



SIMPLE RECIPES TO SHARE

This collection of four easy-to-follow recipes is perfect for church gatherings, community meals, or quiet evenings at home.

Inside you'll find:

- Coconut Chickpea Curry
- White Bean & Sausage Bake
- Sourdough Starter (and how to keep it alive!)
- Basic Cake Recipe for Every Occasion

Whether you're feeding a crowd or cooking with a friend, these recipes are designed to bring people together. Let's cook, share, and invite one meal at a time.

COCONUT CHICKPEA CURRY

(FEEDS 4–6)

This is an easy recipe that can easily be scaled up if needed and it's also vegan and gluten-free. For a crowd it is recommend to make it the day before if possible, as the flavour improves overnight and it is easy to reheat.

Ingredients

- 2 tbsp oil
- 1 diced large onion
- 3 minced garlic cloves
- 1 tbsp grated fresh ginger (or 1 tsp ground ginger)
- 2 tbsp curry powder (or 1 tbsp curry paste if preferred)
- 1 tsp ground cumin
- 1/2 tsp chili flakes (optional)
- 2 tins drained chickpeas
- 1 tin chopped tomatoes
- 1 tin coconut milk
- 250–500 ml vegetable stock or water (depending how thick you like it)
- 2 large handfuls spinach (fresh or frozen both work)
- Salt + black pepper
- Juice of 1/2 lime or lemon

If you are scaling up and serving 10–12 use:

- 3 diced large onions
- 5 tbsp curry powder (or 2 ½-3 tbsp curry paste if preferred)
- 5 tins drained chickpeas
- 2 tins chopped tomatoes
- 2 tins coconut milk
- 750ml vegetable stock or water

Optional extras - use what's cheap or already around:

- Frozen peas
- Sweet potato
- Carrots
- Cauliflower
- Kale

Good Flavour Boosts (optional but worth it)

A spoon of 1 or 2 of these can make it taste much richer for very little money:

- **Mango chutney** – sweetness and tang. Good if the curry tastes flat or too acidic.
- **Peanut butter** – richness and body. Makes it creamier and more filling. **Be aware of any allergies.**
- **Tomato purée** – deeper savoury flavour. Helpful if it tastes too coconut-heavy or mild.
- **Garam masala** – warm aromatic finish. Best stirred in right at the end.

To Serve

- Rice
- Naan or Flatbread
- Yogurt + chopped herbs (optional) chickpeas with a spoon.

Instructions

1. Heat the oil in a large pot or deep frying pan over medium heat. Cook the onions with a pinch of salt for about 8–10 minutes until they are soft.
2. Add the garlic, ginger, curry powder, cumin and chili flakes to the onion and cook for 1 minute until they are fragrant.
3. Stir in the chickpeas, chopped tomatoes, coconut milk and stock/water and bring to a gentle simmer.
4. Cook uncovered for about 15–20 minutes. If using harder vegetables like sweet potato or carrots, add them earlier and simmer until tender.
5. Stir in the spinach until wilted.
6. Taste and add salt, pepper and lime/lemon juice as needed.

If you want it thicker, simmer a few extra minutes or mash some chickpeas with a spoon.

WHITE BEAN & SAUSAGE BAKE

(FEEDS 4–6)

This is an easy Dump-and-Bake recipe that is low effort and comforting ,and tastes like you worked much harder than you did. It is easy to scale up if needed and adjusted depending on what you have available.

Ingredients

- 8 sausages - (pork, herby, Cumberland, or veggie all work)
- 2 tins of drained white beans - (cannellini, butter beans, or haricot beans)
- 1 tin of chopped tomatoes
- 1 large onion, cut into wedges
- 3 garlic cloves, sliced or crushed
- 1 tbsp tomato purée
- 1 tsp dried thyme or rosemary (or mixed Italian herbs)
- 1 tsp smoked paprika
- 150–250ml stock or water
- 1 tbsp olive oil
- Salt + black pepper

If you are scaling up and serving 10–12 use:

- 16–20 sausages
- 5 tins of beans
- 2 tins of tomatoes
- 3 onions
- 500ml stock

Bake in two trays if needed.

Optional extras - use what's cheap or already around:

- Bell peppers
- Kale or spinach
- Carrots
- Chilli flakes
- Parmesan
- Fresh parsley

For richer flavour:

- Add 1 tbsp Worcestershire sauce - Mix it into the bean/tomato mixture before baking.
- Add a splash of balsamic vinegar - stir in during the last 10 minutes of baking
- Sprinkle cheese on top for final 10 mins

For a more French-style version:

- Use butter beans + Thyme
- 1-2 tsp Dijon mustard - Whisk/stir into the tomato-bean mixture before baking.

For a smoky version:

- Add chorizo - Slice and add at the beginning with the onions/beans.
- Or ½-1 tsp extra smoked paprika – Add at the beginning with the seasonings.

Instructions

1. Set your oven to 200°C fan or 220°C conventional
2. In a large roasting tray or casserole dish, add your beans, chopped tomatoes, onion, garlic, tomato purée, herbs, paprika, stock/water, olive oil and a good pinch of salt and pepper and stir well until all combined
3. Nestle the sausages on top of everything and if they're very thick, prick them once or twice.
4. Cook uncovered for 40–50 minutes. Turn sausages halfway through if you remember. The sauce should thicken slightly and the sausages should brown nicely.
5. Taste the beans and adjust the salt and pepper to taste and if using them add your chilli flakes.
6. Add spinach/kale for the final 5 minutes if using.

To Serve

This dish is good with any of the following:

- crusty bread
- mashed potatoes
- baked potatoes
- rice
- buttered greens

SOURDOUGH STARTER

This recipe is Danielle's favourite Soda bread recipe and is shared from the following website:

ilovecooking.ie/features/sourdough-bread-masterclass-withpatrick-ryan

Giving life to your very own sourdough starter

Day 1

- 50g wholemeal flour
- 50g water

1. Place the flour and water into a clean bowl and stir together until fully combined.
2. Cover and leave at room temperature overnight.

Day 2

- 50g wholemeal flour
- 50g water

1. To the sourdough starter add 50g wholemeal flour and 50g water. Stir together until fully combined.
2. Cover and leave at room temperature overnight.

Day 3

- 100g wholemeal flour
- 100g water

1. Throw away 100g of the starter.
2. To the remaining starter, add the 100g flour to the starter and mix in the 100g water.
3. Cover and leave overnight.

Day 4

- 100g wholemeal flour
- 100g water

1. Throw away 150g of the starter.
2. To the remaining starter, add the 100g flour to the starter and mix in the 100g water.
3. Cover and leave overnight. The starter should start to smell pleasantly sour with small bubbles appearing on the surface.

Day 5

- 150g wholemeal flour
- 150g water

1. Throw away 200g of the starter.
2. To the remaining starter, add the 150g flour to the starter and mix in the 150g water.
3. Cover and leave overnight. The starter should appear active and full of bubbles.

Day 6

- 200g wholemeal flour
- 200g water

1. The starter should be quite active now and be full of little bubbles and smell slightly sour.
2. Throw away 250g of sourdough starter.
3. To the remaining starter, add the 200g flour to the starter and mix in the 200g water.
4. Cover and leave overnight.

Day 7

- The starter should now be very active and full of bubbles and is now ready to use.
- Remember when making your sourdough bread to always retain some sourdough starter which will be fed/refreshed, ensuring you have some sourdough starter for the next dough.

Maintaining your sourdough starter

Hi, I am your sourdough starter. If you look after me I will give you an endless supply of wholesome, tasty sourdough breads.

I am pretty easy going and don't require anything too fancy.

A regular diet of flour and water will keep me strong and healthy. You can use me every day if you wish but I understand that you're pretty busy and you may only get to hang out with me once a week.

I get very hungry when left at room temperature so just pop me into the fridge where I can chill out until you need me.

I can't wait for us to bake breads together.

Your sourdough starter/culture is a bubbling living collection of friendly bacteria that will be used to make your dough rise.

It is the natural yeast that will be used to make your sourdough bread.

Sourdough starter is best stored in a bowl or plastic container, something that can be covered. Make sure to allow room within the container for the sourdough starter to grow and rise.

To refresh or feed the sourdough starter:

1. Whatever weight of sourdough starter you have add the same weight of flour and the same weight of water.
2. For example, to 200g of sourdough starter add 200g of flour and 200g water. Stir everything together.
3. If you have too much starter discard the excess and keep back what you need.
4. If the sourdough starter is stored at room temperature it will require to be refreshed/fed every day.
5. For the home baker where you might only bake once a week, having to feed/refresh your sourdough starter every day can become quite expensive.
6. Therefore, your starter can be stored in the fridge for up to 10 days and taken out when needed.

If using the starter from the fridge:

1. Take the starter out of the fridge the day before you plan to bake. This will allow the starter to come to room temperature.
2. The night before you plan to bake, refresh/feed your starter as per the instructions above.
3. Leave the sourdough starter at room temperature overnight. The next morning the starter should be active and full of bubbles and ready to bake with.
4. Take what you need to make your dough. Feed the remaining starter and return it to the fridge.

BASIC CAKE RECIPE

This is a recipe handed down from Kelly's nan - nice and easy to remember and a good base for any flavours you want to add.

Ingredients

- 6 Oz (170g) or 8 Oz (227g) caster sugar
- 6 Oz (170g) or 8 Oz (227g) butter
- 6 Oz (170g) or 8 Oz (227g) self raising flour - sifted
- 2 eggs (if using 6oz) or 3 eggs (if using 8oz)
- Vanilla - optional

Optional add ins:

- Choc chips
- Raisins
- Freeze dried fruit
- Lemon zest
- Cinnamon

Or whatever your preference is.

Method

1. Preheat your oven to 180°C and either get your cake cases ready if you are making cupcakes or line and grease your cake tin if you have chosen to make a larger cake.
2. Cream together the sugar and butter until they are pale, light, and fluffy – doing this for minimum of 3-4 minutes will make your cakes lighter.
3. Once sugar and butter are combined add the eggs slowly. Whisk them slightly before adding will help you to break them up a bit making it easier to slowly add but you could just add them one at a time if you wanted.
4. If you are adding vanilla this is the time to add it
5. Fold in the flour slowly a little bit at a time so that you don't knock out any of the air you have put into your batter or get any flour lumps.
6. Once all combined you can add your add ins. If you are using something like chocolate chips or raisins coat them in a little flour before adding to the batter as this will hopefully stop them all sinking to the bottom of your cake/muffins.
7. Spoon into your cake cases or your greased cake tin
8. Cook for about 15 mins (cases) or 30 mins (tin) and then test with a skewer to see if cooked - it should come out clean. If it doesn't then put back into the oven for a bit longer. They should be lightly golden on top and still have a bit of a spring when you touch the top – remember they will carry on cooking slightly during cooling so don't over cook.
9. Once cooked remove from oven and put onto a cake rack to cool. Enjoy or decorate if you wish.

