



THE CYNON VALLEY A CULINARY COMMUNITY

Written by the people of the Cynon Valley

INTRODUCTION

Our cookbook has been created with a combination of beautiful people giving us tasty recipes from quirky old favourites to something a little extra-ordinary. This cookbook is a must for any kitchen, whether it is an emergency comfort dish or yummy treats to eat together at parties or celebrations. Every recipe has been tried, tested and reviewed by local people and ingredients sourced locally as much as possible.

All weights and measurements for each recipe in this cookbook have been kept to the original units provided by the supplier /creator as per personal preference.

Compiled by: Partners in Food-A consortium approach

Design: Arts Factory

Thank you to all our volunteers:

Partnership staff, volunteers and community members for all their input, assistance and dedication into creating this recipe book.

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GLUTEN FREE RECIPE SYMBOL



VEGAN



VEGETARIAN

RECIPIES CONTAIN



WHEAT



SULPHITES



DAIRY



CELERY



MUSTARD



EGGS



SOYA



FISH



GLUTEN



CRUSTACEAN



MILK



NUTS

THE VISION BEHIND THIS RECIPE BOOK

This recipe book merges the wisdom of elders with the enthusiasm of youngsters, encouraging the sharing and contribution of time, skills and knowledge. This collaboration ensures that cherished recipes continue to be passed down to future generations, while also keeping older people young at heart by learning new skills and ideas.

With the National Eisteddfod landing in Pontypridd this year, this book embraces a distinct Welsh theme, celebrating the rich culinary traditions of Wales. From traditional Welsh cakes to hearty cawl, each recipe is a testament to the strength of community and the timeless joy of cooking.

Through the sharing of these recipes, we not only preserve our Welsh culinary heritage but also build bridges between generations, fostering a sense of belonging and mutual respect. This collection is more than just a cookbook; it's a celebration of Welsh culture, community and the bonds that tie us together.

THE MAGIC OF CREATING A COMMUNITY RECIPE BOOK

The journey of writing this recipe book has been a magical experience for all involved. From favourite desserts and jams to mains and starters, everyone contributed and enjoyed being involved. Having the freedom to produce recipes that are enjoyable and tasty and that suit individual palates, feels great and allows us to add a drizzle of something that everyone wants.

As the book got written, it became clear the importance of acknowledging that cooking skilfully, using a person's unique set of talents, can be harnessed and combined to create the best recipe for them. This approach ensures they have the best experience, from sourcing locally supplied and grown ingredients to placing the fork in their mouth to enjoy the meal.

With community cooking, members of the community get together to cook together. It's not only cooking that's happening but a world of passion for celebrating individuals' communication, listening to each other, watching, learning, having fun, laughing, and bonding. A very nice feeling of being free to express oneself, community cooking serves as a tool to acknowledge and understand one's likes and dislikes. It also helps develop the skills of effective assertion, using cooking as a middle ground conduit to begin with—skills that can be transferred into other aspects of someone's life.

THE CYNON VALLEY - A CULINARY COMMUNITY COOKBOOK

This book is the product of people in the Cynon Valley working together. The recipe book was part of a consortium project funded by the SPF (Shared Prosperity Fund), U.K Levelling up Fund.

Partners are: Bryncynon Community Revival Strategy, Penderyn Community Centre, Glyncoch Community Centre, National Eistedfodd and Cwm Taf Morgannwg UHB.

On a wider environmental front, we thought here would be a good place to mention how the community is contributing to organic projects and supporting self sustainable in the community.

Local Sourcing: Working with local farmers and producers to source fresh, organic ingredients. By supporting local agriculture, not only reduces carbon emissions associated with transportation but also strengthens the local economy.

Community Gardens: Volunteering time and expertise to help establish or maintain community gardens. These spaces provide opportunities for people to grow their own organic produce, fostering a sense of connection to the land and promoting healthy eating habits.

Educational Workshops: Organising workshops and cooking demonstrations focused on working towards using low to zero packaged ingredients. These sessions teach community members how to prepare nutritious meals using whole, unprocessed foods, empowering them to make healthier choices.

Zero-Waste Initiatives: Advocate for and implement zero-waste initiatives within the community. This includes promoting reusable shopping bags, encouraging composting, and supporting bulk food stores that allow service users to bring their own containers.

Collaboration: Collaborate with local businesses, schools, and community organisations and RCT sustainable food partnership to promote sustainable practices. Whether it's hosting a farm-to-table dinner or organising a neighbourhood clean-up, working together strengthens community bonds and amplifies the impact of their efforts.

The RCT Sustainable Food Partnership is a network of third sector organisations, public bodies, businesses and like minded individuals who are all passionate to ensure that every person in Rhondda Cynon Taf can easily access nutritious, sustainable food. We work together to create projects and solutions that build resilience in communities across the county. We were privileged to receive Bronze from Sustainable Food Places, a national organisation that campaigns for new resilient food systems, in recognition of the work that has been achieved by the partnership.

This recipe book brings to life not only delicious food but recipes and histories from our communities. It is a celebration of how food connects and unites us.

By actively engaging in organic projects and promoting healthy, sustainable living, not only enriches the lives of those around us but also contributes to a more resilient and environmentally conscious community.

SOUPS AND SNACKS



SHAUNA'S FUNKY SPACEBALLS

Recipe Supplied by **Shauna Morton**

Whenever Shauna is in the kitchen, you're guaranteed a giggle and fun as she finds her happy place among the pots and pans. Her easy going personality is the perfect condiment to any meal, especially with her kind and caring nature. This enjoyable recipe was crafted in the relaxing town of Ynysboeth, a place brimming with happy personalities. It's a flavoursome and versatile dish that can be transformed into a colourful display with alternative vibrant vegetables such as beetroot. Created in 2018, this recipe is a fantastic choice for any teenager seeking independence in the kitchen.

INGREDIENTS

300g reduced fat mince beef
2 carrots
1 onion
1 tsp sage
1 tsp rosemary
100g flaxseed mix
2 tins of chopped tomatoes
2 ears of sweetcorn
Approx. 4 medium mushrooms
1 yellow pepper
3 cloves of garlic
500g rice

METHOD

1. Boil rice to over-tender with a little salt.
2. Peel and grate carrots celery and onion.
3. Chop garlic and mushrooms, place all vegetables in a mixing bowl, mix together and add herbs.
4. Mash boiled rice in a bowl then mix with the grated and chopped vegetable mix.
5. Make individual spaceballs by hand approx size of a bouncy ball.
6. Dice peppers and onions.
7. Heat 2 tins of tomatoes in a large pan, add sweetcorn, peppers, onions, rosemary and sage.
8. In a separate pan, cook mince beef in a little oil, once cooked add to the tomato mix. Simmer for 15 minutes to thicken.
9. Whilst simmering sauce fry spaceballs in oil until golden brown.
10. Serve separately, season to required taste.
11. Enjoy the meal.



...teda...
Mission



LAURA'S BEETROOT BURGERS, POTATO WEDGES AND GREEN BEANS

Recipe Supplied by **Laura Mumberson**

Laura is an incredibly talented local artist. She is self taught and has been working on her cartoon illustrations from the age of 3. Inside the mind of this creative genius, we found the beetroot burger, which our local community have come to enjoy eating together. These shared experiences around food, art and music have given quality and enjoyment to many. This recipe tastes good! The colour and creative taste will not disappoint.

Laura is a real inspiration, her work captures a holistic entity, from aesthetic to abstract. Big influences from objects, colours and places join to manifest the exquisite scenery art pieces she produces, her work is simply magical, so it's no surprise when you bite into one of these burgers the magic of tastes can light up anybody's day. She enjoys cooking with her brother John and local friends.

INGREDIENTS

1 Beetroot
400g chickpeas
1 onion
200g green beans
500g potatoes
5 tbs flour
Handful of sultanas
1 tsp rosemary
Salt
Pepper
1 tbs oil
Warm water

METHOD

1. Soak sultanas in bowl of warm water.
2. Peel potatoes and slice into wedges and bring to the boil.
3. Whilst the potatoes are boiling, Peel beetroot and onions then grate into a separate bowl.
4. Mix flour with water to a paste.
5. Mash chickpeas in a separate bowl then stir into to the beetroot and onions add flour paste, chop rosemary finely sprinkle into the mix.
6. Drain sultanas and add to beetroot mixture.
7. Remove potatoes from heat and drain, place onto oven proof dish, drizzle with oil and sprinkle with rosemary, salt and pepper. Then place in the oven.
8. Top and tail beans and boil until tender.
9. While the beans are boiling, heat a little oil in a frying pan and place a dessert spoonful of the beetroot mix into frying pan flatten and cook throughout turning occasionally.
10. Serve all food adding butter onto beans if desired.





ROASTED TOMATO AND PEPPER SOUP

Recipe Supplied by **Aaron Nicholas**

Aaron likes to cook because it brings him happiness and makes him feel at home. He provides for his family and has been cooking since he was 10 years old. His favourite person to cook with is his son. (you may ask doesn't he use salt and pepper like everybody else).

INGREDIENTS

18 large tomatoes.
2 carrots.
1 onion.
1 garlic bulb.
Fresh rosemary.
Olive oil.
Salt and pepper to taste.

METHOD

1. Cut up carrots, tomatoes, and peppers into big chunks.
2. Cut garlic bulb in half across the middle (don't peel) so you have 2 halves.
3. Chop rosemary roughly 2 tbs.
4. Put all veg and garlic in a roasting tray and sprinkle rosemary over the top.
5. Add salt and pepper, drizzle some olive oil over it all, roast for 40 minutes.
6. Once all is done put in blender and blitz serve with fresh bread and vegan butter.

The Strategy
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MARILYN'S TOASTIES

Recipe Supplied by **Marilyn**

Marilyn is very passionate about working with fresh produce and is an absolute pillar in the Cynon Valley. She has an uncanny ability to know what people want to eat and what they don't. Overseeing everything in her kitchen, whether catering for 10 or 410, Marilyn is a wizard at giving out good advice, sorting out squabbles, and wiping away tears. When Marilyn makes a cheese toastie—a slightly different take on Welsh Rarebit—you can feel the love it's made with. It's a hug on a plate. Depending on how thick you like your sandwiches, the amount of cheese will vary. The trick to making a good toastie is knowing who it's being made for. To give the recipe a little more zing, add a touch of mustard.

INGREDIENTS

2 slices of bread
Butter
Grated cheese
A slice of ham
Sliced onion
Sliced Tomato
Lettuce
Radishes

METHOD

1. Spread butter lightly over 2 slices of bread.
2. Add cheese, ham, onion, tomato onto 1 piece of bread.
3. Place other bread slice on top, butter facing down.
4. Heat in a pan turning until cheese has melted inside throughout.
5. Cut toastie in half diagonally serve with some locally grown lettuce and grated radishes.





Vegan option available

VETKOEK / SOUTH AFRICAN FRIED DOUGH BREAD

Recipe Supplied by **Tamalyn**

Vetkoek (pronounced fat-cook) originates from South Africa, Tamalyn shared this recipe because it reminds her of her home in South Africa and when her mother used to make it for her, she now makes it make it for her daughter here in the Cynon Valley. This recipe goes well with the addition of the mince option, a good mince to use would be beef from the Welsh Black – believed to have existed in medieval times. Although used as a dual-purpose breed in the past it is now regarded as a beef breed.

INGREDIENTS

1kg strong bread flour
1 sachet of yeast
2 teaspoons fine salt
2 teaspoons sugar
600-700ml of lukewarm water
2 tablespoons of oil
1kg beef mince
2 tablespoons of tomato paste
2 chopped onions
2 ribs of celery
3 carrots finely chopped
1 sachet cottage mix powder mix
2 cups of mixed vegetables
(sweetcorn, peas, green beans, broccoli)

METHOD

1. Mix dry ingredients on low speed in a stand mixer with a dough hook.
2. Whilst still on slowly pour water into the mix until dough comes together, add oil then alter speed to medium and knead dough until it comes away from the sides (no longer sticky).
3. Cover proof until the dough doubles in size.
4. Knock the dough back gently and form your Vetkoek.
5. After 20 minutes heat oil in a saucepan to ensure Vetkoek will deep fry.
6. Slowly and gently drop Vetkoek into the oil until golden and cooked through.

Mince option

1. Brown mince in a pan with a tight fitting lid add onions, cook until browned.
2. Add 2 cups of water along with the tomato paste, mixed vegetables and cottage pie mix powder and mix well.
3. Turn heat to low and let simmer until vetkoek is ready to serve.

Eat with mince inside cut open or with jam like a scone to have vegan option.





WELSH RAREBIT MUFFINS WITH BACON AND SAUSAGES

Recipe Supplied by the **local butcher in Mountain Ash**

Local butchers often have a wealth of knowledge about meat cuts and can provide valuable insights into selecting the best cuts for your meals. Additionally, they might offer their own unique sausage recipes that can add a special touch to your dishes.

If you're looking for a specific recipe from your local butcher, it's always a great idea to ask them directly. They might share their favourite recipes or recommend the best cuts of meat for a particular dish. Plus, by supporting local businesses like butchers, you're not only getting high-quality ingredients but also contributing to the community's economy. Win-win!

INGREDIENTS

225g self raising flour
50g plain flour
1 tsp baking powder
½ level; tsp bicarbonate of soda
¼ tsp salt
½ level tsp mustard powder
100g strong cheese, half grated,
half cubed
6 tbs vegetable oil
150g Greek yogurt
125 ml milk
1 egg
1 tbs Worcestershire sauce
½ lb sausages
¼ lb bacon
Half a dozen eggs

METHOD

1. Heat oven to 180°C or gas mark 6
2. Mix together the self raising flour and plain flour baking powder bicarbonate of soda, salt and mustard powder in a bowl.
3. In a separate bowl mix the cheese, oil, yogurt, milk, egg and Worcestershire sauce.
4. Combine all the ingredients and divide between the muffin cases in the muffin tin.
5. Place in the oven for 20-25 minutes until golden. Remove and cool slightly on the rack.
6. Serve with sausages and bacon.



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SUPPORT



SERVES

4



OUR CHURCH LEEK SOUP

Recipe Supplied by **Ladies of All Saints Church**

Some of the best recipes are found at the back of the kitchen cupboard on a scrap piece of paper. When word got out that we were making a recipe book in the Cynon Valley, many people contributed their time and recipes, sharing food to taste and enjoy. Choosing which recipes to include and which to leave out was difficult. The local church was also involved in this effort. A woman from a nearby village near Abercynon kindly took the time to write out her recipe and gift it to be included in the book. This recipe, written on a scrap piece of paper, is authentic and filled with goodness. On a dark winter night, leek and potato soup is an absolute go-to. It holds a special place in Welsh cuisine because historically, vegetables beyond cabbages and leeks were rare. The leek has been a national symbol of Wales for 400 years.

INGREDIENTS

1lb 2oz potatoes
9oz leeks
1 medium onion
2 stock cubes
1 large knob of butter about
10oz
100g heavy cream
Handful of chives
Crusty bread

METHOD

1. Put butter in saucepan add onions, simmer. Clean and chop leeks wash well, add to onions cook for about 10 minutes add 2 pints of stock, chop and slice potatoes.
2. Cook until potatoes are soft then blitz with blender put back on to warm add salt to your taste.
3. This dish can be instantly luxuriated by waiting for it to cool a little and then adding a heavy cream and garnish with some fried croutons and chives.





TAHLIA'S ASPARAGUS COLESLAW WITH A TWIST AND MARLEY'S INCREDIBLE WRAPS

Recipe Supplied by **Tahlia and Marley**

The asparagus coleslaw and incredible wrap is a brother and sister effort these recipes were created in the summer of 2022. A perfect treat for any summer BBQ to go along side your chicken wings, burgers and sausages. Key ingredients from this recipe can be grown locally such as asparagus, cabbage and onion. This memorable BBQ side dish is great to accompany any jolly get together in the hills of the Welsh Valleys. Ingredients vary depending on taste. Some like it sweet some like it earthy.

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Asparagus Coleslaw with a twist

INGREDIENTS

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- Mayonnaise (2 egg yolks, 1 tbs Dijon mustard, 250ml sunflower oil, 2 tsp white wine vinegar or lemon juice)
- Asparagus
- Pineapple
- Apple
- Onion
- Potatoes
- Vegetable oil
- Mustard

METHOD

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Prepare mayonnaise

In a mixing bowl whisk 1tbs of mustard and 2 egg yolks together until completely combined, continue whisking add a very small amount of oil and whisk until completely combined, then add a little amount oil and continue to add oil and whisk until it starts to thicken. If the oil is added too quickly it will curdle. Once desired thickness has been obtained whisk in the white wine vinegar or lemon juice.

Method Continued

1. Slightly steam asparagus tips.
2. Peel and dice onions and pineapple.
3. Peel and grate an apple.
4. Slice potatoes thinly and Shallow fry in vegetable oil until golden and crispy.
5. Remove asparagus from heat and wait for asparagus to cool.
6. Add fruit vegetables and mayonnaise together and mix.
7. Serve with the crispy seasoned potatoes.



SERVES

2



Marley's incredible wraps

INGREDIENTS

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Lettuce

Tomatoes

Cucumber

Onion

Tin of Kidney Beans

Chilli Powder

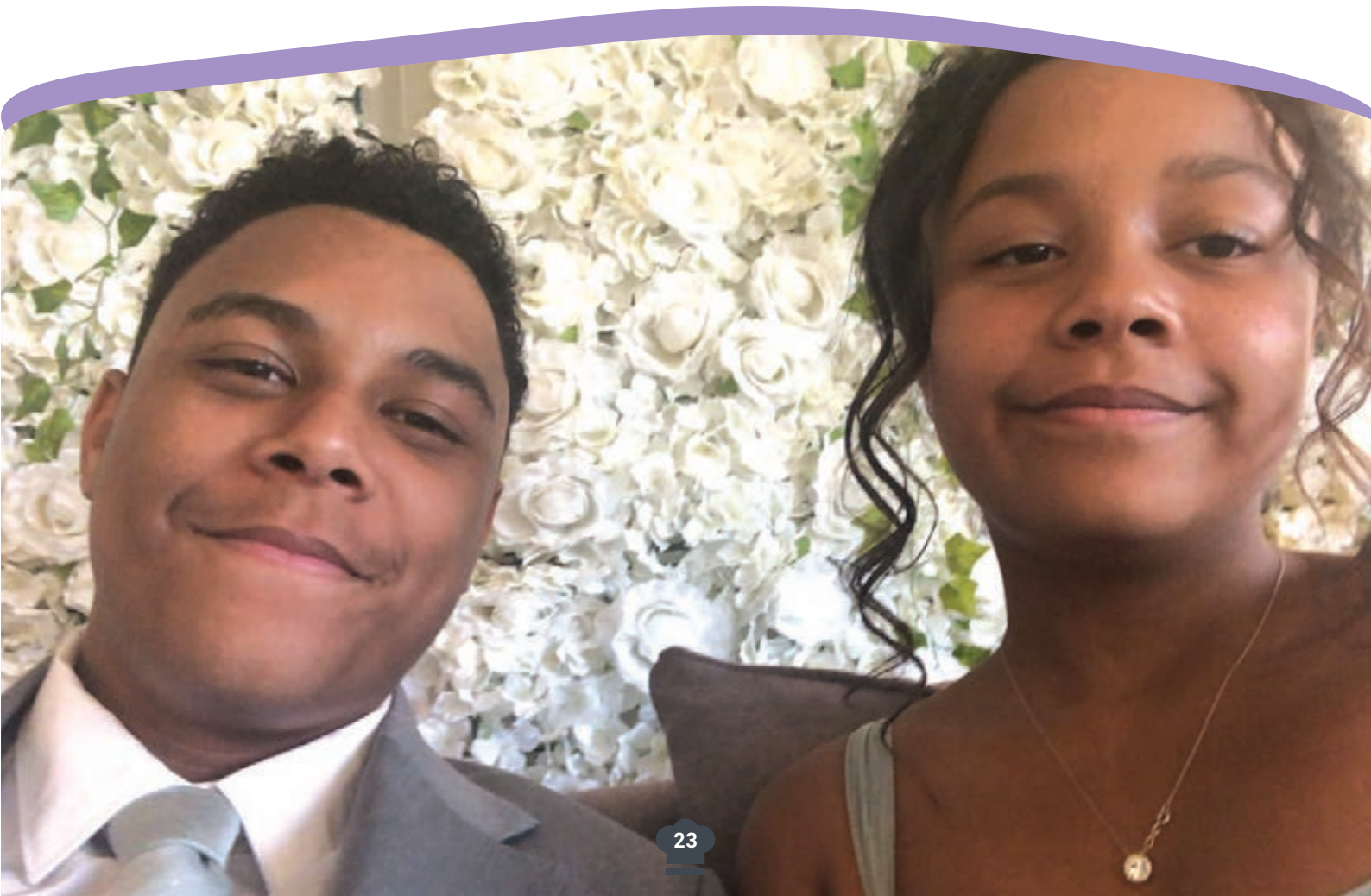
Mayonnaise

Tortilla or Wholegrain Wrap

METHOD

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1. Peel and chop finely half an onion. Fry in a pan for 3 minutes.
2. Add tin of kidney beans and a teaspoon of chilli powder mix together, fry the beans then mash.
3. Wash the salad.
4. Shred the lettuce. Slice the onion, tomato and cucumber.
5. Soften wrap over pan of hot water, remove and spread with mashed beans and onion mix. Place salad onto the wrap.
6. Add a tablespoon of hummus.
7. Add mayonnaise and then finally wrap the wrap.





SERVES

6



NIC'S HEALTHY GREEN SOUP

Recipe Supplied by **Nic Thomas**

A satisfying, homely warm nutritious meal to keep all the family in tip top health. A great recipe for gathering together and being sociable. The dish is the opposite of fast food, It's a healthy recipe filled with goodness Nic enjoy making this recipe with his son Luke.

INGREDIENTS

300g broccoli
200g kale green cabbage
300g carrots
500g parsnips
2 onions
Mustard

METHOD

Chop onion and fry lightly in a large pan with knob of butter. Once softened, add chopped carrots, parsnip and sweat on low heat for 10mins stirring occasionally. Next add the broccoli, kale and cabbage leaves. Stir in a vegetable stock cube then add boiling water to cover as much of the veg as possible. Simmer gently for 1 hour. Take off the heat and zap with a hand blender or pour into an upright bender. Put back on the heat (very low so it will splatter everywhere) and season to taste. For added sweetness add a little cumin.





SERVES

2



CARLA'S LEEK AND CHEESE MUFFINS

Recipe Supplied by **Carla**

Carla likes helping and cooking with the older generation as she works in a care home. She loves making this dish because it helps her and the older generation have fun together. Carla is very bubbly and very creative.

INGREDIENTS

- 175g plain flour
- 1 tsp baking powder
- ¼ tsp bicarbonate of soda
- ½ tsp allspice
- 50ml milk
- 1 egg, beaten with a fork
- 100ml vegetable oil
- 1 leek, finely chopped
- 75g cheddar, finely grated

METHOD

1. Heat the oven to 180°C/160°C fan/ gas 4 and line a muffin tin with 9 cases. Mix all the dry ingredients until combined, then gently stir in the milk, egg and oil.
2. Gently fold in the leek and cheddar. Spoon the mixture evenly into the muffin cases and place in the oven. Bake for about 25 minutes, then check-they may need a little longer. These taste great served with either spinach soup or with a dab of butter.





SERVES

2



ANAKECIA'S FAJITAS

Recipe Supplied by **Anakecia: A Heartfelt Contribution**

Anakecia is a remarkable teenager who, despite the challenges of losing her mother chooses to volunteer her time to support the community. Anakecia dedicates herself to helping out with the lunch club, food programs and cookery classes at her community centre. Her selflessness and commitment make her an invaluable member of the community.



INGREDIENTS

.....

Chicken or Quorn

Peppers

Spices for fajitas seasoning:

Peri Peri

Cumin

Paprika

Mild chilli powder

Onions (finely chopped)

Cheese: Cheddar (extra mature)

Lettuce

Mayonnaise

Cucumber

Sunflower oil

Potatoes

Salt & Pepper

Dark Soy Sauce

METHOD

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1. Put a griddle pan on high heat.
2. Deseed and slice the peppers into thin strips.
3. Slice the chicken (or Quorn) lengthways into long strips, roughly the same size as the peppers.
4. Marinate the Chicken:
Squeeze the juice of half a lime over the chicken.
Drizzle over 1 tablespoon of sunflower oil.
Season with spices: Peri Peri, Cumin, Paprika, and Mild Chili.
Finely chop the onions, lettuce, and cucumber.
5. Mix: Combine the onions, lettuce, cucumber, and mayonnaise. Set aside.

Potato Wedges

1. Cut the potatoes into wedges.
2. Boil the potato wedges until tender.
3. Drain the water, then toss the wedges in oil and season with salt and pepper.
4. Shake well and place them in the air fryer until crispy.

Cook the Chicken Fajitas

1. Place the marinated chicken and peppers on the hot griddle pan. Cook until the chicken is fully cooked and the peppers are tender.
2. Assemble the Fajitas:
3. Warm the fajita wraps.
4. Fill with grilled chicken, peppers, and cheese.
5. Optionally, add extra lettuce and cucumber for crunch.
6. Serve the chicken fajitas with a side of crispy potato wedges and enjoy your meal!



SERVES

6



THERMAL THURSDAY SOUP

Recipe Supplied by **John Mumberson**

John is a talented musician, self-taught and always eager to share his love for music with others. This recipe comes from a Welsh community winter event where John volunteered, bringing warmth and joy through both his music and this delightful treat. This soup received such glowing reviews! This is a soup that's sure to impress at any occasion.

INGREDIENTS

2 onions
4 ribs of celery
¾ lb potatoes
½ lb carrots
½ lb parsnips
½ a swede
½ lb sweet potato
½ lb courgettes
3 medium apples
¼ cabbage
Clove of garlic
White pepper
Mustard
Salt
2 tbs sunflower oil
2 tbs date Syrup
50g brown Sugar
Water to cover the vegetables

METHOD

1. Prepare onions, ribs of celery, apples, by peeling and slicing thinly then sauté in vegetable oil.
2. Peel and slice thinly the carrots, parsnips and swede. Slice cabbage, place all into a very large cooking pot.
3. Add the sauteed ingredients, brown sugar, date syrup, mustard and garlic add enough water to cover the vegetables.
4. Cook for 10 min at boiling point.
5. Whilst cooking peel the potatoes and sweet potatoes, dice and add to the cooking pot, add sliced courgettes and another few cups of water (again until vegetables are just covered).
6. Pressurise the cooking pot and cook for 20 min.
7. Depressurise the cooking pot, mash slightly and serve with salt and pepper seasoning, a herb garnish (parsley or coriander) and a warm buttery crusty roll.
8. This recipe will thicken when left to stand.





SERVES

2



WALNUT AND SPROUT SOUP

Recipe Supplied by **Llewellyn Hall**

The great news about this recipe is that all the ingredients can be home-grown or locally sourced. This makes a big difference in the taste, as each ingredient is bursting with the authenticity of the Welsh lands.

Llewellyn's grandfather, John, would grow all these vegetables along with his neighbours, Ken Jenkins and Ken Jones. Since their passing, the gardens have now been taken over by new neighbours, including a Rastafarian African gardener who is always happy to assist with any vegetable-growing dramas or to offer a new tomato plant ready to find a new home from its nursery pot.

Look out though; unless they are well cared for, the garden demons will get you!

INGREDIENTS

500g Brussel sprouts
1 peeled and finely chopped
apple
500g butternut squash
50g walnuts
1 onion
A pinch of salt and pepper

METHOD

1. Peel and chop the apple and onion.
2. Trim the bottom of the bud from the sprouts.
3. Peel and cube the butternut squash.
4. Shell and chop walnuts.
5. Place all vegetables and walnuts into a pressure cooker with $\frac{1}{2}$ pint of water and boil under pressure for 20 min.
6. Add salt and pepper to season.





SERVES

8



VEGAN CORN CHOWDER

Recipe Supplied by **Nina Finnigan**

Nina is an absolute firecracker! Her boundless energy is as explosive as a nuclear missile, and her passion for ecology and veganism reflects her deep care for the planet and its inhabitants. It's remarkable that she's still so active in community work after dedicating many many years of her time. Her dedication to making the world a better place is truly admirable.

Nina's combination of knowledge, professionalism, and compassion must make her a valuable asset to any community. She is someone who brings joy and inspiration wherever she goes, radiating positivity and making a significant impact on those around her. Her life and work serve as a testament to the power of passion and dedication in making the world a better place.

INGREDIENTS

- 1 tbs of olive oil
- 1 medium onion
- 4 garlic cloves minced
- 1 medium red pepper
- 1 green pepper or 2 celery ribs
- 1 tsp thyme
- 1 tsp of paprika
- 2 bay leaves
- 4½ cups of vegetable broth
- 8 ears of corn, husked (or 6-7 cups canned or frozen)
- 500g potatoes
- ¾ cup of raw cashew nuts or 1 can of coconut milk
- Salt and pepper to season

METHOD

1. Soak ¾ cup of cashews in warm water for 30 minutes. Drain. Puree the cashews with ¾ cup of water. Set aside.
2. Sauté in a large cast iron oven pot; heat oil over a medium heat, add diced onion, pepper and celery, sauté for 7 minutes. Add the garlic thyme and paprika after 5 minutes.
3. Add the corn, diced potatoes, bay leaves and vegetable broth, bring to the boil, reduce heat, cover and simmer for 15 minutes (or until the potatoes are cooked throughout). Remove from the heat.
4. Let the chowder cool for a few minutes and remove the bay leaves. Transfer 2-3 cups of the soup to a blender and puree. Add back to the soup, stir well, and season to taste with salt and pepper. For a thicker soup, puree up to half.

MAINS





SERVES

6



TOAD IN THE HOLE

Recipe Supplied by **Marra**

This recipe was a handed down recipe from Marra's Mam. Marra is a mam herself, food means comfort to her and she enjoys relaxing cooking at home with her partner. She gets her sausages fresh from a local family run butcher in Mountain Ash. They have amazing quality products, which always has great taste.

INGREDIENTS

12 sausages
1 tbs sunflower oil
140g plain flour
2 eggs
175ml semi skimmed milk

METHOD

1. Cook sausages in ovenproof dish with a little oil until brown.
2. Mix eggs, flour and milk until completely smooth.
3. Once sausages are cooked pour the batter mix into the dish and put in oven for 30 minutes or until golden brown and risen.





SERVES

2



P.C JONES CURRY

Recipe Supplied by **Lee Jones**

Lee and his partner cook together and they try different recipes and foods. It gives them new dishes to enjoy and brings them closer together. This recipe is full of flavour and very filling. He says "cooking since 2020 has helped me try foods I wouldn't normally try. My favourite person to cook with is my fiancé."

INGREDIENTS

Olive oil

500g soya mince

Curry turmeric, coriander,
cumin, fenugreek orange
peel

Chilli powder, garlic, celery
seed, mustard

½ cup of onions

1 cup carrots

2 chopped potatoes

METHOD

1. Place olive oil in saucepan.
2. Dice onions, carrots, potatoes and place into the hot oil, simmer for 5 minutes.
3. Put mince in and water stir and watch for 20 minutes.
4. Insert curry mix with a little brown sugar and stir for 10 minutes.





LUKES' FISH PIE

Recipe Supplied by **Luke Thomas**

Luke enjoys cooking with his elderly neighbour, they cook together regularly creating all sorts of masterpiece we have one for you hear the fish pie! This recipe is one of Lukes favourite dishes, especially when the potatoes are grown locally in Ynysboeth. His parents also enjoy cooking together. He is also a self-taught author and filmmaker and film critic, so look out for a cooking film in the future featuring Sheila the neighbour and Lukes parents Nic and Mel.

INGREDIENTS

500g frozen fish chunks
200g potatoes for mashing
200g grated cheese (mature)
½ tbsp cornflour
250ml milk
1 tbs Parsley
1 stock cube
Knob of butter
Salt and pepper for seasoning

METHOD

1. Lightly poach the fish in roughly one pint of milk, place on a plate to cool, break the fish up into smaller pieces in a dish.
2. Add a knob of butter to the remaining milk and a stock cube, bring back to the boil and thicken with cornflour. It needs to be quite thick.
3. Chop parsley and add it to the white sauce and add fish to the sauce. Leave to cool.
4. Cook the potatoes and mash them with a generous knob of butter, season with salt and pepper.
5. Place the potatoes onto the fish mixture, grate the cheese on top.
6. Brown in the oven until golden brown on gas mark 5-6.





SERVES

1



SCRUMPTIOUS SALTY RABBIT

Recipe Supplied by **Paul**

Paul is an incredible person, embodying the spirit of self-sufficiency and camaraderie. His skills in shooting, fishing, and cooking in the outdoors make him a true man of the land, deeply connected to nature and its bounty. Beyond his practical skills, Paul's commitment to his friends and his genuine care make him someone you can always rely on and confide in.

INGREDIENTS

- 1 Rabbit
- 2 tbs dark soy sauce
- 1 tbs chilli flakes
- 2 cloves garlic
- 1 tbs honey
- 2 chicken stock cubes
- 1 red chilli
- A handful of fried spring onions and radishes
- Olive oil

METHOD

1. Soak rabbit meat overnight in salty water.
2. Marinate for 4 hours in soy sauce, chilli flakes, crushed garlic, honey and chicken stock.
3. Heat 1 tbs of olive oil in a deep frying pan. And cook rabbit until crispy.
4. Garnish with finely chopped red chilli, spring onions and radishes.





BUTTER CHICKEN

Recipe Supplied by **Jason**

Jason is a delightful character! Being an ex-postman, he has a treasure trove of stories and experiences to share, and his sense of humour contagious, carrying kindness with him wherever he goes. People like Jason make the world a brighter and friendlier place.

INGREDIENTS

300g chicken
200g fresh tomatoes
1 large onion
1 tbs tomato puree
2 tbs passata
½ can coconut cream
1 tbs garam masala
1 tsp ground ginger
1 tsp chilli powder
1 bay leaf
½ tsp salt
Freshly ground pepper

METHOD

1. Dice Tomatoes.
2. Add the chunks of chicken to a bowl and season with the kosher salt pepper. Toss to coat and set aside.
3. In a large, high-sided skillet or 6-quart pan, heat 1 tablespoon oil and 1 tablespoon butter over medium heat. Add the onion and cook for 4-5 minutes or until it begins to soften. Add the garam masala, ground ginger, and chilli powder and cook for 2 minutes, stirring often so it doesn't burn. Stir in the tomatoes, tomato puree and passata and whisk until smooth; cook for 2 minutes.
4. Stir in the coconut cream until then add the bay leaf. Bring to a boil then reduce to a simmer and cook for 5 minutes.
5. While the sauce cooks, add the remaining 1 tablespoon oil and 1 tablespoon butter to a large skillet over medium-high heat. Add the chicken and cook for 4-5 minutes, stirring occasionally, until the chicken is lightly browned on all sides.
6. Add the tomato cream sauce to the chicken and stir to combine. Scrape up any browned bits from the bottom of the pan and simmer for 10-15 minutes, stir in the yogurt simmer for 2 min. Serve with basmati rice and garlic naan on the side.



SERVES

3



PENNY'S PAPRIKA CHICKEN

Recipe Supplied by **Penny**

This recipe originated in Portugal when Penny was served this dish on a cruise. Penny asked for the recipe and made it when she came home is an absolute star in the kitchen, she claims she is not a very good cook and that if she can cook a dish then anyone can cook it. But friends and family know she brings people together by making different things for different occasions and tastes. She can especially turn a fussy eating child into a devouring lion cub and can adapt any recipe to suit all. Penny has been cooking for over 50 years and her favourite person to cook with is herself.

INGREDIENTS

300g diced chicken
2 onions
1 red pepper
1 ½ tbs paprika
1 tbs lemon juice
½ cup of vegetable stock
1 tsp mixed herbs (parsley, coriander, oregano and basil)
2 tbsp olive oil
Cream cheese
Salt and pepper to season

METHOD

1. Marinate diced chicken overnight in buttermilk and ½ tbs of paprika.
2. Slice 2 onions, the red pepper and put aside.
3. Fry the diced chicken in the olive oil in a large thick gauged frying pan.
4. Toss in the peppers and onions.
5. Add paprika herbs and stock.
6. Simmer for 10 minutes.
7. Remove from the heat.
8. Let it cool.
9. Add lemon juice and cream cheese (must leave it cool down a little or the cream cheese will curdle).
10. Serve with boiled rice.



DAI'S CHEESY SLOP OVER BREAD

Recipe Supplied by **Dave Richards**

You know where you are with Dave... he is consistent... consistently says things 'as they are' often with no filter. The recipe reminds him of his nan's old house and the old straw bed she had. The recipe originates from the old ladies; the old grandma's special dish that the community would eat, remember and enjoy he says it will go to the death of me and claims he should have patented the recipe and sold it to the Yanks. He also affirms cooking hasn't helped him be the person he is today. An interesting fact about Dave is he can sing one line of any song.

INGREDIENTS

(measurements depend on how hungry you are)

Bacon

Onion

Tomato

Cheese

Worcestershire sauce

Pepper

METHOD

1. Grill or fry bacon, onion and other bits you want to put in once fried add boiling water to a nice depth.
2. Add pepper and Worcestershire sauce to your personal liking, add grated cheese, keep stirring until it comes to a sloppy consistency.
3. Cut a nice thick piece of bread doorstep. Scoop the bacon, onions and the mixture on top of the bread then top with the remaining juice.



SERVES

4



COLA CHICKEN / PHEASANT

Recipe Supplied by **Vickie Miles**

This recipe could also be adapted to include a gamebird, so instead of using chicken, an alternative would be pheasant. Although the pheasant is a native of Asia due to the vast range of number of different varieties; the subspecies have evolved and found its own particular area and with its own distinctive variation in plumage. Despite these variations in plumage the cock pheasant cannot possibly be confused with any other British bird. To acquire a quality local bird legally some local farms employ gamekeepers to encourage and manage the presence of pheasants on their land under licence.

INGREDIENTS

Fry lite spray
4 chicken breast(chopped)
2 peppers (chopped)
1 onion finely chopped
1 can of cola flavoured fizzy drink
200ml chicken stock
8 tbs passata added herbs
4 tbs tomato puree
2 garlic cloves chopped
2 tsp Worcestershire sauce
1 tbs dark soy
1 tsb mixed herbs
100g peas
Add more cols drink for a thinner sauce
Fancy a change? Then use an orange drink.

METHOD

1. Spray a large saucepan with fry lite.
2. Put on high heat.
3. Add chicken, peppers and onions.
4. Stir fry until golden.
5. Add all wet ingredients and herbs.
6. Stir well.
7. Bring to boil, cover and reduce heat to medium low and simmer for 12-15 minutes.
8. Add peas, stir and increase heat to medium high and cook until chicken is cooked and vegetables are tender.
9. Use more fizzy drink if you want a thinner sauce.





CHICKEN CASSEROLE WITH HERB DUMPLINGS

Recipe Supplied by **Katherine Miles**

Katherine is an indispensable asset in any workplace! Her role as a receptionist requires not only excellent organisational skills but also the ability to interact with a diverse range of personalities professionally and fairly. Her wealth of knowledge and experience in this regard makes her a true fountain of wisdom.

As the go-to person for information and support, Katherine embodies integrity and stability, qualities that are highly valued in any team. Her reliability and fairness ensure that everyone feels respected and supported, making her the kind of friend you'd want by your side in any situation.

In a world where reliability and professionalism are essential, Katherine shines as a beacon of trustworthiness and dependability. Her presence brings a sense of calm and assurance, making her an integral part of any team or community.

INGREDIENTS

- 8 skinless chicken pieces – a mixture of thighs and drumsticks on the bone, and halved chicken breasts
- 1 tbs plain flour
- 1 tbs sunflower oil
- 1 onion, sliced
- 2 carrots, diced
- 100g bacon lardons, smoked or unsmoked, or streaky rashers, snipped
- 2 bay leaves
- 2 sprigs thyme

- 150ml red wine
- 2 tbsp. tomato paste
- 1 chicken stock cube
- For the herby dumplings**
- 140g cold butter, diced
- 250g self-raising flour
- 2 tbs chopped mixed herb – try parsley, thyme and sage or chives

METHOD

.....

1. Set oven to 180°C fan, 160°C gas or 4. Toss the chicken pieces with the flour and some salt and pepper to coat them.
2. Heat the oil in a casserole with a lid. Brown the chicken pieces well on all sides, do this in batches. Remove all the pieces to a plate, tip the onions, carrot, lardons, bay leaves and thyme into the pan. Cook gently for 10 minutes until the onion has softened.
3. Return the chicken pieces, with any juices that have collected on the plate. Then pour in the red wine, 250ml water and tomato paste and crumble in the stock cube. Add a splash more of water if you need, until the chicken is almost covered. Bring to the boil, then cover with a lid and bake in the oven for 20 minutes. Remove the lid and bake for another 10 minutes while you make the dumplings.
4. Rub the butter into the self-raising flour with your fingertips until it feels like fine breadcrumbs. Stir in the herbs with ½ tsp salt and some pepper. Drizzle over 150ml of water and stir in quickly with a cutlery knife to form a light dough. Use flowered hands to shape into ping pong sized balls.
5. Place the dumplings on top of the stew and bake for 20 minutes more until the dumplings are cooked through.





SERVES

4



DUCK RAGU

Recipe Supplied by **Gaynor**

Gaynor and her daughter enjoy eating duck, so whenever one thinks of Donald Duck, just remember he would make a good ragu. "Rumour has it that Goofy is planning to fatten up Donald Duck, ready for Christmas lunch!!"

INGREDIENTS

4 duck legs, skin on) or 2 duck breast (skin off and cut into smaller pieces)

800g tinned chopped tomatoes

500ml chicken stock

80g onion, finely chopped

80g carrot, finely chopped

80g celery, finely chopped

A few mushrooms

2 tsp ground cinnamon

2 bay leaves

Handful of sage leaves, finely chopped

Thyme, oregano, rosemary, basil

Tomato paste

1 clove of garlic minced

1 tbs extra virgin olive oil

Salt and pepper to taste

METHOD

1. Place mushrooms and stock in a heatproof bowl and set aside for 5 minutes to soak.
2. Chop onions, carrots leeks and garlic finely, and set aside gently cook in pan until softened.
3. Fry duck with the olive oil in a large cast iron pan until cooked.
4. Season the duck with salt and pepper and place in saucepan over medium heat. continue cooking for 10-15 minutes.
5. Add the finely chopped carrot, celery, sauté until softened then add the bay leaf rosemary and thyme to the dish and cook, stirring, for 3-4 minutes until mixture is fragrant. Add garlic and cook for 1-2 minutes until aromatic. Add tomato paste and tomatoes and cook for 1 minute. Add the mushroom and stock. Bring to a simmer, scraping to dislodge any bits that have cooked onto the base.
6. remove the bay leaves.

Meanwhile, cook pasta in a large saucepan of salted boiling water until al dente. Drain. Add pasta to sauce and toss until coated. Divide among serving plates. Scatter over basil leaves and shaved parmesan to serve.



SERVES

4



JULIE AND MARIA'S STIR FRY

Recipe Supplied by **Julie Davies and Maria Morgan.**

At the age of 10 Julie was the best cook in her house. Her love for cooking really shows how much she cares for her family and loved ones especially her husband. She doesn't drink a drop of alcohol and won't find it in any of her recipes, and to be fair Julie really doesn't need it. It always feels like a party when you're in her company.

Maria loves to see an empty plate. Food means everything to Maria, she has been cooking since she was 16 her children are always there when she makes them their favourite dish.

So when Julie and Maria join up together to cook it's no surprise that there is usually a very special dish about to be tasted. Maria loves organising trips. If there was ever a trip to be on it would be one organized by Maria and Julie, the food would be amazing, the company great fun. What a fantastic day out it would be!!

INGREDIENTS

1 onion
2 cloves of garlic
1 carrot
A medium bok choy
1 red Pepper
1 yellow pepper
1 tbs brown sugar
500g sliced chicken fillet
1 tsp ginger
Vegetable oil
2 tangerines
1 tbs soy sauce
350g rice

METHOD

1. Peel and chop onions and peppers, finely slice the carrots vegetables.
2. Part boil the bok choy.
3. Place rice in boiling water simmer until tender.
4. Whilst the rice is on simmer, fry the chicken strips with the onions in a large frying pan or wok with a generous amount of vegetable oil.
5. Remove bok choy from heat (should be part boiled by now), slice and add to the pan.
6. Add peeled and sliced garlic and ginger to the pan.
7. Place on a very high heat and add peppers, sliced carrots, brown sugar and soy sauce to the pan or wok.
8. Drain rice
9. Serve the stir fry and rice together then squeeze the tangerine over the meal. Yummy!



SERVES

6



CHILLI CON CARNE

Recipe Supplied by **Phillip Lucas**

Phillip has a remarkable presence with his incredible energy is quite invigorating and memorable. With his enthusiasm, positivity, and charisma Phillip is one of those individuals that have a way of leaving a lasting impression. It is quite an experience to encounter his radiating powerful energy!

INGREDIENTS

1 large onion
1 red pepper
2 garlic cloves
1 tbs paprika
1 tbs cumin
500g minced beef
800g chopped tomatoes
400g red kidney beans
Long grain rice

METHOD

1. Slice and dice onions, and red pepper.
2. Fry onions, and minced beef in a large frying pan until beef is cooked and browned.
3. Boil rice in a separate saucepan until slightly tender.
4. Chop chillies and garlic and add to the pan, add chopped tomatoes, kidney beans, paprika and cumin with a little seasoning of salt and pepper simmer for 10 min cook until 'soup like'.
5. Add more chilli, cheese or sour cream/yogurt if desired.





SERVES

4



THE COAL MAN'S CURRY

Recipe Supplied by **Sarah and Becca**

Sarah and Becca, what a team! They cook together and share a beautiful friendship. Their sisterlike bond is genuinely heartfelt whenever you see them together. This recipe for a delicious curry, made by Sarah and Becca, captures the traditional Welsh spirit. Traditionally, coal miners working on the coalface together would share friendships like these two beauts.

INGREDIENTS

- 1 green pepper
- ½ butternut squash
- 1 carrot
- 1 onions
- 2 cloves of garlic
- ½ can coconut milk
- 1 tbs dhal spice mix
- 2 cups of ginger and lentil stock
- Tbs natural yogurt
- Handful of fried shallots
- Tsp Fresh coriander

METHOD

1. Peel and chop squash, carrots and onions.
2. Fry onions with a generous amount of oil.
3. Add dahl spice mix and chilli, if desired.
4. Slice peppers.
5. Add ginger lentil stock into pan with squash and carrots.
6. Simmer until reduced.
7. Add garlic and peppers.
8. Add coconut milk.

To create an extra tasty topping to serve add a dollop of yogurt, fried shallots, and fresh coriander leaves.





SERVES

2



CREAMY MUSHROOM AND SPINACH PASTA

Recipe Supplied by **Craig Evans**

Craig is an extraordinary individual! Being a plumber during the day and keeping people in the Cynon Valley warm and a best friend on call truly showcases his dedication to both his profession and his relationships. His commitment to a vegan lifestyle reflects his compassion and consideration for the world around him. Moreover, his non-judgmental nature and cleverness make him not just a great plumber but also an incredible friend.

The way Craig treats others—making them feel like royalty and empowering them to achieve their dreams—speaks volumes about his patience, generosity, and positive outlook on life. Craig enriches the lives of everyone he encounters!

INGREDIENTS

250g vegan pasta (such as penne, fusilli, or fettuccine)

250g mushrooms, sliced (button mushrooms or any variety you prefer)

2 cups fresh spinach leaves, washed and roughly chopped

3 cloves garlic, minced

1 small onion, finely chopped

1 cup of blended cashew nuts

½ cup grated vegan cheese

2 tablespoons olive oil

Salt and pepper to taste

Fresh parsley, chopped (for garnish)



METHOD

1. Cook the pasta in a large pot of salted boiling water according to the package instructions until al dente. Drain and set aside, reserving about ½ cup of pasta water.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and chopped onion, and sauté until softened and fragrant, about 2-3 minutes.
3. Add the sliced mushrooms to the skillet and cook until they release their moisture and start to brown, about 5-7 minutes.
4. Pour in the blended cashew nuts and bring to a simmer. Let it cook for a few minutes until slightly thickened.
5. Stir in the grated vegan cheese until melted and well combined.
6. Season the sauce with salt and pepper to taste.
7. Add the cooked vegan pasta and chopped spinach to the skillet with the creamy mushroom sauce. Toss gently to coat the pasta and spinach evenly with the sauce. If the sauce is too thick, you can add some of the reserved pasta water to loosen it up.
8. Garnish with freshly chopped parsley and extra grated vegan cheese if desired. Serve hot and enjoy!

This creamy and flavourful pasta dish is sure to be a hit with mushroom and spinach lovers alike. It's simple to make yet incredibly satisfying, making it perfect for a quick weeknight dinner or a special weekend treat. Enjoy!



SERVES

2



THE NEIGHBOUR'S PIZZA

Recipe Supplied by **Sheila**

Sheila loves to cook and share her time in the kitchen. She is like the floating chef, always ready to lend a helping hand. Everyone should have a Sheila living on their street. She goes into her neighbours' houses and helps them cook. Whether you're a new mam looking for assistance or a teenager needing a little guidance, Sheila is there, ready to whisk up something healthy with you. She is the ultimate wing girl in the kitchen.

Here we have a pizza recipe with a delightful Welsh coastal twist that can tantalize the taste buds of anyone, from a coal miner to a mariner.

INGREDIENTS

Homemade pizza base

Combine, 800g flour, 650ml warm water, 1 tbs unrefined brown sugar, oil and 14g of dried yeast, 1 level tsp of sea salt and 1 tsp olive oil mix together to make a firm dough... knead well and leave to stand for 2 hours cover with film and wait to raise.

1 cup of passata

2 cups of shredded mozzarella cheese

½ cup of crumbled Caerphilly cheese (or any other Welsh cheese)

½ cup of cooked, crumbled laverbread (a traditional Welsh seaweed)

½ cup of sliced cockles (optional for an authentic coastal flavor)

¼ cup of thinly sliced leeks

¼ cup of thinly sliced mushrooms

1 tbs of olive oil

Salt and pepper to taste

Fresh arugula for garnish

METHOD

1. Preheat your oven to 475°F (245°C).
2. Roll out the pizza dough on a floured surface to your desired thickness and transfer it to a baking sheet or pizza stone.
3. Spread the passata evenly over the pizza base.
4. Sprinkle the shredded mozzarella cheese over the sauce.
5. Distribute the crumbled Caerphilly cheese, mushrooms, cooked laverbread, and sliced cockles evenly over the pizza.
6. Add the thinly sliced leeks on top.
7. Drizzle with olive oil and season with salt and pepper.
8. Bake in the preheated oven for 10-12 minutes, or until the crust is golden and the cheese is bubbly.
9. Remove from the oven and let it cool slightly.
10. Garnish with fresh arugula before serving.

Arugula also known as rocket. Grown and used since ancient Roman times, arugula was first used as a medicinal herb and aphrodisiac. Enjoy this unique and flavourful Welsh coastal twist pizza with friends and family!





YNYSBOETH SCHOOL CAWL

Cawl is a hearty and comforting dish that holds a special place in Welsh culinary heritage. Here's a recipe for this delicious soup.

It was heartwarming to bring together the younger and older generations for a cooking session at the Feel Good Factory! Cooking traditional dishes like cawl with the guidance of the older generation not only preserves culinary heritage but also fosters meaningful connections and shared experiences. Here's a recipe for the Welsh lamb cawl, emphasising the collaborative effort between the local school children and the older generation.

INGREDIENTS

Onions
Parsnips
Leeks
Carrots
Potatoes
lamb
Stock cube
Herbs (optional)

METHOD

1. Cut the lamb into small pieces.
2. Fry the lamb in a pan until browned.
3. Peel and slice the onions.
4. Add the onions to the pan with the beef and sauté until the onions are soft.
5. Peel and chop the carrots, parsnips, leeks, and potatoes.
6. Place the chopped carrots and parsnips in a large saucepan with a pint of water.
7. Melt the vegetable stock cube in some warm water and add it to the saucepan. Cover the pan, bring to a boil, then simmer for 20 minutes.
8. After the initial 20 minutes of simmering, add the chopped potatoes and leeks to the saucepan. Add the cooked beef and onions to the saucepan with the vegetables.
9. Continue to cook for another 30 minutes, or until all the vegetables are tender.
10. Season with herbs if desired.
11. Once everything is cooked through and well combined, serve the stew hot. Enjoy your hearty and unique dish!



TOM'S GLAMORGAN JACKETS

Recipe Supplied by **Tom**

Tom is an invaluable asset to the community, especially in his role teaching cooking classes for the NHS. His dedication to promoting healthy eating and culinary skills is commendable and his nurturing nature makes him the ideal son-in-law figure.

Inventing a unique version of the baked potato adds another layer to Tom's talents and creativity in the kitchen. It's wonderful to have Tom around. He uses his skills to positively impact the lives of others and contribute to the well-being of the community. He is greatly appreciated by all who have the pleasure of knowing him!

INGREDIENTS

2 medium sized baking potatoes-cleaned
½ teaspoon wholegrain mustard
½ teaspoon mixed herbs
½ teaspoon dried parsley
1 teaspoon vegetable oil
40g mature cheddar cheese - grated
1 small leek-thinly sliced
Ground black pepper
2 teaspoons sage and onion stuffing mix - optional

METHOD

1. Wash the potatoes and prick all over with a fork. Place in the microwave and cook on high for 9-10 minutes until the potatoes are soft. Remove from the microwave and cool slightly.
2. Preheat the oven to 190°C. Slice the leek and cook in the vegetable oil until soft but not brown.
3. Cut the potatoes in half and hollow each side out using a teaspoon. Place the cooked potato in a mixing bowl and mash thoroughly. Add the leek, 30g cheese, herbs, mustard and black pepper and mix well.
4. Spoon the potato mixture back into the potato skins pressing down well with a teaspoon. The sprinkle with the remaining cheese and dried stuffing mix.
5. Put the potatoes on a baking tray and bake in the oven for 10-15 minutes until the potato is piping hot and the top is golden brown. Alternatively, place them under a medium heat grill and cook until the potato is piping hot the top is golden brown.



SERVES

4



BAB'S CORNED BEEF PIE

Recipe Supplied by **Babs**

What's not to love about Babs? She cooks from dusk till dawn, always on the go. When she's not cooking, she's painting her shed or entertaining friends and family. This recipe is closely associated with the miners' strike in 1984-85. Babs came up with this alternative to the traditional corned beef pasty because she wanted to do something different. Without food, we can't live, and without Babs cooking cakes, pies, pasties and food for all in the community, we would all potentially starve!! This recipe is also extra special because it is her son's favourite. She's been cooking since a young age, and her son is also a good cook—the apple didn't fall too far from the tree there (smiley face). She even gets her daughter-in-law cooking Welsh cakes.

INGREDIENTS

1lb Onions (lots)
2 tins of corned beef
1lb potatoes
½ cup flour
Potato water (boiled with swede)

METHOD

1. Fry a lot of onions.
2. Put the onions in a deep casserole dish (leave enough onions to make a gravy).
3. Boil the potatoes and set the potato water aside.
4. Make gravy – firstly mix a paste consistency using the flour, the oil left from frying the onions and a little potato water. Add the liquid slowly otherwise the flour will be lumpy, make sure you whisk the ingredients as you go once the potato water has been added place on the hob and begin to boil. keep on whisking and stirring as it heats so no lumps appear.
5. Slice corned beef on top of the onions then put some gravy on top.
6. Slice the boiled potatoes place on top of the gravy keep the cycle of layering until you reach the top of the casserole dish ending with potatoes on top.



SERVES

2



JOLLOF RICE

Recipe Supplied by **Victoria. [Nigeria and Wales connection cuisine]**

This recipe was supplied by Victoria, and its origin is from Nigeria. Victoria enjoys cooking, and it gives her energy. Although crayfish can be difficult to acquire, it's not impossible. An entertaining trip on the train through the Valleys Line is not only a great day out, but it also takes you straight into the city of Cardiff. There, market shops sell a whole manner of different produce from across the globe to satisfy any international cuisine requirement. Shopping in Cardiff offers the added benefit of passing stops along the way, seeing sights of the Cynon river where the brown trout live.

INGREDIENTS

Rice
Chicken meat
Vegetable oil
Tomatoes
Red bell pepper
Chilli pepper
Crayfish
Thyme
Mixed spice
Carrot
Green beans
Peas
Onions

METHOD

1. Cook the chicken and set it aside.
2. Parboil the rice and set it aside.
3. Heat some vegetable oil in a pot.
4. Add chopped onions, blended tomatoes, red bell pepper, and chilli pepper. Fry for 15 minutes.
5. Add crayfish and meat stock.
6. Pour in the parboiled rice into the pot with the sauce.
7. Allow to cook for 15-20 minutes.
8. Add chopped carrot, green beans, and peas.
9. Cook until the vegetables are tender and the rice is fully cooked.



SERVES

1



STEVE'S CHICKEN DRUMSTICKS COATED WITH SPICES

Recipe Supplied by **Steve**

Steve is a true gem in the community! His selfless dedication to helping older people speaks volumes about his character and compassion. He plays a crucial role in ensuring the well-being and support of elderly individuals in the community.

It's heartwarming to know that there are individuals like Steve who prioritise the needs of others above their own and work tirelessly to make a positive difference in people's lives. His kindness and generosity surely make him a beloved figure in the community, and his actions undoubtedly bring comfort and support to those he assists.

INGREDIENTS

Chicken drumsticks
Garlic powder
Mixed herbs
Pepper
Salt
Brown sugar
Olive oil

METHOD

1. Mix all the herbs, pepper and brown sugar.
2. Cover the drumsticks with olive oil and roll it in the mixture.
3. Put them in the air cooker at 190°C for 30 minutes.
4. Season to taste





PAN-FRIED BROWN TROUT RECIPE

Recipe Supplied by **Ryan**

Ryan channels his energy into his volunteer work at the Feel Good Factory, where he brings joy and nourishment to the community.

At the Feel Good Factory, Ryan finds immense satisfaction in helping others.

Ryan's enthusiasm is infectious.

Ryan's favourite dish to cook, inspired by his mother's comforting recipes, is pan-fried brown trout, a meal that never fails to bring back cherished memories. His recipe, a blend of Welsh tradition and personal touches.

His efforts in recycling shows his commitment to sustainability and the environment.

Ryan truly cares about both people and the planet. Cooking brown trout in Wales can be a delightful experience, especially given the fresh, local ingredients available.

This recipe not only brings a taste of Wales to the table but also embodies the spirit of community.

INGREDIENTS

2 whole brown trout, cleaned and gutted

4 tbs butter

2 tbs olive oil

1 lemon, sliced

2 cloves garlic, minced

Fresh herbs (such as parsley, thyme, or dill), chopped

Salt and pepper to taste

METHOD

1. Rinse the trout under cold water and pat dry with paper towels.
2. Season the inside and outside of the trout with salt and pepper.
3. In a large frying pan, heat the olive oil and 2 tablespoons of butter over medium heat until the butter is melted and the mixture is hot.
4. Place the trout in the pan and cook for about 4-5 minutes on each side, or until the skin is crispy and the flesh is opaque and flakes easily with a fork.
5. Add the minced garlic to the pan during the last 2 minutes of cooking, being careful not to let it burn.
6. In a separate small saucepan, melt the remaining 2 tablespoons of butter over low heat.
7. Add the chopped fresh herbs and a few lemon slices to the melted butter, stirring occasionally.
8. Transfer the cooked trout to a serving platter. Pour the herb and butter mixture over the top of the trout. Garnish with additional fresh herbs and lemon slices if desired.





SERVES

4



AMY'S BOLOGNESE TACOS

Recipe Supplied by **Amy Aubery**

If you're looking for a recipe that's cooking from the heart this is the one you're looking for because Amy believes that food is good for the soul and has been cooking since childhood with her mam. Cooking has helped shape Amy into the person she is today, providing a means of expression and connection. Her favourite people to cook with are her children and she loves sharing the joy of creating delicious meals together.

Amy's tacos are a fusion of Mexican, Italian and Welsh flavours. Amy's unique taco recipe, made in the heart of her kitchen in the Cynon Valley combines the vibrant flavours of Mexico, the rich culinary traditions of Italy and a touch of Welsh flair using Caerphilly cheese, a crumbly, tangy cheese from Wales. This reflects her belief that food is a bridge between cultures and a source of joy.

INGREDIENTS

500g mince beef
½ carton of passata
1 carrot
3 garlic cloves
1 tsp oregano
1 tsp thyme
1 tsp basil
1 tsp parsley
2 tsp paprika
100g caerphilly cheese
8 mini wraps
½ tin chopped tomatoes

METHOD

1. Fry off mince in herbs and garlic until browned.
2. Grate the carrot add into mince mixture until soft.
3. Add passata and chopped tomatoes, simmer until reduced down.
4. Dip the wrap into the bolognese sauce and place wrap sauce side down heat in a separate frying pan on medium heat.
5. Add bolognese mixture and grated cheese and fold wrap closed leave to crisp.





SERVES

4-6



HARLEY AND ANTHEA MAI'S CHICKEN NUGGETS AND CHIPS

Recipe Supplied by **Anthea Mai and Harley**

Harley and Anthea Mai are children who love to help the older generation with digital equipment. They enjoy sharing their knowledge and making technology accessible to everyone. In addition to their tech skills, they have a great recipe for chicken nuggets and chips that is simple and fun to make, perfect for family gatherings and quality time in the kitchen.

INGREDIENTS

For the Chicken Nuggets:

2 chicken breasts, cut into bite-sized pieces

1 cup plain flour

2 eggs, beaten

1 cup breadcrumbs

1 tsp garlic powder

1 tsp paprika

Salt and pepper to taste

Olive oil for baking or frying

For the Chips:

4 large potatoes, peeled and cut into chips

2 tbsp olive oil

Salt and pepper to taste



METHOD

1. Preheat the oven to 200°C (180°C fan) / Gas mark 6.
2. Place the cut potatoes in a large bowl and toss with olive oil, salt, and pepper.
3. Spread the potatoes evenly on a baking tray lined with parchment paper.
4. Bake in the preheated oven for 25-30 minutes, turning halfway through, until golden and crispy.
5. Set up a breading station with three bowls: one with flour, one with beaten eggs, and one with breadcrumbs mixed with garlic powder, paprika, salt, and pepper.
6. Coat each piece of chicken in flour, dip in beaten eggs, and then coat with the breadcrumb mixture.
7. For baking: place the breaded chicken pieces on a baking tray lined with parchment paper, drizzle with a little olive oil and bake in the oven alongside the chips for about 20 minutes, turning halfway through, until golden and cooked through.
8. For frying: heat a shallow layer of olive oil in a frying pan over medium heat. Fry the breaded chicken pieces for about 4-5 minutes on each side until golden and cooked through. Transfer to a plate lined with paper towels to drain excess oil.
9. Serve the chicken nuggets hot with the crispy chips.
10. Optionally, add a side of ketchup, mayo or any favourite dipping sauce.

Harley and Anthea Mai's chicken nuggets and chips recipe is a delightful and easy meal that brings everyone together. It's perfect for a fun cooking session with the family, combining the joy of making delicious food with the satisfaction of helping others in the community.

JAM AND DESSERTS





SERVES

8



THREE INGREDIENT FRUIT CAKE

Recipe Supplied by **Molly Lewis**

On a cold wet November afternoon during a local 'Thermal Thursday' community event this recipe. Molly is from Mountain Ash she gave out this recipe to share with the community. To make the recipe a little more interesting Molly would mix a teaspoon of mixed spice in with the fruit. Other additions to make this recipe a little more creative would be to add some stem ginger, brown sugar and/or ground almonds. This cake tastes great with a dollop of scrumptious thick cream.

INGREDIENTS

2.5 cups (625g) of orange juice
2 kg of mixed dried fruit
2 cups of self-raising flour

METHOD

1. Place fruit in saucepan.
2. Pour over 2 cups of fruit juice and bring to the boil.
3. Reduce and simmer for 3 mins.
4. Leave to cool for 20 min to 2 hours.
5. Pre heat oven 150 degrees.
6. Line cake tin.
7. Put pan contents into cake tin.
8. Sift flour over fruit.
9. Use remaining half cup of juice if needed.
10. Cook for 2 hours.
11. Wrap in foil, keep airtight for 2-3 days.





BLACKBERRY & APPLE JAM

Recipe Supplied by **Emma**

Emma has a library of recipes, varying from soups, jams, desserts and main dishes. She is an absolute go-to if you need a yummy treat using locally grown ingredients, which she grows herself. Emma also enjoys spending time with horses as well as being dedicated in the kitchen and in her garden growing vegetables.

INGREDIENTS

600g blackberries (washed and drained)

500g of apples (peeled, cored and cut into small chunks)

1.1 kg granulated sugar

300ml water

10g butter

METHOD

1. Put water and apple chunks in a preserving pan and simmer gently until soft (approx. 5-10mins).
2. Add the blackberries, bring to the boil and then simmer until soft (15-20mins).
3. Add the sugar off the heat, stirring until dissolved.
4. Heat pan gently to ensure all the sugar has dissolved, then boil rapidly for 10 mins. Stir constantly so it does not stick to bottom of pan.
5. If at this point jam is still chunky, you can always give it a quick blitz with a hand blender.
6. Take off the heat and do the drop test. If the jam is thick, it will stick to the wooden spoon and slowly drop off. If it runs off, then you need to boil it for a further 2-3 minutes.
7. Remove any excess scum from the top with a slotted spoon then stir in butter.
8. Remove from heat and ladle into your prepared clean hot jars.





SERVES

6



COURGETTE AND LIME CAKE

Recipe Supplied by **Eve Harris**

Eve is a tutor, complimentary therapist and mum of 2 boys.

This recipe was inspired by an overwhelmingly generous donation of locally grown courgettes and Eve's Auntie Jill, whom is known for making amazing cakes and salads. The recipe was slightly adapted from the original. This is a recipe that's easy to love. People turn their nose up to the 'cougette' cake but everyone loves it when they try it. Eve's background is in science, although wouldn't call herself an intuitive cook, but can follow a recipe. Cooking in our household brings the family together, friendships together, comfort, nutrition and warmth. Eve has a fond memory at around 5 years old baking Welsh cakes with her nan and gran. She loves to share her cooking, much to her husband's dismay as he'd like to keep it all. Her favourite person to cook with is her 7 year old son Gabriel.

INGREDIENTS

60g raisins
250g courgettes (about one large) weighed before grating
3 medium or 2 large eggs
125ml vegetable oil
150g caster sugar
225g self-raising flour
½ tsp baking powder
Cream cheese
Icing sugar
Juice and zest of lime

METHOD

1. Pre heat the oven. If using raisins, put into a bowl and cover with warm water to plump up.
2. Put eggs, oil and sugar into a separate bowl and beat until creamy.
3. Sieve in flour, ½ tsp bicarbonate of soda and baking powder and continue to beat until combined.
4. Stir in grated courgette and drained raisins.
5. Pour into two 21cm sandwich tins, greased and lined and bake for 25-30 minutes (don't pay too much attention to this either – I usually use 2 x 16cm tins or one bigger one because I top it rather than sandwich it).

Filling/Topping

Don't worry about being too precise with amounts. Cream together until taste and thickness is what you want.

1. Mix the cream cheese and icing sugar together.
2. Add juice and zest of lime.
3. Add more icing sugar to thicken if needed.



SERVES

2



ZERO SUGAR BLUEBERRY / PICK YOUR OWN STRAWBERRY MUFFINS

Recipe Supplied by **Teressa**

Teressa, was looking for a yummy sugar free gluten free recipe she discovered this little gem, It's gorgeous. It was a first for her to utilize blueberries in a recipe. Teressa is one of those people you come across and never forget. She offers more as a friend so much so you get stopped in your tracks with kindness and wisdom. Her nurturing, insightful nature draws out the best in people and it's no wonder that her recipe is oozing with delight, guilt free and leaving you wanting more. Food means variety to her. She is passionate and interested in learning new health recipies and cooking food to make people happy. If you can make somethingnthat your kids enjoy and want more of then you'r a good chef! She has been cooking since she was really young and can remember her first cooking set, she enjoys cooking set and has always enjoyed cooking by herself.

A great recipe adaption to the blueberry muffin is to use locally grown and pick your own strawberries. Pick your own is a popular choice and an entertaining way to buy food, to buy local food such as raspberries.

INGREDIENTS

- 1 cup of almond flour
- 5 tbs heavy cream
- ½ cup fresh blueberries or strawberries
- 2 tbs sweetener (Steveia)
- 1 large egg

METHOD

1. Pre heat over to 180°C, prepare muffin tray with 4 liners.
2. In a bowl add the dry ingredients.
3. Whisk well until mixed.
4. Add the heavy cream and the beaten egg/aquafaba.
5. Stir together until all well mixed.
6. Fold in the blueberries.
7. Divide the mixture between the 4 liners and place in the oven for 25 minutes.

Recipe adaptations: Vegan: replace egg with aquafaba



SERVES

4



CLASSIC APPLE CRUMBLE WITH A TWIST

Recipe Supplied by **Tracy and Declan**

This recipe was taken from Tracy's childhood memories of treasured moments that she shared with her father, a traditional apple crumble with apples from her dad's orchard and fruits from his garden as an added extra. They would cook together, eat together, laugh together and comfort each other. These days she enjoys cooking with her grandson and loves to spend time volunteering with animals.

A gem of an apple to use in this recipe would be the Newton Wonder although it is very hard to get hold of as they are no longer grown commercially. Alternatives are listed below. Although any apple would work.

INGREDIENTS

1lb apples (Lane's Prince Albert, Grenadier or Bramley's Seedling)
2 tbs brown sugar
1 tsp lemon juice
1 tsp ground cinnamon
100g plain flour
2 tbs porridge oats
50g butter (cold)
Add a handful of raspberries, blackberries or wimberries picked in the summer.

METHOD

1. Peel and core apples. Cut into thick slices (other fruit optional).
2. Part boil for 5 minutes, drain and place evenly at the bottom an oven proof dish.
3. Add a sprinkle of sugar and a teaspoon of lemon juice.
4. Add flour, butter, oats and sugar to a mixing bowl.
5. Mix with your hands until it is a crumbly consistency Then add the cinnamon and mix in.
6. Put on top of the fruit.
7. Sprinkle a little sugar on top and put into the oven at 180 C.
8. Cook for 30 minutes.





SERVES

6



CHOCOLATE CAKE

Recipe Supplied by **Huw Lewis**

What's a recipe book without a chocolate cake? This recipe was given by Huw Lewis, a local farmer who over the years has not been able to survive without cake. To some it is considered the Welsh farming staple, keeping him energised and alert when herding sheep ready for shearing or driving his tractor or wood chipper. His brother and nephews also enjoy a quick warm time around the kitchen table with some cake and cup of tea.

INGREDIENTS

Melted butter, to grease
270g brown sugar
185ml milk
125g butter, cubed
50g cocoa powder
1/4 tsp bicarbonate soda
150g self-raising flour
2 tbs plain flour
3 eggs, lightly whisked
195g icing sugar
1 tbs cocoa powder
10g (2 tsp) butter, at room temperature
2 tbs boiling water

METHOD

1. Preheat oven to 160°C. Brush a deep, square, 19cm (base measurement) cake pan with melted butter to lightly grease.
2. Line the pan with baking paper.
3. Place the sugar, milk and butter in a large saucepan. Use a fine sieve to sift the cocoa powder and bicarbonate of soda over the mixture. Place the pan over medium-low heat and use a whisk to stir until the mixture is smooth (don't boil the mixture). Remove the pan from the heat and set aside to cool for a few minutes.
4. Use a sieve to sift half of the self-raising and plain flour into the pan. Use the whisk to stir until the mixture is smooth. Repeat with the remaining flours. Add the eggs and continue to stir until well combined.
5. Pour the mixture into the prepared cake pan and gently tap the pan on a bench to release any large air bubbles. Bake in preheated oven for 45-55 minutes or until a skewer inserted in the centre of the cake comes out clean. Set aside for 2 minutes before turning onto a wire rack. Set aside for 1¼ hours or until completely cool.
6. To make the chocolate icing, sift the icing sugar and cocoa powder into a medium bowl. Add the butter and water, and stir with a wooden spoon until smooth. Use the back of a spoon or palette knife to spread the icing evenly over the top of the cooled cake. Set aside for about 50 minutes or until the icing is firm.





SERVES

6



AIR FRY SCONES

Recipe Supplied by **Julie Burns**

This recipe was inspired by Julie's dedication to her role as a wife and friend speaks volumes about her caring and nurturing nature. With a wealth of past travel experiences, she brings wisdom and insight to every conversation and interaction.

Her willingness to listen and assist, especially in culinary matters, makes her not just a friend but also a valuable resource. Whether it's sharing recipes, offering cooking tips or simply being there to lend an ear, Julie's presence brings comfort and joy to those around her.

Julie's warmth and generosity makes her a beloved figure in the lives of many and her ability to support others in practical, mental and emotional ways is truly admirable.

INGREDIENTS

3½ cups self-raising flour
1 cup of thick cream
1 cup of lemonade
Vegetable oil

METHOD

1. Preheat air fryer to 170°C for 3 minutes.
2. Place 3½ cups of flour in a large bowl.
3. Make a well in the centre.
4. Add 1 cup of thick cream and 1 cup of lemonade. Using a flat-bladed knife, stir until a sticky dough forms.
5. Turn dough out onto a lightly floured surface and knead until just smooth (don't over-knead).
6. Flatten dough until 2.5cm-thick. Using a 6cm-round cutter, cut out scones.
7. Press leftover dough together and repeat to make a total of 12 scones.
8. Pull out air-fryer pan and basket, then brush basket with oil.
9. Place 6 scones, side by side, in basket. Slide pan and basket into air fryer.
10. Set timer for 15 minutes and cook until light golden and hollow when tapped on top.





SERVES

6



NOSTALGIC CREAM ÉCLAIRS

Recipe supplied by **Maria Morton**

Maria is a dynamo in Bryncynon's community kitchen where you could eat your dinner off the floor because it is so clean. She does everything—serving up, cooking, prep work—all with a smile on her face. Maria would help anyone who asked.

For anyone who remembers having a cream éclair from their parents, grandparents, at a wedding, birthday or christening in Wales, this recipe will bring back cherished memories. These classic cream éclairs with their light choux pastry, rich pastry cream and glossy chocolate glaze are perfect for recreating those special moments.

These vanilla éclairs are a delightful treat that showcase Maria's skill and dedication in the kitchen. They're perfect for sharing with family and friends, bringing joy and deliciousness to any occasion.

INGREDIENTS

For the Choux Pastry:

- 125ml water
- 125ml milk
- 100g unsalted butter, cut into small pieces
- ½ tsp salt
- 1 tsp sugar
- 140g plain flour
- 4 large eggs

METHOD

Make the Choux Pastry:

1. Preheat your oven to 200°C (180°C fan) / Gas mark 6.
2. In a medium saucepan, combine water, milk, butter, salt, and sugar. Bring to a boil over medium heat.
3. Once boiling, remove from heat and add the flour all at once. Stir vigorously with a wooden spoon until the mixture forms a ball and pulls away from the sides of the pan.
4. Return the pan to low heat and cook, stirring constantly, for about 2 minutes to dry out the dough slightly.
5. Transfer the dough to a mixing bowl and let it cool for a few minutes.
6. Add the eggs one at a time, beating well after each addition, until the dough is smooth and glossy.

INGREDIENTS

For the Vanilla Pastry Cream:

500ml milk
1 tsp vanilla extract)
6 large egg yolks
100g sugar
40g cornflour
50g unsalted butter

For the Chocolate Glaze:

100g dark chocolate,
chopped
100ml double cream

METHOD

Pipe and Bake the Pastry:

1. Transfer the choux pastry dough to a piping bag fitted with a large round tip.
2. Pipe 10-12cm long strips onto a baking sheet lined with parchment paper, leaving space between each one.
3. Bake in the preheated oven for 25-30 minutes, until the éclairs are puffed and golden brown.
4. Turn off the oven and let the éclairs cool in the oven with the door slightly ajar.

Prepare the Vanilla Pastry Cream:

1. In a saucepan, heat the milk and vanilla bean (or extract) until just boiling. Remove from heat and let it steep for 10 minutes.
2. In a bowl, whisk together egg yolks, sugar, and cornflour until well combined.
3. Gradually pour the hot milk into the egg mixture, whisking constantly to prevent curdling.
4. Return the mixture to the saucepan and cook over medium heat, whisking constantly, until it thickens and comes to a boil.
5. Remove from heat and stir in the butter until melted and smooth.
6. Transfer the pastry cream to a bowl, cover with plastic wrap (pressing it directly onto the surface to prevent a skin from forming), and refrigerate until completely cool.

Make the Chocolate Glaze:

1. Heat the double cream in a small saucepan until just boiling.
2. Pour the hot cream over the chopped chocolate and let it sit for a minute, then stir until smooth and glossy.

Assemble the Éclairs:

1. Once the éclairs are cool, cut them in half lengthwise.
2. Fill a piping bag fitted with a star tip with the chilled vanilla pastry cream.
3. Pipe the pastry cream onto the bottom halves of the éclairs.
4. Dip the top halves of the éclairs into the chocolate glaze, letting any excess drip off.
5. Place the glazed tops onto the filled bottoms.
6. Serve the vanilla éclairs immediately or refrigerate until ready to serve.



SERVES

6



MILLIONAIRES SHORTBREAD

Recipe Supplied by **Lyndon Bengough**

Lyndon is a pillar of kindness and generosity in the community! His act of baking cakes and biscuits for everyone at the Glyncoch Community Centre is not only a delicious gesture but also a heartfelt way of bringing people together and spreading joy.

His dedication to caring for his wife showcases his commitment to his loved ones. His willingness to help in any way further highlights his compassionate nature. Lyndon's ability to lend an ear to those who need it shows that he truly cares about the well-being of others. Overall, Lyndon is a source of comfort and support for many in the community and his acts of kindness undoubtedly make the world a brighter place.

INGREDIENTS

200g shortbread biscuits,
crushed

50g butter for the base

150g butter

150g soft brown sugar

397g condensed milk

200g chocolate

METHOD

1. Mix the 50g butter with the crushed biscuits.
2. Place them in the bottom of the tin.
3. Make it into an even layer and chill for 20 minutes.
4. Place the butter and sugar into a non-stick pan and stir over a medium heat until its melted.
5. To make the golden caramel, add the condensed milk, stirring continuously until the first bubbles appear on the surface.
6. Remove from the heat as soon as it boils.
7. Spread the caramel over the crumb base and chill for 30 minutes.
8. Melt the chocolate and pour evenly over the caramel smooth into the edges.
9. When the chocolate has hardened a little cut into squares.





JAM AND COCONUT CAKE

Recipe Supplied by **Dai Hughes**

Anyone who has experienced school dinners in the Cynon Valley would have most likely experienced the joys of the jam and coconut cake the lovely dinner ladies serve up at dinner time. This is Dai's version of this delicious all time favourite with children and older people. It's also often served in care homes and home run home delivery food services for our elderly. Dai is known as being very helpful and polite. He likes cooking this dish for others and for himself. When he bakes his favourite cake it helps him to keep going, which he has been cooking since he was in school himself.

INGREDIENTS

- 6oz self raising flour
- 6oz soft butter
- 6oz caster sugar
- 3 eggs
- tsp baking powder
- Strawberry jam
- 2oz dessicated coconut

METHOD

1. Beat together the egg, flour, butter and sugar.
2. Pour mixture in a tray.
3. Cook at 180°C for 30 min until cooked in the middle.
4. Once cooled spread jam over the top and sprinkle coconut and cut into squares.



Jam and Coconut Cake

INGREDIENTS
100g BUTTER
100g SUGAR
100g JAM
100g COCONUT
100g FLOUR





SERVES

6



FARMERS MARKET CHRISTMAS BISCUITS

Recipe Supplied by **Yvonne**

Yvonne is incredibly resourceful and excels at solving problems, always finding creative solutions to any challenge. She loves cooking for people and her caring nature shines through in everything she does. Her best skill, though, is making people laugh, bringing joy and light-heartedness to everyone around her. So when she was asked to make something for the Penderyn Farmer's Christmas Market, these spiced biscuits went down a storm.

INGREDIENTS

185g butter, softened

$\frac{3}{4}$ cup of caster sugar or brown sugar

1 tsp vanilla extract

1 egg

2 cups plain flour

Christmassy spices:

1 tsp ground cinnamon

1 tsp ground ginger

$\frac{1}{2}$ tsp ground cloves

$\frac{1}{2}$ tsp ground nutmeg

METHOD

1. Beat butter, sugar and vanilla until pale and creamy.
2. Add egg. Beat until combined.
3. Sift flour over butter mixture.
4. Add Christmas spices as desired.
5. Using a wooden spoon, stir to combine.
6. Preheat the oven to 180°C (350°F) and line baking sheets with parchment paper.
7. On a lightly floured surface, roll out the dough to about 1/4 inch (0.5 cm) thickness.
8. Use festive cookie cutters to cut out shapes and place them on the prepared baking sheets.
9. Bake in the preheated oven for 10-12 minutes, or until the edges are lightly golden.
10. Allow the biscuits to cool on the baking sheets for a few minutes before transferring to wire racks to cool completely.
11. Dust the cooled biscuits with icing sugar for a festive touch.





SERVES

4



DATE AND WALNUT CAKE

Recipe Supplied by **Antoinette Matthews**

Antoinette shared this delightful recipe for the late Queen Mother's favourite cake, a date and walnut cake! This classic cake is sure to be a hit with its rich flavours and textures. A truly royal treat.

INGREDIENTS

4 oz chopped dates

4 oz sugar (caster or granulated)

1 ½ oz butter

½ tsp vanilla essence

5 oz self raising flour

¼ teaspoon salt

1 oz chopped walnuts

⅓ teaspoon of bicarbonate of soda

Topping

2½ teaspoon sugar

1 tbs butter

1 tbs cream or evaporated milk

METHOD

1. Pour ½ cup of boiling water over 4 oz of chopped dates and add ½ tsp of bicarbonate of soda let stand.
2. Mix 4 oz sugar, 1 ½ oz of butter, vanilla essence, 5 oz self-raising flour, salt and chopped walnuts add to the date mixture.
3. Bake for 35 min in heat (140°C) oven in a lined tin.

Topping

1. Mix all topping ingredients together and boil for 3 minutes stirring all the time.
2. Spread on top of the cake when cooked and when cake slightly cooled.
3. Sprinkle with nuts.





SERVES

4



PLAIN WELSH CAKES

Recipe Supplied by **Ceri Milton**

The recipe is perfected from 8 years of Parent and Teacher Association volunteering. Ceri and her friends would make batches upon batches for various venues such as fairs, fêtes, and holidays. This popular Welsh treat, which can be adapted using various flavorings, has been dancing on the tastebuds of many thousands and bringing people together.

Since Ceri has left the PTA, she continues to make Welsh cakes for her friends and family or just for a treat with a paned o de.

INGREDIENTS

225g self raising flour

125g butter

75g caster sugar

1 large egg

METHOD

1. Mix the flour and butter together to create breadcrumbs.
2. Then mix the sugar and egg to the breadcrumbs to make dough.
3. Add a little milk if dough is dry.
4. Add a little flour if dough is too wet.
5. Roll the dough 1cm thick, cut out into shapes, then bake stone 3 mins each side.





SERVES

6



MALEA'S DOUBLE CHOCOLATE COOKIES

Recipe Supplied by **Malea**

Malea's double chocolate cookies are a decadent treat that chocolate lovers will adore. Packed with rich, chocolatey goodness, these cookies are perfect for sharing with friends and family or indulging in a little self-care.

INGREDIENTS

1 cup (225g) unsalted butter, softened

1 cup (200g) granulated sugar

1 cup (200g) brown sugar, packed

2 large eggs

1 teaspoon vanilla extract

2 cups (250g) all-purpose flour

3/4 cup (75g) unsweetened cocoa powder
1 teaspoon baking soda

½ teaspoon salt

2 cups (350g) chocolate chips

1 cup (175g) dark chocolate chunks

METHOD

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, cream together the softened butter, granulated sugar, and brown sugar until light and fluffy.
3. Beat in the eggs one at a time, ensuring each is well incorporated. Stir in the vanilla extract.
4. In a separate bowl, whisk together the flour, cocoa powder, baking soda, and salt.
5. Gradually add the dry ingredients to the wet mixture, mixing until just combined.
6. Fold in the semi-sweet chocolate chips and dark chocolate chunks until evenly distributed throughout the dough.
7. Drop rounded balls of dough onto the prepared baking sheet, spacing them about 2 inches apart.
8. Bake in the preheated oven for 10-12 minutes, or until the cookies are set around the edges but still soft in the centre. They will continue to cook slightly as they cool on the baking sheet.
9. Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.
10. Serve with a glass of cold milk or a hot cup of coffee, and enjoy the rich, chocolatey goodness of Malea's double chocolate cookies.

These cookies are sure to satisfy any chocolate craving and make a wonderful addition to any dessert table. Malea's double chocolate cookies are perfect for sharing with loved ones or enjoying as a special treat.