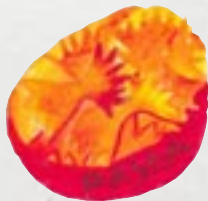
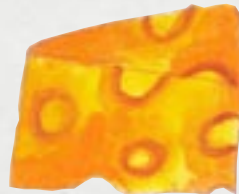


LET'S COOK!

Over 20 favourite recipes from Young Carers across West Yorkshire and Harrogate to feed yourself, your friends and family!

VERD DE GRIS ARTS



"I say, I say, I say ... my dog has no nose
How does he smell?

TERRIBLE!"



LET'S COOK!

A YOUNG CARERS COOKBOOK

Hello everyone and welcome to our young carers cookbook! Here at verd de gris we love to cook and to celebrate the heritage and culture of cooking. So we were delighted to be given the chance, working with West Yorkshire and Harrogate Health and Care Partnership to create a cookbook, full of recipes that mean something special to young carers across West Yorkshire and Harrogate. This could be a recipe that has a strong memory attached to it, is closely linked to family heritage, or just something that's quick and easy to cook but tastes great!

When we were asked to get involved we wanted to find out as much information as we could about how young carers felt about the food they eat. So we asked them to tell us about their favourite meals: the only provision being it had to be home-cooked - no fast-food or bought from a take-away!

We wanted to know why was it such a favourite. It might be because of the person who had cooked it for them when they first ate it, or that it reminded them of a special place or time in their life. What made it taste so good?

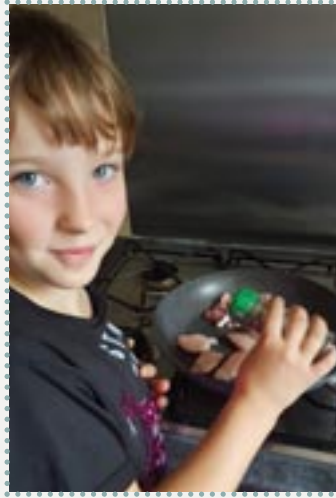
We also found an amazing group of young carers who wanted to help us design the book - by doing some arty ZOOM sessions with us to illustrate the recipes with drawings and paintings of food and cookery stuff.

Together we have collected over 20 recipes. We hope they represent the absolute FAVOURITE meals and food of our young carers in West Yorkshire.

Something that food does is bring people together. So, if you love to cook, can cook a couple of favourite recipes, or even really don't like cooking at all, please open this cookbook at any page and have a go ...

You won't regret it!

SHARON & JEFF
VERD DE GRIS ARTS



Here are some of the amazing young carers who have helped make this cook book. Together, our creative team of young carers have shared their favourite recipes, drawn and sketched their favourite foods and vegetables, and even told us a few of their favourite jokes! We are SO grateful to all the young people who contributed to this lovely project.



let's cook!

YOUNG CARERS

A young carer is an amazing young person under the age of 18 who helps to care for a family member, relative or friend. As many as 1 in 5 children and young people in the UK are young carers. Young carers do lots of really helpful things to support their special person, such as: help with the shopping; clean around the house; manage medicines or money; give personal care; look after their brothers and sisters; keep an eye on things generally.

And being a young carer means that you do these things not just occasionally but as part of your everyday life, over a long period of time. Without their help, their special person would really struggle or not be able to cope. here are some thoughts from the young people themselves:

Young Carers you and me
Obviously its meant to be
Under pressure constantly
Not everyone can see
Groups together with honesty

Carers so young
Adventures just begun
Rather be out chilling
Especially when its thrilling
Running around playing
Someone's gotta stay in - a poem by Emily Broxham, aged 12

Of course, a young carer often is called upon to cook and prepare meals, which is why we have made this cookbook: to share with you some fun, and delicious meals that are (fairly) easy to prepare, and are favourites with our young carers. We hope you enjoy them!



measuring
SPOONS!



Many thanks to **FOOD - A FACT OF LIFE** a comprehensive, progressive education programme which communicates up-to-date, evidence-based, consistent and accurate messages around 'food' to all those involved in education.

For more information go to www.foodafactoflife.org.uk



grating

BASIC SKILLS

If you learn good habits early on, then cooking need never be a dangerous or a difficult activity. Cooking does involve working with sharp knives, boiling liquids, hot ovens and hot pans. All these things should be used carefully, and treated with respect. Some of the recipes in this book are suitable for younger children to try because any hot oven work comes at the end, and they can ask for help with that bit. Other recipes need a bit more thought beforehand, but should be okay for most of you to try. We hope that you will use this book often, and that you'll experiment and learn to enjoy cooking. Below, we have given you links to some really useful short videos from **FOOD - A FACT OF LIFE**. These short videos were made by young people to show you some really useful cookery basics.

Just **CLICK ON THE LINK** and you will be directed to the video you want.

HAND HELD ELECTRIC WHISK

BOILING ON THE HOB

PREPARING CHICKEN

MEASURING WITH SPOONS

FRYING ON THE HOB

DRAINING HOT WATER

MEASURING LIQUIDS

HOW TO MAKE A WHITE SAUCE

USING THE 'CLAW GRIP'

WEIGHING INGREDIENTS

HOW TO MAKE A TOMATO SAUCE

USING THE 'KNIFE BRIDGE'

GETTING READY TO COOK

USING THE GRILL

PEELING

ZESTING & SQUEEZING

USING THE OVEN

FOLDING IN

SPOONING MIXTURES

PREPARING GARLIC

ROLLING A DOUGH

GRATING

PREPARING CHILLIES

FORMING A DOUGH

USING A FOOD PROCESSOR

PREPARING GINGER

RUBBING IN

USING A HAND HELD BLENDER

PREPARING FISH

EGGS

PREPARING AN ONION

PREPARING MEAT

SOME FAVOURITE RECIPES

"I like getting my hands into the bowl
and mixing all the ingredients ..."



Did you know ... the difference between **ROCK CAKES** and **SCONES**?

Rock cake dough is stiffer, and the cakes are smaller, rolled into balls, and dropped like a cookie onto a baking sheet. Scone dough is gently patted or rolled out and then cut into shape before baking, which takes place at a higher temperature than rock cakes.



perfect!

ROCK CAKES

INGREDIENTS

- 225g self-raising flour
- 75g caster sugar
- 1 tsp baking powder
- 125g unsalted butter cubed
- 150g dried fruit
- 1 egg
- 1 tbsp milk
- 2 tsp vanilla extract

METHOD

Preheat the oven to 180°C and line a baking tray with baking parchment. Mix the flour, sugar and baking powder in a bowl and rub in the cubed butter until the mixture looks like breadcrumbs, then mix in the dried fruit. In a clean bowl, beat the egg and milk together with the vanilla extract. Add the egg mixture to the dry ingredients and stir with a spoon until the mixture just comes together as a thick, lumpy dough. Add a teaspoon more milk if you need it to make the mixture stick together.

Place golf ball-sized spoons of the mixture onto the prepared baking tray. Leave space between them as they will flatten and spread out to double their size during baking. Bake for 15–20 minutes, until golden-brown. Allow to cool for a couple of minutes, then turn them out onto a wire rack to cool.





we LOVE
pasta!

HENRY'S MEAT SPAG BOLOGNESE

INGREDIENTS

1 onion chopped
150g mushrooms
4 garlic cloves crushed
500g minced beef
tin of **chopped tomatoes**
1 carton of **passata**
1 **beef stock pot**
some **dried mixed herbs**

METHOD

Chop and cook the onions, garlic and mushrooms and put together in a frying pan on a low heat. Add the herbs and the minced beef. Mix together and cook until the meat is brown. Add the passata, the chopped tomatoes and beef stock pot. Simmer over a low heat for around 20 mins.

With about 10 mins to go put some boiling water in a pan and add the spaghetti. Cook the spaghetti.

Serve the spaghetti in a bowl with the bolognese sauce on the top.





1 carrot

YSABELLA'S VEGGIE SPAG BOLOGNESE

I like this recipe because my brothers eat it without getting upset and it is super healthy because I sneak vegetables into the sauce. Pasta is also my favourite food! This makes a lot of sauce but my Daddy gets very hungry. If there is any left over sauce you can put it in the fridge and it is great to use another day you need a quick meal when you are in rush going to clubs like cubs and ballet.

INGREDIENTS

1 courgette grated
1 carrot grated
1 garlic clove crushed
2 fresh tomatoes chopped
1 tsp dried mixed herbs
Helman's Relish a dash
1 tsp english mustard
1 jar of passata (or a tin of chopped tomatoes)
1 sachet of Quorn mince

METHOD

Cook the onions, garlic, carrot, fresh tomatoes, and courgette together in a frying pan on a low heat. Add Quorn mince (if you are using it). Mix together. Add mustard and relish, mix in. Add passata and the mixed herbs. Simmer over a low heat for around 20 mins. With about 10 mins to go put some boiling water in a pan and add the pasta. Cook the pasta. When it's all cooked mix together, serving in bowls with a sprinkle of cheese on the top.

TOP TIP

Cook on a low heat!

What do you think of that new diner on the moon?

Food was good, but there really wasn't much atmosphere!

A joke from Olivia ...

What did 7 do wrong? 7 ate nine ...



Did you know ... **SAUSAGES** are mentioned in The Odyssey which was written by Homer more than 2,700 years ago. Sausages were called bangers during World War II because they contained so much water they exploded when fried. The longest sausage measured 38.99 miles in length and was created in Ploiesti City, Romania on 1 December 2014.



chopped
tomatoes

SAUSAGE CASSEROLE

A lovely, warming dish for those Autumn and Winter evenings. Serve it with some green vegetables or some crusty bread. You can split this into smaller portions and freeze – just reheat in the microwave when you need a quick, health evening meal.

INGREDIENTS

- 4 large potatoes
- 4 carrots
- 8 sausages
- 2 tbsp olive oil
- 1 onion chopped
- 1 garlic clove crushed
- 1 tsp paprika
- 400g tin chopped tomatoes
- 400ml vegetable stock
- 1-2 bay leaves

METHOD

Turn the oven to 180°C. Peel the potatoes and carefully cut them in half, then into quarters. Peel the carrots and cut each carrot into about 4 or 5 even pieces. Prick the sausages all over with a fork – this helps the fat to run out of the sausages, so that they don't split open as they cook. Heat the olive oil in a heavy-based casserole and fry the sausages, turning often, until lightly golden all over – this should take about 10 minutes. Remove the sausages from the pan and put them on a plate. Add the chopped onion to the casserole (there will still be some oil in the pan from the sausages) and continue to cook over a low heat for 5-10 minutes, until the onion is slightly soft. Add the garlic and paprika and cook for another minute. Add the chopped potatoes and carrots and stir everything around in the casserole so that the vegetables are coated with the oil. Add the tomatoes and stock (to measure the stock, you can use the empty tomato can – filled up, it will hold 400ml of stock) and the bay leaves. Bring to a simmer (so it's just bubbling gently). Return the sausages to the casserole. Using your oven gloves, carefully put the casserole into the oven. Cook for 45 minutes, until the potatoes are cooked through, and serve.

Did you know ... originally, in Italy, the word **LASAGNA** did not refer to a food. The word “lasagna” referred to the pot in which the food was cooked. It is thought that the word “lasagna” for the pot is derived from the Greek word for “chamber pot”. The earliest lasagna recipes known are dated from the thirteenth century.





460ml
milk!

LASAGNE

INGREDIENTS

for the beef sauce

- 1 onion chopped
- 1 clove garlic crushed
- 1 red pepper chopped
- 1 tbsp olive oil
- 450g lean minced beef
- 1 tsp dried mixed herbs
- 400g tin chopped tomatoes
- 295g can of Campbell's condensed tomato soup
- salt & black pepper

for the cheese sauce

- 50g butter
- 40g flour
- 460ml milk
- pinch of ground nutmeg
- 50g cheddar cheese grated
- 25g Parmesan grated
- 9 sheets dried lasagne

METHOD

Pre-heat the oven to 190°C. Heat the oil in a large saucepan and sauté the onion, garlic and red pepper until softened. Add the beef and the herbs and sauté until the beef has changed colour. Add the remaining ingredients and cook over a medium heat for 15 to 30 minutes. Season to taste. Meanwhile, to prepare the cheese sauce, melt the butter, stir in the flour and cook for 1 minute. Gradually whisk in the milk, bring to the boil and whisk until thickened and smooth. Season with nutmeg and a little salt and pepper. Remove from the heat and stir in the grated Gruyere cheese until melted. To assemble the lasagne, spoon a little of the meat sauce on to the base of an ovenproof dish 28 x 17 x 7 cm. Cover with three sheets of lasagne. Divide the remaining meat sauce in half and cover the lasagne with half of the sauce. Spoon over a little of the cheese sauce. Cover with three more sheets of lasagne and cover with the remaining meat sauce. Again spoon over a little of the cheese sauce but make sure that enough remains to completely cover the top of the lasagne. Arrange the remaining sheets of lasagne on top and then spread over the remaining cheese sauce so that the lasagne is completely covered. Sprinkle over the Parmesan cheese and cook in the oven for 25 to 30 minutes.

Tilly's favourite foods are?

cake

Brownies

Noodles

Pizza



Did you know ... baker Raffaele Esposito from Naples is often given credit for making the first such **PIZZA** pie. Historians note, however, that street vendors in Naples sold flatbreads with toppings for many years before then. Legend has it that Italian King Umberto I and Queen Margherita visited Naples in 1889.



300g
flour

TILLY'S HOMEMADE PIZZA!

I like this recipe because, well, everyone likes pizza! I also like tomato pasta ... just get some dried pasta shapes, some passata or tomato cook-in sauce and a nob of butter (but not too much!)

INGREDIENTS

for the base

300g **white bread flour**
1 tsp **instant yeast**
1 tbsp **olive oil**

for the tomato sauce

1 tbsp **olive oil**
2 **garlic cloves** crushed
200ml **passata**

for the topping

8 **mozzarella** pearls halved
small bunch **fresh basil**

METHOD

Tip the flour into a bowl, then stir in the yeast and 1 tsp salt. Make a well in the centre and pour in 200ml warm water along with the oil. Stir together until you have a soft, fairly wet dough. Tip the dough out onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside for an hour or so or until the dough has doubled in size. Meanwhile, make the tomato sauce. Put the oil in a small pan and fry the garlic briefly (don't let it brown), then add the passata and simmer everything until the sauce thickens a little. Leave to cool. Once the dough has risen, knead it quickly in the bowl to knock it back, then tip out onto a lightly floured surface and cut into two balls. Roll out each ball into a large teardrop that is very thin and about 25cm across (teardrop shapes fit baking sheets more easily than rounds). Heat oven to 240°C with a large baking sheet inside. Lift one of the bases onto another floured baking sheet. Smooth the sauce over the base with the back of a spoon, scatter over half the mozzarella, drizzle with olive oil and season. Put the pizza, still on its baking sheet, on top of the hot sheet in the oven and bake for 8-10 mins until crisp.

"These recipes make me happy because me and my mum and dad can get together to make them ..."



Did you know ... while Doctor Who supposedly laid claim to the invention of **YORKSHIRE PUDS** on a recent episode, the truth is that the first recorded recipes seem to date back to the 18th century. One that's often talked about is that by Hannah Glasse in *The Art of Cookery Made Plain and Easy* from 1747, while some sources put the pudding at 10 years prior in a book called *The Whole Duty of a Woman*. Then there's Mrs. Beeton, who only got in on the pudding act in 1866!

YORKSHIRE PUDS



we LOVE them!

INGREDIENTS

2 tsp olive oil
10g butter
1 red onion chopped
1 celery stick chopped
1 tsp dried thyme
pinch of salt
ground black pepper
200g veggie sausages
100g cooked chestnuts
15 Yorkshire Puds frozen
100g goat's cheese
4 tbsp red onion chutney

METHOD

Preheat the oven to 200°C. Heat the oil and butter in a non-stick pan until melted. Chop up the sausages and add to the pan with chestnuts and thyme. Add the onions and celery. Fry for 10 minutes on low, stirring often. Season well.

Lay the still frozen Yorkshire Puddings out on a baking tray. Spoon the vegetarian stuffing mixture evenly into each Yorkshire Puddings. Crumble a little goat's cheese over each one. Spoon a little chutney onto the centre of each Yorkshire. Bake in the oven for 5-8 minutes until the Yorkshires are crisp and the filling is heated through.



What do you say before
cooking an egg?
Let's get CRACKING!



remember to wash
your hands after
handling meat!



200g
cheddar cheese

SOPHIA'S CHICKEN & BACON PASTA

INGREDIENTS

olive oil
500g chicken breast
100g bacon
1 garlic clove crushed
250g tagliatelle
mixed herbs
200g cheddar cheese grated
creamy sauce

METHOD

Cook pasta in boiling water. Heat oil in a frying pan. Cut up the chicken into pieces, and cut the bacon into strips. Add to the pan and lightly fry for 3 to 4 mins. Add garlic to the pan and cook for 1 minute. Season with salt and pepper and mixed herbs. When the pasta is cooked, drain and then add the cream sauce. Then add the chicken and bacon and stir well.

Serve on a plate and garnish with the grated cheese.



Ria's favourite joke is?

Why can't elephants use computers?

Because they are scared of the mouse!!



Ria's favourite foods are?

Curry and rice - spice goes into it

Chocolate - sugar goes into it

Pizza - tomatoes go into it

Pasta - tomatoes go into it

Watermelon - water goes into it

KFC - chicken goes into it

Chips - potatoes go into it

Chicken curry - chicken goes into it

RIA'S OKRA CURRY



700g
okra

My favourite recipe is Okra because I love to eat it and it has a lot of flavour and spice. I chose it because me and my mum work together to make it and normally crack up and have a chat. Also I eat a lot of curries because they are part of my culture.

INGREDIENTS

500 / 700g okra (also known as Lady's Fingers)
2 tbsp chickpea flour
10g crushed peanuts
1 tsp salt
½ tsp chilli powder
1 tbsp coriander powder
1 tsp jaggery (caramelised sugar)
2 tbsp fresh coriander
1 tsp garlic and ginger paste
2 tbsp cooking oil

METHOD

Mix all the spices together. Wash and dry the okra on a tea towel. Cut off top and bottoms of the okra. Put a slit in the okra from top to bottom (ready to 'stuff'). Stuff the okra with the mixed spice paste. Cut the okra into bite-sized pieces. Heat a large frying pan with 2 tbsp of cooking oil. Place okra in the pan and cook on a low heat. This should take around 20/30 mins. Turn the okra in the pan as necessary.

All done!

Did you know ... **OKRA** are known in many English-speaking countries as **LADY'S FINGERS** or **GUMBO** is a flowering plant in the mallow family, related to cotton and hibiscus! It is valued for its edible green seed pods. It is cultivated for the pods, which are harvested in the immature stage and used in salads and soups ... and curries, thanks RIA!

"The best bit is scraping all the left over bits out of the bowl at the end ..."



Did you know ... People have been growing and eating **OATS** for at least 7,000 years. They were grown in ancient China, as well as ancient Greece. The Greeks were the first people to make them into porridge. They're still a favourite food today and with good reason: they're inexpensive, nutritious, and delicious!



passion fruit
curd!

Raspberry & Passion Fruit Oats

I love this because it's really easy to make and can be changed by adding different fruits and flavoured yoghurts. It's great when you're running late, as it can be eaten in the car on your way to school.

INGREDIENTS

10 raspberries
passion fruit yoghurt
passion fruit curd
40g porridge oats

METHOD

Take a small glass and drizzle in a teaspoonful of passionfruit curd
Add the porridge oats
Add the raspberries
Scoop the yoghurt out on top of the raspberries and then add some more raspberries for decoration. Put in the fridge and leave overnight.

Enjoy!



What do you call a dog magician?
A labracadabrador!



Did you know ... Popeye was right about **SPINACH**. It must now be a matter of some embarrassment to the scientific community that Popeye was actually on to something: it is now established that spinach contains a natural steroid-like chemical called ecdysterone that increases muscle mass — just like Popeye — when taken in large doses.



200g
cherry tomatoes

SPINACH & PESTO CHICKEN PASTA

I enjoy making this because its healthy and quick and my whole family eat it without any complaints.

INGREDIENTS

1 pack of **pasta**
small bag of baby **spinach**
200g **cherry tomatoes**
1 jar green **pesto**
500ml **crème fraiche**
500g diced **chicken breast**

METHOD

Put on a large pan of water to boil
Chop the spinach into strips and the tomatoes in half
Using a medium heat, cook chicken in a large frying pan or wok until white. Add the tomatoes and cook until they are soft. Stir every now and again. Add the tub of crème fraiche and half of the jar of pesto, stir it all together. Turn the heat down a little. Add the spinach and stir it all in. Drain the pasta and serve.

Enjoy!



Thea's favourite joke is?
What's yellow, has long
ears, and grows on trees?
THE EASTER BUNANA!





3 bananas

CHEAT'S BANOFFEE PIE!

This is my favourite and really easy to make

INGREDIENTS

1 pack of **digestives biscuits**
large tub of **double cream**
250g **butter**
3 large **bananas**
1 tin **Carnation Caramel**

METHOD

Put all your biscuits in a large serving dish or baking roasting tray and crush them until they are crumbs (roll a rolling pin over the biscuits in the serving dish). Put your butter in a microwave proof bowl and melt it, takes about 30-60 seconds. Pour the melted butter on top of the biscuits and mix it all together. Using the back of a spoon, flatten the mixture to make an even base. Put in the fridge for 2 hours to set. Once the base has set open the tin of caramel and pour it over the base. Chop the bananas up into slices and layer them on top of the caramel. Pour the cream into a large mixing bowl. Whisk until thick and your spoon will stand up in it. Spoon the cream evenly over the bananas. If you want you can finely grate a couple of pieces of chocolate on the cream.

Serve and enjoy!

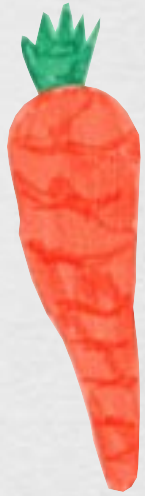
What did the sheep do at the weekend?
Had a Baaaa B.Q.



Did you know ... we think of **PASTA** as being served with tomato sauces, but pasta has only been eaten this way for the last 400 years. Before that, people probably ate it with vegetables or olive oil. Most pasta is made from wheat.

Semolina or durum wheats are specific types of wheat used for pasta.

Pairing pasta with a vegetable sauce makes it much more nutritious.



2 carrots

MARIANNE'S SECRET VEG PASTA

INGREDIENTS

1 pack of **pasta**
1 tsp **garlic** chopped
1 **onion**
Splash of **olive oil**
2 tins **chopped tomatoes**
1 **pepper** (I used orange because it is sweet)
2 **carrots**
1 **courgette**
1 **tblsp tomato puree**
2 **tblsp Philadelphia**, or any soft cheese
1 tin **anchovies** (optional)

to serve
grated cheddar cheese
salad

METHOD

Chop up all the vegetables into small pieces. Fry the onion and garlic in a pan with some oil. After a few mins add the carrot, pepper and courgette. Top tip – keep stirring so nothing sticks to the pan! After 5 mins add tinned tomatoes and a squirt of tomato puree. If we don't have puree we use tomato ketchup! I add some anchovies for flavour because they are salty, they disappear into the sauce. If you are vegetarian you can just use salt. Leave the sauce to cook for about 15 mins. While the sauce is cooking put the pasta in another pan with boiling water and cook for as long as it says on the packet. While the sauce and pasta are cooking grate some cheese. My brother's favourite is 'orange cheese' (Red Leicester) because orange is his favourite colour. I make a salad to go with it. My favourite combination is cucumber, tomato, lettuce and spinach. When the pasta is nearly ready put the sauce in a jug and use a soup blender to make the sauce smooth, I'm really careful to make sure there are no bits. Put the sauce back in the pan on a low heat and then stir in the soft cheese until it is melted in. Drain the pasta and combine with the sauce. I serve it in bowls and sprinkle the cheese on top. The salad can be at the side for some extra crunch! Enjoy!

Why did the dinosaur cross the road?
Because the chicken wasn't born yet!



Did you know ... we typically think of **PASTA** as being invented in Italy, but the first recorded reports of people eating pasta came from China, as early as 5,000 B.C. Legend has it that famed explorer Marco Polo introduced the noodles to Italy in the 12th century, but historical records indicate the pre-Roman Etruscan civilization had already been making their own pasta (smashing the grain with rocks and mixing it with water to create dough) by 500 B.C.



1 onion

MAC & CHEESE

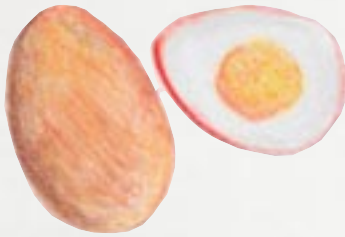
This is a great dish because you can remove the bacon entirely and you will have a lovely vegetarian dish. You can also use gluten-free pasta in this recipe! Leftovers can be stored in the fridge for up to 3 days. It can also be frozen and reheated in the microwave when needed. We often freeze this dish into small portions, using a silicone muffin tray. Once frozen we pop them out and put them in a zip lock bag, then reheat as many portions as we need.

INGREDIENTS

250g dried pasta
400g cauliflower
2 courgette
2 tbsp butter
2 tbsp plain flour
1 medium onion diced
2 rashers bacon diced
250ml milk
125g grated cheddar cheese

METHOD

Cook the pasta as per the packet directions, drain and set aside. Roughly chop the cauliflower, peel the courgette, roughly chop and steam with the cauliflower until tender. While the cauliflower is cooking start on the white sauce. Heat butter/oil in a saucepan. Add onion and bacon and sauté until onion softened. Add the flour and cook for around 2mins whilst stirring. Gradually add the milk (We find if you preheat the milk first, which you can do in the microwave, you will get a smoother sauce and the sauce will thicken much more quickly). Bring the sauce just to the boil then reduce the heat. At this point you should have quite a thick but smooth sauce. Stir in $\frac{3}{4}$ cup of the grated cheese, it should melt through the sauce, remove from heat. Once the cauliflower and courgette is tender, drain, then puree with a blender. You will end up with around 2 cups of vegetable puree. Stir the vegetable puree into your cheese your sauce. Combine your sauce with the pasta. Then pour the pasta and sauce mixture into a greased oven proof dish. You can top with the remaining grated cheese. Bake for around 20mins at 180°C, until the cheese on top is melted, bubbling and golden. Serve!



1 egg!

FAITH'S COOKIE CRUMBLES

INGREDIENTS

200g self-raising flour
100g golden caster sugar
1 beaten egg
4 tbsp jam (optional)
100g butter

METHOD

Heat the oven to 190°C.

Fold in the butter, flour and sugar together until it looks like cookie crumbs. Add the lightly beaten egg to make a dough.

Put flour all over your hands and then shape the dough to form a worm shape. Cut into 4 big balls of dough, then halve each one to make 8 ... then halve to make 16. Once you have 16 small balls of dough, squash each ball out on the baking tray in to a cookie shape and bake in the oven for 20 minutes.

When the 20 minutes is passing, you can clean up all the mess and enjoy the delightful smell of fresh cookies!

When they are finally done, place them carefully on a cooling rack (you might need some help taking them off the tray)

Once they are cool you will have yummy cookies ready to eat!

It's just how the
COOKIE
CRUMBLES!!



150g butter

CHOC CHIP COOKIES

INGREDIENTS

150g salted **butter** softened
80g light brown **sugar**
80g granulated **sugar**
2 tsp **vanilla extract**
1 large **egg**
225g **plain flour**
 $\frac{1}{2}$ tsp **bicarbonate of soda**
 $\frac{1}{4}$ tsp **salt**
200g plain **chocolate** chunks

METHOD

Heat the oven to 190°C and line two baking sheets with non-stick baking paper. Put 150g softened salted butter, 80g light brown muscovado sugar and 80g granulated sugar into a bowl and beat until creamy. Beat in 2 tsp vanilla extract and 1 large egg. Sift 225g plain flour, $\frac{1}{2}$ tsp bicarbonate of soda and $\frac{1}{4}$ tsp salt into the bowl and mix it in with a wooden spoon. Add 200g plain chocolate chips or chunks and stir well. Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays. This mixture should make about 30 cookies.

Bake for 8–10 mins until they are light brown on the edges and still slightly soft in the centre if you press them. Leave on the tray for a couple of mins to set and then lift onto a cooling rack.

Did you know ... the first **CHOCOLATE CHIP COOKIE** was invented in 1937, when Ruth Graves Wakefield added cut-up chunks of semi-sweet chocolate to the cookie dough. This Cookie was a great success with the some un-melted chunks of chocolate. The popularity of this cookie, turned on the market for easy to use chocolate chips that was produced few years later.

How do you get a squirrel to like you?
Act like a NUT.



PAIGE'S TUNA PASTA BAKE

INGREDIENTS

225g **pasta shapes**
425ml **milk**
200g tin of **tuna**
115g frozen **sweetcorn**
80g **cheese** grated
25g packet of **crisps**
1 sachet **tuna pasta** bake mix

METHOD

Cook pasta according to packet instructions. Tip the mix sachet into a deep pan, adding a little bit of milk at a time. Mix well. Bring to the boil, always stirring. Then add the tuna and frozen sweetcorn. Once the pasta is cooked, drain and add to the pan with the tuna and sweetcorn. Mix well.

Pour everything into an ovenproof dish. Top with the grated cheese and crisps. Grill until nice and brown and crispy. Serve with a yummy salad. Enjoy!

THEA'S BUTTER PASTA

INGREDIENTS

some **pasta shapes**
a knob of **butter**
some grated **cheese**

METHOD

I love to eat pasta with just a bit of butter mixed in a maybe some cheese on the top. It makes me feel warm and cosy and is really quick to make. Just boil some water and cook the pasta shapes. When it's ready drain and serve hot with the butter melted in.



pasta tubes!

Some favourite jokes from Olivia ...

What is a cat's favourite button?

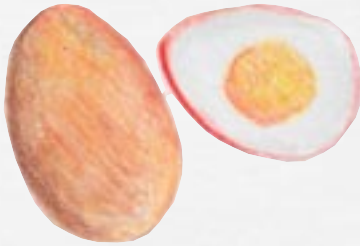
The PAWS button!!

What do you call cheese that's not yours?

NACHOS CHEESE!!



we LOVE
chocolate!!



2 eggs!

OLIVIA'S AMAZING MUFFINS

Hi, my name is Olivia and I love making recipes and recipe books too! I am 12 years old and I am a cook in my house. I make food that blows your mind! I love to eat Grandma's spaghetti, chocolate, strawberries and Mum's pie ... Here are my top tips: always wash your hands for 30 seconds and NEVER give up on your cooking skills and don't put pressure on yourself!

INGREDIENTS

2 medium eggs
125ml vegetable oil
250ml semi-skimmed milk
250g golden caster sugar
400g self-raising flour
1 tsp salt
lots of chocolate

METHOD

Heat oven to 200C/180C fan/gas 6.
Line 2 muffin trays with paper muffin cases. In a large bowl beat 2 medium eggs lightly with a handheld electric mixer for 1 min. Add 125ml vegetable oil and 250ml semi-skimmed milk and beat until mixed then add 250g golden caster sugar and whisk until you have a smooth batter. Sift in 400g self-raising flour and 1 tsp salt then mix until just smooth. Be careful not to over-mix the batter as this will make the muffins tough. Stir in 100g chocolate broken up into bits. Fill muffin cases two-thirds full and bake for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean. If the trays will not fit on 1 shelf, swap the shelves around after 15 mins of cooking. Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.

DID YOU KNOW: that a tomato is a fruit not a vegetable! It really is!

A favourite joke from Nathan?

How does Darth Vader like his coffee?

ON THE DARK SIDE!



more
EGGS!

Did you know ... **COCA COLA** was first made in the 1800s by John Pemberton. It is called "Coca-Cola" because of the coca leaf and kola fruits that were used to add flavour. Dr Pemberton's partner and bookkeeper, Frank Robinson, suggested the name "Coca-Cola" because he thought using the letter C twice would look better than if they used a K in the word "Cola". He then wrote down the name to use as a logo that is now very famous.



cocoa
powder

NATHAN'S COLA CAKE

INGREDIENTS

250g **butter**
250g **self-raising flour**
300g **sugar**
5 **tblsp cocoa powder**
2 **eggs** beaten
200ml **cola drink**
75ml **milk**
pinch of **bi-carb of soda**
2 **tsp vanilla essence**

for the topping
60g **butter**
200g **icing sugar**
5 **tblsp cocoa powder**
2 **tblsp cola drink**

METHOD

Preheat the oven to 140°C.
Mix all the dry ingredients in a large bowl.
In a pan melt the butter and add the cola drink.
When melted add into the dry mix and the rest of the ingredients together. Pour the mix into a lined cake tin.
Bake for about 40 minutes until baked through.
Remove from the oven when baked and cool.
Mix topping ingredients together and ice the cake!

Some more favourite jokes ...

What does a cloud wear under his raincoat?

THUNDERWEAR!



Did you know ... **CORNFLAKES** is the world's most famous breakfast cereal today. The first cereals were introduced in the year 1894. By 1928, Kellogg started to create Rice Krispies and it became a successful breakfast cereal much like the cornflakes. Today, you can find Kellogg's cornflakes cereals in over 150 countries. John Kellogg's brother, William, wanted to add sugar to enhance the popularity of the cereals. However, John didn't like the idea and turned it down.



bun cases!

JASMINE'S CORNFLAKE BUNS

INGREDIENTS

water

cornflakes

90g chocolate bars

bun cases

METHOD

How I made them:

I put water in a pan and let it boil.

I broke 4 bars of chocolate into a bowl and put it over the hot water.

I waited for the chocolate to melt.

After it melted I poured the cornflakes in.

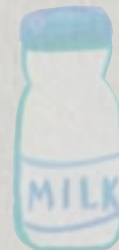
I mixed the cornflakes until they were all covered in chocolate.

I took a plate and a tray and put the bun cases on.

I scooped and scraped the mixture into the bun cases.

I put them in the fridge overnight to harden.

In the morning you can eat them - they are delicious!



SPECIAL THANKS

“Young carers across West Yorkshire and Harrogate do an amazing job but are often unseen and unsupported. This cookbook celebrates their selflessness showcasing their innovation and personalities. They are children and young people who care, some as young as 6 years old. This project has been proudly led by West Yorkshire and Harrogate Unpaid Carers Team and co-produced with young carers, their families, local young carer services from the voluntary sector and Local Authority. Verd de gris arts have beautifully captured the voice of young carers who participated in a series of creative workshops and WYH is proud to share this book and hope it will support young carers now and in the future.”

Fatima Khan-Shah, Programme Director, West Yorkshire and Harrogate Health and Care Partnership Programme for Unpaid Carers

“What a fabulous creation! I am so proud of all the hard work and creativity shown by each and every one of the young carers who have participated in this project. It has been wonderful watching this cookbook come to life over the past few months and I hope that this cookbook becomes a useful resource for young carers across the region.

I can't wait to give some of these tasty recipes a go myself!”

Emma Newton, Early Help Lead Practitioner, Young Carers, Castleford and Airedale Children's First Hub

verd de gris arts would like to thank all the young carers and support staff who worked to make this a really special project. We are particularly grateful to all the young carers from across the region who sent in their favourite recipes, celebrating the things they really like to cook! We would also like to thank our creative team of young carers who created some stunning artwork and illustrations:

Tilly Morgan; Ria Patel, Nathan Richards, Henry Still, Sophia Cooper, Paige Spurr, Faith Dawson, Harry Grainger, Jasmine Millard; Samantha Lomas, Thea Daly; Ysabella Underwood; Olivia Angelika Adamik; Emily Broxham

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