



YSJ Student Cookbook

Recipes for and by students at York St John University

An interdisciplinary student project supported by the Living Lab



Living
Lab



Contents

About This Cookbook	3
Acknowledgements	4
Teamwork	5
Stress-Free Quick Fix	6
Pineapple, Hot Sauce and Cheddar Toastie (VG)	7
Quick and Easy Fajitas	9
Lockdown Tuna, Rice and Sweetcorn	11
Tuna and Broccoli Pasta	13
Cheap Gruel for Fuel (VG)	15
Simple Sardine Spaghetti	17
Soy Sauce Egg Rice (간장계란밥) (VG)	19
Vivera Kebab Wrap (VG)	21
Crowd Pleasers	23
Paprika Chicken Pasta	24
Lentil Bolognese (VE) (GF)	25
Chorizo and Vegetable Tacos	27
Chicken Alfredo Pasta	29
Italian Baked Ziti (VG)	31
Chicken Kottu	33
Cottage Pie	35
Shin Ramyeon Toowoomba Noodles	37
Feel Good Food	39
'Mother's Love': Easy Cabbage Cheese Pancake	40
Spinach and Squash Curry (VE) (GF)	41
Leftover Vegetable Risotto (VG).....	43
Mushroom Risotto (VE)	45
Savoury Flapjacks with Vegetables, Nuts, Seeds and Cheese (VG)	47
Saag Aloo (VG)	49
Soups and Stews	51
Roasted Vegetable Soup (VG)	53
Shakshuka (VG)	55
Vegetable Goulash (Neutral) (VG)	57
Easy Healthy Stew To Manage Waste	59
Edward's Goulash	61

Something Sweet	63
Vegetarian Chocolate Beetroot Brownies (VG)	64
Rhubarb Crumble (VE)	65
Vegan Beetroot Brownies with a Chocolate Avocado Frosting (VE)	67
Mum's Old-fashioned Sprinkle cake (VG)	69
Super Healthy Vegan Cookies (VE)	71
Tips and Tricks	73
Reducing Food Waste	74
Storing Your Food Safely	75
About Soup-er Space	77

ABOUT THIS COOKBOOK

We are so excited to introduce our YSJ cookbook!

A compilation of recipes by and for students, recounting food stories that capture student life at YSJ in 2023.

We all know that student life can be a bit hectic; as you navigate your way through exams, part-time jobs, placements, lectures and nights out. It can be really hard to get that work-life balance, whilst nourishing your body with a range of good food. That's why we wanted to create a cook-book, that inspires students to cook with a variety of ingredients, whilst also being simple, flexible and mostly budget friendly. What's not to like?

We also wanted our cookbook to have that personal touch, to highlight and record our diverse food stories. Many of our food stories show our efforts in coping with current challenges such as, the cost-of-living crisis, post-pandemic, food poverty and environmental predicaments. We think it's especially important to highlight real-life issues that many students face today, by bringing you on our YSJ cookbook journey.

Ellie Calvert

on behalf of the YSJ Student Cookbook Editorial and Design Team

PS: Here is a quick note on abbreviations:

VG: Vegetarian | VE: Vegan | GF: Gluten-free | tbsp: Tablespoon | tsp: Teaspoon

ACKNOWLEDGEMENTS

In February 2023, we sat around tables and discussed our ideas for a student cookbook. Soon, the conversation turned to stories of culinary experiments and food issues: how to avoid waste, how to recreate family recipes from home, how to make the quickest toastie to avoid housemates in the hall's kitchen. We shared soup ideas to use leftover veg in the fridge, tips for meat alternatives, and recipes for a quick fix when feeling low. Some recipes were a revelation! Others were the fruit of lockdown creativity that had gone a bit wrong (we'd all been there!). No doubt the Covid-19 pandemic has been transformative in many ways, and the cookbook takes stock of some of its effect on food choices and dietary habits among our student community at York St John.

Some of these stories have made it into this book, which is the culmination of months of work from a team of twenty-one student volunteers, who created a time capsule of student food culture and the food issues most affecting students' lives in 2023. We've been lucky to work with them on this project, and to support their efforts to create a resource that can help students navigate student life and wider societal concerns, from limiting waste to the cost-of-living crisis, and to inspire positive and meaningful change to both people and planet.

What follows is an original cookbook, for students and by students, gathering recipes, food stories and self-help resources to survive your student kitchen and to make affordable, versatile and achievable meals for yourself and for your friends at uni. Read it for its recipes, or simply enjoy the personal stories behind them. From 'gruel for fuel' to 'chicken kottu', this book captures the diversity and preoccupations of student life in the 2020s.

Elodie Duché, Lucy Hurst, Catherine Heinemeyer and Vicki Pugh

The following students made this project happen:

Editorial and Design Team

Adam Zawadzki
Byron Grierson
Donna Brady
Ellie Calvert
George Pommells
Georgina Hansen
Goeun Park

Hattie Dowdy
Honesty Coates
Jasmine Khan
Jay Bailey
Karren Richens
Lauren Woolley
Mariah Bertucci

Minji Shim
Ruby Bunting
Ruth Menon
Rosemary Walker-Lyne
Seoeun Cho
Skye Emms
Tia Johnston

Our beautiful visuals were created by Tia Johnston (front and back covers), Skye Emms (kitchen photo and logo) and Adam Zawadzki (group and site photos).

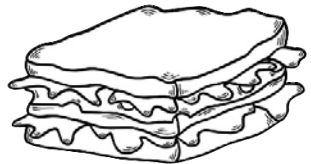
PS. Special thanks to volunteers from the History module HIS5007M Victorian Grubs: Food, Science and Society for their creativity, professionalism and enthusiasm at all stages of the book production.



Editorial and Design Team at work, by Adam Zawadzki

Stress-Free Quick Fix

Pre- and post-night out grub, quick snacks to avoid your house mates, quick fix during revisions, food for weekend shifts, ...



PINEAPPLE, HOT SAUCE AND CHEDDAR TOASTIE (VG)

By Ruby Bunting



Easy



Quick



Vegetarian



1 Serving

INGREDIENTS

- 2 slices of bread (any bread is good; I recommend seeded for extra crunch)
- Butter (I'm unsure as to whether it would make much difference here but I would always go for salted)
- Hot sauce of your choosing
- Enough cheddar cheese to fill a sandwich, whatever that means to you
- Around 5 chunks of Pineapple, either fresh or tinned is fine

COOKING STEPS

1. Firstly, butter both sides of each slice of bread.
2. Spread your hot sauce as liberally as you would like.
3. Add your cheese, after it has been cut into slices. I have never perfected slicing from a block of cheddar cheese without making a mess but maybe you know how.
4. Space your pineapple chunks across the top of your cheese ensuing that you get a sweet, tangy pineapple hit from each bite of sandwich.
5. Put your second slice of bread on top, transfer to a frying pan and turn your heat on low. It should only take around five minutes for the cheese to start to look bubbly around the edges of your sandwich. That's where you get some kind of large spatula and carefully flip your sandwich to the other side - I never manage this perfectly.
6. Leave the sandwich on this side for only a few minutes, you can check its progress by lifting it with the spatula browned, and the cheese is oozing and melty - basically when your sandwich looks like a toastie - it's done!
7. Lift the sandwich onto a plate and retreat from the squalor of the kitchen back into the comfort of your room and enjoy.



Ruby's food story:

Cooking isn't always easy at the best of times, let alone when the only facility available to you is a tiny, shared kitchen featuring dirty dishes piled as high as your increasing reluctance to enter this realm of filth. An extra layer of difficulty is added if you don't particularly have much of a relationship with your housemates or, at worst, a tumultuous one. I find myself becoming 'hermit-brained' with a strong desire to stay in my room and avoid the kitchen and all the unpleasantness that come with it. Living as a hermit though is, of course, not very sustainable. Nourishing yourself with a home-cooked meal is important and I always feel better after I've actually made something for myself. But I know how difficult, albeit irrationally, it can be to muster up the energy to do so. I wanted to include a recipe that is quick, easy and flavourful, in the hope that it might make crossing your kitchen's threshold seem that little bit more doable.

QUICK AND EASY FAJITAS

By Ellie Calvert



Easy



Quick



Meat-based



2 Serving

INGREDIENTS

- 1 x packet of 2 chicken breast
- 1 x yellow pepper
- 1 x green pepper
- 1 x red pepper
- 1 x red onion
- 2 x spring onions
- olive oil
- 1 x generous tsp of smoked paprika
- 1 x generous tsp of fajita seasoning

To serve: tortillas, grated cheese of your choice, mayonnaise, bag of lettuce

COOKING STEPS

1. Prepare your ingredients; do this by chopping the pepper and onions.
2. Add a spoonful of olive oil to your pan and turn onto a medium heat.
3. Add the peppers and onions to the pan, stirring frequently.
4. Next add the smoked paprika and fajita seasoning, stirring into the peppers and onions. Leave this for 5 minutes while the vegetables soften.
5. Meanwhile, slice your chicken breast (if not already sliced).
6. Now add the sliced chicken breast to the pan, stirring frequently.
7. Keep stirring until the chicken is fully cooked. (You can check this by cutting a piece of chicken in half and making sure it's not pink).
8. When you're ready assemble your tortilla, start with a layer of mayonnaise and lettuce, followed by a generous spoonful of fajita mix and a sprinkling of cheese. Enjoy!



Ellie's food story:

This is a great recipe to cook for you and your friends. It's cheap and tasty, so what's not to love? I first started cooking this recipe in my third year at university and it quickly became one of my favourites. I have fond memories of enjoying homemade fajitas on a Sunday night, after work, whilst binge watching the latest series of "You". The ingredients are very easy to get hold of and are very versatile if you have leftovers. I really hope you enjoy both cooking and eating this recipe as much as I did!

LOCKDOWN TUNA, RICE AND SWEETCORN

By Byron Grierson



Easy



Quick



Fish



1 Serving

INGREDIENTS

- 1 x cupful of long-grain white rice
- 1 x handful of sweetcorn
- Soy sauce
- 1/4 can of tuna

COOKING STEPS

1. Boil the long-grain rice for 13 minutes.
2. Drain the rice with a sieve.
3. Pour rice into a bowl.
4. Add a few drops of soy sauce.
5. Throw in the sweetcorn and tuna.
6. Stir and serve.



Byron's food story:

This is an extremely simple recipe, and one I ate a lot during the second lockdown in 2021. I was in my first year of university and decided to stay in halls rather than go home to stay with my parents. I ate a lot of takeaways at this time, and I was beginning to become concerned about my health and finances (though finances were less of an issue as they are now thanks to the fact that we couldn't go anywhere!). I devised a meal that I could quickly make for lunch that was healthy as well as 'tasty'. Although, what I define as tasty may be considered slightly weird. I essentially threw ingredients together that I had in my cupboard to see what would happen, and I was happy enough with these results. I have vivid memories of eating this meal for lunch in between working on assignments while watching clips from 'Would I Lie to You?' on YouTube. For this reason, it's a super comforting meal that I'd recommend for lazy uni students looking for simple, home cooked food.

TUNA AND BROCCOLI PASTA

By Hattie Dowdy



Easy + One Pot



Quick



Fish



1 Serving

INGREDIENTS

- 70g wholewheat pasta
- 1/2 can tuna
- 60g broccoli
- 1/2 stock cube
- 30g (1tbsp) cream cheese
- seasoning of choice

COOKING STEPS

1. Boil a pot of 300ml water and add ½ stock cube.
2. Add the pasta.
3. When pasta is almost cooked, add the broccoli.
4. When broccoli and pasta are fully cooked, drain about 4/5 of the water.
5. Add the tuna and the cream cheese.
6. Season to taste (salt, pepper and garlic salt are good options).
7. Serve on its own or add cheese on top.



Hattie's food story:

As someone who struggles with anxiety, moving out and suddenly living with a group of total strangers was a shock to the system. Having to make dinner every day in a kitchen with strangers can be a stressful experience. While I do encourage Uni students to socialise with their flatmates as much as possible, I understand that sometimes an hour of awkward conversation while you're trying to cook can be a bit much. For this reason, in first year, I would find a way to make any recipe as quick and low effort as possible. Even now, I try to spend as little time as humanly possible in my student kitchen.

Even though the social aspect is no longer an issue, the cleanliness of our kitchen is one of the worst, as student houses go. We even had a rat living with us at one point! So, cooking is still not overly enjoyable for me. Except, after eating more noodles and pesto pasta than was probably healthy, I realised I needed to add some nutrients and protein into my diet. And an easy way to do that was to just give a staple like pasta an upgrade by adding some cheap veg and the easiest source of protein available - no worries of under or over cooking, just opening a can.

CHEAP GRUEL FOR FUEL (VG)

By Robert Wilson



Easy + One Pot



Quick



Vegetarian



1 Serving

INGREDIENTS

- Rice
- Optional:
 - Cup o' soup sachet (I prefer the chicken one)
 - Frozen veg
 - An assortment of whatever herbs, spices and seasonings you have lying around
 - Anything else you want to add

COOKING STEPS

1. It's really quite simple, you only need 1 pot. You can get fancy and splash some money and time but that's not realistic for me.
2. You start with an amount of rice in your pot, with a roughly equal amount of water (use a cup to measure, if you can find one).
3. At some point you should add the rest of your ingredients, if you have any. It's mostly improvising. Just have fun and do the occasional taste test to make sure you aren't brewing glorified sewage.
4. You are going to want to be careful not to burn the rice, keep a cup of water at hand in case you start to get worried.
5. Also, don't forget about fire alarms! Boiling water in a pot produces steam (a little science for you there.) As you're probably well aware, student housing/accommodation fire alarms are very dramatic. Everything is a fire as far as they're concerned.
6. It's important that you DO NOT remove or cover your fire alarm, this is stupid. Yes, you're a student so a little bit of stupid is part of the job description, but I know that despite saying you'll put it back later, you won't. So instead, open a window. Open a door. Open a window and a door if you're feeling frisky. Live a little, you'll certainly live a lot more if you leave that fire alarm on the ceiling.

Continue after finish reading step 6

Back to the disaster in the pot. Basically, the last thing to do is stop. Whenever it's at a point where you like it, not too runny, not too salty. You could even, break that loaf of bread out the freezer and have some toast with it. It's not going to be pretty: it won't taste amazing either, but it'll be cheap and quick. That way, you can save your money for what really matters, the alcohol.

I'd say enjoy, but that's not what this "meal" is about. The only joy you will get from this is the minimal amount of money you've spent on it.

Footnote: CLEAN UP AFTER YOURSELF!! It's tedious and oh so very easy to procrastinate but it's vital. I clean up the majority before I eat, because I know the food, I make isn't going to motivate me.



Robert's food story:

I'm clearly not much of a cook. But this is a meal that's gotten me through uni so far, especially in the cost-of-living crisis. I drew the short straw in terms of finances and housing arrangements, bills not included are no joke. The meal is incredibly low cost and I've never cooked it the same way twice. It's good to keep things interesting, because the food certainly isn't.

But I've had a lot of fun experimenting in the kitchen this year, using soups as sauces and toying with consistency. I like it thick, what can I say. I used to feel awful in the kitchen. My anxiety over food was through the roof. It still is to an extent, but having fun whilst cooking has been very beneficial to my mental health.

I know that this recipe is not fancy, but I hope it addresses some points. Food poverty is a big problem, and students have it rough. I hope this at least inspires people to pursue a more well-rounded diet. It doesn't have to be pretty; it just has to be enough.

SIMPLE SARDINE SPAGHETTI

By Emily Walker



Easy



Quick



Fish + Budget
friendly



1 Serving

INGREDIENTS

- 1 Can of Sardines
- 1 Serving of Spaghetti
- 1 Can of Tomato-based pasta sauce or chopped tomatoes
- Chilli seeds
- 1 Tsp of Lemon juice
- Cheese (optional)
- Spinach or rocket (optional)

COOKING STEPS

1. Cook the spaghetti in a saucepan following the instructions on the pasta packet.
2. In a frying pan on low/medium heat, cook your sardines for a few minutes – I usually mash them with a fork so they blend easier with the pasta sauce.
3. Add your pasta sauce/tomatoes, chilli flakes and lemon juice to the frying pan and stir through. Continue to heat on low heat for 2 mins.
4. Add spinach/rocket, if using.
5. Drain your spaghetti and tip into the frying pan with sardine mixture. Stir in well to combine. At this step you can also add cheese and stir through or sprinkle on top once served. Enjoy!



Emily's food story:

As a university student, it's important that my meals be fast and easy to make whilst still tasting good. This recipe has always been my go-to meal as the ingredients involved are really cheap to buy and the meal itself only takes as long as the time to cook the spaghetti! It's one I would highly recommend and also seriously delicious.

SOY SAUCE EGG RICE (간장계란밥) (VG)

By Minji Shim



Easy



Quick



Vegetarian



1 Serving

INGREDIENTS

- 1/2 cup of rice
- 1 egg
- 1 ½ tbsp soy sauce
- 1 tbsp sesame oil
- Butter
- Sesame seeds

To serve:

- Korean Kimchi
- Can also add bacon or sausage, depending on taste and diet

COOKING STEPS

To make soy sauce egg rice, you need rice first. There are various kinds of rice and ways to cook rice in England, but I will start with the most Korean way.

How to cook rice:

1. Firstly, wash as much rice as you need in clean water three to four times (usually, if you use a half cup of rice, you will get one to one-and-a-half servings).
2. Soak the washed rice in water for at least 30 minutes.
3. Add water to the soaked rice; the ratio of rice to water should be between one and one-and-a-half.
4. Fill the pot with water, turn to a high heat and bring to the boil.
5. When the water starts to boil, lower the heat from high to medium and boil for another 25 minutes with the lid on.
6. Finally, wait for five to 10 minutes with the lid off before mixing the rice with a spatula.

To make soy sauce egg rice:

1. Firstly, pour cooking oil in a heated pan and cook an egg according to your preference.
2. Place the well-cooked eggs on top of the rice.
3. Put one-and-a-half spoons of soy sauce and one spoon of sesame oil on top.
4. Add butter or sesame to test the overall taste (adding more of each (other) if required) then rub it all together. We're done! P.S. You can also eat it with Korean kimchi.



Minji's food story:

Soy sauce-egg rice is one of my favourite foods. When I was younger, I was a very picky child when it came to eating. I often refused to eat if there were no dishes on the table that I liked. Whenever that happens, my mom made me soy sauce-egg rice. It's quite simple compared to the food my mom carefully cooked, but I always used to enjoy it more. These days, I still make soy sauce-egg rice when I want to have a lazy day.

VIVERA KEBAB WRAP (VG)

By Jasmine Khan



Easy



Quick



Vegetarian



1-2 Serving

INGREDIENTS

NB: the amount of ingredients for this recipe is very flexible.

- Peppers – I prefer mine green here
- Vivera plant kebab meat pieces
- ½ ball Mozzarella or 2 tbsps. cottage cheese, or to taste (optional but I love either here)
- Tomato
- Onion
- Spinach
- Bread wrap
- Butter to fry the veg

COOKING STEPS

1. Put the pan on a medium-high heat.
2. While my pan is heating up, I put a small amount of butter on to melt
3. I wash my vegetables. I chop the onion first as this takes the most time to soften. Once chopped, I put the onions in the pan.
4. I then carry on washing and chopping the rest of my veg. These are usually spinach, green peppers and tomatoes. Olives are another veg I sometimes use to really replicate a Greek inspired taste (I have worded this so badly). While I'm chopping the veg, I make sure the onions aren't burning and keep stirring them.
5. Once all my veg is chopped and the onions have started to soften, I add in the rest of the veg.
6. Stir the pan until the veg has softened. I do this for around 10 mins. Add in extra spices / butter here.
7. Once the veg is as soft as you'd like, place the amount you'd like into your wrap. Place this in the middle with some space to turn the wrap up at the bottom. Leave some space for the cheese if you wish to add in. If not, add in your sauces of choice.
8. Turn up the wrap at the bottom, enough for the filling not to fall out. Then, place the left semi-circle over the food you have placed in the middle of the wrap. Then keep rolling tightly until you have yourself a wrap!

Optional other ingredients (to taste):

- Sweetcorn
- Mayo
- Sweet chilli sauce
- Pitted olives
- Added spices – Himalayan salt and pepper. I sometimes use Nando's salt and chilli powder for an added kick

Feel free to make a few so you can grab another whenever you'd like.

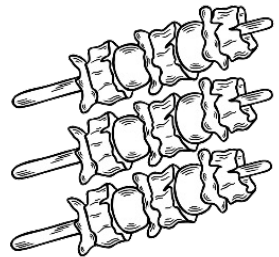
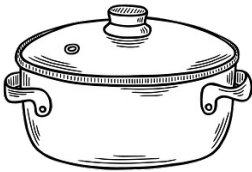
I choose the spinach, so I get in more greens in the week! I sometimes add in white cheeses such as mozzarella or cottage for protein.

Jasmine's food story:

As I am trying to be more vegetarian, I started to play around with more plant-meats to reduce my carbon footprint, whilst still being able to make my favourite comfort foods. I also needed something I can make to take with me if I am away from home, and don't want to spend on a meal deal out. So, with Vivera's Greek style kebab meat, I started to explore creating a Greek inspired wrap that I could make! And it is now my fave thing to make.

Crowd Pleasers

Tried and tested recipes to enjoy on your own, or share with friends, batch cook or freeze. Hopefully something for everyone ...



PAPRIKA CHICKEN PASTA

By Annie Grace Evelyn Smith



Easy



Under 30 minutes



Budget friendly
+ Meat-based



1 Serving

INGREDIENTS

ADJUST THE QUANTITIES BASED ON BUDGET

- 1 x Chicken breast
- 1 tbsp Smoked paprika
- Salt & pepper
- 1 pack of double cream
- Handful of grated cheese (pick a cheese depending on budget)
- Pasta

COOKING STEPS

1. Rub chicken with paprika.
2. Fry or bake the chicken breast.
3. Whilst chicken is cooking boil the pasta.
4. Drain pasta.
5. Heat up the double cream in a pan, and add grated cheese to create a thicker consistency .
6. Once everything is cooked, combine the chicken, pasta and sauce together. Voila!

Annie's food story:

This recipe was a go to of mine, when suffering from bad financial decisions and struggling to cope with a low budget. With cheap chicken and pasta, you can make a filling and delicious meal without breaking your bank.

LENTIL BOLOGNESE (VE) (GF)

By Lauren Woolley



Easy



Under 45 minutes



Vegan + Batch Cook
and Freeze



4 Serving

INGREDIENTS

- 2 medium carrots grated
- 2 sticks celery finely chopped
- 1 white onion finely chopped
- 1-2 cloves garlic
- 150g dried red lentils rinsed
- 1 vegan vegetable stock cube dissolved in 800ml boiling water
- 1 tin chopped tomatoes
- 2 tsp tomato puree
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper to taste

To serve: pasta, grated cheese of choice

COOKING STEPS

1. Add the oil to a large pan and fry the onions and garlic until soft.
2. Add the celery and carrots and fry until soft (usually around 5 minutes).
3. Pour in the vegetable stock.
4. Add the lentils and stir.
5. Add the tinned tomatoes, herbs and tomato puree and stir.
6. Bring to the boil and then reduce to a simmer for 20-25 minutes, stirring occasionally.
7. Add more water if needed and salt and pepper to taste.
8. Serve with pasta or spaghetti and top with grated cheese if desired.





Key steps for Lentil Bolognese, by Lauren Woolley

Lauren's food story:

This is my mum's go to recipe when she doesn't know what to cook. With both her and I being vegan and my dad being a meat eater, it was hard to find recipes that we would all enjoy. When she came across this recipe one day, and we all liked it, I'm sure it was a relief! Since then, she's never looked back!

When I was living at home, I used to be a lot more experimental with cooking, but in a student kitchen I've found that I don't really have the time or the space. Also, with the cost-of-living crisis I'm quite reluctant to try new recipes, in case I don't like them and have then ended up wasting money on the ingredients. However, I know this recipe is very tried and tested and something I can always fall back on. It's also quite nostalgic and comforting to have a taste of home away from home.

While it may not be the quickest recipe, it's very straight forward. It also makes a large batch and is suitable for freezing, so can save you time in that way. This recipe would also be great if you have guests with different dietary requirements as the Bolognese itself is vegan and gluten free (depending on the vegetable stock used), so you can alter the pasta and cheese used to cater to these diets.

CHORIZO AND VEGETABLE TACOS

By Ellie Calvert



Easy



Slow Cooking



Meat-based + Batch
Cook and Freeze



3-4 Serving

INGREDIENTS

- 2 x packets of diced chorizo
- Olive oil
- 1 red onion
- 2 x celery sticks
- 2 x carrots
- 1 x tin of red kidney beans
- 1 x tin of mixed beans
- 2 x tins of chopped tomatoes
- 1 x tin of sweetcorn
- 1 x tsp tomato puree
- Italian Herbs
- Smoked Paprika
- Chilli flakes
- Greek style yoghurt
- Grated cheese of your choice
- Tacos (or tortillas)

COOKING STEPS

1. Prepare your ingredients; do this by finely chopping the red onion, celery, and carrots. (Chop chorizo if not already chopped).
2. Cover the bottom of your pan with olive oil and turn onto a medium heat.
3. Stir in the chopped vegetables and allow time for them to soften.
4. Now add in the chopped chorizo to your pan and stir frequently.
5. Add in a generous sprinkling of Italian herbs, smoked paprika and chilli flakes. (Season to your liking)
6. Next drain and add in the tinned beans and sweetcorn.
7. Next add in the chopped tomatoes, turn the heat down to low and leave this for as long as you like. Let it bubble away anywhere between 15 minutes and 2 hours.
8. When you're ready assemble your taco (or tortilla), starting with a layer of yoghurt, followed by a sprinkling of cheese and then a generous spoon full of taco mix. Enjoy!

Ellie's food story:

This speedy and delicious recipe has been passed down the generations in my boyfriend's family and became a lifesaver throughout both my second and third year at university. I was first introduced to this recipe in my second year of university during the COVID-19 pandemic when we were stuck at home and adjusting to the new concept of online learning. This quick and easy recipe supported me during those times when I was not motivated or inspired to cook, since I also lived in a shared house with six other students (you can imagine the carnage).

I love this recipe because it is extremely versatile. Whether you're a meat eater, vegetarian or vegan you can adapt the ingredients to suit you. This recipe is great for batch-making and storing in your freezer. This is a perfect meal to be defrosted and cooked in 25 minutes before you rush to pre-drinks.

I was very proud of the fact that I had a healthy and tasty meal (not something many uni students have) ready made in the freezer, ready to take out whenever I needed. It was super convenient to throw it in a slow cooker on low before I left my house and by the time, I came home it was ready to eat!

CHICKEN ALFREDO PASTA



Easy



Under 30 minutes



Meat-based



2 Serving

By Skye Emms

INGREDIENTS

- 300g Chicken breast fillets (small pack)
- 100g Pasta of your choice, e.g., spaghetti
- 2 garlic cloves OR garlic powder
- 1 small onion
- Italian herbs (Oregano/Basil)
- Olive oil
- Salt
- Pepper
- 200ml Double cream
- 150ml Milk
- 1 cup of Mozzarella
- ¼ cup of Parmesan

COOKING STEPS

1. Preheat the oven to 190 degrees and let it preheat for around 8-10 mins.
2. Season your chicken breasts with olive oil, salt, pepper and the three Italian herbs. (You may use optionally garlic powder instead)
3. Place chicken in the centre of the oven for 20 - 25 minutes, making sure to turn it over halfway.
4. Dice up your onions while the chicken is cooking. Garlic cloves would be diced here if you are using them.
5. Begin to boil your pasta of choice in salty water until cooked (normally takes around 8-10 mins).
6. Place the chopped vegetable in a pan with oil on low to medium heat.
7. Once the onions have coloured a bit, pour in the double cream, milk, mozzarella, cup of parmesan and stir thoroughly to form a thick sauce.
8. Soon after, add salt and pepper according to taste and then your Italian herbs.
9. If the sauce is too thick, you can add extra milk to thin it out.
10. Add around a cup of water.
11. Drain pasta and add to the sauce.
12. Take the chicken out of the oven and ensure that there is no pink meat at all.
13. Transfer the sauce and pasta to a bowl, then slice your chicken into thin strips and place on top of bed of the paste. Enjoy!



Student kitchen, by Skye Emms

Skye's food story:

Pasta is the easiest student dish in the world. It is such a basic and inexpensive ingredient and can be eaten hot or cold at any time of the day! It can even easily be cooked in a big batch to save you some time. Pasta can be paired with almost any meat or protein options and works wonders with any number of sauces, whether creamy or tomato based. It is often a daily craving! This Chicken Alfredo recipe definitely feels like a fancy slice of Italy on your plate, and it is so easy to make! Filled with the perfect balance of carbs, proteins, and fats, it is definitely a treat that can keep you fuelled for your week.

ITALIAN BAKED ZITI (VG)

By Mariah Bertucci



Easy



Just under 1 hour



Vegetarian +
Batch Cook



3-4 Serving

INGREDIENTS

- 1 large bag of penne pasta (or any large pasta shape you fancy)
- 1 jar of red pasta sauce
- 16 oz (450 g) ricotta cheese
- 2 cups (227 g) grated mozzarella cheese, plus more for topping
- ¼ cup (25 g) grated parmesan cheese, plus more for topping
- 2 eggs
- 2 tablespoons chopped fresh parsley (half if using dried parsley)
- Salt and pepper to taste

COOKING STEPS

1. Preheat the oven to 350 °F/175 °C.
2. Cook the pasta according to the directions on the packaging, stirring often.
3. Drain the pasta and put in a large bowl, then stir in a large spoonful of pasta sauce to prevent the pasta from sticking together.
4. In a separate smaller bowl, combine the ricotta, mozzarella, parmesan, eggs, salt, and pepper, and whisk until well mixed. Add this to the cooked hot pasta and toss lightly with a wooden spoon until combined, making sure not to break up the pasta.
5. Take a medium/large baking dish and lightly line the bottom with a large spoonful of pasta sauce to prevent the pasta from scorching. Pour the pasta mixture into the pan and spread out evenly.
6. Spread a layer of sauce over the pasta, and top with mozzarella and parmesan. Sprinkle with the parsley and cover the dish with aluminium foil.
7. Bake in the oven for ~25 minutes. Allow it to rest for ~15 minutes before serving.



Mariah's food story:

I grew up in a large Italian family, where it was habitual to come home from school/work and sit around the dinner table together to share a fresh, home cooked meal. My mom grew up in a similar kind of Italian household, so this was ingrained in her from a very young age. She has always had a natural love and talent for cooking, which she passed on to me. So, food has always been at the centre of our family. She has had a very heavy influence on me when it comes to cooking and most of the meals I have made since coming to uni are either her recipe or are inspired by her.

This baked ziti recipe has always been a go to meal for her to whip up after a long day of work, as it is straightforward, minimal effort, easy clean-up, and a delicious comfort food. My family usually would pair it with a simple side salad or a tray of roasted vegetables (such as broccoli, onions and aubergine) that could be cooked in the oven at the same time as the pasta, if we were looking to add a bit of health to the meal. This recipe is also very flexible! The measurements can be adjusted to your liking, such as adding more/less cheese or pasta sauce, subbing for gluten free pasta (which works perfectly in this recipe), adding other herbs you might like, etc.

This meal is also great to serve up for a social gathering that will feed up to 8 people, or the recipe could be halved if you are only cooking for yourself. If you're wondering what to do with all the leftovers, cut the pasta into serving size portions and freeze them for up to 3 months! When it's time to reheat it, simply pop it into a pan on the stove with a bit of water at the bottom (to prevent the pasta from scorching), cover it, and cook it until hot all the way through. With this recipe using only a handful of ingredients and making several portions, it is the perfect meal to try out yourself!

CHICKEN KOTTU

By Erangi Anne Kumarapperuma Arachchige



Medium to Advanced



Slow Cooking



Meat-based +
Batch Cook



Share with friends
and family

INGREDIENTS

For Chicken Curry:

- Chicken – 1kg
- Tomato – 300g
- Onion – 100g
- Garlic paste – 1 tablespoon
- Ginger paste – ½ tablespoon
- Curry powder – 3 tablespoons
- Cardamom – 4
- Crushed cinnamon – ½ table spoon
- Turmeric powder – 1 teaspoon
- Mustard seeds – ½ teaspoon
- Curry leaves – Few
- Salt – As you want
- Cooking oil – As you need
- Water – 500ml

COOKING STEPS

For the chicken curry:

1. chop the onion and slice the tomatoes.
2. Add turmeric powder, salt, and ginger-garlic paste. Mix them together and marinate the chicken with the paste for 30 minutes.
3. Heat the oil, add mustard seeds, and let them splutter.
4. Then add onion and curry leaves. Sauté (lightly fry) until onion turns translucent.
5. Now add crushed cardamom and cinnamon. Sauté them until the onion start to turn golden.
6. Add the tomato and sauté them for 2 or 3 minutes.
7. Now add marinated chicken, mix well, and cook covered with lid, under high flame for 5 minutes.
8. Take off the lid, give a good mix, and again cook covered under the high flame until all the liquid evaporates. (For me, it takes about 10 minutes.)
9. Now, take off the lid and cook uncovered under medium flame until the chicken pieces get a bit fried. Stir occasionally to avoid burning. (For me, it takes about 4 minutes.)
10. Then, add curry powder and water and mix well.
11. Cook covered under high flame for 3 or 4 minutes. The take off the lid, give one last good stir, and cook again covered under very low flame for 5 minutes. Taste the gravy and adjust salt if needed. This is how to make the best chicken curry for Kottu Roti.

For Kottu Roti

- Parotta/Paratha Roti – 20
- Eggs – 10
- Carrot – 250g
- Leek – 150g
- Banana pepper – 100g
- Onion – 250g
- Green chili – 10 to 12
- Curry leaves – 2 or 3 sprigs
- Salt – As you want
- Cooking oil – As you want

For the Kottu Roti:

1. Cut the parotta into tiny pieces.
2. Slice the carrot, banana pepper, and leek. Also, chop the onion, green chili, and curry leaves.
3. Break the eggs into a bowl, add a little salt, and then whisk them for 2 or 3 minutes.
4. Now heat the oil in a large cooking wok and add the beaten eggs. Fry and scramble the eggs. (It normally takes about 5 minutes under medium flame.) Once done, take off the scrambled eggs out of the wok and keep them aside until the end.
5. Now, add some more oil to the wok and add carrot, banana pepper, half of the chopped onions, green chilies, and curry leaves.
6. Sauté those until carrots turn tender. Stir occasionally to avoid burning. (For me, it takes about 5 minutes under high flame.)
7. Then add the leeks and sauté them under medium flame for 2 minutes.
8. Now add parotta and chicken curry. Stir and mix frequently under medium flame for about 2 or 3 minutes. Taste and adjust salt if needed.
9. Finally, add fried scrambled eggs and the rest of the chopped onion.
10. Switch off the flame and enjoy!



Erangi's food story:

I'm from Sri Lanka and in Sri Lanka chicken Kottu is a very special dish. Since my childhood whenever we gather as a family or friends, we've always had chicken Kottu as a dish. That's why it's really close to my heart because it's a dish that reminds me of my family and friends back in Sri Lanka. Over the years I have watched several videos of how to make it and found this method the tastiest one. So, I hope you can share this with your family and friends.

COTTAGE PIE

By Jay Bailey



Easy



Under 30 minutes



Flexitarian + Batch
Cook and Freeze



2-3 Serving

INGREDIENTS

- 1 tbsp cooking oil (I use vegetable cooking oil)
- 150g of chopped onion, roughly equivalent to 1 medium onion
- 1 tin of carrots
- 1 tin of peas
- 500g minced beef (or Quorn mince)
- 1 tin of chopped tomatoes
- 1 beef stock cube
- Salt and black pepper to season
- 2 cloves of garlic
- 20g of beef gravy granules
- Dash of Worcestershire sauce
- 1 packet of instant mashed potato, (I keep one in reserve just in case it is too watery, or I need to make more)
- 2 knobs of butter

COOKING STEPS

1. Preheat your oven to 200°/Gas Mark 6.
2. Preheat the oil in a non-stick pan to medium heat and add the chopped onions, carrots and peas. Cook for about 5 mins or until the vegetables soften. Stir occasionally.
3. Chop your garlic finely and add to the pan season with salt and pepper.
4. Add your meat to the pan and stir occasionally to ensure the meat is evenly cooked, be sure not to over stir as the meat will take longer to cook. This should take 5-10 mins.
5. Once the meat has browned add in your chopped tomatoes and gravy granules which will help to thicken the sauce. Water can be added if too thick and gravy granules can be added to thicken up.
6. Add a dash of Worcester sauce and simmer for 5-10 minutes.
7. While the filling mixture is simmering follow the instructions on the box to make the mash and add a knob of butter. Season with salt and pepper and mix until creamy. This should ensure that the mashed potato mixture is delicious.

8. Place your simmered meat and vegetables into an oven-proof dish until the dish is about half full. The spread the mashed potato mixture on top until all the filling is covered using a spoon or palette knife.
9. Sprinkle with cheese and pop into the over for 15 minutes, or until the top is golden and the cheese is bubbling.

Serve and enjoy!

If you have any leftovers, you can store these in the fridge for a couple of days or in the freezer.



Jay's food story:

For the better parts of my life, this family staple has been enjoyed by us all, and some of my happiest memories are sitting around the table, laughing and joking while enjoying it. In a way, it has become a comfort food, and because it is easy and cheap to make, we had it nearly every week! Of course, when I moved away from home to go to university, I had to learn how to make it myself with limited amounts of free time, so to make things easier for myself, I substituted real potatoes with instant (sorry, mum, fresh is better), the onions and garlic I buy pre-chopped to save time and use a tin of peas and carrots for the same reason. I add mushrooms to add a depth of flavour or use Quorn mince if I need to mix it up. Either way, its tasty enough to wow your friends.

SHIN RAMYEON TOOWOOMBA NOODLES

By Goeun Park



Easy



Quick



Meat-based + Budget
friendly



1 Serving

INGREDIENTS

- 1 bag of Shin Ramyun
- half an onion
- 2 slices of bacon
- Mushrooms
- 300ml of milk
- 1 slice of cheddar cheese
- 1 slice of butter
- 1 spoon of oil
- Pepper

COOKING STEPS

1. Slice onions and bacon thinly.
2. Melt one piece of butter in a frying pan (preheated over medium heat).
3. Stir-fry onions, bacon and mushrooms with one spoon of oil in the frying pan.
4. Pour 300ml of milk and melt one slice of cheddar, also in the pan.
5. Simultaneously, boil only the ramyun noodles for four minutes in another pot, but don't pour the powder.
6. When the sauce starts to boil, add ramyun noodles and ramen powder into the pan.
7. Stir-fry the noodles with the sauce for two2 minutes.
8. Finally, sprinkle some pepper and put one slice of cheddar cheese on the top.

Enjoy your meal!



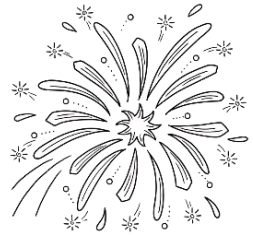
Goeun's food story:

Actually, this recipe is my best friend Minjeong's recipe. She and I have been close since we were 11 years old. This is a recipe that Min-jeong found when we were just beginning to be interested in cooking. She and I spent a lot of time baking and cooking at her house after school, and the only thing we could cook at first was ramen. Then one day, we put milk in ramyun and it tasted like rose pasta, and after that, we put milk and cheese mushrooms in ramen and started boiling it. And finally, a wonderful dish that we call Shin Ramyun Toowoomba Pasta was created.

This food is really simple because it doesn't require a lot of ingredients and ramen is very easy to cook. I used to cook this food often for my family and friends who I love. This food contains precious memories of me and my best friend. Every time I cook this food, I think of her.

Feel Good Food

Looking for a health kick or a bit of an energy boost during assessment weeks



'MOTHER'S LOVE': EASY CABBAGE CHEESE PANCAKE

By Seo Eun Cho



Easy



Quick



Flexitarian



1-2 Serving

INGREDIENTS

- 1/4 of Cabbage
- Two eggs
- A little bit of salt
- Mozzarella cheese
- You can add carrot (5-6 slices) or ham (3-4 slices) if you want



COOKING STEPS

1. Cut the cabbage into small pieces, and place into a bowl.
2. If you want, add carrots and/or ham (4 pieces) into the bowl to make it more delicious, depending on your taste or diet.
3. Add two eggs into the bowl and whisk them.
4. Add a little bit of salt to season the batter.
5. Grease a heated pan with oil, add the batter then the mozzarella cheese on top.
6. When the mozzarella cheese looks well cooked (3-5min), you're ready to serve.

Seo Eun's food story:

I'm an exchange student here in the UK and it was my first time living apart from my family. So, as you can imagine, I had a lot of worries, especially about cooking. In my home country, South Korea, my mother usually cooked for me. I have never cooked before! That's why I am a bad chef. The only food I can cook is "Ramen" (the easiest food ever). So, after arriving in the UK, I always cooked Ramen for my meals. As you know, Ramen might not be the best for your health if you eat only that every day. It's salty and composed of lots of carbohydrates, so you will feel like you need to eat various nutrients. The mother, who was worried about her daughter like this, sent an easy, delicious, and healthy recipe for me. That's the thing I wrote above. "Cabbage Cheese Pancake" is composed with relatively healthy ingredients, and it provides satiety with small pieces. Also, it's a very easy recipe. The only thing you need is just cabbage, eggs, and cheese! For me, this recipe is very meaningful because it's my mother's warm heart who is worrying about my meals and my health. So, I wanted to write this recipe and story into a cookbook to share this delicious food.

SPINACH AND SQUASH CURRY (VE) (GF)

By Ruth Menon



Easy



Under 30 minutes



Vegan + Batch
Cook and Freeze



Share with
friends and
family

INGREDIENTS

- 1 tbsp of oil
- 1 small butternut squash (about 500g) peeled and chopped into small cubes
- 100g chopped onions
- 4 heaped tbsp of mild curry paste (I use korma or masala)
- 400g tinned tomatoes
- 400g coconut milk
- 400g lentils, drained
- 200g baby spinach
- To serve: naan bread

COOKING STEPS

1. Heat the oil and begin to fry the onions on a medium heat.
2. Add the curry paste to the onions and finish frying them.
3. Add the chopped tomatoes, coconut milk, squash and lentils.
4. Cook until bubbling and heated all the way through.
5. Add the baby spinach and cook for 5 mins.
6. Warm the naan bread before serving.



Ruth's food story

This recipe has been a real journey. It all begins with my mum. My family are big 'hosters', there's always a mull of people and a mountain of food. This squash curry was one of my mum's go-to recipes to feed the masses, largely because it is gloriously easy, gluten-free and vegan (how ideal!).

But whilst my friends and family around me delighted in the spices and the flavour, I had never let myself try it. Sadly, growing up I picked up a difficult relationship with food, and until recently, this meal was way out of the question. So, what a joy when I finally timidly dared to put a bit on my plate. My taste buds (metaphorically) died! At this point, trying this delicious dish helped me take a step towards falling back in love with food.

However, fast forward to 2023, and you'll find me, a slightly clueless student who has just invited 7 friends after church for lunch but with no idea what to cook. My plan to just pop a pizza in the oven had gone out the window, as one friend couldn't eat cheese. My backup plan, a chicken tray bake, wouldn't work as another friend was veggie. Finally, very resignedly, I decided I'd have to make my mum's famous squash curry. I had been determined not to make this as whilst I'd learnt to love eating it, knowing how to cook it is another thing (I mean, how do you peel a squash?) But to my complete surprise (after a quick search on YouTube for peeling squash tips), it was simple and easy, and my friends were blown away.

This meal has been a challenge, a joy and a delight to eat, make and share. Who knew one dish could hold so many memories and triumphs but also just be pretty delicious. I hope you can make some memories with it too.

LEFTOVER VEGETABLE RISOTTO (VG)

By Georgina Hansen



Easy



Slow cook-



Vegetarian



1 Serving

INGREDIENTS

- 2 tbsp Butter
- Vegetables in your fridge that may go out of date soon
- 1 tbsp Mixed herbs Seasoning
- 3 tbsp White Wine (Not necessary)
- 225g Risotto rice
- 750ml Vegetable stock
- 250ml water (If needed)
- 1 pinch of Fresh Basil
- Cheese of your choice

COOKING STEPS

1. Prepare any vegetables you have that maybe going out of date by cutting them up to the size you like.
2. Add 2 tbsp of butter to a saucepan.
3. Add all the chopped vegetables with 1 tbsp of mixed herbs and stir for 5 minutes.
4. Add 3 tbsp of white wine to the pot and stir the vegetables. (This step can be skipped if you don't want wine in it.)
5. Add 225g of risotto rice to the vegetables and stir for 2 mins.
6. After 2 mins the rice will become slightly crispy. You will need to add vegetable stock at this point but **BEFORE YOU DO** read the next couple of steps.

NOTE: At this stage you will want to pull up a chair, a movie, tv show or book and sit by the stove because you're going to be here for a while.

7. To add the stock, it will need to go in a bit at a time. You'll need to add just enough to cover the rice & vegetables and let it boil while stirring every so often.
8. When the risotto rice has absorbed the stock, you just added, you will then add some more of the vegetable stock.
9. You will need to repeat step 7 and 8 until the stock is gone or rice is cooked to you texture. NOTE: If the rice still needs more liquid to cook - after using the 750ml of stock - use water.

10. After the rice is cooked, add some grated cheese and chopped fresh basil to the risotto and stir NOTE: I have used parmesan, goats' cheese, cheddar, feta and they all go with this risotto so choose whatever one you like best.

Plate up or eat out of the pan and Bon Appetit!



Georgina's food story:

As a university student, I don't particularly eat 'healthy.' What I mean is I don't eat enough vitamins and nutrients for my body to feel good. I have a meal plan with vegetables at the start of the week and by the end of the week Deliveroo has taken half of my money.

The places in York to eat are so delicious that I think I must partially blame them for my diet. I love eating out or getting 2AM McDonald's on a night out or ordering food because I just got paid. I made so many memories with my friends when eating out, so, I don't often cook but when I do, I love it.

Constantly eating out makes my body lethargic so realising that cooking food filled with vegetables made me feel good again was mind-blowing. In one of these instances, I recreated a green risotto with leftover vegetables in my fridge. I honestly felt like I had had an adrenaline shot of nutrients after eating this the first time.

MUSHROOM RISOTTO (VE)

By Martin Ammann



Easy



Slow cooking



Vegan



4 Serving

INGREDIENTS

- 250g mushrooms
- 250g arborio rice
- 1300ml vegan vegetable stock
- 1 large onion
- 3 cloves garlic
- 1tbsp vegan margarine
- Mixed herbs
- Pepper
- Salt
- 100ml vegan white wine (optional)

COOKING STEPS

1. Prepare stock in a large jug or pan, add mixed herbs.
2. Put margarine in large stock pot and heat on medium heat until melted.
3. Add chopped onion and garlic and fry until soft but not brown.
4. Add rice and stir for 30 seconds, then quickly add the white wine or 1 ladle of stock to douse.
5. Keep adding stock one ladle at a time to keep temperature medium high.
6. Stir frequently to release the starch, making the dish creamy, and to stop it from sticking to the bottom.
7. Add chopped mushrooms halfway through stock.
8. By the time all stock has been added, the rice should have turned soft. If not, add a ladle of water.
9. Add salt and pepper to taste.

For variety, try different mushrooms or add vegan cheese



Martin's food story:

When my mum was young and suffering from postpartum depression, she met an Italian lady through a hobby space for women. Her name was Delfina Lanz-Morandin, but to my brother and I, she became our “nonna”, our grandma. With Nonna's support, my mum started to regain her feet and was able to bond with her two boys.

Mum was already an accomplished cook when it came to traditional Swiss dishes, but Nonna added many Italian classics to her repertoire. Some of these count among my all-time favourites, like spaghetti carbonara or osso buco (pre vegan days). This recipe honours her as an immigrant to my country, with all the struggles that entailed, and how she enriched our lives. Always treated with disdain by most in the rural village she had moved to as a teenager from the Veneto region, she found a husband who adored her and had two children, followed by many grand and great-grandchildren.

The history of Italian migrants to Switzerland in the 1950s is not entirely dissimilar to that of the Windrush generation in the UK: Post WWII, Switzerland was short of labour to complete infrastructure projects like the Gotthard railway tunnel under the alps, connecting northern Europe with the south. Young men and women were invited to come and work, while finding little welcome amongst the population.

Her example as a person far more hard-working, moral and kind than many I met helps me untangle the toxic lessons about race and migration my village upbringing instilled in me. Nonna taught my mum that the secret to a good risotto is to take it slowly. You add one ladle at a time and stir constantly (her arms were very strong for a woman her size!). It's a dish you stand over until it's done, unlike the freezer dinners I lazily resort to most days. Or, to put it another way: it takes love and patience to make it! Nonna's cooking was an event, and everybody was in and out of the kitchen chatting and having a laugh.

My mum taught this recipe to me as I am passing it on now, so Nonna and her practical wisdom live on.

SAVOURY FLAPJACKS WITH VEGETABLES, NUTS, SEEDS AND CHEESE (VG)

By Donna Brady



Easy



Under 45 minutes



Vegetarian Snack



Share with friends and family

INGREDIENTS

- 50g of butter plus extra for greasing.
- 150g of rolled oats/porridge oats.
- 75g mature cheese, grated.
- 225g mixed courgette, carrot and red onion, grated.
- 1 tbsp ground or chopped seeds, e.g. flax, pumpkin, sunflower.
- 1 tbsp whole seeds e.g. hemp hearts, sesame.
- 30g chopped nuts e.g. almonds, walnuts, hazelnuts.
- 1/2 tsp dried sage.
- Two large eggs.
- Salt and pepper to taste.

COOKING STEPS

1. Pre-heat the oven to 180C/160 Fan/Gas 4.
2. Grease a 20 cm square baking tin with butter.
3. Put all the ingredients, except the butter, in a large bowl.
4. Melt the butter in a small saucepan and pour it over the ingredients in the bowl. Stir well to combine.
5. Transfer the mixture to the greased tin and press down evenly, smoothing the top down well.
6. Bake in the oven until cooked through, slightly risen and golden brown for approximately 30 to 35 minutes.
7. Remove from the oven and cut into 12 pieces while still hot but leave in the tray to cool.
8. When completely cold, carefully remove the flapjacks and store them in an airtight container.

They should keep for three to four days.



Donna's food story:

These flapjacks are very popular with walkers. My family and I take them away with us on days out as an excellent pick-me-up snack during long car journeys. They came about because one of my husband's work colleagues mentioned they were a keen walker, and as I used to bake a lot on weekends, I thought I would try this recipe out. I am pleased to say it scored 10/10 and has since retained its popularity. I've now passed on the recipe!

SAAG ALOO (VG)

By Jasmine Khan



Easy



Under 30 minutes



Budget friendly +
Vegetarian



Share with
friends and
family

INGREDIENTS

- Spices – 1 tbsp each of turmeric, Garam masala and cumin.
 - As much salt and pepper as you'd like
 - 1 bag of baby potatoes
 - 1 bag of spinach
 - 1 tomato
 - 1 white onion
 - 2 cloves of garlic (welcome to add more!)
 - 2 green chilies
 - Some form of oil, can use butter instead
 - Fresh coriander
- Optional ingredients (I typically add these in for more flavour, but aren't necessary):
- Grated ginger
 - Fenugreek

COOKING STEPS

1. Put water in a pan to boil the potatoes.
2. Peel the potato skins off, and chop in half. Once they are all peeled and the water is starting to boil, place into pan of boiling water, until they are ready.
3. Meanwhile, put a frying pan on a medium- high heat. While that is heating, place around 3 spoons of butter / oil into the pan. Slice the white onion, then place into the frying pan. Stir this until the onions have begun to go soft.
4. Once the onions have softened, add in your garlic.
5. Once both frying ingredients have softened, add in your diced tomato.
6. Add in your chilies here (if you wish!). Then, stir for five mins.
7. After five mins of stirring, add the spices, and the salt and pepper. Keep stirring this until the spices have mixed well.
8. Wash your spinach and add into the frying pan. Let this simmer for 20-30 mins on a low heat. The spinach will be done when it turns into a dark green colour.
9. When the potatoes are boiled, put them into the frying pan. Fill a cup of water a quarter full, and add that into the frying pan, and keep stirring for around 5 mins.
10. Chop coriander and place it into the frying pan. (Skip this if you don't like coriander).
11. After a min of stirring, your food is ready! Add in more coriander and salt and pepper if you'd like.



Jasmine's food story:

I completely forgot about saag aloo until I rediscovered it on the Internet, when searching for South-Asian cuisine. The recipe is affordable to make during the cost-of-living crisis, as well as vegetarian. Although it is typically sold as a side dish in restaurants, I like making a big batch of it as a main meal because it tastes amazing and doesn't take hours to make!

Soups and Stews

Winter and summer soups and stews to bring a bit of comfort, or use leftover vegetables in the fridge, with some freeze-able options ...



ROASTED VEGETABLE SOUP (VG)

By Karren Richens



Easy



Under 30 minutes



Vegetarian + Batch
Cook and Freeze



3-4 Serving

INGREDIENTS

- 1 slice of Butternut squash
- ½ Sweet potato
- 1 Red pepper
- 1 tin of Chopped tomatoes or Tomato Passata
- 2 Spring onions
- 2 Garlic cloves
- Salt
- Pepper
- Olive oil
- Vegetable stock cube
- 150 ml of Boiling water

COOKING STEPS

1. Pre heat oven to 180° on a fan setting.
2. Cut up all the vegetables into rough cubes and add to a baking tray, make sure to put the spring onions into tin foil so they do not burn.
3. Put the baking tray into the oven for 20 minutes so the vegetables are soft.
4. Mix the stock cube to 150 ml of boiling water.
5. Add the vegetable stock, chopped tomatoes/passata, and the vegetables to a blender and blend until the mixture is smooth.
6. Add your soup mixture to a pan and cook over a low heat and continuously stir the soup until it is hot enough.
7. If you want to make the soup runnier you can add more vegetable stock, so the texture is to your liking.



Karren's food story:

This recipe started as a butternut squash and red pepper soup, which I was taught in school during my Food Tech lessons. This recipe was frequently made in my house after this and was adapted to suit the flavours which my family preferred.

This recipe evolved into using up what vegetables were left over in the fridge from other recipes that were cooked at home, this resulted in the soup changing flavour and taste every time it was made whilst keeping most of the core ingredients, butternut squash and pepper. As this recipe is adaptable you can change the quantities of the ingredients.

This soup is quick and easy to make and will always have some left over so it can be stored in the freezer and will last a while. This is good for students as it will last a while even if it left for a while.

This recipe is also good for students as it is quick and easy to make and store, which means it can be eaten anywhere.

When cooking this recipe, it will change every time and will taste different based on how much ingredients you use and what ingredients added, this makes this soup flexible to make as well as sustainable.

SHAKSHUKA (VG)

By George Pommells



Easy



20-30 minutes



Vegetarian + Batch
Cook and Freeze



3-4 Serving

INGREDIENTS

- 1 tbsp olive oil
- 2 onions, chopped
- 1 red pepper, deseeded and thinly sliced
- 2 garlic cloves, chopped (or Garlic paste)
- 2 cans of chopped tomatoes
- 1 tsp caster sugar
- Salt and Pepper
- Mixed herbs
- 4 eggs (or however many are preferred)

Optional:

- Bread

COOKING STEPS

1. On a medium heat, heat up the olive oil and begin by adding in the chopped onions.
2. Cook the onions and pepper until soft and then add the garlic and any other herbs of choice.
3. Then add both cans of chopped tomatoes and sugar.
4. Stir and simmer until thickened.
5. Once thickened, add salt and pepper to taste.

(NB: This can be portioned out and frozen/kept in the refrigerator for use later)
6. Use a large spoon to create wells in the sauce and then crack an egg into each well.
7. Put a lid over the pan and continue to cook for 6-7 minutes, or until the eggs are cooked to your preference.
8. Garnish with any desired herbs and serve with your bread of choice.



George's food story:

When I first started cooking in a restaurant at 17 years old, cooking was something I had very little experience in, and it almost felt impossible. Trying to watch 3 pans at once, while plating up food was a daunting task. However, with the help of some truly amazing head chefs who guided me through learning to cook, the tasks slowly became easier.

When starting university, I had to go from cooking in huge kitchens with room for anything that I needed to cook, to cooking in a small accommodation kitchen, that was being shared by 4 other people trying to cook at the same time. This meant I started to focus on meals that could be cooked in one pot.

Finding easy to make, affordable meals wasn't easy, but with the popularity of social media, I was able to find some amazing meals that were easy to cook. Through this, I also learned the importance of adding my own tastes into recipes I found online.

VEGETABLE GOULASH (NEUTRAL) (VG)

By Jill Zawadzka, gifted to Adam Zawadzki



Easy



30 minutes



Vegetarian + Batch
Cook and Freeze



3-4 Serving

INGREDIENTS

- 1 medium onion
- 1 pint of tomato juice
- 2 medium courgettes
- 1/2 pint of water
- 2 medium carrots
- 3 tablespoons of olive oil
- 2 cloves garlic crushed
- 1 vegetable stock cube
- 1/2 small white cabbage
- 1/4 teaspoon mixed herbs
- 1 tablespoon of paprika
- Pinch of nutmeg
- Black pepper and salt to taste

COOKING STEPS

1. Slice the onion and courgettes, dice carrots and finely shred the cabbage.
2. Heat the oil in a large saucepan and sauté the onion and carrot until onion is transparent.
3. Add the courgette and cabbage, cook over a medium heat for 10 minutes, stirring frequently.
4. Stir in paprika, herbs and nutmeg then add the tomato juice, water and stock cube.
5. Cover and simmer for about 20 minutes until the vegetables are just tender.
6. Season with black pepper. Serve with baked potato or brown rice with large salad.

Jill's food story:

Mrs Bryce, a therapist at Fife Natural Therapies in my hometown (now city) Dunfermline, Scotland gave me this recipe which I have enjoyed savouring, in both its making and eating, many times over the years. She believed in making food from scratch therefore all the ingredients are very easy to source. Suitable for any diet, this meal would work well for any unexpected visitors. You can make a large batch with which to freeze later and use whenever you fancy a quick meal with rice, pasta and baked potato. My late husband Jim would always say 'make sure you slice the cabbage thinly before you add it to the dish' as I tended to make it too chunky. Whichever way to choose to make it though, I'm sure you'll enjoy it. So, why not give it a try?

Adam's food story:

It only takes about half an hour and, having sourced and prepared the ingredients yourself, you'll actually know what you're eating. Due to the 24/7/365 university city lifestyle, you may think that you don't have the time or energy to devote yourself to cooking after a hard day's work of studying (after a hard day's night of partying). However, cooking is also a great way to nourish your friendships and cultivate a healthy communal atmosphere, as well as for the mind, body and soul. Bon appetite.

Jill Zawadzka (Parent). A gift to Adam Zawadzki (MFA Photography student)

EASY HEALTHY STEW TO MANAGE WASTE

By Sam Keane



Medium



Slow cooking



Flexitarian + Batch
Cook and Freeze



8 Serving

INGREDIENTS

- 4 Cups of Broth/Liquid
- 2 Stock Pots/Cubes
- Carrots (Optional Amount)
- Mushrooms (Optional Amount)
- Mixed herbs
- Salt
- Pepper
- Leeks (Optional Amount)
- Celery (Optional Amount)
- 2 Onions
- 4 Cloves of Garlic
- 500g of Lean Diced Beef
- Flour

COOKING STEPS

1. Turn on the pan / slow cooker with 4 cups of broth. Bring to heat (boil when using a slow cooker) and add 2 stock pots or cubes. Put the pan on medium heat, or high heat with the SC, until the stock is fully dissolved.
2. Chop up your carrots and mushrooms and add them into your broth. As the water simmers, I usually add some seasoning, such as mixed herbs, salt, and pepper.
3. Chop leeks into large chunks and add to the pan, as well as some finely chopped celery – even if you don't eat celery, I find this an important ingredient to add to the meal as it brings a lot to the overall flavour of the dish.
4. Next add 2 onions, chopped chunky. I personally pre-fry these ever so slightly in a non-stick pan on low heat, stirring until they become slightly brown – try not to overcook!
5. Chop and peel 4 cloves of garlic into small pieces and fry on low heat for about a minute. It's important that you don't burn the garlic, it's a quick flash in the pan!
6. Pre-season the beef with salt and pepper, and any other seasoning you wish. Coat in plain flour and rub it into the beef – this will help it stay together better when being cooked.

7. Preheat the frying pan used for the onions on high heat and add in the meat. Stir until the outsides are golden brown. Once browned, you can then add this to your pan or SC - look to make sure there is enough broth covering all of your ingredients, if not, simply top up, stir, and leave for 4/6 hours on low heat, then stir periodically (around every half hours). If using a slow cooker, stirring is not needed.
 8. Plate up and enjoy a delicious tasty healthy meal with very little effort - can be served with crusty bread!
- NB: This recipe can be frozen when cool.
 - Prep time: 20/40minutes
 - Cook time in a pan: 2/3 hours
 - Slow cooker: High for 4/6 hours or low for 6/8, can be left overnight and prepped the day before.



Sam's food story:

As a student, I find it important to manage both my time and my food waste when in the kitchen - I have recently been doing a lot of slow cooking to help with this so I am able to focus more on my studies. A meal I have recently been enjoying is my veggie stew which I love to make at the end of my week with the leftover ingredients and vegetables I find in my fridge – a problem I think everyone can relate to. So, when the weather outside is calling for some warm homemade food, I find this stew really hits the spot. I especially love this recipe as I often find myself annoyed by food waste, and through an easy meal like this one, you can customise and replicate it with different veggies every week! For example, within this recipe I use beef as an extra flavourful ingredient, however, if you wanted to make this meal vegetarian, you can replace this with potatoes, tofu, or even more veggies – the choice is yours.

EDWARD'S GOULASH

By Elizabeth Allis



Easy



Slow cooking



Budget-friendly + Batch
cook and Freeze



3-4 Serving

INGREDIENTS

- 700g beef stewing steak
- 1 medium chopped onion
- 4 cloves/tsp of garlic
- 1 tsp dill seed
- ¼ tsp marjoram
- 1 tsp caraway seeds
- 1 tbsp Worcestershire sauce
- 1 ½ tsp paprika
- A good squeeze of tomato paste
- 800-900ml (depending on the size of your slow cooker) beef stock - can bought as liquid or made from stock cubes
- Salt (to taste)
- Pepper (to taste)
- 1 tbsp butter to brown beef

To serve: rice and/or crusty bread

COOKING STEPS

1. Chop the stewing steak into slightly larger than bite-sized chunks.
2. Using some butter brown the beef chunks in a frying pan.
3. Add the beef chunks to the slow cooker.
4. Dice the onion.
5. Soften the onion in the same frying pan then add to the slow cooker.
6. Add all the garlic, dill, marjoram, caraway seeds, paprika, Worcestershire sauce, tomato paste, salt and pepper straight into the slow cooker, and stir.
7. Use some of the beef stock to deglaze the frying pan and add to the slow cooker with the rest of the stock and stir. The liquid should just cover everything else.
8. Leave the slow cooker on a low heat with the lid on, stirring occasionally, from the morning and it will be ready by dinner time.

Serve while hot with rice and/or crusty bread. It also goes great with sour cream and cheese.



Elizabeth's food story:

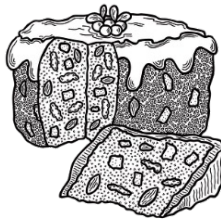
This recipe was my grandad Edward's. He unfortunately passed last year, and I miss him a lot. This meal is one of my favourite ways to remember him. He would tell me stories about he used to be King, a ballerina and a bugle boy in a submarine, then would make me and my brother this goulash. This meal makes me think of the wonderful chaos that would happen in his and my grandma's house and the excitement in his voice when he'd phone and tell us he'd made his signature goulash.

This is great for batch cooking and freezing, there's nothing better than coming in from the cold and finding a batch of this warming goulash in the freezer. It is also a great meal to stick on in the morning and forget about until dinner time when all you have to do is pop some rice on and some crusty bread in the oven.

My whole family and my housemates absolutely love this meal and I hope you do too, and I hope you think of the wonderful man that was my grandad when you cook it.

Something Sweet

Sweet treats and desserts to share ...



VEGETARIAN CHOCOLATE BEETROOT BROWNIES (VG)

By Donna Brady



Medium



45 minutes



Vegetarian



25 Serving

INGREDIENTS

- 300g cooked beetroot (peeled and grated)
- 200g plain chocolate
- 100g butter
- 1 tsp vanilla extract
- 225g caster sugar
- 3 large eggs
- 100g self-raising flour
- 20g cocoa powder

COOKING STEPS

1. Preheat the oven to 180°C (160°C Fan)/350 F/Gas Mark 4.
2. Line a 20cm square tin with greaseproof or baking paper.
3. Measure the chocolate and butter into a mixing bowl. Put the mixing bowl (glass preferably) over a pan of simmering water and stir until melted and runny.
4. Add the eggs, vanilla, sugar and mix until combined, then add the flour, cocoa powder and beetroot.
5. Mix again, then spoon into the tin.
6. Bake for 30 minutes until just firm in the middle.
7. Leave to cool and then slice into 25 squares.

Donna's Food Story:

This is another version of the brownies that include eggs. Again, the reasoning behind baking these was to try to sneak veg into the diet of someone who refused to eat veggies - and it worked. Of course, these brownies are suitable for any age, and they are divine to have with a morning coffee or afternoon tea. Enjoy them while you can.

RHUBARB CRUMBLE (VE)

By Lukasz Wojcik



Easy



30 minutes



Vegan +
Batch Cook



Share with
friends and
family

INGREDIENTS

Base Ingredients:

- 300g rhubarb, chopped into chunks the length of thumb
- 100g frozen blueberries
- 2 tsp flour (any)
- 1 tbsp cane sugar

Crumble Ingredients:

- ½ glass of oat flakes
- ¼ glass of pumpkin seeds
- ¼ glass of cane sugar
- 2 tsp ground coffee (it is a must!)
- ½ tsp salt
- 2-3 tbsp coconut oil

COOKING STEPS

1. Heat the oven to 200C.
2. Put the chopped rhubarb in a baking dish, add the blueberries, flour and 1 tbsp cane sugar, mix and leave aside.
3. Blitz the oat flakes, seeds, sugar, coffee and salt in a blender, until you get a flour-like consistency. Add the coconut oil and blend again.
4. Spoon the crumble on top of the fruit mixture and bake for around 25 minutes.

Remember, ground coffee is the secret ingredient and is mandatory! Tastes best hot, with few spoons of coconut milk on.



Lukasz's food story:

Rhubarb reminds me of my childhood summer months in Poland, where I was born. My mum is an incredible master chef, especially when it comes to cakes. Apple pie, cheesecake, gooseberry pie and many more, such a blessed kid, me! But the rhubarb crumble always has been my number one.

The kitchen was the realm of my mum and for a very long time I had seen baking as something extremely complicated, almost like quantum physics. That changed in 2016, when I switched to the vegan diet, after watching the Gary Yourofsky speech on YouTube. His words had a massive impact on me, and, completely out of the blue, I ditched meat, eggs, and dairy products. The process of transition to a plant-based lifestyle wasn't easy, but thankfully a Polish blog jadlonomia.com helped me to find tasty recipes, as well as to improve my cooking skills, and I have started baking!

Moreover, I moved to UK and started a new life in Wakefield. I remember some rainy afternoon in February when I spotted the Rhubarb Festival in the city centre! I had no clue that Yorkshire is famous of producing early forced rhubarb. If you ever visit Wakefield Museum, you must check the part dedicated to this fab plant. I prefer to shop locally, always searching for the UK flag on fruits and veggies. I think it makes sense, with benefits to the environment and my own health. I hope some of you will put a Yorkshire rhubarb in your shopping basket this summer.

VEGAN BEETROOT BROWNIES WITH A CHOCOLATE AVOCADO FROSTING (VE)

By Donna Brady



Medium to
Advanced



45 minutes



Vegan



16 Serving

INGREDIENTS

Dry ingredients:

- 210g all-purpose plain flour, wholemeal flour or spelt
- 160g coconut sugar (to taste)
- 25g cocoa or raw cacao powder
- 12g ground chia or flax seeds
- ¼ teaspoon of baking powder
- Pinch of salt (optional)

Wet Ingredients:

- 200g purified beetroot
- 165g melted vegan chocolate
- 65g vegetable oil
- 3 tablespoons/45g dairy-free milk
- One teaspoon of vanilla extract (optional)

COOKING STEPS

Preheat the oven to 180°C (350°F). Line an 8 or 9-inch (20 or 23 cm) square baking tray with baking paper.

Preparing the brownies:

1. Add all the dry ingredients into a medium-sized bowl and mix until you reach a smooth consistency. Then add all the wet ingredients to the bowl and mix until combined and you reach a thick consistency.

NOTE: To make beetroot puree from scratch...

2. Peel and chop one or two whole beetroots. Add the beetroot(s) to a small pot of boiling water for five to 10 minutes or until tender. Drain the beetroot(s) and reserve some of the water. Add the beetroot(s) to a food processor until it's as smooth as possible. Add one to two tablespoons of the reserved water (or the dairy-free milk from the ingredients list) and puree again if your mixture is lumpy.
3. Pour the brownie mixture into your greased baking tray using a spoon or spatula to smooth the surface.
4. Bake the brownies in the oven for 15-20 minutes (shorter if you like them fudgy, longer if you prefer them crispy). The brownies are ready when the surface is dry to the touch. If you insert a skewer into the brownies, there should be some crumbs on the skewer.
5. Allow the brownies to cool in the baking pan. They will set more over time.

Chocolate Avocado Frosting:

- One medium avocado, peeled and de-seeded
- 25g cocoa or raw cacao powder
- Dates (pitted)
- 1-4 tablespoons of maple syrup, to taste

Avocado frosting:

6. Add all ingredients to a food processor and puree until it is as smooth as possible. If desired, add more cocoa powder or sweetener to taste.

Decorating and serving the brownies:

7. When the brownies are cool, top them up with avocado chocolate frosting. Use a knife to cut the brownies into portions.

The unfrosted brownies can be stored in an airtight container at room temperature for one to two days. Store the frosted brownies in an airtight container in the fridge for five days or in the freezer for up to one month.

**Donna's Food Story:**

The story behind these delicious brownies came from my idea to prepare all the food for a birthday party: so, for forty people overall. The plan was to prepare a nice treat with sneaky veg for the children at the party. However, once the adults got wind of how tasty they were, none of the children got a look in as they devoured them.

MUM'S OLD-FASHIONED SPRINKLE CAKE (VG)

By Amelia Rodgers



Easy



45 minutes



Vegetarian +
Great for Celebrations



Share with
friends and
family

INGREDIENTS

- 8-ounce self-raising flour
- 8-ounce butter
- 4-ounce sugar
- 4 eggs
- 1 tsp of vanilla essence
- ½ mug of milk
- Icing sugar
- Hundreds-and-thousands
- Lemon/orange juice for icing (if desired)

COOKING STEPS

1. Place butter into bowl (leaving a slight amount to grease a tray later).
2. Add sugar and mix in until smooth.
3. Crack eggs into a separate bowl and whisk together.
4. Add the whisked egg mixture to the bowl containing butter and sugar.
5. Carefully add self-raising flour.
6. Add vanilla essence.
7. Add milk whenever necessary to allow all the flour to be mixed in.
8. Add butter to a tray to grease it.
9. Add the mixture into the tray and smooth it out.
10. Place into oven at 160°C for 20-25 minutes (until golden brown).
11. Allow to cool for around 10 minutes.
12. Gently drag a knife around the edges and remove cake from tray.
13. Place cake sponge wherever you would like to display it (e.g, plate, tray, etc) and allow to cool fully.

14. Add icing sugar to a separate bowl mix with water (or lemon/orange juice if you would prefer flavoured icing) until it has a thick consistency.
15. Ensuring the cake is cool, pour icing over cake and smooth out.
16. Add as many hundreds-thousands on top as you deem necessary!



Amelia's Food Story

Food-wise, I'm a particularly boring person. I'm the sort of person to order a hamburger completely plain, and to refuse to put anything moderately interesting into my pasta (when discounting the sauce). Try as I might - and I DO try - I don't find myself attracted to the more complex foods, where there's so much going on that you don't really know what it is you're eating. I like easy. I like expected. I like food that can be delicious without five-million ingredients; food that doesn't take itself too seriously.

There's nothing complicated about sprinkle cake, and when my mum makes it, I know that I'm home. It's a perfect cake to share, but it can also be a perfect cake for one—a sweet treat to comfort you at any time of the day, to take you back to those, young, simple, school days.

Its easy to make, easy to bake, and undoubtedly delicious. A perfect dessert for all my fellow picky eaters—there's nothing not to like!

SUPER HEALTHY VEGAN COOKIES (VE)

By Donna Brady



Easy



45 minutes



Vegetarian



Share with
friends and
family

INGREDIENTS

- 2 Ripe Bananas
- 2 tbsp Olive Oil
- 2 tbsp Maple Syrup
- 150g Jumbo Oats
- 2 tbsp Flaxseed / Linseed
- 1 tsp Cinnamon
- 1/2 tsp Ground Cardamom
- 3-4 Chopped Dates
- 35g Raisins
- 1.5 tsp of Finely Diced Fresh Ginger
- 4-5 Crushed Walnuts

COOKING STEPS

1. Preheat your oven to 170 °C.
2. Line a baking tray with greaseproof paper.
3. In a large mixing bowl, mash up your bananas into a paste-like consistency, then add in the olive oil and maple syrup - stir to combine.
4. Add in the oats, flaxseed / linseed, cinnamon, and cardamom and combine well.
5. Finally, mix in the dates, raisins, ginger and walnuts.
6. Spoon the mixture onto the baking tray and flatten to desired shape - I recommend using a tablespoon for this step (don't worry about placing them too close together as they remain the same size whilst baking).
7. Bake for 15-20 minutes.
8. Allow to cool and enjoy!

Donna's food story

I acquired this recipe from a cookbook I found at a charity shop here in Yorkshire. The book includes recipes from various residents and shopkeepers in Gloucester Road in Bristol – a place I frequently visited whilst working there. The entire road would constantly be filled with wonderful smells of food being cooked by residents and shopkeepers alike. It was a complete sensory treat that always makes me feel nostalgic and hungry! Now a student at York St John University, I enjoy making this recipe for others to share the joy! (PS. This recipe is healthy-ish: it's from a nutritionist located on this famous street in Bristol).

Tips and Tricks

A couple of little tricks and support available during your studies



REDUCING FOOD WASTE

By Ellie Calvert

Top 5 tips and tricks to reduce food waste at university

1. Check what you already have in your cupboards (look for apps that help to make meals from what you have in your cupboard)
2. Check the use by dates on your items
3. Create a meal plan like the one below
4. Measure your portion sizes
5. Batch make and freeze food in advance

Remember to...

- Seal food properly
- Eat your leftovers
- Store food appropriately (for more information, go to George Pommells “storing your food safely” page)
- Donate any food that you don’t want to your local food bank

Looking for additional support? Struggling to wait until payday? Running out of student loan?

Why not try the following apps:

Too Good To Go - <https://www.toogoodtogo.com/en-gb>

Olio - <https://olioapp.com/en/>

No Waste - <https://www.nowasteapp.com/>

And create a weekly meal plan, using the example below:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch			One Pot Tuna and Broccoli Pasta	Roasted Vegetable Soup	Hot sauce, pineapple and cheese toastie		Soy Sauce Egg Rice
Dinner	Lentil Bolognese	Cottage Pie			Veggie stew	Chorizo and Vegetable Tacos	Mushroom Risotto
Dessert				Rhubarb crumble	Rhubarb crumble leftover		

STORING YOUR FOOD SAFELY

By George Pommells

Being unsure on how to safely store fresh food, or leftovers, is often the reason why so many students are put off from cooking from scratch. So here are some tips and tricks about food safety that I have learnt during my studies and my experience of working in professional kitchens.

The Basics

- Pay attention to 'best before' and 'use by' dates. Remember the difference between the two: 'best before' gives you an idea of how long the food will last before losing quality (and if stored properly, they can last beyond the suggested date); on the other hand, items marked with a 'use by' must be consumed before or on that day.
- If you are unsure if a food is spoiled, always do a smell test. If it smells bad, or significantly different to how it normally does then the food is most likely bad and should be thrown away. Keep an eye out for any physical changes too, such as mould.
- Keep frozen and refrigerated food, in separate sealed containers or appropriate fridge/freezer bags. This keeps your food fresh for longer and avoids cross contamination.
- Once cooked, only reheat food once, and ensure it is piping hot throughout. If food tastes or smells funny after reheating, the safest option is to throw it away.

Refrigerator requirements

- Clean regularly! Even though your fridge may look spotless, bacteria may still be lurking. Use a strong surface spray to regularly wipe down your fridge. This not only makes your fridge safer, but also keeps your food fresh for longer.
- Perishables should be refrigerated as soon as you get home and should not be left at room temperature for more than 2 hours. This applies to both fresh foods such as chicken, beef and opened tinned food such as beans.
- When storing leftovers, aim to eat them within 3 days of the date of cooking.
- Unless stated otherwise on packaging, aim to use perishable foods such as chicken, beef and opened tinned food within 3 days of opening.

When freezing

- Frozen food will stay safe while frozen, as long as it is stored properly. However, the longer food is frozen, the more the quality of the food decreases.
- Aim to freeze food in sealed freezer bags or containers. This reduces the chance of freezer burn. While Freezer burn does not make food unsafe, it does significantly reduce the quality of your food.
- Once frozen food has fully defrosted, avoid refreezing it.

Oh no! The power has gone out...

If your power is out, don't panic. Leave your fridge and freezer closed. Your fridge will keep food cold for around 4 hours without power, while a freezer can last up to two days! Now you're an expert in safely storing your food, start cooking!

ABOUT SOUP-ER SPACE

By Reverend Jane Speck, YSJ Chaplain

Chaplaincy's Soup-er Space lunches began in response to the growing cost of living crisis in Britain, and our awareness that many students are experiencing food poverty. We wanted to offer something simple, nutritious and hot, so soup and bread is ideal!

The Chaplaincy is here to provide for peoples' spiritual needs on campus. However, we believe that you can't feed the soul if the body is hungry, so food and hospitality have always been a big part of our work. We also believe that people need community, so bringing people together over lunch helps students (and staff too!) to make connections, make friends, and have a reason to leave their desk for a little while.

Another thing we do at Soup-er Space is invite members of staff to bake for the students. We've been overwhelmed by the number of staff members willing to donate their time, their ingredients and their creativity. The students are always really moved that staff have made this effort for them – and the cakes are always delicious!

At face value, Soup-er Space is just a free lunch designed to meet a need. Look a little closer, and it's a growing community of friendship and support; a place to meet new friends, and a place to relax and eat in a peaceful space.

We meet in LaunchPad, Tuesdays 12-1 during term time, and everyone is welcome!





This student cookbook is full of helpful recipes, tips and tricks. It reveals real food stories that give you a flavour of student food culture in the 2020s,
by documenting:

Simple favourites:

'I like food that can be delicious without five-million ingredi-ents; food that doesn't take it-self too seriously.' Amelia Rodg-ers

The student halls stresses:

'Cooking isn't always easy at the best of times, let alone when the only facility available to you is a tiny, shared kitchen.' Ruby Bunting

And struggles of student life:

'Food poverty is a big problem, and stu-dents have it rough. I used to feel awful in the kitch-en.' Robert Wilson

Do you need a quick fix for pre or post night out? Dietary friendly food to please a crowd? Feel good food to get you through deadlines? In need of warmth from a homemade soup or stew?

A sweet treat to power through the double lecture?



If yes, then grab this book and cook!

