

Chef



e x p r e s s

low cost quick dinners



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low cost quick dinners

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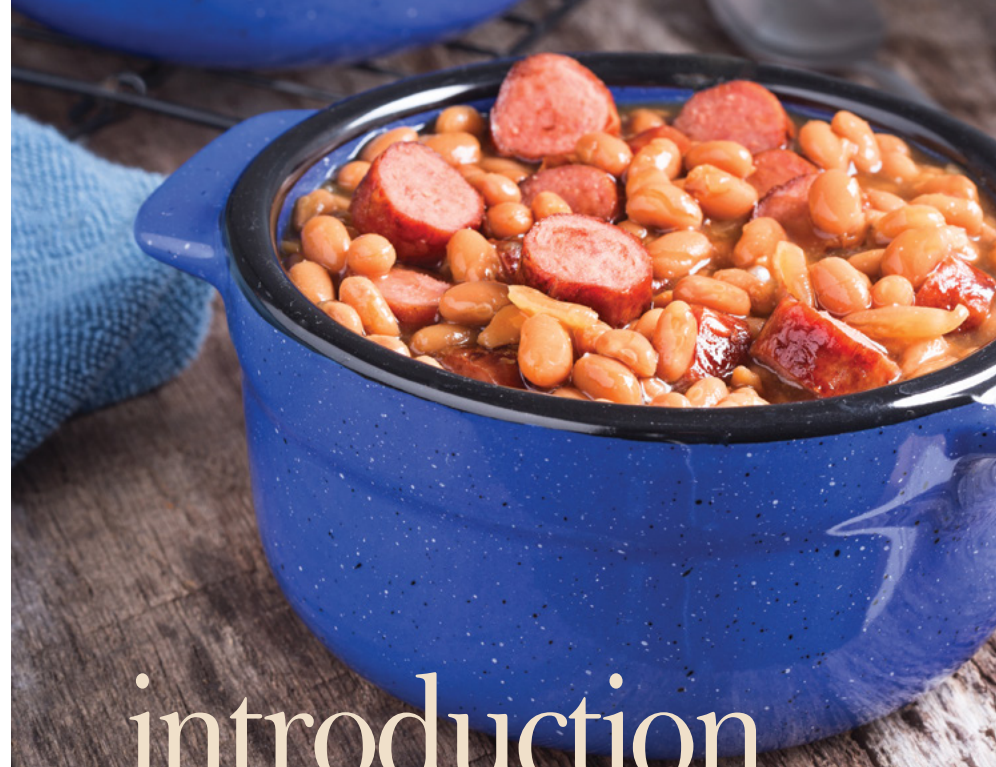
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introduction

How can you save without sacrificing taste or health? Of course, when we cook, we want it to be as flavorful, easy, and inexpensive as possible... a big challenge! But the recipes included here, show you that you can truly have it all.



low cost quick dinners

From easily found, budget-friendly ingredients to easily made meals, every recipe featured in Low-Cost Cooking is guaranteed to please not only your tastebuds but also your wallet. You'll be able to create balanced, delicious, economical dishes for the whole family to enjoy.

There are countless ways to save money on food. Ways like buying in bulk, making the most of deals and specials at the supermarket, and using in-season ingredients.

- To avoid over-shopping, try pre-planning your meals for the week, and writing down everything in a shopping list.
- You can try cooking in bulk – it's one of the easiest ways to save both money, and time.
- Remember to take advantage of your freezer: from storing leftovers and ingredients to rescuing wilting leafy veggies and ripe fruit, freezers are true life-savers.



- To keep meals both budget-friendly and healthy, consider adding more legumes, like beans and chickpeas, which are high in protein and fiber, as well as affordable and incredibly versatile. For a flavor boost, invest in dried herbs, spices, jarred pastes and preserves – you'll be able to use these again and again.

The following recipes are certainly light on the wallet, but not on flavor! If you're following a grocery budget, Low-Cost Cooking will help you cook delicious meals for breakfast, lunch and dinner that will keep you full, healthy, and within your budget!

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



cheese and garlic crisps

■ □ □ | Cooking time: 10 minutes – Preparation time: 8 minutes

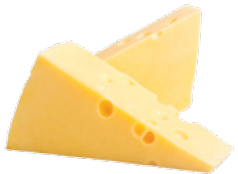
ingredients

- > 1 baguette or any bread you have at home
- > 3 tablespoons olive oil
- > 3 cloves garlic, crushed
- > 2 tablespoons chopped fresh basil or any other herbs like rosemary or thyme
- > 4 tablespoons grated Parmesan cheese
- > 1 green onion

method

1. Cut the bread in slices. Place olive oil, garlic and the herb you choose in a bowl and mix to combine.
2. Place the bread on a lightly oiled baking tray. Brush with the mixture, then sprinkle with Parmesan cheese.
3. Bake at 350°F/180°C/Gas 4 for 10 minutes or until golden and crisp. You can add fresh green onion rings before serving.

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Makes 20



tip from the chef

The crisps will keep in an airtight container for up to a week and are great to have on hand for after-school or work snacks.



cheesy scalloped potatoes

■ □ □ | Cooking time: 80 minutes – Preparation time: 10 minutes

method

1. Preheat oven to 350°F/180°C/Gas 4.
2. Scrub potatoes under cold running water to remove all dirt, slice thinly. Peel onion, chop. Chop butter. Set aside.
3. Brush ovenproof dish with oil. Place a layer of potatoes in baking dish. Sprinkle with some onion and black pepper. Top with a few pieces of butter. Repeat layers until all potato, onion and butter are used.
4. Place milk in saucepan. Stirring all the time, bring almost to boiling over a low heat.
5. Carefully pour milk over potato mixture.
6. Grate cheese. Sprinkle over potatoes.
7. Bake for 1-1½ hours or until potatoes are tender.

ingredients

- > 3 large potatoes
- > 1 small onion
- > 1 oz/30 g butter
- > vegetable oil
- > freshly ground black pepper
- > 1¼ cups/10 fl oz/300 ml milk
- > 2 oz/60 g tasty cheese (mature Cheddar)
- > fresh thyme

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Serves 4

tip from the chef

If you like garlic, finely chop one or two cloves and use them instead of onion... or along with it!



new york reuben

■□□ | Cooking time: 10 minutes – Preparation time: 10 minutes

ingredients

- > 7 oz/220 g canned or bottled sauerkraut, drained and rinsed in cold water
- > 4 thick slices rye bread
- > 4 tablespoons Thousand Island dressing
- > 8 slices corned beef
- > 4 slices Swiss cheese

method

1. Place sauerkraut between sheets of absorbent kitchen paper and squeeze to remove as much moisture as possible.
2. Place bread slices under a preheated hot grill and toast on one side.
3. Spread untoasted side of each bread slice with dressing, then top with a generous layer of sauerkraut, corned beef and Swiss cheese.
4. Return to grill and cook for 3-4 minutes longer or until topping is heated through and cheese melts. Serve immediately.

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Serves 4



tip from the chef

First created by Reuben's Restaurant in New York there are now as many versions of the famous New York sandwich as there are chefs who make it.



chicken tacos

■ ■ □ | Cooking time: 8 minutes – Preparation time: 10 minutes

method

1. To make filling, heat oil in a frying pan, add chicken chopped in small cubes, taco seasoning mix and cook, stirring, until the chicken is ready.
2. Spoon filling into taco shells and top with lettuce, red pepper, cheese, avocado, mango, red onion and lime juice.

- > 12 taco shells, warmed
- > 8 lettuce leaves, shredded
- > 1 red pepper, thinly sliced
- > 4 oz/125 g tasty cheese (mature Cheddar), grated
- > 1 avocado, stoned, peeled and sliced
- > 1 mango peeled and sliced
- > 2 tomatoes, chopped
- > 1 red onion, chopped
- > 1 lime

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Serves 12

Chicken filling

- > 2 teaspoons oil
- > 2 lb/1 kg chicken, skin removed and flesh shredded
- > 2 tablespoons taco seasoning mix

tip from the chef

To remark the Mexican character of this tasty recipe, sprinkle chopped fresh coriander over the taco.



balsamic

tomato salad

■ □ □ | Cooking time: 0 minutes – Preparation time: 10 minutes

ingredients

- > 4 tomatoes, thickly sliced
- > 4 oz/125 g feta cheese, chopped
- > ½ red onion, sliced
- > 1 lettuce

Balsamic dressing

- > 1 tablespoon brown sugar
- > ¼ cup/2 fl oz/60 ml balsamic vinegar
- > freshly ground black pepper

method

1. Place tomatoes, cheese, onion and lettuce in a bowl and toss to combine.
2. To make dressing, place sugar, vinegar and black pepper to taste in a screw-top jar and shake well to combine. Pour dressing over tomato mixture and toss to combine. Cover and marinate, at room temperature, for 20 minutes before serving.

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Serves 4



tip from the chef

If stronger flavors are preferred, use brie or camembert instead of feta cheese. As a dressing, use a good olive oil seasoned with garlic and fresh thyme leaves.





the blta

(bacon, lettuce, tomato and avocado)

■ □ □ | Cooking time: 5 minutes – Preparation time: 10 minutes

method

1. Grill or fry bacon for 4-5 minutes or until crisp. Drain on absorbent kitchen paper and set aside.
2. Spread each slice of toast with mayonnaise.
3. Divide lettuce, bacon, avocado and tomatoes evenly between four slices of toast. Season to taste with black pepper and top with remaining toast slices. Serve immediately.

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Serves 4

ingredients

- > 12 rashers bacon, rind removed
- > 4 flatbreads, pitta or 8 slices white bread, toasted
- > 4 tablespoons mayonnaise
- > 4 iceberg or bibb lettuce leaves
- > 1 ripe avocado, halved, stoned and sliced
- > 2 large tomatoes, cut into 12 slices
- > freshly ground black pepper

tip from the chef

Try making this variation of the popular BLT (bacon, lettuce and tomato sandwich) with pastrami or ham as interesting and easy alternatives to the bacon.



barbecued pork spare ribs

■ □ □ | Cooking time: 15 minutes – Preparation time: 10 minutes

ingredients

- > 4 cloves garlic, chopped
- > 2 tablespoons finely grated fresh ginger
- > 2 tablespoons sugar
- > 2 teaspoons ground cumin
- > ½ cup dark soy sauce
- > 2 lb/1 kg pork spare ribs

method

1. Place garlic, ginger, sugar, cumin and soy sauce in a glass or ceramic bowl and mix to combine. Add spare ribs, turn to coat and marinate for 1 hour.
2. Drain ribs and reserve marinade. Cook ribs over a preheated hot barbecue or under a hot grill, basting frequently with marinade, for 15 minutes or until pork is cooked through and skin crackles.

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Serves 6



tip from the chef

For an informal meal, serve these tasty spare ribs with a salad of Asian greens and herbs and bowls of steamed jasmine rice.



char-grilled tarragon chicken

■ □ □ | Cooking time: 5 minutes – Preparation time: 15 minutes

method

1. Place chicken in a single layer in a shallow glass or ceramic dish. Combine tarragon, wine, lemon rind and green peppercorns. Pour marinade over chicken. Turn to coat chicken with marinade and marinate at room temperature, turning once, for 20 minutes.
2. Remove chicken from marinade and cook on a preheated hot char grill or in a preheated grill pan for 5 minutes or until tender.

ingredients

- > 6 boneless chicken breast fillets, skin removed
- > 3 tablespoons chopped fresh tarragon or 2 teaspoons dried tarragon
- > 1 cup/8fl oz/250 ml dry white wine
- > 2 tablespoons lemon rind strips
- > 1 tablespoon green peppercorns in brine, drained and crushed

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Serves 6

tip from the chef

Do not marinate chicken any longer than 20 minutes as the marinade will cause the chicken to break down.



spiced shredded beef

■ ■ □ | Cooking time: 110 minutes – Preparation time: 15 minutes

ingredients

- > 1½ lb/750 g boneless beef chuck, blade or brisket, trimmed of visible fat
- > 1 onion, halved
- > 2 cloves garlic, peeled
- > 1 clove
- > 2 teaspoons cumin seeds
- > 8 cups/3½ pt/2 liters water

Green chili and tomato sauce

- > 2 teaspoons vegetable oil
- > 1 onion, chopped
- > 2 hot green chillies, chopped
- > 14 oz/440 g canned tomatoes, undrained and chopped

method

1. Place beef, onion, garlic, clove, cumin seeds and water in a saucepan over a medium heat, bring to simmering and simmer, skimming the top occasionally, for 1½ hours or until beef is very tender. Remove pan from heat and cool beef in liquid. Skim fat from surface as it cools. Remove beef from liquid and shred with a fork. Reserve cooking liquid for making sauce.
2. To make sauce, heat oil in a frying pan over a high heat, add onion and chillies and cook, stirring, for 3 minutes or until tender. Stir in tomatoes and 1 cup/8 fl oz/250 ml of the reserved cooking liquid bring to simmering and simmer for 10 minutes.
3. Add shredded beef to sauce and simmer for 5 minutes or until heated through. Serve with rice.

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Serves 6



tip from the chef

The cooking time will depend on the cut of meat used.





spicy rice tomato and vegetables

■ □ □ | Cooking time: 40 minutes – Preparation time: 20 minutes

method

1. Heat oil in a large saucepan. Cook onion, green pepper and chili for 3-4 minutes. Add rice, mix well and cook for 3-4 minutes.
2. Add tomatoes to the pan with stock or water. Bring to the boil and simmer for 30 minutes or until liquid is absorbed and rice is tender. Season with pepper.

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Serves 4

ingredients

- > 1 tablespoon olive oil
- > 1 onion, sliced
- > 1 green pepper, diced
- > 1 red chili, seeded and finely chopped
- > ¾ cup/6 oz/170 g white rice
- > ¾ cup/170 g/6 oz quickcooking brown rice
- > 13 oz/400 g canned peeled tomatoes, undrained and roughly chopped
- > 1½ cups/12 fl oz/375 ml vegetable stock or water
- > freshly ground black pepper
- > beans
- > fresh herbs
- > peas

tip from the chef

For this recipe to be really exquisite, add a handful of peeled shrimp 5 minutes before cooking is done. Shrimp shells can be boiled in low heat to obtain an excellent broth.



bows with rich tomato basil sauce

■ □ □ | Cooking time: 30 minutes – Preparation time: 15 minutes

ingredients

> 6 oz/185 g bow pasta

Tomato basil sauce

> 2 teaspoons olive oil

> 1 onion, sliced

> 1 clove garlic, crushed

> 3 tomatoes, peeled, seeded and chopped

> 4 fl oz/125 ml chicken stock

> 1 tablespoon tomato purée

> 1 tablespoon chopped fresh basil

> 2 teaspoons chopped fresh parsley

> ½ teaspoon sugar

> freshly ground black pepper

> grated Parmesan cheese

method

1. Cook pasta in boiling water in a saucepan following packet directions. Drain, set aside and keep warm.

2. To make sauce, heat oil in a saucepan and cook onion and garlic over a medium heat for 3-4 minutes or until onion is soft. Add tomatoes, stock, tomato puree, basil, parsley and sugar and simmer for 10-15 minutes or until reduced and thickened. Season to taste with black pepper. Spoon sauce over pasta. Sprinkle with a little grated fresh Parmesan cheese and extra chopped fresh basil.

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Serves 4



tip from the chef

Any leftover sauce can be made into soup. To make, chop 1 small carrot and 1 stalk celery. Place leftover sauce, 8 fl oz / 250 ml chicken stock, carrot and celery in a saucepan. Bring to simmering and simmer for 10-15 minutes or until carrot is tender. Season to taste with black pepper.



italian pork

with lemon sauce

■ ■ □ | Cooking time: 10 minutes – Preparation time: 20 minutes

method

1. Place flour, ½ teaspoon oregano and black pepper to taste in a shallow dish and mix to combine. Place egg, water and black pepper to taste in a separate shallow dish and whisk to combine. Place breadcrumbs and remaining oregano in a third shallow dish and mix to combine.
2. Coat pork with flour mixture, then dip in egg mixture and finally coat with breadcrumb mixture. Place coated pork on a plate lined with plastic food wrap and chill for 10-15 minutes.
3. Heat 2-3 tablespoons oil in a frying pan over a medium-high heat and cook 2-3 schnitzels at a time for 3 minutes each side or cook steaks for 4 minutes each side. Remove pork from pan, set aside and keep warm.
4. To make sauce, melt butter in same pan, then stir in lemon juice. Spoon sauce over pork and serve immediately.

ingredients

- > flour
- > 1 teaspoon dried oregano
- > freshly ground black pepper
- > 1 egg, beaten
- > 1 tablespoon cold water
- > dried breadcrumbs
- > 8 pork schnitzels or 4 butterfly pork steaks, lightly pounded
- > vegetable oil

Lemon butter sauce

- > 2 teaspoons butter
- > 1 tablespoon lemon juice

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Serves 4

tip from the chef

When cooking the pork it is important not to crowd the pan or the meat will steam and the coating will be soggy. This is also a delicious way of cooking boneless chicken breast fillets, lightly pounded. The cooking time for chicken will be 4 minutes each side.



speedy meatloaf

■ □ □ | Cooking time: 80 minutes – Preparation time: 10 minutes

ingredients

- > 1½ lb/750 g lean beef mince
- > 1 cup/2 oz/60 g breadcrumbs, made from stale bread
- > 1 onion, diced
- > 1 carrot, grated
- > 1 green pepper, seeded and diced
- > 2 spring onions, chopped
- > 2 tablespoons chopped fresh parsley
- > 1 egg
- > 2 tablespoons barbecue sauce
- > 1 tablespoon Worcestershire sauce

Tomato glaze

- > 2 tablespoons bottled tomato sauce
- > 1 tablespoon Dijon mustard
- > 1 tablespoon honey

method

1. Place beef, breadcrumbs, onion, carrot, green pepper, spring onions and parsley in a bowl and combine.
2. In a small bowl whisk egg, barbecue sauce and Worcestershire sauce. Add to beef mixture and mix well.
3. Spoon mixture into a greased 4½ x 8½ in / 11 x 21 cm loaf tin and bake at 350°F/180°C/ Gas 4 for 20 minutes.
4. To make glaze, combine tomato sauce, mustard and honey. Brush over meatloaf and bake for 1 hour longer or until cooked. Serve hot or cold.

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Serves 6

tip from the chef

The mince mixture used for the meatloaf can also be used to make meatballs. Shape mixture into small balls and cook with a little oil in a frying pan over a medium heat, turning several times, for 10 minutes or until cooked through. Alternatively, cook meatballs in classic tomato sauce.



vineyard chicken

■ ■ □ | Cooking time: 35 minutes – Preparation time: 30 minutes

method

1. Make a deep slit in the side of each chicken fillet to form a pocket.
2. To make filling, place ricotta cheese, basil and black pepper to taste in a bowl and mix to combine. Fill pockets with filling and secure with toothpicks.
3. Heat oil in a large frying pan, add onions and garlic and cook, stirring, for 3 minutes or until onions are soft. Add green pepper and wine to pan and cook, stirring, for 2 minutes.
4. Add chicken to pan, cover and simmer, turning chicken occasionally, for 30 minutes or until chicken is tender.

ingredients

- > 4 boneless chicken breast or thigh fillets
- > 2 teaspoons vegetable oil
- > 2 onions, sliced
- > 2 cloves garlic, crushed
- > 1 green pepper, chopped
- > 1 cup/4 fl oz/250 ml dry white wine

Ricotta filling

- > 4 oz/125 g ricotta cheese, drained
- > 2 tablespoons fresh basil
- > freshly ground black pepper
- > fresh mint and herbs

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Serves 4

tip from the chef

This recipe can be completed to the end of step 2 several hours in advance.



cheesy noodles

■ □ □ | Cooking time: 15 minutes – Preparation time: 5 minutes

ingredients

- > 2 x 3 oz/90 g packets quick-cooking noodles
- > 4 tablespoons sour cream
- > freshly ground black pepper
- > 2 oz/60 g tasty cheese (mature Cheddar), grated

method

1. Prepare noodles according to packet directions. Drain, add sour cream and black pepper to taste and toss to combine.
2. Divide noodle mixture between two heatproof serving dishes and sprinkle with cheese. Place under a preheated hot grill and cook for 3-4 minutes until cheese melts and is golden.

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Serves 2

tip from the chef

Accompany with a salad made of the lettuce or lettuces of your choice, cherry tomatoes, chopped or sliced red or green peppers and chopped or sliced cucumber tossed with a French dressing. Mixtures of fresh salad greens are available from many greengrocers and supermarkets. These are an economical and easy alternative to buying a variety of lettuces and making your own salads of mixed lettuce leaves.



chicken and rigatoni salad

■□□ | Cooking time: 0 minutes – Preparation time: 10 minutes

method

1. Arrange rigatoni, chicken, green pepper, chives, feta cheese, celery, tomatoes and spinach on a large serving platter or in a large salad bowl.
2. Spoon dressing over salad and serve immediately.

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Serves 4

ingredients

- > 1 lb/500 g rigatoni, cooked
- > 2 lb/1 kg cooked chicken, skin removed and flesh shredded
- > 1 green pepper, chopped
- > 3 tablespoons snipped fresh chives
- > 14 oz /440 g feta cheese
- > 2 stalks celery, chopped
- > 8 oz/250 g yellow or red cherry tomatoes
- > 8 oz /250 g spinach
- > ¾ cup/ 6 fl oz/185 ml creamy salad dressing

tip from the chef

This salad is delicious served with chili toast cheese. To make toast cheese, trim crusts from slices of white or wholemeal bread and cook under a preheated medium grill for 2-3 minutes or until toasted on one side. Top untoasted side with grated cheese and a pinch of chili powder and cook for 2-3 minutes longer or until cheese melts and is golden.



chicken

and corn chowder

■ □ □ | Cooking time: 5 minutes – Preparation time: 10 minutes

ingredients

- > 1 tablespoon vegetable oil
- > 1 small onion, diced
- > 8 oz/250 g boneless chicken breast fillets, shredded
- > 3 potatoes, chopped
- > 3½ cups/1½ pt/875 ml chicken stock
- > 10 oz/315 g canned sweet corn kernels, drained and coarsely chopped
- > 1¼ cups/10 fl oz/315 ml milk
- > 1 bay leaf
- > freshly ground black pepper
- > 1 tablespoon lemon juice
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon snipped fresh chives
- > 2 oz/60 g grated Parmesan cheese

method

1. Heat oil in a saucepan over a medium heat, add onion and cook, stirring, for 4-5 minutes or until onion is soft. Add chicken and cook for 2 minutes longer or until chicken just changes color.
2. Add potatoes and stock and bring to the boil. Reduce heat and simmer for 10 minutes or until potatoes are almost cooked. Stir sweet corn, milk, bay leaf and black pepper to taste into stock mixture and bring to the boil. Reduce heat and simmer for 3-4 minutes or until potatoes are cooked. Remove bay leaf. Stir in lemon juice, parsley, chives and black pepper to taste. Just prior to serving, sprinkle with Parmesan cheese.

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Serves 6

tip from the chef

To chop sweet corn, place in a food processor or blender and process using the pulse button until coarsely chopped. Creamed sweet corn can be used in place of the kernels if you wish. If using creamed sweet corn there is no need to chop it.





chicken cannelloni

■ ■ □ | Cooking time: 60 minutes – Preparation time: 45 minutes

method

1. Cook the chicken, onion and bacon until browned and well done. Remove from heat. Add Parmesan cheese, salt and pepper to taste. Set aside.
2. Make a bechamel sauce by melting the 5 oz /160 g butter in a saucepan, add flour and stir 1 minute. Remove from heat, gradually add milk, stirring well. Return to heat, stir until sauce thickens and boils. Remove from heat, stir in seasonings, cheese and eggs. Fill cannelloni tubes with chicken mixture.
3. Grease a large oven dish. Mix pasta sauce and water together and spread half over base of dish. Place cannelloni tubes in two rows in the dish then pour over remaining pasta sauce. Pour over the bechamel sauce, spread evenly and sprinkle with a little grated Parmesan cheese. Dot with 2 teaspoons butter and bake in preheated oven at 350°F/180°C/Gas 4 for 30-35 minutes until golden brown. Serve hot with a tossed salad.

ingredients

- > 2 tablespoons olive oil or butter
- > ¾ cup/3 oz/90 g flour
- > 1 onion, finely chopped
- > 4 cups/1¾ pt/1 liter milk
- > 1 lb/500 g ground chicken
- > 3 rashers bacon, chopped
- > salt, pepper
- > 3 tablespoons grated Parmesan cheese
- > ⅛ teaspoon nutmeg
- > 2 eggs, beaten
- > cannelloni tubes
- > 1 cup/8 fl oz/250 ml tomato pasta sauce
- > 5 oz/160 g butter
- > ½ cup/4 fl oz/125 ml water

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Serves 4

tip from the chef

For variation, use ground fish instead of chicken and add to sauce 5 chopped anchovy fillets, 1 crushed clove garlic and 2½ oz/75 g pitted black olives.



chicken pot pie

■■■ | Cooking time: 50 minutes – Preparation time: 45 minutes

ingredients

- > 2 oz/60 g butter
- > 1 large onion, chopped
- > 4 chicken breast fillets, cut into $\frac{3}{4}$ in/2 cm cubes
- > 2 potatoes, cut into $\frac{1}{2}$ in/1 cm cubes
- > 2 large carrots, cut into $\frac{1}{2}$ in/1 cm cubes
- > $\frac{1}{4}$ cup/1 oz/30 g flour
- > 1 cup/8 fl oz/250 ml dry white wine
- > 3 cups/750 ml/1 $\frac{1}{4}$ pt chicken stock
- > 1 cup/8 fl oz/250 ml cream (double)
- > 2 tablespoons tomato paste (purée)

Herbed scone topping

- > 2 cups/8 oz/250 g self-raising flour, sifted
- > 1 teaspoon dried mixed herbs
- > 1 oz/30 g grated fresh Parmesan cheese
- > 1 oz/30 g butter, chopped
- > 1 cup/8 fl oz/250 ml milk

method

1. Melt butter in a large frying pan and cook onion, stirring, over a medium heat for 3-4 minutes or until onion is soft. Add chicken and cook, stirring, for 3 minutes longer.
2. Add potatoes and carrots and cook, stirring, for 8-10 minutes. Stir in flour, then wine, stock, cream and tomato paste (puree), and bring to simmering. Simmer for 10 minutes then transfer mixture to a casserole dish.
3. To make topping, place flour, herbs, Parmesan cheese and butter in a food processor and process to combine. With machine running, add milk and process to form a sticky dough. Turn dough onto a lightly floured surface and knead until smooth. Press dough out to $\frac{3}{4}$ in / 2 cm thick and, using a scone cutter, cut out rounds and place on top of casserole.
4. Bake at 400°F/200°C/Gas 6 for 20-25 minutes or until topping is cooked and golden, and casserole is hot.

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Serves 4

tip from the chef

A delicious herb topping is an imaginative alternative to potatoes in this cobbler-style recipe. Serve with a green vegetable, such as beans, spinach or cabbage, for a complete meal.



southern-fried chicken drumsticks

■ □ □ | Cooking time: 35 minutes – Preparation time: 10 minutes

method

1. Rinse drumsticks and pat dry with paper towel. Smooth skin over the drumsticks.
2. Mix flour, salt and pepper, place on paper-lined, flat plate. Beat eggs and milk well together in a deep plate.
3. Dip the drumsticks in the flour then into the egg, turning to coat both sides. Place again in the flour, lift end of paper to toss flour over drumstick and roll in flour until well covered. Place in single layer on a clean, flat tray.
4. Heat oil in a large frying pan. Add drumsticks and fry a few minutes on each side until just beginning to color. Reduce heat, place a lid on the pan and cook slowly for 20 minutes, turning chicken after 10 minutes.
5. Remove lid and increase heat, continue cooking until golden brown and crisp, turning frequently. Remove from pan, drain on paper towels.

ingredients

- > 2 lb/1 kg chicken drumsticks
- > 1½ cups/6 fl oz/180 g flour
- > 1 teaspoon salt and pepper
- > 2 eggs
- > ⅓ cup/3 fl oz/80 ml milk
- > ½ cup/4 fl oz/120 ml canola oil

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Serves 4

tip from the chef

Serve hot with pickles and a sauce.



cajun blackened fish

■ □ □ | Cooking time: 10 minutes – Preparation time: 15 minutes

ingredients

- > 6 firm fish fillets, each about ¾ in/2 cm thick
- > 3½ oz/100 g unsalted butter, melted
- > 1½ tablespoons Cajun spice mix
- > 1 teaspoon paprika
- > ¼ teaspoon chili powder

method

1. Brush each fish fillet liberally with melted butter.
2. Combine spice mix, paprika and chili powder and using your hands, rub spice mixture evenly over fillets.
3. Heat a large cast iron frying pan over a high heat until very hot. Add fish fillets and cook for 1-2 minutes each side or until fish flakes when tested with a fork. Serve immediately with any remaining melted butter, rice and fresh coriander.

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Serves 6



tip from the chef

It may be necessary to cook the fish in batches for this recipe. Shelled and deveined uncooked prawns are also delicious prepared in this way.





spaghetti

bolognese

■ ■ □ | Cooking time: 55 minutes – Preparation time: 15 minutes

method

1. To make sauce, heat oil in a frying pan over a medium heat. Add onion and garlic and cook, stirring, for 3 minutes or until golden.
2. Add beef and cook, stirring, for 10 minutes or until browned. Stir in tomatoes, tomato paste and wine and bring to the boil. Reduce heat and simmer for 15 minutes. Add Worcestershire sauce and basil and simmer for 15 minutes longer or until sauce reduces and thickens. Season to taste with black pepper.
3. Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a warm serving bowl.
4. To serve, spoon hot sauce over pasta and sprinkle with Parmesan cheese and parsley.

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Serves 4

ingredients

- > 1 lb/500 g spaghetti
- > 2 oz/60 g fresh Parmesan cheese, grated
- > 2 tablespoons chopped fresh parsley

Bolognese sauce

- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 1 lb/500 g lean beef mince
- > 14 oz/440 g canned tomatoes, undrained and mashed
- > 2 tablespoons tomato paste (purée)
- > ¼ cup/2 fl oz/60 ml red wine
- > 1 tablespoon Worcestershire sauce
- > 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- > freshly ground black pepper

tip from the chef

Fresh Parmesan cheese is best purchased in a piece then grated as required. Once you have tried fresh Parmesan you will realize that it has much milder and better flavor than the grated cheese that comes in packets.



char-grilled vegetable slices

■ □ □ | Cooking time: 10 minutes – Preparation time: 10 minutes

ingredients

- > ½ cup extra virgin olive oil
- > 1 clove garlic, crushed
- > 1 large eggplant, cut lengthwise into thick slices
- > 3 large zucchini, cut lengthwise into thick slices
- > 2 red peppers, cut into quarters, seeded
- > 3 large firm tomatoes, cut into thick slices
- > freshly ground black pepper

method

1. Preheat barbecue to a medium heat. Place oil and garlic in a small bowl and whisk to combine. Brush eggplant, zucchini, red pepper and tomato slices with oil mixture.
2. Cook eggplant, zucchini and red pepper slices on lightly oiled barbecue, turning frequently, for 4-5 minutes or until almost cooked. Add tomato slices to barbecue and cook all vegetables for 2-3 minutes longer. Season with black pepper to taste. Serve.

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Serves 6



tip from the chef

Garlic is excellent for those who need to lower cholesterol and normalize blood pressure.



american-style franks and beans

■ □ □ | Cooking time: 20 minutes – Preparation time: 10 minutes

method

1. Heat oil in a frying pan over a medium heat, add onion and cook, stirring, for 5 minutes or until golden.
2. Add frankfurters and cook, stirring, for 5 minutes longer.
3. Stir in beans, sauce and chili powder, if using, and bring to the boil. Reduce heat and simmer for 10 minutes.

ingredients

- > 2 tablespoons vegetable oil
- > 1 onion, diced
- > 4 Continental frankfurters, sliced
- > 14 oz / 2 x 440 g canned baked beans
- > 2 tablespoons barbecue sauce
- > ½ teaspoon chili powder (optional)

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Serves 4

Tip from the Chef

For a complete meal serve on a bed of boiled rice or pasta with steamed green vegetables of your choice. Frankfurters freeze well and are a great standby for those times when you haven't had time to go to the supermarket. Frankfurters can be cooked from frozen, but you will need to increase the cooking by 5-10 minutes.



butter cake

■ □ □ | Cooking time: 30 minutes – Preparation time: 10 minutes

ingredients

- > 4 oz/125 g butter
- > 1 teaspoon vanilla essence
- > ¾ cup/6 oz/185 g caster sugar
- > 2 eggs
- > 1½ cups/6 oz/185 g plain flour, sifted
- > 1½ teaspoons baking powder
- > ½ cup/4 fl oz/125 ml milk

method

1. Beat butter and vanilla in a small mixing bowl until light and fluffy. Add sugar gradually, beating well after each addition. Beat in eggs one at a time.
2. Combine flour and baking powder and fold in alternately with milk. Spoon mixture into a greased and lined 9 x 3 in/22 x 8 cm cake pan.
3. Bake at 350°F/180°C/Gas 4 for 30 minutes. Stand for 5 minutes before turning out onto a wire rack to cool. Ice with frosting of your choice (see tip).

variations

- **Chocolate cake:** Mix 2 oz/60 g melted chocolate into the cake mixture before adding flour and milk. Substitute 2 tablespoons cocoa powder for 2 tablespoons flour.
- **Orange cake:** Use 2 teaspoons grated orange rind instead of vanilla. Replace 4 tablespoons milk with orange juice.

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Serves 10

tip from the chef

You may like to try lemon cheese frosting. To make it, beat 4 oz/125 g cream cheese in a small bowl until creamy. Add 1 teaspoon grated lemon rind, 1½ cups/8 oz/250 g sifted icing sugar and 2 teaspoons lemon juice and mix well.





baked apples and walnut

■ □ □ | Cooking time: 45 minutes – Preparation time: 15 minutes

method

1. Place walnuts, raisins, sugar, brown sugar and cinnamon in a blender or food processor, process until nuts are finely chopped.
2. Core the apples and peel two-thirds of the skin off from the top. Brush the bare apple with butter, then press the walnut sugar mixture onto the apple.
3. Stand apples in a baking dish and cook in moderate oven for 45 minutes. Serve with whipped cream.

ingredients

- > ½ cup walnut halves
- > ½ cup raisins
- > ¼ cup sugar
- > ¼ cup dark brown sugar
- > 2 teaspoons ground cinnamon
- > 4 green apples
- > ¼ cup melted butter
- > cream for serving

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Serves 4

Tip from the Chef

It is an extremely easy and quick dessert, ideal for serving in Winter-time with a scoop of vanilla ice-cream.



apricot spice muffins

■ □ □ | Cooking time: 25 minutes – Preparation time: 10 minutes

ingredients

- > vegetable oil for brushing tins
- > 1¼ cups/5 oz/155 g self-raising flour
- > ¾ cup/3½ oz/100 g wholemeal self-raising flour
- > 1 teaspoon ground mixed spice
- > 5 oz/155 g dried apricots
- > 3 oz/90 g butter
- > 1 tablespoon lemon juice
- > 1 tablespoon grated lemon rind
- > ⅓ cup/2 oz/60 g brown sugar
- > 1 egg
- > ½ cup/4 fl oz/125 ml milk

method

1. Preheat oven to 350°F/180°C/Gas 4. Lightly brush muffin tins with vegetable oil.
2. Place self-raising flour, wholemeal self-raising flour and mixed spice in sifter or sieve. Sift into large bowl. Use scissors to cut apricots into small pieces. Add apricots to flour mixture. Set aside.
3. Place butter in saucepan. Heat over a low heat until butter melts. Pour butter into small bowl. Add lemon juice, lemon rind, sugar and egg. Whisk.
4. Pour half the butter mixture into flour mixture, mix. Pour in half the milk, mix. Repeat to use all the butter mixture and milk.
5. Spoon mixture into muffin tins. Bake for 20-25 minutes or until a skewer inserted into the center of a muffin comes out clean.
6. Stand muffins in tins for 5 minutes. Turn onto wire rack. Cool.

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Serves 12



tip from the chef

I like to make these muffins at the weekend so that we have instant snack food during the week.





whiskey sour

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

method

1. Combine bourbon, lemon juice, and simple syrup in a cocktail shaker.
2. Fill shaker with ice, cover, and shake vigorously until outside of shaker is very cold, about 20 seconds.
3. Strain cocktail through a Hawthorne strainer or a slotted spoon into an old-fashioned or rocks glass filled with ice. Garnish with lemon wheel and cherry.

ingredients

- > 2 ounces bourbon
- > ¾ ounce fresh lemon juice
- > ¾ ounce simple syrup
- > ½ lemon wheel, for serving
- > maraschino cherry, for serving

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Serves 1

Tip from the Chef

Getting the balance just right. This whiskey sour recipe has all the right proportions of bright, bracing lemon juice; warming, floral bourbon; and sweet simple syrup to deliver a refreshing cocktail that's neither too cloying nor too biting.



negroni

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

ingredients

- > 1 ounce gin
- > 1 ounce Campari
- > 1 ounce sweet vermouth
- > ice
- > orange slices and rosemary, for garnish

method

1. Add the gin, Campari and sweet vermouth to a mixing glass filled with ice, and stir until well-chilled.
2. Strain into a rocks glass filled with large ice cubes.
3. Garnish with an orange peel.

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 Serves 1



tip from the chef

The key to a great Negroni is finding a gin-vermouth pairing that complements, rather than overpowers, the bitter, bold flavors of Campari.

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Chef

e x p r e s s

low cost quick dinners

How can you save without sacrificing taste or health? Of course, when we cook, we want it to be as flavorful, easy, and inexpensive as possible... a big challenge! But the recipes included here, show you that you can truly have it all.



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