

I was a speaker for almost 20 years and have had the pleasure of entertaining many W.I. ladies with my homespun amusing tales of everyday life. Now, at the age of 78, I am a carer for my partner who sadly, has Parkinson's. I am also on a bit of a mission trying to encourage people to cook.

I am not a professional chef; neither have I had any training in cooking but I do have almost 50 years' experience of cooking nutritious meals on a budget.

I was fortunate enough to, not only, learn from our mother who managed to feed my sisters and our father very well but when I was at school Domestic Science was on the curriculum. There were 2 things that we made at school that brought me much pleasure, one being peppermint fondants the other was potato and onion soup. I was impressed just how much flavour could be achieved by cooking quite uninteresting vegetables like potatoes and onion with a little seasoning then blending, which we did by pressing the cooked vegetables through a sieve, we didn't have blenders then. It was a good feeling to share my soup with my family and seeing them enjoying it. Cooking has been a pleasure for me ever since. I still get much satisfaction from experimenting blending different vegetables and producing a variety of lovely flavours. I find it rewarding when sharing my recipes with family, friends, in newsletters etc. and hear how other people have also had pleasure and even experimented with recipes themselves.

When I see vegetables being wasted I think not only of the money but nutrition and the sheer pleasure of flavours in soup, I can't imagine anyone feeling sad if they have a bowl or mug of homemade soup.

As for the peppermint fondants they were so yummy I am afraid there were not many left to share by the time I got home.

I share my recipes in newsletters and on The Prudent Pensioner Facebook page.

If you know of any publication that would like to have some of my recipes please let me know.

I have published a book of some of my recipes it is titled "**Less Waste more Soup**" 45 easy, budget friendly recipes for nourishing soup. It is available from Amazon at £3.75p. A search for Doreen Reed will find it (together with my books of light hearted poems & tales)

I do hope you enjoy my recipes,

Best wishes,

*Doreen*