



EVERYONE'S  
INVITED TO  
*the table*

CHURCH  
URBAN  
FUND<sup>+</sup>

## 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:

- Spring Pea Orzo
- Hearty Lentil Vegetable Soup
- 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.

## Spring Pea Orzo – Serves 6

You can make this recipe up to 2 days in advance which could help you save some time

### Ingredients:

- 2tsp of Lemon zest
- ½ cup lemon juice
- 8 ounces (227g) uncooked orzo pasta
- ¼ cup minced shallot or red onion
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Dijon mustard
- ½ teaspoon table salt
- ½ teaspoon freshly ground black pepper
- 1 ½ cups cooked fresh or frozen peas
- 1 cup sugar snap peas, blanched and chopped
- 1 cup assorted chopped fresh herbs (such as mint, chives, and parsley)
- ½ cup sliced almonds, toasted

## Method

1. Grate the zest from the lemons to equal 2 tsp.
2. Squeeze the juice from lemons to equal 1/2 cup.
3. Prepare the Orzo pasta according to the package directions.
4. Whisk together shallots, oil, mustard, salt and pepper, and lemon juice.
5. Toss together the pasta and shallot mixture.
6. Cover with cling film, and chill for 1 to 48 hours.
7. Toss together the orzo, peas, sugar snap peas, herbs, almonds, and lemon zest just before serving.
8. Add salt, pepper, and additional lemon juice to taste.



## Lentil Vegetable Soup (Vegan)

serves 8

This soup will last in the fridge for 3-4 days. Please bear in mind that if you decide to use the parmesan cheese it will not be vegan. If you want to use cheese and want to make this recipe Vegetarian use a vegetarian parmesan cheese

### Ingredients :

- 1.4 litre vegetable broth – You can use the same amount of stock if you can't get broth
- 180g diced Tomatoes
- 226g Mushrooms, sliced
- 150g Carrots, sliced
- 100g Celery, sliced
- 52g Onion, sliced
- 164g Chickpeas, rinsed and drained
- 100g Dry Lentils
- 90g fresh Spinach, chopped
- Shredded Parmesan cheese, optional

## Method:

1. Add all ingredients to a large pot.
2. Bring to a boil, then simmer on low-medium heat for 1 hour or until the vegetables are tender.
3. Add the spinach before serving. It will wilt in the hot soup.
4. Sprinkle with parmesan cheese, if desired.
5. Enjoy!

## Sourdough Starter

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

[ilovecooking.ie/features/sourdough-bread-masterclass-with-patrick-ryan](https://ilovecooking.ie/features/sourdough-bread-masterclass-with-patrick-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:

7. Take the starter out of the fridge the day before you plan to bake. This will allow the starter to come to room temperature.

The night before you plan to bake, refresh/feed your starter as per the instructions above.

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.

8. 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 etc. 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 cook

10.Enjoy or decorate if you wish.

