



SWAP, BORROW AND COOK

A handy guide to help you batch cook meals and gain confidence in cooking with a slow cooker.



Nourishing Our Nation

HELLO AND WELCOME!

We are so glad that you've received this booklet! Throughout you will find tips, hints and tricks to fight food waste with some delicious slow cooker recipes to try out.

Alongside this, there is a library of information which you can access online, including videos and guides which will help you learn to cook and eat well for less and maximise your slow cooker to fight food waste. These resources have been supported by the Hampshire County Council waste prevention initiative 'Smart Living' which supports residents to save money and reduce their waste: working for the greater benefit of those around them. We are so grateful to them for making all of this possible.



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UKHarvest



Yvonne Thomson (Right)

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UKHARVEST

UKHarvest is a not-for-profit environmental charity whose mission is to eliminate hunger and food waste. We enrich our communities by redistributing quality excess food to those in need.

We help nurture those most food insecure to live well, age well and help combat social isolation, by providing education on how to reduce household food waste and eating healthily on a budget.



SMART LIVING

Smart Living is Hampshire County Council's waste prevention initiative. The programme supports and enables residents to minimise their household waste, save money and reduce their impact on the environment. The Waste Prevention Community Grant fund has supported 120 projects across Hampshire, which have helped to reduce household waste and provide community benefits.



FOOD WASTE: THE PROBLEM

In the UK, we waste about 4.7 million tonnes of edible food waste per year, which has a value of over £17 billion. The carbon created by this is equal to the carbon produced by 1 in 5 cars on UK roads.

UKHarvest aims to reduce this number by rescuing good food destined for waste and educating the community to fight food waste at home.



Food waste in the home makes up 60% of UK's food waste. Almost three quarters of this is food that we could have eaten and is enough to fill approximately 95 Royal Albert Halls.



A UK household wastes on average the equivalent of 8 meals a week and costs around £80 per month for the average family.

UK'S TOP 3 MOST WASTED INGREDIENTS



2.9 million potatoes are wasted everyday!

To make the most of your potatoes:

- If they start sprouting, remove the sprouts and use the potatoes as normal.
- Parboil or mash then freeze.
- All the nutrients, fibre and flavour is in the skin - don't peel them but be sure to clean them thoroughly.



25 million slices of bread are wasted each day!

To stop bread from being wasted:

- Make recipes that use bread, such as breadcrumbs, croutons, bread pudding, French toast.
- Freeze bread until you're ready to eat it.
- If stale, sprinkle with water and pop in a warm oven for 2 - 3 mins.



2.7 million glasses of milk are wasted every day!

To avoid wasting milk:

- Add excess milk to smoothies.
- Make a cheese sauce.
- Freeze milk in an ice cube tray.

BEST BEFORE AND USE BY DATES

Use By: Food can be safely eaten on or before the Use By date but not after.

- Top Tip: Freeze food on or before it's Use By date to make it last longer.

Best Before: Food is safe to eat past this date but it might be past its best. This means its texture, flavour or appearance might not be as good as it once was, but it is completely safe to eat. Use your senses, such as smell to test!



LEARN TO LOVE YOUR SLOW COOKER

Slow cookers are a great low cost, simple and tasty way to cook food. If you are struggling to find the time or energy to cook a nutritious meal, then using a slow cooker might be the hassle free piece of equipment you need. What's more - using it can help save you money and fight food waste!



THE BENEFITS

SAVE ENERGY: They are low cost to run. Cooking in the slow cooker for 8 hours works out cheaper than cooking in an oven for 1-2 hours.

SAVE TIME: All you need to do is prepare your ingredients, throw them in the slow cooker and leave to cook. You can even leave the slow cooker unattended, working its magic while you go out and do something fun!

BATCH COOK: This is a great way to make a big pot of something, then portion and freeze for another day. Your tummy and the planet will thank you!

COOKS TO PERFECTION: Vegetables become soft and juicy, meat tenderises and falls off the bone, all the flavours richly intensify on a low heat over a few hours!
Tastier food - guaranteed!

VERSATILE COOKING: You can cook soups, stews, curries, cakes and puddings all using just one big pot - less mess and washing up!



HOW TO USE YOUR SLOW COOKER

1. Chop all ingredients to a similar size, cutting harder vegetables like carrots and potatoes smaller.
2. Layer meat and root vegetables at the bottom of the slow cooker, then add liquid with herbs and spices.
3. Place softer vegetables, pasta, or peas/beans on top or add them later as they cook faster.
4. Set the slow cooker according to the recipe, using the correct time and temperature.
5. Avoid lifting the lid during cooking.
6. Once done, turn off the slow cooker, let the meal cool slightly, then serve and enjoy!

HOW TO CARE FOR YOUR SLOW COOKER

The good news is, just like their fuss-free cooking, they're fairly low maintenance too. Just do these three things after using your cooker!



Simply remove the pot from the slow cooker and hand wash in the sink with hot water and your usual washing-up liquid.



Avoid using scaling pads or hard brushes as this could scratch the pot. If there is stubborn or caked-on food, you may want to leave it to soak or use some baking soda to soften it before rinsing it away.



Always dry the pot after washing and wipe down the main unit in case of any overflow or spills.

SLOW COOKER SAFETY TIP

Remember the removable inner pot of the slow cooker will get hot so be careful when handling. Always use a cloth or protective gloves when handling hot cookware.





SLOW COOKER - TOP TIPS

DID YOU KNOW:

The average slow cooker can operate for as little as 5 pence per hour so even if a dish requires 6 hours of cooking it will only cost as little as 30 pence*, this makes the slow cooker a great way to save money on energy costs. If you batch cook a few portions ready to eat another day you will make your food and pennies stretch further!

PREPARATION IS KEY

Take a moment to brown the meat and sauté the vegetables before adding them to your slow cooker. This easy step boosts the natural flavours, giving richness and depth of flavour to your dish without needing as much seasoning.

LOVE YOUR LEFTOVERS

Do you have leftover meat or vegetables sitting in the fridge? Simply chop and toss them into your slow cooker with some stock and spices to make a tasty soup or stew. Have leftover chicken? Try our leftover slow cooker Chicken Korma recipe on page 8.

THICKENING THE SAUCE

Due to the lack of evaporation, you may find that sauce and gravy don't thicken as much as they would via traditional cooking methods. If your sauce is particularly watery, add a teaspoon or two of cornflour or flour towards the end of the cooking time to thicken.

CHEESE AT THE END

Dishes with cheese on the top should be delicious, not rubbery! Any dish to be topped with cheese can be, but hold off until the last 10 - 15 minutes of cooking, this will melt to perfection and add that beautiful top to your dish.

*Costs correct at time of publication

MINISTRONE SOUP RECIPE

INGREDIENTS

2 tbsp olive oil
1kg bag frozen chopped mixed vegetables
1 can chopped tomatoes
400g can beans (cannellini, butter, kidney),
not drained
600ml veg or chicken stock made with a
stock cube
2 tsp dried mixed herbs
Salt & pepper
70g small pasta shapes or use broken up
spaghetti
40g grated cheese



Serves: 4 - 6

Prep Time: 10 mins

Cook Time:

High: 3 hours 30 mins

Low: 6 hours 45 mins - 7 hours

METHOD



STEP 1: Put the oil in the slow cooker pot and stir in the frozen chopped mixed vegetables.



STEP 2: Stir in the tomatoes and beans with the liquid from the can. Stir in the stock and herbs. Season with salt and pepper. Cook on High for 3 hours, or 6 hours 45 minutes - 7 hours on Low.



STEP 3: Add the pasta. Stir and cook for a further 30 minutes on High, or 45 - 60 minutes on Low, or until the pasta is cooked.

TOP TIP

Make this soup with any canned, frozen or fresh veg you have in your cupboards or fridge.

EQUIPMENT

Slow cooker, Weighing scales or Measuring spoons, Measuring jug, Wooden spoon, Can opener and Grater.

CHICKEN KORMA RECIPE

A fabulous one-pot dish – meaning it reduces our energy bill and saves on washing up. Try using different protein options like chickpeas or split peas, adding extra vegetables that may need eating in the fridge and any spices you may have lying around!

INGREDIENTS

- 900g skinless chicken thigh fillets, cut into large pieces
- 2tbsp mild curry powder
- 3 tbsp fresh coriander, chopped (optional)
- 1 red onion, peeled and finely sliced
- 3-4 garlic cloves, crushed
- 2 tbsp tomato puree
- 100ml hot chicken stock
- 400g coconut milk
- Cooked rice, to serve



Serves: 4 - 6

Prep Time: 20 mins

Cook Time: 3 hours

- 3 hours 30 mins

METHOD



Step 1: Place the chicken pieces in the slow cooker pot. Sprinkle over the curry powder and cornflour. Mix well. Stir in the stock and coconut milk. Add the coriander, if using.



Step 2: Add the sliced onion. Place the lid on the slow cooker pot and cook on HIGH for 3-3 1/2 hours. Cut through a piece of chicken to check it's cooked properly.



Step 3
Serve the chicken korma with rice.

HOW TO COOK RICE

To cook rice; bring a saucepan of water to the boil. Measure 75g rice per person into the boiling water and cook for 8 minutes, or until tender. Drain and serve with the korma.

EQUIPMENT

Slow cooker, Weighing scales or measuring spoons, Knife and Chopping board.

CREAMY VEGETABLE STEW RECIPE

INGREDIENTS

350ml boiling vegetable stock
50g butter, chopped
3 tbsp plain flour
2 onions, peeled and chopped
2 to 3 garlic cloves, peeled and crushed
500g mixed bag chunky frozen vegetables
400g can of mixed beans, lentils, chickpeas,
butter beans or cannellini beans, NOT drained
1 tbsp dried mixed herbs
150g soft or cream cheese
1 tbsp mustard
150g frozen peas
Salt and pepper



Serves: 4 - 6

Prep Time: 15 mins

Cook Time: 2 hours 45 mins

METHOD



Step 1: Pour the boiling stock into the slow cooker pot. Whisk in the butter and flour. (Use a fork if you don't have a whisk.) Stir in the chopped onion and crushed garlic.



Step 2: Stir in the mixed veg, beans with their liquid and mixed herbs. Cook on High for 2 hours.



Step 3: Stir in the cream cheese, mustard and frozen peas. Continue to cook for a further 30 - 45 minutes, or until the stew is piping hot and thickened.

TOP TIP

Swap frozen vegetables for fresh vegetables. Hard veg such as carrots and potatoes need to be cut to a smaller size that can easily slow cook and you'll need to extend the cooking time.

EQUIPMENT

Slow cooker, Weighing scales or measuring spoons, Wooden spoon, Balloon whisk or fork, Measuring jug and Can opener.

SLOW COOKER 'ANY VEGETABLE' CAKE RECIPE

INGREDIENTS

125ml Sunflower Oil
175g Sugar
3 Medium Eggs
2 tbsp Ground Cinnamon
1 Orange, Zest and Juice
50g Ground Almonds (optional)
80g Dried Fruit, Finely Chopped
150g Grated carrot, courgette, parsnip
or butternut squash
1tsp Baking Powder
125g Self Raising Flour



Serves: 8 - 10

Prep Time: 20 mins

Cook Time:

High 2 hours 30 mins

Low 4 hours 30 mins - 5 hours

METHOD



STEP 1 : Line the base and sides of the slow cooker with baking parchment. Mix the oil, sugar, eggs, cinnamon, orange juice, orange zest, fruit, grated vegetable, baking powder, flour, and almonds (if using) in a large mixing bowl.



STEP 2: Beat until a creamy batter is produced. Spoon into the lined slow cooker. Cook on HIGH for 2 hours 30 minutes, or on Low for 4 hours 30 minutes - 5 hours.



STEP 3: Turn off slow cooker and allow the cake to cool slightly. Gently lift the cake out onto a wire rack to cool completely.

FROSTING RECIPE

To make the frosting mix 125g cream cheese with 75g icing sugar and the zest of 1 orange in a bowl. Mix well to form a glossy and smooth frosting. Gently spoon onto the cake when cool and spread gently with the back of a spoon.

EQUIPMENT

Slow cooker, Weighing scales & measuring spoons, Baking parchment, Large mixing bowl, Grater, Zester (or use finer side of cheese grater), Wooden spoon, Wire rack and Electric hand mixer or use wooden spoon.

SWAP, BORROW AND COOK FIND OUT MORE!



Love Your Leftovers
Recipes



Apps to help you
fight food waste!



How do I check my
fridge temperature?



More slow
cooker tips



Learn to fight
food waste



Smart Living



What can
I recycle?



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