

Home Cooking for Home Leavers

Kim Hartley

*Easy Meals for
the Clueless Cook*



A RAINBOW DISKS BOOK

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The author Kim Hartley is a food designer for Marks and Spencer. She has run successful restaurants and loves food. Her fun personality shines through this book.

USING THIS BOOK

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PDF document) or scroll through the page thumbnails (click on the icon next to the bookmarks).

Introduction

Congratulations! You've left home. I can imagine you're feeling very excited and pleased with yourself and probably a bit scared. This may well be your first experience of cooking, but remember, man (not to mention woman) cannot live by lager and crisps alone!

I passionately believe that, even if your experience of cooking is minimal, you can quickly learn how to make yourself something good to eat. It's a whole lot easier than many people think. There is nothing difficult about it. Most importantly, if you can cook, you can eat well even on a tight budget. Pre-processed food is the most expensive way to eat!

The cooking in this book is not about making fancy stocks and sauces. It's about making something tasty to eat that involves a bit of grilling, roasting or frying. Nothing complicated. You don't need to know how to make Poulet au Vin Rouge, but I bet you'd like to be able to roast a chicken so that the skin is crispy and its flesh juicy.

The recipes in this book are straightforward. If you don't have any weighing scales, that's fine. Throughout, you will find that recipes call for a handful of this or a pinch or two of that – no need for precise amounts. Easy!

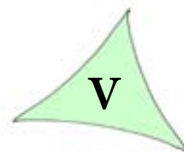
And another thing, you don't need loads of fancy equipment just to make yourself something to eat. Get yourself a pan with a tight fitting lid, a frying pan, a wok, an ovenproof casserole with a lid, a good sharp knife, and, oh yes a wooden spoon, and you will be able to create most of the dishes in this book.

Nothing here is set in stone. A recipe is a guideline, not a commandment. Because the recipes are easy, you will find you are able to experiment with ingredients and taste the dishes as you cook, so you can make them just how you like them.

Finally, if nothing else persuades you, cooking is sexy, and certain foods are thought to be aphrodisiacs! You'll be the envy of all your friends if you can cook. Look out for the heart logo included on some of these recipes.

How to use this book

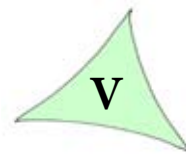
- When you've found a recipe you want to try, print out its pages and use these as a shopping list.
- Then attach the recipe to your fridge with a fridge magnet and cook away!
- Vegetarians look out for the green veggie motif on all vegetarian recipes.



An unknown term?

- If you come across a term you don't understand, search for the term within this book and you may well find a tip covering it.





Scrummy Scrambled Eggs on Toast

A good favourite for breakfast or a quick lunch. However, be warned, if you don't wash the pan up afterwards you will be very unpopular with your flat mates! Cooking the eggs in a microwave is easier on the washing up (see below).

Ingredients

eggs (2 per slice of toast)
sliced bread
slug of milk
knob of margarine or butter
salt and pepper

You will need

bowl for beating the eggs
small saucepan
wooden spoon

1. Toast your bread.
2. Beat the eggs together with a slug of milk and season with a pinch of salt and pepper.
3. Melt the margarine or butter in a smallish saucepan. When hot and just starting to bubble, add the egg mixture. Stir over a low heat with a wooden spoon. Don't stop stirring or it will stick! Your eggs are done when they are just set. But if you like them firmer, then keep cooking a minute or so longer.
4. Butter your toast and pile the scrambled eggs on top. Squirt with tomato ketchup or any other sauce, if you like.



SCRAMBLED EGGS:
PRINT PAGE 15

Microwave tip

- To cook scrambled eggs in the microwave (see [page 9](#)), prepare the eggs as for normal cooking.
- Place in a microwave-safe bowl (no metal).
- Cook for short bursts, stirring and checking frequently.

It's up to you!

- Throw a handful of grated cheese into your scrambled eggs when they are nearly cooked and let it melt, and/or add a pinch of herbs.
- Spread your toast with Marmite or Vegemite before adding the eggs. Love it or hate it!
- Add crispy bacon on the side or top with smoked salmon (posh!).

Chuck Wagon Bean Pot

I first had this when I was twelve years old, in an American Diner near where I live. It's so simple and tasty, I've been making it ever since!

This is a really great breakfast piled on hot buttered toast, but equally good for lunch or tea with a fluffy jacket potato or with some crunchy bread to dunk.

Makes enough to share!

Ingredients

- 1 packet streaky bacon**
- 2 large tins baked beans**
- 1 tin hot dog sausages**
- salt and pepper**
- splash of Worcestershire sauce if you have it**
- vegetable oil**

You will need

- medium saucepan or frying pan**
- wooden spoon**

1. Add a tablespoon or so of vegetable oil to the pan. Heat the pan.
2. Cut the rashers of bacon into short lengths (half a thumb length) and throw them into the pan. Fry the bacon until it is very crispy. This could take around ten minutes.
3. Tip in the 2 tins of beans, stir with the wooden spoon, turn the heat down and warm through.
4. Cut the hot dog sausages into bite-size pieces and add to the beans. Heat through for a further 5 minutes or so.
5. Season with salt and pepper.

CHUCK WAGON BEAN
POT: PRINT PAGE 17

It's up to you!

- One of my favourite ways to eat this is as a side dish to accompany my home-made burgers (page 84). With lashings of melted cheese, crispy onion rings and oven fries, you'll be in American heaven. (Takes about 30 mins the lot!)



It's a Wrap

Warm flour tortillas wrapped around a generous filling of practically any thing, are quick and delicious.

If you want your tortillas warm, ping them one at a time in the microwave for 30 seconds. Cold is fine, but you may find that they are more likely to split when rolling, folding or filling. If you don't have tortillas, pitta bread is a good alternative.

Somewhere among these filling suggestions there must be one for you!

It's up to you!

- Sliced roast chicken, fresh spinach leaves and/or watercress, grated Parmesan cheese and mayo.
- Chicken Tikka (ready cooked from all major supermarkets, or left-over curry takeaway) with chopped tomatoes, lettuce and/or fresh coriander and mint yoghurt.
- Mozzarella cheese, sliced tomatoes, torn basil leaves, pesto and mayo.
- Prawns, diced fresh mango, sweet chilli sauce and bean sprouts, with crunchy sliced red peppers.
- Sliced cooked sausages, frazzled onions, tomato pickle and mustard mayonnaise.
- Avocado, spinach, rocket and pine nuts with balsamic mayonnaise.
- Flaked tuna fish, cannellini beans, chopped cucumber and tomato with lemon mayonnaise, salt and pepper.
- Crumbled feta cheese, lettuce, chopped tomatoes and cucumber. Add fresh mint, mayo or natural yoghurt and pitted black olives if you like them.
- Cooked leftover chicken with warmed refried beans (you can get tinned at any supermarket). Guacamole or sliced fresh avocado and jalapeño peppers. Top with grated cheese and crushed tortilla chips.
- Chilli Con Carne ([page 85](#)) with soured cream and grated cheese.
- Roast mixed veggies (onions, peppers and courgettes are good) with houmous, tinned chick peas and fresh chopped coriander.
- Any cooked deli meats, such as salami, Parma ham, spicy chorizo sausage, or ham with mayo, chopped sun-dried tomatoes, pesto and Parmesan.
- Crumbled falafel with yoghurt, fresh mint or coriander leaves and sliced avocado.
- Tinned beans (eg chick peas, haricot, not baked beans), with chopped onion, tuna fish/sardines and lemon mayonnaise.

IT'S A WRAP:
PRINT PAGE 21



Basil leaves are said to produce a general sense of well being and stimulate the sex drive!



Saucy

- **Mustard mayonnaise:**
2 tablespoons mayo to 1 teaspoon mustard
- **Balsamic mayonnaise:**
2 tablespoons mayo to 1 tablespoon balsamic vinegar
- **Lemon mayonnaise:**
2 tablespoons mayo, with a good squeeze lemon juice
- **Light mayonnaise:**
mix mayo with natural yoghurt

Nicoise (tuna and veggies)

This salad is well worth the small effort it takes to make. There are no set quantities, just use as much or as little of each ingredient as you like.

Ingredients

Little Gem lettuce (or an Iceberg, cheaper)

fine green beans

handful of potatoes

2 small tins of tuna fish, in oil, brine or spring water

cucumber, diced

tomatoes diced

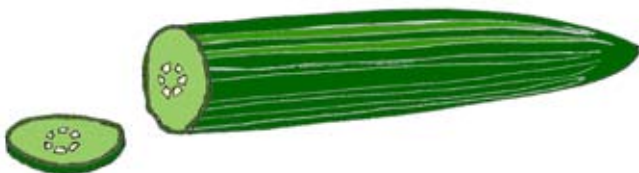
home-made salad dressing (page 36)

You will need

saucepans to cook the potatoes and beans

large bowl for mixing

1. Boil the potatoes in a pan with enough water to just cover for about ten minutes. They are done when they feel soft when you put a sharp knife through them. Leave to cool then chop into bite-size pieces.
2. Boil the beans in a pan with just enough water to cover until just tender. Don't let them get soggy, they are best if slightly crunchy – check after 5 minutes. Leave to cool then chop into bite-size pieces.
3. Combine all the ingredients together, there are no set quantities; you can put as much or as little of each ingredients as you like.
4. Drizzle with home-made dressing (page 36) or bought dressing if you can't be bothered to make it (sad!).



NICOISE:
PRINT PAGE 39

It's up to you!

- Add anchovies, olives and hard-boiled eggs to create the classic Salad Nicoise.
- Rinse the anchovies in water to remove some of the salt and cut them into narrow strips.
- To hard boil eggs, boil them rapidly in water for at least 10 minutes, drain and place in cold water to cool. (If you crack the shells at this stage it helps to prevent them going black).

Veg cooking

- Potatoes and beans can be cooked in the microwave. See page 9.
- The best ever way to cook veg is in a steamer, a pan with holes that sits over a pan of boiling water. Then the veg don't sit in boiling water so they keep more flavour and texture.

Licky, Sticky, Yummy

This chapter is dedicated to finger food. It's such great fun and saves on washing up. There is something quite sensual about eating with your fingers. You just can't stop licking your lips as juices dribble down your chin!

I have tried to eat most foods with my fingers, I just think it tastes better: Curry with Naan Bread (page 25), Peking Duck, even a Sunday roast scooped into Yorkshire pudding.

Sticky Pork Chilli Ribs

Years ago a butcher would give you pork ribs for free. Nowadays you can buy them at any supermarket meat counter or butchers, and they are still relatively cheap. Remember – no cutlery!

Ingredients

8 meaty pork ribs

1 bottle barbecue sauce

juice of a lemon (optional, but will tenderise your pork)

few drops of Tabasco sauce (hot chilli sauce)

You will need

plastic container with lid or glass bowl

roasting tin and aluminium foil

1. Put the pork ribs in the plastic container or bowl.
2. Mix the barbecue sauce with the lemon juice and a few drops of Tabasco, depending on how hot you like it. Pour this marinade over the pork ribs, coating them well. Cover and refrigerate for a minimum of ½ an hour, maximum 2 days.
3. Heat the oven to Gas Mark 5 (170 degrees C). Put the ribs and all the marinade into a roasting tin. Loosely cover with foil and roast for about 1 hour.
4. Remove the foil and add ½ a cup of water to the tin. Shake to loosen any sticky bits from the bottom of the tin. Roast again, this time uncovered, for a further 40 minutes, basting frequently until all the water has evaporated and the ribs are really sticky.

STICKY PORK CHILLI RIBS: PRINT PAGE 47

It's up to you!

- Nice with garlic bread and salad with some coleslaw on the side.

Marinating/Basting

- Oddly, the sauce that you cover the meat with is a marinade, BUT the process of soaking the meat in the marinade is called marinating!
- Basting means to spoon sauce or oil from the roasting tin over the meat. Do this every 10 minutes as it is roasting to keep the meat moist and ensure a good coating of yummy sauce when served.

Spanish Chicken

This is a really easy chicken dish with all the flavours of the Mediterranean. The key to its success, though, is smoked paprika. Most good supermarkets sell it now, so do try to hunt a tin down.

I like to serve this with rice and a good mixed salad. There is so much lovely sauce though, you could quite easily just scoop it up onto flat breads and eat it with your fingers. Enjoy!

Makes a large casserole dish full, enough to share.

Ingredients

about 2 tablespoons of olive oil
1 large onion, finely chopped
2 or more cloves of garlic, finely chopped
2 teaspoons smoked paprika
1 red or yellow pepper, sliced thinly
2 chicken breasts, chopped into bite-size pieces
splash or so of white wine (optional)
1 tin chopped tomatoes
pinch or 2 of dried oregano
salt and freshly ground black pepper to taste

You will need

frying pan with lid, or large saucepan

1. Pour the olive oil into the pan and put on a medium heat. Add the chopped onion and garlic, and sliced pepper. Fry for around 10 minutes until softened, stirring frequently.
2. Add the chicken and sprinkle over the smoked paprika. Fry for a further 10 minutes. Slop in the white wine if using, or add $\frac{1}{2}$ a cup of water and stir to release any bits stuck to the bottom of the pan.
3. Tip in the tin of chopped tomatoes and the oregano. Cook until bubbling, then cook for about another 10 minutes.
4. TASTE. Season well with salt and lots of freshly ground black pepper. If the sauce is too thick, add a little more water or wine. Your chicken should be ready now, but cut a piece in half just to check it is cooked all the way through. Put the lid on and turn the heat down really low to keep warm while you prepare the rice and salad (see page 54).

SPANISH CHICKEN:
PRINT PAGE 58

Meat choices

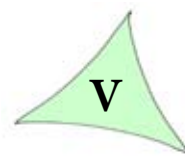
- You don't have to buy expensive chicken breasts. Ask your butcher if he has any cheaper chicken or turkey cuts.
- Boneless chicken legs are a cheap alternative to breast meat, and they're usually more moist when cooked.

Perfect rice

- To cook perfect rice, see page 77.



Feta, Courgette and Mint Fritatta



Fritatta is the Italian word for an omelette (sounds more exciting though). This quick dish can be on the table in less than 30 minutes.
Cuts into 6–8 wedges.

Ingredients

- 6 large eggs (free range are best)
- good glug of olive oil
- 1 onion, chopped
- 2 courgettes, washed and cut into small cubes (the size of your little finger nail)
- 1 cup frozen peas
- good splash of semi-skimmed milk or a small tub crème fraiche
- 1 pack feta cheese, crumbled
- small bunch fresh mint (leaves only), chopped fine
- salt and pepper to taste

You will need

- frying pan
- mixing bowl and whisk or fork

1. Heat the oil in a large frying pan. Throw in the chopped onion and fry for 5 minutes. Add the diced courgettes and fry for another 5 minutes. Tip in the peas.
2. Meanwhile, crack the eggs in a bowl (make sure you haven't got any shell in them), season well with salt and pepper. Whisk the eggs until the yolks are broken and mixed with the whites, adding the milk or crème fraiche and three-quarters of the crumbled feta. Add the chopped mint and stir.
3. Put the grill on so it's really hot when you need it.
4. Tip the egg mixture into the hot frying pan with the veggies. Stir to evenly mix the veggies with the eggs. Stop stirring and leave on a low heat to cook for 10 minutes until you can see the fritatta beginning to set (don't stir at all during this time).
5. Sprinkle the remaining crumbled feta on the top and place the pan under the hot grill until the top is golden, fluffy and completely set.

FETA COURGETTE AND
MINT FRITATTA:
PRINT PAGE 66

Feta Cheese

- Feta is a curd cheese traditionally made in Greece, with goats' and sheeps' milk. A Greek salad isn't a Greek salad without it (and olives of course).
- Feta cheese is white, usually made into square blocks, with a tangy, salty flavour – and it is very easily crumbled.
- If you don't have feta cheese, try substituting other types of cheese.

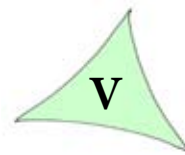
Let it be

- Let the fritatta stand for a few minutes to set a little before cutting into wedges.

It's up to you!

- Serve with a nice mixed salad and home-made dressing (page 36) or some grilled vine tomatoes drizzled with olive oil and balsamic vinegar.

Egg Noodles with Stir-fried Vegetables



Wok cooking is really good fun and probably the quickest form of cooking. Preparing the ingredients takes a little time, but once that has been done, dinner will be on the table in minutes.

If you have a Chinese supermarket near you, it's worth a visit as the oriental ingredients will be cheaper there and what you don't use straight away will keep in the store cupboard or fridge for ages.

Makes a wok full.

Ingredients

- 1 pack medium egg noodles
- 2 tablespoons vegetable oil + a bit extra for the noodles
- 2 garlic cloves, peeled and chopped as fine as you can
- 1 piece of fresh ginger root about the size of your thumb, peeled and chopped as small as you can
- 1 bunch spring/salad onions, chopped into half-thumb lengths
- 1 red pepper, sliced thinly
- 1 tin bamboo shoots, drained
- 1 tin water chestnuts, drained
- bowl full of mixed vegetables of your choice: broccoli in small pieces, cauliflower in small pieces, green beans chopped the same size as the salad onions, peas or sweetcorn perhaps
- bunch fresh coriander, chopped

FOR THE SAUCE:

- juice of 2 limes
- 2 tablespoons sweet chilli sauce
- 1 teaspoon sesame oil
- 2 tablespoons soy sauce

You will need

- wok
- colander to drain the noodles
- wooden spatula/spoon
- bowl to mix the sauce

1. Prepare and chop all the ingredients as on the list above. The essence of stir frying is speed and intense heat – this is cooking at its hottest and fastest, preserving taste, flavour and vitamins.

EGG NOODLES
WITH STIR-FRIED
VEGETABLES:
PRINT PAGES 73-74

Stir-fry success

- For successful stir frying, chop ingredients very small and thin – thick vegetables or meat will not be cooked on the inside.
- And chop and/or slice everything BEFORE you start cooking. There is no time for chopping once that wok gets sizzling.



Ginger Root

- Fresh root ginger is gnarled, knobbly and pale brown – you can't confuse it with anything else. You buy a piece, use what you need and keep the rest in the fridge (it keeps for ages). Slice off the skin with a sharp knife.

PLENTY OF PASTA, NOODLES & RICE

2. Mix together all the sauce ingredients.
3. Cook the egg noodles following the instructions on the packet. When cooked, drizzle a little oil through them to stop them sticking together, and separate them with your fingers or a fork. Set noodles aside.
4. Heat the oil in a wok until very hot, almost smoking. (Be careful.)
5. Throw the garlic and ginger into the hot wok and fry for 30 seconds. Tip in all the vegetables and continue frying over a high heat, using a wooden spatula to keep everything moving constantly (otherwise it will burn). Keep turning and frying on high for about 5 minutes.
6. Add the noodles and tip in the sauce. Your wok should sizzle loudly. Keep flipping the vegetables and noodles over with the wooden spoon so they are evenly coated with the sauce.
7. Sprinkle the coriander onto the noodle mixture. Stir to mix.
8. Divide between bowls and serve with more sweet chilli and soy sauce if you fancy.

EGG NOODLES
WITH STIR-FRIED
VEGETABLES:
PRINT PAGES 73-74

