



Cooking with Claire @TVInfants

(Mostly) One Pots Wonders...





Cooking with @ClaireTVI

One Pot Wonder Pasta

Ingredients

4 cups vegetable broth
2 Tbsp olive oil
12 oz fettuccine
8 oz frozen chopped spinach
1 can diced tomatoes
1 medium onion, sliced
4 cloves garlic, sliced
1/2 Tbsp dried basil
1/2 Tbsp dried oregano
1/4 tsp red pepper flakes
freshly cracked pepper to taste
2 oz shaved Parmesan



Method

- Add four cups of vegetable broth to a large pot. Break the fettuccine in half and add it to the pot along with the canned tomatoes (with juices), olive oil, frozen spinach, onion, garlic, basil, oregano, red pepper, and some freshly cracked black pepper.
- Make sure the ingredients are submerged under the liquid, place a lid on top of the pot, and then turn the heat on to high. Allow the pot to come up to a full boil over high heat, then remove the lid and turn the heat down to medium.
- Allow the pot to continue to boil over medium heat, without a lid, for 10-15 minutes, or until the pasta is cooked and most of the liquid has been absorbed. Stir the pot every few minutes as it cooks to prevent the pasta from sticking to the bottom, but avoid over stirring which can cause the pasta to become sticky.
- Sprinkle with shaved Parmesan just before serving.

Top Tips:

I'd be adding any herbs and spices that I likes, my favourite is oregano and thyme, not a big fan of basil, but chilli, add to your own taste.

If you don't have the "correct" vegetables, use what you have, if it carrots and things make sure they are chopped finely unless they are frozen.

Frozen vegetables work great in this dish, even from onions and garlic.

Perfect for getting your children involved, add the word magic to the title, helps with everything.

As for Parmesan, any Italian hard cheese, or **just your favourite cheese, personally it's** cheddar all the way, strong, mouth tingly and crumbly!

Recipe is from:
Budget Bytes follow the link [here](#)
Top Tips are my own!



Cooking with @ClaireTVI

Beef Stroganoff

Ingredients

½ tbsp light olive oil
1 large onion, finely sliced
3 garlic cloves, finely chopped
1 beef stock cube
2 tsp sweet smoked paprika
1 tbsp tomato purée
400g tin beef consommé
150g/5½oz chestnut mushrooms, thin slices
1 tbsp Dijon mustard
2 rump steaks (175g/6oz each), visible fat trimmed
olive oil spray
60g/2¼oz cornichons/small gherkins, sliced

75ml/2½fl oz half-fat crème fraîche
2 tbsp finely chopped flat leaf parsley
2 tbsp roughly chopped chervil
2 tbsp dried onion flakes
sea salt and freshly ground black pepper



Method

Heat the light olive oil in a large frying pan over a low-medium heat. Add the onion and cook gently for 10 minutes, or until softened and starting to caramelize.

Stir in the garlic and cook gently for 2 minutes. Crumble in the stock cube and stir in the paprika and tomato purée. Cook, stirring, for 2 minutes. Add the beef consommé, mushrooms and mustard. Bring to the boil then lower the heat and simmer for 10–15 minutes, or until the volume of liquid has reduced by half.

Meanwhile, place a griddle pan over a high heat. Bash the steaks between two sheets of cling film, until about 5mm/¼in thick. Spray each side with six sprays of oil and season with salt and pepper. When the griddle is smoking hot, add the steaks and cook for 1 minute on each side. Remove and set aside to rest.

Once the sauce has reduced, remove from the heat and stir through the cornichons, crème fraîche, and most of the parsley and chervil (reserving some for garnishing). Stir in the juices from the resting meat and check the seasoning. Cut the meat into thick slices and stir into the sauce.

Mix together the dried onion flakes and reserved chopped parsley and chervil. Serve the stroganoff sprinkled with the onion and herb mix, with the rice on the side, if you like.

Top Tips:

This is a bit of a posh recipe, it's quite creamy and rich but this is a lower fat option from Tom Kerridge. What I would say is don't "boil it", the crème fraîche will split and curdle and look disgusting, tastes ok, but look bad. It's even more sensitive as it's low fat, so only stir it in, once it's off the heat and don't reheat it.

Recipe is from:

BBC Food follow the link [here](#)

Top Tips are my own!



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Beef and Potato Pie

Ingredients

1 tablespoon olive oil
1 tablespoon butter
1/2 onion, finely chopped
2 pounds beef sirloin, cut into cubes
2 cloves garlic, minced
3 tablespoons all-purpose flour
1/2 teaspoon ground black pepper
salt to taste
1 cup red wine
2 cups beef stock
2 large potatoes, peeled and cubed
1 cup chopped carrots
1 (8 ounce) can tomato paste
1 teaspoon Worcestershire sauce
2 10-inch pie crusts, rolled out to fit a 9x13-inch baking dish
2 tablespoons milk, or as needed



Can't beat a pie! Now, where is the gravy?

Method

Place a baking sheet on rack in the lower third of the oven. Preheat oven to 400 degrees F (200 degrees C). Heat oil and butter together in a large saucepan over medium heat; cook and stir onion until softened, about 10 minutes. Add beef; cook and stir until browned on all sides, about 5 minutes. Add garlic; cook and stir until fragrant, about 1 minute. Stir flour, pepper, and salt into beef mixture; cook and stir until beef is coated, 2 to 3 minutes. Add wine; bring to boil, reduce heat, and simmer, 3 to 5 minutes. Mix beef stock, potatoes, carrots, tomato paste, and Worcestershire sauce into beef mixture; bring to a boil. Reduce heat and simmer until vegetables are tender, 30 minutes to 1 hour. Remove from heat and cool. Line a 9x13-inch baking dish with 1 pie crust. Spoon beef and potato filling into crust; top with remaining pie crust, crimping the 2 crusts together around the edges using a fork or your fingers. Brush top crust with milk. Place baking dish on the baking sheet in the oven and cook until crust is golden brown, 40 to 45 minutes.

Top Tips:

Once you start making pies you won't stop.

Filling, easy and they are great for using **up left over, don't worry about a base** layer, just have a nice crispy pastry top.

Also, pastry, it's easy to make, but...if you are a bit savvy, check the supermarket **for readymade pastry in the "yellow sticker" discount sections, then pop it in** the freezer until you actually need it. Remember, to defrost, take it out the **night before, you can't defrost** pastry quickly as microwaves will just cook it!

Other than that, make it yourself!

Recipe is from:

All recipes follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

One Pot Chilli Pasta

Ingredients

- 1 Tbsp olive oil
- 1 medium onion
- 2 cloves garlic
- 1/2 lb ground beef
- 2 Tbsp flour
- 2 Tbsp chili powder
- 15 oz can tomato sauce
- 15 oz can diced tomatoes
- 15 oz can black beans
- 15 oz can kidney beans
- 1 cup frozen corn kernels
- 2 cups uncooked elbow macaroni
- 2 cups beef broth
- 1 cup shredded cheese

Method

Dice the onion and mince the garlic. Cook both in a large pot with olive oil over medium heat for 1-2 minutes, or until soft and transparent. Add the ground beef and continue to stir and cook until it is fully browned. If using a high fat ground beef, drain off the excessive after it is browned. Add the flour and chili powder to the pot and stir to coat the meat. Continue to stir and cook the coated meat for 1-2 minutes more. The flour and chili powder may coat the bottom of the pot, but that's okay. Just be careful to not let it burn. Drain and rinse the black and kidney beans. Add the beans, tomato sauce, diced tomato, and corn kernels to the pot. Stir well and dissolve the flour/chili powder mixture from the bottom of the pot. Add the dry macaroni and two cups of beef broth to the pot and stir to combine. Place a lid on top, turn the heat up to high, and let the pot come to a boil. Stir the pot one or two times during the 15 minutes to loosen any pasta stuck to the bottom.



Tasty, cowboy one pot cooking, make it as spicy as you like!

Once the pasta is fully cooked, turn the heat off and add the cheese. Stir the cheese into the pasta until it has melted in and become slightly creamy. Serve hot. Once it reaches a boil, give it a quick stir to loosen any pasta stuck to the bottom of the pot, replace the lid, and turn the heat down to medium-low. Let the pot simmer on medium-low for about 15 minutes, or until the pasta is soft and has absorbed most of the liquid.

Top Tips:

As with most things, flavour this as you like. Beans, you can use which ever ones you like, **doesn't have** to be black beans, baked beans, kidney beans can replace all of the above.

Can be made vegetarian really easily, either omit the mince entirely or use something like quorn.

Recipe is from:

Budget Bytes follow the link [here](#)

Top Tips are my own!



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LEMON BLUEBERRY CREAM CHEESE GALETTE

Ingredients

GALETTE CRUST* Or just use some ready made!!

1.5 cups flour (plus some for dusting)

1 tsp sugar

Pinch salt

8 Tbsp cold butter

3 Tbsp ice water

LEMON BLUEBERRY FILLING

1/2 lb. blueberries (frozen or fresh)

1 Tbsp sugar

1 tsp cornstarch

1 fresh lemon

CREAM CHEESE FILLING

4 oz cream cheese, room temperature

2 tsp sugar

1 large egg, separated

Method

To prepare the galette crust, combine the flour, sugar, and salt in a large bowl. Cut the cold butter into chunks and add it to the flour and salt. Use a pastry cutter or your hands to work the butter into the flour until the flour looks like damp sand with some pea-sized pieces of butter.

Begin adding ice water, one tablespoon at a time, until a dough forms and no dry flour remains on the bottom of the bowl. Shape the dough into a flattened disc, wrap it in plastic, and refrigerate for one hour or until solid.

While the dough is refrigerating, combine the blueberries, sugar, corn flour, 1/2 tsp of zest and 1 Tbsp of juice from the lemon. Stir them together well and set the mixture aside.

In a separate bowl, combine the room temperature cream cheese, sugar, egg yolk, and 1 tsp juice from the lemon until it forms a smooth mixture. Save the egg white to brush over the crust just before baking.

Preheat the oven to 400°F. Lightly flour a clean work surface. Take the dough out of the refrigerator and roll it into a 14-16 inch circle. The dough may seem a little stiff at first, but it will become more pliable as it warms. Make sure to keep your work surface dusted with flour as you roll to keep the dough from sticking.

Line a large baking sheet with parchment. Transfer the rolled dough onto the parchment (you can either roll or fold the dough to transfer without ripping). Spread the cream cheese mixture over the centre of the circle, leaving about 2-inches of bare dough around the outside edge. I like to leave a higher "lip" on the outer edge of the cream cheese to help hold in the berries and their juice.

Stir the blueberries one last time and pour them over the cream cheese, including all of the juice from the bowl. Begin folding up the sides of the dough over the cream cheese and berries, leaving the centre open.

Whisk the reserved egg white with a fork, using a drop or two of water to make it more fluid, if needed. Brush the egg white over the surface of the galette dough.

Bake the galette for 30 minutes, or until the crust is golden brown. Let the galette sit for 10 minutes before slicing into six pieces and serving.

Oh my...yummy, we've already you can't beat a pie, this one is a sweet treat.



Top Tips:

This pie is win, win. It's supposed to look messy which you can translate into "posh" as artisan/rustic/traditional it's up to you.

As for fruit, use what you want, like **before don't use anything too soggy** and wet like strawberries.

You can make savoury ones too, I made a wicked one with Christmas leftovers, the veg (including Brussels), roast potatoes, diced up turkey, cranberry sauce and left over stuffing. All wrapped up in readymade pastry and baked. It certainly brightened up our Christmas leftovers.

Again, have fun experimenting with different fruit and savoury options. Frozen, fresh or left over...it might look rustic, artisan or traditional or like a soggy lump but it will be delicious.

Recipe is from:

Budget Bytes follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Sweet Potato and Sweet Corn Fritters

Ingredients

- 3 lbs sweet potatoes
- 1 cup frozen corn kernels
- 2 green onions
- 1/4 bunch cilantro, divided
- 1/4 tsp cayenne pepper
- 1 tsp cumin
- 1 tsp salt
- 1 large egg
- 1/3 cup yellow cornmeal
- 1 cup plain breadcrumbs
- 1/2 cup vegetable oil for frying
- 1 cup plain yogurt
- 1 clove garlic



Method

Begin by cooking the sweet potatoes. The fastest way to do this is in the microwave. Prick the skin of each potato with a fork. Wrap one potato in a paper towel, place it on a plate, and microwave on high for 5 minutes. Carefully remove it from the microwave, squeeze it to make **sure it's soft in the center, and then allow it to cool as you cook the next one.** When the potatoes are cool enough to handle, cut them open and scoop the flesh into a large bowl.

Slice the green onions and roughly chop a handful of cilantro (about 1/8th of a bunch). Add the green onions, cilantro, frozen corn kernels, salt, cumin, and cayenne pepper to the bowl with the cooked sweet potatoes. Stir until well combined. You can taste it at this point and adjust the seasoning as desired.

Add the breadcrumbs, cornmeal, and egg to the bowl. These ingredients will bind the mixture together and keep it from falling apart while cooking. Stir until evenly combined. Cover the bowl and refrigerate for 30 minutes to allow the breadcrumbs to absorb moisture. While the sweet potato mixture is refrigerating, mix up the garlic sauce. In a small bowl combine the yogurt, one clove of well minced garlic, and a handful of cilantro leaves (roughly chopped). Stir until combined and then refrigerate until ready to serve.

After the sweet potato mixture has refrigerated, it's time to cook. Add enough vegetable oil to fully cover the bottom of a medium skillet. Heat the oil over medium-high heat until the surface appears wavy (if it begins to smoke, remove it from the burner immediately and turn down the heat). Shape the sweet potato mixture into small patties (about 2-3 Tbsp each) and cook about 4 at a time in the hot oil. Cook until golden brown on each side; about 2 minutes per side. After cooking, place on a paper towel covered plate to drain. Add more oil to the skillet as needed.

Top Tips:

So, I love fritters, quick easy, basically you can shove any chopped up left over into a fritter, add a can of tuna, some chopped up ham, sausage, chicken, or keep it veggie. The most important bit is the flavours, herbs and spices, keep it simple but tasty, use the ones you like and only to your taste.

Experiment and these are great for getting the children involved. They make a healthy snack, or meal if you add a salad or even pop them in a wrap and add some tasty toppings.

Have fun experimenting.

Recipe is from:

The Budget Bytes (my new favourite website for recipes) follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Butternut Squash Soup

Ingredients

1.5kg/3lb 5oz peeled and deseeded butternut squash, cut into 3cm/1¼in cubes (see tip)
1 large onion, roughly chopped
2 medium carrots, peeled and chopped
1 red pepper, deseeded and cut into cubes
4 tbsp olive oil
1 tbsp clear honey, optional
5cm/2in piece fresh root ginger, peeled and chopped
1.5 litres/2½ pints vegetable stock
salt and freshly ground black pepper

Method

Pre-heat an oven at 200c.
Chop the tomatoes and pepper in to chunks.
Add the chopped vegetables to a large baking tray and season with salt and pepper.
Roast in the oven for 45-60 minutes (the tomatoes and peppers may blacken a little, but this is fine and will add to the final taste).
Remove from the oven and allow to cool.
Roughly chop the red onions and three garlic cloves.
Add to a large saucepan and cover with one tablespoon of oil.
Cook the onions and garlic on a middle heat for 10 – 15 minutes until soft.
Add a tablespoon of tomato puree.
Add the roasted tomatoes and peppers to the saucepan and mix.
Stage three
Add 1.5 litres of vegetable stock and simmer for 10 minutes.
Blend the soup with a blender until the soup is smooth.
Pour into a bowl and serve with wholegrain bread.

Thick, warming, can't beat a soup for those chilly days, this one can have a warming kick from the herbs and chilli!



Top Tips:

Soup, you can't beat it for a winter warmer. I'm a fan of good old tomato soup, but there are so many more and to be honest, you can make a soup from most left overs! It's a great waste and money saver as well as a healthy, tasty and filling meal. Mind you, having it with lashings of bread and real butter probably doesn't help the "healthy status".

Be careful blending boiling and very hot liquid with a stick blender (it's what I use), the splashes can scald, if you are using a blender, don't over fill it and make sure the lid is on tight.

You don't have to blend soups, if you do, blend them till they are as smooth or as chunky as you like. It's all about your tastes.

Roasting the vegetables beforehand add a delicious rich flavour to the finished soup. Lots of herbs and spices can add a different twist to this soup try some of the following, but not too many all at once:

- Coriander (fresh and chopped)
- Add some cumin, ground or whole and roasted, with the ginger and a few chilli flakes it'll really keep you warm

Recipe is from:

BBC Food follow the link [here](#)

Top Tips are my own!



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What would you add?

How would you change it?

Beef Stroganoff...

Butternut squash soup...

One pot wondersPasta...

One Pot Chilli Pasta...

Beef and Potato Pie...

Sweet Potato and Sweetcorn Fritters...

Lemon and Blue Berry Galette...



Cooking with Claire @TVInfants

Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: @sainsburys *this week...*

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

Remember search the world food isle for cheaper versions of the same branded items, Paprika, something most people don't use everyday, is 35p a packet in the European section of the world food isle, 80p a packet in the Asian Section and £1 a pot (own brand) in the Herbs and Spice section of Sainsbury's. Which would you rather pay? It's all Paprika, made of the same pepper!

Yellow stickers (reduced due to damage, about to go "out of date", if it looks ok, if you need it, buy it. Don't be put off by dates. They seem to be there

<i>Item/Recipe:</i>	<i>Cost for the recipe:</i>
<i>Roasted Butternut Squash Soup</i>	<i>£4.07</i>
<i>One Pot Wonder Pasta</i>	<i>£2.67</i>
<i>Beef Stroganoff</i>	<i>£8 (£4 for beef, cheaper is available)</i>
<i>Beef and Potato Pie</i>	<i>£6.08 (£4 for beef, cheaper is available)</i>
<i>One Pot Chilli Pasta</i>	<i>£5.06 (used Quorn mince on offer for £1, you could just leave it out)</i>
<i>Sweet Potato and Sweet Corn Fritters</i>	<i>£5.31</i>
<i>Lemon Blueberry Cream Cheese Galette</i>	<i>£4.54 (I used ready made pastry)</i>

Costs are approximate and based on prices at the time of shopping.

Please note that most of these recipes serve around 4 people depending on portion size.