turkey, shredded

Mayonnaise

4 white soft rolls

Leftover stuffing

Leftover gravy

Cranberry sauce

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)

Method

Pre heat oven to gas mark 6 / 200 / 180f

Cut soft rolls in half

Spread mayonnaise over half the rolls

Place turkey and gravy in pan and simmer for 5 mins

Layer stuffing, cranberry, turkey and gravy onto rolls

Top the rolls with the other half of the roll

Wrap each roll in tin foil and put on baking tray

Place in oven until heated through

Serve

TIP:

Add sliced pigs in blankets if you have them left

Tinned Apple or Pear Crumble

Ingredients

225g (8oz) plain flour

115g (4oz) sunflower spread

55g (4oz) porridge oats

55g (2oz) sugar or 3tsp granulated sweetener

2 tins of apples or pears, or a mix of both

*Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens
Council)*

Method

Open the tins of apples or pears and place in oven proof dish

In a separate bowl

For the crumble topping, rub together the flour and sunflower spread in a mixing bowl until the mixture resembles fine breadcrumbs. Stir in the porridge oats and sugar

Sprinkle the crumble topping over ovenproof dish and level the surface

Place in a pre-heated oven for 35-40 minutes, or until the topping is golden

Serve hot or warm with natural yoghurt, or custard

Handy Hints

Use wholemeal flour to make pastry or biscuits with extra fibre. For extra flavour and texture sprinkle 1 teaspoon (5ml) of ground cinnamon and 50g (2oz) Californian seedless raisins over the apples before covering with the crumble topping. Freeze the Crumble on the day of making and use within one month

Christmas Shepherd's Pie

Ingredients

225g minced lamb

Leftover turkey cut into chunks

Leftover carrots

225ml leftover gravy

Frozen / leftover peas

Grated cheese

Leftover mashed potato or roast potatoes

Salt and pepper to taste

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)

Method

Pre heat oven to gas mark 6 / 200 / 180f

Cook the mince until brown

Season with salt and pepper

Drain excess fat

Add onions to pan and cook until soft

In a separate pan add gravy, turkey, carrots, peas and stir

Add lamb to pan and combine, heat gently

Place in oven dish

Spoon over mash or crushed roast potatoes over the top

Sprinkle with cheese

Bake until potatoes are piping hot