

# BANQUETING ON A BUDGET

By the Funky Friday Crew

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## Our Journey

Hello, and thank you for taking the time to read our Banqueting on a Budget recipe book. Here is a little about the journey of how this collection of recipes has come about...

We are the Funky Friday Crew, we are a group of young people with disabilities who meet on a weekly basis at Ramsgate Youth Centre, run by Pie Factory Music. In December 2014 we received some funding from the Money for Life Challenge and have been working hard on this project ever since. The idea of this project came about as we discussed which aspect of money and money management we'd like to address. As a group of young people we felt that we wanted to know more about how to cook on a tight budget. We thought it would be a good idea to put together a collection of simple and cheap recipes that other young people could use. We've been practicing different recipes and have hand-picked our favorites for the book. Along the way we've also been learning about healthy eating and developed many skills. Banqueting on a Budget is the product of lots of hard work and we would like to thank a few people in particular. Thanks to Tesco's Extra in Westwood Cross

for supporting our Community Banquet. Thanks to Pie Factory Music for supporting us to take part in the project and thank you to everyone in the local community who have also shown support. Thanks also to Money for Life Challenge for giving us this opportunity, we've had a lot of fun during this project!

## How to plan a community banquet

Planning a community banquet sounds like quite a daunting task however with a good amount of planning and support it's actually quite simple. Considering the following questions should get you well on the way to running your own banquet, have fun!

## Where will you hold the banquet?

If you are not lucky enough to have your own venue then why not try contacting following to see if you can use their space: youth centers, community centers, church halls. Explain that you are holding a community banquet and explain the reason why. If local people understand that the idea behind the banquet is to bring the community together they should be more likely to offer a venue for free or at least at a reduced rate.

## Where will you cook the banquet food?

Ideally, it's best to cook the food in the venue where the banquet will take place. However if this is not possible you may want to consider cooking the food elsewhere and then transporting it to the venue. This takes some forward planning and also may dictate the type / style of food you are cooking. Try to answer this question before you plan your menu.

## Who will be coming to your banquet?

It's important to know who you'll be cooking for. Firstly, how many people do you plan to cook for? This is an extremely important fact to consider and will dictate how much food you cook. If you are new to this type of event then you may want to try limiting the numbers for the first event until you feel more confident. You also might want to consider asking people to book their place for the banquet. This will give you a more accurate idea of how many you are actually cooking for but also will mean that you don't end up not having enough food.

## What will you cook?

When cooking for a large number of people it's really important to plan your menu. Consider the kitchen space and the equipment that you have available to you. When cooking for a large number, it's best to keep the menu as simple as possible. It's also important to think through your budget and try to keep the cost down. There are some really useful websites which specialise in cooking for large crowds such as:

[www.recipesforacrowd.com](http://www.recipesforacrowd.com)

## How will you fund the banquet?

If you can get your venue for free, the only cost involved in running a community banquet is the cost of the food. There are two ways you can approach this. Either you can ask for a small donation from each person who attends the banquet or you can look for local support to cover the costs of the food. In our case, we wanted the community banquet to be free so we approached local supermarkets and asked for support. We were fortunate enough to be given gift cards, which covered the costs of our food. It's a good idea to write a letter explaining the idea behind the community banquet and then take it in by hand. Ask to speak to whoever is in charge of community outreach, this should get you to

the right person. If you are a young person, it's a good idea to get some support for this side of things. Supermarkets will want to know that their support is being used properly so why not approach a local youth organisation and ask for some support?

## How will you get the word out?

We found the following methods useful in getting the word out about our community banquet: Twitter, Facebook, printed invites and word of mouth. Speaking to key people in the local community is also a really good idea – they'll know who to contact and how to contact them.

The most important part of a community banquet is that it is fun for all of those involved. Doing things in a team is always a good idea. Someone can be responsible for admin, someone for cooking and someone for drumming up local support. We hope you've had as much fun as we have.



## THE RECIPES

### Chilli Con Carne



1 tbsp olive oil  
1 large onion, peeled and finely chopped  
2 garlic cloves, peeled and finely chopped  
1 packet chilli con carne mix  
500g lean minced beef  
400g can chopped tomatoes  
2 tbsp tomato puree  
400g can red kidney beans  
300g / 2 mug fulls basmati rice  
salt & pepper



30 mins -  
1 hour



serves  
4

1. Fry the onions in the oil until soft. Stir in the garlic and chilli con carne mix and cook for another minute.
2. Turn the heat up, add the meat to the pan. Keep stirring for at least 5 minutes, until there are no more pink bits.
3. Pour 300ml hot water into the pan with the mince mixture. Tip in the can of chopped tomatoes along with a good shake of salt and pepper and 2 tbsp tomato purée. Give it a good stir.
4. Bring to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes. Check occasionally, and add a couple of tablespoons of water if it's looking too dry.
5. Whilst the mince is simmering cook the rice according to packet instructions.
6. Drain and rinse the red kidney beans and stir them into the chilli pot. Bring to the boil again for another 10 minutes, adding a little more water if it looks too dry. Season with salt and pepper if needed. Replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving, and relax.

### Bacon & Cheese Pasta



275g streaky bacon  
2 courgettes  
2 cloves of garlic  
40g medium mature cheddar  
200ml crème fraîche  
400g dry pasta  
salt & pepper



25 mins



serves  
4

1. Boil a large pan of salted water and cook 400g pasta, following pack instructions.
2. Slice bacon and fry in a large frying pan until golden brown, adding 2 cloves of finely sliced garlic for the last minute or so.
3. Slice courgettes lengthways into quarters and cut into chunks. Add to the frying pan and cook for a couple of minutes with the bacon and garlic until they are slightly softened.
4. Once the pasta is cooked, drain in a colander, then put back in the pan. Add about half the tub of crème fraîche, some black pepper and a handful of the grated cheddar. Mix together.
5. Gently fold the bacon and courgette mixture into the pasta and grate the remaining cheese on top. Tuck in!

## THE RECIPES

### Roast Chicken



1 medium whole chicken  
4 large carrots sliced  
1.25 kg potatoes peeled  
gravy granules  
olive oil  
salt & pepper


 1 hr 20 mins  serves 4

1. Heat oven to 190C/fan 170C/gas 5.
2. Tip the potatoes into the roasting tin, toss with the oil and season with salt and pepper. Push the potatoes to the edges and sit the chicken in the middle. Brush oil all over the breasts and legs with your pastry brush. Make sure the potatoes are evenly spaced around the tin. Roast in the centre of the oven for 1 hr 10 mins, brushing once with more oil cooking. To check that it's cooked, push a skewer through the thickest part of the thigh. The juices will run clear when ready. Lift the bird out of the tin with the wooden spoons and sit it on your board or platter. Cover with foil and rest. This will give a juicier chicken.
3. Turn oven up to 220C/fan 200C/gas 7 and put the shelf up one rung. Toss potatoes, remaining pan juices, then roast for another 15-20 mins, turning once, until crisp.
4. Add your sliced carrots to a pan of boiling water and serve alongside the chicken and potatoes.
5. Make gravy according to packet instructions

### Chicken Pie



left over chicken from roast chicken dinner  
- chopped  
(if there are no left overs, 400g cooked chicken)  
500g frozen peas  
1 tbsp olive oil  
400g tin chicken soup  
1 x 375 pack ready rolled puff pastry  
1 tbsp milk - potatoes to serve

 25 mins  serves 4

1. Preheat oven to 190C/fan 170C/gas 5.
2. Boil the frozen peas for a few minutes and drain. Combine the cooked peas and the soup and warm through on the hob. Add the cooked chicken and warm through until components are piping hot.
3. Pour the chicken mixture into an oven dish and top with the ready rolled puff pastry. Brush pastry with a little milk and place in the oven.
4. Bake for 15 minutes or until the pastry is golden all over.
5. Boil the potatoes in salted water and serve with the pie.

## THE RECIPES

### Thai chicken noodles



300g pack of chicken breast pieces  
1 onion, peeled and chopped  
1 head of broccoli, cut into pieces  
1 lime, sliced  
2 x 65g instant chicken noodles  
100g thai green curry paste  
1 tbsp olive oil  
chicken stock cube



30 mins



serves  
4

### Tomato and Basil Pasta



1 tbsp olive oil  
1 garlic clove, crushed  
400g can chopped tomatoes  
½ vegetable stock cube  
1 tbsp tomato purée  
1 tsp sugar  
few basil leaves  
dry spaghetti  
40g grated cheese



25 mins



serves  
4

1. Heat 1 tbsp olive oil in a pan. Add chopped onion and fry until soft, set aside.
2. In the same pan, fry chicken breast pieces, cut into 2cm pieces. Return the onion to the pan, stir in 100g Thai green curry paste and heat through.
3. Discard the sachets from the instant chicken noodles and add the dry noodles to the pan. Add broccoli and lime. Pour in 600ml chicken stock made from 1 stock cube, then cover and simmer until the broccoli is tender and the noodles are cooked.

1. Cook spaghetti in boiling water according to packet instructions and drain.
2. Heat the oil in a pan, add the garlic, and then gently fry for 1 min.
3. Tip in all the other ingredients, except the basil, then bring to the boil.
4. Reduce the heat, then simmer uncovered for 5 mins, stirring occasionally.
5. To finish stir sauce into drained, cooked spaghetti. Tear the basil leaves, then stir into the sauce. Serve and top with grated cheese.





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