



# A SELECTION OF MY FAVOURITE RECIPES

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## DISCLAIMER

These recipes have been written down by me for my own use, please feel free to use them at your own risk. If you burn your house down, injure yourself or poison anyone with your cooking then the liability stops with you.

If you or your dinner guests have allergies, understanding what you can and cannot cook is your own responsibility. I am making no attempt to do this for you.

Acceptance of all the above points is a condition of use.

## DOCUMENT TEMPLATE

To create this recipe book, I used a free Microsoft Word® template by <https://usedtotech.com>, their website has many templates covering a wide variety of topics and all seem to be of an excellent quality, so it is well worth a look.

## NEW IN THIS RELEASE

Minor clarifications and corrections have been made wherever appropriate but there are also several 'new' recipes which have been added as follows.

### Slow Cooker Meat

- Gammon Joint
- Beef Brisket

### Air Fryer Fish

- Mackerel Fillets
- Salmon Fillets
- Whiting Fillets

### Pasta Dishes

- Supermarket Pasta & Sauce

### Breakfast Recipes

- Air Fryer Poached Eggs
- Egg Stuffed Pepper

### Stove Top Soups

- Carrot & Coriander
- Chicken, Sweetcorn & Pasta

### Egg Recipes

- Cheese Omelette

### Microwave Cakes

- Chocolate Mug Cake

### Stove Top Meat

- Chicken & Cashew Nuts

# CONTENTS

A selection of my favourite recipes

<b>Introduction</b> .....	<b>7</b>
<b>Cooking Methods and Devices Used</b> .....	<b>8</b>
<b>General Information &amp; Tips</b> .....	<b>9</b>
Glossary of Terms .....	10
Safe Cooking Temperatures .....	11
Freezing to Make Life Easier .....	12
Substitute Ingredients .....	14
Using Dried Beans.....	15
Using Dried Chickpeas .....	16
<b>Breakfast Recipes</b> .....	<b>17</b>
Bacon & Egg Nest (Air Fryer) .....	18
Baked Oats (Air Fryer).....	19
Supermarket Crumpets (Air Fryer) .....	20
Egg in the Hole (Air Fryer).....	21
Egg Stuffed Pepper (Air Fryer) .....	22
French Toast (Air Fryer) .....	23
Overnight Oats.....	24
Poached Eggs (Egg Cooker).....	25
Poached Eggs (Air Fryer).....	26
Scrambled Egg (Microwave) .....	27
<b>Soup Maker</b> .....	<b>28</b>
Butternut Squash Soup.....	29
Carrot & Coriander Soup .....	30
Carrot & Parsnip Soup .....	31
Lentil & Bacon Soup.....	32
Red Lentil Soup.....	33
Sweet Potato Soup .....	34
<b>Stove Top Soups</b> .....	<b>35</b>
Carrot & Coriander Soup .....	36
Chicken, Pasta & Sweetcorn Soup .....	37

<b>Instant Pot Soups .....</b>	<b>38</b>
Beef & Barley Soup .....	39
White Bean & Ham Soup .....	40
<b>Slow Cooker Soups .....</b>	<b>41</b>
Chicken, Sweetcorn and Noodle Soup.....	42
Lentil and Peanut Soup.....	43
Red Lentil and Bacon Soup .....	44
<b>Slow Cooker Beans &amp; Pulses.....</b>	<b>45</b>
Chickpea and Mushroom Stew.....	46
Chickpea and Vegetable Stew .....	47
French Lentil Curry .....	48
Red Lentil Chili .....	49
Southern Butter Beans .....	50
<b>Instant Pot Meat .....</b>	<b>51</b>
Beer Braised Steak.....	52
Creamy Pork & Mushroom.....	53
Gammon Joint (Basic).....	54
Roast Beef.....	55
<b>Air Fryer Meat.....</b>	<b>56</b>
Bacon .....	57
Corned Beef Hash.....	58
Chicken Breast.....	59
Duck Breast.....	60
Pork Chops.....	61
Roast Chicken .....	62
Sausages .....	63
Steak.....	64
Toad in the Hole .....	65
<b>Slow Cooker Meat.....</b>	<b>66</b>
Beef Brisket.....	67
Beef in Ginger & Soy Sauce.....	68
Brazilian Chicken Curry .....	69
Chicken with Cannellini Beans.....	70
Chicken & Mushroom Casserole.....	71
Gammon (Joint).....	72
Honey & Garlic Chicken Wings .....	73
Liver & Bacon.....	74
Pork & Apple Casserole .....	75



<b>Stove Top Meat</b> .....	<b>76</b>
Chicken & Cashew Nuts.....	77
<b>Air Fryer Fish</b> .....	<b>78</b>
Basa Fillets.....	79
Basa Fillets (Breaded).....	80
Cod Fillets.....	81
Mackerel Fillets.....	82
Salmon Fillets.....	83
Whiting Fillets.....	84
<b>Slow Cooker Fish</b> .....	<b>85</b>
Poached Salmon.....	86
<b>Pasta Recipes</b> .....	<b>87</b>
Supermarket Pasta & Sauce.....	88
<b>Rice Recipes</b> .....	<b>89</b>
Easy Cook White Rice (Microwave).....	90
<b>Egg Recipes</b> .....	<b>91</b>
Cheese Omelette.....	92
<b>Air Fryer Vegetables</b> .....	<b>93</b>
Bell Peppers.....	94
Breaded Mushrooms.....	95
Carrots.....	96
Mushrooms.....	97
Mini Roast Potatoes & Caramelised Onions.....	98
Roast Baby Potatoes.....	99
Roast Parsnips.....	100
Roast Potatoes.....	101
<b>Air Fryer Snacks</b> .....	<b>102</b>
Roasted Chickpeas.....	103
<b>Air Fryer Bread</b> .....	<b>104</b>
Part Baked Rolls.....	105
<b>Deep Fried Recipes</b> .....	<b>106</b>

Home Cut Chips .....	107
<b>Air Fryer Cakes &amp; Biscuits .....</b>	<b>108</b>
Chocolate Chip Cookies (Packet Mix) .....	109
<b>Oven Cakes &amp; Biscuits .....</b>	<b>110</b>
Hazelnut Squares .....	111
<b>Slow Cooker Cakes &amp; Biscuits .....</b>	<b>112</b>
Tea Loaf .....	113
<b>Microwave Cakes &amp; Biscuits .....</b>	<b>114</b>
Chocolate Brownies .....	115
Chocolate Mug Cake .....	116
<b>Steamer Recipes .....</b>	<b>117</b>
Steaming Times .....	118
<b>Fruit Recipes .....</b>	<b>119</b>
Baked Oranges .....	120
Slow Cooked Pears .....	121
Slow Cooked Pineapple & Ginger .....	122



## INTRODUCTION

I'm not claiming to be a great chef and my presentation is certainly not the best, but I know what I like. These recipes have been tuned and noted down for my own use. Many will have originated elsewhere and been adapted to my personal taste. Wherever possible, I have included references to the original source.

I've not specifically highlighted vegan or vegetarian recipes as I am an omnivore but there are quite a few in here.

Most of the recipes are very easy and require little effort. Although I like to eat well, I eat to live rather than living to eat. I tend to buy what is going cheap and then figure out what to do with it so often cook to freeze when I've found a good deal.

I am in the UK. Measurements and temperatures will be in a mix of units covering both metric and imperial. It is easy enough to convert them using free tools on the Internet.

I started documenting these recipes at the beginning of November 2022 as this was the point when I finally decided that my haphazard approach to storing them was letting me down. If you see something you like, feel free to share it subject to the terms in the disclaimer being shared too.

Most of the recipes have been sized to a small number of portions, they can easily be scaled-up but be aware that you may need to slightly increase cooking times.

I hope you find something you enjoy.

# COOKING METHODS AND DEVICES USED

These recipes use a variety of cooking methods, many of them can be adapted for other cooking methods with a few small changes too. For example, the Instant Pot recipes would work in a conventional pressure cooker or could be altered slightly to suit a slow cooker.

The difference between cheaper and more expensive devices of the same type tends to be brand name, durability, and extra features, most of mine are at the lower end of the cost range and they serve me well.

## AIR FRYER

I am using a family sized Cosori CP158-AF 1700-Watt 5.5 Litre air fryer.

## BREAD MAKER

These recipes are for a Morphy Richards 48280, a mid-range device which works very well.

## DEEP FAT FRYER

I use a cheap one portion fryer from Aldi, handy as it has a small footprint.

## EGG COOKER

I've had several of these, they usually last a few years before the element burns out, I just buy the cheapest generic one from Amazon as they all work well.

## INSTANT POT

I'm using a 5.7 Litre Instant Pot Duo with a sauté function.

## MICROWAVE

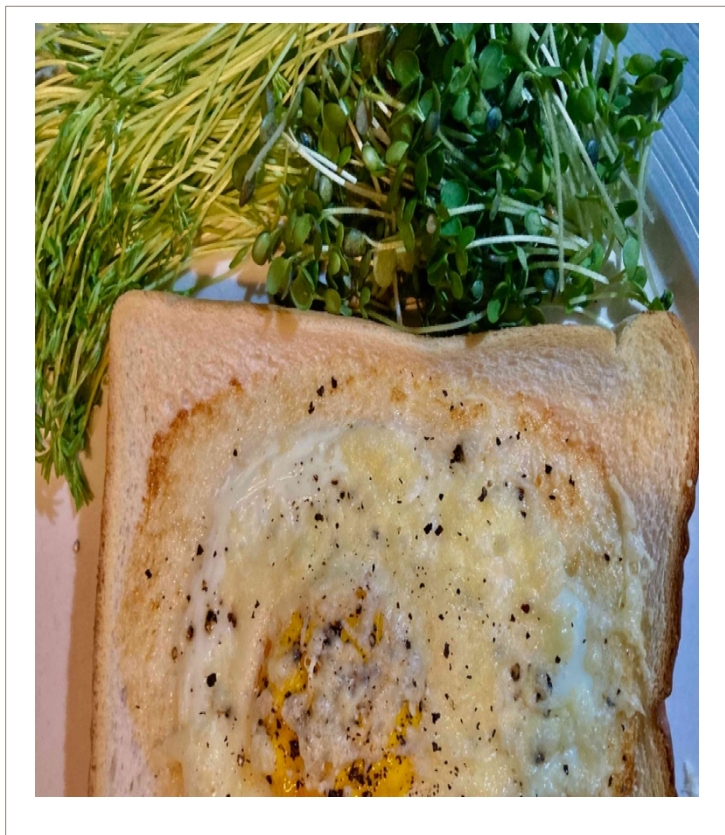
Mine is a cheap generic 700W microwave.

## SLOW COOKER

Mine is a generic supermarket unit, possibly Tesco but I'm not sure as it came secondhand from a charity shop. I've had it many years and it still works fine.

## SOUP MAKER

I use a 1.6 Litre Morphy Richard soup maker, it has the optional sauté function which is handy, and I'd recommend spending the extra for this. Although these are a 'luxury', I use mine far more than I expected.



## GENERAL INFORMATION & TIPS

# Glossary of Terms

It can be very confusing with some Internet recipes using terms from other countries or regions and some ingredients being 'niche' and difficult to find here in the UK. Here are some terms I've had to look up, they are listed in alphabetic order.

Term	Description
Adzuki Beans	Also known as Red Mung Beans
Agar	This is a vegan substitute for gelatin and is available on most of the online shopping platforms, it is usually used in a powdered form
All Purpose Flour	The same as plain flour
Black Beans	Also known as Black Turtle Beans
Black Eyed Beans	Also known as Black Eyed Peas, these are white with a black spot on them to add a little more confusion
Cilantro	In the UK we refer to this as coriander, in the US coriander is only used to describe it in the dried and powdered form
Lentilles du Puy	Another name for French Lentils
Garbanzo	Another name for chickpeas
Lentilles Vertes	Another name for French Lentils
Lima Beans	Another name for butter beans
Red Mung Beans	Also known as Adzuki Beans
River Cobbler	Another name for Basa (Fish)
Tamarind Paste	Used to add a slightly sour taste in some Asian or Middle Eastern dishes, hard to find in UK supermarkets but available on most of the online shopping platforms
White Kidney Beans	Also known as Cannellini Beans



# Safe Cooking Temperatures

I found this on a US Government website, it covers internal cooking temperatures to use with a heat probe.

Food	Type	Internal Temperature (°F)
<b>Beef, bison, veal, goat, and lamb</b>	Steaks, roasts, chops	145 <b>Rest time: 3 minutes</b>
	Ground meat and sausage	160
<b>Casseroles</b>	Meat and meatless	165
<b>Chicken, turkey, and other poultry</b>	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and <a href="#">stuffing</a> inside poultry	165
<b>Eggs</b>	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
<b>Ham</b>	Raw ham	145 <b>Rest time: 3 minutes</b>
	Precooked ham (to reheat)	165 <b>Note:</b> Reheat cooked hams packaged in USDA-inspected plants to 140°F
<b>Leftovers</b>	Any type	165
<b>Pork</b>	Steaks, roasts, chops	145 <b>Rest time: 3 minutes</b>
	Ground meat and sausage	160
<b>Rabbit and venison</b>	Wild or farm-raised	160
<b>Seafood</b>	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145 or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

# Freezing to Make Life Easier



The advice is from my experience, the picture is from [helpwithcooking.com](http://helpwithcooking.com), a site worth a visit

## WHY FREEZE?

I used to throw away lots of unused fruit and veg but, after a bit of research, I now freeze what I can.

Buying things from the reduced shelf in the supermarket and freezing them is also a winning idea. If you grow your own veg, freezing makes even more sense.

Unfortunately, not everything freezes well. Here are some which I have tried with success.

## WHAT TO FREEZE

### **Bell Peppers**

Slice the peppers into thin strips and discard the seeds and pith (the white bit), place them in a freezer bag and freeze. To avoid freezer-burn, they should be used within three months and when defrosted they will retain the crunchy bite which they had prior to being frozen.

### **Chilies**

Simply remove the seeds and pith and cut into slices and then put them on a tray or plastic container lid so that they are not touching, pop them in the freezer until frozen. They can then be transferred to a zip-lock bag or container and will store in the freezer for about 6 months, and it is easy to remove only what you need.

### **Garlic**

Split the bulbs into individual cloves and peel them, they can then be frozen for up to 10 months with no significant loss of flavour and as the cloves are small, they are easily chopped for use whilst still frozen or can be defrosted naturally and crushed. I tend to use a zip-lock bag for convenience and to avoid the odour spreading.

### **Onions**

They last about 6 months, do a load at in one go and it means that you only get smelly hands the once. I tend to put one chopped onion in each freezer bag as this is handy for portioning. The bags can be reused (ideally for onions as it may carry a taste).

## WHY FREEZE?

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Freezing these things may only save you a few pennies but it is also reducing food waste and means that you are less likely to find that you are missing ingredients when you start cooking.

## WHAT TO FREEZE

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### **Rhubarb**

No real preparation needed. Simply cut the stalks into one-inch pieces with a large knife and freeze for several hours on a greaseproof or baking paper lined tray before transferring to freezer bags. It is fine for about a year.

### **Cookie Dough**

If I have a whole batch of cookie dough, I'll eat a whole batch of warm cookies, this is bad for me. The dough can be rolled into balls and frozen on a tray before putting into bags to allow one to be removed and defrosted before cooking. Temptation removed (to a degree).

# Substitute Ingredients

There are few things as annoying as starting to prepare a meal only to find that you don't have one of the ingredients available. Here are some substitutes I've used successfully. Sometimes they are not quite as good as the real thing but can still get you out of a fix, in other cases they are just different names for the same thing.

Ingredient	Substitute
Buttermilk	Stir 1 Tbsp (Tablespoon) of vinegar into 1 cup of milk, cover and allow to stand for 5 minutes.
Cilantro	Fresh coriander.
Corn Syrup	Golden Syrup.
Cornmeal	Polenta.
Cornstarch	Use cornflour, it is the same.
Eggplant	Aubergine.
Garlic	Garlic powder makes a good substitute in stews, soups, and casseroles. It has a long shelf life. Use ¼ tsp as a substitute for each clove of fresh garlic. Note: this is <u>not</u> the same as Garlic Salt.
Graham Crackers	Digestive Biscuits.
Half and Half	Single Cream.
Heavy Cream	This is a whipping cream sold mainly in the US. The closest UK equivalent is double cream although they are not exactly the same.
Kosher Salt	Either Rock salt or Himalayan Pink Salt may be used as a substitute. As a last resort use half as much table salt but this may add some unwanted flavours.
Self-Raising Flour	I rarely buy this as I've got limited cupboard space. Instead, I use plain flour and add 2 tsp (teaspoons) of baking powder for each 150g/6oz/1 cup of flour. This needs to be well mixed in, ideally by adding the two into the recipe with a sieve.
Zucchini	Courgette.

# Using Dried Beans



I can't claim ownership of this photo, I found it on the [mundus-agri.eu](http://mundus-agri.eu) website

## WHY USE DRIED?

Canned beans are certainly convenient, but it is worth noting that the dried option does offer some advantages. They also have a long shelf-life if stored in a dry, cool, and dark place.

- *Easier to carry home*
- *Generally cheaper than canned*
- *Better for the environment*
- *They look cool stored in jars in the kitchen if you have space*

*Tip: I tend to buy them in bulk online, Amazon have an excellent selection available.*

## SOME TIPS

### Soaking or Cooking

Some recipes need dried beans to be soaked or cooked in advance and some don't, always check your recipe. This may also vary by cooking method.

### Adzuki Beans

I had a lot of trouble finding these in the shops, it seems it is a regional naming issue, they are also known as Red Mung Beans.

### Black Beans

It can sometimes be hard to find these as they go by two names, generally they are sold as 'black beans' when tinned and 'black turtle beans' when dried but they are the same thing.

### Black Eyed Beans

These are the same thing as Back Eyed Peas.

### Red Kidney Beans

If buying these dried you will need to follow the cooking instructions closely, they can make you quite unwell otherwise. Personally, I used canned ones.

# Using Dried Chickpeas



Time required:  
7 hours



1 can

## INGREDIENTS

This is a slow cooker recipe and produces the equivalent of one 400g can.

- 125g dried chickpeas
- Water

*Note: Chickpeas need to be cooked before use in most recipes, the canned ones are already cooked but it easy to deal with dried chickpeas with some advanced planning. Check your recipe.*

*Note: Although a typical can of chickpeas will weigh 400g, this will only contain about 250g of chickpeas when drained.*

## STEPS FOR COOKING

I use a lot of chickpeas (which I buy in bulk online) and often prepare them in the slow cooker, they take about as long as I usually sleep for, so it is a handy way of preparing for the next day.

1. Place 125g of dried chickpeas in the slow cooker.
2. Add enough boiling water to cover the chickpeas, then add double that amount as they will absorb a lot of water.
3. Cook for 7 hours on LOW.
4. Drain and use in any recipe requiring tinned chickpeas.

*Tip: These can be stored in the fridge in a sealed container for a couple of day, I have purchased a couple of 450ml screw-top containers from Amazon for this purpose.*





## BREAKFAST RECIPES

# Bacon & Egg Nest (Air Fryer)



Time required:  
10 minutes



Servings: 1

## INGREDIENTS

- 2 Rashers of Bacon
- 1 Medium Egg
- 1 Slice of Bread
- Butter

*This recipe is found widely on the Internet so I can't claim to have invented it. Nice though.*

## STEPS FOR COOKING

A quick Air Fryer breakfast recipe, relatively easy although cooking time is critical if you want a runny yolk.

1. Unless your bacon is thinly cut, cook for 2 to 3 minutes at 180°C
2. Butter the bread on one side, place in the basket with this side downwards
3. Press firmly on the bread in the centre to flatten in to make an indentation for the egg
4. Stand the bacon in a circle to make a nest for the egg to sit in
5. Break the egg into the nest
6. Cook until the bacon is done, this will depend on thickness but will probably be between 6 and 8 minutes
7. Serve with a little black pepper

# Baked Oats (Air Fryer)



Time required:  
15 minutes



Servings: 2

## INGREDIENTS

- ½ cup rolled oats
- ½ teaspoon baking powder
- ¼ cup milk
- 1 Tbsp peanut butter
- 1 Tbsp honey
- ¼ tsp salt
- ¼ tsp cinnamon
- ¼ tsp vanilla extract
- 1 Medium Egg
- 1 Tbsp chocolate chips

*You will need a blender or food processor to make this recipe, each portion is around 290 calories.*

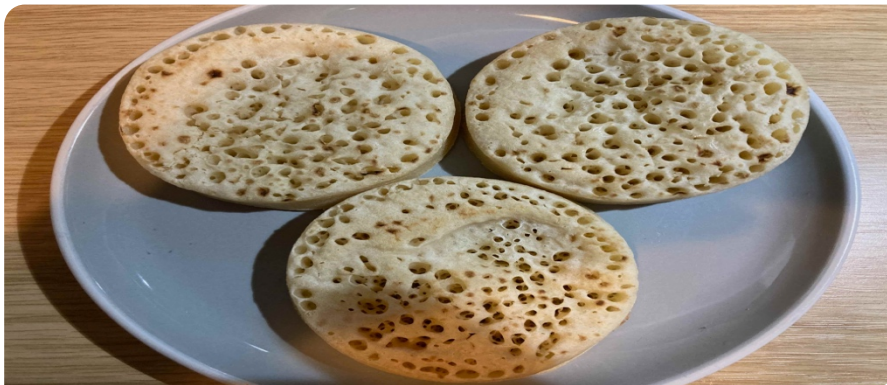
## STEPS FOR COOKING

Cake for breakfast and not too unhealthy either. Quick and easy to make. I based my recipe on one I found on [lifestyleofafoodie.com](https://lifestyleofafoodie.com) but changed some of the main ingredients to suit what I's got

1. Preheat the air fryer to 180°C
2. Add all ingredients (except the chocolate chips) into the blender and blend until smooth
3. Pour into two lightly greased ramekins
4. Sprinkle the chocolate chips on top
5. Bake in the air fryer for 10 minutes at 180°C, check with a wooden skewer after 8 minutes, they will be done if it comes out clean
6. Allow to cool for 10 minutes

*Tip: if you only need one, the other can be covered in cling film and put in the fridge for tomorrow, just microwave for 40 seconds.*

# Supermarket Crumpets (Air Fryer)



Time required:  
4 minutes



Servings: 2

## INGREDIENTS

- Crumpets
- Butter

## STEPS FOR COOKING

An air fryer is an ideal way to heat supermarket crumpets and avoids them from jamming in the toaster.

1. Pre-heat the air fryer to 180°C
2. Place crumpets top side down in air fryer
3. Cook for 2 minutes at 180°C
4. Turn crumpets over
5. Cook for a further 2 to 3 minutes
6. Butter immediately

**Tip:** Use real butter for these, anything less is unacceptable behaviour, adding a poached egg on top provides a feast.

# Egg in the Hole (Air Fryer)



Time required:  
15 minutes



Servings: 1

## INGREDIENTS

- 1 Slice of bread (medium or thick)
- 1 egg
- Cheese
- Salt
- Pepper

## STEPS FOR COOKING

This is a quick and easy air fryer breakfast which I make quite often having spotted in on the Internet. Effectively you will end up with a fried egg embedded in toasted bread.

1. Place the bread in the air fryer basket
2. Press it down firmly in the centre to make an indentation, a mug is ideal for this
3. Crack the egg into the 'hole' and season with salt and pepper
4. Cook for at 180°C for 6 minute
5. Grate a little cheese onto the top
6. Cook for a further 2 minutes



# Egg Stuffed Peppers (Air Fryer)



Time required:  
20 minutes



Servings: 1

## INGREDIENTS

- 1 Bell Pepper (any colour)
- 2 Medium eggs
- Cheese
- Salt

*A cheeky way of getting one of your five a day in at breakfast time.*

## STEPS FOR COOKING

This is a quick and easy air fryer recipe which I like a lot and use quite often. The timing below is based on medium eggs for a medium cooked yolks and can be tuned as required.

1. Pre-heat the air fryer to 190°C
2. Cut the pepper in half, carefully removing the stalk, white parts and seeds
3. Crack an egg into each half
4. Top the egg with a little salt
5. Cook at 190°C for 9 minutes
6. Grate a little cheese on the top of the eggs (optional)
7. Cook for a further 2 minutes

This recipe came from YouTube channel [Empowered Cooks](#) which is excellent for many easy air fryer recipes, one of my favourite cooking channels and well worth following.



# French Toast (Air Fryer)



Time required:  
15 minutes



Servings: 1

## INGREDIENTS

- 2 slices medium thick bread
- 2 Medium eggs
- 50 ml milk
- $\frac{3}{4}$  tsp cinnamon
- 1 tsp vanilla extract

*Calorie count: I have estimated this at around 300 calories*

## STEPS FOR COOKING

This is an air fryer recipe but could easily be adapted to cook in a frying pan.

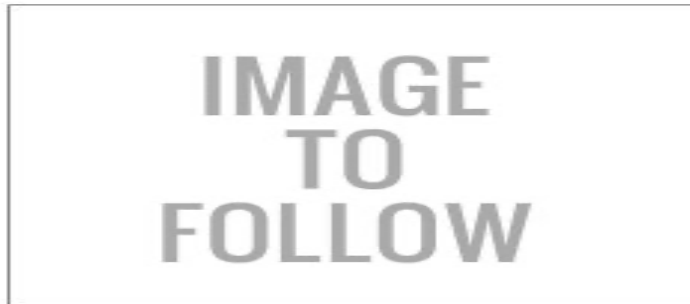
There are loads of recipes for French toast, I use this one as it only includes ingredients which I usually have to hand.

1. Pre-heat the air fryer to 180°C
2. Beat the eggs in a dish large enough to hold a slice of bread
3. Mix in the milk, cinnamon and vanilla extract
4. Soak the bread (I normally use wholemeal but any will do) in the mixture, I leave it in there for at least 20 seconds
5. Arrange in the air fryer basket so that the slices are not touching
6. Cook for at 180°C until done to your taste turning once part way through, I have found that 10 minutes works well for me
7. Serve immediately while warm

Tip: The cinnamon will not easily mix with the egg and milk and is going to sit as a layer on top, if your bowl is only big enough for one slice of bread and is half of the cinnamon before dipping each slice to avoid it all going onto the first slice.

Tip: These are even better served with chopped fruit and a sprinkling of icing sugar on top.

# Overnight Oats



Time required:  
5 minutes



Servings: 1

## INGREDIENTS

- 8 heaped dessert spoons rolled oats (100g)
- Cold water
- Optional: seeds, honey, or syrup

*Tip: This recipe can easily be customised to your own take or even just for a bit of variety by adding nuts, fruit, dried seeds, syrup, or honey. One of my favourite additions is a tablespoon of desiccated coconut. placeholder text in the template.*

## STEPS FOR COOKING

I eat this cheap, healthy, and easy breakfast at least a couple of times a week. Very easy, the only real challenge is remembering to prepare it the night before.

1. Put the oats into your breakfast bowl
2. Add any seeds or other optional dried ingredients (not fruit, honey, or syrup at this stage)
3. Carefully add cold water until the oats are barely covered. Ideally water should only be visible if the bowl is tilted
4. Cover (I use a plate) and leave overnight
5. Optional: add honey or syrup and microwave until warm (60 to 75 seconds)
6. Optional: add fresh chopped fruit
7. Serve immediately

*Tip: if you are making multiple portions, it is best to make each in its own individual serving bowl.*

# Poached Eggs (Egg Cooker)



Time required:  
10 minutes



Servings: 1

## INGREDIENTS

- Egg
- Oil
- Water

## STEPS FOR COOKING

Poached egg on wholemeal toast with real butter is one of my favourite breakfasts, I have it at least a couple of times a week. I only need one egg and find that the most convenient way to do it is in my electric egg cooker, this has the advantage of using a tiny amount of power too.

The cooker will hold 6 eggs for boiling, five around the edge and one in the middle.

I place a silicone egg poacher (purchased separately from Amazon) in the middle egg slot, grease it lightly with oil before breaking the egg into it and then book in line with the instructions which came with the cooker.

If greased well, the egg will just slide out without any damage. Perfect every time.

# Poached Eggs (Air Fryer)



Time required:  
10 minutes



Servings: 1

## INGREDIENTS

- Eggs
- Oil
- Water

## STEPS FOR COOKING

Why poach eggs in the air fryer? This would not normally be my first choice and would be an expensive option if they were the only thing being cooked but it can make sense if there is room while cooking sausages or bacon and it works well.

1. Preheat the air fryer to 190°C
2. Spray a ramekin or similar lightly with oil
3. Add a little boiling water, maybe 4 or 5 tablespoons
4. Break the egg into the ramekin
5. Cook until done to your liking, this should be between 6 and 8 minutes

# Scrambled Egg (Microwave)



Time required:  
5 minutes



Servings: 1

## INGREDIENTS

- 2 or 3 Eggs
- 1 Tbsp Milk
- Pinch of Freshly Ground Black Pepper

## STEPS FOR COOKING

1. Beat the Eggs with a fork in a microwave safe bowl or jug
2. Add the milk and pepper
3. Beat again
4. Microwave on full power for 45 seconds
5. Stir to break to any areas which are setting
6. Microwave until the eggs are almost set (another 30-45 seconds)
7. Serve immediately, they can be garnished with finely chopped chives if you have any



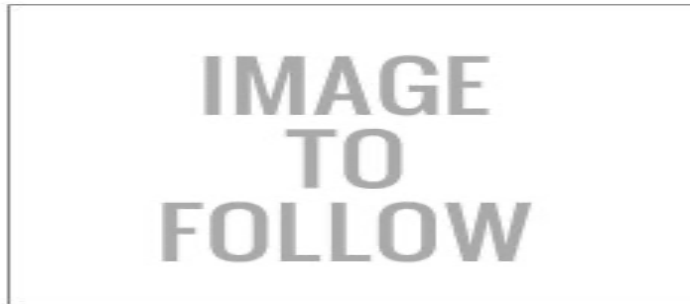
## SOUP MAKER

I tend to have soup for my lunchtime meal during the week if I'm working from home, I used to make batches and then freeze it but these days I normally have a 'soup of the week' which I make on a Monday and put the rest in containers in the fridge to reheat.

This sorts me out for four days of the week allowing me to have a change one day in the middle. Unless otherwise stated, all the soups in this section will keep well like this if refrigerated. If I do get bored with a soup by the end of the week, a little chili or curry powder stirred in before reheating can add little variety.



# Butternut Squash Soup



Time required:  
35 Minutes



Servings: 4

## INGREDIENTS

Calories: Roughly 160 per  
portion

- 1 Butternut Squash
- 1 Onion
- 1 Tbsp Sunflower or Olive Oil
- 2 Cloves Garlic
- 2 Medium Potatoes
- 1 x Vegetable stock pot
- Water

## STEPS FOR COOKING

1. Roughly chop the onion
2. Wash, de-seed and chop the Butternut Squash (I use the skin in this recipe)
3. Sauté the onions in the oil if your machine has this function
4. Add the ingredients to the soup maker
5. Add water to the 'Max' mark
6. Cook on 'Smooth'

# Carrot & Coriander Soup



Time required:  
35 Minutes



Servings: 4

## INGREDIENTS

A personal favourite, very tasty but easy

- 1 x Onion
- 800g Carrots
- 1 tbsp Olive or Sunflower Oil
- 15g Fresh Coriander
- 1 x Vegetable stock pot
- Water

## STEPS FOR COOKING

1. Roughly chop the onions
2. Chop the carrots (no need to peel)
3. Sauté the onions in the oil if your machine has this function
4. Add the ingredients except the coriander to the soup maker
5. Add water to the 'Max' mark
6. Cook on 'Smooth'
7. Once complete add the coriander (including stalks), no need to be precise, and blend
8. Season to taste with salt & pepper

Tip: 15g is basically a handful or half a typical supermarket pack. Blend briefly so that there is a nice appearance

# Carrot & Parsnip Soup



Time required:  
35 Minutes



Servings: 4

## INGREDIENTS

- 2 x Leeks
- 300g Carrots
- 300g Parsnips
- 1 tbsp Olive or Sunflower Oil
- 15g Fresh Coriander
- 2 x Vegetable stock cubes
- Water

## STEPS FOR COOKING

I fancied some soup so had a quick look in the fridge to see what I'd got to play with and came up with this one. It was very good and took about half an hour to make in my soup maker.

1. Chop the leeks
2. Chop the carrots & parsnips (no need to peel)
3. Sauté the leeks in the oil if your machine has this function
4. Add the ingredients except for the coriander to the soup maker
5. Add water to the 'Max' mark
6. Cook on 'Smooth'
7. Once complete add the coriander (including stalks)
8. Blend briefly so that there is a nice appearance. If your soup maker does not have this function, you can add them at the start, but the taste will not be quite as distinct

**Tip:** 15g is basically a handful or half a typical supermarket pack. Blend briefly so that there is a nice appearance

# Lentil & Bacon Soup



Time required:  
35 Minutes



Servings: 4

## INGREDIENTS

- 1 Onion
- 1 Medium Carrot
- 1 Tbsp Sunflower or Olive Oil
- 1 Medium Potato
- 1 x Chicken Stock Pot
- 200g Red Lentils (dried)
- 4 Rashers of Cooking Bacon
- Water

## STEPS FOR COOKING

1. Roughly chop the onion
2. Remove the fat from the bacon and chop into small pieces
3. Sauté the onions and bacon in the oil if your machine has this function
4. Rinse the lentils
5. Chop the potato and carrot
6. Add the ingredients to the soup maker
7. Add water to the 'Max' mark
8. Cook on 'Smooth'

Calorie count: I believe this is around 280 calories per serving.

# Red Lentil Soup



Time required:  
35 Minutes



Servings: 4

## INGREDIENTS

Calories: Roughly 240 per portion

- 1 x Onion
- 1 tbsp Olive or Sunflower Oil
- 200g Dried Red Lentils
- 200g Potatoes
- 1 tsp Ground Black Pepper
- Water

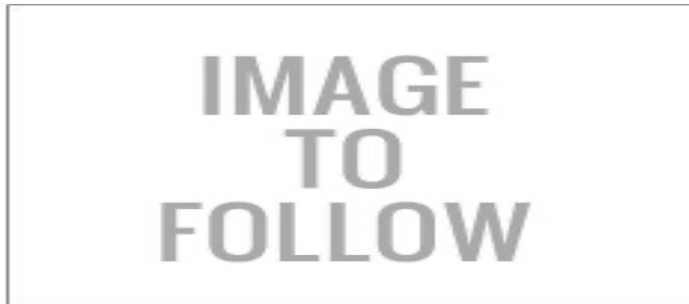
## STEPS FOR COOKING

Cheap and healthy but very tasty too, what is there not to like. Everyone has their own lentil soup recipe so here is mine, it has been designed for my 1.6 litre Morphy Richard soup maker but could be scaled for a different sized machine or adapted for stove top very easily.

1. Soak the lentils in water for an hour and then drain and rinse, I find it easiest to do this by soaking them in a plastic sieve placed in a bowl of water. Best to cover them in the summer to avoid and flying insects.
2. Roughly chop the onions
3. Chop the potatoes (no need to peel if they are well scrubbed)
4. Sauté the onions in the oil if your machine has this function
5. Add the ingredients to the soup maker
6. Add water to the 'Max' mark
7. Cook on 'Smooth'

**Tip:** The soup is of medium thickness and can be adapted by adding or reducing the quantity of lentils and potatoes in equal amounts but go steady as a small change makes a big difference.

# Sweet Potato Soup



Time required:  
35 Minutes



Servings: 4

## INGREDIENTS

Calories: Roughly 240 per portion

- 800g Sweet Potatoes
- 1 x Onion
- 1 Tbsp Sunflower Oil
- 1 Tsp Paprika
- 1 x Chicken stock pot
- Water

## STEPS FOR COOKING

1. Roughly chop the onions
2. Scrub and chop the sweet potatoes
3. Sauté the onions in the oil if your machine has this function
4. Add the ingredients to the soup maker
5. Add water to the 'Max' mark
6. Cook on 'Smooth'

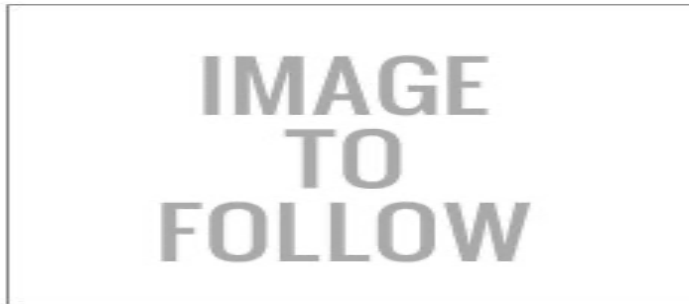
**Tip:** This can be made hotter by substituting half of the paprika with a chopped fresh chili.



## STOVE TOP SOUPS

I now use an induction hob, but the recipes are the same for any type of stove top.

# Carrot & Coriander Soup



Time required:  
40 Minutes



Servings: 4

## INGREDIENTS

A personal favourite, very tasty but easy

- 1 x Onion
- 800g Carrots
- 1 tbsp Olive or Sunflower Oil
- 15g Fresh Coriander
- 1 x Vegetable stock pot
- Water

## STEPS FOR COOKING

1. Roughly chop the onions
2. Chop the carrots (no need to peel)
3. Sauté the onions in the oil in a pan until soft, do not brown them
4. Add the remaining ingredients except the coriander to the pan with 1 litre of water and bring to the boil
5. Simmer for 25 minutes
6. Once complete add the coriander (including stalks), no need to be precise, and blend with a hand blender
7. Season to taste with salt & pepper

Tip: 15g is basically a handful or half a typical supermarket pack. Blend briefly so that there is a nice appearance.



# Chicken, Pasta & Sweetcorn Soup



Time required:  
40 Minutes



Servings: 4 - 6

## INGREDIENTS

A filling winter soup.

- 2 - 3 chicken breasts (skinless)
- 1.25 litre water
- 2 Chicken Stock Pots
- 1 clove garlic, crushed
- 1 tsp finely grated ginger
- 295g Can of condensed cream of chicken soup
- 325g Can Sweetcorn
- 2 cups dried pasta
- 2 tsp soy sauce

## STEPS FOR COOKING

1. Add the water, stock pots, garlic, ginger and chicken breasts into a pan and bring to a boil
2. Simmer for 5 minutes
3. Remove from the heat and place a lid on the pan.
4. Allow to stand for 5 minutes to allow the chicken to finish cooking, the breasts should then be removed and allow to cool slightly before being shredded
5. Add the soy sauce and condensed soup to the pan and bring back to a boil, stir to ensure that the condensed soup has dissolved
6. Add the sweetcorn and pasta and simmer for 8 minutes
7. Add the chicken back into the pot and simmer for a further 2 minutes

Tip: Put any spare soup in the fridge, the pasta will soak up more of the liquid and the soup will thicken.



## INSTANT POT SOUPS

# Beef & Barley Soup



Time required:  
40 Minutes



Servings: 4

## INGREDIENTS

- 500 to 600g Diced Beef
- 2 tbsp Olive Oil
- 1 x Medium Onion
- 4 x Cloves of Garlic
- 2 or 3 Medium Carrots
- 2 Stalks Celery
- ¼ Cup (120g) Pearl Barley
- 950ml (4 Cups) Water
- ½ tsp black pepper
- 1 tsp Dried Sage
- ½ tbsp Worcestershire Sauce
- 2 x Beef stock pot
- 2 Bay leaves

## STEPS FOR COOKING

**Calories: Approximately 330 per portion**

Makes a thin soup but will thicken to some degree if left in the fridge for a day or two. This recipe is adapted from one I found on the *Pressure Luck Cooking* channel on YouTube

1. Chop the onions finely, carrots and celery
2. Sauté in the olive oil in the instant pot until soft
3. Add in the beef, sauté until brown
4. Mince the Garlic and add into the instant pot, sauté for 30 seconds
5. Add the remaining ingredients and stir
6. Pressure cook for 25 minutes and then allow 15 minutes of natural release
7. Add salt to taste, I used none, but my stock pots were not reduced sodium
8. Remove bay leaves and serve

**Tip:** If you make a batch of this and get bored with it try freezing some. Alternatively add a little cornflour and reheat to thicken it and serve with baby potatoes as a main course.

# White Bean & Ham Soup



Time required:  
60 Minutes



Servings: 6

## INGREDIENTS

A personal favourite, very tasty but easy

- 1 x Onion
- 3 x Cloves of Garlic
- 500g Dried Cannellini Beans
- 175g Cooked Ham
- 1 tsp black pepper
- ½ tsp Cumin
- ½ tsp Coriander
- 1 x Chicken stock pot
- Water

Tip: This is a great way of using any stock left after cooking a gammon in your instant pot as in one of my other [recipes](#).

## STEPS FOR COOKING

This is a blend of several different recipes and then tuned to my taste, it is a nice hearty winter soup.

1. Chop the onions finely
2. Mince the Garlic
3. Finely dice the ham
4. Sauté the onions in the oil for 2 minutes if your machine has this function
5. Add the garlic and sauté for a further minute
6. Rinse the beans and add to the Instant Pot
7. Add water (or ham stock if you are using it, the total target liquid volume is 2 litres)
8. Add the remaining ingredients and stir
9. Pressure cook for 35 minutes and then allow 20 minutes of natural release
10. Add any further seasoning to taste
11. Remove ¾ of the beans and ham along with liquids and blend
12. Return the blended mixture to the instant pot and stir to thicken the soup

Tip: This is the perfect recipe to use a couple of days after cooking a gammon if there are any leftovers



## SLOW COOKER SOUPS

# Chicken, Sweetcorn and Noodle Soup



Time required:  
8 hours



Servings: 6

## INGREDIENTS

*Easy but really tasty and quite filling.*

- 600g chicken thighs (skin and boneless)
- 3 bay leaves
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1 chicken stock pot
- 1 can condensed chicken soup (I used Campbells)
- 1.25l boiling water
- 1 Tin Sweetcorn (I used quite a large one)
- 2 Packets of cheap 'instant' noodles (I used Maggi)

*Tip: keep the seasoning packet from the noodles, it can be used in other recipes.*

## STEPS FOR COOKING

1. Add all the ingredients to the slow cooker (except the sweetcorn and noodles) and mix well
2. Cook for 6 hours on LOW
3. Remove and shred the chicken before adding it again
4. Drain and add the sweetcorn (you could use frozen)
5. Remove the bay leaves
6. Break up the dried noodles and add them (do not use the seasoning)
7. Cook on LOW for a further 2 hours



# Lentil and Peanut Soup



Time required:  
10 hours



Servings: 6

## INGREDIENTS

*Inspired by a memory from a school trip in the 1970s. Remarkably nutty, I love this.*

- 1 Small onion, finely chopped
- 1.5 Cups brown lentils (these survive a long cook intact)
- 5 cups vegetable stock (hot)
- 2 cups boiling water
- 4 Tbsp bulgur wheat
- 2 Tbsp tomato puree
- 1 tsp cumin
- 1/2 tsp black pepper
- 1/2 tsp chili powder
- 1 Bay leaf
- 6 generous Tbsp peanut butter (I used crunchy)

## STEPS FOR COOKING

1. Add all ingredients (except for the peanut butter) into the slow cooker
2. Cook on LOW for 9 hours
3. Add the peanut butter and stir until dissolved
4. Cook on HIGH for a further hour
5. Remove the bay leaf

Although the basic idea was inspired by a school trip many decades ago, the basis of this recipe was found on [thefoodiecorner](http://thefoodiecorner.com)

# Red Lentil and Bacon Soup



Time required:  
8 hours



Servings: 6

## INGREDIENTS

*This is an easy and cheap soup to make, ideal for a chilly winter day. You will need a hand blender to finish it.*

- 4-6 Rashers of Streaky Bacon
- 8oz Dried Red Lentils
- 2 Medium Onions
- 2 Large Carrots
- 2 Sticks Celery
- 2 Pints Boiling Water
- 1 tbsp. Tomato Puree
- Bouquet Garni

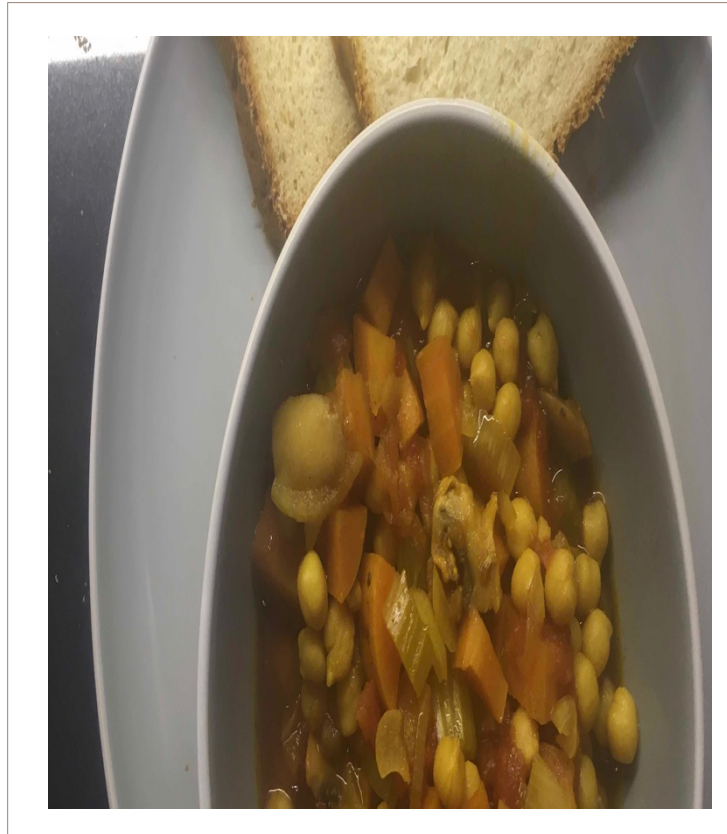
*Note: Either smoked or unsmoked bacon may be used in this recipe.*

*Tip: you can save some money on this by using cooking bacon (offcuts) which is available in most supermarkets. The remainder of the pack can be frozen.*

## STEPS FOR COOKING

1. Chop the vegetables and place in the slow cooker
2. Wash the lentils under cold water and add to the slow cooker
3. Fry and chop the bacon and add to the slow cooker
4. Add the boiling water
5. Add a bouquet garni
6. Cook for 8 hours on low
7. Remove the bouquet garni and smooth the soup with a hand blender





## SLOW COOKER BEANS & PULSES

# Chickpea and Mushroom Stew



Time required:  
8 hours



Servings: 6

## INGREDIENTS

- 250g dried chickpeas soaked overnight (or 2 drained cans)
- 5 carrots
- 2 celery sticks
- 2 onions
- Pack of button mushrooms
- 1 can chopped tomatoes
- 2 tbsp tomato puree
- 1 vegetable stock cube
- 3 cloves of garlic
- 1 tbsp olive oil
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp chili powder
- 0.5 tsp salt
- 0.5 tsp black pepper

*Tip: If you have got any other root vegetables, peppers etc., which need using up, just add them in*

## STEPS FOR COOKING

1. Chop the onions finely
2. Heat the olive oil in a pan and gently fry the onions, garlic, and spices for a few minutes until softened
3. Chop the carrots and celery
4. Slice the mushrooms
5. Mix the stock cube and tomato puree in 600ml of boiling water
6. Add all ingredients to the slow cooker and mix well
7. Cook on HIGH for four to five hours or LOW for six to eight hours

# Chickpea and Vegetable Stew



Time required:  
8 hours



Servings: 4

## INGREDIENTS

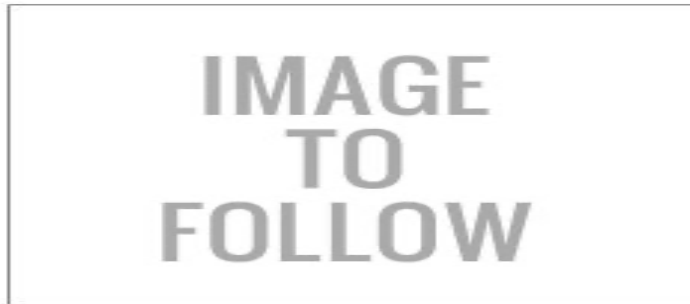
*Nice and easy, a handy way of using any vegetables lurking in the fridge, can be made as vegetarian or vegan by changing the stock*

- 400g Cooked Chickpeas (I cooked these from 200g of dried but tinned would work too)
- 4 Medium Potatoes
- 1 Medium Onion
- 4 Medium Carrots
- 4 Medium Tomatoes (half a can would probably work too)
- 1 Red Pepper
- 1 Chicken Stock Pot (or vegetable)
- 2 Tbsp Olive Oil
- 3 Sprigs of Fresh Rosemary (or 1 Tsp dried)
- 1/2 Pint Boiling Water
- Salt & Pepper to season

## STEPS FOR COOKING

1. Peel and chop the carrots, potatoes, and onion
2. Chop the tomatoes, pepper, and rosemary
3. Dissolve the stock in the water
4. Add everything to the slow cooker
5. Cook on **LOW** for 8 hours
6. Season to taste
7. Serve with crusty bread

# French Lentil Curry



Time required:  
5:30 hours



Servings: 4 to 6

## INGREDIENTS

*Tip: You can use reduced fat coconut milk if you want a lower fat version*

- 1 can Coconut Milk
- 1 Yellow Pepper
- 1 Onion
- 3 Cloves Garlic
- 2 tbsp olive or sunflower oil
- 1 1/2 Cups French Lentils (dried)
- 3 tbsp Tomato Puree
- 3 tsp Curry Powder
- 2 tsp Sugar
- 2 tsp Garam Masala
- 1 tsp Garlic Powder
- 1 tsp Salt
- 1 tsp Cumin
- 1 tsp Ground Ginger
- 1/4 tsp Ground Pepper
- 2 1/2 Cup Water

## STEPS FOR COOKING

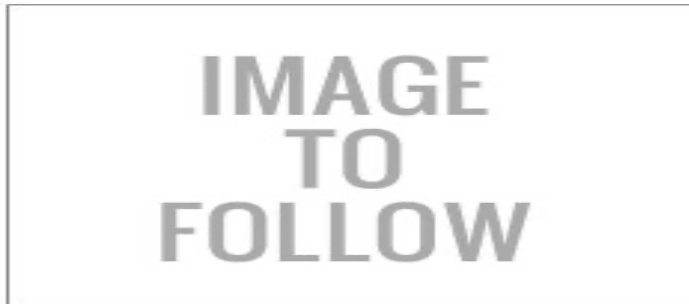
Initially I was put off from cooking this due to the long ingredient list, in fact it is very easy and if you have the spices in your cupboard already it is also very cheap.

A nice winter recipe for French Lentils (Lentille verte du Puy). Although there are quite a few ingredients, it is very straightforward and should be served with rice. Due to the long cooking time, no pre-soaking of the lentils is required.

1. Rinse the lentils in a sieve
2. Finely chop the onions & garlic
3. Add all the ingredients to the slow cooker and mix
4. Cook on **LOW** for 5 hours

*Tip: You can adjust the heat of this curry to your taste by using either mild or hot curry powder.*

# Red Lentil Chili



Time required:  
6 hours



Servings: 4

## INGREDIENTS

*About as easy as it gets but very tasty, I rarely have a meat chili anymore as this is great and cheap*

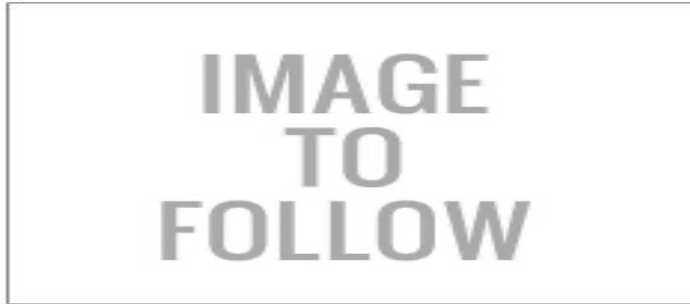
- 1 Medium onion, diced
- 2 Medium peppers, any colour, diced
- 2 Carrots, peeled and chopped
- 1 Jalapeño, deseeded if you don't like it too strong
- 3 Cloves garlic, minced
- 2 Tbsp chili powder
- 2 Tsp ground cumin
- 1 Tsp oregano
- 1 Tsp paprika
- 2 cans diced tomatoes (14oz each)
- 2 Tbsp tomato puree
- 500ml Vegetable stock (hot)
- 2 cups (370 g) dry red lentils
- Salt & pepper, to taste

## STEPS FOR COOKING

About as easy as it gets, cheap and vegan friendly. Also freezes well for several months. I cook this regularly but first found the recipe on [www.runningonrealfood.com](http://www.runningonrealfood.com) and usually have some in the freezer.

1. Rinse the lentils in a sieve
2. Add everything into the slow cooker
3. Mix
4. Cook on LOW for 6 hours
5. Service with rice or a baked potato

# Southern Butter Beans



Time required:  
3.5 hours  
(plus soaking)



Servings: 1

## INGREDIENTS

- 1/2 cup dried butter beans (per serving)
- 1 tbsp butter
- Chicken stock
- Salt (optional)

## STEPS FOR COOKING

A tasty way of using cheap butter beans to accompany a meal, particularly nice with baked ham or gammon.

1. Soak the butter beans in cold water for 6-8 hours (or use about half the quantity of canned, I avoid these due to the preservatives)
2. Drain the beans and add to the slow cooker
3. Add the butter
4. Add enough hot chicken stock to cover the beans (made in line with instruction)
5. Add salt if you wish (I used stock cubes which already have salt in them)
6. Cook on **HIGH** for 1.5 hours
7. Turn the slow cooker to **LOW** and cook for a further 1.5 to 2 hours until the beans are tender
8. Drain and serve



## INSTANT POT MEAT



# Beer Braised Steak



Time required:  
40 Minutes



Servings: 2

## INGREDIENTS

*The first thing I made in my instant pot, very east and great gravy*

- Pack of braising steaks, I used 2 steaks
- 1 Medium onion
- Rapeseed or olive oil
- 1 tsp mixed herbs
- 1 Beef Stock Pot
- 250ml Amber Ale
- Water
- Cornflower to thicken

## STEPS FOR COOKING

1. Roughly chop the onion
2. Sauté the onion in 2 tbsp of oil (in the instant pot if it has a sauté setting)
3. Add the steaks, beer, herbs, and stock pot to the instant pot
4. Add water until the steaks are barely covered, boiling water will build pressure more quickly
5. Pressure cook for 35 minutes
6. Allow a 15-minute natural release and then manually release any remaining pressure
7. Remove the steaks
8. Mix cornflour with water (the amount needed will depend how thick you like your gravy; I used 2 tbsp)
9. On a sauté setting, slowly mix in the cornflour and water solution until the required thickness is achieved

**Tip:** Frozen steaks can be used if required, increase the cooking time to 1 hour

# Creamy Pork & Mushroom



Time required:  
35 Minutes



Servings: 4

## INGREDIENTS

- 4 pork chops or steaks
- Salt
- 1 Finely chopped medium onion
- 250g Mushrooms (sliced)
- 1 can coconut milk
- 1 Vegetable stock pot
- Black Pepper
- Salt
- Garlic powder
- Thyme
- Oil
- Cornflour

*Tip: The fat on the pork will not brown or go crispy in this recipe so I trimmed most of it off before cooking to reduce the fat and calorie content.*

## STEPS FOR COOKING

I found the basis for this recipe on-line but forgot to save the link, anyway I got as close as I could remember from memory, it works well so I've added it here.

1. Set the Instant Pot to sauté and add 2 tbsp of oil
2. Garnish the chops with black pepper
3. Cook the chops for a couple of minutes each side until brown, if they are large you may have to do this in a couple of batches
4. Remove the chops and put to one side
5. Sauté the onions and mushrooms until softened
6. Add the coconut milk and stock
7. Add ½ tsp of salt, 1 tsp of garlic powder, 1 tsp black pepper and 1 tsp Thyme
8. Return the pork chops to the Instant Pot and add enough water to cover them
9. Put the lid on and close steam valve
10. Pressure cook for 14 minutes and then allow 10 minutes of natural release
11. Remove the pork
12. Set the Instant Pot to Sauté and thicken the sauce with cornflour (I used 2 heaped Tbsp dissolved in a little water)

*Tip: This works well served with chips, new potatoes, rice, or pasta.*

# Gammon Joint (Basic)



Time required:  
50 Minutes



Servings: 4

## INGREDIENTS

*This recipe has been adapted from one if found on the [Clever Cook Spot](#) channel on YouTube*

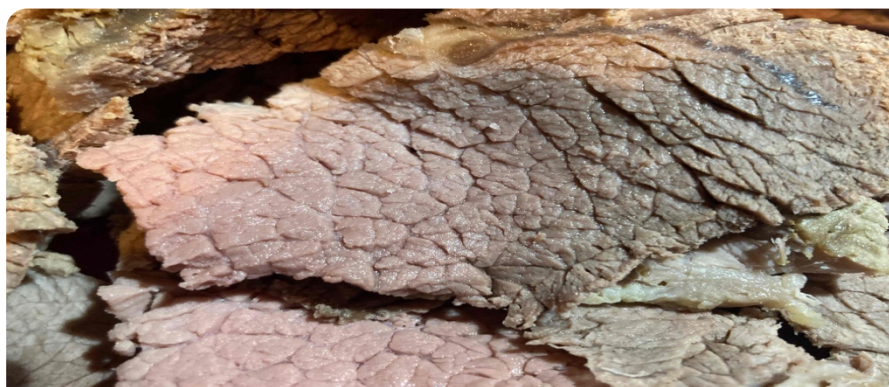
- Supermarket Gammon Joint (1kg)
- 2 medium carrots roughly chopped
- 3 celery stalks roughly chopped
- 1 onion quartered unpeeled
- 4 bay leaves
- 1 tsp whole black peppercorns

## STEPS FOR COOKING

1. Add gammon joint to pressure cooker and cover with boiling water
2. Add the remaining ingredients
3. Put the lid on and close steam valve
4. Select 'Meat' and set time to 50 minutes
5. When program ended release pressure immediately and allow to cool before carving

**Tip:** Strain and cool the resulting stock, it can then be stored in the fridge for a few days and makes a good base for a soup with and left-over gammon

# Roast Beef



Time required:  
50 Minutes



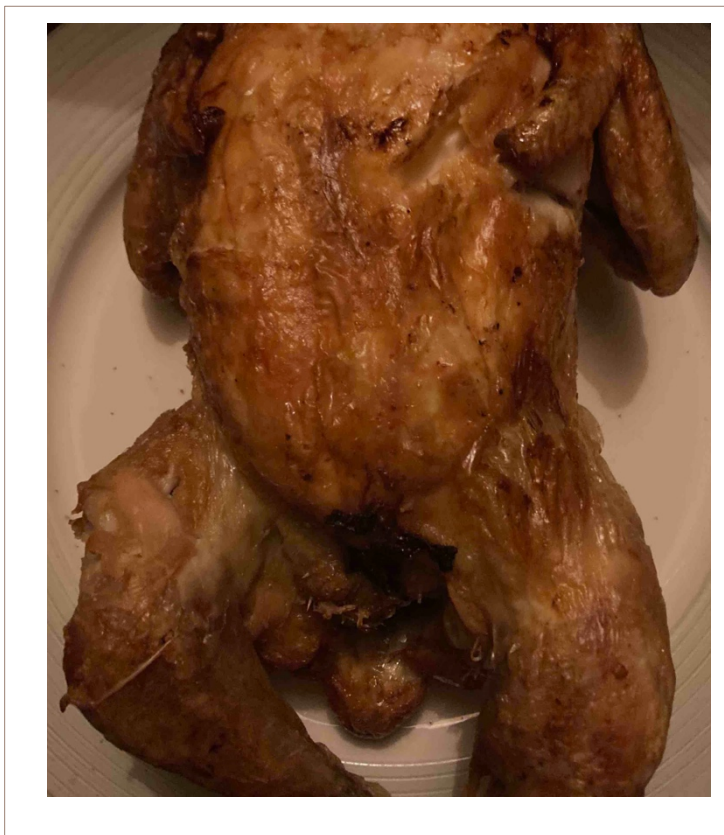
Servings: 4

## INGREDIENTS

- Beef joint
- Seasoning
- Water

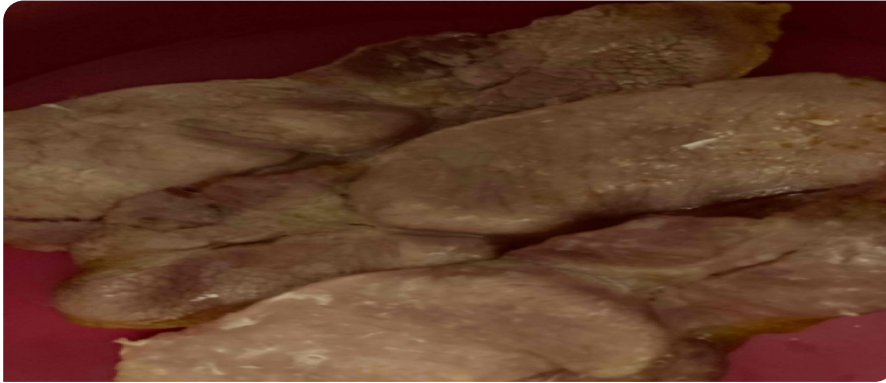
## STEPS FOR COOKING

1. Roll the joint in any required seasoning
2. Place in Instant Pot
3. Add 1.5 Cups of Water (Important: do not try to cook the joint without this)
4. Pressure cook for 20 minutes per pound for a medium cooked result of adjust slightly up or down if desired



## AIR FRYER MEAT

# Bacon



Time required:  
8 Minutes



Servings: 2

## INGREDIENTS

- Bacon

## STEPS FOR COOKING

Great news, bacon cooks well in the air fryer

1. Preheat air fryer to 200°C
1. Line the basket with parchment paper (holed), this will make cleaning up easier if you are using fatty bacon
2. Arrange the bacon in the basket, ideally it should not be overlapping but this matters less if it is turned half-way through the cooking time
3. Cook at 200°C for 5 to 8 minutes (to your taste) turning once

**Tip:** The cooking time will vary slightly depending on the thickness of the cut, I used thick-cut bacon, for streaky you may need to add one minute.



# Corned Beef Hash



Time required:  
40 Minutes



Servings: 1

## INGREDIENTS

- ½ Can Corned Beef
- 1 Large Potato
- 1 Medium Onion
- 1 Bell Pepper
- ½ tsp Smoked Paprika
- Oil

## STEPS FOR COOKING

An old classic reworked for the air fryer with a little help from [allrecipes.com](https://www.allrecipes.com) to give me a starting point. This could easily be scaled up for a larger number of servings,

1. Preheat air fryer to 205°C
2. Peel the potato and onion, chop into bite sized chunks
3. Mix in 2 Tbsp oil to ensure each piece is well coated
4. Add the paprika and mix to get an even coating
5. Chop the pepper and corned beef in preparation but do not add it yet
6. Put the onion and potato into an overproof dish and Air-Fry for 5 minutes at 205°C
7. Add the pepper and cook for a further 10 minutes pausing half-way through to turn everything to cook evenly
8. Add the corned beef and cook for a further 5 minutes

**Tip:** The pepper is optional, it could be replaced by carrots or left out completely.



# Chicken Breast



Time required:  
20Minutes



Servings: 1

## INGREDIENTS

- Chicken Breast
- Oil
- Paprika
- Garlic Powder

## STEPS FOR COOKING

1. Preheat air fryer to 180°C
2. Lightly spray the chicken breast with oil (I used rapeseed)
3. Sprinkle lightly with paprika and garlic powder or a seasoning of your choice
4. Cook for 20 minutes at 180°C turning half-way through

# Duck Breast



Time required:  
15Minutes



Servings: 1

## INGREDIENTS

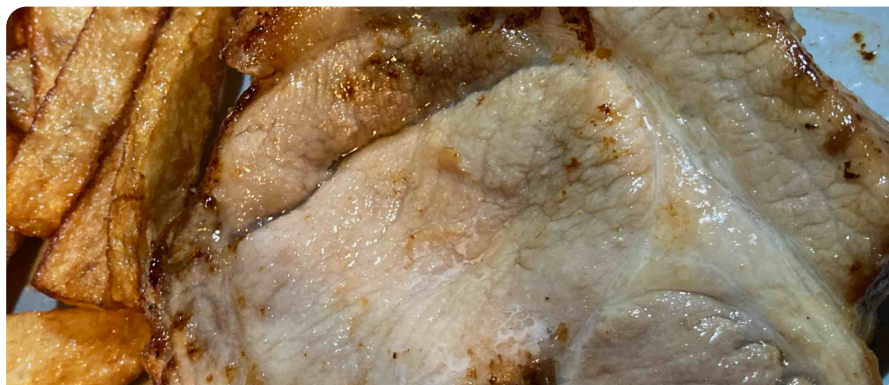
- Duck Breast

## STEPS FOR COOKING

5. Preheat air fryer to 180°C
6. Score the skin with a sharp knife
7. Cook for 15 minutes at 180°C
8. Rest for 5 minutes covered in foil

**Tip:** I'd describe this as done to 'medium'. If you want crispy skin without overcooking sear the skin for a few minutes in a pan on the stove before cooking.

# Pork Chops



Time required:  
15 Minutes



Servings: 2

## INGREDIENTS

- 2 Pork chops

## STEPS FOR COOKING

Pork chops are quick and easy to cook in the air fryer and work well.

1. Preheat air fryer to 205°C
2. Cook the chop for around 12-15 minutes (depending on thickness) at 205°C. They should be turned over half-way through the time and will be done when the internal temperature reaches 145°C

**Tip:** Do not overcook or they will become tough.

# Roast Chicken



Time required:  
1 Hour



Servings: 4

## INGREDIENTS

- Whole Chicken
- Olive Oil
- Seasoning

## STEPS FOR COOKING

It is quick and easy to cook a whole chicken in the air fryer assuming that it fits, anything up to a medium size should be good.

1. Preheat air fryer to 180°C
2. Rub the chicken all over with a little olive oil
3. Rub in any seasoning you require, paprika or garlic powder are both good
4. Place breast side down in the air fryer basket, it is important that the top is well clear of the heating element
5. Cook at 180°C for 45 minutes
6. Turn over and cook for a further 15 minutes
7. Check the internal temperature in several of the thicker parts of the meat, it should be a minimum of 165°F, if not it needs to be cooked further

# Sausages



Time required:  
15 Minutes



Servings: 4

## INGREDIENTS

*Don't use very cheap fatty sausages if you can avoid it. They give off a lot of smoke, are not particularly good for you and taste of nothing in particular.*

- Pack of sausages

## STEPS FOR COOKING

1. Preheat air fryer to 180°C
2. Arrange the sausages in the basket
3. Cook at 180°C for 15 minutes turning at least once

# Steak



Time required:  
8 Minutes



Servings: 1

## INGREDIENTS

- Steak
- Oil
- Seasoning

## STEPS FOR COOKING

Can you cook steak in the air-fryer? Absolutely, it is almost as if it was designed especially for it. Having said this, everyone likes their steak done differently so this is to suit my personal taste which I'd describe as medium.

The steak should be patted dry with a paper towel and then a tiny amount of oil should be rubbed onto it by hand along with any seasonings you desire.

Cooking time is dependent on thickness, but I've found a temperature of 200°C works best

A Tesco rump steak (225g) seems to want 5 minutes, turn and then 3 further minutes. The Aldi ones are slightly thinner and knocking off a minute gets better results.



# Toad in the Hole



Time required:  
45 Minutes



Servings: 1-2

## INGREDIENTS

- 2 Sausages
- 2 Eggs
- 75g Plain Flour
- 90ml Milk
- 10ml Water
- Pinch of Salt
- Oil

Calories: 710 if eaten as a single serving

## STEPS FOR COOKING

Very easy warming winter comfort food, cooks exceptionally well in the air Fryer. I tend to cook these in a dish I can eat from, just tip on gravy, this saves the washing up.

1. Preheat air fryer to 200°C
2. In a jug, beat the eggs and mix in the water and milk
3. Add the flour and salt and whisk until you have a smooth batter with no lumps
4. Leave the batter to rest for 20 minutes (this is important)
5. Cook the sausages in an oiled tray (at least 30mm deep) in the air fryer at 200°C for 6 minutes, they should start to brown slightly on top
6. Turn the sausages and pour in batter until halfway up them
7. Cook at 200°C for 13 minutes without opening the door, you can then check and cook for a further couple of minutes if needed

**Tip:** Mixing the batter allows you to pour in to the air fryer without removing the dish, this way your sausages will stay where you put them..





## SLOW COOKER MEAT

# Beef Brisket



Time required:  
5 Hours



Servings: 4

## INGREDIENTS

- 750g Brisket Joint
- Water

## STEPS FOR COOKING

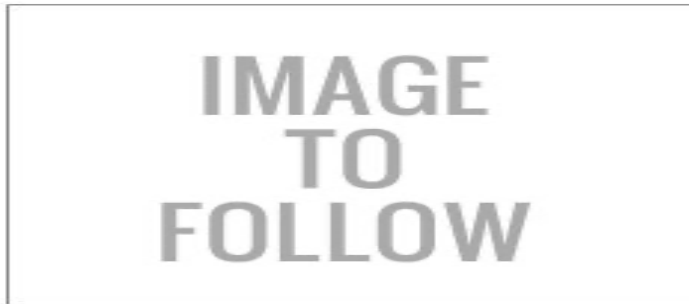
Brisket cooks well in the slow cooker, the only point on debate is how long to cook it for and I tend to use internal temperature to determine this.

The one in the picture was a bargain buy from the reduced shelf and had been in the fridge for a while after that so needed to be cooked although I had no immediate use for it. In this case I cooked it until it was well-done before slicing and freezing in small packs to use in sandwiches at a later point. If I was cooking it for Sunday dinner, I would have cooked it for a shorter time.

1. Place the brisket into the slow cooker
2. Add boiling water to about three-quarters up the sides of the meat
3. Cook on **LOW** until the required temperature is achieved, this is likely to be 4-5 hours for a 750g joint
4. Remove from slow cooker and allow to rest for at least 15 minutes

**Tip:** Don't throw the water away, it makes a great base for a gravy.

# Beef in Ginger & Soy Sauce



Time required:  
6 Hours



Servings: 4

## INGREDIENTS

- 350-500g diced beef
- 1 Onion
- 3 Cloves Garlic
- 1 Large Carrot
- 1/2 Cup Soy Sauce
- 1/4 Cup Water
- 1/4 Cup Cornflour
- 1/4 Cup Brown Sugar
- 1cm Fresh Ginger Root

## STEPS FOR COOKING

I originally intended to make Mongolian beef, but I had a few missing ingredients so after some experimentation I produced this which was rather good. It is quite a rich dish best served with rice and vegetables. It can be cooked in batches and frozen if required.

5. Peel and finely chop the onion, ginger & and garlic
6. Add all ingredients except the beef, carrots and cornflour to the slow cooker and mix thoroughly to dissolve the sugar
7. Coat the beef in the cornflour, this is best achieved by adding both to a bag and shaking), add to the slow cooker
8. Peel the carrot and cut into short thin batons, add to the slow cooker
9. Stir to ensure that the beef and carrots are fully coated in the sauce
10. Cook for 5-6 hours on low (until beef is tender)

**Tip:** Soy sauce is quite high in salt, so it is worth considering a low sodium variety.

# Brazilian Chicken Curry



Time required:  
5 Hours



Servings: 4 to 6

## INGREDIENTS

- 1kg Skinless Chicken Breasts
- 1 onion
- 100g peanut butter
- 400ml coconut milk
- 1 Lime
- 1 tsp dried crushed chillies
- 3 tsp cornflour
- 1 tsp turmeric
- 1 tsp garlic powder
- Chicken Stock pot

## STEPS FOR COOKING

Very easy slow cooker recipe inspired from a high protein Facebook post and adapted to fit the ingredients I had to hand. Really good and worth repeating.

1. Dice the chicken into bite sized pieces and add to the slow cooker
2. Finely chop the onion and add to the slow cooker
3. Add the juice and zest of the lime to the slow cooker
4. Add all remaining ingredients to the slow cooker and mix well
5. Cook on **LOW** for 5 hours or until the chicken is cooked
6. Serve with rice or pasta

**Tip:** this is medium hot, the heat can be adjusted by varying the amount of chili..

# Chicken with Cannellini Beans



Time required:  
5 Hours (plus soaking)



Servings: 4

## INGREDIENTS

- 600g Chicken Breasts
- 1 Yellow Pepper
- 1 Onion
- 1 Clove Garlic
- 150g Carrots
- 120g Dried Cannellini Beans
- 1 tsp Dried Tarragon
- 1 Chicken Stock Pot
- 300ml Boiling Water
- 1 tsp Cornflour
- Crème fraîche (to serve)

## STEPS FOR COOKING

This slow cooker recipe was adapted to my own taste from an original I found on the Asda recipe site.

1. Soak the cannellini beans in water for at least 5 hours or preferably overnight, drain before use
2. Finely chop the onion and garlic
3. Cut the carrots into batons
4. Add all ingredients (except the and cornflour and Crème fraîche) to the slow cooker.
5. Cook on high for 4 – 5 hours.
6. Mix the cornflour with a small amount of gold water and stir into the casserole.
7. Cook for a further hour.
8. Stir in the Crème fraîche (I used 4 tbsp for a single portion) and serve with pasta or new potatoes and fresh vegetables.

**Tip:** if you are freezing some of this do not add the Crème fraiche to the portions to be frozen, you can add some after reheating).

# Chicken & Mushroom Casserole



Time required:  
6 Hours



Servings: 2 to 3

## INGREDIENTS

- 500g Chicken Thighs (with or without bone)
- 1 Can Condensed Mushroom Soup
- 1 Large Carrot
- 2 Portions New Potatoes
- 1 tsp Paprika
- 1 tsp Mixed Herbs

## STEPS FOR COOKING

An easy mid-week recipe.

1. Add the potatoes to the bottom of the slow cooker
2. Dice and add the carrot
3. Remove the skin from the chicken and add to the slow cooker
4. Add the remaining ingredients
5. Cook on **LOW** for 6 hours or until the chicken is fully cooked

**Tip:** if you are freezing some of this do not add the potatoes as they do not freeze well.

# Gammon (Joint)



Time required:  
4-5 Hours



Servings: Varies

## INGREDIENTS

- Gammon joint
- Water

**Tip:** Supermarkets tend to have a surplus of these joints available cheaply after Christmas, they freeze well and are very versatile for hot or cold meat and soups.

## STEPS FOR COOKING

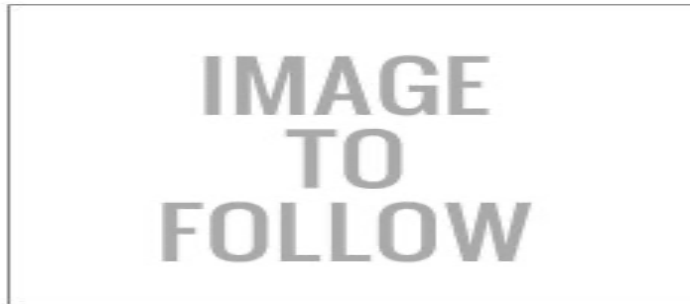
An easy way to cook a supermarket gammon joint, this method results in very tender meat.

1. Place the joint in the slow cooker
2. Add boiling water to at least half way up the sides of the joint
3. Cook on **HIGH** for 4 to 5 hours until booked completely (internal temperature should be at least 155°F)
4. Remove to stand and cool for at least 15 minutes

**Tip:** if the joint is bigger than needed, reserve the water and use with remaining meat to make a soup such as the ham and white bean soup in this book.



# Honey & Garlic Chicken Wings



Time required:  
8 Hours



Servings: 4

## INGREDIENTS

- 1kg Chicken Wings
- 1/2 Cup Honey
- 1 Clove Garlic
- 1/4 Cup Soy Sauce
- 1/2 Tbsp Sunflower Oil

## STEPS FOR COOKING

I bought some reduced shelf chicken wings and fancied trying something different, after taking inspiration from several internet recipes and adjusting them to suit what I had in the cupboard I came up with this. Very nice, I'll do it again.

1. Chop the garlic finely or crush it
2. Mix the honey, oil and soy sauce with garlic until combined
3. Place the chicken wings in the slow cooker
4. Pour the sauce on top
5. Stir so that the wings are coated
6. Cook on LOW for 8 hours

**Tip:** I served mine with rice as a main course, but these would be fine on their own as a starter.

# Liver & Bacon



Time required:  
4.5 Hours



Servings: 4

## INGREDIENTS

- 500g thinly sliced pigs liver
- 200g cooking bacon
- 3 tbsp plain flour
- Large pinch pepper
- 1 tbsp sunflower oil
- 2 medium onions
- 1 tsp dried mixed herbs
- ,400g tin chopped tomatoes
- 500ml beef stock

*Calories: I've estimated this to be around 375 per serving.*

## STEPS FOR COOKING

Liver seems to be a bit of a love/hate thing, personally I love it when done in the slow cooker like this.

1. Peel the onions and slice thinly, add to slow cooker
2. Chop the bacon into bite sized pieces and brown in a pan before adding to the slow cooker
3. Add the tomatoes, herbs and stock to the slow cooker and stir
4. Toss the liver in the flour and pepper until coated, then fry in the oil until browned all over (no need to fully cook) and add to the slow cooker
5. Cook on HIGH for 4 hours or until the liver is tender
6. Check to see if the gravy is thick enough, if not it can be thickened with cornflour
7. Season with salt if required (may not be needed if the bacon is salty)

**Tip:** Freezes well for up to 3 months but make sure it is fully defrosted before reheating.

# Pork & Apple Casserole



Time required:  
8 Hours



Servings: 4

## INGREDIENTS

- 2 Apples
- 16 Baby Potatoes
- 3 Carrots
- 4 boneless pork steaks
- 3 tbsp sunflower oil
- 1 Onion
- 50g plain flour
- 250ml cider
- 500ml Chicken stock
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 Tablespoon mustard
- 2 tsp mixed herbs

## STEPS FOR COOKING

This is an easy recipe adapted from something I originally found on the "What's for Tea" YouTube channel (worth a look).

1. Core the apples and chop into 1-2cm cubes and put to one side
2. Place the potatoes in the slow cooker, you will need enough to serve 4 portions
3. Roughly chop and add the carrots
4. Sear (brown) the pork in 1 tbsp of the oil in a frying pan then remove and place in the slow cooker
5. Roughly chop the onions and then sauté in the pan with the remaining oil
6. Add the flour to the pan and cook for about a minute, stir continuously
7. Add the cider and stir until there are no lumps
8. Add the remaining ingredients to the pan, including the apples, and cook until boiling
9. Pour the contents of the pan on top of the pork
10. Cook on **LOW** for 8 hours or until the pork is tender

**Tip:** if you are freezing some of this you will get better results by leaving out the potatoes and cooking them separately for each serving.



IMAGE  
TO  
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## STOVE TOP MEAT

# Chicken & Cashew Nuts



Time required:  
30 Minutes



Servings: 2 - 3

## INGREDIENTS

- 2 chicken breasts or about 400g of diced chicken breast
- 2 Tbsp Plain Flour
- ¼ tsp ground black pepper
- 1 Tbsp oil (I used rapeseed)
- 8 Tbsp reduced-sodium soy sauce
- 2 Tbsp Brown Sugar
- 4 Tbsp Tomato Ketchup
- 4 Tbsp rice vinegar
- 2 tsp garlic puree
- 1 tsp ginger puree
- ½ tsp red pepper flakes
- 6 Tbsp Unsalted cashew nuts

*Note: Reduced sodium soy sauce is preferred as the it a lot of it in this recipe but that is personal taste.*

*Tip: The garlic and ginger puree can be replaced by fresh grated in preferred*

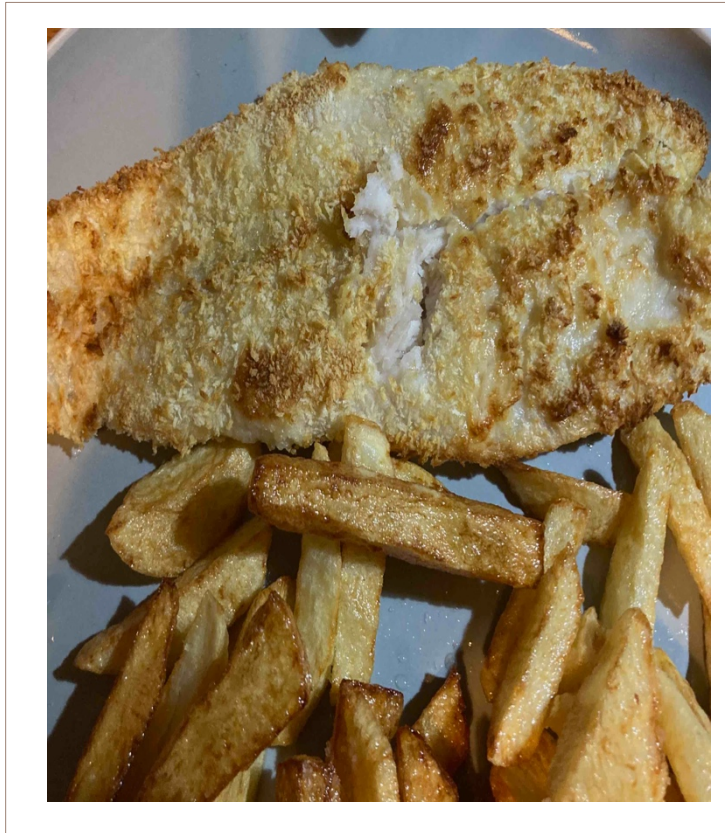
## STEPS FOR COOKING

I looked at a number of recipes for inspiration before making this for the first time, ultimately it was adapted to use what I had available, and I feel no need to change it.

Slightly sweet and sour. Inspired by one of my favourite Chinese takeaway dishes, not a perfect copy due to the lack of onions and water chestnuts but pretty good despite that.

1. In a small bowl, mix the soy sauce, ketchup, sugar, garlic, ginger, vinegar and pepper flakes until the ketchup and sugar have dissolved. Put to one side
2. Chop the chicken into bite sized chunks
3. Mix the flour and black pepper in a large bowl and then toss the chicken in it until evenly coated
4. Using a medium sized pan, heat the oil until hot and then add in the chicken, turn occasionally with a wooden spoon or spatula until fully browned. This should take about 4 minutes
5. Lower to a medium heat and pour the sauce over the chicken, cook until the chicken is cooked through, this took me about 10 minutes. If the sauce is too thick, add a small amount of water
6. Add the cashew nuts and serve with rice

*Tip: If you want a hotter meal you can substitute the red pepper flakes with dried chili flakes which are also easier to find in UK supermarkets.*



## AIR FRYER FISH

# Basa Fillets



Time required:  
10 Minutes



Servings: 2

## INGREDIENTS

*Basa is quite a dense fleshed fish and takes longer to cook than some others.*

- 2 Basa Fillets
- Oil
- Pepper
- 1/2 Lemon (to serve)

## STEPS FOR COOKING

Basa is an Asian variety of catfish, often cage farmed and can often be found in the supermarkets, it has relatively small flakes when cooked and tends to be significantly cheaper than other white fish. If cooked correctly it is very nice to eat.

This recipe uses 'fresh' or fully thawed fillets, I have not tried cooking them from frozen.

1. Pat the fillets dry with kitchen roll
2. Season lightly with pepper
3. Brush lightly with oil to prevent drying
4. Cook at 185°C for around 10 minutes turning once after 6 minutes
5. Serve with fresh lemon juice

**Tip:** Cooking time will vary depending on the thickness of the fillets so start to check with a thermometer or for easy flaking after 8 minutes, a thicker fillet may take 12 minutes



# Basa Fillets (Breaded)



Time required:  
20 Minutes



Servings: 1

## INGREDIENTS

- Basa Fillet
- ½ Cup Plain Flour
- Black Pepper
- ½ Cup Panko Breadcrumbs
- ½ Lemon (to serve)
- Egg

## STEPS FOR COOKING

I've tried a few approaches to breading fish, this one seems to be the best for the air fryer and has a bit of crunch to it.

1. Beat the egg into a bowl
2. Put the breadcrumbs and any seasoning into a second bowl
3. Put the flour into a third bowl
4. Preheat the air fryer to 200°C
5. Pat the fish fillet dry with kitchen roll
6. Dip into the flour first, then the egg and then finally the breadcrumbs to coat
7. Place into the air fryer basket
8. Cook at 200°C for around 10 to 12 minutes until the fish is cooked
9. Serve with chips and fresh lemon juice

**Tip:** a little garlic powder or paprika can be added to the breadcrumbs to add flavour but not too much or you will overpower the flavour of the fish

# Cod Fillets



Time required:  
12 Minutes



Servings: 1

## INGREDIENTS

- Cod Fillet
- Oil
- Black Pepper (to serve)
- ½ Lemon (to serve)

## STEPS FOR COOKING

Quick and easy. Cod cooks well in the air fryer

1. Preheat the air fryer to 200°C
2. Place the fillet in the basket and brush lightly with oil
3. Cook at 200°C for around 12 minutes until the fish is cooked turning and brushing with oil half-way through the cooking time
4. Serve with fresh lemon juice and black pepper

# Mackerel Fillets



Time required:  
10 Minutes



Servings: 1

## INGREDIENTS

- Mackerel Fillet
- Oil
- Black Pepper (to serve)
- ½ Lemon (to serve)

## STEPS FOR COOKING

Personally, I prefer my mackerel fried in a pan to prevent it from drying out, but I do occasionally cook it in the air fryer like this and it is OK.

1. Preheat the air fryer to 200°C
2. Place the fillet in the basket and brush lightly with oil (optional)
3. Cook at 200°C for around 10-12 minutes until the fish is cooked. Serve with fresh lemon juice and black pepper

# Salmon Fillets



Time required:  
10 Minutes



Servings: 1

## INGREDIENTS

- Salmon Fillet
- Oil
- Black Pepper (to serve)
- ½ Lemon (to serve)

## STEPS FOR COOKING

Quick and easy. Cod cooks well in the air fryer

1. Preheat the air fryer to 200°C
2. Place the fillet in the basket, skin side down and brush lightly with oil
3. Cook at 200°C for between 6 and 8 minutes (depending on thickness of fillet) until the fish is cooked
4. Serve with fresh lemon juice and black pepper

# Whiting Fillets



Time required:  
10 Minutes



Servings: 2

## INGREDIENTS

*Basa is quite a dense fleshed fish and takes longer to cook than some others.*

- 2 Whiting Fillets
- Oil
- Pepper
- 1/2 Lemon (to serve)

## STEPS FOR COOKING

Whiting is a white fish from the cod family but has smaller flakes and a milder flavour and is less fashionable so usually cheaper. Whiting is good to eat but does not keep well so use it as soon as possible.

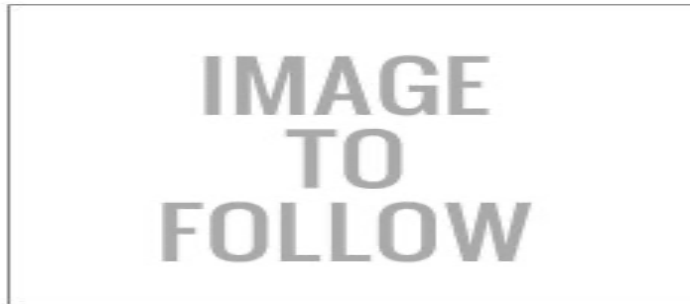
1. Pat the fillets dry with kitchen roll
2. Season lightly with pepper
3. Brush lightly with oil to prevent drying
4. Cook at 185°C for around 10 minutes turning once after 6 minutes
5. Serve with fresh lemon juice

**Tip:** Cooking time will vary depending on the thickness of the fillets so start to check with a thermometer or for easy flaking after 8 minutes, a thicker fillet may take 12 minutes



## SLOW COOKER FISH

# Poached Salmon



Time required:  
2 Hours



Servings: 2

## INGREDIENTS

*Not the quickest way to cook salmon but it does produce good results*

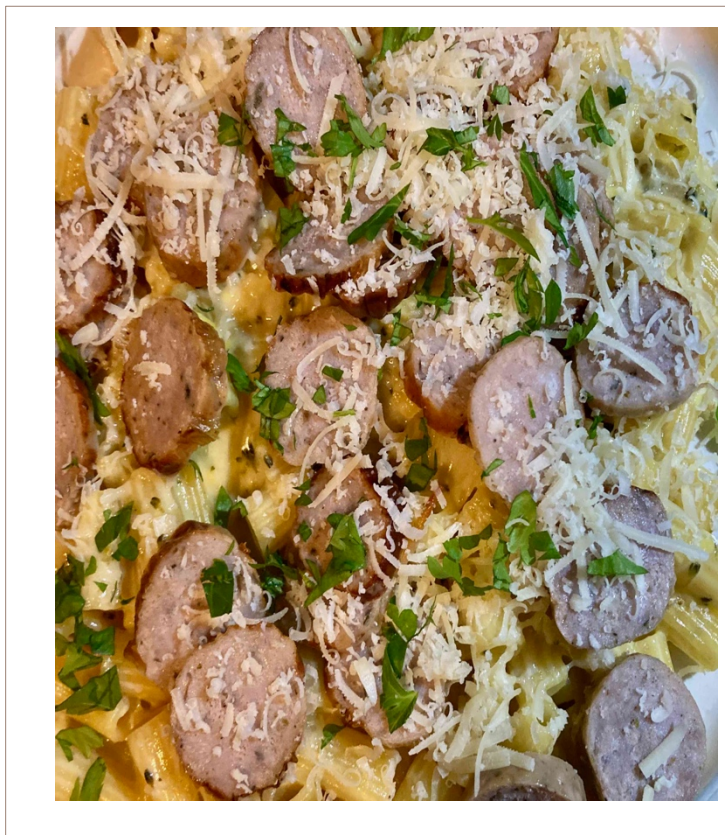
- 2 Salmon Fillets
- 1/2 Lemon
- 1 Star Anise (Optional)
- Water

## STEPS FOR COOKING

1. Place some tin foil in the slow cooker so that it comes up the sides, this will make it easy to remove the cooked salmon and the skin will stick to it making it easier to remove that too
2. Add the salmon fillets
3. Slice the lemon and place on top of the salmon
4. Add the star anise (optional)
5. Add enough boiling water to just cover the salmon
6. Cook for 2 hours on **LOW**
7. Remove salmon, discard the lemon, and serve

**Tip:** Cooking time will vary; salmon is easily overcooked so check at 15 minute intervals starting after one and a half hours.





## PASTA RECIPES

With minimal effort, pasta dishes can be cheap and tasty, the one above as a cheap supermarket packet of dried pasta and sauce accompanies by left over sausages. It tasted as good as it looks and was ready in just over five minutes.

# Supermarket Pasta & Sauce



Time required:  
10 Minutes



Servings: 1 to 2

## INGREDIENTS

- See packet for information.

*Tip: These can usually be booked in the microwave (see packet instructions) but do seem to benefit from being cooked on the stove top where it is easier to stir them from time to time and if a lid is not used they thicken better.*

## IDEAS

It is easy to be snobbish about the cheap supermarket dried pasta and sauce options. This is a mistake as they have improved significantly over the years and ignoring them is missing an opportunity for a quick, tasty, and cheap meal when you are in a rush. They also have a long shelf life.

Every supermarket has their own brand available and there are some mainstream ones too. They can usually be microwaved but the hob does a better job and takes no longer. Generally, they need only a little water and milk to be added and cook in around five minutes but check the packet as they are not all the same. My personal favourite is the Aldi range, but the others are good too.

The trick here is to use them as a base in a recipe. At the point of writing this I've just added a couple of cold thinly sliced sausages (left over from the weekend) to a packet of cheese and broccoli pasta & sauce. Onto this I grated a small amount of cheddar and 4 leaves of home-grown parsley which I chopped. The result was a quick cheap and hearty meal with almost no effort.

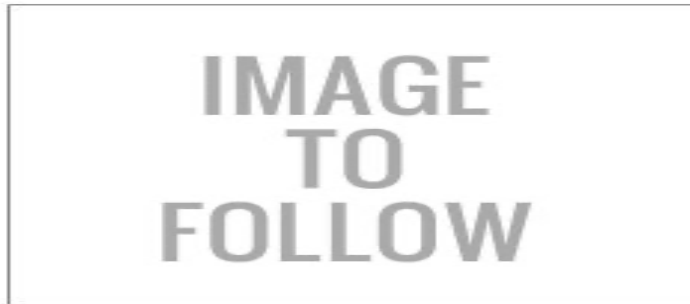
Prawn, tinned fish, any leftover meat from a joint or spare pieces of chicken also work well. I always keep a few packets of this in the cupboard and have done so for many years.



IMAGE  
TO  
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## RICE RECIPES

# Easy Cook White Rice (Microwave)



Time required:  
15 Minutes



Servings: 1

## INGREDIENTS

- 1/2 Cup Dried Easy Cook White Rice
- 1 Cup Cold Water

*Tip: If you are on a budget, this work out to be significantly cheaper than using the pre-cooked sachets of rice.*

## STEPS FOR COOKING

This is the recipe I use when cooking standard 'easy cook' supermarket white rice in the *Sistema* rice cooker in the Microwave. This makes one average sized portion.

1. Wash the rice in a sieve under the tap and place in the rice cooker.
2. Add the water and fit the lid.
3. Cook on full power for 12 minutes.
4. Fluff with a fork before serving.



IMAGE  
TO  
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## EGG RECIPES

# Cheese Omelette



Time required:  
10 Minutes



Servings: 1

## INGREDIENTS

- 3 Eggs
- 10g Cheddar
- ½ tbsp Oil
- Salt
- Pepper

*Tip: Will work equally well with 2 eggs for a smaller meal*

## STEPS FOR COOKING

A very quick and easy recipe, one of my midweek favourites as I can cook and eat it in a during a 30-minute break if I'm working from home.

1. Grate the cheese and put aside for later
2. Beat the eggs in a bowl and season with a little salt and pepper
3. Heat a small medium frying pan, add the oil when hot
4. Add the eggs, swirl the pan so that the coverage is even
5. Cook on a medium heat until the egg starts to solidify and then sprinkle on the cheese
6. Using a spatula, loosed the egg around the edges and then fold
7. Cook until the bottom of the egg stats to take on a golden brown colour
8. Turn the egg over carefully
9. Cook until the bottom is golden brown
10. Serve, the omelette can option be garnished with a small amount of grated cheese and freshly chopped herbs



## AIR FRYER VEGETABLES



# Bell Peppers



Time required:  
10 Minutes



Servings: 2

## INGREDIENTS

- Peppers (any colour)
- Oil

*Tip: To add flavour, these can be sprinkled with garlic powder before cooking.*

## STEPS FOR COOKING

Very easy, excellent with fish.

1. Deseed the pepper and cut into chunks
2. Spray lightly with oil
3. Cook at 200°C for 10 minutes turning at the half-way point

# Breaded Mushrooms



Time required:  
15 Minutes



Servings: 2

## INGREDIENTS

*A fiddle but worth it with crispy results, ideal for dipping.*

- Mushrooms
- Flour
- Panko Breadcrumbs
- Egg
- Seasoning

## STEPS FOR COOKING

My photography has let me down as usual, these were a nice golden brown colour.

4. Find 3 bowls, beat the egg in the first
5. Put some plain flour in the second bowl
6. Mix the breadcrumbs and any seasoning (e.g., pepper or paprika) in the third bowl
7. Clean and dry your mushrooms with some kitchen roll, even if tempted, do not wash them
8. Roll the mushrooms one at a time in the flour, then the egg and finally, the breadcrumbs
9. Cook at 180°C turning halfway through. Cooking time will depend on the size of your mushrooms but is likely to be between 7 and 9 minutes.

# Carrots



Time required:  
15 Minutes



Servings: 1

## INGREDIENTS

- Carrots
- Oil

## STEPS FOR COOKING

1. Peel the carrots and cut into thick slices
2. Toss in a little oil (1-2 Tbsp) in a bowl
3. Cook at 200°C for 10-15 minutes depending on the thickness of the slices

# Mushrooms



Time required:  
15 Minutes



Servings: 1

## INGREDIENTS

*This works with all types of mushroom.*

- Mushrooms
- Oil
- Parsley to Garnish

## STEPS FOR COOKING

I prefer to cook mushrooms in a pan but occasionally it is easier to do them in the air fryer whilst cooking something else. It is very easy.

1. Thickly slice the mushrooms
2. Place in a suitable cooking disk and toss in a little oil (1 to 2 tsp) to prevent them from drying out
3. Cook at 180°C for 12 to 15 minutes
4. (Optional) garnish with freshly chopped parsley

# Mini Roast Potatoes & Caramelised Onions



Time required:  
25 Minutes



Servings: 1

## INGREDIENTS

*Very easy, these go well with steak, chops, stews or most meat dishes.*

- 3 Medium White potatoes
- 1 Medium Onion
- Oil
- Black pepper

*Calorie Count: 570*

## STEPS FOR COOKING

I have adapted this from a recipe I originally found on [recipevibes.com](http://recipevibes.com) which looks like a useful site full of ideas.

5. Peel the potatoes and cut into bite sized pieces
6. Peel the onion and cut into chunks (I quarter the onion and then cut each piece into two)
7. Place in air fryer and spray with oil (I used rapeseed oil)
8. Grind black pepper on top (optional)
9. Cook at 200°C for 15 minutes tossing three or four times during cooking

**Tip:** Be careful not to overcook, the potatoes can be tested with a fork, when the onions are caramelise and just beginning to crisp on the outside the potatoes should be ready.



# Roast Baby Potatoes



Time required:  
15 Minutes



Servings: 4

## INGREDIENTS

### *Quick and easy*

- Baby potatoes (skin on)
- Oil
- Salt
- Black pepper
- Paprika

*Tip: Pretty much any other dried seasoning can be used to change flavour. Garlic salt is a nice option.*

## STEPS FOR COOKING

1. Ensure potatoes are of an even size by cutting as required
2. Add 1 or 2 Tbsp of oil into a bowl (I used rapeseed oil)
3. Add the potatoes to the fryer, it does not matter if they touch
4. Add the seasoning
5. Roll the potatoes in the pol until evenly coated
6. Cook at to 205°C for 15 minutes turning at the half-way point and check with a fork, larger potatoes may need an extra couple of minutes

# Roast Parsnips



Time required:  
15 Minutes



Servings: 2

## INGREDIENTS

- Parsnips
- Rapeseed Oil

*Tip: To add flavour, these can be drizzled with a little honey before cooking.*

## STEPS FOR COOKING

These are great with a roast dinner, but I usually have them on their own instead of a bag of sweets so maybe I'm weird. I like them cooked to the point where the edges are browned and starting to caramelize.

1. If you wish you can peel the parsnips, personally I normally just scrub them and cut off the tops and tails
2. Quarter the parsnips lengthways and place in the air fryer basket
3. Spray lightly with a little oil and shake until evenly covered
4. Cook at 185°C for 10 to 15 minutes to your taste, shake part way through the cooking time



# Roast Potatoes



Time required:  
25 Minutes



Servings: 2

## INGREDIENTS

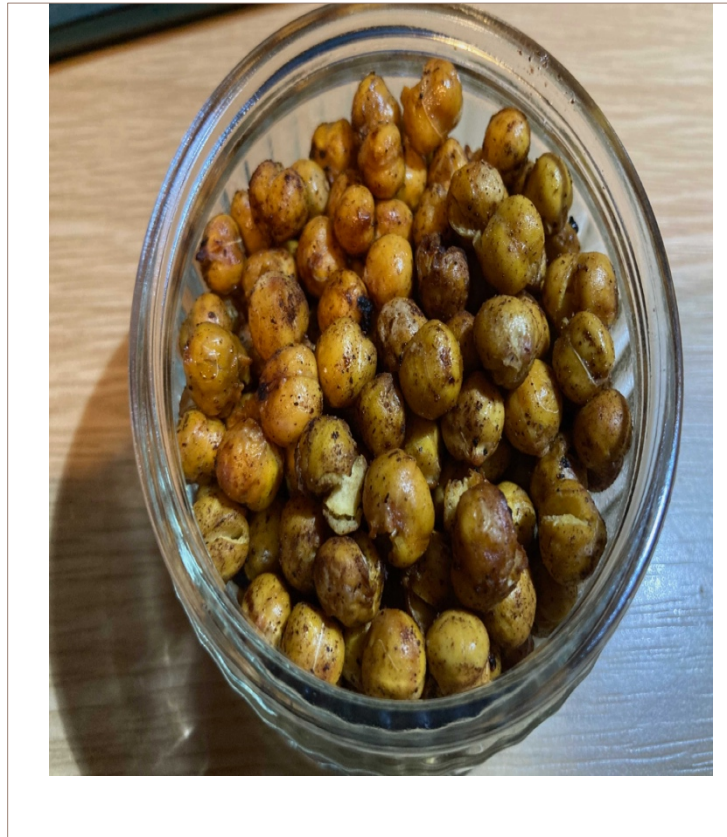
- Potatoes
- Salt
- Paprika
- Rapeseed Oil

*Tip: Some types of potato roast better than others so check before buying.*

## STEPS FOR COOKING

These are a real winner, quick and easy. For a rapid Sunday lunch for one they can be done at the same time as a pork chop or similar, this is fast turning into a weekly routine for me as it leaves so much of the day free.

1. Peel the potatoes and cut into chunks of up to 2 inches
2. Place in a bowl with half a tsp of paprika, a pinch of salt and 2Tbsp of oil. Mix well until fully coated
3. Place individually into the air fryer basket so that they are not touching and cook at 200°C for 20 minutes or to your taste, turn part way through the cooking time



## AIR FRYER SNACKS

# Roasted Chickpeas



Time required:  
20 Minutes



Servings: 2

## INGREDIENTS

*A very easy crunch snack, healthy and cheap*

- 1 can of Chickpeas
- Oil
- Seasoning

*Tip: Garlic powder, paprika or cinnamon all make good seasonings for this recipe*

## STEPS FOR COOKING

1. Drain the can of chickpeas, rinse in a sieve and shake to remove excess water
2. Tip the chickpeas into the air fryer tray and spread evenly
3. Cook for 5 minutes at 200°C, this should try the chickpeas and there may be quite a lot of steam
4. Lightly spray the chickpeas with oil (I used rapeseed oil) and shake to ensure good coverage
5. Cook at to 200°C for 10 minutes turning at the half-way point
6. Sprinkle on about ½ tsp of your chosen seasoning and shake to cover evenly
7. Cook for a further 2 minutes

*Tip: These should last for a couple of days in an airtight container, if they begin to lose their crunchiness just pop them back in the air fryer for a couple of minutes*



## AIR FRYER BREAD

# Part Baked Rolls



Time required:  
8 Minutes



Servings: 4

## INGREDIENTS

*This is very easy and probably a lot cheaper than throwing away large amounts of unused bread.*

- Pack of part baked rolls (I used Aldi)
- Rapeseed oil

## STEPS FOR COOKING

1. Preheat air fryer to 180°C
2. Lightly oil the rolls
3. Cook at 180°C for 8 minutes

This one 'recipe' along would justify the purchase of the air fryer for me, I always have part baked rolls in the cupboard, cheap and easy and added to a timed or frozen soup or stew or bust a sausage a simple but tasty dinner can be ready in minutes.



## DEEP FRIED RECIPES

I'm not a big eater of deep-fried food, but there are a small number of recipes when anything else is just a second-rate imitation.



# Home Cut Chips



Time required:  
10 Minutes



Servings: 1

## INGREDIENTS

- White Potato (e.g., Maris Piper)

## STEPS FOR COOKING

1. Peel the potato and cut into thin chips before patting dry with kitchen roll
2. Preheat the dryer to 175°C
3. Cook until done to your preference, 10 minutes suits me
4. Shake off excess oil and tip into a kitchen roll lined bowl to dry further





## AIR FRYER CAKES & BISCUITS

# Chocolate Chip Cookies (Packet Mix)



Time required:  
30 Minutes



Servings: 6

## INGREDIENTS

*Extremely easy but very tasty, these instructions are just a guide so read the packet, but temperatures should be as in here.*

- 1 packet cookie mix
- 30g Butter (unsalted)
- 2 Tbsp Water

*Tip: These are particularly good served warm with ice cream.*

## STEPS FOR COOKING

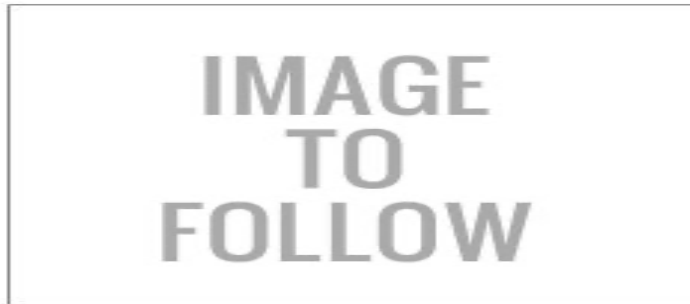
1. Ensure that the butter is soft if it is straight from the fridge, add it to a mixing bowl
2. Preheat air-fryer to 160°C
3. Thoroughly mix the contents of the packet with the butter, this is best done with a wooden spoon pressing the mix in, continue until it has a breadcrumb consistency which will take several minutes
4. Add 2 Tbsp of water and mix into a dough
5. Split into 6 balls and flatten slightly to place well apart in the basket as they will spread (I did mine in two batches)
6. Cook for 12 minutes or until golden
7. Remove the cookies carefully (easiest if they have been cooked on parchment paper) and leave to cool for about ten minutes on a wire rack

*Tip: These are best when fresh and slightly warm, I find it best to prepare a full pack and roll into balls which can then be frozen on a tray and stored in a bag and taken out to thaw and cook individually so that I can cook one at a time.*



## OVEN CAKES & BISCUITS

# Hazelnut Squares



Time required:  
1 Hour



Servings: 12

## INGREDIENTS

*Sweet nutty sponge squares.*

- 7oz Cooking Margarine
- 11oz Soft Brown Sugar
- 11oz Plain Flour
- 7oz Chopped Hazelnuts
- 2 Beaten Eggs
- 2 tsp Baking Powder
- 8 Tbsp Milk
- Pinch Salt

## STEPS FOR COOKING

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Grease small cake tin and line bottom with greaseproof paper.
3. Sieve the flour, salt and baking powder into a large mixing bowl.
4. Rub in the margarine until the mixture resembles fine breadcrumbs.
5. Stir in the brown sugar.
6. Add the egg, milk and nuts and mix well.
7. Spoon the mixture into the prepared cake tin and level the surface.
8. Press lightly into greased baking tray and bake for 40 minutes or until the mixture is firm to the touch when pressed by a finger. Remove from oven and allow to cool for 10 minutes.
9. Remove from baking tray, cut into pieces as required and allow to stand on a wire rack until cold.



## SLOW COOKER CAKES & BISCUITS

# Tea Loaf



Time required:  
2.5 Hours



Servings: 8

## INGREDIENTS

*Mine are round so technically not a loaf at all, never mind. It makes a nice moist tea loaf in the slow cooker (I used a round slow cooker with a 3L capacity).*

- 375g mixed fruit
- 250ml hot tea
- 100g light brown sugar
- 50g butter
- 1 egg
- 4 tsp cinnamon
- 225g self-raising flour (or plain flour with 3tsp baking powder)

## STEPS FOR COOKING

**Calories:** Each portion is approximately 330 calories, and the cake will keep for up to a week in an airtight container.

1. Make the tea (no milk or sugar) in a measuring jug then soak the fruit in it overnight.
2. Cream the butter and the sugar in a mixing bowl using a wooden spoon.
3. Add the egg and mix well.
4. Sift in the flour and cinnamon and mix thoroughly.
5. Add fruit and any remaining tea and mix thoroughly.
6. Line the slow cooker bowl with greaseproof or baking paper.
7. Pour the mixture into the slow cooker bowl and spread so that it is roughly even.
8. Cook on **HIGH** for 2 hours before checking with a sharp knife or skewer to see if it is done (knife comes out clean) as it may need up to an additional hour on **LOW** depending on how hot your slow cooker gets. It is important to change it to a lower setting at this point or the edges will burn.
9. Remove cake and cool on a rack.

**Tip:** if a tea towel is paced under the lid of the slow cooker, it will prevent condensed steam from dripping on the cake.

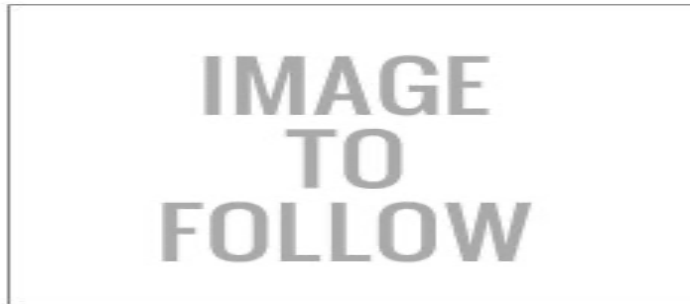


IMAGE  
TO  
FOLLOW

## MICROWAVE CAKES & BISCUITS



# Chocolate Brownies



Time required:  
20 Minutes



Servings: 8

## INGREDIENTS

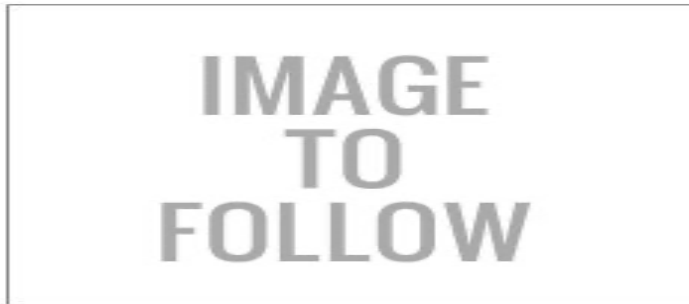
- 150g butter
- 200g sugar
- 70g cocoa powder
- 2 eggs
- 1 tsp vanilla extract
- 100g plain flour

## STEPS FOR COOKING

1. Unless the butter is already very soft it should be microwaved until it is (maybe 30-40 seconds), the idea is to soften or even melt it but not to cook it.
2. Add the softened butter to a mixing bowl
3. Add in the sugar and mix
4. Add in the cocoa powder and mix
5. Add in the eggs and vanilla and mix thoroughly
6. Add in the flour and mix until smooth
7. Spoon into a greased microwave-proof dish, mine was 180 x 130mm and 50mm deep
8. Microwave until cooked, my machine is 700w and it took 5 minutes. Note that the brownies will still be soft in the centre as the residual heat will continue to cook them after they have been removed from the microwave
9. Allow to stand for 15 minutes before cutting into individual brownies

**Tip:** These store well in the fridge and are great served warm with ice cream.

# Chocolate Mug Cake



Time required:  
10 Minutes



Servings: 1

## INGREDIENTS

- 4 Tbsp Sugar
- 4 Tbsp Self Raising Flour
- 2 Tbsp Cocoa Powder
- 3 Tbsp Milk
- 3 Tbsp Sunflower Oil
- 1 Egg

*Warning: Lovely as these are, they have a massive calorie count so don't have one a day or there will be consequences.*

## STEPS FOR COOKING

1. Add all the ingredients into a large microwave safe mug or (even better) cereal bowl. Adding the sugar first will stop the flour from sticking to the bottom.
2. Mix thoroughly.
3. Microwave on full power for 2.5 to 3 minutes (until for to the touch, be careful as it is hot).

**Tip:** Some (or all) of the cocoa powder can be changed for other dry ingredients such as coconut, chocolate chips or chopped nuts. Flavourings such as almond or vanilla essence can also be added. Crunchy peanut butter also goes well but if you are adding it reduce the oil to 1 or 2 Tbsp.



## STEAMER RECIPES

Steamers are quite cheap and can soon pay for themselves as they allow things to be cooked by boiling only a small amount of water to create the steam. They also have the advantage of not knocking things around in a pan, so they usually come out looking good and intact.

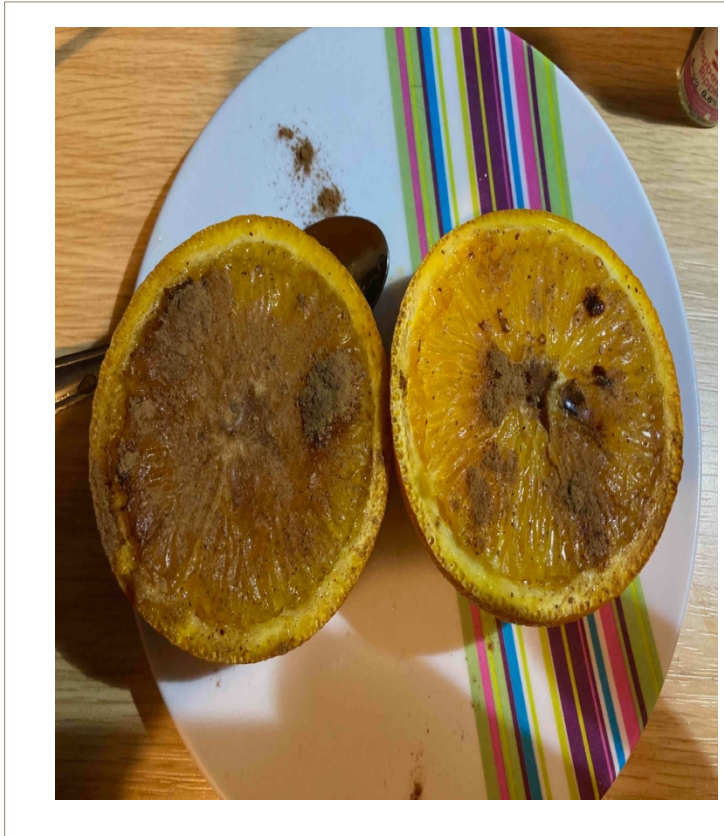
My current electric steamer is a multi-layer one from Aldi as pictured. It works well and was a good buy in my opinion, but they all basically do the same thing.

# Steaming Times

Steam is steam, whether the steamer is an expensive or a cheap one the resulting steam will be the same temperature. Provided it heats up quickly the cooking times should be the same for all electric steamers.

These timings are based on my own taste, so may need adjusting slightly. I don't like vegetables too hard but not mushy either.

Item to Steam	Minutes	Notes
Baby Sweetcorn	6	
Broccoli	8	Cut into florets
Cabbage (chopped)	8	
Carrots (Medium Sliced)	10	Nicer if glazed with a little honey
Cauliflower	8	Cut into florets
Fine Green Beans	7	
Potatoes (New)	20	Good served tossed in a little butter



## FRUIT RECIPES

# Baked Oranges



Time required:  
10 Minutes



Servings: 1

## INGREDIENTS

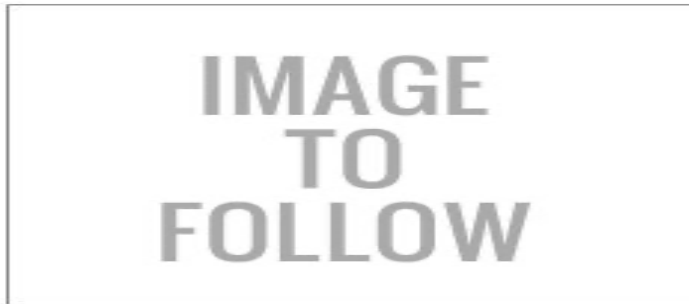
- 1 Orange
- 1/2 tsp Cinnamon
- 1 tsp Honey

## STEPS FOR COOKING

This is an air fryer recipe I found on [hintofhealthy.com](https://www.hintofhealthy.com)

1. Cut the orange in half and carefully cut around the edge between the skin and flesh, also cut down the centre between the pitch and flesh
2. Sprinkle lightly with cinnamon
3. Pour 1 teaspoon of honey over the top
4. Bake for 6 minutes at 200°C
5. Serve whilst hot

# Slow Cooked Pears



Time required:  
5 Hours



Servings: 2 to 4

## INGREDIENTS

- 3-4 Pears
- 1/2 Cup Sugar
- 1 Cup Boiling Water
- 1 Cinnamon Stick
- 1 tsp Whole Dried Cloves

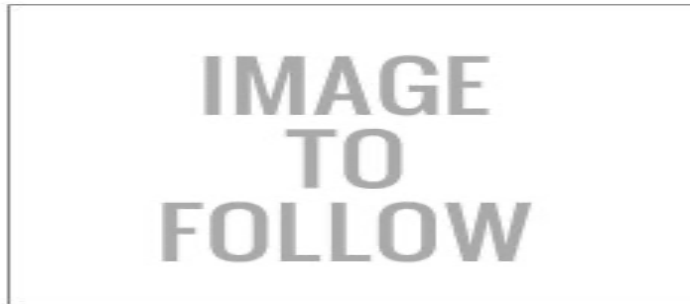
## STEPS FOR COOKING

Very easy with a traditional spiced taste far superior to tinned pears. Any spare will keep in the fridge for several days provided they are in an air-tight container. This recipe does not freeze well.

1. Core the pears and cut into quarters (I leave the skin on but you can peel them if you wish), place in the slow cooker
2. Add the cinnamon stick and cloves
3. Dissolve the sugar in the water and add to the slow cooker
4. Cook on low until the pears are tender, this will depend on how firm they were initially but is typically 4-5 hours
5. Serve immediately with ice cream



# Slow Cooked Pineapple & Ginger



Time required:  
4 Hours



Servings: 2 to 3

## INGREDIENTS

- 1 pineapple
- 1 or 2 cinnamon sticks
- 1-to-2-inch piece of fresh ginger root
- 100g brown sugar

## STEPS FOR COOKING

Pineapples seem to appear on the reduced shelf in the supermarket quite often, this is what I do with them. It freezes well or keeps in the fridge for several days, so, if there are several going cheap I buy them all. This is based on a recipe originally found on [foodnetwork.co.uk](http://foodnetwork.co.uk)

1. Peel, skin and core the pineapple, chop the flesh into cubes of about 2cm
2. Peel and grate or finely chop the ginger
3. Add everything to the slow cooker and mix
4. Cover and cook on **high** for 4 hours or until the pineapple is tender
5. Serve warm with ice cream

**Tip:** Add some lime and fresh coriander leaves to serve with pork, gammon, or chicken.