

OUR RECIPE BOOK



This recipe book was created as part of a Further Education and Training course delivered at Limerick and Clare ETB, College of FET Kilrush Campus in collaboration with West Clare Family Resouce Centre.

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FOREWORD

Welcome to our Recipe Book. We are very proud of our book and we hope you enjoy reading and trying our recipes at home with your family and friends.

Our cookery course took place in the College of FET Kilrush Campus. There were ten of us who attended the course. The course teacher was Liam Lewis. He was amazing and taught us a lot of cooking and baking skills. We worked well as a team, and we all communicated well together and helped each other with all the tasks.

The course was a collaboration between West Clare Family Resource Centre, Kilrush and Limerick and Clare ETB, College of FET Kilrush Campus. The course funding was provided by the Adult Literacy for Life Collaboration and Innovation Fund 2025. The West Clare Family Resource Centre arranged all the funding for the course. Only for them, we wouldn't be here, so a massive thank you to them.

The course gave us a great opportunity to try new ingredients, recipes, equipment and utensils. The course brought a group of ladies closer together. It also gave us a chance to see what other courses there are at Kilrush FET Campus.



January 2026

Our Class Schedule

Week 1 – Cooking Measurements & Kitchen Skills

Essential Measurements

- 1 teaspoon (tsp) = 5 ml
- 1 tablespoon (tbsp) = 15 ml
- 1 cup = 240 ml
- 1 litre = 1000 ml
- 1 kilogram = 1000 g
- ½ cup = 120 ml, ¼ cup = 60 ml
- Air Fryer: Reduce oven temp by 20°C and time by 20%

Why Measurement Accuracy Matters

- Reduces food waste
- Improves portion control
- Ensures consistent cooking results
- Prevents overspending on ingredients

Practical Activity

- Practice measuring dry vs wet ingredients
- Measure 1 tbsp oil, ½ cup rice, 1 cup water

Week 2 – Understanding Unit Pricing & Smart Shopping

What is Unit Pricing?

- Unit price = cost per kg, per 100g, or per litre
- Helps compare true value between products
- Bigger packs are not always cheaper

How to Compare Prices

- Always check the shelf label
- Look for '€/kg' or '€/100g'
- Compare 2–3 versions of the same item

Smart Shopping Tips

- Buy own-brand products
- Choose loose fruit/veg when cheaper
- Use loyalty cards and discount apps
- Avoid pre-chopped foods (more expensive)

Activity

- Compare unit prices on 3 pasta brands
- Check value difference between frozen vs fresh veg

Week 3 – How to Read Nutrition Labels

Key Parts of a Label

- Serving size – most important
- Calories – energy per serving
- Fats – look for low saturated fat
- Sugars – ideally <5g per 100g
- Salt – keep <0.3g per 100g

Traffic Light Guide

- Green = healthy choice
- Orange = moderate
- Red = high sugar/fat/salt – eat rarely

Activity

- Pick 3 foods and compare sugar levels
- Discuss healthier swaps

Week 4 – Understanding Ingredients Lists

How Ingredients Are Listed

- Listed from largest to smallest amount
- If sugar is in top 3 → high sugar food
- Watch for multiple sugar names: fructose, glucose, syrup

Additives to Watch For

- MSG
- Artificial colouring
- Stabilisers
- Preservatives

Activity

- Find 5 hidden sugars in a cereal box
- Compare two sauces by ingredients

Week 5 – Portion Sizes & Balanced Eating

Portion Control Guidelines

- ½ plate vegetables
- ¼ plate protein (chicken, beans, lentils)
- ¼ plate carbohydrates (rice, pasta, potatoes)
- 1 thumb of fats (oils, nuts)

Hand Portion Guide

- Palm = protein
- Fist = vegetables
- Cupped hand = carbs

Activity

- Build a balanced plate using sample foods

Week 6 – Food Safety & Storage

Cooking Temperatures

- Poultry cooked to 75°C
- Reheat food to piping hot
- Store leftovers within 2 hours

Shelf Life Rules

- Use-by = safety
- Best-before = quality

Storage Tips

- Label and date leftovers
- Freeze extra portions
- Keep raw meat on bottom shelf

Week 7 – Smart Shopping Habits

Planning Ahead

- Plan meals for the week
- Write a structured shopping list
- Check cupboards first

Money-Saving Tips

- Buy seasonal produce
- Look at lower shelves in the shop
- Use vouchers and deals wisely

Activity

- Plan a €20 meal shop for the week

Week 8 – Hidden Sugars, Fats & Salts

Common Hidden Sugars

- Cereals
- Yoghurts
- Sauces
- Bread

Hidden Fats

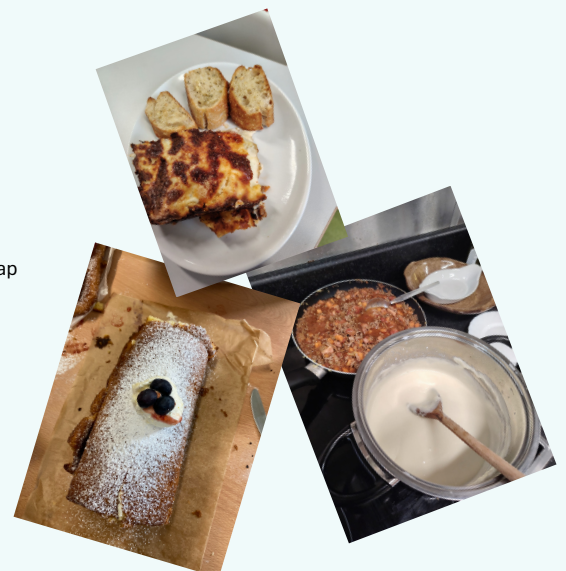
- Ready meals
- Pastries
- Dressings

Hidden Salt Foods

- Soup
- Instant noodles
- Processed meats

Activity

- Find a high-sugar yoghurt vs low-sugar swap



Recipes

Creamy Mushroom and Bacon Pasta

Ingredients

- 500 g tagliatelle
- garlic clove
- diced shallots
- 100 g fresh parmesan cheese
- 250 g smoked bacon lardons (non smoked is fine)
- 200 g mushroom
- 200 ml chicken stock
- 500 ml cream
- 1 pinch chopped thyme
- 1 pinch chopped parsley
- salt
- pepper
- 50 ml olive oil

Method

- Begin by putting the kettle on to boil and placing a pan on a high heat and a pot on the stove ready for the pasta.
- While the pan is heating, chop the bacon into lardons.
- Now drizzle a little of the olive oil into the hot pan followed by the bacon. While the bacon is frying, finely dice the shallot and crush the garlic.
- Return to the pan now and once the bacon has begun to crisp reduce the heat and add the shallots, garlic and thyme.
- Allow these to cook in the pan while you roughly chop the mushrooms and add them, turning them quickly in the heat for a moment.
- Turn the heat beneath the pan to full now and add the chicken stock. Allow the stock to boil in the pan while you pour the boiling water from the kettle into the pot, add a little salt and a drizzle of olive oil, bring this back to the boil.
- Add the pasta to the boiling water and stir for moment to prevent it sticking.
- Now add the cream to the pan and bring to a simmer for 2-3 minutes.
- The pasta should be cooked after 4 minutes, so check this now and strain once cooked, add a little oil to it and return it to the warm pot while you finish the sauce.
- Now grate half the cheese into the sauce and stir well, check the seasoning and add the sauce to the pot with the pasta and add the parsley.

Banana Fritters

Ingredients

- 9 oz firm bananas
- ¼ lemon
- 5 oz plain flour
- ½ pint cold water
- 3 oz unsalted butter
- 4 large eggs (beaten)
- 1 tablespoon cinnamon
- 3 tablespoon icing sugar
- pinch of baking powder
- Vegetable/Sunflower oil

Method

- Peel and slice the bananas and cut into thick cubes and place in a bowl.
- Squeeze lemon juice over the bananas and cover with cling film.
- In a saucepan put water, cubed unsalted butter and cook on a medium heat until the butter has melted. Then bring mixture to the boil.
- Sieve flour and baking powder together and add all at once to the butter mixture.
- Stirring consistently until the mixture forms a ball of dough and there is no mixture left at the side of the saucepan.
- Transfer the dough to a large bowl and allow to cool slightly and then gradually add the eggs in slowly, beating well in between each addition until the mixture is smooth.
- Stir the bananas into the mixture.
- Heat oil to 180°C. Using an ice cream scoop add scoops of dough to the hot oil in batches.
- Do not over crowd the fryer as this will lower the temperature of the oil.
- Cook the fritters for 10 minutes, turning them from time to time to brown them evenly.
- Use a slotted spoon to transfer the cooked fritters on to a tray lined with kitchen paper.
- While the fritters are still warm, roll them in cinnamon and icing sugar.

Cottage Pie

Ingredients

Serves 4 - 6

750g minced beef

2 tablespoons sunflower oil

1 large onion, chopped

1 garlic clove, crushed

2 carrots, sliced

2 tablespoons plain flour

340 ml stock or gravy

1 tablespoon Worcestershire sauce

2 tablespoons fresh chopped parsley

1 tablespoon rosemary, finely crushed

Salt and pepper

For the potato and leek mash:

900g floury potatoes

2 large leeks cut in half and sliced

50g butter

150ml milk, warmed

Method

1. To make the leek mash, cut the potatoes into large chunks and place in a large saucepan. Cover with water and bring to the boil. Boil for 12 minutes, add the leeks and cook for a further 5 minutes or until the potatoes are tender, and drain.
2. Mash the potatoes and leeks and return them to a low heat. Stir in the butter and milk and season to taste with salt and pepper. Preheat oven to 200 degree C / Gas 6.
3. To make the filling, if using minced beef, fry it in a large frying pan over a medium-high heat for 5 minutes or until lightly browned. Pour off the fat and remove the meat and set aside.
4. In the same pan, heat the oil and fry the onion and garlic, stirring for 3-5 minutes or until softened. Then add the carrots. Add the cooked mince of chopped beef to the pan and stir together.
5. Add 100ml of the stock, increase the heat to high and cook for 2-3 minutes. Stir in the flour and pour in the rest of the stock, Worcestershire sauce, parsley and rosemary and season to taste with salt and pepper. Bring to the boil then reduce the heat to low, and simmer for 5 minutes.
6. Spoon the filling into a large ovenproof dish and top with the mashed potatoes. Place on a baking tray and bake in the oven for 30 minutes or until the mash potatoes are golden. Leave to rest for 5 minutes then serve straight from the dish.

Banana Bread

Ingredients

250g self-raising flour

$\frac{1}{2}$ teaspoon baking powder

85g butter plus extra for greasing

150g light muscovado sugar

3 ripe bananas

100ml plain yogurt

2 eggs

85g walnuts, chopped

Use a 2 pound loaf tin

Method

1. Preheat the oven to 180 degree C/Gas 4. Sift the flour and baking powder together in a mixing bowl and rub in the butter until the mixture resembles fine breadcrumbs, Stir in the sugar.
2. Mash the bananas with a fork, then add to the flour with the yogurt, eggs and walnuts. Beat with a wooden spoon until well combined. Spoon into a greased loaf tin, level the top, then make a slight dip in the centre.
3. Bake for 1 - $1\frac{1}{4}$ hours or until a skewer inserted into the centre comes out clean. Leave to cool in the tin for 5 minutes then turn out onto a wire rack to cool completely.

Victoria Sponge

Ingredients

175g butter

175g caster sugar

3 eggs, lightly beaten

175g self-raising flour

150ml double cream

Icing sugar to dust

Method

1. Preheat the oven to 190 degree C/Gas 5. Lightly grease and line the bottom of the tins with greaseproof paper
2. Beat the butter and sugar together until pale and fluffy.
3. Add the eggs a little at a time beating well after each addition. Beat in 1-2 tablespoons of flour. Sift the flour and fold into the egg mixture.
4. Divide the mixture equally between the tins and bake for 20-25 mins. Allow the cakes to cool in the tins for 5 mins before turning out onto a wire rack. Peel off the grease proof paper and allow to cool.
5. When the cakes are cool, place one upside down on a serving plate and spread with the jam. Whip the cream and spread over the jam. Dust the cake with icing sugar and serve.

Vanilla Cup Cakes

Makes 18 - 20

Ingredients

225g butter

225g caster sugar

225g self raising flour

1 teaspoon baking powder

4 eggs

1 teaspoon vanilla extract

Method

1. Preheat the oven to 180 degree C/Gas mark 4. Line a bun tray with baking cases.
2. Place the butter, sugar, flour, baking powder, eggs and vanilla into a large mixing bowl and beat with an electric whisk until well combined. Spoon into paper baking cases and bake for 18 minutes or until risen and golden brown. Transfer to a wire rack to cool.
3. Decorate with cooled melted chocolate and metallic balls.

Minestrone Soup

Serves 4 – 6

Ingredients

100g cannellini beans or mixed beans, rinsed (soft beans, not dried)

2 tablespoons olive oil

2 celery sticks finely chopped

2 carrots, finely chopped

1 onion, finely chopped

400g tin tomatoes

750ml chicken or vegetable stock

Salt and pepper

60g macaroni pasta

4 tablespoons fresh parsley

40g grated Parmesan cheese

Method

1. Heat the oil in a saucepan over a medium heat. Add the celery, carrots and onion and fry, stirring occasionally for 5 minutes or until tender. Stir in the rinsed beans, the tomatoes with their juice, the stock and season to taste with salt and pepper. Bring to the boil, stirring, then cover and leave to simmer for 20 minutes.
2. Add the pasta and simmer for a further 10 – 15 minutes or until cooked but still tender to the bite. Stir in the parsley and half the Parmesan then adjust the seasoning. Serve hot, sprinkled with the remaining Parmesan.

Brown Bread

Ingredients

Makes 2 x 1lb loaves

Cook time: 50 minutes

- 250g wholemeal flour
- 250g self-raising flour sieved
- 1 tsp baking powder sieved
- 1 tsp bread soda sieved
- 25g light brown sugar
- Pinch of salt
- 1 egg
- 1 pint buttermilk
- 25g butter
- 2 tbsp treacle melted
- 2 tbsp porridge oats

Optional extras:

- 25g chopped nuts - I like walnuts
- 25g sultanas
- 30g mixed seeds- chia/sunflower/ flax/pumpkin

Method

1. Preheat the oven to 220C/ 200C fan/ gas 7.
2. Grease and line 2 x 1lb loaf tins
3. Mix the wholemeal flour, self-raising flour, baking powder, bread soda, sugar, and salt into a large bowl.
4. Make a well in the centre of the dry ingredients.
5. Crack the egg into the buttermilk and whisk together, in a separate bowl.
6. Melt the butter and treacle in a saucepan or microwave, add this to the buttermilk and mix.
7. Gradually add half of the buttermilk mixture to the centre of the dry ingredients.
8. Use a wooden spoon or spatula to combine the ingredients.
9. Add the remaining buttermilk mixture to bring everything together.
10. Try not to over-mix, stop once it is just combined.
11. Divide the mixture between the two loaf tins.
12. Sprinkle the top of each loaf with some oats/nuts/seeds.
13. Bake for 50 minutes. Allow to cool on a wire rack.

Apple Crumble Muffins

Ingredients

250 g self-raising flour
1.5 teaspoon ground cinnamon
1 teaspoon baking powder
1 teaspoon bicarb soda
150 g golden caster sugar
125 g butter
1 teaspoon vanilla extract
2 eggs, beaten
3 apples (peeled, cored and finely chopped / grated)
100 ml milk

plus - Crumble Topping ingredients

2 tablespoons plain flour
2 tablespoons dark brown sugar
1 tablespoons porridge oats
2 teaspoons butter (10g)

Method

1. Pre-heat the oven to 180°C and place 20 paper muffin cases in a muffin tray (or 2 trays). Combine the crumble ingredients in a small bowl and set aside. Mix in butter with your fingers.
 2. Combine the flour, cinnamon, baking powder and bicarb of soda in a mixing bowl.
 3. In a separate bowl, combine the caster sugar and butter with a metal spoon/mixer. Beat till light and fluffy. Add the vanilla extract and stir through. Then the eggs. Don't panic if it then looks curdled.
 4. Next stir through the apple. Finally add the flour mix (from Step 2) and the milk, a third of each at a time, stirring gently to combine everything.
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5. Divide the mix carefully between the paper cases. Top off with the crumble mix, dividing equally. Place in the oven for 20 minutes to bake. Remove from oven and let rest in the trays for a further 10 minutes before transferring to a wire rack to cool.

Chicken Casserole

Serves 4

Ingredients

- 1 tablespoon plain flour
- Salt and pepper
- 8 chicken thighs and drumsticks
- 2 tablespoons olive oil
- 2 carrots, sliced
- 2 leeks, sliced
- 2 celery sticks, sliced
- $\frac{1}{2}$ swede, diced
- 500ml chicken stock
- 2 tablespoons Worcestershire sauce

Method

1. Season the flour with salt and pepper. Toss the chicken pieces in the flour to coat. Heat half the oil in the casserole and fry the chicken turning often, for 6 minutes or until brown all over. Remove and keep warm. Pour the fat from the pan.
2. Add the remaining oil, carrots, leeks, celery and swede to the casserole, and stir for 3-4 minutes to colour lightly. Return the chicken to the casserole and add the stock and the Worcestershire sauce. Bring to the boil, then reduce the heat. Cover and simmer for 20 minutes.

Serve with mash or boiled potatoes.

Memories



Enjoy and Thank you!

Mary, Danielle, Carmel, Elizabeth, Nowell, Michelle, Lourda, Kelly, Carmel and Emer

