



Food On
Our Doorstep

FOOD Club Blog

Cooking with meat

By Cara, a FOOD Club volunteer

Hi, I'm Cara, a mum of 5 and a FOOD Club member and volunteer.

In recent weeks we have had a great variety of food items here at FOOD Club and I have used something from FOOD Club in almost every meal for the family. I have even had some things left over which I've frozen, such as sausages, so that will make an easy casserole meal or pasta dish for us all soon!

You can find a cookalong video for Sausage Pasta on Family Action's YouTube channel:
<https://youtu.be/fQiX1Hti0bU?si=GzQtrwBKPz8iZcMJ>

FOOD Club is such a great help to me and my family – and everyone is so friendly and helpful. Sometimes we can help others and sometimes we need help. It's a beautiful, warm feeling to give to others, and sometimes in our lives we need to take opportunities to let others help us.

I've gained confidence since FOOD Club to try to cook new things, and I have shared below just some of the meals I've prepared.

I hope you find them useful!

Love Cara

Recipe ideas

You can find lots of recipe ideas on the FOOD Club Recipes Ideas webpage.

There you will find free downloadable sheets about how to cook dishes with meat:

www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas



Gammon

Last week at FOOD Club, I was offered a choice of three options and I was going to play safe and go with the mince but I decided to be brave and opt for the gammon joint.

I hesitated as I had never cooked a gammon joint before in my life. I was actually very nervous, but ended up roasting it with some veg.

I was so ecstatic with the result - and it actually made two evening dinners as there was so much meat!



“I’ve gained confidence since FOOD Club to try to cook new things.”



Mince

Mince is also handy for all kinds of meals – everyone loves a cottage pie don’t they. I often put portions in the freezer, ready to use at another time.

This week I used up one portion for a quick dinner when I was on my lunchbreak working from home. I had some broccoli from FOOD Club on the side – a tasty and easy dinner for one!

I also cooked stuffed chilli boats (tortillas) last night with mince and sprinkled some Grana Padano cheese which we got from FOOD Club on the top, along with some cheddar.

I didn’t tell the kids I was using a different cheese as I thought they may say they didn’t like it without even trying it. They loved it, so I am going to encourage them to try other new cheeses in the future.

There is a tasty cookalong video for Spag Bol on Family Action’s YouTube channel: <https://youtu.be/DnUhxOMx3so?si=Yw3PtPtaEiPtER4s>

There are also lots of ideas for cooking with Basic Mince here – such as lasagne: www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/



www.family-action.org.uk

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Chicken

I've loved receiving chicken again at FOOD Club. It's so versatile.

With three of the chicken breasts, I cooked a curry. I did a madras and I also did a Chinese curry, which is milder. One child likes spice, the other child doesn't, so I just made two different versions – both delicious! With a few prawn crackers on the side it felt like we had ordered a takeaway!

There are recipes with chicken here, such as Chicken Korma: www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/



A few weeks ago we received chicken legs, vegetables, an orange, and so on at FOOD Club – and I found a recipe for chicken and orange online. Oh my gosh the chicken was so tender, I felt excited to dish it up for the kids and we all enjoyed it!



I am ashamed to say that I had never peeled peas before. At first I wasn't going to take any out of the box on offer at the club.

I thought "I don't really know what to do with them" but the team encouraged me, and I found it really was very simple - and actually quite fun. So I am really glad I took some peas home. (I must admit a few popped out and rolled onto the floor which the dogs thought was great!)



You can find a recipe for chicken and orange here: www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/



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