

FRIENDS & NEIGHBOURS



RECIPE BOOK

May 2026

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RECIPE FOR A GOOD FRIENDSHIP



Ingredients

- 1 Cup of Encouragement
- 3 Cups of Laughter
- 2 Cups of Understanding
- 1 Cup of Life's Joys and Sorrow

Directions

- Mix well and sprinkle with love and prayer.
- Bake well in a warm heat for a lifetime then serve often with tea and coffee.



CREAMY WHITE SAUCE & CHICKEN



Directions

Season chicken with salt & pepper, then coat in flour.

Heat the olive oil and melt the butter on medium heat.

Brown the chicken (do not overcrowd and work in batches if needed) for 4-5 minutes on each side or until golden brown and cooked through.

Transfer to slow cooker.

Saute the garlic for a minute.

Add the chicken stock, add the double cream and parmesan cheese.

Allow the sauce to simmer for a couple minutes.

Add chilli flakes and oregano.

Season with salt and pepper, add the sundried tomatoes and let thicken for a few more minutes - then add the sauce to the slow cooker.

Garnish with fresh basil leaves and serve warm over pasta or rice.

Ingredients

6 Large Chicken Breasts - Boneless
and Skinless, Sliced Lengthwise into
Thin Cutlets

1 tsp Salt

½ tsp Ground Black Pepper

12 tbs (100g) All-purpose Flour

4 tbs (60ml) Olive Oil

4 tbs (56g) Unsalted Butter

4 Cloves Garlic - Minced

2 cup (480ml) Chicken Stock

2 cup (480ml) Heavy (Double)
Cream

1 cup (86g) Parmesan Cheese -
Grated

2 tsp Chilli Flakes

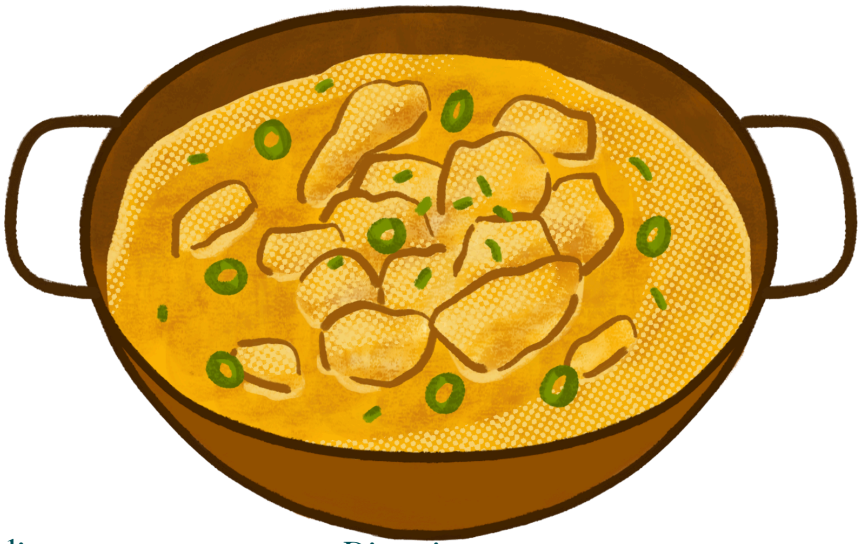
½ tsp Oregano

½ tsp Thyme

100g Sundried Tomatoes - Chopped

2 tbs Fresh Basil Leaves

CHICKEN KORMA



Ingredients

Chicken - Boneless &

Skinless

Korma Sauce

Rice

Directions

Cut chicken into little pieces.

Cook the chicken in a frying pan.

Put chicken in a saucepan and add the korma sauce.

Heat until hot throughout, stirring occasionally.

Boil rice and serve.

BEAN & VEGETABLE CHILLI



Ingredients

3 tbsp Olive Oil
2 Onions - Chopped
2 tsp Caster Sugar
250g Chestnut Mushrooms - Sliced
2 Garlic Cloves - Sliced
1 tsp Mild Chilli Powder
1 tbsp Ground Coriander
290-350g Jar of Llyod Grosman Sweet Red Pepper Sauce
300ml / ½ pint Vegetable Stock
410g Can Chickpeas - Drain & Rinsed
410g Can Black Eye Beans - Drain & Rinse
410g Cannellini Beans - Drain & Rinse
Garlic Bread and Mixed Salad to Serve.

Directions - takes 40 - 50 minutes, serves 4.

Heat the oil in a large heavy-based saucepan & fry the onions and sugar over high heat until deep golden.

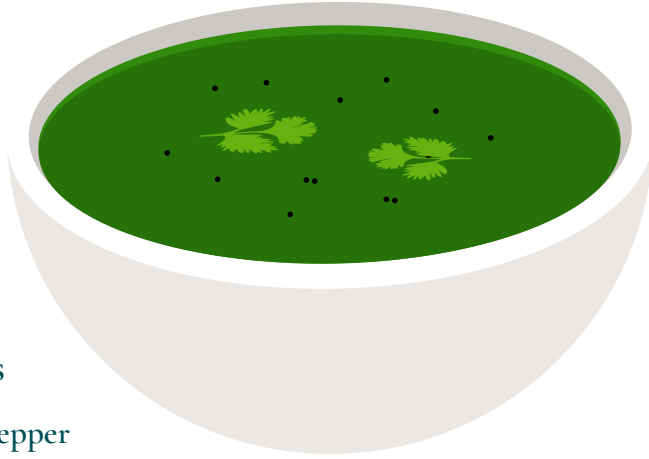
Add the mushrooms, garlic, chilli powder & ground coriander and fry for 2-3 mins.

Stir in the pepper sauce, stock, chickpeas & beans, then bring to the boil.

Reduce the heat, cover and simmer gently for 20 minutes.

Season and serve with garlic bread & a mixed salad.

SARAH'S EASY PEA & MINT SOUP



Ingredients

¼ Chopped Pepper

2 Vegetable Stock Cubes

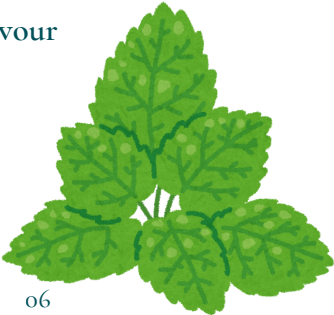
500g Frozen Peas

2 tbsp Mint Jelly

2 Potatoes - Peeled & Chopped

1500ml Water

*Ham is optional for extra
flavour



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Directions

Boil 1500ml water and add 2 stock cubes to dissolve.

Add pepper, peas and potatoes to water and cook for 10 minutes.

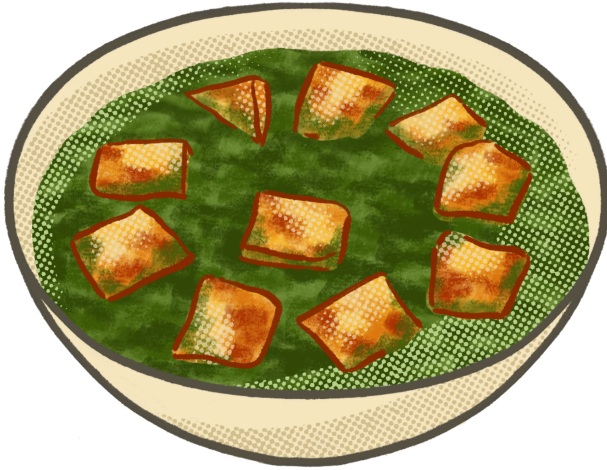
Add 2 tablespoons of mint jelly and sitr.

Cook for 20 minutes, until thickened.

Blend to desired consistency.

Serve and enjoy!

ALOO SAAG



Ingredients

6 tbsp Oil

1 Medium Onion - Chopped

2.5cm / 1 inch Fresh Root Ginger - Finely
Chopped

2 Fresh Green Chillies - Finely Chopped

1 tsp Turmeric Powder

2 Garlic Cloves - Finely Chopped /
Crushed

500g / 1lb Potatoes - cut into small pieces
or cubes.

2x 250g / 8oz packets of spinach or frozen
leaf - thawed

1 tbsp Salt - to taste.

Directions - takes 30 minutes,
serves 4.

Heat the oil in a lidded frying pan,
add the onion and cook until soft.

Add the ginger, chillies, turmeric,
and garlic and cook for 5 minutes.

Add the potatoes and salt (to taste),
stir well, cover and cook for 10
minutes.

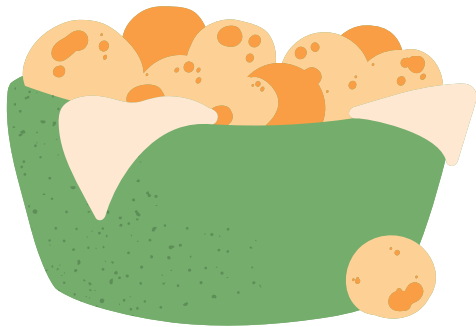
Squeeze out any liquid from the
spinach and chop. Add to the
potatoes and cook for about 5
minutes until both vegetables are
tender.

Serve and enjoy!

CHICKPEA CURRY

Ingredients

- 6 tbsp Vegetable Oil
- 2 Onions - Sliced
- 1 tbsp Fresh Root Ginger - Finely Chopped
- 1 tbsp Ground Cumin Powder
- 1 tbsp Ground Coriander Powder
- 1 tbsp Garlic - Crushed
- 1 tbsp Chilli Powder
- 2 Fresh Green Chilli
- $\frac{2}{3}$ tbsp Fresh Coriander Leaves - Chopped
- 150ml / 4 oz Water
- 1 Large Potato
- 400g / 14 oz Canned Chickpeas - Drained
- 1 tbsp Lemon Juice



Directions - serves 4.

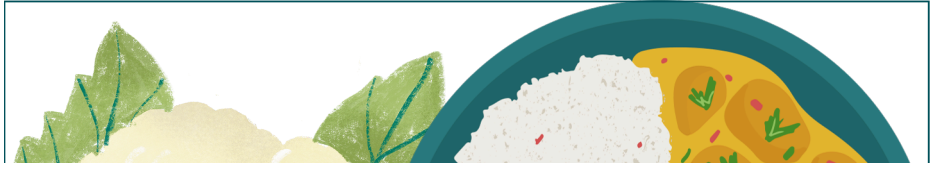
Heat the vegetable oil in a large, heavy-based saucepan. Add the onions and cook, stirring occasionally, until golden.

Reduce the heat and add the ginger, ground cumin, ground coriander, garlic, chilli powder, fresh green chillies and fresh coriander leaves and stir fry for 2 minutes.

Add the water to the mixture in the pan and stir to mix.

Cut the potato into dice and then add with the chickpeas to the pan. Cover and simmer, stirring occasionally, for 5-7 minutes.

Sprinkle the lemon juice over the curry, transfer the chickpea curry to serving dishes and serve hot.



CAULIFLOWER DHAL



Ingredients

- 1 tbsp Sunflower Oil
- 1 Onion - Chopped
- 1 Clove Garlic - Crushed
- 1cm (1/2 inch) Fresh Root Ginger - Peeled & Finely Chopped
- 1 ½ tsp Ground Cumin
- 1 ½ tsp Ground Coriander
- 2 tsp Medium Curry Powder
- ½ tsp Garam Masala
- 225g (8 oz) Small Cauliflower Florets
- 85g (3 oz) Red Split Lentils
- 450ml (16fl oz) Reduced-salt Vegetable Stock
- 85g (3 oz) Frozen Peas
- 1 tbsp Fresh Coriander - Chopped (Optional)

Directions

Heat oil in a non-stick saucepan, add onion, garlic and ginger and cook over medium heat for about 5 minutes or until softened, stirring occasionally.

Add cumin, coriander, curry powder and garam masala; cook gently for 1 minute, stirring.

Add cauliflower florets; cook gently for 1 minute, stirring.

Add lentils and stock; stir to mix. Bring to the boil, reduce heat, cover and simmer for about 15 minutes or until lentils are just cooked and tender, stirring occasionally.

Stir in peas, bring to boil; simmer, uncovered for about 4 mins or until peas are cooked, stirring occasionally.

Stir in chopped coriander (if using).

Serve immediately – boiled white or brown rice can accompany.



GRILLED MACKEREL WITH MUSTARD SAUCE



Ingredients

2 Fresh Mackerel - 6 - 8 oz Each ,

Cleaned with Head Removed

Juice of ½ a Lemon

Freshly Ground Pepper - to Taste

2 ½ tsp Cornflour

150ml (1/4 pint) Semi - Skimmed

Milk

1 tbsp Wholegrain Mustard

1 tbsp Fresh Parsely - Finely

Chopped

*can be served with crushed new potatoes and cooked vegetables.

Directions

Make 2 -3 diagonal cuts on both sides of each fish. Sprinkle inside of each fish with lemon juice and season with black pepper.

Preheat grill to high.

Place mackerel on a rack in grill pan; grill for 4-6 minutes on each side or until flesh is opaque, firm and flakes easily, turning once.

Meanwhile, in a small bowl, mix cornflower with a little of the milk until smooth.

Pour the remaining milk into a small, non-stick saucepan; stir in the cornflour mixture. Bring to the boil over medium heat, stirring continuously, until thickened and smooth.

Simmer gently for 2-3 minutes, stirring.

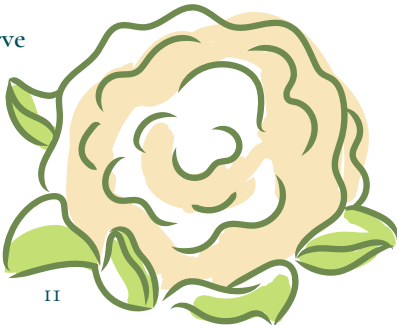
Stir in mustard and parsely, season with black pepper to taste.

Pour mustard sauce over, or alongside, grilled mackerel.

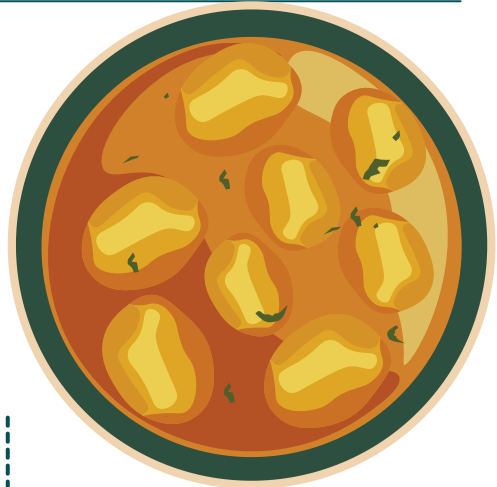
CAULIFLOWER & POTATO CURRY

Ingredients

- 2 tbsp Vegetable Oil
- 1 Large Onion - Chopped
- Large Piece Ginger - Grated
- ½ tsp Turmeric
- 3 Garlic Cloves - Finely Chopped
- 1 tsp Ground Cumin
- 1 tsp Curry Powder (or to taste)
- 227g Can Chopped Tomatoes
- ½ tsp Sugar
- 1 Cauliflower - Cut into Florets
- 2 Potatoes - Cut into Chunks
- 1 Small Green Chilli - Halved Lengthways
- Lemon Juice
- Handful Coriander - Roughly Chopped,
- to serve
- Naan Breads and Natural Yoghurt. to
- serve



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Directions - serves 4.

Heat the oil in a saucepan. Cook the onion for 10 minutes until soft, then add the ginger, garlic, turmeric and curry powder. Cook for another minute. Stir in the tomatoes and sugar.

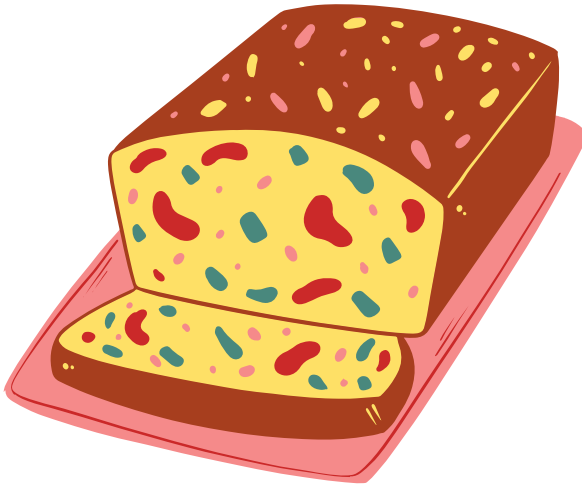
Add the cauliflower, potatoes and split chillies, then season to taste.

Cover with a lid and gently cook for a good 30 minutes, stirring occasionally, until the vegetables are tender - add a drop of water if needed but it is meant to be a dry curry.

When vegetables are cooked, remove the chilli if you like, stir in a squeeze of lemon juice and scatter with coriander.

Serve with indian bread of choice and a dollop of yoghurt.

SANDRINGHAM FRUIT CAKE



Ingredients

4 oz (100g) Sugar

4 oz (100g) Margarine

8 oz (225g) Self-raising

Flour

2 Eggs

12 oz (350g) Mixed Dried

Fruit

½ Cup Milk

½ tsp Mixed Spice

Directions

Mix sugar and margarine together with wooden spoon until creamy.

Stir in the rest of the ingredients to make a firm, stodgy mixture.

Split mixture between two 1LB loaf tins - 4oz in each.

Bake in the centre of the oven for around 2 hours at 160°C / gas mark 3.

Leave cake in tin to cool before removing.

SULTANA & COCONUT SLICE

Ingredients

50z Sugar

50z Sultanas (can be
swapped out for
chopped cherries)

50z Self-raising Flour

30z Coconut

40z Melted Margarine

1 Beaten Egg



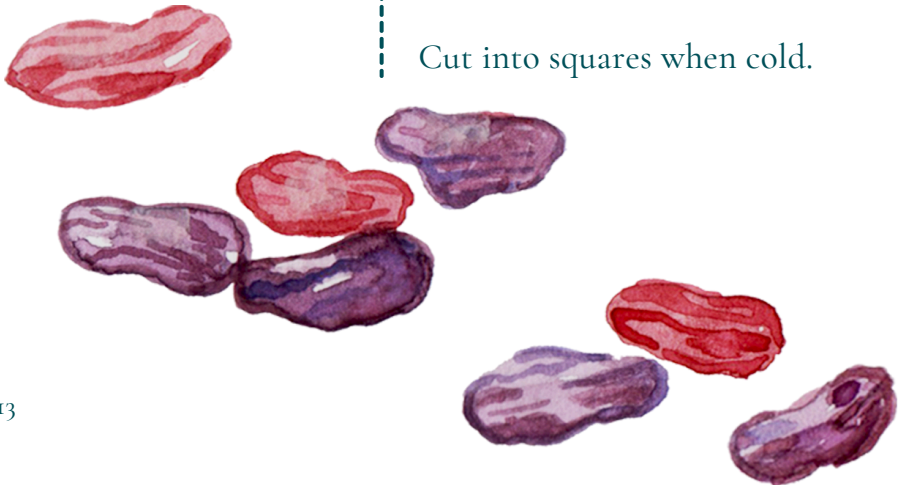
Directions

Mix together the sugar, sultanas (or cherries), self-raising flour, and coconut well and put into a greased swiss roll tin (approx 7" x 11").

Cook at Gas 4 / 180°C / 160°C with fan for around 15 minutes until light brown

- it is better to be undercooked than overcooked

Cut into squares when cold.





SAKEJI MUD

From Zambian Boarding School



Ingredients

3 oz Self-rasing Flour

2 tbsp Cocoa

1 ½ oz Margarine

3 oz Sugar

5 tbsp Milk



Directions

Mix all ingredients and put in a dish.

Mix 2 oz sugar & 2 tbsp cocoa powder, then sprinkle over the mixture.

Pour half a pint of boiling water over the top of the sponge mixture.

Place in the oven at 180°C for 35 mins.

Enjoy with ice cream, cream, or both!!

CRUNCHIE BAR & GRAPE TRIFLE

Ingredients

8 oz Grapes

2-3 tbsp Dark Brown Sugar

1 Greek Yoghurt

2 Crunchie Bars

Large Whipping Cream

Chocolate Flake



Directions

Layer grapes at bottom of the trifle dish.

Cover with a little sugar.

Then add a layer of crushed crunchie bar, cream and yoghurt mixed.

Repeat until dish filled, top with crushed flake.

GINGER SNAPS

Ingredients

150g Butter

1 tbsp Golden Syrup

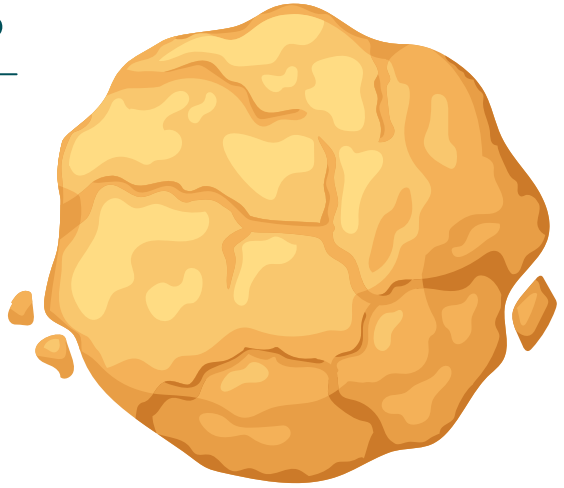
175g Sugar

75g Self-raising Flour

50g Semolina

100g Oats

4 tsp Ginger



Directions - makes 20 - 22 snaps

Set oven 180°C /gas 6

Mix butter, golden syrup, and sugar in a saucepan until mixture is melted & bound together.

Put mixture from saucepan into a large bowl with the other dry mixture.

Mix altogether until a soft mixture is formed.

Put 9 dessert spoonful of mixture on a baking tray about 2 inches apart.

Put in oven for 8 - 10 minutes.

If snaps spread out on tray, cut to separate while hot; move to a cooling rack.

Snaps will crisp quickly.

MILLIONAIRE'S SHORTBREAD

Ingredients

225g Plain Flour

100g Caster Sugar

325g (room temp) Butter - Cubed

150g Light Soft Brown Sugar

397g Can Condensed Milk

200g Chocolate (of choice)



Directions - takes 2h 30 min (16 squares / 8 slices)

Preheat oven to 150°C / 130°C fan / gas 2.

Line the base and sides of shallow, 20cm square cake tin with baking paper.

Sift the flour into a bowl with a pinch of salt. Stir in the caster sugar.

Rub in 175g of butter until it forms clumps, then putting the mixture into the tin, pressing it down firmly with the back of a spoon.

Bake for 35 - 40 minutes or until pale golden brown. Leave to cool in the tin.

Put the remaining butter and the brown sugar in a pan and stir over a low heat until the butter is melted and the sugar has dissolved – don't let it burn!!

Add the condensed milk and stir over a very low heat until it simmers, making sure you take the wooden spoon right to the corners of the pan.

Simmer for 2 minutes, stirring.

Pour on top of the shortbread then leave for 30 minutes to set.

Melt the chocolate in a bowl over a pan of gently simmering water, making sure the bowl doesn't touch the water.

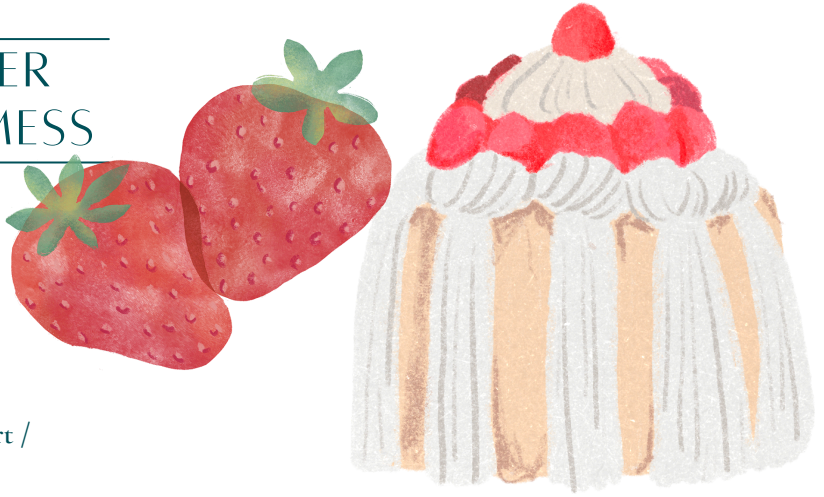
Pour onto the caramel and leave until set.

Cut into desired shape.

LIGHTER ETON MESS

Ingredients

4 Meringue Nests
300g Strawberries -
Halved
300ml Plain Yoghurt /
Cream



Directions

Pop meringue nests in a freezer bag and scrunch them up until broken into pieces.

Mash half the strawberries with the back of a fork until almost smooth.

Layer the ingredients into serving glasses.

Start with strawberries, along with a spoonful of their juices.

Mix half of the crushed meringues through the yoghurt / cream and add to the serving glass.

Top with more fruit and some crushed meringues.

Repeat until all ingredients used and all glasses full.

Serve immediately.

*** Strawberries can be replaced with any fruit of choice.