

# **The Savvy Students' Cookery Book**



**UNIVERSITY OF  
ABERDEEN**



# Introduction

What is savvy cooking and why does it matter to students?

Savvy cooking is eating well for a cost that's manageable. It is shopping smart, so you minimise waste. It's making sure you eat well without having to spend ages each week in the kitchen when you already have a lot on.

The materials in this book are designed to help you with planning and shopping for ingredients for food that you want to eat. It provides ideas for cooking and storing food so that you can save a small fortune by cooking for yourself and not relying on buying expensive snacks and meals.

Throughout, there are tips and savvy swaps. Enjoy your cooking, eat well, avoid waste and save some money into the bargain.



A quick and easy stir fry

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# Plan Ahead

Admittedly, it's not the most exciting part of life, but planning for what you want to eat in the week ahead and making you sure you have what you need both avoids waste and saves a small fortune.

A quick check of what you already have means you aren't getting things you don't need; knowing what you're going to make means you can check that you have everything you do need.

Get your shopping list written and go...

	Breakfast	Lunch	Dinner	Snacks
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



# Shop!

Online you can find countless tips and tricks for shopping on a student budget, we won't repeat them all here but there are some basics that are always worth remembering.

- Plan what you need and stick to it if you possibly can.
- Using that plan, figure out what you use a lot of and buy in bigger quantities as these are usually much better value. (ALWAYS check the price per kg or g)
- Frozen veg is often cheaper than fresh and obviously keeps for longer. Not all frozen veg is equal, but peas, corn, green beans, herbs, chillis, chopped peppers, carrots and onions all freeze well.
- If you are making stews / casseroles / chilli / bolognese, you can easily bulk these up with healthy alternatives to meat. Beans and lentils are great protein sources - filling and tasty.



Fresh vegetables can be sourced locally

- If you are sharing with flatmates, consider getting together to plan your shopping and get better deals.
- Again, if you share your kitchen, take turns in cooking so you can make good use of your time as well as your ingredients.
- Shop around. Keep an eye out for veg boxes and 'wonky' fruit and vegetables, these are often near the tills or at the end of vegetable isles in supermarkets. An amazing soup can be made from what looks like a random selection of veg...experiment!
- Unless you are very attached to a particular brand (naming no names, or products!) buy own brand goods, they are usually significantly cheaper.
- If you don't have exactly what a recipe requires (particularly in terms of vegetables), be flexible and use what you have. This is where culinary adventures can really take off.
- Buy local and seasonal if you can, it's more nutritious, sustainable and generally cheaper.
- In Aberdeen we are lucky to have the Allotment Market Stall (TAMS) who can be found from July-October in Seaton Park from 10-1 on Fridays.
- <https://theallotmentmarketstall.org.uk/>

Some tips on what's in season can be found here.

<https://www.nutritionscotland.org/resources/whats-in-season/>



Fresh local rhubarb



# Bits & Pieces

It's worth having a food flask to take hot food with you for lunch or a lunch box for cold lunches. You'll recoup the initial cost of these so quickly if you use them a few days a week.

Storage boxes allow you to batch cook and freeze. Glass ones with clip-shut lids should last a long time and won't stain if you use them for tomato-based sauces. You don't need fancy equipment for these recipes. If you have the following, you have everything you need.

- Kettle
- Lidded saucepan
- Frying pan
- A couple of wooden spoons
- Scales
- Large glass mixing bowl
- A rectangular or square oven proof dish (or 2 if you want to make double)
- A measuring jug
- A sieve or colander
- A couple of sharp knives

These are not essential, but can be very handy:

- Hand-held mixer (or strong arms and a whisk!) if you like to bake
- Hand-held blender if you like your soups smooth
- Measuring spoons

Some basic utensils make cooking easier



# Storing Ingredients

Things that you buy will generally have storage tips on them but basic tips to help avoid waste are below.

- If you have fresh vegetables or herbs and won't use them all, then freeze them while still fresh and avoid waste. Wash, dry and chop them first so you can use them straight from the freezer. Alternatively, use up a range of vegetables in a lentil and veg soup and freeze it for easy lunches.
- Label things with the date you freeze them. You don't need fancy stickers, use a little bit of masking tape instead.
- Sometimes a small dash of something can really add flavour, but if you don't want to buy fresh, then bottled juices and jars of prepared herbs are a good alternative and will last longer. You can easily get citrus juices, garlic and ginger this way.
- Potatoes need stored in a dark and dry place (take them out of plastic bags if they are in them and use a cloth bag or paper bag instead).
- Potatoes don't generally freeze well but if you cook and mash them first then they are fine, you can defrost and reheat them.
- Most fruit (not bananas or pineapples) should be stored in the fridge, it lasts much longer that way.
- If fruit is very ripe or heading that way, you can wash, dry, chop it and freeze it to use up in a smoothie or use very ripe bananas in baking.
- Freeze bread in batches or stick a loaf in the freezer and toast what you want, when you want it. Make a sandwich in the morning with frozen bread and it will be defrosted by lunchtime.

Storage containers allow you to cook and freeze in bulk





# Versatile Ingredients

Everyone has their own favourites that they use frequently. Some ingredients are so versatile that they can form the basis of many meals or snacks so are worth considering popping on your list.

*\*Alternatives to wheat-based pasta, oats, flour and noodles are readily available in supermarkets and gluten-free alternatives can be substituted as needed in any of the recipes in this book.*

	Breakfast	Lunch	Dinner	Snacks
Pasta / Noodles*				
Porridge Oats*				
Lentils				
Eggs				
Dried / Frozen Fruit				
Frozen Vegetables				
Rice				
Tomatoes (tinned or fresh)				
Flour*				

As you cook more, you will know what herbs and spices you use most – don't buy these in bulk initially as they lose their flavour after a while. Buy in bulk if you know you'll use them or share with friends.

## Cooking Temperatures

All of the temperatures in this book are given in degrees Celsius and are based on the fan setting in an oven.

If you need to know the Gas Mark, degrees Fahrenheit or temperature setting without a fan, the table opposite should help.

Gas	Deg F	Deg C	Fan Deg C
1	275	140	120
2	300	150	130
3	325	170	150
4	350	180	160
5	375	190	170
6	400	200	180
7	425	220	200
8	450	230	210
9	475	240	220

# Breakfast

Of course, you can grab a slice of toast or some cereal, but if you want something a bit different or hearty, these recipes will do the trick.



Home made granola



# Granola

Granola is a brilliant way to fill up at breakfast with some milk or sprinkle a handful on top of yogurt or fruit. You can swap nuts for seeds or more oats if you wish.

The granola can be stored in an airtight container for up to 3 months.

## Ingredients

- 1 tbsp vegetable oil
- 5 tbsp runny honey or golden syrup
- ½ tsp vanilla extract (optional)
- 1 tsp cinnamon
- 150g porridge oats
- 50g sunflower seeds
- 50g chopped hazelnuts or walnut pieces
- 50g flaked almonds
- 50g dried berries / apricots / dates

## Method

- Line a baking tray with baking paper.
- Preheat oven to 150°C (fan)
- Mix the oil, syrup, honey and vanilla in a large bowl.
- Add in all the remaining ingredients, except the dried fruit and mix well.
- Tip the granola onto two baking sheets and spread evenly. Bake for 15 mins.
- After 15 minutes, mix in the dried fruit, and bake for 10 mins more.
- When the granola is a golden colour, remove and scrape onto a flat tray to cool, stir it up a bit to break up any large chunks.

This is an easy recipe to make in bulk as it keeps so well, so you can just double up the ingredients and use 2 trays if you wish.

**SAVVY TIP** – Very similar ingredients are used in flapjacks, so bake both at once, then you have breakfast and snacks.



Granola with syrup

# Savoury Baked Egg Muffins (v)



Eggs are a fantastic breakfast- high protein, low fat and quick. Boiled, scrambled or baked eggs give you a satisfying start that will keep you fuller for longer.

## Ingredients (makes 8)

- 1 tbsp oil
- 150g broccoli, finely chopped
- 1 red pepper, finely chopped
- 2 spring onions, sliced
- 6 large eggs
- 1 tbsp milk
- large pinch of smoked paprika
- 50g cheddar or feta - grated/ crumbled
- small handful of chopped chives (optional)

## Method

- Heat the oven to 180°C (fan).
- Brush half the oil in an 8-hole muffin tin.
- Heat the remaining oil in a frying pan and add the broccoli, pepper and spring onions. Fry for 5 mins. Set aside to cool.
- Whisk the eggs with the milk, smoked paprika and half the cheese in a bowl.
- Add the cooked veg.
- Pour the egg mixture into the muffin holes and top each with the remaining cheese and a few chives, if you like.
- Bake for 15-17 mins or until golden brown and cooked through.

You can eat these immediately for an easy dinner with salad or beans and have leftovers for lunch. Or freeze them, thaw a couple overnight in the fridge and microwave for a minute in the morning and you have a hearty and quick breakfast.





# Sweet Breakfast Muffins

A useful one to have in reserve; make a batch of healthy muffins, freeze them and if you have an early start just take one out the freezer the night before and you can grab breakfast on the go. These are also great as a snack.

There are lots of recipes ideas online, the blueberry and oat one below is a good one to start with, it has lots of flavour but no refined sugars.

## Blueberry and Oat Muffins (v) (makes 12)

### Wet Ingredients

- 175 ml milk
- 100 ml vegetable oil
- 75g honey
- 1 egg

### Dry Ingredients

- 200g plain flour
- 50g porridge oats (not instant porridge)
- 2.5 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1 tsp cinnamon
- zest of orange (optional)
- 175g fresh or frozen blueberries

### Method

- Preheat oven to 180°C (fan).
- Add all the wet ingredients to a jug and whisk until combined.
- In a separate bowl, mix the dry ingredients.
- Add your wet ingredients to the dry ingredients and whisk until fully combined.
- Put 12 muffin cases in a muffin or cake tin and spoon the mixture into them equally.
- Sprinkle the top of each muffin with some more oats.
- Bake in the oven for 15 mins until golden on top and springy to the touch.

# Overnight Oats

## Overnight Oats – base (v)

The no-cook breakfast that's easy and healthy. Use some sterilised old jam jars or lidded containers to make and store this popular breakfast.

You can make a larger batch and it will keep, covered, in the fridge for up to 5 days. Don't add the toppings until you are ready to use it.

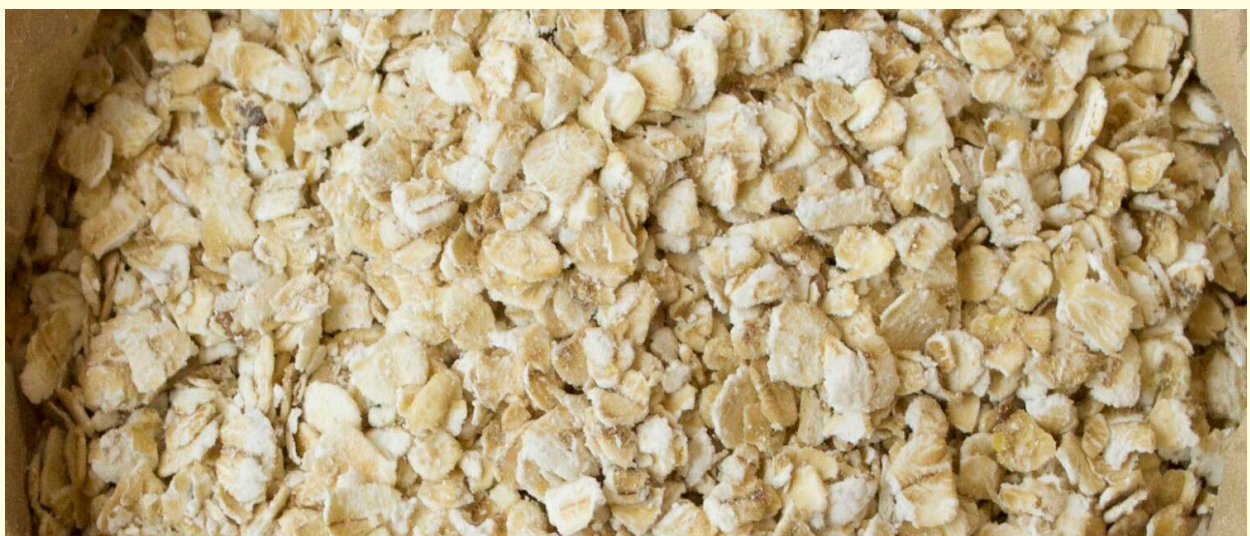
## Ingredients

- Porridge oats
- Milk / Alternative Milk

## Method

- Add equal parts oats and milk to a jar or container. Use enough milk to cover the oats and mix together.
- You can also add a spoonful of Greek or natural yogurt for added protein, a heaped teaspoon of flaxseed or other seeds for fibre and ½ teaspoon of vanilla essence for sweetness. These are all optional.
- Leave the mixture for at least 2 hours in the fridge or, ideally, overnight.
- When you are ready to eat, use your own choice of toppings to create your favourite breakfast.

Try this with fresh fruit, nut butters, chopped nuts and seeds, cinnamon, nutmeg, poached fruit, honey or syrup...



Healthy and filling porridge

# Lunch

If you have a busy day with little time for lunch, don't waste it queueing...take lunch with you and save a small fortune in the process.

Leftovers are a great and easy option. Make a little more of what you have for dinner, heat it up, pop it in a food flask and you have a nutritious lunch to keep you going over the afternoon. Try to avoid relying on highly processed sugary lunches as that 3pm slump will hit you hard.

Soups are in high demand during North East Scotland autumn and winter, something hearty and warming is very welcome when the temperature drops and the wind picks up.

Salads are a great option for lunches, make them with whatever you like and have available. Adding in a few nuts, some tinned fish, leftover cooked pasta, rice or couscous makes a salad a filling option.

A little bit of planning ahead to take lunch with you pays off (literally) very quickly. It's amazing how much 2 or 3 'meal deals' a week add up to over a month.



Use a thermal mug for a warm lunch



# Lentil and Vegetable Soup (v)



Delicious, generally very healthy and great value for money if you make it yourself, who doesn't love soup?

All of the recipes in this section freeze well for up to 3 months, so you can always have a nutritious lunch on hand.

## Ingredients (serves 8)

- 2 onions, finely diced
- 2 carrots, peeled and chopped
- 2 leeks, finely sliced
- 2 potatoes, peeled and chopped
- 4 celery sticks, chopped into 2cm pieces
- 2 tbsp olive oil
- 2 tbsp plain flour
- 2 tsp stock powder
- 1l boiling water
- 100g red lentils

## Method

- Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 mins. Stir in the flour and cook for 2 mins.
- Dissolve the stock powder in boiling water, before adding it to the saucepan and bringing it to the boil.
- Add the potatoes and red lentils, before putting a lid on the saucepan and allowing all the ingredients to simmer for 30 mins.
- Leave the soup as it is if you like a chunky soup, or blend half if you prefer a smooth and creamier soup.

**SAVVY TIP:** You can replace the leek with onion and carrot with other vegetables, practically any vegetables will do, use whatever is in the fridge, this is how the soup gets its other name of 'Fridge Soup'. Use seasonal vegetables for the best value for money, nutrition and taste.

# Red Pepper and Tomato Soup (v)



Red pepper and tomato soup

You can go to great lengths to roast all of your own vegetables (which does make a delicious soup) or cheat somewhat and use tinned tomatoes and jars of roasted red peppers, it will be delicious anyway and is a lot less hassle.

## Ingredients (Serves 8)

- 4 tbsp. extra-virgin olive oil
- 2 medium onions, finely chopped
- 8 garlic cloves, minced
- 3 (28-oz.) tins peeled (chopped) tomatoes
- 2 (12-oz.) jars roasted red peppers
- 1l vegetable or chicken stock (2 cubes)
- 1.5 tsp. salt
- 1 tsp. cracked black pepper
- 1 tin of coconut milk (optional) if you like a creamier soup

Optional add-ins: a pinch of chili flakes or Italian seasoning for extra flavour. Fresh chopped basil leaves (add after blending or your lovely red soup turns sludgy brown).

## Method

- Put the onions, garlic and garlic into a large pot on a low-medium heat. Cook until the onions have softened but don't let them brown.
- Add the tinned tomatoes, red peppers, stock, salt and pepper and simmer for 30 minutes.
- Blend the soup and add the coconut milk if using.
- Season more to taste.

# Courgette, Potato and Cheddar Soup (v)

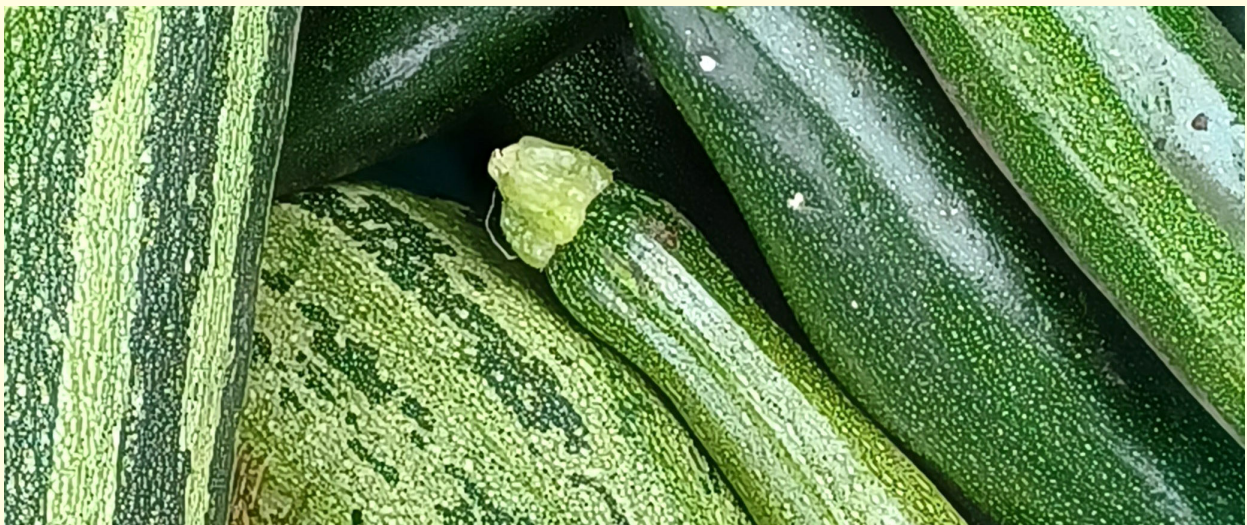


## Ingredients (serves 8)

- 500g potato, unpeeled and roughly chopped
- 2 vegetable stock cubes
- 1kg courgettes, roughly chopped
- 6 spring onions, sliced - save 1 for serving, if eating straight away
- 100g grated extra mature cheddar
- Nutmeg (fresh if you have it, if not, dried is fine)
- 1.5l water

## Method

- Put the potatoes in a large pan with just enough water to cover them and crumble in the stock cubes.
- Bring to the boil, then lower to a simmer, cover and cook for 10 mins.
- Add the courgettes, cover and cook for 5 mins.
- Add the spring onions, cover and cook for a final 5 mins.
- Take off the heat, stir in the cheese and season with the nutmeg, salt and pepper.
- Blend to a thick soup, add more water until you get the consistency you like.



Courgettes make an inexpensive and tasty soup



# Sweet Potato and Kale Soup (v)



## Ingredients (serves 8)

- 1.5 lt of vegetable stock (2 cubes)
- 1 kg sweet potato, chopped into small chunks
- 1 tbsp olive oil
- 15g ginger, finely chopped (you can use a jar if you don't have fresh)
- ½ red chilli, finely sliced
- 2 cloves garlic, crushed
- 1 bunch kale, shredded
- Sea salt and black pepper to taste

## Method

- Boil the sweet potatoes in the vegetable stock for 15 minutes.
- Heat the oil in a frying pan, and fry the ginger, chilli and garlic.
- Add the ginger, chilli, garlic, and kale to the sweet potatoes.
- Allow to simmer for another 15 minutes, or until the potatoes are soft.
- Blend until a creamy consistency and season to taste.

SAVVY TIP – fresh chillis and ginger freeze well and you can just grate or chop straight out of the freezer.

Sweet potatoes - a great multipurpose ingredient



# Squash, Lentil and Coconut Soup (v)



## Ingredients (serves 8)

- 1 tbsp olive oil
- 1 large butternut squash, peeled, deseeded and diced
- 300g carrot, diced
- 11/2 tbsp curry powder containing turmeric
- 150g red lentils
- 1.5l vegetable stock (2 stock cubes)
- 1 can reduced-fat coconut milk
- Coriander to serve (optional)

## Method

- Heat the oil in a large saucepan, add the squash and carrots, sizzle for 1 min, then stir in the curry powder and cook for 1 min more.
- Tip in the lentils, the vegetable stock and coconut milk and give everything a good stir. Bring to the boil, then turn the heat down and simmer for 15-18 mins until everything is tender.
- Using a hand blender or in a food processor, blitz until as smooth as you like.
- Season and serve scattered with roughly chopped coriander if desired.



Butternut squash



# Cock-a-Leekie Soup

A traditional and hearty soup, made for Aberdeen winters...

With a bit of time, you can easily make your own chicken stock which makes this soup extra delicious. Alternatively, use 2l of good quality chicken stock and cook a skinless chicken breast in the chicken stock for 10 minutes at the start. Then take out the chicken before adding the vegetables and rice, shred it and add towards the end.

## Ingredients (serves 8)

- 500g of skin-on chicken drumsticks / thighs
- 2l water
- 250g finely chopped leeks
- 50g easy cook or basmati rice
- 150g grated / finely chopped carrot
- salt and pepper
- 1 tbsp chopped parsley

## Method

- Place the chicken with some herbs (bay, oregano, sage, rosemary, garlic) in a large pot, fry to brown it as this adds flavour to your stock.
- Add 2l of cold water, bring to the boil then lower the heat and simmer for about an hour. Remove chicken and place to the side to cool a little.
- Add leeks and rice to the hot stock and simmer gently for 10 minutes.
- Pick off the chicken meat and set to the side.
- Once leeks and rice are cooked stir in the carrot and simmer for a further 5 minutes.
- Turn off the heat, stir in the shredded chicken and season to taste.
- Serve the soup in bowls garnished with chopped parsley.



# Salads



# Salad Building Bricks

What's the secret to a satisfying salad that will work well as a dinner or lunch? Try picking something from each column below so you have a balance of ingredients. The table below draws inspiration from Kirsten Gilmour's 'Mountain Café Cookbook'.

Carbs	Protein	Crunch	Softness	Sweetness	Zing!
Rice	Pine Nuts	Celery	Lettuce	Parsley	Coriander
Pasta	Almonds	Peppers	Spinach	Blueberries	Granny Smith Apple
Noodles	Walnuts	Radish	Goats Cheese	Peach	Red Onion
Couscous	Chicken	Peas (raw)	Cooked green beans	Pear	Spring Onion
Baby Potato	Ham	Sugar snaps	Cooked peas	Grapes	Rocket
Sweet Potato	Mackerel	Carrot	Avocado	Tomato	Mint Leaves
Refried Beans	Sardines	Cabbage	Cream cheese	Mango	Orange
Kidney/ black eyed/ cannellini beans	Tuna	Broccoli (raw)	Mozzarella	Melon	Strong Cheddar
	Boiled Egg	Cucumber	Olives	Pomegranate	Lemon
	Pumpkin Seeds	Baby corn	Roasted peppers	Sweetcorn	Sun dried tomatoes
	Flaxseed			Watermelon	
	Cooked Lentils				

Extras – mango chutney, stem ginger, honey and mustard dressing, balsamic, olive oil, ploughman's chutney, mayonnaise.

Rather than buying herbs repeatedly, grow some on a windowsill. You can grow from seed or re-pot a 'growing herb' into a bigger pot with more soil – then pick as you need. As a bonus they look and smell lovely.

# Savoury Cheese Scones (v)



Having some pitta breads or oatcakes around to accompany soup and salads can be lovely, if you want an extra treat, this recipe for savoury scones is easy and full of flavour.

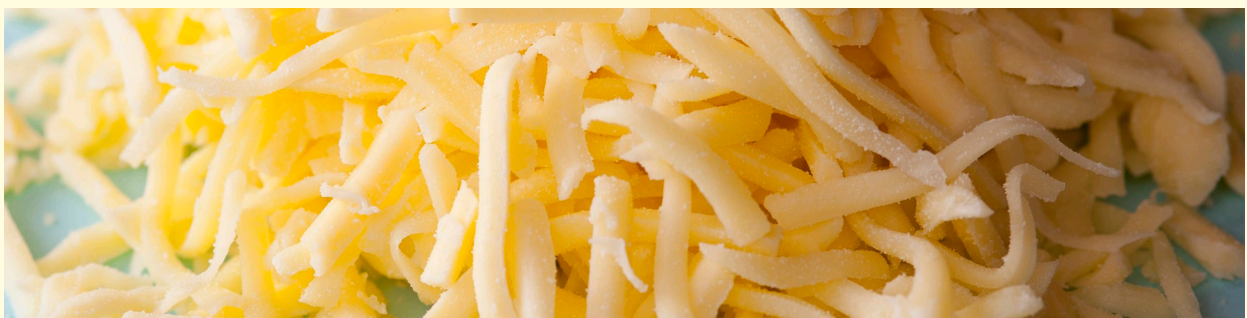
A perfect partner to soup, salad or delicious on its own. These will keep for 3 days and freeze well.

## Ingredients (serves 8)

- 225g self-raising flour, plus extra for dusting
- pinch of salt
- pinch of cayenne pepper
- 1 tsp baking powder
- 55g chilled butter, cut into cubes
- 120g mature cheddar, grated
- 90-100ml milk, plus 1 tbsp for glazing

## Method

- Heat the oven to 180°C.
- Sift the flour, salt, cayenne pepper and baking powder into a bowl.
- Add the butter to the bowl and combine with your fingertips to make breadcrumbs.
- Sprinkle 100g of the cheese into the breadcrumb mixture and rub together until evenly distributed. Try not to mix too much.
- Make a well in the centre of the mixture and pour in enough milk to give a fairly soft but firm dough. Add more if needed.
- Lightly flour a surface and roll out the dough to approximately 2cm thick. Cut out the scones with a medium cutter (or the rim of a glass dipped in flour), then put on a sheet of baking paper on a baking tray, glaze with a little milk and sprinkle with the remaining cheese.
- Bake in the oven for 15-20 mins or until golden brown and cooked through.



Grated cheddar adds flavour to scones



# Dinners

Most of the recipes in this section serve more than 1, so you can scale the amounts up or down. You could portion the food out and freeze or have leftovers for lunch.

If a recipe freezes well, you'll see this symbol.



# Stuffed Peppers (v)

## Ingredients (serves 4)

- 2 green bell peppers, 2 yellow bell peppers
- 4 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 1 clove(s) of garlic
- 200 g basmati rice, boiled
- 200 g canned tomatoes
- 100 g cheddar, grated
- To serve: 2 tablespoons parsley, finely chopped.



Bell peppers - full of flavour and colour

## Method

- Preheat the oven to 180°C fan.
- Rinse and cook the rice in some salted water.
- Cut the top off the peppers, about 1 cm below the stem.
- Remove the seeds and put the peppers in a baking pan.
- Brush them with half of the olive oil and season with salt and pepper.
- Heat the rest of the olive oil in a frying pan over medium heat.
- Finely chop the onion and the garlic.
- Sauté the onion and the garlic for 2-3 minutes, until they are slightly softened.
- Add the cooked rice and mix with a serving spoon.
- Add the tinned tomatoes, salt, and pepper. Mix and remove the pan from the heat.
- Divide the stuffing among the peppers, sprinkle with the grated cheddar.
- Bake in the oven for 15-20 minutes on a baking tray. Loosely cover the peppers with foil.
- Remove the foil and bake them for another 10 minutes.
- Remove the baking pan from the oven, sprinkle with the finely chopped parsley, and serve.

**SAVVY TIP** Chop up any leftover stuffed peppers, add salad leaves / tuna / cheese / hard-boiled egg if you like and there's lunch!

# Frittata (v)

## Ingredients (serves 1)

- 150-200g of mixed vegetables (see suggestions below)
- A teaspoon of oil for frying
- 2 large eggs
- 30g Cheese (optional)
- Herbs (optional)



Eggs are a good source of protein

## Method

- Gently sauté your chosen vegetables in a small frying pan for 3-4 minutes.
- Whisk your eggs with some salt, pepper and garlic granules (optional)
- Spread the filling evenly round the pan, pour over the eggs. Swirl the eggs round so they are evenly spread out. Sprinkle the cheese on top if using.
- At this point you can bake the frittata in the oven at 180 for 10-15 minutes or until it is set. Alternatively, cook at a low heat on the hob, as you would with an omelette.

This is a great dinner but also can be sliced up and eaten cold for lunch. It is also a great way to use up small amounts of leftovers – a single potato, some cooked veg...Just reduce the cooking time at the start to heat through any leftovers rather than over-cooking them.

## Filling suggestions:

- (v) Roasted red pepper (you can use a jar) and spinach with feta cheese.
- (v) Peas, spinach, spring onions and feta cheese.
- (v) Tomato, basil and mozzarella.
- (v) Courgette, pea, onion and cheddar.
- Sliced potato (you can use leftover potatoes or thinly slice and sauté uncooked potato), shredded ham, bacon bits or chicken and cheddar.

Basically, if you like it, try it as a filling...chances are it will be delicious.



# Stir Fries (v)

So easy to rustle up quickly and if you make a little extra, a perfect lunch for a food flask the next day. Here is a suggestion for a basic stir fry sauce. Vary the protein and vegetables and you'll never be bored...

Basics to have on your shopping list if stir fries are a regular for you include, dried noodles or rice, honey, soy sauce, sesame or peanut oil, chilli oil, garlic, chilli flakes.

The sauce is every bit as delicious as a shop-bought one, if you cook stir fries regularly you'll save by just having the ingredients of the sauce to hand and making your own. You can also adapt it to suit your own tastes and know what is going into it.

## Ingredients (serves 6)

This is a basic stir-fry sauce. You can keep it in a sealed jar in the fridge for up to a week, or freeze until needed.

- ½ cup (115ml) low-salt soy sauce
- ½ cup (115 ml) low-salt vegetable stock, or water
- 1 teaspoon sesame oil
- ½ tablespoon rice vinegar
- 2 cloves garlic, finely chopped / minced
- 1 – 2 teaspoon grated ginger
- 1 tablespoon sugar or honey\*, up to 2 tablespoons for a more sweet than sour sauce
- 1 tablespoon cornflour

Mix all the ingredients well and store in a sterile air tight container in the fridge for up to a week, or freeze.

# Vegetable Stir Fry (v)

A basic vegetable stir fry (vary quantities to suit)

## Ingredients

- A mix of vegetables, cut into evenly sized pieces
- Olive or vegetable oil
- Noodles or rice to serve, if you wish.

## Method

- In a wok or large frying pan add 1 tablespoon olive oil over medium high heat. Sauté your vegetables for 2--3 minutes until the vegetables are almost tender.
- Pour the sauce over the vegetables and cook until the sauce has thickened.
- Add chopped spring onions, coriander and sesame seeds if desired.
- Make it your way and add whatever you like to the mix, a useful rule of thumb is start with any meat, then crunchy harder vegetables, finishing up with the softer vegetables and sauce. Add nuts at the end.
- Protein: add in some chicken, pork, shrimp, beef or tofu. Small, finely sliced pieces work best.
- Some vegetables that work well include peppers, peas, carrots, mushrooms, broccoli, baby corn, water chestnuts, beansprouts, onion / spring onion, bok choy, spring greens, kale, asparagus, bean sprouts, celery, small courgettes, and cauliflower.
- Almonds and cashews are great to stir in as well.
- Add some heat with chilli flakes.



Quick and easy stir fry

# Quick Chicken Biryani

This is not a true biryani, which would be much more involved. It is a delicious and quick alternative when time is short but you want something tasty and warming.

## Ingredients (serves 4)

- 2 tbsp vegetable oil
- 1 large onion, chopped
- 4 chicken breasts or 6 chicken thigh fillets
- Juice of 1 lemon (approx. 3 tbsp)
- 2 tsp garam masala powder
- 1 tsp chilli powder
- ½ tsp cumin
- 1 tsp salt
- 300g basmati rice
- 1 garlic clove, crushed
- 2.5cm piece of fresh ginger, grated (1 heaped tbsp)
- 850ml hot chicken stock
- 3 tbsp chopped coriander to serve

## Method

- Cook the onion in the oil over a low heat for 10 mins until the onion has softened.
- Cut the chicken into bite sized pieces and mix with the lemon juice, garam masala, chilli powder, cumin and salt. Make sure it is coated.
- Rinse the rice in a sieve a few times in cold water, until the water runs clear.
- Add the garlic and ginger to the onion and cook for 2 minutes.
- Add the chicken and cook for 2 minutes, stirring continuously.
- Add the rice and hot stock, stir well and turn up the heat to bring to the boil.
- Cover with a tight-fitting lid, reduce the heat to medium and simmer for 5 minutes.
- Turn off the heat, leave the lid on for 10 minutes, let the rice finish cooking.
- Add the coriander and serve.

**SAVVY SWAPS** – For a vegetarian alternative, use whatever mix you like of peppers, peas, carrots, cauliflower, green beans, sweetcorn...



# Butter Bean and Tomato Stew (v)

## Ingredients (serves 4)

- 3 tbsp olive oil
- 2 carrots, diced
- 2 onions, sliced
- 6 large tomatoes, chopped and sprinkled with a little salt (or a tin of chopped tomatoes)
- 400g can butter beans, drained
- small bunch flat-leaf parsley, chopped
- harissa, to serve

## Method

- In a large pan, heat the oil and add the carrots and onion. Gently sweat, stirring, until soft but not coloured.
- Add tomatoes and slowly cook for 15 mins.
- Add the beans, reduce the heat to nearly nothing and warm through.
- Taste, season, then stir in the parsley.
- Serve with harissa if you wish.

Rice or a baked potato also go well with this hearty stew.



Butterbeans



Tomatoes

# Spiced Bombay Potatoes (v)

Serves 2 as a main course with lentil dhal, 4 as a side.

## Ingredients

- 6 medium potatoes peeled and cut into 2cm cubes
- 1½ tsp ground turmeric
- 2 tbsp vegetable oil
- 1 tbsp cumin seeds
- ½ -1 tsp chilli powder, according to taste
- ½ tsp sea salt
- 1 carton or tin of chopped tomatoes
- 2 tsp sugar
- a few coriander sprigs, to serve

## Method

- Bring the potatoes to the boil in a large pan of salted water and add 1/2 teaspoon of the turmeric. Parboil the potatoes for 5 minutes. Drain and leave to steam-dry in the colander.
- Heat the oil in a large frying pan on a medium- high heat. Add the cumin seeds and cook until they start to sizzle.
- Add the cooked potatoes, the rest of the turmeric, chilli powder and salt. Stir the potatoes into the spiced oil and fry until they start to crisp, stirring occasionally, about 5-10 minutes. Then add the tomatoes and sugar, and season well.
- Cook on a low heat for another 5-10 minutes until the potatoes are cooked through. If you like a dry dish, reduce the sauce by cooking for a few minutes longer. To make more of a sauce, add a splash of water to loosen the consistency.
- Season to taste and serve with the coriander to garnish.



Ground spices



# Red Lentil Dhal (v)

This delicious and healthy dhal freezes well for up to 3 months.

## Ingredients (serves 8)

- 1 tbsp olive oil
- 1 large onion, chopped small
- 5 cloves garlic, minced
- 1 tbsp fresh ginger, peeled and grated
- 1 tbsp garam masala
- 1 tsp ground turmeric
- 1/2 tsp red pepper chili flakes
- 270 g dried red lentils
- 1 tin chopped tomatoes
- 1 tin full fat coconut milk
- 750ml vegetable stock
- 1 tsp salt, or to taste
- half a lemon, juiced (or 2 tsp of lemon juice)
- 90 g baby spinach



Experiment with spices to taste

## Method

- In a large pot or pan over medium heat, sauté the chopped onion in the olive oil for 5 minutes, stirring frequently. Then add the garlic and ginger and cook 1 more minute, until fragrant.
- Add the garam masala, turmeric and red pepper flakes to the pan and stir into the onion mixture. Add a few tablespoons of water if the mixture is too dry.
- Now add the dried lentils, tinned tomatoes and their juices, coconut milk and vegetable stock to the pan. Stir well and turn the heat to high. Bring to a boil, then lower heat and simmer for about 15 minutes, until the lentils are cooked and soft. Stir occasionally.
- Squeeze the lemon juice into the pan and stir in the spinach.
- Add salt to taste.



# Baked Potatoes

These fillings all make one generous topping.

We probably all know the traditional and fabulous options, here are some other suggestions to stop you getting bored with the ultimate quick dinner or lunch. If the humble spud is not your thing, sweet potatoes are a great alternative and can be cooked in exactly the same way. Wrap in foil, bake in the oven at 160c for an hour or until the potatoes are fully cooked and soft.

## **Courgette, feta and nut**

Slice one small courgette, fry it gently with some garlic or garlic granules and a pinch of salt until charred round the edges and softened in the middle. Crumble in some feta and pine nuts or walnuts.

## **Mackerel, spring onion and cream cheese.**

Either tinned mackerel in a sauce or fresh smoked mackerel works well with this. Finely slice 1 or 2 spring onions, flake the mackerel and stir it with the onions. Add a dollop of cream cheese or crème fraîche on top if you wish.

## **Sour cream and chive / spring onion**

Simple and delicious, just chop up some chives or spring onions and mix with some sour cream or crème fraîche.

## **Tuna, tomato, chilli and onion**

Mix together a small tin of tuna, with a finely chopped salad tomato, a pinch of chilli flakes or dash of sweet chilli sauce and a spring onion or ¼ of an onion.

## **Coronation Chickpeas (makes enough for 2 generous servings, or use leftovers as a sandwich filler or in a salad)**

Drain and dry a 400g tin of chickpeas. Mix together 4 tbsp of mayonnaise, a heaped tsp of mango chutney, 2 tbsp of curry powder, season with salt and pepper to taste. Stir through the chickpeas, a small handful of raisins, ½ a small onion and a dash of lemon juice.

**SAVVY TIP** Don't forget the endless potential of leftovers as toppings: bolognaise, chilli, stews...

# Cheats' Pizza and Treat Pizza

For a very quick lunch or dinner, use a pitta bread, or wrap to make a cheat pizza. Just put a spoonful of tomato sauce on a pitta or wrap, top with some grated cheese and whatever toppings you like.

For a real treat, make your own pizza dough. The recipe below makes enough for 6 large pizzas.

## Ingredients

- 1kg strong white bread flour
- 1 tsp salt
- 14g (2 sachets) of easy bake yeast
- 4 tbsp olive oil
- 1tbsp caster sugar
- 650ml warm (about 45c water)



Pizza - a classic to suit all tastes

## Method

- Use a large mixing bowl. Put the flour and salt into a bowl and mix.
- Pour 350ml of boiling water in a jug and top up with 300ml of cold water.
- Add the olive oil and sugar, then add the yeast. Wait a few minutes until the yeast starts to form bubbles and foams.
- Make a well in the middle of the flour, a little at a time, add the liquid and mix together until all the flour is incorporated. Use your hands at the end.
- Tip the mix onto a floured surface or chopping board, knead it for a couple of minutes.
- Put the dough back into the bowl, cover it with a clean, damp tea towel and leave it in a warm place to rise for an hour or until it is doubled in size.
- Tip the dough back onto a floured surface again and punch it to knock the air out of it, knead it until it is smooth and springy.
- Separate the dough into sections. If you aren't cooking for a big group you can freeze it in small amounts until you need it.
- Roll out to make the base of a size and thickness that you like, top with 'does it all tomato sauce' or some tomato puree mixed with some olive oil. Top with whatever toppings you like and bake in a hot oven for 10-12 minutes. See [page 36](#) and [page 37](#).

# Batch Cook and Freeze



These basics are very budget-friendly when compared to jars of ready-made (and highly processed) sauces; batch cook and freeze if you can so you'll have something nutritious and quick when you need it.

This section has a bit of a layering theme, first comes the soffritto which is a versatile vegetable base that can be used in numerous dishes to add flavour.

Then, comes the 'does it all tomato sauce' which you can use in chillis, pasta sauces on its own or as part of a bolognese or as a pizza topping.

Thirdly, comes the savoury mince which you can make vegetarian by using meat free mince. You can have the savoury mince as a meal in its own right, or add tomato to make a bolognese or beans, spices and tomato to make a chilli.

If you make and portion the savoury mince and freeze it, it's very easy to adapt it to whatever you fancy making.



Recipes with this symbol can be frozen





# Soffritto (v)

This tasty mix of vegetables isn't a meal on its own but is an essential for so many mediterranean dishes and can be used as a base for all kinds of soups, pasta sauces and risotto. The portions are approximate as it really depends on what you are using it for.

Use wherever a dish could do with some flavour. You can freeze it if you cook a large amount and defrost when you are adding it to other dishes. Change the quantities as needed.

Makes enough for 6 portions of savoury mince/bolognaise/chilli - see recipe ideas on [pages 38-40](#).

## Ingredients

- 1 medium onion
- 2 carrots
- 1 stick of celery
- A splash of olive oil
- Garlic (optional) adds a delicious flavour but can burn easily so add it to the rest of the ingredients when the soffritto is nearly done.
- Herbs such as fresh or dried rosemary, bay leaves, sage, oregano or thyme (optional)

## Method

- Chop the vegetables finely, try to make them an even size.
- Sauté gently for 5-10 minutes, adding in herbs if you wish. Cook until the onion is translucent, and the vegetables caramelised.
- If using minced garlic, add it towards the end. If you don't have fresh garlic, garlic granules will work well.

That's it! You can use this as a base for a tomato sauce, bolognaise sauce, risotto, a stew, soups...



Soffritto - so many uses

## Does-it-all Tomato Sauce (v)



Use the soffritto recipe on the previous page as a base, and add 500ml of passata, simmer for about 20 minutes until the sauce has thickened a little.

Add salt, sugar and pepper to taste if you wish.

You have a tomato sugo that can be used as pasta sauce on its own, as a pizza topping (for these maybe add a little more olive oil when using). Alternatively, add the tomato sauce to mince to make bolognaise or chilli.

This will keep in the fridge for 4 days and in the freezer for 3 months.



Tomatoes make a wonderful multi-purpose sauce



# Savoury Mince

## Ingredients (serves 6)

- 1 large onion, finely diced
- 2 carrots, finely diced
- 1 stick of celery
- Salt, pepper, oregano and 2 bay leaves
- *Note: the items above can be replaced with frozen soffritto (page 36)*
- 100 g frozen peas (optional)
- 500g lean beef mince (use meat-free mince to make this vegetarian)
- A dash of Worcestershire sauce
- 500ml beef stock (1/2 stock cube)

**SAVVY TIP** If you want to bulk this up to serve 6, add 300g chopped mushrooms when browning the mince. You may want to add a bit more stock or water.

## Method

- Gently fry the oil, onions, celery, garlic, oregano, salt and pepper until the onions are translucent.
- Add and brown the mince (and mushrooms if using).
- Add the stock, Worcestershire sauce, chopped carrots and peas (if using) and bay leaves and simmer for 20 minutes until the mince and stock have thickened.

If using frozen soffritto, allow to defrost at room temperature before adding mince.

Delicious and comforting with mashed or boiled potatoes. Also makes a warming lunch if it happens to be one of those Aberdeen winter days where no number of jumpers warm you up!



Bay leaves



# Chilli con Carne



## Ingredients/ Method (serves 6)

- Make the savoury mince ([see previous recipe](#)).
- Add a 500ml carton of tomato passata and a tablespoon of tomato puree.
- Add a tin of kidney beans or mixed beans (drained and rinsed)
- Add a teaspoon of chilli powder and a teaspoon of cumin.
- Add a splash of orange juice or the juice of a lime (optional)
- Simmer for 15 minutes.

SAVVY TIP – use dried beans, these are much cheaper than tinned. Just soak them overnight in cold water before cooking. You may need to cook them for a little longer and add some more water, but the taste and cost saving is worth it!



Kidney beans - a chilli basic



# Bolognaise Sauce

Not the most authentic bolognaise, but this is about savvy cooking, so we use shortcuts!

## Ingredients/Method 1

(serves 6-8 depending on how much sauce you like with your pasta)

- Make the savoury mince ([see previous recipe](#)).
- Add a 500ml carton of tomato passata and a tablespoon of tomato puree.
- Add a little sugar to taste.
- To 'soften' the flavours a bit, you can add a splash of milk at the end.

## Ingredients/Method 2

- Brown 500g of mince or a meat free alternative.
- Add the 'does it all tomato sauce' ([p37](#))
- Simmer for 15 minutes.



Spaghetti Bolognaise



# Cheat's Lasagne

This is categorically not an authentic lasagne, but is full of flavour, ready quickly and saves on multiple pots and sauces. So, an easy dinner and tastes better the next day (second day lasagne is NOT a myth).

This recipe makes one large tray of lasagne, alternatively, make 2 smaller trays and freeze for another day. Defrost thoroughly before cooking.

## Ingredients (serves 6)

- Use a bolognaise sauce recipe ([p40](#)).
- For an easy, no-cook, alternative to a traditional bechamel sauce: mix 450g creme fraiche, 3 tablespoons milk, 250g grated parmesan
- 500g sheets of dried lasagne (depending on your tray size)
- 2 chopped fresh salad tomatoes (optional)

## Method

- Preheat the oven to 200°C (fan).
- Spoon one half of the bolognaise on the bottom of a baking dish and lay lasagne sheets on top. Add the remaining bolognaise on top and lay over more lasagne sheets. If you want to, add some chopped up fresh tomatoes to each layer and on the top.
- In a small bowl mix together the creme fraiche, milk and 150g of Parmesan and spread on top of the lasagne. Sprinkle with the remaining Parmesan.
- Bake at 200 °C. for 20 minutes.





# Vegetarian Lasagne (v)

## Ingredients/ Method 1 (serves 6)

Use the bolognaise sauce recipe, swapping beef mince for meat free mince and follow Cheat's Lasagne recipe above.

## Ingredients/ Method 2

- 500g frozen mixed vegetables
- 2 courgettes or 300g of mushrooms cut into small cubes
- 400g of 'does it all' tomato sauce ([p37](#)) or passata
- 500g lasagne sheets
- 300g frozen spinach (defrosted in a sieve)
- 1 knob butter
- 100g grated Cheddar
- 100g grated mozzarella
- 450g (half fat) crème fraîche

## Method

- Preheat the oven to 180°C.
- Put the veg, tomato sauce and some seasoning in a pan and bring to the boil. Simmer for 5 mins, stirring occasionally, or until the vegetables are tender.
- Meanwhile, soak the lasagne sheets in a bowl of boiling water for 5 mins.
- Put the defrosted spinach in a bowl, stir in the butter, half the cheese and half the crème fraîche.
- Layer the vegetable / tomato mix and spinach, top with lasagne sheets, repeat. Finish with the remaining crème fraîche and the rest of the cheese.
- Bake for 20-25 mins or until brown and bubbling



# Vegetable and Bean Chilli

## Ingredients (serves 8)

- 2 tbsp vegetable oil
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 2 onions, finely chopped
- 2 tsp dried mixed herbs
- 2 garlic cloves, crushed or finely grated
- 1 red pepper, sliced
- 1 green pepper, sliced
- 2-3 tsp chilli powder (depending on how hot you like it)
- 2 tsp sweet smoked paprika
- 2 tbsp tomato purée
- 400g can red kidney beans, drained
- 400g can black beans, drained
- 2 x 400g cans chopped tomatoes
- 400ml vegetable stock
- cooked rice, grated cheddar and soured cream, to serve

## Method

- Heat the oil in a large saucepan over a low-medium heat and fry the carrots, celery, onions and mixed herbs for 10-12 mins, stirring occasionally until the veg is soft but not golden. You may need to add a splash of water if it starts to stick. (Alternatively, if you have a couple of portions of soffritto frozen, you can defrost and use this instead).
- Stir in the garlic and both peppers, and cook for a further 5 mins until the peppers begin to soften.
- Sprinkle in the chilli powder and paprika, turn up the heat to medium, then stir and cook for 1 min.
- Mix in the tomato purée and cook for a further 1 min, then pour in all of the beans, the tomatoes and stock.
- Stir well, bring to the boil, then reduce the heat to a simmer. Cook for 25-35 mins until the beans are tender and the sauce has thickened.
- Serve with rice, grated cheddar and soured cream, if you like. Pitta bread is another great accompaniment.



# Sausage and Chickpea Stew

This can be made with pork sausages, meat-free sausages or chorizo if you like a bit of heat.

## Ingredients (serves 4)

- 6 sausages or meat-free sausages, cut into chunks
- 2 tins of chickpeas
- 1 tsp vegetable or olive oil
- 2 onions, sliced
- 2 garlic cloves, crushed
- 1 tsp mixed herbs
- 1 tin of chopped tomatoes
- 200ml chicken stock (1/4 of a cube)
- 200g of spinach or other greens, chopped.
- 1 tsp lemon juice to serve

## Method

- Heat the oil in the pan, fry the sausages over a high heat, turning occasionally to make sure they are browned all over. Put them to the side.
- Turn the heat down to medium and fry the onions until soft and light brown (about 8 minutes)
- Add the garlic and herbs, lower the heat and cook for 2 minutes.
- Add the sausages, chopped tomatoes, chickpeas and chicken stock. Simmer for 15 minutes. The sauce should have reduced and thickened a little.
- Put the spinach or greens in a colander and pour over boiling water, squeeze out excess water and add to the casserole.
- Add a squeeze of lemon and a drizzle of olive oil if you wish.



A warming stew



# Snacks & Treats



Most of us want a treat every now and again, but buying cakes and snacks is an expensive business – so have a go at making your own and freeze them (if you don't eat them all immediately). You will have delicious snacks for a fraction of the price of buying them and the satisfaction of smelling them baking.

## Sticky Fruity Flapjacks (v)

These delicious flapjacks will keep for a week in an airtight container or can be frozen for up to 3 months.

### Ingredients (9 large flapjacks)

- 200g light brown sugar
- 250g butter
- 5 tablespoons golden syrup / honey
- 100g chopped dates (or other fruit if you prefer, e.g., apricots)
- 350g porridge oats

### Method

- Line a 9in x 9in baking tray with baking paper.
- Preheat the oven to 160°C
- In a pot, melt the butter, sugar, and syrup/ honey together.
- Take the pan off the heat and stir in the rolled oats and dates.
- Press the mixture into the prepared tin and bake for 20-25 minutes until golden but still soft. The flapjacks should still look soft when you take them out of the oven. They will firm up on cooling.
- Score the top of the flapjacks with a sharp knife, then leave them to cool in the tin for at an hour before cutting into bars.



# Apple Muffins

## Ingredients (makes 12)

- 300g plain flour
- 2 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 200ml whole milk
- 60g full-fat yoghurt
- 60ml vegetable oil
- 100g light soft brown sugar
- 2 eggs
- 2 large eating apples, finely diced
- 50g porridge oats



An apple a day....

## Method

- Preheat the oven to 160°C. Line a muffin tray or fairy cake tins with paper cases.
- Put the flour into a bowl with the baking powder, bicarbonate of soda and spices, then whisk thoroughly to combine.
- Put the milk, yoghurt, oil, sugar and eggs in a separate, larger bowl and whisk to combine. Add the flour mixture and most of the apples and oats to the wet ingredients, stirring briefly to combine. Don't over stir.
- Divide the mixture between the cases. Sprinkle over the remaining apple and oats.
- Bake for 20–25 minutes until well risen, golden brown and firm to the touch. Place them on a rack to cool.

# Banana and Choc-Chip Muffins (v)



These are very moreish and freeze brilliantly. They are also the perfect way to use up brown / black bananas, the more ripe, the better.

## Ingredients

- 100g butter (softened)
- 2 eggs
- 175g caster sugar
- 225g self-raising flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 3 tbsp milk
- 2 very ripe bananas
- 100g dark chocolate chips

## Method

- Preheat the oven to 160°C and line a 12 hole muffin tin with paper cases.
- Mash the bananas until they are pulpy with no large lumps.
- Place all of the ingredients in a mixing bowl and beat until smooth.
- Spoon the mixture evenly into the paper cases and bake for 25 minutes or until a skewer comes out clean and the muffins are golden brown in colour.
- Remove from the oven and cool on a rack.



Tasty muffins



# Sponge Cupcakes (v)

A really simple sponge and an easy recipe to remember (if you use 'old money' measurements!). However many eggs you use, double the number in ounces for the butter, flour and sugar.

This will make 12 cupcakes.

## Ingredients

- 3 eggs
- 6 oz butter / baking spread
- 6oz caster sugar
- 6oz self-raising flour
- A tablespoon of boiled water
- 1 tsp of baking powder
- 1 tsp vanilla essence (optional)

## Method

- Pre-heat the oven to 160C.
- Put all the ingredients in a large mixing bowl.
- Whisk the ingredients together until they are pale and fluffy.
- Spread evenly between 12 cupcake cases.
- Bake for 25 minutes until a skewer comes out clear.

## Adaptations

- Chocolate Cake: Add 3 oz of hot chocolate powder
- Lemon Drizzle Cake: Grate the zest of 2 lemons and add to the sponge mix. You can make it lemon drizzle by dissolving 2 heaped tablespoons of sugar in a little boiling water, mix in the juice of one lemon. Use a cocktail stick to make tiny holes in each cake, drizzle over the lemon/ sugar mix while the cakes are still warm.



Cupcakes - a favourite sweet treat





# Chocolate Brownies

## Ingredients (makes 9)

- 3 eggs
- 225 g caster sugar
- 225g butter
- 225g dark chocolate
- 60g plain flour
- 45g cocoa powder

## Method

- Preheat the oven to 160°C. Line a 9x9 inch metal baking pan with non-stick baking paper.
- Melt the butter and the chocolate together in a bowl set over a simmering pan of water or in the microwave on medium setting, in 30-second intervals. Be sure to stir between each interval. Allow to cool.
- While the chocolate and butter are melting, place the eggs and sugar in a mixing bowl and use an electric hand mixer. Whisk until fluffy and pale in colour.
- Once the chocolate and butter are melted and the eggs are whisked, gently pour the chocolate mixture into the eggs. Gently fold the mixtures together.
- Once the chocolate is incorporated, sieve the cocoa powder and flour into the chocolate mixture and fold in until just combined, don't over stir. Pour the brownie batter into the prepared baking tin and bake in the preheated oven for about 15-17 minutes.
- Once the brownies are baked, the top will be shiny and crackly and will appear set. Remove the brownies from the oven and leave them to cool in the tin for at least 1 hour before slicing them into squares.

# The Savvy Student Cookery Club

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Savvy Students

Happy cooking!

Mhairi Freeman &  
The Savvy Student Cookery Club