



Cohousing recipe book

“The idea is that we compile an interesting book that really helps cohousing groups in the UK to network with each other. We’d like to include all groups: cohousing communities that have been running for years; groups that are building or about to start; people who have nothing much more than a gleam in their eye about cohousing; communities that are not members of UKCN (yet). In true cohousing style, we are aiming to be diverse and inclusive.

Then when each group uses the book in the far-flung corners of the UK, we can feel the sense of being in a Network, and share the spirit of cooking and eating the very same meal as other cohousing people far away.”

This book is just starting - if you’d like your group to be included, please send your recipes, photos, notes and comments to Jackie Carpenter, (one of the Directors of UKCN) jackie@trelay.org.

23rd May 2016

Trelay Cohousing Community

Leek and potato pie



For 16 - 20 people

20 large potatoes, peeled, cooked and mashed

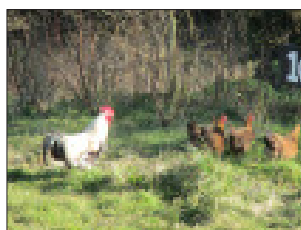
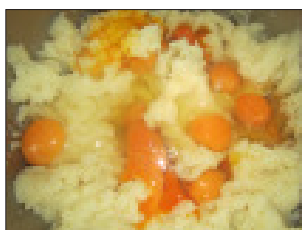
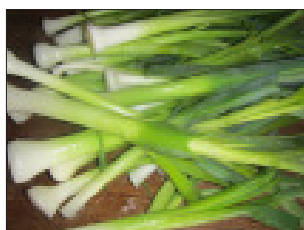
24 small or 10 large leeks, lightly boiled or steamed (we used the last from our winter veggie patch, harvested 20 April 2016)

12 eggs

1 kilo cheese cut into 1cm cubes

Mix all together. Bake at 180°C for half an hour

Crispy fried bacon (served separately with respect for vegetarians).



Apple scone

3 small apples, chopped finely (this is a good recipe to use up fallers or apples with blemishes cut out of them)

250gm self-raising flour

1 level teaspoon of baking powder

50 gm butter

50 gm caster sugar

milk to mix

spoonful of demerara sugar

Rub the butter into the flour and baking powder, mix in the caster sugar and apple, mix to a soft but not sticky dough with the milk

Roll or pat out to a 20 cm round and place on a baking sheet. Mark into wedges. Sprinkle with demerara sugar.

Bake at 180°C for 20 - 25 minutes

We live in Cornwall, so we 'have' to serve this with clotted cream. We hope to get a couple of cows to milk soon.



"I loved coming home from a trip and being warmly greeted by everyone I bumped into and being offered a lovely warm supper, cooked by someone else."

Trelay Cohousing Community was established in 2007 at Trelay Farm, a 32-acre agricultural holding two miles from the sea, near Bude in North Cornwall. We have twenty-eight people (aged 1 - 69) including 9 children. We aim to provide a deeply rewarding and satisfying lifestyle to each member. We have regular learning-together sessions on subjects such as non-violent communication and permaculture. We work hard but we also have fun!

We aim to live in a low impact, sustainable manner, working towards co-sufficiency. The produce from the farm has included pork, beef, lamb, wool, chicken, duck, eggs, honey, fish, vegetables, tree fruit and nuts, soft fruit, timber, firewood, other forestry products, flowers, paintings, photographs and a wide variety of crafts - most of these in small quantities. We have renewable energy systems and exemplar buildings. We run training courses, conferences and events linked to the experience of living together in a cohousing community and to our low impact life-style. Visitors are welcomed to our courses and sustainable tourism businesses.

Springhill

Spinach and feta filo pie



Quantity for 10 people, cooked in one standard sized catering oven tray.

750g fresh spinach, cooked, drained and finely chopped

6 salad onions, finely sliced

450g feta cheese, crumbled

9 medium eggs, beaten

3 tablespoons chopped parsley

3 tablespoons chopped dill

freshly ground black pepper

12 sheets filo pastry

100g butter melted with 2 tablespoons olive oil

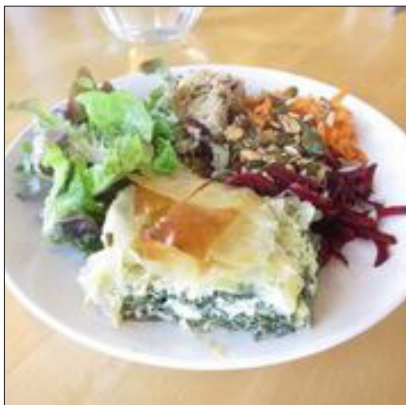
Fry the salad onions gently in a little oil in a large saucepan, until the onions are softened. Take off the heat and add the feta cheese, cooked spinach, eggs, herbs and black pepper. Stir thoroughly.

Line a roasting tin with 6 sheets of filo pastry, brushing each sheet with the melted butter and oil mixture. The pastry will overhang the sides of the tin. Add the spinach mixture and level out over the pastry.

Fold in the overhanging pastry over the filling. Brush the edges with the butter mixture. Cut the remaining filo sheets to fit over the top of the pie, and brush each sheet with butter mixture and lay onto the top of the pie. Press the edges down lightly. Sprinkle the top with sesame seeds.

Bake at 180C for 30 - 40 minutes or until well-browned and the filling is set.

Serve with salads, including one grain salad or potato wedges.

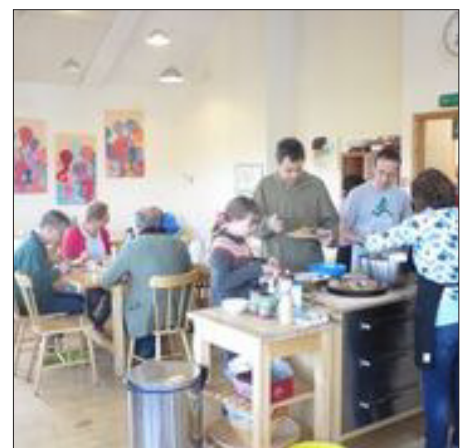


Springhill in Stroud, Gloucestershire, was Britain's first purpose-built cohousing community when completed in approximately 2004. The scandinavian-looking development, near Stroud town centre, consists of 34 residential units ranging from compact studio flats through to 4/5 bedroom houses. It is a thriving community of approximately 50 adults and 25 children and teenagers. The oldest resident is currently 84, and the youngest 6, though 5 babies have been born here.

At the heart of Springhill is a spacious, circular, three storey common house, the top floor of which is a kitchen and dining area capable of seating about 40 people, with more tables outside in summer. Communal meals are a major and very successful aspect of community life. Every adult resident must be on the cooking rota - this is taken very seriously and is a condition of everyone's lease. A cooking rota is drawn up termly, and each adult cooks once per month in a team of four that is headed by a 'lead cook'. If you can't do your cooking slot it is your responsibility to arrange a swap with another cook. Communal meals are three or four evenings per week, and take a break during the major school holidays.

Cooking is not as frightening as it sounds: the menus are prepared quarterly in advance, ingredients are all purchased and delivered in advance, the lead cook knows what they are doing, and as a team member all you have to do is turn up at 4pm and help to the best of your ability - e.g. preparing vegetables, laying tables, making a salad, or masterminding operations if you are the lead cook. You then serve and eat the meal, and clear up afterwards. For this, you and your children are entitled to guilt-free eating three or four times a week for the rest of the month! Meals currently cost £3.50 each, £2.00 for under-18s, free for under-fives.

We usually have 25 to 35 people eating at each meal. Diners sign up for meals in advance at the start of the week, though space permitting they can put their names down later up to the point where the cooks start cooking. All ingredients are organic and meals are vegetarian or vegan. Payment is via a meals account for each house or flat. Apart from the cooks and lead cooks, the success of the system depends on a kitchen group who prepare menus, the cooking rota planner, dedicated people who order and sort ingredients, and the kitchen account 'accountant' who keeps track of each household's meals and payments. Quite an amazing team.



Bridport Cohousing

Chestnut Bourguignon Pie

Here is a beautiful recipe to keep you busy, and full, during the winter months.

125g/4oz dried chestnuts, soaked for 8 hours or overnight.

2 bay leaves

1 sprig fresh rosemary or 1tsp/5ml dried rosemary

210ml/7oz vegetarian red wine

300/10fl oz vegetable stock or water

25g/10z butter or vegetable margarine

8 small pickling onions or shallots, peeled

125g/4oz chestnut mushrooms, wiped

125g/4oz button mushrooms, wiped

2tsp Dijon mustard

2-3 tbsp tamari or soy sauce

freshly ground black pepper

fresh parsley, finely chopped

225g/8oz vegetarian puff pastry, thawed if previously frozen

- 1 Preheat oven to 200C/400F/Gas 6
- 2 Place soaked chestnuts, herbs and 150/5fl oz of wine in a saucepan with the vegetable stock to cover and cook until just tender approximately 50-60 minutes.
- 3 Drain the chestnuts, reserving the liquid.
- 4 Melt the butter in a frying pan, not too hot, sauté the onions until slightly brown.
- 5 Add the mushrooms and cook for a further 4-5 minutes.
- 6 Add the chestnuts, the remaining red wine and sufficient chestnut cooking liquor to cover.
- 7 Bring to the boil and simmer for 20-30 mins.
- 8 Stir in the mustard, tamari and black pepper to taste. Cook a further 5 minutes.
- 9 Taste and adjust seasoning if necessary.
- 10 Spoon the mixture into a pie dish. Roll out the pastry on a floured surface and place on top of filling.
- 11 Bake for about 20 minutes until golden.

Serve with seasonal vegetables. Enjoy.

Bridportcohousing.org.uk has been in existence for some seven years and recently has been granted planning permission for 34 homes and apartments. Hurrah!

And the journey goes on as we now dig deep and find even more enthusiasm and energy to complete the project.

Look us up, come and visit, join us.



Forgebank

Forgebank Cohousing Pies

For 35 - 40 people

Vegan - Mushroom and Walnut Pie

6 medium sized Onions
1 whole Garlic
1kg Mushrooms
10 Courgettes
8 Peppers
Olive oil
400g Walnuts
Tin tomatoes - 1 large catering tin
Red wine - ¼ bottle
Allspice - 2 heap dessert spoons
Ginger - 2 heap dessert spoons
Cinnamon - 2 heap dessert spoons
Oregano - 2 heap dessert spoons
Vegan Bouillon - 2 heap dessert spoons
Jusroll Puff Pastry 2 packs ready made (It is vegan)

Cooking instructions

Chop all veg.

Cook onion and garlic in oil

Separate onion and garlic into 2 pots, add Mushrooms, Courgettes, Peppers to one, Cook till soft. Chop walnuts or wrap and bash to pieces with a rolling pin. Add to first pot, with wine, tomatoes and flavourings

Roll pastry and cover the fillings.

Cook at 200°C (Gas Mark 6) for 45mins (til pastry is light brown)

Veggie - Goats Cheese, Leek and Spinach Pie

6 medium-sized onions
Olive oil
10 - 12 Leeks - (depending on size)
600g Baby Spinach leaves
3 x 240g St Helens Goats cheese
Jusroll Puff Pastry 2 packs ready made (It is vegan)

Cooking instructions

Chop Onion & Leek.

Cook onion and Leeks in oil til soft

Spread in tins in layers with chopped goats cheese and spinach leaves, cover with pastry

Cook at 200°C (Gas Mark 6) for 45mins (til pastry is light brown)

All-time Children's Favourite - Baked Bean Pie

(Well, some children also like the other pies too.)

2 Tins baked beans

Jusroll Puff Pastry 1 pack ready made

Serve with mashed potatoes and peas





Forgebank is an eco cohousing development consisting of 35 leasehold homes, shared buildings and riverside woodland habitat. The site is just outside Lancaster on the outskirts of the village of Halton right next to the river Lune.

We aspire to be a cutting edge example of sustainable ‘eco’ design, for both living and working, with close links to the local community. The homes have achieved both Passivhaus and Code for Sustainable Homes level 6 certifications, and we benefit from many eco technologies such as a biomass boiler, solar PV and hydroelectricity.

The project was planned and designed by the residents with architects Eco Arc. Residents, who are members of the Company, actively participate in the day to day running of the community. Discussions are democratic and consensual. While we do have community agreements and policies, our ambition is to rely on trust, respect, friendship and understanding rather than rules and regulations.

Our Common House contains a communal kitchen and dining room where we cook vegan and vegetarian meals for each other several times a week. There are communal food stores, play areas, guest rooms, a bike shed and laundry.



Michele's household

Chai made in the Indian/ Indonesian style

1. Put 500ml filtered* water in a saucepan
2. Put spices into the water and bring to the boil. The spices used may vary according to taste and availability but try to use some or all of the following:

1 Cinnamon stick (Essential)

A few each of crushed Cardamon pods, cloves, coriander and peppercorns; star anise and mace if you can get hold of it (mace is the lacy orange skin that surrounds whole nutmegs)

Boil the spices up and simmer for 20 to 30 minutes

Drain the spicy liquid off into a larger pan (Drain the spices and dry them on paper so that you can use them again for your next pot of chai. You should find that the spices are good for at least three brew ups)

Heat a litre of milk (soya, nut or cows) and an inch long section of peeled ginger root. You could add a thin paring of lemon or orange rind or a bay leaf at this point

Add the spiced water and 3 tablespoons of muscavado sugar to the milk. Heat thoroughly for a few minutes and drink hot.

Kate, A former member of the household, has been in Indonesia studying the gamelan. At Christmas she visited and brought a package of Chai spices which she got at her local market in Bali. The only ingredient which we have not managed to find in the United Kingdom as yet, is the glorious amber coloured sphere of dark brown sugar suffused with orange flower petals which can be seen in the photograph. It was the best chai ever! We use muscavado sugar which works fine.

Shanka, another former member of the household, wrote down the method for making chai which she learnt from a visit to India.



Chocolate spread

As a household we stumbled upon a way of making chocolate from roughly equal quantities of honey, cocoa powder and coconut oil. It actually becomes a chewy and healthy treat if it is put between rice cakes and popped in the freezer for a few minutes and it is a really quick and effective way of addressing the frequently asked questions, “what’s for pudding?” and “do we have any chocolate?”



Michele has lived in a household of between 4 and 9 people for the last few years. I have had MS for over 30 years and use a wheelchair at this point. I employ one care assistant and cover my other assistance needs by using volunteers who live rent-free in exchange for assistance with a range of projects.

The household follows a largely vegetarian diet informed by many different cultures. High days and holidays are particularly rich as everyone tends to cook their national dishes. We are also quite an experimental household; made up of people who enjoy playing with foraging, fermentation and growing and using plants to make unusual brews!

Mandorla



Amaze balls

These tasty vegan truffles are gluten-free and low glycaemic, they were devised by Jane Gutteridge a local raw chocolate maker and sister to Amo a founding member of Mandorla.

These are so easy to make you can get children to help too.

80g cacao butter
300g peanut butter
200g coconut sugar or jaggery
280g cacao powder
6 tbs coconut nectar
pinch of salt



Lena's Carrot Cake

This is a simple but delicious classic carrot cake.

3 Eggs
6oz sugar
6oz self raising flour
4.5 fl oz vegetable or sunflower oil
1tsp cinnamon
1tsp nutmeg
3 oz dessicated coconut
3oz raisins (optional)
9oz grated carrots

Whisk eggs and sugar until thick. Whisk in the oil slowly. Add all the remaining ingredients, mix and pour into a 7 inch tin, level the top and bake at 190c/375F/Gas 5 for 40 -45 mins



Perry's Beetroot Tart

A perfect dish to bring to a pot luck lunch.

1 pack of puff pastry
500g baby beetroots
25g butter
1 tbs olive oil
1tbs cider vinegar
1tbs soft brown sugar
salt and pepper

For the Vinaigrette

1 tsp mustard
1 tbs cider vinegar
5 tbs olive oil or rapeseed oil
1 tbs finely chopped parsley
1tbs chopped chives

Heat the oil and butter in a large frying pan and add the beetroot, toss to gently coat the beetroot. Add the sugar and vinegar. Cover this pan with foil and place in a of 190c/375f/Gas 5 for around 30 - 40 mins until the beetroots are tender.

Remove from oven and arrange the beetroots neatly in the pan, season well. Roll out the puff pastry into a circle and place over the beetroot tucking the excess pastry into the pan. Return to the oven and cook until the pastry is golden for about 20 - 25 minutes.

Make the vinaigrette by placing all the ingredients into a jar and shake up.

When the tart is cooked remove from the oven and leave to rest for a few minutes. Place a large plate over the pan and quickly turn it upside down and pour over the vinaigrette.



Mandorla

Celery and Walnut Tea bread from Lena's Mum

A tried and tested old recipe, nice served with or without butter.

8oz natural cottage cheese
4oz soft brown sugar
3 eggs
2oz chopped walnuts
2 sticks celery chopped
8oz SF flour
1 level tsp baking powder

Cream the cottage cheese and the sugar then beat in the eggs. Stir in the walnuts and the celery. Sift the flour and the baking powder and fold into the mixture. Grease and line a 2lb loaf tin. Spoon in the mixture and level the top, bake at 180c/350f/Gas 4 for 40 - 45 mins



In 2010 a small group of people in Herefordshire with strong ecological and social values got together to form a Cohousing group. 12 months was spent creating ideas for a project that would be sustainable, vibrant, diverse, and open to people of all financial circumstances. A vision statement was crafted and some new recruits were brought on board. Our passion is to: create a beautiful place to live; live in harmony with the natural systems that support our lives; protect and enhance the biodiversity of our local environment; make our community accessible to people of all ages and from all financial circumstances; enjoy ourselves and live meaningful lives; share our own experience and learn from and with others.

We realised that the challenges of 'involving those of all financial circumstances' meant that we lacked the means to buy and develop our own site. Shifting focus we now intend to purchase a portion of a radical new prototype housing development, in Kingstone from Archihaus, a locally based passivhaus developer.

Mandorla proposes to purchase 21 homes and a common house from the developer on a two acre site. The 21 homes will include some homes available for affordable rent and some for sale to members of Mandorla Cohousing. The site includes much lovely 'green space', including orchards, allotments and ponds. We are especially keen for families with children to join us.

Helen's CoHUT Spanish Tortilla

Ingredients for 4-6 people as a lunch/picnic side dish:

- 1 medium onion (white not red, unless you want a pink Tortilla)
- 275g/10oz small Desiree potatoes
- 3 tablespoons olive oil
- 6 larger medium-large eggs
- Pinch of paprika/dahs of nutmeg
- Handful of chopped rainbow chard or spinach
- Handful of flat-leaf parsley (or fresh coriander)
- Salt and pepper to taste



1. The size of the frying pan is important: a base measurement of 20 cm diameter is about right. If cooking for a large number you can scale up ingredients with a larger pan as long as you can lift/flip the pan easily. Or you can make multiple small Tortilla: they are great served cold in a buffet lunch.
2. Peel and cut the onion in half, then thinly slice each half and separate out the layers into half-moon shapes. Thinly pare the potatoes. If the skins are thin and easily scrubbed there's no need to peel. When sliced, pat dry in a clean tea cloth.
3. Heat 2 tablespoons of the olive oil in your 20 cm frying pan and, when smoking hot, add the potatoes and onions mixed together. Toss them around in the oil to get a good coating, then turn the heat down to low. Put a lid on the pan and let the mix cook through gently for 20 minutes or until tender. Don't let the mix catch brown at the bottom.
4. Meanwhile, break the eggs into a large bowl and whisk lightly with a fork. Don't overbeat. Add some seasoning now, including paprika and nutmeg to taste. This is when I go to my edible garden and pick whatever young tender greens I have: chard or spinach work well to add a bit of colour and roughage! A cup-full will do.
5. Put the frying pan back on the heat, add the rest of the oil. Mix the potato and eggs thoroughly before pouring the whole lot into the frying pan and turning the heat down low. Cook through on a low heat for 20-25 minutes, uncovered. When holding firm, turn it over (using a plate held tightly over the top) to cook the other side. There should be a lovely firm rounded edge. Continue cooking for 2-4 minutes more. Turn off the heat and let sit for 5 minutes. It should be cooked through but still moist in the centre. Serve hot or cold, cut in wedges, with a salad and thick slices of bread .



CoHUT is a working group of five people; so far we have developed a group vision, a mission statement, constitution and decision making process. We are looking to recruit several new core members, with the aim of making the group more robust for the next stages of development.

UK Cohousing Network

Chicken Biryani

For 6 - 8 people, multiply up for big groups

1 chicken or 2.5 lb pieces of chicken
12 oz. of long grain rice
2 oz. ghee (less is fine)
2 tbsp oil (less is fine)
2 large onions (1 sliced and 1 chopped)
1-2 ozs cashew nuts
1 -2 ozs almonds
1 carton natural yoghurt
2 teaspoons salt
½ teaspoon salt
½ teaspoon turmeric powder
1 teaspoon chilli powder
1 teaspoon garam masala
2 teaspoon dhana jeera powder (1/3 cumin, 2/3 coriander)
2 - 3 cloves garlic crushed
1 inch piece of ginger minced
4 cloves
8 peppercorn
2 inch cinnamon stick
4 cardamoms
4 bay leaves



1. Prepare chicken - cook by roasting, boiling or steaming and separate from bones
2. Cook rice until separate (10 mins)
3. Fry onion ring in ghee Leave aside, fry nuts and leave aside
4. Put together cinnamon stick, cloves, cardamoms, finely chopped onions with bay leaves and peppercorns in ghee in saucepan over medium heat and stir. When onions are golden colour add crushed garlic, ginger, chilli powder, turmeric, coriander, cumin powder, garam masala, salt and yoghurt stirring well for a few minutes.
5. Add chicken and cook for about 10 minutes
6. Add yoghurt
7. In an oven proof dish with lid make a layer of rice and layer of chicken until all rice and chicken are used up; garnish top with onion rings and cashew nuts
8. Cover and cook in oven , mark 5 for 30 - 40 mins.

The UK Cohousing Network was established in 2007, and is the UK's umbrella organisation with a mission to help communities to use the cohousing model to create better places to live by reducing isolation and loneliness, growing street level social capital to share facilities and services and the use of the model to reduce living costs. We exist as a resource point for anyone interested in finding out about cohousing, as well as providing an advice point for local councils, housing associations, and other organisations working to achieve social progressive change. Our primary focus is to find ways to make cohousing accessible, and to help shape the policy and public funding environment to achieve this goal.