

Recipes and ways to make your food go further.

Don't forget to check out our Facebook page here.

Spotlight on...Pop Up Pantry at Life Vineyard Church

The Pop Up Pantry is open every Friday morning from 10am at Life Vineyard Church, Wallsend. Anyone can join for £2 and benefit from discounted food including fresh fruit and vegetables - there are lots of bargains on offer. Free tea and coffee is served as the church is a Warm Welcome venue too.



A free meal is available every Tuesday and Friday at 12pm. A lot of effort goes into making these services possible. If you're in the area please consider calling in to find out more.

New social supermarkets will be launched in January, bringing affordable and sustainable food to more residents. Keep a look out for more information in early 2024.



A full list of Warm Welcome venues can be found [here](#).

Warm Welcomes are available from November 2023 until March 2024.

Recipe of the month... Hazelnut crunch mince pies

Ingredients:

For the pastry

- 250g plain flour (plus extra for dusting)
- 100g chopped hazelnuts
- 75g icing sugar (plus extra for dusting)
- 140g cold butter (cut into cubes)
- 1 egg (separated)

For the filling

- 400g good-quality mincemeat
- 1 small eating apple (grated)
- Zest of one orange



Method:

- Put the flour, half of the hazelnuts, the icing sugar and butter in a food processor and blitz to a sandy texture, add the egg yolk and 1-2 tablespoons of water, and blitz again briefly until the dough clumps together
- Tip onto a work surface and knead the dough a little until smooth - flatten to a puck shape, wrap in cling film and chill for 30 minutes
- Mix the mincemeat, apple and orange zest in a bowl, heat the oven to 200C/180C fan/gas 6
- Unwrap the pastry and roll out on a lightly floured surface to the thickness of a £1 coin - stamp out 12 circles with a 10cm fluted biscuit cutter and use them to line a 12-hole muffin tin before filling each pie with the mincemeat mixture
- Scrunch up the pastry trimmings and re-roll to the same thickness as before - stamp out 6 circles (using an 8cm cutter) and 6 stars
- Put the remaining hazelnuts in a dish and lightly whisk the egg white in another - brush a little egg white around the inner rim of each pie then brush one side of each pastry lid and the stars
- Press each lid into the hazelnuts, egg-side down, so they stick, then lightly press on top of the pies, nutty-side up - repeat with the stars and place these on the remaining pies
- Bake for 20 minutes or until golden and crisp - leave to cool in the tin for 5 minutes then scoop out and cool on a wire rack
- Dust with icing sugar before serving - these will keep in a sealed container for three days

Recipe from BBC Good Food

Supermarket savers...

**This week's
Aldi's Super
6 offers are:**

- Spring onions (100g) - 29p
- Salad potatoes (1kg) - 59p
- Brown onions (3 pack) - 59p
- Savoy cabbage - 49p
- Easy peelers (600g) - 59p
- Lemons (4 pack) - 49p



**Lidl's pick of
the week (18–
24**

December):

- Brussels sprouts (500g) - 19p
- Swede - 19p
- Parsnips (500g) - 19p
- Carrots (500g) - 19p
- White potatoes (2kg) - 15p

**Tesco
(Clubcard
prices):**

- Red grapefruit (each) - 30p
- Pigs in blankets (210g) - £2.75
- Flat mushrooms (250g) - £1
- Broccoli (375g) - 15p

Top tips..

Did you know about our ease INTO programme? Children and young people can take advantage of fully funded activities, all of which include meals, during the school holidays. There are lots of different activities to choose from.

More information and booking details can be found [here](#).

