Companions of the Order of Malta

Cooking Guidance and tips
Frequently Asked Questions

What do we need?
Cook your favourite easiest dish (such as pies, stews, lasagne, vegetarian, curries, pasta and tray bakes etc) for around 12 guests. We will supply you with our standard foil trays and lids. We also have a selection of recipes if needed. There is no need to cook from scratch. It is perfectly acceptable to use ready made pasta and lasagne sauces from jars. All recipes will have the amounts needed. All we ask you to do is not to use nuts or very spicy ingredients. All foil trays have a lid so we would like the main ingredients lists and the date the dish was made please.

How do I deliver?
Please bring your dish to your local CoM kitchen when they are open. The team leader will be pleased to accept your donation. If it is warm, ideally an insulated bag should be used to bring the food in. If this is difficult please contact us and we will try and make arrangements to collect.

What do you need to remember?
Although our team leaders are all food hygiene trained, you do not need any specific training to cook at home.
If you are preparing meals, the four main things to remember for good hygiene are the 4Cs: cleaning, cooking, chilling and avoiding cross-contamination.

- wash your hands regularly with soap and water
- always wash fresh fruit and vegetables before cooking or consumption
- keep raw and ready-to-eat foods separate
- do not use food past its use-by date
- always follow cooking instructions
- ensure that food preparation areas are suitably cleaned and sanitised after use, and wash any equipment you are using in hot soapy water
- keep food out of the fridge for the shortest time possible.

What do our guests like?
As a general rule our guests love anything home cooked with potatoes and not too spicy. At many other soup kitchens they are served mostly pasta so it would be good to have a variety of food.

Do we reimburse expenses?
Just upload your receipts onto Volunteero and we will reimburse your expenses.
Please ask for assistance through the Volunteero chat, with your team leader, if you are unsure how to do this.

Thank you very much for supporting the Companions