

LOW & SLOW



A holistic approach to addressing food and fuel poverty in the Scottish Borders



Slow Cooker Recipe Book

LOW AND SLOW PROJECT PARTNERS

Slow cooking is one way to prepare meals using less energy. Our partners have tried and tested these nutritious recipes.

We wish to thank them for their support.



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INTRODUCTION TO USING YOUR SLOW COOKER

This information should be read alongside the manufactures manual.

Crock Pot Tips - using your slow cooker

	<ul style="list-style-type: none">• On average an oven costs 71p per hour to run.• A slow cooker is just 5p per hour.
	<p>Heating base</p> <ul style="list-style-type: none">• Never immerse the heating base, power cord or plug in water.• Place the heated unit or cooking bowl on a trivet or heat pad.• Turn on power and choose cook setting on dial.
	<p>Removable stoneware cooking bowl</p> <ul style="list-style-type: none">• Hand wash only.
	<p>Lid</p>
	<p>Vegetables</p> <ul style="list-style-type: none">• Cut vegetables to similar size.• Brown vegetables in pan before adding to slow cooker.• Root vegetables (shown) are placed on the bottom (as they take longer to cook).• Tinned vegetables should be placed at the top as they take less time to cook or add 30 minutes before end of cooking time.
	<p>Meat or poultry</p> <ul style="list-style-type: none">• Use cheaper cuts of meat such as: beef brisket/stew, pork loin/shoulder, lamb shoulder, chicken thighs or turkey mince.• Remove visible fat prior to cooking as this will prevent fat gathering in your dish, where possible use leaner cuts of meat.• Brown your meat using a frying pan to seal meat and bring out flavour.
	<p>Poultry</p> <ul style="list-style-type: none">• Remove skin to brown meat.• Use boneless chicken thighs.



Liquids

- Should just cover the ingredients.
- Recipes will use 1/3rd less water than traditional cooking.



Filling your slow cooker

- Never over fill your slow cooker.
- Always fill the bowl $\frac{1}{2}$ - $\frac{3}{4}$ full.



Thickening liquid

- At the end of cooking add cornflour to thicken liquid.
- Use a teaspoon of cornflour in a small drop of cold water stir then add to slow cooker and stir continually, this will prevent lumps forming.



- Always cook with the lid on for the cooking time.
- Slow cookers don't need stirred.
- The lid is glass so you can see what is cooking.
- Be aware of steam and don't lean in when removing the lid, always use an oven glove to lift the lid.



Frozen meat

- Never cook frozen meat in the slow cooker.
- Always thaw thoroughly at the bottom of the fridge on a tray, keep covered for up to 48 hours.



Preparation

- If you are preparing the night before keep food in different dish.
- Do not use your stoneware bowl as this prevents it from heating and cooking your meal properly and you may also damage the bowl.



Herbs

- Add fresh herbs at end of cooking.
- Add dried herbs and spices during cooking.



Pasta and Rice

- Should be cooked according to recipe provided.
- Cooked pasta/rice is often added at the end of the cooking time.

COST COMPARRISON

The table below provides an estimated cost comparison of using a slow cooker compared to a traditional oven. The slow cooker shows a significant saving on one pot meals.

Please note that energy charges vary and this doesn't include any standing charge.

	October 2021	December 2021	October 2022
Slow cooker per hour 	1.4p per hour	3p per hour	5p per hour
Over per hour 	20p per hour	44p per hour	71p per hour

SAFE USE OF YOUR SLOW COOKER

For your cooking to go well, you will need to follow a few safety guidelines:

1. **Always read the manufacturer's instruction manual and safety guidelines!**
2. **Start with a clean space.** Make sure the cooker, utensils and work area are clean and don't forget to wash your hands.
3. **Keep and store your slow cooker on a flat stable heatproof surface in order to cook evenly and safely.** Be careful not to burn yourself and keep it out of the reach of children as the heating base can get very hot.
4. **Always inspect the plug and the cord before using the slow cooker.** Keep your slow cooker unplugged when not in use.
5. **Follow the recipe and use the recommended cooking settings.**
6. **Always defrost meat or poultry before putting it in the slow cooker.**
7. **Make sure your foods fit.** The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly.
8. **Layer your food properly.** Layer raw vegetables to the bottom of the slow cooker, then add the meat and the amount of liquid in the recipe.
9. **Keep the lid on.** It's important to retain the heat when making a slow cooker meal, do not remove the lid while cooking.
10. **Store leftovers in shallow containers and refrigerate within two hours.** Make sure you are storing leftovers safely and eating them in a timely manner.
11. **Make sure the slow cooker has cooled down before cleaning it.** Never immerse the heating base, power cord or plug in water.

TOMATO SOUP



Ingredients (serves 4 - 6)

- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 garlic cloves, peel and grate or 1 tsp garlic paste
- 1 yellow pepper, washed and sliced or use frozen
- 1 stick of celery, wash and finely chopped (optional)
- 2 x 400g tin tomatoes, chopped
- 1 tsp sugar (optional; brings out flavour in tomatoes)
- 1 vegetable stock cube, dissolved in 50ml of freshly boiled water
- Pinch of black pepper
- 1 tsp dried mixed herbs

Method

1. Heat oil in frying pan, cook garlic (only if using fresh) and onions until soft (or just add to cooker as they will soften but will be less flavoursome!).
2. Place onions and garlic into slow cooker with peppers, celery, tinned tomatoes, vegetable stock, sugar, herbs and black pepper.
3. Add lid and cook for 3 hours on high (do not remove lid at any time removing it reduces cooking time).
4. Transfer to bowl blend to a smooth consistency or mash with your potato masher.

Note

If too thick add a little milk to thin out after blending, then reheat for a few minutes.

To serve

Sprinkle with some extra herbs, grated cheese and enjoy with some crusty bread.

Top tip for ingredients

- Use frozen peppers instead of fresh.
- Tinned tomatoes can be replaced with tomato passata.
- Garlic paste is a good to have in your store cupboard especially when you have no fresh garlic. BE AWARE Garlic paste is high in salt .
- No mixed herbs use basil or oregano.
- Add a spice, chilli or paprika at the beginning of your cooking.
- Add a tin of green lentils (in water) drain and add at the start of your cooking with a ¼ pint or 125ml of vegetable stock.

Food safety and storage tips

- Freezes well in individual portions.
- When ready to use defrost thoroughly and reheat to boiling point slowly on a medium heat.
- Keeps for 3 days, cool within 2 hours and store in fridge in a sealed container.

Notes and ideas

SPICED LENTIL & PARSNIP SOUP



Ingredients (serves 4 - 6)

- 1 tbsp vegetable oil
- 1 onion, peeled and chopped
- 1 clove garlic, peel and grate or 1 tsp garlic paste
- 3 medium parsnips, peeled and chopped
- 1000ml (1.75 pints) freshly boiled water mix with stock cubes (1.75 pints) (1 - 2 vegetable or chicken stock cubes)
- 50g red lentils (rinse in cold water to remove scum)
- Pinch of black pepper to taste
- 1 - 2 tsp mild curry powder
- 1 tsp dried chives or parsley

Method

1. Heat oil in frying pan on a low heat; add garlic (only if using fresh) and onions, cook until soft. Stir in curry powder and pepper, now add into your slow cooker.
2. Then into slow cooker add parsnips and lentils then pour over hot stock.
3. Add lid and cook for 6 - 7 hours on low, until parsnips and lentils are tender.
4. Transfer to a bowl, blend to a smooth consistency or mash with your potato masher.

Note

If too thick add a little milk to thin out after blending, then reheat for a few minutes.

To serve

Sprinkle with some chives or parsley and enjoy with some crusty bread.

Top tip for ingredients

- Use frozen onions instead of fresh, defrost in a dish.
- Replace parsnips with sweet potato peel and chop.
- Garlic paste is a good to have in your store cupboard especially when you have no fresh garlic. **BE AWARE** Garlic paste is high in salt.
- Add a pinch spice like ginger, chili or paprika.
- Any apples in fruit dish, peel and grate into soup.

Food safety and storage tips

- Freezes well in individual portions.
- When ready to use defrost thoroughly and reheat to boiling point slowly on a medium heat.
- Keeps for 3 days, cool within 2 hours and store in fridge in a sealed container.

Notes and ideas

SCOTCH BROTH SOUP



Ingredients (serves 8)

- 1 large onion, peel and chop
- 1 leek, slice and wash
- 1 potato, peel and chop
- 1 small turnip or swede, peel and chop
- 4 medium carrots, peel and chop
- 1 - 2 sticks of celery, washed and chop (optional)
- 2 stock cubes lamb, vegetable or chicken
- 200g barley mix (rinse in sieve)
- 2.5 to 3 pints or 1.4 to 1.7ml of lamb, vegetable or chicken stock (mix stock cube with hot boiled water)
- ½ tsp black pepper to taste
- 1 tbsp dried parsley

Method

1. Place vegetables along with rinsed barley mix into slow cooker.
2. Cover with hot stock.
3. Add lid and cook for 6 – 8 hours on low setting.
4. Check consistency, add more stock if desired, then flavour with pepper and chopped parsley.

To serve

Great as a main course with some bread.

Top tip for ingredients

- Use frozen mixed vegetables instead of fresh, add at beginning.
- Tinned pearl barley in water, drain and rinse.
- Tinned marrowfat peas or carrots in water, drain and rinse.
(If using the tinned foods add 30 minutes before the end of cooking time)
- Use frozen parsley, add 10 minutes before the end of cooking time.
- Add leftover chopped or shredded chicken, lamb or beef, add 1 hour before the end of cooking time.

Food safety and storage tips

- Freezes well in individual portions.
- When ready to use defrost thoroughly and reheat to boiling point slowly on a medium heat.
- Keeps for 3 days, cool within 2 hours and store in fridge in a sealed container.

Notes and ideas

BEAN & VEGETABLE CHILLI



Ingredients (serves 6)

- 2 tbsp vegetable oil
- 1 onion, peeled and chopped
- 1 courgette, washed and chopped
- 1 large carrot, peeled and chopped
- 2 peppers (1 green/1 red) washed, deseeded and sliced
- 4 mushrooms, washed and sliced
- 2 cloves of garlic, peeled and grated or 2 tsp garlic paste
- 2 x 400g tin tomatoes, chop if needed
- 1 x 400g tin kidney beans, drain and rinse
- 1 x 400g tin mixed beans, drain and rinse
- 2 tbsp tomato puree
- Pinch of black pepper to taste
- 2 tsp cumin powder
- 1 - 2 tsp mild chili powder
- 1 tsp dried mixed herbs or oregano
- 1 vegetable stock cube, dissolve in 150ml of freshly boiled water.

Method

1. Heat oil in frying pan, add onions, peppers, carrot, courgette. Stir and cook for 8 minutes until softened, then stir and coat vegetables with spices, cook for 2 minutes on a medium heat .
2. Add mushrooms and cook for 1 minute.
3. Place vegetable mix into slow cooker with beans, tomatoes and tomato paste, stock and black pepper, then stir with a wooden spoon.
4. Cook for 3 - 4 hours on low setting, remember do not remove lid until cooking time is up.

To serve

- Brown or white rice (basmati or easy cook), wraps, pitta or baked potato.
- Enjoy with natural yoghurt and some grated cheese on top.

Cooking rice

Easy rule to follow for serving size - one mug of uncooked rice serves 4 people or 1 mug of cooked rice serves one.

Top tip for ingredients

- Tinned tomatoes can be replaced with tomato passata.
- Add other vegetables, aubergines, butternut squash, sweetcorn.

Food safety and storage tips

- As it can make a large batch, portion up and place in a freezable container or bag - name and date on label.
- When ready to use defrost thoroughly, then sprinkle some cheese over dish and place in the oven for 25 minutes at 190C or Gas mark 5.
- Keeps for 3 days, cool within 90 minutes.
- Store in fridge or freezer in a sealed container, reheat in an ovenproof dish to 190C or Gas mark 5.

Notes and ideas

PASTA BAKE



Ingredients (serves 6)

- 2 tbsp vegetable oil
- 1 onion, chopped
- 1 cloves of garlic, peeled and grated or 1 tsp garlic paste
- 400g lean mince
- 2 x 400g tin tomatoes, chop if needed
- 2 tbsp tomato puree
- Pinch black pepper
- 1 tsp dried mixed herbs
- 100g mature cheddar cheese (grated)
- 400g uncooked pasta (any shape)

Method

1. Heat oil in frying pan, brown beef on a medium heat for 4 minutes, separate meat with a fork as you are cooking then add garlic (only if using fresh) and onions, cook for 5 minutes until onions are softened.
2. **To cook pasta** bring a large pot of water to the boil carefully add pasta and cook for 8 -10 minutes or until al dente (cooked to just firm), now drain and set aside (or you can add this 30 minutes before end).
3. Place meat, onions and garlic into slow cooker with tomatoes and tomato paste, cooked pasta, sugar, herbs and black pepper, then stir with a wooden spoon.
4. Stir in 75g of the cheese and sprinkle the rest on top and then add lid to slow cooker.
5. Cook for 6 - 7 hours on low setting, remember do not remove lid until cooking time is up.

To serve

Sprinkle with the remaining grated cheese (grill to brown if you wish and enjoy with some vegetables or salad.

Top tip for ingredients

- Tinned tomatoes can be replaced with tomato passata.
- Garlic paste is a good to have in your store cupboard especially when you have no fresh garlic. BE AWARE Garlic paste is high in salt.
- Replace meat with a can of lentils or beans (in water), drain and add into dish with softened vegetables, cook for 3 hours on low setting.

Food safety and storage tips

- As it can make a large batch, portion up and place in a freezable container or bag, name and date on label.
- When ready to use defrost thoroughly, then sprinkle some cheese over dish and place in the oven for 25 minutes at 190C or Gas mark 5.
- Keeps for 3 days, cool within 90 minutes store in fridge or freezer in a sealed container, reheat in an ovenproof dish to 190C or Gas mark 5.

Notes and ideas

RED LENTIL CURRY & RICE



Ingredients (serves 6 - 8)

- 1 tbsp vegetable oil
- 1 onion, peeled and chopped
- 1 clove, peel and grate or 1 tsp garlic paste
- 1 green pepper, chopped
- 1200ml (2 pints) freshly boiled water mix with stock cubes (2 vegetable or chicken stock cubes)
- 350g red lentils (rinse in cold water to remove scum)
- Pinch of black pepper to taste
- 1 tbsp mild curry powder
- Optional, 1x 400g tin chickpeas, drained and rinsed
- 1 bag of basmati or easy cook rice (cook separately) to cook follow instructions on packet

Easy rule to follow for serving size

One mug of uncooked rice serves 4 people or 1 mug of cooked rice serves one.

Method

1. Heat oil in frying pan on a low heat; add garlic (only if using fresh) and onions, cook until soft.
2. Stir in curry powder and pepper, now add into your slow cooker.
3. Then into slow cooker add lentils (plus any optional ingredients) then pour over hot stock.
4. Add lid and cook for 6 - 7 hours on low, until lentils are tender.

To serve

Rice (note above for cooking) with naan bread and/or salad.

Top tip for ingredients

- Use frozen onions instead of fresh, defrost in a dish.
- Garlic paste is a good to have in your store cupboard especially when you have no fresh garlic. **BE AWARE** Garlic paste is high in salt.
- Add a pinch spice like ginger, chilli or paprika.
- Add more chopped vegetables such as carrots to taste.
- Any apples in fruit dish, peel and grate.

Food safety and storage tips

- Freezes well in individual portions.
- When ready to use defrost thoroughly and reheat to boiling point slowly on a medium heat.
- Keeps for 3 days, cool within 2 hours and stored in fridge in a sealed container.

Notes and ideas

CHILLI CON CARNE & RICE



Ingredients (serves 6)

- 2 tbsp vegetable oil
- 1 onion, peeled and chopped
- 1 green pepper, washed, deseeded and sliced
- 2 cloves of garlic, peeled and grated or 2 tsp garlic paste
- 400g lean mince
- 2 x 400g tin tomatoes, chop if needed
- 1 x 400g kidney beans in water, drain and rinse
- 2 tbsp tomato puree
- Pinch of black pepper to taste
- 2 tsp cumin powder
- 1 - 2 mild chilli powder
- 1 tsp dried mixed herbs
- 1 beef stock cube, dissolve in 100ml of freshly boiled water
- 1 bag of basmati or easy cook rice (cook separately), to cook follow instructions on packet

Easy rule to follow for serving size

One mug of uncooked rice serves 4 people or 1 mug of cooked rice serves one.

Method

1. Heat oil in frying pan, brown beef on a medium heat for 4 minutes, separate meat with a fork as you are cooking then add garlic, (only if using fresh), onions, peppers, cook for 5 minutes until onions and pepper are softened, then stir in spice, cook 1 minute on a medium heat.
2. Place meat mix into slow cooker with kidney beans, tomatoes and tomato paste, stock and black pepper, then stir with a wooden spoon.
3. Cook for 6 - 7 hours on low setting, remember do not remove lid until cooking time is up.

To serve

Rice (note above for cooking) and a pitta bread/salad.

Top tip for ingredients

- Tinned tomatoes can be replaced with tomato passata.
- Have a spoonful of natural yoghurt and grated cheese on top.
- Great with a baked potato.

Food safety and storage tips

- As it can make a large batch, portion up and place in a freezable container or bag, name and date on label.
- When ready to use defrost thoroughly, reheat dish until the dish reaches boiling point, then reduce to a lower heat for 15 minutes.
- Keeps for 3 days, cool within 90 minutes store in fridge or freezer in a sealed container.

Notes and ideas

BEEF STEW



Ingredients (serves 8)

- 2 tbsp vegetable oil
- 700 - 800g diced stew
- 2 onions, peel and chop or 1 leek wash and slice
- 4 medium potatoes, peel and dice small
- 50g turnip, peel and dice
- 4 medium carrots, peel and chop
- 1 stick celery, wash and chop (optional)
- 1 - 2 beef stock cubes dissolved in 600 - 800ml freshly boiled water
- 1 tbsp Worcester sauce
- ½ tsp black pepper to taste
- 1 tsp dried mixed herbs (optional)
- 1 bay leaf

Method

1. Heat oil in frying pan and cook meat on a medium heat for 2 - 3 minutes until evenly browned, then season with pepper.
2. Add beef to slow cooker with all other ingredients.
3. Add hot stock, stir well and place lid on cooker. Cook for 8 - 10 hours on low setting or high for 4 hours or until meat is tender.

To thicken

Remove lid and put on high, then add thickener of your choice.

- Cornflour - 2 tsp of cornflour mix with a little cold water to a paste and stir into stew until it thicken and leave for 10 minutes.

or

- Gravy granules - use low salt and stir in 2 tablespoon for the thickness you desire (beware of salt content), stir continuously until dissolved and leave for 5 minutes.

To serve

A great dish on its own or enjoy with some cabbage or peas.

Top tip for ingredients

- Use a variety of other vegetables like leek, celeriac, and butternut squash.
- Use stew packs from shops, often have a good variety of vegetables.
- Tinned peas or carrots add at end, always in water, no added salt.

Food safety and storage tips

- Great for batch cooking and you can freeze into portions for one person to two or three, date and label in freezer, take away boxes are great for this.
- Defrost thoroughly and reheat to boiling point slowly on a medium heat.
- Keeps for 3 days, cool within 2 hours and stored in fridge in a sealed container.

Notes and ideas

SAUSAGE & WHITE BEAN CASSEROLE



Ingredients (serves 6)

- 1 tbsp vegetable oil
- 12 herby or plain pork sausages (2 x 400g pack)
- 1 onion, peeled and chopped
- 3 cloves of garlic, peeled and grated or 3 tsp garlic paste
- 2 carrots, peeled and chopped
- 1 x 400g tin tomatoes, chop if needed
- 1 x 400g white beans (butterbeans or cannellini)
- 1 chicken stock cube
- 1 stick celery, washed and sliced
- 350ml freshly boiled water to mix with stock cube
- 3 tbsp tomato puree
- ¼ tsp black pepper
- 2 tsp paprika
- 1 tsp mixed herbs
- Pinch sugar (optional)

Method

1. Heat oil in frying pan and add sausages carefully to brown and seal skin, turn sausages gently as not to break the skin, cook for 1 - 2 minutes.
2. Place into slow cooker with all other ingredients.
3. Place lid on top and cook for 6 - 8 hours on low setting, remember do not remove lid until cooking time is up.
4. Stir at the end of cooking.

To serve

With broccoli or garlic bread.

Top tip for ingredients

- Tinned tomatoes can be replaced with tomato passata, add another tin of tomatoes if you want it richer.
- Garlic paste is a good to have in your store cupboard especially when you have no fresh garlic. BE AWARE Garlic paste is high in salt.
- Use sausages of your choice, if using a vegetarian option reduce cooking time to 4 hours on a low setting.

Food safety and storage tips

- When ready to use defrost thoroughly.
- Place in the oven for 25 minutes at 190C or Gas mark 5, check sausages are piping hot.
- Keeps for 2 days, cool within 90 minutes store in fridge or freezer in a sealed container.
- Reheat in an ovenproof dish to 190C or Gas mark 5.

Notes and ideas

SPICED CHICKEN PASTA BAKE



Ingredients (serves 6)

- 2 tbsp vegetable oil
- 2 onions, chopped
- 1 clove of garlic, peeled and grated or 1 tsp garlic paste
- 3 x chicken breasts, diced
- 2 x 400g tin tomatoes, chop if needed
- 1 x 400g tin beans and/or chickpeas, rinsed
- 2 tbsp tomato puree
- Pinch black pepper
- 2 tsp mild curry powder
- 400g uncooked pasta (any shape)

Method

1. Heat oil in frying pan, brown chicken on a medium heat for 4 minutes - separate meat with a fork as you are cooking then add garlic (only if using fresh), and onions, cook for 3 minutes until onions are softened.
2. To cook pasta, bring a large pot of water to the boil carefully add pasta and cook for 8 - 10 minutes or until al dente (cooked to just firm), now drain and set aside (or you can add this 30 minutes before end).
3. Place chicken, onions and garlic into slow cooker with tomatoes and tomato paste, cooked pasta, curry powder and black pepper, then stir with a wooden spoon.
4. Place lid on top and cook for 6 - 7 hours on low setting, remember do not remove lid until cooking time is up.

To serve

Enjoy with some naan bread and salad.

Top tip for ingredients

- Tinned tomatoes can be replaced with tomato passata.
- Garlic paste is a good to have in your store cupboard especially when you have no fresh garlic. **BE AWARE Garlic paste is high in salt.**
- Replace meat with a can of lentils or beans (in water), drain and add into dish with softened vegetables, cook for 3 hours on low setting.

Food safety and storage tips

- As it can make a large batch, portion up and place in a freezable container or bag, name and date on label.
- When ready to use defrost thoroughly, place in the oven for 25 minutes at 190C or Gas mark 5, check chicken is piping hot.
- Keeps for 2 days, cool within 90 minutes store in fridge or freezer in a sealed container, reheat in an ovenproof dish to 190C or Gas mark 5.

Notes and ideas

RICE PUDDING & FRUIT



Ingredients (serves 4)

- 100g pudding rice
- 10g sunflower spread
- 1 tbsp sugar
- 750ml (1½ pints) semi skimmed milk or full cream milk
- 1 tsp ground cinnamon (optional)

50g (large handful) raisins, sultanas or chopped dried apricots or have with fruit in own juice (pears or peaches)

Method

1. Grease inside of slow cooker well with sunflower spread.
2. Now put rice, milk, sugar and spice if you are using, stir gently.
3. Add lid and cook for 3 - 4 hours on low setting, cook until tender and creamy in appearance.

To serve

- Use tinned or dried fruit, see above in ingredients list.
- For tinned, drain and chop into small pieces.
- For dried, use a tablespoonful (high in sugar when dried)

Top tip for ingredients

- Use frozen fruit, defrost first.
- Add a pinch of nutmeg as alternative to cinnamon.
- Use up leftover fruit or any fruit you may have.

Food safety and storage tips

- When ready to use defrost thoroughly and reheat to boiling point slowly on a medium heat.
- Keeps for 3 days, cool within 2 hours and stored in fridge in a sealed container.

Notes and ideas

BREAD & BUTTER PUDDING



Ingredients (serves 6)

8 thick bread slices (cut into cubes)

Note: Bread is best a day old or use up your stale bread

75g sultanas

50g melted sunflower spread

50g brown or white sugar

1 teaspoon vanilla essence (optional)

½ level tsp of ground nutmeg & ½ to ¾ level tsp of ground cinnamon or

1 level tsp of mixed spice

4 eggs

500ml (1 pint) semi skimmed milk or full cream milk

Method

1. Place in a large bowl the eggs, milk, spices, sugar, vanilla and whisk together.
2. Then add bread and sultanas and coat with mix.
3. Grease the slow cooker pot with sunflower spread or oil and add in pudding mix carefully.
4. Place lid on and cook for 3hrs 15 min on low setting.

To serve

Enjoy with low fat custard or Greek yoghurt.

Top tip for ingredients

- Add in a chopped dessert apple.
- Use any bread, stale bread works well and reduces any waste.
- Increase cinnamon to 1 tsp for a fuller flavour.

Food safety and storage tips

- Keeps for 3 days, cool within 2 hours and stored in fridge in a sealed container.
- Warm up in microwave for 3 minutes high power if a single portion or in a preheated oven temperature 190 C or Gas 5 – 10 minutes or until heated through.

Notes and ideas

YOUR RECIPES

YOUR RECIPES

YOUR RECIPES

YOUR RECIPES

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