JAMIE'S FARM

Cookbook




Skipton


Lewes

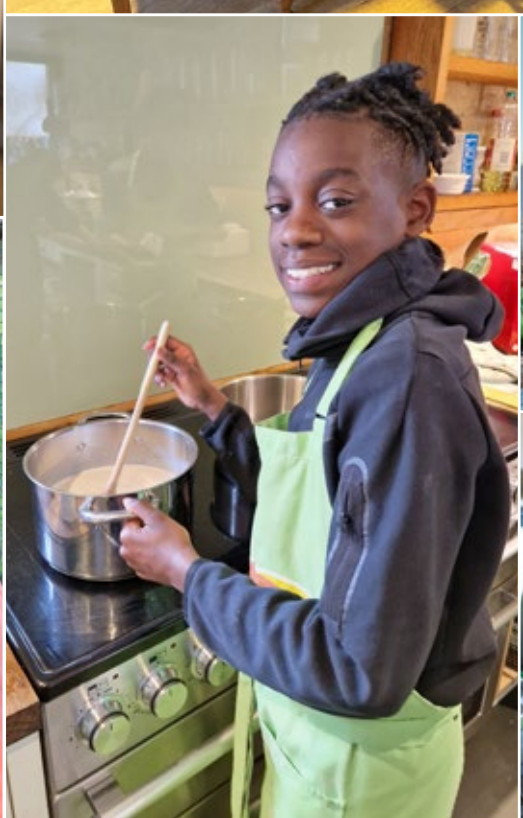



Brixton






Bath –
Hill House








Hereford






Bath –
Lower
Shockerwick




Monmouth



JAMIE'S FARM

We all came to Jamie's Farm just like you, and one thing many of us remember most is the food – not just eating it, but picking vegetables in the garden, chopping ingredients, trying something new, laughing in the kitchen and sitting down together to share what we'd made.

This cookbook is full of recipes, some you may remember from the farm, and we hope it helps you keep that feeling going. You don't have to get everything perfect. Change things, try again, add your own twist, or cook for someone else.

Cooking can help you feel proud, independent and connected. So choose a recipe, put some music on if you like, and give it a go. You might surprise yourself – and find a new favourite dish.

Jamie's Farm
Youth Champions



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Tips for cooking on a budget

Trying to cook nutritious, healthy food can often feel expensive. Here are a few simple ways to keep costs down when shopping and cooking.

- Buy in season
- Buy in bulk, if you have space
- Buy 'wonky veg'
- Check out the 'World Foods' aisle for cheaper alternatives
- Use cheaper cuts of meat
- Try batch-cooking some recipes – scale up and freeze



Breakfast

American pancakes (V)

These fluffy pancakes are perfect for breakfast or brunch. Letting the batter rest helps them turn light, soft and golden, just right for stacking high.

Serves: 4
Prep time: 10 minutes (+10 minutes resting)
Cook time: 15 minutes
Total time: 35 minutes
Difficulty: Easy

Ingredients

140ml whole milk
1 large egg, lightly beaten
140g plain flour
1 tsp baking powder
Pinch of salt
3 tsp caster sugar
Oil (for frying)

Topping ideas

Stack them up and add your favourite toppings, sweet or savoury:

Fresh fruit or berries
Syrup or honey
Yoghurt
Bacon
Lemon and sugar

Top tip

Resist the urge to squish them down with the spatula when cooking – this will keep them light and fluffy!



1. In a bowl or jug, whisk together the milk and egg.
2. Sift in the flour and baking powder (or just add them if you don't have a sieve). Add the salt and sugar, then mix until smooth.
3. Leave the batter to rest for at least 10 minutes – this helps make the pancakes fluffy.
4. Heat a non-stick frying pan over medium heat and add a little oil.
5. Pour in a ladle of batter to make small pancakes (about 10cm wide). One ladle of batter should make about 3 pancakes.
6. Cook until bubbles appear on the surface, then flip and cook the other side until golden brown and fluffy. Don't press them down – this keeps them light and airy!
7. Repeat until all the batter is used.

Omelette (v)

Nothing beats an omelette! Once you know this simple recipe, you can fill your omelette with cheese, ham, herbs, mushrooms, or smoked salmon if you want to be fancy. Great for one person, double it for a friend.

Serves: 1
Prep time: 5 minutes
Cook time: 5–7 minutes
Total time: 10–12 minutes
Difficulty: Easy

Ingredients

3 eggs, beaten
1 tbsp oil
1 tsp butter
Salt and pepper to season

Flavour ideas

Cheese, sliced ham, fresh herbs, sautéed mushrooms, smoked salmon

1. Crack the eggs into a bowl and beat with a fork.
2. Add salt and pepper.
3. Heat the oil and butter in a non-stick frying pan over medium heat until the butter melts.
4. Pour in the eggs, tilting the pan to cover the surface evenly.
5. Cook until the eggs are just set – they shouldn't move when you tilt the pan.
6. Add your chosen filling, fold gently in half with a spatula, and slide onto a plate to serve.





Iranian omelette (v)

Breakfast

We learned this tasty Iranian omelette recipe from Mohi. She visited the Lewes Farm as part of the Big Leaf Young Leaders program in 2022. Mohi shared this traditional Iranian omelette recipe from her Auntie – it's healthy, colourful, and full of flavour.

Serves: 4
Prep time: 10 minutes
Cook time: 15–20 minutes
Total time: 25–30 minutes
Difficulty: Easy

Ingredients

4 tomatoes
1 tbsp tomato purée
6 eggs
2 tsp turmeric (dry)
2 tbsp vegetable oil
Salt and pepper to season

1. Grate the tomatoes and add to a frying pan.
2. Cook on medium heat until the water evaporates.
3. Reduce to low heat and add the oil.
4. Stir in the tomato purée and fry gently.
5. Add turmeric, salt, and pepper and mix together.
6. Add the eggs and cook until almost set, stirring occasionally.





Gluten-free pancakes (v)

Breakfast

This recipe makes 12 delicious pancakes. A firm farm favourite. They are soft, fluffy, and perfect for a weekend breakfast or treat.

Serves: 4 (makes 12 pancakes)
Prep time: 10 minutes
Cook time: 15–20 minutes
Total time: 25–30 minutes
Difficulty: Easy

Ingredients

200g gluten-free self-raising flour
1 ½ tsp gluten-free baking powder
1 tbsp sugar
300ml milk
2 eggs
Vegetable oil or butter for frying

Try this!

Add blueberries, chocolate chips, or sliced bananas to the batter for extra flavour.
Serve with honey, yogurt, or fresh fruit.

1. Mix together the flour, baking powder, and sugar in a large bowl.
2. In a separate bowl, beat the milk and eggs together.
3. Pour the wet mixture into the dry ingredients and whisk until smooth.
4. Heat a pan over low-medium heat and add a splash of oil or butter.
5. Ladle in your pancake batter. One ladle makes about three pancakes.
6. Cook until bubbles appear on the top (1–2 minutes) and the bottom is golden brown. Flip and cook the other side.
7. Repeat with the rest of the batter, adding more oil or butter if the pan looks dry.



Cinnamon buns (v)

Soft, fluffy and full of sweet cinnamon flavour, these buns are a real treat. They take a bit of time, but the sticky, golden result is totally worth it!





Makes: 8 buns
Prep time: 25 minutes
Rise time: 3–4 hours
Cook time: 25 minutes
Total time: 4–5 hours

Ingredients

For the dough:
300g strong white flour
½ tsp salt
1 tbsp soft light brown sugar
2 tsp instant dried yeast
140ml lukewarm water
60ml olive oil

For the filling:
60g (4 tbsp) olive oil
75g soft light brown sugar
1 tsp vanilla extract
2 tsp cinnamon

For the glaze:
25g water (2 tbsp)
25g soft light brown sugar
½ tsp cinnamon

Top tip
You can even cook the dough on sticks over a fire for a fun outdoor version!

1. Preheat the oven to 200°C (180°C fan).
2. In a bowl, mix the flour, salt and sugar.
3. In another bowl, mix the yeast with the lukewarm water, then add the olive oil.
4. Pour the wet ingredients into the dry and mix into a rough dough.
5. Tip the dough onto a surface and knead for about 5 minutes until smooth.
6. Put the dough back in the bowl, cover with a damp tea towel and leave to rise for about 2 hours, until doubled in size.
7. Mix all the filling ingredients together.
8. Roll the dough out into a rectangle (about 20cm x 30cm).
9. Spread the filling evenly over the dough.
10. Roll it up from the long side into a log.
11. Cut into 8 equal slices.
12. Lightly grease a 20cm cake tin and place the buns inside.
13. Cover loosely and leave to rise again for 1–2 hours, until puffy and bigger.
14. Bake for 25 minutes until golden brown.
15. While baking, heat the water and sugar in a small pan until it becomes syrupy. Stir in the cinnamon.
16. Brush the glaze over the buns while they're still warm.
17. Leave to cool slightly, then enjoy!

Smoothie V

A quick, fruity smoothie to start your day. Full of berries and banana, this recipe is naturally sweet, delicious and nutritious.

Serves: 2–3
Prep time: 5 minutes
Cook time: 0 minutes
Total time: 5 minutes
Difficulty: Easy

Ingredients

1 bag frozen berries (500g)
2–3 bananas, broken into pieces
Milk, enough to fill halfway
2 tsp vanilla extract
2 tbsp honey

1. Put all ingredients in a blender and mix until smooth.
2. Taste and add more honey or banana if needed.
3. Pour into a jug and top up with milk, whisking to blend.
4. If using fresh berries, add ice cubes.



Soda bread (v)

Serves: 6–8 (1 loaf)
Prep time: 10 minutes
Cook time: 35 minutes
Total time: 45 minutes
Difficulty: Easy

Ingredients

180g wholemeal flour
180g plain white flour
½ tsp salt
½ tsp bicarbonate of soda
300ml buttermilk or soured milk (see note)

Top tip

If you don't have buttermilk, sour your own by adding 1 tbsp lemon juice to 300ml milk and wait 10 minutes.

Seriously good, seriously speedy bread. No proving needed (this is when the dough is left alone to rest and get bigger and fluffier before it's baked, thanks to tiny, living yeast). This bread goes down a storm and is a firm favourite at our Brixton site, where it's often enjoyed with soup.

1. Preheat the oven to 200°C (180°C fan).
2. Mix the flours, salt, and bicarbonate of soda in a large bowl.
3. Stir in the buttermilk with a wooden spoon until combined.
4. Knead briefly and shape into a ball. Add a little extra flour if too sticky.
5. Place on a floured baking tray and cut a deep cross on top.
6. Bake for around 35 minutes. Tap the bottom of the loaf – if it sounds hollow, it's ready!
7. Let it cool slightly before cutting.





Eggs 3 ways (v)

Serves: 1 (easily scaled up)
Prep time: 2 minutes
Cook time: 4–10 minutes
Total time: 5–12 minutes
Difficulty: Easy

Eggs are quick, tasty and super versatile – great for any time of day. Whether you like them soft, runny or creamy, there's a style for everyone.

Scrambled eggs

Ingredients (per person)
2–3 eggs
Salt and pepper
Butter or oil

1. Crack the eggs into a bowl, season and whisk.
2. Heat a little butter or oil in a saucepan on low heat.
3. Pour in the eggs and cook slowly, stirring constantly.
4. Keep scraping the bottom of the pan so nothing sticks.
5. Cook until soft, thick and creamy (don't overcook!).
6. Taste and adjust seasoning, then serve on toast

Boiled eggs

Ingredients
Eggs

1. Carefully place eggs into boiling water.
2. Cook for:
   6 minutes → runny yolk (great for dipping toast "soldiers")
   8 minutes → 'jammy' yolk
   10 minutes → hard boiled
3. Take one out and check if you're unsure.

Fried eggs

Ingredients
Eggs
Oil

Top tip
Try them on toast, with mushrooms, or as part of a full breakfast!

1. Add enough oil to cover the pan in a thin layer.
2. Heat gently (keep it low – high heat will burn the eggs).
3. Crack the eggs into the pan.
4. Spoon a little hot oil over the top to help cook them.
5. Cook until the whites are set and the yolk is how you like it.
6. Lift out carefully with a spatula.











French toast (eggy bread) (v)

Golden, soft and sweet, French toast is a quick and tasty breakfast favourite. It's easy to make and brilliant for adding your own spin with your favourite toppings!

Serves: 4
Prep time: 10 minutes
Cook time: 10 minutes
Total time: 20 minutes
Difficulty: Easy

Ingredients

2 eggs
100ml milk
1 tsp caster sugar
¼ tsp vanilla extract (optional)
½ tsp cinnamon (optional)
Butter
Sunflower or rapeseed oil
4 slices of bread (stale or fresh)

Topping ideas

Fresh fruit or berries
Yoghurt
Syrup or honey

Top tip

French toast works best with slightly stale bread, making it a great way to use up an older loaf.

1. Crack the eggs into a bowl. Add the milk, sugar, vanilla and cinnamon (if using).
2. Whisk everything together until well mixed.
3. Heat a little oil in a frying pan over medium heat, then add a knob of butter. Let it melt and start to foam.
4. Dip each slice of bread into the egg mixture, coating both sides. Don't soak it for too long or it may go soggy.
5. Place the bread in the pan and cook for about 2 minutes on each side, until golden brown.
6. Repeat with the remaining slices, adding more oil and butter as needed. *(Tip: Keep cooked slices warm in a low oven while you finish the rest.)*



Granola (V)

Crunchy, sweet and super versatile.

This crunchy granola is packed with nuts, seeds and fruit, great for breakfast or snacking. Sprinkle it on yoghurt, add milk, or enjoy it by the handful.

Makes: 1kg
Prep time: 15 minutes
Cook time: 45 minutes
Total time: 1 hour
Difficulty: Easy

Ingredients

For the syrup:

¼ tsp salt
60ml sunflower or rapeseed oil
40ml water
100ml golden syrup
100ml honey

Dry ingredients:

150g nuts (e.g. cashews, almonds, Brazil nuts)
600g jumbo oats
125g seeds (pumpkin, sunflower, etc.)
75g dried fruit

Serving ideas

With milk like cereal
Sprinkled over yoghurt and fruit
As a topping for porridge

1. Preheat the oven to 180°C (160°C fan).
2. Add all the syrup ingredients to a small saucepan. Heat gently and bring to the boil.
3. Roughly chop the nuts and place them in a large bowl. Add the oats and seeds.
4. Pour the hot syrup over the oat mixture and stir well so everything is coated.
5. Spread the mixture onto 1 or 2 baking trays in a thin layer (no more than 2cm thick).
6. Bake for 45 minutes, stirring every 15 minutes so it cooks evenly.
7. The granola should turn golden. It may feel soft, but it will crisp up as it cools.
8. Once completely cool, stir in the dried fruit.
9. Store in an airtight container for up to 3 weeks.



Yummy porridge (v)

This creamy porridge is warm and comforting. It's a favourite on the Monmouth farm; they've become renowned for it. When made well porridge is so full of flavour. Even if you think you don't like porridge, this version might just change your mind.

Serves: 4
Prep time: 5 minutes
Cook time: 5–10 minutes (or longer for extra creaminess)
Total time: 10–15 minutes
Difficulty: Easy

Ingredients

200g porridge oats
600ml milk (whole, oat or coconut)
Small pinch of salt
1½ tbsp honey

Topping ideas

Granola
Fresh berries
Fruit compote

Make it your own

Try adding:
Grated nutmeg
Mashed ripe banana
Grated apple or pear
A drop of vanilla extract
Cinnamon
Raisins



1. Add the oats and milk to a large saucepan.
2. Heat gently, stirring often, until it starts to simmer.
3. Add the salt and honey, then stir well.
4. Turn the heat down low and cook for about 5 minutes, stirring regularly so it doesn't stick.
5. For extra creamy porridge, cook for longer and keep stirring.
6. Taste and adjust – add a splash of milk or water if you want it looser.

Top tip

While this can be ready in a few minutes, the Monmouth secret is to cook it on low for over an hour.



Nigerian eggs (with yam) V

This recipe was kindly shared by one of our brilliant young visitors, Samuel. It's a colourful, tasty breakfast from Nigeria. You can make it with or without yams and plantain. Sweet potatoes are a good substitute.

Serves: 3–4
Prep time: 15 minutes
Cook time: 20–25 minutes
Total time: 35–40 minutes
Difficulty: Medium

Ingredients

400g tomatoes (fresh, roughly chopped)
1–2 Scotch Bonnet chillies
1 large onion
1 red bell pepper
6 large eggs
1–2 tbsp oil (15–30 ml), for frying

Optional sides

500g yam (or sweet potato as substitute)
1–2 plantains (250–300g total)
1–2 tbsp oil (15–30 ml), for frying plantain

Seasoning (to taste, suggested amounts)

½ tsp salt
½ tsp black pepper
½–1 tsp chilli powder
½ tsp paprika
½ tsp dried thyme

1. Roughly chop tomatoes, peppers, scotch bonnets, and half the onions, then blend.
2. Dice and fry the remaining onions.
3. Add the blended sauce to the pan and season with salt, pepper, chilli powder, paprika, and dried thyme. Simmer for 15 minutes.
4. Whisk the eggs in a bowl and add to the sauce.
5. Cook on low heat, stirring constantly, until eggs are cooked.
6. Serve with boiled yams and fried plantain if using.



White tin loaf (v)

This simple white loaf is soft, versatile, and great for everyday baking. It's ideal for toast, sandwiches, or serving warm with butter straight from the oven.

Serves: 10–12 slices (1 large loaf)
Prep time: 20 minutes (plus proving time)
Cook time: 1 hour
Total time: 3 hours 20 minutes
Difficulty: Medium

Ingredients

660g white bread flour
440ml water
10g salt
7g instant yeast

Top tips

If the dough feels sticky while kneading, wash and dry your hands and continue kneading.

Rising times may vary depending on the warmth of the room.

Fresh bread slices best once slightly cooled.

1. Place the flour into a large mixing bowl.
2. Add the yeast and salt and mix well using your hands or a whisk.
3. Make a well in the centre and pour in the water.
4. Using a fork, gradually mix the flour into the water until a shaggy dough forms.
5. Tip the dough onto a lightly floured work surface. Knead for about 10 minutes using a stretching and folding motion until the dough becomes smooth and elastic.
6. Lightly oil a clean bowl, place the dough inside, and cover with a damp tea towel. Leave in a warm place for about 2 hours, or until doubled in size.
7. Preheat the oven to 200°C (180°C fan) and line a 900g loaf tin with baking paper.
8. Tip the dough back onto a lightly floured surface and gently press out the air. Shape into a rough sausage shape to fit the tin.
9. Place the dough seam-side down into the prepared loaf tin and lightly dust the top with flour.
10. Leave to rise again for about 30 minutes.
11. Bake for 1 hour until golden brown and well risen.
12. Carefully remove from the tin and tap the bottom of the loaf. If it sounds hollow, the bread is ready. Allow to cool slightly before slicing.







Lunch

Chicken noodle soup

This soup is a real winner and a great way to use leftover chicken. You can tweak it with different flavours to make it your own. If you've had a roast chicken, save the bones and use them to make a rich, tasty stock.

Serves: 4
Prep time: 20 minutes
Cook time: 1 hour 20 minutes
Total time: 1 hour 40 minutes
Difficulty: Easy

Ingredients

1 chicken carcass/bones or pre-bought chicken stock
1 capful of vinegar (cider or wine vinegar)
3 garlic cloves, crushed
1 thumb-sized piece of ginger
1 onion
Herbs: parsley, coriander, basil
1 bunch spring onions
1–3 chillies (dried or fresh, depending on heat preference)
Half a lemon
Black peppercorns
2 tbsp vegetable stock powder or 2 stock cubes
1 tbsp soy sauce (tamari for gluten-free)
Salt
1 pack noodles (egg noodles, udon, or rice noodles)

Optional tweaks

Add 2 star anise for an East Asian flavour
Stir in 1 tbsp miso at the end for extra umami

Toppings

Crispy chilli oil
Spring onions
Leftover chicken
Sweetcorn
Peas

1. Place the chicken carcass or bones in a large pan and cover with water.
2. Add all ingredients except salt, soy sauce, and stock. You can leave the pan in the fridge overnight for a deeper flavour.
3. Bring to a boil, then reduce to a gentle simmer.
4. Add stock powder or cubes.
5. Taste and add salt as needed.
6. Simmer for at least 1 hour (up to 2 hours for a really rich broth).
7. Adjust seasoning and add soy sauce for depth.
8. Strain the soup through a sieve into another pan.
9. Return the liquid to the heat and cook noodles according to packet instructions.
10. Serve in bowls with your chosen toppings.



Sweetcorn & feta fritters (V)

This is a super versatile recipe that always goes down a treat. You can easily swap the sweetcorn and feta for other veggies and cheeses – so get creative with whatever you've got in the fridge or garden!

Serves: 3–4 (makes 8–10 fritters)
Prep time: 15 minutes
Cook time: 10–15 minutes
Total time: 30 minutes
Difficulty: Medium

Ingredients

100g plain flour
1 tsp baking powder
2 large eggs (yolks and whites separated)
125g sweetcorn
2 spring onions (finely chopped)
1 red chilli (deseeded and chopped)
Handful of parsley (chopped)
100ml whole milk
75g feta (cut into small cubes)
Pinch of salt
Black pepper
Rapeseed oil (for frying)

Mix it up

Try swapping ingredients like:
Peas + parmesan
Courgette + cheddar
Any leftover veggies you have

1. Sift the flour and baking powder into a bowl.
2. Add the egg yolks, sweetcorn, spring onions, chilli and parsley.
3. Slowly pour in the milk, stirring until you have a smooth batter.
4. Stir in the feta and season with salt and pepper.
5. In a separate bowl, whisk the egg whites until soft peaks form.
6. Gently fold the egg whites into the batter. Be careful not to knock out too much air – this keeps the fritters light and fluffy.
7. Heat a frying pan and add a little oil.
8. Spoon dollops of batter into the pan.
9. Fry on both sides until golden and cooked through.





"I liked seeing everyone eat and enjoy my food because I put time into it."

Visiting Young Person

Mac and cheese (v)

The cold weather in winter and autumn is the perfect time to serve this popular comfort food. Although there's nothing stopping you eating it when it's sunny! A great variation is to swap the pasta for cauliflower, which works just as well for delicious cauliflower cheese.

Serves: 8
Prep time: 15 minutes
Cook time: 30 minutes
Total time: 45 minutes
Difficulty: Easy

Ingredients

500g macaroni
2 sprigs thyme
2 bay leaves
1 litre whole milk
75g butter (plus extra for greasing)
75g plain flour
1 clove garlic (thinly sliced)
¼ tsp nutmeg
1 tsp English mustard
200g mature cheddar (grated)
½ tsp salt
Black pepper

Mix It Up

Add crispy bacon pieces.
Stir in veggies like peas or leeks.
Add sliced tomatoes on top
Sprinkle breadcrumbs before grilling for extra crunch.

1. Cook the macaroni in salted boiling water until *al dente* (soft but with a slight bite). Drain and rinse with cold water to stop it cooking further.
2. In another pan, gently heat the milk with the thyme and bay leaves until almost boiling, then turn off the heat.
3. Melt the butter in a saucepan and add the garlic. Cook for 1 minute.
4. Stir in the flour and cook for a couple of minutes, stirring constantly.
5. Gradually add the warm milk, a ladle at a time, whisking as you go (remove the herbs). Let it thicken before adding more, until you have a smooth sauce.
6. Add the nutmeg, mustard and two-thirds of the cheese. Stir until melted.
7. Season with salt and pepper.
8. Turn on the grill.
9. Mix the cooked pasta with the cheese sauce in a baking dish.
10. Sprinkle the remaining cheese over the top.
11. Grill for about 10 minutes until golden and bubbling (keep an eye on it so it doesn't burn).



Freestyle jam jar dressings (V)

Dressings make a big difference, they're fun, and a great way to get creative in the kitchen. Use them on salads, sandwiches, or as a dip.

Makes: Enough for 3–4 salads

Basic formula

3 parts oil

1 part acid

Extras for personality (sweet, salty, spicy, herby)

Flavour combo ideas

Classic everyday dressing:
3 tbsp olive oil + 1 tbsp vinegar + 1 tsp mustard + pinch salt & pepper

Sweet honey mustard:
3 tbsp oil + 1 tbsp lemon juice + 1 tsp honey + 1 tsp mustard

Zesty citrus splash:
3 tbsp oil + 1 tbsp orange juice + 1 squeeze lime + pinch chilli flakes

Soy and sesame kick:
2 tbsp vegetable oil + 1 tbsp soy sauce + 1 tsp sesame oil + 1 tsp vinegar + 1 tsp honey

Creamy ranch-style:
2 tbsp yogurt + 1 tbsp oil + 1 tsp vinegar + pinch herbs + garlic

Step 1

Choose your oil

Olive oil: classic and smooth

Vegetable or sunflower oil: light and neutral

Sesame oil: strong and nutty (just a drizzle)

Step 2

Pick your acid



Lemon or lime juice

Vinegar (balsamic, apple cider, red wine, malt)

Orange juice

Step 3

Add personality

Sweet: honey, maple syrup, sugar

Salty: pinch of salt or splash of soy sauce

Creamy: yogurt or mayonnaise

Kick: mustard, chilli flakes, pepper

Herby: dried or fresh herbs, garlic, spring onion



Step 4

Mix your dressing

1. Find a clean jar with a lid.
2. Add your ingredients.
3. Screw the lid on tight.
4. Shake like you mean it!
5. Taste and tweak as needed.



Top tips

- Shake before every use.
- Taste test on a leaf before pouring over the whole salad.
- Store in the fridge up to 5 days.
- Tastes too sharp? Add oil or honey.
- Tastes too flat? Add lemon or mustard.

Freestyle formulas

These are just some ideas – feel free to add your own ideas to each category!

Oil (3 parts)	Acid (1 part)	Sweetness	Zing/Herbs	Personality
Olive oil	Lemon juice	Honey	Dried herbs	Mustard
Vegetable oil	Vinegar	Maple syrup	Fresh herbs	Chilli flakes
Sesame oil	Lime juice	Jam	Garlic	Soy sauce
Flavoured oil	Orange juice	Brown sugar	Spring onion	Yogurt or mayo

There's no right or wrong – just mix, taste and adjust. Try new combos and invent your own signature dressing!

Build a salad

Follow these simple steps to make a delicious salad that looks great, tastes amazing, and keeps you full.

Step 1

Choose a leafy base

Cos lettuce, little gem, rocket, spinach, watercress, fresh herbs such as parsley, dill, coriander or a combination of any of the above

Step 2

Add protein

Fried halloumi, boiled eggs, roast chicken, tinned tuna, rinsed tinned beans, chickpeas, pre-cooked green lentils

Step 3

Colourful veggies

Tomatoes, avocado, red onion, spring onions, cucumber, green beans, peppers, sweetcorn, olives, roasted squash, beetroot

Step 4

Dress it up

Toss with your favourite dressing (see jam jar dressings on page 28)

Step 5

Add crunch

Croutons, roasted nuts and seeds, peanuts, crispy onions, pomegranate seeds, chilli crisp oil



Rainbow challenge!

Can you add all the colours of the rainbow to your salad?

Ghanaian light vegetable soup (v)

The Jamie's Farm team learned this simple Ghanaian soup recipe at the Lewes Farm. Traditionally, it uses fish or chicken, but this vegetarian version is just as delicious.

Serves: 6
Prep time: 15 minutes
Cook time: 55 minutes
Total time: 1 hour 10 minutes
Difficulty: Easy

Ingredients

2 onions
3 garlic cloves
5cm piece of ginger
Salt to taste
3 red chilli peppers
4 tomatoes
Bunch of basil



1. Cut onions into quarters, lightly smash garlic, and slice ginger.
2. Add onions, garlic, ginger, tomatoes, and chillies to a pot with some salt. Cover with water.
3. Cook covered for 20 minutes.
4. Remove from heat and separate solids from the stock.
5. Blend onions, tomatoes, ginger, garlic, and chillies until smooth.
6. Return blended mixture to the pot with the remaining liquid.
7. Add whole basil leaves and cook for another 15 minutes.

Quick flatbreads (V)

Soft, warm flatbreads that are ideal for curries, wraps, or dipping. You won't be able to get enough. At Bath, Hill House farm they are regularly used to make DIY filled wraps that are a real hit!

Serves: 4 large or 6–8 small
Prep time: 15 minutes
Cook time: 15 minutes
Total time: 30 minutes
Difficulty: Easy

Ingredients

300g self-raising flour, plus extra for dusting
½ tsp baking powder
150g natural yoghurt
1 tbsp vegetable oil
1 tsp salt
2 tbsp water

For brushing (optional)

Melted ghee or butter (add cumin seeds, garlic, coriander, chillies, smoked paprika or za'atar for a flavour twist

Top tips

Serve warm for curries, wraps, or dips. Keep warm in a low oven for a crowd.

1. Mix flour, baking powder, salt, yoghurt, oil, and water into a rough dough. Knead a few minutes until slightly smooth.
2. Divide into 4–8 pieces depending on size desired.
3. Heat a heavy pan over high heat (no oil). Roll dough pieces into ovals. Fry 1–2 minutes each side until golden.
4. Optional: brush with melted ghee or butter.
5. Stack cooked breads covered with a tea towel to keep soft.









Quick pizza

This quick pizza dough is simple to make and perfect for experimenting with different toppings. It's a great introduction to bread-making and works well for sharing or making personalised pizzas.

Serves: 4 (makes 2 medium pizzas)
Prep time: 20 minutes (plus rising time)
Cook time: 10–12 minutes
Total time: 1 hour
Difficulty: Easy

Ingredients

For the dough

300g plain flour (plus extra for dusting)
1 packet fast-action dried yeast (7g)
1 tsp sugar
1 tsp salt
1 tbsp olive oil (or vegetable oil)
200ml warm water (hand hot, not boiling)

For the tomato sauce

200g passata
3 tbsp tomato purée
1 tbsp Italian herbs or mixed herbs
1 tsp sugar (or more to taste)
Salt and pepper, to taste

Suggested toppings

Grated cheese
Peppers
Mushrooms
Sweetcorn
Ham or pepperoni
Fresh basil

1. In a large bowl, mix together the flour, yeast, sugar, and salt.
2. Add the warm water and olive oil. Stir until the dough starts to come together.
3. Lightly flour a work surface and tip the dough out. Knead for about 5 minutes until smooth and elastic.
4. Shape the dough into a ball and place it back into the bowl. Cover with a tea towel and leave somewhere warm for 20–30 minutes until slightly risen.
5. While the dough rises, make the tomato sauce by mixing the passata, tomato purée, herbs, sugar, salt, and pepper in a bowl. Taste and adjust seasoning if needed.
6. Preheat the oven to 220°C (200°C fan).
7. Divide the dough into 2 equal pieces and roll each into a pizza shape.
8. Place the dough onto baking trays before adding toppings. Spread over the tomato sauce, then add cheese and your chosen toppings.
9. Bake for 10–12 minutes until the crust is golden and the cheese is bubbling.

Top tips

Put the pizza base onto the tray before adding toppings – it's difficult to move once topped.

Warm water helps activate the yeast, but boiling water can kill it.

Try different topping combinations to make it your own.












JAMIE'S
FARM

Frittata (v)

This Italian baked egg dish is similar to an omelette and can be served hot or cold. You can fill it with vegetables or meat, making it perfect for a picnic or a packed lunch.

Serves: 3–4
Prep time: 10–15 minutes
Cook time: 15 minutes
Total time: 25–30 minutes
Difficulty: Easy

Ingredients

6 large eggs
4 tbsp (60 ml) double cream
½ tsp salt
¼ tsp black pepper
100–120g grated cheese
250–300g extras (vegetables, cooked meats, etc.)

Extras – possible fillings

Cook these gently in a pan first, then tip out into a bowl before adding to your frittata:

Vegetables: broccoli, peppers, mushrooms, spinach, cherry tomatoes, garlic, onions
Meat: bacon, ham, chicken

1. Preheat the oven to 175°C.
2. Prepare any extras from the suggestions below or try your own favourites.
3. In a large mixing bowl, whisk together eggs, cream, salt, and black pepper.
4. Stir in the grated cheese.
5. Pour the mixture into a 10-inch oven-safe frying pan or cast-iron pan.
6. Bake uncovered for 10–15 minutes, until the eggs are set in the centre and no longer jiggle.



Potatoes 5 ways

Potatoes are one of the most versatile ingredients to cook with, and there are countless ways to prepare them. These methods can be adapted with different seasonings, herbs, and toppings depending on what you enjoy or what you have available.

Top tips

These recipes work best with floury potatoes such as Maris Piper, King Edward, or Desiree, unless otherwise stated.

Potatoes can be prepared up to 2 days in advance. Keep peeled potatoes submerged in cold water to stop them browning.





Jacket potatoes

Serves: 4
Prep time: 5 minutes
Cook time: 1–1½ hours
Total time: 1 hour 5 minutes – 1 hour 35 minutes
Difficulty: Easy

Ingredients

4 large baking potatoes
1 tbsp oil
Salt

1. Preheat the oven to 200°C (180°C fan).
2. Prick the potatoes all over with a fork.
3. Rub with oil and sprinkle with salt.
4. Place on a baking tray and bake for 1–1½ hours until crisp outside and soft in the centre.



Potato wedges

Serves: 4
Prep time: 10 minutes
Cook time: 1 hour
Total time: 1 hour 10 minutes
Difficulty: Easy

Ingredients

4 large potatoes
2 tbsp oil
Salt and pepper

Optional flavourings

Oregano
Thyme
Rosemary
Chilli flakes
Smoked paprika

1. Preheat the oven to 200°C (180°C fan).
2. Cut the potatoes lengthways into thick wedges.
3. Toss with oil, salt, pepper, and any chosen herbs or spices.
4. Spread onto a baking tray in a single layer.
5. Bake for 1 hour, turning halfway through, until golden and crisp.



Roast potatoes

Serves: 4–6
Prep time: 15 minutes
Cook time: 1 hour
Total time: 1 hour 15 minutes
Difficulty: Medium

Ingredients

1kg potatoes
2–3 tbsp oil
Salt and pepper

Optional

Rosemary
Thyme
Garlic

1. Preheat the oven to 200°C (180°C fan).
2. Cut the potatoes into evenly sized chunks.
3. Place in a pan of cold salted water and bring to the boil.
4. Parboil for 5–7 minutes until just starting to soften.
5. Drain in a colander and shake gently to rough up the edges. Leave to steam dry for 10 minutes.
6. Toss with oil, salt, pepper, and any herbs.
7. Roast for about 1 hour, turning halfway through, until golden and crispy.

Mashed potatoes

Serves: 4
Prep time: 10 minutes
Cook time: 10–15 minutes
Total time: 25 minutes
Difficulty: Easy

Ingredients

1kg potatoes
50ml milk (or more to taste)
25g butter
Salt and pepper

Optional

Double cream
Olive oil (for dairy-free version)

1. Peel and cut the potatoes into evenly sized chunks.
2. Place in salted cold water and bring to the boil.
3. Boil for 10–15 minutes until soft enough to pierce easily with a fork.
4. Drain well and return to the empty pan.
5. Add milk, butter, salt, and pepper.
6. Mash until smooth and creamy.

Top tips

Add double cream for extra richness.

Use olive oil instead of butter and milk for a vegan version.

Potato salad

Serves: 4–6
Prep time: 10 minutes
Cook time: 10–15 minutes
Total time: 25 minutes
Difficulty: Easy

Ingredients

1kg potatoes
4–5 tbsp mayonnaise
Salt and pepper

Optional additions

Natural yoghurt
Spring onions
Chives
Parsley
Capers
Lemon zest
Wholegrain mustard

1. Cut the potatoes into evenly sized chunks.
2. Place in salted cold water and bring to the boil.
3. Boil for 10–15 minutes until tender but still holding their shape.
4. Drain and allow to cool slightly.
5. Transfer to a bowl and gently mix with mayonnaise, salt, and pepper.
6. Stir through any extra flavourings if using.

Top tips

Replace half the mayonnaise with yoghurt for a lighter version.

New potatoes work especially well in spring and summer.

Add herbs and mustard for extra flavour and freshness.



Stir-fry guide

Stir-fries are quick, flexible meals that can be adapted using whatever ingredients you have available. Once you understand the basic method, you can mix different proteins, vegetables, sauces, and toppings to create lots of different combinations.

Serves: 4
Prep time: 20 minutes
Cook time: 15 minutes
Total time: 35 minutes
Difficulty: Easy

Top tips

High heat helps vegetables stay crisp rather than soggy.

Prepare everything before cooking – stir-fries move quickly.

Taste as you go and adjust seasoning or spice levels to suit your preference.



Before you start

Everything cooks quickly in a stir-fry, so it helps to prepare all your ingredients before turning on the heat.

1. Choose your protein, vegetables, aromatics, and sauce
2. Chop and prepare everything before cooking
3. Keep ingredients nearby and ready to add

Choose your protein

Pick one option (about 350g), cut into bite-sized pieces:

- Chicken thigh or breast
- Beef steak
- Pork tenderloin or minced pork
- Tofu
- Prawns (leave whole)

Choose your vegetables

Pick 2–3 vegetables (about 350g total). Try to cut everything into similar-sized pieces so they cook evenly.

- Carrots
- Broccoli
- Sweetcorn
- Green beans
- Celery
- Cabbage
- Mushrooms
- Beansprouts
- Peas
- Peppers

Choose your aromatics

Use some or all to build flavour:

- 2–3 garlic cloves, finely chopped or grated
- 1 thumb-sized piece of ginger, finely chopped or grated
- Fresh chilli, finely sliced (adjust depending on heat)

Basic sauce

- 125ml stock (chicken, vegetable or mushroom) or water
- 3 cloves garlic, finely chopped
- 3 tbsp soy sauce
- 3 tbsp rice vinegar or white wine vinegar
- 3 tbsp sugar (white or brown)
- 1.5 tbsp cornstarch (mixed with 1 tbsp warm water)

Lime & honey

- 3 tbsp sesame oil
- 1 tsp honey
- Juice of half a lime
- 5 tbsp soy sauce
- 2 tbsp rice vinegar or white wine vinegar

Sweet & sour

- 150ml stock (chicken, vegetable or mushroom) or water
- 1 tbsp soy sauce
- 2 tbsp ketchup
- 1 tbsp rice vinegar or white wine vinegar
- 1 tbsp brown sugar
- 1.5 tbsp cornstarch (mixed with 1 tbsp warm water)



Choose your garnishes

- Spring onions, finely sliced
- Fresh coriander leaves
- Peanuts, crushed or whole
- Cashew nuts, lightly toasted
- Sesame seeds
- Fresh chilli, finely sliced

Cooking method

Use sunflower, vegetable, rapeseed, or peanut oil.

1. Heat a little oil in a large frying pan or wok over medium-high heat.
2. Cook the protein in batches if needed, keeping it in a single layer so it browns properly. Remove and set aside once cooked.
3. Add another tablespoon of oil if needed, then add the aromatics. Stir constantly for 30 seconds to 1 minute until fragrant.
4. Add the vegetables, starting with the ones that take longest to cook. Stir-fry for 6–10 minutes until cooked but still slightly crunchy.
5. Return the protein to the pan. Add your chosen sauce and cook for a few minutes until slightly thickened and glossy.
6. Serve with rice or noodles and finish with your chosen garnishes.

Simple puff pastry recipes

Puff pastry is a versatile, flaky dough perfect for both sweet and savoury dishes. Here are four easy recipes using store-bought puff pastry that you can make at home.

Savoury puff pastry lattice (chicken & mushroom)



Serves: 4
Prep time: 20 minutes
Cook time: 25–30 minutes
Total time: 45–50 minutes
Difficulty: Medium

Ingredients

1 sheet puff pastry (about 320g), thawed
1 tbsp olive oil
1 small onion, diced
2 garlic cloves, minced
150g cooked chicken, shredded
100g mushrooms, sliced
2 tbsp plain flour
150ml chicken stock
100ml cream or milk
Salt and pepper, to taste
1 egg, beaten (for egg wash)

1. Preheat oven to 200°C (180°C fan).
2. Heat oil in a pan and sauté onion and garlic until soft. Add mushrooms and cook until golden.
3 Stir in flour and cook for 1 minute. Gradually add stock and cream, stirring until thickened.
4. Mix in chicken, season, and cool slightly.
5. Roll pastry into a rectangle and place on baking paper.
6. Divide into three long sections. Spread filling along the middle.
7. Cut strips along the sides and fold alternately over the filling to create a lattice. Seal ends.
8. Brush with egg wash and bake for 25–30 minutes until golden.

Tips for working with puff pastry

- Puff pastry can be frozen until needed.
- Always thaw according to packet instructions.
- Keep pastry cold for best results – chill again if it gets too soft.
- For a golden finish, brush with egg wash before baking.

Simple mini sausage rolls

These mini sausage rolls are the perfect finger-food. They're brilliant for snacks, lunchboxes or sharing – plus they're so fun and easy to make. You can experiment with adding different chutneys, sausage flavours, or toppings to make them your own.

Serves: 4 (makes 12)
Prep time: 15 minutes
Cook time: 20–25 minutes
Total time: 35–40 minutes
Difficulty: Easy

Ingredients

1 sheet pre-rolled puff pastry
4 sausages (any kind)
1 egg, beaten
Flour for dusting
Optional: 2 tbsp chutney or apple sauce, sesame or sunflower seeds

1. Preheat oven to 200°C (180°C fan).
2. Remove sausage casings and mix meat with chutney if using.
3. Roll out pastry on floured surface; cut in half lengthwise.
4. Place sausage meat down centre of each strip.
5. Brush one edge with egg to seal, fold over, press edges with fork.
6. Cut into 6 smaller rolls per strip, place on lined tray.
7. Brush tops with egg, sprinkle seeds if using.
8. Bake 20–25 minutes until golden and cooked through (74°C internal).



Puff pastry cheese straws

Serves: 3–4 (makes 12 straws)
Prep time: 10 minutes
Cook time: 12–15 minutes
Total time: 20–25 minutes
Difficulty: Easy

Ingredients

1 sheet puff pastry (about 320g), thawed
150g grated cheddar
1 tsp paprika or garlic powder (optional)
Salt and pepper, to taste
1 egg, beaten (for egg wash)

1. Preheat oven to 200°C (180°C fan).
2. Roll out pastry slightly. Sprinkle cheese and seasoning over half.
3. Fold pastry over and press gently.
4. Cut into 1–2cm strips.
5. Twist each strip and place on a lined tray.
6. Brush with egg wash and bake for 12–15 minutes until golden and crisp.

Easy puff pastry fruit pie (apple or berry)

Serves: 2
Prep time: 10–15 minutes
Cook time: 20–25 minutes
Total time: 30–40 minutes
Difficulty: Easy

Ingredients

1 sheet puff pastry (about 320g), thawed
2 apples, peeled and sliced (or around 150g berries)
1 tbsp sugar
½ tsp cinnamon (optional)
1 tsp flour or cornflour
1 egg, beaten (for egg wash)

1. Preheat oven to 200°C (180°C fan).
2. Toss fruit with sugar, cinnamon, and flour.
3. Place filling in the centre of the pastry, leaving a border.
4. Fold edges over or cover with another sheet and seal.
5. Brush with egg wash and sprinkle with sugar.
6. Bake for 20–25 minutes until golden and bubbling.











Shredded salads (v)

These crunchy salads are quick to prepare and easy to adapt depending on what you have available. They work well alongside a wide range of meals and are a simple way to add freshness, texture, and colour to the table. A firm favourite at Bath, Lower Shockerwick, where they are used to vamp up chicken wraps and served with homemade chips on the side.

Serves: 4–6
Prep time: 15 minutes
Cook time: 0 minutes
Total time: 15 minutes
Difficulty: Easy

Ingredients

Choose 3 crunchy vegetables or fruits:

¼ white or red cabbage, finely shredded
2 medium carrots, grated or peeled into ribbons
1 small lettuce, shredded
1–2 bell peppers, thinly sliced
1 medium beetroot (pickled works especially well)
½ small red onion, finely sliced
1 apple, grated or thinly sliced

For the dressing:

2 tbsp mayonnaise
1 tbsp plain yoghurt
1 tbsp lemon juice or vinegar (white wine or red wine vinegar)
1 tsp mustard (Dijon or wholegrain)
1 tsp honey
Salt and pepper, to taste

1. Prepare your chosen vegetables and fruit by shredding, slicing, or grating them into a large bowl.
2. In a separate bowl or jar, mix together the mayonnaise, yoghurt, lemon juice or vinegar, mustard, honey, salt, and pepper.
3. Taste the dressing and adjust seasoning if needed.
4. Pour the dressing over the salad just before serving and toss well to coat evenly.

Top tips

A splash of pickled beetroot liquid adds colour and extra sweetness to the dressing.

Dress the salad just before serving to keep everything crisp.

Add sultanas, seeds, chilli flakes, or hot sauce for extra flavour and texture.



Treats





Chocolate chip cookies

This recipe produces cookies which are delicious, chewy and not too sweet. These are always a hit and can be made in advance, meaning you have a great fall-back if you need to produce something quickly.

Serves: Makes 12 medium cookies
Prep time: 15 minutes (plus chilling time)
Cook time: 12–15 minutes
Total time: 30 minutes (plus chilling)
Difficulty: Easy

Ingredients

120g salted butter, at room temperature
75g light brown sugar
75g granulated sugar
½ tsp vanilla extract
1 egg
240g plain flour
½ tsp bicarbonate of soda
130g dark chocolate chips

Top tips

Chilling the dough helps improve the texture and flavour.

The cookies will continue to firm up as they cool.

Take care when using the oven; ask for help if needed.

Variations

For peanut butter and chocolate cookies: add 100g crunchy peanut butter and 100g dark chocolate chips.

For cranberry and white chocolate cookies: add 100g dried cranberries and 100g white chocolate chips.

1. Beat together the butter and both sugars until just combined. If the butter is too firm, soften it slightly (for example, in the microwave).
2. Add the vanilla extract, then the egg, and mix well until smooth.
3. Sift together the flour and bicarbonate of soda. Add to the mixture along with the chocolate chips, stirring until it forms a dough.
4. Shape the dough into a log about 5cm thick. Wrap in cling film and chill in the fridge (for up to 5 days) or freeze.
5. When ready to bake, preheat the oven to 190°C (170°C fan). Line two baking trays with baking parchment.
6. Remove the cling film and cut the dough into slices about 1cm thick. Place on the trays, leaving space between each cookie.
7. Bake for 12–15 minutes, until slightly golden but not browned.
8. Leave the cookies to cool on the tray for a couple of minutes, then transfer to a cooling rack.



Dairy-free cookies

At Jamie's Farm, cookies are a favourite treat! Who can resist the warm, gooey goodness straight from the oven?

Serves: 3–4 (makes 9 cookies)
Prep time: 15 minutes
Cook time: 12 minutes
Total time: 25–30 minutes
Difficulty: Easy

Ingredients

200g plain flour
125g caster sugar
100g dairy-free spread
1 tbsp golden syrup
1 tbsp oat milk
100g dark chocolate chips (or apricots, raisins)

1. Switch the oven on to 180°C.
2. Put the dairy-free spread into a non-metal bowl and then melt it in the microwave.
3. Add the sugar and flour and 'tickle it' with your fingers to mix it together, to make a texture like breadcrumbs.
4. Add the syrup and oat milk so that it forms a dough.
5. Split the dough into 9 roughly, equal size portions. Roll these in your hand to make a ball.
6. Line a baking tray with some baking parchment and then put the balls on to the tray – equally spaced – and then flatten then slightly down.
7. Carefully place the tray in the oven for 12 minutes.





Apple crumble

Apple crumble is a cozy autumn favourite. Is there anything better than sweet, soft apples under a crunchy topping on a chilly day?

Serves: 6
Prep time: 20 minutes
Cook time: 35–45 minutes
Total time: 55–65 minutes
Difficulty: Easy

Ingredients

Filling

1kg apples
½ tsp vanilla extract (optional)
½ tsp cinnamon (optional)
50g white or brown sugar
2 tbsp lemon juice (can use water if no lemon available)

Crumble topping

250g plain flour
150g sugar (any kind)
Pinch of salt
200g butter (melted)
150g oats

Top tip

Don't press the crumble down! Spread the topping lightly, this will allow steam to be released and avoid a dense crust.



1. Turn oven on to 180/160°C fan

To make the filling:

2. Peel and cut apples into 1cm chunks, removing the core and stem.
3. Place apples into a baking tray and add the sugar, vanilla, cinnamon and lemon juice and mix together. Taste the apples when adding the sugar to see how much you need as some apples will be naturally much sweeter than others.

To make the crumble topping:

4. Place the sugar, flour, oats and salt into a large mixing bowl and stir together.
5. Add melted butter into the dry mix and stir it until the mix is wet and clumpy.
6. Spread the crumble topping over the top of the apples.
7. Bake in the oven for 35–45 minutes until golden brown on top.
8. Serve with ice-cream, custard, yoghurt or just have it on its own.

Cupcakes

Cupcakes are fun to make and perfect for decorating with icing and sprinkles. At the Hereford farm they enjoy decorating cupcakes with edible flowers from the garden.

Serves: 12 cupcakes
Prep time: 15–20 minutes
Cook time: 15 minutes
Total time: 30–35 minutes
Difficulty: Easy

Ingredients

110g softened butter
110g caster sugar
2 medium eggs
1 tsp vanilla extract (optional)
110g self-raising flour
(or 110g plain flour + 1 tsp baking powder)
½ tsp salt

Flavour ideas

Try adding any of these:

- Chocolate chips
- Lemon zest
- Orange zest
- Fresh berries

Top tip

Try this handy trick and you will never need a recipe again!

Weigh your eggs and use the same weight for the butter, flour, and sugar.



1. Preheat the oven to 180°C (160°C fan) and line a 12-cup cupcake tray with paper cases.
2. Cream the butter and sugar together until light and fluffy.
3. Add the eggs one at a time, mixing well after each. If the mixture curdles, add a little flour.
4. Stir in the vanilla extract.
5. Add the flour and salt and mix until just combined.
6. Divide the mixture evenly between the cases, filling each about two-thirds full.
7. Bake for around 15 minutes until golden and a skewer inserted in the centre comes out clean.
8. Leave to cool on a wire rack before decorating.



Honey and apricot flapjack

We love making flapjack to welcome people – it's warm, comforting and always a big hit. We try to save some for later, but it's usually so tasty it disappears by the next morning!

Serves: 16
Prep time: 20 minutes
Cook time: 25 minutes
Total time: 45 minutes
Difficulty: Easy

Ingredients

For the Flapjack:
180g salted butter, cubed
140g light brown sugar
140g honey
325g rolled oats
125g dried apricots, chopped

For the Drizzle:
2 tbsp honey

Top tip
For a sticky finish, brush the flapjack with 2 tbsp of honey straight after it comes out of the oven.

1. Preheat your oven to 180°C (160°C fan). Grease and line a 20cm square baking tin with baking parchment – this will make it easier to lift out later!
2. Put the butter, sugar, and honey into a saucepan and gently heat, stirring until everything has melted together and the sugar has dissolved. Add the oats and chopped apricots, then stir until everything's nicely coated and combined.
3. Spoon the mixture into your prepared tin and press it down firmly with the back of a spoon to level it out. Bake for 25 minutes, or until golden and smelling amazing.
4. Once baked, take it out of the oven and leave it to cool in the tin. When it's just warm, lift it out and cut into squares.



Chocolate cake

This rich, chocolatey cake is a favourite at Jamie's Farm, simple to make and perfect for sharing. It's soft, sweet and great fun to bake with others!

Serves: 8–10
Prep time: 15 minutes
Cook time: 40 minutes
Total time: 55 minutes
Difficulty: Easy

Ingredients

For the cake:

280g softened butter
280g brown sugar
340g self-raising flour
5 eggs
2 tsp baking powder
4 tbsp cocoa powder (mixed with a little boiling water to make a paste)
4 tbsp milk

For the icing:

85g softened butter
55g cocoa powder (mixed with a little boiling water to make a paste)
225g icing sugar
2 tbsp milk

Top tip

Make white icing by replacing the cocoa powder wth an additional 55g of icing sugar.

For the cake:

1. Preheat the oven to 180°C (160°C fan).
2. Mix all the ingredients together in a large bowl until smooth.
3. Line a roasting tin with baking paper.
4. Pour the mixture into the tin and spread evenly.
5. Bake for about 40 minutes, until cooked through.

For the icing:

6. Mix all the icing ingredients together until smooth, then spread over the cooled cake.



Lemon drizzle traybake

This lemon drizzle traybake is a bright, citrusy cake with a soft sponge and a crisp, sugary topping. It's a reliable crowd-pleaser and a great recipe for baking in larger batches.

Serves: 30 squares
Prep time: 15–20 minutes
Cook time: 35–40 minutes
Total time: 55–60 minutes
Difficulty: Easy

Ingredients

For the traybake:
225g butter, softened
225g caster sugar
275g self-raising flour
2 tsp baking powder
4 eggs
4 tbsp (60ml) milk
Finely grated zest of 2 lemons

For the crunchy topping:
80g granulated sugar
Juice of 1 lemon

Top tip
Keeps well in an airtight container for up to 5 days.

Serving suggestions

Try swapping one lemon for lime or orange for a citrus twist.

Add extra lemon zest on top for a sharper flavour.



1. Preheat the oven to 180°C (160°C fan). Grease and line a 30cm x 23cm x 4cm traybake tin with baking parchment.
2. In a large bowl (or mixer), combine the butter, caster sugar, flour, baking powder, eggs, milk, and lemon zest. Beat for about 2 minutes until smooth and creamy.
3. Spoon the mixture into the prepared tin and smooth the top. Bake for 35–40 minutes, until golden, springy in the centre, and just coming away from the edges.
4. Leave the cake in the tin for a few minutes, then lift it out (still on the parchment) onto a wire rack set over a tray.
5. While the cake is still warm, mix the lemon juice and granulated sugar to make the drizzle. Spoon evenly over the cake so it soaks in and forms a crunchy topping.
6. Allow to cool completely before cutting into 30 squares.

Banana bread

A deliciously moist and wholesome banana bread that is super easy to make. This is also a great way to use overripe bananas; the blacker the better as it means more of their starch has converted into sugar, giving you a sweeter loaf.

Serves: 10
Prep time: 15 minutes
Cook time: 50 minutes
Total time: 1 hour 5 minutes
Difficulty: Easy

Ingredients

130g honey (or 170g dark muscovado sugar)
330g overripe bananas (about 3–4 bananas)
125g sunflower oil
4 medium eggs
100g wholemeal bread flour
100g plain flour
3 tsp baking powder
1 handful chopped pecans or walnuts (optional, 50g)
1 handful raisins (optional, 50g)

Top tips

Very ripe (or over-ripe) bananas give the best flavour and sweetness.

If you don't have over-ripe bananas, you can roast them whole in the oven until they go black. This will make them softer and sweeter.

Take care when using the oven – ask for help if needed.

1. Preheat the oven to 190°C (170°C fan) and line a 20cm square cake tin with baking parchment.
2. In a large bowl, mash the bananas with the honey (or sugar) until mostly smooth.
3. Beat in the oil and eggs until well combined. Stir in the nuts and raisins if using.
4. Add the flours and baking powder (sift if possible), then mix until fully combined.
5. Pour the mixture into the prepared tin and level the top.
6. Bake for about 50 minutes, until a skewer inserted into the centre comes out clean.
7. Leave to cool slightly before turning out onto a rack and slicing.



Chocolate brownies

We often make these as the last teatime snack of the week, as a celebratory treat. The key is not to overcook them to ensure they are still gooey in the middle. They taste great both still slightly warm from the oven, or if you refrigerate them, when they take on more of a fudge-like consistency.

Serves: Makes 12 brownies
Prep time: 20 minutes
Cook time: 35–45 minutes
Total time: 55 minutes – 1 hour 5 minutes
Difficulty: Medium

Ingredients

250g dark chocolate, in chips or roughly chopped
250g unsalted butter, softened
200g golden caster sugar
4 eggs
60g plain flour
½ tsp baking powder
Pinch of salt
30g cocoa powder

Top tips

Do not overbake if you want a soft, gooey centre.

The bowl used for melting chocolate will become hot; handle with care.

Take care when using the oven; ask for help if needed.

1. Preheat the oven to 180°C (160°C fan). Line a 23cm x 23cm tin with baking parchment.
2. Place a heatproof bowl over a pan of gently simmering water. Add 200g of the chocolate and stir until melted. Carefully remove the bowl from the heat.
3. In a separate bowl, beat the softened butter and sugar together until light and fluffy.
4. Add the eggs one at a time, beating well after each addition. Continue mixing for a few minutes.
5. Using a spatula, fold in the melted chocolate and the remaining chocolate pieces.
6. Sift in the flour, baking powder, cocoa powder and salt, then fold gently until combined.
7. Spoon the mixture into the prepared tin and spread evenly.
8. Bake for 35–45 minutes, depending on how gooey you prefer them.
9. Leave to cool slightly before cutting into squares.



Cheesecake

No baking needed for this fresh and zesty cheesecake. With a crunchy biscuit base and creamy lemon topping, it's fun to make and even better to share. This recipe was created by one of our Youth Champions, Riley.





Serves: 10–12
Prep time: 25 minutes
Cook time: 0 minutes
Total time: 6–24 hours (including chilling)
Difficulty: Easy

Ingredients

120g butter (melted)
300g ginger nut biscuits
625g cream cheese (or mascarpone)
140g icing sugar
3 lemons (zest and juice)
150ml double cream
75g lemon curd

1. Grease a 20cm cake tin.
2. Crush the biscuits using a food processor or place them in a sealed bag and crush with a rolling pin.
3. Mix the crushed biscuits with the melted butter. Press the mixture firmly into the bottom of the tin to make an even base (the bottom of a jar works well).
4. Place the base in the fridge to chill while you make the filling.
5. In a large bowl, whisk together the cream cheese, icing sugar and the zest of 2 lemons.
6. Save about 3 tablespoons of lemon juice for later, then add the rest of the lemon juice and the double cream. Keep whisking until the mixture becomes thick and smooth.
7. Spoon the filling over the chilled base and spread it evenly, smoothing the top with a spoon or spatula.
8. Leave in the fridge to set overnight (or for at least 6 hours).
9. Mix the lemon curd with the reserved lemon juice to make a runny topping. Drizzle over the cheesecake and finish with the remaining lemon zest.

Welsh cakes

Welsh cakes are a traditional treat cooked on a pan rather than baked. With a soft, slightly crumbly texture, they sit somewhere between a scone and a biscuit and are best enjoyed warm. They're popular with our Welsh visitors, and all who try them!

Serves: Makes around 30 Welsh cakes
Prep time: 20 minutes
Cook time: 15–20 minutes
Total time: 35–40 minutes
Difficulty: Easy

Ingredients

285g self-raising flour
1 tsp baking powder
85g unsalted butter, cold and cubed
30g sugar
4 tbsp milk
1 egg
55g raisins or sultanas (optional)
1 tsp cinnamon or mixed spice (optional)

1. Using your fingertips, rub together the flour, baking powder, spices (if using) butter and sugar until it resembles breadcrumbs.
2. In a separate bowl, beat together the milk and eggs with a fork or whisk until well combined.
3. Add the milk and egg mixture, and the raisins, to the dry ingredients and mix well until a dough forms.
4. On a lightly floured work surface, roll out your dough until it's 1cm thick, about the thickness of your little finger.
5. If using a cookie cutter, cut out your Welsh cakes, giving the cutter a gentle twist if the dough gets stuck. If using a glass or mug, place the cup upside down on your dough and draw around the rim with a knife to create your Welsh cakes.
6. Pre-heat a frying pan. Without any oil or butter, dry fry your Welsh cakes, 2 or 3 at a time until golden on both sides.





Dinner



Lahum ajon (Syrian flatbread)

Lahum Ajon is a popular Syrian flatbread topped with spiced meat and vegetables. It is sometimes described as a Middle Eastern pizza. This recipe was shared by Abdulrahman, a visiting Young Person, and is full of care, flavour and tradition.

Serves: 4–6 (makes 6–8 flatbreads)
Prep time: 25 minutes (plus 1 hour proving)
Cook time: 15–20 minutes
Total time: 1 hour 40 minutes
Difficulty: Medium

Ingredients

For the dough:

250g plain flour
1 tsp active dry yeast
1 tsp sugar
½ tsp salt
180ml warm water
1 tbsp olive oil

For the topping:

300g ground lamb or beef (ideally around 20% fat)
1 onion, finely chopped
2 garlic cloves, minced
1 red pepper, finely chopped
1 yellow pepper, finely chopped
2 tomatoes, diced
2 tsp olive oil (only if using lean meat)
Small handful fresh mint, chopped
Small handful fresh parsley, chopped
1 tsp pomegranate molasses (optional)
½ tsp chilli flakes (optional)
Salt and pepper, to taste

Make the dough

1. In a bowl, mix the warm water, sugar and yeast. Leave for 5–10 minutes until foamy.
2. In a large bowl, mix the flour and salt. Make a well in the centre.
3. Add the yeast mixture and olive oil. Mix until a dough forms.
4. Knead on a floured surface for 5–7 minutes until smooth.
5. Place the dough in a lightly oiled bowl, cover and leave somewhere warm for about 1 hour, until doubled in size.

Prepare the topping

6. Mix the meat with salt, pepper, chilli flakes, olive oil and pomegranate molasses.
7. Mix the onion, garlic, peppers, tomatoes, mint and parsley together and place in a strainer to remove extra liquid.
8. Combine the meat and vegetables and mix very well.

Assemble and cook

9. Preheat the oven to 220°C (200°C fan).
10. Punch down the dough and divide into small balls.
11. Roll each ball into a thin circle.
12. Spread a thin layer of topping over each circle, leaving a small edge.
13. Bake on a hot tray for 15–20 minutes until cooked and golden.

Serve

14. Garnish with fresh parsley.
15. Serve warm with lemon or salad.

"Before cooking anything, please remember that even the most flavourful dish can be tasteless if cooked without LOVE."
Abdulrahman

Breaded chicken

This recipe is a favourite at our Skipton farm. This breaded chicken is crispy on the outside and tender inside, making it a flexible option for a range of meals. It works well with salads, vegetables, or tucked into wraps and sandwiches.

Serves: 4
Prep time: 15 minutes
Cook time: 25–30 minutes
Total time: 40–45 minutes
Difficulty: Easy

Ingredients

500g chicken breast (about 2 to 3 breasts)
75g plain flour
1 egg
175g bread crumbs
Pinch of salt and pepper
1 tbsp oil (for baking)

Optional:
Crushed cornflakes (175g) can be used instead of breadcrumbs.

Top tips

Use one hand for dry ingredients and one for wet.

Cut chicken evenly so it cooks at the same speed.

1. Preheat the oven to 200°C (180°C fan). Line a baking tray.
2. Set up three bowls:
   Bowl 1: flour, salt and pepper
   Bowl 2: egg, whisked
   Bowl 3: breadcrumbs or cornflakes
3. Cut the chicken into strips or small pieces.
4. Coat each piece in flour, then egg, then breadcrumbs.
5. Place on the tray and drizzle with oil.
6. Bake for 25–30 minutes until golden and fully cooked.
7. Leave to cool slightly before serving.





Beef pie

A pie is a real crowd pleaser and a great thing to make when you are cooking for a lot of people. Although the filling takes a while, you can make it a day or two in advance and then finish it off an hour before eating. We serve this with steamed greens and buttery mashed potato. So tasty!

Serves: 6
Prep time: 25 minutes
Cook time: 3 hours (filling) + 40 minutes (baking)
Total time: 4 hours 5 minutes
Difficulty: Medium

Ingredients

1kg stewing beef (e.g. shin)
300g closed cup mushrooms, halved
1 onion, finely chopped
2 sticks celery, finely chopped
3 cloves garlic, finely chopped
500ml beef stock
1 tbsp balsamic vinegar
1 tbsp tomato purée
2 bay leaves
4 sprigs thyme
3 carrots, cut into cubes
500g block of puff pastry
1 heaped tsp redcurrant jelly
1 tsp French mustard
1½ tbsp plain flour
Salt and pepper
1 egg (for brushing)

Top tips

The filling can be made in advance and kept in the fridge for 1–2 days.

Cook the beef slowly for the best texture and flavour.

Take care when using hot pans and the oven; ask for help if needed.

1. Heat a large casserole dish or pan over a medium heat and add a little oil. Brown the beef in batches, making sure not to overcrowd the pan. Remove and set aside in a bowl.
2. Add a little more oil if needed, then cook the onion, celery and bay leaves for about 7 minutes until softened.
3. Add the garlic and cook for 1 minute, then stir in the flour and cook for another minute, stirring constantly.
4. Add the mushrooms, carrots, balsamic vinegar and tomato purée. Cook for 2 minutes, stirring.
5. Gradually pour in the stock, stirring as you go to create a smooth gravy.
6. Return the beef to the pan. Add pepper, thyme, mustard and redcurrant jelly. Bring to the boil.
7. Cover with a lid and cook on a very low heat for 2–3 hours, until the meat is very tender. If needed, remove the lid towards the end to reduce the sauce. Taste and add salt if needed.
8. About 1 hour before serving, preheat the oven to 190°C (170°C fan).
9. Spoon the beef mixture into a pie dish so it comes just below the rim.
10. Roll out the pastry to about the thickness of a pound coin. Place it over the dish, allowing a slight overhang. Trim the edges and use any extra pastry for decoration if desired.
11. Brush the pastry with beaten egg and cut a few small slits in the centre.
12. Place the pie on a baking tray and bake for 40 minutes, until the pastry is golden.

Chicken thigh tray bake curry with basmati rice

This chicken tray bake curry combines tender marinated chicken with a gently spiced sauce. It's a balanced, home-style dish that brings together roasting, simmering, and rice cooking in one meal (can also be made as a vegetable curry).

Serves: 4
Prep time: 20 minutes (plus 1 hour marinating)
Cook time: 40–45 minutes
Total time: 1 hour 45 minutes
Difficulty: Medium

Ingredients

For the chicken marinade:

8 skinless, bone-in chicken thighs
150g plain yogurt
2 tbsp lemon juice
1 tbsp garam masala
1 tsp turmeric
1 tsp ground cumin
1 tsp paprika
1 tbsp grated ginger
3 cloves garlic, minced
Salt & pepper to taste

For the curry cauce:

2 tbsp oil or ghee
1 large onion, finely chopped
3 cloves garlic, minced
1 tbsp grated ginger
1 tbsp curry powder
1 tsp ground coriander
1 tsp cumin
400g chopped tomatoes
200ml coconut milk
Salt to taste
Fresh coriander for garnish

For the rice:

300g basmati rice
600ml water
1 tsp salt
1 tbsp oil or butter (optional)

Marinate the chicken:

1. In a large bowl, mix all marinade ingredients. Add the chicken and coat well.
2. Cover and chill for at least 1 hour (or longer if possible).

Cook the chicken:

3. Preheat the oven to 200°C (180°C fan).
4. Place the chicken on a baking tray and roast for 35–40 minutes until cooked through and lightly golden.

Make the sauce:

5. Heat oil or ghee in a pan and cook the onion until soft.
6. Add the garlic, ginger, and spices, cooking for 1–2 minutes.
7. Stir in the chopped tomatoes and simmer for 10–15 minutes.
8. Add the coconut milk and simmer gently until the sauce thickens slightly.

Cook the rice:

9. Rinse the rice, then add to a saucepan with water and salt.
10. Bring to the boil, cover, and simmer for 10–12 minutes until tender.

Serve:

11. Serve the chicken with the sauce spooned over, alongside the rice.
12. Garnish with fresh coriander.

Make it veggie V

To make this vegetarian, replace the chicken with a root vegetable such as butternut squash or sweet potato and cook in the same way. You can also use cauliflower or broccoli florets and reduce the roasting time to 20–25 minutes.

Dahl (v)

Hind is a team member supporting young people at Jamie' Farm Hereford. This dish has become her go-to evening meal during Ramadan. It's her own twist on a traditional Sudanese dahl – comforting, nourishing and exactly what she craves after a long day of fasting.

Serves: 6
Prep time: 15 minutes
Cook time: 30 minutes
Total time: 45 minutes (+10 minutes if making pickled onions)
Difficulty: Easy

Ingredients

Dahl:

1 tsp whole cumin seeds
1 tsp whole coriander seeds
2 cloves
1 cinnamon stick
4 whole cardamom pods, crushed
½ tsp ground turmeric
Neutral cooking oil
1 medium red or white onion, finely diced
3 cloves of garlic, finely sliced
1 chilli, optional
500g mix of red and green lentils, rinsed
1 carrot
1 sweet potato, peeled
2 tomatoes
1 pepper

Pickled onion:

1 medium red onion, thinly sliced
Ground cumin
Ground coriander
Red/white wine vinegar



1. If making pickled onions, mix all ingredients and set aside.
2. Chop all vegetables.
3. Toast whole spices in a dry pan until fragrant.
4. Add oil, then onion and cook until soft.
5. Add garlic, chilli and turmeric.
6. Stir in lentils and vegetables.
7. Add boiling water to cover.
8. Simmer for about 20 minutes, stirring regularly.
9. Serve with rice and pickled onions.

Top tip

The longer you cook it the silkier the texture will be, just keep stirring and adding a bit of water if it gets dry. Some people whisk it vigorously at the end to break it down even more.

Dahl is naturally **gluten-free** and **coeliac-friendly**.

Jamaican stew beef

This rich and comforting stew is often served at celebration dinners on the Monmouth farm. Slow cooking makes the beef beautifully tender.

Serves: 4–6
Prep time: 30 minutes
Cook time: 2 hours
Total time: 2–2½ hours
Difficulty: Medium

Ingredients

1kg stewing/braising steak, cut into 2.5cm/1-inch pieces

For marinade

4 spring onions, chopped
1 white onion, diced
3 garlic cloves, chopped
Thumb sized piece of ginger, grated
½ tsp ground allspice
5 fresh thyme sprigs
1 tbsp brown sugar
1 tsp black pepper
2 tsp salt

For the stew

2 tbsp vegetable oil for browning meat.
500ml stock (beef or chicken) or hot water
2 bay leaves
2 carrots, peeled and chopped into bitesize pieces
2 potatoes, peeled and chopped into bitesize pieces
1 scotch bonnet (optional, the longer you leave it cooking in the stew the spicier it will get).
1 red or green pepper sliced
Half a white onion, sliced
3 Spring onions, sliced

1. Mix beef with marinade ingredients and marinate for at least 1 hour.
2. Brown beef in batches in hot oil.
3. Add marinade and scrape the pan.
4. Add stock and bay leaves. Simmer for 1–1½ hours.
5. Add carrots, potatoes and scotch bonnet. Simmer for 30–40 minutes.
6. Stir in peppers and onions and cook uncovered for 10–15 minutes.
7. Taste and serve with rice or mash.



Jerk chicken

This jerk chicken recipe was shared by Tosin, a visiting member of staff from Hackney Virtual School, and has become a favourite on the Hereford farm. It uses bold seasoning to create a rich, spiced coating that develops as the chicken cooks.

Serves: 6
Prep time: 15 minutes (plus marinating time)
Cook time: 45 minutes
Total time: 1 hour (or overnight with marinating)
Difficulty: Easy

Ingredients

12 free-range chicken pieces (thighs or legs work best)
1 tbsp chopped garlic
½ tsp salt
2–3 heaped tbsp jerk seasoning (e.g. Dunn's River)
2 tsp chicken or vegetable gravy granules
1–2 tbsp water (to help blend into a paste, if needed)

Serving suggestions

Serve with rice, salad, or fried plantain.
Add a squeeze of lime for extra freshness.

Make it veggie V

This jerk marinade works well with vegetables too. Try mushrooms, courgettes, cauliflower, aubergine or peppers. Coat your chosen vegetables in the marinade, then roast in the oven until tender.



1. Add the garlic, salt, jerk seasoning, gravy granules, and a little water (if needed) to a blender. Blend into a smooth paste.
2. Place the chicken in a bowl and coat thoroughly with the marinade.
3. Cover and marinate for at least 1 hour, or ideally overnight.
4. Preheat the oven to 180°C (160°C fan).
5. Place the chicken on a baking tray or in a roasting dish.
6. Bake for 45 minutes, until cooked through and slightly charred at the edges.

Lamb koftas

Koftas are easy and full of flavour. It's fun to experiment with the seasoning, so have a play around by adding your favourites (and taking away those you don't like!). Fry off a bit of the mix and give it a taste to see what you've created, adjust if needed.

Serves: 4 (2 koftas each)
Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes
Difficulty: Easy

Ingredients

500g lamb mince
½ onion, grated
2 cloves garlic, minced
2 tsp paprika
2 tsp ground cumin
2 tsp ground coriander
½ tsp cayenne pepper (optional depending on if you want them spicy or not)
1 tbsp fresh mint, chopped
½ tsp ground black pepper
1 tsp salt

1. Mix all ingredients together.
2. Divide into 8 pieces and shape into elongated, log-like shapes (similar to a sausage)
3. Fry or grill for 3–4 minutes each side.
4. Serve with flatbreads, salad and yoghurt or hummus.

Top tip

Other seasonings: Think cinnamon, cardamon, turmeric, sumac, harissa or allspice. You can also try other chopped fresh herbs like coriander, parsley, thyme or oregano.



How to prepare a roast

Roasting is a simple cooking method that works well for feeding groups and creating comforting meals. The key steps are seasoning well, cooking at the correct temperature, and allowing the meat to rest before carving.

General roast method

Serves: Varies depending on the size of the joint
Prep time: 15–20 minutes
Cook time: Depends on meat and weight
Total time: Varies
Difficulty: Medium



1. Remove the meat from the fridge 30–60 minutes before cooking so it can come to room temperature.
2. Preheat the oven to the correct temperature for your chosen meat.
3. Place the meat in a roasting tin and season generously with salt, pepper, and any herbs or spices.
4. Roast according to the recommended cooking times based on weight.
5. Baste occasionally with the cooking juices to help keep the meat moist.
6. Once cooked, transfer the meat to a board or plate and cover loosely with foil. Allow it to rest before carving so the juices settle and the meat stays tender.

Quick reference guide

Meat	Oven temperature	Cooking time	Resting time
Chicken	190°C (170°C fan)	25 mins per 500g + 20 mins	15–20 mins
Pork	200°C (180°C fan)	30 mins per 500g + 30 mins	10–15 mins
Lamb	190°C (170°C fan)	25 mins per 500g	20–30 mins
Beef	200°C then 180°C (180°C then 160°C fan)	20 mins per 500g	10–15 mins

This guide is a useful foundation for traditional home cooking. Once you understand the basics, it's easy to adapt to different meats and flavours.

Make it veggie V

Roasted squash
Cut squash into 4 pieces and remove the seeds. Drizzle with olive oil, season with salt and any herbs or spices you like, then roast at 180°C fan for 35–45 minutes, until soft and lightly browned.

Whole roasted cauliflower
Remove the outer leaves and boil the whole cauliflower for 10 minutes. Drain, season with spices such as cumin, paprika and garlic, then roast at 200°C fan for about 1 hour, until golden and tender.

Roast chicken

Oven temperature: 190°C (170°C fan)
Cooking time: 25 minutes per 500g + 20 minutes
Resting time: 15–20 minutes

Serving suggestions

Roast potatoes
Carrots and parsnips
Seasonal greens
Sage and onion stuffing
Chicken gravy

Top tips

Rub the skin with butter or oil for extra crispness.

Season with herbs such as thyme or rosemary.

The juices should run clear when the thickest part of the thigh is pierced.

Roast pork

Oven temperature: 200°C (180°C fan)
Cooking time: 30 minutes per 500g + 30 minutes
Resting time: 10–15 minutes

Serving suggestions

Roast potatoes
Apple sauce
Green beans
Pork gravy

Top tips

Score the skin before cooking to help create crackling.

Rub with oil and plenty of salt.

Start with a hot oven for crisp, golden crackling.

Roast lamb

Oven temperature: 190°C (170°C fan)
Cooking time: 25 minutes per 500g (for medium)
Resting time: 20–30 minutes

Serving suggestions

Mint sauce
Roast potatoes
Parsnips
Peas and seasonal vegetables
Lamb gravy

Top tips

Rub with olive oil, garlic, rosemary, and salt.

Cook slightly longer for well done.

Rest well before carving.

Roast beef

Oven temperature: 200°C (180°C fan) for first 20 minutes, then reduce to 180°C (160°C fan)
Cooking time: 20 minutes per 500g (for medium)
Resting time: 10–15 minutes

Serving suggestions

Yorkshire puddings
Roast potatoes
Horseradish sauce
Green vegetables
Beef gravy

Top tips

Season simply with salt, pepper, and mustard powder or herbs.

Adjust cooking time for rare or well done beef.

Rest before slicing thinly.

Yorkshire puddings (v)

Yorkshire puddings are crisp on the outside, soft in the middle, and best served straight from the oven. They're a classic addition to roast dinners and rely on very hot oil and a smooth batter to rise properly.

Serves: 4 (makes 4 medium Yorkshire puddings)
Prep time: 10 minutes
Cook time: 20–25 minutes
Total time: 30–35 minutes
Difficulty: Medium

Ingredients

50g plain flour
1 egg
60 ml milk
Pinch of salt
Black pepper
4 tsp vegetable or sunflower oil

Serving suggestions

Roast beef and gravy
Roast potatoes
Seasonal vegetables
Sausages and onion gravy

Top tips

Do not open the oven door while cooking or the puddings may collapse.

Hot oil is essential for getting a good rise.

The batter can be made ahead and rested in the fridge for extra light puddings.



1. Preheat the oven to 230°C (210°C fan).
2. Add the flour to a mixing bowl. Crack in the egg and beat together until smooth.
3. Gradually pour in the milk, mixing continuously until you have a smooth, lump-free batter.
4. Season with salt and a little black pepper.
5. Add 1 teaspoon of oil into 4 holes of a muffin tin. Place the tin in the oven until the oil is very hot.
6. Carefully remove the tin from the oven. Divide the batter evenly between the 4 holes.
7. Return immediately to the oven and bake for 20–25 minutes until risen and golden brown.
8. Serve straight away while hot and crisp.

Makhani (butter chicken)

This comforting dish is a Lewes farm favourite and perfect after a long day outdoors.

Serves: 4
Prep time: 15 minutes
Cook time: 1 hour
Total time: 1 hour 15 minutes
Difficulty: Medium

Ingredients

80ml oil (5 tbsp + 1 tsp)
500g chicken thighs, chopped into pieces
½ tsp salt
2 tsp ginger garlic paste
¾ tsp cumin powder
¼ tsp coriander powder
⅛ tsp garam masala (use sparingly)
¼ tsp red chilli powder
½ tsp red chilli flakes
½ tsp black pepper
60ml yogurt (lightly beaten)
1 can whole tomatoes (400g)
120ml cream
½ tsp black pepper
2 tbsp butter

Make it veggie V

To make this vegetarian, use your choice of vegetables instead of the chicken. Add them at the start of the recipe and cook in the same way. You can fry them from raw or use pre-cooked vegetables. Good options include cauliflower florets, carrots, diced potato and green beans.

1. Fry the chicken in oil and half the butter until it changes colour.
2. Add the salt, ginger and garlic paste.
3. Once the chicken is coated add the spices and fry for 3–4 minutes.
4. Stir in the yoghurt and mix for a few minutes.
5. Purée the tomatoes, add to the pan and simmer for 15 minutes.
6. Add cream and black pepper.
7. Finish with the remaining butter and garam masala.
8. Serve with rice and naan.



How to cook rice (v)

Rice is cooked in many different ways, and every cook seems to have their own preferred method. This simple approach for basmati rice was shared by the team at Bath, Hill House and is a reliable way to make fluffy rice with very little fuss.

Serves: 2 as a main or 3–4 as a side
Prep time: 2 minutes
Cook time: 12 minutes
Total time: 20–25 minutes
Difficulty: Easy

Ingredients

180g basmati rice
375 ml cold water

Top tips

Larger amounts of rice need slightly longer cooking times:

- 360g rice → around 13 minutes
- 720g rice → around 15 minutes

Some people rinse rice before cooking to help make it fluffier – experiment and see what you prefer.

Rice can be cooked in stock instead of water for extra flavour.

Stir through a little butter before serving for a richer finish.

Leftover rice can be chilled and used for fried rice the next day.

1. Add the rice and cold water to a saucepan. Place on a medium-high heat.
2. Once the edges start bubbling and foam appears on the surface, reduce the heat to low or medium-low.
3. Cover with a tight-fitting lid. If your lid is loose, place a layer of foil over the pan before adding the lid to help trap steam.
4. Cook for 12 minutes without removing the lid.
5. Turn off the heat and leave the rice to stand, covered, for 5–10 minutes.
6. Fluff the rice gently with a fork before serving.

Alternative method: easy-cook rice

Easy-cook rice can simply be boiled like pasta:

1. Bring a large pan of water to the boil
2. Add the rice and cook according to the packet instructions
3. Drain well and serve



Spaghetti Bolognese

This rich and hearty bolognese is a comforting classic and a great recipe for batch cooking. It's simple to adapt, freezes well, and can be used in lots of different meals beyond pasta.

Serves: 4
Prep time: 15 minutes
Cook time: 45 minutes (or longer for deeper flavour)
Total time: 1 hour
Difficulty: Easy

Ingredients

2 tbsp olive or vegetable oil
1 onion, diced
3 garlic cloves, finely chopped
1 stick celery, diced
1 carrot, diced (or grated)
400g minced beef
2 tbsp tomato purée
2 × 400g tins chopped tomatoes
400ml beef stock (or another stock if preferred)
2 tbsp dried oregano or mixed herbs (optional)
Salt and pepper, to taste

Serving suggestions

Spaghetti or other pasta
Garlic bread
Grated cheese
Green salad

Make it veggie V

For a vegetarian version of the Bolognese, use a tin of cooked lentils, finely chopped mushrooms, or a mix of both. Add them at stage 3 in place of the meat.

1. Heat the oil in a large saucepan over medium heat. Add the onion, carrot, and celery and cook for about 10 minutes until softened.
2. Add the garlic and cook for 1 more minute, stirring so it doesn't burn.
3. Add the minced beef and cook until browned, breaking it up with a spoon as it cooks.
4. Stir in the herbs and tomato purée and cook for 1 minute.
5. Add the chopped tomatoes and stock, then stir well.
6. Bring to the boil, then reduce to a gentle simmer.
7. Cook for about 45 minutes, stirring occasionally and scraping the bottom of the pan to prevent sticking.
8. Taste and season with salt and pepper before serving.

Top tips

Cooking the sauce for longer gives a richer flavour.
Leftover bolognese can be turned into chilli by adding beans, paprika, and spices.
Also works well in lasagne or spooned over jacket potatoes.
Bolognese freezes very well – great for batch cooking.



Homemade pesto (v)

Makes: 1 jar
Prep time: 10–15 minutes
Cook time: 2–3 minutes (to toast nuts)
Total time: ~15–20 minutes

Ingredients

2 cloves garlic
3 generous handfuls fresh basil
2 pinches mixed dried herbs
1 handful pine nuts (lightly toasted)
1 generous handful Parmesan (finely grated)
Extra virgin olive oil
Pinch of salt
Black pepper
Small squeeze of lemon juice

Swap idea

Parmesan → Grana Padano
Pine nuts → cashews

Tip:
Keep tasting as you go – it's the best way to get it just right for you!

This fresh pesto is a great alternative to shop-bought versions and tastes amazing on pasta, bread or roasted veg. You can also swap ingredients to make it cheaper or use what you have at home.

1. Lightly toast the pine nuts in a dry pan over low heat for a few minutes until golden.
2. Add the garlic, basil and toasted nuts to a food processor and pulse until roughly combined.
3. Stir in about half the Parmesan.
4. Slowly drizzle in olive oil until the pesto becomes smooth and slightly runny.
5. Add a small squeeze of lemon juice for freshness.
6. Stir in most of the remaining cheese.
7. Season with salt and pepper, then taste and adjust – add more oil or cheese if needed.



Marinades made easy (V)

Marinades are a simple way to add flavour. By combining things like oil, acid (such as lemon or vinegar), and seasoning, you can quickly transform basic ingredients.

How to use a marinade

1. Mix your chosen marinade ingredients together in a bowl.
2. Add your chicken, tofu, or vegetables and stir until everything is well coated.
3. Cover and place in the fridge for at least 30 minutes (or overnight for deeper flavour).
4. Cook however you like – bake, grill, or pan-fry.

Food safety tips

Always wash your hands after touching raw meat.

Do not reuse marinade from raw meat unless it has been cooked first.

BBQ marinade

Sweet and smoky.

Serves: Makes around 500g
Prep time: 5 minutes
Cook time: 0 minutes
Total time: 5 minutes
Difficulty: Easy

Ingredients

2 tbsp tomato purée
1 tbsp soy sauce
1 tbsp honey or brown sugar
1tbsp oil
1 tsp smoked paprika
1 tsp vinegar (apple cider or malt)

How it works well

Adds a smoky, slightly sweet flavour.

Works well with chicken, roasted vegetables or tofu.

Honey mustard marinade

Tangy and sweet.

Serves: Makes around 500g
Prep time: 5 minutes
Cook time: 0 minutes
Total time: 5 minutes
Difficulty: Easy

Ingredients

2 tbsp honey
1 tbsp mustard (any kind – Dijon, yellow or wholegrain)
1 tbsp oil
1 tsp lemon juice or vinegar
Pinch of salt and pepper

How it works well

Balanced sweet and tangy flavour.

Pairs well with chicken, halloumi, or vegetables.

Spicy marinade

Bringing together heat, acidity, and richness.

Serves: makes around 400–500g
Prep time: 5 minutes
Cook time: 0 minutes
Total time: 5 minutes
Difficulty: Easy

Ingredients

2 tbsp yogurt (or oil for dairy-free)
1 tsp chilli flakes or hot sauce (add more if you like it hot!)
1 tsp garlic powder
1 tsp paprika
Squeeze of lime or lemon

How it works well

Adds heat and richness.

Works well with chicken, cauliflower, or sweet potatoes.

Dips V

What's a meal without a good dip? A bit boring! These easy dips are perfect for adding loads of flavour to whatever you're eating.

Quick homemade mayo

Makes: about 500ml

Ingredients

3 egg yolks
1 tsp Dijon mustard
Juice of ½ lemon
500ml oil (olive oil or vegetable/sunflower/rapeseed oil)
Salt
2 tsp white wine vinegar

Tip

At Jamie's Farm we love making this with pizza – it's easy to customise and make your own!

Try these twists!

Garlic & herb mayo: Add crushed garlic and chopped herbs (fresh or dried).

Spicy mayo: Mix spices like smoked paprika, chilli powder or hot sauce, then stir in.

Your own version: Invent your own flavour and give it a name!

1. Add everything except the oil into a measuring jug or bowl.
2. Blend until smooth.
3. Slowly add the oil a little at a time while blending.
4. Keep blending until thick and creamy.
5. If it gets too thick, add a splash of cold water to loosen it.
6. Taste and adjust (more salt or lemon if needed).



Afghan chutney

Ingredients

1 large bunch coriander

8 cloves garlic

4 fresh tomatoes (or 1 tin chopped tomatoes)

2 chillies (more if you like it spicy)

Juice of ½ lime or lemon

1–2 tsp vinegar (white, red or cider)

1 tsp salt (or to taste)

Storage

Keep in a jar in the fridge for up to a month.

This amazing chutney was shared at Jamie's Farm Lewes by a group cooking Afghan burgers. It's fresh, punchy and goes with almost anything!

1. Put everything into a food processor or blender.
2. Blend until smooth.
3. If it's too thick, add more tomato.
4. Taste and adjust seasoning if needed.

Garlic & herb butter

Ingredients

150g butter

1 clove garlic (crushed)

1 tsp herbs (fresh or dried)

1. Slightly melt the butter so it's soft.
2. Mix in the garlic and herbs with a fork.
3. Stir until smooth.
4. Perfect for dipping bread, spreading on toast or adding to warm food.

Enjoy experimenting, dips are all about trying new flavours and making them your own!



Chilli & garlic oil (v)

This fiery oil is often found on the table at Jamie's Farm meals, ready to add a kick to anything you're eating.

Makes: Large batch or small batch (see below)
Prep time: 15–20 minutes
Cook time: 15–25 minutes
Total time: 40 minutes
Difficulty: Easy

Ingredients

Large batch:
500g garlic (peeled)
200g chilli flakes
3 tbsp sea salt
1 litre olive oil

Small batch:
125g garlic (peeled)
50g chilli flakes
1 tbsp sea salt
250ml olive oil

Storage

No need to refrigerate. Keeps for several months in a sealed jar.



1. Roughly chop the garlic (or use a food processor for larger amounts).
2. Add the garlic and olive oil to a heavy pan and heat gently over a medium-low heat. The oil should be warm and lightly bubbling.
3. When the garlic starts to turn golden, add the chilli flakes. Stir gently and continuously (be careful – the steam can be very strong!).
4. Continue cooking until the garlic turns a nutty brown colour and the mixture sounds slightly "crackly." Be careful not to burn it or it will taste bitter.
5. Remove from the heat and let it cool slightly.
6. Stir in the salt, then blend until slightly textured using a hand blender or food processor.
7. Pour into clean glass jars or containers.

Roasted tomato sauce (V)

Serves: 4–6
Prep time: 15 minutes
Cook time: 45 minutes
Total time: 1 hour

Difficulty: Easy

Ingredients

1kg tomatoes
1 red onion
4 cloves garlic
1 red or yellow pepper
1 tbsp balsamic vinegar
1 tbsp olive oil
1 tsp sugar
Salt
Black pepper
Handful fresh basil

Top tip

To make it go further or turn it into soup, add stock (up to 1 litre depending on how thick you want it), then blend again.

When tomatoes are in season, they can feel like they're everywhere! This simple sauce is a great way to use them up. It works brilliantly for pasta, pizza, or even as a base for soup.

1. Preheat the oven to 200°C (180°C fan).
2. Cut the tomatoes in half and place them cut-side up in a roasting tin.
3. Peel and quarter the onion and scatter it over the tomatoes.
4. Add the peeled garlic cloves.
5. Remove the seeds from the pepper, cut into quarters, and add to the tray.
6. Drizzle over the olive oil and balsamic vinegar. Sprinkle with sugar, salt and pepper.
7. Roast for 45 minutes until soft and slightly caramelised.
8. Tip everything into a saucepan and blend until smooth.
9. Stir in fresh basil just before serving.



Chimichurri V

Makes around 750ml
Prep time: 15–20 minutes
Chill time: Overnight (best flavour)
Total time: 12–24 hours (including resting)
Difficulty: Easy

Ingredients

1 red pepper, finely diced
6 cloves garlic, finely chopped
1½ onions, finely chopped
½ bunch parsley, finely chopped
3 tsp smoked paprika
4 tsp fresh oregano
4 tsp fresh thyme
3 tsp crushed chillies
1 tsp black pepper
2 tsp salt
75ml white vinegar
5 tsp brown sugar
Extra virgin olive oil (enough to cover)

Storage

Keeps in the fridge for up to 3 weeks (if it lasts that long!).

This punchy sauce is a classic from Argentina and is packed with fresh herbs, garlic and spice. It's amazing spooned over grilled meats, BBQ food, or even in a hot dog. Fresh, herby and full of flavour – perfect for BBQ season!



1. Add all ingredients except the olive oil into a jar or container.
2. Mix everything together really well.
3. Pour in enough olive oil to completely cover the mixture.
4. Seal and leave in the fridge overnight so the flavours can develop.





"I enjoyed the times that we've been around the table and having food together and the games that we played because we're all together as kind of one unit, one family, it's quite nice to be like that."

Visiting Young Person

My ideas and notes



Did you know?

You're now part of a Jamie's Farm family that includes over

20,000

young people who've spent time on our farms – **enough to fill every seat in London's O2 Arena**.



Your visit came with a Royal seal of approval –



HM The Queen

is our Patron and has spent time with us at **5 of our farms**.

Jamie's Farm started on one farm – now there are

7 sites

across England and Wales.

Our farms are working livestock farms, primarily cows and sheep – the jobs you did on the farm were real jobs and

everyone played their part

in the running of the farm.



Mother-and-son duo,

Tish and Jamie Feilden,

officially registered Jamie's Farm as a charity in 2009.

Jamie's Farm began with Jamie **taking a few sheep into a school playground –** and the idea that **responsibility**, **animals** and **nature** could benefit young people.

Food is a huge part of life on our farms –

cooking and sharing meals together

is something we do **every day we are together**.

Help and support

In need of a little extra support?

Check out **Mind** (mental health information and support):
www.mind.org.uk/need-urgent-help/using-this-tool

Access free counselling via **Stop.Breathe.Think**:
www.stopbreathethink.org.uk/access-our-counselling

Worried about food?

Try **BEAT Eating Disorders**:
www.beateatingdisorders.org.uk/get-information-and-support

Looking for reliable information?

Brook: Sexual Health & Wellbeing:
www.brook.org.uk

Talk to Frank for information about drugs:
www.talktofrank.com

Need help with something else?

Switchboard – LGBTQIA+ support:
www.switchboard.lgbt/contact-us

Child Bereavement:
www.childbereavementuk.org

Unseen – modern slavery helpline:
www.modernslaveryhelpline.org

Scan here to access links to all of the above services.

If you feel overwhelmed, or like you want to hurt yourself or someone else, you can:

- Text SHOUT to 85258 to contact the **Shout** textline
- Call HOPELINE247 on 0300 102 2470 or the **NHS** on 111 and select option 2
- Contact **Childline** by using 1-2-1 chat or calling 0800 1111

If you feel like you may try to attempt suicide, or you or someone else is seriously hurt, this is an emergency. You should:

- Call 999 and ask for an ambulance
- Tell an adult you trust and ask them to call 999 for help

ADM

As one of the world's largest nutrition companies, a cook book from Jamie's Farm is very close to our hearts, and it goes without saying that we'll be trying all the recipes from this book!

We hope you had a brilliant time at Jamie's Farm and were able to take part in lots of fun activities such as farming, forestry, cooking, gardening and much more. We find there is nothing better than being outside in the great outdoors for the day and then cooking up a feast together.

We hope you are excited to continue your cooking journey after your stay. This cook book contains a wide range of easy to cook, healthy (as well as utterly delicious) recipes.

Happy cooking!

Team ADM
www.adm.com

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