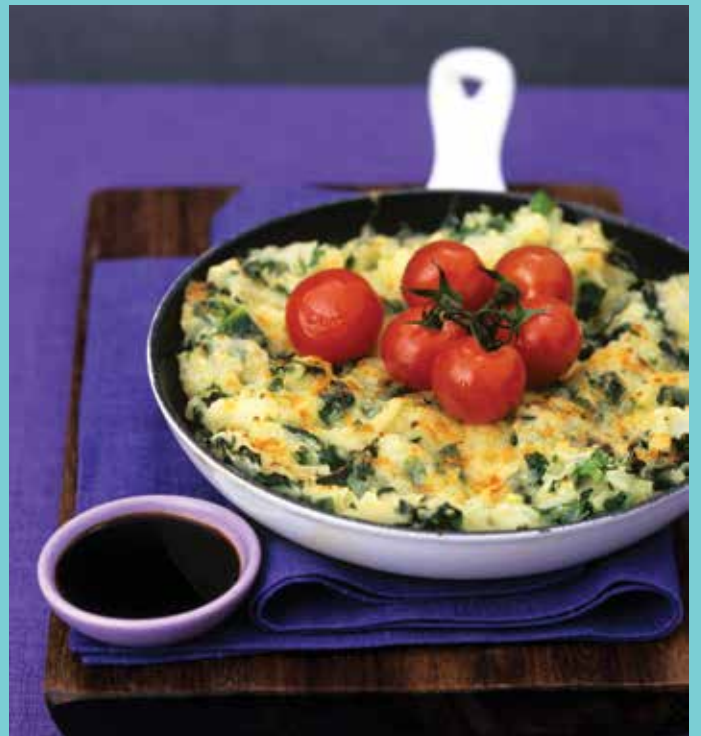




Readers club RECIPES



IN THE KNOW...

JAMIE OLIVER

Why has Britain's most famous chef decided to teach us how to cook on a budget?

"This year, I've got the message loud and clear that as everyone

comes under bigger and bigger financial pressure, they want help to cook tasty, nutritious food on a budget, so this book was born completely out of public demand."

Sounds fair enough. And typically no nonsense from a geezer who's been at the front of many a campaign to improve our eating over the years.

"Our biggest luxury is knowledge, whether times are hard or not, so get kitchen smart and smash the recession," continues the aproned crusader.

"Save with Jamie draws on knowledge and cooking skills to help you make better choices, showing you how to buy economically and efficiently, get the most out of your ingredients, save time and prevent food waste."

Now there's a man making music to *Quids in!* ears...



Save with Jamie is published by Michael Joseph, Penguin and is available from all good bookshops and most supermarkets. And in a generous gesture, Jamie's also given every library in the country a copy free of charge. Nice man!



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RECIPE

LEFTOVER SINGAPORE NOODLES

Singapore Noodles is a scrumptiously wonderful classic that makes you feel fulfilled and happy. Feel free to let this recipe help you waste less, using up whatever you've got in the fridge. Serves 4-6

INGREDIENTS

- 225g fine rice noodles
- 1 tablespoon unsalted peanuts
- 150g minced high-welfare pork
- olive oil
- 1 heaped teaspoon curry powder
- 1 level teaspoon Chinese five-spice
- 1 clove of garlic
- 1 thumb-sized piece of ginger
- 150g leftover cooked chicken
- 4 button or chestnut mushrooms
- half a white cabbage
- 150g frozen peeled cooked sustainably-sourced prawns
- 200g frozen peas
- 2 large free-range eggs
- low-salt soy sauce
- 1 lime • 1-2 fresh red chillies
- 4 spring onions

METHOD

Make sure you have all your ingredients lined up and ready to go. Put the noodles into a bowl, cover with boiling water, leave aside to rehydrate for 5 minutes, or until softened, then drain. Crush the peanuts in a pestle and mortar and toast in a large frying pan or wok on a medium heat until golden. Tip out and put aside, returning the pan to the heat. Put the minced pork in the pan with a lug of oil, the curry powder and five-spice. Stir and fry for 5 minutes, or until lightly golden, while you peel and finely chop the garlic and ginger, and slice the chicken, mushrooms and cabbage.

Keeping things moving, stir the garlic, ginger, chicken and prawns into the pan, followed a minute later by the mushrooms, cabbage and peas. Toss and cook for 4 minutes, then push everything to one side of the pan and crack the eggs into the gap – stir them around so they start to scramble and cook. Tip in the noodles, then toss everything together for a couple of minutes. Taste and season to perfection with soy sauce, then squeeze over the lime juice and tip on to a large platter. Trim, finely slice and sprinkle over the chilli and spring onions, scatter over the peanuts and eat right away.

Total time:
30
minutes

470
calories



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TOP TIPS

FEED YOUR FAMILY



Chicken Terrine

Good for making a little meat go a long way, serve warm with veggies and potatoes or cold with rice and salad. Use the leftovers in a roll with salad, mustard and mayonnaise for a packed lunch.

• 3 or 4 chicken thighs (approx 1lb/500g) • 1 x 8oz (300g) tub of soft cream cheese • 3 egg whites • lemon • 2 tbsp horseradish • 2 cloves of garlic • Salt & pepper

1. Grease and line a standard size tin with a long strip of greaseproof paper. Pre-heat the oven to gas 5/190c.

2. Pulse the uncooked chicken in a food processor, or cut by hand until finely chopped, and put in a bowl with the

cream cheese, lemon, horseradish, garlic and seasoning. In a separate bowl whisk the egg whites until stiff.

3. Stir a tablespoonful of egg white into the chicken mixture then add the remainder and fold in completely.

4. Put the chicken mixture into the tin and cover with foil, shiny side inwards.

5. Stand the tin in an ovenproof dish of water – the water should come about two thirds of the way up the tin – and bake for 30-40 minutes. Check that the juice runs clear, so you know it's cooked through, turn the terrine out of the tin, cut into thick slices and serve.

RECIPE COST:
under **£5**

GILL'S TIPS

✓ Try the supermarket value range of crisps, biscuits and snacks. Not only are they much cheaper, the portions are smaller, making them a healthier, lower fat option for kids and grown-ups.

✓ Thicken watery soups and curry sauces by stirring in a couple of tablespoons of couscous straight from the packet. The couscous cooks in a few minutes and absorbs any extra liquid.



IN THE KNOW...

HAIRY DIETERS

Quids in! catches up with the new slimline Hairy Bikers...

It's often called a 'lightbulb' moment. When something goes off in your head and you leap to a sudden realisation. For Si King and Dave Myers, aka The Hairy Bikers, their lightbulb moment came when they were on holiday together at Christmas...

"I'd run out of blood pressure pills," says Dave, "and so I popped into Si's room to try to nick some of his. And then I realised that it wasn't really very rock and roll, both of us being on the same blood pressure pills. Maybe it was time we did something about it."

It's probably understandable that the Hairy Bikers had put on a lot of weight over the years. After all, they've been all over the world cooking and eating, with hardly a dull moment for

the last ten years, and that sort of lifestyle takes its toll.

The challenge the Hairy Dieters set themselves was to lose weight, but without resorting to faddy foods or starving themselves. One of the first things that had to be tackled was the booze.

"Wine and beer are something I relied upon. I do drink less now – but I appreciate what I drink more," says Dave.

And when it came to the food The Hairy Dieters still wanted to enjoy eating which is why they've come up with a range of healthier recipes like their Cottage Pie below.

And their dieting isn't an obsession either as Si points out: "When we get to a point that's healthy, we'll start to eat pies again. Just not all the time."



RECIPE

COTTAGE PIE

Cottage pie is a hearty dish and one that we love to eat. Happily, this version is lower in calories than usual so we can continue to enjoy one of our favourite meals. Use lean beef, cook it without fat and bulk out the mash with leeks to reduce the calories. Serves 6–8

INGREDIENTS

- 400g lean minced beef
- 2 medium onions, chopped
- 2 celery sticks, finely sliced
- 2 medium carrots, diced
- 400g can of chopped tomatoes
- 2 tbsp tomato purée
- 500ml beef stock, made with
- 1 beef stock cube
- 1 tbsp Worcestershire sauce
- 1 tsp dried mixed herbs
- 4 tsp cornflour
- 1 tbsp cold water
- flaked sea salt
- freshly ground black pepper

Leeky potato topping

- 750g floury potatoes, such as King Edwards or Maris Pipers
- 2 tsp sunflower oil
- 2 slender leeks, trimmed and cut into 1cm slices
- 150g half-fat crème fraîche

- salt
- black pepper

METHOD

1 Place a large non-stick saucepan or flameproof casserole dish over a medium heat. Add the mince and cook it with the onions, celery and carrots for 10 minutes until lightly coloured. Use a couple of wooden spoons to break up the meat as it cooks.

2 Stir in the tomatoes, tomato purée, beef stock, Worcestershire sauce and mixed herbs. Season with a good pinch of salt and plenty of freshly ground black pepper. Bring to the boil, then reduce the heat, cover loosely and simmer gently for 40 minutes, stirring occasionally until the mince is tender.

3 Now start the potato topping. Peel the potatoes and cut them into rough 4cm chunks. Put them in a large saucepan and cover with cold water. Bring to the boil, then turn down the heat and simmer for 18–20 minutes or until the potatoes are very tender. Heat the oil in a non-stick frying pan and fry the leeks for 5 minutes until softened but not coloured, stirring often. Drain the potatoes, then tip them back into the pan, season to taste and mash with the crème fraîche until smooth. Stir in the sautéed leeks and set aside.

4 Preheat the oven to 220°C/Gas 7. Mix the cornflour with the cold water to make a smooth paste. Stir into the simmered beef and cook for another minute or until the sauce is thickened, stirring often.



RECIPE COST:
under **£6!**

5 Pour the beef mixture into a 2-litre shallow ovenproof dish. Using a large spoon, top the beef with the mashed potatoes and leeks. Spoon the mixture all around the edge of the dish before heading into the middle, then fluff up with a fork.

6 Bake for 30 minutes until the topping is golden and the filling is bubbling. If making this ahead of time, let the pie cool, then cover and put in the fridge. Cook from chilled in a preheated oven at 210°C/Gas 6½ for 40–50 minutes or until the pie is piping hot throughout.

322 calories
per portion
(if serving 6)

242 calories
per portion
(if serving 8)

TOP TIPS

LIVE WELL, SPEND LESS!



Scotch Eggs

Homemade Scotch eggs are very filling and tasty. Serve them warm with potato salad, spicy wedges and rice, or cold with tomatoes, veggies or salad.

Makes 6 Scotch eggs: 6 hard-boiled eggs • 1lb (500g) pork mince • 1 packet of stuffing mix (any flavour) • 4oz (100g) breadcrumbs • Salt & pepper • Flour • Oil

*Recipe provided by
Gill Holcombe*

1. Hard-boil the eggs and make up the stuffing mix according to the instructions on the packet.

2. Peel the hard-boiled eggs and dust with a little flour. Squish the pork mince and stuffing together in a large bowl and season with salt and pepper.

3. Spread the breadcrumbs out on a dinner plate and divide the meat mixture into 6 pieces. Flatten each piece of meat

mixture into a rough patty with your hands, then fold around the eggs. Coat with the breadcrumbs.

4. Pre-heat the oven (Gas 6/200°C/400°F) and warm about half an inch (2cm) of oil in a large pan and fry the Scotch eggs for two or three minutes, turning frequently. Finish them off in the oven for about 15 minutes.

RECIPE COST:
under **£4!**



IN THE KNOW...

A GIRL CALLED JACK

Meet the self-taught cook who's changing how people think about food on a budget

Hi Jack, what inspired you to cook, and then to blog about it?

I've cooked for years, I left home in my late teens and started to teach myself to cook and I suppose it just grew from there.

You've spoken about your struggles as a lone parent on benefits... at your lowest point, what was your worry?

Losing my home and losing my son. I managed to keep my head just above water – keep myself fed, clothed, clean, happy and we've done alright. But that was my biggest fear and it's a really dark fear and it just gnaws away at you as well.

Did you borrow money?

No. I was offered pay day loans left, right and centre. I don't know where these people get your details from but I had letters dropping through my door several times a week. They said, 'We know you need a bit of money, do you want some?' I was like, 'No, I don't.' Because even at my most desperate point I couldn't borrow money that I knew I wouldn't be able to repay.

According to our survey 1 in 12 of our readers has used a food bank – does this surprise you?

No, several of my friends are food bank users and I think the fact that it is becoming so normal is a terrifying indictment of the state this country is in.

What's your favourite food?

I really love food, it's really hard for me to just pick one, but I think it's got to be peanut butter. Peanut butter is one of those things that I could eat a few tablespoons of and call it a meal, because I'm just like 'I love peanut butter.'

Have you got any tips for our readers on savvy shopping?

Make a list before you leave the house of what you've got already. I'm a bit obsessive and sort my list into proteins, carbs, fruit and veg, and dairy products. So I see what I've already got and then buy things only where I need them.

Visit www.agirlcalledjack.com for Jack's recipes and blog and our website for more from Jack



"My main worry was losing my home and losing my son"

RECIPE

MUMMA JACK'S BEST-EVER CHILLI



"This chilli is adapted from a beef chilli recipe by Gordon Ramsay. I simply left out the beef and halved the wine to make it cheaper – plus, of course, Mr Ramsay doesn't use a tin of cheap baked beans in his version! I've tweaked and fiddled with it so much over the years that now it's not Gordon's chilli, it's Mumma Jack's." Serves 4

INGREDIENTS

- 1 x 400g tin of red kidney beans
- 1 x 400g tin of baked beans in tomato sauce or plain haricot beans
- 1 onion
- 1 small chilli, chopped
- a shake of paprika
- a shake of ground cumin
- a splash of oil
- 75ml red table wine
- 1 x 400g carton or tin of chopped tomatoes
- 1 vegetable stock cube
- 3 squares dark chocolate

METHOD

- 1** Tip both tins of beans into a colander and rinse thoroughly. If you are using baked beans in tomato sauce, make sure to rinse it all off. Pop the beans into a saucepan, cover with water and bring to the boil. Boil rapidly for 10 minutes, then reduce to a gentle simmer.
- 2** Peel and dice the onion and put into a large sauté pan along with the chopped chilli, paprika and cumin. Add the oil and cook on a low heat until the onion softens into a spicy sweetness. Pour in the wine, add

the chopped tomatoes and crumble in the stock cube, then simmer all together on a low heat.

3 When the beans have softened, drain and tip into the sauce. Add the chocolate and stir until the beans are mixed through and the chocolate is melted.

TIPS: This chilli will keep in the fridge for up to 3 days if allowed to cool and stored in an airtight container. Delicious eaten cold stuffed in pitta breads or wraps for next day's lunch.

Bubble & Squeak



Traditionally, Bubble & Squeak is made from a mixture of leftover mash, cabbage and onion. But it's also good if made with butternut squash or sweet potato, broccoli, carrots and peas. The onions are a must, but there are no rules really, so just use whatever you've got!

- Leftover potatoes and vegetables
- 3 – 4 tbsp sunflower oil or
- 1oz (25g) lard

1. Get a large mixing bowl, mash all the leftover vegetables together and mix with the potatoes.
2. *To fry:* Pre-heat the oil in a very large pan until it's practically smoking. Put everything in the pan and fry until heated through and crisp and brown in places. Keep turning the Bubble & Squeak over in the pan with a vegetable slice or spatula so it browns nicely on both sides, without sticking and burning.

3. *To bake:* Put the mix in a greased ovenproof dish, dotting the top all over with butter. Bake in a hot oven at gas mark 6/7 (200/220°C) until it's a deep golden brown all over the top.

■ *To serve: With sausages, or baked beans and tomatoes if vegetarian.*

Recipe provided
by Gill Holcombe

RECIPE COST:
under **£3!**





#WASTENOT

Quids in! joins the campaign to cut down on food waste

Hugh Fearnley-Whittingstall is used to a good fight. Remember when he took on fishing practices in his *Fish Fight* series? But he admits that the challenge of taking on food waste is an even bigger one. And while the big supermarkets have a lot to answer for, waste, like charity, begins at home.

Almost half of the total amount of food thrown away in the UK comes from our homes. We throw away a whopping seven million tonnes of food and drink every year, and more than half of this is food and drink we could have eaten. Wasting this food costs the average household £470 a year, rising to £700 for a family with children, that's pretty much £60 a month.

"We've lost the sense of responsibility for our actions, and of trusting our own resources, our nose and our common sense," says Hugh, adding: "Use-by sounds like an order. It sounds like an instruction. It makes people think that at midnight on the 29th, something's going to go from a perfectly safe food to a deadly poison, and of course it isn't like that."

HUGH'S TOP TEN TIPS FOR YOUR FRIDGE TO HELP YOU STOP WASTING FOOD

- 1** A lot of the fresh produce that comes in plastic bags at the supermarket – particularly salad, herbs, carrots and parsnips – is best kept in the packaging until you want to use it.
- 2** Mushrooms will sweat and rot if left in plastic so transfer them to a paper or cloth bag before refrigerating
- 3** Potatoes should not be kept in plastic either. Store your spuds in paper, cloth or netting, in a dark, cool place, but not the fridge.
- 4** If you've used half a bunch of herbs, trim the stems of the rest (like you would with flowers), put in a jug of water and store in a cool place or the fridge.
- 5** If your salad leaf is a bit limp (or your spinach, rocket or watercress, for that matter) dunk it in a bowl of iced water for a few minutes and it will be magically revived.

6 Don't bin the skins. Potato, beetroot, parsnips and carrot peelings can be turned into delicious vegetable crisps. Make sure they're clean (it's easiest to scrub them well before peeling!) then toss with oil, season and roast on a baking tray for about 12 minutes at 200C/gas 6.

7 You can preserve bananas at the point of perfect ripeness by keeping them in the fridge. The skins will blacken but the flesh will be fine.

8 Softening berries can be crushed – and sieved if they're pippy – then combined

with honey and yoghurt, poured into lolly moulds and frozen for a healthy treat.

9 If you find yourself with strawberries just past the point of freshness, turn them into a raw jam by slicing them, squeezing over some lemon juice and sprinkling on some sugar. Leave for half an hour or so and the strawberry juices will form a delicious light syrup on the fruit.

10 Freeze your hard cheese! In fact, freeze any dairy product that's going out of date (except soft cheese). Butter, cream, milk and hard cheese can all be frozen then defrosted and used as normal when needed.



JOIN THE FIGHT

Join the campaign on twitter using [#wastenot](#) or check out [wastenotuk.com](#) for recipes, ideas and a letter to send to Hugh supporting him.

