

# Recipes to feed the soul



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## A warm welcome from The Merstham Mix

We are a new kind of café aiming to bring together the local community for low-cost, healthy food in a sociable space, while doing something proactive to address the problem of food waste.



**Our crowdfunding campaign is now at an end - thanks to your generous donations and the match funding from Santander we raised a total of £20,217!**

This will allow us to run evening and weekend sessions and start our cooking lessons.

We couldn't have done this without your help - this little recipe book is by way of a little thank you! The recipes have been kindly donated by a range of talented chefs and food bloggers:

- Loved and Enough
- Your Health Stina
- Big Friendly Grub
- The Salt Box
- The Dutch Foodie

You guys were amazing. You donated money and prizes. Shared the campaign. Got your work colleagues involved. The biggest thank you from the bottom of our hearts. It's been fantastic and we're so grateful on behalf of the Merstham community.

What better way to thank you guys than to join forces with a group of local chefs and food bloggers to bring you some inspiring and delicious recipes?



### So what's in this recipe book?

We've got some delicious savoury dishes: vegan chilli and rice, raw cabbage slaw, chilli linguini, tortilla quiches and delicious flatbreads. Chocolate lovers will be happy - a delicious chocolate flapjack or a chocolate prezel peanut butter caramel tart!

We'd love to see your efforts recreating these dishes so please share photos with us on social media!

Thanks again for all your support from all of us at the Merstham Mix!



Loved and Enough



# Vegan chilli and rice

Recipe by Loved and Enough

This simple vegan chilli with rice is a hearty and filling dish the whole family can enjoy. The chilli also freezes well in portions, so you can use it when you want to, although it's best to always cook the rice fresh.

## Ingredients:

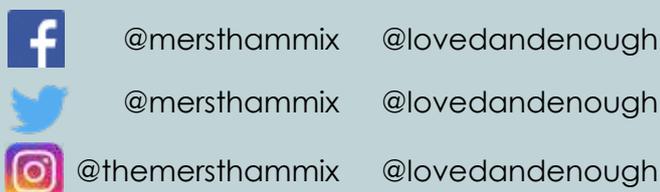
- 63g dehydrated soy mince – rehydrate as instructed using a stock cube
- 1 onion, diced
- 1 carrot, chopped into small chunks
- Can of chopped tomatoes
- Half tbsp oil
- 1 tbsp tomato puree
- Salt/pepper to taste
- 1 can of kidney beans
- 2tsp chilli flakes (or to taste)
- 400g rice

## Method:

1. Gently fry the onion and carrot in oil until softened
2. Add tinned tomatoes and tomato puree
3. Stir and add in rehydrated soy mince
4. Add kidney beans and chilli to taste
5. Put on a gentle heat and stir regularly to ensure no sticking
6. Leave on low heat for about 30 minutes
7. Serve chilli with cooked rice

“Loved and Enough helps people to eat more vegan food by offering a positive community with recipes and inspiration. Great vegan food is great food for everyone!”

Rachel Lowe, Founder  
[www.lovedandEnough.com](http://www.lovedandEnough.com)  
[www.mersthammix.org.uk](http://www.mersthammix.org.uk)





# Quick and easy flatbreads

Recipe by The Salt Box

Baking bread at home doesn't have to be difficult – flatbreads are super simple to make, quick to cook and taste delicious served straight from the pan. They're made from two main ingredients – self raising flour and natural yogurt – and you can add whatever herbs and spices that tickle your fancy!

The perfect accompaniment to grilled meat or veg, they can be prepared on an open-fire or in your kitchen at home. We have found that they are also a really fun and easy recipe to get the kids involved!

## Ingredients:

- **300g natural yoghurt**
- **300g self raising flour**
- **½ tsp bicarb**
- **1 tsp salt**
- **Optional: 1 tsp chilli flakes, cumin, coriander or any other spice mix.**

We love them served soft, filled with our achari-spiced chicken and red cabbage slaw, or baked until crisp and served with dips like our ember-baked carrot hummus. The dough will also freeze well, just divide the dough into desired portions, wrap loosely in clingfilm and pop in the freezer. To bake, allow the dough to thaw overnight in the fridge, or for 2-3 hours at room temperature and then follow the cooking instructions here.



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[www.wearethesaltbox.co.uk](http://www.wearethesaltbox.co.uk)

[www.mersthammix.org.uk](http://www.mersthammix.org.uk)

## Method:

1. Sift the flour with the bicarb and optional spices into a large bowl. Add the salt followed by the yoghurt and combine into a nice soft dough. If the dough is too sticky add a touch more flour.
2. Leave the dough to rest for a few minutes before using.
3. Take the dough out of the bowl and place on a floured work surface. Divide the dough into 10.
4. Roll each piece into a ball and using a rolling pin roll a few millimetres thick.
5. Heat a large frying pan/griddle pan and dry fry your flatbreads, turning every few minutes. When they begin to puff up they're ready!
6. Place the flatbreads onto a plate and cover with a tea towel until serving so that they don't dry out.
7. Serve on a large serving board so everyone can dig in and help themselves!





# RAW cabbage slaw

Recipe by Your Health Stina

This slaw is an idea healthy side dish, is Vegan & has no refined sugar.

## Ingredients:

- 3/4 savoy cabbage
- 2 red onions
- 4 garlic cloves
- 2 lemons
- Cayenne pepper
- Paprika
- Black pepper
- Sea salt/Himalayan salt
- Extra virgin olive oil
- Avocado oil
- Balsamic vinegar

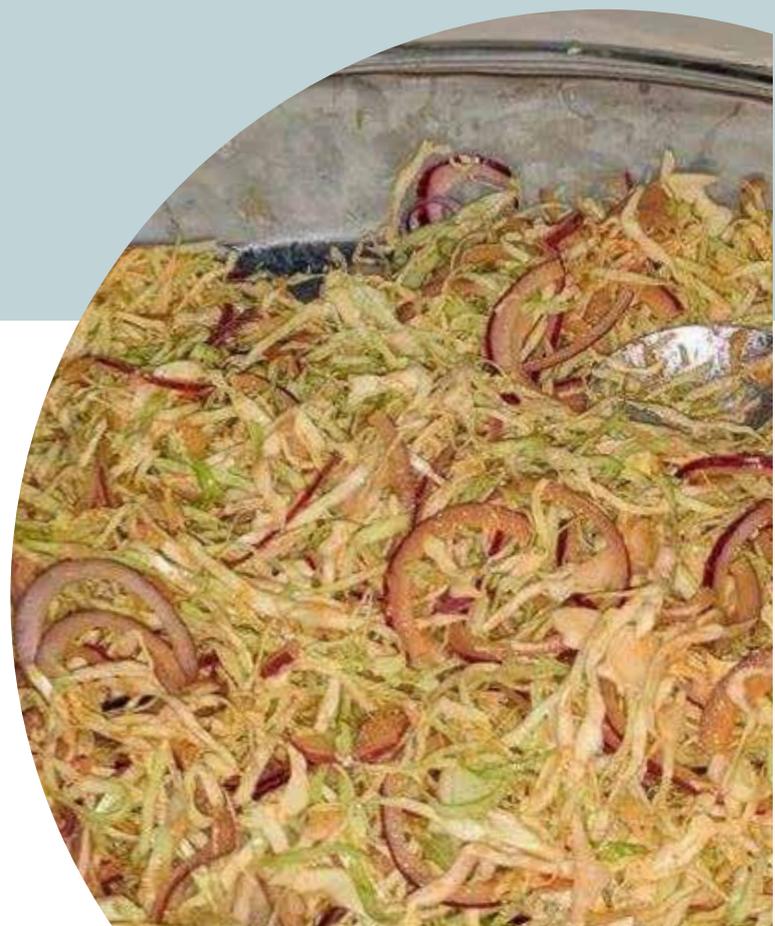
## Method:

1. Slice up the savoy cabbage, red onions and garlic and mix them together in a bowl or glass dish
2. Blend up the rest of the ingredients to make a dressing
3. Mix it all together and enjoy!

"I live in Merstham and I am very interested in living a healthy lifestyle."

Christina Brauner, Food Blogger  
Your Health Stina

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# Chocolate flapjack

Recipe by Your Health Stina

This delicious chocolate flapjack is Vegan & has no refined sugar. Easy to make as this is not a recipe that requires precise measuring.

## Ingredients:

- Coconut oil (approx 5 tbsp)
- Oats
- Sultanas
- Peanuts
- Date syrup
- Soya milk
- 85% cocoa cooking chocolate
- Cinnamon
- Ginger
- Nutmeg

Note that for this recipe you can estimate the amounts - precision not needed!

## Method:

1. Heat approx 5 serving spoons of coconut oil in a saucepan
2. Add the porridge oats to the melted coconut oil and stir
3. Add sultanas and nuts
4. Add cinnamon powder, ginger and nutmeg, stirring together to mix in
5. Add in a sweetener of your choice such as date syrup or honey
6. Mix all together until warm
7. If mixture is a bit dry add a milk alternative such as soya milk
8. Get a glass bowl and place it above a saucepan with boiling water
9. Put the chocolate in the glass bowl and let it melt
10. Start greasing a glass dish or ceramic dish with coconut oil
11. Place the oat mixture evenly across the dish and ensure the mixture is firmly pressed together
12. Pour the melted chocolate over the flapjack mixture
13. Finish off by cooling off a bit

"I am a pescetarian who has an interest in the Vegan diet."

Christina Brauner, Food Blogger  
Your Health Stina





# Chocolate pretzel peanut butter caramel tart

Recipe by Big Friendly Grub

If you're a lover of chocolate, peanut butter, caramel or any combination of the above, then this dessert is as indulgent as they come, but the saltiness of the peanut butter and pretzels cuts through the richness to make it extremely moreish. The best part is - there's very little cooking involved!

## Ingredients:

### For the chocolate ganache:

- 300g dark chocolate
- 250ml double cream

### For the peanut butter filling:

- 1 397g tin of Carnation caramel
- 90g peanut butter
- 100ml double cream

### For the base:

- 150g salted pretzels
- 150g double chocolate digestive biscuits
- 150g unsalted butter, melted



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## Method:

1. Blitz the pretzels and digestive biscuits in a food processor until they become a fine crumb. If there are still slightly larger pieces of pretzels, that's fine as they add to the crunch.
2. Melt the butter in the microwave and then mix into the pretzel and biscuit crumb.
3. In a 10" loose-bottom tart dish, add the pretzel/biscuit mix to create a base. Press down firmly into the dish – use the bottom of a glass to help press everything down. Place into the fridge for 1 hour to firm up.
4. Take a medium size saucepan and place it over a medium heat. Add the tin of caramel to the pan and stir until starts to loosen up.
5. Add the peanut butter and stir until it melts and combines with the caramel. Then gently stir in the double cream.
6. Add the caramel mix onto the base and spread over evenly with a palette knife. Leave to cool for 10 minutes and then place into the fridge to set for one hour.
7. Break or chop up the dark chocolate into small pieces and add to a large bowl.
8. Add the double cream to a microwave-safe bowl and heat it up in the microwave for around 2 minutes in 30 second bursts so the cream is hot, but not boiling.
9. Pour the double cream over the chocolate and stir until the chocolate has fully melted and becomes smooth and glossy. Don't over-stir as it could become grainy!
10. Pour the chocolate ganache over peanut caramel layer and smooth over. Leave to cool at room temperature for 10 minutes, and then place in the fridge to completely set.



## Red Hot Chilli Linguine

Recipe by The Dutch Foodie

This is a freestyle Pasta Puttanesca on steroids! Or tone down by taking out some of the chilli ingredients, if you prefer things a bit calmer. The classic Italian Sugo alla Puttanesca is a simple yet feisty combination of fruity tomatoes, salty anchovies and olives, tangy capers, hot chillies and fragrant garlic.

The umami of the anchovies is essential for the gutsy depth of flavour of this dish. But if you want to make this vegetarian, leave them out and add salt and extra Worcestershire sauce to taste. Make it vegan by also leaving off the ricotta or creme fraiche. You could opt for an alternative vegan cream alternative instead.

### Ingredients:

- 250-350g pasta, plain or with chillies
- 400g tinned chopped tomatoes, with or without chilli
- 1/2 tbsp olive oil
- 3-4 anchovies in oil, drained
- 1 red chilli, deseeded or not, finely chopped (optional)
- 1 banana shallot, finely chopped
- 1-2 cloves of garlic, finely chopped
- 1 large red pepper, deseeded and diced
- 150ml red or white wine (optional)
- 1 tbsp tomato paste
- 1 tsp dried Italian herbs or oregano
- 1/2 tbsp Worcestershire sauce
- 2-3 tbsp capers, drained and rinsed
- 1 tsp balsamic vinegar (optional)
- 1/2 tsp unrefined caster sugar or coconut palm sugar (optional)
- a few sprigs of fresh thyme
- 280g cherry tomatoes
- 145g red pesto, with or without chillies, from a tub or a jar
- Salt & pepper
- A good handful of toasted pine nuts
- Optional to serve: 4 generous tablespoons of ricotta or creme fraiche, freshly grated Parmesan



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## Method:

1. Heat a heavy-based pan over medium heat on the hob. Add the oil and the anchovies. Let them start to melt away, stirring. Add the shallots and garlic. Turn the heat down and cook for a few mins or so, stirring occasionally.
2. Turn the heat back up to medium-high and add the wine (if using) to deglaze the pan. Let it reduce to almost gone, stirring often. Add the red pepper and sauté for a minute or so.
3. Add the tinned tomatoes, the Worcestershire sauce, tomato paste, capers and herbs. Season to taste but remember anchovies add their own saltiness. Turn the heat down, cover and cook for 15-20 mins.
4. Add the pesto, balsamic vinegar, sugar and cherry tomatoes. Check the seasoning (be careful with salt as the cooking water added at the end will add a little saltiness). Cook uncovered for another 10 mins or so, or until the cherry tomatoes have "popped" and softened.
5. Remove the thyme sprigs from the sauce, if using.
6. Meanwhile cook the pasta al dente in salted water according to the packet instructions. Strain and add to the sauce together with 1-2 tbsp of the pasta cooking water. Toss to coat and turn off the heat.
7. Serve with a scattering of pine nuts, a generous dollop of ricotta or creme fraiche and a good grating of Parmesan.



# Mini Flour Tortilla Quiches With Red Peppers And Chorizo

Recipe by The Dutch Foodie

These can be filled with anything you like; use more veg to replace meat for a vegetarian version. I part covered cooked ingredients with the egg base, then scattered the rest of the uncooked ingredients and garnishes over the top before baking for texture contrast.

These freeze beautifully, so make a couple of batches to share with friends for a weekend brunch, then freeze the rest for a quick grab-and-go breakfast on the run, or pack into your lunch box. Wonderful for picnics or summer garden parties.

Eat after resting at room temperature, or reheat in a medium oven or in the microwave if you don't mind less crispy edges. If you can't get hold of these mini taco shells, you can cut out 12 cm rounds from regular flour tortillas, or arrange a couple of quarters into greased muffin tins for similar effect.

## Ingredients:

- 12 stack-and-stuff flour tortillas (e.g. Old El Paso)
- 4 large eggs
- 100g chorizo or bacon, finely chopped
- 1 small red pepper, finely chopped
- 5-6 spring onions, finely sliced
- a little fresh parsley or coriander, finely chopped
- a few chives, finely chopped
- 1 tbsp sour cream, double cream, whipping cream or milk
- 20-30g good melting cheese, grated (can be cheddar or you could use Gouda, mozzarella or even blue cheese)
- Salt & pepper



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## Method:

1. Preheat the oven to 190 C.
2. Heat a non-stick frying pan over medium-high heat and add the chorizo or bacon. Stir-fry for a few minutes until the juices are releasing. Add 2/3 of red pepper, and 2/3 of the spring onion. Stir-fry for another minute or so and set aside.
3. Whisk the eggs with the cream or milk (as using) and 2/3 of the fresh herbs. Season generously with salt and pepper.
4. Place the tortilla shells onto a baking sheet. Divide the cooked meat and veg over the shells, then top with the egg mixture. mini tortilla quiche with chorizo and peppers
5. Be sure to allow a little space for rising. Scatter over the reserved uncooked peppers, spring onions and cheese.
6. Bake for 15-20 mins or until just set. Leave to cool for 5-10 mins or so. Eat as they are, else chill or freeze.



"I'm a local personal chef with a passion for food from around the world. Food waste is a pet hate. A lot of my recipes are born from leftovers."

Marianne Hospel,  
Owner, TheDutchFoodie



Thank you again for your fantastic support - your help is making a difference to the local community!

The Merstham Mix is also grateful to have received funding from the following organisations, in particular Santander who gave us match funding for the crowd fund campaign:



**NATIONAL  
LOTTERY FUNDED**



**SURREY**

This project is supported through the

**Members' Allocation Fund**



Merstham Community Facility Trust  
Merstham Community Facility Trust



**THANK YOU FROM ALL AT THE MERSTHAM MIX!**

