

Cooking on a budget

Recipes and tips



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Brighton & Hove
FOOD
Partnership

**COMMUNITY
KITCHEN**



Fantastic fishcakes to fill your freezer with

Fishcakes

– Serves 2 as part of
a main meal

INGREDIENTS

- 200g potatoes
- Small tin / 200g of salmon, mackerel or tuna
- Salt and pepper
- Lemon juice (optional)
- Chopped parsley (optional)
- 2 tablespoons plain flour
- 1 egg
- A few drops of water
- A handful of breadcrumbs
- Vegetable oil – for frying

METHOD

- 1.** Boil the potatoes until they are tender, drain and let them cool down a bit. Mash with a fork.
- 2.** Drain the tinned fish, remove any bones or skin and mash up with a fork. Mix the potatoes and fish together. Season with salt and pepper.
- 3.** Add a squeeze of lemon juice and some chopped parsley at this stage, if you like, then, if you have time, let the mixture cool down in the fridge for about 15 minutes.

4. Mix the flour and some salt and pepper in a shallow bowl or plate.

5. Break the egg into a shallow bowl or plate, add the water, salt and pepper and beat with a fork.

6. Put the breadcrumbs into a shallow bowl or plate.

7. With wet hands, form the fish mixture into round cakes or logs. First coat them with the seasoned flour. Then dip in the egg mixture to coat all over. Finally place in the breadcrumbs, turning them around so that the entire surface is covered.

8. Heat some oil in a frying pan. (It needs to be hot – the fishcakes should sizzle when they land in the pan.) Turn the heat down to medium and fry the fishcakes until golden brown on both sides. Take them out of the pan and drain them on kitchen paper. Serve with green veggies.

Tip: Breadcrumbs are a great way to use up stale bread. Use a handheld blender (or food processor) to blitz pieces of stale bread into crumbs. You can make up a larger batch and keep in a bag in the freezer until you need them.

Carrot soup – No blender? No problem!



Carrot and Lentil Soup

– Serves 6

INGREDIENTS

- 1 tbsp olive or veg oil
- 700g carrots, chopped
- 2 medium onions, chopped
- 3cm ginger, peeled and chopped
- 4 cloves garlic
- 100g red lentils
- 700ml vegetable stock
- Salt and pepper

Added extras: 2 tablespoons chopped coriander

METHOD

- 1.** Heat the oil in a large saucepan. Fry the garlic, onions, ginger and carrots for 5 minutes.
- 2.** Add the red lentils and stir.
- 3.** Dissolve the stock cubes or bouillon powder in the water and pour into the pan. Bring to the boil. Stir, turn the heat low, and cover the pan. Simmer for 25 minutes, or until the vegetables and lentils are soft.

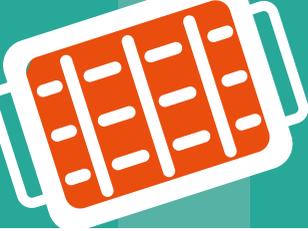
4. Remove the pan from the heat, add the chopped coriander and blend the soup using a liquidiser or stick blender. Use a potato masher if you don't have a hand blender or liquidiser.

5. Taste, add seasoning if necessary, and serve.

Tips:

- For a more chunky texture, leave some of the soup un-processed.
- Make a large batch of this soup and freeze in portions. Be sure to heat through thoroughly before eating.





Homemade snacks that everyone will love

Cheesy Carrot Squares

— For snacks

INGREDIENTS

- Drizzle of olive or veg oil
- 1 onion, finely chopped
- 175g grated carrot (approx 2 medium carrots)
- 150g oats
- 150g grated cheddar cheese
- 1 egg
- 1 teaspoon marmite or soy sauce
- 1 tablespoon tomato puree

Added extras: 1 tablespoon sesame seeds, a pinch of black or chilli pepper, 1 clove chopped garlic, fresh or dried chopped herbs or peppers

METHOD

- 1.** Pre-heat oven to 170°C/325°F/Gas 3.
- 2.** Line an oven tray with baking paper, or brush with oil.
- 3.** Fry onions and garlic in oil over low heat until soft.
- 4.** Mix cheese, carrots and oats then add the onions.

- 5.** Beat egg with marmite/soy sauce and tomato puree, and mix well with the oats mixture.
- 6.** Press into the baking tray and sprinkle with sesame seeds, if using.
- 7.** Bake for 20-30 minutes, until browned.
- 8.** Cut into squares. Good hot or cold!

Tips:

- The squares will last 3 days in an airtight container.
- Perfect for lunchboxes or as mid morning/afternoon snacks.



Jack Monroe's Peach and Chickpea Curry

— Serves 3-4

INGREDIENTS

- 1 can chickpeas
- 1 onion
- 1 clove garlic
- 1 deseeded chilli
or ½ tsp chilli powder
- 1 tbsp veg oil
- 1 heaped tsp ground cumin
- 1 x 400g tin peaches in juice,
not syrup
- 1 x 400g tin chopped tomatoes
- Handful chopped coriander
or 1 tsp dried
- 1 stock cube, either veg or chicken

Added extras: If you don't have cumin or chilli powder, you can replace these with curry powder.

METHOD

- 1.** Drain and rinse the chickpeas.
- 2.** Finely chop the onion, garlic and chilli.
- 3.** Pour a little oil into a medium pan, and add the onion, garlic and chilli. Fry over a medium heat for 5 minutes until softened.

4. Add the cumin powder, stir well and cook gently on a low heat for a few more minutes.

5. Drain the peaches, adding the juice to the onion mixture in the pan.

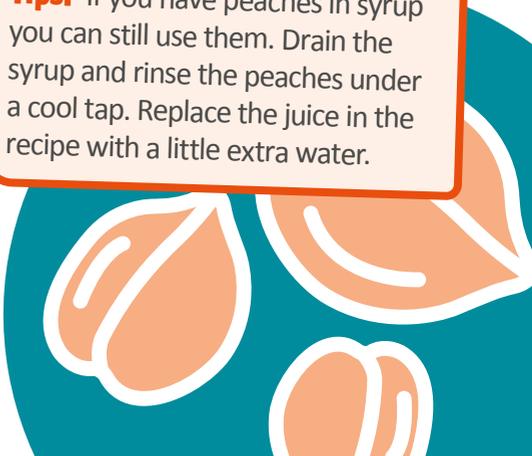
6. Chop the peaches into small pieces and add to the pan, then add the chickpeas.

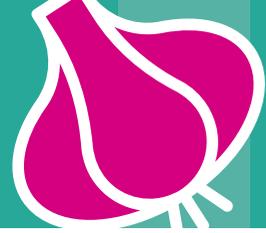
7. Pour the chopped tomatoes in, add the coriander, and crumble over the stock cube, then stir everything together.

8. Reduce the heat to a low setting and cook gently for 30 minutes (you may need to add a cup of water if it starts to get a bit thick.)

9. Stir well and serve with boiled rice, cous cous or naan breads.

Tips: If you have peaches in syrup you can still use them. Drain the syrup and rinse the peaches under a cool tap. Replace the juice in the recipe with a little extra water.





Not to be missed – a Food Partnership all-time favourite

Roast Veg and Tomato Sauce

– Serves 3-4 when served with pasta, rice or bread

INGREDIENTS

- 2 peppers
- 2 courgettes
- 1 aubergine
- 6 cherry or 3 salad tomatoes
- 2 cloves garlic
- 2 tablespoons olive oil
- Salt and black pepper
- 1 tsp chilli flakes or dried herbs (optional)
- 1 clove of garlic
- Pinch dried oregano
- 1 tin tomatoes
- ½ tsp red wine vinegar

Added extras: If you don't have aubergine you can use extra courgette or peppers.

METHOD

- 1.** Pre-heat the oven to Gas 6 or 200°C/400°F. Get a big oven tray – big enough that all the veg will be in a single layer. Cut the peppers in half and remove the stalk, seeds and white ribs from inside and cut into chunks. Top and tail the courgettes and slice. Cut the stalk off the aubergine and cut into chunks. Cut the tomatoes in half if using cherry, or quarters if using salad. Peel and roughly crush the garlic cloves. Place all the chopped veg onto the oven tray.
- 2.** Pour the oil over the vegetables and add the salt and pepper. Stir the tray until all the vegetables are coated with the oil. Place in the hot oven and bake until they have softened and started to brown – stirring occasionally – make sure to scrape any burnt bits because they are always the tastiest. They taste delicious quite shrivelled up which takes about 30 minutes – you can take them out earlier if you like.
- 3.** While the vegetables are roasting make the tomato sauce. Peel and finely slice the garlic. Place a large pan on a medium heat, add a dessert spoon (or so) of oil followed by the garlic and oregano.



So easy and
so yummy!



Mackerel pâté – For snacks

INGREDIENTS

- 250g smoked mackerel fillets
- 125g cream cheese
- 150ml Greek yoghurt or sour cream
- Juice of half a lemon
- 1 tablespoon horseradish sauce (optional)
- Black pepper and salt

METHOD

1. Remove all the skin and bones from the fillets.
2. Place the mackerel in a bowl and mash with a fork.
3. Add the yoghurt or sour cream, soft cheese, lemon juice, horseradish (if using) and pepper. Mix thoroughly and serve.

- Tips:** – Serve with hot toast, crackers, in sandwiches or rolls.
– Lasts well for 5 days covered in the fridge.
– Supermarket own brand cream cheese is cheaper.
– Add some chopped spring onion or chives to enhance the flavours.



4. Add the tin of tomatoes. Season with salt and pepper. Simmer over a low heat for about 30 minutes or until the sauce has thickened.
5. When the sauce is ready add a splash of red wine vinegar.
6. Mix the roast vegetables and tomato sauce together then serve.

Tips:

- This sauce tastes wonderful on its own, with bread, with pasta, with rice, in lasagne, baked with eggs etc.



Try this meat-free version of a classic

Vegetarian Chilli

– Serves 3-4 when served with rice or flatbreads

INGREDIENTS

- 1 onion, peeled and chopped
- 2 tablespoons olive or veg oil
- 2 cloves garlic, peeled and finely chopped
- 1 green chilli pepper, deseeded and finely chopped (or ½ tsp chilli powder, if preferred)
- 1 bay leaf
- ¼ tsp dried oregano
- 1 tsp ground cumin
- 1 tsp ground coriander
- 225g red lentils
- 1/2pt veg stock
- 400g tin chopped tomatoes
- 400g tin red kidney beans, drained
- 1 tablespoon tomato puree
- Large pinch of sugar (optional)
- Black pepper and salt

METHOD

- 1.** Heat the oil in a saucepan and add the onion. Using a wooden spoon, stir and fry over a low heat for 8 minutes till the onion is soft but not brown.
- 2.** Add the garlic and chilli pepper. Stir and fry for another 2 minutes.
- 3.** Stir in the spices and the bay leaf.
- 4.** Add the lentils and fry them with the onions for a couple of minutes, stirring until they are coated with the spices.
- 5.** Add the puree, tinned tomatoes, kidney beans, pinch of sugar if using, and stock, mix well and bring back up to the boil.
- 6.** Turn the heat low, cover the pan and let it simmer for at least half an hour. Check during this time – if it seems too dry add a little vegetable stock or water.
- 7.** Once lentils are soft, taste, season and serve.





Tips:

– There is no need to soak red lentils, however, if you wish to speed up the cooking time you can cover them with boiling water and leave them for 10 minutes before you start cooking. Be sure to drain them before you use them.

– Squeezing a lentil between your finger and thumb is good way to test if it is cooked. If it squishes easily and is soft, it is ready.

– Be sure to wash hands thoroughly after preparing fresh chilli – be careful not to touch your eyes or any sensitive areas after handling them.

– Make a larger batch of this recipe and freeze in portion sizes.

– If you don't have kidney beans you can use other tinned beans such as cannellini.

Check before you chuck



☠ USE BY DATE

- Don't use any food or drink after the end of the "use by" date on the label, even if it looks and smells fine. You could put your health at risk.
- Follow storage and cooking instructions e.g. refrigerate, do not cook from frozen, eat with 2 days of opening.
- **Typical foods with use by dates:** Things that go off quickly – meat, fresh fish, dairy. **Past the use by date? THROW IT AWAY!**

😊 BEST BEFORE DATE

- You can use food after the best before date. It doesn't mean that it is harmful. It might just lose some flavour or texture.
- **Typical foods with best before dates:** tinned, frozen and dried goods like pasta, breakfast cereals, flour and lentils.
- **Past the best before date?** Use your judgement. If it looks and smells fine you'll probably be OK to use it. The longer its shelf life, the longer it's likely to last after the best before date.



Try this for the ultimate comfort food

Macaroni Cheese – Serves 3 when served with a side salad or steamed greens

INGREDIENTS

- 200g macaroni
- 40g butter or spread
- 40g plain flour
- 700ml milk
- 160g grated cheddar
- 1 tsp English mustard or mustard powder, optional
- Dried herbs, salt and pepper to taste

METHOD

1. Heat oven to 180°C.
2. Cook the pasta in boiling water until just soft but still with a little bite (al dente). This will take between 8-10 minutes. Drain pasta and put to one side.
3. On a medium heat melt the butter in a pot and stir in the flour until it is a paste. Slowly add milk to the paste a little at a time and stir until the lumps are cooked out. Use a wooden spoon or whisk, being careful not to burn the bottom.
4. Repeat this process until all the milk is used up. The sauce should have a smooth consistency that sticks to the back of a spoon.
5. Remove from heat and stir in the mustard, if using, and $\frac{3}{4}$ of the cheese.
6. Add the pasta and stir, then place in a baking tray or dish. Sprinkle the top with the remaining cheese and bake for 15-20 minutes until golden brown.



Tips:

- Stir through steamed leeks or chopped spring onion for extra flavour.
- The cheese sauce can also be used for cauliflower cheese or lasagne.
- If you don't have macaroni pasta, you can use a different shape, such as penne, for a cheesy pasta bake style dish.

Use up those last few bits of veg



Vegetable Omelette – Serves 2-3 as part of a main meal or picnic

INGREDIENTS

- 225g potatoes, scrubbed or peeled
- 1 onion
- 1 tbsp vegetable (or olive) oil
- Selection of vegetables: e.g. celery, courgette, broad beans, broccoli, mushrooms, spinach, cooked carrots or squash, peas, green beans, etc.
- 60g cheddar cheese, grated (optional)
- 4 free range eggs
- 2 tablespoons water or milk
- Salt and pepper
- 1 tablespoon chopped parsley or basil (optional)
- 1 teaspoon butter or spread
- 1 teaspoon olive oil

METHOD

- 1.** Boil the potatoes in water until they are tender – about 10 minutes. Drain them and cut into chunks or slices.
- 2.** Meanwhile, peel and slice the onion. Heat the oil in a large non-stick frying pan and fry the onions over a low heat for 8 minutes.
- 3.** Slice veg and add to the pan. Stir and fry for 5-10 minutes until slightly soft.

4. Add the cooked potatoes and fry for another couple of minutes – don't let them get too brown.

5. In a bowl, beat the eggs with the milk or water, a little salt and pepper, and tip in the contents of the frying pan. Add the chopped herbs. Add half the cheese – if you're using it. Mix well.

6. Heat a little more oil and butter in the pan until it starts to foam. Tip in the egg and veg mixture.

7. Put the grill on high to pre-heat it.

8. Cook over a low heat for about 10 minutes; as the egg sets around the edge, tilt the pan to allow the liquid egg to flow underneath.

9. Sprinkle remaining cheese over the top and place the pan under a pre-heated grill for a few minutes, until the cheese bubbles and turns brown.

10. Loosen around the edges and turn out onto a plate or serve directly from the pan. Cut into wedges and serve warm with crusty bread, baked beans or salad.

Tips: Use whatever veg you have but avoid those with high water content such as tomatoes and cucumber. Pre-cook harder veg such as carrots and parsnips.

Further ideas...

Cooking on a Bootstrap

Recipes and tips for thrifty chefs from Jack Monroe.

Visit www.cookingonabootstrap.com



Other support...

Local Discretionary Grant

Apply for vouchers for supermarket food or to purchase white goods as well as other help (e.g. with fuel bills). Available to people facing an emergency or who need help living independently. Applicants must be on a low income, or on means-tested benefits or tax credits (or have applied for these).

Tel. **01273 293117** Visit <https://brighton-gwa.egovhub.net/Gwa/launch>

Money advice

Contact Money Advice Plus for financial advice and food bank referrals.

Tel. **01273 664 000** Visit www.moneyadviceplus.org.uk

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Brighton & Hove Food Partnership

Helping people learn to cook, eat a healthy diet, grow their own food and waste less food. Visit their website or call for further advice on low-cost cookery courses, where to access low-cost food and how to eat well on a budget.

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