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Opening extract from

Bumper Student Cookbook

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NOTES

Both metric and imperial measures are given for the recipes. Follow either set of measures, not a mixture of both, as they are not interchangeable.

All spoon measures are level.
1 tsp = 5ml spoon; 1 tbsp = 15ml spoon.

Ovens and grills must be preheated to the specified temperature.

Medium eggs should be used except where otherwise specified.

DIETARY GUIDELINES

Note that certain recipes contain raw or lightly cooked eggs. The young, elderly, pregnant women and anyone with immune-deficiency disease should avoid these because of the slight risk of salmonella.

Note that some recipes contain alcohol. Check the ingredients list before serving to children.

You can eat well without spending a lot of money on food or fuel bills. Sometimes it takes a bit of planning ahead though. At other times it's just about saving any leftovers that you couldn't eat and heating them up for another day. Some of the tastiest suppers are simple, straightforward and cheap; Cottage Pie (see page 222) is one example, and many are quick to prepare – essential for the busy, and usually starving, student.

Living on a Budget

SIX WAYS TO SAVE MONEY

1 **Get organised** Make your list while you're actually in the house, and not on the road to the shops. Check what basics and staples you need for your storecupboard, fridge and freezer (see pages 10–11).

2 **Plan ahead** Think about what you fancy eating during the week and add that to your shopping list. It's cheaper to cook for two than one in the long run, so make double the amount for some meals, then cool and freeze half. Pasta sauces, such as Meat Sauce (see page 156), curries, casseroles and bakes can all be doubled up and frozen in this way.

3 **Share** shopping bills with friends.

4 **Shop sensibly** Stick to your shopping list and look for special offers.

5 **Use up your leftovers** Heat up that small portion of pasta sauce leftover from dinner the previous day to make a quick lunch.

6 **Check out** the market or supermarket at the end of the day and buy some marked-down foods, but only if you need them.

STRETCHING MEALS

Meat, poultry and fish can be expensive, but you can save pounds on your food budget and still eat filling, nutritious dishes.

You don't need to buy a giant piece of meat to serve one person. As a rough guide, a chicken breast weighing about 150g (5oz) will serve one; or buy double the weight and use for two meals.

Buy cheaper cuts of meat, such as chicken thighs and sausages. Casseroles and stews usually include plenty of vegetables, so you can just serve with bread if you like. Cook these dishes in bulk to save on fuel and then store in the fridge for up to three days or put in the freezer. Try Braised Meat (page 44) or Easy Chicken and Vegetable Hotpot (page 199).

Add canned beans and pulses to bulk out stews and casseroles, whether made with meat or without. Drain and rinse them first.

Remember that frozen food can be cheaper than fresh, so if you can store it buy it.

Leftover delights

There are plenty of recipes in this book that can be made with typical fridge leftovers:

LEFTOVER	RECIPE
Apples past their best	Express Apple Tart (page 281)
Bacon rashers	Bacon and Egg Salad (page 124), Quick and Easy Carbonara (page 157)
Cooked pasta	Quick Winter Minestrone (page 251), Fast Macaroni Cheese (page 166), Pasta with Pesto and Beans (page 165)
Cooked potatoes	Herring and Potato Salad (page 115)
Custard	Cheat's Chocolate Pots (page 275)
Mixed vegetables	Cheese and Vegetable Bake (page 258), Veggie Curry (page 265)
Pancake batter	Cinnamon Pancakes (page 278)
Pears past their best	Pear and Blackberry Crumble (page 280)
Salad	Bacon and Egg Salad (page 124), Easy Tuna Salad (page 116)
Savoy/white cabbage	Quick Winter Minestrone (page 251), Easy Chicken and Vegetable Hotpot (page 199)
Tomato sauce	Simple Meat Sauce (page 156)

Egg and Pepper Pizza

150g (5oz) red and yellow marinated peppers in oil
8 tbsp passata sauce (puréed and sieved tomatoes, available in jars)
4 small pizza bases
4 medium eggs
125g (4oz) watercress, washed and stalks removed

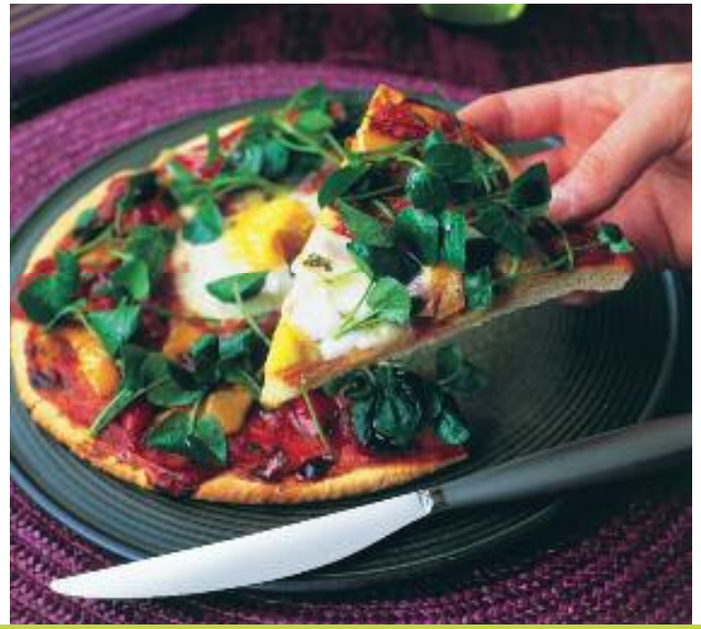
1. Put two large baking sheets, big enough to hold two pizzas each, into the oven and preheat the oven to 220°C (200°C fan oven) mark 7.

2. Drain the peppers but keep the oil. Chop the peppers into thin strips. When the baking sheets have heated up, take them out of the oven (use oven gloves) and put two pizza bases on each tray. Spoon 2 tbsp passata over each pizza base and scatter strips of pepper around the edges. Make a dip in the passata in the middle of each pizza and break an egg into it. Put in the oven and cook for 12 minutes until the egg is thoroughly cooked.

3. Top the pizzas with the watercress, drizzle with a little of the reserved oil from the peppers and serve.

£ Moneysaver Tip
Instead of passata, spread the bases with tomato purée.

Five ingredients or fewer
Share with friends
Great for parties



Serves 4
Preparation time 15 minutes
Cooking time 12 minutes

Nutritional Information (Per Serving)
403 calories, 13g fat (of which 2g saturates), 61g carbohydrate, 1g salt
Vegetarian • Gluten free • Easy

Deli Pizza

1. Put a large baking sheet on the top shelf of the oven and preheat the oven to 220°C (200°C fan oven) mark 7.

2. Spread a thin layer of the tomato sauce over each of the pizza bases, leaving a 2.5cm (1in) border around the edge. Top with dollops of goat's cheese, then scatter over the red onion, tomatoes and olives.

3. Slide one of the pizzas on to the hot baking sheet and bake for 15 minutes or until golden and crisp. Repeat with the second pizza base. Scatter the torn basil over and serve with salad.

6 tbsp tomato pizza sauce
2 large pizza bases
100g (3½ oz) soft goat's cheese
1 red onion, peeled and finely sliced
100g (3½ oz) sunblush tomatoes
100g (3½ oz) olives
a handful of fresh basil, roughly torn
green salad to serve

Swap
Try marinated peppers, artichokes or chargrilled aubergines instead of the olives and sunblush tomatoes.

Ready in under 30 minutes
Quick and easy
Share with friends



Nutritional Information (Per Serving)
440 calories, 15g fat (of which 5g saturates), 64g carbohydrate, 2.8g salt
Vegetarian • Easy

Serves 4
Preparation time 5 minutes
Cooking time 15 minutes

Grilled Lamb Steaks
with Mixed Bean Salad

150g (5oz) sunblush tomatoes in oil
1 garlic clove, peeled and crushed
2 rosemary sprigs
4 x 175g (6oz) leg of lamb steaks
½ small red onion, peeled and finely sliced
2 x 400g cans mixed beans, drained and rinsed
large handful of rocket
salt and ground black pepper

1 Preheat the grill to high. Drain the sunblush tomatoes, reserving the oil. Put the garlic into a large shallow dish with 1 tbsp oil from the tomatoes. Strip the leaves from the rosemary sprigs, snip into small pieces and add to the dish. Season with salt and pepper, then add the lamb and toss to coat.

2 Grill the lamb for 3–4 minutes on each side until cooked but still just pink. Meanwhile, roughly chop the tomatoes and put into a pan with the onion, beans, remaining rosemary, rocket and a further 1 tbsp oil from the tomatoes. Warm through until the rocket starts to wilt. Serve the lamb steaks with the bean salad on warmed plates.



Ready in under 30 minutes
Quick and easy
Healthy and sustaining
Comfort food

Serves 4
Preparation time 5 minutes
Cooking time 10 minutes

Nutritional Information (Per Serving)
545 calories, 20g fat (of which 7g saturates), 30g carbohydrate, 1.8g salt
Gluten free • Dairy free • Easy

One-pot Spicy Beef

1 Heat the oil in a large frying pan. Add the onion to the pan with 2 tbsp water and cook for 10 minutes until softened. Add the garlic and chilli and cook for 1–2 minutes until golden, then add the red peppers and celery and cook for 5 minutes.

2 Add the mince and, as it browns, use a wooden spoon to break up the pieces. Add the tomatoes, beans and Tabasco, then simmer for 20 minutes.

2 tsp sunflower oil
1 large onion, peeled and roughly chopped
1 garlic clove, peeled and finely chopped
1 small red chilli, seeded and finely chopped (see page 50)
2 red peppers, seeded and roughly chopped (see page 50)
2 celery sticks, diced
400g (14oz) minced beef
400g can chopped tomatoes
2 x 400g cans mixed beans, drained and rinsed
1–2 tsp Tabasco



Top Tip
For other recipes using minced meat, see pages 140–1, 151, 222–3, 224.

Healthy and sustaining
Cheap eat
Comfort food

Nutritional Information (Per Serving)
450 calories, 19g fat (of which 7g saturates), 40g carbohydrate, 1.6g salt
Gluten free • Dairy free • Easy

Serves 4
Preparation time 15 minutes
Cooking time about 40 minutes

Grilled Sweet Potatoes
with Feta and Olives

1 large sweet potato, weighing about 500g (1lb 2oz)
4 tbsp olive oil, plus extra to brush
200g (7oz) feta cheese
2 tsp dried mixed herbs
50g (2oz) pitted black olives, chopped
1 garlic clove, peeled and crushed
salt and ground black pepper
flat-leafed parsley sprigs to garnish (if you like)

1 Preheat the barbecue or grill. Peel the sweet potato and cut lengthways into eight wedges. Put them into a pan of boiling water and bring back to the boil, then reduce the heat and simmer for 3 minutes. Drain and put in cold water. Drain again, dry well on kitchen paper, then brush lightly with olive oil. Season with salt and pepper, then barbecue or grill for 10–15 minutes until well browned and cooked through.

2 Meanwhile, mash the cheese, herbs, olives, garlic and 4 tbsp olive oil together. Serve the sweet potato with the feta cheese mixture, garnished with flat-leafed parsley, if you like.



Healthy choice
Cheap eat
Comfort food
Share with friends

Serves 4
Preparation time 15 minutes
Cooking time 15–20 minutes

Nutritional Information (Per Serving)
324 calories, 23g fat (of which 9g saturates), 21g carbohydrate, 2.5g salt
Vegetarian • Gluten free • Easy

Thai Vegetable Curry

1 Put the curry paste into a large pan. Add the ginger to the pan with the cashew nuts. Stir over a medium heat for 2–3 minutes.

2 Add the coconut milk, cover and bring to the boil. Stir the carrots into the pan and simmer for 5 minutes, then add the broccoli florets and simmer for a further 5 minutes or until the vegetables are tender.

3 Stir the coriander and lime zest into the pan with the spinach. Squeeze the lime juice over and serve with basmati rice.

2–3 tbsp Thai red curry paste (see Top Tip)
2.5cm (1in) piece fresh root ginger, peeled and finely chopped
50g (2oz) cashew nuts
400ml can coconut milk
3 carrots, cut into thin batons
1 broccoli head, cut into florets (see page 52)
20g (¾oz) fresh coriander, roughly chopped
zest and juice of 1 lime
2 large handfuls of washed spinach leaves
basmati rice to serve



Top Tip
Not all curry pastes are vegetarian, so check the label.

Healthy choice
Cheap eat
Comfort food
Share with friends

Nutritional Information (Per Serving)
203 calories, 12g fat (of which 2g saturates), 16g carbohydrate, 0.6g salt
Vegetarian • Easy

Serves 4
Preparation time 15 minutes
Cooking time 15 minutes

Orange Eggy Bread

2 large eggs
150ml (¼ pint) milk
finely grated zest of 1 orange (see Top Tip, page 93)
50g (2oz) butter
8 slices raisin bread, halved diagonally
1 tbsp caster sugar
vanilla ice cream and orange segments to serve

1. Lightly whisk the eggs, milk and orange zest together in a bowl.

2. Heat the butter in a large frying pan over a medium heat. Dip the slices of raisin bread into the egg mixture and fry on both sides until golden.

3. Sprinkle the bread with the sugar and serve immediately with ice cream and orange slices.



Ready in under 30 minutes
Quick and easy
Cheap eat
Comfort food

Serves 4
Preparation time 10 minutes
Cooking time 15 minutes

Nutritional Information (Per Serving)
358 calories, 13g fat (of which 7g saturates), 54g carbohydrate, 1.2g salt
Vegetarian · Easy

Sweet Kebabs

1. Preheat the grill or barbecue. Spear alternate chunks of chocolate brownie and strawberries on to skewers. Grill or barbecue for 3 minutes, turning occasionally. Serve with whipped cream.

chocolate brownie, about 10 x 5cm (4 x 2in), cut into eight chunks
8 large strawberries
whipped cream to serve



Ready in under 30 minutes
Quick and easy
Five ingredients or fewer
Cheap eats

Nutritional Information (Per Serving)
521 calories, 23g fat (of which 12g saturates), 77g carbohydrate, 0.3g salt
Vegetarian · Easy

Serves 4
Preparation time 5 minutes
Cooking time 3 minutes