



eastcoast
COLLEGE

BUDGET RECIPE BOOK

*A collection of recipes
brought to you by
staff & students at
East Coast College*





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BEEF LASAGNE

Contributed by Yasmin Thompson, ECC student

Serves 12

Ingredients

1 tbsp olive oil
680g minced beef
1 onion, sliced
8 mushrooms, diced
2 peppers, diced
2 cloves garlic, diced
1 tin of tomatoes
Salt
Pepper
Pinch of oregano
500ml white sauce
10 pasta sheets
150g grated cheese

Method

Preheat the oven to 200c/ gas mark 6.

Sauté the onion and garlic in olive oil until golden in colour. Add the mince and fry for 12 minutes. Next, add in the peppers and mushrooms for 6 minutes until soft.

Add the tomatoes, oregano, salt and pepper and leave to simmer in a large greased ovenproof dish. Layer a third of the mix and cover with pasta sheets, then pour a third of the white sauce over, and repeat for two more layers. On the third layer, sprinkle the grated cheese over the top layer of white sauce.

Bake in the oven for 30 minutes, then slice and serve with salad or potato wedges.



VEGGIE LASAGNE

Contributed by Yasmin Thompson, ECC student

Ingredients

2 tbsp of oil

1 onion, sliced

1 clove of garlic, sliced

1 aubergine, cut into chunks

1 red pepper

8 plum tomatoes, halved

350ml passata

200g ready cooked lasagne sheets

6 tbsp half fat crème fraiche

2 tbsp grated parmesan (or vegetarian alternative)

Method

Preheat the oven to 190C/ gas mark 5.

Toss the oil and vegetables together, then roast in a large shallow tin for 35 minutes until lightly charred, then spoon a layer of roasted vegetables over the bottom of a medium sized baking dish.

Pour over some passata and cover with a layer of lasagne sheets. Repeat layers to use up all the roasted vegetables and passata, finishing with a layer of lasagne. Use a spoon to dollop over the crème fraiche, then sprinkle with the parmesan.

Return to the oven for 25 minutes until the lasagne is heated through and the top is golden and bubbling.





TOAD IN THE HOLE

Serves 4

Ingredients

12 chipolatas

1 tbsp sunflower oil

For the batter:

140g plain flour

½ tsp salt

2 eggs

175ml semi-skimmed
milk

Method

Heat oven to 220C/200C fan/gas mark 7.

Put the 12 chipolatas in a 20 x 30cm roasting tin with 1 tbsp sunflower oil, then bake for 15 mins until browned.

Meanwhile, make up the batter mix. Tip 140g plain flour into a bowl with ½ tsp salt, make a well in the middle and crack 2 eggs into it.

Use an electric whisk to mix it together, then slowly add 175ml semi-skimmed milk, whisking all the time. Leave to stand until the sausages are nice and brown.

Remove the sausages from the oven – be careful because the fat will be sizzling hot – but if it isn't, put the tin on the hob for a few minutes until it is.

Pour in the batter mix, transfer to the top shelf of the oven, then cook for 25-30 minutes, until risen and golden.

Serve with gravy and your favourite veg.

APPLE CRUMBLE (VEGAN)

Contributed by Julia Pokora, Uniformed Public Services student

Serves 4

Ingredients

For the filling

575g Bramley/cooking apples

2 tbsp caster sugar

For the crumble

175g plain flour

110g caster sugar

110g Stork spread

2 tbsp rolled oats

1 tbsp demerara sugar

Optional

Alpro dairy free custard, to serve

Method

Preheat oven to 190C.

Peel, core, and dice apples into 1 cm cubes, toss in 2tbsp caster sugar and place into an ovenproof dish, then flatten to an equal height.

For the crumble, mix the flour and sugar in a bowl with a pinch of salt, add the spread and rub between fingertips until it looks like breadcrumbs. Shake the bowl to emerge the larger bits and rub them too.

Pour the crumble over the apples, and spread out evenly with a fork and press down with back of fork to stick it together more.

Sprinkle oats and demerara sugar over the top and bake for 35/40 minutes, until the top is golden and the apples are soft.

Serve after cooling for 15 minutes.



VEGETARIAN COUSCOUS

Serves 4

Ingredients

2 medium carrots

½ cup diced celery

1 medium onion, finely chopped

¼ cup julienned sweet yellow pepper

¼ cup julienned sweet red pepper

2 tbsp olive oil

1 medium courgette, diced

¼ cup minced fresh basil or 4 tsp dried basil

¼ tsp garlic salt

⅛ tsp pepper

Dash of hot pepper sauce

1 cup uncooked couscous

1-½ cups chicken broth

Method

In a large skillet, sauté the carrots, celery, onion and peppers in oil for 5-6 minutes, or until vegetables are crisp-tender. Add the next five ingredients.

Stir in couscous. Add broth; bring to a boil. Cover and remove from the heat; let stand for 5-8 minutes. Fluff with a fork and serve immediately.



ITALIAN-STYLE SHAKSHUKA

Contributed by Julia Pokora, Uniformed Public Services student

Serves 2

Ingredients

1 onion, chopped

2 cloves garlic, minced

Tin of chopped tomatoes

½ can of baked beans

3 sausages

1 tsp each of oregano,
basil, salt and paprika

2 eggs

2 tbsp green pesto

½ ball of mozzarella

Optional

Fresh spinach to be
scattered on top

Crusty bread

Shakshuka is a combination of eggs, tomatoes, and spices popular across the Middle East and North Africa.

It can be eaten as breakfast, lunch, or a light dinner.

Change to vegetarian sausages/omit the meat to be suitable for vegetarians.

Method

Chop up the 3 sausages and fry until cooked.

Fry off an onion until browned, add garlic and fry until fragrant.

Add the tinned tomatoes and half can of baked beans.

Add the 3 sausages to the mix.

Season to taste with the spices.

Leave to simmer and allow to thicken a bit.

Crack 2 eggs onto the top of the mixture and add the mozzarella cheese, either grated or sliced.

Cover with a lid and simmer until the egg whites are cooked and cheese is melted.

Add 2 tbsp of green pesto and serve as is, or add fresh spinach on top and serve with crusty bread.



GARLIC MUSHROOM PASTA

Serves 2

Ingredients

150g dried trofie or fusilli

2 cloves of garlic

250g mixed mushrooms

25g parmesan cheese

2 heaped tbsp
half-fat crème fraiche

Method

Cook the pasta in a pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of cooking water. Meanwhile, peel and finely slice the garlic.

Place the garlic in a large non-stick frying pan on a medium-high heat with half a tablespoon of olive oil, followed one minute later by the mushrooms, tearing up any larger ones. Season with sea salt and black pepper and cook for 8 minutes, or until golden, tossing regularly.

Toss the drained pasta into the mushroom pan with a splash of reserved cooking water. Finely grate in most of the parmesan, stir in the crème fraiche and season to perfection and dish up, finishing with a final grating of parmesan.



THREE BEAN CHILLI WITH AVOCADO SALSA

Serves 4

Ingredients

250g chestnut mushrooms

1 onion

1 red pepper

1 tsp paprika

1 tsp salt

1 tbsp olive oil

1 x 400g tin of cannellini beans

1 x 400g tin of black beans

1 x 400g tin of red kidney beans

2x 400g tins of chopped tomatoes

200ml vegetable stock

Coriander or spinach leaves to garnish

Salsa

1 avocado, roughly chopped

1 lime, juice only

½ red onion, finely chopped

1 tsp salt

Alternatively, you can purchase guacamole, chive, and salsa dips in supermarkets.

To serve

Coconut yoghurt

Tortilla or nacho chips

Method

Preheat the oven to 180C fan/200C/gas mark 6.

Mix the mushrooms, onion and pepper with the paprika, salt and olive oil in a large deep roasting tin. Transfer to the oven and roast for 25 minutes.

Drain and rinse all the beans and add to the tin with the chopped tomatoes and vegetable stock. Give it a good stir then return to the oven and cook uncovered for a further 35 minutes.

Just before the chilli is ready, mix the chopped avocado with the lime juice, red onion and salt to taste. Serve the chilli scattered with coriander leaves with the avocado salsa, yoghurt and tortilla or nachos alongside.

Note: watch out for steam when the chilli has finished cooking – stand back from the oven when you open it.



TARTE BIANCO

Serves 1

Ingredients

Sheet of puff pastry

2 tbsp crème fraiche

A few very thin slices of onion

A few small potatoes, very thinly sliced

Olive oil

Salt and Pepper

Method

Preheat the oven to 190C/ gas mark 5.

Using a round template, such as a cereal bowl, cut out a neat circle of puff pastry. Spread the crème fraiche over the top, scatter over thinly sliced onion and season with salt and pepper.

Lay the thin slices of potatoes on top of the tart in concentric circles, slightly overlapping each slice.

Drizzle with olive oil, season once more then cook in the oven for about 40 minutes, or until the potatoes are golden brown.



ROASTED AUBERGINE & TOMATO CURRY WITH RICE

Contributed by Julia Pokora, Uniformed Public Services student

Serves 4

Ingredients

2 aubergines, cubed

3 tbsp olive oil

2 onions, chopped

2 garlic cloves, minced

1 tsp garam masala

1 tsp turmeric

1 tsp coriander

1 tsp salt

Tin of chopped tomatoes

400ml tin of coconut milk

400g rice, to serve

Method

Heat oven to 200C/180C fan/gas mark 6. Toss the aubergines in a roasting tin with 2 tbsp olive oil, season well and spread out. Roast for 20 minutes or until dark golden and soft.

Heat the remaining oil in an ovenproof pan or flameproof casserole dish, and cook the onions over a medium heat for 5-6 minutes until softened. Stir in the garlic and spices for a few minutes until the spices release their aromas.

Tip in the tomatoes, coconut milk and roasted aubergines, and bring to a gentle simmer. Simmer for 20-25 minutes, removing the lid for the final 5 minutes to thicken the sauce. Add a little seasoning if you like, and a pinch of sugar if it needs it. Stir through most of the coriander. Serve over rice, scattering with the remaining coriander.



CHERRY TOMATO & CHEDDAR SQUARE

Serves 1

Ingredients

15 x 15 cm sheet of puff pastry

A few slices of red onion

Small handful of grated mature cheddar cheese

8 cherry tomatoes, halved

Pinch of dried oregano

Olive oil

Salt and pepper

Method

Preheat the oven to 190C/gas mark 5.

Lightly score a 1 cm border around the puff pastry sheet with a knife, and prick the inside square a few times with a fork (to stop it rising in the oven).

Lay the red onion slices on the puff pastry within the border, then sprinkle over the cheese. Toss the tomatoes in a little olive oil and a pinch of salt and pepper, then position them over the tart, cut side up.

Finish with a sprinkle of oregano and cook in the oven for about 25 minutes until the cheese is bubbling and the pastry is golden brown.





SPICY CAJUN RICE

*Contributed by Joshua Whenman, 2nd year
Catering and Hospitality student*

Serves 4

Ingredients

200g long grain rice
400g beef mince
4 bacon rashers, diced
1 red pepper, diced
5 mushrooms, diced
1 red onion, diced
1 beef stock cube
1 tbsp oil
1 tbsp cajun seasoning
1 generous dash
Worcestershire sauce
1 tbsp chilli flakes
(optional)
3 spring onions,
chopped

Method

Cook rice to packet instructions, drain and set aside.

Heat up half the oil and fry the onion, mushrooms and red pepper. Cook until they are softened and add to the drained rice.

Crush up the beef stock cube over the mince and bacon, then using the remaining oil, fry until browned and cooked through.

Add the cajun seasoning and Worcestershire sauce, and cook for a further minute. If you like things spicy, add the chilli flakes.

Add rice mixture to the pan and stir well. Cook through for a further 5 minutes on a low heat.

Serve and sprinkle the chopped spring onions over the top.

SAUSAGE AND BEAN CASSEROLE

Contributed by Karen Evans, Co-Educator, ALS

Serves 4-6

Ingredients

2 tbsp olive or rapeseed
oil

1 onion, finely chopped

2 medium celery sticks,
finely chopped

1 yellow pepper,
chopped

1 red pepper, chopped

6 cooking chorizo
sausages (about 400g)

6 pork sausages (about
400g)

3 fat garlic cloves,
chopped

1½ tsp sweet smoked
paprika

½ tsp ground cumin

1 tbsp dried thyme

125ml white wine

2 x 400g cans cherry tomatoes
or chopped tomatoes

2 sprigs fresh thyme

1 chicken stock cube

1 x 400g can aduki beans,
drained and rinsed

1 bunch chives, snipped
(optional)

Method

Heat 2 tbsp olive or rapeseed oil in a large heavy-based pan.

Add 1 finely chopped onion and cook gently for 5 minutes.

Add 2 finely chopped medium celery sticks, 1 chopped yellow pepper and 1 chopped red pepper and cook for a further 5 minutes.

Add 6 chorizo sausages and 6 pork sausages and fry for 5 minutes.

Stir in 3 chopped garlic cloves, 1 ½ tsp sweet smoked paprika, ½ tsp ground cumin and 1 tbsp dried thyme and continue cooking for 1 – 2 minutes, or until the aromas are released.

Pour in 125ml white wine and use a wooden spoon to remove any residue stuck to the pan.

Add two 400g cans of tomatoes and 2 sprigs of fresh thyme, and bring to a simmer. Crumble in the chicken stock cube and stir.

Cook for 40 minutes. Stir in a 400g drained and rinsed can of aduki beans and cook for a further five minutes.

Remove the thyme sprigs, season with black pepper and stir through some snipped chives, if using. Serve.





ITALIAN ROASTED CHERRY TOMATO PASTA

Contributed by Julia Pokora, Uniformed Public Services student

Serves 4

Ingredients

500g cherry tomatoes

500g spaghetti or linguine

Drizzle of olive oil

4 cloves of garlic

1 tsp salt

1 tsp oregano

1 tsp basil

Handful of fresh basil,
chopped

Method

Heat oven to 200C/180C fan/gas mark 6.

Halve the cherry tomatoes, finely chop the garlic and add to a bowl.

Drizzle the tomatoes and garlic with olive oil and add the spices. Combine until tomatoes are coated with garlic and oil.

Pour the mixture onto a baking tray and roast until softened and browned.

Cook your pasta according to the packet instructions, then drain and return to saucepan.

Add the roasted tomato mix into the pasta and stir until combined.

Serve with chopped fresh basil scattered on top.

HOMEMADE PIZZA

Contributed by Rosie Dunn, Marketing Assistant

Makes 2 pizzas

Ingredients

For the base

300g strong white bread flour

1 tsp instant yeast

1 tsp salt

1 tbsp olive oil

200ml warm water

For the tomato sauce

150ml passata

1 tsp mixed dried herbs

Salt and pepper to season

1 tsp garlic paste

For the topping

Mozzarella ball, sliced

Grated mozzarella or cheddar

1 red onion, chopped

1 red pepper, chopped

3 large chestnut mushrooms, sliced

2 tbsp tinned sweetcorn

Selection of spanish meats, such as prosciutto ham, chorizo and salami

NB: Feel free to use whichever ingredients you like as a topping to suit your preferences.

Method

Make the base: Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 minutes until smooth.

Put into a lightly oiled bowl, cover with cling film and set aside. Leave the dough to rise for 45 minutes.

Make the sauce: Mix the passata, herbs and garlic together, then season to taste. Leave to one side.

Once the dough has risen, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two pizza trays.

Top and bake: Heat oven to 240C/fan 220C/gas mark 8. Smooth sauce over bases with the back of a spoon. Scatter with the grated mozzarella/cheddar, followed by your toppings. Top with the sliced mozzarella. Bake for 8-10 minutes until crisp.





TERRY'S CHOCOLATE ORANGE BROWNIES

Contributed by Yasmin Thompson, ECC student

Ingredients

225g soft butter

225g dark chocolate

4 large eggs

300g caster sugar

1 tsp vanilla extract

1 tsp orange extract

Grated zest of one large orange

Pinch of salt

25g cocoa powder

125g plain flour

1 milk or dark Terry's Chocolate Orange, broken into pieces

1 bag of Terry's Chocolate Orange Minis, for decoration

Method

Preheat the oven to 180C/160 fan/350F.

Grease a 22cm square tin and line with a piece of baking parchment, making sure it comes a couple of inches above the top so you can easily lift the brownies from the pan when baked.

Place the butter and chocolate in a large saucepan and melt over a low heat. Take off the heat and set aside to cool slightly.

In a separate bowl, beat the eggs and sugar together until pale and thick, then add the melted butter/ chocolate mixture, vanilla extract, orange extract and salt. Stir until the mixture is smooth and glossy. Fold in the cocoa powder, flour and chocolate orange chunks.

Pour the mixture into the tin and place the mini chocolate orange segments on the top of the batter. Place in the oven and bake for 30-35 minutes. Leave to cool completely before cutting into squares.

FLAPJACKS

*Contributed by Debbie Foster, Curriculum Manager
for Service Industries*

Ingredients

700g butter, plus extra
for greasing or line the
tin with silicone paper

1.4kg porridge oats

700g golden syrup

700g light muscovado
sugar

Method

Heat oven to 160C/fan 140C/gas
3. Butter and line the base of a 18 x
25cm tin.

Warm the butter, syrup and sugar in a
pan, stirring until butter is melted. Add
the oats then mix until all the oats are
well coated. Tip into the tin, press
down lightly, then bake for 30 mins.

Cool in tin, then cut into bars.





MACARONI CHEESE

*Contributed by Debbie Foster, Curriculum Manager
for Service Industries*

Serves 1

Ingredients

35g margarine

35g flour

350ml milk

75g macaroni pasta

75g cheddar cheese,
grated

Method

Make the sauce: Slowly melt the margarine in a pan. Add the flour and return to heat for 2 minutes. Gradually add the milk a little at a time. Keep stirring until all milk is used and sauce starts to thicken.

Half fill a large saucepan with water and heat until boiling. Add macaroni and cook according to the packet instructions. Drain once cooked.

Add $\frac{3}{4}$ of your grated cheese to the sauce, then pour over the pasta. Finish with grated cheese on top.

LOADED JACKET POTATOES

*Contributed by Debbie Foster, Curriculum Manager
for Service Industries*

Serves 3

Ingredients

3 baking potatoes

50g butter

100g cheddar cheese

3 bacon rashers

Method

Preheat the oven to 180C.

Wash the potatoes and prick with a fork.

Place the potatoes in the oven.

Grate the cheese.

Cut the bacon into small pieces and bake until crisp.

Cut potatoes in half. Scoop out and mash the potato with butter.

Mix in the crispy bacon and cheese.

Fill the potato skins and bake in the oven for 20 minutes.





BREAD & BUTTER PUDDING

*Contributed by Debbie Foster, Curriculum Manager
for Service Industries*

Serves 4

Ingredients

375ml milk

3 eggs

75g sultanas

75g brown sugar

Zest of ½ an orange

8 slices of bread

Method

Preheat the oven to 160C.

Butter the bread, cut off the crusts and cut into triangles.

Layer the bread, sultanas, sugar and orange zest in an ovenproof dish.

Mix the eggs and milk together and pour over the bread.

Bake in the oven for 35-40 minutes, until golden.

COLESLAW

*Contributed by Debbie Foster, Curriculum Manager
for Service Industries*

Ingredients

½ white cabbage

2 carrots

1 red onion

3 tbsp mayonnaise

Method

Finely slice the cabbage.

Peel and grate the carrots.

Peel and finely slice the onion.

Mix all the ingredients in a bowl and stir to thoroughly combine.

Serve immediately or cover and leave in the fridge for up to 2 days until ready to use.





PASTA WITH ROASTED VEGETABLES

*Contributed by Debbie Foster, Curriculum Manager
for Service Industries*

Serves 4

Ingredients

250g pasta

1 aubergine

½ red onion

½ red pepper

½ yellow pepper

½ fennel

1 clove of garlic, minced

Tin of chopped tomatoes

50g tomato purée

Basil, shredded

50g mozzarella

25g parmesan

Salt and pepper to season

Method

Heat the oven to 200C/fan 180C/gas 6.

Cut the vegetables into even-sized pieces. Mix with the garlic and place onto a baking tray. Roast for around 20 minutes.

Cook the pasta according to packet instructions, then drain.

In an ovenproof dish, mix together the tomato purée, tinned tomatoes, salt, pepper and shredded basil. Stir in the pasta and roasted vegetables.

Sprinkle with the cheese and finish in the oven until the cheese is melted.

CHOCOLATE BROWNIES

Contributed by Nikki Lane, Assistant Principal for Student Wellbeing and Support

Ingredients

185g unsalted butter,
cut into cubes

185g good quality dark
chocolate, cut into
small pieces

85g plain flour

40g cocoa powder

50g white chocolate,
cut into chunks

50g milk chocolate, cut
into chunks

3 large eggs

275g golden caster
sugar

Method

Add the butter and dark chocolate pieces to a bowl.

Fill a small saucepan about a quarter full with hot water, then sit the bowl on top so it rests on the rim of the pan, not touching the water. Put over a low heat until the butter and chocolate have melted, stirring occasionally.

Remove the bowl from the pan. Leave the melted mixture to cool to room temperature.

Meanwhile, preheat the oven to 180C/ 160C fan/ gas 4.

Using a shallow 20cm square tin, cut out a square of non-stick baking parchment to line the base. Tip 85g plain flour and 40g cocoa powder into a sieve held over a medium bowl. Tap and shake the sieve so they run through together and you get rid of any lumps.

Break 3 large eggs into a large bowl and tip in 275g golden caster sugar. With an electric mixer on maximum speed, whisk the eggs and sugar. They will look thick and creamy, like a milkshake. This can take 3-8 minutes, depending on how powerful your mixer is. You'll know it's ready when the mixture becomes really pale and about double its original volume.

Pour the cooled chocolate mixture over the eggy mousse, then gently fold together with a rubber spatula, until well mixed.

Hold the sieve over the bowl of eggy chocolate mixture and resift the cocoa and flour mixture, shaking the sieve from side to side, to cover the top evenly.

Gently fold in this powder. The mixture will look dry and dusty at first, but it will end up looking gungy and fudgy. Stop just before you feel you should, as you don't want to overdo this mixing.

Finally, stir in the white and milk chocolate chunks until they're dotted throughout.

Pour the mixture into the prepared tin and level with a spatula.

Put in the oven and set your timer for 25 minutes. When the buzzer goes, open the oven, pull the shelf out a bit and gently shake the tin. If the brownie wobbles in the middle, it's not quite done, so slide it back in and bake for another 5 minutes until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Take out of the oven.

Leave the whole thing in the tin until completely cold, then, if you're using the brownie tin, lift up the protruding rim slightly and slide the uncut brownie out on its base. If you're using a normal tin, lift out the brownie with the foil. Cut into quarters, then cut each quarter into four squares and finally into triangles.

They'll keep in an airtight container for a good two weeks and in the freezer for up to a month.





***Thank you to everyone who
contributed recipes to this book:***

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