

SUPPER CLUB COMMUNITY COOK BOOK

Recipes from the Supper Club
celebrating community, sharing food and
thinking about the climate when cooking



Glasgow Community Food Network and Ailee would like to thank all the participants of the Supper Club.

To find out more or get involved, get in touch with our Community Activator for the west, Ailee

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"I'm loving the change to cook again for more than 2 people. It's lovely to be part of a group of strangers who are all bonding together through food. We are all sharing stories and making new friendships. It's really interesting learning what food means to other cultures. And it's a real bonus that the food is delicious! I'd never have thought dining together this way could be so relaxing."



The Supper Club is a community cookery group that runs out of Heart of Scotstoun Community Centre on the final Thursday of every month from 5 - 8 pm. The group has a focus on simple, affordable and environmentally friendly meals, and aims to bring people together over the act of cooking and sharing a meal. The group welcomes people of all ages, skills and abilities.

The group has become a space for community and friendships to flourish, and is a source of support for many attendees. Attendees have been able to learn about each others' cultures & customs through sharing food & recipes with one another.

This booklet has been created to share some of the delicious recipes we've enjoyed, and celebrate the journey of the Supper Club.

The Supper Club is part of the activity of the Food and Climate Action Project: a National Lottery funded partnership project between Glasgow Eco Trust, St. Paul's Youth Forum, The Space, Urban Roots, Central Women's Integration Network, led by Glasgow Community Food Network. To find out more about the project, follow us on socials or check out our website.

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EASY FLATBREAD

Whip up a fresh batch of flatbreads in no time to mop up your curries, soups and stews.

Much tastier than shop-bought!

This recipe makes 6 - 8 small flat breads, or 4 large ones

1. Combine the flour, baking powder, yogurt and oil with 1 tsp of salt and 2 tbsp of water, and bring together in a rough dough. Tip onto a lightly floured surface and knead for a few minutes until slightly smooth.

2. Divide the dough into 6 - 8 small flat breads, or 4 large ones, depending on your preference. Roll the flatbreads out on a floured surface into rough oval shapes.

3. Heat a dry frying pan over a high heat. When the pan is hot, add your flatbreads and cook for 1 - 2 minutes on each side until golden and slightly charred in some spots. Serve alongside a curry, stew, dhal, or soup.

-300G self raising flour
(plus extra for dusting)
-½ tsp of baking powder
-150G natural yogurt
-1 tbsp cooking oil
-1 tsp salt




ONION BHAJI

This is the ideal "fakeaway" recipe for onion bhajis. By making these at home, you can save your pennies and a trip to your local takeaway. Baking instead of the traditional method of frying makes these a healthier alternative. Feel free to add veggies such as carrots, peas, or sweetcorn as you wish!

Makes 12 onion bhajis

1. Finely slice your onions and ginger, and preheat the oven to 200C / 180 fan / gas 6.
2. Mix the flour, spices, carrot and onions in a bowl. Mix the eggs and tomato separately, and then combine the 2 mixtures.
3. Oil a large baking tray. Using a tablespoon, spoon 12 neat mounds onto the baking tray. Bake for 20 - 25 minutes until golden and crispy.



-2 large onions, finely sliced
-100g gram flour
-1 tbsp curry powder
-1 tbsp tomato puree
-1 large carrot - grated
-2 tbsp chopped ginger
-2 eggs

COCONUT CHICKPEA CURRY



Makes 4 portions

1. Heat oil in a pan over a medium heat. Once the oil is hot, add onions and chopped tomatoes and gently fry until the liquid reduces into a thick sauce (approx 10 mins)
2. Add the garlic and garam masala or curry powder and stir into the tomato mixture. Allow to gently cook for 3 mins.
3. Add chickpeas and coconut milk and bring to a simmer. Allow this to cook until the liquid thickens into a sauce (approx 10 mins), stirring occasionally
4. Add spinach (if using) and allow to wilt. Squeeze the juice of 1 lime in for a zingy kick.
5. Serve with rice or bread and enjoy

Costing less than 75p per portion, this recipe is a cost-effective one-pot meal which is packed full of flavour and nutrients. Some of the climate benefits to using canned food include:

- easy to store and cost effective.
- canned food has a very long shelf life, making it less likely to be wasted than fresh food
- the canning process has a much lower carbon footprint than freezing.
- cans can be infinitely recycled.

You can get creative with this recipe and add any veggies you like.

You can also batch cook and freeze it for another day!

- 2 Tbsp of cooking oil
- 1 onion, finely diced
- 3 garlic cloves, sliced
- 1 Tbsp of garam masala (or curry powder)
- 2 400G tins of chickpeas
- 1 400G tin of coconut milk
- 1 400G tin of chopped tomatoes
- Salt and pepper to taste
- Juice of 1 lime (optional)
- A few handfuls of fresh spinach (optional)

MACARONI 'CHEESE'

Serves 6

1. Heat the oil in the pan over a medium heat. When it is hot, add the onions and gently cook for around 5 mins until they are softened.

2. Meanwhile, dissolve the stock cubes in 1 litre of water.

3. Add the butternut squash and sweet potatoes to the pan, then stir in the milk and stock. Bring to the boil, then reduce the heat and simmer for 10 mins, or until the veg is tender. If baking, pre-heat the oven to 220 / 200 fan / Gas 6

4. Whilst the butternut squash and sweet potato mix is simmering, bring a large pot of water to the boil and add your pasta. Cook for 8 - 9 mins or according to package instructions. Drain and set aside.

5. Blend your butternut squash mixture using a hand blender, or any blender you have, until it is smooth and creamy. Add the cheese and lots of black pepper, and stir until the cheese has melted. Toss in the pasta and serve.

- 1 tsp of cooking oil
- 1 onion, roughly chopped
- 1/2 butternut squash, peeled and chopped into cubes
- 1 sweet potatoes, peeled and chopped into cubes
- 1 vegetable stock cubes
- 500ml of boiling water
- 150ml of semi skimmed milk (or vegan alternative)
- 360g of cheese, grated (or vegan alternative)
- Salt and pepper to season
- 500g of pasta (wholewheat has a higher fibre content)



Using creamy butternut squash and sweet potatoes as a sauce, this recipe a great alternative to traditional mac & cheese. Not only does this recipe provide two of your five a day, but by reducing your consumption of animal products, you're doing your bit for the climate. Feel free to add any other veggies such as peas, broccoli or sweetcorn as you wish.

Tip: this is a great recipe for freezing! Simply separate portions of the sauce you would like to freeze before you've added the pasta

BANANA BREAD

- 3 medium bananas, the riper the better
- 3 large eggs
- 100G of brown sugar
- 150ml vegetable oil
- 275G of self raising flour
- 1 tsp mixed spice
- 1 tsp baking powder

1. Preheat oven to 180C / 160C fan / Gas 4 and grease a 900g loaf tin with baking paper.
2. Peel and mash bananas with a fork. Tip into a large mixing bowl and add the eggs, sugar and oil. Use a fork or whisk to combine.
3. Add the flour, spice and baking powder. Pour into the prepared tin. Bake for 40 mins, or until the cake is well risen and a knife inserted into the centre comes out clean.
4. Cool for 10 mins before serving.

Banana bread is a great way to use up browning bananas - the riper the better. This is a plain recipe, but it's really just a starting point. Feel free to add nuts, dried fruit, chocolate, spices etc. We served ours with Greek yogurt and tinned peaches!

Tip: If your bananas have ripened before you're ready to use them, you can freeze them and use them at a later date!



REVIEWS

"Meeting new friends through Supper Club and spending time with the group is very relaxing and thoroughly enjoyable. Not forgetting scrumptious food."

"Loving trying all the different menus - would never have tried these."

"Lovely to chat and laugh with others while making food"

"Love listening to everyone's stories around the table"

"Being able to take recipes home"

"Enjoying more vegetarian dishes than I expected"

"Great company, socially aware. Varied recipes enhancing our cooking skills"

"Great way to introduce youngsters to cooking"

"Very sociable love chatting love eating love cooking with others as I live on my own"

"Bringing the community together, meeting strangers who will, and have, become friends."

"[The group] brings us together to eat our prepared, cooked food"

"Love the way we have all learned to cook different recipes"

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