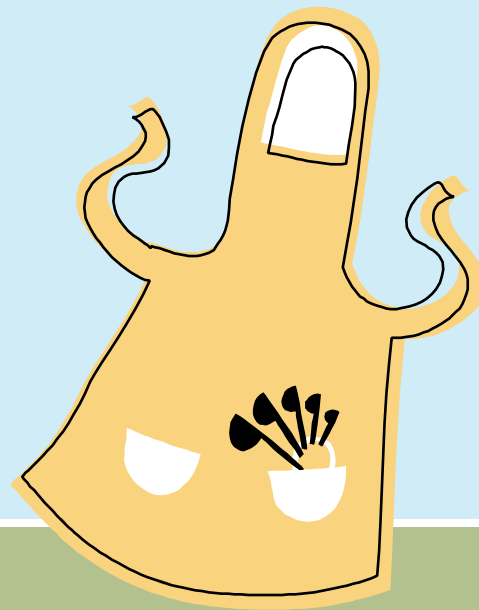


A STUDENT'S COOKBOOK OF SCRAN

By Ben Spilsbury

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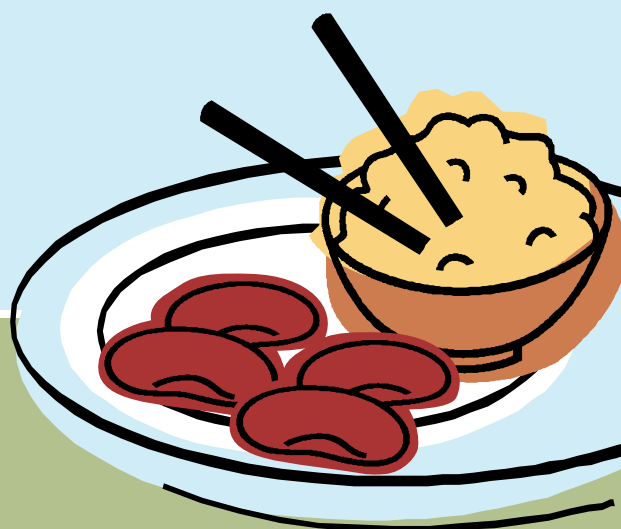


Moving away from home and life with your parents can be tough and students tend to struggle finding healthy and affordable meals for themselves when they make the big leap to university. However, with this cookbook you will be able to cook quick, easy, affordable and nutritious meals. Whether you've never cooked before or you're a complete MasterChef this cookbook will get you started with simple meals to inspire you.

Whilst these recipes don't require much equipment to cook with, they will still need basic equipment such as a set of sharp knives, a non-stick frying pan, a set of saucepans, an oven, a roasting dish and other simple kitchen utensils such as a spatula.

Each recipe will tell you how many people the ingredients will cook for, on average how long it should take to make and if its suitable for vegetarians or not. Cooking can be great hobby to take up when moving into a new place, it can give you something to do, help make new friends and take your mind off any stress you may be experiencing.

FLYING THE
NEST



When first learning how to cook and how to provide food for yourself, there is a lot to learn and when trying to cook cheap and quick food its very easy to stray from the healthier options. Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. To have a healthy diet you need to eat a wide variety of foods and in the right portions, this as well as any exercise will allow you to maintain a healthy body weight.

To maintain a healthy, balanced diet you need to:

- Eat 5 portions of fruit or vegetables a day
- Base meals on starchy foods like potatoes, bread, rice and pasta
- Include dairy from milk or from other alternatives such as soya drinks
- Include a strong source of protein from food like fish, eggs, pulses or chicken
- not eat too much fat or oils
- stay hydrated and drink plenty of water

By eating the right amount of these different foods, you will be able to tackle diseases and illnesses and have enough energy for a full active student life.

EATING
HEALTHY

Cooking under a student budget can be hard and resulting to cheaper fast food can always be an attractive option. However, with the following tricks and tips students can get more for their money

1. Give yourself a budget

When going on a shop go in with a limit to how much you can spend, base this on the money you have available and how much the food costs

2. Use all leftovers

By not throwing away any scraps or leftovers you may have you can truly get your money's worth when you cook larger meals

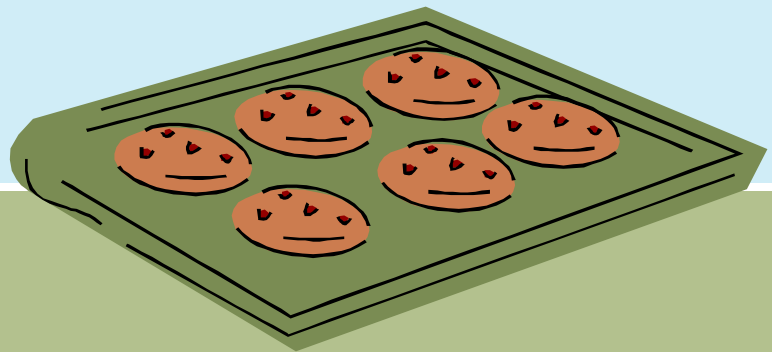
3. Test your green thumb

If you have the space for it you can try growing a garden, there will of course be an initial investment however eventually it will pay itself off

4. Buy in mass

By buying food in larger amounts rather than in smaller portions and packages you will find you will be getting more for your money's worth and won't have to make as many trips

COOKING ON A
BUDGET



BASIC SCRAMBLED EGGS

Ingredients

- 4 large free-range eggs
- 12 tbsp full cream milk
- A knob of butter
- A small handful of fresh chives

Serves: 2

Vegetarian friendly

Serve hot



Directions

1. Lightly whisk the eggs in a small bowl, then add the milk and a pinch of salt, cut up the chives
2. Heat a small nonstick frying pan and add the knob of butter on a medium heat
3. Once the butter has melted add the egg mixture to the saucepan and let it sit for about ½ a minute
4. Once the egg starts to harden stir until the eggs become softly set but still runny in some places, once cooked add the chopped chives
5. Remove from the heat, season with black pepper and serve

A simple but delicious breakfast recipe that everyone should know, whilst it isn't as healthy as other recipes it still gives you the energy you need and is a great way to use up any left-over eggs or milk you may have.

CHEESE, HAM AND ONION OMELETTE

Ingredients

- 3 free range eggs
- Small knob of butter
- 30g of cheddar cheese
- 1 thick slice of ham
- 1/2 a onion

Serves: 1

Can be Vegetarian friendly depending on variety

Serve warm, don't freeze

Can take up to 15 mins to make



Directions

1. Beat the eggs in a small mixing bowl, grate the cheese, finely chop the ham and dice the onion
2. Melt the butter on a medium to high heat on a nonstick frying pan, once the butter bubbles add the egg mixture
3. Using a spatula drag the egg mixture into the center of the frying pan until the eggs have set but is still soft in the center
4. Make sure the eggs are evenly spread out to form a circular shape, sprinkle the cheese, ham and onion onto the soft egg
5. Turn the heat down to a medium low heat and let the base of the eggs set until they slide off the pan
6. Remove then add salt and pepper for seasoning, then finally fold over and serve

BREAKFAST



BANNANA PANCAKES

Ingredients

- 2 large bananas
- 2 medium eggs
- Pinch of baking powder
- 1 teaspoon of vanilla extract
- 1 tsp oil
- Maple syrup for serving

Serves:1

Vegatarian friendly

Serve warm

takes 15 min to make 4 pancakes



Directions

1. In a medium glass bowl mash one banana until it's a thick paste, then stir in the 2 eggs, the baking powder and the vanilla extract
2. Heat a large non-stick frying pan over a medium heat and add the oil
3. Spoon two pancakes at a time on the frying pan and cook for 1-2 minutes on each side, the whole batter should make 3-4 pancakes
4. Cut up the second banana and serve on top of the pancakes with the syrup

Another simple and well know breakfast recipe however by using a banana instead of flour and sugar the pancakes are much healthier and just as delicious. However, this may take longer than most other recipes and can be more costly.

MIXED BERRY AND HONEY SMOOTHIE

Ingredients

- 300g frozen mixed berries
- 250ml natural yoghurt
- 2 tablespoons clear honey
- 350ml cranberry juice
- 50g oats
- 1 large banana

Serves: 1

Vegatarian friendly

takes 2 mins to make



Directions

1. Place all ingredients into a blender and mix for at least 1 minute
2. Serve in a glass or in a bottle if you're on the go

A very simple recipe for people looking for a healthier option or instead just looking for something they can take on the go and not have to deal with a longer cooking time. Like most other recipe's in the book this one can easily be adapted to suite a taste preference by simply adding a different mix of frozen berries.

BREAKFAST RECIPIES



LEEK, BACON AND POTATO SOUP

Ingredients

- 4 whole large potatoes
- 1 leek
- 1 whole onion
- 2 vegetable stock cubes
- 2 tablespoons of milk or cream
- 1 tablespoon of olive oil
- A small handful of coriander

Can be vegetarian

Is freezable

Takes 40 mins to make

Serves 2 people



Directions

1. Peel and quarter the potatoes, slice the leek and onion and add the oil to the saucepan
2. Cook the onion and leek in the saucepan on a low heat until they are soft, add the potatoes
3. Mix the vegetable stock cubes with water and add to the potatoes, then season with salt and pepper
4. Let the mixture simmer until the potatoes have gone soft, should take about 30 to 40 minutes
5. Blend with a stick blender, then add the milk or cream to thicken the soup
6. Garnish with the coriander and serve

This meal can also be adapted by removing the bacon to suit vegetarian needs. The meal is very healthy and can provide a surplus of energy. You can serve with normal bread and butter or croutons. To freeze let the soup cool before putting in a plastic container to then freeze.

SPAGHETTI BOLOGNESE

Ingredients

- 500g beef mince
- 1 large onion
- 500g Bolognese sauce
- 500g pasta
- 1 clove of garlic
- 1 tablespoon of olive oil
- Parmesan cheese

Serves four

Takes 30 mins to make

Can be vegetarian

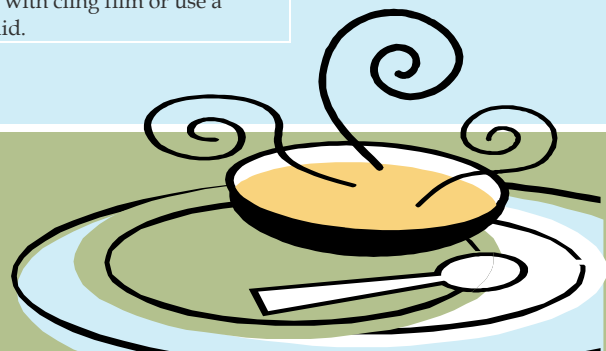


Directions

1. Heat the olive oil in a frying pan, add the beef mince and cook for 5 mins or until brown
2. Dice the onion and add, then crush the garlic and add, continue to cook for another 4-5 mins
3. Add the Bolognese sauce, stir it in, cover with lid and simmer for 10 minutes
4. Bring a large saucepan of water to the boil, add salt and a little bit of oil, then add the pasta, cook according to the package
5. Drain the pasta, then serve with the Bolognese sauce and grate some parmesan cheese on top

Whilst spaghetti Bolognese is not a very healthy dish it provides all the energy a student needs and doesn't cost much to cook. To make the dish vegetarian you can use Quorn mince instead of the beef. To freeze the dish pour the remaining dish into a bowl or plastic container and then cover with cling film or use a container with a sealing lid.

LUNCH
RECIPIES



CHICKEN STIRFRY

Ingredients

- 238g pack of mini chicken fillets
- 1 stir fry pack of ready chopped veg
- 1 sachet of fresh Chinese sauce (hoi sin, sweet chilli)
- 1 tablespoon olive oil

Serves 2

Takes 20 mins to make

Not vegetarian but can be with variation



Directions

1. Heat the olive oil in a wok
2. Cut the meat into strips and cook for 7 mins or until brown, then add the veg and cook until soft
3. Boil a large saucepan of water and add salt and a little bit of oil, once boiling add the noodles and cook using the time advised on the packet
4. Once cooked add to the chicken in the wok, then add the sauce and stir in, don't leave in the wok for too long or it will over cook
5. Serve up and enjoy

The typical chicken stir fry can be healthy depending on what vegetables you use. You can vary this dish with other meats such as beef, pork or tofu if you prefer to. Not hard to make and the ingredients come in mass amounts for cheap prices. Depending on what meat you use you should freeze it for different lengths of time however you should be ok with a normal sealable container or cling film for up to 2 weeks.

ROAST CHICKEN

Ingredients

- 1 free range chicken
- 1 onion
- 2 carrots
- 1 lemon
- 25g butter
- 8 medium sized potatoes
- 2 parsnips

Takes 2 hours to make

Not vegetarian friendly
serves 4-6



Directions

1. Heat the oven to 190c with a shelf in the middle ready, slice the onion then peel and cut the carrots and parsnips
2. Cover the breast and the legs of the chicken with the butter, then sit in the middle of a roasting tin, surround the chicken with the prepared vegetables
3. Season the cavity of the chicken and then half the lemon and use to stuff the chicken
4. Cook in the oven for 1 hour 30 mins, whilst doing so wash the potatoes then bring a saucepan to boil and add the potatoes, follow the instructions on the package to see when their done
5. When removing the chicken prick the breast, if the juices run clear its cooked, if its pink it under cooked, if cooked then carve and season for final service

LUNCH
RECIPIES



CHILLI CON CARNE

Ingredients

- 450g of lean minced beef
- 1 packet chilli con carne recipe mix
- 400g tin chopped tomatoes
- 400g tin red kidney beans
- 1 small onion
- rice

Cooks for 4 servings

Takes about 30 mins to make

Not vegetarian friendly



Directions

1. Brown the minced beef in a saucepan, dice the onion and add with the beef
2. Add the tomatoes and kidney beans to the pan
3. In a measuring jug mix the recipe mix powder with the amount of water stated and stir, once mixed add to the saucepan and stir everything in
4. Cover and simmer on a medium heat for 10 minutes, stirring occasionally
5. Cook rice according to packaging, add final seasoning to the chilli mix and serve with the rice once cooked

Chilli Con Carne is another simple dish that is very easy to make, and you can make large amounts of it for a cheap price. Whilst it can take a long time to make it is all done in one pan and doesn't leave much washing up. The dish may not be vegetarian friendly and isn't healthy to have by itself it is still a very enjoyable meal and is hard to not dislike. To freeze make sure the chilli is in a sealed contained or is covered in cling film.

OVEN BAKED RED PEPPER RISOTTO

Ingredients

- 1 tablespoon oil
- 1 onion
- 300g risotto rice
- 100ml white wine
- 400g can chopped tomatoes
- 200g frozen roasted peppers
- 500ml vegetable stock

Serves four

Takes about 40 mins to make

Vegetarian friendly



Directions

1. Preheat the oven to 200c degrees, Heat the oil in a large saucepan, peel and slice the onion then add to the pan and fry until soft and clear on a low heat
2. Tip in the rice and fry for a minute on a medium heat
3. Pour in the wine, tomatoes, peppers and 400 ml of the stock, then cover with a lid and cook in the oven for 25 minutes, or until the rice is soft and creamy
4. Once cooked stir in the remaining stock, then season and serve

Whilst this Risotto dish is a simple one to make it can be expensive and it may not suit a student's budget as white wine can be very expensive. However, to avoid this trouble you can instead replace the wine with more stock, this will have a noticeable effect on the flavor but when done right can be delicious. To give the risotto more flavor add chorizo or salami, this will however not make it vegetarian friendly anymore.

SUPPER RECIPIES

SPINACH AND SWEET POTATO CURRY

Ingredients

- 2 sweet potatoes
- 200g spinach
- 4 naan bread's
- 400g tin coconut milk
- 1 onion
- 2-3 teaspoons madras curry paste

serves four portions

takes about 40 mins to make
vegetarian friendly



Directions

1. Peel and slice the onions, then fry until soft (about 8 minutes) on a low heat in a large saucepan
2. Stir in the paste and fry for 2 minutes
3. Wash, peel and cube the sweet potatoes then add with the coconut milk to the onions and cook until tender (on a medium heat), this should take about 10 minutes
4. Stir through the spinach until wilted (becomes limp)
5. Season and serve with the naan breads

The spinach and sweet potato curry is a healthier option compared to most other meals in the cookbook, it is simple to make and it's hard to go wrong with. It's a unique meal and is a great meal to experiment on with different vegetables, spices or by adding cuts of meat. Unlike other meals however such as a chilli con carne the curry is not as good when reheated and is always most enjoyed when served fresh.

SIMPLE COTTAGE PIE

Ingredients

- 1 tablespoon olive oil
- 1 large brown onion
- 900g lean beef mince
- 4-5 large potatoes
- 50g butter
- ½ cup milk
- 1 tinned tomato
- 3 garlic cloves
- ¼ cup instant gravy powder
- 1 cup Massel beef stock

provides 6 servings

takes about 1 hour and 15 mins to cook

not vegetarian friendly



Directions

1. Preheat the oven to 200c degrees, peel and slice the onion and peel the garlic. Prepare the stock mixture with 150ml of hot water
2. Heat the oil in a nonstick frying pan and brown the mince, once browned (should take 10 mins on a medium heat) remove from the pan and add the onion and garlic, cook until soft
3. Return the mince to the pan and add the gravy powder, the tinned tomatoes and the stock mixture. Reduce the heat to a medium low and simmer for 25 minutes, whilst stirring occasionally
4. Peel and cook the potatoes in a sauce of boiling water for 10 to 12 minutes or until tender, then drain, add the butter and milk and mash until smooth
5. Spoon the mince mixture into a casserole dish and top with the mashed potatoes, bake in the oven for 20 minutes or until golden, finally season and serve.

SUPPER RECIPIES

