THE CLEAN GREEN ECO COOK BOOK

Affordable, cleaner, greener recipes for cooks of all abilities

Cost of living
Help and advice

We realise that many people may be struggling with the increased cost of living at the moment and the impact this may be having on different aspects of everyday life.

east-ayrshire.gov.uk/costofliving

Energy

Energy advice
east-ayrshire.gov.uk/energy
01563 554400

Community

Community support
east-ayrshire.gov.uk/communitysupport
01563 554400

Money

Money advice and benefits
east-ayrshire.gov.uk/money
Freephone: 0800 389 7750

Wellbeing

Looking after yourself and others
east-ayrshire.gov.uk/wellbeing
01563 554400

Food

Food Support
east-ayrshire.gov.uk/food
01563 554400

Business

Support for businesses
east-ayrshire.gov.uk/business
Ayrshire business helpline: 0330 6781611

East Ayrshire Council
Comhairle Siorrachd Àir an Ear

CARING · KIND · CONNECTED

THE CLEAN GREEN ECO COOK BOOK

The link between cost of living struggles and climate change struggles e.g. excessive energy consumption is bad for your wallet and the planet.

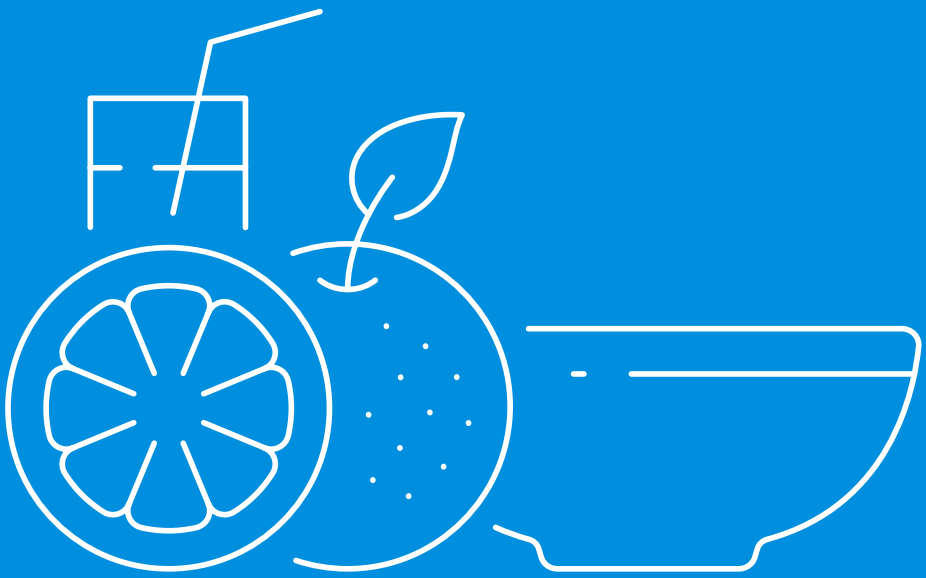
This book includes affordable, cleaner, greener recipes for cooks of all abilities as well as useful resources and facts that will help make behaviour changes in daily life that little bit easier.

Hello I'm Natasha.

I am a Climate Change Graduate Intern with East Ayrshire Council. I have just graduated with a BA (Hons) in Event Management studying at University of West Of Scotland Paisley. I am keen to engage with the young people and schools of East Ayrshire and become an ambassador for helping to achieve Net Zero for the Council.

Hello, I'm Stephanie.

I'm also a Climate Change Graduate Intern with East Ayrshire Council. I graduated from the University of Aberdeen this summer with a first class LLB (Hons) degree. I'm looking forward to working with colleagues in the Council and in the community to help make East Ayrshire the cleanest and greenest it can be by increasing engagement with the **Climate Change Strategy.**



Breakfast

THE CLEAN GREEN ECO COOK BOOK

Cost of living

Food

Community larders have been established in East Ayrshire, most of which operate on a membership basis to help manage stock levels. For a small fee (usually £1) members can purchase essential items for a reduced price. Find your nearest larder at: **www.east-ayrshire.gov.uk/food**

Too Good To Go is a free app that lets users buy unsold, surplus food from cafes, restaurants, food stores and hotels for a reduced price. It's all in the name of stopping delicious, perfectly edible food from going to waste. Find out more at: **https://toogoodtogo.co.uk/en-gb**

Analysis completed in March 2021 identified that households in East Ayrshire are still regularly using their general waste bin (which goes to landfill) to dispose of food. An average of 30% of food waste going to landfill was avoidable (including things like unopened packets of meat or fruit).

A single banana peel can generate enough energy to power a mobile phone for two days whilst two full food caddies can generate enough energy to power a cinema for a full movie.
To request a new caddy go to: **www.east-ayrshire.gov.uk/recycling**

3-ingredient muffins - *Rescuing old bananas*

Makes: 6 *Prep time:* 10 mins *Cook time:* 20 mins

INGREDIENTS

400g of quick oats

2-3 bananas

1 tsp of baking powder

DIRECTIONS

1. Preheat the oven to 180°C.
2. In a blender or food processor, add oats and pulse until they almost resemble flour.
3. Add bananas and baking powder and blend until a thick batter forms.
4. In a lightly greased muffin tin, pour batter equally into 6 slots.
5. Bake for 20 minutes or until toothpick inserted into the muffins comes out clean.
6. Allow to cool for 5-10 minutes then serve and enjoy!

NOTES:

Ancient bananas in the fruit bowl? Don't throw them out; the riper the banana the better for this recipe.

Porridge - *Microwaveable mornings*

Servings: 1 *Prep time:* 2 mins *Cook time:* 5 mins

INGREDIENTS

45g porridge oats

240ml milk

Toppings of your choice
e.g. fruit, jam, cheese, etc

DIRECTIONS

1. Tip the oats and milk into a microwave-safe bowl and place in the microwave on full power for 2 and 1/2 minutes.
2. Remove the bowl from the microwave and stir well.
3. Place back in the microwave for a further 2 minutes of cooking.
4. Repeat step 2.
5. Add any toppings of your choice and enjoy.

NOTES:

This is a super-filling breakfast that you can customise depending on what you have in the cupboard; porridge can be sweet or savoury (or plain).

Breakfast crêpes - *Sweet or savoury*

Makes: 4 *Prep time:* 40 mins *Cook time:* 15 mins

INGREDIENTS

125g of all-purpose flour
1/4 tsp of salt
120ml of milk
120ml of water
2 large eggs
2 tbsp of melted butter

DIRECTIONS

1. In a mixing bowl combine flour, salt, milk, eggs, melted butter and water. Whist well to combine.
2. Allow the batter to rest at room temperature for 30 minutes or store the batter and refrigerate it for up to 48 hours.
3. Heat a nonstick frying pan and lightly brush it with butter or oil.
4. Pour or scoop about 1/4 of the mixture onto the skillet. Tilt the frying pan to allow for the batter to spread evenly across the entire skillet.
5. Cook the crepe for 1-2 minutes or until the crepe has set and the edges have begun to slightly brown. Loosen the edges with a spatula and flip to cook the other side.
6. Repeat for the remaining batter, reapplying oil and butter and adjusting the heat as needed.
7. Fold or roll crepes and serve with toppings of your choice.

NOTES:

This recipe is ideal for using up all those random bits in the fridge that would otherwise go to waste - save those three solitary strawberries from the bin and pop them on your crepe!

Make the batter the night before for a super quick and filling breakfast.

Scrambled eggs - *Easy protein*

Servings: 1 *Cook time:* Less than 10 mins

INGREDIENTS

2 medium eggs

Salt and pepper (optional)

DIRECTIONS

1. Crack 2 eggs into a microwave-safe bowl and whisk well season with salt and pepper (optional).
2. Pop into the microwave for 30 seconds bursts, stirring occasionally.
3. Take out the microwave when the eggs are soft and fluffy.
4. Serve with some toast if you wish.

NOTES:

This is a great breakfast for when you are in a hurry. The key to getting soft, fluffy eggs that aren't rubbery is to take them out of the microwave before they look ready to eat, as they will continue to cook.

Lunch

THE CLEAN GREEN ECO COOK BOOK

Cost of living

Community

Our Lunch Clubs for residents over 55 offer good quality food and good company for the reasonable cost of £3 for a two-course meal and selection of home baking. Find your local lunch club at: **https://www.east-ayrshire.gov.uk/EducationAndLearning/Schools-Catering/Lunch-Clubs.aspx**

A Warm Welcome awaits at a selection of venues across East Ayrshire where local residents can access hot snacks and drinks, fresh fruit and more. To find your nearest Warm Space go to: **https://eastayrshireleisure.com/across-the-trust/a-warm-welcome**

Ochiltree Community Hub deploys a Fabric First approach with good insulation to lower heating costs and uses electricity generated by solar cells on the roof.

Community gardens are a fantastic way of bringing people together in a green environment and can reduce the food miles, and therefore, carbon footprints of communities.

THE CLEAN GREEN ECO COOK BOOK

Potato peel soup - *Reducing waste*

Servings: 4 *Prep time:* 10 mins *Cook time:* 25 mins

INGREDIENTS

About 200g potato peelings

1 large onion, diced (use up what you have; spring onions or leeks are also useable here)

500ml whole milk

500ml chicken or vegetable stock

20g butter or sunflower oil

1 bay leaf (optional)

Salt and pepper

DIRECTIONS

1. Heat the butter or oil in a medium saucepan over a medium-low heat and add the onions, bay leaf and a good pinch of salt. Sauté gently, until the onions are soft but haven't taken on much colour, about 10 minutes.
2. Add the potato peelings and give everything a very good stir for a minute.
3. Pour in the milk and stock, season well with salt and pepper and bring to the boil. Reduce the heat and simmer gently until the peels are very tender – another 10 minutes or so.
4. Remove from the heat and cool slightly, then purée in a food processer, blender or using a stick blender until very smooth.
5. Return the soup to the pan and reheat gently. Season well with salt and pepper and stir in the chopped parsley, if using.
6. Serve in warmed bowls and finish with a generous grind of pepper.
7. Remember to freeze any portions you don't eat this time to save them from going in the bin.

NOTES:

This soup will keep in an airtight container in the fridge for 2 days or in the freezer for 3 months.

Ham picnic pasta - *Cutting costs*

Servings: 4 *Prep time:* 20 mins *Cook time:* 10 mins

INGREDIENTS

250g dried pasta
(shape of your choice)

6 tbsp mayonnaise

1 tbsp runny honey

1tbsp English mustard (optional)

1 tbsp dried chilli flakes or
2 tbsp cayenne pepper

100g cooked gammon or ham

1 pepper (any colour, sliced)

6 spring onions (thinly sliced)

Salt and pepper

DIRECTIONS

1. Cook the pasta according to packed instructions in boiling water. When cooked, drain thoroughly and set aside.
2. In a large bowl, mic the mayonnaise, honey, mustard (optional), and dried chilli flakes or cayenne pepper together. Add the cooked pasta, ham, pepper and spring onions and toss well together.
3. Season with salt and pepper to taste and serve

NOTES:

This quick ham picnic pasta is equally delicious warm or cold. Try it in lunchboxes or for casual dinners, as well as picnics of course. Any leftover gammon or ham can be used in the Vegetable and Ham Bake.

Jacket potato - *Deliciously versatile*

Servings: 1 *Prep time:* 30 mins *Cook time:* 10 mins

INGREDIENTS

1 medium baking potato

For tuna and sweetcorn filling

1 can tuna (in spring water), drained

1/2 can sweetcorn, drained

1 tbsp reduced fat mayonnaise

Black pepper

For cheese and beans filling

1/2 can of baked beans

45g of grated cheese (your cheese of your choice)

DIRECTIONS

1. Wash the potato and prick with a sharp knife several times on all sides of the potato. Dry the potato well with some kitchen paper and place on a microwave-safe plate. Place in the microwave and cook on full power for 4 minutes.
2. Remove the plate using oven gloves and turn the potato over. Dry the potato and the plate and put back into the microwave. Heat on full power for a further four minutes.
3. Remove the plate and leave the potato to simmer for one minute, as it will continue to cook. Check that the potato is soft by pushing a sharp knife into the centre. (Return to the microwave for another 20 seconds if it is still hard in any part).
4. Split the jacket potato in half, roughly mash the middle with a fork, and spoon over your topping of choice.

To make the tuna and sweetcorn filling

Mix all the ingredients (tuna, sweetcorn and mayonnaise) together into a bowl. Top with some black pepper and spoon the filling over the baked potato.

To make the cheese and beans filing

Open the baked beans and put them in a microwave-safe bowl and heat in the microwave for 3 minutes. Once the beans are cooked spoon the beans over the baked potato and sprinkle with cheese.

NOTES:

Jacked potato are a healthy and cheap meal and can be livened up with lots of different toppings.

Quick pitta pizzas - *Fun for families*

Servings: 4 *Prep time:* 10 mins *Cook time:* 10 mins

INGREDIENTS

- 4 wholemeal pitta breads
- 4 tbsp sun-dried tomato puree
- 3 ripe plum tomatoes (sliced)
- 85g pepperoni
- 50g mature cheddar (grated)
- Basil leaves (optional)

DIRECTIONS

1. Heat oven to 200C /100C Fan / Gas 6 and put a baking sheet inside to heat up. If using an air fryer, preheat the air fryer to 350F /180C.
2. Spread each pitta with 1 tbsp of tomato puree and top with tomatoes, pepperoni and cheddar.
3. Place on the hot sheet and bake for 10 minutes or place in the air fryer until the pittas are crispy, the cheese has melted, and the pepperoni has frazzled edges. Scatter with basil leaves (if you like) and serve with a green salad.

AIR FRYER RECIPE AIR FRYER RECIPE

NOTES:

These easy supper quick pitta pizzas are a great way to involve the little helpers in the kitchen.

Snacks

THE CLEAN GREEN ECO COOK BOOK

Cost of living

Energy

Turning off lights when you are not using them or when you leave a room can save around £25 a year on your annual energy bills. Replacing all the lights in your home with LED bulbs can help save even more.

You could save up to £112 annually on your gas bill by lowering the 'flow temperature' setting on your boiler. For a simple 'How-To Guide' go to: **www.moneysavingboilerchallenge.com/walkthrough**

Every hour, the sun beams enough solar energy onto Earth to keep everyone on our planet supplied with electricity for an entire year.

Iceland is the only country in the world where renewable sources generate 100% of both its electricity and heat; eliminating a reliance on fossil fuels and the negative impacts of air pollution.

No-bake oat bars - *Simple sweet snack*

Makes: 12 *Prep time:* 10 mins *Cook time:* 30 mins

INGREDIENTS

250g of creamy peanut butter
300g of honey
240g of oats

DIRECTIONS

1. Melt peanut butter and honey together either in a stovetop pot or in a bowl in the microwave.
2. Add oats and stir to combine with a spoon.
3. Add to a tray lined with baking paper and spread out evenly. Refrigerate for 30 minutes then cut into squares to serve.

NOTES:

Mix in any extra toppings e.g. nuts, dried berries, chocolate chips, before the bars go into the tray.

Super berry smoothie - *5-a-day boost*

Servings: 4 *Prep time:* Less than 10 mins

INGREDIENTS

450g frozen berry bag

450g fat-free strawberry yogurt pot

100ml milk

25g porridge oats (optional)

2 tbsp honey (optional)

DIRECTIONS

1. Mix the berries, yoghurt and milk together with a blender until smooth. Stir through the porridge oats (optional), then pour into 4 glasses and serve.
   Drizzle of honey, if you like.

NOTES:

Frozen berries are a thrifty way of creating a healthy smoothie - pad it out with oats to make it extra filling.

Potato crisps - *Flavourful crunch*

Servings: 2 *Prep time:* 10 mins *Cook time:* 25 mins

INGREDIENTS

- 8 baby potatoes
- 1 tbsp oil
- 1 tsp garlic powder
- 1 tsp paprika

DIRECTIONS

1. Preheat air fryer to 190°C.
2. Slice the baby potatoes into even rounds.
3. In a bowl, combine the oil, garlic powder & paprika.
4. Put the potato slices into the seasoned oil & stir to coat.
5. Put the potatoes (& oil) in the air fryer basket, ensuring potato slices are in one even layer.
6. Cook for 20-25 mins.

AIR FRYER RECIPE AIR FRYER RECIPE

NOTES:

Shake the basket every 5 or so minutes to ensure even cooking

Popcorn chicken - *Bitesize protein*

Servings: 2 *Prep time:* 20 mins *Cook time:* 15 mins

INGREDIENTS

2 chicken breast

1 tbsp vegetable oil

1 egg

For flour mixture:

3 tbsp plain flour

1/2 tsp ground basil

1 tbsp paprika

1/2 tsp ground oregano

1 tbsp onion granules

1/2 tsp salt

DIRECTIONS

1. Preheat air fryer to 180°C.
2. Chop the chicken into small popcorn sized pieces, then place into a bowl.
3. In a separate bowl, combine the flour mixture ingredients.
4. Add 1 tbsp of flour mixture to the chicken bowl and stir to coat the chicken.
5. Crack the egg into the chicken bowl & mix to coat the chicken pieces.
6. Transfer the eggy chicken pieces into the bowl of flour mixture (use a fork to bring over a minimal amount of egg from the bowl).
7. Toss to fully coat the chicken in the flour mixture.
8. Cook in the air fryer for 10-15 minutes until crispy and golden.

NOTES:

A good way to use up the last two chicken breasts in a multipack that might not be enough to make a full meal.

French fries - *Crispy classic*

Servings: 4 *Prep time:* 50 mins *Cook time:* 20 mins

INGREDIENTS

2 medium potatoes

2 tbsp olive oil

Salt

Seasonings (optional)

Toppings (optional):
herbs and grated parmesan

DIRECTIONS

1. Without peeling, wash and cut the potatoes into about between 1/4 – 1/2-inch fries (or larger if you prefer).
2. Add fries into a mixing bowl of cold water and let sit for 45 mins to remove the excess starch.
3. Drain the French fries and dry them with towels.
4. Add the dried fries to a mixing bowl and mix in oil and salt (and other seasonings if you want to use them).
5. Preheat the air fryer to 350F /180C.
6. Spread out fries in a single layer, cook in two batches if needed.
7. Cook for 15 to 20 minutes or until crisp, turning halfway through cooking.
8. Garnish and serve.

NOTES:

This easy recipe will go with any dish. Pair with the cheeseburger and have yourself a fake away

Garlic and chive potatoes - *Simple sides*

Servings: 4 *Prep time:* 10 mins *Cook time:* 18-25 mins

INGREDIENTS

500g baby potatoes
2 tbsp butter
3 garlic cloves
3 tbsp chopped chives
Salt and pepper

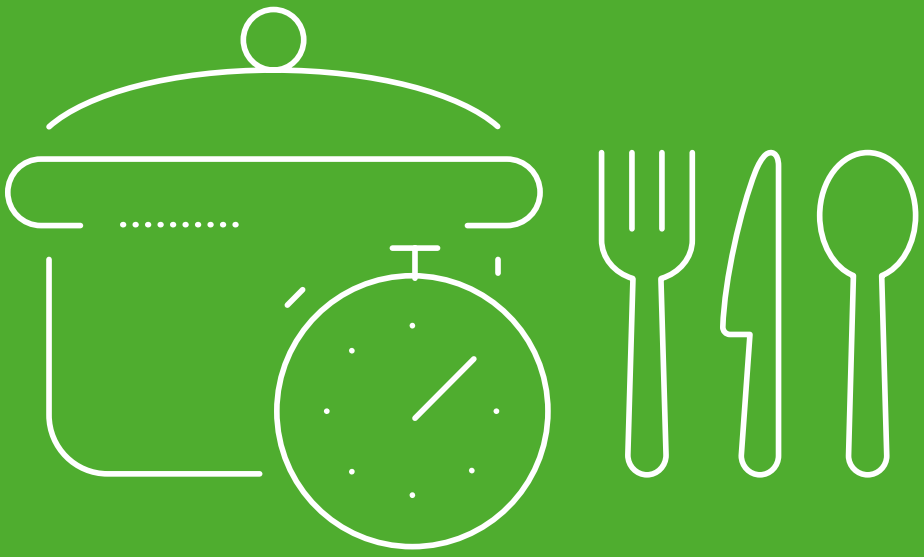
DIRECTIONS

1. Preheat the air fryer to 200C.
2. Peel and dice the garlic cloves. Finely chop the chives.
3. Add the baby potatoes, butter, garlic cloves and chives into the air fryer.
4. Cook for 18-25 minutes - or until golden.
5. Season with salt and pepper, serve hot.

AIR FRYER RECIPE AIR FRYER RECIPE

NOTES:

Dress up potatoes with garlic and chives, this will be a family favourite.



Dinner

THE CLEAN GREEN ECO COOK BOOK

Cost of living

Money

If eligible for Universal Credit you may be able to claim back up to 85% of your childcare costs. For further information go to: **https://www.gov.uk/guidance/universal-credit-childcare-costs**

Education Maintenance Allowances (EMAs) give financial support to eligible 16 to 19 year olds who want to continue learning in the form of £30 weekly payments. Applications are made through your school/ college. For guidance go to: **https://www.mygov.scot/ema**

By shopping smarter and 'eating to date' the average UK household could save up to £700 annually.

Reduce your engagement with fast fashion and its negative impacts on the planet (it takes around 2700 litres of water to make a single cotton t-shirt) by thrifting from charity shops or using apps like Vinted. Find out more at: **https://www.vinted.co.uk**

Winter veg soup - *Eating seasonally*

Servings: 4 *Prep time:* 10 mins *Cook time:* 35 mins

INGREDIENTS

1 tbsp olive oil

3 garlic cloves, crushed

1 swede, peeled and diced

4 large carrots, peeled and diced

3 sprigs thyme, leaves removed and roughly chopped

850ml vegetable stock

500ml semi-skimmed milk

2 x 410g cans mixed beans in water, drained

Salt and pepper

DIRECTIONS

1. Heat the oil in a large saucepan, then gently soften the garlic without browning.
2. Tip in the swede, carrots and two-thirds of the thyme, then pour in the stock and milk. Bring to the boil (careful not to curdle the milk), then simmer for at least 25 mins (until the veg is cooked through).
3. Ladle a third of the soup into a blender, whizz until smooth, then pour back into the pan along with the beans.
4. Season to taste with salt and pepper, then return to the heat and warm through for 10 mins.
5. Serve sprinkled with the remaining thyme and any bread-based product you have in the house.

NOTES:

This soup is good for introducing a vegetarian meal into your weekly meal plan and is versatile enough to be seasoned the way you like e.g. you might want to add chilli flakes to warm it up a bit more.

Macaroni cheese with peas - *Easy cheesy*

Servings: 2-3 *Prep time:* 10 mins *Cook time:* 20 mins

INGREDIENTS

350g dried pasta
(shape of your choice)

90g garden peas

90g mature cheddar, grated

200ml crème fraiche

DIRECTIONS

1. Add the pasta to a pan of boiling water and cook for 10 minutes, adding the garden peas for the last couple of minutes of cooking.
2. Drain the pasta with the peas, return it to the pan and stir in the crème fraiche and grated cheese. Warm through for a minute.
3. Mix well and serve hot.

NOTES:

This easy mac and cheese will be a family favourite since it only uses one pot, keeping washing up to a minimum.

Vegetable and ham bake - *Hearty & wholesome*

Servings: 4 *Prep time:* 10-30 mins *Cook time:* 30 mins

INGREDIENTS

- 900g frozen broccoli
- 1 tbsp butter
- 1 medium onion (sliced)
- 2 tbsp plain flour
- 400ml milk (any variety)
- 200g mature cheddar grated
- 300g shredded gammon or ham
- Salt and pepper

DIRECTIONS

1. Preheat the oven to 200C/180C Fan/Gas 6
2. Fill a large saucepan with water and bring to the boil. Add the broccoli and return to the boil. Once it's boiling, remove from the heat and drain well.
3. Melt the butter in a large saucepan and gently fry the onion for 3–4 minutes, or until softened but not coloured. Stir in the flour and cook for around 30 seconds before slowly adding the milk a little at a time. Cook for 4–5 minutes, or until thickened, stirring constantly. Add two-thirds of the cheese, the cooked gammon or ham. Simmer very gently for 1–2 minutes, or until the cheese melts. Season to taste with salt and pepper.
4. Scatter the vegetables over a shallow ovenproof dish and pour the sauce over the top. Sprinkle with the remaining cheese.
5. Bake for around 20 minutes, or until golden brown on top and bubbling. Serve immediately.

NOTES:

This recipe uses gammon or ham, however this can be used for multiple meals, such as the Ham Picnic Pasta.

Meatballs with spaghetti - *Classic Italian*

Servings: 4 *Prep time:* 10 mins *Cook time:* 10-30 mins

INGREDIENTS

1 medium onion (sliced)
2 tbsp olive oil
500g beef meatballs
1 garlic clove
Spaghetti pasta
Tomato Puree
Chopped tomatoes

DIRECTIONS

1. Heat a frying pan over a medium heat and add the olive oil. Once hot, fry the meatballs on all sides until nicely coloured, being careful not to burn them. You may need to do this in batches. Once the meatballs are cooked place on a plate to rest.
2. Heat the same frying pan over medium heat and add the olive oil. Once hot, add the sliced onion and cook gently without browning for 4-5 minutes, or util softened. Add the garlic, continue to cook for 2 minutes until aromatic, then add the chopped tomatoes and tomato puree. Bring the sauce to a simmer, reduce the heat and simmer.
3. Transfer the meatballs to the saucepan containing the sauce. Continue to simmer the sauce for a further 10 minutes.
4. Bring a large saucepan water to the boil, cook the spaghetti according to the packet instructions.

   Once cooked, drain and tip the spaghetti into the saucepan with the meatballs and sauce. Mix well and serve hot.

NOTES:

You can freeze meatballs for up to 2 months. If they are raw, freeze (without any touching) in an open container, then wrap in portions.

Mexican sausages - *Packs a spicy punch*

Servings: 4 *Prep time:* 15 mins *Cook time:* 20 mins

INGREDIENTS

1 onion
2-3 peppers
1 pack sausages
500g baby potatoes
1 pack/3 tbsp fajita seasoning
1 tbsp oil
½ cup sweetcorn

DIRECTIONS

1. Preheat air fryer to 180°C.
2. Finely slice the onion & peppers.
3. Dice the potatoes until small.
4. Mix the fajita seasoning with oil in a small glass/bowl.
5. Add the potatoes, onions, sausages & spiced oil mixture to the air fryer.
6. Cook for 15 minutes (shake half way through).
7. Add the sweetcorn and peppers and cook for a further 5 minutes.

AIR FRYER RECIPE AIR FRYER RECIPE

NOTES:

This is a perfect one-pot meal for a quick and easy family dinner.

Southern chicken strips - *Fake-away*

Servings: 4 *Prep time:* 10 mins *Cook time:* 10-15 mins

INGREDIENTS

2 chicken breasts
1 egg
1 tsp olive oil
1 cup breadcrumbs
2 tsp garlic powder
1 tsp smoked paprika
1 tsp dried oregano
1/2 tsp black pepper

DIRECTIONS

1. Preheat the air fryer to 350F /180C.
2. Chop the chicken into strips. Add the garlic, paprika, oregano and pepper - mix to the chicken to coat.
3. In the same bowl add an egg and mix.
4. Place the breadcrumbs into a different bowl.
5. Then transfer the chicken pieces into the breadcrumbs - one by one, taking care not to take much egg over.
6. Stir to coat the chicken in the breadcrumbs (if needed add more breadcrumbs to the bowl)
7. Add the chicken to the air fryer and cook for 15 minutes.

SLOW COOKPOT RECIPE

NOTES:

These southern chicken strips could be paired with the air fryer recipe on French Fries.

Cheeseburger - *Homemade happy meal*

Servings: 4 *Prep time:* 5 mins *Cook time:* 10 mins

INGREDIENTS

450g ground beef
4 slices of cheese
4 burger buns
Salt and pepper

Garnishes (optional)
Tomatoes
Lettuce
Mayo

DIRECTIONS

1. Pre heat the air fryer to 350F / 180C.
2. Mix together the ground beef, salt and pepper in a bowl.
3. Form the beef mixture into four burger patties.
4. Spray the air fryer basket, add in the burger patties.
5. Cook for 8-12 minutes depending on your desired doneness and turn them halfway through cooking.
6. When done, switch off the air fryer, and open the lid and top each of the patties with cheese, then close the air fryer over and let the cheese melt on the burger for 1 – 2 minutes.
7. Build your burger which any garnishes you may wish to use and then serve.

NOTES:

These burger patties can be frozen for up to three months (remember to separate the patties with baking paper). You can either air fry them from frozen or defrost and cook. Also make these cheeseburgers with the French Fries air fryer recipe.

Chilli beef - *Full of flavour*

Servings: 6-8 *Prep time:* 10 mins *Cook time:* 6 hours

INGREDIENTS

900g minced beef
1 large onion, chopped
2tbsp tomato paste
800g kidney beans
800g tomatoes
4 cloves garlic
1 tsp ground cumin
1 tsp oregano
1/2 tsp paprika
1 tsp chilli powder
Salt and pepper
Rice, to serve

DIRECTIONS

1. Cook the minced beef, chopped onion and garlic until brown - until softened.
2. Add the tomato paste, kidney beans, tomatoes, ground cumin, oregano, paprika, chilli powder to the slow cooker.
3. Add the minced beef, chopped onion and garlic to the slow cooker. Season if needed.
4. Cook on low for approximately 6 hours.
5. Cook rice according to packet instructions.

NOTES:

This slow cooker chilli is made using beef mince and simple store cupboard ingredients. It will keep well in the fridge for a couple of days and freezes beautifully.

Vegetarian chilli - *Top up your five-a-day*

Servings: 6-8 *Prep time:* 25 mins *Cook time:* 6 hours

INGREDIENTS

2 large potatoes
2 courgettes
1 aubergine
3 mixed peppers
2 large carrots
1 large onion
2 tbsp tomato paste
800g kidney beans
800g tinned tomatoes
4 cloves garlic
1 tsp chilli powder
1 tsp ground cumin
1 tsp oregano
1/2 tsp paprika
Salt & pepper
Cooking spray
Grated cheese (optional)

DIRECTIONS

1. Chop the potatoes, courgettes, aubergine, peppers and onion.
   Grate the carrot. Crush the garlic.
2. Fry onions and garlic with cooking spray in a large frying pan until browned.
3. Add all other vegetables and fry for around 5 minutes until slightly softened.
4. Add contents of the frying pan to slow cooker with tomato paste, kidney beans, tinned tomatoes, and seasonings.
5. Cook on low for around 6 hours.
6. Optionally, serve with some grated cheese on top.

NOTES:

Pop it on in the morning and have dinner ready for finishing work!

Beef stew - *Rich & meaty*

Servings: 6-8 *Prep time:* 10 mins *Cook time:* 6 hours

INGREDIENTS

900g braising steak, diced
2 tbsp olive oil
1 large onion, sliced
2 celery sticks
3 carrots, chopped
2 bay leaves
1 tsp thyme
2 tbsp tomato puree
2 tbsp Worcester sauce
2 beef stock
2 tsp cornflour (optional)

DIRECTIONS

1. Heat 2 tbsp of olive oil and fry the sliced onion and celery sticks for about 5 minutes until they start to soften. Add the carrots, bay leaves, thyme and fry for a further 2 minutes. Stir in the tomato puree and Worcestershire sauce and 600ml boiling water. Crumble Add this to the slow cooker.
2. Fry the beef in the frying pan and remove once browned. Add to the slow cooker.
3. Cook on low for approximately 6 hours.
4. If you want to thicken the sauce, mix the cornflour with a splash of cold water to make a paste then stir in 2 tbsp of the liquid from the slow cooker into a bowl/mug. Tip back into the slow cooker and cook for a further 30 minutes.

NOTES:

Any leftovers can be reheated the next day for lunch. Add in less liquid to keep sauces thick.

Chicken chasseur - *Succulent & saucy*

Servings: 5-6 *Prep time:* 10 mins *Cook time:* 6 hours

INGREDIENTS

650g chicken thighs, skin removed

2 tbsp olive oil

1 large onion, sliced

3 garlic cloves

200g mushrooms

400ml chicken stock

400g chopped tomatoes

1 tbsp tomato puree

Thyme

Chopped parsley

DIRECTIONS

1. Heat 2 tbsp olive oil and fry the sliced onion and garlic until softened - around 5 minutes.
2. Add the chicken to the frying pan and cook until brown.
3. Add the mushrooms, chopped tomatoes, tomato puree thyme and chopped parsley into the slow cooker.
4. Add the chicken, onion and garlic to the slow cooker and add 400ml of boiling water, crumble the chicken stock into the slow cooker.
5. Cook on low for approximately 6 hours.

SLOW COOKPOT RECIPE

NOTES:

Add in a handful of ingredients to the slow cooker at the start of the day and this classic chicken chasseur will be ready by the time you get home.

Chicken curry - *Curry in a hurry*

Servings: 6-8 *Prep time:* 10 mins *Cook time:* 6 hours

INGREDIENTS

650g chicken thighs, skin removed

2tbsp olive oil

1 large onion, sliced

3 garlic cloves

1 tbsp ginger, chopped

2 tbsp mild curry paste

300ml chicken stock

400g tomatoes, chopped

30g coriander, chopped

Rice, to serve

DIRECTIONS

1. Heat 2 tbsp of olive oil, fry the sliced onion and the garlic cloves until the onion starts to soften - for around 5 minutes.
2. Add the chicken thighs and cook until brown.
3. Chop the ginger and add 2 tbsp mild curry paste into the slow cooker. Add the chopped tomatoes and chopped coriander into the slow cooker as well.
4. Add the chicken thighs, onion and garlic to the slow cooker. Add 300ml boiling water to the slow cooker and crumble in the chicken stock.
5. Cook for approximately 6 hours.
6. Cook rice according to packet instructions.

NOTES:

Try this one-pot chicken curry. It's slow cooked so the meat is beautifully tender.

Roast chicken - *Maximum taste, minimum mess*

Servings: 6-8 *Prep time:* 10 mins *Cook time:* 6 hours

INGREDIENTS

1 medium whole chicken
1 large white onion, sliced
3 medium carrots
1 bay leaf
1 tbsp thyme
100ml water

DIRECTIONS

1. Peal and slice the onion and carrots and add to the base of the slow cooker pot, add the 100ml water and bay leaf.
2. Season the whole chicken with a sprinkle of thyme and add the chicken upside down to the slow cooker (this helps to keep the breast moist).
3. Cook for 6 hours until the chicken is cooked through. The chicken should be soft and the juices from the chicken should be clear.
4. Once the chicken is cooked, the vegetables and chicken stock can be pushed through a sieve to make a gravy or you can use a stick blender to make smooth.

   Alternatively, the veg can be left chunky and can be served at the side of the chicken.

NOTES:

Cooking a chicken in a slow cooker makes the chicken packed with flavour.

Dessert

THE CLEAN GREEN ECO COOK BOOK

Cost of living

Wellbeing

Our bodies and minds need exercise to function well and keep our spirits up during challenging times. Exercise can also help our immune system stay strong and aid better sleep; which in turn can improve mental health.
For further support go to: **https://www.east-ayrshire.gov.uk/SocialCareAndHealth/Wellbeing/Wellbeing.aspx**

Active Travel is a great way to incorporate exercise into your daily routine whilst reducing your fuel costs and carbon emissions. If you'd like to try Active Travel check out: **http://athubnetwork.co.uk/kilmarnock-active-travel-hub**

Reducing emissions of greenhouse gases through better transport, food and energy-use choices can result in improved health, particularly through reduced air pollution.

Taking some time away from screens and switching them off will reduce electricity use (and its emissions) but also reduce your blue light intake which can affect good sleep and cause restlessness.

Apple crumble - *Traditionally tasty*

Servings: 4 *Prep time:* 15 mins *Cook time:* 40 mins

INGREDIENTS

For the filling:

3 medium apples (approx. 575g), peeled, cored and sliced to 1cm thick

2 tbsp caster sugar

For the crumble:

175g plain flour

110g caster sugar

110g cold butter

DIRECTIONS

1. Heat the oven to 190C/170 fan/gas 5.
2. Toss the apples with the 2 tbsp caster sugar and put in a baking dish at least 5cm deep. Flatten down with your hand to prevent too much crumble falling through.
3. Put the plain flour and the 110g caster sugar in a bowl with a good pinch of salt.
4. Slice in the cold butter and rub it in with your fingertips until the mixture looks like moist breadcrumbs. Alternatively, pulse in a processor until sandy (don't over-process).
5. Pour the crumb mix over the apples to form a pile in the centre, then use a fork to even out.
6. Gently press the surface with the back of the fork so the crumble holds together and goes crisp, then lightly drag the fork over the top for a decorative finish.
7. Set on a baking tray and put in the preheated oven for 35-40 minutes, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 minutes before serving.

NOTES:

Saving those spare apples in the fruit bowl from the bin and turning them into dessert. Pairs perfectly with cream or custard if you have some!

Chocolate rice crispy cakes - *Snack, crackle & pop*

Servings: 25 (makes 25 pieces) *Prep time:* 20 mins

INGREDIENTS

150g rice snaps

100g unsalted butter

300g silky milk chocolate (chopped into small pieces)

DIRECTIONS

1. Grease and line 21cm square tin with non-stick baking paper. In a large pan, melt the butter and 100g chocolate over a low heat, until the mixture is fully melted and combined. Stir in the rice snaps and mix until the snaps are completely coated.
2. Turn out the lined tin and using the back of a spoon, smooth the top to make it flat. Melt the remaining chocolate in a heatproof bowl set over a pan of simmering water, stirring, until completely melted and smooth.
3. Pour the melted chocolate over the rice snaps, spread evenly and leave to set.
4. Once set, cut into 25 squares to serve.

NOTES:

These rice crispy cakes won't just get the kids excited. With a chocolate topping, these bite size treats make a delicious after-dinner nibble or afternoon tea snack.

Rice pudding - *Slow cooker classic*

Servings: 4 *Prep time:* 10 mins *Cook time:* 4 hours

INGREDIENTS

110g pudding rice

25g granulated sugar

25g margarine or butter

1.2l milk

Ground cinnamon, nutmeg or vanilla extract (optional)

DIRECTIONS

1. Use some of the butter to grease the bowl of the slow cooker.
2. Add the milk, sugar & remaining butter & either ground cinnamon, nutmeg or vanilla extract.
3. Give the contents a stir & replace the lid.
4. Put the slow cooker to high & cook for 4 hours or until the rice has absorbed the liquid, stirring halfway through.

SLOW COOKPOT RECIPE

NOTES:

Rice pudding is a great dessert for adding toppings like leftover berries and can be enjoyed both hot or cold!

3-ingredient brownies - *Gooey & gluten-free*

Servings: 12 *Prep time:* 10 mins *Cook time:* 20 mins

INGREDIENTS

3 large ripe bananas

115g of creamy peanut butter

30g of cocoa powder

DIRECTIONS

1. Preheat the oven to 180°C.
2. In a bowl, thoroughly mash bananas together.
3. Add creamy nut butter and cocoa powder and stir to combine, mashing any remaining banana as you go along.
4. Transfer to a parchment paper lined baking tin and bake for 15-20 minutes or until a toothpick comes out of the brownies mostly clean.
5. Allow to cool for 10 minutes. Cut brownies to serve.

NOTES:

This recipe is perfect for using up that forgotten jar of peanut butter at the back of the cupboard.

Vanilla mug cake - *Treat for one*

Makes: 1 *Prep time:* 5 mins *Cook time:* 2 mins

INGREDIENTS

20g butter

3 tbsp milk

¼ tsp vanilla extract

2 tbsp caster sugar

4 tbsp plain flour

¼ tsp baking powder pinch salt

(optionally) ice cream, cake frosting, jam or lemon curd, to serve

DIRECTIONS

1. Add the butter and milk to a microwaveable mug and microwave on high in 10 second increments, swirling the contents after each blast, until the butter is melted.
2. Stir in the vanilla, followed by the sugar then the flour, baking powder and salt. Beat in the dry ingredients with a fork until there is a fairly smooth mixture.
3. Sit the mug in the centre of the microwave and cook for 1 minute on high (for an 800W microwave, adjust timings for other wattages). If the sponge is firm to the touch, it is ready. If not, continue microwaving in 10 second increments until cooked.
4. Serve warm in the mug with (optional) ice cream, cake frosting or a dollop of jam or lemon curd.

NOTES:

This cake can be made chocolate with the addition of cocoa powder (around 1 tsp) or chocolate chips but be careful not to burn yourself as this cake comes out piping hot!

Air Fryer Cooking Times				
Food Type	**Time (min)**	**Temperature (°C)**	**Extra Information**	**Shake**
Potatoes & Fries				
Thin frozen fries	12-16	200		Yes
Thick frozen fries	20	200		Yes
Potato gratin	18-25	200	Add ½ tsp oil	Yes
Meat & Poultry				
Steak	8-12	180		
Pork chops	10-14	180		
Hamburger	7-14	180		
Sausages	13-15	200		
Drumsticks	18-22	180		
Chicken breast	10-15	180		
Snacks				
Spring rolls	8-10	200	Use oven-ready	Yes
Frozen chicken nuggets	6-10	200	Use oven-ready	Yes
Frozen fish fingers	6-10	200	Use oven-ready	
Frozen breaded cheese	10	200	Use oven-ready	
Stuffed vegetables	10	160	Use oven-ready	
Baked Goods				
Cake	20-25	160	Use baking tin	
Quiche	20-22	180	Use baking tin/oven dish	
Muffins	15-18	200	Use baking tin	
Sweet snacks	20	160	Use baking tin/oven dish	

Cost of living

Business

The Community Wealth Building Grant (a part of the Ayrshire Growth Deal) is available to support eligible businesses and third sector organisations. For more information see: **https://www.east-ayrshire.gov.uk/BusinessAndTrade/AdviceAndSupportForBusinesses/financial-support-for-businesses.aspx**

The Business Growth Grant is available to support the eligible costs of implementing growth plans like digital marketing or staff training and will cover 40% of eligible costs with a maximum award of £3000.
To check eligibility contact: **business@east-ayrshire.gov.uk**

Renewable energy currently creates five times more jobs than fossil fuels. The number of renewable energy jobs grew from 1.7 million in 2004, to 7.3 million in 2012, and over 12 million in 2021 (IRENA Annual Review).

Supporting local businesses is more sustainable than larger chains and reduces carbon emissions arising from food miles.

THE CLEAN GREEN ECO COOK BOOK

If you have any questions please contact us!

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Check out our Twitter: @Clean_GreenEA

EATING IN EAST AYRSHIRE

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