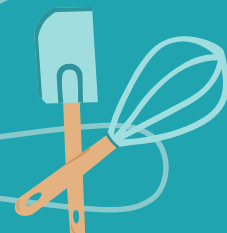




PCC PARENT COOK & LEARN COOKBOOK



RECIPES & MEMORIES

This 6 week Cookery Course was a collaborative Project between Pobail Le Chéile and Pobalscoil Chloich Cheannfhaola. It was funded by the Adult Literacy for Life Collaboration and Innovation Fund 2025. The aim of the course was to promote social inclusion and to highlight supports available to adults with Donegal ETB.

The participants included a mix of locals and members of new communities. As a practical cookery course, it encouraged participants to work together in preparing meals, placing an emphasis on teamwork, communication, and the practical application of literacy skills. By integrating cooking and literacy, the project provided a hands-on and engaging approach to learning, promoting self-sufficiency, confidence, and the joy of creating something meaningful while overcoming challenges.

Thank you to Adele Mc Elhinney, ETB' s Regional Literacy Coordinator, Rosemary Grain, Pobail Le Chéile, Mairead Harkin, Veronica McLoone and Eadaoin McGeady Pobalscoil Chloich Cheannfhaola.

Buíochas le Adele Mc Elhinney, Comhordsitheoir Réigiúnach Literathachata BOO Dhún na nGall, Rosemary Grain, Pobail Le Cheile, Mairead Ní Earcain, Veronica McLoone agus Eadaoin Nic Géidigh, Pobalscoil Chloich Cheannfhaola.

Buíochas le MABS as na leabhair chócaireachta.

Ready to start your English language journey?

FÁILTE ISTEACH is a community based conversational English class. Classes are an informal space to practice and improve your language, as well as a way to meet new people living in your community.

Fáilte Isteach English Conversation Group meets on a Monday (Term times)from 11am-12pm.

Garradh Cholmcille, Falcarragh, Donegal F92 W2H7

Contact Rosemary Grain by email pobailc@gmail.com

Telephone 086 4557519



Pobail le Chéile is a community development organisation based in Falcarragh that works to support individuals, families, and community groups across the Cloughaneely area. Their aim is to promote social inclusion, well-being, and equal opportunities for all through a wide range of projects and initiatives. These include support for local community groups, training and education programmes, environmental and sustainability projects, and services for older people and young people alike. Pobail le Chéile plays an important role in strengthening community connections and ensuring that local voices are heard in shaping the future of the area.

Pobalscoil Chloich Cheannfhaola is a Delivering Equality of Opportunity in School School (DEIS) that works closely with the local community to support students and families. The Home School Community Liaison (HSCL) teacher plays an important role in building strong links between the school and home, encouraging parents to become involved in school life through various activities, courses, and events. This partnership helps to create a welcoming and inclusive environment where every student is supported to reach their full potential both academically and personally. The school is proud to promote equality of opportunity and community engagement as key parts of its ethos.

Adult Literacy for Life is a ten year strategy that the government launched in 2021. This whole-of-society strategy aims to equip all adults with the literacy skills they need. This course was funded by their Collaboration and Innovation fund for 2025. The aim of the course was to build literacy and language skills in a fun way. It also encouraged social inclusion while building these skill.



Participants



Rosemary Grain



Meg Kearney

Marie Doohan



Kateryna Parkhomenko



Volodymyr Parkhomenko



Hiba Osman



Anzhela Silych



Adult Literacy for life
can help.
All courses are free.

if you would like to improve your reading, writing, maths or digital skills, contact Donegal ETB's Learning for Living Programme on 074 91 53194 or ring free phome 1800 202065.
Classes are free, part-time and Enjoy

White Yeast bread

Ingredients



500gram Strong flour 1



sachet dried yeast



1 teaspoon salt



1 Tablespoon Sugar



50grams butter



100ml milk



200ml cold water

100ml boiling water



Steps involved

Preheat oven to around 200–220°C (390–425°F).



- Mix warm water, milk, cold water and sugar.
- Combine yeast, flour, salt, in a large bowl.
- Add the liquid mixture .
- Stir until a rough dough forms.



Knead the Dough

- Turn the dough onto a floured surface.
- Knead until smooth and elastic.

First Rise

- Place dough in a lightly oiled bowl, cover with a cloth
- Leave in a warm place until doubled in size .
- Shape the Dough by dividing into three sausage pieces.



- Shape into a loaf by plaiting them together or into rolls. Glaze with egg wash.



- Bake until golden brown and the loaf sounds hollow when tapped on the bottom (about 25–35 minutes depending on loaf size).

Roast red pepper and Lentil Soup

Ingredients

4 large red peppers

2 tbsp olive oil

1 large onion, chopped

2 garlic cloves, minced

1 medium carrot, diced

1 stick celery, diced

1 tsp smoked paprika

150 g red lentils, rinsed

1 litre vegetable stock

1 x400 g tin tomatoes

Salt and black pepper



Steps involved



Roast the Peppers in olive oil and a teaspoon of sugar.

Preheat oven to 200°C (180°C fan) / 400°F.

Cut the peppers in half, remove seeds and stems, place cut side down on a baking tray. Roast for 25–30 minutes until skins are charred and blistered.



Place peppers in a bowl, cover with cling film or a lid, and let them steam for 10 minutes.

Peel off skins once cooled.



Prepare the vegetables

Cook the base

In a large saucepan, heat the olive oil.

Add onion, carrot, and celery, and cook gently for 10min until soft. Stir in garlic, and paprika; cook for 1 more minute.



Add lentils and liquids

Stir in the rinsed lentils, chopped tomatoes, and vegetable stock.

Bring to a boil, then reduce heat and simmer for 20 minutes, until lentils are soft.

Blend the soup.

Add the roasted, peeled peppers to the pot.

Blend using a hand blender (or carefully in batches in a blender) until smooth.

Taste and add salt, pepper and a squeeze of lemon juice

Garnish with fresh parsley or coriander before serving.



One-Pot Chicken with Cream, Roast Vegetables & Lemon

Ingredients:

4 chicken breasts

1 tbsp olive oil

2 cloves garlic,

crushed 1 onion, cut into wedges

2 carrots, cut into batons

1 red pepper, roughly chopped

2 sweet potatoes cut into wedges

1 courgette, sliced into thick chunks

1 tsp dried thyme (or 2–3 sprigs fresh
thyme/rosemary)

1 lemon (zested & juiced, cut the squeezed
lemon into wedges)

150ml chicken stock 1 tablespoon cornflour

150ml double cream Salt & black pepper



Method

1. Preheat oven to 200°C (fan 180°C).

2. Brown the chicken: Heat olive oil in the casserole dish on the hob. Season chicken breasts with salt & pepper, then sear until golden (about 5 mins). Turn and cook the other side briefly. Remove and set aside.



3. Roast the vegetables: Add onion, carrots, sweet potatoes, courgette & pepper to the same pot. Toss with the leftover oil & chicken juices, add garlic & thyme.



Roast in oven uncovered for 15 minutes.

4. Build the sauce: Remove dish from oven. Nestle chicken breasts back into the vegetables. Add lemon zest, juice, wedges, and pour over the chicken stock.



5. Return to oven for 25–30 minutes until chicken is cooked through and veg tender.

6. Finish with cream: Stir in cream, cornflour gently around the chicken. Cook for a further 5–10 minutes until sauce thickens slightly.









Pizza Dough

Ingredients:



400g Strong flour
2 sachet dried yeast
1 teaspoon salt



1 Teaspoon Sugar



2 tbsp olive oil



120 ml cold water

100ml boiling water 150 g

mozzarella cheese 2 tbsp

Passata Choice of toppings



Steps involved

Preheat oven 200 Degrees.



- Mix warm water, cold water, olive oil and sugar.
- Combine yeast, flour, salt, in a large bowl.
- Add the liquid mixture .

- Stir until a rough dough forms.

- Knead the Dough

- Turn the dough onto a floured surface.
- Knead until smooth and elastic.

First Rise

- Place dough in a lightly oiled bowl, cover with a cloth
Leave in a warm place until doubled in size (usually 1–2 hours).

- Preheat the oven to 200 degrees .

- Shape the Dough by dividing into two separate balls
- Shape into a circle and then stretch the size of the pizza you require .

- Top them with tomato Passata, 150 grams mozzarella cheese and the toppings you require .

- Bake until golden brown and cheese has melted- about 15–20 min depending on the size and toppings .
Cut into 8 even slices .









Raspberry and white chocolate Cheesecake

Ingredients:

- 300g digestive biscuits, crushed
- 150g unsalted butter, melted
- 250g white chocolate
- 500g full-fat cream cheese
- 100g icing sugar
- 1 teaspoon vanilla extract
- 300ml double cream
- 250g fresh raspberries
- 150ml double cream (for topping)
- 2 tablespoons icing sugar (for topping)
- Grated white chocolate for decorating
- 12 fresh raspberries for decorating



Steps Involved.

1. Blend the digestive biscuits into fine crumbs or crush them in a food bag using a rolling pin.



2. Stir the melted butter into the crumbs until everything is well combined.



3. Press the buttery biscuit mix into the bottom of a 20cm (8-inch) springform tin, then refrigerate to firm it up.



4. Gently melt the white chocolate. Let it cool down.



5. In a separate bowl, whisk together the cream cheese, icing sugar, and vanilla until the mixture is soft and creamy.



6. Slowly pour in the double cream, whipping as you go, until it thickens and holds its shape.



7. Fold the cooled white chocolate cream mixture until evenly mixed.



8. Mash raspberries mixture.



9. Spread the filling over the chilled base, smoothing the top. Leave in the fridge to set for at least 5 hours or overnight.



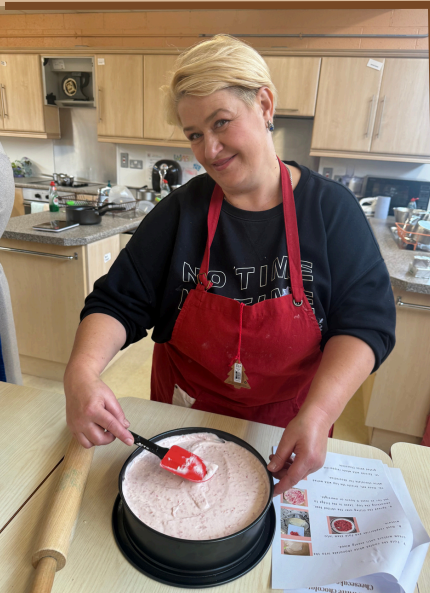
10. Once set, drizzle the top with melted white chocolate for decoration.

12. Garnish with whole raspberries and Raspberries,











Creamy Garlic Steak Pasta with mushroom, spinach & Parmesan

250g tagliatelle or fettuccine
300g fillet, sirloin or ribeye steak (sliced)
1 tbsp olive oil
2 tbsp butter
3-4 cloves garlic, finely minced 4 shallots
100grams chestnut mushrooms
1 bag Spinach
200 ml crème fraiche
150ml beef stock
50g Parmesan cheese, grated
½ tsp Dijon mustard
1 tsp fresh cracked black pepper



Steps Involved.

1 Prepare the vegetables.

Crush the garlic, Slice the mushrooms and chop the Shallots

2. Cook the pasta.

Boil pasta in salted water until al dente. Reserve $\frac{1}{2}$ cup of pasta water, then drain and set aside.



3.Sear the steak

Pat steak strips dry and season generously with salt and black pepper.

Heat olive oil in a large frying pan over high heat.

Add steak and sear quickly for 1–2 minutes per side, until browned but still pink inside. Remove and set aside on a plate (it will finish cooking in the sauce).



4.Make the sauce

In the same pan, reduce heat to medium and add butter.

Add garlic and sauté for about 30 seconds until fragrant.

Sauté Mushrooms.

Stir in beef stock, cream, and Dijon mustard.

Simmer gently for 3–4 minutes, until the sauce thickens slightly.

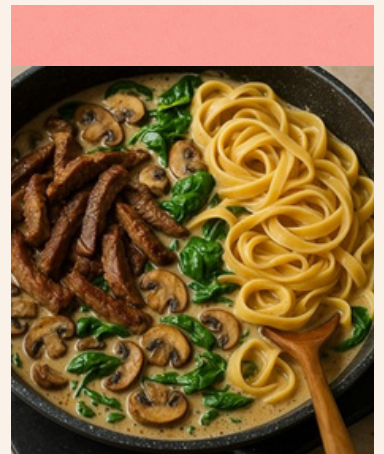
Add in the spinach.



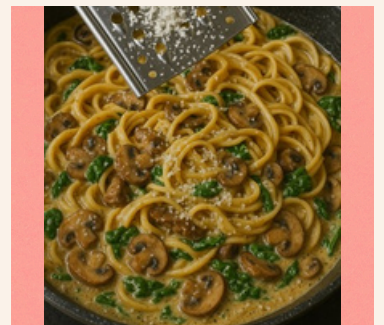
- 5. Combine all the ingredients**
Return the steak to the the pan.



Add the cooked pasta and toss everything together.



Stir in Parmesan cheese until sauce becomes glossy.







Garlic, relish and Prosciutto Bruschetta

Ingredients:

1 baguette or crusty ciabatta, sliced
100 g butter (softened)
3-4 cloves garlic, finely minced
4 tbsp Ballymaloe relish/red onion marmalade
6-8 slices prosciutto ham
125 g mozzarella cheese, sliced or shredded
Olive oil for brushing
Freshly ground black pepper
Optional garnish: fresh basil or rocket leaves



Steps Involved.

1.To Make the Garlic Butter in a small bowl,

Mix Softened butter, minced garlic, salt and pepper.
Stir until smooth and well combined.
(Optional) Chill for 10 minutes to let flavours infuse.



2.Preheat oven to 200°C (fan 180°C).

3.To Assemble the Bruschetta-

Slice the baguette into thick slices (about 1½ cm).
Brush each slice lightly with olive oil.
Spread a layer of garlic butter over each slice.
Add a teaspoon of Ballymaloe relish or red onion marmalade on top .
Lay a slice of prosciutto over the relish.
Top with mozzarella cheese.
Season lightly with black pepper.



4. To Bake-

Bake in the preheated oven for 8–10 minutes,
until the cheese is melted and golden,
and the edges of the bread are crisp.









**Adult
Literacy
for Life**



*Pobalscoil
Chloich Cheannfhaola*