



*A taste of...*



# LOCKSIDE

WALSALL

*Recipes that feel like home*

With contributions from the  
**Walsall community**

**LOVELL**  
HOMES



**WELCOME** to *'A Taste of Lockside'*, a unique recipe book celebrating everything great about Walsall - and now a brand new community in the heart of Walsall.

We asked residents, schools, and organisations in the community surrounding Lockside and those that have worked on the development to contribute a recipe, which they felt best represented not only themselves and their family but Walsall as a whole. The area is well known for its amazing cultural diversity and it was this that we wanted to capture through inspiring dishes.

The dinner table provides a place for households to discuss their plans and aspirations, celebrate good times and mark countless milestones. Food brings people together, allowing conversations to flow and friendships to form. So, what better way to mark many new chapters beginning at Lockside than with a warm welcome and a slice of what makes Walsall special?

Moving to a new home is a great opportunity to get to know your neighbours and the wider community. We hope the recipes in this book go some way to understanding the area, learning about Walsall's brilliant community, and providing some delicious meals that will help you feel right at home, wherever you are.

For more information about Lovell, you can also visit our website at [lovell.co.uk](http://lovell.co.uk) or follow us on...

 @Lovell\_Homes  @Lovell\_UK

Lovell is not responsible for the outcome of any recipe you recreate from this book, or any website linked to this book. You may not achieve the results desired due to variations in ingredients, cooking temperatures, errors, omissions, or individual cooking ability. You should always use your best judgement when cooking with raw ingredients such as eggs, chicken or fish and seek expert advice before beginning if you are unsure. You should always take care not to injure yourself or others with sharp knives or other cooking implements, or to burn yourself or others while cooking. You should examine the contents of ingredients prior to preparation and consumption of these recipes in order to be fully aware of and to accurately advise others of the presence of substances that might provoke an adverse reaction in some consumers. Recipes available in this book may not have been formally tested by Lovell or on Lovell's behalf and it does not provide any assurances nor accept any responsibility or liability with regard to their originality, efficacy, quality, or safety.

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BIRCHILLS CHURCH OF ENGLAND  
COMMUNITY ACADEMY'S...

## Pasta Bake (v)

The children of Birchills, located a short distance from Lockside off Birchills Street, voted for the school dinner they most look forward to and they chose pasta bake as their favourite! It was described by pupils as 'yummy', 'tasty' and 'delicious'. The children also added: "It makes us grow stronger".

When asked about why they chose to add this dish to the recipe book, they said: "This represents our school because it is food from a different country and at Birchills we have a lot of different faiths and cultures."

This is an easy recipe that packs in lots of healthy vegetables and is quick and simple, meaning the whole family can get involved in the cooking and preparation.

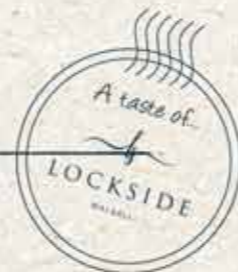
**Serves 12**

### Ingredients

- 1 small onion
- 1 garlic clove - crushed
- 50g mushrooms
- 150g green peppers
- 20g basil
- 120g tinned tomatoes
- 120g tinned sweetcorn
- A pinch of sugar
- 14g tomato puree
- 2 tps vegetable oil for frying
- 350g pasta spirals
- 25g grated cheese
- Maybe, cornflour to thicken

### Method

1. Preheat the oven to 200°C / 180°C Fan / Gas Mark 6.
2. Start boiling a pan of water for the pasta.
3. Heat the oil in a saucepan, add the chopped onion and crushed garlic and cook for approximately 3 minutes.
4. Add the chopped peppers, mushrooms and basil.
5. Add the tinned tomatoes, sweetcorn, sugar and tomato puree - cook for 10 minutes.
6. Whilst that is cooking, cook the pasta in boiling water, following the instructions on the packet.
7. If the sauce is very thin, you could add cornflour.
8. Mix the pasta into the sauce and put in a ceramic dish.
9. Top with the grated cheese and bake for 20 to 30 minutes.



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ELMWOOD SCHOOL'S...

## Spicy Bean Burgers (v)

Served with sweet potato wedges

Elmwood School pupils wanted to take an environmental and ethical approach to their recipe, with this vegetarian bean burger – which can also be made completely plant-based. The school based in Rushall, just on the outskirts of Walsall, said: "As well as covering all the elements of the government's recommended Eatwell Plate (a balance of each food group), there is no meat used in the recipe. It's a colourful dish to remind us of the vibrancy of our community and it also tastes great."

### Ingredients

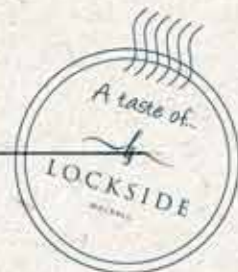
- 2 tbsp olive oil/low calorie oil spray
- 1 medium to large sweet potato
- 1 onion, chopped finely
- 2 cloves garlic, sliced finely
- 1 tsp cumin seeds (optional)
- 2 tbsp chopped parsley or coriander
- A selection of chosen vegetables OR
- 1 x 400g can black-eyed beans or cannelloni beans
- 50g fresh breadcrumbs
- 1 egg/egg replacer
- Pinch of balti curry powder (optional)
- Salt and pepper
- Salad for garnishing the burger/vegan cheese slice

### Method

1. Preheat oven to 200°C / 180°C Fan / Gas Mark 6.
2. Chop up the sweet potato into wedges and spread on a baking tray spray with low calorie fat spray.
3. Place in oven for 15-20 minutes, turning them over midway through.
4. Fry the onion and garlic in olive oil in a frying pan for 3 to 5 minutes on a low heat.
5. Add the cumin seeds and fry for a further 2 minutes.
6. Take off the hob and place in a large glass bowl.
7. Stir in the parsley, coriander, balti curry powder, salt, pepper and beans.
8. Mash until smooth, or blend in a food processor.
9. Stir in the breadcrumbs and then the beaten egg, mixing thoroughly.
10. Shape into burgers of your choice of size, using flour if needed to coat them and stop them from sticking to wherever you are preparing them.
11. Fry them in hot, shallow olive oil for 3 to 4 minutes on each side or until lightly browned.
12. Remove the sweet potato fries from the oven.
13. Serve the spicy bean burger inside a freshly toasted wholemeal burger bun, with a chopped salad and a slice of vegan cheese. Serve wedges on the side.

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WHG RESIDENT'S...

# Jollof Rice

Whg provides affordable homes for rent, shared ownership and sale across the Midlands. Formed in 2003, it has been dedicated to the success of people and places. Having started life in Walsall, this is where the majority of its homes are, and continues to be an anchor for the organisation. It specialises in delivering through strategic partnerships, with Lockside being the first development in its joint venture Anthem Lovell LLP – a partnership between Lovell and a subsidiary of whg, Anthem Homes.

A resident of whg chose to contribute this recipe of jollof rice, which is popular along the west coast of Africa, particularly in Ghana and Nigeria. It was hand-selected as a childhood favourite and has been passed on through generations. It works great as a side dish or as an easy weekday meal.

## Ingredients

- 2 tbsp coconut oil or oil of choice
- 1 can Spam or any protein of choice
- 1 large onion
- 1 Habanero pepper
- 1 6oz can tomato paste (try African brands – tinned tomatoes and tomato puree would also work)
- Shrimp powder – to taste
- Salt – to taste
- 1 tbsp curry powder
- 1 tbsp thyme
- 600g jasmine rice
- Water

## Method

1. First cut up the spam into cubes and fry in oil until golden brown. Then remove from the pan and set aside.
2. In the same oil fry the chopped onions for about 3 minutes, until slightly golden.
3. Then chop up the pepper finely and add and stir for 1 minute.
4. Then add the tomato paste, mixing well. You may need to add some water here. Let it fry for about 5 minutes.
5. Add the shrimp powder if using, and salt to taste.
6. Then let simmer with a lid on for around 5 minutes, until slightly reduced.
7. Re-add the Spam and stir in well.
8. Wash the jasmine rice and add to the sauce.
9. Add more water until the rice mixture is just about covered.
10. Put a lid on and let it cook for about 20 to 30 minutes stirring occasionally. If you think it needs more water, just keep adding.
11. When the rice is cooked through and the sauce reduced, it's done. Enjoy!

CROFT ACADEMY'S...

# Black Bean Chocolate Brownies

These unique chocolate brownies use black beans along with other non-dairy ingredients. Class pupils at Croft Academy, just a stone's throw from Lockside on Croft Lane, shared why they felt these brownies were the best way to represent their school. They said: "brownies are nice, sweet and yummy. Brownies can represent Croft because we are sweet and nice too. We did not use any eggs or flour, but we used black beans, which are healthy for you." Another pupil added: "The brownies tasted like chocolate. They were made out of beans and still tasted yummy."

## Ingredients

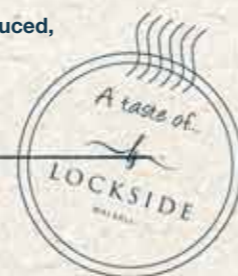
- 250g black beans
- 2 tbsp cocoa powder
- 40g oats
- 75g honey
- 2tbsp sugar
- 40g veg oil
- 2tsp pure vanilla extract
- ½ tsp baking powder
- Chocolate chips

## Method

1. Preheat oven to 200°C / 180°C Fan / Gas Mark 6.
2. Drain black beans and add to a mixing bowl.
3. Add all remaining ingredients to mixing bowl and blend well.
4. Pour mixture into an ovenproof dish.
5. Top with chocolate chips.
6. Bake for 15 to 18 minutes.
7. Cool down for 10 minutes before eating.
8. Slice up and serve

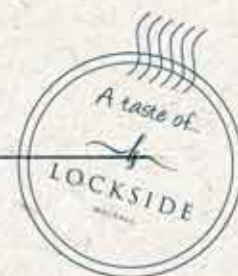
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04

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LOVELL HOMES' ALL-IN-ONE...

# Sunday Roast

BY CHLOE READE

Chloe Reade has been the designated sales executive at Lockside, assisting with all interested buyers and welcoming them to the new neighbourhood. Her contribution to the book has been a classic Sunday roast. She said:

*The smell of a roast is like no other,  
Reunited after a busy week with parents, sister and brother,  
Sat at the table, conversations are flowing,  
Until mom asks, 'who is washing up?'  
Then everyone gets going!*

*"A Sunday roast feels like home due to its connection to traditional family values - it reconnects loved ones together after a long, busy week and leaves you re-energised for the week ahead."*



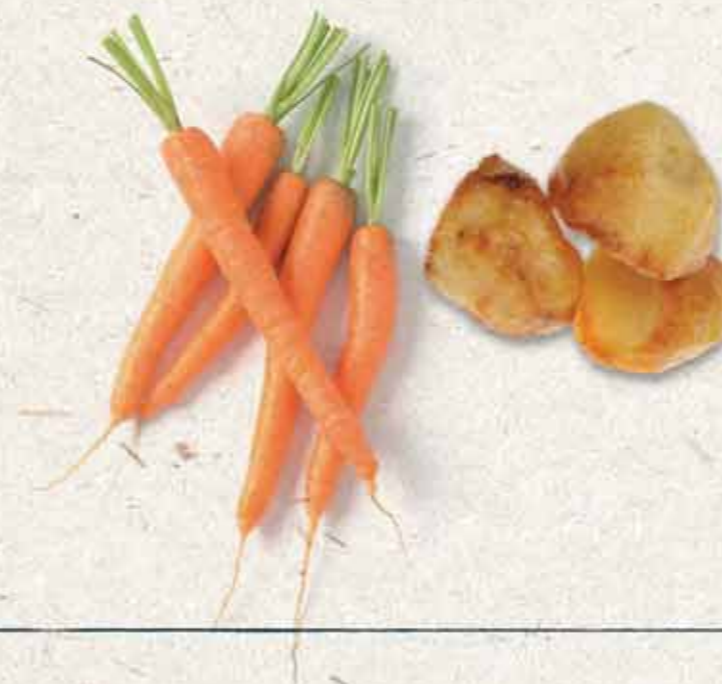
## Ingredients

### Yorkshire pudding:

- 4 eggs
- 8oz plain flour
- Half pint of milk
- Pinch of salt and pepper
- Vegetable oil

### Filling:

- Choice of meat or vegetarian alternative
- Roast potatoes
- Choice of veg
- Mashed potato
- Gravy



## Method

### Yorkshire Pudding:

1. Add all ingredients into a mixing bowl.
2. Whisk until smooth.
3. Rest mixture in fridge for 1 hour.
4. Add a tablespoon of vegetable oil to a round roasting tray.
5. Pop the tray in the oven until oil becomes hot, once hot fetch out and add the mixture carefully.
6. Place in the oven and cook for 35 to 40 minutes on 200°.
7. Once cooked place on a plate ready to add the filling.

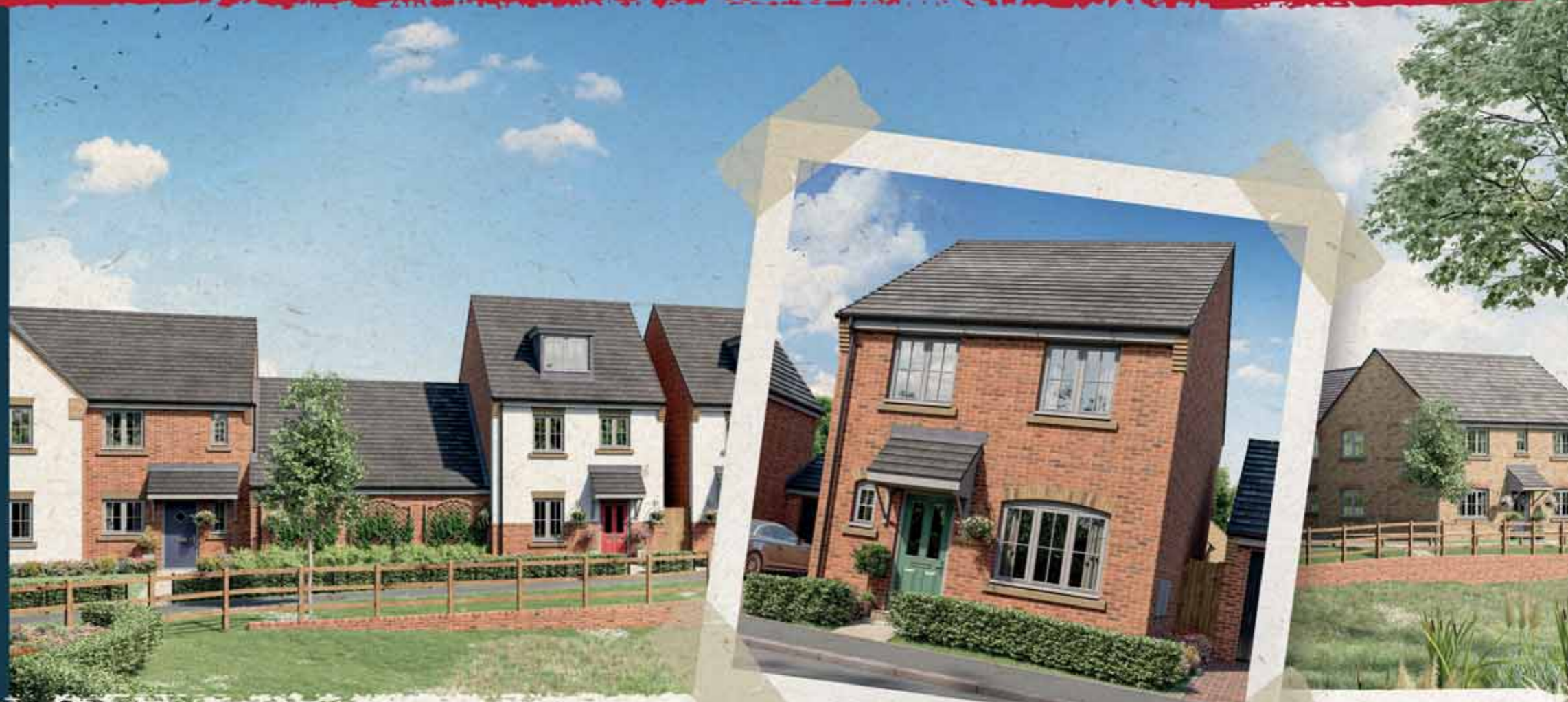
### Filling:

1. Add your choice of meat into a large tray, cover in oil and seasoning then cover the tray with foil and place in oven for 1 hour on 200° OR cook your vegetarian alternative to instructions.
2. Peel and chop your potatoes and parboil for 15 minutes.
3. Drain the potatoes, add half to a tray with seasoning and oil and cook in oven for 50 minutes on 200°- turn potatoes over after 25 minutes.
4. For the potatoes left in the pan, drain the excess water and add a splash of milk and butter.
5. Mash until smooth and creamy, adding seasoning to taste.
6. Add your choice of vegetables into a pan of boiling water, and steam or boil until just done.
7. In a jug, add gravy granules according to instruction and mix with boiling hot water until your chosen thickness.
8. Once all the above is done, assemble your food inside the Yorkshire Pudding.
9. Serve with your favourite condiments!



# LOCKSIDE

WALSALL



Lockside is a stunning new community in the heart of Walsall that offers 252 properties including two, three, and four bedroom homes.

All have been designed to cater for local demand including first-time buyers, second steppers and growing families.

Prices range from £197,500 to £272,950.

The £44 million scheme was a regeneration project of the formerly derelict Caparo Engineering site and carried out as part of the West Midlands Combined Authority's 'brownfield first' policy. The properties have been sympathetically designed to complement their surroundings and to enhance life in an exciting new community, adjacent to an attractive canal.

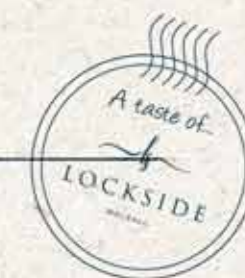
THANK YOU to everyone who has taken part in the creation of this recipe book for your creativity, time, and care in producing wonderful Walsall delights.

We sincerely hope you have enjoyed learning more about this fantastic community and trying out the recipes. If you do recreate anything from this book, we would love to know. Share your photos and cooking moments with us on social media, using the hashtag #ATasteOfLockside.

For more information about Lovell, you can also visit our website at [lovell.co.uk](http://lovell.co.uk) or follow us on...

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# Your Recipe

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We have also left space here for you to add your own **Lockside recipe** - perhaps the first dish in your new home, or an old family favourite.

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