

MY FRC COOKBOOK



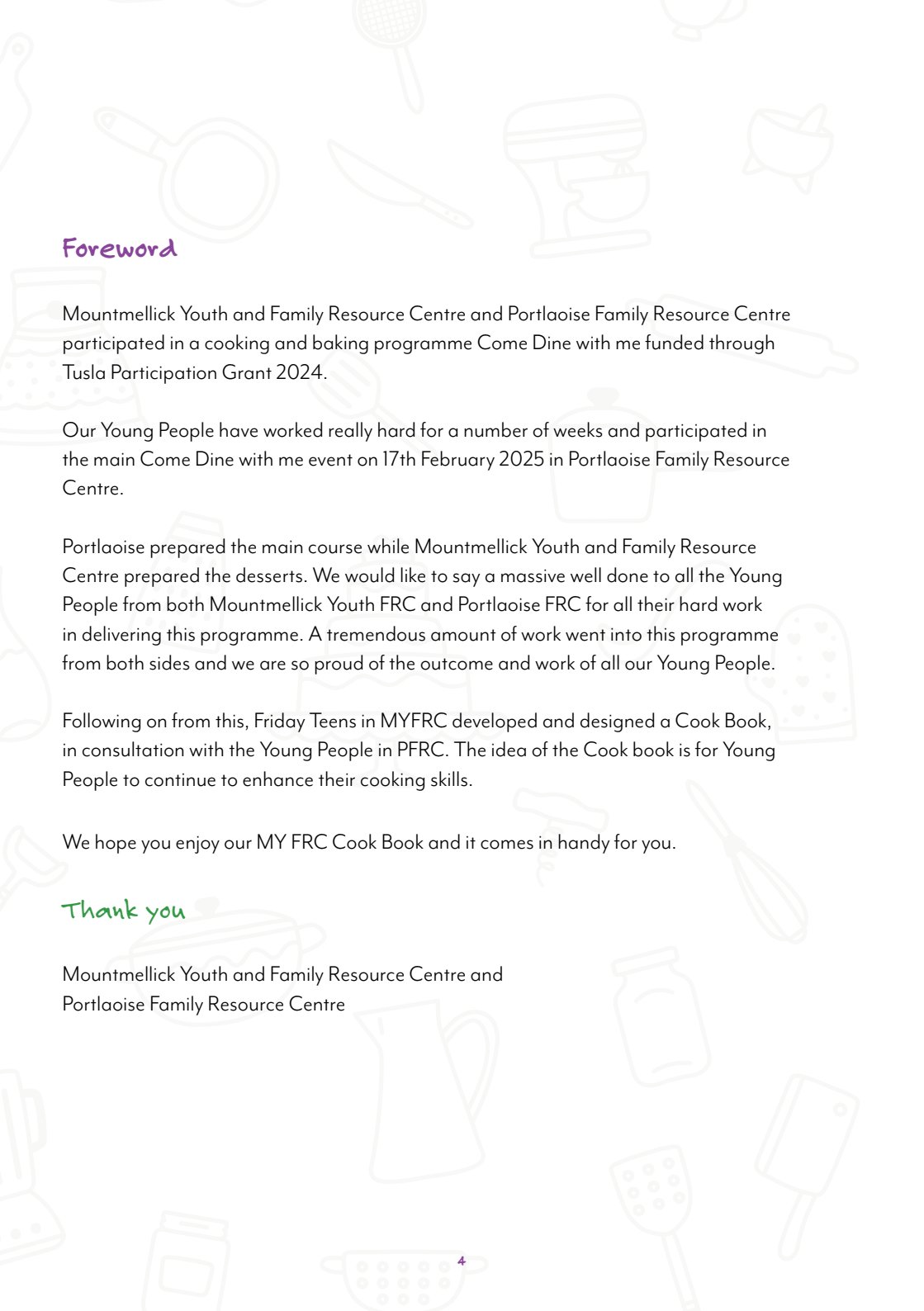




Mountmellick Youth and Family Resource Centre
&
Portlaoise Family Resource Centre

PRESENT

MY FRC Cookbook



Foreword

Mountmellick Youth and Family Resource Centre and Portlaoise Family Resource Centre participated in a cooking and baking programme Come Dine with me funded through Tusla Participation Grant 2024.

Our Young People have worked really hard for a number of weeks and participated in the main Come Dine with me event on 17th February 2025 in Portlaoise Family Resource Centre.

Portlaoise prepared the main course while Mountmellick Youth and Family Resource Centre prepared the desserts. We would like to say a massive well done to all the Young People from both Mountmellick Youth FRC and Portlaoise FRC for all their hard work in delivering this programme. A tremendous amount of work went into this programme from both sides and we are so proud of the outcome and work of all our Young People.

Following on from this, Friday Teens in MYFRC developed and designed a Cook Book, in consultation with the Young People in PFRC. The idea of the Cook book is for Young People to continue to enhance their cooking skills.

We hope you enjoy our MY FRC Cook Book and it comes in handy for you.

Thank you

Mountmellick Youth and Family Resource Centre and
Portlaoise Family Resource Centre

Nothing
Brings people
Together
Like Good
Food.

- Olivia Falade

"Don't count
the days.
Make the
days count."

- Muhammad Ali

"Friday is my
Second favorite
F word. Food
is my first!"

- Anonymous

A healthy
Outside
Starts from
the inside
~ Robert
Unrid

The first
wealth is
health.

- Ralph Waldo Emerson

Good People

in my life
Grateful feelings

in my heart
- San Fleschner -

Always find Time
for the things
that make you
feel Happy to be
Alive

Take Care
of your body
It's the only
place you have
to live.
- Jim Rohn

The Only
Thing I Like
Better than
Talking about
food is eating

- John Walters

*Count Memories
not
Calories*

Acknowledgements

*A special thank you to all
the young people involved
in the programme;*

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Katie Mahor
Shane Morris
Sarah O Bara
Callum O' Brien
Tyler O' Keeffe
Leah O' Reilly Redmond
Amber Owens
David Shortall
Leah Shortall
Senan Thompson
Corey Whelan

Cookbook *Designed & Created by;*

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Oliwia Falade
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Isabelle Watchorne
C.E Staff
Molly Horan

'Come Dine with Me' Invitation Designed & Created by

Amber Owens

'Come Dine with Me' Menu Designed & Created by

Leah Shortall

Food is my
love language

Life is like ice
enjoy it before it
melts!

I'm on a seafood diet.
I see food and eat it.

what do you call
a cow in a
earthquake

- a milkshake

why did the Banana
go to the doctor?

- Because it wasn't
peeling well

why shouldn't you
tell an egg a joke

- Because it might
crack up

what did the hamburger
name its daughter?

- patty

what is a ghost's
favourite food?

- Boo berries

What's an egg's
least favourite day
of the week?

Fry-day

what do you get if
you cross a cow with
a smurf?

- Blue Cheese

what was the tortilla
chips favourite hobby?

- salsa dancing

why did the skeleton
go to the barbeque?

- To get another rib

want to hear a
joke about pizza?

- nevermind it's too
cheezy.

why did the student
eat her exam?

- The teacher told her it
was a piece of cake.

"A recipe has no soul
you, as the cook, must bring
the soul to the recipe."

- Thomas Keller

Welcome to c l m

The menu

Food

pizzas.

burgers.

pawsta.

chicken curry,
spice bag.

candy

ice cream

dounts

Streets

drinks

coca-cola

7 up

Fante

enegry drinks

Think s and go
Will down to eat
my food



Pizza Robyn Dunc
Tuesday Stamp



By Sara Pajade



Tús Maith leath na
hoibre

A great Start is half The work.

Never feel alone
Someone will be
There

Why do beets
always win?

They are un-beet-able

Bíonn blas ar an mbeagan
Though a small amount
its tabley

Rocky Road
Take me home

Tar eis a
TuigTear gach
beirt. Its easy to
be wise with hindsight

What do you call
cheese thats not yours?

nacho - cheese

Food is my love life

Why is the mushroom
always invited to parties?

He's a fun-gi

Did you hear about
the crazy pancake?

He just flipped

Ní hé lá na baistí
A rainy day isnt a
day for kids.

Is fearr Gaeilge briste ná bearla cliste
Broken Irish is better Than clever english

You are enough
Just as you
are

Be yourself

Make Today
amazing

Believe you
can add
your halfway
There

Cook
Eat
Sleep
Repeat

Dreams
don't work
unless you
do

If you can
change your
mind you can
change your life

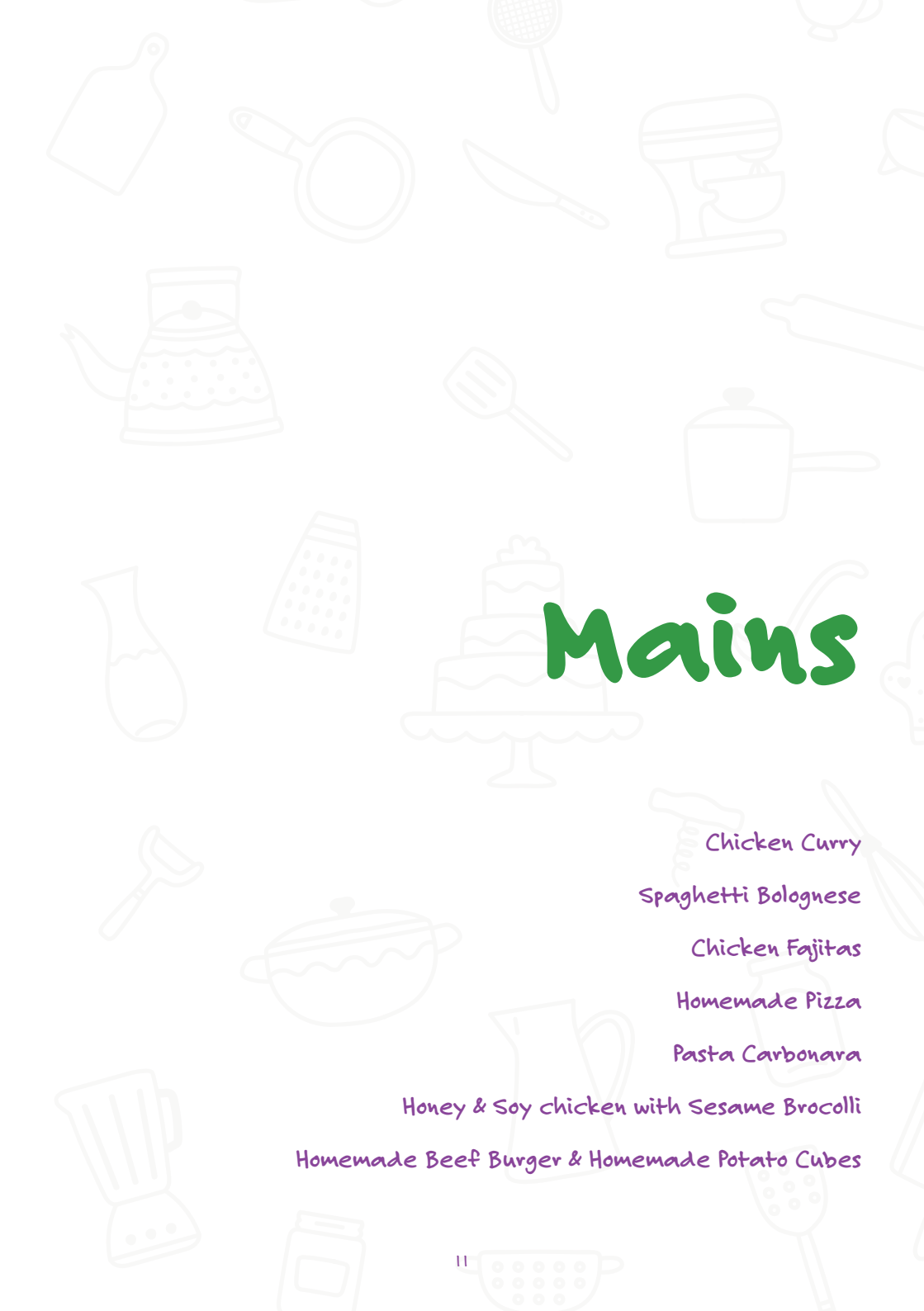
Mól an óige agus Tíocfaidh
Praise The youth and they will grow.

Is glad iad ná . Cnoic i bhfad
Uainn. Far away hills are greener

Is maith an T-anlann an Tocras
Hunger is The best Sauce

have an
egg-cellent
Day!

Is fearr an Tsláinte ná na Tcinte
Health is better Than wealth

The background of the page is a light green color with a repeating pattern of white line-art icons representing various kitchen items. These icons include a cutting board, a frying pan, a knife, a stand mixer, a teapot, a spatula, a pot, a grater, a cake on a stand, a blender, a pitcher, a whisk, a rolling pin, a strainer, and a bowl.

Mains

Chicken Curry

Spaghetti Bolognese

Chicken Fajitas

Homemade Pizza

Pasta Carbonara

Honey & Soy chicken with Sesame Broccoli

Homemade Beef Burger & Homemade Potato Cubes

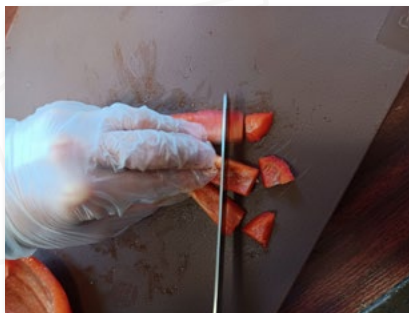
Chicken Curry

Ingredients

- 3 diced fillets
- 1 Jar curry sauce (medium)
- 1 pouch of curry powder
- 300g of rice or 2 boil in the bag rice
- 1 pack naan bread
- 1 red pepper
- 1 medium onion

Equipment

- 2 separate pots
- Chopping board for veg
- Wooden Spoon
- Knife for cutting naan bread
- Tray



Method

- **Step 1:** Boiled diced chicken fillets in pan cooked till over 76 degrees
- **Step 2:** Fill separate pot of water 2/3 of the way
- **Step 3:** Boil 300g of rice in 2/3 of pot water until 15 minutes until cooked
- **Step 4:** Pre-heat oven to 180 degrees
- **Step 5:** Place naan bread until tray and into the oven for 10 minutes, until its crispy
- **Step 6:** Chop medium onion and red pepper
- **Step 7:** Stain cooked chicken and put stained chicken back into the sauce pan once stained. Add jar of curry sauce medium into the pot and stir throughout and heat on hop on low heat of 5-7 minutes.
- **Step 8:** Add Curry powder to the pot with chicken and jar of curry sauce add a 1/4 cup of water to the pot and mix powder throughout until well stirred in
- **Step 9:** Strain cooked rice
- **Step 10:** Plate up rice
- **Step 11:** Place cooked curry onto the plated rice
- **Step 12:** Cut naan bread into slices or dices and add to the plate
- **Step 13:** ENJOY!!



Corey Whelan

Mountmellick Youth and Family Resource Centre

Spaghetti Bolognese

Ingredients

- 500g beef mince
- 2 medium onions
- 2 table spoons of tomato puree
- 2 tins of 400g tinned plumed tomatoes
- 75g Parmesan cheese
- 6 cherry tomatoes
- 400g spaghetti
- 1500ml water
- 1 twin pack garlic bread

Equipment

- 2 Sauce pans/2 Pots
- Flat baking Tray
- Sharp Knife
- Chopping Board
- Wooden Spoon
- Strainers x 2



Method

- **Step 1:** Boil 500g beef mince in pot with 500ml of water and strain the beef mince. Ensure meat is brown and cooked through
- **Step 2:** Fill separate pot 2/3 of the way
- **Step 3:** Boil 400g spaghetti in 2/3 of pot water for 10-12 minutes until cooked and strain spaghetti
- **Step 4:** Pre-heat oven to 180 degrees
- **Step 5:** Place 2 garlic bread rolls on a tray and into preheated oven for 10-15 minutes, Until it is golden brown
- **Step 6:** Chop medium unions to desired size
- **Step 7:** Add chopped onions to beef mince
- **Step 8:** Add 2 tablespoons of tomato puree and 2 tins of 400g tinned plumed tomatoes to the cooked beef mince in cooking pot
- **Step 9:** Strain the cooked spaghetti
- **Step 10:** Cut cherry tomatoes and rinse
- **Step 11:** Plate the spaghetti and add the cooked beef mince on top of the spaghetti
- **Step 12:** Add rinsed and cut cherry tomatoes to the dish if you wish
- **Step 13:** Add the parmesan cheese if you please
- **Step 14:** Cut garlic bread into slices or dices
- **Step 15:** Plate and enjoy



Tyler O'keeffe

Mountmellick Youth and Family Resource Centre

Chicken Fajitas

Ingredients

- 6 flour tortillas
- 2 chicken breasts, cut into strips
- 2 garlic cloves, finely chopped
- ½ tsp ground cumin
- 1 tsp chilli powder
- 1 lime, juice only
- 2 tbsp olive oil 1 red onion, thinly sliced
- 2 peppers, preferably different colours, thinly sliced
- Salt and freshly ground black pepper

Optional Toppings

- 1 avocado, peeled, de-stoned and mashed
- Handful shredded iceberg lettuce
- Handful fresh coriander leaves
- Salsa, shop-bought or homemade
- Soured cream
- Grated cheddar



Method

- **Step 1:** Heat the oven to 120C/100C Fan/Gas ½. Wrap the tortillas in kitchen foil, place on a baking tray and warm in the oven until ready to use.
- **Step 2:** Put the chicken in a bowl with the garlic, cumin, chilli powder and lime juice. Season with salt and pepper and toss, rubbing the seasoning into the chicken. Set aside to marinate for 5 minutes.
- **Step 3:** Heat 1 tablespoon of the oil in a frying pan over a high heat. Add the chicken strips and cook for 5 minutes, until cooked through, golden-brown and slightly catching on the edges.
- **Step 4:** Add the remaining 1 tablespoon of oil to the pan, add the onion and peppers and fry for 5 minutes, or until almost soft. Increase the heat until the vegetables char slightly on the edges.
- **Step 5:** To assemble the fajitas, top the warmed tortillas with the chicken and vegetable mix.
- **Step 6:** Top with your chosen toppings

Homemade Pizza

Ingredients

- 500g of plain flour, plus extra for dusting
- 1 tablespoon of salt
- 1/2 tablespoon dried yeast
- 300-350ml warm water
- 200g Tomatoe puree
- 290g Grated cheese (of your choice)
- Whatever toppings you desire

Equipment

- Mixing Bowl
- Rolling Pin
- Flat Tray
- 2 Chopping Boards-one for cooked meats/one for vegetables



Method

- **Step 1:** Preheat the oven to 180 degrees Celsius
- **Step 2:** Add flour, salt and dried yeast to mixing bowl and slowly add the warm water to get desired texture.
- **Step 3:** Roll out the dough into your choice of shape.
- **Step 4:** On one chopping board, cut the cooked meats to preferred size
- **Step 5:** On a separate Chopping Board, cut the vegetables to preferred size
- **Step 6:** Spread the tomato puree with a spoon to the top side of the dough
- **Step 7:** Sprinkle grate cheese and add your toppings of choice to the pizza
- **Step 8:** Put in the oven for 10 to 15 mins until cooked
- **Step 9:** Plate, Slice and enjoy



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Pasta Carbonara

Ingredients

- 2 packs of bacon lardons
- 2 pouches or 1 jar of carbona sauce
- 400g of spaghetti
- Parmesan cheese [1 cup]
- Twin pack of garlic bread

Equipment

- 2 pots
- Flat baking tray
- Wooden spoon
- Strainer



Method

- **Step 1:** Fry 2 pack bacon lardons in the pan till cooked
- **Step 2:** Fill separate pot with water $\frac{2}{3}$ of the way
- **Step 3:** Boil 400g spaghetti in $\frac{2}{3}$ of pot water for 10-12 minutes until cooked
- **Step 4:** Pre-heat oven to 180 degrees
- **Step 5:** Place 2 garlic bread rolls on tray and into preheated oven for 10-15 minutes until it is golden and crispy
- **Step 6:** Empty carbonara pouches or jar into a saucepan and heat at a medium heat stirring constantly for 10 minutes
- **Step 7:** Strain the cooked pasta and put back in the pot after strained
- **Step 8:** Add the cooked bacon lardons into the pot with cooked pasta
- **Step 9:** Add heated carbonara sauce into the pot with pasta and bacon lardons and stir all together
- **Step 10:** Plate up cooked carbonara from pot
- **Step 11:** Add the parmesan cheese if you please
- **Step 12:** Cut garlic bread into slices or dices
- **Step 13:** Enjoy

If you like you can add vegetables on the side.



Honey & Soy Chicken with Sesame Broccoli

Ingredients

- 3 tbsp honey
- 2 tbsp oil
- 1 tbsp garlic & ginger paste
- 8 skin-on chicken thighs
- 1 large head broccoli
- 1 tbsp sesame seeds
- 3 tbsp soy sauce

Equipment

- 2 pots
- Flat baking tray
- Wooden spoon
- Strainer

Method

- **Step 1:** Heat oven to 200C/180C fan/gas 6.
- **Step 2:** Mix the soy, honey, 1 tbsp of the oil and ½ tbsp garlic & ginger paste in a bowl.
- **Step 3:** Pour over the chicken thighs and leave to marinate if you have time, but don't worry if not – they will be delicious either way.
- **Step 4:** Tip the chicken with all the marinade into a roasting tin, skin-side up.
- **Step 5:** Cook for 45 mins until sticky and the skin is crispy.
- **Step 6:** When the chicken has 15 mins left, start cooking the rice following pack instructions, if using, and heat the remaining oil in a frying pan.
- **Step 7:** Add the remaining garlic & ginger paste, sizzle for 1 min, then tip in the broccoli along with a splash of water.
- **Step 8:** Cover and cook for 10 mins until tender, then take the lid off, tip the sesame seeds into the pan and give everything a good toss around.
- **Step 9:** Season and serve with the chicken, and all the caramelised bits from the bottom of the tin.

Homemade Beef Burger & Homemade Potato Cubes

Ingredients

- 500g mince
- 1 small onion
- 1 egg
- 2kg bag of potatoes
- 1 tablespoon of vegetable oil
- 4 burger buns

Equipment

- 2 flat baking trays
- 1 table spoon
- 2 Mixing bowls
- Wooden spoon
- 2 Sharp knife
- Tinfoil
- Chopping board
- Plates and utensils



Method

- **Step 1:** Pre-heat oven to 180 degrees
- **Step 2:** Tie back hair and wash hands thoroughly
- **Step 3:** Gather equipment and set up working space
- **Step 4:** On a chopping board, using a sharp knife peel and chop up potatoes into cubes (2KG bags)
- **Step 5:** Place them into a pot and add olive oil, mix until seasoned
- **Step 6:** Place the potato cubes onto a tray and place in the oven for 50 mins
- **Step 7:** Chop up half of an onion and place into a bowl then get 1 pound of mince and mix until the onions are fully mixed within the mince
- **Step 8:** Get another bowl and add 1 large egg for every pound of mince
- **Step 9:** Mound the mince into small circles and press down into a burger form
- **Step 10:** Place the burgers onto a flat tray wrapped in tinfoil and place into oven for 45 mins until cooked through. Cut to check meat is brown, cooked through and pipping hot.
- **Step 11:** Place the burger buns into the oven for about 2 mins to toast
- **Step 12:** Serve on a plate and enjoy



Shane Morris

Mountmellick Youth and Family Resource Centre



Come Dine with Me

Menu

MAIN COURSE

Chicken Fajitas

Pasta Bake with Chicken + Bacon

VEGETARIAN MAIN COURSE

Pasta Bake

DESSERT

Brownies with Ice cream

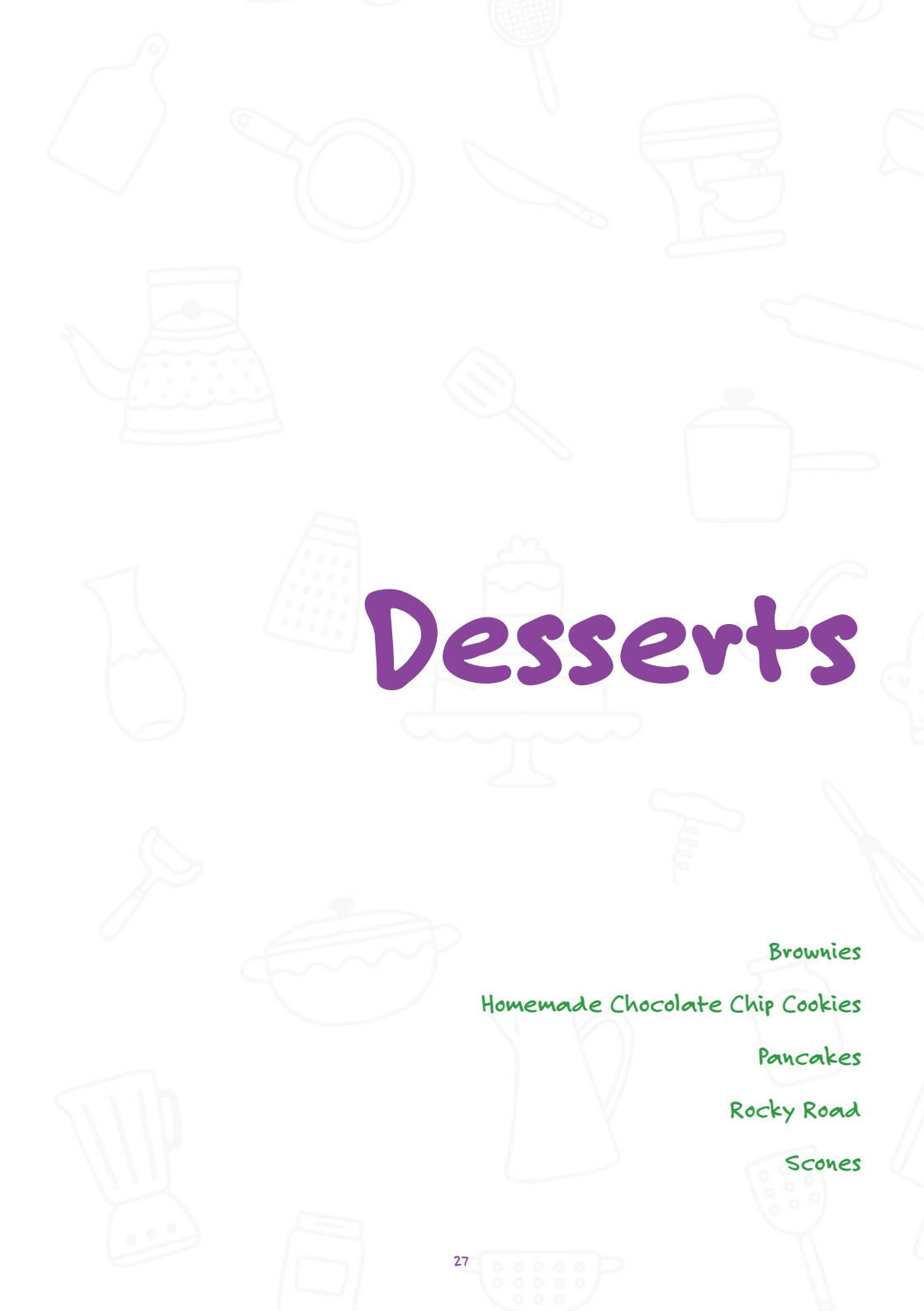
Cookies with ice cream.

Choice of vanilla or mint ice cream.

17th of February at
11:30am till 1.00pm.

'Come Dine with Me' Menu Designed & Created by

Leah Shortall

The background of the page is a light gray color with a repeating pattern of various kitchen items in a simple, line-art style. These items include a cutting board, a frying pan, a knife, a stand mixer, a rolling pin, a teapot, a grater, a cake on a stand, a whisk, a spatula, a pot, a blender, a pitcher, a scone, and a cookie. The word "Desserts" is written in a large, bold, purple font in the center of the page.

Desserts

Brownies

Homemade Chocolate Chip Cookies

Pancakes

Rocky Road

Scones

Brownies

Ingredients

- 200g dark chocolate, chopped
- 175g unsalted butter
- 325g caster sugar
- 130g plain flour
- 3 large eggs
- 1 tsp vanilla extract
- A pinch of salt
- 100g chocolate chips

Equipment

- Wooden Spoon
- Mixing Bowl
- Baking trays
- Cooling rack
- Tablespoon
- Measuring scales



Method

- **Step 1:** Gather all ingredients
- **Step 2:** Preheat the oven to 180 degrees Celsius and butter the tin with some butter to prevent batter sticking to tin.
- **Step 3:** Place dark chocolate and butter in a heatproof bowl and melt them together.
- **Step 4:** Once melted remove bowl from heat and stir in caster sugar until well combined then let it cool before adding the eggs one at a time mixing thoroughly after each egg.
- **Step 5:** Add a tablespoon of vanilla extract, and then sift flour and salt into chocolate mixture and gently folded it until combined
- **Step 6:** Add chocolate chips, pour the batter from the bowl into the tin and placed into oven for about 20-25 mins.
- **Step 7:** After the brownies were done cooking we left them to cool on a wire rack before cutting them into equal square shapes.



Lucy Kane

Mountmellick Youth and Family Resource Centre

Homemade Chocolate Chip Cookies

Ingredients

- 120g butter
- 75 grams light brown sugar
- 1 medium egg
- 1 tablespoon of vanilla extract
- 180g plain sugar
- 1/2 table spoon of baking soda
- 150g of chocolate chips

Equipment

- Baking Tray
- Grease proof paper
- Mixing Bowl
- Wooden Spoon
- 1 tablespoon



Method

- **Step 1:** Pre-heat oven to 180 degrees
- **Step 2:** Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla
- **Step 3:** Once combined stir in the flour, baking soda, and chocolate chips
- **Step 4:** Scoop large tablespoons of mixture onto the trays, leaving a space between each cookie to allow for spreading
- **Step 5:** Bake for 10-12 minutes until firm at the edge but still soft in the middle – they will harden a little as they cool!
- **Step 6:** Leave to cool on the tray for a few minutes before eating warm, or transfer to a wire rack to cool completely.



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Mountmellick Youth and Family Resource Centre

Pancakes

Ingredients

- 100g plain flour
- 2 large eggs
- 300ml Milk

Equipment

- Frying pan
- Jug
- Wooden spoon
- Plate
- Knife
- Spatula



Method

- **Step 1:** Put the eggs, milk and flour into a jug and mix into a batter
- **Step 2:** Set aside for 30 mins
- **Step 3:** Pour the batter into the frying pan to desired size of pancake
- **Step 4:** Turn the pancake with to the opposite side to cook
- **Step 5:** Plate and serve with whatever toppings you want



Tyler O'Keefe

Mountmellick Youth and Family Resource Centre

Rocky Road

Ingredients

- 200g digestive biscuits
- 225g Maltesers
- 135g butter
- 200g cooking chocolate
- 2-3 tablespoons golden syrup
- 100g mini marshmallows

Equipment

- Ziplock Bag
- Mixing Bowl
- Saucepan
- Wooden Spoon
- Tray
- Knife



Method

- **Step 1:** Place your digestives into a Ziplock bag and lightly smash the digestives
- **Step 2:** Fill a saucepan with water and boil
- **Step 3:** Break the chocolate into squares and melt the chocolate in a bowl over saucepan with water
- **Step 4:** Add the golden syrup and butter to the bowl.
- **Step 5:** Mix contents of bowl until melted together
- **Step 6:** Add the digestives, Maltesers and mini marshmallows into the bowl and mix
- **Step 7:** Spread contents of bowl into a tray/dish and smoothen out
- **Step 8:** Put in fridge for 2 hours until set
- **Step 9:** Remove from fridge, cut to desired slices and serve

Scones

Ingredients

- 250g all-purpose flour
- 2tsp baking powder
- 1/2 tsp salt
- 50g unsalted butter
- 50g granulated sugar
- 150ml milk
- 1 egg
- 1 tsp baking powder
- optional 50g dried fruits (like raisins or currants)

Equipment

- Wooden Spoon
- Mixing bowl
- Tablespoon
- Baking Trays
- Cooking rack
- Measuring scales



Method

- **Step 1:** Gather all the ingredients
- **Step 2:** Preheat the oven to 220 degrees Celsius and line baking trays with baking paper
- **Step 3:** In a large bowl combine the flour and baking powder. Whisk them together to ensure they are mixed well.
- **Step 4:** Add the butter to the dry ingredients using fingertips in method to mix butter into the dry ingredients until it was fine bread crumbs.
- **Step 5:** Add sugar and any dried fruits wanted mixing them evenly through the mixture.
- **Step 6:** Gradually add milk to the mixture
- **Step 7:** In a separate bowl whisk one egg and make a well in the centre of the dry ingredients and then pored in egg and milk to the mixture.
- **Step 8:** Knead the dough a few times until smooth, flatten it and use a round cutter to shape the scones. Then add them onto a baking tin with baking paper
- **Step 9:** Place them into the oven for about 12-15 mins or until they were golden in colour and well risen. When they are done leave them to cool on a wire rack . They could be served with jam or butter.



Lucy Kane

Mountmellick Youth and Family Resource Centre



'Come Dine with Me' Invitation Designed & Created by
Amber Owens



welcome To
Callum
and
Sephie time work Food
place



Baking



Zuzanna Kiselewska





TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency