

JULY 2021

THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement group

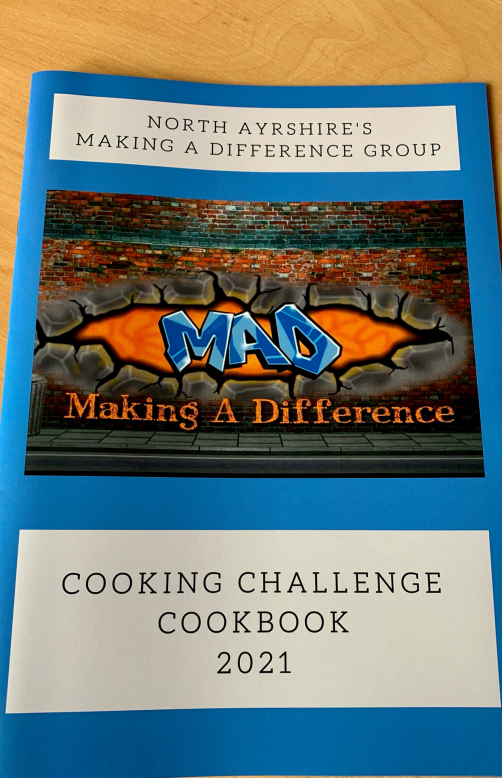
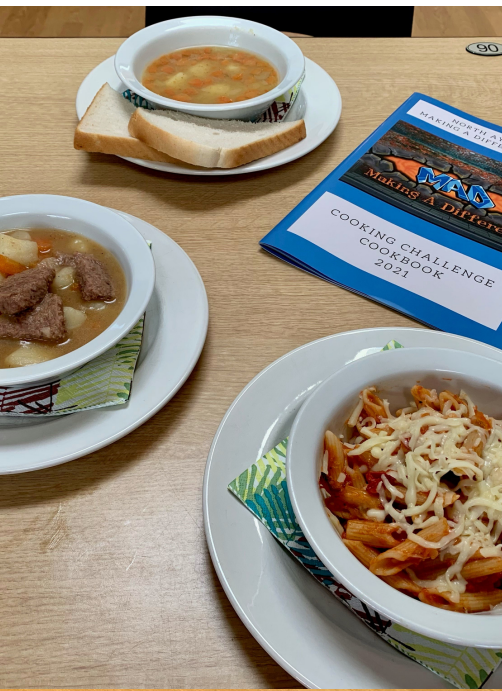


WHAT'S BEEN HAPPENING?

This month one of our group members has been working on reducing his Methadone prescription. He is on track to stop this medication fully in two months time and is both excited and nervous. He has spoken about the fact that this will be the first time he has been completely drug and opiate replacement medication free in over 20 years! What a huge achievement for him, but we can understand the trepidation he is feeling. It's a daunting prospect but he seems to be ensuring he has the right support around him and is keeping himself busy with our cooking challenges and attending groups at the local community hub.

*Recovery
is a process.
It takes time.
It takes patience.
It takes everything
you've got...*

STEP ASIDE NIGELLA...



This month was all about the launch of our very own cookbook! When lockdown stopped our cooking classes our group members told us that they were struggling with no focus or activities to do. So we decided to hold cooking challenges where our group members were dropped off a bag of ingredients and a recipe and we had a wee competition to see who could create the best dish!

As this continued, our group members were telling us they were making folders with our recipes in them because they enjoyed trying to make them again. So we decided a cookbook would be a wonderful way to keep our recipes together but also to share what we've been doing with everyone.

So at the end of June our wonderful friends at Cafe Solace in Irvine helped us hold a launch night to celebrate the printing of our first cookbook!

The team at Cafe Solace decided to make all the meals they were offering that evening from our cookbook.. which was exciting! We had a celebration and got excellent feedback from the diners!

One of our group members has said:

"The cookbook has given me the confidence to sit down with my partner and stepdaughter and all pick something to try and make together.. sometimes they work and sometimes we just have a vague version of the recipe.. but it's something we're all doing together and I love it!"

We are so pleased with the response the cookbook has gotten and we've even got some of our Senior Managers at the Council trying out the recipes and talking about them! Well done MAD group!



LAST BUT NOT LEAST...



It's cheese and caramelised onion pork steak this month for our cooking challenge.

Ingredients

2 Pork loin steaks
4 white Potatoes
Bag of kale or spring greens
2 garlic cloves
Cheddar cheese (roughly 30g)
Onion marmalade or chutney
Oil
Salt and pepper
Milk/butter to taste for mash

Method

Peel and chop the potatoes into pieces and place them in a pan of boiling water for approx 15 minutes until they are soft enough to put a knife through.

Whilst the potatoes are cooking wash the kale and set aside for later. Peel and finely chop or crush the garlic and set aside for later. Grate your cheese and set aside for later.

Heat a frying pan with a small amount of oil over a medium heat. Whilst this is heating up, add salt and pepper to each side of your pork steaks.

Cook each steak approximately 4 minutes each side until they are golden brown.

Turn on your grill to a high heat (if you don't have a grill you can heat your oven to 220 and just cook your steaks for a minute less each side).

Place your pork steaks on a grill tray/baking tray. Add the onion marmalade/chutney to the steaks and then cover with the grated cheese. Place these under the grill for 3-5 minutes or until the cheese is golden and bubbly - the pork is cooked through when no longer pink in the middle.

Whilst your pork is in the grill, in the same frying pan add a little more oil, the kale, a splash of water, salt and pepper and give this a good stir fry until softened. Add the garlic and keep stirring. Remove your pork steak and leave it to rest for 1 minute. Mash your potatoes with a splash of milk, bit of butter and season with salt and pepper then serve it all up.

""BIG THANKS MAD GROUP. THIS WEEK'S CHALLENGE WAS LOVELY. LEARNIN TAE LIVE ISNAE ALWAYS EASY BUT I'M GETTING THERE!" (MAD GROUP MEMBER)

