



LORRAINE'S MAC & CHEESE

150g Lockerbie Cheddar (or other mature coloured cheddar)

125g Macaroni (dried)

½ pint (285 ml) Milk

2 tbsp Cornflour

Pinch of Onion salt

Boil macaroni for 8 minutes then drain.

Melt cheese with milk and add onion salt.

In a small cup, mix cornflour and a splash of cold milk to make a slurry. Add this to the melted cheese and milk bit at a time until thickened.

Add macaroni and serve!

Mac n cheese

Lockerbay Cheese

Cornflour

$\frac{1}{2}$ pt Milk

$\frac{1}{2}$ PKT Macaroni

Pinch of onion Salt

Method

Melt cheese with milk add Cornflour
Thicken the cheese Sauce
then add Macaroni



TANDOORI CHICKEN MASALA

- 1kg Chicken (Cut into pieces)
- 3 Diced Onions
- 2 tsp Minced Garlic and Ginger
- 2 tbsp Tomato Puree
- $\frac{3}{4}$ tsp Salt, $\frac{1}{2}$ tsp Chilli Powder
- 2 tsp Tandoori Masala
- A handful of Fenugreek leaves and Coriander

Soften the onions in some oil on medium heat. Add the garlic, ginger and tomato puree and mix until incorporated. Add salt and spices and stir well. Add water if needed to make it easier to mix. Add chicken and mix until fully cooked.

Add the fenugreek leaves and water depending on how saucy you want it. Add fresh coriander and serve!

Chicken Tandoori Curry

1 KG Chicken
Tandoori masala
Salt, Turmeric, chilli Powder
Fenugreek leaves
onions
ginger, garlic, Fresh coriander
tomat puree
oil



JOHN'S FRUIT LOAF

- 1 cup (85g) All Bran
- 1 cup (155g) Mixed Dried Fruit
- 1 cup (210g) Caster Sugar
- 1 cup (235ml) Milk
- 1 cup (170g) Self-Raising Flour

Mix All Bran, sugar, fruit and milk in a bowl.
Leave to soak for 1 hour.

Grease and line loaf tin with baking paper.

Add flour to the bowl and stir.

Cook at Gas Mark 4 (160c) for 1 ½ hours.
Take out and leave to cool on wire rack.
Once fully cooled, serve with a bit of butter.

JOHN'S FRUIT LOAF

1 CUP ALL BRAN BREAKFAST CER

1 CUP CASTER SUGAR

1 CUP MIXED DRIED FRUIT

1 CUP MILK

MIX IN THE BOWL, LEAVE

1 HOUR

GREASE LOAF TIN

LINE LOAF TIN WITH BAKING P

INGREDIENTS ADD ONE CUP SELF-RAI

STIR THEN COOK AT

(10 MIN)



GRAN'S MELTING MOMENTS

200g Butter

150g Caster Sugar

1 Egg

2 tsp Vanilla Extract

250g Self Raising Flour

½ teaspoon Baking Powder

Desiccated Coconut and Glace Cherries

Preheat oven to 180c/160c Fan/ Gas Mark 4. Beat butter and sugar together. Beat in egg and vanilla essence. Add in flour and baking powder and stir. Break off into small balls and roll in coconut. Place on greased baking tray and flatten slightly. Add half a cherry into each one. Bake for 20 minutes until browned. Cool on wire rack.

MELTING MOMENTS

200g butter
150g Caster sugar
1 egg
2 teaspoons vanilla extract
250g self raising flour
½ teaspoon baking powder
Rolled oats or desiccated coconut
Glacé cherries to decorate

Preheat oven to 180°C / 160°C FAN / GAS MARK 4
BEAT BUTTER & SUGAR



LENTIL AND CARROT SOUP

250g Red Lentils

2 l Vegetable stock (made up to stock cube packet instructions)

3 Carrots (grated)

1 tbsp Tomato Puree

Put stock and lentils into a large pan. Stir in grated carrots and tomato puree.

Bring to boil and then simmer for 1 hour.

Enjoy!

Carrot/Lentil Soup

veg cubes

KT lentils

KT Carrots

Tomato Puree

Method Put Water in Pot
cubes add lentils then grate
Carrots add to Pot add a bit
puree to help Colour and h
to boil together.

ROYSTON RECIPES

A TASTE OF ROYSTON'S
COMMUNITY HERITAGE





Royston Recipes has been created as part of the Royston Creative Heritage Project in Partnership with North Glasgow Community Food Initiative and Spire View Housing Association. We have collected recipes from people living in the Royston area that they feel are important to them and their families. We hope that you enjoy trying out these dishes that reflect the diverse cultural heritage of the Royston community today.

The Royston Creative Heritage project is a 2-year programme to document the stories and experiences of people in our community. We are creating a digital archive of photographs, running creative workshops in schools and community spaces and recording oral histories. If you would like to donate to our archive, have a story to tell about the Garngad or just want to find out more, just ask at the Hub front desk or email heritage@spireview.org.uk