

Emma's Lockdown Lunches

Stay Home Eat Well

Introduction

Being in lockdown means you get to spend more time with your family, but you can also get a bit sick of each other, so here are some easy meals to happy up your home!



I have always loved cooking and every time my mum or dad or even brother cooked I learnt more recipes and techniques. The first thing I cooked was tomato pasta for my packed lunch at school and from then on I would just say “Mum, can I do some cooking?” and mostly she would say yes! And from then on I just kept on cooking meals for my family. Last year I even made my dad's birthday cake (Victoria sponge, see in the picture above, recipe on page 5). So, all I want to say is have a go at cooking and don't let corona stop you from enjoying great meals!

The First Steps

1

Wash your hands
(especially at the moment)

2

Clear your work space

3

Get your ingredients ready

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Salmon Pate with Cucumber serves 4

You will need

- Half a fresh cucumber
 - 50g salmon pate (you can make your own or buy a tub)
 - A whole lemon
 - A sprinkling of pepper
 - Toast ,crackers or other
1. Finely slice your cucumber do about 6 pieces per person and then put on plate
 2. Measure out you pate and put about 10 to 15g on each persons plate
 3. Get your crackers or other and place about 3 on each persons plate
 4. Add a squeeze of lemon to the salmon pate and a sprinkling of pepper and then you have your quick easy but delicious starter



Recipe for Smoked Salmon Pate

- 150g smoked salmon, trimmings are fine
- 200g tub soft cheese
- 1 tbsp crème fraîche, only if you have some
- juice half a lemon
- small bunch dill or chives, chopped

Easy Salad Dressing!

First you need a clean jam jar - make sure it has a secure lid. Then use a ruler to draw a line 2 centimetres up the jar, then draw another line 6 centimetres up the jar. Then add vinegar or lemon juice up to the first line and then add oil up to the second line. Easy!

Now add a big pinch of salt and any flavouring you want . finally put the lid on and shake like mad!

Things to add:

- mustard - any sort
- fresh or dried herbs
- crushed garlic



Humous

- 1 x 400 g tin of chickpeas
- 1 small clove of garlic
- 1 tablespoon tahini if you have it
- lemon juice
- olive oil

1. Drain and tip the chickpeas into a food processor.

2. Add the garlic and tahini, lemon juice and a splash of oil.

3. Whizz in the food processor until it is smooth. Add a bit of water if it's too thick.



Serve it with pitta bread, wraps, carrot, celery, cucumber sticks or other.

Main Meals

Pasta Ideas

Here are some ideas for easy pasta sauces.

- ▶ Put tinned tomato, olive oil, salt, pepper and chilli if you want it in a pan and heat it up.
- ▶ Things to add to the simple tomato sauce
 - ▶ Tuna
 - ▶ olives
 - ▶ herbs
- ▶ For an easy carbonara just fry some bacons, whisk up an egg - stir both into hot pasta with black pepper and parmesan. Stir the egg in quickly, so it doesn't scramble.



Chickpea & Chorizo

This is a really easy, flexible recipe. You can add your own ideas to it.

Basic ingredients: tin of chickpeas, chorizo, tinned or fresh tomatoes

Other things to add: carrot, onion, sweet potato, peppers, spinach

1. Chop and fry the chorizo in a bit of oil
2. Add any vegetables you are using
3. Add in your chickpeas, including the juice in the tin. Also add the tomatoes
4. Simmer for about 20 minutes
5. Serve with rice, couscous or bread

Cauliflower Cheese

- ▶ 1 Cauliflower cut into chunks
- ▶ 40g butter
- ▶ 40g plain flour
- ▶ 400ml milk
- ▶ 1 tsp mustard
- ▶ 100g grated
- ▶ Salt & pepper
- ▶ Sliced tomato (optional)



1. Preheat the oven to 190 degrees
2. Boil the cauliflower for about 4 minutes then drain
3. To make the sauce, melt the butter in a pan and then stir in the flour. Slowly mix in the milk. Add the cheese and stir it until it goes thick
4. Put the cauliflower and sliced tomatoes into a dish and pour over the sauce. Add some extra grated cheese on top.
5. Bake for about 20 minutes

Sweet Treats



Shortbread

1. Preheat the oven to 190 degrees
2. Grease a baking tin. You can also line to with greaseproof paper
3. Mix all the ingredients together with your hands
4. Press the mixture into the tin, then prick with a fork
5. Bake for around 20 minutes or until lightly golden
6. Either sprinkle with extra sugar while it's still hot out of the oven or drizzle with melted chocolate after it has cooled.

Top Tip: Gently mark out where you want to cut your shortbread while it's still warm, but don't cut completely through.

150g butter at room temperature
200g plain flour
50g caster sugar, plus extra to sprinkle

You can also add: Orange, lemon or lime zest, Chocolate

Victoria Sponge

- ▶ 2 eggs
- ▶ 4oz of caster sugar, self raising flour and butter
- ▶ Jam of your choice
- ▶ Icing sugar



1. Preheat oven to 170 degree and grease two small tins
2. Use an electric mixer to mix all the ingredients except the jam and icing sugar together
3. Split the mixture between the two tins and bake for about 12 minutes
4. Let it cool, then spread the jam on one cake and the put the other cake on top
5. Use a sieve to sprinkle the icing sugar over the top of the cake