



CEGIN LLANELLI RECIPE PACK

Get stuck-in to this collection of recipes from Cegin Llanelli, our weekly community cookalong and meal, beautifully illustrated by local artist [Lauren Pollard](#).

Since launching in February, our volunteers have served over 1000 delicious, nourishing two-course meals on a free or pay-what-you-can basis, cooking fresh, seasonal, locally-sourced food from scratch and designing each week's menu themselves. These are a few of the recipes they've dreamed up along the way.

Join our weekly community lunch at the Antioch Centre, Llanelli, Mondays 12.30pm-2.30pm. Want to get involved with the cooking? Email helo@ceginybobl.co.uk.

In this recipe pack:

- Smoked Mackerel Fishcakes
- Summer Slaw
- Chilli Con Carne
- Cheesy Cauliflower, Broccoli and Pea Pasta Bake
- Pork Kofta, Roasted Vegetable Couscous, Tzatziki, Picked Beetroot Stems
- Rice Pudding, Cherry Coulis

Enjoying these recipes? Chip in to support our grassroots work at ceginybobl.co.uk/donate

SMOKED MACKEREL FISHCAKES

We are big fans of oily fish at Cegin y Bobl, full of magical fatty acids and Vitamin D. Fishcakes were a simple and low-cost way to get some mackerel into our Monday meal, using up a surplus of potatoes at the same time. This recipe has been tested with hundreds of kids on our Food Discovery course in schools (our toughest critics!). It went down just as well with the grown-ups too. Pairs well with our summer slaw.

INGREDIENTS (SERVES 4)

- 200g smoked mackerel
- 200g potato
- 1 tsp horseradish sauce
- 1 tbsp chives
- 1 tbsp parsley
- 1 pinch salt and black pepper as desired
- 100g plain white flour
- 1 tsp paprika
- 2 medium free range eggs
- 100g panko breadcrumbs
- Olive oil to grease the tray
- 1 lemon



METHOD

1. Preheat the oven to 180°C
2. Peel potatoes. Bring a pot of salted water to boil. Cook for 15-20 minutes until tender and ready to mash.
3. Mash the potatoes (don't add any milk or butter). Set aside to cool.
4. Put the mackerel (skin removed and flesh checked for bones) in a bowl and mash with a fork.
5. Add the horseradish, chives, parsley, salt and pepper.
6. Mix again with the fork until evenly combined.
7. Add the cold mashed potato and mix through (add lemon juice to taste)
8. Using your hands, roll the mix into 8 little fish cakes. If you want to be precise, each fish cake should weigh about 50g.
9. Flatten each fishcake a little with your hand.
10. Put your flour in a small bowl and add the paprika. Mix through.
11. Grab two more small bowls and put the beaten eggs in one and the breadcrumbs in the other.
12. Dip a fishcake into the flour bowl, coating on all sides. Shake off any excess.
13. Now dip your fish cakes in the beaten egg, again coating on all sides. Shake off any excess.
14. Finally, dip your fish cake in the breadcrumbs, flipping to coat on all sides.
15. Grease your baking tray with olive oil and place the fish cakes onto the tray as you go, repeating until they are all coated.
16. Drizzle or spray your fishcakes with olive oil
17. Bake for 25 minutes until golden and slightly risen. Serve hot or cold.

SUMMER SLAW

This summer slaw has become a Cegin Llanelli staple. The ideal side dish to make a heap of, adding some crunch and freshness to every plate. Our volunteers credit this slaw for their expert knife skills. Every week chef Jemma brings a different twist to the dressing to complement the main, from extra lime juice to a sprinkling of caraway seeds, using whatever fresh herbs we have to hand.

INGREDIENTS (SERVES 4-6)

Slaw

- ½ red / white cabbage (or any other cabbage)
- 2-3 carrots
- 1 apple
- 1 white or red onion

Dressing

- 3 tbsp olive oil
- 1 tbsp lemon juice or vinegar
- Pinch of salt
- Pinch of caster sugar

METHOD

1. Thinly slice the cabbage and onion.
2. Grate the carrots and apple.
3. Mix together in a large bowl.
4. Mix the olive oil and vinegar/ lemon juice and season with salt, pepper and sugar.
5. Dress the slaw until evenly coated. This slaw can be refrigerated until use.



CHILLI CON CARNE WITH RICE, LIME YOGHURT AND QUICK PICKLED ONIONS SERVED WITH PEA AND BROAD BEAN GUACAMOLE

Chilli con carne is a classic, but this meal put the spotlight on the sides, with bright pink pickled onions and vivid green guacamole stealing the show. Using seasonal broad beans and frozen peas which are always on hand at home, our volunteers called this guac a home cooking game-changer. The chilli itself is a great way to introduce mild spices to the mix, going down well with younger and older palates alike.

INGREDIENTS (SERVES 4)

Chilli con carne

- 500g minced beef
- 1 onion finely chopped
- 1 stick of celery finely chopped
- 1 carrot finely chopped
- 2 garlic cloves finely chopped
- 1 x tin tomatoes
- 1 x tbsp tomato puree
- 1 tin red kidney beans
- 1 fresh red chilli, sliced and seeds removed
- 500ml beef stock
- 1 tsp each of cinnamon, ground cumin, smoked paprika, paprika, oregano
- Salt and pepper to taste
- Juice of half a lime
- Oil for frying

Lime yoghurt

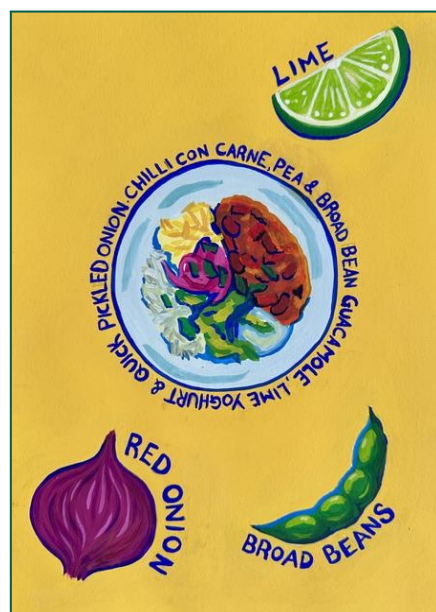
- 200g Greek yoghurt
- Zest and juice of 1 lime
- Pinch of salt and pepper
- Any fresh green herbs eg. coriander, parsley, finely chopped

Quick pickled red onions

- 2 red onions
- 1 tbsp salt
- Vinegar or lime juice

Pea and broad bean guacamole

- 400g frozen broad beans and/or petit pois
- 2-3 tablespoons plain yoghurt
- 25g coriander leaves
- 2 cloves garlic, crushed
- Pinch of salt



METHOD

1. Brown the minced beef in a frying pan, drain off the excess fat and put to one side.
2. Place a couple of tablespoons of oil in a clean frying pan and cook the 'mirepoix' (onion, carrot, celery) until it is soft.
3. Place a couple of tablespoons of oil in a large saucepan add the sliced onions and cook until soft
4. Add the garlic and cook for a few more minutes, add in the cooked mirepoix and combine.
5. Add the fresh red chillies, cinnamon, paprika, oregano, ground cumin and tomato purée. Cook for a few minutes.
6. Add the tinned tomatoes, minced beef, beef stock. Combine ingredients thoroughly and allow to simmer gently for 40-45 mins.
7. Add some more stock or water if required and season to taste with salt and pepper.
8. Finish off with a squeeze of lime juice

For a veggie version

1. Method as above but substitute the beef with roasted sweet potato, red peppers and a tin of beans of your choice (kidney beans, black eyed beans, chickpeas would all work well). Dice the sweet potato and red peppers and roast in a hot oven at 200°C for 25-30 minutes. Drain and rinse a can of beans in a sieve. Add the veg to the base above along with the beans.

Lime yoghurt

1. Combine yoghurt, lime zest and juice, salt, and pepper in a small bowl and whisk well until combined. Add fresh herbs if you like.

Pea and broad bean guacamole

1. Soak the broad beans for a few minutes in boiling water and when cool enough to handle, remove the outer skin.
2. Defrost the peas.
3. Allow beans/ peas to cool.
4. Place them all in a food processor or bowl if using a stick blender. Add the remaining ingredients - lime juice, yoghurt, coriander leaves, crushed garlic and some salt.
5. Blitz to a smooth paste adding some more yoghurt for a smoother consistency.

Quick pickled onions

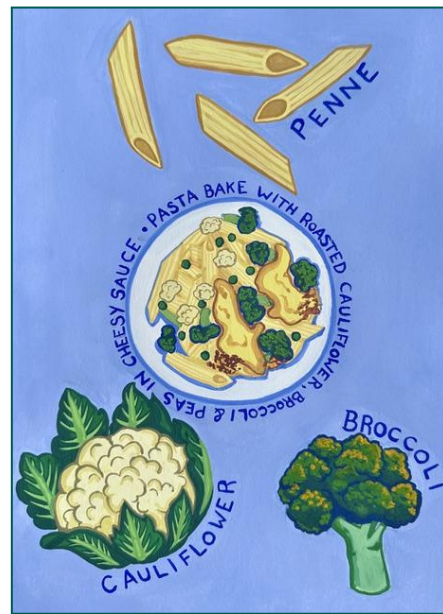
1. Finely slice 2 red onions.
2. Sprinkle with a tablespoon of salt and rub together between your hands, as if you were warming your hands.
3. Set aside for 10-30 minutes.
4. Rinse salt off onions in a sieve (the salt was drawing the liquid out of the onions).
5. Squeeze the lime/lemon juice or the vinegar over (whichever you are using).
6. Leave for 5-10 minutes, mixing halfway through until the onions turn pink.
7. The pickled onions are now ready to serve. Any leftovers will keep in the fridge for 3-4 days.

CHEESY PASTA BAKE WITH ROASTED CAULIFLOWER, BROCCOLI AND PEAS, GARLIC PANGRATTATO, GARLIC PARSLEY PESTO

This pasta bake lets the humble cauliflower and broccoli take centre stage. Roasting the veg avoided overcooking and brought an extra depth of flavour and texture. Some extra cauliflower purée hiding in the cheese sauce was a clever and easy way to pack more veg in. With the crispy breadcrumb topping and a punchy pesto, this dish got a ton of praise on the day.

INGREDIENTS (SERVES 4)

- 1 medium sized head of broccoli, cut into bite sized florets
- 1 medium sized head of cauliflower, cut into bite sized florets
- 1 small-medium red onion, peeled & sliced
- 300g penne, (or short cut pasta of choice)
- 4 tbsp butter
- 4 tbsp Plain Flour
- 480ml milk, at room temp
- 240ml vegetable stock
- 1 tbsp mustard (dijon or wholegrain both work well)
- 1/4 tsp ground nutmeg
- 200g / cheddar, grated. You can combine with another hard cheese of your choice.
- A handful of breadcrumbs to top (or pangrattato as below)



Pangrattato

- 2 slices stale bread, crusts removed
- 2 tbsps olive oil
- 1-2 garlic cloves, peeled and finely chopped
- Pinch of dried chilli flakes (optional)
- 1 lemon, zested
- Salt and pepper

Garlic Parsley Pesto

- 1 large handful of herbs (parsley or basil)
- 1 garlic clove, crushed
- 1 handful grated hard cheese eg. parmesan (optional)
- 1 handful of nuts or seeds (pine, nuts, walnuts or sunflower seeds work well)
- Olive oil

METHOD

For the pasta bake

1. Preheat the oven to 200°C
2. Setting aside one handful of cauliflower, add all the broccoli and most of the cauliflower to a baking dish with a drizzle of oil and a pinch of salt and pepper. Use your hands or a spoon to toss in oil until evenly coated.
3. Roast in the oven for 15-20mins, stirring halfway, until the broccoli and cauliflower is lightly charred and tender when prodded with a fork. You can leave this to sit while you make the sauce.
4. Place the pasta in salted boiling water and cook until al dente - with a bit of a bite. Add the reserved handful of cauliflower in with the pasta. Drain in a colander and separate out the cauliflower.
5. Whizz up the boiled cauliflower with a stick blender or food processor until smooth with a dash of olive oil.
6. For the cheese sauce, melt the butter in a large deep pan over medium heat. Stir in the flour and cook for a few minutes to form a 'roux', then pour in milk a little at a time, whisking as you go to avoid lumps.
7. Whisk in veg stock then simmer for a few mins, or until the sauce begins to thicken.
8. Stir in the mustard, nutmeg and a good pinch of salt and pepper, then add in the whole roasted veg and the puréed cauliflower.
9. Stir in the cheese until it melts, then stir in the drained pasta.
10. Pour everything back into the baking dish and level off with a wooden spoon.
11. Top with the pangrattato as below.
12. Bake in the oven at 200°C for 20-25 minutes until the top is crisp and golden.

For the pangrattato

1. Blitz the bread in a food processor to coarse crumbs.
2. Warm 2 tablespoons of oil in a frying pan on a low to medium heat, add the garlic and stir for a few seconds until fragrant. Add the breadcrumbs.
3. Fry over a medium heat for 4-5 minutes, until golden and crisp.
4. Remove from heat, stirring in chilli flakes (optional), lemon zest, salt and pepper, to taste.

For the garlic parsley pesto

1. Wash and dry the parsley (or herb of choice). Remove any thick stems.
2. Whizz the parsley with one clove of garlic and nuts or seeds in a food processor or blender. Pulse until finely chopped.
3. Add grated cheese, lemon juice, a pinch of salt and pepper.
4. With the blender running slowly, drizzle in olive oil gradually until the pesto is smooth and creamy.

PORK KOFTA, ROASTED VEGETABLE COUSCOUS, TZATSIKI, PICKLED BEETROOT STEMS

The plan for this meal came about when we were all missing our volunteer Kyle, who had gone on holiday to Greece. Knowing he'd be back to help with this meal, it could only be kofta! This meal was summer on a plate, perfect for the Llanelli heatwave. Pickling the beetroot stems was the revelation of this cook-along, a delicious extra crunch on the plate and a clever way to cut down on food waste.

INGREDIENTS (SERVES 4)

Kofta

- 500g butchers pork mince
- 1 onion grated or chopped finely
- 2 cloves garlic minced
- ½ - 1tsp of paprika, cumin, coriander, cinnamon, fennel, oregano.
- Handful of chopped herbs e.g parsley, fresh oregano, coriander, basil (use one or all) chopped roughly
- 3 tbsp breadcrumbs (fresh or dry)
- 1 egg (optional but helps bind)
- ¾ tsp salt
- Generous amounts of black pepper grinds
- Zest of 1 lemon
- Wooden skewers - soaked in water.
- Oil for cooking



Roasted summer vegetable couscous

Change up the veggies in the winter for roots such as carrots, squash, parsnips, broccoli or sprouts.

- 200g couscous
- 200ml boiling water or vegetable stock
- 1 red pepper
- 1 aubergine
- 1 courgette
- 1 red onion
- 10-20 cherry tomatoes
- 3 tbsp olive oil
- Pinch of favourite spices - smoked paprika, cumin seeds, coriander powder and cinnamon all work nicely here.

Pickled beetroot stems

- Stems from 1-2 large bunches of red or golden beetroot
- 4 tbsp vinegar (red wine vinegar or apple-cider vinegar both work well)
- 2 tsp caster sugar
- ½ tsp salt (add more to taste)

Tsatziki

- 150 g greek yoghurt (or any plain yoghurt)
- 1 clove garlic crushed
- 1 pinch salt and black pepper
- Half a cucumber (about 150g)
- 2 tablespoon chopped fresh mint or dill
- Squeeze of lemon juice to taste

Kofta

1. Sauté onions gently for 10 minutes in 2 tsp oil, cook down slowly until soft and sweet. Add garlic to the onions towards the end of the cooking time. Leave to cool.
2. Add paprika, cumin, coriander, cinnamon, fennel seeds, dried oregano, fresh herbs of choice, lemon zest, salt and pepper to a large mixing bowl with the pork mince, breadcrumbs, onions, egg, seasoning. Leave as long as possible for the flavours to infuse.
3. When ready to assemble to kofta, take a small handful of the mix and roll into an oval/torpedo shape and slide onto skewers, pressing the meat on firmly. Repeat until all mixture is used up. (Pre-soak wooden skewers in water to make sure they don't burn in the oven. If you have no skewers, just roll into balls or patties.)
4. Place onto a baking tray lined with baking parchment.
5. Drizzle with a little oil and put into a pre heated oven at 180°C for approx 25 minutes.

Roasted Summer Vegetable Couscous

1. Pre-heat oven to 200°C
2. Chop veg into preferred size and arrange in a large roasting tin.
3. Toss with olive oil and spices.
4. Roast for 25-30 minutes until tender and beginning to char around the edges.
5. Add couscous to heatproof bowl with a glug of olive oil and a pinch of salt. Pour over 200ml boiling water (or vegetable stock for more flavour). Cover bowl tightly for 10-15 minutes, using a plate or saucepan lid. Fluff with a fork.
6. Stir roasted veg through the couscous. Good served at room temperature.

Quick pickled beetroot stems

1. Cut stems into ¼ inch slices. Place stems in bowl
2. Bring vinegar to boil and stir in sugar, salt. You can add any herbs or spices you enjoy here to flavour the stems.
3. Take off heat and pour over the beetroot stems
4. Let stand for 20-30 minutes.

Tzatziki

1. Stir yoghurt in a bowl with 1 crushed garlic clove and season to taste with salt and pepper.
2. Peel cucumber, cut in half and scoop out the seeds with a teaspoon. Coarsely grate.
3. Stir cucumber into the yoghurt and add the chopped fresh herbs.
4. Add lemon juice to taste. Allow to stand for five minutes before serving.

RICE PUDDING WITH CHERRY COULIS

Few puddings have stirred up such excitement with our volunteers and diners at Cegin Llanelli. This old school classic was cooked to perfection by our volunteer Estelle, queen of puddings. A rice pudding makes a small amount of rice go a long way and lets you showcase whatever fruit is seasonal on top. The sweet and sour cherry sauce offsets the creamy rice.

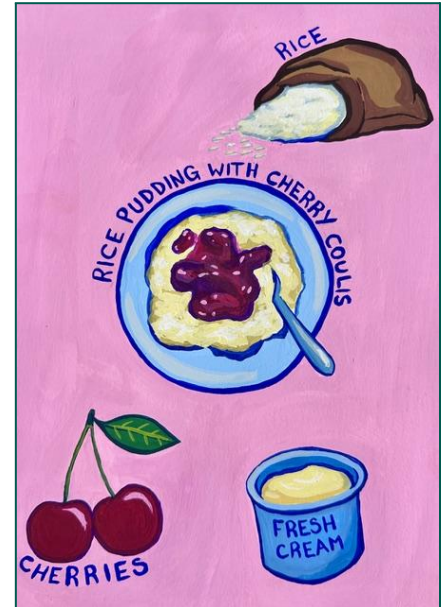
INGREDIENTS (SERVES 4)

Rice pudding

- 40g butter
- 75g caster sugar
- 100g pudding rice (or Spanish paella rice works)
- 1tsp vanilla essence or half vanilla pod
- 1 litre full fat milk
- 150 ml double cream (optional, for a richer pudding)
- Pinch salt
- Pinch of grated nutmeg

Cherry coulis

- 300g ripe cherries (or frozen)
- 60 ml water
- 3 tbsp sugar
- 2 tsps lemon juice



METHOD

For the rice pudding

1. Preheat oven to 150°C
2. Melt butter in a thick based flameproof casserole and add sugar.
3. On a low heat, stir gently and add the rice. Stir until coated. Don't let the rice begin to brown.
4. Add the milk and salt and stir gently, bring to a simmer.
5. Turn off the heat and add the cream at this point if using, grate the nutmeg over the surface.
6. Place into the oven and allow to cool undisturbed for 60-90 minutes. If the skin burns on top, place a sheet of foil over the top.
7. Take out of the oven and leave to stand. Serve at room temperature

For the cherry coulis

1. Wash cherries. Remove the stones and halve the cherries. Place pitted and halved cherries into a small sauce pan with water, sugar and lemon juice. Bring mixture to a boil over medium heat. Cook until cherries are soft (about 5 minutes).
2. Remove cherries from the heat, transfer to a blender or food processor, or to a bowl with a stick blender, and purée, scraping down the sides if needed.
3. Strain through a fine meshed strainer or sieve for a smoother sauce.
4. You can keep the coulis covered in the fridge for up to 3 days. Good on yoghurt or porridge.