PABULUM FAMILY RECIPE BOOKLET

Two food stories • Everyday ingredients • Recipes for four

Cook together, try something new and bring school-food favourites home.
All quantities below are for four servings.
Adults should supervise hot ovens, knives and pans.
Check ingredient labels for allergens and dietary suitability.

WHAT'S INSIDE

01 BYGONE DAYS — A Taste of School Dinner Nostalgia

02 EARTH DAY — Good Food, Better Planet

01 BYGONE DAYS

Take a trip down memory lane with familiar British school-dinner flavours: comforting mains, fluffy Yorkshire puddings and a classic chocolate pudding.

02 EARTH DAYS

Celebrate colourful vegetables, beans and plant-forward cooking. Small changes, such as adding more meat-free meals, can help reduce the environmental impact of what we eat. These recipes make it easy to get the family involved.

Minced Beef, Onion & Gravy

FUN FACT:
Swede is also called rutabaga in some parts of the world.

SERVES
4

PREP TIME
20 MINS

COOK TIME
40 MINS



INGREDIENTS

- 400g minced beef
- 150g onions, diced
- 150g carrots, diced
- 150g swede, diced
- 10g tomato purée
- 4g gravy granules
- 1 litre water
- 1 bay leaf
- 1 sprig fresh thyme
- A little oil

METHOD

1. Before you start, peel the onion, carrots and swede. Cut them into small pieces about the size of a sugar cube.
2. Put a large saucepan on a medium-high heat. Add a little oil, then the minced beef. Stir with a wooden spoon for 5–7 minutes, breaking up any lumps, until no pink remains. Carefully spoon off excess fat.
3. Add the chopped onion, carrot and swede. Stir for 5 minutes, until the onion begins to soften.
4. Stir in the tomato purée. Pour in the water, then add the thyme and bay leaf. Bring to a gentle bubble.
5. Turn the heat down so the mixture bubbles slowly, not rapidly. Cook uncovered for about 30 minutes, stirring occasionally, until the vegetables are soft and the beef is fully cooked.
6. Sprinkle in the gravy granules and stir well. Simmer for another 2–3 minutes until thickened. Remove the bay leaf and thyme stem before serving.

CHEF'S TIP:
Try a little Worcestershire sauce for an added kick (check allergens). Lean mince may not need draining and is a healthier option.

Vegan Squash & Bean Hotpot

FUN FACT: Cannellini beans are white kidney beans and provide fibre and plant protein.

SERVES 4

PREP TIME 20 MINS

COOK TIME 40 MINS



INGREDIENTS

200g chopped tomatoes
160g cannellini beans, drained
120g sweet potato, thinly sliced
80g buttnet squash, diced
20g onion, diced
20g carrot, diced
20g leek, sliced
30g tomato purée
3g garlic
Pinch dried mixed herbs
5ml oil

METHOD

1. Heat the oven to 190°C (170°C fan). Peel the sweet potato and cut it into thin round slices. Cut the squash, onion and carrot into small cubes; wash and slice the leek.
2. Put the oil into a frying pan over medium heat. Add the onion, squash, carrot and leek. Cook for 5–8 minutes, stirring now and then, until starting to soften.
3. Add the tomato purée, garlic and dried herbs. Stir for 2 minutes so everything is coated.
4. Add the chopped tomatoes and drained cannellini beans. Stir, then let the mixture bubble gently for 10 minutes.
5. Spoon the filling into a small ovenproof dish. Lay the sweet potato slices over the top like overlapping roof tiles.
6. Bake for around 25–35 minutes. The potato should be soft when pierced with a knife and lightly golden at the edges. If it colours too quickly, cover loosely with foil. Let stand for 5 minutes before serving.

CHEF'S TIP:
Use sliced white potato or leftover roast vegetables instead.

Creamy Mashed Potatoes



FUN FACT:
King Edward potatoes have a fluffy texture that makes them especially good for mash.

SERVES
4

PREP TIME
10 MINS

COOK TIME
25 MINS

INGREDIENTS

600g King Edward Potatoes

50g butter

Salt and pepper, taste

METHOD

1. Peel the potatoes and cut into similar-sized chunks so they cook evenly.
2. Put them in a saucepan and cover with cold water. Add a small pinch of salt if you wish.
3. Bring to the boil, then lower the heat and gently simmer for 15–20 minutes. They are ready when a fork slides through easily.
4. Turn off the heat and carefully drain in a colander. Leave for 1 minute so extra steam escapes.
5. Return to the pan and mash with a potato masher or fork until there are no large lumps.
6. Add the butter and stir until melted. Taste, then add a little salt and pepper if needed. Serve warm.

CHEF'S TIP:
For extra-smooth mash, press through a sieve. Crispy baked potato skins make a handy snack and a great way for stopping food waste.

Buttery Seasonal Greens



FUN FACT:
Dark green vegetables contain nutrients such as folate and vitamin K.

SERVES
4

PREP TIME
5 MINS

COOK TIME
10 MINS

INGREDIENTS

350g spring greens

40g butter

1 tsp oil

Seasoning, to taste

METHOD

1. Remove any tough or damaged outer leaves from the greens. Cut out the thick central stalk and slice the leaves into thin strips.
2. Wash the strips in a bowl of cold water, then drain well in a colander.
3. Put a large frying pan over medium heat. Add the oil and then the greens. Stir carefully for 4–6 minutes until they wilt and become tender.
4. If the greens catch on the pan, add a tablespoon of water and stir.
5. Turn off the heat, add the butter and stir until melted. Season lightly and serve straight away.

CHEF'S TIP:
Try kale, Savoy cabbage, spinachor Brussels sprouts instead.

Four Yorkshire Puddings



SERVES
4

PREP TIME
10 MINS

COOK TIME
25 MINS

FUN FACT:
Yorkshire puddings were traditionally served before the roast to help fill people up.

INGREDIENTS

- 2 eggs
- 100ml milk
- 70g plain flour
- A little sunflower oil
- Pinch salt and pepper

METHOD

1. Heat the oven to 210°C (190°C fan). Put a little sunflower oil into each of four holes in a muffin tin. Ask an adult to place the tin in the oven to get hot.
2. Crack the eggs into a bowl. Add the milk and whisk with a fork or whisk.
3. Add the flour a little at a time, whisking until the batter is smooth, like pouring cream. Add a small pinch of salt and pepper.
4. An adult should carefully take out the hot tin. Pour the batter evenly into the four holes; the oil may sizzle.
5. Put the tin straight back into the oven and bake for 20–25 minutes. Do not open the oven door while they rise.
6. They are ready when tall, golden brown and crisp. Serve straight away.

CHEF'S TIP:
Freeze cooled puddings for another day.
The batter also works as a starting point for toad in the hole.

Chocolate Concrete & Custard



FUN FACT:
Chocolate concrete is famous for its firm, biscuit-like bite and its place in British school-dinner memories.

SERVES
4

20 MINS

COOK TIME
25 MINS

INGREDIENTS

concrete:

125g plain flour
125g granulated sugar
35 cocoa powder
75g unslated butter

custard:

13g sugar
13g custard powder
A little cold water

METHOD

1. Heat the oven to 180°C (160°C fan). Lightly grease a small baking tin and line the bottom with baking paper.
2. Put the flour, sugar and cocoa powder in a bowl. Stir until evenly mixed.
3. Melt the butter gently in a small pan or microwave-safe bowl. Stir it into the dry mixture until it looks like damp crumbs.
4. Tip into the lined tin. Press down firmly and evenly with the back of a spoon; this helps create the classic firm texture.
5. Bake for about 20 minutes. Ask an adult to remove the tin. Leave to cool for 10 minutes, then cut into four squares.
6. To make custard, put the milk and sugar in a small saucepan. Warm gently over medium heat, stirring, until steaming but not boiling hard.
7. In a cup, mix the custard powder with a splash of cold water until smooth. Pour this into the warm milk while stirring constantly.
8. Keep stirring over low heat for about 2 minutes until thick enough to coat a spoon. Pour over the chocolate concrete.

CHEF'S TIP:
Add vanilla to the custard, or sprinkle a little sugar on the concrete for a classic finish.

Garden Vegetable Pie



SERVES
4

PREP TIME
25 MINS

COOK TIME
40 MINS

FUN FACT:
Beans are part of the pulse family, which includes lentils and chickpeas.

INGREDIENTS

267g cannellini beans, drained
200g chopped tomatoes
100g courgette
100g carrots
70g butternut squash
70g leek
70g sweetcorn
20g tomato purée
3g Italian herbs
3g paprika
40ml water

PASTRY

70g plain flour
40g baking spread
10ml cold water

METHOD

1. Heat the oven to 190°C (170°C fan). Wash the vegetables. Dice the carrot, courgette and squash into small pieces; slice the leek. Drain and rinse the beans.
2. Spread the squash on a baking tray with a little oil, if using. Roast for 15–20 minutes until beginning to soften.
3. Make the pastry: put the plain flour in a bowl. Rub in the baking spread with your fingertips until the mixture looks like breadcrumbs. Add the cold water gradually and bring together into a soft dough. Do not knead it. Cover and chill for 30 minutes.
4. Meanwhile, heat a little oil in a saucepan over medium heat. Cook the carrot and leek for about 5 minutes, stirring often.
5. Add the garlic purée, herbs, paprika and tomato purée. Stir for another 2–5 minutes.
6. Add both quantities of chopped tomatoes, the courgette, sweetcorn and 40ml water. Bring to a gentle bubble and cook for around 25–30 minutes, stirring occasionally, until the vegetables are tender.
7. Stir in the beans and roasted squash. Spoon into a small ovenproof pie dish and let the filling cool slightly.
8. Lightly flour the worktop and roll out the pastry until just larger than the dish. Lay it over the filling, press the edges onto the dish and make a small slit in the centre for steam.
9. Bake for about 25–35 minutes, until the pastry is golden and the filling is piping hot all the way through (75°C in the centre if using a food thermometer). Rest for 5 minutes before serving.

CHEF'S TIP:
Make extra filling and use it with rice or a jacket potato the next day.

Roasted Vegetable Pitta Pizzas

SERVES
4

PREP TIME
10 MINS

COOK TIME
20 MINS



FUN FACT:
Pitta bread puffs up because steam forms inside the dough as it bakes.

INGREDIENTS

- 4 white pitta breads
- 130g grated mozzarella
- 20g tomato purée
- 125g chopped tomatoes
- 20g green pepper
- 20g red pepper
- 20g red onion
- 5g sugar
- 1 pinch dried oregano
- 1 pinch Italians herbs
- 1 pinch black pepper
- 5g garlic purée

METHOD

1. Heat the oven to 190°C (170°C fan). Line a baking tray with baking paper. If the pittas are frozen, let them thaw first.
2. Make the sauce: put the chopped tomatoes, tomato purée, garlic, oregano, Italian herbs, sugar and black pepper into a bowl. Blend until smooth, or mash thoroughly with a fork for a chunkier sauce.
3. Wash the peppers and remove their seeds. Cut the peppers and red onion into very thin slices.
4. Lay the four pittas flat on the tray. Spread a little tomato sauce over each one, leaving a small border around the edge.
5. Sprinkle mozzarella over the pittas, then scatter the pepper and onion slices evenly on top.
6. Bake for about 8–12 minutes, until the cheese has melted, the edges are lightly crisp and the toppings are piping hot (75°C in the centre if checking).
7. Let cool for a minute or two, then cut each pitta in half to serve.

CHEF'S TIP:

Let children choose colourful vegetable toppings.
Use up small amounts of leftover vegetables.

Apple & Parsnip Sponge



SERVES 4

PREP TIME 20 MINS

COOK TIME 40 MINS

FUN FACT:
Parsnips have a natural sweetness, making them a surprising addition to cakes.

INGREDIENTS

- 80g self-raising flour
- 80g baking spread
- 50g demerara sugar
- 60g beaten egg (half medium egg)
- 60g apple, grated
- 50g parsnip, peeled & grated
- 1g mixed spice
- 5g baking powder

METHOD

1. Heat the oven to 160°C (140°C fan). Lightly grease and line a small baking dish or four small ovenproof moulds.
2. Wash the apple and parsnip. Peel the parsnip, then finely grate both. Measure the amounts listed; this is a small recipe.
3. Crack one egg into a cup and beat with a fork. Weigh out 29g of the beaten egg (roughly half a medium egg).
4. Put the baking spread and sugar in a bowl. Beat with a wooden spoon for 2–3 minutes until lighter and creamy.
5. Add the measured egg a little at a time, stirring well after each addition.
6. Add the flour, grated apple, grated parsnip, mixed spice and baking powder. Fold gently with a spoon until no dry flour remains; do not beat for too long.
7. Spoon into the prepared dish and level the top. Bake for about 20–25 minutes. A skewer inserted into the centre should come out clean, without wet batter.
8. Leave to cool for 5–10 minutes before serving. These are four small school-style portions; for larger desserts, double the ingredients.

CHEF'S TIP:
Use a kitchen scale for this small batch. For a more generous family dessert, double the mixture and save extra portions.