

# YOUR Cooking with Support Recipe Book

From the Greenwich Disabled Peoples'  
Innovation Project co-produced workshop  
facilitated by Eleanor Lisney.



Accessible  
Recipes



# Contributors

## Who are we?

**The contributors of the recipes here are from a co produced workshop on Cooking With Support facilitated by Eleanor Lisney.**

The workshop came about from our Covid experience where many of us were stuck in isolation unable to access food and especially hot, cooked food which were not commercially processed. We shared tips and spoke of our different methods on negotiating cooking with different impairments (mobility issues, visual impairments, neuro divergent).

We came from different traditions, nations and cultures (Persian, German, East / South East Asian, African, Caribbean, Moroccan, South Asian and English). We shared stories of what the dishes meant to us. Some of us were vegans or vegetarians as well. Some were not able to attend on the day itself but shared through the WhatsApp group formed from the group.

Many thanks to Deborah Caulfield who did all the illustrations for us. Deborah is a disabled artist and illustrator. She works in various media, including watercolour, digital, and textiles.

Thank you also to all the PAs (personal assistants) who were there to help us set the workshop up and supported us. Thank you for making the cranberry brie Christmas pastries for us too.

We would also like to thank Dr. David Hockham for his consultancy help and guidance with the project.

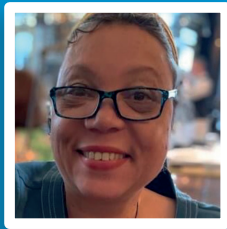
## Partners



**Drama, Theatre  
& Performance**  
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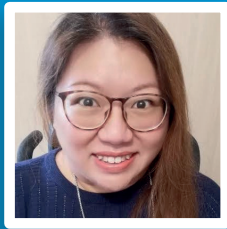
**Viv's**  
Mug Cake (p.6)



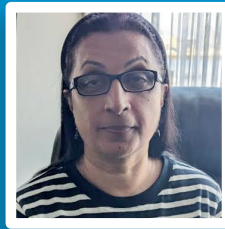
**Kamila's**  
Moroccan Meatballs (p.8)



**Sue's**  
Vegetarian Lasagna (p.10)



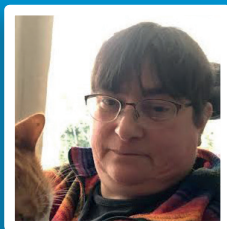
**Carmen's**  
Spicy Aubergine (p.12)



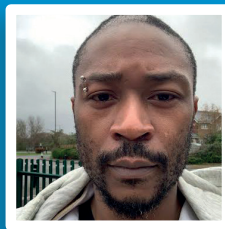
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Easy Pastries with  
the Air Fryer (p.26)

Deborah is the illustrator  
who drew most of the  
illustrations for us!



Thank you to **Bathway Theatre, Greenwich University, Woolwich** for the venue. This workshop was part of three workshops from the Greenwich Disabled People's Innovation Project. Thank you very much to the **Royal Borough of Greenwich** for funding this project.

# Cooking with support

All of the tips are from a workshop which resulted in this co-created cookbook.

These are tips for accessible cooking and for disabled people who would have support to help in cooking (for example, personal assistants or friends/family). We keep in mind that often, we still need to make do for ourselves and many of us do not have many hours of support, we include tips and advice on kitchen set up to survive when you're home alone as well. These are the tips suggested in the Cooking with Support workshop.

## Avoid clutter / kitchen set up

Remember if you have people working with you, it needs to be quite clear where things go – or it can be frustrating when you can't find your tin opener, for example.

Sometimes kitchen utensils can be placed in strangest places by well meaning PAs. A bit like a library where indexing can be useful. This is the case if you have a few helpers. And for disabled people who are also neuro diverse, it can help prevent some frustration when you do not remember where the gravy boat is placed. So have knife blocks, utensil holders by the hob. Pot /pan stand is easier to access than if they are in a drawer.

Having closed kitchen units might look neat but no good if you cannot access or see what's in them. Better to have open shelves – have some hooks so you can get strainers, tongs so that you get them if you need with your grabber. Or point them out to your PA. Very often, they will ask where something is and those will be the times when brain fog or fatigue and we cannot recall. I know some people have specially designed /customised kitchens but not many of us can afford it.

Stand-alone shelves are good in a kitchen. They can be categorised – tea, spices, tinned food, pulses, cookbooks etc. Mini trolleys are also good. They are good for sorting fruits and vegetables, onions, garlic, potatoes and the like. Also good for sauces.

Scan the QR Code for more ideas





## Kitchen equipment

Microwaves and air fryers are very useful equipment for everybody – especially in these days when energy prices are going up. There's also the convenience and safety factors for disabled people. They cut down cooking time, useful if you have limited care hours.

Microwaves are often used to defrost or reheat food. But they can be used for cooking rice, steaming vegetables and fish as well.

On a different spectrum, there is the thermomix, expensive but it does many things, eliminating complications and simplifying steps by integrating such steps like having to use weighing machines.

There are also gadgets on the market to assist such as electric tin openers, help to open bottles etc. For those with mobility issues, there is also melamine tableware – lightweight and unbreakable. Not many are microwave compatible even if dishwasher safe. Great for shaky hands – no fear of breakages if dropped. They are many which have good designs these days.

Food tongs (get long and short ones) are good, handy to turn food over, pick toasts out of toasters and noodles out of a pan etc. Chopsticks, if you use them, do the same tasks. We suggest to stay away from using knives, but sharp knives are safest if you have to use them. So, keep them sharp.

## Preparing food

This is where it gets different from other cooking recipes – cooking as a disabled person, and with support, requires different survival tactics/techniques.

Have whatever you need to save time and energy. If you have only PA limited support (timewise), or if they are not familiar with your cooking methods, use shortcuts like pre cut or frozen vegetables, tinned food like chickpeas or lentils, fish, prepared pastry etc. and even instant noodles.

Safety is very important. A wheelchair user should be careful with transferring hot items, whether it is a saucepan or hot dish. Its too easy to have hot food tipped on a lap. Also, to be careful if cooking at eye level, not to have hot oil spit on you. For blind people, it might be better to use scissors to cut rather than to handle knives. Equally important, to follow food hygiene. Not all PAs are cognizant with food hygiene – for example, how to store raw meat away carefully covered in the fridge away from other food items, how to heat food correctly to prevent food poisoning. Use separate coloured chopping boards.

Writing down meal plans or having common recipes you use is helpful, for people with memory issues or are neurodivergent. Some personal assistants do not have English as their first language either, so instructions need to be as clear/simple as possible. It was pointed out that it might be useful to check out cooking techniques and recipes on online videos while preparing food with personal assistants and helpers to help understanding and gain confidence. Another tip is to use smartphone for live streams to follow the food preparation away from the kitchen – for example, if you have energy issues, and have to stay in bed to rest while food is being made ready.

Dietary restrictions need to be specific. Having timers are also useful as reminders for when the food is ready.

# Viv's Mug cake

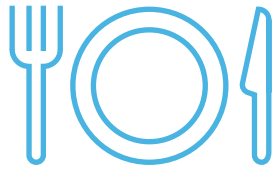


Feel free  
to Decorate  
if desired!

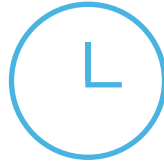
"I love mug cakes they  
are a naughty treat and  
fun and easy to make"

A digital version is available.  
Scan the QR Code to view  
the recipe online.

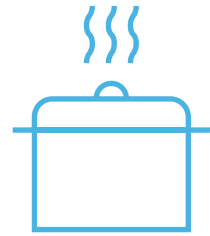




**SERVES**  
1 Person



**PREPARATION**  
approx. 5 Minutes



**COOK DURATION**  
1 Minute

## Ingredients

30g self-raising flour

2 tbsp caster sugar

A pinch of salt

1/4 cup milk

1/2 tsp vanilla  
essence/extract  
(You can adjust vanilla  
for other preferred flavours  
but will need to experiment  
with quantity)

1 1/2 tbsp vegetable oil

### Optional Extras:

A small pinch of  
baking powder

1 egg

## Method

Grease a microwavable mug using vegetable oil.

For cup measurements, use the mug or cup you are making as a guide.

Place all the ingredients in a mixing bowl and mix until you get a smooth consistency.

**Tip:** Do not over mix.

Microwave for 1 minute (60 seconds) or up to 90 seconds depending on the strength your microwave.

To check if the mug cake is cooked, take the mug cake out of the microwave using oven gloves and gently pierce the cake with a fork or skewer to test if cake is set.

If the fork does not come out clean you will need to place the mug cake back in the microwave for additional time.

If the fork comes out clean your mug cake is cooked through but be cautious as the mug cake can still be too hot to consume.

I do not recommend any fillings as these can be very hot and pose a serious risk if not properly cooled.

Work preferably to the basic cake recipe but you could check reputable websites for other mug cake recipes.

**Tip:** Once cooked you may decorate if desired. Sprinkles, nuts, butter cream make for great edible decorations and the great thing about this cake is it is light to carry and relatively energy efficient.

# Kamila's Moroccan Meatballs



Serve with  
home made  
bread!

"This is a popular dish in Morocco, we offer this to guests because it is filling and tasty"

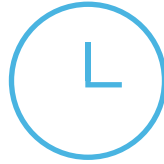
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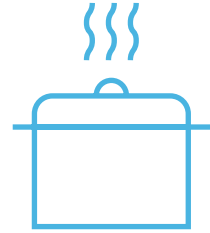




**SERVES**  
4 People



**PREPARATION**  
approx. 45 Minutes



**COOK DURATION**  
28 Minutes

## Ingredients

500g lean minced lamb  
1 medium onion, grated  
2 garlic, crushed  
1 tea spoon ground ginger  
1 tsp dried chilli flakes  
1 tsp ground cumin  
1 tsp ground cinnamon  
1 table spoon olive oil  
1 can 400g plum tomato  
1/2 bunch coriander,  
chopped

## Method

### Step 1:

Place minced lamb, grated onion, half the garlic, half ginger and half the spices in a bowl and season well.

Mix the ingredients combine to form little meatballs.

### Step 2:

Heat 1 tbsp olive in a large non-stick pan and add the meatballs in batches, frying until browned.

Carefully scoop the browned meatballs out of the non-stick pan and leave to rest.

### Step 3:

Add the rest of garlic, ginger and spices in the non-stick pan and cook for 2/3 minutes.

Add the tomatoes, stock and season to taste.

Allow to simmer for 10 minutes before then adding back the meatballs.

Cook for a further 15 minutes or until sauce is thickened, stir in coriander.

Then serve with home made bread (preferably).

# Sue's Vegetarian Lasagna



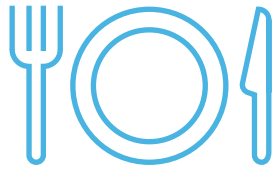
Serve with  
a crisp green  
salad & garlic  
bread



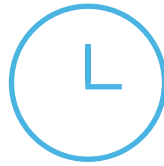
"As someone with swallowing difficulties, I find this dish fairly easy to eat as it is soft in texture"

A digital version is available.  
Scan the QR Code to view  
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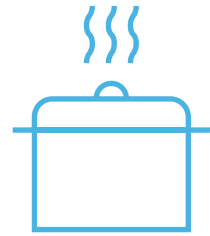




**SERVES**  
4 People



**PREPARATION**  
approx. 40 Minutes



**COOK DURATION**  
35 Minutes

## Ingredients

1 quorn mince  
(use pre-cooked buy lentils  
as a vegan alternative)

2 cans of chopped  
tomatoes

1 onion, 1 courgette

2 cloves of garlic crushed

1 punnet of mushrooms

1 packet of spinach

1 packet of lasagne sheets  
(use gluten-free pasta sheets  
as an alternative)

crème fraîche  
(use non-dairy sour cream  
as a vegan alternative)

cheddar cheese  
(use non-dairy cheddar  
cheese as a vegan alternative)

salt and pepper

yeast extract (marmite)

italian herbs

tomato purée

fresh basil

## Method

Pre-heat oven to 200°C  
or gas mark six.

Lightly fry chopped onion,  
and crushed garlic until  
transparent.

Add quorn mince and fry  
until brown and add tinned  
tomatoes and season with  
salt and pepper. A teaspoon  
of marmite adds depth of  
flavour plus 2 teaspoons of  
tomato purée.

Lightly fry slices courgette  
and spinach with crushed  
garlic add Italian seasoning  
and fresh basil leaves.

Lightly fry mushrooms  
and onions with garlic.

Grease a baking tin or dish.

### ***Start layering:***

Start with the quorn and  
tomato mixture. Add a layer  
of lasagne pasta sheets.

Secondly add a layer of  
the green courgette and  
spinach mix.

Add a layer of pasta sheets.

Thirdly add the garlic  
mushrooms and spoon  
on the crème fraîche.

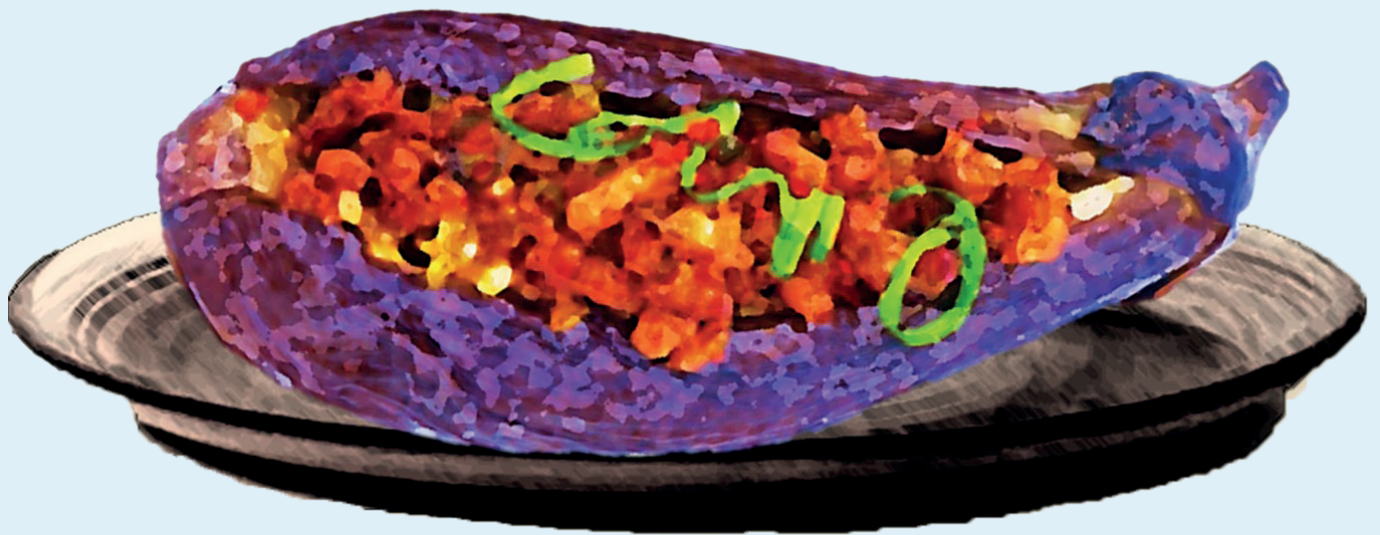
Last layer of pasta sheets.

Then to top add a generous  
layer of grated cheese and  
basil leaves.

Bake in the oven for 35  
minutes until golden brown.

Serve with a crisp green  
salad and garlic bread.

# carmen's spicy Aubergine



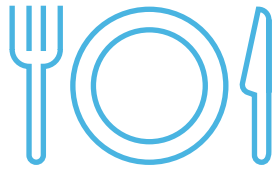
↖ carmen also  
illustrated this recipe!

"I am a HongKonger...this dish  
is common in Chinese grilled  
cuisine. I learned because  
most of grilled restaurants  
are inaccessible"

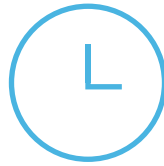
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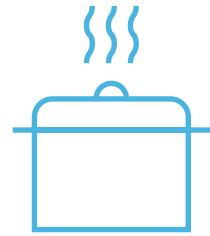




**SERVES**  
2 People



**PREPARATION**  
approx. 30 Minutes



**COOK DURATION**  
19 Minutes

## Ingredients

3 chinese eggplants  
1-2 thai red chilli  
(chopped)  
1 green onion  
(chopped)  
1 piece of garlic  
(chopped)  
2.5 tbsp of oyster sauce  
1.5 tsp of sugar  
2.5 tbsp of oil  
1 tbsp of sesame oil

## Method

### Step 1:

Cut off the top of the eggplant and air fry at 380F for 12 minutes.

### Step 2:

Prepare the sauce by mixing oil, garlic, thai red chilli, green onion, vegetarian oyster sauce, sugar and sesame oil.

### Step 3:

After 12 minutes, cut centrally to open the eggplant and use a fork to open and flatten the eggplant.

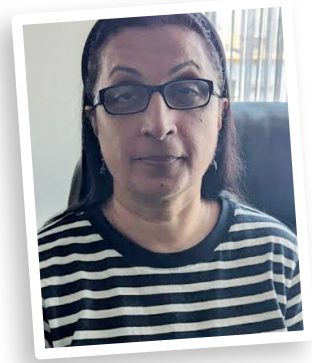
### Step 4:

Drizzle on the sauce and place back in the air fry at 400F for 7 minutes.

### Step 5:

Garnish with more green onion and sesame seeds.

# Sajida's Chicken Curry

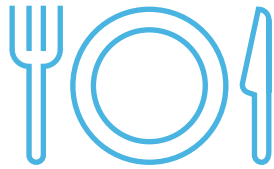


Garnish  
with finely  
chopped  
coriander

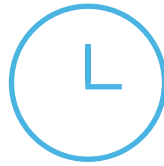
"This is my children's  
favourite dish and I like  
cooking it when we have  
guests too"

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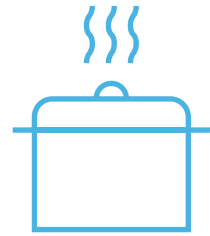




**SERVES**  
4 - 6 People



**PREPARATION**  
approx. 20 Minutes



**COOK DURATION**  
45 Minutes

## Ingredients

1 medium onion  
garlic and ginger  
(fresh or purée)  
1/2 chopped tomatoes  
1kg chicken breast  
1 tsp turmeric powder  
1/2 tsp black pepper  
1 tsp coriander powder  
1/2 tsp cumin powder  
1/2 cup vegetable oil  
fresh coriander

## Method

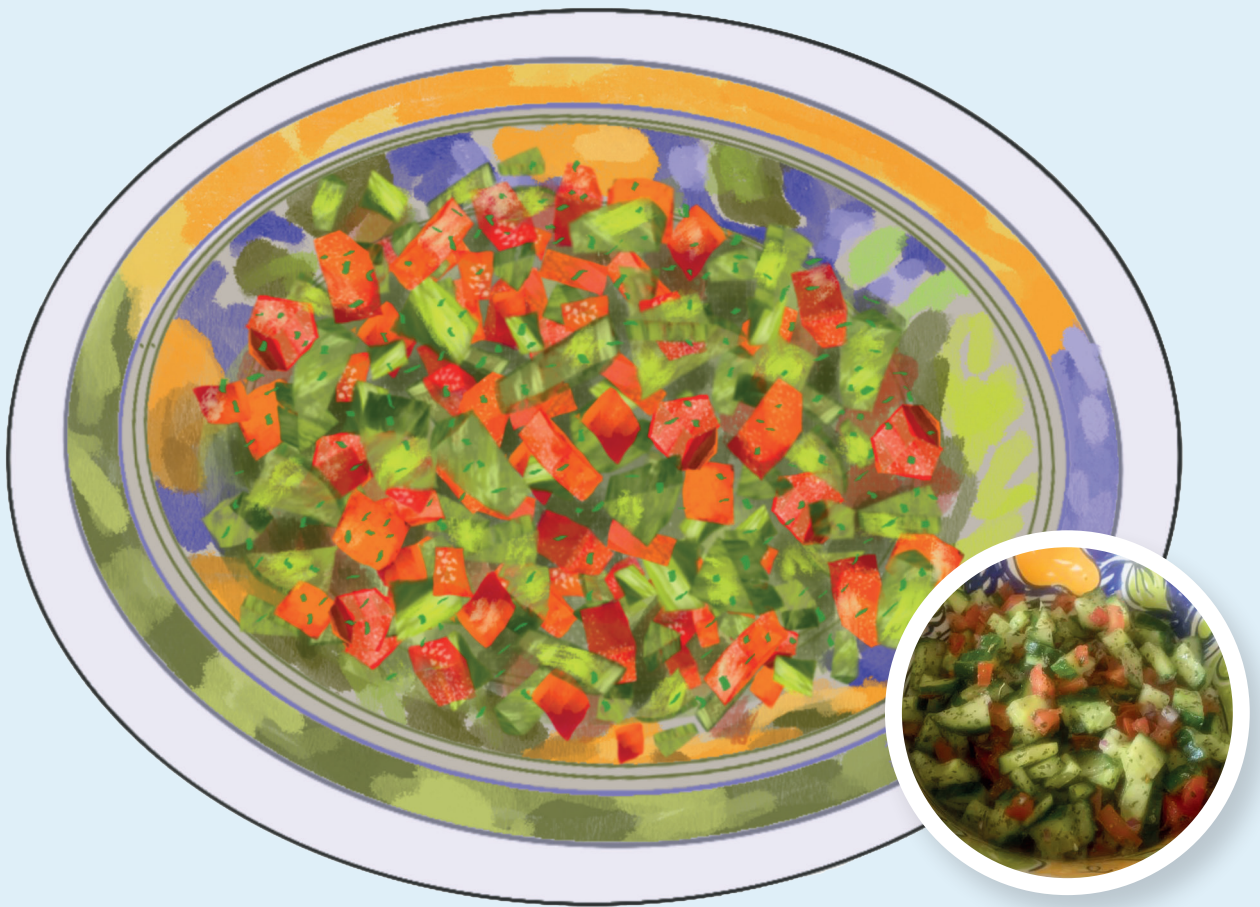
Add finely chop onions, half tsp of garlic purée and half a teaspoon of ginger purée in a frying pan with oil. Fry until golden brown.

Then add chicken breast that you have cut into cubes. Stir occasionally for 10 minutes then add all the spices. Stir well and add tomatoes to the frying pan.

Stir and leave to simmer with the lid on for 35 minutes.

Finally add a sprinkle of finely chopped coriander for garnish.

# Anahita's Shirazi Salad

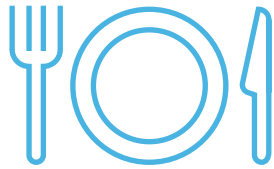


"This is something we used to have with or after dinner pretty much everyday, and still have in Persian restaurants with a meal. It is named after the city of Shiraz, where my mum is from, and where many of my relatives still live"

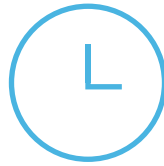
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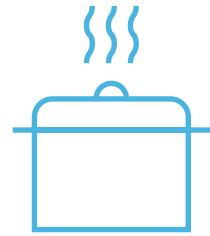




**SERVES**  
4 People



**PREPARATION**  
approx. 20 Minutes



**COOK DURATION**  
0 Minutes

## Ingredients

1 english cucumber  
(or 3 small Persian cucumbers  
if available)

2-3 tomatoes  
(plum tomatoes are best)

1/2 red onion

### **Optional Extras:**

a handful of chopped mint  
(or dried mint from a jar)

lime juice  
(or lemon juice if not available)

salt

olive oil

## Method

Slice the cucumber, tomatoes, and red onion into small cubes. Make sure everything is diced in roughly the same size.

**Tip:** For the cucumber cut lengthways first, then across. When cutting tomatoes throw loose seeds away.

Place the diced cucumber, tomatoes and onion a bowl.

Sprinkle the chopped mint on top and pour lime juice (or squeeze one fresh lime over the salad).

Sprinkle a little salt and add a tablespoon of olive oil according to your taste.

Then mix well and serve.

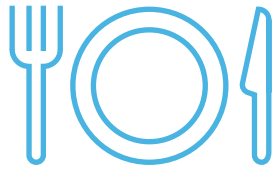
# Jenny's Stuffed Tomatoes



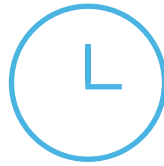
"I rely on PA support to cook. This recipe combines freshness and flavour without my PAs needing to have much cooking experience"

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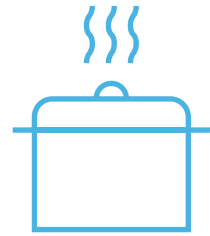




**SERVES**  
6 People



**PREPARATION**  
approx. 30 Minutes



**COOK DURATION**  
approx. 30 Minutes

## Ingredients

6 beef tomatoes  
1 pack of flavoured rice  
mix of vegetables or  
tiny cubes of cheese

## Method

Start by preheating the oven and carefully hollow out 6 large beef tomatoes, keeping the tops.

Place the 6 hollowed tomatoes tightly together in a greased, oven-proof dish and keep the tops for later.

Now you want to prepare your rice - I use Golden Vegetable packet rice that can be cooked using the microwave but if preferred you can cook regular rice which can have a longer cooking time. To cook your chosen rice please use the rice's instructions shown on the packet.

Once the rice is cooked, add your choice of mixed vegetables in with the cooked rice. As I am a vegetarian, I add sweetcorn, capers and / or tiny cubes of cheese).

Stuff the tomatoes with the rice mixture and place the tomato lids back on top of the tomatoes loosely.

Cook in the oven until the tomatoes are steaming hot. Enjoy (either hot or cold the next day).

To avoid food waste, I use the scooped out tomato flesh to bulk out a simple pasta sauce, which adds a touch of freshness.

As an alternative to beef tomatoes, you can use peppers.

# Yannick's Eru



Serve with  
Water fufu,  
Garri or even  
Pounded  
Yam!

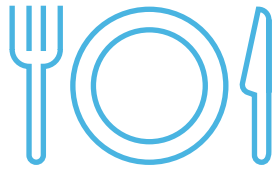


"This is a favourite  
childhood dish and the  
first I learned to cook"

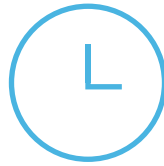
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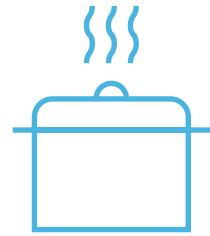




**SERVES**  
6 People



**PREPARATION**  
approx. 15 Minutes



**COOK DURATION**  
approx. 20 Minutes

## Ingredients

6 cups of eru/ukazi  
3 bags/bundles of spinach/waterleaf  
2-3 fish of choice slice into 3 parts (prawns, seafood, dried/smoked fish, stocked fish, snails, and/or others)  
2 cups of crayfish  
3 cups of palm oil plus half cup of canola oil (or groundnut oil)  
1 crayfish seasoning cube (Maggi Crevette)  
1 habanero pepper (optional)  
4 ripe plantain, yam and or sweet potato

## Method

If you are using dried eru, start by soaking it in water.

Wash your fresh fish, prawns and place in the pot to fry. Season fish after and set aside.

Chop your spinach or waterleaf and set aside.

Put 1 glass of water in a pan and add vegetable stock. Wait for water to start boiling and add in spinach before starting to stir.

When spinach gets quite soft and shrink add fried fish and seafood assortment.

Then you drain eru and add to pot. The small liquid from the spinach will make the eru soft. Then add the oil, seasoning cube and lastly crayfish.

**Tip:** Mixing palm oil and canola/vegetable oil keeps the oil from becoming hard when the eru is cold.

Stir well and dish is ready. Serve with Water Fufu (Akpu), Garri or even Pounded Yam.

Peel and wash plantain, sweet potato or yam. Boil or fry until cooked or brown.

Serve with dish.

# Eleanor's Microwaved Steamed Fish

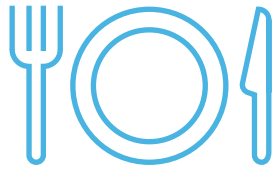


Serve  
with rice  
or noodles

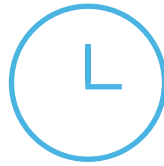
"An adapted easy light dish,  
accessible but close to my  
mum's home cooking"

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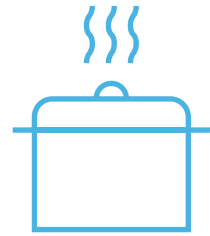




**SERVES**  
4 People



**PREPARATION**  
approx. 20 Minutes



**COOK DURATION**  
15 Minutes

## Ingredients

1 to 2 fillets of fish  
(white fish or salmon)

bacon pieces to  
wrap up the fish  
(optional or Chinese/ napa  
cabbage alternative)

salt and pepper to taste

ginger, grated or sliced  
(optional)

sunflower or peanut oil

spring onions

## Method

Use a dish big enough for the fish fillets.

Lightly oil the bottom of the dish and dust the fish with salt and pepper.

**Tip:** No salt is needed if bacon slices are used to wrap the fish.

Wrap the bacon or Chinese cabbage round the fish fillets. This is to keep the fish moist but you can experiment with courgette thinly sliced as well. You can also add a spring onion to be wrapped up inside with the fish too.

Cover the dish with clingfilm.

Cook it in the microwave on the highest setting for 2 minutes. This depends on the strength of your microwave but it's best to leave it to settle for a few minutes before uncovering.

Serve the fish on a bed of rice or noodles depending on your preference, gluten free or otherwise. You can also add soya sauce or oyster sauce if you wish but if you use bacon, take care you don't over salt it. Sprinkle some fresh cut up spring onions, fresh coriander or parsley for garnish.

christiane's  
**Tortellini &  
Tomato Soup**  
with Thermomix

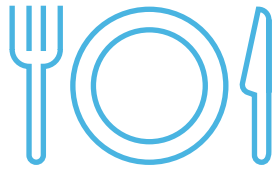


"The thermomix changed  
my cooking habits, I now cook  
most of my own meals"

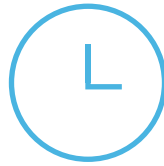
A digital version is available.  
Scan the QR Code to view  
the recipe online.



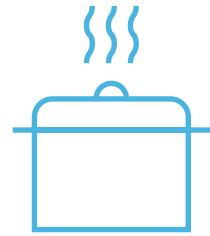




**SERVES**  
2 People



**PREPARATION**  
approx. 5 Minutes



**COOK DURATION**  
21 Minutes

## Ingredients

1 onion  
(I use frozen diced onions)

1 garlic  
(I use frozen garlic pieces)

20g olive oil

500g water

1 vegetable stock cube

150g single cream  
(I use oat cream)

salt, pepper

400g tinned tomatoes

600g fresh tortellini

herbs  
(basil, oregano, thyme)

3 baby peppers  
(or frozen sliced mixed peppers)

## Method

Put onions and garlic in the mixing bowl and add olive oil. 3 minutes/120°C/Speed 1

Add water, vegetable stock, single cream, salt and pepper. 6 minutes/98°C/Speed 1

Add tinned tomatoes and peppers. 10 minutes/98°C/Reversed/Speed 1

Add tortellini and herbs. 3 minutes/90°C/Reversed/Speed Slow

# PA supported Easy pastries

with the air fryer

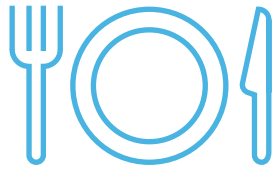


Experiment  
with savoury  
flavours or  
marmalade

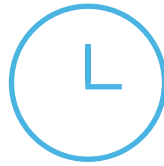
“We all enjoyed the  
pastries made as part  
of Christmas festivities”

A digital version is available.  
Scan the QR Code to view  
the recipe online.

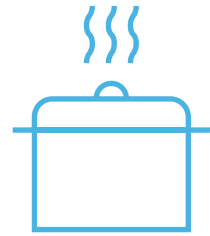




**SERVES**  
10 People



**PREPARATION**  
30 Minutes



**COOK DURATION**  
10 Minutes (per batch)

## Ingredients

Jus-Rol pastry sheets  
(puff or shortcrust)  
half jar cranberry jam  
a piece of brie cheese

## Method

Cut out the pastry sheet into roughly 12cm by 10cm rectangles. Adjust according to the pastry sheet. This really depends on the quantity you intend to make.

Put a teaspoonful of brie cheese and half that of cranberry jam in the centre of the package and fold the sides up into the centre.

Preheat the air fryer following the directions and place the parcels into the air fryer according to the dimensions of your tray and quantity you are making. Take care not to overdo the jam in case it spills out and burns.

This is good for Christmas but you can experiment with marmalade, or make savoury ones in different combinations.



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