



## Rescue recipes

If you've got vegetables, fruit or bread that are getting past their best, they can invariably be used up in a tasty dish.

A great recipe for chutney, using whatever's in season.

Place all ingredients into a large, heavy pan. Make up a spice bag by tying the spices into a square of muslin. Add to the pan, pushing it to the middle.

Heat gently, stirring occasionally to dissolve the sugar. Bring to the boil slowly then simmer on a low heat for about 1 hour, stirring regularly to stop it burning on the bottom of the pan.

The chutney's ready when rich, thick and reduced, and parts to reveal the base of the pan when a wooden spoon is dragged through it. If it starts to dry out before this stage, add a little boiling water.

Place in sterilised jars with plastic-coated screw-top lids while still warm, but not boiling hot.

# Chutney



Hugh Fearnley-Whittingstall  
from *The River Cottage Year*,  
published by Hodder and Stoughton.

### Makes 5 jars

675g courgettes and marrow or 675g pumpkin,  
peeled and diced in 1cm pieces

675g over-ripe tomatoes, skinned and chopped or 675g  
over-ripe plums, stoned and chopped

675g bruised or shrivelled apples

250g onions, peeled and roughly chopped

250g sultanas or raisins

250g light brown sugar

375ml white wine or cider vinegar

200ml water

1-2 teaspoons dried chilli flakes, depending on your  
taste for heat

½ teaspoon salt

½ teaspoon dried ginger

Spice bag – ½ teaspoon each cloves,  
black peppercorns and coriander seeds

*Happily* it



# Golden Shepherd's Pie

by Caroline Marson

The carrots and Red Leicester give a lovely golden potato topping. If you have fussy children this is a great recipe for getting them to eat vegetables without them noticing.

Heat the oil in a large frying pan and brown the onion. Add the meat and cook for a further 5-10 minutes. Add the tomato puree, herbs, flour, Worcestershire sauce and Marmite. Cook for 2-3 minutes. Transfer to a saucepan and add the chopped tomatoes, water or meat stock and season. Cover and allow to bubble gently for 45 minutes, stirring occasionally.

Meanwhile, for the mash, cook the potatoes in a pan of water for 20-25 minutes or until soft. Add the chopped carrots for the last 10 minutes of cooking. Drain well and return to the pan. Mash the potatoes with the carrots and add the warm milk and butter, and season well. Beat until fluffy and smooth.

Preheat the oven to 180°C (350°F) gas mark 4. Put the meat mixture into an ovenproof dish or individual freezer dishes. Top with the mash and sprinkle with the Red Leicester cheese. Decorate with the rosemary. Cook for 35-40 minutes or until golden and bubbling.

## Feeds 8-10 people

Make in two dishes and freeze the second dish or freeze in individual portion containers.

2 tablespoons olive oil

500g red or white onions, peeled and roughly chopped

1.35kg minced lamb

2 level teaspoons tomato puree

1 teaspoon dried rosemary or thyme

2 level teaspoons Marmite

1 tablespoon Worcestershire sauce

50g plain flour

2 x 400g tins chopped tomatoes

500ml water or meat stock

Salt and ground pepper

## Golden Mash Potato

1.35kg potatoes, peeled and chopped

500g carrots, peeled and chopped

100ml warm milk

50g butter

50g Red Leicester cheese, grated

Rosemary sprig to decorate

## Time savers

If you're spending time making a shepherd's pie, fish pie or lasagne, why not double up and put half in the freezer for another day?



## Cook once, eat twice

Dishes like soups are great for making sure any odds and ends are used up from the fridge. Leftovers from previous meals can be cooked with fresh ingredients for today's lunch or supper.

# Use Up Soup

by Caroline Marson

A nutritious, cheap and filling soup that takes only minutes to make and serve. A stock cube can be used as the base or use fresh stock made from leftover chicken bones. Then add anything you need to use up.

Heat the chicken stock in a saucepan with the garlic, chopped tomatoes, green vegetables and tomato ketchup or puree. Allow to boil for 2-3 minutes then add the chicken or ham and mixed beans. Season well. Bring to the boil and cook for about 3-4 minutes or until the vegetables are cooked.

Rip the cheese into pieces and scatter into the soup bowls. Ladle the soup, chicken and vegetables over the cheese then add the bread slices, drizzle with olive oil and sprinkle with spring onions. Season with black pepper and serve.

## Serves 2

570ml chicken stock or use chicken stock cubes

1 garlic clove, finely sliced

4 over-ripe tomatoes or 400ml can chopped tomatoes

50g green vegetables such as runner beans, French beans, mangetout, sugar snap peas, broccoli

1 tablespoon tomato ketchup or 1/2 tablespoon tomato puree

125g leftover cooked chicken or ham

1 can 400g mixed beans

Salt and ground black pepper

50g leftover soft cheese such as Brie or Goat's

Leftover bread slices, lightly toasted

1 spring onion, finely chopped

Virgin olive oil

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