

Wellbeing Wednesday – 24th February Ingredients / equipment list

Jamaican Stew Chicken Ingredients List – Ms Monojir

1 medium sized chicken (skin removed) chopped into small pieces (approximately 12-14)
1 red pepper
1 green pepper
1 medium white onion
1-2 sticks spring onions
1 scotch bonnet
1 1/2 tablespoons garlic and ginger paste OR 3 fresh garlic cloves and ginger (1/2 inch)
1tsp dried thyme OR 2-3 sprigs of fresh thyme
1 1/2 tsp black pepper
1tsp whole pimento seeds (optional)
Dunn's River All Purpose Seasoning 1 1/2 tablespoons
Dunn's River Chicken Seasoning 1 tablespoon
Lea and Perrins 3-4 tablespoons OR Soy sauce 3 tablespoons
Maggi Hot liquid seasoning (optional)
Dumplings- Plain flour 1tbsp, 1/2 tsp salt (optional)
Hot pepper sauce (optional)

Cake in a mug – Ms Miell

A quick, microwave chocolate cake for one!

4 tbsp self-raising flour
4 tbsp caster sugar
2 tbsp cocoa powder
1 medium egg
3 tbsp milk
3 tbsp vegetable oil or sunflower
A few drops of vanilla
2 tbsp chocolate chips, nuts, or raisins etc (optional)

Equipment

A tablespoon, large microwave proof mug, microwave oven.
BBC good food recipe.

Porcupine Meatball Recipe – Ms Miell

A delicious family meal of meatballs in a rich tomato sauce that is baked in the oven. The raw rice cooks in the meatballs and sticks out – like porcupine quills.

Serves 4-6 people.

Serve with mash, noodles or more rice!

Ingredients

500g minced beef
1 Egg
½ Onion diced
100g breadcrumbs
150 raw white long-grain rice

1 tsp Crushed Garlic
1 tin chopped tomatoes
1 tsp Mixed or Italian herbs
2 tbsp. Tomato Puree
1 tsp Brown Sugar
250 ml Water
Pinch of Salt and Pepper

Equipment

A medium-large oven proof dish, chopping board, sharp knife, teaspoon, tablespoon, garlic crusher, measuring jug, mixing bowl.

Workshop 1 - Paint Pouring – Miss Noble

This will be a brief introduction into Paint Pouring - step by step guide to creating beautiful artwork, with absolutely no previous experience required.

You will need -

- A canvas to pour your paint onto
(If you don't have a canvas you can use a ceramic tile, flat piece of MDF or any clean dust free surface that will not distort when wet).
- Selection of acrylic paints (including white)
- Plastic cups (or yoghurt pots, or similar)
- Lolly sticks/spoons for stirring
- PVA glue
- Water
- Optional - Silicone Oil

Workshop 2 - Fabric Wreath – Miss Noble

Learn how to make a decorative fabric wreath to hang in your home or use to display candles (battery operated only) etc.

You will need:

- Florist Wreath - this consists of two metal rings, one smaller than the other, secured inside each other.
(You can easily make one by bending a metal coat hanger into shape)
- Lots of strips of cotton fabric, 8 inches long by 1 inch wide. The amount you need will depend on the size of your wreath
- Optional - ribbon and buttons