

# Cook purple for polio

Raising awareness of Rotary's work to eradicate polio



**Rotary**  
Club of Canterbury



**Rotary**  
Club of Canterbury Sunrise



# Pinky-purple

Bluey-purple



Reddish-purple

# Purply-purple

# Disclaimer

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# Foreword

The Rotary Club of Canterbury is one of the oldest Rotary clubs in our district (District 1120) and will celebrate its 100th anniversary in 2022. During these 100 years our club has supported hundreds of great local and international causes. One of these causes is PolioPlus, Rotary's programme to support the eradication of Polio from the world. As such, it's our pleasure to have produced this purple-themed recipe book in association with our sister club (the Rotary Club of Canterbury Sunrise) to help increase awareness of polio. We also hope that readers – or those who use the recipes – make a donation to PolioPlus. Thanks to the efforts of the eradication programme Polio is now found only in two countries. Please help us towards eradicating the disease from ALL countries around the world.

Stephen Thompson, President  
The Rotary Club of Canterbury



Never standing still, the Rotary Club of Canterbury saw the potential for widening its influence locally by sponsoring a new breakfast club, in the form of the Rotary Club of Canterbury Sunrise, back in 2008. This new club attracted many, mostly younger members, not previously familiar with Rotary's objectives.

Three Rotary clubs in Canterbury now offer meetings at either breakfast, lunch or dinner – every opportunity is covered! In addition to supporting the work of Rotary International and its 35,000+ clubs and 1.2 million members around the world, our members have supported countless local causes. Perhaps you have seen us out and about on our annual Santa visits around the streets of Canterbury, bringing joy to so many young (and some not so young) children, whilst collecting food for our local Food Bank?

To date, smallpox remains the only disease to have been successfully eradicated by vaccine. We are so close to consigning Polio to history – with your donation, we can add Polio to this very short list. Thank you.

Jarle Tatt, President  
The Rotary Club of Canterbury Sunrise



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# What is PolioPlus?

For more than 30 years, Rotary and its partners have driven the effort to eradicate polio worldwide. Rotary's PolioPlus programme was the first initiative to tackle global polio eradication by vaccinating children on a massive scale.

As a core partner in the Global Polio Eradication Initiative (GPEI), Rotary focuses on advocacy, fundraising, volunteer recruitment, and awareness-building. Rotary members have contributed more than \$2.2 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from the paralysing disease. When Rotary and its partners formed the GPEI in 1988, there were 350,000 cases of polio in 125 countries every year. Today, we have reduced polio cases by 99.9 percent, and just two countries continue to report cases of wild poliovirus: Afghanistan and Pakistan.

# Why purple?

The colour purple symbolises Rotary's worldwide campaign to eradicate polio – a purple dye is used to mark the finger of a child who has been immunised. Rotary in Great Britain and Ireland's Purple4Polio campaign raises awareness for Rotary's battle to eradicate polio now and forever.



# Why a purple-themed recipe book?

A book based around purple (ish) food – that’s crazy, right? Well, yes, it is a little! So let us tell you all how it started...

It was late one dull, September evening, when us three social media-loving Rotarians were texting about meeting up, and reflecting on how we’d worked together to raise awareness of World Polio Day during the Covid-19 pandemic in October 2020 by wearing purple sarees (see picture, below). We were exchanging silly messages, talking about eating pakoras and watching Bollywood movies. One of us suggested meeting on World Polio Day...another joked “Purple Pakora Day?”... and before we knew it, we were talking about creating a recipe book to launch on World Polio Day, based around purple (and pinky-purple and blue-y purple) food. And that’s how it all started!

**Our aim: to help raise awareness of Rotary and its efforts to eradicate polio from the world. We also hope many of you that enjoy the book or the recipes will give a donation to our fundraising for PolioPlus.**

It’s been a lot of hard work and taken quite a lot of thinking out of the box to think of purple (ish) foods, but we also had a lot of fun and now, finally, we’ve got here!

We’re delighted with the book and hope you will enjoy using it as much as we did creating it.



Sinitta Nightingale, Shabana Raman & Julie Reza  
Rotary Clubs of Canterbury and Canterbury Sunrise

# Contributors

We are very grateful to all of the following people who have been so wonderful in suggesting recipes for this book - some from the other side of the world!

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**Shazieh Ahmed**  
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Grateful thanks also go to Caroline Lees, Sheila Cragg and others for helping in the final stages of preparation.

# A little bit of fun before you start...

We hope this word search will get you thinking about all things purple-ish!!  
(Solution towards the end of the book.)



- AUBERGINES
- GRENADINE
- BEETROOT
- LILAC
- FIGS
- PEPPERS
- RHUBARB
- GRAPES
- REDCABBAGE
- PURPLE
- PLUMS
- BLUEBERRIES
- LAVENDER
- VIOLET
- REDWINE
- LIVER

Play this puzzle online at: <https://thewordsearch.com/puzzle/2886456>  
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# *Starters, appetisers & snacks*



# Beetroot amuse-bouche

## METHOD

1. Blitz the ingredients in a blender until smooth.
2. Pour into little shot glasses.
3. Chill for at least an hour.



***“I ‘pinched’ this recipe from friend, who might have pinched the idea from another friend in France. It’s very simple to make but looks mighty impressive.” - ST***

## INGREDIENTS

250g pack of cooked beetroot (not in vinegar)  
250g cream cheese  
Salt and pepper to taste

# Red onion & pomegranate bhajis

## METHOD

1. Mix all the dry ingredients together in a large bowl.
2. Gradually add 500ml of water and mix the batter with a fork until all the lumps have gone.
3. Add the red onions and pomegranate and mix well.
4. Heat oil (approx. 1 inch deep) in a deep frying pan over a medium-high heat.
5. Test the oil is at the correct temperature by adding a drop of the batter – it should sizzle and rise immediately.
6. Carefully drop tablespoon-sized amounts of the onion mix onto the oil. Avoid letting the bhajis touch.
7. After 1 minute, turn each bhaji using slotted spoon and cook for another 1-2 minutes.
8. Keep turning until golden brown on both sides.
9. Remove gently and place on a paper towel.
10. Serve with chutney or raita.

***“A slight twist on the traditional onion bhaji – the pomegranate seeds add a tangy bite.” - JR***

## INGREDIENTS

- 2 medium red onions (finely sliced)
- A handful of pomegranate seeds (ideally fresh, optional)
- 100g gram flour (besan)
- 100g plain flour
- ½ teaspoon baking powder
- ½ teaspoon curry powder
- ½ teaspoon chilli powder or ground chilli flakes (optional)
- Pinch of cumin seeds (optional)
- Salt and pepper to taste
- Vegetable oil (for frying)



***“Everyone makes mint or cucumber raita. Why not make this instead and add a bit of colour to a spicy meal?” - JR***

### **INGREDIENTS**

1 medium sized beetroot (coarsely grated)

1 small pot natural yoghurt (approx. 120g)

1 tablespoon vegetable oil

Handful of coriander leaves (chopped)

1 red chilli (sliced, optional)

Salt and pepper to taste

Sprig of fresh coriander leaves for garnish

## *Beetroot & coriander raita*

### METHOD

1. Lightly sauté the beetroot in the oil until it softens slightly.
2. Allow to cool.
3. Add the chopped coriander leaves, chilli and salt and pepper.
4. When completely cooled, add in the remaining ingredients and mix together with a fork.
5. Garnish with the sprig of coriander.



# Blueberry toast

## METHOD

Total time: Approx. 12 hours and 55 minutes (incl. refrigeration)

1. Tear the bread into small pieces (preferably into 1-inch cubes). Place half of the cubes inside a greased baking dish.
2. Also cut the cream cheese into 1-inch cubes and place this over the top of the bread. Then scatter the blueberries and remaining bread cubes.
3. Combine the eggs, milk and honey and whisk. Once whisked, pour this over the bread mixture. Refrigerate overnight.
4. Remove the mixture from the refrigerator and let it come to room temperature. Whilst waiting, pre-heat the oven to 180°C
5. Cover the mixture with kitchen foil and bake in the oven for 30 minutes. Uncover and bake for another 30 minutes or until a knife inserted into the middle comes out clean.
6. To make the sauce, place the sugar, water and corn-starch into a small saucepan and bring to a boil over a medium heat.
7. Cook and stir until the sauce thickens.
8. Stir in the blueberries and reduce the heat to a simmer for approx. 10 minutes, until the blueberries burst.
9. Remove from the heat and stir in some butter.
10. Serve with the toast and enjoy!

***“Comfort food at its best – especially on a Sunday morning.” - SN***

## INGREDIENTS

- 12 slices of white bread (with crusts removed)
- 8oz cream cheese
- 130g frozen blueberries
- 12 large eggs
- 9oz milk
- 115g of honey

Sauce:

- 200g granulated sugar
- 250ml of water
- 2 tablespoons corn-starch
- 150g frozen blueberries
- 1 tablespoon butter





# Pearl onion pickle

***“This reddish pickle is a favourite of mine! I definitely can’t do without it!” - SA***

## **INGREDIENTS**

30-40 pearl onions (washed and peeled)  
½ cup vinegar  
1 cup water  
3 teaspoons sugar  
1-2 teaspoons salt  
Green chillies (optional)

## **METHOD**

1. Combine the vinegar and water in a measuring jar.
2. Add the sugar and salt and whisk this all until everything is well combined.
3. Add the mix to the onions and let the onions marinate in the vinegar mix.
4. Once marinated for the desired amount of time, remove the onions from the solution, discard the liquid and store onions in an airtight glass jar.
5. Add green chillies (optional).

The onions can be stored in the refrigerator for up to 2 weeks.



© Shazieh Ahmed

# Beetroot & carrot slaw

## METHOD

1. Mix the grated beetroot and carrot together in a large bowl.
2. Add the chopped spring onions (keeping some aside for garnish).
3. Meanwhile, mix the olive oil, lemon rind and juice, mustard and vinegar in a jug to make the dressing.
4. Add the olive oil dressing to the beetroot and carrot mix.
5. Add salt, pepper and chilli flakes to taste.
6. Sprinkle with chopped spring onions just before serving.



***“A colourful alternative to your standard cabbage coleslaw. This makes a good side dish with crusty bread and is also great for picnics and barbecues!” - JR***

## INGREDIENTS

- 2 medium beetroots (uncooked, coarsely grated and lightly drained – remember to wear gloves if doing this by hand and to protect surfaces!)
- 3 spring onions (finely chopped)
- 2 carrots (coarsely grated)
- 75ml extra virgin olive oil
- Juice and rind of half a lemon
- 1 tablespoon wholegrain mustard
- 1 tablespoon malt vinegar
- ½ teaspoon ground chilli flakes (optional)
- Salt and pepper to taste

***“Place a few bowls of these randomly on your dinner, buffet or drinks table – they are a great little nibble!” -***

***JR***

### **INGREDIENTS**

1 bottle kalamata olives  
(unpitted or pitted; other olives will also do)  
Garlic salt (to taste)  
Sprinkle of paprika (powder)  
1 teaspoon lemon juice  
Zest of ½ lemon  
1 tablespoon extra-virgin olive oil  
Sprig of rosemary (or another herb) for garnish  
Salt and white pepper to taste

Optional extra:  
Feta cheese (cubed)

## *Kalamata olive nibbles (with feta)*

### METHOD

1. Mix all the ingredients in a large bowl.
2. Adjust salt and lemon to taste.
3. Either mix with the feta cubes or serve the feta in separate small bowls.
4. Place olives in small bowls, garnish with herbs and provide cocktails sticks with which your guests can pick up a piece of feta / an olive. (Look out for cute cocktails sticks such as ones made with a bamboo knot!)



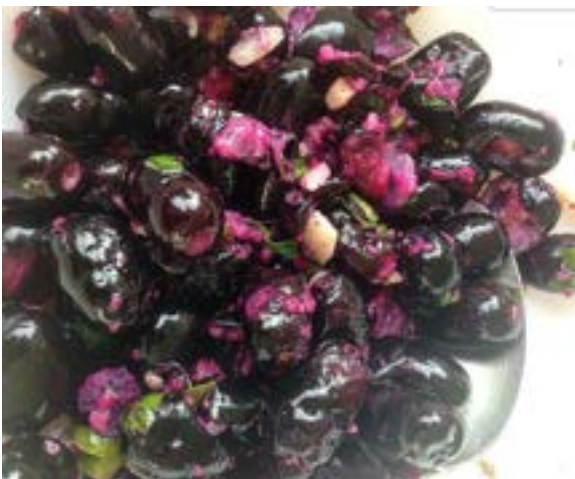
# Jaam bharta

## (mashed black plums)

### METHOD

1. Soak the jaam in water.
2. Meanwhile, mix the coriander, mustard and chilli into a bowl, mashing it together.
3. Drain the jaam and add to the coriander/chilli mix.
4. Wrap a few cloves of garlic in tin foil and cook by placing on an open flame for 2-3 minutes until they are charred.
5. Mash the garlic with the back of a knife and add to the bowl.
6. Mix in the salt, pepper, chilli flakes and sugar (if desired), and serve immediately.
7. Sprinkle with chillies if you wish.

This jaam bharta is usually eaten on its own.



© Shazieh Ahmed

***"This is a jaam bharta to 'jam' with!" - SA***

### INGREDIENTS

- Washed jaam (black plums)
- Handful of coriander (chopped finely)
- 1 teaspoon red chilli powder
- 1 teaspoon mustard oil (for cooking)
- 4-5 large cloves of garlic
- Salt and pepper
- 1 tablespoon roasted chilli flakes
- Sugar (optional)
- 2 small green chillies (chopped finely; optional)

***“A hearty soup for winter, when you want to feel hygge!” - JR***

### **INGREDIENTS**

3-4 ready-cooked  
beetroots (chopped)  
1 onion (chopped)  
1 large clove garlic  
(chopped)  
2-3 potatoes (peeled and  
cubed)  
1 vegetable stock cube  
Vegetable oil (for frying)  
Lemon juice  
Salt and pepper to taste



© Julie Reza

## *Beetroot & potato soup*

### **METHOD**

1. Heat the oil on a medium-high heat.
2. Add the onion and garlic until softened slightly.
3. Add the potato cubes, crumble in the stock cube and add approx. 500ml water. Turn down the heat slightly and cover until the potato has cooked.
4. Add the beetroot together with some boiling water from a kettle. Add salt and pepper.
5. Allow to cool until you can blend the ingredients. Add a squeeze of lemon and blend until smooth. Add more liquid as needed.
6. Return to the saucepan and cook until piping hot.
7. Serve with a dash of sour cream.

# Kalamata olive cucumber bites

## METHOD

1. Mix the olives, onion, capers and garlic together in a bowl.
2. Add salt, paprika and freshly ground black pepper. Mix well.
3. Slice the cucumber into 1 cm slices. Lay flat.
4. Top each slice with a spoonful of the olive mix and a sprinkling of zest.
5. Serve immediately.



***“My first introduction to kalamata olives came from a Greek student. I will never forget the mouth-watering taste!” - JR***

## INGREDIENTS

- 1 bottle kalamata olives (drained and chopped)
- 1 red onion (chopped)
- 2 teaspoons capers
- 2 cloves garlic (peeled and crushed)
- ¼ - ½ teaspoon smoked paprika powder
  
- 1 straight cucumber (unpeeled)
- Lemon zest (to garnish)
- Salt and pepper to taste

(Note: you can put the olive topping on crusty bread if you don't want to use cucumber.)

***"I like to make different soups according to the season and whatever is growing in the garden."*** -

**SMA**

### **INGREDIENTS**

- ½ onion (peeled and chopped)
- 2 cloves garlic (peeled and chopped)
- ½ inch ginger (peeled and chopped)
- ½ teaspoon coriander powder
- Salt (to taste)
- 6-8 mushrooms (washed and chopped)
- Juice from ¼ lime or lemon
- 1 boiled potato (cubed)
- 2 boiled beetroots (cubed)
- 1 teaspoon English mustard paste
- 2 teaspoons cornflour (optional)
- Coriander (washed and chopped)
- Oil for frying

## *Beetroot & mushroom soup*

### METHOD

1. Fry the onion, garlic, ginger, coriander powder and salt in a little oil until the onions have softened in a wok or large wok-line pan.
2. Add the mushroom and fry for a few more minutes, stirring occasionally.
3. Add the lime or lemon and mix well.
4. Add the potatoes and beetroot and continue to fry carefully, making sure not to break down the vegetables.
5. Add the mustard.
6. Add boiling water carefully.
7. If you like thicker soup, mix the cornflour with a few drops of water to form a paste and then slowly add to the soup.
8. Finally, season with salt and pepper to taste and sprinkle with coriander.
9. Serve with crusty bread.



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# *Main meals & side dishes*





# Barley-stuffed aubergines

## METHOD

1. Set oven to 200°C.
2. Cook and drain the pearl barley as per instructions on the packet.
3. Add 2 tablespoons of the olive oil.
4. Season to taste.
5. Meanwhile, fry the red onion slices until soft and slightly caramelised.
6. Stir the fried onion, gorgonzola, walnuts and parsley into the cooked pearl barley.
7. Halve each aubergine and roast in the oven for 20 minutes.
8. Scoop out the aubergine flesh and add this to the onion and pearl barley mix.
9. Carefully stuff the aubergines and bake for a further 20 minutes.
10. Drizzle with the remaining olive oil and garnish with a little bit of parsley.



***"These stuffed aubergines are made with a handful of ingredients and fresh seasonal vegetables and have a real taste of the Mediterranean." - PB***

## INGREDIENTS

2 aubergines  
100g pearl barley  
4 tablespoons olive oil  
1 red onion (sliced)  
100g gorgonzola (in pieces)  
20g roasted walnuts (chopped)  
A sprig of parsley (chopped)  
Vegetable oil for frying

# Red cabbage with apple

## METHOD

1. Put the chopped cabbage into a large pan together with the apples, water, vinegar, sugar, ginger and seasoning.
2. Settle the bouquet garni into the centre.
3. Cover and bring to the boil.
4. Cook in a low oven for about 1 ½ hours.\*

Before serving, stir in the butter and jelly.

(\*ST puts hers in the simmering oven of her Aga which is at meringue temperature.)



***“An easy vegetable dish which looks after itself and reheats very well.” - ST***

## INGREDIENTS

- 1 medium red cabbage (chopped finely)
- 450g windfall apples (peeled, cored and chopped)
- 6 tablespoons water
- 6 tablespoons vinegar (ideally red)
- 40g sugar
- Fresh ginger (about ½ thumb size, scraped and chopped)
- Salt and pepper to taste
- 1 bouquet garni bundle or some mixed herbs
  
- 50g butter
- 1 tablespoon redcurrant jelly

***“I love the earthy, sweet taste of roasted beetroot. This particular recipe is for beetroot wedges.” - ST***

## **INGREDIENTS**

(Serves 4)

3 large or 5 medium  
beetroots

1 tablespoon olive oil

Salt and pepper to taste



# Perfect roasted beetroots

## METHOD

1. Scrub the beetroots well. (There is no need to peel them at any point.)
2. Slice the stalk end to make a flat surface, then slice off the pointy end.
3. Place each beetroot standing on its flat end and slice into wedges about 2cm at widest point.
4. Place the wedges into a roasting pan, season and toss in the oil.
5. Bake at 375°F, 190°C, gas 5 for 35 – 40 minutes, tossing halfway.

# Bulgur wheat & radish salad

## METHOD

1. Put all the ingredients other than the bulgur wheat and dressing into a large bowl and mix together.
2. Mix the dressing and add to the other salad ingredients.
3. Place the bulgur wheat on a quarter plate, make a well in the middle and fill with the dressed salad.
4. Garnish with mint leaves (if desired) and serve.



***“This is based on a standard middle-Eastern tabbouleh salad but I’ve made some variations to my liking!” - JR***

## INGREDIENTS

- 6 red radishes (top and tailed and finely sliced)
- 6 plum tomatoes (halved)
- 1 red onion (diced)
- Arils/seeds from 1 pomegranate (washed)
- ½ cucumber (cubed)
- 6 green olives (chopped)
- 2-3 sprigs of fresh coriander (chop off the tough stems and finely chop the rest)
- A few mint leaves (chopped; optional – I don’t like them!)

60g bulgur wheat (cooked according to instructions)

Dressing:

- 2 tablespoons fresh lemon juice
- 2 tablespoons virgin olive oil)

***“Not everyone likes asparagus, but I do! This is a very nice way to eat them. Look out for purple asparagus in farmers’ markets.” - JR***

### **INGREDIENTS**

500g purple asparagus  
(washed and trimmed)

Olive oil

Salt

Chilli flakes

2 tablespoons lemon juice

Balsamic vinegar

2 teaspoons fresh thyme

Garnish:

Lemon slices (optional)

## *Roasted purple asparagus*

### METHOD

1. Pre-heat an oven to 400°F.
2. Place asparagus on a plate and coat with the olive oil /salt/chilli flakes.
3. Roast the asparagus for 15 minutes, turning occasionally to ensure even roasting.
4. Remove from the oven onto a serving dish and drizzle with lemon juice and vinegar.
5. Sprinkle with thyme.
6. Add a slice of lemon for garnish if desired and serve while hot.



# Quick kidney beans & tuna with pasta

## METHOD

1. Heat a little oil over a medium-high heat
2. Add the sliced onion and fry until starting to soften. Add the garlic and fry until golden brown.
3. Add the plum tomatoes and tomato puree.
4. Turn down the heat and cook slowly while stirring well, allowing the tomato sauce to bubble and thicken.
5. Add the chilli, paprika powder, salt and pepper.
6. Add the tuna and cook until the rawness goes. Stir gently or this will break up the tuna too much.
7. Add the kidney beans and optional extras and stir in. Make sure everything is heated through thoroughly.
8. Meanwhile, put your pasta on a plate. Spoon the kidney bean and tuna mix into the middle of the pasta. Garnish with a sprig of parsley or some chopped parsley.
9. Serve with a fresh salad.



© Julie Reza

***“As a university student there were always times, usually around exams, when you opened the cupboard to find it almost bare except for a few essentials. Probably not the most nutritious meal and I won’t tell you what we used to call it!” – JR***

## INGREDIENTS

- 1 red onion (or normal onion if red unavailable; chopped or sliced)
- 2 cloves garlic (peeled and chopped)
- 1 can tinned plum tomatoes (chopped up if not already chopped)
- 1 tablespoon tomato puree or ketchup (optional)
- ½ teaspoon chilli powder (optional)
- ½ teaspoon paprika powder (optional)
- 1 can tuna (drained and broken into chunks)
- 1 can cooked kidney beans (drained and washed)
- Oil (for frying)
- Parsley (optional, for garnish)
- Salt and pepper to taste

### Optional extras:

- 1 broccoli (par boiled and cut into florets)
- 1-2 tablespoons frozen peas
- Pasta of your choice (cooked according to instructions)

# Odds & ends brown rice

***"Having seen starving children with my own eyes, I really hate wasting food. So this is the mish mash I like to make with leftovers. Just be careful that the leftovers you use have been stored properly. Of course the dish can also be made with fresh ingredients!" - JR***

## INGREDIENTS

- 1 red onion (sliced)
- 2-3 cloves garlic (sliced)
- 5 fresh plum tomatoes (halved)
- 1 medium-sized mug of brown rice (cooked as per instructions)
- Cooked vegetables and/or chicken leftovers (cut into bite-size pieces)
- ½ pint chicken or vegetable stock (or equivalent made with a stock cube)
- Pine nuts / sesame seeds (you can lightly toast these first if desired)
- Pat of butter (optional)
- Salt and pepper to taste
- Vegetable oil (for frying)

## METHOD

1. Heat a little oil in a wok (or non-stick wok-like pan) over a medium heat.
2. Add the sliced onion and fry until starting to soften. Add the garlic and fry together until turning golden brown. Add salt and pepper and tomatoes and stir well.
3. Add the cooked rice, and stir well again, but gently so that the rice grains do not break up. If the rice starts to stick, add a few more drops of the oil.
4. Add the vegetable/chicken leftovers and stock, turn down the heat, stir, cover and cook for 10 more minutes or so until everything is piping hot. Add more salt and pepper if desired.
5. Sprinkle with the pine nuts/sesame seeds and add the pat of butter if desired.
6. Serve with fresh salad.



# Moussaka

## METHOD

1. Pre-heat an oven to 180°C.
  2. Fry each side of the aubergine slices until slightly golden.
  3. Layer into the bottom of an oven-proof dish.
  4. Meanwhile, fry the onion and garlic in oil in a large non-stick pan until starting to soften and turn golden.
  5. Add the mushrooms, green onions, tomato and puree, stock, herbs and salt and pepper.
  6. Mix and bring to a boil.
  7. Then reduce the heat and simmer until thickened.
  8. Pour over the aubergines.
  9. In a separate bowl, mix all of the topping ingredients. Season.
  10. Spoon over the aubergine / tomato.
  11. Grind some hard cheese over the surface.
  12. Bake at 180°C for 30-45 minutes, until the top starts to bubble and go golden.
- Serve piping hot, accompanied by a fresh salad or slaw.



***“This is often the first dish that anyone thinks of when you mention aubergines!” -***

**JR**

## INGREDIENTS

- 1 aubergine (sliced, salted, rinsed and dried)
- 1 small onion (sliced)
- 2 cloves garlic (crushed)
- Small punnet mushrooms (sliced; optional)
- 2 green onions, (trimmed and chopped)
- 1 can chopped plum tomatoes
- 2 teaspoons tomato puree
- 1 vegetable stock cube (made as per instructions)
- 1 bay leaf
- Dried herbs of your choice (e.g. oregano, thyme)
- Salt and pepper to taste
- Vegetable oil (for frying)

Cheesy topping:

- 2 tablespoons hard cheese (e.g. Parmesan; grated)
- 1 egg (beaten)
- 3 tablespoons natural yoghurt
- Salt and pepper to taste

Extra cheese to sprinkle on top



***“We once grew purple kohlrabi in our garden. Looked pretty but didn’t know what to do with it until we found you can eat it raw (once you peel away the bitter outer layer!)” - JR***

### **INGREDIENTS**

- 1 purple kohlrabi (peeled and grated; sadly this is no longer purple!)
- ¼ purple cabbage (shredded)
- 1 small red onion (peeled and sliced)
- 1 large carrots (peeled and grated)
- 4 tablespoons mayonnaise
- 1 tablespoon malt vinegar
- 1 teaspoon English mustard (optional)
- 1 tablespoon sugar (optional)
- Salt and pepper to taste
- 1-2 tablespoons raisins
- 1 tablespoon walnuts or pecan nuts (chopped)
- 1 tablespoon chopped coriander leaves (optional)
  
- Vegetable oil (for frying)

## *Kohlrabi & red carrot slaw*

### **METHOD**

1. Mix all ingredients except the raisins, nuts and coriander in a big bowl.
2. Add the raisins, nuts and coriander just before serving and mix well.
3. Serve cold. Goes well with grilled chicken.



# Blueberry, basil & goat cheese pie

## METHOD

Total time: Approx. 45 minutes

1. Pre-heat oven to 375°F
2. Roll the dough into a 10-inch circle and place on a sheet of floured parchment.
3. Transfer this to a baking sheet.
4. Mix the blueberries, 2 tablespoons of sugar, corn starch and basil together.
5. Then pour this mixture onto the pastry, leaving a 2-inch gap from the edge.
6. Fold the crust edge of the pastry over the filling so it overlaps the edges but leaves the centre uncovered.
7. In a separate container, whisk the egg and water together and brush over the crust.
8. Sprinkle the remaining sugar over the whole dish.
9. Place in the oven and bake for 30 minutes.
10. Sprinkle the goat cheese over the top and place back into the oven until the crust is golden. This should take approx. 10 minutes.
11. Remove from the oven and allow to cool.
12. Sprinkle the torn basil leaves on top and then serve.



© Julie Reza

***"If you have a weak spot for cheese, this dish is definitely one for you...!" - SN***

## INGREDIENTS

Ready-made dough for a single-crust pie  
2 cups fresh blueberries  
2 tablespoons plus 2 teaspoons sugar (divided)  
1 tablespoon corn starch  
1 tablespoon fresh basil (minced)  
1 large egg  
1 teaspoon water  
¼ cup goat cheese (crumbled)  
Fresh basil leaves (torn)

***"I enjoy making bamieh for visitors. I serve it with rice cooked Persian style." - SE***

## **INGREDIENTS**

1 pound meat (lamb, trimmed of fat and cubed)  
8 small aubergines (halved) or 1 large aubergine (cut into pieces)  
1 pound okra (wash first, then trim the top and slice with a knife but keeping the okra intact)  
2 onions (chopped)  
2 cloves garlic (minced)  
1 can chopped plum tomatoes  
2 tablespoons tomato paste  
Juice and zest of ½ lemon  
Salt and pepper to taste  
Oil for frying



# *Bamieh (Persian stew with aubergine & okra)*

## **METHOD**

1. Sprinkle the eggplant with salt and let sit for 10 minutes.
2. Wash and pat dry on kitchen towel.
3. Fry the aubergine in some vegetable oil until it starts softening and turning golden brown.
4. Place fried eggplant on a paper towel to remove excess oil.
5. Fry the okra likewise.
6. Fry the onions and garlic until golden brown.
7. Add the meat (should sizzle), salt and pepper until the meat starts to brown.
8. Add the tomato and paste and stir well.
9. Add boiling water to completely cover the meat.
10. Bring to a boil. Then reduce the heat, cover and simmer until the meat has cooked through and is tender.
11. Add the lemon juice/zest and mix.
12. Carefully place the fried eggplant and okra into the pan, adding more salt and pepper if needed.
13. Cover the pan and simmer over a low heat for 30 minutes.
14. Serve piping hot with rice and salad.

# Purple pesto pasta

## METHOD

Total time: Approx. 45 minutes

1. Cook the beets according to the instructions given on the back of the can.
2. Place the cooked beets, basil, parmesan cheese, olive oil and garlic into a blender and blitz. Then add the lemon peel and mix by hand. Set this pesto mix aside.
3. Cook your pasta as per the instructions on the packet.
4. Once the pasta has been drained, place it back in the pan, add the pesto and mix.
5. Serve and enjoy!

Top tip: Add chicken and green peppers to make your pasta dish even more scrumptious.



***"We already have red and green pesto but why not mix it up and have purple pesto instead? I think this reinvents the dish..." - SN***

## INGREDIENTS

- 1 pint canned beetroot
- 1 teaspoon dried sweet basil
- 2 tablespoon grated parmesan cheese
- 1 teaspoon olive oil
- 1 large clove garlic, sliced
- 1 teaspoon grated lemon peel
- ¼ teaspoon lemon pepper

Pasta of your choice

***“When I’m not sure what to have during the week or need something that’s quick, this is the dish I always go to – a perfect pick me up.” - SN***

### **INGREDIENTS**

200g cooked whole  
beetroots (washed and  
grated)  
200g feta (crumbled)  
3 spring onions (sliced)  
Dill (chopped)  
Mint (chopped)  
2 large eggs (beaten)  
100g breadcrumbs  
Oil for frying

## *Beetroot and feta patties*

### METHOD

Total time: Approx. 45 minutes

1. Dry the beetroot with paper towels.
2. Place this in a bowl and mix with the rest of the ingredients (excluding the olive oil).
3. Season and then shape into patties. This should make approx. 18 small patties.
4. With a large frying pan, heat the oil and then add the patties to cook for 4-5 minutes each side until firm and golden. You might have to do this in batches.
5. Serve with flatbreads and a salad of your choice.



# Purple hummus

## METHOD

1. Mix all the ingredients other than the oil in a food processor.
2. Gradually add the oil. Blend until as smooth as you like it.
3. Season and add more other flavourings to your taste.
4. Garnish and serve as a side dish.



***"It's really difficult to think of purple recipes. Substituting orange carrots with purple ones seems a good idea!" - JA/JA***

## INGREDIENTS

- 4 purple carrots (boiled and chopped)
- 1 can chick peas (drained)
- ½ cup tahini
- Zest and juice lemons of 2 lemons
- 2 cloves garlic (finely chopped)
- 3 tablespoons extra virgin olive oil
- Salt and pepper to taste

Garnish:

- Use any of the following and arrange artistically!
- Pomegranate arils/seeds
- Chopped nuts
- Carrot slices
- Twist of lemon
- Sprinkle of cumin seeds
- Herbs

***“Beef is purplish, right...?  
This is a family recipe. Do  
try making the dish - It  
turns out so good!” - SA***

### **INGREDIENTS**

- ½kg beef (boneless)
- 1 teaspoon ground turmeric
- 1 tablespoon ginger paste
- 2 teaspoons garlic paste
- 1 teaspoon ground poppy seeds
- ½ teaspoon black pepper
- 1 teaspoon cumin paste
- ½ teaspoon coriander paste
- 1 teaspoon turmeric powder
- 1 teaspoon kabab masala powder (optional)
- Salt to taste
- ½ cup natural yoghurt
- ¼ cup onion paste
- Green chillies
- 1 teaspoon raisins mashed into a paste
- ½ cup crispy fried onion (beresta)
- Oil/ghee for frying

# Beef havi kebab

### METHOD

1. Slice the beef into long, thin pieces.
2. Tenderize the beef using a hammer, then wash and drain it.
3. Mix all the marination spices and whisk together with the yoghurt in a bowl.
4. Now mix with the beef pieces and marinate in a refrigerator for 2-3 hours.
5. Then heat a little oil/ghee in a pan and fry the onion paste until light brown.
6. Add the marinated meat and cook on medium heat until tender.
7. Add green chillies, raisin paste and fried onion.
8. Cook for a further 4-5 minutes.
9. Serve and enjoy!

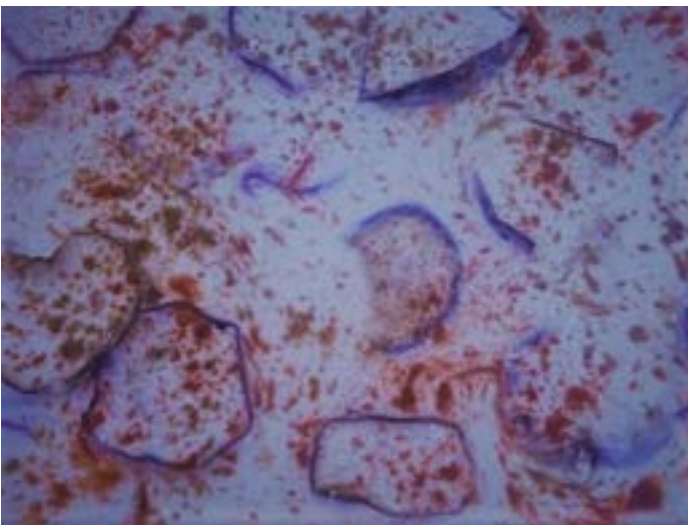


© Shazieh Ahmed

# Eggplant (aubergines) with yoghurt

## METHOD

1. Gently fry the eggplant slices on each side until cooked.
2. Carefully layer the slices on the bottom of a dish.
3. Whisk all the other ingredients with the yoghurt.
4. Pour the yoghurt mix over the eggplant.
5. Garnish with a little extra chilli powder and cumin powder.
6. The dish is ready to be served.



© Humaira Reza

***“This is a popular dish that we eat with rice or bread. It’s fairly quick and easy to make too!” - KN & HR***

## INGREDIENTS

- 2 medium-sized eggplants (sliced – not too thin – into circular pieces and sprinkled with salt)
- 2 cups yoghurt
- 1/3 cup water (to make the yoghurt less thick)
- Salt and pepper to taste
- 2 tablespoons sugar
- 1/2 teaspoon cumin powder
- Vegetable oil (for frying)



# Spicy chicken liver

***"I don't really like liver, but every now and again I will have some, so I like to disguise the taste with some spice!" - JR***

## INGREDIENTS

- 250g chicken livers (trimmed and chopped into cubes)
- 2 tablespoons butter
- 1 tablespoon onion (finely sliced)
- 2 garlic cloves (finely chopped)
- 2 tablespoons peri-peri sauce
- 1 tablespoon tomato puree
- Juice of 1 lime
- 1 small tub single cream
- Salt and pepper to taste
- Coriander (chopped)
- 1 green chillies (de-seeded and chopped; optional)

## METHOD

1. Fry the chicken livers in butter in a frying pan until sealed and golden brown. Remember to stir to get even cooking.
2. Remove the liver from the pan and place on one side.
3. Fry the onion and garlic until softened and turning brown.
4. Add peri-peri sauce and tomato puree.
5. Fry for a few more minutes, stirring well.
6. Add the liver and cook for a minute.
7. Sprinkle the lime juice over, mix.
8. Slowly add the cream, stirring well.
9. Add salt and pepper, cover and simmer for 2-3 minutes.
10. Add the coriander and chillies.
11. Serve with roasted red peppers and crusty bread.



# Beetroot chapati roti (bread)

## METHOD

1. Grind the beetroot in a food processor with 2 tablespoons of water. Make a smooth puree out of it and keep the mix aside.
2. In a separate bowl, mix the whole wheat flour and salt together well.
3. Add the beetroot puree made earlier.
4. Mix together using your fingertips (but wear gloves if you're afraid of staining)
5. Add a little water at a time and keep kneading till you get a smooth and soft dough.
6. Cover the dough and let it rest for 15 minutes.
7. Roll out the chapatis on a lightly-floured surface until they are a flat, even round shape.
8. Heat a tawa (flat pan) or shallow non-stick frying pan on a medium heat.
9. Once the pan is hot, place a rolled chapati onto it and cook this for few seconds; you will notice few bubbles on top. (You don't usually need oil for cooking the chapatis but you can add some if needed.)
10. Flip the chapati when done on one side and cook the other side for few seconds until done.
11. Repeat with the other chapatis.
12. Keep covered with a clean tea towel or cloth until all the chapatis are ready to serve.
13. Serve with curries and mango chutney.

***"You can't beat this beet  
roti!" - SA***

## INGREDIENTS

Beetroot (chopped)  
Whole wheat flour  
Salt



***“Plum sauce goes particularly well with duck.” - JR***

### **INGREDIENTS**

½ tablespoon onion (ground in a processor)

4 plums (washed, stoned quartered)

200ml vegetable stock

30g caster sugar

Salt and pepper to taste

Vegetable oil (for frying)

# Plum sauce

## METHOD

1. Fry the onion in a little vegetable oil over a medium heat until it starts to brown.
2. Add the plums, stock and sugar. Lower the heat and cook while stirring constantly until the sauce thickens to the desired consistency. (Thinner for pouring over roast duck, thicker for duck pancakes).
3. Season with salt and pepper.



# Purple cabbage & olive salad

## METHOD

1. Mix all the salad ingredients together in a big bowl.
2. Mix the dressing ingredients together and drizzle over the salad.
3. Serve immediately.



***“A simple dish for all occasions.” – JA/JA***

## INGREDIENTS

- ½ purple cabbage (shredded)
- Punnet of plum tomatoes (halved)
- 1 small red onion (peeled and chopped)
- 1 clove garlic (peeled and finely chopped; optional)
- Small bottle pimento-filled green olives
- Handful of raisins (optional)

Dressing:

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic or white wine vinegar
- Squeeze of lime juice
- Salt and pepper to taste

***“We make this dish all the time. We never follow recipes, but this gives you the gist of what we do.” - SMA***

### **INGREDIENTS**

- 1 large aubergine (sliced approx. 1.5cm thick)
- Turmeric powder
- Salt
- Oil for frying

# Begun bhaji (fried aubergine)

## METHOD

1. Mix the turmeric and salt and cover the sides of each aubergine slice. Allow to sit for a while.
2. Meanwhile, heat up some oil in a frying pan. Fry each side of the aubergine until it softens and cooks through and starts to turn brown.
3. Place on a double layer of paper towel as aubergine sucks up oil. Place more paper towel on top. Remove towels before serving!
4. Serve with rice.



# Tsukemono (purple daikon radish pickle)

## METHOD

1. Mix the salt with the daikon slices and leave for 20 minutes.
2. In another small container, mix the vinegar and sugar and add a pinch salt.
3. Microwave or heat the mix until it boils.
4. Wipe clean the kombu (kelp).
5. Rinse the daikon slices with water. Dry the slices well using a paper towel.
6. Place the slices in a zip-lock bag or put into a container with a lid.
7. Pour the vinegar and sugar (previously prepared) over the daikon slices.
8. Add the kombu (kelp) to the bag or container.
9. Close the bag or container and put it in the fridge overnight.
10. It's ready to eat the next day. This goes very well as a side dish with fish, meat or vegetables.



***"I used to live in Japan and the dishes there were so different from what I was used to. This is one of those dishes!" - SKH***

## INGREDIENTS

250g daikon radish (cut into semi-circular slices about 1 cm thick)  
½ teaspoon salt  
2 tablespoons vinegar  
1 tablespoon sugar  
5cm kombu (edible kelp)

# Roasted purple cauliflower

## METHOD

1. Pre-heat oven to 190°C
2. Put the cauliflower and onion in a roasting pan lined with foil.
3. Drizzle the vegetables with the oil and vinegar and sprinkle with garlic salt and pepper. Mix well.
4. Place in the oven and at cook at 190°C.
5. Check if tender and remove from the oven when it has reached this stage – around 20-30 minutes.
6. Shake a little smoked paprika just before serving (optional).
7. Serve hot.

***“This dish looks very pretty.” – JA/JA***

## INGREDIENTS

- 1 small purple cauliflower (cut into florets)
- 1 red onion (peeled, cut roughly)
- Olive oil
- Balsamic vinegar
- Garlic salt
- Freshly-ground black pepper
- Smoked paprika (optional)



# Beetroot, cheese & lentil salad

## METHOD

1. Mix all the ingredients together and serve immediately.



***“Beetroot and cheese are natural bedfellows!”***

***-JR***

## **INGREDIENTS**

- 2 cooked beetroots (chopped)
- ½ can ready-cooked lentils
- Watercress (to taste)
- 1 eating apple (cored and chopped)
- Feta cheese (cubed, optional)
- Salt and pepper to taste.



***“Spicy mash is one of my favourite dishes. We have it with rice, but I guess it’d also taste nice with meat and veg.” - JR***

### **INGREDIENTS**

3 purple sweet potatoes,  
(peeled and chopped;  
you can use the normal  
pink skinned sweet  
potatoes if you wish)

2oz butter (plus extra for  
serving)

½ teaspoon smoked  
paprika (optional)

½ teaspoon chilli powder

A shake of chilli flakes

1-2 teaspoons English  
mustard paste

Salt and pepper to taste

1 red onion (sliced)

Handful of coriander  
(chopped finely)

## *Spicy savoury potato mash*

### METHOD

1. Boil the potatoes until cooked through.
2. Mash using a masher together with the butter, paprika, chilli, mustard and salt/pepper until all the lumps of potato have gone.
3. Add the onion and coriander. Mix thoroughly.
4. Serve with a knob of butter.



# Beetroot & salad pasta

## METHOD

1. Mix all the ingredients except for the beetroot in a large bowl.
2. Add the beetroot, drizzle with a little olive oil and mix well.
3. Add the pasta just before serving. Goes very well with grilled chicken.



***“Quick and easy – and tasty too!” - JR***

## INGREDIENTS

- 1 bottle of pickled beetroot (drained and cut into cubes)
- 1 teaspoon dijon mustard
- 1-2 spring onions (trimmed and chopped)
- 1 teaspoon capers
- 1 small packet ready-to-eat baby spinach (washed, drained and chopped)
- 20 black olives (with stones removed and chopped)
- Extra virgin olive oil
- Salt and pepper to taste

Pasta (almost any pasta will do – cook as per instructions)

# *Desserts & afternoon tea*



***“Our son James wrote this in my recipe book when he was 11. He used to love making this pudding when the rhubarb was growing in the garden. But his writing’s not that easy to read now - because it’s covered in splots!” -  
ST***

## **INGREDIENTS**

(Serves 8)

600g rhubarb (chopped)  
Zest and juice of 1  
orange  
100g margarine  
100g soft brown sugar  
100g self-raising flour  
50g ground almonds  
1 teaspoon baking  
powder

# Rhubarb & orange sponge pudding

## METHOD

1. Place the raw rhubarb into a baking dish and mix with the orange juice and zest.
2. Put all the other ingredients into a bowl and mix well.
3. Spoon evenly onto the rhubarb.
4. Bake at 180°C for 50 – 55 minutes.
5. Serve with custard, double cream or fat-free yoghurt (or all three!)



# Blueberry Victoria sandwich

## METHOD

1. Pre-heat an oven to 325°F.
2. Grease and line two 7-inch sandwich tins.
3. Cream the butter and sugar together using a wooden spoon or in a mixer until creamy and fluffy.
4. Add the egg a little bit at a time, beating after each addition.
5. Add the flour and gently fold into the mix.
6. Place spoonfuls of the cake mix into the tins.
7. Bake in oven at 325°F for 25-35 minutes until a knife comes out clean.
8. Use a knife to loosen the edges and turn out onto a wired rack.
9. When cool, add the cream to one cake and jam to the other.
10. Sandwich the cakes together.
11. Dust with icing sugar.



***“A simple change to a standard 4-4-4-2 recipe to go with a purple theme!” – JR***

## INGREDIENTS

Cake mix:

- 4oz butter (or margarine)
- 4oz caster sugar
- 4oz self-raising flour (sieved)
- 2 medium eggs (beaten)

Extras:

- Whipped cream
- Blueberry jam
- Icing sugar (for dusting)

**"Muffins are always very popular!" - SP**

## INGREDIENTS

115g (4oz) butter  
115g (4oz) caster sugar  
2 eggs  
1 teaspoon vanilla extract  
150ml (quarter of a pint) milk  
Zest and juice of 1 lemon  
300g (11oz) self-raising flour  
1 teaspoon baking powder  
150g blueberries (fresh or frozen)



## Blueberry & lemon muffins

### METHOD

1. Preheat the oven Gas 3 / 170°C / 150°C fan oven.
2. Cream the butter and sugar together until light and fluffy.
3. Add the beaten eggs one at a time and mix in well.
4. Add in the milk, vanilla extract and lemon zest and juice.
5. Mix the flour and baking powder and add to the bowl.
6. Finally, add the blueberries and make sure they are evenly distributed. (N.B. if using frozen blueberries, there is no need to thaw them.)
7. Divide the mixture into 12 muffin cases in a muffin tin.
8. Bake for 30 minutes.
9. Allow to cool and enjoy!

# Pears brûlée

## METHOD

1. Place the pears in a large pan with the wine and sugar
2. Bring slowly to the boil, making sure the sugar has dissolved.
3. Cover and simmer for 10 minutes.
4. Remove the pears with a slotted spoon and arrange in four small ovenproof dishes.
5. Boil the remaining wine syrup quickly to reduce it a bit.
6. Then blend in the cornflour and water and boil again until the syrup thickens and clears.
7. Spoon the syrup over the pears and leave to chill for 1 hour in the fridge.
8. Whip the cream lightly until it forms soft peaks. Then stir in the yoghurt.
9. Spoon this mixture over the pears and chill for 4 hours.
10. Sprinkle the sugar all over the cream and pop under the grill for 2 minutes until the sugar is caramelised.
11. Chill for another 2 hours before serving.

***“This dessert is simple to make, but it is definitely worth allowing enough time for the various chilling stages. Great when the pears are in season, it looks very pretty and tastes yummy. The red wine gives the colour and the pears turn a lovely red/purple when they’re cooked too!” - ST***

## INGREDIENTS

(Serves 4)

- 4 ripe pears (peeled, cored and quartered)
- 150ml red wine
- 75g soft brown sugar
- Generous pinch of cinnamon (optional)
- 2 teaspoons cornflour mixed with 2 tablespoons water
- 300ml double cream
- 150ml natural yoghurt
- 100g soft brown sugar



***"I must confess I've never made any sort of velvet cake – but I've looked at a few different red velvet recipes and put this together. Only try if you dare!" - JR***

### **INGREDIENTS**

100g butter

100g milk chocolate (broken into cubes)

225g self-raising flour (sieved)

175g caster sugar

2 tablespoons cocoa powder

2 eggs (beaten)

Purple food colouring paste

Cream cheese frosting:

115g butter (softened)

1 tub cream cheese (at room temperature)

360g icing sugar (sieved)

1 teaspoon vanilla extract

Purple food colouring paste



## Purple velvet cake

### METHOD

1. Pre-heat oven to 180°C
2. Line a rectangular baking tin with greaseproof paper.
3. Melt the butter and chocolate together in a saucepan (make sure this doesn't boil.)
4. Meanwhile, place all the dry ingredients (flour, sugar, cocoa powder) in a large bowl and make a well in the centre.
5. Pour the molten butter and chocolate into the well. Add 100ml boiling water.
6. Mix together until smooth. Add the egg, a little at a time. Mix.
7. Add the food colouring. Mix well.
8. Spoon the mix into the baking tin.
9. Bake at 180°C for 15 minutes - until firm to touch and a knife comes out clean.
10. Remove from the oven and allow to cool slightly.
11. Turn onto a cooling rack and remove the paper.
12. Cut into rectangles.
13. You can frost the cake yourself with the cream cheese frosting; alternatively, serve the cake and the cream cheese frosting separately and let your guests have some fun!



# No-bake cheesecake

## METHOD

1. Mix the base ingredients and press into the bottom of a lined, loose-bottomed cake tin.
2. Put in the fridge to cool.
3. Meanwhile, mix the cheese, sugar, food colouring, juice and vanilla in a large bowl. Beat together with a wooden spoon.
4. Using an electric whisk, gradually whisk in the milk until the filling is smooth and frothy and well mixed.
5. Pour over the biscuit base and smooth the surface. Refrigerate for at least 2 hours.
6. Immediately before serving decorate with fresh fruit.



***“What I love about cheesecakes is you can easily dress them up or down as much as you like, depending on what’s available.” - JR***

## INGREDIENTS

### Base:

- 180g Oreo biscuits (crushed in a polythene bag with a rolling pin)
- 80g butter (melted)

### Filling:

- Large tub of cream cheese
- 130g icing sugar
- Purple or lilac food colouring (if going for a purple theme; preferably paste)
- 2 teaspoons lemon juice (ideally fresh)
- 1 teaspoon vanilla essence
- 1 can evaporated milk (or cream)

### Decoration

- Fresh fruit (e.g. blueberries, redcurrants, strawberries, blackcurrants, raspberries) and mint.

# Blackberry & coconut barfi

## METHOD

1. Puree the blackberries and the white sugar, along with 45ml of water.
2. Once pureed, add the fruit to a non-stick pan on a low to medium heat and stir continuously for 10 minutes. Bring this to a boil.
3. Continue to boil until you reach a "one-thread consistency". (You will know that you have reached this stage if you can take a small amount of mixture between your thumb and index finger and, when you lift your index finger, a single thread appears. Do this CAREFULLY as the mix is hot.)
4. Mix the cardamom, fresh and desiccated coconut and place this in the same pan.
5. Cook for another 15 minutes whilst stirring. (This will prevent the contents burning.)
6. Grease a small/medium dish that is about 1" deep with ghee. Pour the mixture into the dish, ensuring it all levels out.
7. Whilst this mixture is cooling, melt the dark chocolate in the microwave (short bursts). Once melted, pour the chocolate on top of the cool mixture and let it set.
8. Now you can cut this into diamond-shaped pieces and enjoy!

***"I've always had fun making these for special occasions.***

***You can also substitute blackberries with blueberries or raspberries."***

**- SN**

## INGREDIENTS

- 80g blackberries
- 285g granulated white sugar
- ¼ teaspoon ground cardamom
- 100g fresh-grated coconut
- 80g desiccated coconut
- 200g dark chocolate
- Ghee (for greasing)



## Blackcurrant & raspberry rock buns

### METHOD

1. Pre-heat oven to 375°F.
  2. Rub the butter into the flour until you get a mix like fine breadcrumbs.
  3. Add the sugar and salt. Mix.
  4. Add the egg.
  5. Using clean hands, mix into a soft dough and place on a lightly-floured board.
  6. Roll the dough into a long shape and then cut into 12 pieces.
  7. Shape each into a rough "rock" and place on a lightly greased baking tray.
  8. Use your finger to make a hole in each bun.
  9. Fill with the jam mix.
  10. Sprinkle with light brown sugar.
  11. Cook for 10-15 minutes at 375°F.
- Allow to cool before serving.



***"This is a yummy variation of a recipe from my school cookery folder, so it should be good for beginners. As our teacher used to say, the 'rock' refers to the appearance, not the texture!" - JR***

### INGREDIENTS

4oz S R flour (sieved)  
2oz butter (cold)  
2oz granulated sugar  
1 egg  
Pinch of salt  
Mix of raspberry and blackcurrant jam  
Light brown sugar (for sprinkling)

***“My father gave me this recipe many years ago. He worked in Denmark in the 1950s and loved this traditional Danish dessert. Apologies for the old measurements.”***

**- ST**

### **INGREDIENTS**

2 pints redcurrant juice  
(made by squeezing redcurrants through a key cloth, extracting as much juice as possible but no pulp).

2oz arrowroot or  
cornflour

Sugar to taste



## Rodgrød (Danish Red Berry Pudding)

### METHOD

1. Measure the juice carefully to allow cornflour in the correct proportions.
2. Put the juice into a pan, add the sugar and cornflour (mixed to a paste with a little juice).
3. Heat steadily until boiling, stir until clear.
4. Cool and pour into glass dish or individual dishes.
5. Serve with whipped cream and garnish with extra berries.

# Ube halaya (Ube "jam")

## METHOD

1. Boil ube like potatoes until soft.
2. Allow to cool. Remove skin.
3. Roughly mash.
4. Place in a non-stick pan together with the milks and sugar.
5. Blend until smooth.
6. Put back in the pan if you removed the mix.
7. Cover with a lid and simmer for roughly 45 minutes or so. Note: You will need to keep stirring this to prevent it sticking.
8. Once thickened, beat in the remaining ingredients.
9. Allow to cool (it will continue to thicken).
10. Spoon into a dish and top with fruits or golden toasted coconut; alternatively, spread on toast!



***"When looking out for purple foods I came across purple yam – ube. Was determined to add a recipe so this dish, of Filipino origin, is a mix of various recipes I found online. If you come across fresh ube in a shop and are feeling adventurous, why not give this a go? - JR***

## INGREDIENTS

- 500g ube (washed, with skins)
- 1 can evaporated milk
- 1 can coconut milk
- 1 can condensed milk
- 1 cup sugar
- ½ cup butter
- 1 tablespoon lemon juice
- 2 teaspoons vanilla extract (optional)
- Pinch of salt

Topping:

- Fruits
- Golden toasted coconut

***“A deceptively simple dish using few ingredients that are readily available from a supermarket, but one that looks fresh and vibrant and although vegetarian the beetroot will satisfy the most ardent meat eater.” –***

***RW***

### **INGREDIENTS**

180g sweet chilli beetroot  
150g soft goat's cheese  
80ml single cream  
1 orange (peeled and cut into segments)

## *Sweet chilli beetroot & goat's cheese emulsion with orange*

### METHOD

Simple, 10 minutes

Note: Beetroot stains, so use utensils that are non-porous. It may help to have disposable vinyl gloves too.

1. Mix the cheese and cream in a bowl until the consistency of the emulsion is that of thick double cream.
2. Slice the beetroot into 1.5cm rounds and arrange on plates.
3. Spoon over the emulsion.
4. Add the segmented orange on the side.
5. Garnish.

For those who prefer something fierier, you may sprinkle a few chilli flakes over the beetroot. A sprig of mint will add interest.



# Blueberry overnight oats

## METHOD

1. Mix all the ingredients until combined and put the mix in a jar/glass overnight.
2. Enjoy the day after, topped with fresh blueberries.



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***"I tried this for the first time in 2020 (I picked blueberry as my flavour) and shared it on my Instagram account for others to enjoy! It's tangy, sweet, healthy, wholesome and easy to make. It can be your healthy lunch or midday snack!"***

***" - FZ***

## INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup blueberries
- 1 tablespoon chia seeds
- 1/2 cup almond milk
- 1/4 cup Greek yoghurt
- 1-2 teaspoons maple syrup (optional)

Topping:

Extra blueberries

# Borage biscuits

***“Ever since I first saw nasturtiums being added to a salad, I’ve had a fascination with edible flowers. Borage is one of those – lovelier because it’s purply blue. You can also make the biscuits with other edible pressed flowers which you can buy.” - JR***

## INGREDIENTS

130g unsalted butter  
60g caster sugar  
200g plain flour (sieved)

Edible borage (or other edible flowers, pressed and dry)r, softened

## METHOD

1. Pre-heat the oven to 180°C.
2. Cream together the butter and sugar until light and fluffy.
3. Fold in the flour and mix well.
4. Place on a lightly-floured work surface and roll out until approx.  $\frac{3}{4}$  cm thick.
5. Cut into shapes using a cutter or sharp knife.
6. Carefully place on a baking tray lined with greaseproof paper.
7. Bake at 180°C. for 15 minutes, keeping an eye on the biscuits – you want to try and remove them just as they start to go golden.
8. Press the flowers into the biscuits (flower side up).
9. Sprinkle with a light dusting of icing sugar just before serving.
10. Serve on a pretty floral plate.





# Purple chocolate-dipped strawberries

## METHOD

1. Melt the chocolate in the microwave as per the instructions (in separate bowls, one for each colour).
2. Dip strawberries one at a time as follows.
3. Holding the stem, gently dip one side of the strawberry into one of the colours. Don't be stingy!
4. Before it sets, dip the other side into the 2nd colour.
5. Again, before the chocolate sets, use a small wooden cocktail stick to gently make some random swirls at the edge between the two colours so that they swirl into each other.
6. Place on a baking tray to cool.
7. These get better with practice - and do not keep for long as they are so yummy!!



***“This will impress your chocolate-loving guests!” - JR***

## INGREDIENTS

- 1 pack purple chocolate melts
- 1 pack white chocolate melts (or milk chocolate melts, depending on the colours you want)
- 1 punnet strawberries (washed and dried; keep the stem with the leaves on!)

***“Crumble has to be my go-to dish on a cold, grey day – served with loads of custard, of course!” - JR***

### **INGREDIENTS**

400g fresh plums (stoned and quartered)  
50g dried apricot (chopped into small pieces)  
25g candied citrus peel  
50g granulated sugar

Crumble mix:

100g SR flour  
50g butter  
50g caster sugar  
25g rolled oats

## *Plum & apricot crumble*

### **METHOD**

1. Pre-heat oven to 350°F
2. Place the plums into the bottom of a medium sized oven-proof dish.
3. Sprinkle with the chopped apricots, candied peel and sugar.
4. Meanwhile, make the crumble as follows
5. Rub the butter into the flour until the mix resembles coarse breadcrumbs.
6. Add the caster sugar and oats and mix well.
7. Spread crumble roughly over the fruit surface.
8. Cook for 30-40 minutes at 350°F until the top is golden brown and the fruit is bubbling at the edges.
9. Serve hot – with custard!



# Individual plum tarts

## METHOD

1. Pre-heat the oven to 425°F and line baking trays with parchment paper.
2. Unfold the puff pastry sheet onto a lightly-floured surface.
3. Cut each sheet into 9 pieces (3"x 3" each, total 18 squares)
4. Place the cut pastry onto the parchment-lined baking tray.
5. Beat the egg and egg wash the squares.
6. Place the thinly sliced plum fans on the pastry squares.
7. Sprinkle the plums with granulated sugar (About 1 teaspoon or less on each pastry square).
8. Bake until golden brown (about 15-16 minutes), rotating the baking tray half way through baking to ensure an even bake.
9. Remove from the oven and allow to cool for 5 minutes on wire racks.
10. Sprinkle powdered sugar on top of each cooled tart.

***"Easy to make and lovely to eat!" - FZ***

## INGREDIENTS

- 1 puff pastry sheet box
- 1 large egg (for egg wash)
- 5 assorted medium plums (300-375g total; pitted and thinly sliced as fans; each plum makes 4 fans)
- 6 tablespoons granulated sugar

Topping:  
powdered (icing) sugar



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***“You can’t go wrong with this. After all, it’s OK if it’s a mess as that’s what it’s called!” -***

***JR***

## **INGREDIENTS**

1 pack ready-made meringues (look out for pink ones if you want the dish to look more colourful – or make them yourself!)

500g fresh strawberries (washed, hulled and quartered; lay on tissue until needed)

100g fresh blueberries (washed and laid on tissue)

500ml double cream

1 – 2 tablespoons icing sugar

1 pack of blackcurrant jelly (made as per instructions and put in a bowl)

2 tablespoons

blackcurrant jam

Squirt-able cream/cream alternative

## *Eton-y mess*

### METHOD

1. Lay out the glasses in which you will serve this dessert.
2. Mix the jam with a little water and heat for a few seconds in a microwave. Allow to cool.
3. Whip the cream and icing sugar until you get soft peaks.
4. Roughly break the meringue into sugar cube-sized pieces.
5. Mix half of the meringue with the cream mix. Add half of the fruit and mix.
6. Spoon alternate “layers” of meringue mix, jelly, crushed meringue and fruit into your glass.
7. Just before serving, squirt each glass with a little squirt-able cream.
8. Drizzle a little bit of the jam “sauce” over the top and place a blueberry on the top.
9. Serve immediately.



# Blueberry & yoghurt ice lollies

## METHOD

1. Blend all the ingredients until smooth.
2. Sieve if you don't like "bits".
3. Pour into lolly moulds, not quite to the top and put the sticks in place.
4. Freezr for at least 4 hours.



***“Make these lollies in a pretty lolly mould – just right to end a hot summer barbecue in the garden” - JR***

## INGREDIENTS

- 1 cup blueberries or raspberries (fresh or frozen)
- 1 carton of natural yoghurt
- 1 ripe banana (peeled and roughly chopped)
- 1 tablespoon honey (optional)

You will need ice lolly moulds – the fancier, the more impressive – but do practice removing them!

***“Such a pretty cake – great for a fancy afternoon tea – or a fundraising make and bake.” - JR***

### **INGREDIENTS**

225g butter

225g caster sugar

3 medium eggs (beaten)

225g SR flour (sieved)

Zest of 1 lemon

Candied peel

Drizzle:

30g caster sugar

3 tablespoons lemon juice

Icing:

60g icing sugar

3 tablespoons lemon juice

Food colouring paste (NOT drops)

Topping:

Parma violet sweets (crushed in a bag using a rolling pin or something heavy)

Lemon jelly slices



© Julie Reza

## *Parma violet & lemon drizzle cake*

### **METHOD**

1. Pre-heat oven to 180°C.
2. Cream the butter and sugar in a large bowl until light in colour and fluffy.
3. Add the egg a little bit at a time, mixing it carefully so that it doesn't separate.
4. Gently fold in the flour one spoon at a time.
5. Sprinkle the candied peel and zest into the mix and fold in.
6. Place in a loaf tin.
7. Bake for 50 minutes at 180°C until a knife comes out clean.
8. Remove the cake from the oven and cut around the edge of the cake to loosen it from the tin.
9. Turn onto a wired rack. Place top uppermost.
10. Meanwhile, mix the drizzle.
11. Poke a few holes using a cocktail stick or skewer and spoon the drizzle "into" each hole.
12. Make the icing by mixing the sugar and juice. Add the food colour a little at a time using a fresh cocktail stick each time until you get a very pale lilac.
13. Pour over your cake, allowing the icing to drip down the sides of the cake slightly.
14. To decorate, alternate a jelly slice with a spoonful of crushed Parma violets.
15. Serve immediately

## Tasty prune, apricot & date bites

### METHOD

1. Put all of the ingredients except the sesame seeds in a food processor and blend until they form a thick paste.
2. Take a little bit of the mixture and with clean hands roll into balls (you may find it easier to lightly oil your hands)
3. Roll each ball in a plate full of sesame seeds.
4. Eat and enjoy!



***"I try and convince myself these are health as there is no added sugar - but of course the fruit is sweet! - JR***

### INGREDIENTS

- Small packet dried prunes (roughly chopped)
- Small packet dried apricots (roughly chopped)
- Handful of dates (stones removed and roughly chopped)
- A few cashew nuts (unsalted)
- A few pistachio nuts (unsalted)
- Sesame seeds

***“In winter it’s nice to have a variation from what you might serve in summer – this dish is just that!” - JR***

### **INGREDIENTS**

Half a Victoria sponge cake mixture (see earlier), using 1oz of cocoa powder instead of 1oz flour.

1-2 tablespoons maple syrup (or golden syrup)

2-3 plums (halved and stones removed)

1 can pear halves (drained)  
Glacé cherries (halved)

Frothy cream/topping



## *Plum & pear upside-down cake*

### **METHOD**

1. Pre-heat an oven to 325°F.
2. Line a 7-8-inch sandwich tin with greaseproof paper.
3. Add maple syrup and spread as evenly as possible over the bottom. (The amount you use depends on how gooey and sweet you like the dessert.)
4. Place alternating pear and plum halves on the base, cut side uppermost.
5. Fill gaps with cherries, also cut side uppermost.
6. Meanwhile, make the Victoria sponge mix as described before (but with cocoa), and spoon over the fruit.
7. Spread slightly to even out the top.
8. Bake in oven at 325°F for 25-35 minutes until a knife comes out clean.
9. Use a knife to loosen the edges and turn out onto a serving dish.
10. Decorate or serve with frothy cream/topping or crème fraiche.



# Purple Battenburg cake

## METHOD

1. Pre-heat an oven to 325°F.
2. Use card covered with greaseproof paper to divide a greased, lined 9x6 inch rectangular cake tin into two.
3. Divide the cake mix into two. Using a cocktail stick add food colour to one half of the cake mix and then stir carefully.
4. Place the two colours in the two sides of the tin.
5. Bake at 325°F for 25-35 minutes until firm to the touch or a knife comes out clean.
6. Allow to cool.
7. Turn out into a wire rack and cut each half into 3 lengthwise.
8. Stick alternating layers together (by brushing sides with apricot jam) to produce a check pattern.
9. Meanwhile, put all dry icing ingredients into a bowl. Add a little beaten egg at a time and mix well until a smooth, pliable mix is formed.
10. Add the almond essence and food colouring and mix well.
11. Roll out onto work surface dusted with icing sugar so that the icing will cover the cake.
12. Stick on to the cake using apricot jam.  
Lightly cut a cross design onto the top of the cake.
13. Decorate (e.g. with pieces of angelica).
14. Cut into slices immediately before serving on a pretty plate!

***“Why be boring and have pink – go for purple instead!”***

## INGREDIENTS

Victoria sandwich mix (see earlier)  
Apricot jam (warmed and in a bowl)

Battenburg icing:  
3oz icing sugar (sieved)  
3oz finely ground almonds  
2oz caster sugar  
Beaten egg  
A few drops of almond essence  
Purple/lilac food colouring paste  
Angelica (optional)



***“Another dish from schooldays. Blancmange seems to be less in fashion these days – maybe it will have a revival as a retro dessert?!”- JR***

### **INGREDIENTS**

1½oz cornflour

1 pint milk

2oz sugar

Blackcurrant flavour

Purple colouring

Strawberry flavour

Pink colouring

Vanilla essence

To decorate:

Strawberries (sliced)

Sugar-coated fresh berries

Sprigs of mint

You will need a fluted jelly mould.



## *Multi-layered blancmange*

### METHOD

1. In a large Pyrex bowl, blend the cornflour with a little bit of milk until it's a smooth paste.
2. Bring the rest of milk almost to the boil.
3. Gradually pour it over the cornflour mix, whisking as you do so to get rid of all the lumps.
4. Pour back into the pan and cook over a low heat.
5. Add the sugar, stirring well all the time. Keep an eye on this as it will thicken suddenly!
6. When it coats the back of a spoon and looks like custard, pour back into the bowl and whisk any remaining lumps (if needed).
7. Divide into three smaller bowls. Add vanilla to one, strawberry flavour and pink colour to the second, and blackcurrant flavouring and purple colour to the third.
8. Pour the blackcurrant mix into your fluted mould and refrigerate until just set.
9. Remove any skin formed over the strawberry mix and pour it on top of the 1st layer (pour gently over a spoon; you don't want to break the surface of the 1st layer). Refrigerate until just set.
10. Repeat with your 3rd layer and allow to set firm in the fridge.
11. Prepare a plate for your blancmange. This needs to be wider than the widest circumference of your mould as the blancmange will "flatten" slightly.
12. Put some hot water in a large bowl. Place the mould in the water so that the jelly loosens from the mould.
13. Put the plate over and turn upside down. Pat the upturned mould gently to release the blancmange.
14. Decorate the top with the sugar-coated berries and mint.
15. Place slices of strawberry around the base.
16. Serve immediately.

# Butterfly buns

## METHOD

1. Pre-heat an oven to 325°F.
  2. Make Victoria sandwich mix as outlined earlier.
  3. Divide equally between cupcake cases (take care not to overfill as the cake will rise).
  4. Bake at 325°F for 15-20 minutes until firm to the touch or a knife comes out clean.
  5. Allow to cool and place on a wire rack.
  6. Using a small sharp knife at a slight angle, cut a little circle out of the top of each cupcake (bun), taking care not to go too deep. Put slice to one side.
  7. Place approx. ½ teaspoon of jam into each hole.
  8. Pipe or spoon in buttercream to fill the hole.
  9. Cut each slice (removed earlier) in half and arrange in the buttercream like a butterfly.
  10. Decorate as desired.
- Serve immediately.

***"I used to make these for my nephews when they were small – it's easy to impress kids!" - JR***

## INGREDIENTS

- Victoria sandwich mix (see earlier)  
Raspberry or blackberry jam (optional)  
Buttercream or readymade frosting (coloured purple with food colouring paste)  
Decorations made with fondant or sugar paste



© Julie Reza

# Pretty fancies

## **"Pretty fancy!" - JR**

### **INGREDIENTS**

Victoria sandwich mix (see earlier)

Glacé icing (different shades in small bowls)

4oz icing sugar (sieved)

1 tablespoon warm water

Flavourings (as desired)

Colourings (as desired)

To decorate:

Walnuts or pecan nuts (chopped)

Glacé cherries (halved)

Other cake decorations

### **METHOD**

1. Pre-heat an oven to 325°F.
2. Add spoonfuls of cake mix to a greased, lined 9x6 inch rectangular cake tin.
3. Bake at 325°F for 25-35 minutes until firm to the touch or a knife comes out clean.
4. Allow to cool slightly, then turn out onto a wire rack.
5. Cut into squares or triangles using a knife or cutters. Don't worry about being too perfect!
6. Coat with glaze icing.
7. Decorate each with nuts, cherries or cake decorations.
8. Carefully place each "fancy" into a paper case.
9. Serve on a plate covered with a pretty doyley.



# Purple mousse

## METHOD

1. Place the fruit, lemon juice and 75g of the caster sugar into a saucepan and bring to the boil.
2. Lower the heat and simmer for 5–10 minutes.
3. Allow to cool slightly and then pour through a sieve to remove any pips from the fruit mix.
4. Meanwhile, soak the gelatine in a bowl of cold water and leave for 5 minutes.
5. Use a slotted spoon to remove the gelatine and put into the warm fruit mix.
6. Allow the gelatine to dissolve, stirring continuously.
7. Then allow to cool slightly.
8. Whip the double cream until it forms soft peaks (but don't overwhip or it will form butter!).
9. In a separate, clean bowl, whisk the egg whites and remaining sugar (adding a teaspoon at a time).
10. Keep whisking until all the sugar has been incorporated and the whites are stiff.
11. Add a little of the whipped cream to the fruit and stir in gently.
12. Carefully fold in the rest of the cream and the egg whites.
13. Pour into the serving bowls and refrigerate overnight, to chill and set.
14. Decorate with frothy cream and fruit.

***"This recipe is based on Mary Berry's recipe for Wild Bramble Mousse." - JR***

## INGREDIENTS

- 600g summer fruits
  - 175g caster sugar
  - 2 ½ tablespoons lemon juice
  - 5 leaves gelatine
  - 150ml double cream
  - 2 egg whites
- To decorate:  
Frothy cream  
Fresh fruits



# Damson jam sandwiches

***“My mum used to make these when we were little and damsons seemed to be everywhere. Cut them nicely and have them for afternoon tea.”- JR***

## INGREDIENTS

500g damsons (washed, whole; if you can't find damsons you can use plums)

250g granulated sugar

250g brown sugar

Pinch of cinnamon

Sliced bread (white)



## METHOD

1. Boil the damsons in a big saucepan with 150ml water.
2. Then reduce the heat and simmer for 15-20 minutes until soft.
3. Add the two sugars and cinnamon. Stir carefully over a low heat for another 15 minutes or so, ensuring the sugar has completely dissolved.
4. Sieve the jam into a bowl to remove the stones – careful, it's hot!
5. Pour back into the pan.
6. Turn the heat up and boil for a further 10 minutes, stirring the sides and bottom occasionally with a wooden spoon to ensure its not sticking, but do not mix the jam too much.
7. Put a drop of jam onto a saucer and wait a few seconds. Check if set by pushing your finger against the jam – it should wrinkle up. (If it doesn't, cool the pan of jam a little longer and test again.)
8. Take the pan off the heat and remove any froth with a spoon.
9. Cool slightly, then pour into sterilised jars.
10. Spread the jam onto bread slices to make a sandwich. Trim off the crust and cut onto shapes with a cutter or just divide into quarters using a knife.

# Maple roasted figs

## METHOD

1. Pre-heat an oven to 375°F.
2. Place figs cut side uppermost onto a baking tray lined with greaseproof paper.
3. Brush maple syrup over the figs.
4. Bake at 375°F for about 20-25 minutes. (The figs should be bubbling and starting to caramelize). Remove from the oven.
5. Using a spoon, carefully place figs on a serving dish. (They will be hot!)
6. Sprinkle with the lemon/lime juice and, using your fingers, a little bit of sugar.
7. If you're daring, you can add a few chilli flakes!
8. Serve with cream.



***“A quick and easy dessert. A friend used to have a fig tree and we would sit in her garden, beside the tree, eating these.” - JR***

## INGREDIENTS

- 10 figs (washed and halved)
- Maple syrup
- Lemon or lime juice
- Brown sugar

***“In Bangladesh we have this dessert that we just call ‘custard’ - it has a lot in common with trifle. If you can get access to fresh Alfonso mangoes your dish will taste more tropical, but it can be made with most fruits. Of course, using grapes, blueberries and strawberries adds to the purple-ness of this dish.” - HR***

### **INGREDIENTS**

1 egg

1 tablespoon cornflour

1 ½ tablespoon custard powder

1 litre milk

½ cup powdered milk

½ cup/ to taste sugar

1 can of cream/evaporated milk

1 teaspoon vanilla essence

Fruit cocktail mix (all washed; of your choice and depending on availability):

Banana (sliced)

Black or red grapes (halved; remove any seeds)

Strawberries (hulled and quartered)

Blueberries

Mango (peeled and chopped into pieces)

Apples (peeled and chopped)

Plain cake (cubed)

## *“Custard” (Bangladeshi style)*

### METHOD

1. Whisk the egg, cornflour and custard powder together in a bowl until smooth.
2. Meanwhile bring the normal milk to a boil and add the powdered milk and sugar.
3. Once cooler, add the egg mix and keep whisking so that lumps do not form.
4. Put to one side to cool down.
5. Then slowly add the cream/evaporated milk and vanilla essence.
6. Layer fruit mix (washed) and plain cake on the bottom of a dish.
7. Pour the custard over it.
8. Garnish with fruits and/or ready-made blackcurrant, raspberry or strawberry jelly (e.g. “Jell-o”).





# "Glass" biscuits

## METHOD

1. Pre-heat an oven to 160°C.
2. Grease and line a baking tray with greaseproof paper.
3. Cream the butter and sugar until smooth, lighter and fluffy.
4. Gradually fold in the flour.
5. Use your hands to form the dough into a big ball.
6. Place the ball on a lightly-floured work surface.
7. Roll out using a rolling pin until the dough is about ½ inch thick.
8. Cut out the biscuits using the larger cutter.
9. Then cut the central "hole" with the smaller cutter.
10. Carefully place on the tray, leaving a little gap between each.
11. Use a teaspoon to add about ½ a teaspoon of the crushed sweets into each central well.
12. Bake the biscuits for 10-15 minutes at 160°C (until they turn golden brown and the sweets have melted into a layer).
13. Leave to cool for 10 minutes and then carefully transfer to a wire rack to cool thoroughly.



***"I must admit I've never made these – but I wrote the recipe from a TV programme years ago. In that they used orange boiled sweets – but I reckon purple must work just as well. I've seen some people make a hole in the biscuits so that they can thread some string and hang these as Christmas ornaments."***

**JR**

## INGREDIENTS

Biscuits:

175g butter

100g caster sugar

225g plain flour

Glass centre:

Purple (or red and blue) boiled sweets (crushed in a polythene bag using a rolling pin)

You will need two cutters for the biscuits – the larger one for the outer edge and the smaller one for the central "glass" section. Your biscuit edge should be around ½ inch wide.

***"I enjoy making these royal iced cookies for baby showers and birthdays!" – FZ***

## **INGREDIENTS**

Sugar cookies:

- 1 ½ cup butter (softened, at room temperature)
- 2 cups white sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 5 cups all-purpose flour
- 2 teaspoon baking powder
- 1 teaspoon salt

Royal icing with meringue powder:

- 3 tablespoons of meringue powder
- 4 cups of powdered sugar (icing sugar)
- 5 tablespoons of water
- Food colouring paste



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# Royal iced cookies

## METHOD

1. In a large bowl, cream together the butter and sugar until smooth.
  2. Add eggs and vanilla extract and beat again.
  3. Stir in flour, baking powder, and salt.
  4. Mix in a food processor using the paddle attachment.
  5. Chill the dough for at least one hour (or overnight).
  6. Pre-heat an oven to 400°F (200°C).
  7. Roll out the dough on a lightly-floured flat surface until it's ¼ to ½ inch thick.
  8. Cut into shapes with any cookie cutter.
  9. Place the cookies 1 inch apart on cookie sheets (not greased).
  10. Bake for 6 to 8 minutes in the pre-heated oven.
  11. Wait for 2 minutes and then place the cookies on a cooling rack until cooled completely.
  12. You can eat cookies as they are or ice/design your cookies (optional) with the royal icing.
- Note: It takes several hours for the icing to dry completely and for the iced cookies to be ready to eat.



© Farah Zia

# Berry trifle (cheat's version)

## METHOD

1. Make the trifle jelly with cake as per instructions, adding blueberries and other berries. Pour into individual sundae glasses and allow to set.
2. Prepare and add the custard layer as per instructions. (Add some purple food colouring to the custard if you wish). Allow to set.
3. Prepare and add the cream topping and smooth over with the back of a spoon.
4. Gently place blueberries on the top.
5. Finally, add an edible daisy to give the finishing touch. (Your guests will be so impressed they won't dare ask if it came from a box!)



***“Guests arriving with little notice? Cheat! It’s all in the presentation!” - JR***

## INGREDIENTS

- 1 box trifle mix (containing jelly and cake, custard and cream topping)
- Blueberries/other berries
- Purple food colouring (optional)
- Daisies (make sure you have edible ones)

***“Sometimes vanilla can be just so boring. Jazz it up quickly with this recipe.” - JR***

### **INGREDIENTS**

1 tub vanilla ice cream  
(placed in the fridge until slightly softened)

Blueberry and raspberry  
sauce:

½ punnet blueberries

½ punnet raspberries

2 tablespoons caster sugar

Optional extras:

Whipped cream

Fresh fruit

## *Cheat's blueberry & raspberry ripple ice cream*

### **METHOD**

1. Place the fruit and sugar in a small non-stick pan.
2. Bring to the boil, then reduce the heat and simmer until the sauce is thick enough to cover the back of a spoon.
3. Pour through muslin (or use a sieve) to remove any pips.
4. Cool the berry sauce.
5. Drizzle the sauce across the ice cream surface.
6. Using a spoon, mix the sauce through the ice cream (but not too much) to create a ripple or marble effect.
7. Freeze the rippled ice-cream.
8. If desired, you can serve scoops of this ice cream with a little whipped cream and fresh fruit.



# Black cherry

# cheesecake

## METHOD

1. Melt the butter and mix with the biscuit crumb.
2. Press into the bottom of a lined loose-bottomed cake tin.
3. Beat the cream cheese, icing sugar, vanilla and lemon juice until smooth.
4. Whip the double cream and fold into the cheese mix.
5. Using a spoon, add the cheese mix to the base and smooth over.
6. Refrigerate overnight.
7. Remove from tin and place on serving dish. Top with black cherry jam.



***“This is based on a recipe I found in an old book. Hope you enjoy it.” - CL***

## INGREDIENTS

- 125g digestive biscuits  
(broken into crumbs in a polythene bag with a rolling pin)
- 75g butter
- 300g cream cheese
- 60g icing sugar
- 1 teaspoon vanilla extract
- ½ teaspoon lemon juice
- 250ml double cream
- Black cherry jam

***“This is the cake that I bake for birthdays! I like to decorate it with different frosting.” - SAH***

## **INGREDIENTS**

1 stick of butter

3 tablespoons coconut oil

$\frac{3}{4}$  cup sugar

1½ tablespoons vanilla extract

3 eggs

1¾ cups flour

3 tablespoons baking powder

$\frac{1}{2}$  cup unsweetened full fat plain yoghurt

$\frac{1}{4}$  cup milk

$\frac{1}{2}$  teaspoon salt

Frosting:

Butter (at room temperature)

Icing sugar/powdered sugar  
(3 cups of icing sugar for every one cup of butter)

Purple food colouring



# American vanilla cake

## METHOD

1. Preheat an oven to (180°C)
2. Butter the pan you will use and line with parchment paper.
3. Mix softened butter, coconut oil, sugar and vanilla extract together.
4. Add eggs, one at a time. (Don't overbeat.)
5. Add plain yoghurt and milk into the bowl. Mix and sift all dry ingredients into the same bowl.
6. Pour batter into the pan and let it bake in the oven at 350°F for 1 hour.
7. Once you take it out of the oven let it cool for 5-10 minutes.
8. Make the frosting as follows:
9. Beat the butter for 5 minutes, until light and airy. (The colour should lighten as well.)
10. Make sure you sift the icing sugar.
11. Then add the sugar slowly into the butter (beat for 1 minute between each addition of sugar).
12. Add approximately 3 drops of purple food colouring and mix.
13. Apply frosting to the cake.
14. You can use the same recipe to make cupcakes.

# Quick plum sorbet

## METHOD

1. Put all of the ingredients into a food processor and blitz until smooth.
2. Serve straight away – or pop into the freezer for a little later.

Decorate with fresh fruit etc. as desired.



***“This is my favourite instant pudding, because I always have some frozen plum halves stashed away – but you should be able to use almost any frozen fruit.” - ST***

## INGREDIENTS

1 kg frozen plums  
Zest of 1 orange  
120g caster sugar  
About 50ml crème de cassis (or maybe sloe gin)

# Fruity yoghurt & muesli

***“A quick and easy breakfast... or dessert, depending on how you serve it!” - JR***

## **INGREDIENTS**

- 1 large pot natural set yoghurt
- Muesli (as desired)
- Blueberries
- Strawberries (washed, hulled and quartered)
- 1 banana (sliced)
- Candied mixed peel (optional)
- Blackcurrant jam

If serving as a dessert – frothy cream and fresh fruit

## **METHOD**

1. Add alternating spoonfuls of the set yoghurt, muesli and fruit into a bowl or sundae glass. Add a sprinkling of candied peel.
2. Mix a little bit of the jam with some water and mix until you get a sweet sauce. Drizzle over the rest of the ingredients.
3. Decorate with strawberries and blueberries.
4. (If serving as a dessert you can add some cream before add the fresh fruit.)



© Julie Reza



# Drinks



# Passion fruit sparkle

***“When you need a bit of fizz  
in your life.” - JR***

## **INGREDIENTS**

- 1 bottle sparkling elderflower drink
- 1 fresh passion fruit (flesh scooped out)
- Juice of 1 lime
- Blueberries (optional)

## METHOD

1. Mix all the ingredients together.
2. Serve with a slice of lime and a few floating blueberries.



# Red grape punch

## METHOD

1. Put all the ingredients in a heavy-bottomed pan.
2. Simmer for 10 minutes.
3. Decorate as desired and serve.



***"This is a simple recipe for a non- alcoholic punch which tastes as good as it looks!" - ST***

## INGREDIENTS

Serves 10

- 1 litre red grape juice
- Thinly pared rind and juice of 3 oranges
- 2 eating apples (thinly sliced)
- 6 cloves
- 1 cinnamon stick
- Sugar to taste

***“Who doesn’t love a smoothie, fast and tasty?” - JR***

### **INGREDIENTS**

- 1 cup frozen summer fruits
- ½ cup skimmed milk
- ½ cup natural yoghurt
- ½ banana
- 2 teaspoons honey (or maple syrup)

# Fruit smoothie

### METHOD

1. Blend all the ingredients together using a blender.
2. Add more honey or milk as desired.
3. Serve chilled.



## Falooda (rose flavoured milk drink)

### METHOD

Note: You will need to allow time for ingredients to soak.

Put everything together just before serving.

1. Soak basil seeds in a large bowl for a few hours. Make sure there is plenty of water as these seeds will swell!
2. Meanwhile, mix the milk and the rose water together to give a rose-flavoured milk shake. (Taste to see if sweet enough for your taste; if not, add more syrup and mix well).
3. Strain the basil seeds through a clean tea strainer, discarding the water.
4. Divide the seeds between each glass (ideally a sundae glass).
5. Add a scoop of ice cream into each glass.
6. Pour over the rose milk shake. Some of the basil seeds will float to the top.
7. Add a little bit of frothy cream and garnish with some basil seeds or and mint.
8. Serve immediately.

If desired, you can sprinkle some pistachio nuts on top. Some people like to add falooda noodles/vermicelli and firm jelly to the falooda.

***“This traditional rose-flavoured drink is very popular in the Indian subcontinent. It’s pink rather than purple, but if you really want to stick with a purple theme, you can add a few drops of purple food colour!” - JR***

### INGREDIENTS

- 2 tablespoons basil seeds (takmania - found in Asian shops)
- 200ml rose syrup (rooh afzah - also found in Asian shops)
- 600ml milk (chilled)
- 1 scoop ice cream per person (you can use vanilla or pistachio ice-cream or, if available, Indian kulfi)
- Frothy cream spray
- Mint (for garnish)



© Julie Reza

# Spicy blood-orange mocktail

## METHOD

1. Mix the juices, salt and spices well.
2. Add club soda, ice cubes and a straw.
3. Finally, add a slice of orange and enjoy!

Serve in glasses where the rim has been dipped in the chaat masala for added style.



***“Try this while blood oranges are in season.” - FZ***

## INGREDIENTS

Blood orange juice (freshly squeezed)

Agave juice

Black salt (found in Asian shops)

Chaat masala (spicy mix, found in Asian shops)

Tagine seasoning

Club soda

Ice

Adjust quantities to taste.

You can use honey instead of agave juice.

# Blackcurrant lemonade

## METHOD

1. Dissolve the sugar in 1 cup of boiled water straight from the kettle.
2. Allow to cool.
3. Mix in the lemon juice and zest and blackcurrant syrup – adjust to your taste.
4. Serve with crushed ice and a slice of lemon.



***“This is a more refreshing drink for summer than blackcurrant squash – adjust the sweetness to your taste.” - JR***

## INGREDIENTS

2 cups of caster sugar  
Zest and juice of 4 lemons  
3 tablespoons blackcurrant syrup /cordial (adjusted to your taste)  
Crushed ice

Slices of lemon to decorate

If desired, serve in sugar and boiled sweet rimmed glasses prepared as follows:

- Place a little water in a saucer.
- Place some crushed boiled sweets, mixed 50-50 with sugar, in another saucer.
- Dip the rim of your serving glasses in the water (to 3-4mm) and then into the sugar/sweet mix.
- Set the glasses aside.

***"This is summer in a glass."***

**- SN**

### **INGREDIENTS**

- 4 fresh blackberries
- 1 tablespoon maple syrup
- 5 fresh mint leaves
- 1 lime wedge
- ¼ cup club soda (chilled)
- 1- ½oz light rum
- Ice cubes



## *Blackberry mojito*

### **METHOD**

Total time: Approx. 10 minutes (including fridge time).

1. Mix the blackberries, maple syrup and mint together in a glass.
2. Squeeze a lime wedge into the glass and stir in the soda and rum. Mix together.
3. Strain into a chilled glass and serve with some ice.



# Elderberry cordial

## METHOD

1. Boil the elderberries in a saucepan with the water and then simmer for 10 minutes. Mash with a masher.
2. Allow to cool and pass the berries through a strainer, pressing against the side to release all the juice.
3. Add the honey and mix well.
4. Add sugar or honey if you like this sweeter.
5. Dilute to taste. Serve with a slice of lemon.



***"A friend posted a picture of elderberry drink on Facebook, so I had to find a recipe!" - JR***

## INGREDIENTS

- 100g elderberries (removed from stalks)
- 500ml water
- 120g honey
- Juice of ½ lemon
- Sugar (optional)

***“Another purple variation on a popular drink!” - JA/JA***

### **INGREDIENTS**

2 beetroots (peeled and roasted)  
2 sticks of celery  
1 teaspoon horseradish sauce  
A dash of Worcestershire sauce  
A dash of tabasco  
Juice of 1 orange  
1 tablespoon balsamic vinegar  
300ml vodka  
1 shot sherry  
Salt

# Purple Mary

### METHOD

1. Purée the beetroot, celery in a food processor.
2. Add the sauces (horseradish, Worcester and tabasco) and mix well.
3. Add the orange juice, balsamic vinegar.
4. Add the vodka and sherry.
5. Season as necessary, adding more of the sauces if desired. Strain into a jug.
6. Cool in a refrigerator overnight.
7. Serve as you would a Bloody Mary.



# Chocolate bombs

## METHOD

1. Melt the chocolate (milk or white) as per the instructions in a small bowl.
2. Put a spoonful into one mould hemisphere and quickly, using a clean pastry brush, brush the chocolate around the surface of the mould hemispheres. Brush on more chocolate as needed to ensure there are no holes and the chocolate shell will be firm. Do one shell at a time until you have all the shells that you need.
3. Allow shells to harden completely and carefully remove from the mould.
4. Place shells on a big tray, separating into "top" and "bottoms" shells.
5. Add 1-2 spoonfuls of milkshake powder to each "bottom" shell. Also add some mini marshmallows.
6. Warm a microwave-proof plate that is bigger than the circumference of your hemispheres in a microwave and place a chocolate "top" hemisphere, rim down, onto it so that the rim melts.
7. Quickly assemble the top shell onto its corresponding bottom.
8. Check your shells and brush a little molten chocolate to fill any gaps.
9. Line all your completed balls up next to each other so that they are almost touching.
10. Meanwhile, melt one of the coloured melts as per the instructions.
11. Carefully transfer to the corner of a zip lock bag and fold over. Cut the corner.
12. Drizzle the molten coloured melts over the bombs.
13. Repeat with the remaining melts and chocolate bombs. (You can mix and match the colours if you wish – e.g. pink and blue on one bomb, only purple on another)
14. Serve with hot milk which should be poured over the bombs.

***"The latest craze – which I learnt about from a niece in Texas! You pop the bomb in a hot drink and it gradually melts to release its contents."- JR***

## INGREDIENTS

Candy melts – chocolate, white chocolate, pink, purple and blue (or any colour you like!)

Strawberry-flavoured milkshake powder  
Mini marshmallows

Adjust quantities to your needs.

You will need hemispherical silicon bomb moulds and three small zip lock bags (or piping bags).



***“I don’t know if you can get jaam everywhere, but I hope you get a chance to enjoy this lovely, purple-coloured drink.” - SGH***

### **INGREDIENTS**

- 1 kg jaam (black plums)
- ½ teaspoon salt
- ½ kg sugar

## *Jaamer shorbot (black plum drink)*

### METHOD

1. Boil a kettle of water.
2. Place the jaam in the boiling water for 3 minutes.
3. Remove the jaam flesh from the seed.
4. Blend the jaam.
5. Add sugar and salt (adjust to taste)
6. Finally, dilute in water as desired to make this tasty drink.



# Fruity ice cubes

## METHOD

1. Put a piece of fruit into each "hole".
2. Top up with the coconut water, leaving a few millimetres at the top as the ice will expand.
3. Freeze until solid.
4. Pop each ice cube out and place in a large bowl from which your guests can take the ice to cool their drinks.

***“We used these ice cubes for 4th of July celebrations. Making them star shaped makes them even better for that occasion!” - FZ***

## INGREDIENTS

Pomegranate arils/seeds or  
cut strawberries  
Blueberries  
Coconut water

Ideally use a star-shaped  
silicone ice cube tray.



© Farah Zia

# Hibiscus tea

***“A friend of ours gave us some hibiscus tea from Sudan. We weren’t sure how to prepare it so looked it up. You can serve this hot or cold – depending on the weather” - JR***

## INGREDIENTS

- 1 pack dried hibiscus flower tea
- 1 litre boiling water
- ¼ cup honey
- Brown sugar (optional – to taste)
- 2 tablespoons lemon or lime juice
- Lemon or lime zest

## METHOD

1. Follow instructions on how to prepare the “leaves”.
2. Boil the hibiscus flowers in the water for 5 minutes.
3. Cover and set aside to let the flavours seep out of the flowers.
4. Add the honey, sugar and lemon/lime juice and zest.
5. Strain.
6. Serve hot or cold.



# Pinky-purple

Foods that are purple-ish:

**Beetroot Aubergine**

**Red Cabbage Liver Raisins**

**Prunes Purple Carrots Rhubarb**

**Kidney Beans Plums Kohlrabi**

**Purple Cauliflower Red Leaf**

**Lettuce Radish**

**Red Onions Figs Purple**

**Asparagus Red Wine Radicchio**

**Beef Purple Broccoli**

**Blackcurrants Edible Lavender**

**Blueberries Purple Kohlrabi**

**Blackberries Red Grapes Purple**

**Basil Passion Fruit Purple**

**Peppers Black Cherries**

**Purple Thyme Pomegranate**

**Cranberries Purple Kale**

**Asparagus Acai Berries**

**Elderberries Purple Corn Ube**

**Concord Grapes Purple**

**Artichokes Pluots Edible Violets**

**Acai Berries Grenadine Syrup**

**Purple Kale**

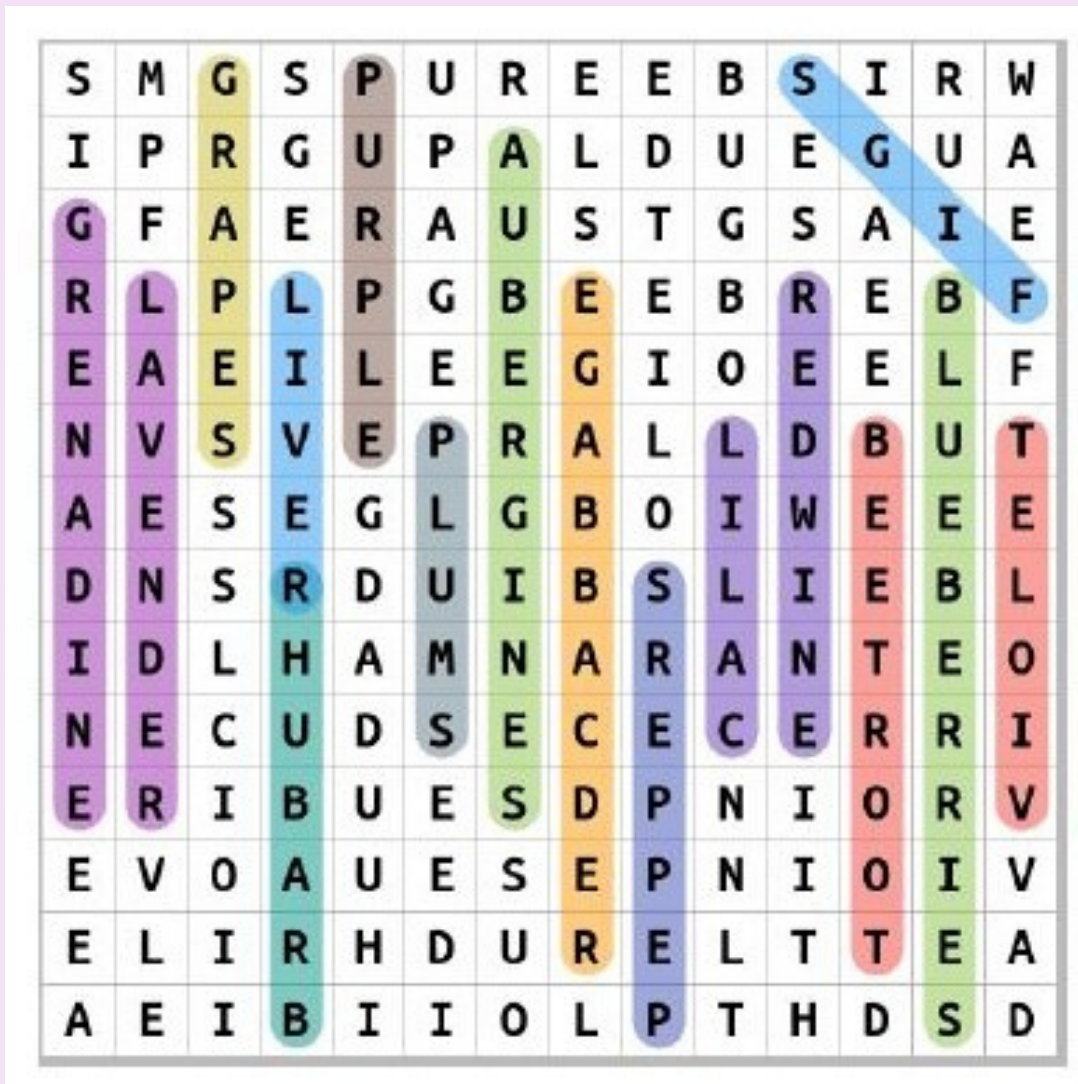
**Bluey-purple**

**Reddish-purple**

# Purply-purple

# Wordsearch solution

Here's the solution to our wordsearch!!



Play this puzzle online at: <https://thewordsearch.com/puzzle/2886456>  
© thewordsearch.com (this e-book is not being distributed for profit).



# Notes

# Notes

# Our members & polio

We've raised public awareness about polio & helped support End Polio Now in all sorts of ways: planting purple crocuses, selling purple wristbands, cycling "to India" on a standing bike in Canterbury, lighting up a local church and school...and even lighting up Canterbury Cathedral!



Picture credits: Julie Reza, Sinitta Nightingale, Rotary Club of Canterbury and Rotary Club of Canterbury Sunrise.

# Our members & polio

Some of our members have helped at polio immunisation days overseas. These drops help save lives!



*Picture credits: Viv Pritchard, Sinitta Nightingale, Sidney & Eveylyne Denham.*

# Fundraising ideas

Perhaps you've been inspired by what you've seen in this book and would like to raise funds for PolioPlus? Here are a few fun ideas to start you off!

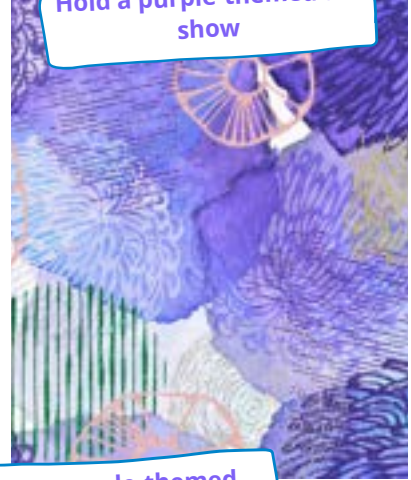
Make & sell purple toiletries



Host a purple-themed afternoon tea



Hold a purple-themed art show



Sell purple cakes & biscuits



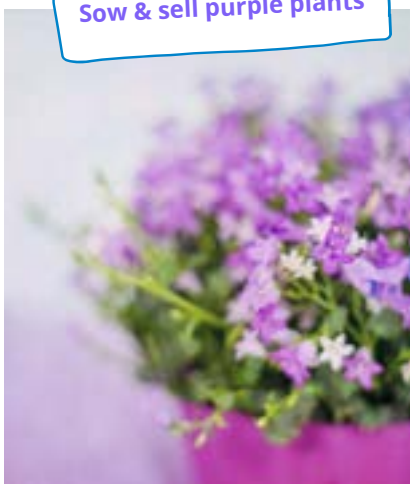
Have a purple-themed party



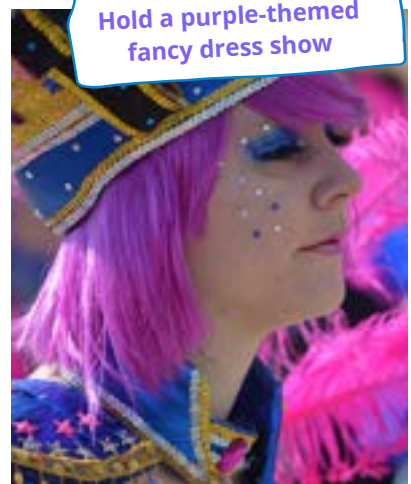
Enjoy a purple-themed dance-a-thon or disco



Sow & sell purple plants



Hold a purple-themed fancy dress show



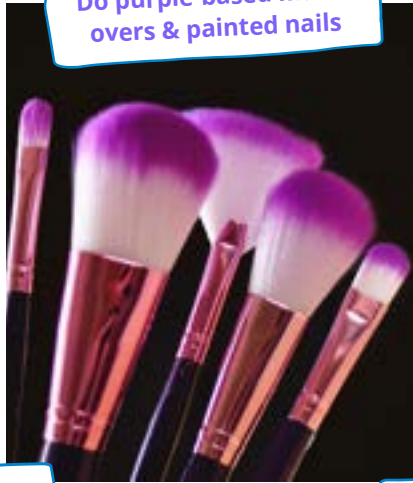
# Fundraising ideas

Even more purple-licious fun ideas...

Hold a red wine tasting event



Do purple-based make-overs & painted nails



Hold a fancy purple-themed dinner party



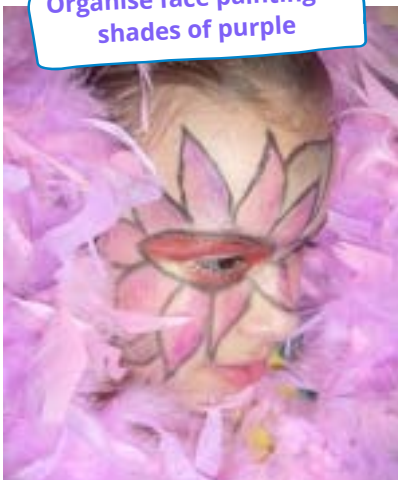
Sell purple-themed jams, jellies and chutneys



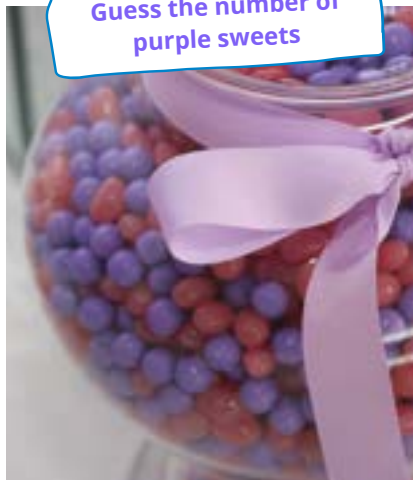
Have a painted purple egg competition



Organise face painting in shades of purple



Guess the number of purple sweets



Make & sell purple handicrafts





## *In memory of*

Rotarian Bob Anderson, PHF



Bob, a member of the Rotary Club of Canterbury, was always an enthusiastic supporter of PolioPlus. He donated many purple crocuses to his local village.

He had even requested that any donations made in his memory go to Rotary PolioPlus.

Here he is pictured helping out with the Rotary Club of Canterbury's Annual Charity Duck Race.

To learn more about purple crocuses and how they increase awareness of Rotary's work in combatting polio, visit:

<https://www.rotarygbi.org/projects/purple4polio/crocus/>

# About this book

This book has been compiled and produced by volunteers from the Rotary Club of Canterbury and its sister club, the Rotary Club of Canterbury Sunrise, to raise awareness of polio and the efforts of Rotary to help eradicate this disease from the world. It includes recipes suggested by members of the two clubs, the local Inner Wheel, Rotary widows, and family and friends.

Further copies of this book can be downloaded for FREE from:  
<https://www.rotarycanterbury.org.uk/rotary-club/erecipepolioplus.html>  
Do spread the word!



If you have enjoyed this book or any of the recipes, we would love it if you would make a donation through us to support PolioPlus:  
[https://www.paypal.com/donate?hosted\\_button\\_id=8VNEFPX2CJM6N](https://www.paypal.com/donate?hosted_button_id=8VNEFPX2CJM6N)



## Rotary Club of Canterbury

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## Rotary Club of Canterbury Sunrise

<https://www.rotary-ribi.org/clubs/homepage.php?ClubID=2014>



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