



Mums
make



Mother's Day recipe book



In the 18 countries where we work, it is most often mothers who volunteer to prepare, cook and serve our life-changing meals. They do this so that their children, and children living in their communities, can have the chance of a better life.



This Mother's Day, we are celebrating both these incredible women and the women here in the UK who support our beautiful mission.



We asked a few well-known people – including Lorraine Kelly, Nadiya Hussain, Judy Murray and Lizzie Acker – to share recipes inspired by their mums for this special Mother's Day recipe book. We hope you enjoy it.

Mums make Mary's Meals!



Lorraine Kelly's Mum's Chicken Soup

Ingredients

Two pieces of chicken
(legs are best)

Four or five carrots

One small turnip

Four potatoes

One large leek

Four sticks of celery

Parsley



Method

1. Put the chicken in a pot, cover with water and cook on a high heat. Don't use too much water, you can always add more later if you have to.
2. Roughly chop up the carrots, turnip and potatoes into chunks, adding each to the pot with the chicken as you go.
3. Finely chop the leek and celery and add to the pot.
4. Once all the veg is in with the chicken, turn down the heat and let the whole thing simmer for an hour.
5. Add salt and pepper to taste.
6. When the veg is ready, take the chicken out of the pot.
7. Blend the veg with a stick blender, adding more water if necessary.
8. Skin and chop up the chicken and put the pieces back in the pot with the veg.
9. Again, add more water if need be. This purely depends on how thick you like your soup!
10. Finally, chop up and add the parsley.



“My mum makes this every time I go home. It's proper comfort food and takes me back to my childhood.”

Lorraine Kelly



Nadiya Hussain's Mum's Bengali Chicken Korma

Ingredients

Four chicken thighs
Four chicken drumsticks
Five tablespoons butter
Three tablespoons vegetable oil
One large cinnamon stick
Three bay leaves
Five whole cardamom pods
One whole star anise
Ten cloves of garlic
7.5cm piece of ginger
Two teaspoons fine sea salt
Two large onions
200ml water
Six green chillies
Eight hard-boiled eggs, peeled and quartered

Method

1. Put a large pan over a medium heat, and add the butter and oil.
2. Once the oil is hot, put in the cinnamon stick, bay leaves, cardamom pods and star anise. Heat until the spices darken slightly.
3. Peel the garlic and ginger and then blitz both in a food processor. Add a little water so that they form a paste, then add this to the pan.
4. Add the salt and cook gently over a low heat for 10 minutes.
5. Finely chop the onions and add to the pan.
6. Cook gently for another 20 minutes.
7. Add the 200ml water and continue to cook gently until the onions melt down completely. To help the process along you can use a potato masher.
8. Be sure to keep stirring and making sure the bottom doesn't catch. What you don't want to do is colour the onions. Add water 100ml at a time if it starts to catch.
9. Now add the chicken to the pan, cover and leave it to cook over a medium heat (this should take around 15 minutes).
10. Boil the eggs.
11. Once the eggs are boiled, put them directly into cold water (this makes them easier to peel) and then peel and quarter them.
12. Once the chicken is cooked, add the eggs and cook for a final 10 minutes.
13. Finally, split the green chillies lengthways, remove the seeds and add to the pan.



“The korma I grew up with had an aroma that took over the house and hit you in the face when you walked into the kitchen. This is one of the recipes that says ‘home’ to me, because nobody cook this dish like mum does.”

Nadiya Hussain



Ferne McCann

Nanny Connie's Sausage Waaaah

Ingredients

Six to eight sausages (or meat-free sausages)

One red onion

Two cloves of garlic

One stick of celery

Two carrots

One tin of chopped tomatoes

One tin of beans - cannellini beans or haricot beans

One red pepper

Splash of Worcestershire sauce

Splash of Tabasco (optional)

One vegetable stock cube

Salt/black pepper

Olive oil

Method

1. Finely chop the onions, celery, carrots and garlic then soften in olive oil.
2. Add sausages and cook for 3-5 mins until beginning to cook.
3. Deseed and chop the red pepper and add to the pan. Cook for a couple of minutes.
4. Add chopped toms and beans, crumble stock cube and pour over 1/2 pint of water.
5. Add a splash of Worcestershire sauce and Tabasco.
6. Bring to boil and then reduce to a simmer for about 15/20 mins.
7. Season with salt and pepper to taste.

Serves 3-4 people. Serve with rice, pasta, quinoa or couscous and top with creme fraiche or natural yoghurt and/or grated cheddar cheese.

This recipe can be made with any veg you have left in the fridge or you can use tinned lentils instead of beans. It works well in the slow cooker (leave sausages whole if using that).



“This homely, cosy dinner is my Nanny Connie’s recipe. She used to make it for my mum, and then my mum would make it for my sister and I. I don’t know why we called it sausage waaaah but it’s stuck and when I make this for Sunday she knows it by this name too! It’s one of those recipes that reminds me of childhood and is a real comfort meal.”

Ferne McCann



Gary Maclean's Mum's Mac 'N' Cheese

Ingredients

For the white sauce:

50g butter
50g plain flour
500ml milk
One bay leaf, optional
Two cloves, optional
One small onion
50g cheddar, grated
50g parmesan, grated
Salt/pepper

For the rest:

250g macaroni
Two leeks, finely sliced
150g smoked bacon or Pancetta, diced
30g cheddar, grated
30g parmesan, grated
Four tbsp white breadcrumbs
One tsp oil

Method

For the white sauce:

1. The first job is to peel your onion, then using the cloves pierce the bay leaf onto the onion. Place the studded onion into a small pot and cover with the milk.
2. Slowly bring the milk up to a simmer, as soon as the milk is simmering turn off the heat and allow the studded onion to flavour the milk.
3. Melt butter in another small pan then add flour and mix to form a thick paste called a roux.
4. Cook out for 3-4 minutes then slowly start to add the warm, flavoured milk. Stir continuously while milk is added until you achieve a smooth sauce with the consistency of thick double cream. If you add the milk a little at a time you will avoid making a lumpy sauce.
5. Cook this out for 10 minutes over a very low heat to avoid burning the sauce, stirring every minute or so.
6. Take off the heat and stir in the grated cheddar.
7. Once cooked cover with cling film or parchment paper to avoid it skinning.

For the rest:

1. Heat the oil in a large, lidded pan over a low heat. Add the leeks and diced bacon, cover and cook for 10 mins until tender.
2. Meanwhile, cook the macaroni in a large pan of boiling salted water for 10 mins or follow the pack instructions until just cooked. It shouldn't be completely cooked as it will continue to cook when baked.
3. Drain and set aside. Meanwhile, pre-heat the oven 190°C.
4. Add your sauce to your cooked leeks and bacon, add the cooked pasta to the sauce and place into an ovenproof baking dish.
5. Top with the remaining cheese and scatter the breadcrumbs over the top.
6. Bake in the oven for 20-25 mins until golden and bubbling around the edges. Serve immediately.



“Mac ‘N’ Cheese was always a firm favourite growing up. My Mum made sure that the whole dish was popped under the grill for ages making sure that the cheese was crispy and almost to the point of catching fire. It’s still a firm favourite in my home but I don’t set the cheese on fire.”

Gary Maclean



Judy Murray's Mum's Traditional Shortbread

Ingredients

225g butter (slightly salted)

55g margarine

55g cooking fat such as Trex.

140g caster sugar

115g corn flour

225g plain flour

55 self-raising flour

Method

1. Weigh out the ingredients exactly and add together in large mixing bowl.
2. Using an electric mixer combine the ingredients, starting off slow and then increasing speed. The mixture will be well combined and very wet when done.
3. Divide the mixture into two or three (depending on size) round or rectangular non-stick loose bottom cake tins.
4. Bake in the oven at 300f/150c/gas mark two for an hour or until lightly browned.
5. Sprinkle with extra caster sugar and cut into fingers while still warm and leave to cool.



A delicious traditional Scottish shortbread recipe from Judy Murray's mum Shirley.



Ching He Huang's Golden Sticky Rice Cabbage 'Money Bag' Parcels



Recipe taken from:
Asian Green by Ching-He
Huang is published by Kyle
Books, priced £20.00.

Photography: Tamin Jones



Ingredients

300g (10½oz) glutinous rice, washed until the water runs clear

300ml (10fl oz) vegetable stock

1 tbsp + 1 tsp toasted sesame oil

1 tbsp rapeseed oil

1 garlic clove, finely chopped

1 tsp finely grated fresh root ginger

1 red chilli, deseeded and finely chopped

1 small carrot, finely diced

¼ tsp ground turmeric

100g (3½oz) smoked tofu, drained, rinsed in cold water and diced into 3mm (1/8in) cubes

50g (1¾oz) long-stem broccoli, finely diced

6 fresh shiitake mushrooms, stems discarded, sliced

2–3 tbsp tamari or low-sodium light soy sauce

1 tbsp brown rice vinegar

1 spring onion, trimmed and finely chopped

small handful of coriander, finely chopped

For the 'money bag' parcels

6 whole savoy cabbage leaves

6 garlic chives or onion chives

To garnish

micro shiso

micro coriander

edible flowers

Method

1. Put the rice in a saucepan over a medium heat.
2. Add the stock and bring to the boil, then cover with a lid, reduce the heat and simmer for 15 minutes until all the stock has been absorbed.
3. Turn the rice out on to a tray and cool at room temperature for 15 minutes. Once cool, add 1 tbsp sesame oil to stop the rice from sticking together when it's added to the wok.
4. Meanwhile, prepare the cabbage leaves. Prepare a saucepan of hot water and a bowl of iced water. Blanch the cabbage leaves in the hot water until tender (less than a minute), then rinse, drain, plunge into the iced water and pat dry with kitchen paper. Set aside.
5. Place a wok over a high heat until smoking, and add the rapeseed oil. Once hot, add the garlic, ginger and chilli and stir-fry for 3 seconds, then add the carrot and turmeric and cook, tossing, for 10 seconds.
6. Add the tofu, broccoli and mushrooms and toss for a further 10 seconds. Now add the rice and start to break it down, but don't stab at it and make it claggy.
7. Season with the tamari or light soy sauce and rice vinegar, pouring them evenly across the rice, followed by 1 tsp toasted sesame oil. Stir-fry for 2 minutes to mix the flavours. The rice should be quite 'clean' and golden in colour. Sprinkle over the spring onion and coriander.
8. To create the 'money bags', spoon some of the rice mixture into one of the cabbage leaves. Use a chive to tie it into a money bag shape. Repeat with the remaining cabbage leaves and rice, garnish with the micro herbs and flowers and serve immediately.

“Whenever I use sticky glutinous rice it always reminds me of mum - she always says if you eat sticky rice you will always stick with your family.”

Ching He Huang



Lizzie Acker's Mum's Cupboard Trifle

Ingredients

40g custard powder

250g white chocolate

Two tins of mandarins in syrup

One madeira cake

6 tbsp Cointreau

One orange juiced
600ml cream

One tsp vanilla paste

10g white chocolate
to grate on top

Method

1. Make the custard as per the instructions on the box.
2. Add 250g of white chocolate to the custard and stir until melted and leave to cool.
3. Tip one tin of mandarins and syrup into a dish.
4. Cut the madeira cake into one cm pieces and place on top of the mandarins in the dish to cover.
5. Pour the orange juice and Cointreau onto the cake.
6. Drain the second tin of mandarins and spread on top of the cake.
7. Pour the cool custard over the second mandarin layer.
8. Whip the cream and vanilla paste to stiff peaks.
9. Spoon the cream on top of the custard.
10. Grate 10g of white chocolate over the cream.
11. Leave in fridge to set for three hours before eating.





“My mum wasn't a big baker but her cupboard trifle was always a winner.”

Lizzie Acker, Great British Bake Off star






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