



Welcome to the latest edition of My Sunshine Pack. In this edition as well as activities we have also included some warming winter recipes for you to try.

We plan to put together and distribute My Sunshine Pack quarterly and include a wide variety of activities each time.

We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us please let us know by emailing [admin@n-compass.org.uk](mailto:admin@n-compass.org.uk) or calling 03450 138208.

Enjoy!

My Sunshine Pack Team



## Minestrone Soup Wholesome and Hearty

Serves 8 Cooks in 30 minutes

- 2 x 400 g tins of beans, such as cannellini, butter, or mixed
- 100 g dried pasta
- 4 rashers of smoked streaky bacon, optional
- olive oil
- 1 clove of garlic
- 2 small onions
- 2 fresh bay leaves
- 2 carrots
- 2 sticks of celery
- 2 large handfuls of seasonal greens, such as savoy cabbage, curly kale, chard
- 1 vegetable stock cube
- 1 x 400 g tin of plum tomatoes
- Parmesan cheese, to serve extra virgin olive oil



### Method

1. Put a large shallow casserole pan on a medium-high heat.
2. Finely slice the bacon, if using, and sprinkle into the pan with 1 tablespoon of olive oil, stirring occasionally while you prep your veg.
3. Peel and finely chop the garlic and onion, adding the garlic to the pan with the bay leaves as soon as the bacon turns golden, followed by the onions.
4. Trim and chop the carrots and celery into rough 1cm dice, adding to the pan as you go. Remove and finely chop any tough stalks from the greens and add to the pan. Cook for 10 to 15 minutes, stirring regularly, or until softened and caramelised.
5. Crumble in the stock cube, pour in the tinned tomatoes, breaking them up with your spoon, then add 1 tin's worth of water.
6. Pour in the beans, juice and all, then add a pinch of sea salt and black pepper.

7. Shred your greens and sprinkle into the pan, top up with 600ml of boiling kettle water, then add the pasta. Cover and leave to simmer for 10 to 15 minutes, or until the pasta is just cooked and the soup has thickened to your liking.
8. Season the soup, then serve it with a grating of Parmesan cheese and a drizzle of extra virgin olive oil. A sprinkling of fresh baby basil leaves will always be delicious if you've got them.

Recipe credit - [www.jamieoliver.com](http://www.jamieoliver.com)

## Comforting sausage bake

Serves 4 Cooks in 55 minutes

### Ingredients

- 600 g ripe mixed-colour cherry tomatoes
- 4 cloves of garlic
- 200 g rosemary focaccia
- 1 x 660 g jar of white beans
- 12 chipolatas

### Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Halve the cherry tomatoes, peel and finely slice the garlic, and tear the bread into bite-sized chunks.
3. Place it all in a 30cm x 35cm roasting tray, pour in the beans and their juice, drizzle with 1 tablespoon each of olive oil and red wine vinegar, add a splash of water, and mix it all together.
4. Quickly pinch and twist each chipolata in the middle to make it into two mini ones, then randomly dot them around your bake, lightly pressing them into the beans and tomatoes.
5. Roast for 45 minutes, or until everything is golden, bubbling and delicious

Recipe credit - [www.jamieoliver.com](http://www.jamieoliver.com)



## Apple & berry crumble with a crunchy granola topping

Serves 4 Cooks in 45 minutes

### Ingredients

- 800 g mixed apples, such as Bramley, Braeburn, cox
- 4 teaspoons caster sugar
- 100 g frozen berries
- 20 g cold unsalted butter
- 50 g plain flour
- 75 g Granola Dust
- natural yoghurt, to serve

### Method

1. Preheat the oven to 190°C/375°F/gas 5.
2. Peel, core and quarter the apples, then cut into chunks.
3. Place the apples in a pan with the sugar and cook over a low heat, stirring occasionally, for 10 minutes, or until slightly softened. Remove from the heat, stir through the frozen berries and leave to cool a little.
4. Meanwhile, cube the butter and place in a mixing bowl with the flour. Rub together with your fingertips until it resembles breadcrumbs, then stir in the Granola Dust.
5. Transfer the fruit mixture to a baking dish and sprinkle over the crumble topping.
6. Bake in the oven for 25 to 30 minutes, or until golden and crunchy. Delicious served with a dollop of yoghurt.



Recipe credit - [www.jamieoliver.com](http://www.jamieoliver.com)

## Walnut Whip Affogato (Espresso, Vanilla Ice Cream and chocolate sauce)

### Ingredients

- 50 g dark chocolate, (70%)
- 20 g unsalted butter
- 50 g shelled unsalted walnut halves
- 4 large scoops of vanilla ice cream
- 4 long shots of espresso



### Method

1. Melt the chocolate and butter with a pinch of sea salt in a heatproof bowl over a pan of gently simmering water, then remove.
2. Reserving 4 perfect walnut halves for decoration, slice or crumble up the rest.
3. Roll your ice cream into nice round scoops and divide between four teacups.
4. Scatter over the sliced or crumbled walnuts, pour a shot of hot espresso into each cup, stick a walnut proudly on top, then drizzle over the melted chocolate.

Recipe credit - [www.jamieoliver.com](http://www.jamieoliver.com)

## Deluxe hot chocolate with marshmallows

A real treat for chocolate lovers - use 70% cocoa solids or milk chocolate depending on how chocolatey you like it

Makes 4 mugs or 6 cups

Cooks in 5 minutes

### Ingredients

- 600ml milk
- 142ml pot double cream
- 100g chopped chocolate

### Method





1. Pour the milk, double cream and chopped chocolate into a pan.
2. Bring gently to the boil, whisking until smooth.
3. Serve in individual cups or mugs topped with mini marshmallows and a little grated chocolate.

Recipe credit - [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

### Woven Coasters with stitching

Hessian coasters add a layer of texture and warmth to your display, all while keeping your table protected from spills and water marks. Give plain hessian squares a more finished look by stitching a coloured border or pulling at the thread along the edges to create a fringe detail.



### Paper Flowers

To make, fold dyed cupcake liners in half and cut out petal and fringe shapes. Then fold a piece of floral wire in half and twist around the faux flower stamen. Poke the wire through the centre of three to four paper liners. Finish it off by wrapping floral tape around the base of the liners and bringing it all the way down the stem.



Crafts credit - [www.goodhousekeeping.com](http://www.goodhousekeeping.com)

Pictures to Colour



Adult Colouring Credit - [Fox-Coloring-Pages-for-Adults-to-print-72bsh.jpg \(677x960\) \(wp.com\)](https://www.wp.com)



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### Good Reads



#### **Our Missing Hearts: by the #1 New York Times bestselling author of Little Fires**

by Celeste Ng

An eerie, prophetic novel...[that] showcases Ng's own ingenuity and range. Brilliantly envisioned and filled with Ng's signature tender, intimate character work and complex family dynamics, this coming-of-age story asks what it means to be a good parent or a good citizen when every child is at risk, as well as what power art has to challenge injustice - Shelf Awareness

#### **The Dead Romantics:**

by Ashley Poston 'This is a book to make you laugh and cry.' New York Times

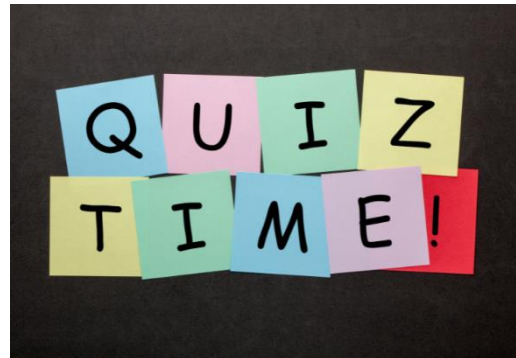
#### **Someday, Maybe by Lauren Graham**

Though it's an exploration of one young woman's grief, Someday, Maybe is equal parts sorrow and joy from a debut writer who's definitely one to watch.

#### **Lucy By The Sea**

by Elizabeth Strout Elizabeth Strout returns with her most beloved character Lucy Barton in this tender and thoughtful novel, which holds up a mirror to our times.

Book review credit - [www.redonline.co.uk](http://www.redonline.co.uk)



1. From which language is the word 'ketchup' derived?
2. Which is the country with the biggest population in Europe?
3. Who portrayed Edward Scissorhands?
4. What are made and repaired by a cobbler?
5. What is an endoscope used to examine?
6. Apart from womanizing and producing films, what was the other passion of Howard Hughes?
7. What colour are the four stars on the flag of New Zealand?
8. How many states make up the United States of America?
9. Which English football team plays its home matches at Old Trafford?
10. Mr. Carson is the name of the butler in which popular TV costume drama?
11. Comedy duo Ant and Dec are originally from which English city?
12. In the medical profession, what do the initials 'GP' stand for?
13. Which German football team won the Champions
14. Maris Piper and King Edward are varieties of what?
15. H<sub>2</sub>O is the chemical formula for what?
16. Which English king married six times?
17. Whom did David Cameron succeed as the British prime minister?
18. Blandenburg, Bremen and Lower Saxony are states in which European country?
19. Complete the title of the play by Shakespeare – 'The Merchant of ...'?
20. By what name is the TV adventurer Edward Michael Grylls more commonly known?

Quiz answers are on the last page.

### Raspberry & apple crumble squares

Cooks in 50 minutes

Cuts into 16 squares

#### Ingredients

- 1 Bramley apple, peeled and diced
- 100g butter, softened
- 175g golden caster sugar
- 1 egg
- 280g self-raising flour
- 125ml milk
- 200g raspberries
- For the crumble topping
- 50g butter, diced
- 85g self-raising flour
- 100g golden caster sugar
- zest 1 lemon



#### Method

1. Heat oven to 180C/160C fan/gas 4 and line a 20 x 30cm cake tin with baking parchment.
2. Put the apple in a small pan with 2 tbsp water. Cook for a few mins or until the apple starts to soften.
3. Meanwhile, make the crumble topping. Rub the butter into the flour, sugar and lemon zest until it resembles big breadcrumbs, then set aside.
4. Beat the butter and sugar in a large bowl until fluffy, then gradually add the egg. Tip in the flour and milk and continue to beat until everything is combined. Incorporate the apples then spoon the mixture into the tin, smooth the surface, then dot with the raspberries.
5. Sprinkle over the crumble topping and bake for 45 mins or until a skewer inserted comes out clean, and the topping is golden.



### Quiz Answers

1. Chinese
2. Russia
3. Johnny Depp
4. Shoes
5. The inside of the body
6. Aviation
7. Red
8. 50 states
9. Manchester United
10. Downton Abbey
11. Newcastle upon Tyne
12. General practitioner
13. Bayern Munich
14. Potato
15. Water
16. Henry VIII
17. Gordon Brown
18. Germany
19. Venice
20. Bear Grylls

Quiz Credit - [www.funquizzes.uk](http://www.funquizzes.uk)