



Older People Active Lives



WELCOME TO THE OPAL WHAT'S COOKING SPECIAL

OPAL runs Frodsham What's Cooking on Tuesday afternoons, Helsby What's Cooking on Wednesday mornings and Farndon Foodie Friday.....on Fridays! (All are currently suspended)

They are all social groups with a focus on cooking and food and we have included some of the recipes and activities we have enjoyed.

SALAD RECIPES USING FRESH HERBS

Here are the recipes we were making and enjoying this time last year,

Smashed Jersey Royals with tarragon and chive butter (Waitrose)

Cook ½ kg Jersey royals. Drain in the pan.

Add 40g cubed salted butter to hot pan with roughly chopped chives and tarragon

Smash open the potatoes, stir and transfer to a serving bowl

Top with sliced salad onions and a few herbs

Tomato, basil and mozzarella salad (Mary Berry)

Cut 9oz tomatoes in half, place in shallow bowl

Add 9oz Mozzarella balls or chopped ball.

Stir in 8 basil leaves, 2 tsp olive oil and 1 tsp balsamic vinegar. Season. Chill.



Strawberry and watermelon salad (Gigglesgalore.net)

Put watermelon cubes and 6 strawberries in a bowl. Cover with chopped mint

Make a dressing by whisking 1 part honey to 2 parts olive oil, zest and juice of a small lime and a pinch of cinnamon.

GADGET QUIZ—WHAT ARE THESE USED FOR?



ANSWERS ON REVERSE SIDE

RECIPE INSPIRATION

The What's Cooking volunteers are our main source of recipes but we regularly use the free magazines that the supermarkets produce, particularly for seasonal recipes. Here are two summer season recipes we have tried.

Courgette, asparagus and hazelnut salad (www.tesco.com)

Salad ingredients – courgettes (sliced long ways), asparagus (trimmed), broad beans, bag of mixed salad leaves (watercress, spinach and rocket), blanched hazelnuts (toasted and chopped)

Dressing ingredients – 1 orange (zested and juiced), 2 tbsp olive oil, ½ garlic clove (crushed), ½ tsp chilli flakes

METHOD

- Make dressing by mixing all ingredients well
- Cook the courgettes on a griddle for 2 -3 minutes
- Boil the asparagus for 2 minutes then rinse in cold water. When cold cook on griddle
- Boil broad beans for 3 minutes, cool under cold running water, and remove outer skins
- Arrange veg on a bed of mixed leaved, to serve drizzle with the dressing and scatter with the nuts.



Strawberry, mascarpone and lemon curd tart (www.waitrose.com)

Ingredients

125g Mascarpone cheese
125g Greek yogurt,
175g lemon curd,
zest of one lemon,
1 sweet pastry case (205g),
400g strawberries, hulled and sliced

Method

- Beat together the mascarpone and the yogurt in a bowl until smooth.
- Beat in the lemon curd and most of the lemon zest until combined.
- Fill the tart case.
- Arrange the strawberries over the filling, then chill for at least 20 minutes.
- To serve, dust with icing sugar and sprinkle remaining lemon zest over.



ANSWER TO GADGET QUIZ

They are all strawberry hullers! And did you know an average strawberry has 200 seeds on the outside, and Belgium has a museum dedicated to just strawberries?

Think about me, not my age