

Ready, Steady, Cook: Recipes on a budget

Pizza

Serves 4

Basic Pizza Dough:

500g strong flour	£1.25
1/2 level tablespoon fine sea salt	£0.90
1x 7g sachets of dried yeast	£1.00
1 tablespoon golden caster sugar	£1.90



Method:

1. For the dough, pile the flour and 1 tsp of salt onto a clean surface and make a well in the centre.
2. Add the yeast and sugar to 650ml lukewarm water, mix together and leave for a few minutes, then pour into the well.
3. Using a fork, in a circular motion, slowly bring in the flour from the inner edge of the well and mix into the water. Continue to mix, bringing in all the flour – when the dough comes together and becomes too hard to mix with your fork, flour your hands and begin to pat it into a ball.
4. Knead the dough by rolling it backwards and forwards, using your hands to stretch, pull and push the dough. Keep kneading for 10 minutes, or until you have a smooth, springy, soft dough.
5. Place the dough in a lightly greased bowl, cover with cling film and leave in a warm place to prove for 10 minutes, or until doubled in size.

Tomato sauce

1 clove of garlic	£0.30
1 onion, chopped	£0.16
1 bunch of fresh basil	£0.70
1 tbsp of sugar	£0.69
olive oil	£1.35
x1 400g tin of quality plum tomatoes	£0.35

Method:

1. Peel and finely slice the garlic, then pick the basil leaves and finely chop the stalks.
2. Heat 1 tablespoon of oil in a pan on a medium-low heat, add the garlic and basil stalks, then cook gently for a couple of minutes, or until the garlic is lightly golden, then add most of the basil leaves, the tomatoes, and a pinch of salt and pepper.
3. Leave the sauce to reduce for around 15 minutes, or until smooth, breaking up the tomatoes up with a spoon. Season to taste.

Assemble the pizzas:

Mozzarella cheese	£1.60
Italian meats (assorted)	£2.50
Olives	£0.75
Peppers	£0.91
Mushrooms	£0.12
Onions	£0.16

Method:

1. Divide the dough into 4 equal balls.
2. Flour each dough ball, then cover with cling film, and leave to rest for about 15 minutes.
3. Pre-heat the oven to 250°C
4. Dust a clean surface and the dough with a little flour, and roll it out into a rough circle, about ½cm thick.
5. At this stage you can apply your topping: spread the tomato sauce over the base, spreading it out to the edges. Sprinkle with mozzarella and other toppings.
6. Drizzle with a tiny bit of olive oil and add a pinch of salt and pepper.
7. Cook for 7 to 10 minutes, on the foil directly on the lowest rack in your oven until your crust is golden brown.

You could have this meal for £3.47 per portion (remember though, you may not want all the toppings on this recipe).

Shepherd's Pie

Serves 4

For the pie:

1 tbsp sunflower oil	£0.80
1 large onion, chopped	£0.16
2 medium carrots, chopped	£0.12
500g lamb mince	£4.00
2 tbsp tomato purée	£0.50
Worcestershire sauce to taste	£1.60
250ml beef stock	£1.00



For the mash:

900g potato, cut into even cubes (try to keep the cubes the same size so that they cook evenly)	£1.20
85g butter	£0.95
3 tbsp milk	£1.09

Method:

1. Heat 1 tbsp sunflower oil in a medium saucepan, then add 1 chopped onion and 2-3 chopped carrots. Cook until slightly soft on medium heat.
2. When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat. Add 2 tbsp tomato purée and add Worcestershire sauce, then fry for a few minutes
3. Pour over 500ml beef stock, bring to a simmer, then cover and cook until reduced by half.
4. Meanwhile, pre-heat the oven to 180C.
5. Boil the 900g potato, cubed, in salted water for 10-15 minutes until tender.
6. Drain, then mash with 85g butter and 3 tbsp milk.
7. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork.
8. Bake for 20-25 minutes until the top starts to brown and the pie is bubbling through.
9. Let stand for 5 minutes before serving.

You could have this meal for £2.85 per portion

Tomato Risotto

Serves 4

Prep: 5 Min

Cooking: 25 min

Skills: Easy

Ingredients:

300g white rice

1 onion, diced

30g butter

300ml water

500ml passata

250g salad tomatoes or cherry tomatoes

75-100g mature cheddar cheese



Method:

1. First of all, place the rice, diced onion and butter into a large bowl, cover the bowl with cling film (you **cannot** use tin foil) and place into your microwave. Cook on high for 3 minutes.
2. Carefully remove the bowl from the microwave and peel off the cling film. It's a good idea to use oven gloves as you do this as the steam is very, very hot!
3. Stir in the passata and water, and then place the bowl back into the microwave and cook for a further 10 minutes, this time uncovered.
4. Meanwhile, chop your tomatoes and grate the cheese (no grater, you could thinly slice the cheese instead)
5. Add the tomatoes and cheese to the bowl and give the mixture a good old stir. You will see that the cheese will start to melt immediately.
6. Place the bowl back into the microwave one final time and continue to cook for another 8 minutes; by then the rice and tomatoes should be cooked through.
7. Give the risotto a stir before serving, to avoid any rice sticking to the bowl. You can sprinkle over a little grated cheese

You could have this meal with garlic bread for £2.10 per portion

You could further fill this dish by adding other vegetables when cooking

Penne Bolognese

Serves 4

Prep: 20 Min

Cooking: 30 min

Skills: Easy

Ingredients

2 tbsp oil
250g lean minced beef or Quorn mince
2 onions, peeled and diced
4 carrots, peeled and diced
1 pepper, de-seeded and diced
1 can chopped tomatoes
150 ml water
300g penne pasta



Method

1. Put the oil and the onion in a pan and fry over a moderate to high heat for about three to four minutes. Stir frequently to avoid burning.
2. Add the minced beef to the pan and continue to cook, on high, until the mince is brown all over.
3. Next add the carrots and pepper and cook for a few more minutes.
4. Stir in the chopped tomatoes and water, bring to the boil, and then reduce the heat, cover and simmer. Be sure to give it a stir every so often and check to see if it requires a drop more water. Cook for approximately 30 minutes.
5. Meanwhile cook the pasta in a large pan of boiling water, according to the packet instructions.
6. Once the pasta is cooked, take it off of the heat, drain it well and return to the pan.
7. Now it's time to dish up your meal. Share the pasta between warmed plates and top with spoonfuls of bolognese. Sprinkle some grated cheese over the top, if liked.

This meal could cost £1.60 per portion

Spicy Mixed Bean Tortillas

Serves 4

Prep: 5 Min

Cooking: 30 min

Skills: Easy



Ingredients

- 1 tbsp oil for cooking and extra for greasing
- 8 garlic and coriander tortilla wraps, or plain if preferred
- 1 onion, diced
- 2 carrots, diced
- 400g can of chopped tomatoes
- 400g can of kidney beans, drained and rinsed
- 400g can of mixed beans in a chilli sauce
- 100g mature cheddar cheese, grated

Method

1. Preheat oven to 190°C/375°F/Gas mark 5. Use a little oil to grease a large ovenproof dish.
2. Heat the oil in a frying pan to fry the diced onion and carrot gently. Cook over a moderate heat for 10-15 minutes or until the vegetables are soft. Don't forget to give it a stir from time to time!
3. Now add your can of chopped tomatoes, kidney beans and mixed beans to the frying pan and give all the ingredients a good mix. Continue to cook for approximately 5 minutes.
4. Divide half the grated cheese between each of the eight wraps, and then divide the bean mixture between them.
5. When the wraps are filled they are ready to be rolled up and placed in to the ovenproof dish, seam side down.
6. Sprinkle the remaining cheese over the wraps and bake in the oven for 15-20 minutes.

This meal will cost £0.68 per portion

Cucumber and Tomato Pasta Salad

Serves 4

Prep: 10 Min

Cooking: 10 min

Skills: Easy



Ingredients

250g pasta. Such as penne

2 eggs

Half a chopped cucumber

6 cherry tomatoes, halved

3-4 tbsp mayonnaise

Method

1. First of all place your pasta and eggs in a large saucepan and cover in water from the tap. This means you can cook your pasta and eggs together and save on a bit on your gas or electricity bill!
2. Place the saucepan on the hob over a moderate heat and bring to a rolling boil. Follow the instructions on the packet of pasta to predict cooking time but both the pasta and eggs should be cooked in about 10 minutes.
3. Once both ingredients are cooked through, it's time to drain the pasta and eggs into a colander, then pour over some cold water to cool things down. The cold water will help stop the pasta sticking together. Tip the cold pasta back into the saucepan.
4. When the eggs are cool enough to touch, peel away the shell then slice into chunks and add to the pasta in the pan.
5. Now add the chopped cucumber and halved cherry tomatoes.
6. Measure in the mayonnaise and give the mixture a good stir. Tuck in straight away or store in the fridge until ready to serve.

You could have this meal for 50p per portion

You could further fill this dish by adding other fruits or vegetables when cooking

Places to find useful information

www.University.which.co.uk/advice/student-finance/student-finance-budgeting-things-to-remember

www.savethestudent.org/money/student-budgeting/students-budgeting.html

www.studentcooking.tv/recipes

www.studentsrecipies.com

www.studential.com/university/student-cooking