

Family Recipe & Activity Ideas

Welcome to our foodie activity sheets! During these difficult times of Covid 19 we are here to offer weekly family recipe ideas and food activities you can do at home with just a few ingredients and storecupboard items. Please do share with us any of your creations on our Facebook page: Growing Local Hereford or Twitter @growinglocalhq. Email your feedback, ideas, pictures or foodie questions to louisa@growinglocal.org.uk.

Keep calm and carry on cooking! Louisa from Growing Local x

MEATBALLS IN TOMATO SAUCE

Meatballs are a great fun and tasty make for children (and adults!) of all ages. This recipe makes fairly traditional pork and beef meatballs but you could use all beef or all pork mince....or even make them vegetarian with Quorn mince (use an extra egg to bind the mix). The meatballs are not pre-baked like many recipes but are simply dolloped into the tomato sauce so try and resist temptation to stir them for at least 15 minutes until they're cooked on the outside.

Serves 4.

INGREDIENTS:

For the Meatballs:

- 200g pork mince
- 200g beef mince
- 2 tablespoons dried breadcrumbs
- 30g Parmesan or Cheddar cheese, finely grated
- 1 egg, lightly beaten
- 1 clove garlic, finely chopped or crushed
- 1 large pinch each of salt & pepper

Pasta and extra grated cheese to serve

METHOD:

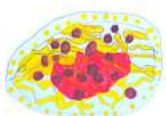
1. Start with making the meatballs. Weigh and assemble all the ingredients and place in a large bowl. Squish together with your (well washed) hands until very well combined.
2. Using your hands shape the mixture into 12 equal sized balls (about the size of a walnut), set aside on a plate until you are ready to cook. Now wash your hands very well.
3. Prepare the sauce, finely chop the onion and garlic. Heat the oil for the sauce in a large saucepan or casserole dish. Fry the onion for 5 minutes. Add the garlic and cook for another minute.
4. Stir in the tomato passata, then fill the jar 1/3 full with water. With the top on shake the jar and pour the water into the pan. Stir in the oregano and a pinch each of salt, pepper and sugar. Bring to a simmer and cook the sauce for 15 minutes, stirring from time to time.
5. Stir in the milk and bring back to a simmer.
6. Carefully spoon the meatballs into the sauce, the hot sauce will hurt if it splashes you so lower the balls into the sauce rather than dropping them. Cover the pan with a lid and leave to cook for 20 minutes. DO NOT STIR the balls for at least 15 minutes as they need to firm up and cook.
7. Serve on a bed of spaghetti or tagliatelle or any pasta, with grated Parmesan or Cheddar cheese sprinkled over the top. Delicious with salad on the side.



For the Sauce:

- 1 tablespoon olive, sunflower or rapeseed oil
- 1 small onion, finely diced
- 2 cloves garlic, finely chopped or crushed
- 1 x 680g jar tomato passata or 2 x 400g tins chopped tomatoes
- 1 heaped teaspoon dried oregano, if you don't have it don't worry
- 1 large pinch each of salt, pepper & sugar
- 100ml milk

Meatballs



Meatballs round the World!

We think of meatballs as being Italian, but lots of countries eat their own form of meatballs. Have a look on the Internet to discover different recipes from other countries and the different meats, herbs, spices and sauces they are cooked in.



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Growing Local CIC deliver Cook and Gardening Workshops to Schools, Community Groups, Families and Adults. Do sign up to our email newsletters and follow us on Twitter, Facebook and Instagram to hear about future Workshops & Events around Hereford. Email louisa@growinglocal.org.uk



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THIS WEEKS BAKE!

'Yogurt Pot Banana Cakes'

These are a great little make for children of all ages, even very small children should be able to make these entirely on their own.

No scales required, just a yogurt pot for measurement. Nor any fancy ingredients. If you don't have bananas sub them for something you do have, a couple of chopped apples or pears, sliced tinned peaches, apricots, pineapple or pears. The same goes for the raisins, sub for sultanas, chopped dried apricots or chopped fresh fruit. Sub the sunflower oil for any cooking oil. Use any sugar you have! If you have self raising flour use instead of the plain flour and baking powder. If you don't have fairy cake tins make into a larger loaf or cake.

INGREDIENTS to make 12 – 14 small cakes:
 1 small pot of Natural or Fruit Yogurt (about 100 to 125g pot but a little less or more is fine)
 2 Eggs
 Sugar
 Plain Flour
 3 teaspoons Baking Powder
 Raisins
 Sunflower Oil or other cooking oil
 2 very ripe Bananas

BANANA FACTS!

- Bananas are an excellent source of potassium and supply vitamin B6, fibre and carbohydrate, and some vitamin C
- 5 billion bananas are eaten in the UK each year!
- Bananas grow on plants that are officially considered a herb.
- The banana is actually classified as a berry.



What else can you make or bake with Bananas?

- Banana Splits
- Banana Loaf Cake
- Banoffee Pie
- Banana Milkshake or Smoothie
- Banana Pancakes
- Banana Icecream

Never throw brown over-ripe bananas away, take off the peel, break into chunks, pop in a bag and freeze to use up another time in smoothies or banana cakes



METHOD:

1. Preheat your oven to 180C/160C fan/Gas Mark 4.
2. Line a fairy cake tin with cake cases.
3. Tip and scrape out the yogurt from the yogurt pot into a large mixing bowl. Wash and dry the pot.
4. Crack the eggs into the mixing bowl with the yogurt, lightly whisk the eggs into the yogurt with a fork.
5. Now use the yogurt pot to measure the rest of the ingredients and add to the eggs/yogurt:
 1 pot sugar
 3 pots plain flour
 1 pot raisins
 1 pot sunflower oil
 Plus 3 level teaspoons of baking powder
6. Mix all the ingredients together with a wooden spoon or tablespoon.
7. Peel and mash the bananas with the back of a fork on a plate. Scrape into the cake mix and give everything a good stir.
8. Using a dessertspoon, spoon the mixture into the cake cases.
9. Getting a grown up to help, place the tin in the hot oven and bake the cakes for around 20 minutes until well risen and golden on the tops.

THE GREAT BANANA QUIZ

If you don't know the answers, ask google and find out on the internet!

- Q. Which countries and continents do bananas grow in?
- Q. From what part of the World did they originate from?
- Q. What colours can bananas grow in?!
- Q. How many bananas are eaten each day across the World?

Need some more recipe ideas or inspiration? Then check out the sites listed below. Stuck with a tricky to use up ingredient? Then please do email me at louisa@growinglocal.org.uk and I'll gladly help you come up with some ideas!

BBC Good Food: <https://www.bbc.co.uk/food>

Jamie Oliver: <https://www.jamieoliver.com> Check out Jamie's New Weekly TV show KEEP COOKING AND CARRY ON at 5.30pm on C4 each week night

Jack Monroe: <https://cookingonabootstrap.com>

Growing Local: <http://growinglocal.org.uk/recipes/> Eat Your Veg <http://www.eatyourveg.co.uk>

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