



RUGBY LEAGUE WORLD **COOK!**

13 easy-to-follow recipes inspired by nations competing
at the Rugby League World Cup 2021

Created by
people supported
by Community
Integrated Care



www.CommunityIntegratedCare.co.uk

Welcome to your 'Rugby League World Cook' Book!

Community Integrated Care has teamed up with Rugby League World Cup 2021 and Sport England, to bring you 13 fantastic recipes for you to try out and connect through the love of cooking with the people you support. With step-by-step instructions, and photo examples, each simple method shows how you can create a delicious meal inspired by countries from around the world, with a person you support or independently, celebrating different cultures!

From writing out a shopping list of ingredients, to following different steps such as whisking, stirring, or using the hob – these fun and easy methods are a great way to improve confidence and independence in the kitchen.

When using this Cookbook, we encourage you to take a moment of reflection, to connect the recipe to a team competing at the World Cup! For example, if you bake the 'Brazilian Cornflake Cakes', play Samba music in the background or watch the Brazilian Women's Rugby League Team play! Having fun with this will create a brilliant learning moment for all!

Whether you're exploring an existing passion for cooking and building new skills, or a total beginner starting out and looking to improve your confidence in the kitchen, this Cookbook has something for everyone to enjoy!

Recipes!

- 1 Ol' English Mince and Dumplings
- 2 Brazilian Cornflake Cakes
- 3 French Christmas Tree Tear & Share
- 4 Irish Coffee and Shortbread
- 5 Pizza from Pisa
- 6 Jamaican Jerk Chicken
- 7 Nordic No Bake Cheesecake
- 8 Sizzling Spanish Paella
- 9 Rugby League Victoria Sponge Cake
- 10 Australian Prawn Skewers
- 11 Tongan Chicken and Veg Curry
- 12 Tzatziki and Greek Lamb
- 13 Lebanese Banana Bread



Top Tips

Every recipe in this cookbook has been created by people who access care and support. If you would like to support someone to follow these recipes, we've got some top tips for promoting independence in the kitchen.



1

Promote independence

Empower the person you are supporting to have as much control as possible in creating their meal. Have them lead the way, and simply offer your support when needed. This might require a more patient approach, but nothing beats the joy of achieving a great outcome with independence!

2

Help to develop other life skills

Cookery can inspire complementary independent living skills. For example, shopping, budgeting, cleaning, and hosting guests to enjoy the food that has been created.



3

Make every moment matter

Cooking should be a fun and engaging activity! Celebrate success along the way and give encouragement. Talk through the sensory feelings of cooking and ask questions. How does it smell? What else could we add to the dish?



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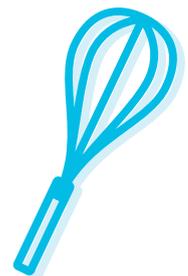
Be adaptable

There might be parts of a recipe that the person you are supporting struggles with. Think about how you can assist them without taking over. For example, if they might struggle to chop an onion, can they still peel it?

5

The start of something special

Making your own meal is a huge success, and deserves to be celebrated. Think about how you can make this a special meal time. Would your chef like to invite some guests, or share portions with friends and family? Keep going on your cookery journey!



Ol' English Mince and Dumplings

By Josephine Johnson at Sycamore Drive. Supported by Julie Foster.



🕒 Cooking and Preparation Time: 1 hour 30 minutes
(30 minutes to prepare)

Before you start:

Separate your ingredients and weigh out each item according to the ingredients list, to avoid confusion later.

Basic cooking tools you'll need:

- Large saucepan and lid or flameproof casserole dish and lid
- Mixing spoon
- Measuring jug
- Scales
- Mixing bowl



Ingredients

For the mince

- 2 tbsp sunflower oil
- 1 large onion, thinly sliced
- 2 garlic cloves, finely chopped
- 2 celery sticks, peeled, finely sliced
- 2 medium carrots, diced
- 500g/1lb 2oz lean mince
- 1 x 400g/14oz can chopped tomatoes
- 350ml/12fl oz beef stock
- 150ml/5fl oz red wine or grape juice
- Pinch of caster sugar
- 1 bay leaf
- Pinch of salt & freshly ground black pepper

For the dumplings

- 250g/10oz self-raising flour, plus extra for rolling
- 125g/5oz shredded beef suet
- ½ tsp fine sea salt
- 2 tbsp chopped fresh parsley
- 200ml/7fl oz cold water

Method

Preparation

- 1 Peel your celery sticks, carrots, and onions. Chop the onion and carrots into small chunks, and finely slice the celery sticks. Peel and finely chop the garlic cloves.

Cooking

- 2 Bring to heat the sunflower oil in a large saucepan or flameproof casserole dish and cook the onion, garlic, celery, and carrots for 15 minutes, stirring occasionally until soft and pale golden-brown.
- 3 Add the mince and cook for a further five minutes or until the mince has browned.
- 4 Add the tomatoes, tomato purée, beef stock, red wine, sugar, and bay leaf.
- 5 Add a good pinch of salt and freshly ground black pepper. Bring to the boil, then reduce the heat and simmer gently for 20 minutes, stirring occasionally.

For the dumplings

- 6 Add the flour to a mixing bowl and stir in the shredded beef suet, salt and parsley. Make a well in the centre and add the cold water - you'll need around 200ml/7fl oz – mix to a soft dough.
- 7 Lightly flour your hands to avoid the mix sticking. Then roll the mix into 12 small dumpling balls. Place the dumplings carefully on top of the mince, and cover with a tight-fitting lid.
- 8 Cook the mince and dumplings over a medium heat for another 20-30 minutes, or until the dumplings are cooked through and well risen. Serve together with a crusty bread roll, mash or mixed veg!

Brazilian Cornflake Cakes

By Scott Anderson at Pinfold Lane. Supported by Ben Berry.



 **Cooking and Preparation Time: 30 minutes**

Before you start:

Weigh out all your ingredients so you're ready to go.

Basic cooking tools you'll need:

- Microwavable bowl
- Large bowl
- Saucepan
- Wooden spoon
- Teaspoon
- Hob or microwave
- Cupcake cases (12)
- Muffin baking tray or plate



Ingredients

- 50g butter
- 100g milk or dark chocolate, broken into chunks
- 3 tbsp golden syrup
- 100g cornflakes
- Cupcake cases
- Yellow and green M&M's or Smarties chocolates for decoration



Method

- 1 Add the butter, chocolate pieces and golden syrup into a saucepan or microwaveable bowl.
- 2 Bring the saucepan to a low heat and stir, until the mixture has melted. Or, put the bowl in the microwave and heat up at thirty second intervals, to prevent the mixture from burning.
- 3 Once melted, take off the heat and allow to cool a little. Add the cornflakes into another bowl and pour the mixture over the cornflakes.
- 4 Mix the cornflakes and chocolate together with a wooden spoon, to completely cover the cornflakes evenly.
- 5 Using your teaspoon, spoon the mixture evenly into twelve cupcake cases, arranged on a muffin tray or plate. Decorate each cake with the yellow and green chocolates.
- 6 Put the tray in the fridge to allow the cakes to set.



French Christmas Tree Tear & Share

By Tracey Mather, Joss Ritchie, Tammy-Lynn Hughes and Emma Rowlands at King Street. Supported by Emily Downing and Sarah Reardon.



 **Cooking and Preparation Time: 1 hour**
(25 minutes cooking time)

Before you start:

Separate and weigh out your ingredients according to the ingredients list. You may wish to chop up your pepperoni and chorizo into smaller pieces, or chop up your fruit and marshmallows if you are making the sweet version.

Basic cooking tools you'll need:

- A baking tray suitable for the oven
- Greaseproof paper
- Knife
- Ruler (optional)
- Spoon
- Pastry brush



Ingredients

- 2 x 320g sheets ready-rolled all butter puff pastry
- 6 tbsp Red Pesto
- 150g Mature Cheddar cheese, grated (you can use a cheese of your choice if you wish, like mozzarella/parmesan)
- Pepperoni/chorizo slices
- Jalapenos (optional)
- Sun dried tomatoes in olive oil (optional)
- Sesame seeds (optional)
- Red and black pepper (optional)
- 1 egg

If you would like to make a sweet version you need:

- 6 tbsp Nutella or chocolate spread
- Icing sugar for dusting
- Banana & Strawberry (optional)
- Marshmallows
- Cinnamon Sugar/Icing Sugar for dusting (optional)
- 1 egg

Method

Preparation

- 1 Heat the oven to 200C/180C Fan/Gas 6. Unroll the two pastry sheets. Place one on fresh greaseproof paper on the baking tray ready for the ingredients to be added.

Cooking

- 2 Spread the pesto (or chocolate spread if you are making the sweet version) over the pastry sheet which is on the baking tray. Leave a small gap around the edge of the pastry.
- 3 Then add your cheese, chorizo, pepperoni, sundried tomatoes and jalapenos to the cheese. Try to spread the ingredients evenly across the pastry.
- 4 If you are making a sweet version add your marshmallows or fruit to your chocolate and spread evenly. Leaving a small gap around the edge of the pastry.
- 5 With some water dampen the small gap that you have left around the edge of your pastry. Then add your other pastry sheet on top of your mix pressing the edges down as you do (this helps to seal the pastry).
- 6 Cut out a Christmas tree shape. Cut a star shape out of the offcuts for the top of the tree. Cut vertical lines into the side of the tree about 1 finger apart (leaving the trunk) and twist the strips to look like branches.
- 7 Beat your egg and, using a pastry brush, brush your pastry and sprinkle with sesame seeds and red and black pepper (if you are making a sweet version add your cinnamon sugar).

Cook for 25 minutes or until golden brown.
Serve with a dip of your choice

Irish Coffee and Shortbread

By Emma Bailey at Elizabeth Avenue. Supported by Janine Renshaw.



 **Cooking and Preparation Time: 1 hour**

Before you start:

Separate your ingredients and weigh/measure out each item according to the ingredients list ready for cooking.

Basic cooking tools you'll need:

- Kettle
- Mixing bowl
- Scales (for weighing) or a measuring jug
- Knife
- Coffee cup
- Grater
- Rolling pin
- Baking tray
- Greaseproof paper
- Fork
- Whisk (or electric whisk if you have one)



Ingredients

For the shortbread

- 150g plain flour (plus extra for rolling)
- 100g butter, chilled and cut into cubes
- 50g caster sugar (plus extra for sprinkling on top of the shortbread)

For the Irish coffee

- 2 tbsp double cream
- 150ml of brewed black coffee (1-2 tsp of coffee)
- 50ml Irish whiskey (optional)
- 1 and ½ tsp of brown sugar
- Freshly grated nutmeg

Method

Preparation

1 Heat the oven to 170C/150C Fan/Gas 3 and line a baking tray with greaseproof paper, ready for later.

2 Baking

Pour the flour into a mixing bowl and add the butter and sugar. Use your hands to mix all of the ingredients together until the mixture looks like breadcrumbs. Then squeeze the mixture together to form a dough.

3 On a lightly floured work surface, use a rolling pin to roll out the dough to ½ cm thickness

4 Cut the dough into fingers and place on a baking tray. Use a fork to imprint the top of each finger and sprinkle each finger with sugar. Chill the dough in the fridge for 20 minutes, then bake in the oven for 15-20 minutes (or until golden brown).

5 Remove the shortbread fingers from the oven and leave to cool on the baking tray for roughly ten minutes.

For the Coffee

6 Lightly whip cream so that it thickens slightly (be careful not to over whip), then set aside.

7 Add 2 teaspoons of coffee to a mug. Boil the kettle and fill the coffee mug with water leaving a small gap at the top. Add the whiskey and sugar, stirring until the sugar has dissolved.

8 Take a spoonful of cream and gently float on the top of your coffee. Finish off by grating some nutmeg over the top. Then sit back with a shortbread and enjoy!

*"I love to cook.
It helps me to
become more
independent."*



Susan Smith
Cottam Road

Pizza from Pisa

By Brenda Allot at Cottam Road. Supported by Leanne Whalley



ITA

Italy



 **Cooking and Preparation Time:** 1 hour 20 minutes

Basic cooking tools you'll need:

- Chopping board or worktop
- Mixing bowl
- Wooden spoon
- Teaspoon
- Measuring jug
- Tea towel
- Small pan
- Knife
- Baking tray
- Baking sheet
- Oven
- Hob



Ingredients

For the pizza base

- 300g strong white bread flour, plus extra for dusting
- 1 tsp instant yeast
- 1 tbsp olive oil
- 1 tbsp salt
- 200ml warm water

For the tomato sauce

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 200ml passata

For the topping

- 8 mozzarella pearls/grated, halved
- Pepperoni slices
- 1 green pepper
- Handful of mushrooms
- Salt and Pepper
- Drizzle of olive oil
- Handful of basil leaves

Optional: Add extra pizza toppings of your choice!

Method

- 1 Tip the flour into a bowl, stirring in the yeast and salt. Make a well in the centre of the mix and pour in warm water and oil. Stir together with a wooden spoon until you have soft, fairly wet dough.
- 2 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 one hour or until the dough has puffed up and doubled in size.
- 3 While this is standing, move onto making the tomato sauce. Add the oil to a small pan and fry the garlic on low heat. Before it browns, add the passata and reduce the heat to simmer, until the sauce thickens. Once thick, take off the heat and leave to cool.
- 4 Prepare the pizza toppings in separate bowls and set aside till later. Slice the pepper and mushrooms into thin slices. Chop the halved mozzarella pearls into small pieces.
- 5 Once the dough has risen, knead it quickly in the bowl to knock it back, then tip out onto a lightly floured surface. Cut the dough into two balls. re-heat oven to 240C/220C fan/gas mark 9 with a large baking tray, that will be used to cook the pizza.
- 6 Roll out each ball thinly into two large teardrop shape bases, about 25cm across. Lift the bases onto a floured baking sheet.
- 7 Smooth the sauce over the bases with the back of a spoon, scattering the mozzarella across the bases. Add your optional extras now (pre-cook any raw meat toppings in a pan until cooked). Drizzle with olive oil and season with a pinch of salt and pepper.
- 8 Put the pizzas, still on the baking sheet, on top of the baking tray on the top shelf of the oven and bake for 8-10 mins until crisp.
- 9 Serve your pizzas and decorate with basil leaves.

Jamaican Jerk Chicken

By Brian Ganley at Frederick Gardens. Supported by Annette Moses.



 **Cooking and Preparation Time:** 4 hours (3 hours to marinate)

Before you start:

All fruit, veg and herbs need a wash before you use them.

Basic cooking tools you'll need:

- Saucepan
- Sieve
- Mixing bowl
- Food blender
- Optional: Food colouring to create Jamaica's colours!*



Ingredients

- 6 chicken breasts or thighs
- 1 lime, halved

For the marinade

- 1 big bunch spring onions, roughly chopped
- Thumb-sized piece ginger, roughly chopped
- 3 garlic cloves
- ½ onion
- ½ tsp dried thyme
- 1 lime, halved and juiced
- 2 tbsp soy sauce
- 2 tbsp vegetable oil
- 3 tbsp brown sugar
- 1 tbsp ground allspice
- Optional: Chilli flakes for extra spice!

For the rice & peas

- 200g basmati rice
- 400g can coconut milk
- 100g frozen peas



Method

Preparation

- 1 To make the jerk marinade, combine the spring onions, ginger, garlic, onion, dried thyme, lime juice, soy sauce, vegetable oil, brown sugar, and ground allspice in a food blender along with 1 tsp salt, and blend to a purée.
- 2 Taste the jerk mixture for seasoning – it should taste salty, but not unpleasant. You can now throw in more chillies if it's not spicy enough for you. If it tastes too salty and sour, try adding in a bit of brown sugar until the mixture tastes well balanced.
- 3 Make a few cuts in the chicken breasts and pour the marinade over the meat, rubbing it into all the crevices. Cover and leave to marinate overnight in the fridge or for at least 3 hours.

Cooking

- 4 Pre-heat the oven to 180C/160C Fan/Gas 4. Put the chicken breasts in a roasting tin with the halved lime and cook for 45 mins until tender and cooked through.
- 5 While the chicken is cooking, prepare the rice & peas. Rinse the basmati rice in plenty of cold water, then tip it into a large saucepan. Add the coconut milk.
- 6 Season the rice with salt, add 300ml cold water and set over a high heat. Once the rice begins to boil, turn it down to a medium heat, cover and cook for 10 mins. Add the frozen peas to the rice, then cover with a lid. Leave off the heat for 5 minutes until all the liquid is absorbed.
- 7 *Optional: Once cooked, separate the rice into three bowls and add your food colouring.*
- 8 Serve your chicken, with the roasted lime squeezed over, and add the rice & peas.

Nordic No Bake Cheesecake

By Norman Christie at Frederick Gardens. Supported by Samantha Morgan.



⌚ Cooking and Preparation Time: 30 minutes
(6 hours setting time)

Basic cooking tools you'll need:

- Food processor or rolling pin
- 8"/20cm deep springform tin
- Microwave or hob with pan
- Large bowls
- Spoon
- Whisk
- Cake piping tool

Ingredients

For the biscuit base

- 300g digestive biscuits
- 25g cocoa powder
- 150g unsalted butter (melted)

For the cheesecake filling

- 250g milk chocolate
- 500g full fat cream cheese
- 100g icing sugar
- 1 tsp vanilla
- 300ml double cream

For the decoration

- 150ml double cream
- 2 tbsp icing sugar
- 50g milk chocolate (melted)
- 1 pack of milk chocolate buttons



Method

For the Biscuit Base

- 1 Add the biscuits to a food processor and blitz into a fine crumb. Alternatively, add the biscuits to a large bowl and mash the biscuits with the end of a rolling pin.
- 2 Mix in the cocoa powder briefly, followed by adding the melted butter, mixing until it has combined. Press into the bottom of a 8"/20cm deep springform tin. Set aside in the fridge.

For the Cheesecake Filling

- 3 Add the milk chocolate to a microwavable bowl and microwave, using short bursts to ensure the chocolate doesn't burn. Melt until the chocolate is smooth. Alternatively, add the chocolate to a pan on the hob on low heat.
- 4 Leave the chocolate to cool for two minutes. Add the cream cheese, icing sugar and vanilla to a large bowl, and whisk until smooth. Next, add in the melted chocolate and whisk until smooth.
- 5 Whisk the double cream separately, then fold into the mixture. Try not to over whisk the mixture and stop whisking frequently to check. Once the mix has been whisked, spread this over the biscuit base and leave to set for 5-6 hours, or preferably overnight.

For the Decoration

- 6 Once the cheesecake filling layer has set, whisk together the double cream and icing sugar in a bowl until it thickens. Melt the remaining chocolate and drizzle this over the cheesecake.
- 7 Pipe this icing mix over the cake, or alternatively spread with a spoon. Decorate with chocolate buttons on each cream swirl.

Sizzling Spanish Paella

By Heather at Princes Street. Supported by Juliette.



 **Cooking and Preparation Time: 40 minutes**

Basic cooking tools you'll need:

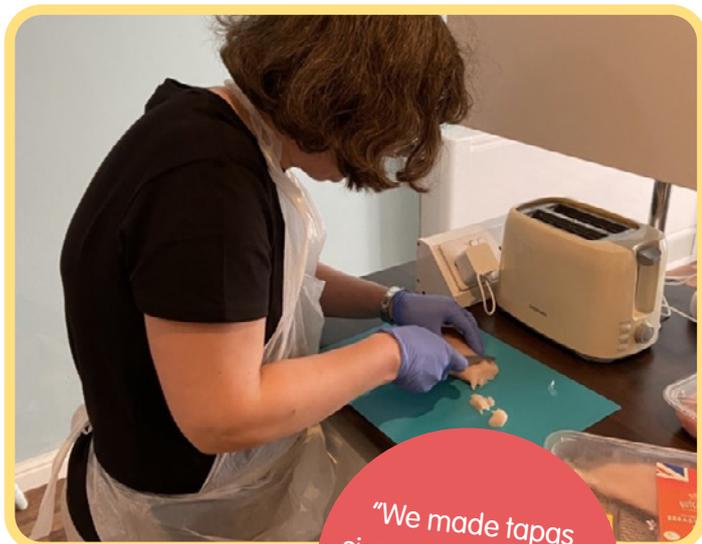
- Large pan or wok
- Measuring jug
- Knife
- Kitchen scales
- Chopping board

Ingredients

- 10 tbsp of extra virgin olive oil
- 5 garlic cloves, finely chopped
- 8 plums tomatoes, grated
- 4 tsp of sweet smoked paprika
- 2 pinches of saffron threads
- 6 free-range chicken breasts, chopped into small pieces
- 450g spicy cooking chorizo, chopped into small pieces
- 500g frozen peas
- 800g paella or bomba rice
- 200ml of hot chicken stock, fresh or made from a stock cube
- Salt and pepper (for seasoning)

Method

- 1** Cut the chicken breast into small chunks or strips. Remember to clean down work surfaces and wash hands after touching raw meat.
- 2** Cut the garlic cloves away from the head, peel and finely chop. Chop the plum tomatoes and chorizo into small chunks ready for cooking and measure out the rice.
- 3** Add oil to a frying pan on a medium heat, and add the chicken, cooking through. Remove the chicken from the pan and set aside ready for later.
- 4** Add the chorizo and garlic to the pan and cook for 5 minutes on a low heat.
- 5** Stir in the smoked paprika and saffron before adding the chicken back to the pan.
- 6** Add the paella rice and 200ml of hot chicken stock to the pan. Cook on a medium heat until all the rice has begun to soften, and the stock is soaked up.
- 7** Add the peas, plum tomatoes and salt and pepper to taste and allow to simmer for 20 minutes.
- 8** Serve in a bowl with a slice of lime on the side.



"We made tapas size portions! But this could also make a big meal for a family!"





"I can't wait for people to try my recipe. I've learned lots of new skills!"

Brian Ganley
Frederick Gardens

Rugby League Victoria Sponge Cake

By Ian Toole at Monica Drive. Supported by Sara Jones.



 **Cooking and Preparation Time: 60 minutes**
(25-30 minutes cooking/15-30 minutes preparation)



Ingredients

For the cake

- 200 softened butter
- 200g caster sugar
- 4 eggs beaten
- 200g self-raising flour
- 2 tsp vanilla extract
- 1 tsp baking powder
- 2 tbsp milk

For the filling

- 100g softened butter
- 140g icing sugar (sifted)
- Drop of vanilla extract
- 170g strawberry jam
- 1 tbsp milk

For the decoration

- Ready to roll green icing
- 1 bag of mini marshmallows
- Icing pens
- 4 Bamboo sticks
- 2 Cocktail sticks



Before you start:

Separate your ingredients and weigh out each item according to the ingredients list, to avoid confusion later.

Basic cooking tools you'll need:

- Mixer/Electric whisk
 - 2 Mixing bowls
 - Rolling pin
 - 2 Cake tins (Rectangle is best to resemble a Rugby League pitch)
 - Spatula
 - Sieve
- Optional: Decorate your cake by sculpting icing figures. Why not add a rugby ball or players?*

Method

Preparation

- 1 Warm up your oven to 180C/350F/Gas 4. Grease and line the cake tins with butter.

Cooking

- 2 Mix the sugar and butter together in a bowl until it is fluffy and pale in colour.
- 3 Crack the eggs and add to the bowl, one at a time. Beat the eggs into the mix. Stir in 2 tbsp of vanilla extract. Add the self-raising flour to the mixture and fold in with your hands. Add 2 tbsp of milk (or 3 tbsp to make a batter with a soft dropping consistency).
- 4 Spoon the mixture across the cake tins and gently spread out with a spatula. Bake for 25-30 minutes, or until golden-brown on top and a skewer inserted into the middle comes out clean.
- 5 Remove from the oven and set aside for 5 minutes. Remove from the tin and peel off the paper. Place onto a wire rack.

For the filling

- 6 Add the butter to a bowl and beat with the mixer or electric whisk until soft. Add 70g of the icing sugar to the mixture and beat until smooth. Add the other 70g of icing sugar, milk and vanilla extract and beat the mixture until smooth. Add an extra tbsp of milk if necessary.
- 7 Spread the raspberry jam over the cooled sponge cakes. Add the buttercream and spread over the jam layer. Place one of the cakes on top of the other.

For the decoration

- 8 Add a dash of icing sugar to the worktop to stop it sticking. Roll out the green icing and place over the top of the cake. Take the icing pens and pipe the rugby league pitch markings out.

Thread the marshmallows onto the bamboo sticks and toothpicks. Place at either end of the cake to resemble the pitch. Use the toothpicks to join each 'post' together.

Australian Prawn Skewers

By Steven Aitken at Miller Place. Supported by Jennifer Bird.



Cooking and Preparation Time: 45 minutes (5–10-minutes cooking time)

Before you start:

Separate your ingredients and weigh/measure out each item according to the ingredients list ready for cooking.

Basic cooking tools you'll need:

- Frying pan
- Medium sized mixing bowl
- Skewers
- Sharp knife (for removing veins from the prawns)
- Kitchen towel for drying
- Grater
- Large spoon for mixing
- Tablespoon for measuring
- Teaspoon for measuring

Optional: What extras can you add to your skewers? You might want to add some roasted peppers, onions or chorizo. Make it your own!

Ingredients

- 1 packet of raw or cooked prawns (A good substitute is diced chicken)
- ½ tbsp smoked Spanish paprika (sweet or hot, whichever you prefer)
- 2 large garlic cloves, finely chopped
- 1 tsp cumin
- ½ tsp dried oregano
- Juice and zest of 1 large lemon
- 2 tbsp olive oil
- Mayonnaise or dressing of your choice
- 1 tsp of Tabasco sauce and 1 tsp of lemon juice for the mayonnaise
- Mini baguettes
- Baby gem lettuce or salad of your choice



Method

- 1 Preparation**
Take the skewers and soak them in a bowl of water for 10-15 minutes. This stops the skewers from burning when you cook your prawns.
- 2** Next, peel the prawns leaving the tails intact (if you are using cooked prawns then no peeling should be needed) and run a sharp knife down the back of each prawn to remove the black visible vein.
- 3** Wash the prawns and pat dry with kitchen paper towel.
- 4** Use a grater to zest the lemon and set aside ready for marinating.
- 5 Marinating the prawns**
In a medium sized bowl, mix together the paprika, garlic, cumin, oregano, lemon zest a 1tbsp of olive oil. Add the prawns to the mix and mix so that all prawns are evenly coated. Leave to marinate at room temperature for 15 minutes.
- 6 Cooking**
Meanwhile, prepare the baguettes ready for serving. Slice each baguette in half horizontally. Chop and wash the lettuce or salad leaves of your choice and add to the baguette. Mix 1 tsp of tabasco sauce and 1 tsp of lemon juice to your mayonnaise (add more to taste if needed).
- 7** Remove the prawns from the marinade and place them on the skewers. Add 1 tbsp of olive oil to the frying pan and add your skewers. Fry on each side for 3-4 minutes. This may need to be done in batches if you have a lot of prawns.
- 8** Remove the skewers from the pan and add them to your baguette. Top with the mayonnaise dressing. Season with salt and pepper to taste and squeeze over some lemon juice, to add freshness before serving over the chicken and add the rice & peas.

Tongan Chicken and Veg Curry

Simon, Dan and Bruno at Lord Street.
Supported by James Silgram.



Tonga

 **Cooking and Preparation Time: 50 minutes**

Before you start:

Separate your ingredients and weigh/measure out each item according to the ingredients list ready for cooking.

Basic cooking tools you'll need:

- Chopping boards
- 1 large frying pan
- 1 pan for boiling veg
- Knife for chopping
- Potato peeler or knife
- Jug
- Tablespoons
- Hob



Ingredients

- 300g digestive biscuits
- 1 large onion chopped
- 4 garlic cloves finely chopped
- 1 tablespoon easy ginger or ginger paste
- 2 tablespoons oil
- 2 tablespoons curry powder
- 2 chicken breast fillets cut into pieces (or diced chicken)
- 2 cups water
- ½ can of coconut milk
- 2 large potatoes peeled and chopped
- 3 carrots peeled and chopped
- 2 sticks of celery copped
- 6 tablespoons of flour
- Boiled rice or Naan Bread (optional)



Method

Preparation

- 1 Chop the vegetables in advance, being careful with sharp equipment.
- 2 Ensure that you wash your hands after touching raw meat, and use separate chopping boards for meat and vegetable, to avoid cross-contamination.

Cooking

- 3 Heat the oil in a large pot then add the onion. Fry for 3 minutes
- 4 Add the garlic, ginger and curry powder. Fry for another 2 minutes.
- 5 Add the chicken and fry until the chicken is properly sealed, then add water and coconut milk. Bring to the boil then cover and simmer for 20 minutes.
- 6 Add all the vegetables and bring to the boil again. Simmer for 20 minutes.
- 7 In the jug, mix the 6 tablespoons of flour with 6 tablespoons of water until smooth. Add this into the curry and stir. Turn the heat up to medium and continue to stir until the sauce has thickened.
- 8 Season well with salt and pepper. Serve with boiled rice and naan bread.

Tzatziki and Greek Lamb

By Danielle Sharpe at Carr Manor. Supported by Chido Chiweshe.



GRE

Greece



Cooking and Preparation Time: 1 hour 30 minutes (1 hour to marinate the meat)

Before you start:

Separate your ingredients and weigh/measure out each item according to the ingredients list ready for cooking.

Basic cooking tools you'll need:

- 2 mixing bowls (1 big, 1 small)
- Frying pan or griddle pan
- Potato peeler or small knife
- Knife
- Lemon juicer (this can also be squeezed by hand)
- Grater (to grate the garlic)
- Teaspoon
- Tablespoon
- Freezer bag
- Handheld whisk
- Cling film
- Muslin cloth or tea towel

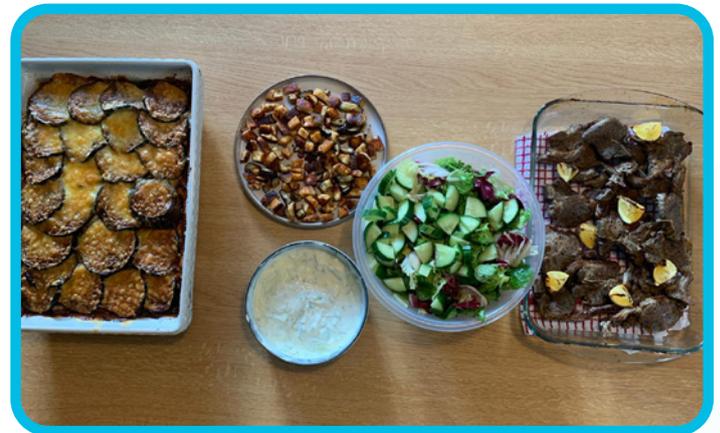
Ingredients

For the lamb

- 6 lamb steaks
- 5 tbsp of olive oil 4 tbsp to coat your lamb/1 tbsp for cooking)
- 1 tbsp distilled white vinegar
- Lemon juice of one lemon
- 6 cloves of garlic (crushed or finely minced)
- 2 tbsp basil
- 1 tsp salt and 1 tsp pepper

For the tzatziki

- 350g / 12oz Greek-style yoghurt
- 1 cucumber (peeled)
- 6 tbsp lemon juice
- 1 lemon for serving
- 2 garlic cloves (grated finely)
- Dash of extra virgin olive oil
- 1 tsp paprika



Method

1 Preparation

Take the steaks and make several slashes into the top of the meat. This will help with the marinating process and allow the meat to absorb the flavours, helping the meat cook faster when grilling.

2 Cooking

Take the garlic, basil, lemon juice, salt, pepper and olive oil and whisk together in a bowl. Add your lamb steaks to the bowl and coat the meat completely. Cover the bowl with cling film and place in the fridge to marinate for 1 hour (the longer you marinate, the deeper the flavour is, as it is absorbed into the meat).

3 Whilst the lamb is marinating in the fridge, this is the perfect time to start the tzatziki. Peel the cucumber and wrap in a muslin cloth or tea towel and squeeze out the excess liquid.

4 Mix the yoghurt, cucumber, lemon juice and garlic in a bowl. Add a dash of olive oil (1 tbsp) and mix until it creates a dip like consistency. Sprinkle with a tsp of paprika to add the finishing touches. Set aside until the lamb is cooked.

5 Add a tbsp of olive oil to a frying pan and heat until the oil begins to sizzle, (we used a high heat). Once the oil begins to sizzle add the steaks to the frying pan and cook for 4-5 minutes on each side, or until a golden crust has formed. Cook for longer if you prefer the meat well done. 4 to 5 minutes is best practice for a medium-rare steak.

6 Allow the lamb to rest for 10 minutes before serving. Plate with a Greek salad and tzatziki.

A man with short brown hair and a friendly smile is wearing a black t-shirt with a large tiger face graphic. He is in a kitchen with a stone wall and a window in the background. A red fire extinguisher is on the wall to the left. A blue circular callout bubble contains text. In the bottom left, an orange rounded rectangle contains his name and address. Other people are partially visible in the background.

*"I researched
Tonga to find my
recipe. I hope
you enjoy trying
this yourself!"*

Simon
Lord Street

Lebanese Banana Bread

Barry Thornton and Celia Thomson at Allerton Avenue.
Supported by Ben Berry.



 **Cooking and Preparation Time:** 1 Hour (10 minutes to prepare)

Before you start:

Separate your ingredients and weigh/measure out each item according to the ingredients list ready for cooking.

Basic cooking tools you'll need:

- Whisk or Electric Whisk
- Spoon
- Loaf tin
- Baking paper
- Skewer
- Measuring Jug or Weighing Scales
- Spoon (to mash Bananas)



Ingredients

- 140g butter (plus extra for the tin)
- 140g caster sugar
- 2 large eggs
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas
- 50g icing sugar
- Optional: Handful of dried banana chips for decoration

Method

Preparation

- 1 Pre-heat the oven to 180C / 160 C Fan / Gas 4.
- 2 Grease the loaf tin with butter and line the base and sides with baking paper.
- 3 Cream 140g softened butter and 140g caster sugar until light and fluffy.
- 4 Slowly, beat 2 large eggs and add them to the mixture along with, a little of the 140g flour.
- 5 Fold in the remaining flour.
- 6 Add 1 tsp baking powder and the 2 mashed bananas.
- 7 In a separate bowl, mix 50g of icing sugar with 2-3 tsp of water to make a running icing for drizzling, and put aside ready for when the loaf is cooked.

Cooking

- 8 Pour the banana bread mixture into the loaf tin and bake for around 50 minutes or until cooked through (skewer your loaf to test if it is cooked. If the skewer comes out clean, then you know that it is cooked through).
- 9 Cool the loaf in the tin for roughly ten minutes, then remove and place on a wire rack.
- 10 Drizzle the icing across the top of the cake and decorate with a handful of banana chips
- 11 Enjoy with a nice cup of tea!



RUGBY LEAGUE WORLD **COOK!**

13 easy-to-follow recipes inspired by nations competing at the Rugby League World Cup 2021

Community Integrated Care has teamed up with Rugby League World Cup 2021 and Sport England, to bring you the 'Rugby League World Cook'.

This incredible cookbook, created by people supported by national social care charity, Community Integrated Care, features delicious recipes inspired by nations from around the world competing at the tournament.

Through the charity's ground-breaking Inclusive Volunteering Programme, people who require care and support in their daily lives accessed personal development projects designed around their interests and talents, such as an online RLWC2021 Cookery Club, to help improve their skills, confidence, and independence.

Community Integrated Care exists to enable people to live the best possible. To find out about how you can support our charity, access our range of care and support services, or join our team, visit:

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