liaise
Your goals are our goals

Cook With Us: A Community Recipe Book by the People We Support

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This recipe book is something we've created together. Across Liaise, our Influencers and the people we support have shared their favourite meals, ideas, and experiences of food. Each recipe reflects people's choices, cultures, and what matters to them. Some may remind you of home, others may be something new to explore - all of them are part of our community.

Food is about more than just eating. It's about choice, independence, culture, and enjoying time together. As you explore these recipes, you are supported to make your own choices about what you like, what you want to try, and how you would like to be involved in preparing and enjoying food. This might include choosing meals, helping with cooking, or sharing food with others in a way that feels right for you. At the same time, everyone is different. Some people have allergies, intolerances, or specific dietary needs. Where this is the case, guidance set out in care and support plans must always be followed to make sure people are supported safely and in a way that meets their individual needs.

Your support worker is there to support you in a way that works for you - enabling choice and independence, while also helping to check ingredients and make sure meals are safe and suitable. If something isn't clear, it's always okay to pause and check together. You can always share what you like, what you don't like, and anything you need to stay safe. Your views, preferences, and wellbeing are at the centre of everything we do. This book is here to be enjoyed - to try new things, share favourites, and bring people together through food, in a way that promotes dignity, independence, and wellbeing for everyone.

Further Information and Support from the NHS:

Tina’s Spaghetti Bolognese, Serves 2

Ingredients

- 150g wholemeal spaghetti
- 250g beef mince
- 1 onion
- 300g tomato passata
- 2 tbsp tomato purée
- 1 tsp garlic granules
- 1 tsp mixed herbs
- 2-3 sprays of Frylight
- 2 tbsp gravy

1. **Wash Your Hands** - Always start by washing your hands before cooking.
2. **Prepare the Ingredients** - Gather all your ingredients so everything is ready to use.
3. **Chop and cook the Onions** - Spray a saucepan with Frylight and gently cook the onions until soft.
4. **Add the Mince to the pan** - Cook until fully browned and cooked through.
5. **Season the Mince** - Add salt, garlic granules, and mixed herbs.

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6. **Add the Sauce** - Pour in the tomato passata.
7. **Add the Special Ingredient** - Add a small amount of gravy to reduce the acidity of the sauce.
8. **Cook the Pasta** - Cook the wholemeal spaghetti in boiling water according to the packet instructions.
9. **Drain and Combine** - Drain the pasta. Add some of the bolognese sauce to the pasta and mix well.
10. **Serve** - Spoon the spaghetti bolognese onto a plate.

Watch Tina make this dish!

Willow Court's Chicken and Vegetable Soup, Serves 2

Ingredients

- 250 g chicken (breast or thigh), diced
- 1 medium potato, peeled and chopped
- 1 medium carrot, peeled and sliced
- 200 g kidney beans, drained and rinsed (about half a standard tin)
- 750 ml chicken stock

1. Wash hands before starting food preparation.
2. Prepare all the ingredients by washing and chopping the vegetables.
3. Add the chicken to a large saucepan.
4. Add the potatoes, carrots, and kidney beans.
5. Pour in the chicken stock.
6. Bring to the boil, then reduce the heat and simmer until the chicken is cooked and the vegetables are soft.

Coppice Close's Sausage and Vegetable Bake, Serves 2

Ingredients

- 4 sausages
- 2 potatoes, washed and chopped
- 1 carrot, peeled and sliced
- 100 g broccoli florets
- 1 red pepper, deseeded and chopped
- 1 small onion, peeled and sliced
- 1–2 tablespoons Frylight
- Salt and pepper

1. Wash hands before starting food preparation.
2. Wash and chop the potatoes, carrots, broccoli, red pepper, and onion.
3. Cut the sausages into chunks if needed.
4. Place the sausages and vegetables into an ovenproof dish
5. Add a little salt and pepper if desired and mix everything together.
6. Cook in the oven until the sausages are fully cooked and the vegetables are soft and lightly browned.

Charlotte's Puff Puff with Beans, Serves 2

Ingredients

- 150 g plain flour
- 1½ tablespoons sugar
- 1 teaspoon dried yeast
- 150 ml warm water
- Cooking oil, for frying
- To serve: 1 tin cooked beans

1. Wash hands before starting food preparation.
2. Mix the flour, sugar, yeast and warm water together in a bowl to make a smooth batter.
3. Leave the batter to rest until it rises.
4. Heat the cooking oil in a pan, ready for frying.
5. Carefully spoon the batter into the hot oil. Fry until golden brown, turning gently as needed.
6. Remove from the oil and place on kitchen paper to drain.
7. Serve the puff puff with cooked beans.

Rebecca and Nelly's Toffee Cake, Serves 2

Ingredients

- 100 g butter or margarine, softened
- 100 g sugar
- 2 eggs
- 100 g self-raising flour
- 2–3 tablespoons milk
- 4 tablespoons toffee sauce

1. Wash hands before starting to bake.
2. In a bowl, mix the butter and sugar together until smooth. Add the eggs and mix well.
3. Add the flour and gently mix. Stir in the milk to make a smooth cake batter.
4. Pour the mixture into a prepared cake tin. Bake in the oven until the cake is golden and cooked through.
5. Pour the toffee sauce over the cake once baked.
6. Allow the cake to cool slightly before serving.

Sarah's Fruit Platter, Serves 2

Ingredients

- ½ fresh pineapple, peeled and sliced
- 1 small bunch green grapes (about 150 g)
- 100 g blueberries
- 1 orange, peeled and sliced
- 150 g strawberries, washed and sliced

1. Wash hands before starting food preparation.
2. Wash all the fruit thoroughly. Peel and slice the pineapple. Cut the oranges and strawberries into slices.
3. Place the pineapple in the centre of the plate to create the Christmas tree shape.
4. Arrange green grapes around the pineapple to form the tree. Add blueberries, orange slices, and strawberry pieces as decorations.
5. Arrange the fruit neatly to make it colourful and festive.

Thomas' Strawberry Cheesecake, Serves 6

Ingredients

- Greek yogurt
- 200mg soft cheese
- 2 tbsp caster sugar
- A few vanilla essence drops
- 100mg of low-fat digestive biscuits

Step One: Make the biscuit base
First, we make the crunchy bottom layer of our cheesecake. This part is fun and a little bit messy!

1. Put on an apron and wash your hands.
2. Put digestive biscuits in a plastic bag.
3. Bash them with a rolling pin until they are chunky crumbs.
4. Divide crumbs into glasses or bowls.
5. Press them down to make a flat base.

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Step 2: Make the cheesecake filling
Next, we create the smooth, creamy part of the cheesecake. This is what makes it so delicious!
What you do:

Mix the soft cheese, cream, sugar, and vanilla.

Method:

- Put soft cheese in a large bowl.
- Add yoghurt (or cream), sugar, and vanilla extract.
- Beat with a wooden spoon until smooth and creamy.
- Mix for 2–3 minutes until there are no lumps.

Tip: Keep mixing until the mixture is thick and creamy. This takes about 2–3 minutes.

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Steps 3: Assemble and chill

Now we put everything together and let our cheesecakes get cold in the fridge.

Step 4: Add cheesecake mixture

Spoon the creamy filling over the biscuit base in each glass. Fill them three-quarters full and smooth the top.

Step 5: Prepare strawberry topping

Stir strawberry jam until runny. Wash and slice fresh strawberries, then gently mix the sliced strawberries into the jam.

Step 6: Add strawberry topping

Carefully spoon the strawberry and jam mixture on top of each cheesecake. Spread it out evenly to cover the cream.

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Step 7: Chill the cheesecakes

Place the glasses on a tray in the fridge. Leave them for at least 2–3 hours to become firm and cold. You can leave them overnight.

Step 8: Enjoy your creation!

Once chilled, your beautiful strawberry cheesecakes are ready to eat! Share them with friends and be proud of what you made. Remember to always follow kitchen safety rules, like washing hands and being careful with knives.

Your recipes:

Serves:
Ingredients:

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