



Vicky's helping Scots to 'Eat Better'

Healthy Helper Vicky Dunbar will be serving up advice to families on how to improve their diet.

Picture: Lyn MacDonald.
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A HUNTLY mum is flying the flag for the north-east after being selected for a team of Healthy Helpers who aim to help Scotland become a healthier nation.

Vicky Dunbar writes a monthly column on healthy cooking for the Huntly Express and her recipes on social media have taken the world by storm.

Vicky applied to join the Scottish Government's Eat Better Feel Better campaign at the end of last year.

The mum-of-three is passionate about good quality home cooking and has developed and adapted hundreds of recipes so that her own family of Michael (7) and twins Emmy and Jack (6), and husband Brian, can all enjoy the same meals, despite Jack's serious food allergies.

Her Facebook page, Jack's Free From Cook Book, has 17,000 likes from all over

the world and she submits her recipes to the website cookpad.com

Vicky is one of 19 people from across Scotland setting out to inspire and motivate other parents to make quick, easy and affordable changes to their family's diet. Her secret to juggling a job with a busy family life is to cook ahead and have meals for four or five days in the fridge or freezer.

Using her natural flair for cooking, she has found substitutes for many of the ingredients which would make Jack ill and her recipes have been an inspiration for other parents.

Vicky's tips and family recipe ideas are now live on eatbetterfeelbetter.co.uk and she will visit community groups over the coming months to help families make healthier choices.

A delighted Vicky said: "I applied to become a Healthy

Helper because I know what it's like to try to feed your family well on a tight budget. I've discovered some tips and hints that make it easier to eat well as a family - without breaking the bank or causing teatime tantrums!

"The Eat Better Feel Better campaign has loads of advice for parents and I'm thrilled to be helping other families in Scotland to make healthier choices."

Public Health Minister Maureen Watt said: "The Eat Better Feel Better Healthy Helpers know first-hand how to make affordable healthier choices that are quick and easy.

"Since we launched Eat Better Feel Better we've helped families across Scotland to make changes to their daily diets and, with the Healthy Helpers on board, we're looking forward to inspiring even more parents to make healthier choices."

Cooking up a storm... with Vicky Dunbar

Huntly mum Vicky Dunbar has taken an inspirational approach to cooking up tasty meals to enable her son Jack, who has multiple allergies, to enjoy the same meals as the rest of the family. Vicky is sharing her recipes with Huntly Express readers in this monthly column

THE Deveron' salmon fishing season has just started and Bramley apples are beginning to appear in the shops - here are two recipes which use these seasonal ingredients.

Recipe 1

Vicky's Grilled Salmon with Tomato and Avocado Salsa

Ingredients

- 2 large tomatoes, deseeded & diced
 - 2 avocados, peeled, pitted & diced
 - 6 tbsp red onion, finely chopped
 - 2 tbsp extra-virgin olive oil
 - 1 tbsp lemon juice
 - 1 tsp low sodium salt
 - 1/2 tsp black pepper
 - 4 skinless salmon fillets
 - 1 tbsp olive oil
 - salt to taste
 - fresh coriander for garnish
- Prep time is 15 min, serves 4.

Directions

- Preheat the oven to gas 6 / 200C and line a baking tray with foil.
- Toss the salsa ingredients together gently and set aside.
- Brush the salmon fillets lightly with oil and season with a little salt.



- Bake for 15 minutes until the salmon is opaque.
- Place each fillet on top of a bed of salsa and serve with salad leaves, green beans or baby potatoes. Check Jack's Free-From Cook Book on facebook today for my sweet-corn relish recipe!

Recipe 2

Vicky's Caramel Apple Pie

Ingredients

- 115g gold-foil Stork margarine
- 2 tbsp cornflour
- 1 tbsp gluten-free flour
- 30ml water
- 1 tbsp vanilla extract
- 100g white sugar
- 110g light brown sugar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 6 Granny Smith apples, peeled, cored and diced or 3

Bramleys

1 whole quantity of my Sweetened Shortcrust Pastry recipe, printed in my first Huntly Express column! Also available on my facebook page today
Prep time is 90 min, serves 8.

Directions

- Preheat the oven to gas 7 / 210C and line a

9 inch pie tin with baking paper or use a spring form cake tin

- Melt the margarine in a pan. Stir in both flours.
- Add the water, vanilla, spices and both sugars and bring to the boil, stirring continuously to bring the caramel together.
- Reduce to a simmer and add the sliced apples, letting them cook slightly in the syrup before letting it cool and thicken.
- Roll out the pastry and press into the pie tin cutting off the excess to roll again for the top crust. Chill in the fridge until the filling has cooled.

■ Using a slotted spoon, scoop the filling into the pie shell. This way you can control the amount of caramel that goes in so it won't be too liquidy and the bottom crust doesn't get soggy. Reserve the rest of the caramel for serving later. Mound the filling up slightly in the middle.

■ Brush the edge of the pastry with some milk of choice then top with the lid pastry, cutting a slit on top for steam to escape.

■ Cut out some decorative leaves from the remaining pastry dough and place on top to make it prettier.

■ Crimp the edge of the lid and bottom crust together to seal and brush some of the leftover caramel syrup all over the lid to glaze

■ Bake 15 minutes in the oven (over a baking tray in case there are spills), then reduce the temperature to gas 4 / 180C and bake for a further 40 - 45 minutes until the apples are soft and the pastry is golden.

■ Let cool for 10 minutes in the tin, then cool completely out of the tin on a wire rack. Serve warm but not hot (or you'll lose all of the syrup!) with free-from ice cream or custard.



For any further recipes from Vicky please visit

Vicky@Jacks Free-From Cook Book

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