

Student Survival guide

Eating well on a Budget

just a pinch...

Read the recipe first. Wash your hands. Grab your pots and pans, a good chopping board and your kitchen knife and prepare your ingredients...

...but first, here are a few Ground Rules.

- **KISS (keep it simple stupid)** Practice on simple recipes and you can get braver and more complex once you have mastered a few basics.
- **Nothing is weighed**, you need approximately a handful or a fist sized lump of each ingredient, other than seasoning which is usually a pinch between thumb and forefinger or measured in teaspoons (ie for vegetable stock powder).
- **It's good to have a meat-free day** or two, as part of a balanced diet ... and it saves money
- **If you add left overs** to any dish, you will have to make sure the dish reaches 85°C, so do let it boil, to ensure food safety.
- **Buy or pick just what you need** for the next meal or two.
- **Avoid BOGOF offers** that encourage you to spend more than you need, on more than you can eat.
- **Try a veg box** from your local organic delivery or some supermarkets now sell wonky veg at much lower prices.
- **Think about your meat**; cheap chicken isn't great – spend a little bit more ... or buy simple game produce from a local estate or butcher. With a small amount of meat, you are only a jar of curry mix away from a pheasant curry; a venison stew can be made simply by searing meat adding onion and simmering in sauce and a cut of rabbit can be cooked gently in your own tomato and lentil sauce.
- **All your meat dishes** will benefit from browning the meat at the start of cooking and allowing the meat to rest at the end of cooking time, even if it's just for 5 to 10 minutes. This allows the fibres to relax for a better texture and mouth feel in your dish.



Check out the simple recipe ideas overleaf or experiment with simple recipes sourced online to become master of your own kitchen.

You can find some inspiration at: scotlandsnaturallarder.org



keep it simple stupid!



Connect with us to find further recipes, events and more:

www.scotlandsnaturallarder.org

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SIMPLE SOUP: chop ½ an onion, 1 stick of celery, 1 carrot in a pan with a tablespoon of oil and heat slowly, shaking or stirring them (enjoy the smell!). Chop your veg small as you can and roughly the same size, so they cook quickly and at the same rate. Onions take about 10 minutes to soften then add the carrots and celery. Add a teaspoon of vegetable bullion powder or ½ a stock cube and about 500ml water and heat it up.

During cooking, you can add any seasonal vegetables, a strip of lemon or

orange zest to flavour, plus fresh herbs at the end to add flavour and fibre.

And making a meal of it ...

- Add a portion of cooked brown rice or whole grains into the soup, or have as a side dish.
- Add chunks of cold, left-over meat: fry or grill meat or Tofu sprinkled with ginger & soy sauce (or just salt and pepper!). You can add brown lentils, cubed potato, tinned beans or tomatoes. Cook for 15 to 20 minutes, season with salt and pepper or a

squeeze of lemon, add a dollop of yoghurt and some fresh herbs.

- Make twice as much and keep half for tomorrow in the fridge
- Cook brown lentils on their own in plain water until just done, 8 to 15 mins. Drain them off and season with salt and pepper, chopped garlic, chopped parsley and olive oil. Cover and keep in the fridge for up to 4 days. You can add a spoon of these to salads, soups, sandwiches and stews to add protein, flavour and bulk.

Simple soup

Keeps well in the fridge



Cullenskink

A Scottish classic - similar to chowder. Here is a simple, quick version.

- ½ small Leek,
- 1 small piece of smoked haddock,
- 1 large potato, A knob of butter
- Fresh ground black pepper, a pinch of nutmeg,
- Vegetable stock powder
- A soup spoon or two of creme fraiche, cream or plain yogurt

Chop the leek finely and gently heat it in the butter/oil – about a minute or two. Set it aside.

Cut the fish into bite sized chunks, removing any bones as you do. Set aside Peel and cube the potato. Put into just enough water over the potato to cover it and put it on the stove to cook. Bring to the boil and turn it down, once the potato is just soft add the leeks, stir in 1/2 tsp veg stock powder and pepper. Add a pinch of nutmeg and black pepper of savour.

Cook together for a minute or two and add the fish, stir and lower the heat. Cook for two or three minutes. Stir on the creme fraiche or yogurt and serve with crusty bread. Add a salad to make a bigger meal. You shouldn't need to add salt because of the salt used in the production of smoked fish.

Veggie Skink - Smoked tofu, a little turmeric and a pinch of cumin can make a good alternative to fish. Oat cream or soya yogurt can be added at the end for a dairy free twist.

Stovies

Another classic Scottish dish, made from “stoved” onions, potatoes and usually from left over meat.

- 1 onion, finely sliced,
- 1 big floury potato peeled and cut into differing sizes of chunks or slices.
- Any left over meat that you want to use,
- Thyme or parsley, veg bullion powder or ½ stock cube,
- Salt and pepper.

Heat the onion slowly in a little oil, to soften the texture and cook it through til it's golden brown. Cut the meat into chunks and add it with the potato, ½ a stock cube or a level teaspoon veg bullion powder. Add a sprig of thyme and enough water to cover the vegetables.

Cook for at least 15 minutes. Long cooking makes soup and stovies taste better.

Parsley should be roughly chopped and added at the end of cooking – taste it to see if it needs some salt or pepper.

You can use any left over meat you have, a bit of venison, lamb, roast beef, sausages – or you can use vegetables and beans or tofu for a veggie version.



Weed burger

Make this from foraged greens in the spring and from shop bought greens later in the season.

GO WILD and use wild garlic, nettles, ground elder, dandelion you can even add a little seaweed.

Or buy spinach, cabbage or a mixture of any chopped green veg, broccoli, firm leaved lettuce and/or courgette. You could add a garlic clove.

Thinly slice an onion and slow cook it in a little oil until golden brown.

Blanch three good handfuls of green veg. Throw the greens into boiling water, bring the water back to the boil. Drain the greens in a colander & dry on paper towel/clean tea towel. You should end up with a fist sized lump of

blanched, drained & lightly squeezed greens. Chop the greens up finely, add roughly the same amount of breadcrumbs or a drying filler like rice, ground nuts or minced meat, the cooked onions and seasoning.

Use an egg to bind the mixture (or blend together a table spoon gram/chickpea flour and a table spoon water for an egg free burger binder).

Add extra breadcrumbs or cooked rice until the consistency is such that you can shape into a burger patty.

Fry in a pan at medium heat with a dessert

spoon of oil/ oil and butter/ until, fully cooked and golden brown, flip once and continue cooking. It should take about 10 minutes depending on the thickness of your burger.

Serve in a burger bun with salad and relish, mayo or your favourite burger sauce.

It's great with baked beans or chilli beans ... or if you want a bigger meal top with a poached egg or bacon lettuce & tomato.

Top tip – make two and save one for a sandwich for tomorrow.

It's a recipe adaptable to the season, your foraging knowledge and your pocket.



CHECK THE BUDGET AREAS in supermarkets for fruit and exotic veg at bargain prices to boost the nutritional content.

What goes in depends on taste and availability but combos of apple, banana, lemon and ginger are a tasty breakfast boost.

Just like the fruit based smoothie, savoury veg smoothies with avocado, celery, kale and a squeeze orange juice can be pumped up with protein. Add cottage cheese, peanut butter, pumpkin seeds, nuts, or hemp powder. Add water to thin or if you are feeling more



adventurous, use plant milks as alternatives to milk or fruit juices.

If you have a freezer you can store frozen berries, fruit and veg for adding in without ice to keep things cool.

There is no recipe ... you just need to pay attention that there is enough liquid in the blender to blend your smoothie without burning out the motor :-)

Happy, healthy, local, seasonal cooking.



Smoothies

A great quick fix for a breakfast, lunch or pudding on the go.



Venison chilli

An authentic Mexican chilli, enriched with a little dark chocolate and loved by all.

- 500g (1lb) stewing venison, cubed
- 3 tbsps vegetable oil
- 1 medium onion & 4 garlic cloves, roughly chopped
- 1 red pepper, seeded & roughly chopped
- 2 tsps mild chilli seasoning
- 1 tsp each of paprika, ground cumin ground coriander and dried oregano
- ½ tsp ground cinnamon
- 300ml (½ pint) lager
- two 400g (14oz) cans chopped tomatoes
- 25g (1oz) dark chocolate, chopped
- 400g (14oz) can black-eyed beans, drained & rinsed
- Salt & freshly ground black pepper

Heat the oil in a saucepan and sizzle the venison in batches until sealed on the outside. Remove to a plate.

Put the next 9 ingredients in a blender with the lager and blend until smooth. Pour into the saucepan and cook on a high heat for 5 minutes, stirring continuously until it starts to REALLY thicken and caramelise. Stir in the chopped tomatoes, tip in the venison and 150ml (¼ pint) water.

Season, bring to the boil and simmer gently, stirring occasionally, for 45 minutes until the venison is tender and the sauce reduced.

Stir in the chocolate and beans and heat through. Serve with rice, tortillas, chopped avocado and soured cream.

