



RECIPES AND TOP TIPS

UKHarvest

Registered Charity Number 1171916
www.ukharvest.org.uk | @ukharvest | 01243 696940



INTRODUCTIONS

Yvonne Thomson, CEO of UKHarvest says: “It’s heartbreaking to see so many people affected by the cost of living crisis. We meet families every day who are forced to choose between paying for heating or feeding themselves. We’ve launched this project to immediately ease some of the pressures faced by those most in need, to enable everyone to prepare healthy food at an affordable price. This adds value to the support we already provide directly to charities and individuals through our food rescue and redistribution service, community hubs and by helping people cook well for less and make the most of their food.”

Ian Cameron, Director of Customer Service and Innovation at UK Power Networks says: “Our customers are facing unprecedented challenges, so we have expanded our fuel poverty support over the last year, working with more partners than ever before to deliver practical support to more customers. We are delighted to team up with UKHarvest and Cadent to help support more of those families who are struggling the most this winter.”

Phil Burrows, Head of Customer Vulnerability Social Programme Delivery says: “Cadent are committed to supporting families that are living in fuel poverty. Each week many families are making a difficult decision between heating their homes and feeding their families. This project will support many families across our networks alleviate some of the challenges they currently face by giving help and guidance on cooking nutritious, healthy and cost effective meals that will feed their family.”

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BECOME AN AMBASSADOR



We want as many people as possible to join our ambassadors and champions by completing the Cost to Cook Case Studies and sharing what they have found with others in the household, family, or wider community. By knowing what things cost we can all plan, budget and eat well whilst ensuring we lower our Cost to Cook and fulfilling the Food and Fuel message.

To become an ambassador or champion complete any or all the Cost to Cook Case Studies and let us know what you did to tell people how they could save on their Cost to Cook. Letting us know is simple, you can either share a social media post with us @ukharvest or email us with a story, article or photo telling and showing us what you did:
foodandfuel@ukharvest.org.uk

We need ambassadors and champions to share our message and save people money, so please help us by sharing your knowledge from the Cost to Cook Case Studies with as many people as possible.

Cost to cook case studies can be found at:

<https://www.ukharvest.org.uk/food-and-fuel>

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AIR FRYER TOP TIPS

The air fryer is the new and in vogue piece of kitchen cookware. Widely available in different shapes, sizes, and for all budgets they are becoming a new essential. Fried food favourites cooked in a healthy way sounds impossible but due to the technology of the air fryer you can cook classic chips using little or no oil at all.

So how does the technology actually work? The top section of the air fryer will house an ultra-hot heating mechanism and a fan. Food is placed in fryer style baskets and when the appliance is turned on the fan will force the hot air down and around the baskets covering the food with rushes of ultra-hot air. This rapid circulation of air causes the food to cook like a deep fryer but with very little or no oil required.

Through testing different styles of air fryer, we have come up with some handy tips to help you get the most from the air fryer.

- 1. Baskets Are Best** - When using the air fryer always put food items into the baskets. The baskets allow for the circulation of air to be at a maximum and will, therefore, allow your food to cook and crisp more evenly.
- 2. Don't Overcrowd** - The air fryer needs to be able to force the circulating air around your food so leave some space for air flow and don't overcrowd the baskets.
- 3. Preheat** - To make the most of efficiency and to aid with crispy food preheat your air fryer. Simply set the temperature and turn on for 2-3 minutes before putting food in. The difference in results is staggering.
- 4. The Golden Touch** - Although oil is a must have, to get the golden crispy finish to dishes use a fine spray mist of oil over the food prior to cooking to allow for the best golden shine on your food. Never spray the oil into the air fryer, always remove the baskets, spray and then replace for additional cooking.
- 5. Shake Or Flip** - Always remember to shake the baskets or flip the food throughout cooking. This will allow the air flow to cover all of the food giving an even crisp to the outer of the cooked food.
- 6. Is It Cooked** - When cooking meat products, the use of a probe style thermometer is key to ensuring the products are cooked correctly. Remember a temperature of 75°C for 30 secs is required to ensure food is safe to consume.
- 7. Reheating** - The air fryer is great for reheating leftovers that were crispy the first time round. Where a microwave may reheat the food, it doesn't re-crisp the outsides, the air fryer does. Ensure all food is piping hot throughout before consuming as you would with any other form of reheating but remember it's going to be crispy.
- 8. Clean After Every Use** - This is key to ensuring that your air fryer continues to be efficient and effective. Allow to cool before cleaning and clean thoroughly including the top part where the fan is located. Lining with foil can help collect any fat or juices and aid in cleaning.
- 9. Catch The Fat** - If fatty foods, like burgers, are being cooked it is an ideal time to catch the fat. Any fat that drops will continue to get hot during cooking and could smoke if hot enough. A simple tip is to place a damp piece of bread in the bottom of the fryer to collect any dripping fat or juices.



TOP AIR FRYER RECIPES

Honey Lime Chicken Wings

Ingredients:

12 Chicken Wings

2 tbsp Soy Sauce

2 tbsp Honey

1½ tsp Salt

¼ tsp White Pepper

¼ Black Pepper

2 tbsp Lime Juice

Method:

1. Place all ingredients inside a mixing bowl, mix well.
2. Leave to marinate for 4 hours
3. Line the basket with baking paper
4. Scatter the chicken wings across the sheet
5. Air fry for 25mins at 180°C, try using the chicken setting
6. Turn the chicken wings halfway through

Lemon Garlic Salmon

Ingredients:

4 Skin on Salmon Fillets

4 tbsp Butter

1 Clove Garlic, minced

1 tsp Salt

1 tsp Fresh Dill, chopped

1 tbsp Fresh Parsley, chopped

Juice of 1 Lemon

Method:

1. Melt the butter, mix with all ingredients, except salmon
2. Coat the salmon with sauce
3. Line a baking tray with baking paper
4. Place salmon skin down on the lined tray
5. Air fry for 12-15mins at 180°C, try using a fish setting



SLOW COOKER TOP TIPS

The slow cooker is a versatile, efficient, and cheap way of cooking some amazing food. Not just for stews and casseroles the slow cooker can make bread, cakes, chilli's and so much more. An item of cookware that so many only use in the winter and then put it back in the cupboard until the next cold spell. The average slow cooker can operate for as little as 6pence per hour so even if our dish requires 6 hours of cooking it's still only costing 36 pence, this makes the slow cooker awesome for our Cost to Cook budgets.

When using the slow cooker we have some handy tips and advice to make this form of cooking safe, enjoyable and tasty.

- 1. Think Before You Swap** - Although we love a good swap or substitute just think about what you're buying. If the recipe uses lean meat swapping for a fattier alternative will almost definitely change the dish in looks and flavour, plus the dish may be over or under cooked. With this in mind think before you swap.
- 2. Colour Me Right** - Searing meat and sausages before putting them in the slow cooker will help with looks and flavour, the slow cooker is great but seal in the juices and flavour first to ensure a rich fully flavoured dish.
- 3. Don't Over/Underfill** - If during cooking the lid starts to rattle and steam or liquid is coming from the slow cooker it is overfilled. If when cooked there is a hard solid mess at the bottom of the slow cooker the contents were not enough. For ultimate slow cooking $\frac{1}{2}$ to $\frac{3}{4}$ full is what we are aiming for. If the contents are less reduce the cooking time, conversely if the mix is over filled remove some and cook it later don't let all your hard work spill over the top!
- 4. Size Matters** - Try to chop all vegetables and meat to a uniform size based on density. Hard and solid veg needs to be cut to a size that can easily slow cook, carrots bigger than 1cm square are going to take longer to cook due to the density of the vegetable. The same size piece of courgette could be indistinguishable after cooking for the same time.
- 5. Don't Be Tempted To Look** - Every time you lift the lid to look the heat will escape and the recipe will take longer to cook. We all know that some foods need stirring but only once or twice during cooking and make the stirring quick to keep the heat in.
- 6. Thicken It Up** - Sauces may need thickening as no moisture is able to escape when slow cooking. Don't be worried if the sauce looks watery or runny just pop it on the hob and thicken with some cornflour or starch.
- 7. Cheese At The End** - No-one likes to try to eat stringy rubbery cheese. Dishes with cheese on the top should be delicious not rubbery and they can be. Any dish to be topped with cheese can be but hold off until 10-15 minutes of cooking is remaining, this will melt to perfection and add that beautiful top to your dish.
- 8. Don't Just Grab It** - Remember the 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.
- 9. Steam Collection** - If you are making items like bread or dishes that need a crispier finish simply place a clean tea towel between the pot and lid to absorb some the liquid in the steam. Remember to be careful when removing as the cloth will be hot and damp.



SLOW COOKER CHICKEN

Lemon, Garlic and Herb Whole Chicken

Ingredients:

- 1 Medium Chicken
- 4 tsp Dried Mixed Herbs
- 4 Cloves Garlic, chopped
- 2 Lemons
- 3 tbsp Oil or Melted Butter

Method:

1. Mix the garlic, herbs, zest of 1 lemon and oil together
2. Cut 1 lemon in half and slice the other 1
3. Place ½ lemons inside chicken cavity
4. Rub garlic and herb mix over the top of the chicken
5. Arrange sliced lemon on top of chicken
6. Place chicken in slow cooker and cook on high for 4-6 hours

Chicken Curry

Ingredients:

- 4 Chicken Breast Fillets
- 4 tbsp Natural Yoghurt
- 4 Cloves Garlic, Crushed
- 1 Lemon
- 2 tsp Ground Turmeric
- 2 tsp Ground Coriander
- 2 tsp Ground Cinnamon
- 1 tsp Chilli Powder

Method:

1. Mix the garlic, yoghurt and spices in a bowl
2. Add the zest of the lemon with the juice of ½ lemon, mix
3. Coat the chicken with the sauce and place in slow cooker
4. Pour remaining sauce over the chicken
5. Cook on high for 3-5 hours



MICROWAVE TOP TIPS

The art of microwave cooking is one that so many people have forgotten. A metallic box that sits in the corner of the kitchen only to be used to heat up baked beans or re-heat some leftovers is the extent of so many people's love for the microwave. In reality it is so much more, especially when we are looking to reduce our Cost to Cook.

Importantly, we must have the knowledge to use this equipment safely, with this in mind we have put together some of our top tips.

- 1. Metal Free Zone** - Never put anything metal in the microwave. This includes foil, cutlery and metal rimmed bowls. The microwaves are reflected by the metal and can cause sparks or even a fire. Be safe and keep the metal out!
- 2. Size Matters** - Larger pieces of food will take longer to cook than smaller pieces. To avoid over cooking always cook by size large and dense first, small and delicate being added later. Cut up large items to speed up cooking times.
- 3. Level The Plate** - Try to spread the food to be cooked evenly on the microwave safe plate or bowl. This will help cooking consistency and speed up the cooking time.
- 4. Cover Your Food** - Always cover your food with wrap or a plate. This will help to keep the heat in, speeding the cooking process, and will keep your microwave from getting splattered with food. Take care when opening/removing the film as steam is hot so always open away from the body.
- 5. Overfilling Is NOT Good** - Remember that liquids bubble and some foods grow when cooked. Never overfill bowls, jugs or any other container to go in the microwave as overfilling will result in overflowing and a not very nice mess to clean up after cooking, when all you want to do is eat what you have cooked. Try standing bowls on a microwave safe plate during cooking to catch any overflows or spills.
- 6. Always Stir** - Ensure that food cooked in a microwave is stirred regularly throughout the cooking process. Microwaves operate by agitating water molecules cooking from the outside in and therefore cooking will never be even. Stir regularly to move hot food around and allow for a consistent, thorough cook.
- 7. Only Fools Rush In** - Standing time is vital. Microwave cooking will force water molecules around in the cooked food and they need to stop moving before we eat. Any food cooked in the microwave should be allowed to stand for a minute or two after the machine is turned off to allow the molecules to relax and stop bouncing, whilst they are bouncing, they are cooking. Don't be a fool, don't rush in
- 8. Clean As You Go** - Always wipe out your microwave after use, you don't want to leave spills or debris in there. Don't forget to clean the roof. Food debris can cause hotspots on the microwave cavity which could burn and damage the microwave.



MICROWAVE RECIPES

Sweet and Sour Chicken

Ingredients:

- 4 Chicken Breasts, cubed 2cm
- 9 tbsp Tomato Ketchup
- 3 tbsp Malt Vinegar
- 4 tbsp Sugar
- 2 Cloves Garlic, crushed
- 1 Onion, roughly chopped
- 2 Bell Peppers, deseeded and chopped
- 227g Tinned Pineapple Chunks, in juice
- 100g Green Vegetables, fine chopped

Method:

1. In a large Microwavable bowl mix ketchup, vinegar, sugar and garlic.
2. Add the chicken, onion and peppers and mix well.
3. Cover and cook on full power for 8-10 minutes.
4. Mix in the pineapple chunks and green vegetables.
5. Cook for a further 5 minutes on high, uncovered
6. Stir and allow to stand for 3 minutes
7. Ensure chicken is fully cooked and serve with rice.

Chocolate Brownies

Ingredients:

- 150g Butter
- 150g Sugar
- 1 tsp Vanilla Extract
- 2 tbsp Milk
- 2 Eggs
- 50g Plain Flour
- 75g Cocoa Powder
- 80g Chocolate Chips

Method:

1. Melt the butter in a 20 x 20cm dish in the microwave, 20sec bursts works well.
2. Swirl the butter around the dish to coat sides, pour the remaining melted butter into a mixing bowl
3. Add the sugar to the bowl and mix well to be fluffy
4. In a jug mix vanilla, milk and eggs with a fork
5. Pour the jug contents into the sugar and butter, a little at a time, ensuring fully mixed after each pour.
6. Mix the flour and cocoa powder together and add to mixing bowl fold together to form a cake batter
7. Stir in the chocolate chips and tip the mixture into the buttered dish, smooth with a spatula
8. Cook on full for 5 mins until slightly firm, leave to stand in the dish for 20 to complete the cooking. Cut into 8 pieces and enjoy.

Post your pictures or stories and tag us @UKHarvest



KNOW YOUR APPLIANCES

It is important to know what your appliances can and can't do, but more important is to understand what they cost to run. By understanding this cost, we can all make changes to the way we cook and how much we are spending on fuel to power our cooking habits. But how do we work out how much things cost?

We have done our research and based on the average appliances in the UK we have been able to show you how much we spend on our appliances when cooking. Remember the cost is from the second we turn our appliances on to the time we turn them off. Below is a table of average costs and then some top tips on how to reduce that cost.

Appliance	Cost to Cook and Appliance Usage			
	£/Minute	£/Hour	£/Avg Year	£/Avg Use
Air Fryer Electric	£0.015	£0.91	£55.91	£0.30
Electric Cooker	£0.042	£2.53	£335.57	£1.81
Microwave	£0.009	£0.52	£31.83	£0.17
Slow Cooker	£0.002	£0.09	£63.35	£0.34
Gas Cooker	£0.015	£0.91	£121.06	£0.65
Dual Gas/Electric Cooker	£0.035	£2.10	£278.04	£1.50

<https://www.bbc.co.uk/programmes/articles/4pD2lkhwd0ThGKCmxGhRC6d/cost-of-appliances>

TOP TIPS

- 1. Turn It Off** - This can be used for hobs and ovens. Ovens will slowly reduce temperature when turned off, it is possible to continue to safely cook your food with the oven turned off early, in some case 15 minutes early. When cooking rice or pasta boil the water put the rice or pasta into the water, cook for 5 minutes then turn the hob off and allow the food to finish cooking.
- 2. Soften In Waves** - Soften onions or par cook vegetables in the microwave first before turning the electric hob on it will save you money.
- 3. How Do I Swap?** - Can you swap the cooking method but not the recipe? The food purchased could be the same for a recipe in the oven as in the slow cooker, but which will cost the least.
- 4. Preheating?** - Think about what you're cooking – does the oven need to be preheated? If you're making a cottage pie or a pasta bake the oven can be cold at the start allowing for cooking to begin during the heating period.
- 5. Fill It Up** - If using higher cost appliances are you filling the space or are you heating empty space. Fill the space to cook more for your money at once.
- 6. Chill Or Freeze?** - Leftovers can be stored for later but remember your fridge needs to circulate air so keep some space in there, but your freezer likes to be packed so keep the items tight in the shelves/racks of your freezer.

SAFETY FIRST



Safety Statement

UKHarvest will do everything possible to reduce the risk of injury, domestic accidents, fires, or food poisoning during the cook-a-long sessions. However, as no representative of UKHarvest is present during your sourcing, storage, preparation, cooking and serving of food, UKHarvest is not responsible for any domestic accidents, fires or food poisoning that could result from preparation of the recipes.

Take **CHARGE** with electrical safety

Remember that electricity isn't a toy. You could be seriously hurt if you mess about with electrical appliances, electric sockets, or electricity flexes in your home. Don't use damaged or faulty electrical appliances!

You could also be very seriously hurt or killed if you play in substations, near overhead lines on wooden poles or around electricity pylons. Remember that if you see something that is unsafe, speak to an adult or call 105.

Recipes and images sourced from:

UKHarvest NourishEd Programme Directory

BBC Good Food Website

Tower Air Fryer Instruction Manual

