



# 5 FOR €25

NO FUSS COOKBOOK



County Kildare  
LEADER PARTNERSHIP



# Shopping List

Mince Beef

Potatoes

Onions

Peppers

Mushrooms

Apples

Tin Tomatoes

Ham

Pepperoni

Baking Butter

Bread

Milk

Mozzarella cheese

Eggs

Self raising flour

Raspberry Jam

Sugar

Caster Sugar

Oil

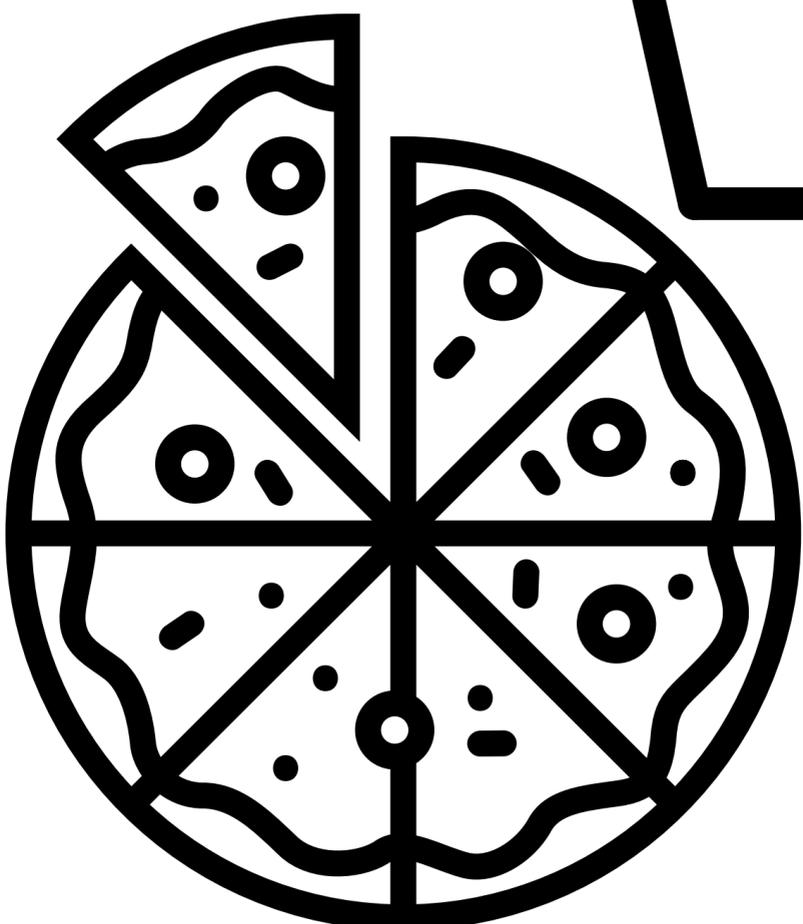
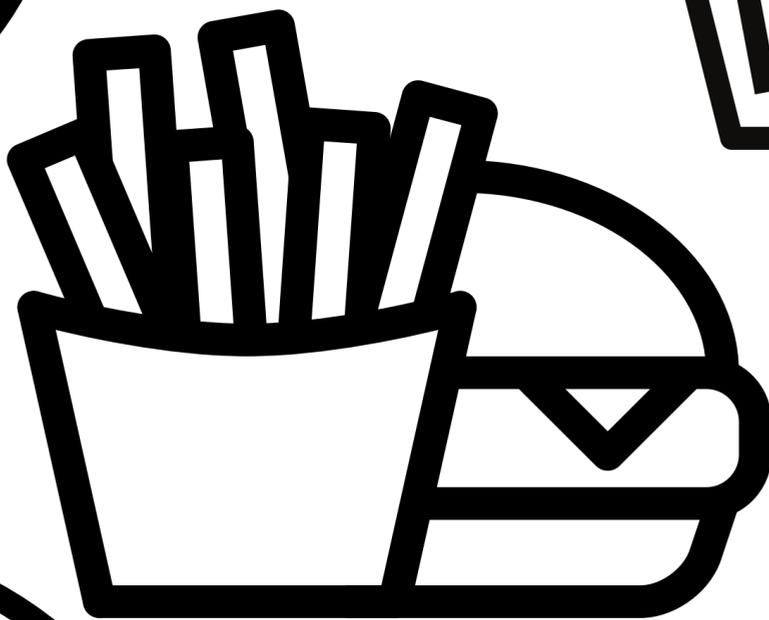
Salt

Pepper



# Contents

1. Spanish Omlette
2. Homemade Burger & Chips
3. Diy Pizza
4. Apple Cake
5. Raspberry Buns



# Spanish Omelette



## Ingredients

1 dessertspoon vegetable oil

2 onions, chopped

1 red pepper, cored and chopped

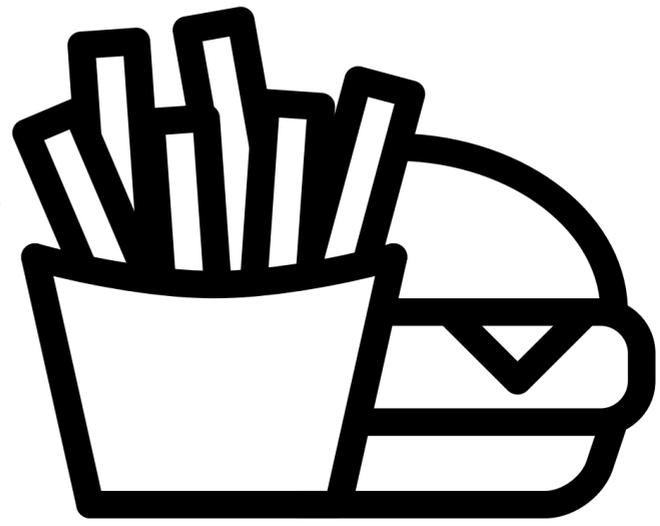
Salt and pepper

4 eggs

2 large potatoes boiled and chopped

- Heat 1 dessertspoon of oil in a frying pan
- Add the onions and cook until soft
- Add the red pepper, cook for 5 minutes
- Beat the eggs in a bowl add salt and pepper
- Stir the potatoes and fried vegetables into the egg mixture
- Pour the egg mixture into the heated pan and spread evenly to the edge
- Cook for 5 minutes until the egg mixture comes away from the side of the pan
- Place the pan under a preheated moderate grill for about 3 minutes to cook the top of the omelette

# Burgers & Chips



## Ingredients

450g minced beef or lamb

110g breadcrumbs (4 slices)

1 small onion, finely chopped

A little beaten egg

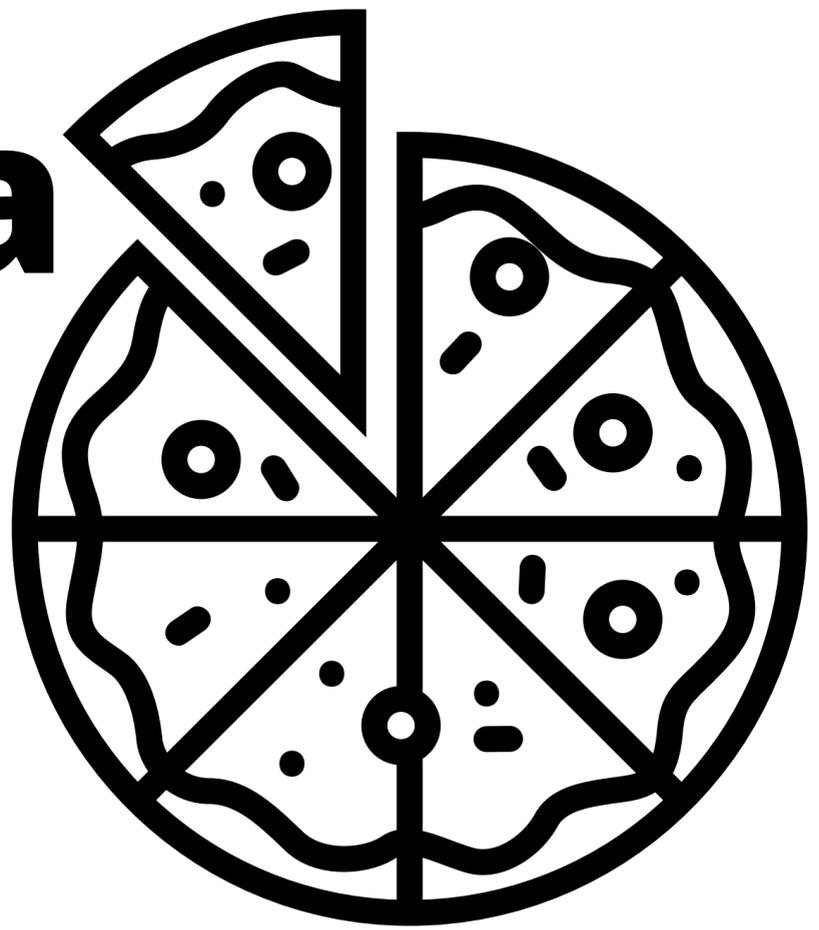
Salt and Pepper

A little Flour

Potatoes, chipped and par boiled

- Mix all the meat, breadcrumbs, onion, salt and pepper in a bowl
- Bind with a little beaten egg
- Shape mixture into round shapes with a little flour
- fry or grill gently on both sides over a low heat until well cooked
- Cook par boiled potato chips in the oven for 20/25mins at 200C

# DIY Pizza



## Ingredients

200g self raising flour

85g baking butter

A pinch of salt

A little milk

1 dessertspoon oil

1 onion

Pepperoni slices

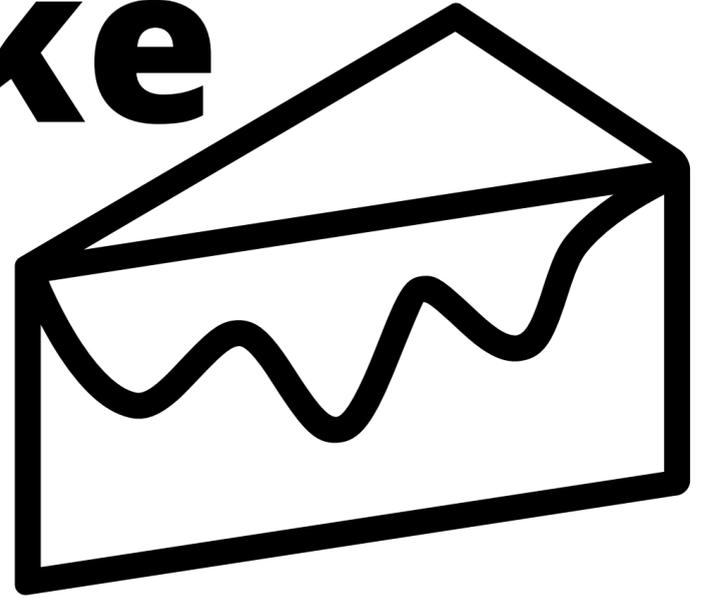
4 mushrooms

1 tin of tomatoes

50g grated cheese

- Preheat the oven to 200C
- Heat the oil in a frying pan, cook the chopped onion for 3-5 minutes. Add the chopped tomatoes. Simmer for 5 mins.
- Sieve the flour and salt into a bowl. Rub in the baking butter.
- Add the milk and mix to a stiff ball. Roll into a large pizza round 1/2 inch thick
- Place on a greased tin
- Spread the tomato mixture on the base and sprinkle cheese on top.
- Top with pepperoni and mushrooms (or toppings of your choice)
- Bake in a preheated oven for 30mins

# Apple Cake



## Ingredients

250g self raising flour

125g sugar

3 apples, peeled and cored and diced (1cm)

125g baking butter

1 egg

- Toss the apples with self raising flour and sugar in a medium mixing bowl
- Melt butter in a small saucepan. Stir in egg.
- Pour the butter and egg into the apple mixture and mix until combined.
- Spoon into a greased and lined tin.
- Bake at 180C for 35 to 40 mins or until the top is golden brown.

# Raspberry

# Buns



## Ingredients

340g self-raising flour

110g sugar

50g margarine

2 eggs

A pinch of salt

4 dessertspoons milk

Raspberry Jam

2 Dessertspoons water

1 teaspoon caster sugar for dusting

- Preheat the oven to 230C
- Sift the flour, salt and baking powder into a bowl. Rub in the margarine. Add in the sugar and mix well.
- Beat the eggs with the milk until light and lemon coloured. Stir this into the flour mixture, mixing with a knife to get smooth dough. (if the dough seems slightly dry add cold water carefully a little at a time)
- Roll dough onto a lightly floured board into a thick roll, divide into 12 equal portions.
- Flour hands lightly and roll each portion into a ball. Place apart on a greased baking tray. Make a hole in the top of each bun and push in a little jam. Wet the edges of each hole and pinch together.
- Brush with milk or egg and dust each bun over with caster sugar.
- Bake in the pre heated oven for 15-20minutes

**Register with SICAP to receive a free hamper of all the necessary ingredients worth €25.**

**Contact:**

**Laura Kelly**  
**086 4615548**

**Online cookery demonstrations take place from 2pm Tuesday 28th April for 5 weeks.**

**Download zoom app and text Laura for the link and password**

**Terms and conditions apply**

Only one food hamper per household

**County Kildare LEADER Partnership fund this programme through SICAP**

Through the Social Inclusion Community Activation Programme (SICAP), County Kildare LEADER Partnership offers a variety of services to eligible individuals who wish to access training or education, develop or start a business or to local community groups within County Kildare.

