



M

Y



home



COOKING



PROJECTO!



connie piper qt



# STAPLE FOODS

**CORN (MAIZE)**

19.5%

- corn muffins
- corn fritters
- corn tortillas
- corn casserole
- pasta with sauces

**RICE**

16.5%

- chicken + rice
- risotto
- curry
- fried rice
- bangers + mash

**WHEAT**

15%

- pizza
- pie
- lasagne
- noodles

**POTATOES**

1.7%

- fritters
- pie
- roast lunch
- snack
- ratatouille
- soup

**SOY BEANS**

2.1%

- salad
- burger
- pasta + sauce
- stew (doenjang-jjigae)
- noodles

**ROOT & TUBER**

5.3%

- roast lunch
- curry
- fritters
- soup

## What we do as a family?

★ we shop from sainsbury's because the products are good value, its not too expensive, we get deliveries, when my mum was little they used to shop from sainsburys, it has all our favourite foods on the website and its ease. ★

★ our family favourite meal is a sunday roast lunch and apple crumble, which we have every sunday. ★

★ other meals we have in the week are, chicken pie, chicken and rice with a gravy sauce, ~~tortillas~~ chicken fajitas, salmon pasta, soup with bread, spinach + ricotta tortellini, lasagne ★

★ the main ingredients we buy from sainsbury are chicken, avocardo, pasta, eggs, fruit, veg, potatoes, milk and salmon because they are our family staple foods that we have most days. ★

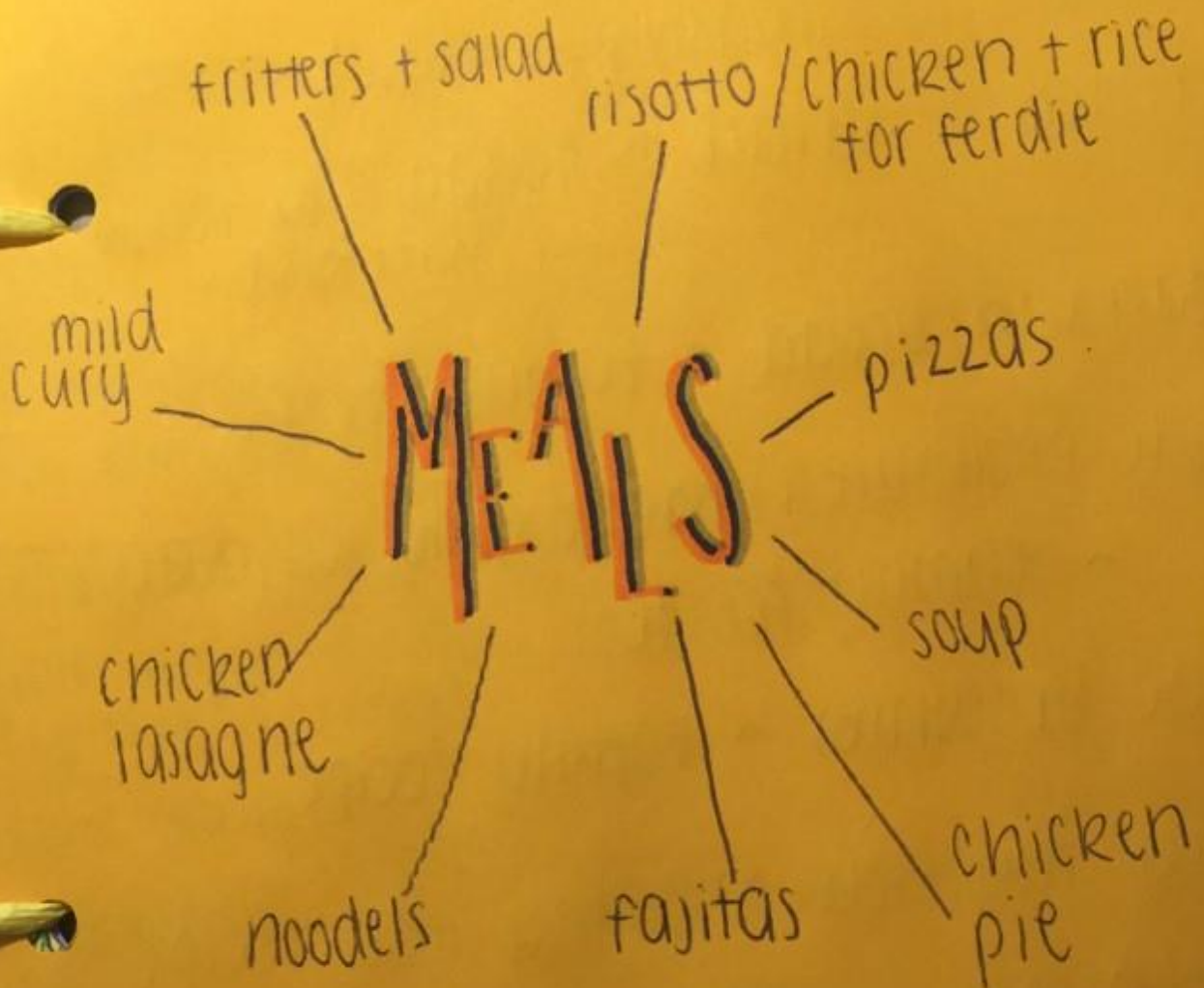
★ The things that influence what we buy ★  
are the cost of products, the make (e.g. we  
try and get the Sainsbury's version of  
products because it's cheaper), if it is more  
healthy or better for the environment ★  
(e.g. organic, free-range, sustainable)



★ We have our favourite dishes because  
they are ~~simple~~ easy to cook, yummy,  
simple (my brother is very picky) and they  
are the sort of meals my parents had  
when they were younger. ★



# ideas of meals to cook



# COST →

## PIZZAS (Jamie Oliver)

INGREDIENT	COST	COST FOR RECIPE	NUTRIENTS
strong white flour (400g)	£1.05 (1.5kg)	35p	◦ fibre ◦ amino acids ◦ carbohydrates
ground semolina (100g)	75p (500g)	15p	◦ protein ◦ vitamin B
sea salt (½ tsp)	95p (350g)	1p	◦ magnesium ◦ calcium ◦ potassium
yeast (7g)	90p (56g)	11p	◦ fibre ◦ potassium
caster sugar (1½ tsp)	£1.90 (1kg)	1p	◦ energy ◦ carbohydrates
1 clove garlic	25p (1garlic)	2p	◦ vitamin B + c ◦ manganese
fresh basil	75p	75p	◦ antioxidant vitamins ◦ fibre
olive oil	£2.55 (500ml)	1p	◦ fats ◦ antioxidants
tinned (400g) tomatoes	£1 (400g)	£1	◦ vitamin C ◦ calcium ◦ potassium
85g mozzarella	£1.80 (250g)	60p	◦ protein ◦ calcium
mushrooms (100g)	95p (300g)	30p	◦ protein ◦ antioxidants ◦ vitamins

INGREDIENT	COST	COST FOR RECIPE	NUTRIENTS
4 eggs	£1.20 (x6)	80p	<ul style="list-style-type: none"> <li>◦ protein</li> <li>◦ vitamins</li> <li>◦ minerals</li> </ul>
spinach (50g)	£1 (100g)	50p	<ul style="list-style-type: none"> <li>◦ iron</li> <li>◦ vitamins</li> </ul>
ham (60g)	£2.50 (120g)	£1.25	<ul style="list-style-type: none"> <li>◦ protein</li> <li>◦ vitamin B6</li> <li>◦ selenium</li> </ul>
black olives (100g)	60p (185g)	35p	<ul style="list-style-type: none"> <li>◦ vitamin E</li> <li>◦ iron</li> <li>◦ antioxidant</li> </ul>
sweetcorn (150g)	75p (198g)	50p	<ul style="list-style-type: none"> <li>◦ fiber</li> <li>◦ vitamin C</li> <li>◦ minerals</li> </ul>

Total price = £6.71

I think this is a <sup>very</sup> good price for 5 pizzas

## RISOTTO (family recipe)

Total price = £7.84 (very good price for 4 people)

INGREDIENT	COST	COST FOR RECIPE	NUTRIENTS
4 chicken breasts	£3.60 (x4)	£3.60	<ul style="list-style-type: none"> <li>◦ protein</li> <li>◦ niacin</li> <li>◦ selenium</li> </ul>
300g arborio rice	£1.25 (500g)	75p	<ul style="list-style-type: none"> <li>◦ carbohydrate</li> <li>◦ vitamins</li> <li>◦ protein</li> </ul>
1 chicken stock cube	£1.45 (x4)	36p	<ul style="list-style-type: none"> <li>◦ protein</li> <li>◦ minerals</li> </ul>
onion	80p/kg	6p	<ul style="list-style-type: none"> <li>◦ vitamin C</li> <li>◦ folate</li> </ul>
25g butter	£1.55 (250g)	16p	<ul style="list-style-type: none"> <li>◦ vitamin A</li> <li>◦ calcium</li> </ul>

INGREDIENT	COST	COST FOR RECIPE	NUTRIENTS
2 tpsp olive oil	£1.35 (250ml)	1P	◦ fats ◦ antioxidants
1 glass white wine 2 wine	£7 (750ml)	6P	◦ magnesium ◦ vitamin B6 and B2 ◦ niacin
200g peas	£1.50 (910g)	33P	◦ protein ◦ fibre ◦ vitamin A
grind of pepper	£1 (45g)	1P	◦ vitamin C ◦ calcium
1 tsp of chili	£3 (340g)	£1.50	
handful of parmesan	£1.35 (60g)	£1	

## ◦ CHICKEN & RICE WITH GRAVY ◦

(family recipe) TOTAL PRICE = £1.47 (very good price for meat)

INGREDIENT	COST	COST FOR RECIPE	NUTRIENTS
75g basmati rice	£1.10 (500g)	17P	
1 chicken breast	£3.60 (x4)	90P	◦ protein
knob of butter	<del>£1.55</del> £1.55 (250g)	2P	
1 tbsp plain flour	55P (500g)	1P	
chicken stock cube	£1.45 (x4)	36P	
50g peas	£1.50 (910g)	1P	◦ vitamin A ◦ protein



# pizzas



The pizzas were a big success in our family, but I forgot to take a picture of the final result, so that means that I will make them again next week!

## ~~This is what feedback I got:~~

- Mum - really light + springy dough but could be even bigger and with more toppings!
  - Dad - perfect amount of toppings, but could be flatter and bigger!
  - Alfie - so yummy + good dough but more tomato sauce, spinach + mushrooms!
  - Ferdie - amazing, but more tomato sauce and big chunks of mozzarella!
- Everyone wanted them again, so I made them the weekend after and took on everyone's feedback!





photos



I tried to improve from my last attempt and everyone thought these pizzas were even better! I made the dough thinner so the pizzas were bigger and flatter and I put much more toppings on!

# CHICKEN & PEA

## risotto

(chicken + rice for Ferdie)



Everyone loved this risotto and wanted to have more. Even Timba (our dog) loved eating some of the leftover chicken! ↗

~~the feedback I got:~~

Ferdie (had chicken, rice + gravy) ~ very good  
rice cooked well, but maybe less peas

Mummy ~ very creamy, well cooked chicken  
lovely flavour

Alfie ~ good rice, crunchy peas and  
soft chicken

Daddy ~ looks beautiful, peas could have  
been cooked for longer

me ~ more peas!

# PHOTOS

## CHICKEN & PEA RISOTTO:



## CHICKEN & RICE:



everyone wanted it again, so the week after, I made prawn + pea risotto which also worked really well!

# PHOTOS

BERRY MUFFINS



CHOC CHIP COOKIES



BANANA BREAD



CHOC BROWNIES



APPLE CRUMBLE



FRITTERS & SALAD



CHICKEN PIE

