Broccoli & Cheese Soup

Ingredients

1 onion, chopped
300g broccoli florets and stems
450ml vegetable stock
450ml semi-skimmed milk
60g mature cheddar cheese, grated
Salt and freshly ground black pepper

(Teresa Mercer & Alison Morton @ St Helens Council)
<table>
<thead>
<tr>
<th><strong>Method</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Clean and chop the vegetables</td>
</tr>
<tr>
<td>Place the onion, broccoli and vegetable stock in a saucepan</td>
</tr>
<tr>
<td>Bring to boil and simmer for about 15 minutes or until the vegetables are soft</td>
</tr>
<tr>
<td>Liquidise the soup using a hand blender or food processor or potato masher</td>
</tr>
<tr>
<td>Return to the saucepan with the milk. Heat until almost at boiling point</td>
</tr>
<tr>
<td>Add the grated cheddar cheese, stirring until it melts</td>
</tr>
<tr>
<td>Serve with plenty of fresh crusty bread</td>
</tr>
</tbody>
</table>

**Handy Hint**

Mashing the soup with a potato masher will help to thicken it. Once you have got the hang of making soup you can make it with any ingredients you have to hand or left overs.
Leftover Pasta Bake

Ingredients

Pasta
Leftover turkey, cubed
Leftover stuffing
Cream cheese
Grated cheese
Leftover gravy or chicken soup

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
### Method

- Cook pasta according to instructions
- Drain pasta
- In a pan add gravy or chicken soup, turkey and cream cheese and mix until combined
- Add pasta to sauce mix
- Place in oven dish
- Crumble over the stuffing
- Add cheese and bake until cheese is bubbling
Bread & Butter Pudding

Ingredients (serves 4-6)

6 large slices of bread
40g butter / margarine
115g sultanas
40g sugar
3 eggs
500ml milk

(Teresa Mercer & Alison Morton @ St Helens Council)
## Method

<table>
<thead>
<tr>
<th>Step</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-heat the oven to 180°C/350°F/Gas mark 4</td>
</tr>
<tr>
<td>Spread the bread with butter/margarine and cut into quarters diagonally</td>
</tr>
<tr>
<td>Arrange one third of the bread triangles in a lightly oiled baking dish, with the crusts to the bottom and the point of the triangle uppermost.</td>
</tr>
<tr>
<td>Sprinkle the sultanas and nutmeg among the layers as you go.</td>
</tr>
<tr>
<td>Continue layering the triangles until the bread has been used up.</td>
</tr>
<tr>
<td>Combine the sugar, eggs, and milk and then pour the mixture over the bread. If you have time, allow to stand for 20-30 minutes for the custard to soak the bread</td>
</tr>
<tr>
<td>Bake for 30-40 minutes until the custard is set but wobbly and the top is beginning to brown and crisp. Reduce the heat if the top browns too quickly.</td>
</tr>
</tbody>
</table>
Turkey and Ham pie

Ingredients

Leeks

Leftover shredded turkey

Left over ham – packet ham is fine

1 tablespoon of flour

400ml chicken stock made from 1 stock cube

3 large spoons of cream cheese (the herb version adds flavour)

Leftover roast potatoes

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
<table>
<thead>
<tr>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre heat the oven</td>
</tr>
<tr>
<td>Chop leaks</td>
</tr>
<tr>
<td>Place a little oil in a pan and soften leeks (about 5 mins)</td>
</tr>
<tr>
<td>Add flour and stir for 1 min</td>
</tr>
<tr>
<td>Add stock and bring to the boil, stir continuously until thick sauce is made</td>
</tr>
<tr>
<td>Add turkey and ham and simmer for 5 mins</td>
</tr>
<tr>
<td>Remove from heat then add the cream cheese and mix together</td>
</tr>
<tr>
<td>Pour leek, turkey and ham sauce mix into oven tray</td>
</tr>
<tr>
<td>Roughly chop the roast potatoes and spread over the top of the mixture</td>
</tr>
<tr>
<td>Place in middle of oven</td>
</tr>
<tr>
<td>Cook for 25 mins until piping hot</td>
</tr>
</tbody>
</table>
Turkey Curry

Ingredients

Onion
Leftover turkey
Jar of curry sauce
Packet rice
Oil

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
**Method**

- Chop the onion into small pieces
- Heat oil in a pan and cook the onions until soft
- Shred the turkey, add to pan and fry gently
- Add the curry sauce to the pan and bring to boil
- Simmer for 5 mins
- Microwave rice according to instructions
- Serve with rice
Bubble & Squeak

Ingredients

Leftover mash or roast potato
Leftover cooked parsnip
Leftover Brussel sprouts
1 egg
Cooked turkey
Gravy
Cranberry sauce to serve

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
<table>
<thead>
<tr>
<th><strong>Method</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mash leftover veg together and mix with egg</td>
</tr>
<tr>
<td>Season with salt and pepper</td>
</tr>
<tr>
<td>Make into 4 patties of equal thickness</td>
</tr>
<tr>
<td>Put turkey and gravy in pan and simmer</td>
</tr>
<tr>
<td>Fry the patties for 3 mins on each side until brown and warm inside</td>
</tr>
<tr>
<td>Put the patties on a plate, place the turkey and gravy on top</td>
</tr>
<tr>
<td>Add cranberry sauce and serve</td>
</tr>
</tbody>
</table>
Christmas Pizza

Ingredients

Cooked stuffing

Pizza base / muffins sliced

Leftover turkey, cubed

Leftover pigs in blankets, sliced

Cubed leftover roast potatoes

Sliced leftover Brussel sprouts

Gravy

Cheese

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
**Method**

<table>
<thead>
<tr>
<th>Step</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spread thick gravy like you would tomato sauce over pizza base</td>
</tr>
<tr>
<td>Sprinkle turkey, pigs in blankets, roast potatoes and sprouts over</td>
</tr>
<tr>
<td>the pizza base</td>
</tr>
<tr>
<td>Crumble stuffing over the top</td>
</tr>
<tr>
<td>Add the cheese</td>
</tr>
<tr>
<td>Place on baking tray and cook until cheese is bubbling</td>
</tr>
<tr>
<td>Add cranberry sauce to serve</td>
</tr>
</tbody>
</table>
Carrot Soup

Ingredients

1 large onion

1 teaspoon (5ml) oil

1 large potato, peeled

6 large carrots, peeled

1.2 litres vegetable stock

2 tablespoons milk (optional)

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
<table>
<thead>
<tr>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clean and chop the vegetables</td>
</tr>
<tr>
<td>Peel and chop up the onion and fry it in the oil at the bottom of the saucepan until it is golden</td>
</tr>
<tr>
<td>Add the vegetables and the stock to the onion</td>
</tr>
<tr>
<td>Bring to the boil and simmer for 30 – 45 minutes until the vegetables are soft</td>
</tr>
<tr>
<td>Allow to cool little, and mash the soup or put it through a blender</td>
</tr>
<tr>
<td>Add the milk and bring back to serving temperature (Do not boil as milk may curdle)</td>
</tr>
<tr>
<td>Serve with plenty of crusty bread</td>
</tr>
</tbody>
</table>

**Handy Hint**

Mashing the soup with a potato masher will help to thicken it. Once you have got the hang of making soup you can make it with any ingredients you have to hand or left overs
Breakfast Omelette

Ingredients (serves 1)

1 sausage or leftover pigs in blankets
1 slice of back bacon
2 mushrooms
Cherry tomatoes, halved
2 eggs
Black pepper
Vegetable oil

(Teresa Mercer & Alison Morton @ St Helens Council)
**Method**

Cook the sausage under a hot grill for 8-10 minutes, turning them occasionally until browned

Cook the bacon under the grill for 5-6 minutes turning once until crisp and golden

Cool slightly, then slice the sausages and cut the bacon into bite sized pieces

This could be done the night before, simply chill until required

Heat the oil in frying pan and add the mushrooms and cook for 3-4 minutes or until golden

Add the tomatoes and cook for a further 1 minute

Remove the pan from the heat, add the sausages and bacon and mix well

Beat the eggs with a little black pepper

Pour into the pan and stir for 1 minute until eggs begin to cook

Cover the pan and cook for 5 minutes or until the surface has almost set

Cook the omelette under a hot grill for 2-3 minutes until firmly set
Hot Christmas Leftover Sandwich

Ingredients

Leftover turkey, shredded
Mayonnaise
4 white soft rolls
Leftover stuffing
Leftover gravy
Cranberry sauce

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
**Method**

<table>
<thead>
<tr>
<th>Step</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre heat oven to gas mark 6 / 200 / 180f</td>
</tr>
<tr>
<td>Cut soft rolls in half</td>
</tr>
<tr>
<td>Spread mayonnaise over half the rolls</td>
</tr>
<tr>
<td>Place turkey and gravy in pan and simmer for 5 mins</td>
</tr>
<tr>
<td>Layer stuffing, cranberry, turkey and gravy onto rolls</td>
</tr>
<tr>
<td>Top the rolls with the other half of the roll</td>
</tr>
<tr>
<td>Wrap each roll in tin foil and put on baking tray</td>
</tr>
<tr>
<td>Place in oven until heated through</td>
</tr>
<tr>
<td>Serve</td>
</tr>
</tbody>
</table>

**TIP:**

Add sliced pigs in blankets if you have them left
Tinned Apple or Pear Crumble

Ingredients

225g (8oz) plain flour
115g (4oz) sunflower spread
55g (4oz) porridge oats
55g (2oz) sugar or 3tsp granulated sweetener
2 tins of apples or pears, or a mix of both

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
### Method

Open the tins of apples or pears and place in oven proof dish

In a separate bowl

For the crumble topping, rub together the flour and sunflower spread in a mixing bowl until the mixture resembles fine breadcrumbs. Stir in the porridge oats and sugar

Sprinkle the crumble topping over ovenproof dish and level the surface

Place in a pre-heated oven for 35-40 minutes, or until the topping is golden

Serve hot or warm with natural yoghurt, or custard

### Handy Hints

Use wholemeal flour to make pastry or biscuits with extra fibre. For extra flavour and texture sprinkle 1 teaspoon (5ml) of ground cinnamon and 50g (2oz) Californian seedless raisins over the apples before covering with the crumble topping. Freeze the Crumble on the day of making and use within one month
Christmas Shepherd’s Pie

Ingredients

225g minced lamb
Leftover turkey cut into chunks
Leftover carrots
225ml leftover gravy
Frozen / leftover peas
Grated cheese
Leftover mashed potato or roast potatoes
Salt and pepper to taste

Christmas 2019 (Teresa Mercer & Alison Morton @ St Helens Council)
**Method**

- Pre heat oven to gas mark 6 / 200 / 180f
- Cook the mince until brown
- Season with salt and pepper
- Drain excess fat
- Add onions to pan and cook until soft
- In a separate pan add gravy, turkey, carrots, peas and stir
- Add lamb to pan and combine, heat gently
- Place in oven dish
- Spoon over mash or crushed roast potatoes over the top
- Sprinkle with cheese
- Bake until potatoes are piping hot